

Cycling Europe

SOUTHERN FRANCE 2020

LANGUEDOC, CAMARGUE & THE COAST

SELF-GUIDED or GUIDED - 7 DAYS/6 NIGHTS



Montpellier is one of the loveliest towns of France, situated not far from the bright blue Mediterranean Sea. The lovely squares, many restaurants and tiny cafés invite you to sit and appreciate the enviable Mediterranean way of life. The centre of Montpellier is impressive - full of medieval monuments and those from the Renaissance and Classicism eras. Its university of medicine is the oldest in the world.

On this tour you cycle from Montpellier to Sommières, a quaint medieval town on the Vidourle River traversed by a 2000 year old Roman bridge. From there you pedal past lovely villages, in the Vauvage region. Continue along quiet roads through vineyards and the Mediterranean landscape known as the 'Garrigues' to Nîmes, a city of well preserved Roman monuments. From Nîmes cycle along the Rhône-Sète Canal through the amazing untouched saltmarshes and inland lakes of the Camargue to the medieval walled town of Aigues-Mortes. Then follow the beaches of the Mediterranean Sea to Montpellier where your tour will end in gastronomic style at the best restaurant in town.

GRADE: Mostly flat terrain on quiet roads and paths. Suitable for all levels of fitness.

ITINERARY

DAY 1: MONTPELLIER

Arrival in Montpellier, the capital of Languedoc-Roussillon region and the 8th largest city in France. Your tour begins with dinner in a very good restaurant in the old centre of Montpellier.

DAY 2: MONTPELLIER TO SOMMIÈRES

9.30am: Welcome briefing and handover of bikes in the hotel reception. Then it's into the beautiful Languedoc landscape, through little villages to Castries where one of the loveliest chateaux of the Languedoc can be found - known as the "Versailles of Languedoc". Continue to Sommières, a medieval town where a Roman bridge crosses the River Vidourle.

Cycling: 35km



a splendidly preserved town from the Middle Ages, on the edge of salt marshes in the Camargue. Don't miss the opportunity to browse in the shops in the narrow streets of the old town.

Cycling: 45km

DAY 5: AIGUES-MORTES → CAMARGUE → AIGUES-MORTES

The Camargue National Park is one of the many UNESCO World Heritage Sites in Provence. The area is around 350,000 acres of wetlands, pastures and salt flats formed by the delta of the Rhône River and can only be explored on foot or by bike. The region has a unique ecological balance and is home to many pink flamingos. In the grassy pastures you will find sheep and small white horses grazing. These are ridden by the "gardians" a traditional part of the local community. Today's ride is an extraordinary excursion in to the heart of the Camargue

Cycling: 20 - 30km



DAY 3: SOMMIÈRES TO NÎMES

Today you cross the famous Vaunage region where the Protestants fought against the troops of King Louis XIV from 1703 to 1705 with heavy losses. Romantic villages accompany you to Nîmes, the "Rome of Gaule". Visit the old town and numerous Roman monuments. Tonight's hotel is in a 16th century building and dinner in an excellent restaurant.

Cycling: 30km

DAY 4: NÎMES TO AIGUES-MORTES

Cycle Through the "Little Camargue" and along the Rhône-Sète Canal past tiny villages to Aigues-Mortes, on the edge of salt marshes in the Camargue.



© Marco Carmassi/Gofernet

DAY 6: AIGUES-MORTES TO MONTPELLIER

Today you discover the coast and its sandy beaches and the Rhône-Sète Canal meandering through the lakes. Stop for a drink in the busy little fishing port of Le Grau du Roi before arriving in the seaside resort of La Grande Motte. Then it's on to Montpellier and your final dinner in a restaurant that delivers an absolutely gastronomic highlight with which to end your tour. **Cycling: 40km**

DAY 7: DEPART MONTPELLIER

Tour concludes after breakfast, or book additional nights.

2020 SCHEDULE SELF GUIDED TOURS

Start any **Sunday** between 15 March -01 November 2020

TO START A SELF-GUIDED TOUR ANY DAY

A party of 4 or more people can start any day with no extra fee (subject to availability) * 2 people, an additional supplement of €90 per person, 3 people - €60 per person * 1 person, an additional supplement of €180

2020 SELF GUIDED COST PER PERSON IN EURO

Double / Twin Room:	€1080
High Season Surcharge 28 Jun – 30 August	€ 50
Single Room Supplement	€ 180
Bike rental hybrid unisex 21speed or 7 speed pedal brake	€ 80
Electric bike unisex	€ 150
Helmet hire -must be booked in advance	€ 5
Transfer from airport to/from hotel per car	€ 30

This tour is also available in **Deluxe accommodation** (1 night x 3 star hotel, and 3 nights in 4 star hotels and 2 nights 5 star hotels). Please ask us for details.

2020 SCHEDULE GUIDED TOURS

A minimum of 8 persons is required for guided tours to operate

15 March, 19 April, 17 May, 14 June, 13 September, 11 October

2020 GUIDED COST PER PERSON IN EURO

Double / Twin Room:	€ 1330
High Season Surcharge 28 Jun – 30 August	€ 50
Single Room Supplement:	€ 180
Bike hire unisex 21-speed or 7 speed pedal brake	€ 80
Electric bike unisex	€ 150
Helmet hire -must be booked in advance	€ 5

EXTRA NIGHTS ACCOMMODATION (BREAKFAST INCLUDED): EUROS PER PERSON

Double/Twin Share: from €73 Single room: from €111

BIKES

Our unisex aluminum frame bikes have comfortable saddles, 7 or 21 gears, lights, mudguard, lock, 12.5 L pannier bag, map-holder, bike stand, reflective safety vest, pump and puncture repair kit.

2020 COST INCLUDES

- 6 nights accommodation in good 3* and one 4* star hotel
- **6 breakfasts and 6 three course dinners**
- Tour briefing in Montpellier at 1st hotel
- Luggage transfers (1 piece per person)
- Detailed cycling route notes and maps with the marked route
- High Visibility vest with bike hire
- Service hotline
- English speaking guide (for the guided tour only)
- GPS Tracks available on request

2020 COST DOES NOT INCLUDE

- Tourist tax €1 - 2 Euros per person, per night, paid at hotel
- Entrance fees to monuments
- Drinks, lunches
- Insurance

GETTING THERE

Montpellier has an international Airport, and there are direct high speed trains from Paris and other cities in Southern France.

From Montpellier Airport: take the shuttle bus (approx. €2) to the town centre, the hotel is about 5 minutes walk from there. A taxi will cost approx. €20-25.

From Train Station: Montpellier St. Roch railway station. Take a taxi to the hotel (costs approx €12) or take the tram, approx. € 2... then it is a five minute walk to your hotel.

Arrival by by Car: Motorway A9 to Montpellier. Tolls for the highway: Luxembourg→Montpellier or Mulhouse→Montpellier about €50. Exit 'Montpellier Est', direction 'Montpellier Centre'. At the roundabout take the second exit until you see the hotel Mercure at the big crossroads, continue straight on. After 50 m the hotel Kyriad is on your left hand side. **Free parking available.**

Book through:

A Walker's World
Don't just see the world. Experience it.
Ph 09 4867473 Fax 09 484 0091
Email: info@walkworld.co.nz