

Provence Bike & Barge

A guided adventure for active women

7 nights – Aug 2024

HIGHLIGHTS

Avignon | Pont du Gard | Vallabregues | St Remy de Provence | Arles
Aigues Mortes | The Camargue



Sat 31 Aug

AVIGNON

D

Arrive in Avignon today. Depending on your arrival time, you might like to visit the famous medieval bridge, explore the Musée du Petit-Palais and roam around the magnificent Jardin du Rocher des Doms. Or visit the **Palais de Papes**, a UNESCO World Heritage site with outstanding medieval Gothic architecture. The history here is impressive too, having been a fortress, palace, and papal residence with six papal conclaves held here.

At Quai de la Ligne next to the Pont St Bénézet you will find our barge and boarding begins at 5pm, with the introductory briefing at 6.30pm on board.

Accommodation: Barge 7 nights

Sun 01 Sep

AVIGNON - COUNTRYSIDE CYCLING

B, L, D

Today's cycle takes us to the other side of the river **Rhone** by crossing the island Île de la Barthelasse, and we'll ride in the typical Provencal landscape, between vineyards and orchards. Before heading back to the boat we'll visit **Villeneuve Les Avignon**, once known as the town of the cardinals. Free time in Avignon this afternoon.

Cycling 30km | Elevation +100m



Mon 02 Sep

ARAMON – PONT DU GARD

B, L, D

We cruise the Rhone for a few hours this morning to **Aramon**, a typical village on the river banks with a beautiful view over **Mont Ventoux**. Back on the bikes we cycle to the **Pont du Gard** - the best-preserved Roman aqueduct in Europe. This UNESCO listed aqueduct is a truly spectacular work of architecture. Later return to our mooring in Aramon,
Cycling 40km | Elevation +110m

Tue 03 Sep

VALLABREGUES

B, L, D

This morning the boat cruises to **Vallabrègues**, another pretty Provençal village on the Rhône. We then cycle along country roads to the town of **Barbentane** with its castle at the confluence of the Rhone and Durance rivers. From here we continue to the magnificent **Abbey of Saint Michel de Frigulet** whose grounds are perfect for a picnic and then on to the medieval village of **Boulbon**. Return to the boat at Vallabrègues in afternoon.
Cycling 35km | Elevation +90m

Wed 04 Sep

ST REMY DE PROVENCE – ARLES

B, L, D

Today's cycle brings us to Saint Remy de Provence, the birthplace of Nostradamus. This village is one of the "must-sees" in Provence. Vincent Van Gogh was treated here at Monastery Saint-Paul de Mausole and was so inspired by the light and landscape that he created 143 oil paintings and more than 100 drawings. We cycle to the Alpilles hills, with an ascent to the

fortified town of Les Baux de Provence. This picturesque village is perched high in the rock itself. Enjoy a landscape of limestone cliffs, lavender and olive trees today. We end in Arles where our boat is moored.

Cycling 55km | Elevation +300m



Thu 05 Sep

ST GILLIES – AIGUES MORTES

B, L, D

This morning we explore Arles, the ancient capital of Gaul, on foot. This World Heritage listed site has many important and beautiful Roman ruins including a Roman theatre. Getting lost among its small alleys is like entering a Van Gogh painting. Continue on to **Saint Gilles** by bike, where we will meet the boat for a 2-hour cruise to **Aigues Mortes**. The striking walled town of Aigues Mortes is set on the flat march of the **Petite Camargue**. The town has changed little in outward appearance since the Middle Ages, with its watch towers and fortified gates. It was established as a port town with access to the sea via a canal through the marshlands. A speciality here is "**Fougasse**", a traditional local pastry made with Brioche dough, sugar and orange blossom – delicious!

Cycling 25km | Elevation +0m

Fri 06 Sep

THE CAMARGUE

B, L, D

We discover the spectacular **Camargue** on today's round cycle. Through small country lanes between canals and lagoons, we'll reach the charming village of **Le Grau-du-Roi** where there is the option for a refreshing swim at the beach. We return to **Aigues Mortes** for the last night on board the boat.

Cycling 55km | Elevation +20m

Sat 07 Sep

AIGUES MORTES – AVIGNON

B

Our cycling adventure ends after breakfast and we'll train back to **Avignon** where the tour ends. Option to add on another 7 nights in the Luberon – details to come.

Note! Trip may run in reverse order.

Price

NZD5,700 per person twin share

Single supplement available on application & subject to availability

Includes

- 7 nights accommodation barge
- Transportation by train, barge, bike
- Meals as indicated (B-breakfast, L-lunch, D-dinner)
- Daily Sightseeing as indicated
- Roam Travel tour escort with minimum 7 guests
- Ebike step-through with gel saddle, puncture resistant tyres, pannier, padlock, water bottle and helmet

Excludes

- Flights to/from France
- Travel insurance (compulsory)
- Some meals
- Refreshments
- Optional activities

Accommodation

- **Provence Barge - Caprice** is a comfortable barge with 11 compact cabins each with portholes and air conditioning. Small ensuites have a basin, toilet and shower. The barge includes a living room, dining area, salon area with an open bar, and a sun deck with seating and a fixed awning.

Group size

Minimum 7, maximum 10

Book Early!

It is imperative that you book early to secure your spot. Prices are in NZD and subject to change until confirmed and paid in full. A non-refundable deposit of \$1500 is required on confirmation. Balance due 1/5/24. Terms & Conditions apply.



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