

Provence | France | Guided Biketour - 8 Days

A sea of light and colours

This journey through the "Empire of the Sun" (Frédéric Mistral) challenges all your senses. Thyme and rosemary spice up the mild air. Grapes and truffles pamper the palate. Broken fortress walls recall songs of the troubadours. The luminosity of the light inspired the Impressionists. Let yourself be enchanted by the colourful views and joie de vivre of Provence!

This 8-day tour starts with a city tour in Avignon and ends in the picturesque old town of Aix-en-Provence. We look forward to cycling with you over the grand aqueduct of the Pont du Gard and taking a walk in the footsteps of Van Gogh in Arles during the trip. Experience the fascination of Provence with all your senses! Spicy pine and broom scents will be your constant companions as you cycle through shady forests. Pristine marshlands await your discovery in the Camargue. You will see luminous ochre rocks on the hike to the village of Roussillon. You will stay in historic city palaces, comfortable old manor houses and in an Augustinian monastery in the middle of the old town of Aix-en-Provence. With selected menus, you will enjoy Provence from its "delicious" side.

UNIQUE ON THIS JOURNEY

- Roman architecture at the Pont du Gard (World Heritage Site) and in Arles the Romanesque portal St.Trophime and amphitheatre.
- Romantic hotels in city palaces and old manor houses
- Picnics in particularly atmospheric places
- Paradisiacal Camargue Nature Park
- A fantastic cross-section of Provence: from the green Camargue to the luminous fields and cliffs of Vaucluse and the Lubéron

Itinerary

DAY 1: AVIGNON

Your tour guide will meet you at 2:30 PM at the Avignon TGV train station (on the south side). Following that, you will be taken to a guided city tour in the center of Avignon. In the late afternoon, you will collectively transfer to the hotel in the medieval town of Uzès. Overnight stay at the Boutique Hotel D'Entraigues. The Provence region is easily accessible by both train and car. If you arrive by plane in Marseille, we offer you

services:

Tour Inclusions

- 7 nights in a double room with breakfast in very good hotels with special quality features
- 6 multi-course dinners in hotel restaurants or particularly excellent restaurants
- EBIKE with 8-speed coaster or freewheel with saddle bag
- Service station escort bus with luggage transport and transfer possibility and technical support
- Tour guide on the bike on selected and tested cycle routes
- Guided tours with local guides and entrance fees in Avignon, Arles and Aix-en-Provence
- All transfers as per programme
- Mineral water on the cycling excursions
- CO2 compensation in the travel region (excluding arrival and departure)

added options / discounts:

rental-helmet	10 €
Airport transfer arrival - Airport of Marseille	90 €
Airport transfer departure - Airport of Marseille	29 €

dates & prices:

05.10.2024 - 12.10.2024 - Provence

Price per Person in a Double room	2895 €
Price per Person in a Single room	3490 €



a transfer to Avignon at a specified time. You can park your car in a parking garage in Uzès, just a few meters from the hotel, for the duration of the trip. At the end of the trip, the airport bus from Aix to Marseille or a transfer will bring you back to your car in Uzès.

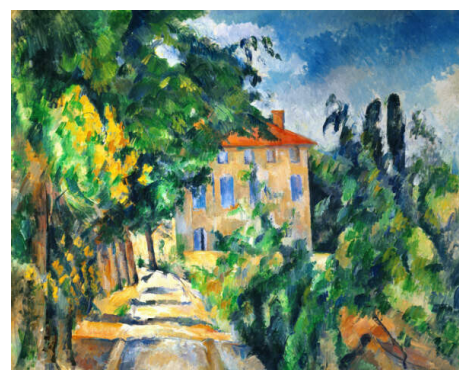
DAY 2: FROM PONT DU GARD TO ARLES | Middle Stage - 60 Cycling Kilometers

In front of the Uzès Castle, we will hop on our bicycles for the first time and cycle to the spectacular Pont du Gard, a true masterpiece of Roman architecture, set in a stunning landscape! Enjoy the magnificent view while your tour guide explains the purpose of this impressive monument. It was built to supply the baths and fountains of the city of Nîmes, located 30 kilometers away, with water. Still mesmerized by the sight of its mighty silhouette, you'll switch to e-bikes. You'll ride through vineyards towards the Rhône River. The steep southern slopes produce the full-bodied red wine Côtes du Rhône. We'll provide you with a picnic of Provençal delights under shady plane trees. In the afternoon, the cycling route will frequently take you along the wide river, tamed by dams. Crossing extensive bridges, you will reach the city of Tarascon, where the legendary "Tarasque" monster is said to roam to this day. Every June, a replica of the dragon is paraded through the city in a grand procession. The mighty granite walls of Tarascon Castle may seem forbidding from the outside, but inside, cozy fireplace rooms and an herb garden await visitors. During a guided tour, you will enter the mighty fortress, and we will share the history, development, and the legend of the nearly invincible monster. Our cycling path continues along idyllic canal banks and radiant sunflower fields, leading us to Arles. Mighty city walls protect the city. You'll park your bikes at its gates on the banks of the Rhône River and walk the last few meters to your Maison Volver****. One overnight stay and dinner in Arles.

Day 3: TOUR OF THE CAMARGUE | Middle Stage - 31 Cycling Kilometers

A short transfer takes you out of the lively city to the edge of this pristine marshland. During the ride, you will see the "white gold" rising into the sky. The salt hills and fields are among the largest in Europe. Our path runs flat through extensive rice fields and deeper into the nature reserve. The air is salty, and the silence is broken only by the chirping of eager birds. Rare black storks, gray herons, and brilliantly colored bee-eaters can be found along the shores of numerous brackish lakes. Egyptian ibises bask in the warm sunshine on their feathers. Flamingos wade through the shallow saltwater lakes, creating a stunning sight as their pink wings contrast against the deep blue sky. With some luck, you may encounter the famous white Camargue horses. These sturdy animals with square heads are descendants of an ancient breed depicted in prehistoric cave paintings. They are still ridden by the daring "Gardiens" as they capture semi-wild black bulls with their traditional tridents.

Riding along a flat dam, which at times makes you feel like you're cycling through the sea, you'll reach Saintes Maries de la Mer. The sturdy fortress church is an annual pilgrimage destination for Gypsies from all over Europe. Picasso experienced thrilling Flamenco performances here. Experience the unique atmosphere of the crypt and learn about the history of the three Marys and their servant Sara. After lunch, a transfer will take you back to the Roman city of Arles for a guided tour in the footsteps of van Gogh. The Romanesque portal of St. Trophime Cathedral is considered a masterpiece of Provençal stonemasonry and is listed as a UNESCO World Heritage Site. The imposing church body takes a back seat to the magnificent, triumphal arch-like gate. Following a recommendation from his friend Toulouse-Lautrec, Vincent van Gogh arrived in Arles in 1888, attracted by the light and almost supernatural Provençal colors that had been described to him. In Arles, he created an incredible number of paintings and drawings. However, he was never inspired to paint the city's famous buildings. He preferred to capture the shady alleys, the slow-flowing Rhône River, and the smoky cafés, like the famous painting of Café de la Nuit. In the late afternoon, you will reach your hotel near Les Baux. Two overnight stays and dinner at the Hotel Le Mas de l'Oulivié.



Day 4: AROUND THE "LITTLE" ALPS | Middle Stage - 44 Cycling Kilometers

In the morning, we will stroll through St. Remy with you. Van Gogh spent some time in the hospital located in this town. The Romans built a powerful fortress and settlement here. During a short walk, we will show you the most beautiful corners of the town. Afterwards, your bikes will be ready. We will cycle through the legendary Hell Valley with its bizarre rock formations, reaching the majestic ruins of Les Baux. A visit to the fortress is particularly recommended in the morning light. For a long time, the high nobility of Les Baux ruled with enough power to govern over the entire Provence. Their coat of arms featured the sixteen-rayed star of Bethlehem, and their proud motto was "Race d'aiglons, jamais vassale" - Race of eagles, never vassals! In the Middle Ages, troubadours gathered in the elevated town for countless singing competitions. The ruined village still allows visitors to feel the past glory of the once noble buildings. After an exhilarating descent, our bike path leads us through the hilly limestone cliffs of the Alpilles, covered with pine trees and vineyards. The small wineries produce a ruby-red wine, full-bodied, with many fruity notes, basking in the sun. Rest in the shade of ancient olive trees, enjoy a lovingly prepared picnic, and listen to the chirping of cicadas. In the early afternoon, you will return to Les Baux and can reflect on the day's experiences in the well-kept park and by the outdoor pool



Day 5: LUBÉRON: LAVENDER, WINE & BEAUTIFUL VILLAGES | Middle Stage - 50 Cycling Kilometers

You'll gently ride e-bikes through lavender fields across the mighty Durance River into the Vaucluse Department. Here, the excellent wines of Château Bonpas thrive. After the visit, you will continue on a "Voie Verte" (green route) without traffic to Lumières and then through many small villages into the Lubéron mountains. In the late afternoon, you will reach Gordes, a cluster of houses grouped around the imposing castle. Thanks to its preserved cultural heritage, the small village has managed to maintain its charm and original character over the centuries. It has been repeatedly voted one of the most beautiful villages in France, thanks in no small part to its unique location. The village nestles against a large hill with several terraces. At the top, the old fortress stands, overseeing the region's fate. After an introduction, you can explore the pretty streets of the village on your own, visit the church, and have a coffee in the castle square. Our lovingly restored Hotel Le Petit Palais d'Aglae is just a few minutes' walk from Gordes. Two overnight stays and dinner in Gordes.



Day 6: SÉNANQUE CISTERCIAN ABBEY | Middle Stage - 45 Cycling Kilometers

Like a pearl in a shell, the Abbey of Sénanque lies deep in a gorge. We will descend to the remote monastery on foot. After a visit, our cycling route takes us through the rugged Vaucluse Mountains to Pernes-les-Fontaines, the "City of Fountains." You will reach the karst source of Vaucluse. For the last stretch to the point where the water bubbles up from the ground, you will walk. A picturesque village has formed around the spring, with small studios setting up shop. Along countless cherry trees, bubbling springs, and rushing streams, you will return to Gordes.



Day 7: THE OCHER ROCKS OF ROUSSILLON | Middle Stage - 42 Cycling Kilometers

A beautiful ride through the valley will take you over two hills to the town of Roussillon, perched atop a ring of ochre cliffs. What a feast for the eyes as it glows yellow, purple, and rusty red between the fir-green cedars! Ochre has been used as an artistic material since prehistoric times, and Roussillon owes its modest prosperity to it. After an enjoyable ride, you will cross the Coulon River on the old Roman bridge "Pont Julien." Using the terranova bus, you will cross the heights of the Lubéron mountains. Locals refer to this elevation as the "Enchanted Mountain in the midst of enchanted forests." Many centuries ago, it served as the last refuge for the Waldensians, who were persecuted by the inquisitors of the Catholic Church. Today, it is peaceful here, with the air being aromatic and pure. Glittering white limestone cliffs stretch majestically into the blue sky. In a beautiful long descent, you will cycle through the wooded gorges of the enchanted mountain to the gates of Lourmarin Castle. From here, a bus will take you in the late afternoon to nearby



Aix-en-Provence. The stately hotel is only a few minutes' walk from the popular Cours Mirabeau promenade. In the evening, we invite you to an excellent farewell dinner at a top restaurant in the old town.

Day 8: AIX-EN-PROVENCE AND DEPARTURE

We will explore the picturesque old town of this incomparable city of art and culture by strolling through its ancient alleyways. Cézanne loved this place and immortalized many of its faces and scenes on canvas. He was particularly captivated by the sight of Mont Sainte-Victoire; occasionally, you may catch a glimpse of its distinctive peak between the pink rooftops. You'll walk to the impressive Saint-Sauveur Cathedral with its delicately designed walnut wood doors. The church is accompanied by a charming Romanesque cloister from the 12th century. In contrast, the facades of the patrician houses around the market square exude self-confidence, almost boasting. Join us in discovering elaborately crafted wrought-iron gates, extravagant, mannerist decorations, and fascinating trompe l'oeil paintings that create the illusion of architecture - for which Aix is famous. After a guided walk through the city, our tour will end around 12:00 PM at the hotel. Your tour guides will coordinate your departure to Marseille Airport or your starting hotel in Uzès. Every 30 minutes, a transfer bus departs from the bus station to the airport, which is located near our hotel.

We recommend extending your stay in Aix-en-Provence. Enjoy a leisurely stroll through the vegetable and herb market or the colorful flower market. A visit to the Granet Museum with some of Cézanne's works is also worthwhile. We would be happy to reserve an additional night at our contract hotel for you.

E-BIKE TOUR - ROUTE ASSESSMENT:

The cycling routes mostly follow small, asphalted, low-traffic roads. A longer unpaved stretch is encountered in the Camargue (nature reserve). There are longer but not steep descents. The high daily mileage on some days is due to long flat stretches. The total cycling distance for the tour is 272 km. The shortest daily route is 31 km, and the longest is 60 km. On the 6th day of the trip, there are two short hikes.

ADDITIONAL INFORMATION

- **Flight Arrival**

Airport Transfers: Marseille Airport -> Avignon -> Hotel on the arrival day: 12:30 PM* Cost per person: 90.00 EUR

Aix-en-Provence -> Marseille Airport on the departure day: 12:30 PM* Cost per person: 29.00 EUR

Please check the final transfer times in the last travel documents you will receive from terranova about 14 days before your departure. As of September 2023 - subject to change. Flight time information is not guaranteed.

- **terranova Support Bus:** Our terranova support bus often allows you to shorten or cancel a bike ride or hike during the day. Even in bad weather, there is plenty to do in Provence.

- **Appropriate Clothing:** In general, clothing should be loose-fitting and comfortable. The temperature difference on a bike trip can be significant within a day, so be prepared with appropriate clothing. Layered sweaters and thin jackets protect against unexpected cold snaps and wind while cycling; the "layering" principle is always effective. Additionally, you will need rain protection clothing to put on! We recommend packing mid-height hiking boots in your luggage.

- **Additional Expenses:** The trip includes half-board. Please budget for purchasing picnic supplies,



including drinks - an estimate is approximately 15 EUR per day, so 90 EUR for the entire trip. Drinks must also be paid for separately during dinner and, of course, in case of visits to pubs. Additionally, it is advisable to budget for gratuities.

- **Entry Requirements, Health, and Safety Guidelines:** You will receive a personalized link with current information on entry requirements, as well as health and safety guidelines, with your final travel documents.

Provence

- **Uzès:** [Hôtel Entraigues****](#)

The charming Hôtel Entraigues offers an outdoor pool and mountain views. Set in a lovingly renovated old townhouse, the hotel is right in the centre of town and has a small courtyard and a roof terrace. 1 night

- **Arles:** [Maison Volver****](#)

Charming 17th century building in the heart of the old town. The carefully decorated rooms are equipped with modern amenities such as a flat-screen satellite TV and free Wi-Fi. 1 night

- **Les Beaux:** [Hôtel Le Mas de l'Oulivié****](#)

Lovingly restored country estate with garden, swimming pool and gourmet restaurant. 2 nights

- **Gordes:** [Relais du Silence Mas des Romarins**](#)

Picturesquely situated estate with fantastic views on the outskirts of Gordes. 2 nights

- **In July:** [Le petit Palais d'Anglae****](#)

Picturesquely situated palace with a fantastic view on the edge of Gordes. 2 nights

- **Aix-en-Provence:** [Hôtel de Augustins***](#)

Within the walls of a 12th century monastery, in the heart of the old town. 1 night.

- **In July:** [Hôtel de l'Arbois****](#)

Set in a grove near Aix-en-Provence, 4-star hotel outdoor pool. 1 night

