

TRIP ITINERARY · CYCLING · PROVENCE & THE CÔTE D'AZUR, FRANCE

MARSEILLE TO CANNES

Three days along the Mediterranean: the Calanques and Cassis, the beaches of the Var and the red rocks of the Esterel corniche.

5 days	3	249 miles	Hotels	★★★☆☆	March – June, September – October
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Cycle along the Mediterranean from Marseille to Cannes, staying in beautiful hotels and stopping at the best cafés on the coast.

Leave Marseille over the hills to the Calanques and the harbour town of Cassis. Follow the coast through Sanary, Toulon and Hyères to the wooded cliffs of the Corniche des Maures, then finish past Saint-Tropez bay and along the red rocks of the Esterel into Cannes. It's a fully supported trip, with a support vehicle carrying your luggage and a cycle leader who knows every turn of the route.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Riding out of Marseille past the Vieux-Port and the Vélodrome
- ✓ Climbing the Col de la Gineste through the Calanques
- ✓ Cassis and the cliffs of Cap Canaille
- ✓ Seafront cafés in Sanary, Toulon and Le Lavandou
- ✓ The red rocks of the Esterel corniche
- ✓ Finishing in Cannes

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/marseilles-to-cannes-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: MARSEILLE

DAY 1: ARRIVE IN MARSEILLE

Arrive in Marseille, where we meet you at the airport and transfer you to the hotel. Build your bike, meet the team at a briefing and enjoy a first evening together.



2

56 KM · 950M | OVERNIGHT: CASSIS | CALANQUES

DAY 2: MARSEILLE TO CASSIS

After breakfast we build bikes and ride into the hills above the city. After the first climb there's a long descent into Marseille, past the port, the Vélodrome stadium and Le Corbusier's famous Cité Radieuse. Leaving the city we climb the Col de la Gineste through the white limestone of the Calanques National Park, then drop down to the harbour of Cassis for the night.



3

103 KM · 1,300M | OVERNIGHT: RAYOL-CANADEL-SUR-MER

DAY 3: CASSIS TO RAYOL-CANADEL-SUR-MER

The longest day starts with a climb out of Cassis and views back to the cliffs of Cap Canaille. We reach the sea again at Sanary-sur-Mer for coffee in the port, then follow cycle lanes through Toulon and along the coast via Le Pradet and Carqueiranne to Hyères. Quiet roads lead on through La Londe-les-Maures to Le Lavandou, and a final stretch along the wooded Corniche des Maures brings us to Rayol-Canadel-sur-Mer.



4

90 KM · 1,300M | OVERNIGHT: CANNES | ESTEREL CORNICHE

DAY 4: RAYOL-CANADEL-SUR-MER TO CANNES

A steep start takes us over the headland to Cavalaire-sur-Mer and La Croix-Valmer, then down past Port Grimaud and around the bay of Saint-Tropez to Sainte-Maxime for coffee. After lunch in Fréjus we ride the Esterel corniche, where red volcanic rocks drop into the sea, through Agay and Théoule-sur-Mer and on into Cannes for a celebratory evening.



5

TRIP ENDS | TRANSFER TO NICE AIRPORT

DAY 5: TRIP ENDS

After breakfast we transfer you, your bike and luggage to Nice airport for your flight home. Or why not stay on and enjoy a few days in Cannes?



THE ROUTE

MARSEILLE TO CANNES



Day 2 · Marseille → Cassis	56 km
Day 3 · Cassis → Rayol-Canadel	103 km
Day 4 · Rayol-Canadel → Cannes	90 km

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader
- ✓ Support vehicle & driver/cycle mechanic
- ✓ 4 x night's hotel accommodation (based upon twin sharing)
- ✓ 4 x breakfasts
- ✓ Transfer to Nice airport (for specified flights)
- ✓ Luggage transfers throughout
- ✓ GPX files of the full route (emailed when the trip is confirmed)

NOT INCLUDED

- × Bicycle and Helmet
- × Flights
- × Evening meals, drinks and snacks
- × UK GHIC or EHIC health card
- × Insurance

Flights: Not included: fly into Marseille and home from Nice.

Stay on: A few extra days in Cannes are easy to add.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

This is a hilly coastal ride with plenty of short, sometimes steep climbs. You should be a regular rider, comfortable with 100km days and over 1,000m of climbing.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

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Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.