PROVENCE: VILLAGES & LANDSCAPES - CYCLING

Enjoy a cycling adventure through the beautifully diverse landscapes of Provence, from the cypress dotted plains of Saint Rémy, to the Luberon that inspired Peter Mayle’s A Year in Provence.

Discover classic Provence by bike; medieval villages set atop their rocky perches, the cafés and cobbled streets of Saint Rémy, Van Gogh’s Alpilles landscapes, quiet roads filled with the scent of lavender, Provencal food bursting with the flavours of the sun, markets overflowing with every sort of produce and the fresh and fruity local wines.

Your cycling adventure begins in the Papal city of Avignon before heading south to St. Rémy, the beloved second home of Van Gogh. A circuit from St. Rémy takes you south through the Alpilles mountains, which so inspired Van Gogh. Your journey continues east through a landscape of vineyards and olive groves to Cabrières d’Avignon. From Cabrières d’Avignon you cycle through the landscapes made famous by A Year in Provence, charming villages linked by quiet country roads. Finally you follow the Calavon Valley to the brightly coloured village of Roussillon and then on to the riverside town of l’Isle sur la Sorgue.

This cycling holiday in Provence includes 5 days of easy to moderate cycling. The route follows quiet roads and dedicated bike paths and the daily distance varies from 35 to 45 km (approx 3 hours cycling). Cycling in Provence is a delight at any time from the spring through to the autumn although July and August are probably best avoided as the temperatures are high and roads busy.

Your Villages & Landscapes cycling holiday in Provence includes 6 nights accommodation in charming 2 and 3 star hotels and inns, 6 breakfasts, 4 dinners, baggage transfer, bike hire and a transfer back to Avignon at the end of the tour. A comprehensive information pack with turn by turn directions, detailed maps and suggestions of places to eat, things to do and the little Provencal secrets that you would battle to find on your own.

- Avignon: Cobbled streets, cafe filled squares and the Palais des Papes
- The sun bathed town and landscapes of Saint Rémy, Van Gogh’s inspiration
- Enjoying a just bought picnic under the shade of an ancient plane tree near Cavaillon.
- Cycling through the landscapes and villages of Peter Mayle’s Luberon
- Wandering through the ochre stained village of Roussillon
- Watching the world go by from a riverside café on Isle sur la Sorgue.

WHY CHOOSE A SELF GUIDED CYCLING HOLIDAY WITH US?

Macs Adventure are specialists in self guided cycling holidays, the very best way to discover Europe. We understand what makes for an unforgettable cycling holiday; great routes, breathtaking scenery, lots to do and warm, welcoming accommodation. All are included as standard!
Arrive Avignon

Your Provence cycling adventure begins in Avignon which is 2h45 by TGV from Paris or 1h05 from Marseille Airport.

Avignon is a city of great culture and history, where in the 14th century the Popes ruled from their imposing palace. Take the time to discover the ancient fortification walls, the famous bridge on the Rhône, and a myriad of quiet squares and streets in the old town.

Dinner & Overnight: 2 Star Hôtel d’Angleterre, Avignon

Located within Avignon’s 14th century ramparts, the hotel is a short walk to the main attractions of Avignon. The hotel is simple yet very comfortable, with great service and an especially warm welcome for walkers and cyclists.

Day 2

Cycle to Saint Rémy de Provence

Cycling out of the 14th century walls of Avignon, you enter the plains to the south, along tiny country roads and past the lavender-blue shutters of old farmhouses. The cicadas chirp in the Provençal sun as you pedal through orchards and vineyards.

The Monastery of St. Michel de Frigolet, hidden on the Montagnette, a small hill laden with thyme and rosemary, is just one of the highlights on route. Your route continues towards St. Rémy de Provence, birthplace of Nostradamus.

Why Van Gogh chose St. Rémy as a second home is obvious, a town bathed in light and colour: it is an artist’s dream. A charming town with streets packed full of galleries, patisseries, and cafés it invites you to relax and soak up the atmosphere.

Cycle: ~33 km

Ascent: 125m

Descent: 100m

Dinner & overnight: 3 Star Hôtel du Soleil, St. Rémy.

DAY 3

Cycle St Rémy > Les Baux > St Rémy

Leaving St. Rémy you can visit Saint Paul de Mausole, the monastery converted into a rest home for the mentally ill, where Van Gogh spent the last year of his life, and did some of his best work. Adjacent to the monastery is Glanum, a Roman archaeological site, its massive limestone ruins a testament to over 2000 years of history.

Your route continues along the winding streets of the Alpilles mountains through landscapes of pine trees and wildflowers until you reach Les Baux de Provence. Les Baux is listed among the most beautiful villages in France, a town perched vertiginously atop a rocky crag, crowned by the ruins of its feudal castle. Take your time to explore Les Baux before returning to St. Rémy.

Cycle: ~45 km

Ascent: 190m (Climb 190m from Maussane to Les Baux over 3.5km)

Descent: 160m

Dinner & overnight: La Bastide de Voulonne, Cabrières-d’Avignon

The 13 rooms of the delightful La Bastide de Voulonne, Cabrières-d’Avignon The 13 rooms of the delightful La Bastide de Voulonne occupy a beautifully restored and decorated Provencal farmhouse. Fabulous food, a large pool and tranquil rooms make this a very special stay.
DAY 5
Cycle Cabrières > Bonnieux > Ménérbes > Cabrières
Today you will cycle through the landscapes of A Year in Provence, where hilltop villages are joined by small country roads – roads lined with 500 year-old shepherd’s huts, cherry orchards, and truffle oak plantations. On reaching the village of Bonnieux pause to explore its tiny squares; pass through the limestone archway and up the cobbled steps to the 12th century church crowning the village, hidden in the shade of a giant cedar. Your next stop is the town of Ménérbes, with its massive stone homes sitting vertiginously above a ledge, and its quaint streets and cafés. In the centre of town is the wine and truffle museum, a delight for all the senses.

Cycle: ~45km
Ascent: 280m (steep climb to Gordes + 110m)
Descent: 320m

Dinner & overnight: La Bastide de Voulonne, Cabrières-d’Avignon

DAY 6
Cycle Cabrières > Roussillon > Gordes > Isle sur la Sorgue
Your cycle through Provence continues on the northern side of the Calavon valley to Roussillon. Perched on the world’s largest ochre deposit, the houses are painted in every hue of yellow, orange, and red, a rainbow with ochre pigment. The colour even more vibrant in the ever-present Provencal sun.

Just six kilometres further on is the town of Gordes, its noble grey stone homes winding up in dizzying circles to the renaissance castle that crowns the village.

Cycling above the valley, through landscapes of pine and cedar forests, you slowly make your way down to l’Isle sur la Sorgue. l’Isle sur la Sorgue is a veritable island of a village, completely encircled by the clear green waters of the Sorgue river. Take the time to explore the antique shops that line the quays, and watch the world go by at one of the many cafés that line the waterfront.

Cycle: ~45km
Ascent: 280m (steep climb to Gordes + 110m)
Descent: 320m

Overnight: 2 star Hotel Les Névons, l’Isle-sur-la-Sorgue
The Hotel Hotel Les Névons is a modern hotel, entirely air-conditioned with 42 simple yet comfortable rooms. Situated along the Sorgue River, just steps from the old centre of town, the reputed Sunday market, and the antique shops. Pool on the roof and a garage for our cyclists.

DINNER & OVERNIGHT: 2 star Hotel Les Névons, l’Isle-sur-la-Sorgue

DAY 7
Transfer Isle sur la Sorgue to Avignon & Depart
After breakfast, take advantage, one last time, of the morning ambiance in l’Isle sur la Sorgue (market & antiques on Sunday) before your taxi picks you up for your return to Avignon. Your Provence cycling holiday ends in Avignon, which has excellent connections to Marseille Airport and other destinations in France.

Extra Nights & Extensions
You can add additional nights at any point before, during or after your tour.

Accommodation
Your cycling holiday in Provence includes 6 nights in carefully selected accommodation. 2 nights in a comfortable 2 star hotel, 2 nights in a charming 3 star hotel and 2 nights in a lovely small farmhouse.

We will always try and use the hotels advertised in the itinerary but may book you in accommodation of the same or better standard if they are not available. We will always let you know at the time of booking if this is the case.

Single Rooms
Single rooms are available although a supplement is payable.

Solo Cyclists
This trip is available to solo cyclists although a supplement is payable to cover the extra costs which are not shared.

Grade
This cycle tour is graded easy to moderate. The five cycling days vary from 35—45 km in length (about 3 hours cycling) and include some climbing. The route follows country roads and bike paths.

Navigation
We supply you with a detailed route book which includes maps and directions as well as helpful hints such as restaurants, museums, vineyards, and where to find a bank machine. So the route is easily followed.

Baggage Transfer
Daily door to door baggage transfer is included in the price of your trip. We ask you to keep your baggage to a maximum of 1 bag per person (maximum weight 20kg).

Rental Bikes
Bike hire is included in the cost of your holiday. We supply comfortable 21 speed hybrid bicycles with a repair kit, extra inner tube, pump, map holder and panniers.

Helmets are not included as part of the rental...
package and we ask that you bring your own helmet.

### PRICE AND AVAILABILITY

This tour is available to start on any day of the week from 1st of March to 30th of November.

- High season: 26 April - 30 September

Please refer to our website for up to date prices www.macsadventure.com

### Included:

- 6 nights in 2/3* small hotels in double/twin rooms with private facilities
- 6 Breakfasts
- 4 Dinners
- Daily luggage transport day 2 - 7 (1 bag per person/ max. 20 kg)
- Transfer from Isle sur la Sorgue to Avignon on day 7
- 6 Days bike hire
- Detailed information pack with detailed route notes, maps and useful information.
- 7 Day service hotline

### Excluded:

- Flights
- 2 Dinners
- Drinks, snacks and lunches
- Travel to /from Avignon
- Personal expenses
- Travel insurance
- Entrance fees to museums and attractions
- Any items not specified in the programme

### Optional

- Additional nights accommodation
- Single room supplement (if applicable)
- Solo walker supplement (if applicable)

### Travel Information

#### Getting to/from Avignon

- **Air** - Paris Charles De Gaulle is the closest international airport and is serviced by BA and Easyjet from UK airports. An alternative airport is Marseille and is serviced by BA, Easyjet and Ryanair.
- **Rail** - Eurostar from London St Pancras to Gare du Nord - Paris (approx. 2 hr), then take the TVG train to Avignon (approx. 3 hr)
- **Car** - Eurotunnel – Folkstone to Calais (approx. 35 mins) Drive from Calais to Avignon (approx. 10hrs)
- **Ferry** - Dover to Calais by ferry is a 90 min journey. Drive Calais to Avignon (approx. 10hrs). Alternatively Portsmouth to St Malo by ferry is a 9-12 hour journey (overnight). Drive St Malo to Avignon (approx. 10hrs)

#### How to Book

You can book securely online at www.macsadventure.com by phone on +44 (0) 141 530 8886 or download or request a booking form and post it to Macs Adventure, 44 Speirs Wharf, Glasgow, G4 9TH, UK or fax it to +44 (0) 845 527 5688

Please don't hesitate to contact us by phone on +44 (0) 0141 530 8886 or email: info@macsadventure.com if you have any queries and one of our expert customer service team will be happy to help.

### Book with Confidence

#### Financial Security

In accordance with “The Package Travel, Package Holidays and Package Tours Regulations1992” all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

#### Book with Confidence

We are a member of ABTA which means you have the benefit of ABTA’s assistance and Code of Conduct. We provide full financial protection for your money.

#### ABTA Member Statement

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct.

ABTA No. Y2210