

FRANCE – PROVENCE, THE CAMARGUE & RHONE RIVER DELTA

8-days / 7-nights **PREMIUM** barges with easy to moderate cycling from Avignon to Aigues Mortes or v.v



Our cycling and cruising itinerary winds its way through the scenic backroads and calm waters of the Camargue and along the River Rhone in the glorious south of France. Wildlife abounds, there are flocks of pink flamingos, pelicans, cormorants and other sea-birds. We can see the traditional black bulls bred for the bullrings, see the wild horses and the Camargue cowboys. There are fields of wild rice and sunflowers, salt farms and , the flamenco music of the gypsies. In this area rich in history and art, we see many reminders of the mighty Roman Empire, including the Pont du Gard, ancient churches, the medieval village of Les Baux and the inspirational landscapes that attracted many 'impressioniste' painters including Van Gogh.

Bike & Barge holidays combine two popular ways of exploring Europe, cycling and river cruising. These tours allow partners of different abilities and interests to holiday together (tours are ideal for leisure cyclists OR cycling enthusiasts). You unpack once and come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom. Well-maintained multi-gear bikes are provided, ideal for the terrain. The cycling is fascinating and varied with free time at each day's destination.

Our two barges on this route are in the classic Dutch barge style converted to accommodate passengers in comfort with an air-conditioned spacious saloon bar and dining area with lots of natural light, comfortable sofas and armchairs and large picture windows. There is an outdoor sundeck with a fixed awning and tables and chairs. Our barges cater for a maximum of 21 passengers in 10 or 11 comfortable air-conditioned double, twin or single cabins, all with a well-equipped private shower / toilet.

Departs Aigues Mortes to Avignon: 1st, 15th, 29th April, 13th, 27th May, 10th, 24th June, 8th, 22nd July, 5th, 19th August, 2nd, 16th, 30th September, 14th October 2023

Avignon to Aigues Mortes: 25th March, 8th, 22nd April, 6th, 20th May, 3rd, 17th June, 1st, 15th, 29th July, 12th, 26th August 9th, 23rd September, 7th, 21st October 2023

Cost from:	Early/Late Season:	\$2025 per person twin share	25 th March – 15 th April
	Low Season:	\$2675 per person twin share	22 nd – 29 th April, 1 st July – 19 th August
	Regular Season:	\$2760 per person twin share	6 th May – 24 th June, 21 st October
	High Season:	\$2860 per person twin share	26 th August – 14 th October

Single cabin supplement: \$570 (limited). Double cabin for single use supplement: \$1550
E-Bikes are available onboard at extra cost - request early to avoid disappointment.

Includes: 7 nights' accommodation in twin-share cabin with private shower/toilet, 7 breakfasts, packed lunches, 6 dinners, welcome drink, hybrid bike hire & bike insurance, bike helmet (if requested when booking), pannier and lock, an experienced multi-lingual cycling tour guide, digital app with route information and maps, tea and coffee on board, harbour fees, guided visit to Arles.

Not Included: Entrance fees, transfer to/from barge, drinks, travel insurance, gratuities, personal expenses.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary: Aigues Mortes to Avignon (operates in the opposite direction alternative weeks)

Day 1: Aigues Mortes: The boat is moored near the railway station / town centre, cabins are available from 6pm. We stay the first 2 nights at this ancient walled town with its central square, craft and art shops and fountain surrounded by cafés and restaurants. Meet the crew and learn about the boat and your bicycle.

Day 2: Aigues Mortes circular ride **cycling @ 55km**

A loop ride along quiet backroads to discover the spectacular Camargue. We cycle past cane and rice fields, canals and lagoons, perhaps glimpsing wild horses, flamingos or bulls, to the fishing village of Le Grau-du-Roi.

Day 3: Aigues Mortes – Arles **cycling @ 25km**

Over breakfast we sail to Saint Gilles, where we disembark to start our cycle tour to Arles, the ancient capital of Gaul with a bridge built over the Rhone by the Romans. We arrive at the wooden bridge, reputedly depicted in a famous painting by Vincent Van Gogh. In the afternoon there is a guided city tour of Arles.

Day 4: Arles – Vallabrègues **cycling @ 55km**

A challenging ride today moving into more undulating countryside, past olive groves and limestone escarpments we reach the Alpilles, with the picturesque village of Les Baux de Provence on its rocky outcrop. We cycle down to the Saint Rémy de Provence, birthplace of Nostradamus. The Dutch painter Vincent Van Gogh also stayed here in the days of his mental illness; many of his paintings are brought to life by following the Van Gogh walking trail here. Overnight in Vallabrègues, a pretty village on the banks of the Rhone.

Day 5: Vallabrègues – Aramon **cycling @ 35km**

We cycle along country roads to Barbentane with its 17th Century castle. We continue on to the magnificent Abbey of Saint Michel de Frigolet and afterwards down to the medieval village of Boulbon. In the afternoon we re-join the barge and sail to Aramon, which offers a beautiful view over Mont Ventoux.

Day 6: Aramon – Avignon **cycling @ 40km**

Today we visit a tourist landmark, the best-preserved Roman aqueduct in Europe: the Pont du Gard. Later we reach Avignon with its Palace of the Pope and many historical buildings dating back to medieval times. Our barge is moored in Avignon, next to the famous Pont St Bénézet. Dinner at own arrangement tonight.

Day 7: Avignon circular ride **cycling @ 30km**

We cross the Rhone at the island Ile de la Barthelasse and cycle along back roads surrounded by the typical garrigue landscape, between vineyards and orchards. Before returning we visit Villeneuve Les Avignon, once known to be the town of cardinals, and return to Avignon following the river.

Day 8: Tour ends in Avignon Tour arrangements end after breakfast.

We offer this tour as a guided Bike & Barge cycle cruise, but you can decide each day if you want to join the guided bike ride or relax onboard. Non-cycling passengers are welcome on these departures but whilst there may be guided walks in the evenings there are no sightseeing provisions for non-cyclists during the day.

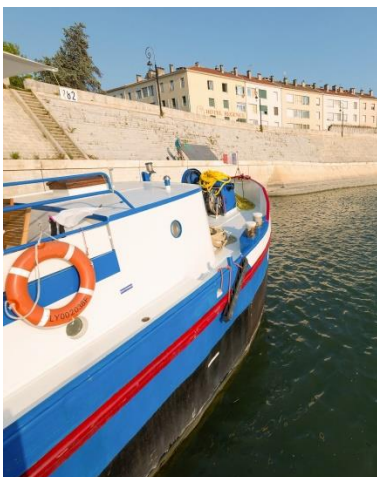
Outdoor Travel offers Bike & Barge or Bike & Boat cruises in the Loire Valley or Burgundy in **France**, routes in **Holland** and **Belgium**, in Italy from Venice along the Po delta or the Amalfi Coast to Capri, in **Germany** along the Saar, Moselle or Rhine, **Croatia's** spectacular Dalmatian Coast, the islands of **Greece** and **Turkey**.

Contact OUTDOOR TRAVEL for details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia

FRANCE – CRUISING PROVENCE and THE RHONE RIVER DELTA

From Avignon to the Camargue or return



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