



## Panoramas in Provence

### ***Bike and Boat Tour from Aigues Mortes to Avignon, France***

**8 days / 7 nights**

**Dates: June 11-18, 2022**

Join us as we explore Provence by bike and boat. You'll cycle along quiet roads amidst a breathtaking landscape of vineyards and orchards. Along the way, you will visit charming villages and ancient landmarks and discover why, in ancient times, Provence was vital to the Celts, Greeks, and Romans; and in more modern times, the landscape inspired artists like Van Gogh and Cézanne. In the Camargue region, you'll view a dramatic river delta, home to wild horses, flamingos, and countless other bird species. In Aigues Mortes, you'll visit a medieval fortress. At the Pont du Gard you will view the UNESCO site of an ancient Roman aqueduct. The terrain will be mostly flat, with a few short climbs and descents, suitable for most cyclists.

#### **Day 1 (Sat): Aigues-Mortes (Arrival by shuttle from Avignon)**

***Included in this tour is a shuttle transfer from Avignon to Aigues-Mortes. (see Arrival in Avignon below).*** Meet tour director Stephanie in Avignon, on June 11, and she'll accompany you to the ship for a 6 PM boarding. Aigues-Mortes is a quaint medieval town, ancient military and commercial port on the Mediterranean. The cozy Caprice, our SHIP and floating hotel, and her crew, will be awaiting your arrival. Unpack, settle in and gather with the crew for introductions, a safety briefing, followed by a welcome reception and dinner. After a bike fitting session, we may take a short ride with the guides who will make any adjustments necessary to ensure your comfort.



#### **Day 2 (Sun): Aigues-Mortes – loop ride**

Bike: 55 km / 34 miles

Ride through small country lanes of the Camargue past canals, lagoons and small villages where you will have the chance to see the famous black bulls, white horses typical of this region, as well as the pink flamingos. In the afternoon you'll return to Aigues-Mortes for dinner on the ship. Pack a swimsuit if you'd like to take a refreshing dip at the beach!



#### **Day 3 (Mon): Aigues-Mortes - Arles**

Bike tour: 25 km / 16 miles

Today we'll sail for a couple of hours up to Saint Gilles to begin our bike ride to today's destination: marvelous Arles. Known for the riches of its antique and Roman patrimony, the city fascinates with its hidden treasures. You'll soon understand why the area inspired Van Gogh during his stay here. In the afternoon you will be welcomed by a professional guide, who will accompany you around the jewels of the town.

#### Day 4 (Tue): Arles – Vallabrègues

Bike tour: 55 km / 34 miles

This is a breathtaking stage, which brings you to the Alpilles, a mountain range that offers a panorama of limestone cliffs and olive trees. The perched village of Les-Baux-de-Provence is worth the effort on the bike to get there! Here you'll also experience Carrières de Lumières, a multimedia projection of images of famous art onto the quarry walls. We'll also squeeze in a ride through Saint Rémy de Provence. In the evening, we'll moor in Vallabrègues, a pretty Provençal village on the banks of the Rhône.



#### Day 5 (Wed): Vallabrègues – Aramon

Bike tour: 35 km / 22 miles

Along country roads today's ride takes us to Barbentane. Its castle sits at the scenic confluence of the Rhone and Durance rivers. You will cycle to the magnificent Abbey of Saint Michel de Frigolet, and afterwards down to the medieval village of Boulbon. In the afternoon we'll board the ship to sail to Aramon for the night. Enjoy a beautiful view of Mont Ventoux along the way.



#### Day 6 (Thu): Aramon – Avignon

Bike tour 40 km / 25 miles

The stage today will bring you to the best preserved Roman aqueduct in Europe: Pont du Gard, a very spectacular work. Back to Aramon in the afternoon you will sail to Avignon, the city of the Popes. Your mooring place is in Quai de la Ligne, next to the famous Pont St. Bénézet.



#### Day 7 (Fri): Avignon loop ride

Bike tour: 30 km / 20 miles

Today we'll get to the other side of the river Rhone by crossing the island île de la Barthelasse, and we'll ride landscape dotted with vineyards and orchards. We'll visit Villeneuve Les Avignon, once known as the town of the Catholic cardinals. In the afternoon there'll be time to discover the historic center of Avignon. Onboard the ship, we will enjoy a final farewell dinner together.

#### Day 8 (Sat): Avignon

After breakfast, we bid each other farewell and disembark the ship at 9AM.



## Our floating hotel for this tour, the bright and cheery Caprice



### Accommodations on board the CAPRICE



Each cabin has two fixed portholes, air conditioning, and private bathroom with toilet, sink and shower. There is also a closet with a small safe, hair dryer and full-length mirror.

There are a total of **8 TWIN cabins** and **2 DOUBLE cabins** on the CAPRICE.



### When it's time to lounge around

There are several areas on the ship where guests can relax. The cozy indoor lounge and bar is adjacent to the dining room and is furnished with benches with comfy cushions. The outdoor deck offers guests seating in the open air or under an awning.



## FOR PRICING AND AVAILABILITY, Please contact us at [StephanieVentures@Gmail.com](mailto:StephanieVentures@Gmail.com)

### Included in the cost of the tour

- 8 days / 7 nights lodging on a Comfort Plus class hotel barge with air-conditioned cabins
- 7 x breakfast, packed lunches, 6 dinners on board
- Transfer on June 11, by van or motor coach, from Avignon to Aigues-Mortes
- First Glass of Wine or Beer with dinner, complimentary coffee and tea on board
- Service of one Bicycle Guide and one Tour Director
- Entrance fees for sites listed in the itinerary
- Use of bed linen and towels, daily cleaning of the cabin
- Use of 8 speed hybrid touring bike, helmet rental, pannier rental, souvenir water bottle

### On request

- E-bike rental - \$175 per bike
- Special diets, pricing varies, please inquire

### IMPORTANT INFORMATION

**Arrival in Avignon:** We recommend you arrive from Paris Charles de Gaulle airport (3 hours via direct TGV train) or Marseilles airport (90 min). Keep in mind there are two train stations in Avignon, the TGV station and the Avignon Centre. If you arrive at the TGV Station, you can take a short shuttle train or taxi to city center.

**Internet:** There is WIFI onboard the barge. The speed may not be what you are accustomed to at home but you can check e-mails and browse the internet.

**Bicycles:** The barge carries a fleet of well-maintained touring bikes, ideal for the terrain featured in this itinerary. Due to the limited storage space on the ship, guests will not be able to bring their own bikes.

**Bicycle Helmet:** We require all guests to wear a proper helmet at all times while riding on the tour. Helmets are available on the barge for guests to borrow but you may want to bring your own.

**Bicycle Locks:** All bicycles are fitted with locks. Please use them whenever you plan to leave your bicycle unattended for any length of time. You will be liable for damage or theft of the bicycle if it is stolen during an excursion because it was not locked properly. Bicycle insurance is available at check in for a nominal fee.

**Itinerary Program:** The above itinerary is subject to change. Alterations are sometimes necessary due to nautical or technical conditions. This tour will cover daily bike rides between 40 and 60 km. It is often possible to do only part of the day's tour. And, of course, you can always opt out of riding and stay on board for the day. The guides will join you for the daily rides and point out interesting sights along the route. Guides can make repairs to your bike as necessary. While you are biking, the barge will cruise to the town where we will spend the night.

**Physical Fitness:** To participate in and enjoy the biking part of the tour, it is important that you are in good physical condition and that you are in control of your bike. On this tour, we will often need to share the road with car traffic and we will have to cross busy intersections. The weather is variable in France, it may not always be sunny, and the winds may not always be calm. Even under poor weather conditions, you should feel safe and able to cover the day's distance on your bike as it may not always be possible to join the ship in mid-ride.

**About Stephanie Ventures, LLC...**Our expertise is active, affordable, small group travel and we pride ourselves on putting a unique spin on our itineraries to ensure you will not find another tour experience out there quite like ours. Founder Stephanie Scott started the company with 35 years of experience in specialty food and wine, during which she designed plenty of fun, memorable events and travel adventures. Certified as a Tour Director by the *International Tour Management Institute*, Stephanie also worked as a tour guide in San Francisco. In her "day job", she's worked with one of the most popular men's pro-cycling teams in the United States for 15 years, but is content to ride her bike, at home and on tour, at a more leisurely pace. She believes that one of the best ways to see the world and meet its people is by traveling around it on two wheels, and she logged many kilometers on the bike paths of Germany, Switzerland, and Austria before launching the tour business in 2015. Since then, she's hosted amazing bike & barge tours in the Netherlands, France, Luxembourg, Belgium, Germany, and Italy. Join us in 2022 when we return to Europe for a journey through the Provençal landscape in the south of France. Be sure to bring your spirit of adventure, hearty appetite, and a good sense of humor!

