

# Cycling Europe

## FRANCE - BIKE & BOAT 2020

### PROVENCE: AVIGNON TO THE CAMARGUE

or vice versa

Guided or Self-Guided Cycling Tour 8 days/ 7 nights



*Enjoy a wonderful tour through the wild Camargue area with its bulls and horses. Bike from the medieval fortress of Aigues Mortes to the coastal beaches and fishing villages, then cruise slowly by boat towards Arles with its wonderful Roman ruins. You will see the typical Provence landscape, including the Rhone Delta, Van Gogh's Provence and the Roman France of Pont du Gard. You can choose to cycle with the guide and group, or do your own exploring, with maps and detailed route descriptions supplied. Please tell us if you want self-guided when booking this tour.*



#### ITINERARY AIGUES MORTES TO AVIGNON

##### Day 1 (Sat): Aigues Mortes: Welcome aboard!

Afternoon arrival at Aigues Mortes in the Camargue,, a medieval town and ancient military and

commercial port on the Mediterranean. Board your barge after 6.00pm.

**Day 2 (Sun): Aigues Mortes round trip.** Cycling along small country lanes between canals and lagoons, you will reach the charming fishermen's village Le Grau-du-Roi. Look out for the white horses, typical of this region, as well as pink flamingos. Enjoy a refreshing swim at l'Espiguette Beach. **Flat Cycling: 55 km**





### **Day 3 (Mon): Aigues Mortes to Arles**

Today you will sail to Saint Giles, and cycle to Arles, the ancient capital of Gaul with its beautiful Roman ruins. Cycle to the wooden bridge, which was masterfully portrayed by the great painter Van Gogh. Guided afternoon tour of the highlights of Arles.

**Cycling: 25 km**

### **Day 4 (Tues): Arles to Vallabrègues**

This is a breath-taking stage which brings you to the Alpilles and the perched village of Les-Baux-de-Provence, built into the rock and then to the town of Saint Remy de Provence. A landscape of limestone cliffs and olive trees will accompany the trip. In the evening we moor in the pretty Provencal village of Vallabrègues on the banks of the Rhone.

**Cycling: 55 km**

### **Day 5 (Wed): Vallabrègues to Aramon**

Bike along country roads to Barbentane with its castle at the confluence of the Rhone and Durance rivers. Continue cycling to the magnificent Abbey of Saint Michel de Frigulet and afterwards down to the medieval village of Boulbon. In the afternoon cruise to Aramon for overnight with a beautiful view over Mont Ventoux.

**Cycling: 35 km**

### **Day 6 (Thu): Aramon to Avignon**

Today you will reach the best preserved Roman aqueduct in Europe – Pont du Gard. It is truly a spectacular sight. In the afternoon reach Avignon, the city of Popes. The barge will moor at Quai de la Ligne next to the famous Pont St Bénézet. Avignon is on the opposite bank of the Rhone.

**Cycling: 40km**

### **Day 7 (Fri): Exploring Avignon**

You will cross the Rhone River and cycle in typical garrigue (scrubland) landscape between vineyards and orchards. Visit Villeneuve Les Avignon, once known as the town of the cardinals. In the afternoon there is time to discover the historic centre of Avignon.

**Cycling: 30km**

### **Day 8 (Sat): Avignon**

Disembark after breakfast in Avignon. Additional nights can be booked in a hotel here.



## ITINERARY AVIGNON TO AIGUES MORTES

**Day 1 (Sat) Avignon:** Afternoon arrival in Avignon. Board your barge, which will be moored at Quai de la Ligne next to the famous Pont St Bénézet, after 6.00 pm.



### Day 2 (Sun) Avignon round tour

You will cross the Rhone River via the island Ile de la Barthelasse and cycle in typical garrigue (scrubland) landscape between vineyards and orchards. Visit Villeneuve Les Avignon, once known as the town of the cardinals. Time to explore the historic centre of Avignon.

**Cycling: 30 km**

### Day 3 (Mon) Avignon to Aramon

Cruise to the town of Aramon where you will start cycling. Today brings you to the best preserved Roman aqueduct in Europe: Pont du Guard. It is a truly spectacular work of architecture. Overnight in Aramon with a beautiful view over Mont Ventoux.

**Cycling: 40 km**

### Day 4 (Tue) Aramon to Vallabrègues

Cruise to Vallabrègues, a pretty Provençal village on the banks of the Rhone River. Along country roads cycle to Barbentane with its castle at the confluence of the Rhone and Durance rivers. Continue cycling to the magnificent Abbey of Saint Michel de Frigulet and afterwards down to the medieval village of Boulbon. Overnight in Valbrègues.

**Cycling: 35 km**

### Day 5 (Wed) Vallabrègues to Arles

Today brings you to Saint Remy de Provence, birthplace of Nostradamus. This village is also famous for having hosted Van Gogh in the days of his mental illness. Move onto the Alpilles into Les-Baux-de-Provence, a village lodged in the rock itself, with a landscape of limestone cliffs, lavender and olive trees.

**Cycling: 55km**

### Day 6 (Thu) Arles to Aigues Mortes

The morning is spent in Arles, the ancient capital of Gaul that has a near - perfect Roman amphitheatre. You will arrive at the wooden bridge which was masterfully portrayed by the

great painter, Van Gogh. A guided tour is included. Then to Saint Gilles where you will sail to Aigues Mortes and spend the night. **Cycling: 25km**

### **Day 7 (Fri) Aigues Mortes**

Circuit ride today: Going through small country lanes between canals and lagoons you will reach the charming fishermen's village, Le Grau-du-Roi, and the possibility of a refreshing swim at l'Espiguette Beach.

**Flat Cycling: 55km**

### **Day 8 (Sat) Aigues Mortes**

Disembark after breakfast in Aigues Mortes. The boat docks a short distance from Aigues Mortes train station. The closest airports are Montpellier, Nimes, and a little further away – Marseilles.

### **NAVIGATION**

Issues with high and low water as well as logistical obstacles can result in modifications to some of the daily stretches or embarkation points. These decisions will be taken by the boat captain.

### **GRADE**

Easy. The riding is flat during the three stages in Camargue. There are some moderate ups and downs in the stages north of Arles. There is only one demanding climb towards Baux de Provence, where you are repaid with an extraordinary view!

### **BIKE ROUTE**

The route is on bike paths and low traffic roads in rural and city areas. Short stretches are on unpaved roads; the daily cycling stages vary from 25 km to 55 km. It is envisaged that the boat will sail some of the way during breakfast or evening meal to make getting out of the towns easier or to shorten the stages. There is always the possibility to spend the whole day on board if you do not wish to cycle one or more days.

### **BIKES**

Different frame sizes of Unisex Citybikes are available - all come equipped with cycle computer, side pannier bag, water bottle and padlock. Self-guided clients will also get one map holder/front bag, and one repair kit per each couple. Due to limited space on board, only a few private/own bikes will be accepted on request. Electric bikes are also available.

### **WELCOME AND BIKE DELIVERY**

The meeting with the guide and the crew will be on Saturday evening. The guide is always present during breakfast and dinner and will cycle every day with those who would like to exploit his knowledge. You have the option to cycle individually using the road book. Please let us know at the time of booking if you wish to cycle without a guide. The guide will be carrying a mobile phone in case of emergency or a technical problem with rental bikes.

## OUR BOATS



### **BARGE: L'ESTELLO: Maximum 20 guests** Length: 39m / width: 5.2m

L'Estello, which in Provençal means Star, was built in 1937. This classic Dutch passenger barge has been refurbished to offer a high level of comfort. Her inviting atmosphere will make you feel immediately at ease. The large lounge area has big picture windows and plenty of natural light. French doors provide access (no steps) to the sun deck. The dining area, also with large picture windows, has comfortable seating. There is complimentary Wi-Fi in the restaurant/ bar area and a hot drink machine available.

### **All cabins have own shower/toilet and air conditioning:**

**Below deck:** 1 double and 9 twin bed cabins with a size of approx. 7-8 m<sup>2</sup>. Each cabin has two porthole windows (one is in the bathroom), air conditioning, ensuite facilities, safety box, closet space, a power outlet, hairdryer and a full length mirror.





## **BARGE: CAPRICE – Maximum 21 guests**

This boat, was refurbished in 2009, bringing its level of comfort up to today's standards. Caprice's comfortable and spacious 12.5 x 4.1m air-conditioned living area is divided into the restaurant, seating 21 guests and the lounge with an open bar. Ten windows provide plenty of natural light. There is a sundeck with seating and a fixed awning. There is complimentary Wi Fi in the restaurant/bar area, and a large 55" screen for videos.

**11 cabins (2 doubles, 8 twins, 1 single with a size of 7-8m sq).** Each cabin has two fixed portholes (one is in the bathroom), is air-conditioned and has en-suite facilities. Cabins have ample closet space, a power socket, hairdryer and a full length mirror.



## **SCHEDULE 2020**

### **Aigues Mortes to Avignon**

Saturday departures from **Aigues Mortes**:

April 04 & 18, May 02, 16 & 30, June 13 & 27, July 11 & 25, August 8 & 22, September 05 & 19, October 03 & 17

### **Avignon to Aigues Morte**

Saturday departures from **Avignon**:

April 11 & 25, May 09 & 23, June 06 & 20, July 04 & 18, August 01, 15 & 29, September 12 & 26, October 10 & 24

## **2020 COSTS – PER PERSON IN EURO**

### **Barges: L'Estello and Caprice**

#### **Seasons**

**Low:** 04 to 18 April, and 18 July to 22 August 2020  
**Mid:** 25 April to 11 July, and 17 to 24 October 2020  
**High:** 29 August to 10 October 2020

Double/ twin cabin Low season	€1050	per person
Single cabin supplement	€ 350	per person
Mid-season surcharge	€ 330	per person
High season surcharge	€ 420	per person
Bike rental (27 speed, unisex)	€ 85	
Electric Bike	€ 195	
Special diet	€ 50	(gluten-free/ vegan meals)

**When booking, please indicate if you want to cycle with guide, or independently.**

## 2020 COST INCLUDES:

- 7 night's accommodation
- Full board: 7 breakfasts, 7 dinners & food provided for 6 packed lunches
- Coffee & tea onboard
- Sheets and towels
- Detailed route descriptions, maps and info-pack (1 per cabin)
- Tour leader on bike trips
- Guided visit of Arles
- Emergency support van in the area
- Harbour charges
- Helmet (54-61 circumference)
- Daily short cleaning, and mid-week cabin clean with towel change

## 2020 DOES NOT INCLUDE:

- Beverages
- Entrance to museums
- Optional excursions in mini-van
- Items of a personal nature
- Bike rental
- Special dietary requests for gluten-free and vegan diets – a supplement of €50 per person will apply- payable in advance.

**EXTRA NIGHTS ACCOMMODATION IN AVIGNON OR AIGUES MORTES** 2-3 star hotel  
Double/Twin share from €85 per person / Single €120

## GUIDED OR SELF-GUIDED TOUR

This tour offers the chance to choose to pedal alone (taking advantage of a very detailed route description) or with the group, following the tour leader.

**When you book, please indicate if you want to cycle with the guide or independently.**

## BOOK THROUGH:

# A Walker's World

**Don't just see the world. Experience it.**

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