



France – Provence and Camargue Bike and Boat Tour (2025)
8 Days/ 7 Nights
Individual Self Guided



An exciting bike and boat vacation in the South of France in the footsteps of Van Gogh. Pedal along enchanting routes in the peaceful Provençal countryside and be enveloped by the wild nature of the Camargue. Ride through beautiful villages with typical French character and discover as you go the history of this magnificent region. A comfortable riverboat welcomes you at night, with good food, wine and the pleasure of conviviality. • The tranquil Provençal landscapes and wild moors of the Camargue region • The colors: from the green expanses of vineyards to the pink of the salt marshes of the little village of Aigues Mortes • Relaxation on board at the end of each day's ride

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848



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Itinerary Day to Day

Day 1. Avignon

We welcome you aboard your new home-from-home from 5.00 p.m. onwards, and then regroup for the introductory briefing – at 6.30 p.m. – with your tour leader, skipper and crew, along with a first refreshing aperitivo. Your mooring place is in Quai de la Ligne next to the famous Pont St. Bénézet. ACCOMMODATION barge / MEALS dinner

Day 2. Avignon round tour 45km

Today you will cross the river Rhone taking the route that goes through Île de la Barthelasse, and you will ride through the typical garrigue landscape, passing by vineyards and orchards on your way to Châteauneuf-du-Pape. During the trip, you will have the opportunity to taste the famous Provençal wine. Later, you will cross the Rhône at Roquemaure and return to Villeneuve by following the river course. Free dinner in Avignon. ACCOMMODATION barge / MEALS breakfast and packed lunch / BIKE KM 45 / ELEVATION GAIN (M) + 285 - 285



Day 3. Avignon – Aramon 45km

In the morning navigation till the town of Aramon, where you will start pedalling. The stage today will bring you to the best preserved Roman aqueduct in Europe: Pont du Gard, a very spectacular work. Overnight in Aramon with a beautiful view over the Mont Ventoux. ACCOMMODATION barge / MEALS full board (packed lunch) / BIKE KM 45 / ELEVATION GAIN (M) + 240 - 240

Day 4. Aramon – Vallabrègues 45km

You start your day sailing to Vallabrègues, pretty Provençal village on the banks of the Rhône. Along country roads you will arrive to

Barbentane with its castle at the confluence of the Rhone and Durance rivers. You will cycle to the magnificent Abbey of Saint Michel de Frigolet and afterwards down to the medieval village of Boulbon. Overnight in Vallabrègues. ACCOMMODATION barge / MEALS full board (packed lunch) / BIKE KM 45 / ELEVATION GAIN (M) + 210 - 210



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Day 5. Vallabrègues – Arles 65km

This stage brings you to Saint Remy de Provence, birthplace of Nostradamus. This village is also famous for having hosted Van Gogh in the days of his mental illness. In the end you move onto the Alpilles, with Les-Baux-deProvence, a village lodged in the rock itself. A landscape of limestone cliffs and olive trees accompanies your journey.

ACCOMMODATION barge / MEALS full board (packed lunch) / BIKE KM 65 / ELEVATION GAIN (M) + 380 - 390



Day 6. Arles – Aigues-Mortes 30km

Today the whole morning is dedicated to visit Arles, the ancient capital of Gaul with beautiful Roman ruins. You will also have the opportunity to be welcomed by a professional guide, who will accompany you around the jewels of the town. After lunch you reach the lock of Franquevaux and from there you will sail to Aigues Mortes for the overnight stay. ACCOMMODATION barge / MEALS full board (packed lunch) / GUIDED VISIT 1 hour / BIKE KM 30 / ELEVATION GAIN (M) + 100 - 105

Day 7. Aigues Mortes round tour 45km

As you cycle through the small country lanes of Camargue, passing by canals, lagoons, and small villages, you will come across La Cailar, Marsillargues, and Saint-Laurent-d'Aigouze, which are well-known for their ancient taurine tradition. In the afternoon, you will visit an organic vineyard and enjoy a special wine tasting experience. This will allow you to immerse yourself in the beautiful landscapes of Camargue's ponds, lagoons, reeds, and dunes while savoring the scents of warm sand, tamarisk, and pine forests. ACCOMMODATION barge / MEALS full board (packed lunch) / BIKE KM 45 / ELEVATION GAIN (M) + 160 - 160

Day 8. Aigues Mortes

After breakfast, end of services.

MEALS

Breakfast: it takes place every day from 8 a.m. to 8:45 a.m. and consists of bread, sliced salami and ham, cheese, butter, marmalade, yogurt, cereals, milk, tea, coffee.

Packed lunch: during breakfast, you will find all that is necessary to prepare a packed lunch (bread, sliced salami and ham, cheese).

Afternoon snack: after the daily trip you will receive on board a snack/cake/fruit with coffee/tea.

Dinner: it is at 7.00 p.m. At dinner you can enjoy typical dishes of the traditional French cuisine. Dinner usually consists of a starter, a main course and a dessert. On the table you will always find bread and water in jug (natural and sparkling water). All other drinks are not included and have to be paid separately. Dinner on the 2nd day is not included. Avignon gives you many options for your dinner, you can also ask the crew and tour leader for advice. Beverages: on board there is a well-equipped self-

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service bar (beer, soft drinks, sparkling water, wine, strong drinks). During the week you have to register on a sheet, provided by the crew, all the drinks and extras that you consume. Wine bottles can be labelled with your name or your cabin number and be consumed over the week. Prices are available in the price list at the bar. All prices are in Euros and include VAT. You can prepare coffee or tea for free using the coffee machine on board. Water on board is drinkable and you can refill your water bottle by using the dispenser of natural and sparkling water.

Route



Technical Characteristics

Level of difficulty: Relatively easy. The tour is totally in the lowlands during the two stages in Camargue, while the stages north of Arles present some ups and downs, which are however easy to overcome. There is just one more demanding slope towards Les Baux de Provence, but you will be fully repaid with an extraordinary landscape. The itinerary is mostly on secondary roads with low traffic; some short stretches on more busy roads are however inevitable. There will also be a couple of navigation stretches to make the stage more enjoyable.

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Travel Season:

Departure dates

From Avignon

Season 1 | 5.04.2025 Season 2 | 19.04, 28.06, 12.07, 26.07, 9.08.2025 Season 3 | 3.05, 17.05, 31.05, 14.06, 18.10.2025 Season 4 | 23.08, 6.09, 20.09, 4.10.2025

From Aigues Mortes

Season 1 | 29.03, 12.04.2025 Season 2 | 26.04, 5.07, 19.07, 2.08, 16.08.2025 Season 3 | 10.05, 24.05, 7.06, 21.06, 25.10.2025 Season 4 | 30.08, 13.09, 27.09, 11.10.2025

Prices per person double occupancy in Euros: *all prices subject to confirmation on booking*

Season 1 Double cabin	€1190
Season 2 supplement	€400
Season 3 supplement	€500
Season 4 supplement	€610
Season 1 single cabin-only Caprice	€1590
Season 1 double cabin for single use	€2230
Supplement Specialty Diet (gluten free, lactose free and vegan)	€65
Bike Rental	€110
E-bike	€270

Included:

8 days/7 nights

- sheets and towels
- hair dryers (one in each cabin)
- courtesy kit with eco solid soaps (hand + body + shampoo) and shower cap
- mid-week cabin cleaning service and towel change
- safe deposit box in cabin
- air conditioning
- WiFi in common areas
- board games
- books and travel guides
- harbour charges

Meals

- 7 breakfasts
- 6 self-made packed lunches
- 6 three-course dinners
- welcome drink
- afternoon snack
- coffee and tea and other hot drinks on board
- still and sparkling water dispenser (room temperature or cold water)
- ice dispenser

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Experiences

- guided visit in Arles
- some short walking tours
- visit and wine tasting at a typical winery
- oil tasting

Cycling

- daily briefings
- APP including maps, roadbook, points of interest and GPS tracks
- digital tour information

In addition for the Guided option

- English speaking tour leader within an international group

Not included

- 1 dinner (day 2)
- drinks on board
- transfers to/from first and last docking place
- travel insurance
- tips
- everything not mentioned in the section "Included"

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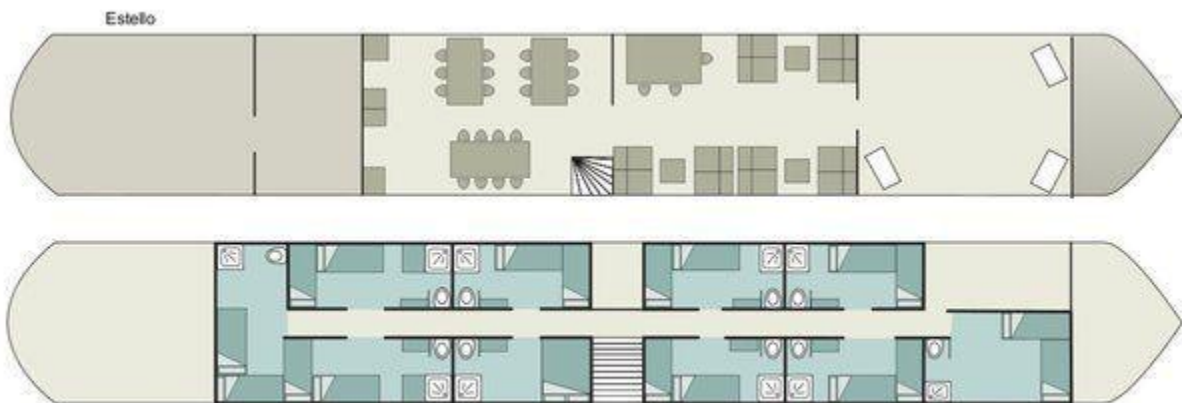
L'Estello

A Dutch barge launched in 1937 and modernized from head to toe for passenger cruising on the rivers and canals of France. The boat L'Estello is equipped with 10 double cabins (one with a double bed and nine with twin beds) measuring 7-8 m². Each cabin has two portholes (one is in the bathroom), is air-conditioned and has ensuite facilities.

Bed sizes are 1.90/2 m x 0.75/0.80 m.

The living area is an air-conditioned living room and is divided into two areas: the Restaurant, with large picture windows and the Bar area with comfortable sofas and armchairs. Extra features include: Sundeck with a fixed awning, tables and chairs, Free Wi-Fi in the restaurant/bar area, "Bring and Borrow" supply of travel books, Pétanque/Boules sets and board games available.

There is a Wi-Fi connection on board which normally works during the whole tour. You have free access to the network.



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Caprice

The boat Caprice is equipped with 11 cabins (1 single, 2 doubles, 8 twins) measuring 7-8 m². Each cabin has three fixed portholes (one is in the bathroom), air conditioning and en-suite facilities with shower area; plus ample closet space, a power socket and a full length mirror. Bed sizes: 1.90 m x 0.80 m (singles) and 1.90 m x 1.40 m (doubles).

The living area measures 12.50 x 4.10 m, is air conditioned and it is divided into two areas: the restaurant (up to 22 seats) the Lounge with an open bar. A total of 10 windows give plenty of natural light.

Extra features include free Wi-Fi in the restaurant/bar area, complimentary courtesy kit, sundeck with seating accommodation and fixed awning.



Booking conditions- Cancellation policy for individual bookings:

- 20% up to 84 days prior to departure date
- 40% from 83 to 42 days prior to departure date
- 60% from 41 to 28 days prior to departure date
- 90% from 27 to 1 day prior to departure date
- 100% no-show

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Bikes

Touring - Unisex touring bike 27-gear Shimano Deore

E-bike- Unisex e-bike 9-gear Shimano

Features

- unisex frame
- step-through: 40cm high
- 28" wheel
- comfort gel saddle www.selleroyal.com
- anti-puncture Schwalbe tyres
- speedlifter twist T10 to easily adjust the handlebar height
- ergonomic bicycle grips

Standard components

- bike bell
- side kickstand
- front/rear lights
- front/rear mudguards
- bottle holder (not on e-bikes)
- rear rack

Accessories- All rented adult bikes are equipped with:

- Ortlieb rear side pannier (12,5 l)
- lock
- helmet (head 54-61 cm) with European certification DIN EN 1078
- complimentary Tritan® reusable water bottle

Assisting people in realizing their touring dreams worldwide is our passion.

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THIS IS A PARTNER TOUR

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