

# Cycling Europe

## VILLAGES & VINEYARDS OF PROVENCE

SELF GUIDED or GUIDED CYCLE TOUR 2020

7 DAYS/6 NIGHTS



*The land of light, colours and scents. For these reasons, many well known painters have lived in Provence: Picasso, Van Gogh, Gauguin, Matisse, Cézanne, Chagall. The Mediterranean climate is pleasant, the sun shines more than 3000 hours a year. The people enjoy the outdoors, even during the winter when they still play "pétanque" and drink their "pastis". Provence is one of the richest cultural regions of Europe. Numerous monuments testify a long and great past since the Greek and Roman period, through the Middle Ages and to the last centuries.*

*Important towns on the route are: Avignon, famous for the Popes Palace (world patrimony), the medieval town and its imposing wall and the song about the bridge – "Sur Le Pont D'Avignon"; Orange has the best preserved Roman monuments such as the theatre and the triumphal arch; hilltop Vaison la Romaine is a cross between a Roman city and medieval town. You'll cycle beautiful landscapes to Fontaine de Vaucluse which has the deepest spring in the world, pass the famous vineyards of the Côtes du Rhône, typical villages of Provence such as Gordes and Roussillon with its splendid ochre rocks, the lavender fields at the foot of the Lubéron, visit the beautiful Cistercian Abbey of Sénanque surrounded by lavender fields, and stay in the lovely town of Isle Sur-la-Sorgue. Not to mention the quality of wine and food during the cycle tour would be a great omission. You will discover the excellent cuisine of Provence with its' wonderful Mediterranean flavour when you dine each night at specially chosen restaurants.*

**THE LAVENDER FIELDS** generally bloom from the middle of June to the end of July, mostly around the village of Sault (Mt Ventoux option)

**GRADE: Easy to moderate** Biking mainly on flat, sometimes undulating but not usually difficult, quiet roads and paths. Suitable for everyone. Electric bikes can be requested.

### Day 1: Avignon

Dine and stay at hotel with swimming pool and excellent restaurant on the Isle of Bethelasse; 5km/3 miles from Avignon Centre. Alternatively, you can opt to stay in Avignon Centre, close to the historic heart of the city and handy for sightseeing.



**Pont D'Avignon**

### Day 2: Avignon - Orange

9:30 a.m. Briefing about the tour and delivery of your bikes. Leave Avignon and cycle to Villeneuve-lès-Avignon and then along the Rhône River to Roquemaure. Cross the Rhône and arrive the famous wine village of Chateauneuf-du-Pape where you can enjoy wine tastings of the excellent reds. Continue to the Roman town of Orange. Overnight hotel \*\*\*\* and very good restaurant.

**Cycling: 35- 40km**

### Day 3: Orange - Vaison-la-Romaine

Today you ride through the vineyards of the Côtes du Rhône and past typical villages like Sérignan, Ste Cécile les Vignes, St. Roman de Malegarde and Villedieu before arriving at Vaison la Romaine, a lovely Roman and medieval town. Overnight hotel \*\*\* in the centre of town with a very good restaurant.

**Cycling: 40km**



### Day 4: Vaison la Romaine - Isle-sur-Sorgue

Continue through vineyards of the Côtes du Rhône and past quaint villages such as Rasteau, Gigondas, Vacqueyras and Sarrans on little roads and cycle paths. Arrive at Isle Sur Sorgues, the Venice of the Provence, with its many little rivers of clear water. Overnight in a 3 star hotel with beautiful grounds, swimming pool and a very good restaurant.

**Cycling: 55km**

### OPTIONAL EXTRA: MT VENTOUX from €50 per person depending on numbers on the day

**(Only available 15 May – 15 September, subject to suitable weather - pay in France)**

Very Spectacular!! You can be taken by van with your bikes to the top of Mt Ventoux, the highest peak in the Luberon (1909m) from where you will have a glorious roll down hill to the lavender fields round Sault and into the Luberon Valley (approx. 30km).



### Day 5: Isle-Sur-Sorgue - Lubéron

This region is too beautiful to leave so soon so you stay another night at Isle Sur Sorgue and explore the very lovely valley of the Lubéron described by Peter Mayle. Today's highlights are: the village of Gordes and its famous Vasarély Museum; the Cistercian abbey of Sénanque surrounded by lavender fields; and the ochre rocks near the lovely village of Roussillon. Return to your hotel in Isle-sur-Sorgue.

**Cycling: 15– 40km**

### Day 6: Isle-sur-Sorgue - Avignon

Return by little roads and along the Durance

River back to Avignon where you can visit the historical centre and the Popes Palace (World Patrimony). Stay and dine at hotel with swimming pool and with very good restaurant. **Cycling:**

**40km**

### Day 7: Avignon

End of the tour or you may wish to extend your stay in Avignon and explore more of the Provence region.



### 2020 SCHEDULE SELF GUIDED TOURS

Start any **Sunday** between 15 March – 01 November

### TO START A SELF GUIDED TOUR ANY DAY

A party of 4 or more people can start any day (subject to availability)

2-3 people, an additional supplement of €60 - 90 per person

1 person, an additional supplement of €180

### 2020 SELF-GUIDED COST PER PERSON IN EURO

Double /Twin € 1125

High Season Surcharge - 28 Jun-30 Aug € 30

Single Room Supplement € 240

Single Room Supplement Solo Traveller € 420

### 2020 SCHEDULE GUIDED

**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 or Twin Room: € 1375

High Season Surcharge-28Jun-30Aug € 30

Single Room Supplement: € 240

Single Room Supplement Solo Traveller € 420

## ADDITIONAL COSTS PER PERSON IN EURO

Bike rental: Unisex 7 or 21-speed hybrid € 80

Electric bike: €150

Helmet: € 5 (Must be booked in advance)

Transfers to Mount Ventoux

€220 per 4 person vehicle so dependent on numbers wishing to take this option on the day, i.e. €55 each for 4 participants, (Pay in France, subject to suitable weather)

## EXTRA NIGHTS IN AVIGNON PER PERSON IN EURO, INCLUDING BREAKFAST

Double/Twin Room: From € 67

Single Room From €100

## 2020 COST INCLUDES

- 6 nights in superior 3\*\*\* hotels (some with swimming pools)
- **Daily breakfast and 3-course dinners**
- Luggage transport between the hotels (1 piece per person)
- Welcome briefing
- Detailed documentation, brochures and maps (1 set per room)
- Visitor's tax
- GPS on request
- Hi-Vis Vest
- Service hotline (self-guided tour)
- Tour Guide – specialist in French history and culture (Guided Tour only)

## TOUR BIKES

**Our 21 gear unisex bikes** have comfortable saddles and fork suspension, aluminium frame and rims, chain-guard, carrier, 1 saddle bag, map holder, pump, lock, repair set, reflective overcoat.

**Our 7 gear unisex bikes** have comfortable saddles and fork suspension, pedal brake, aluminium frame and rims, chain-guard, carrier, 1 saddle bag, map holder, pump, lock, repair set, reflective overcoat.

**Our 7 speed Electric-Bikes from Flying Cat** have comfortable step-through unisex frames. A full charge takes around 5 hours and depending on the terrain, the wind, and how you use it should last up to 60kms. The bikes have standard front and rear V-brakes (so no pedal-brake)

## GETTING TO AVIGNON

**Car:** Motorway A7, exit Avignon-Nord.

**Train:** There are high speed TGV trains from Paris (Gare Lyon), it only takes 2.5 to 3.5 hours, and in the summer from/to Paris Charles De Gaul Airport. There is also a train direct from Marseille Airport to Avignon, and other major cities in Southern France.

There are 2 train stations: **Avignon Centre** and **Avignon TGV** (High speed trains)

Taxi to hotel is approximately €18 from Avignon Centre, or €28 from TGV train station.

**Fly:** Closest Airport: Marseille: There is a direct trains from Airport to Avignon centre, reservations are not required.

**Airport Transfers:** can be arranged from Marseille or Montpellier Airport – price on request (approx €180 per car)



*Book through*

# **A Walker's World**

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

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