FRENCH BIKE TOURS

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



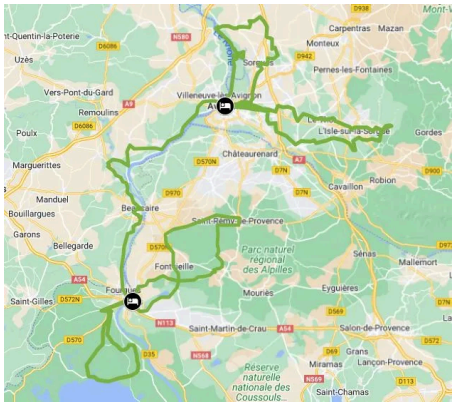
NATURE , GASTRONOMY , CULTURE , CITY

type :	Electric bike option Self-guided Easy cycling
hybrid :	●●●○○
e-bike :	●●○○○
duration :	duration 7 days
comfort :	●●●○○
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	FRSB940

Cycling of Romans and Popes

7 days, *€ 725*

Introduction



- Cycle along the **famous ViaRôna**
- Discover **Avignon's historic charm** and visit the magnificent Palais des Papes
- Explore the picturesque **antique markets and canals of Isle-sur-la-Sorgue**
- Experience the wild **beauty of the Camargue** with its marshlands and salt flats
- Visit the **hilltop village of Les-Baux-de-Provence**

Day to Day

Day 1 **Arrival in Avignon**

Arrival in Avignon and check-in at your hotel. We recommend a stroll through the old town and a visit to the Palais des Papes (Pope's Palace).

Day 2 **Cycling roundtrip Avignon to Châteauneuf-du-Pape**

Pedal along the right side of the picturesque Rhône River, immersing yourself in the serene landscapes and vineyards that line your route. Arriving in Châteauneuf-du-Pape, be captivated by the charming village known for its prestigious wines. Explore the historic streets, lined with vineyards, wine cellars, and tasting rooms. Learn about the rich winemaking traditions that have made this village famous worldwide. After experiencing the flavors and heritage of Châteauneuf-du-Pape, pedal back to Avignon, relishing the changing scenery. This cycling adventure promises a day filled with breathtaking views, cultural discoveries, and the exquisite tastes of the celebrated wines of the Rhône Valley.

Challenge : 57.1km, 273m ascent, 273m descent

Day 3 **Roundtrip Avignon - Isle-sur-la-Sorgue (extra km possible)**

Pedal alongside the tranquil banks of the Durance River, reveling in the serene landscapes and the rhythmic flow of the water. Pass through picturesque countryside, adorned with orchards, vineyards, and lush greenery, immersing yourself in the beauty of the Provencal countryside.

As you approach Isle-sur-la-Sorgue, known for its antique markets and canals, take time to explore this delightful town. Stroll through the bustling markets filled with treasures and unique finds. Admire the waterwheels and charming bridges that accentuate the town's picturesque setting. Enjoy a leisurely break, savoring local delicacies in one of the quaint cafes along the Sorgue River. Take in the relaxed ambiance and the town's artistic spirit, known for its galleries and boutiques.

Challenge : 65km

Extra km possible to discover Fontaine-de-Vaucluse (Challenge : 80.3km, 285m ascent, 285m descent)

Day 4 **Cycle from Avignon to Arles along ViaRhôna**

Take a last look back at the great papal city before ViaRhôna leads you across the Rhône into the county of the Gard. A dedicated cycle track will be put in place here; for the moment, follow the green strip of land between the TGV rail bridges and Aramon Bridge. Then the route zigzags between vineyards and orchards before joining the Pont du Gard Greenway, heading to the Rhône-side port of Beaucaire, designated a Ville d'Art et d'Histoire for its rich historical legacy, and set at a point where the regions of Languedoc and Provence meet.

Arles, with splendid Roman and medieval monuments, boasts an exceptionally rich heritage. This provisional but signposted portion of ViaRhôna takes you along quiet roads, across a plain crisscrossed by tracks to remote mas (the name for the farms in the parts) and by irrigation canals helping water the crops and orchards here. You then enter Arles from the southwest.

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

Day 5 **Cycling roundtrip through the Camargue from Arles**

Begin your day-long cycling journey in Arles, an ancient city steeped in history and cultural vibrancy. Pedal through its charming streets adorned with Roman ruins and the remnants of a rich past. As you depart Arles, the landscape gradually transforms into the serene wilderness of the Camargue. Ride through marshlands and vast salt flats, where the tranquility of untouched nature captivates your senses.

After immersing yourself in the serene beauty and cultural richness of the Camargue, your return journey to Arles brings a perfect end to a day filled with the wonders of this extraordinary area, leaving you with a lasting impression of both Arles' historical charm and the breathtaking landscapes of the Camargue.

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

Day 6 **Roundtrip Arles – Les-Baux-de-Provence – Saint-Rémy-de-Provence – Arles**

Leaving Arles via the remains of a roman aqueduct we pedal uphill towards the stunning Baux de Provence, a hilltop village boasting unparalleled panoramic views of the Alpilles. Revel in the medieval charm of its narrow streets and the captivating ruins of the Baux Castle. The village's art galleries and artisan boutiques are a delight for the culturally inclined.

From there, continue your cycling adventure to St Remy de Provence, a town celebrated for its association with Vincent Van Gogh. Pedal through avenues Van Gogh once wandered, taking in the serene landscapes that inspired his artwork. Delight in the vibrant markets, quaint squares, and the Saint-Paul de Mausole, where Van Gogh resided and created some of his masterpieces.

As you trace your route back to Arles, immerse yourself once more in the changing landscapes, diverse sceneries, and the allure of Provence.

Challenge : 62.5km, 340m ascent, 345m descent

Day 7 **End of trip**

After breakfast your self-guided cycling trip comes to the end. We advise you to extend your stay in order to take the time to visit the beautiful city of Arles.

Prices, Data, Booking

Practical Info

6 Nights included

3/4 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.