



France – Provence Highlights Bike Tour (2025)
Individual Self- Guided
8 days / 7 nights



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.



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Itinerary Day to Day

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 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 ride on to the city of Avignon along the Rhône cycle paths, without the bother of car traffic. We recommend a stroll through the old with a visit to the papal palace.

Day 3: Avignon – St. Rémy – Arles 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 45 km

Half sea, half land – the Camargue is a 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 Mejanès with the Arena you have the opportunity of travelling on 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.





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Day 5: Arles – Nîmes 50 km

In the morning you cycle to the cities of Tarascon and Beaucaire. Both cities are located beside the Rhône River. There are a lot of nice palaces and castles of the 12th 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/ surroundings 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/ surroundings – Orange 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.



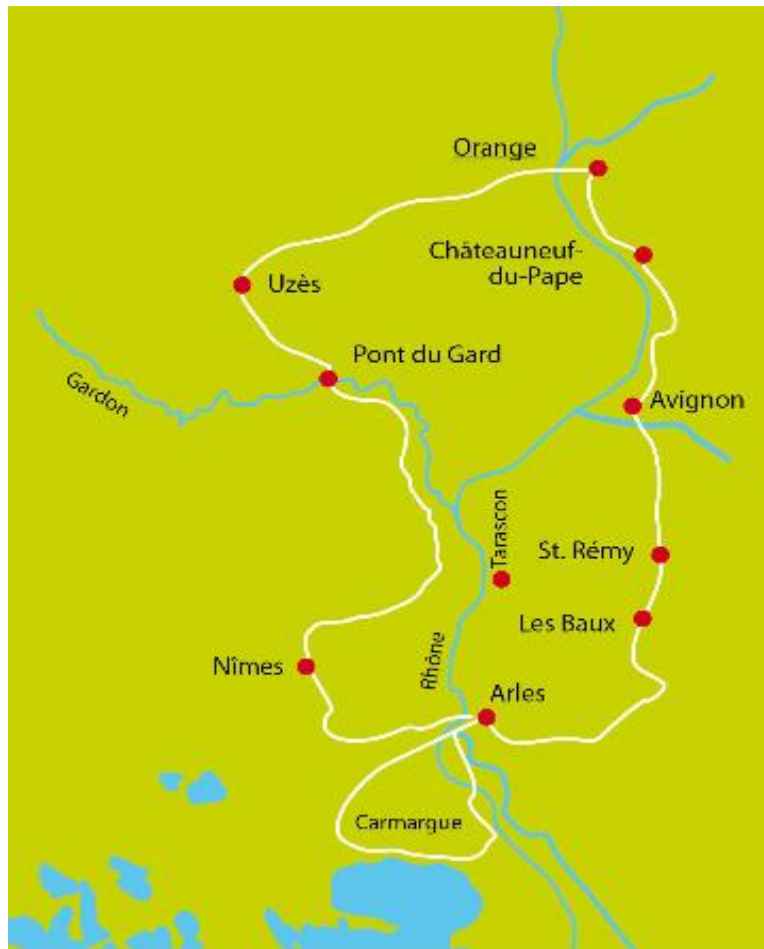
Day 8: Departure

After breakfast individual departure or extra days.



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Route



Technical Characteristics:

Tour Profile: 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

Distance: 305 km

Travel Season: Departures Saturdays and Mondays from March 22-October 11

Season 1: 22.03.-11.04. | 05.10.-11.10.

Season 2: 12.04.-30.05. | 20.09.-04.10.

Season 3: 31.05.-19.09

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



Price per Person: *all prices subject to confirmation on booking*

	Category deluxe	Category A
Season 1 Double Occupancy B&B	€ 1299	€ 999
Season 2 Double Occupancy B&B	€ 1389	€ 1089
Season 3 Double Occupancy B&B	€ 1459	€ 1139
Surcharge Single Room	€ 699	€ 299
Hybrid bike rental	€ 99	
Premium bike rental	€169	
E bike rental	€269	
Extra Nights Orange Double Occupancy B&B	On request	

Accommodation:

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

Category A: Comfortable hotels mostly of the 3*** (french class.), partly with air conditioning system and pool.

Included:

- 7 nights in hotels of the booked category with breakfast
- Personal welcome tour briefing
- Detailed travel documents, route cards, route description, sight seeing, telephone numbers 1 per room
- Luggage transfer from hotel to hotel
- Bike rental insurance
- Navigation App and GPS tracks
- 7 day service hotline

Not Included:

- City tax
- City maps
- Optional sightseeing

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.

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Bikes

7-gear touring bike

- Gear hub with coaster brake
- Exclusive production by Velo de Ville for Rückenwind.
- Excellent bicycle with a Shimano 7-gear Nexus hub with coaster brake.

24-gear touring bike

- Derailleur gears with freewheel
- Exclusive production by Velo de Ville
- Excellent bike with Shimano 24-speed Acera derailleur gears with freewheel.

30-gear bike premium

- Derailleur gears with freewheel
- Exclusive production by Velo de Ville
- Excellent bike with Shimano 30-gear Deore/XT derailleur with freewheel, RST 60 mm suspension fork and hydraulic disc brakes. Equipped with an aluminium hybrid type.

Unisex-Electric bike 8-gear

- Hub gear with pedal brake
- Exclusive production by Velo de Ville for Rückenwind.
- High-quality electric bike with a Shimano 8-gear Nexus hub with coaster brake, Bosch activeline plus motor 500 Wh battery.

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

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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