



#### NATURE , GASTRONOMY

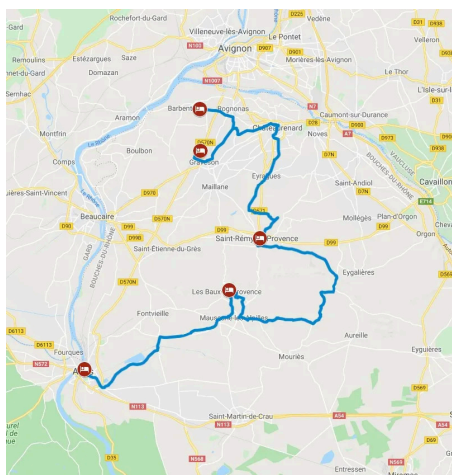
type : Short break Self-guided  
Easy cycling Electric bike  
option  
hybrid : ●●○○○  
e-bike : ●●○○○  
duration : 5 days  
comfort : ●●●○○  
period : Apr May Jun Jul Aug Sep Oct  
code : FR9890



## Provence - Cycling Alpilles

5 days, € 705

### Introduction



- Discover the **Alpilles by bike** and cycle through vineyards, olive groves and authentic villages
- Discover a rich **architectural heritage, from prehistory to Roman antiquity**
- Taste the famous **wines of Provence** and Côtes du Rhône
- Sample the **culinary specialties of Provence**

Provence is a **paradise for cyclists, with its authentic villages** connected by quiet back roads. This cycling trip will give you a true insight into the life of the region's villages and take you through quiet, beautiful countryside, between fields of lavender and centuries-old olive trees. The sublime landscapes and **pretty villages of Provence** have been an inspiration for artists for centuries. To really appreciate the countryside the ideal means of travel through the region is by bike. **Fields of lavender and poppies, old olive groves and vine covered hills**, orchards brimming with fruit and crumbling farmhouses are

characteristic of the landscape.

Your itinerary will allow you to discover historical remains - from prehistory to Roman times. **You will start your trip in the historic city of Arles**, where you can visit the Roman theater and the arena. Your route will take you along

ancient roads, following the rivers and mountains ranges of the region. Along the way, you **will discover splendid churches, medieval castles and fascinating Roman sites**.

You will discover the magnificent hilltop village of **Les Baux-de-Provence**, where you can visit the famous château; and the typical Provencal village of **Saint-Rémy-de-Provence**, the birthplace of Nostradamus and the town where Van Gogh spent his last years painting some of his best works, are some of the **many highlights of this inspiring cycling adventure**.

Tapenade, bouillabaisse, pistou soup, olives, aioli, salade niçoise, herbs and, of course, olive oil. **Enjoy the famous Provencal cuisine!**

*If you'd like to find out more about this trip, read Manon's story on our blog about her discovery of Provence in 2024: [the article](#).*

**Check out our video to discover the Lavender fields in Provence:**

## Day to Day

### Day 1 **Arrival in Arles**

You independently travel to Arles, a historic town which dates from the 7th century BC and was a major Gallo-Roman city. Here you should visit the Arena and the Roman Theatre, and you can also cycle along its canal to the reconstructed Van Gogh bridge, the setting of the painter's famous "Pont de Langlois" works. Our first choice of hotel is in the old centre of Arles.

### Day 2 **Arles - Les-Baux-de-Provence**

Today's cycle is short, giving you time to explore the area and Les-Baux-de-Provence, a picturesque village with a royal history and impressive fortified ruins. There are some interesting museums in the village including the History Museum and the Olive Museum. Evening meal and accommodation in a 3-star hotel in Les-Baux-de-Provence.

*Challenge: 21.2km, 169m ascent, 34m descent*

### Day 3 **Les-Baux-de-Provence - Saint-Remy-de-Provence**

From Les-Baux-de-Provence you return to Maussane along a back road, from which there are gorgeous views of the Alpilles, and continue to Saint-Rémy-de-Provence. The year before his death, Vincent Van Gogh spent time in an asylum in this town and also in nearby Arles. The colours and light were an inspiration in his paintings. Other well known artists that have also been attracted to the area include Picasso, Gauguin, Matisse and Cézanne. There is ample opportunity to explore delightful Saint-Remy, including the house where Nostradamus was born.

*Challenge: 27.4km, 257m ascent, 386m descent*

### Day 4 **Saint-Remy - Graveson/Barbentane**

Today you will cycle along back roads, between olive and fruit trees. You will traverse the charming village of Eyragues, where you will see its splendid 18th century clock tower and the fortified, Romanesque-style Saint Maxime church dating from the 11th and 12th centuries. Along the lanes, you will see the remains of the ramparts. After reaching the market garden plains of Châteaurenard, you will cycle to your hotel in Barbentane or Graveson. Evening meal supplied by a caterer at the hotel.

*Challenge: 24.8km, 79m ascent, 118m descent*

### Day 5 **Departure from Graveson/Barbentane**

End your trip after breakfast. A taxi driver will pick you up at the pre-arranged time for your transfer to Avignon train station if you have booked this optional transfer.

## Prices, Data, Booking

### Starting dates:

Daily from March 15 till November 15

Of course you can also book extra night(s) during the trip. We can give you these prices on request. Please mention where you would like to add extra night(s).

## Practical Info



4 Nights included



2/3 Star Hotels



Breakfasts and 2 Dinners (days 2 & 4) included during the trip



Maps and tourist information on all the places of interest



24/7 Bilingual Emergency hotline



Luggage transport to your next accommodations. Luggage accepted per person: 1 suitcase or travel bag (20 kg maximum)



For time tables and further information check the [\*\*website of SNCF\*\*](#) or [\*\*rome2rio\*\*](#) for all French National trains (SNCF).

We strongly advise you to [\*\*download the sncf mobile app\*\*](#) prior to departure.

If you want to travel on a train with your bike, you can find more information [\*\*via this link\*\*](#).



Parking informations on request



We will supply the directions of this trip with a personalized code which gives you access to our travel App.