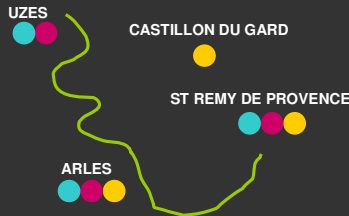


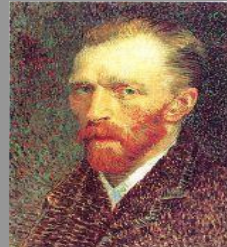


MAP OF FRANCE

PROVENCE REGION



LES BAUX DE PROVENCE



PROVENCE 6 NIGHTS / 7 DAYS

Provencal Towns and Roman Vestiges

Day 1 : Arrival

We will meet you in Avignon today and transfer you to the first hotel in the semicircular hill town of Uzès. Wander around the Place aux Herbes, where the local market takes place, admire the restored Renaissance facades, and climb up to enjoy the view from the impressive Ducal Palace. Before dinner, our Trip Manager will meet up with you to go over your trip package and make sure your bikes are fitted properly. Dinner is included tonight.

Day 2 : Uzès loop 35 km

Your ride is a great first day, taking you through a variety of Provencal countryside. En route, you go through St. Quentin la Poterie, a charming Provencal village with a history of pottery making that has become home for many artists today. You'll also see the famous Pont du Gard, an exceptional 2000-year-old well-preserved, three-tiered Roman aqueduct. Quiet and picturesque routes will bring you back to your home for the evening.

Day 3 : Uzès to Arles 58 km

Another terrain awaits you today, as you first cross the Gardon Gorge and then descend into the flat riding of the Costières de Nîmes vineyards. You'll ride past small hamlets and canals, dotted amongst the vines and beautiful scenery. The end of the day has you enter Arles. You will definitely want to take some time in Arles: visit the spectacular Roman amphitheatre where Provencal style bull fights are still regularly held (the bull doesn't get killed), and sit in one of the many popular cafés in the Place du Forum for an end of the day pastis, like the locals do. Arles is also where Van Gogh lived from 1853 to 1890, and where he painted many of his most well-known works. Dinner included tonight.

Day 4 : Arles - Day of Options 42 km

You may decide to simply relax today, and take more time to visit the sites of Arles: the arena, antique theatre and historical town, as well as the boutiques, museums, and cafés. But if you feel like more activity, you can head out on a loop ride into the scenic Natural reserve of Camargue just south of the town. This natural river delta (the largest in Europe!) is the home for hundreds of varieties of birds; as you ride along the flat marshy terrain, cut off from the sea by sandbars, you may spot flamingos or some of the famous Camargue horses.

Day 5 : Arles to St Remy de Provence 35 km

You ride today loops around the bottom of the spectacular Alpilles hills, and passes through many small Provencal villages. You may decide to stop at an olive mill on route to taste the product of the many centuries-old olive trees that you'll be passing. Your goal of the day is St. Remy de Provence. St Remy is where Vincent Van Gogh was incarcerated in the Saint Paul de Mausole hospital for a year (and where he completed an astounding 150 paintings!), but it is also worthwhile visiting the archaeological site of the Glanum. To help your explorations, we provide a small on your own walking tour.

Day 6 : St Remy loop to Les Baux 20 or 50 km

Your final day riding is quite beautiful, bringing you through olive groves and vineyards to the fortified village of Les Baux de Provence. There is a big climb today, but it will be worth it! And of course you get the glorious downhill back into St. Remy at the end. Take your time to visit the village's ruined castle, with the Alpilles mountains as a backdrop, and also the sound and light show in one of the old bauxite mines, with a different artist as its theme each year. The day's ride is not long (long option available), leaving you time to relax in one of St. Remy's many cafes, before your final dinner, included tonight!

Day 7 : Departure - Bon Voyage!

We transfer you from your hotel after breakfast to Avignon

CLASSIC TOUR

\*\* Hotel La Taverne in Uzès  
<http://www.lataverne-uzes.com>

\*\* Hotel du Musée in Arles  
<http://www.hoteldumusee.com>

\*\* Hotel du Soleil in Saint Remy de Provence  
<http://www.hotelsoleil.com>

CLASSIC+ TOUR

\*\*\* Hotel Provencal in Uzès  
<http://www.hostellerieprovencale.com>

\*\*\* Hotel Arlatan in Arles  
<http://www.hotel-arlatan.fr>

\*\*\* Mas des Carassins Saint Remy de Provence  
<http://www.masdescarassins.com>

DELUXE TOUR

\*\*\*\* Le Vieux Castillon in Castillon du Gard  
<http://www.vieuxcastillon.com>

\*\*\*\* L'Hotel Particulier in Arles  
<http://www.hotel-particulier.com>

\*\*\*\* Hostellerie Vallon de Valrugues in St Remy  
<http://www.vallondevalrugues.com>