



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

France – Provence Epicure Bicycle Tour (2024)
Individual Self- Guided
7 days / 6 nights



Breathtaking sights of the Mont Ventoux or the lovely hills of the Vaucluse with the famous wine growing area Cote du Rhone. Idyllic villages on the way and singular sights render this tour to a long lasting memory. Discover the very original and enjoying side of the Provence. You will get enthusiastic about this diverse cycle tour.

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



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Itinerary Day to Day

Day 1: Arrival at Orange

Orange is a city with marvelous buildings dating back to the Romans. The spectacular theatre and the triumph arc are historic witnesses of this epoch. Accommodation is in a choice hotel in the centre. The old town breathes the charm of the Provence with its small shops and cafés.

Day 2: Orange – Châteauneuf du Pape – Orange 45 km

After breakfast start the first round trip to the world famous wine growing town, Chateau-Neuf-du-Pape. Here one of the most full bodied red wines of Provence is grown. The vineyards were cultivated by the popes, who had their second residence in the region. Via Courthezon (medieval fortress) today's tour leads back to Orange.



Day 3: Orange – Vaison-la-Romaine 45 km

In full view of the mighty mountain Mont Ventoux you cycle through the vineyards of the Cote du Rhone to the historical town Vaison-la-Romaine, with many antiques. Especially worth visiting are the ruins of the old Roman town as well as the Roman church Notre Dame de Nazareth



Day 4: Vaison-la-Romaine Round Trip 26 km

On Tuesday there is a wonderful market during the morning. Explore the market of Vaison-la-Romaine and enjoy the culinary variety of the region. In the afternoon you have enough time to cycle a short round trip to the typical small villages with medieval architecture.

Day 5: Vaison-la-Romaine – L'Isle-sur-la-Sorgue/ surroundings 55 km

You cycle to Sablet and Gigondas. Both villages are really well-known for the vine culture. Afterwards you cycle to Carpentras – best known for strawberries and Berlingots (sweet candy). Today you will see the famous spring Fontaine-de-Vaucluse, one of the most spectacular nature monuments of France. On small roads you cycle to the small town L'Isle-sur-la-Sorgue. For a long time the regional artisans used the water power of the small river Sorgue. Little water wheels, the plane trees on the banks and numerous antique shops invite for a small stroll.



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Day 6: L'Isle-sur-la-Sorgue/ surroundings – Avignon 45 km

We follow the valley of the branching river Sorgue. On the way you have the opportunity to visit the grotto of Thouzon, the only public accessible stalactite cavern of the Provence. Along the Durance and on tranquil roads you reach the center of Avignon. Take the opportunity of an idyllic stroll through the old town and visit the Popes palace.



Day 7: Avignon – Orange and individual departure 35 km

On small roads along the Rhone you leave Avignon and you reach Orange around noon.





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Route



Technical Characteristics:

Tour Profile: Relatively Easy. The tours lead through the varying landscapes of Provence. The route is planned to lead almost always on side streets with low traffic. This is an easy and diverting tour with only short simple ascents. Therefore this tour suits for beginners or persons with low a training level.

Distance: 251 km

Travel Season: Departures Saturdays from March 23 to Oct 10
Season 1: March 23 – May 3 and October 6 – October 10
Season 2: May 4-June 14 and Sept 8- October 5
Season 3: June 15-Sept 27



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Price per Person:	Category A	Category Deluxe
Season 1 Double Occupancy B&B	€ 929	€ 1099
Season 2 Double Occupancy B&B	€ 979	€ 1159
Season 3 Double Occupancy B&B	€ 1039	€ 1199
Surcharge Single Room	€ 239	€ 359
Bike rental (7/21 gear)	€ 95	
Bike rental (30+ gear)	€ 165	
E-bike	€ 239	
Extra Nights Orange Double Occupancy B&B	On request	On request
Extra Nights Orange Single Occupancy B&B	On request	On request

Accommodation:

Category A: During the trip you will be accommodated in typical inns in a range of 2 and 3 star categories with ensuite facilities (French classification).

Category Deluxe:

During the trip you will be accommodated in superb Hotels in a range of 3 star categories ensuite facilities (French classification).

Included:

- 6 nights in quality accommodation with private bathroom
- Breakfast
- Personal welcome tour briefing
- Well planned routes
- Detailed travel document 1 per room, route cards, route description, sightseeing, telephone numbers
- Luggage transport from hotel to hotel
- Signposting for the cycle route
- Navigation app and GPS tracks
- Bike rental insurance
- 7 day service hotline

Not included:

- City tax
- City maps
- Optional sightseeing

Choose our digital route book and doing the trip without the printed version and you will get a discount in amount of 20 Euro per room as thank you.

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Bikes



Hybrid Bike

With state-of-the-art V-brakes, aluminum hollow section rims and excellent tires it is well prepared for every road. The core of the bicycle is a solid aluminum frame in four different sizes suitable for everyone. The bicycles are equipped with light installation, luggage rack, fenders and a comfortable saddle to guarantee a pleasant ride. The bicycles are equipped with two different gear shift systems: a very smoothly running Shimano 21-speed chain gear shift and a Shimano 7-speed hub with backpedal brake.



E-bike

The cyclist is supported while cycling by an electric motor but still you have to enter into the pedals. You can decide by your own if you would like to have the supporting motor or not. Small and large gradients are so much easier to climb. That means cyclists with different conditions can enjoy bike tours together.

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

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THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
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