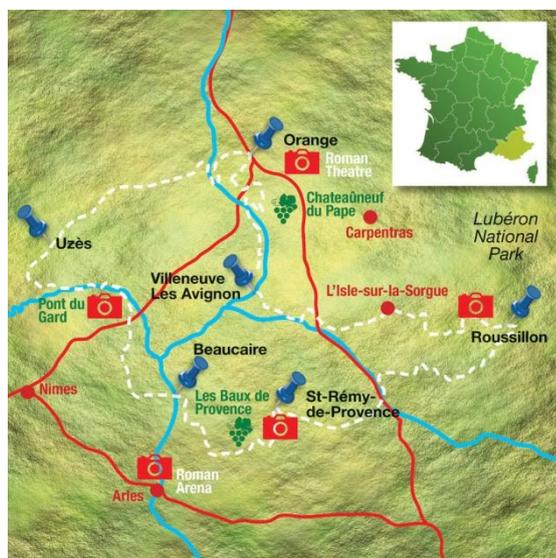


Cycling Safaris

PROVENCE 2017

Guided Tour

Guide cycling with group | 319 km | 7 nights / 8 days



Provence is one of the most beautiful regions of France, particularly the Lubéron National Park made famous in Peter Mayles 'A Year in Provence'. Naturally this tour explores the Lubéron, but we'll also introduce you to an amazing Roman heritage, including the Roman Theatre in Orange, the excavated town of Glanum and the majestic aqueduct at the Pont du Gard, perhaps the highlight of the week.

Provence boasts a distinctive cuisine featuring fresh herbs, olive oil, and a huge variety of locally-grown produce - easily the best region in France for vegetarians - and depending on the season we help ourselves to cherries, apricots, peaches and figs. It's an interesting wine region too, including famous Chateaufort du Pape, it's lesser known but very classy neighbours Gigondas and Vacqueyrac, and Tavel, rated by many as the finest rosé wine in France.

Our tour will take you through beautiful towns and villages, along back-roads, tracks and cycle paths, past olive groves and vineyards.

TOUR ITINERARY

Day 1 Saturday

Arrive in Avignon TGV and meet your transfer. We start and finish in Villeneuve-les-Avignon facing the old town of Avignon, staying at Residence des Cedres.

Day 2 Sunday Villeneuve-les-Avignon to Orange 27 miles / 44 km

We head north to Orange via the famous vineyards of Chateauneuf du Pape. Its easy cycling along the west bank of the Rhone to a lunch stop in Chateauneuf, followed by a tasting in this most prestigious wine appellation at Château Mont Redon. A flat ride into Orange, where we'll visit the spectacular Roman theatre, stay at the hotel Glacier, and eat at Restaurant Le Garden.

Day 3 Monday Orange to Uzès 31 miles / 50 km

We leave Orange on a lovely quiet road that loops around the flood plain, finally joining the river l'Aigues, on the way to a wonderful secret crossing to the Rhone, via an island. We enjoy beautiful cycling past cherry trees, fig trees and orchards of apricots all the way to Uzès. Our hotel, the St. Genies, is about a kilometer outside the town and we stroll into the centre of this stunning medieval town for dinner.

Day 4 Tuesday Uzès to Beaucaire 33 miles / 53 km

We head west via a back route to the stunning Pont du Gard, the roman aquaduct built to carry drinking water to Nimes. We usually have lunch here, and perhaps a swim, then leave via Remoulins for Beaucaire, an inland port at the entrance of the Rhone and the great canal that runs all the way from Bordeaux. We stay at the Hotel Robinson, a 3* hotel about 2 km outside Beaucaire on a lovely cycle path.

Day 5 Wednesday Beaucaire to St. Remy 27 miles / 44 km

We cycle across the Rhone, returning to Provence from the Languedoc and head up into the Alpilles, towards Les Baux de Provence (home of the first aluminium mine - hence Bauxite) built on top of a 200 metre high outcrop, overlooked by a ruined fortress. A tourist trap, but a beautiful trap nonetheless. A wonderful descent, a wine-tasting at Mas de la Dame from one of France's newest *Appellation*, than a climb over the Alpilles once again before another fabulous downhill to the Roman town of Glanum. When we arrive at the Hotel Castelet des Alpilles in St. Remy you will have had a day to savour, and a short walk into the town centre for dinner.

Day 6 Thursday St. Remy to Roussillon 38 miles / 61 km

Our route out of St. Remy is wonderful. We cycle on tiny roads and tracks alongside the Alpilles mountains. We cross the Durance at Cavaillon and we're in the Luberon National Park, home to the wild boar and vultures. This is the most beautiful part of Provence, and we follow a special cycle route through Maubac, Oppede-le-Vieux and Menerbes before a long climb to Roussillon, built on cliffs of bright red Ochre. We stay at the Sables d'Ocre, and eat in right in the heart of the old town.

Day 7 Friday Roussillon to Villeneuve-les-Avignon 38 miles / 61 km

A thrilling descent to begin, then a tiny, quiet road to the resurgent spring at Fontaine de la Vaucluse. After lunch we begin our return to Avignon, passing through Isle-sur-la-Sorgue. Avignon itself is spectacular. Contained within its vast wall, the central square is dominated by the Palais Des Papes, the largest Gothic palace in the world.

Day 8 - Saturday

Homeward bound! Transfer back to Avignon TGV.

2017 GROUR TOUR DATES

June 17th
July 29th
August 26th
September 23rd

2017 TOUR PRICE

€1540.00 euro per person sharing
+ €395.00 single supplement
If you are travelling on your own we will endeavour to find a roommate for you

WHAT THE TOUR PRICE INCLUDES

- 7 nights hotel accommodation with breakfast
- 7 dinners
- Guide cycling with the group
- Luggage transferred locally
- 24 speed hybrid touring bike, with a pannier and helmet
- Maps and route details
- Set transfer from Avignon to your hotel at the tour start (see timetable below)
- Set transfer back to Avignon at tour end (see timetable below)

BIKE / FITNESS



We use Trek 7300 FX Hybrid 24 speed touring bike with aluminium frame and Shimano gear system.

Level of difficulty: Provence - *** Moderate level of fitness required.
Distances are no more than 40 miles a day, but hilly terrain.

Average daily distance	31 miles
Maximum daily distance	38 miles

- ***** Training camps / sport cyclists. 50 to 80 miles per day, hills an integral part.
- **** Distances and / or hills make this a challenging tour suitable for people who exercise regularly.
- *** Moderate level of fitness required. Distances are no more than 40 miles a day, but hilly terrain.
- ** Distances and terrain are slightly easier, suitable for people who are not strangers to exercise, but don't get out as often as they'd like!

GROUP, GUIDE AND BACK-UP SERVICE

The maximum group size on these tours is fifteen people and one, sometimes two guides. Each person has their own route details, as well as a guide who cycles with you, while your luggage is locally transferred each day. There is no "sag" wagon as such but we can arrange to collect the weary!!

TRAVEL INFORMATION

You will be met on Saturday off the mid afternoon train arriving at Avignon at 17:08 from London (via Ville), or at 17:08 from Paris and Charles de Gaulle airport or 17:18 from Paris Gare de Lyon and brought to the starting point at Les Eyzies. At the end of the tour you will be brought back to the train station in time for the 09:14 departure to Charles de Gaulle airport (Paris), and later departures for Gare de Lyon and London (via Lille). Both local transfers are included in the tour price.

From/To London:

Outward Journey	Departure London St Pancras Int.	08:58	Change of train in Lille Europe
	Arrival Avignon TGV	17:08	
Inward Journey	Departure Avignon TGV	09:51	Change of train in Lille Europe
	Arrival London St Pancras Int.	16:03	

Note, there is a change of trains in Lille Europe. Local transfers are from Avignon TGV station to your first hotel and from the last hotel to Avignon TGV.

From/To Paris Charles de Gaulle Airport

Outward Journey	Departure Ch. De Gaulle Airport	13:58
	Arrival Avignon TGV	17:08
Inward Journey	Departure Avignon TGV	09:14
	Arrival Ch. De Gaulle Airport	13:02

Paris Gare de Lyon Train Station

Outward Journey	Departure Gare de Lyon	14:37
	Arrival Avignon TGV	17:18
Inward Journey	Departure Avignon TGV	10:14
	Arrival Gare de Lyon	12:56

Please take careful note of the train times above. Our transfers are scheduled to meet these designed trains, if these trains times are inconvenient please contact us so that we can be sure of arranging appropriate transfers.

What happens if I miss the train? Can I get the next one?

If you do miss the train, try and arrange to get on the next one. If you have to pay for another ticket you are responsible for the cost; depending on circumstances, you may be covered by insurance. Please call the owner of the first hotel - you will have a list of all the hotels as well as contact details for the outbound journey as part of your pre-departure pack. We will arrange transfers from the train station at the later time.