

Provence & Ventoux Weekend

Trip code: PV



Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 France

 June-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 Cavailion 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 Rousillon 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
- Flights to/from Marseille
- Evening meals, drinks and snacks
- European Health Card (www.ehic.org.uk/Internet/home.do)
- 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, the pace will be determined by your Cycle Leader.

You must be an experienced cyclist who cycles regularly and maintains a good level of bike fitness. There are significant climbs throughout this trip that will require stamina, bike fitness and technical ability on descents.

We can provide you with a training plan, please contact us on 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

Bicycle Transfer

We will be providing 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 and we can also take one piece of luggage, allowing you to fly with hand 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, col summits and descents can also be chilly. 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

Personal travel insurance is compulsory on any More Adventure 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 have spent a long time searching for the right insurance provider for our cycling trips and we are happy to say we have found them in [Yellow Jersey Cycle Insurance](#), and as a More Adventure customer you'll receive a discount by entering the code

MOREADV5



Find out more about by [clicking here](#).

You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

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

Evening meals each evening tend to cost around £12-£18. You will need Euros to spend in France.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels which have hot water showers and excellent amenities.

Food

Breakfast will be continental-style with hot drinks and juices. Lunches will be buffet-style with a wide selection of breads, pasta, sandwich fillings, salads, hot drinks, fruit and snacks. Evening meals are not included in the price but we will endeavour to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £12-18.

Equipment

Bikes are not included in the trip price, good quality road bicycles are essential for this trip so please contact us if you are unsure whether your bike is suitable. It is very important that your bike is in good working order and that you bring plenty of spares, please bring at least four 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 AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend 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. Make sure you bring enough clothes for each day's 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 [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

Leaders

This trip is led by an experienced and qualified cycle leader who will cycle with the group at all times. They will guide and encourage the group, and help deal with any bicycle mechanicals.

This trip will run on a minimum number of 8 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

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, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip