



**France – Languedoc and Camargue Bicycle Tour (2025)**  
**Individual Self- Guided**  
**8 days / 7 nights**



Discover historical cities, Mediterranean beaches and the untouched wildernesses of the Camargue. You'll start the bike tour in elegant Montpellier. This typical Mediterranean city is not far from the blue sea and its sandy beaches. The center of Montpellier is full of medieval monuments and of those from the Renaissance and Classicism periods. Its university of medicine is the oldest in the France. Lovely squares and many restaurants and cafés invite you to appreciate the Mediterranean way of life. This bike tour then takes you on to Sommières, a nice medieval town on the Vidourle River crossed by a 2000 year old Roman bridge. A little paradise and lovely villages await you after Sommières, this region is called "Vaunage". Its inhabitants were Protestants and lead a bloody rebellion against the "not so sunny" Louis XIV from 1703 to 1705 and unfortunately paid a heavy tribute. On the way onto Nîmes, with its numerous roman monuments, you ride through vineyards and the Mediterranean scrubland landscape called the "Garrigue". After the Roman town you will ride along the Rhône-Sète Canal through the untouched saltmarshes and inland lakes of the Camargue to the medieval walled town of Aigues-Mortes. From Aigues-Mortes, you ride along the beaches of the Mediterranean Sea back to Montpellier.



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### Itinerary Day to Day

#### **Day 1: Individual arrival in Montpellier**

On arrival, you will receive your personal dossier at the hotel reception with all the necessary maps and documents for your upcoming trip. You should then take the time to get to know Montpellier a little better. This university city is young and dynamic with its 'Place de la Comédie' and its typical medieval centre with its small, winding alleyways and countless alleyways, cafés and restaurants.

#### **Day 2: Montpellier > Palavas and Maguelone, ~30 km**

At around 9.30 am you will be personally welcomed by one of our employees at the start hotel. You will receive your hire bike (if booked) and all the necessary information. From the elegant city of Montpellier you then cycle southwards along the small river Lez on a cycle path through a bird sanctuary to the fishing village of Palavas on the Mediterranean. From there you cycle along the beach to Maguelone, a former early Romanesque abbey surrounded by inland lakes. From Maguelone you cycle back along the Rhone-Sète canal and then back on the cycle path along the Lez to the hotel in Montpellier.



#### **Day 3: Montpellier – Sommières 35 km**

Ride into impressive landscapes and pass little villages on your way to Castries with its elegant castle, the so-called "Versailles of Languedoc". Then pedal on to Sommières, a little medieval town where a Roman bridge crosses the Vidourle River.

#### **Day 4: Sommières - Nîmes 30 km**

Today you cross the famous Vaunage region, where the Protestants fought against King Louis XIVth troops from 1703 to 1705 with heavy losses. Romantic villages accompany you to Nîmes, the "Rome of Gaule". Visit the old town and the numerous Roman monuments.

#### **Day 5: Nîmes - Aigues-Mortes 45 km**

Today's way leads you through the "Little Camargue" and along the Rhône-Sète Canal to Aigues-Mortes, a totally preserved medieval town, surrounded by water, Camargue and the salt tables.

#### **Day 6: Aigues-Mortes – Camargue - Aigues-Mortes 20 km**

Different options are possible today. You can discover untouched Camargue by bike or boat, visit the nearby salt marshes or take a walk along the imposing city wall of Aigues Mortes. From here the view over the surrounding lands is just breathtaking.





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**Day 7: Aigues-Mortes - Montpellier 40 km**

You'll ride along the Mediterranean coast line with its sandy beaches. Stop for a drink in the busy little fishing port of Le Grau du Roi before arriving in the seaside resort of La Grande Motte and its architecture, which was certainly futuristic when built in the 1960s. And finally you will follow the small river Lez northwards to get back to Montpellier.

**Day 8: End of the tour**

**Route**



**Technical Characteristics:**

**Tour Profile:** Relatively easy. Ride on quiet and mostly flat roads that anybody can do. In addition to our detailed road book and maps, you'll be guided by red signs with white arrows that help you to find easily the route all along the bike tour.  
Distance 200km

**Travel Season:** *Self-guided tours:* Sunday departures from March 16- Nov 1

Season 1: 16.03.-05.04.2025 and 21.09.-01.11.2025

Season 2: 06.04.-21.06.2025 and 07.09.-20.09.2025

Season 3: 22.06.-06.09.2025

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350





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**Price per Person:** *all prices in Euros based on double occupancy and subject to confirmation on booking*

Double Occupancy Season 1 Self-Guided	€935
Single Occupancy Season 1 Self-Guided	€1285
Supplement Single Traveler	€270
Supplement Half Board	€270
Supplement Season 2	€140
Supplement Season 3	€190
Supplement for arrival any day, for 3 persons	€135
Supplement for arrival any day, for 2 persons	€90
Bike Rental 24 gear	€110
Electric Bike	€250
Extra Nights Double Occupancy B&B	On request
Extra Nights Single Occupancy B&B	On request

**Included:**

- 7 nights in carefully chosen 3\* and 4\* hotels
- 7x breakfast
- Welcome briefing
- Luggage transport (1 piece of luggage per person)
- Carefully chosen roads and paths
- Detailed documentation, brochures, plans, maps, etc.
- Tour signs along the route
- GPS tracks on request
- Security vest
- Service hotline
- Tourist tax

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### Bikes

#### Hybrid Bikes



#### E-Bike



**Bikes** Either Giant bikes with 24-speed gearbox without acoaster brake or electric bikes unisex 8/9 gears.

#### Equipment

- . Ortlieb pannier, 25 l
- . air pump
- . a lock
- . a mobile phone holder
- . a map holder only on request
- . a signal vest
- . a puncture kit

*Assisting people in realizina their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**  
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