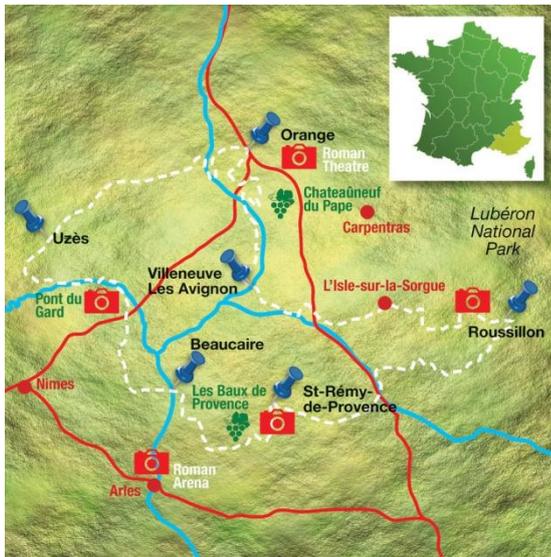


Cycling Safaris

PROVENCE 2018 Self guided Tour 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 Chateauneuf 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

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 Villeneuve-les-Avignon to Orange 27 miles / 44 km

We head north to Orange via the famous vineyards of Chateau 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 Chateau Mont Redon. A flat ride into Orange, where we'll visit the spectacular Roman theatre and stay at the hotel Glacier.

WHAT THE TOUR PRICE INCLUDES

- 7 nights hotel accommodation with breakfast
- Luggage transferred locally
- Route details and maps
- 24 speed hybrid touring bike with pannier and helmet (if required)
- Transfer from Avignon to your hotel at the tour start (see timetable below)
- 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!

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre levers. You also have access to a 24 hour helpline.

TRAVEL INFORMATION

Below our recommended arrival/departure times. If you arrive at a different time, please let us know and we will arrange the transfers accordingly.

You will be met off the mid afternoon train arriving at Avignon at 17:08 (or at an agreed time) from London (via Ville), or at 17:18 (or at an agreed time) 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 departures for Gare de Lyon and London (via Lille). Both local transfers are included in the tour price.

From/To London (recommended):

Outbound Journey	Depart London St Pancras International	08:58
	Arrive Lille Europe	11:30
	Depart Lille Europe	12:52
	Arrive Avignon TGV	17:08
	Transfer to Hotel	
Inbound Journey	Transfer from Hotel	
	Depart Avignon TGV	09:51
	Arrive Lille Europe	14:02
	Depart Lille Europe	15:30
	Arrive London St Pancras	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.

Paris Gare de Lyon Train Station (recommended)

Outward Journey	Departure Paris Gare de Lyon	14:37
	Arrival Avignon TGV	17:18
Inward Journey	Departure Avignon TGV	10:14
	Arrival Paris 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 train 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.