FRENCH BIKE TOURS

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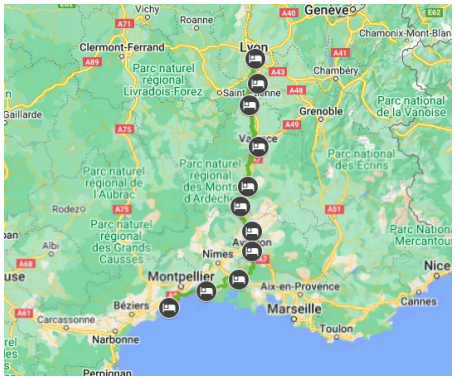
NATURE , GASTRONOMY , CULTURE , CITY

type :	Electric bike option Self-guided Linear cycle routes Easy cycling Classic Cycle Routes of France
hybrid :	●●○○○
e-bike :	●◐○○○
duration :	12 days
comfort :	●●◐○○
period:	
code:	FRSB865

ViaRhôna - from Lyon to Sete

12 days, ***€ 1570***

Introduction



- Cycle along the **Rhône valley** with its rich history and nature
- Enjoy the scents of **La Provence´**
- Discover **Arles**, its arenas and ancient theater
- Explore **Sète: a major port city** with sandy beaches
- Visit Lyon: the **French capital of Gastronomy**

Day to Day

Day 1 **Arrival in Lyon**

Arrival in the beautiful city of Lyon. Your options for the rest of the day are endless. Walk to the Basilique Notre-Dame de Fourvière for a great view in town, shop, visit a museum, or see the typical Halles de Lyon Market, you can also reward your soul of cyclist with a delicious meal in a "petit bouchon", authentic restaurant in the "French capital of gastronomy"!

Day 2 **Lyon - Vienne (or train option)**

After buzzing Lyon, the itinerary leads through the towns of Grigny and Givors, on to St-Romain-enGal. The historic importance of navigation is clearer here than anywhere else along the Rhône. Museums at St-Romain-en-Gal and Vienne give a good picture of the river's rich history, from classical to contemporary times.

You also have the possibility to take the train until Vienne and start your bike trip the day after if you want to avoid this first stage with busy roads and urban environment!

Challenge: 36.4km, 142m ascent, 158m descent

Day 3 **Vienne - Serrières**

This remarkable cycling day offers a great variety of landscapes. From Vienne, once an ancient capital of Roman Gaul, to the nature reserve of L'île au Beurre, bearing witness to the Rhône's wild side, via steeply terraced vineyards, including the prestigious Côte-Rôtie, and the first major orchards along the Rhône Valley, this stage will delight those interested in history, nature and gastronomy.

Challenge: 32.7km, 81m ascent, 96m descent

Day 4 **Serrières - Valence**

Your itinerary today runs between steep vineyards and dense orchards. Heading south from Lyon, this is the first ViaRhôna stage to enter the rugged Ardèche, a beautiful département (or French county) on the mighty Rhône's west flank. Here, the tamed river supports orchards, market gardens and vines producing top-class Saint-Joseph wines. Arriving in Tournon-sur-Rhone enjoy a pleasant break laden with Gallo-Roman history.

Challenge: 61km, 142m ascent, 152m descent

Day 5 **Valence - Montélimar**

After a halt at Valence's southern river port of L'Epervière, your route leads you back onto the western, Ardèche bank of the Rhône. The Ardèche is known for its exceptional caves, archaeological sites, characterful villages, châteaux and nature reserves. Continuing south along ViaRhôna and cycle on the recent Himalayan-style footbridge at Rochemaure is a great experience, built using the pillars of the Vieux Pont, it is an historic bridge over the Rhône. Here you are at the gates of Provence: "Montélimar" where a human presence has existed for more than 50,000 years. Renowned for its nougat, Montélimar is a pleasant town where it is good to stroll in the old city center.

Challenge: 71.3km, 157m ascent, 199m descent

Day 6 **Montélimar - Pierrelatte**

Leaving the beautiful city of Montélimar, cycle beside branches of the Rhône and pass through historic towns: Viviers, with its medieval spirit; Bourg-Saint-Andéol, its treasures including a rare sculpture of a Mithraic deity. Today your short itinerary is packed with heritage treasures, especially religious ones, including cathedrals, chapels and grand clerical residences. Those who love history as well as nature can enjoy their fill.

Challenge: 33.4km, 64m ascent, 98m descent

Day 7 **Pierrelatte - Orange**

Today is your last cycling day, and not just an ordinary day. The program of the day : Pedaling through a impressive nature with the scents of Provence and across the charming village of Pont-Saint-Esprit. In the afternoon you reach the beautiful city of Orange. Of the numerous Roman buildings and monuments originally built, you still can see parts of the City Wall, the Arc de Triumph and the Theatre (UNESCO heritage), the stage wall of which the Sun King, Louis XIV, described as the most beautiful wall in his country.

Challenge: 51km, 74m ascent, 71m descent

Day 8 **Orange - Avignon**

Your will cycle to the world-famous wine town Châteauneuf-du-Pape, where a stroll through the town should not be missed. 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).

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

Day 9 **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 harmonic 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.

Challenge: 57km, 134m ascent, 131m descent

Day 10 **Arles - Aigues-Mortes**

Your itinerary today will take you from Arles to Aigues-Mortes, immersing you in the enchanting landscapes of southern France. You will cycle through picturesque villages and explore the Mediterranean charm of the landscape. This stage crosses the Camargue Gardoise (the western, Languedoc side of the Camargue) and you will discover an exceptional flora and fauna. You cycle along the former towpaths beside the Canal du Rhône à Sète, crossing through typical marshland to reach the splendid walled port of Aigues-Mortes, Nestled on the Mediterranean coast, Aigues-Mortes captivates with its medieval allure and well-preserved city walls. Explore the charming cobblestone streets, visit the impressive Constance Tower, and soak in the maritime ambiance of this historic French town. Aigues-Mortes is a captivating blend of history, architecture, and coastal beauty.

Challenge: 53.5km, 0m ascent, 9m descent

Day 11 **Aigues-Mortes - Sète**

As the ViaRhône route ends, the Mediterranean awaits, with its beaches easily accessible by bike. You will cycle along the Canal du Rhône and pass Le Grau-du-Roi. Your ride continues along the Mediterranean and its beaches, with lively resorts and activities all around. As you stroll along ViaRhôna, you'll be surrounded by the sea and salt lagoons behind the shore. Between Palavas-les-Flots and Sète, close to Montpellier, the itinerary follows beaches and saltwater lagoons. Visit the Maguelone Cathedrale for a glimpse of the massif of Gardioles covered with scrubland. Sète Harbor, on the edge of the Etang de Thau, marks the end of the adventure.

Challenge: 62.4km, 54m ascent, 48m descent

Day 12 **End of your trip**

After breakfast, your trip ends in pleasant Sète, the biggest French fishing port on the Mediterranean coast, also known for its beautiful beaches.

Prices, Data, Booking

Practical Info



11 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.