

MORE ADVENTURE

TRIP ITINERARY · CYCLING · PROVENCE, FRANCE

PROVENCE & MONT VENTOUX

Lavender fields, olive groves and hilltop villages, through the Luberon and the Gorges de la Nesque to the summit of the Giant of Provence.

5 days	3	152 miles	Hotels	★★★☆☆	April – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Cycle through the olive groves, vineyards, lavender fields and orchards of Provence, finishing with an ascent of one of the most famous climbs in the world.

The trip begins in Marseille, from where you'll be transferred to the charming town of Arles on the banks of the Rhône for the first evening.

Over the next three days you'll ride through Les Alpilles, the Luberon and the iconic Gorges de la Nesque, then climb Mont Ventoux. Mountain backdrops, quiet country lanes, unspoilt French countryside, hilltop medieval villages and fabulous local food: this really is the perfect cycling destination.

★★★★★

"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

- ✓ Climbing Mont Ventoux, the Giant of Provence
- ✓ Riding the stunning Gorges de la Nesque
- ✓ The wild limestone landscapes of Les Alpilles and the Luberon
- ✓ Roman Arles and its 2,000-year-old amphitheatre
- ✓ Vineyards, olive groves and lavender fields
- ✓ The food of Provence

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/provence-ventoux-weekend/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: ARLES | MARSEILLE AIRPORT TRANSFER

DAY 1: ARRIVE IN MARSEILLE, TRANSFER TO ARLES

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 be reunited with your bicycle and luggage.



2

60 MILES (97 KM) · 4,000 FT (1,250M) | OVERNIGHT: APT | LES ALPILLES | LUBERON

DAY 2: ARLES TO APT

After breakfast we begin our first ride heading east towards the jagged limestone landscape of Les Alpilles, 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 Cavaillon 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.



3

52 MILES (84 KM) · 5,500 FT (1,700M) | OVERNIGHT: SAULT | GORGES DE LA NESQUE

DAY 3: APT TO SAULT VIA THE GORGES DE LA NESQUE

Today's ride begins by heading northwest through the pretty villages of Roussillon and Gordes. Our route then enters the mighty Gorges de la 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.



4

40 MILES (65 KM) · 5,100 FT (1,600M) | OVERNIGHT: BEDOIN | MONT VENTOUX

DAY 4: SAULT TO MONT VENTOUX AND BEDOIN

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.



5

TRIP ENDS | MARSEILLE AIRPORT TRANSFER

DAY 5: BEDOIN TO MARSEILLE, FLY HOME

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.

THE ROUTE

ARLES TO MONT VENTOUX



Day 2 · Arles → Apt	60 miles
Day 3 · Apt → Sault	52 miles
Day 4 · Sault → Bedoin	40 miles

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 nights' hotel accommodation (twin share)
- ✓ 4 breakfasts
- ✓ Buffet lunches on ride days
- ✓ Transfers to and from Marseille airport
- ✓ Luggage transfers throughout
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

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

Bike transfer: Door-to-door bike and luggage transfer from the UK may be available: fly with hand luggage only.

Flights: Not included: return flights London–Marseille are typically £100–200.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Three days of 40–60 miles with 4,000–5,500 ft (1,250–1,700m) of climbing each day, finishing with Mont Ventoux. You should be a regular rider comfortable with long climbs.

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

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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.