

# Provence & Ventoux Weekend

Trip code: PV



## Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 UK & France

 April - September

Cycle through the olive groves, vineyards, lavender fields and apple orchards of Provence, finishing with an ascent of one of the most famous climbs in the world - Mont Ventoux. This trip begins in Marseille from which you'll be transferred to the charming town of Arles on the banks of the Rhone for our first evening. Over the next few days you'll cycle through the stunning landscapes of Provence, through the Luberon Valley and the iconic Gorge de Nesque. Mountain backdrops, quiet country lanes, tranquil and unspoilt French countryside, hilltop-perched medieval villages, fabulous local food...this really is the perfect cycling destination.

## Highlights

- Pedalling the stunning Gorges des Nesques
- The dramatic wild landscapes of the Luberon valley
- Roman architecture and amphitheatre in Arles
- Rugged countryside, limestone outcrops, vineyards and olive groves
- Sampling the culinary delights of this unique region
- Tackling Mont Ventoux

# Detailed Ride Itinerary

## Day 1: Marseille - Arles (0 miles)

The trip begins at Marseille airport where you'll be met by the More Adventure team and transferred to our first hotel in Arles. Founded by the ancient Greeks and set around a 2000 year-old Roman coliseum, Arles is a lively town and the perfect introduction to this incredible region. At our hotel we'll have a tour brief, build bicycles if needed and have our first group meal at a local restaurant. If you've decided to take advantage of our bicycle transfer service, this is also when you'll also be reunited with your bicycle and luggage.

## Day 2: Arles - Apt

**97 km & 1250m ↑ / 60 miles & 4000 ft ↑**

After breakfast we begin our first ride heading east towards the jagged limestone landscape of *Les Alpines*, a small range of mountains that offer fantastic panorama views of the valleys below. This designated natural park is home to a number of rare species, including Bonelli's eagle, the Egyptian vulture and the eagle owl. We'll ride through vineyards, lavender fields, olive groves and almond trees, passing through a number of pretty French villages. Our route enters the town of Cavailon which marks the start of the National Park of Luberon, an area of spectacular beauty and home to many fascinating hilltop villages. Our final destination is the sleepy town of Apt. Here we'll check into our hotel and have a well-deserved evening meal at a local restaurant.

## Day 3: Apt - Gorge de Nesque - Sault

**84km & 1700m ↑ / 52 miles & 5500ft ↑**

Today's ride begins by heading northwest through the pretty villages of Rousillion and Gordes. Our route then enters the mighty *Gorge de Nesque* on a stunningly scenic road. This dramatic gorge is one of the most beautiful in France and makes for an incredible ride. Several tunnels seemingly cling onto the hillside with fabulous views of the valley below at every turn. It'll be a long and slow climb to the top, but the views will undoubtedly make it worth the effort. Our overnight destination is the town of Sault where we'll have our evening meal and get some rest before the big day ahead.

## Day 4: Sault - Mont Ventoux - Bedoin

**65 km & 1600m ↑ / 40 miles & 5100ft ↑**

The day has arrived - you're going to take on one of the most iconic climbs in the world, the mighty Mont Ventoux or the *bald mountain*. We tackle the climb on what is considered the easiest route, but make no mistake, this is a tough climb whichever way you ride it. Today's route is shorter than previous days, but if you are so inclined (and are a sucker for punishment) you do have the option of tackling Ventoux from Bedoin in the afternoon (optional). In the evening we'll have our final celebratory meal and overnight in Bedoin.

## Day 5: Bedoin - Marseille

After breakfast in our hotel, you'll be transferred with your bikes and luggage to Marseille airport for your flight home. Here we say our farewells and the trip ends.



## Included

- Cycle leader/guide
- Support vehicle & driver/cycle mechanic
- 4 x night's hotel accommodation (based upon twin sharing)
- 4 x breakfasts
- 4 x buffet lunches
- Transfer to/from Marseille airport
- Luggage transfers throughout
- GPX files of the route (if requested)

## Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Evening meals, drinks and snacks
- Optional excursions
- Insurance



*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

## Trip Notes

### Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here: [www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

### Bicycle transfers

We may be able to provide a door-to-door bicycle transfer service on this trip (for an additional charge and subject to logistical restraints). Once we have received the pickup/dropoff locations from all riders, we'll forward the logistics of your bicycle pickup and dropoff and a separate invoice for this service. There will be no need to dismantle your bicycle, allowing you to fly with luggage only. Further information about this service will be issued upon booking.

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking. **It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.** Our recommendations on what clothing to bring will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

**We recommend that you obtain travel insurance before booking any trip.** Personal travel insurance is compulsory on any More Adventure trip and should be obtained before booking onto a trip. As a minimum we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle).



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions and evening meals. You will need Euros to spend in France.

## Accommodation

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese,

tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

## Luggage

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day.

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other (if required).

*This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book (we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click ‘Book Now’
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on ‘Make Payment’ and securely pay a 40% deposit through Worldpay
7. **Congratulations - you’ve now secured your place!**
8. You will receive a confirmation email and further information about the trip

9. The remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.