



Trip description

Bike tour from the Provence to the Mediterranean coast

This cycling trip leads you through the Provence as well as the Camargue and along the Mediterranean coast to end in Montpellier.



Type of stay
itinerant trip



Destination	France
Location	Provence
Duration	4 days
Difficulty Level	Moderate
Validity	from March to November
Minimum age	12 years old
Reference	MED0401

Itinerary



This short cycling trip will have you discover the charms of the Provence and Camargue region as well as the Mediterranean coast. Enjoy Avignon and experience provençal life in Saint Rémy de Provence and Les Baux de Provence and enjoy the smell and taste of local wares and produce on market day. From Avignon rich cultural heritage through Provençal olive groves and along herd of wild horses in the Camargue, your bike route leads straight to quaint towns like Arles. The end of your bike tour is on the Mediterranean cycle route along the shore. This 4-days tour has you combine visiting cultural sites, being amazed by wild nature but also swimming in the Mediterranean Sea!

Day 1

Avignon- Saint Rémy de Provence

Bike
56km

You leave the "Cité des Papes" and cycle in the countryside. Pass through the village of Cavaillon, famous for its watermelon. The next part of the route will lead you to Saint Remy de Provence, a very typical provençal village. Have a nice walk into its small streets and enjoy the taste of Provence!

Day 2

Saint Rémy de Provence- Arles

Bike
34km

Altitude
±160m

You leave St Remy de Provence, a picturesque village and ride along the Alpilles mountains to reach another typical village called "Les Baux de Provence". You cycle with a magnificent view over the mountains. This is the hardest part of the trip, we advise you to rent an electric bike if you are not used to cycle some hills. The next part of the route leads you towards Arles: enjoy the perfume of the olive trees along the way.

Day 3

Arles - Aigues Mortes

Bike
55km

Leave Arles and its beautiful Roman amphitheater to gradually enter the Camargue region and observe the wild horses and pink flamingos. On a beautiful cycle path, you reach the majestic Aigues-Mortes and enjoy an unparalleled view of its 13th century ramparts. Enjoy a nice stroll through its medieval streets and don't miss visiting the salt marshes of Aigues-Mortes.

Day 4

Aigues-Mortes - Montpellier

Bike
36/50km

Leave the fortified town of Aigues-Mortes on a beautiful cycle path before arriving at Grau-du-Roi. You can also add a detour to Port Camargue, the largest marina in Europe and have relax at the superb Espiguette beach.

You follow the Mediterranean shore and enjoy the beaches and dunes, before reaching the vibrant city of Montpellier.

Accommodation

Category A

You are accommodated in ** / *** hotels with all the necessary comfort after a day spent outdoor. Breakfast is included.



** Example of the type of accommodation*

Category B

You'll get a good night's sleep staying in these 3-Star hotels or Bed and Breakfasts. All properties have been selected for their cleanliness, style and the friendliness of the staff. Some pieces of accommodation have a swimming-pool. A hearty breakfast is included!





* Example of the type of accommodation

Category C

You'll enjoy a higher level of service in these 3-4 Star properties. Properties are selected for their high standards and impeccable service. This category is for guests looking for a higher-end vacation. Of course, breakfast is included daily.



* Example of the type of accommodation

Practical information

To get to departure point:

By plane: flight to Avignon, Marseille Provence or Nîmes

By train: The train station of Avignon is well connected to the railway network and you can easily access the station from many cities in France and Europe. For instance from Paris: duration 2h40; from Lyon: duration 1h10; from Marseille: duration 35 min. To plan your trip: <https://www.thetrainline.com/?redirected=true>

Parking

If you drive to Avignon, you can park your car in the car park in the city center (10€/24h).

The location and contact details of the car parks will be given in your travel documents.

Meeting time:

The first day is a cycling day. We recommend you to arrive maximum in the late morning to enjoy your day fully without rushing. The renting bikes will be available from 9:30am. Bikes pick up point and luggage drop off point (if you choose the option) will be given in your travel documents.

Price description

Category A

Double room fare

499 €/pers

3 nights in **/** hotels

3 breakfasts

4-day rental of a fully-equipped bike (saddle bags, locks, toolkit)

the access to our mobile app including the roadbook and the practical and tourist information

the delivery and return of the bike

7/7 hotline

Single occupancy extra (**)	75 €/night
High season extra (*)	30 €/pers
Extra night in Avignon (except festival season)	70 €/pers
Extra night in Montpellier	90 €/pers

Category B	549 €/pers
Double room fare	
3 nights in *** hotels	
3 breakfasts	
4-day rental of a fully-equipped bike (packs, helmets, locks...)	
the access to our mobile app including the roadbook and the practical and tourist information	
the delivery and return of the bikes	
7/7 hotline	
Single occupancy extra (**)	83 €/night
High season extra (*)	40 €/pers
Extra night in Avignon (except festival season)	75 €/pers
Extra night in Montpellier	90 €/pers

Category C	799 €/pers
Double room fare	
3 nights in ***/**** hotels	
3 breakfasts	
4-day rental of a fully-equipped bike (packs, helmets, locks...)	
the access to our mobile app including the roadbook and the practical and tourist information	
the delivery and return of the bikes	
7/7 hotline	
Single occupancy extra (**)	140 €/night
High season extra (*)	50 €/pers
Extra night in Avignon (except festival season)	115 €/pers
Extra night in Montpellier	110 €/pers

Options

Extra for the rental of an electric bike (4 days)	80 €/pers
Discount if you ride your own bicycle	-120 €/pers
Luggage transport	135 €/pers

(**) These prices are guaranteed for 2 participants minimum.

(*) High season :
from 01.07 to 28.09.2023

Children discount (in the same room as 2 full rate participants)

0-4 year : -70%
5-11 year : -50%
12-17 year : -30%

The package doesn't include:

the journey to the tour location
the drinks
the meals which are not included
the entrance fee to sites
insurances (optional)