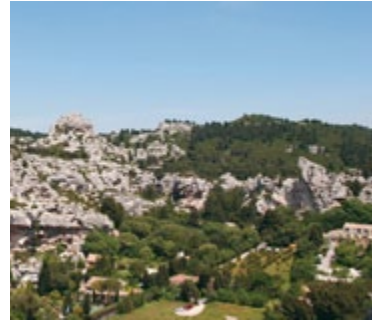


# provence backroads



## trip highlights

Cycling through stunning Provence past olive groves and vineyards

Exploring the great towns of Arles, St Remy and Tarascon

Experiencing the timelessness of the landscapes made famous by Van Gogh

Enjoying the exceptional cuisine for which the region is famous

Soaking up the hospitality of small family run hotels



**Trip Duration** 8 days

**Grade** introductory

**Activities** SELF GUIDED CYCLE

**Accommodation** HOTELS

## Kia Ora from Adventure South

Thank you for your interest in our Provence Backroads package. It's a superb trip and we hope you'd like to come along. Adventure South has been operating active holidays throughout New Zealand since 1992. From our years of experience in New Zealand we have made a number of business partners along the way. One of our partners in France have a range of self guided cycle itineraries that are just too good to pass by. Their self guided cycle packages take you beyond the more popular and busy trails to provide you with a truly unique experience.

The itineraries aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to these awesome adventures. Go forth, go north - join us on this amazing value packed adventure!

## why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are our quality itineraries. They have been developed with years of personal experience to ensure that you have a great vacation and the right degree of personal challenge. We have now teamed up with our partners in France to be able to offer you the best self guided cycle packages around! You don't have to worry about any of the logistics just the great cycling and delicious food. Best of all, they start on virtually any day of the week, so you can combine any tour to create exactly the holiday you want. Compare the price and you will see that we offer great value active programmes that are virtually all-inclusive, giving you more time to enjoy the wonders you've come to experience.

# provence backroads

*Explore the fascinating villages of Provence at handlebar level*



## trip dates

Daily from 15 Mar to 8 Oct

## trip cost

Joining Graveson/Barbentane: \$1790

## options & supplements

Triple room discount: \$-91

Single Supplement: \$630

Single Person: \$710

## fast facts

### Countries Visited:

France

### Visas:

Visas are not required for citizens of Australia, Britain, Canada, USA and New Zealand for stays of up to 90 days. For all other nationalities and longer stays please contact the relevant embassy.

### Singles:

A single supplement is available for this trip\*

### Leader:

This journey is unescorted

\*Ask our staff for more information.

## the trip

Inland Provence is a cycling paradise, with tiny villages linked by quiet back roads. This cycle journey offers a great insight into French village life and an opportunity to sample the mouth-watering gastronomic delights of the region. We explore the historic relics - from prehistoric to Roman times, and there is plenty of time to soak up both the sights and sample the wine and produce of the Cotes du Rhone and greater Provence. Our route takes us along country lanes, ancient Roman roads and deserted hilltop passes. Travelling through vineyards, olive groves and sleepy villages we follow the region's rivers and mountain ranges. Splendid churches, medieval castles and fascinating Roman sites along the way provide frequent stops. We explore picture book Montagnette villages including St Remy de Provence, the birthplace of Nostradamus.

## at a glance

DAY 1	ARRIVAL IN GRAVESON OR BARBENTANE
DAY 2	CYCLE TO TARASCON (25KM)
DAY 3	TO FONTVIEILLE OR ARLES (42 KM)
DAY 4	TO LES BAUX-DE-PROVENCE (20 KM)
DAY 5	TO SAINT RÉMY-DE-PROVENCE (12KM)
DAY 6	EXPLORE SAINT RÉMY-DE-PROVENCE
DAY 7	TO BARBENTANE/GRAVESON (17KM)
DAY 8	TRIP CONCLUDES BARBENTANE/GRAVESON

## what's included

- 7 breakfasts, 7 dinners (does not include drinks) – breakfasts are continental style and generally consist of croissants, breads, jams, cheese, yoghurt, coffee, tea and juices. Dinner will consist of 3 courses which usually include some regional specialties. There are usually, but not always, 3 choices for each course.
- Dinners are based on the basic set menu available at the restaurant. These are usually of a high standard and often reflective of the local cuisine. However, it is usually possible to upgrade to the a-la-carte menu or a more superior set menu for an additional cost. Such an arrangement must be made directly with the hotel or restaurant.
- 7 nights accommodation in 2 star hotels on a twinshare basis (2 star is comparable to NZ 3-4 star). All rooms have private facilities.
- 21 speed bike equipped with luggage carrier, 2 rear pannier bags, pump, anti-theft device and repair kit. Helmets are supplied on request (complimentary)
- Luggage transfer from hotel to hotel
- Detailed route instructions and maps
- Tourist information pack

## detailed itinerary

### DAY 1 Arrival in Graveson or Barbentane

The neighbouring towns of Graveson and Barbentane offer a great beginning to your cycle trip in Provence, just a 15minute taxi ride from Avignon Rail station. On arrival at your hotel, relax and enjoy the gardens and in most cases, the swimming pool. You can also wander into the nearby town. During the afternoon our bike specialist will deliver your bike and make any necessary adjustments. Overnight hotel.

meals: D



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## DAY 2 Cycle to Tarascon (25km)

After breakfast, begin cycling to Tarascon. Depending on your hotel the previous night you may cycle through the foothills of the Alpilles to reach Tarascon on the Rhone River or alternatively via the Abbey of St Michel de Friogolet. Whichever route you are taking this day is full of superb scenery taking in typical villages of Provence. If you arrive in Tarascon on Tuesday, this is market day and well worth spending some time in these markets to check out the local specialties. The castle in Tarascon is one of the best preserved Chateaux in France, once home to Count Rene d'Anjou, the King of Provence. The Chateaux has an excellent display of tapestries and earthenware jars. The Musee des tissues Souleiado (fabric museum) is also worth exploring. Across the river are some great 17th and 18th century houses. Our comprehensive guide notes will provide further tips for exploring this pretty town. Evening meal and accommodation in a 2-star hotel in the centre of Tarascon.

**meals: B,D**

## DAY 3 To Fontvieille or Arles (42 km)

Today our cycle takes us north into rugged and rocky scenery close to the town of Fontvieille. Here you can see the windmills (including Daudet's mill – as described in the short stories 'Lettres de mon Loulin' written by Alphonse Daudet in 1869), some interesting churches and the Musee de Daudet. Evening meal and accommodation in a 2-star hotel with swimming pool just outside the village, or a country hotel near to Arles.

**meals: B,D**

## DAY 4 To Les Baux-de-Provence (20 km)

Today's cycle is short, giving you time to take in your own personal exploration of the area. There are some great museums in the village including the History Museum and the Olive Museum. Evening meal and accommodation in a 2-star hotel in Les Baux.

**meals: B,D**

## DAY 5 To Saint Rémy-de-Provence (12km)

From Les Baux, return to Maussane along a back road from which there are gorgeous views of the Alpilles and then continue to Saint Rémy. The year before his death, Vincent van Gogh spent time in an asylum in this town and also in nearby Arles. The colours and light were an inspiration in his paintings including the famous "Pont de Langlois" – a bridge in Arles. Other well known artists that have been attracted to Provence include Picasso, Gauguin, Matisse and Cézanne. There is ample opportunity to explore the delightful town of St Remy, including the house where Nostradamus was born. Evening meal and accommodation in a 2-star hotel in the village.

**meals: B,D**

## DAY 6 Explore Saint Rémy-de-Provence

From Saint Rémy the trail follows part of the ancient Roman road "Aurélia" which once linked Spain with Italy. The trail then branches off through the vineyards of the "Coteaux des Baux" and follows the foothills of the Alpilles on its return to Saint Rémy. Evening meal and accommodation in the same hotel. Alternatively you can spend time exploring the town further including the Van Gogh walking trail to discover where his great works were painted.

**meals: B,D**

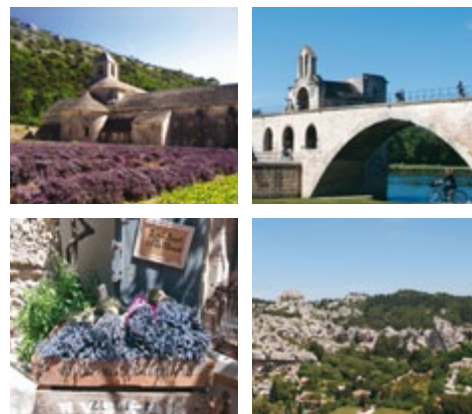
## DAY 7 To Barbentane/Graveson (17km)

Departure on B-roads across the market garden plains of Châteaurenard and back to your original hotel. Evening meal and accommodation.

**meals: B,D**

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## DAY 8 Trip concludes Barbentane/Graveson

Arrangements conclude after breakfast.

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## climate

The trip runs between March to October during the European Spring, summer and autumn/fall. The months of June – August are busy times with temperatures ranging between 20 - 25 degree Celsius and sometimes higher.

## joining instructions

On confirmation of your booking you will receive details of the hotel and joining instructions. Before departure you will receive all your hotel details. On check in you will receive all the necessary documentation for your tour. This will include:

Route description

## equipment provided

You will receive a 21 speed ladies or men bike. A bike mechanic will adjust and fit your bike for you. You will either receive your bikes in the afternoon / evening of Day 1 or the morning of Day 2. You will be provided with 1 saddle bag, water bottle, anti-theft device, map holder, and repair kit. Please advise your consultant of your height in cms.

## equipment required

Cycle helmet (supplied on request with bike), wet weather gear, sunscreen, sandshoes and sun hat. (A comprehensive gear list is provided in the pre-departure information provided on booking).

## non exclusive trips

Please note that this trip isn't Adventure South exclusive and is run by our partners in France. We've been working with them for a while and are confident to say its an awesome package.

## what's not included

- Travel to and from Graveson / Barbentane
- Drinks & lunches
- Items of a personal nature
- Entrance fees
- Tour guide – this is a self guided cycling trip
- Transfers
- Travel Insurance

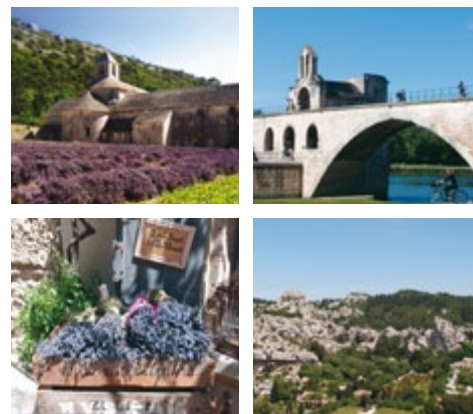
## responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel. Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.



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Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing. We started this journey many years ago, and acknowledge we still have a lot to learn. We invite you to join us!

## trip grading

**INTRODUCTORY – GRADE 1** Daily cycles are a leisurely 12 to 35 kms on undulating to sometimes mountainous terrain. The cycling is on a combination of low traffic side roads with some crossings and short stints on higher traffic roads required. The accent is on keeping a relaxed pace to take in all of the attractions, with time to stop and take photos. You will need a reasonable level of fitness to participate fully in this adventure. This trip is suitable for beginners and children (children's bikes and trailers are available on request).

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with one of our staff.

## important note

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION AVAILABLE FOR THIS ITINERARY, AND SUPERSEDE ANY INFORMATION DETAILED IN THE CURRENT BROCHURE, INCLUDING BUT NOT LIMITED TO THE ITINERARY AND PRICE.

## private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

## subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at [www.advsouth.com](http://www.advsouth.com)

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book an Adventure South holiday, you can book directly online ( <http://www.advsouth.com/booking.aspx> ) or you will need to complete a booking form (found at the back of our brochure).



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You can also download a copy from [www.advsouth.com](http://www.advsouth.com) . On completion, please fax or post the form to Adventure South. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on [guide@advsouth.co.nz](mailto:guide@advsouth.co.nz)