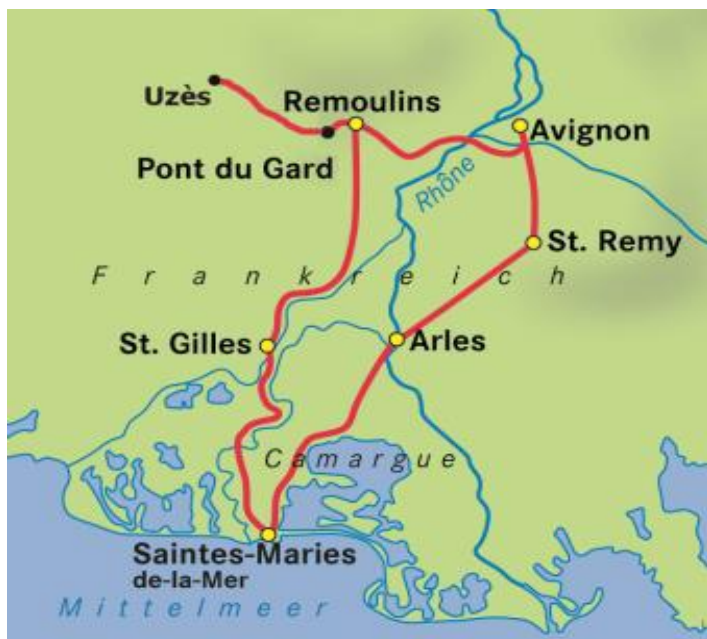


Cycling Europe

CYCLE PROVENCE & THE CAMARGUE

2020 SELF GUIDED or GUIDED - 8 DAYS/7 NIGHTS



Provence and the Camargue - full of light, colour and scent. Which explains why some of the world's most famous artists including Picasso, Van Gogh, Gauguin, Matisse, Cézanne, Chagall have all called Provence home. And why not! The Mediterranean climate is pleasant, the sun shines more than 3000 hours a year and the locals enjoy outdoor living, even during the winter, playing pétanque and drinking their pastis. It's easy to fall in love with Provence - the living is easy and the area is one of the richest cultural regions of Europe with numerous monuments testament to a long and illustrious history through Greek and Roman periods, the Middle Ages and into the last centuries. Over approximately 280km you'll visit Avignon, famous for the Pope Palace, medieval town and its imposing wall; Glanum with its Greek and Roman monuments; the medieval town of Les Baux in the Alpilles; Tarascon, the greatest fortified castle of the Rhone valley; Arles where the whole city has been classified as world patrimony because of its numerous Roman and medieval monuments; Saintes-Maries-de-la-Mer, a delightful little village between the sea, the sky and the Camargue; Pont du Gard, the historic aqueduct over the Gardon River, and the Camargue nature reserve at the delta of the Rhone River, where water, channels and sea attract thousands of birds - some very rare. Its symbols are the white horses, flamingos and black bulls. Most importantly, we mustn't forget to mention the quality of wine and food. During this cycle tour you will enjoy the excellent cuisine of Provence and its Mediterranean flavour.

GRADE: Easy to moderately challenging

Mainly on flat terrain. On day 2 you will encounter a long climb to Les Baux of approx 5km. The route is mostly on quiet roads and paths.

ITINERARY

DAY 1: ARRIVE IN AVIGNON

Tonight you stay and dine in a 4 star hotel with a swimming pool and excellent restaurant on the Isle of Bethelasse, 5km from Avignon Centre (taxi approx. €18 to Centre).

DAY 2: AVIGNON TO ARLES– approx. 45kms

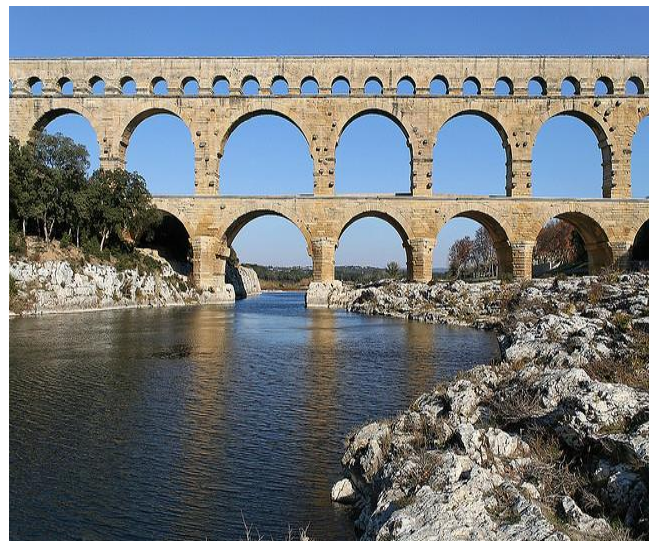
9.30am: Tour briefing at your hotel with delivery of information packs and bikes. From the hotel, ride along the Rhone River, then through the Little Crau to St. Rémy de Provence, Glanum (Greek and Roman monuments) and up to crag-top Les Baux de Provence. Les Baux is a beautiful medieval village that was once an ancient fort due to its position overlooking miles of the Provence countryside. Wander the charming cobbled lanes and visit the old castle and fort replica, or enjoy lunch at one of the many inviting sidewalk cafes. Continue on to the Roman town of Arles

DAY 3: ARLES–SAINTES MARIES-DE-LA-MER - approx. 40kms

Allow time to visit the wonderfully preserved Roman arena in Arles, which is still the venue for bullfights today, then ride through the Camargue along the Vaccarès inlet where you can observe rare birds and the pretty pink flamingos the Camargue is known for. This route involves 10kms along a mud-packed road. An alternative on tar seal is offered if it is wet. Arrive Saintes Maries de la Mer on the beach. This town has a unique Spanish charm peculiar to this part of France with flamenco dresses for sale in the tourist shops, menus featuring paella and classic Spanish guitar entertainment.

DAY 4: SAINTES MARIES TO ST. GILLES – approx. 40kms

Cycle from Saintes Maries de la Mer, through the Camargue and plains of rice fields to St. Gilles (Romanesque church with crypt, world patrimony). Continue on country side roads through vineyards,



DAY 5: ST GILLES TO PONT DU GARD – approx. 45kms

Leave the Camargue behind and ride on small roads through vineyards and orchards with a wonderful view of the Mont Ventoux to reach the ancient Pont du Gard, the largest and most perfectly preserved Roman aqueduct. Then continue on to the Remoulins area.



DAY 6: CYCLE LOOP FROM REMOULINS TO UZES – approx. 40kms

Uzès was the starting point for the Roman Aqueduct of Nîmes and the seat of a diocese until the Revolution. The very powerful dukes of Uzès were First Dukes of France. Today enjoy one of the most beautiful villages in Provence with its glorious heritage buildings intact.

DAY 7: REMOULINS TO AVIGNON—approx. 50kms

Cycle on minor roads through vineyards to Aramon, then along the Rhone and Durance Rivers to Avignon. Allow time to visit this wonderful walled medieval town with its famous bridge and UNESCO World Heritage Pope Palace (Palais du Papes). If time permits cycle over the bridge from Avignon and some 6 km to Villeneuve where the cardinals built their mansions.

DAY 8: ARRANGEMENTS END IN AVIGNON

Tour ends after breakfast. We recommend you extend your stay in Avignon. We can offer minibus tours to the lavender fields in the northern part of Provence, plus wine tasting at Chateauneuf-du-Pape, a visit to the beautiful village of Gordes and the 12th century Cistercian Abbey of Senanque.

2020 SCHEDULE SELF GUIDED TOURS

Start any **Saturday** between 14 March -31 October

TO START A SELF GUIDED TOUR ANY OTHER DAY OTHER THAN SATURDAY

- 4 or more people can start any day (subject to availability)
- 3 people, an additional supplement of €60 per person
- 2 people, an additional supplement of €90 per person
- 1 person, an additional supplement of €180

2020 SELF-GUIDED COST PER PERSON IN EURO

Double / Twin Room:	€1185
High Season surcharge ADD - 27 June – 22 August	€ 30
Single Room Supplement (travelling with others)	€ 220
Bike rental hybrid unisex 21speed or 7 speed pedal brake	€ 80
Electric bike	€ 160
Helmet hire -must be booked in advance	€ 5

2020 SCHEDULE GUIDED TOURS

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

14 March, 18 April, 16 May, 13 June, 12 September, 10 October

2020 GUIDED COST PER PERSON IN EURO

Double / Twin Room:	€ 1395
Single Room Supplement:	€ 220
Bike hire 21-speed Hybrid (unisex)	€ 80
Electric bike	€ 160
Helmet hire -must be booked in advance	€ 5

EXTRA NIGHTS ACCOMMODATION (BREAKFAST INCLUDED): EUROS PER PERSON

Double/Twin Share: from €77 Single room: from €134

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

- 7 night's accommodation in good 2*, 3* and 4* star hotels (some with swimming pools)
- 7 breakfasts
- **7 three course dinners in very good restaurants**
- Tour briefing in Avignon 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
- Technical assistance
- Visitor taxes
- Service hotline
- English speaking guide (for the guided tour only – guide specialist in French history and culture)

GPS Tracks for this tour are now available – please request from us if you would like these to download onto your own device.

GETTING THERE

Car: Motorway A7, exit Avignon-Nord.

Railway: 2 stations in Avignon – Centre and Avignon TGV. A taxi to the usual start hotel is approximately €15-18 from Avignon Centre and €28 from TGV station.

Closest Airport: Marseille. You can catch the trains from Airport to Avignon centre (approx. €25). Transfers can be arranged from Marseille or Montpellier Airport at a cost of €180 per car



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