FRENCH BIKE TOURS

FRENCH BIKE TOURS - EMAIL: INFO@FRENCH-BIKETOURS.COM - TELEPHONE +33 (0)553242210 - WWW.FRENCH-BIKETOURS.COM



NATURE , GASTRONOMY , CULTURE

type :	Self-guided Round trips Easy cycling Electric bike option
hybrid :	●●○○○
e-bike :	●◐○○○
duration :	8 days
comfort :	●●●○○
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	FRSB990

Provence Backroads

8 days, *€ 1150*

Introduction



- Visit the **inland area of Provence** along quiet roads
- Discover a rich historical heritage, **from prehistory to Roman antiquity**
- Cycle **through vineyards**, olive groves and authentic villages
- Taste the **famous wines of Provence and Côtes du Rhône**
- Enjoy a day trip to **Saint-Rémy-de-Provence**, jewel of the Alpilles region

Inland Provence is a cycling paradise of **tiny villages linked by quiet backroads, all calling your name**! So grab your bike and pedal into French village life, breathe in the aromas and sample mouth-watering delights. Time-tested relics will guide the way, from prehistory to the Roman era, as you soak up the sun, sights and wine and savour the produce of Cotes du Rhone.

Glide along country lanes and Roman roads, climb up to remote hilltop passes. **Cruise past vineyards, olive groves and sleepy hamlets**, then indulge in frequent stops at ornate chapels and quaint castles. Linger in story-book villages and get lost in Provence.

Explore the typical **Provencal villages of Saint-Rémy-de-Provence**, with its market renowned throughout the region; the magnificent hilltop village and castle of **Les Baux-de-Provence**; and the **Roman city of Arles**, famous for its Roman arena and theatre.

Three dinners are included on days 1, 4 and 7 of this trip.

Day to Day

Day 1 **Arrival in Graveson or Barbentane**

Your cycling trip takes off from either Graveson or Barbentane, both just 15 minutes by taxi from Avignon Station. Settle in, rinse off the dust of travel and blend into the surroundings that so inspired Van Gogh.

Day 2 **Graveson/Barbentane - Tarascon**

Strike out on a route to Tarascon, either through the Alpilles foothills or via St Michel's Abbey in Frigolet. Whichever route you take, the superb scenery will swallow you whole! The well-preserved Castle of Tarascon, former residence of Count Rene d'Anjou King of Provence, guards an excellent display of tapestries and earthenware jars, while the Musee du Tissu Souleiado overwhelms with countless sorts of fabric. Tuesday is market day, a chance to check out local specialties. Take an evening stroll by the river for a closer look at the stately 17th and 18th-century homes.

Challenge: 20km, 27m ascent, 32m descent

Day 3 **Tarascon - Arles**

Head north into the rugged and rocky scenery around Fontvieille, where local windmills include Alphonse Daudet's Mill, described in the author's 1869 tales 'Lettres de mon Moulin'. Continuing on, you encounter Arles, a major Gallo-Roman city founded in the 7th century BC. Spend time at the Arena and Roman Theatre, then cycle on along the canal and visit the reconstructed Van Gogh Bridge, setting for the painter's famous "Pont de Langlois" works.

Challenge: 25.6km, 31m ascent, 22m descent

Day 4 **Arles - Les-Baux-de-Provence**

A shorter ride leaves time to explore the area and Les-Baux-de-Provence, a picturesque village with royal history and towering fortified ruins. Peruse the artifacts at local museums and relish in an evening steeped in history and beauté provençale.

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

Day 5 **Les-Baux-de-Provence - Saint-Remy-de-Provence**

Circle back to Maussane on backroads enjoying gorgeous views of the Alpilles, then continue onward to Saint Rémy. Vincent van Gogh spent time here at the asylum in the year before his death, and his paintings from that era celebrate the local light and colours. Other well-known artists have portrayed the area as well, including Picasso, Gauguin, Matisse and Cézanne. Save ample time to explore delightful Saint Remy, whose hidden charms include the house where Nostradamus was born.

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

Day 6 **Saint Rémy de Provence**

Free day today: you can spend time exploring the town further including the Van Gogh walking trail to discover where his great works were painted or the "Archeological site of Glanum", south of the town.

Day 7 **Saint-Remy - Graveson/Barbentane**

Pedal along dirt roads lined with orchards, where it's all olive groves and fruit trees! Pause to peak into the village of Eyragues, with its splendid 18th-century clock tower and fortified Romanesque church of Saint Maxime dating back to the 11th century. Stretch your legs on ancient lanes lined with the remains of ramparts, then speed along through vegetable gardens and farmland around Châteaurenard. Your route finishes full circle as you ride back into Barbentane or Graveson.

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

Day 8 **Departure from Graveson/Barbentane**

Your cycling trip comes to an end today after breakfast. An optional transfer to Avignon train station can be arranged in advance, or on the spot at your accommodation.

Prices, Data, Booking

Practical Info



7 Nights included



2/3 Star Hotels



Breakfasts and 3 Dinners included during the trip (day 1, 4 and 7)



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 information on request

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