



## Panoramas in Provence

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

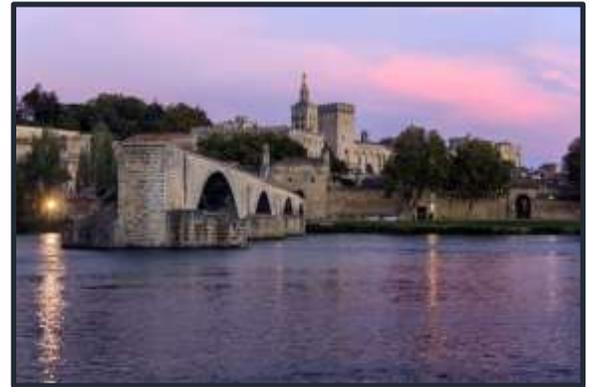
**8 days / 7 nights**

**Dates: June 4-11, 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): Avignon**

Our SHIP and the floating hotel, will be awaiting your arrival at the Quai de la Ligne, adjacent to the famous Pont St.Bénézet. You may check in to your cabin at 6 PM, unpack and settle in. The crew will gather for introductions and a safety briefing, followed by a welcome reception and dinner. After a bike fitting session, we will take a short ride with the guides who will make any adjustments necessary to ensure your comfort.



#### **Day 2 (Sun): Avignon - Châteauneuf-du-Pape - Avignon**

Bike: 45 km / 27 miles

Breakfast will begin at 8 today and every day following. You will pack your lunch each day, during the breakfast buffet, and we will stop to enjoy a picnic during our ride. At 9 AM, we will begin riding in the direction of Châteauneuf-du-Pape, following quiet country roads that wind through the vineyards. In Châteauneuf-du-Pape you can enjoy a tasting of some renowned Provençal wines. From there we will cross the Rhône River at the height of Roquemaure and cycle back along the river through Villeneuve-lès-Avignon. We will arrive back at the ship in the afternoon so that you can freshen up and relax a bit before dinner.



#### **Day 3 (Mon): Avignon – Aramon**

Bike tour: 40 km/24 miles

We will sail on the ship while we enjoy breakfast. When we reach Aramon, we will disembark and begin riding. Today's highlight will be a visit to the Pont du Gard, a spectacular UNESCO World Heritage site. It is the best preserved Roman aqueduct in all of Europe. Dinner will be served again at 7 PM. We will overnight in Aramon and enjoy the stunning view of the Mont Ventoux.

#### **Day 4 (Tue): Aramon – Vallabrègues**

Bike tour: 35 km/21 miles

Our day will begin with a sail to Vallabrègues, a pretty Provençal village on the banks of the Rhône. The country roads will eventually lead us to the village of Barbentane, with its castle situated at the confluence of the Rhone and Durance rivers. You will cycle to the magnificent Abbey of Saint Michel de Frigulet and afterwards down to the medieval village of Boulbon. Our loop tour will end back at the ship in Vallabrègues.



### **Day 5 (Wed): Vallabrègues – Arles**

Bike tour: 60 km/36 miles

Today we set out on our bikes in the direction of Saint Remy de Provence, the birthplace of Nostradamus. This village is also famous for having hosted Van Gogh in his dark but prolific days. You will enjoy a pleasant ride into the Alpilles, a mountain chain that offers a panorama of limestone cliffs and olive trees. The village of Les-Baux-de- Provence, lodged in the rock itself, is a must see for any visitor to Provence.



### **Day 6 (Thu): Arles – Aigues Mortes**

Bike tour 25 km/15 miles

Today the morning is dedicated to exploring Arles, the ancient capital of Gaul with its beautiful Roman ruins. We will be welcomed by a local guide who will accompany us around the jewels of the town. After lunch we will ride our bikes to the lock of Saint Gilles where the ship will be waiting for us to board and sail to Aigues Mortes for the night.



### **Day 7 (Fri): Aigues Mortes**

Bike tour: 55 km/33 miles

Today we will ride our bikes along the quiet, narrow country lanes of Camargue, between canals, lagoons and small villages. In the afternoon, we will arrive at the charming fishermen's village Le Grau-du- Roi. You may want to pack your swimsuit so you can enjoy a refreshing dip in the water! When we return to the ship, we will enjoy a final farewell dinner together.

### **Day 8 (Sat): Aigues Mortes**

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
- First Glass of Wine or Beer with dinner, complimentary coffee and tea on board. Wine, beer and soft drinks are also available for purchase.
- 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, 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 transfer from Paris Charles de Gaulle airport (3 hours via direct TGV train) or Marseilles airport (90 min)

**Departure from Aigues Mortes:** We can assist in arranging your transfer to Marseilles airport or to Avignon TGV station to return to Paris

**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 we recommend you 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 former "day job", she also 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!

