

FRANCE – PROVENCE AND THE RHÔNE

8-days / 7-nights inn-to-inn **SELF-GUIDED** cycling - St Remy, Avignon & landscapes of Van Gogh



Provence: a varied landscape of olive groves, fields of lavender and sunflowers, and sunshine give a distinctly Mediterranean feeling. Some say Provence is more of a state of mind, than a geographical region. The air of Provence is scented by maquis and lavender. The landscape and the unique quality of the light inspired many *impressioniste* painters. Scattered throughout this wonderful land are medieval villages, vineyards, fields of lavender, sage and wild herbs, rock escarpments, fortresses and the overwhelming evidence of the area's Roman heritage, with fine examples of Roman buildings.

This moderate cycling tour is the perfect way to get in touch with all things *Provençal*. Riding sections of greenways bike paths, including the Via Venaissia, built on a disused rail line linking Orange to Isle-sur-la-Sorgue and the Via Rhône, a mix of bike paths and quiet roads, this round trip self-guided cycling holiday is perfect for exploring France's iconic landscapes, giving you the freedom to stop and relax or explore, knowing that your room is waiting for you and your bags have gone ahead.

Departs: Friday to Wednesday from March to October, 2026

Cost from: **\$3025** per person twin-share Single room supplement from **\$1070**
Avignon Festival supplements apply to July departures – ask for details

Includes: 7 nights in comfortable 3-star hotels in ensuite rooms; 7 breakfasts; hire of multi-geared hybrid touring bike with handlebar bag, lock & helmet; luggage transfers; welcome briefing; detailed route notes with stage-by-stage route descriptions, maps and travel information; emergency telephone support; tourist taxes.

Not included: Other meals, drinks, personal expenses, entry fees, train tickets, travel to the start/end of the tour.

Extras: **E-bike hire** available at extra cost and is a great way to flatten the hills of this tour – ask for details.

Grading: Moderate, with daily distances of 35km - 60km over flat to undulating terrain, with a few hills.



Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations

Suggested itinerary:

Day 1: Arrive in Orange

Arrive in time to visit the Roman monuments here – the amphitheatre is one of the best-preserved in Europe and together with the triumphal arch is a UNESCO World Heritage listed site. This evening our local representative will meet you, help set you up with your bikes and will brief you on the week ahead.

Day 2: Orange – Avignon

cycling @ 40km

Your cycling route takes the Via Rhona. Soon you arrive in the heart of Chateauneuf-du-Pape vineyards. Stop in one of the chateaux or bars to taste a glass of wine. Cycle on, following the Rhone River, until Barthelasse, the biggest island of the Rhone, before arriving in the city of Avignon on the banks of the Rhone. Have a walk on the World Heritage listed Saint-Bénézet bridge.

Day 3: Avignon – St Rémy

cycling @ 60km

We suggest you allow time while in Avignon to visit its Roman ruins and archaeological museum, and the Palace of the Popes, built in the 13th and 14th Centuries when Avignon was the centre of the papacy, during a time of great chaos and violence in Rome. Once out of the city you leave Avignon by back roads, cycling towards St Rémy, one of the most beautiful villages in the region. Known for the aroma of wild herbs, St Rémy was where Van Gogh lived and where Nostradamus was born. Enjoy the end of the day in one of the many cafés and restaurants in the romantic small streets of St Rémy, another very typical Provençal village.

Day 4: St-Rémy de Provence - L'Isle-sur-la-Sorgue

cycling @ 45km or 65km

This morning ride through tranquil countryside, with scenic landscapes from one small village to another, immersing yourself in the local culture and the slower pace of Provençal life. Day's end will see you reach the *Venice of Provence*: L'Isle-sur-la-Sorgue, well-known for its art and bric-a-brac shops.

Day 5: L'Isle-sur-la-Sorgue – Carpentras

cycling @ 20km or 40km

Today's route is largely on the Via Venaissia greenway, through the garrigue of Provence, that typically fragrant mediterranean low shrubland, so evocative of the South of France. Enjoy the sights and sounds of this unique natural environment. There is a long ascent up to Venasque, before a freewheel down to the town of Carpentras, where you spend the night.

Day 6: Carpentras – Vaison-la-Romaine

cycling @ 35km or 40km

This day starts with a ride through the vineyards of Provence before passing through the villages of Beaumes-de-Venise, Le Barroux and Maillane before reaching Vaison-la-Romaine, a pretty village very rich in Roman ruins, cathedral and medieval history. Wander the narrow streets of this beautiful riverside town on the hill.

Day 7: Vaison-la-Romaine – Orange

cycling @ 40km or 70km

You leave Vaison-la-Romaine crossing the vineyards of Rasteau. This stage is quite easy as you traverse the plain and cycle along the river l'Aigue, before reaching Orange, where your ride ends. Take time to explore Orange, if you didn't do so when you first arrived.

Day 8: Departure day

Your holiday ends after breakfast in Orange.

This is just one of the many small group guided or self-guided inn-to-inn cycling tours **Outdoor Travel** offer in Europe. We offer famous cycling trails such as the river rides from **Passau to Vienna** along the Danube or along the **Inn Bike Trail** from Switzerland to Austria. Travel too from **Vienna to Budapest** through Austria, Slovakia and Hungary, from the mountains near **Bolzano to Venice** in Italy, or across **Tuscany** or **Umbria**. Other **Outdoor Travel** cycling destinations include Spain, France, Holland, Ireland, England and Scotland, Poland, in the Czech Republic, Romania, China, Vietnam, North America, South Africa, New Zealand and Japan.

We also offer group guided **Bike and Barge** cycling cruises in many destinations including along the canals & rivers of **France, Belgium, Holland and Germany**, the **Amalfi Coast** or **Venetian Lagoon** in Italy or the **Dalmatian Coast** of Croatia, the many beautiful **islands of Greece**, or **Vietnam**.

Contact Outdoor Travel for more details and reservations:

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