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RESTAURANT EUPHORIA

Our urban-style restaurant offers a terrace with panoramic views over the estate. Discover a creative menu, mixing between Mediterranean flavors and international «street food». You will find the restaurant menu in your room. Fancy a drink? Treat yourself to a glass of UP Rosé, an aperitif or a daringly different cocktail at our designer bar

| Restaurant eUPhoria

Open every day

Breakfast: 7.30 am - 10.30 am

Lunch: 12:15 am - 2 pm (last order)

Dress code: appropriate and casual (no swimming costumes)

Dinner: 7.30 pm - 10 pm (last order)

Dress code: casual chic

Please book online if possible or call us on +33(0)4 94 85

29 19



UP LOUNGE

From late afternoon to dusk, UP Lounge is the perfect casual chic address for an end of day get-together.

Our friendly menu gives pride of place to sharing, with regional organic cheese and charcuterie platters, seasonal dishes to awaken the senses and refreshing signature ceviches to cool down the long summer evenings. Don't miss our Head Barman's exciting range of cocktail creations paying homage to our garden and iconic wines.

| UP Lounge

Open every day from 5 pm - midnight

Food: 6 pm - 22.30 pm (last order)

Drinks: 5 pm - 11.30 pm (last order)



BOUTIQUE & WINE TASTING

Designed as a concept store, the UP Boutique opens onto our ultra-modern winery and features an exciting blend of international trends and local creations. Plus, of course, UP wines!

You can enjoy tasting our outstanding wines at the bar with our sommeliers or on the VIP mezzanine, for a fuss-free oenology experience.

| Boutique & Wine tasting

Wines – Gourmet Foods – Gifts

Open 7 days a week - all year round
9 am to 11 pm



UP POOL

A peaceful haven located far from the hubbub of the restaurant, our outdoor pool invites guests to enjoy a welcome siesta under the olive trees. The Caribbean comes to Provence! Laze in the sunshine with a glass of UP rosé or a cocktail in hand while you pore over our poolside menu...

| UP POOL

Open 8 am - 8 pm

Towels available at the pool

Service every day from 11 am - 7 pm

Food: 11 am - 7 pm (last order)

Drinks: 11 am - 6.30 pm (last order)



HOTEL & APARTMENTS

JUST ASK US

Missing something? Please let us know.

Available at Reception

I Welcome Kit (toothbrush, sewing kit, shaving kit, comb, manicure kit, shoe polish)

I Extra Towels

I Iron & Ironing Table

I Plug Adaptor

I Baby Equipment

I Hotel

Check in: 4 pm

Check out: 11 am

I Buffet breakfast at our eUPhoria restaurant

7.30 – 10.30 am

Adults €25

Children 6-12 years €10

Under 5's free

I Room Service

7.30 am – 10 pm

You can peruse our Chef's menu on your TV

€10 supplement for this service

I In-house calls

Reception / Boutique 800

eUPhoria Restaurant 844

UP Lounge 845

I Outside calls

Local & International

Please contact Reception for this service*.

*ongoing rates excluding special numbers

SAFE

The Management cannot be held liable for the loss of valuables. A safe is available free of charge.

MINI BAR

Please ask at Reception

€30 all-included

And if you don't find what you're looking for, please head over to the UP Lounge!

RADIO INSTRUCTIONS *

Press ON. Click «mode» and select USB, AUX or BLUETOOTH

*The radio is available free of charge subject to availability. Please note that loss or theft will be billed €300.

COURTESY TRAY

Tea and coffee are provided free of charge and refilled every day. If you would like to take the UP mugs home with you, you can purchase them for €11 per mug. Please let us know when you check out. They are also on sale at our boutique!

NATURE IS PRECIOUS

Located inside the Natura 2000 national nature reserve, our environment is a genuine jewel and its biodiversity is our number 1 priority.

- No smoking in rooms

- Please place your bath towels on the floor if you would like them changed.

- When you leave your room, please shut your doors and windows properly to prevent insects getting in.

LIFESTYLE & WELLBEING

WELLBEING AREA

Discover our new wellbeing area this summer for ultimate relaxation.

GYM

Open every day from 8 am - 8 pm.

FARMERS MARKET/FLEA MARKET

La Garde-Freinet Wednesday / Sunday 8 am - 1 pm	11 mins
Le Cannet-Des-Maures Saturday / Sunday 8 am - 1 pm	11 mins
Lorgues Tuesday / Friday 8 am - 1 pm	27 mins
Saint-Tropez Tuesday / Saturday 8 am - 1 pm	40 mins

NATURAL SITES

Cascades et Moulin de l'Aille Vidauban	16 mins
Abbaye du Thoronet Every day 10 am - 6.30 pm	23 mins
Château d'Entrecasteaux Garden by André Le Nôtre	35 mins
Cotignac Traditional Provence Village	40 mins
Jardin des Méditerranées Le Rayol-Canadel Every day 9.30 am - 7.30 pm	57 mins
Les Gorges du Verdon Lac de Sainte-Croix	1h50 mins

WALKS & HIKES

La plaine des Maures Average difficulty - Length 4 hrs - 13.1 km	5 mins
Le lac des Escarcets Average difficulty - Length 2 hrs 20 - 7.6 km	5 mins
Les sommets de la Garde-Freinet Average difficulty - Length 2½ hrs - 5.5 km	11 mins
Le lac Canetti Very easy - Length 1 hr 20 - 4 km	12 mins
Les chutes du Caramy et le lac de Carcès Easy - Length 3 hrs - 8.6 km	31 mins

Some hiking trails may be closed in summer to prevent forest fires and in case of strong winds.

BEACHES

Ramatuelle Plage de Tahiti	48 mins
Saint-Tropez Plage des Salins	50 mins

VINEYARDS

Château des Bertrands +33(0)4 94 60 49 89 Equestrian Centre	5 mins
Château Saint-Roux +33(0)4 98 10 02 61 Tasting room open 7/7 La Table restaurant open lunchtimes & evenings 7/7 15th century organic farm	7 mins
Château de Berne +33(0)4 94 60 43 60 Tasting room open 7/7	30 mins

WINE

PARADE

Vins UP Wines WINE SHOP



ROSE	
Bottle	€17.50
Magnum	€38.50
Jeroboam	€95.00
Mathusalem	€200.00

WHITE	
Bottle	€17.50

RED	
Bottle	€17.50

Discount Rates
 12 btles - 15 % • 24 btles - 20 % •
 36 btles - 25 %

Find all our wines online at the eBoutique
 | www.boutique.ultimateprovence.com

CYCLE

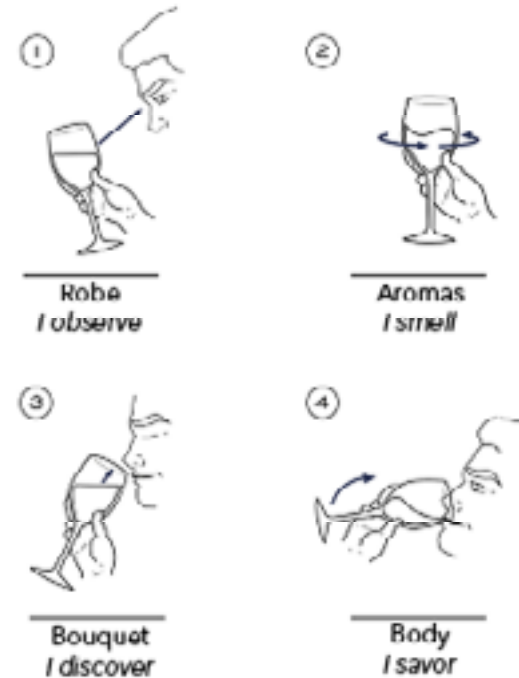
- 1 - Birth of the bud
- 2 - Flowering
- 3 - Young fruits
- 4 - Grape changes color
- 5 - Maturing
- 6 - Harvest
- 7 - Pressing
- 8 - Fermentation
- 9 - Vatting
- 10 - Aging
- 11 - Bottling
- 12 - Tasting

QUANTITIES

- 1 bunch of grapes = 1 glass
- 6 glasses = 1 bottle
- 6 bottles = 1 case
- 18 cases = 1 barrel



DRINKING GUIDE



INFO

B

| Babies

We have everything you need for your little princes and princesses! The hotel takes care of placing the equipment you need in your room (cot, changing mat, bath, high chair, bottle warmer).

| Boules

Our boules court is at your disposal. Equipment available at Reception.

D

| Do not disturb

Please hang the sign outside our door if you do not wish to be disturbed.

E

| Electric vehicle charging station

Ultimate Provence offers free vehicle charging during your stay.

| Electricity

220 volts. Adapters are available at

Reception (call 9).

| Environment

Ultimate Provence is committed to protecting the environment and preserving our natural resources. We invite you to take part in our eco-friendly efforts during your stay.

We normally change your bed linen every 2 days. Please place the card provided on your pillow if you do not require fresh bed linen. We only change towels that are placed on the bathroom floor.

At UP, we also nurture the environment by using energy-efficient light bulbs and locally-sourced seasonal produce.

Thank you for helping us go greener!

| Emergencies

Ambulance 15
Police 17
Fire Brigade 18

L

| Luggage

Need help with your luggage? Our team is here to help you. We can also keep your personal effects in our luggage store.

N

| No-smoking policy

Please do not smoke in rooms or at room windows. Our hotel is 100% non-smoking.

**€200 additional fee payable if you smoke inside the hotel.

P

| Pets

Your pet is welcome at our establishment (supplement €20).

| Post Office

The nearest Post Office is located in La Garde-Freinet, Rue François Pelletier. 12 mins by car from the hotel.

| Pharmacy

First aid products are available at Reception (bandages, disinfectant, etc.).

The nearest pharmacy is located in Le Cannet-des-Maures village centre.
Happy Pharmacie: Quartier Traverse Taurelle - 83340 Le Cannet-des-Maures.
8 minutes by car from the hotel.

| Photocopies

Please ask at Reception.

R

| Reduced-mobility access

Our establishment is fitted to welcome reduced-mobility guests.

T

| Tourist Office

La Garde-Freinet
+33(0)4 94 56 04 93
Saint-Tropez
+33(0)4 94 56 04 93

| Taxi

Please ask Reception if you wish to book a taxi.

V

| Vet

The nearest vet is located in Le Cannet-des-Maures.
Clinique Vétérinaire Le Chien Bleu: RN7 les Taurelles, 83340 Le Cannet-des-Maures. 10 mins by car from the hotel.

W

| Wifi

(Wifi: UPClient) Wifi access is free and unlimited in all rooms and public areas of the hotel. No password needed

TÉLÉVISION

TV OPERATING INSTRUCTIONS

Press  button and select TV. Make your choice from the list.

FRENCH CHANNELS

- 1 - TF1
- 2 - FRANCE 2
- 3 - FRANCE 3
- 5 - FRANCE 5
- 6 - M6
- 7 - ARTE
- 8 - C8
- 9 - W9
- 10 - TMC
- 11 - TFX
- 12 - NRJ 12
- 13 - LCP
- 14 - FRANCE 4
- 15 - BFM TV
- 16 - CNEWS
- 17 - CSTAR
- 18 - GULLI
- 19 - FRANCEO
- 20 - TF1 SERIE FILM
- 21 - L'ÉQUIPE
- 22 - 6TER
- 23 - RMC STORY
- 24 - RMC DÉCOUVERTE
- 25 - CHERIE 25
- 26 - LCI
- 27 - FRANCE INFO

DUTCH CHANNELS

- 28 - BVN

ENGLISH CHANNELS

- 29 - CNBC EUROPE
- 30 - BCOMBERG EUOPETV
- 41 - ITV
- 42 - ITV2
- 43 - CITV
- 44 - ITV4
- 45 - ITV4+1
- 46 - BBC ONE
- 47 - BBC TWO
- 48 - C BBC

RUSSIAN CHANNELS

- 51 - RT HD

GERMAN CHANNELS

- 31 - ZDF
- 32 - 3 SAT
- 33 - KIKA
- 34 - ZDF INFO
- 35 - ZDF NEO
- 36 - VOX AUSTRIA
- 37 - RTL AUSTRIA
- 38 - RTL 2 AUSTRIA
- 39 - EUROSPOORT RTL A
- 40 - SUPER RTL A

JAPANESE CHANNELS

- 49 - NHK WORLD
- 50 - CGTN

ITALIAN CHANNELS

- 52 - RAI 1
- 53 - RAI 2
- 54 - RAI 3
- 55 - RAI NEWS 24