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## Provence Highlights bike tour

## Cycling in the heart of Provence

Provence – France’s sunshine country with fertile, lush valleys, the Mediterranean coast, ancient and medieval cultural centres, the scent of herbs and the Provençal lifestyle. It is a great cultural landscape, which has attracted countless painters such as van Gogh, Gauguin, Picasso, Matisse and Chagall with its unique light and its intensive colours. Apart from the wonderful and varied landscape Provence attracts with its history, art and architecture. The visitor is enchanted by famous architectural masterworks such as the papal palace in Avignon (world heritage), the Arena in Arles and the Pont du Gard (world heritage) as well as the Greek-Roman excavation sites of Glanum and the medieval city Les Baux in the Alpilles. The bike tour through the Camargue, the protected moor landscape in the Rhône delta, is another highlight. The famous pink flamingos and the white horses are the hallmarks of this landscape and a magnificent opposite to previous attractions. And over and over again we breathe the life of Provence: hustle and bustle in the cities, colourful markets, Spanish traditions, village life under plane trees and a breeze of southern calmness.

France

Easy to moderate

8 Days / 7 Nights

Self-guided tour

To the online version



# Itinerary

## Day 1 Individual arrival in Orange

Enjoy the city with the wonderful architectural monuments from Roman times. The great theatre and the triumph arch are historical witnesses from this epoch. The old town attracts with Provençal charm as well as small pretty shops and cafés.

## Day 2 Orange – Châteauneuf-du-Pape – Avignon | approx. 50 km

The first stage takes you into the world-famous wine town Châteauneuf-du-Pape. A stroll through the town should not be missed. You travel to the city of Avignon along the Rhône on cycle paths and without the bother of car traffic. We recommend a stroll through the old town with a visit to the papal palace.

## Day 3 Avignon/surroundings – St. Rémy – Arles | approx. 55 km

Without much ado and once again with hardly any traffic you leave the town and cycle directly to St. Rémy, probably the most beautiful and certainly the most typical town in the Provence. Nothing surpasses the hustle and bustle, the blaze of colour and the richness of herb scents under the shadow-offering plane trees in the ancient alleys of the old town. The effort of the ascent to the Alpilles is rewarded with great views of the Les Baux. Because of the harmonic location of the village and because of the fortress ruins, Les Baux is also known as the “city in rock”. Chosen small paths and tiny streets take you to Arles. Roman culture and Romanesque heritage characterise the cityscape and the history of Arles. Arles was the second-biggest city of the Roman Empire; it is also the city of Vincent van Gogh. Your hotel accommodates you for the next two nights.

## Day 4 Arles – Camargue – Arles | approx. 45 km

Half sea, half land – the Camargue is an unique natural landscape with brackish water lakes, vast salt steppes, wild horses and the famous pink flamingos. Small paths take you into the unique nature reserve. In Mejanes with the Arena you have the opportunity of travelling with a small train through unspoilt nature and to admire, with some luck, flamingos and wild bulls. The route takes you on almost traffic-free paths back to Arles.

**Day 5****Arles – Nîmes**

approx. 50 km

In the morning you cycle to the cities Tarascon and Beaucaire. Both cities are placed beside the Rhône River. There are a lot of nice places and castle of the 12 century. Visit a café in Beaucaire and enjoy a pause beside the riverbank. The charm of the city Beaucaire invites you to stay and relax. In Nîmes numerous well-preserved buildings are evidence of the Romans. Visit the arena, the Maison Carrée or the Tour Magne. Or enjoy the modern part of the city the “Carré d’art” of Norman Foster.

**Day 6****Nîmes – Pont-du-Gard – Uzès/surrounding**

approx. 50 km

The fortress of Tarascon, located high above the Rhône, accompanies you for a while through the vineyards of Costières-de-Nîmes. About noon you will already see Pont-du-Gard, the famous aqueduct from Roman times, world heritage as well. Aromatic plants such as lavender, thyme and rosemary accompany you into the pretty Provençal town of Uzès, which attracts with its magical, medieval charm. Among other places of interest, the unique market square, surrounded by arcades, is worthwhile.

**Day 7****Uzès/surrounding – Orange**

approx. 55 km

Today the landscape changes once again. The last stage takes you through the hilly landscape of the Garrigue, with its oaks and Mediterranean herbs. Later on, the vineyards and the lovely orchards of the Provence take over once again. On the other side of the river you cycle through other famous wine regions of the Côte du Rhône (Lirac, Laudan) and reach the city of Orange again in the afternoon.

**Day 8****Departure**



# The route

Between easy and medium exhausting. The cycling tours are between 45 and 55 km long and lead through the different landscapes of Provence. Except for small climbs in the hilly country of the Garrigue and in the Alpilles, you can expect an easy and varied tour even for less experienced cyclists. The tour runs mainly on small, low-traffic roads and asphalted farm tracks. With our electric bike, this trip is an easy tour for everyone.





# Prices and events

Place of arrival: Orange

|   | <b>Season 1</b><br>23.03.2024 - 03.05.2024  <br>06.10.2024 - 14.10.2024  <br>Saturday and Monday | <b>Season 2</b><br>04.05.2024 - 14.06.2024  <br>08.09.2024 - 05.10.2024  <br>Saturday and Monday | <b>Season 3</b><br>15.06.2024 -<br>07.09.2024  <br>Saturday and<br>Monday |
|---|--|--|---|
| <b>Provence Highlights, 8 days, cat. A, FR-PRRHP-08A</b>      |  |  |   |
| Base price  | 999.00   | 1,059.00   | 1,129.00  |
| Surcharge single room   | 279.00   | 279.00   | 279.00  |
| <b>Provence Highlights, 8 days, cat. deluxe, FR-PRRHP-08D</b> |  |  |   |
| Base price  | 1,269.00   | 1,349.00   | 1,439.00  |
| Surcharge single room   | 639.00   | 639.00   | 639.00  |

(for 4 persons special arrangement available, without welcome briefing, not from middle May to middle August)

## Sustainability with Rückenwind!

Help us to achieve greater sustainability. If you choose to use the digital route book and forgo the printed version you will help us to reduce our environmental impact and we'll give you a discount of 20 Euro per room as a thank you.

# Additional nights

Place of arrival: Orange

|                          | <b>Season 1</b><br>Mar 23, 2024 - May 3, 2024  <br>Oct 6, 2024 - Oct 14, 2024  <br>Saturday and Monday | <b>Season 2</b><br>May 4, 2024 - Jun 14, 2024  <br>Sep 8, 2024 - Oct 5, 2024  <br>Saturday and Monday | <b>Season 3</b><br>Jun 15, 2024 - Sep<br>7, 2024  <br>Saturday and<br>Monday |
|--------------------------|--|---|--|
| <b>Orange</b>            |  |   |  |
| Double room p. P. cat. A | 85.00  | 85.00   | 85.00  |
| Surcharge single room    | 78.00  | 78.00   | 78.00  |

|                          | <b>Season 1</b><br>Mar 23, 2024 - May 3, 2024  <br>Oct 6, 2024 - Oct 14, 2024  <br>Saturday and Monday | <b>Season 2</b><br>May 4, 2024 - Jun 14, 2024  <br>Sep 8, 2024 - Oct 5, 2024  <br>Saturday and Monday | <b>Season 3</b><br>Jun 15, 2024 - Sep 7, 2024  <br>Saturday and Monday |
|--------------------------|--|---|--|
| <b>Orange</b>            |  |   |  |
| Double room p. P. cat. A | 120.00   | 120.00  | 120.00   |
| Surcharge single room    | 95.00  | 95.00   | 95.00  |

# Our bookable bikes

|                                | <b>Price</b> |
|--------------------------------|--------------|
| <b>21-gear unisex</b>          | 99.00        |
| <b>21-gear gents</b>           | 99.00        |
| <b>7-gear unisex</b>           | 99.00        |
| <b>7-gear gents</b>            | 99.00        |
| <b>Rental bike PLUS</b>        | 169.00       |
| <b>Electric bike freewheel</b> | 259.00       |

Prices per person in EUR



# Services & Extras

## Services

### Included

- 7 Overnights in hotels of the booked category incl. breakfast buffet or extended breakfast
- Personal welcome briefing (GE,EN)
- Luggage transfer from hotel to hotel
- At best elaborated route with maps (GE,EN,FR)
- Detailed travel documents with maps 1x per room (GE,EN,FR)
- GPS-Tracks on request available
- For rental bikes, rental bike insurance
- 7-days-service-hotline

### Not included

- Arrival and departure
- Costs for parking
- City tax
- Transfers
- Optional sightseeings
- City maps
- Repairs of own bike
- Travel Insurances
- Costs of the private requirements

## Extras

### Arrival / Parking / Departure

- Fly to Marseille. Take the train (TGV) from Marseille airport to the main train station in Orange. Good rail connection to Orange, duration approx. 1,5 h.
- Good train connections to Orange (TGV-station). The start hotel is located approx. 1 to 3 km away from the station.
- Deluxe: Underground car park nearby, cost approx. € 10 per day, no reservation possible.  
Cat. A: Depending on the booked hotel, either underground car park nearby, costs approx. € 10 per day or parking spaces at the hotel, partly subject to charges, no reservation possible.

## Hotels

### French hotel classification

**Category A:** Overnight stays in very good quality hotels of the 3\*/4\* category, partly with air conditioning system and pool. All rooms with shower/bath and WC.

**Category Deluxe:** Comfortable, high-quality and mostly very centrally located hotels of the 4-star category (French classification), some with air conditioning and pool.

## Important notes

Further important information according to the package travel law can be found [here!](#)




# Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



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**Book now**