

PROVENCE

Highlights
Picturesque villages,
Roman monuments,
Palais des Papes in Avignon,
Provençale landscape,
Camargue

FRANCE
À VÉLO

ROMAN REMAINS, WILD HORSES AND FLAMINGOES (FAMILY)

Provence is the Mediterranean France with the air which is scented by "maquis" and lavender. The landscape and the special quality of light have inspired many painters. The Roman history will accompany you most of the days, the food rich in herbs will finish the journey in lovely hotels.

DIFFICULTY

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KM

140

LENGTH

8 days
7 nights

ARRIVAL

Daily
14.03 - 31.10.2026



Day 1 Avignon

Time to visit the Roman monuments and the Palace of the Popes.

Day 2 Avignon - Tarascon 36 km

You leave Avignon by small quiet roads and you are cycling towards Tarascon, through small roads passing by Boulbon and other picturesque villages. You arrive in Tarascon, nice little town with its royal fortified castle.

Day 3 Tarascon - St Rémy 20 km

You leave Tarascon and cycle among fields with bulls and horses. The last kilometers before arriving in Saint Rémy de Provence will be on a cycling track. And you arrive in one of the most beautiful villages in the region and very typical: St Rémy. Known for the aromas of wild herbs. St Rémy where Van Gogh has lived and where Nostradamus was born.

Day 4 St Rémy - Les Baux 28 km

Today you're cycling from St Remy to Les Baux. The remarkable pilgrimage site was built at 200 m high outcrop and is dominated by a ruined fortress.

It's the area of Van Gogh and here he got the inspiration for a lot of his paintings. Wonderful landscape in the shadow of the Alpilles mountains. The wines from Les Baux have granted their own appellation status in the late eighties.

Day 5 Les Baux - St Rémy 15 km

While leaving your hotel you have time to enjoy the beautiful landscapes and why not visiting the famous « Carrières de Lumières » ? Then you come back to Saint Rémy de Provence and you can enjoy the end of the day in the romantic small streets and places of this charming town.

Day 6 St Rémy - Arles 32 km

This day you left St Remy to cycling south, towards the Mediterranean sea in the town of Arles, perched on the side of the Rhone with its well-preserved amphitheatre, countless medieval and Roman monuments.



Day 7 Arles - Ste-Marie-de-la-Mer - Arles 37 km

Passing Mejanès you will cycle towards the Mediterranean by the protected region of the Camargue. Here you will see the white horses and exotic wildlife that roam the countryside. Transfer back to Arles by taxi.

Day 8 Arles - Avignon

Return by train to Avignon and departure.

SELF-GUIDED CYCLING TOUR



ROUTE CHARACTERISTICS

Some hilly parts from time to time but thanks to its short distances the perfect holiday for families and persons who want to cycle shorter distances.

SERVICES INCLUDED

- 6 nights in 3 stars hotels
1 night in a 4 stars hotel
- Daily breakfast
- Welcome talk
- Transfer from Ste-Marie to Arles (day 7)
- Train ticket from Arles to Avignon (day 8)
- Daily luggage transfer
- Itinerary on our app
- Route book, maps and information material
- 7/7 Service Hotline

PER PERSON

ROOM
with B&B DBL / SGL 1225 € / 1730 €

EXTRA NIGHT
Avignon DBL / SGL 133 € / 213 €
Arles DBL / SGL 75 € / 118 €

BIKE RENTAL
21/27-Gear Hybrid bike 165 €
E-Bike (250 € deposit) 270 €
Kids bike 95 €
Child follower 95 €
Baby seat 39 €

Reduction for children sharing a room with 2 adults :
0 - 2 years 100 %
3 - 11 years 50 %
12 - 16 years 10 %

City tax is not included and has to be paid on the spot.

POSSIBLE OPTIONS

Rental of helmets, phone holder