

WILD + FREE

A Wonder-Filled Pilgrimage Through France for Wild + Free Mothers

with Ainsley Arment

*including Giverny, Honfleur,
Mont Saint Michel, Normandy Beaches,
Rouen, and Paris*

10 Days
April 25 - May 4, 2026



For More Information Contact:

Select International Tours

800-842-4842 rebecca@select-intl.com

selectinternationaltours.com/wildandfree





WHAT'S THE COST?

Land Only - \$4495.00

Group Air from Newark - \$995.00

Solo Room - \$1495.00*

**additional cost*

Register online now -

selectinternationaltours.com/wildandfree

Prices are per person

**Land Only - Option to purchase air on your own and meet the group at the airport on April 26, 2026*

Group Air Price based on a minimum of 10 passengers

Prices are valid only if the deposit is received no later than January 11, 2026

Final payment is due February 24, 2026

Trip Code: 26RS04FRAA-SB

April 25, Saturday, Day 1: DEPART THE USA

Depart Newark International Airport on an overnight flight to Paris. Dinner and breakfast are served on the plane. Quotes for add-on flights from different airports and for optional Premium Economy and Business Class upgrades are available upon request. Group air restrictions do not permit specific seating requests on flights. We recommend purchasing your own airline tickets and booking the Land Only package if seat location is an important part of your trip.

April 26, Sunday, Day 2: ARRIVE PARIS – MONET'S GARDENS AT GIVERNY

We arrive in Paris and are greeted by our French tour host, who will accompany us all week. We drive to the town of Giverny. Fans of Monet will love visiting the inspiration for many of his paintings, the lily ponds, his gardens, and the home where he lived. We visit the Museum of Impressionism just down the road from Monet's Estate and have time for lunch before driving to our hotel. Settle into our comfortable accommodations, spend time unpacking and getting to know the group members. A welcome drink and dinner await us at our hotel. Overnight in Deauville. (D)

April 27, Monday, Day 3: ÉTRETAT – HONFLEUR

Etretat is a lovely coastal town where we can enjoy a walk on the beach or hike to the famous "arch" cliffs for a bird's-eye view of the area. Explore the city that French artists, including Monet, loved. If you are familiar with the French book series Arsene Lupin or have seen the show on Netflix, you can visit the home (now a museum) of its author, Maurice Leblanc. Our afternoon in Honfleur, which has a stunning harbor, is a delight as we walk through the narrow streets, visit the shops and the coffee spots, and see its all-timber church, Eglise Sainte-Catherine. We return to Deauville for dinner at leisure. We recommend La Jardin and the incredible XL cafe for dessert. Overnight in Deauville. (B)

April 28, Tuesday, Day 4: CIDER ROUTE

We explore fun cider farms where we enjoy a taste of Calvados, the famous pear brandy made in this area or Pommeau (apple brandy mixed with apple juice). We tour Chateau du Breuil on a private visit and not only taste the brandy, but also learn how to make our own. Then continue to the stunning gardens at Jardins du Pays d'Auge to enjoy the flowers and say hello to the resident donkey. Our last stop is the cheese town Pont-l'Évêque, where we visit a fromagerie to taste some famous cheeses from Normandy, including Livarot and Camembert. Grab some cheese, a baguette, and some fruit, and have dinner the French way. Overnight in Deauville. (B)

April 29, Wednesday, Day 5: MONT SAINT-MICHEL

A long day awaits us as we drive to the island of Mont Saint-Michel to see its incredible Abbey. The island is known as a tidal island because when the tide is low, it is possible to walk across the sand to the island. There is a bridge to access the island, as well, and this is the best way to get there from the parking lot. We hike up to the abbey for spectacular views and spend time exploring the island after visiting the abbey. On the return to our hotel, we visit Maison du Camembert to learn all about the history of this famed Norman cheese and how it is made! Dinner and overnight in Deauville. (B.D)

April 30, Thursday, Day 6: NORMANDY BEACHES

We drive to the Normandy Beaches to see Omaha Beach and the American Cemetery. Get ready for a day of strong emotions and tears, as we are reminded of the decisive WWII battle which took place here, and as we remember our brave fallen soldiers who died fighting on these shores for freedom and peace. Return to Deauville for dinner and overnight. (B.D)

YOUR COMPREHENSIVE TOUR INCLUDES

- Round-trip group airfare from Newark to Paris (for land and air package)
- Airport taxes and fuel surcharges
- First-class hotels for eight nights
- Service charges and hotel taxes
- Buffet breakfast daily
- One Restaurant lunch with wine
- 3 Hotel dinners with wine
- Seine River Cruise dinner accompanied by half a bottle of wine
- Cider, Calvados and Cheese Tasting
- All transfers with a private A/C motor coach as per the itinerary
- Professional English-speaking tour guide throughout
- Entrance fees are included for sites specifically listed (outside view means no entrance is included). Included Giverny,

- Normandy Beaches, Mont Saint-Michel
- Luggage handling at hotels (one piece per person in/out)
- Select International Tours Travel Portfolio
- Whisper sets

RATES DO NOT INCLUDE

- Personal expenses
- Trip Protection and Medical Insurance (highly recommended)
- Tipping /Gratuities for the guide(s), driver, and wait staff (please refer to the suggestions we will provide for you with your final documents)
- Any items not explicitly mentioned in the list of inclusions
- Beverages at meals, unless otherwise noted

- Airport transfers for land-only passengers unless the travelers are at the airport at the same time as the group
- Airline seat assignment and flight pre-check-in

BAGGAGE CHARGES NOT INCLUDED

IN TRIP COST:

- Any airline baggage charges
- Baggage handling at train stations, airports, and hotels in excess of one suitcase per person
- Any charges incurred due to excessive luggage including the cost of an additional baggage vehicle or portage charges

May 1, Friday, Day 7: A DAY TO ENJOY – DEAUVILLE

Deauville is an iconic resort town, full of the charming architecture of Normandy but with other influences like Art Nouveau. Enjoy a relaxing day as we explore this lovely town, including spotting the horse barn stables throughout the city, walking along Deauville beach and taking a photo at the iconic lifeguard stand, and even strolling along the Promenade des Planches to see the old Pompeian baths from the 1920s and celebrity names on the old bathing cabins. We have a morning visit to the Deauville Market, where we can shop for everything from fresh fruits and seafood to silk scarves and clothing. Afterwards, you may wish to walk across the bridge over to Trouville for the Marche aux Poissons, a fish market where you can order your lunch to be cooked in front of you. Grab a seat at one of the tables and enjoy your fresh catch of the day with some wine. Dinner is at leisure. Overnight in Deauville. (B)

May 2, Saturday, Day 8: ROUEN – PARIS

We check out after breakfast and depart the hotel at 8 am, driving toward Rouen, where we have several hours to explore, visit the Cathedral, see the Gros Horloge, and enjoy the beautiful Old Town. We have lunch in the restaurant where Julia Child ate and was so inspired by the food that she decided to become a chef. The restaurant has

changed, but the legend remains. Continue to Paris. Settle into our hotel and enjoy dinner and an evening at leisure. Overnight in Paris. (B.L)

May 3, Sunday, Day 9: PARIS – SEINE RIVER CRUISE

Our day starts with a panoramic tour of Paris by bus and a guided visit of the Notre Dame Cathedral, where we see the iconic church in its newly restored glory. The rest of the day is at leisure to explore Paris on your own, do some shopping, visit a museum, OR enjoy a hands-on culinary experience, learning classic French cooking techniques during a 4-hour optional cooking class (\$165.00 per person - minimum 10 participants). Dinner tonight is on a Seine River Cruise where we enjoy seeing the illuminated city from the water and watch the fireworks over the Eiffel Tower. Overnight in Paris. (B. Special dinner)

May 4, Monday, Day 10: RETURN TO USA

Extend your time in Paris or transfer to the airport for your flights home. (B)



*We create unique
and custom itineraries*



Select Protect

Travel Protection Plan

Plan Highlights

- Comprehensive coverage for trip cancellation, trip interruption, emergency medical and post-departure travel coverage up to \$100,000
- Up to \$150,000 in Emergency Evacuation and Repatriation of Remains coverage available
- 100% of Trip Cancellation coverage up to \$25,000
- 150% of Trip Interruption coverage up to \$37,500
- Optional Cancel For Any Reason coverage available
- Pre-Existing medical condition waiver available

10-Day Free Look Period

If you are not satisfied within 10 days of purchasing this plan, Trawick International will refund your premium cost if you have not departed on your trip or filed a claim.

Trip Cancellation Covered Reasons

This is a list of some covered reasons for Trip Cancellation. Please refer to the plan document for a full list.

- Sickness, Accidental Injury, or Death of You, a Family Member, Traveling Companion, or Business Partner
- Sickness, Injury, or Death of Non-Traveling Family Member
- Hijacked, Quarantined, required to serve on a jury, or subpoenaed
- Employment Terminated or Laid-Off
- Approved Military Leave Revoked or Military Re-Assignment
- Terrorist Incident
- Your Home made Uninhabitable by Natural Disaster or Burglary
- Inclement Weather Causing Complete Cessation of Air/Common Carrier Services
- Mechanical breakdown Causing Complete Cessation of Air/Common Carrier Services

Assistance Services

Traveler Lounge Pass

Allowing you the convenience of airport lounge access if your flight is delayed by more than two (2) hours.

This service is available to Trawick International policy holders if: You have registered your flight at go.TravelerLoungePass.com at least twenty-four (24) hours before your scheduled flight departure time; and Your flight has been delayed by more than two (2) hours. If your flight was delayed by more than two (2) hours but there's no lounge available at the airport where you are, you may still use the lounge access code any time in the next six (6) months.

Runway Health: Pre-travel Medication Readiness Consultation

Your Trawick travel insurance policy includes a pre-travel medication readiness consultation from Runway Health. Runway seamlessly connects travelers with US-licensed physicians with a quick, online consultation to create personalized, physician guided prescription medicine travel kits that are shipped directly to your door before departure, if prescribed. Travel better prepared and register for your complimentary consultation at trawick.runwayhealth.com.

Underwritten by:

Plan sold by Trawick International. Insurance is provided by either Technology Insurance Company or Wesco Insurance Company, an AmTrust Financial Services, Inc. company and non-insurance services by Trawick International. Limitations and exclusions apply. Plan only valid for residents of the United States.

Plan Admin:

Trawick International
Local: 251-325-1017
Toll free: 833-322-8002
PO Box 2284 Fairhope, AL 36533
info@trawickinternational.com
www.trawickinternational.com

Benefits of Coverage

Benefits	Maximum Benefit Amount
Trip Coverage	
Trip Cancellation	100% of Trip Cost up to \$25,000
Trip Interruption	150% of Trip Cost up to \$37,500
Trip Delay (6 hours)	\$1,500 (\$150/day)
Missed Connection (3 hours)	\$500
Personal Items Coverage	
Baggage Coverage	\$1,500
Per item	\$250
Limited Valuables	\$500
Baggage Delay Coverage (24 hours)	\$400
Medical & Evacuation Coverage	
Emergency Accident & Sickness Medical Expense	\$100,000
Emergency Dental Expenses	\$750
Emergency Evacuation	\$150,000
Repatriation of Remains	\$25,000
Hospital Companion Transportation	\$10,000
Hospital Companion Expenses	\$200/day, 10 days maximum
Non-Medical Evacuation	\$100,000
Pre-Existing Condition Waiver	If purchased on or before Final Payment
Pre-Existing Condition lookback period	60 days
Non-insurance 24-hour standard emergency travel assistance	Included
Optional Upgrade	
	75% of Insured Trip Cost
Trip Cancellation for Any Reason (CFAR) Optional	Must be purchased within 15 days of deposit
	Must Cancel 2 days or more prior to departure date
	Not available to residents of NY

Not all Benefits are available in all states, please see the Plan Document for all details.

Plan Rates

Trip Cost Bands	Base rate	Base & CFAR rate*
\$1-\$500	\$66	\$112
\$501-\$1,000	\$70	\$118
\$1,001-\$1,500	\$96	\$162
\$1,501-\$2,000	\$128	\$217
\$2,001-\$2,500	\$156	\$264
\$2,501-\$3,000	\$185	\$313
\$3,001-\$3,500	\$212	\$360
\$3,501-\$4,000	\$241	\$410
\$4,001-\$4,500	\$269	\$456
\$4,501-\$5,000	\$307	\$521
\$5,001-\$5,500	\$328	\$558
\$5,501-\$6,000	\$361	\$613
\$6,001-\$6,500	\$420	\$714
\$6,501-\$7,000	\$447	\$760
\$7,001-\$7,500	\$483	\$821
\$7,501-\$8,000	\$513	\$872
\$8,001-\$8,500	\$552	\$939
\$8,501-\$9,000	\$627	\$1,066
\$9,001-\$9,500	\$713	\$1,211
\$9,501-\$10,000	\$748	\$1,272
\$10,001-\$11,000	\$801	\$1,362
\$11,001-\$12,000	\$872	\$1,482
\$12,001-\$13,000	\$939	\$1,596
\$13,001-\$14,000	\$1,010	\$1,716
\$14,001-\$15,000	\$1,081	\$1,837
\$15,001-\$16,000	\$1,151	\$1,957
\$16,001-\$17,000	\$1,222	\$2,077
\$17,001-\$18,000	\$1,293	\$2,198
\$18,001-\$19,000	\$1,364	\$2,318
\$19,001-\$20,000	\$1,435	\$2,438
\$20,001-\$21,000	\$1,505	\$2,559
\$21,001-\$22,000	\$1,576	\$2,679
\$22,001-\$23,000	\$1,651	\$2,806
\$23,001-\$24,000	\$1,722	\$2,927
\$24,001-\$25,000	\$1,792	\$3,047

*Note: CFAR is 1.7 x the base rates.



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April 25 - May 4, 2026 Trip Code: 26RS04FRAA-SB

DEPOSITS AND FINAL PAYMENT:

- Please use the QR code on the front of this brochure to enroll.
- A deposit of \$500.00 per person should accompany your registration by January 11, 2026.
- Final payment is due by February 24, 2026.*
- Your passport must be valid through November 4, 2026.

All prices are based on payment via check. A convenience fee of 4% will be charged for credit card payments. We also take payment via Zelle.

Please mail your payment to: Select International Tours, 85 Park Ave., Flemington, NJ 08822, Attn: Rebecca Stoker, 800-842-4842, rebecca@select-intl.com.

PILGRIMAGE PRICES: Trip price is based on a minimum of 20 passengers. Prices may be adjusted for fewer travelers, changes in currency conversion rates, or amendments in local government taxes and/or fuel surcharges. Prices for this trip are in US dollars. For European travel, an exchange rate of US \$1.18 per Euro is assumed. *A late payment fee of \$100.00 per person will be charged for all payments received after the final payment due date.

SOLO ROOM: A limited number of single rooms are available. Prices are based on two people per room. We do not guarantee roommates, but will do our best to connect you with someone willing to share.

LAND-ONLY OPTION: Land-only services start and end at the hotels and do not include any airfare. You are welcome to transfer from the airport with the group if you arrive at the same time; otherwise, transfers are not included.

TOUR CANCELLATION POLICY: Individual deposits are refundable except for a \$350.00 per person handling fee for cancellations made 91 days or more before departure. A \$500.00 non-refundable fee will be assessed if the reservation is canceled between 90 and 60 days prior to departure. Within 60 days of departure, all payments are non-refundable regardless of the reason for cancellation. All airline tickets are non-refundable once issued. All cancellations must be in writing. Unused portions of the trip are not refundable. If a roommate cancels, the cost of a solo supplement will be added to your invoice. You may be eligible for a refund through your travel protection provider.

TRIP CANCELLATION PROTECTION: We strongly recommend the purchase of trip cancellation/travel accident insurance for every passenger to protect their investment (all payments are non-refundable 60 days before departure). PLEASE NOTE that in most cases travel protection must be purchased within 14 days. Additionally, some options are not available to residents of NY. Please see <https://selectinternationaltours.com/travel-protection-plans/> or call Trawick International at 1-888-681-6272 for complete details, restrictions, and deadlines.

AIRLINE, SEATING AND CHANGES: To best accommodate our pilgrims, we utilize Group Air Reservations. This affords more predictable space and pricing. However, the airline (not Select International Tours) assigns seats when the group tickets are issued. If you require very specific seats, we suggest you take advantage of the "Land Only" option and book your own airfare. Airline ticket name changes due to missing, incorrect, or incomplete information provided during registration will result in fees of at least \$350 per traveler. Switching reservations from Air and Land to Land Only within 100 days of departure will incur a minimum fee of \$150.00 per person. Quotes for Business class and Premium Coach seats are available upon written request, as are add-ons from your hometown airport.

SPECIAL NEEDS AND REQUESTS: All special needs and requests due to medical or dietary restrictions must be received in writing at least 60 days before departure. People needing a wheelchair should bring their own and travel with a companion who can provide care for them.

WALKING: Our trips require daily walking, sometimes up or down slopes, steps, and uneven terrain. We recommend preparing by walking before the trip. A qualified and physically able travel companion must accompany anyone needing assistance. We are not responsible for any medical condition that occurs before, during, or after the trip.

RESPONSIBILITY: By accepting this confirmation, you also agree to the complete Terms and Conditions list at <https://selectinternationaltours.com/terms-conditions/>. The Group Leaders, Spiritual Directors, and Select International Tours, Inc. have no responsibility for any acts or omissions of the travel suppliers in your itinerary and during your trip. We have no special knowledge regarding the financial conditions of the suppliers, unsafe travel conditions, health hazards, or weather hazards at locations traveled. We are not responsible for flight delays, cancellations, or any charges incurred due to unforeseen circumstances. We are not responsible for any sickness or disease you contract or any injury you sustain while traveling. Unused portions of the trip are non-refundable. Please consult the appropriate online resources for information about destination climate, risks, and safety. For health information, consult the Centers for Disease Control and Prevention. You are responsible for understanding and complying with your destination's passport, visa, vaccination, or other entry requirements. Itineraries are subject to change. We are not responsible for any damaged, lost, or stolen articles. We are not responsible for any sickness, injury, or death during or after the trip. Travel documents will be mailed out approximately three (3) weeks before departure. Please review them carefully for any errors.

This trip is open to women 18 years or older.

SHIPPING & HANDLING: \$15.00 per person—not included in the package price—will be added to each invoice. Your invoice will confirm the trip registration.

**For answers to the most frequently asked questions,
please visit selectinternationaltours.com/faq/**