

NATURE , GASTRONOMY , CULTURE , CITY

type : Electric bike option Self-guided Round trips Family Cycling

hybrid : ●●○○○○


e-bike : ●●○○○○

duration : 8 days

comfort : ●●○○○○

period : Apr May Jun Jul Aug Sep Oct

code : FRSB995



Cycling highlights of Provence

8 days, € 985

Introduction



- Discover a **rich historical heritage**, from prehistory to Roman antiquity
- Visit the **Camargue**, between land and sea
- Admire the **sublime views** from the hilltop village of Les Baux-de-Provence
- Taste the **famous wines of Provence** and Côte du Rhône

Inland Provence is a cycling paradise of tiny villages linked by quiet backroads, all calling your name! On this cycling tour you will explore historical remains - **from prehistoric to Roman times**. You will discover wonderful architectural monuments such as the **Roman theatre** and the **triumphal arch in Orange**, but also the arenas in Arles and Nîmes.

You will pass through Saint-Rémy-de-Provence, perhaps the most beautiful and certainly the most typical of the towns in Provence, where you can take a break in the shady square or stroll through the historic centre. Your itinerary will take you along country lanes, ancient Roman roads and you will be able to admire the sublime view of the high village of **Les Baux-de-Provence** and spend a day in the Camargue. Splendid churches, medieval

castles and fascinating Roman sites will tempt you to make many stops. And there's plenty of time to sample the wines of the Côte du Rhône and the products of Provence.

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

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 Orange**

Arrival in Orange and check-in at your hotel. Orange has wonderful architectural monuments from Roman times: The Roman Theatre and Triumphal Arch are historical witnesses from this epoch. Enjoy exploring the old town, with its Provençal charm and small pretty shops and cafés.

Day 2 **Orange - Avignon**

On your first cycling day we offer 2 options:

1. Orange - Avignon - via the Viarhônga, where the route will take you along a new greenway past the Ile d'Oiselay and the Ile de la Barthelasse, Europe's largest river island.
2. Orange - Avignon (via vineyard of Châteauneuf-du-Pape) - through the world-famous vineyards of Châteauneuf-du-Pape, where a stroll through the town should not be missed.

Then continue to the city of Avignon along the Rhône Cycle path, a relaxed way to cycle into the city. On arrival in Avignon we recommend a stroll through the old town and a visit to the Palais des Papes (Pope's Palace).

1. Challenge: 37 km, 146m ascent, 167m descent
or
2. Challenge: 52 km, 295m ascent, 316m descent

Day 3 **Avignon - Arles**

Taking a quiet cycle route, you leave Avignon and pedal directly to St Rémy, possibly the most beautiful and certainly the most typical town in Provence. Take a break in the shaded square or wander the old centre with its shops and cafes. A visit to the monastery Saint Paul de Mausole, where van Gogh spent a year, is highly recommended. Leaving St Remy, you can admire the Roman Arch as you head to the Alpilles. Enjoy great views of Les Baux, the "city in rock" with its stunning location and fortress ruins. Continue to Arles, once the second largest city of the Roman Empire. Today, Roman culture and Romanesque heritage characterize the historic centre of Arles. It is also the city of Vincent van Gogh. Make your way to your hotel, where you stay for two nights.

Challenge: 57km, 128m ascent, 126m descent

Day 4 **Camargue Roundtrip**

Today you cycle a loop through the Camargue. It's a unique natural landscape - half sea and half land, with brackish water lakes, vast salt steppes, wild horses and if you are lucky pink flamingos. Cycle along small paths exploring the nature reserve. In Mejanes you can take a small train through unspoilt nature, with the

chance to see flamingos and wild bulls. The route today is almost always on cycleways. Return to Arles and your hotel.

Challenge: 45.8km, 19m ascent, 20m descent

Day 5 **Arles - Nîmes**

In the morning the route takes you to the towns of Tarascon and Beaucaire, located on the banks of the Rhône River. There are many lovely viewpoints and a castle dating from the 12 century en route. You can visit a café and enjoy a break besides the river, or visit the castle of King Remy in Tarascon. Nîmes has numerous well-preserved Roman buildings: The Amphitheatre, the Maison Carrée and the Tour Magne are impressive, or you can enjoy the modern part of the city and the "Carré d'Art" designed by British architect Lord Norman Foster. Overnight in Nimes.

Challenge: 46.4km, 102m ascent, 60m descent

Day 6 **Nîmes - Uzès**

The fortress of Tarascon accompanies you for a while as you cycle through the vineyards of Costières de Nimes, the area's southern-most wine growing area. After a few hours you'll see and visit the Pont du Gard, the famous World Heritage listed Roman aqueduct. Aromatic plants such as lavender, thyme and rosemary accompany you into the pretty Provençal town of Uzès, with its magical, medieval charm. Uzès is a maze of small streets and shady squares, along with a bell tower and 17th and 18th century mansions. Saturday is market day, and this is one of the best in the south of France.

Challenge: 45.7km, 239m ascent, 165m descent

Day 7 **Uzès - Orange**

The last cycling day takes you initially through the hilly landscape of the Garrigue, with its low growing holm oaks, juniper and wild Mediterranean herbs. Then the vineyards and lovely orchards of Provence take over once again, and you cycle through the Rhone valley's famous wine regions of Lirac and Laudun on the other side of the river, before returning to Orange.

Challenge: 48.9km, 246m ascent, 339m descent

Day 8 **Departure from Orange**

After breakfast your self-guided cycling trip comes to the end. You can easily reach the train station of Orange.

Prices, Data, Booking

Practical Info



7 Nights included



2/3 Star Hotels



Breakfasts 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 information on request



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