



BIKE TOUR IN PROVENCE

By Ride and More Travel And Relais & Châteaux



**RELAIS &
CHATEAUX**

BIKE TOUR IN PROVENCE

Discovering Provence by bike means traveling between perched villages and olive groves, taking the time to sit down and admire poppies and French broom, breathing in the aromatic herbs along the paths, and tasting fresh almonds, cherries, honey and AOC wines.

Using little-used small roads, the tour created by Relais & Châteaux in partnership with Ride & More offers a singular, intimate and sensorial approach to one of the most beautiful regions of France.

On your own, or with a guide, experience a tailor made cyclo-tourism, off the beaten path.

Trip designed by local expert!



TOUR DETAILS AND OPTIONS



TOUR LENGTH

> 3 to 10 days

LEVEL OF SERVICES

- > Self-guided tour
 - > Guided tour
 - > Supported tour
 - > Fully supported tour
-

RIDE LEVEL AVAILABLE

- > Leisure
 - > Intermediate
 - > Challenge
-

SERVICE HIGHLIGHTS

- > Private tour available from 1 participant
- > Start of tours fully flexible - No fixed date
- > Custom routes
- > Each day several ride options available
- > Accommodation, breakfast and tax included
- > On call assistance
- > Smartphone with GPS App, electronic travel book, printed directions, map and guidebook
- > Concierge service and expert guide delivering premium service

BIKES AVAILABLE

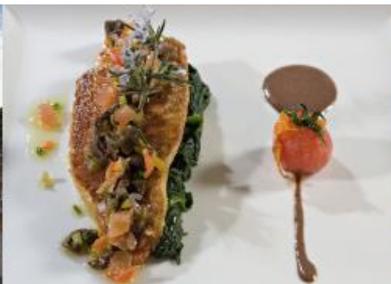
- > E-bikes
 - > Hybrid
 - > Road bikes
 - > Premium road bikes
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BEST SEASON

> April to October

OPTIONAL EXTRAS

- > Other pick-up and drop-off location
- > Wine Tours
- > Cooking Class
- > Pre/post night



ABOUT RIDE AND MORE

At Ride and More Travel we are local riders with a strong expertise of our region. We grew up here and we ride on both road and trail since a very young age. When we design your personalized itineraries, we take in consideration your riding habits (distance and elevation), your level of fitness and technical skills, the type of bike you want to ride and all your personal center of interest.

This last point makes the difference with all other bike companies. If you like wine, we will plan some wine activities on your itineraries, if you are interested in Roman antics, we will make sure your ride will take you to the right spot. Because each cyclist is different, each itinerary is different too! Our tailor made cycling holidays can be either guided or self guided.

What make our tours different:

- > Date and duration are fully flexible
- > All our tour are private
- > Day without cycling to relax or do other activities can be planned
- > Route: when possible we offer up to 4 different levels of ride each day
- > Daily briefing and concierge service
- > On call assistance and 24/7 emergency phone number
- > Guide on bike or / and support vehicle available on request without any minimum of participant
- > Pre-trip and Post-trip nights with Relais & Châteaux in Avignon, Aix en Provence, Marseille availables on request



ABOUT RELAIS & CHATEAUX

Established in 1954, Relais & Châteaux is an association of more than 580 landmark hotels and restaurants operated by independent innkeepers, chefs, and owners who share a passion for their businesses and a desire for authenticity in their relationships with their clientele.

Relais & Châteaux is established around the globe, from the Napa Valley vineyards and French Provence to the beaches of the Indian Ocean. It offers an introduction to a lifestyle inspired by local culture and a unique dip into human history.

Relais & Châteaux members have a driving desire to protect and promote the richness and diversity of the world's cuisine and traditions of hospitality. They are committed to preserving local heritage and the environment, as encompassed in the Charter presented to UNESCO in November 2014.



LEVEL OF SERVICES

Our private and tailor made tours allow to choose different levels of services. Self-guided tour for a freedom stay, guided tour for expertise of a local guide, supported tour for more safety and the last, fully supported tour for high-level services.

Self-guided tour

Are you looking for an adventure with more freedom ? Self-guided tours offer a lot of independence and advantages. Ride in liberty, at your own pace. Stop in a typical village, taste wine in a vineyard, enjoy a panoramic view on the hills or the fields lavenders. As you travel in a self-guided tour, you will not just discover, but live Provence.

- > Explore Provence by yourself and ride at your own pace
- > We take care of everything: accommodations, meals, visits and all luggage transfert
- > Several visit options available
- > Itineraries designed by a local expert for a safe ride on the best roads
- > Flexibility. We adapt your travel according to your needs
- > On call assistance
- > Smartphone with GPS App and electronic travel book + printed directions, map and guidebook with some tourist information
- > Dedicated tour leader available for advice and answer any question you may have.



LEVEL OF SERVICES

Guided tour

You wish to discover the region, we offer a guide for your bike tour. Expert and passionate, the guide will take you to unique places where you cannot go by yourself. Provence has no secrets for the guide, he knows her culture, her history and her nature. Share convivial moments and discover Provence like a local.

- > You are accompanied by a certified bilingual guide
- > Discover the Provence off the beaten tracks
- > Guide insures comfort and safety on the roads

Supported tour

You don't want to be alone during your bike tour, we can provide a support vehicle. Ride at your own pace and we follow you with the van.

We are here:

- > To supply food
- > Give you a lift on a steep climb
- > Solve any mechanical issue
- > Transport of your personal equipment whose you need for the bike tour.
- > The support vehicle bring safety. Ride in peace of mind.

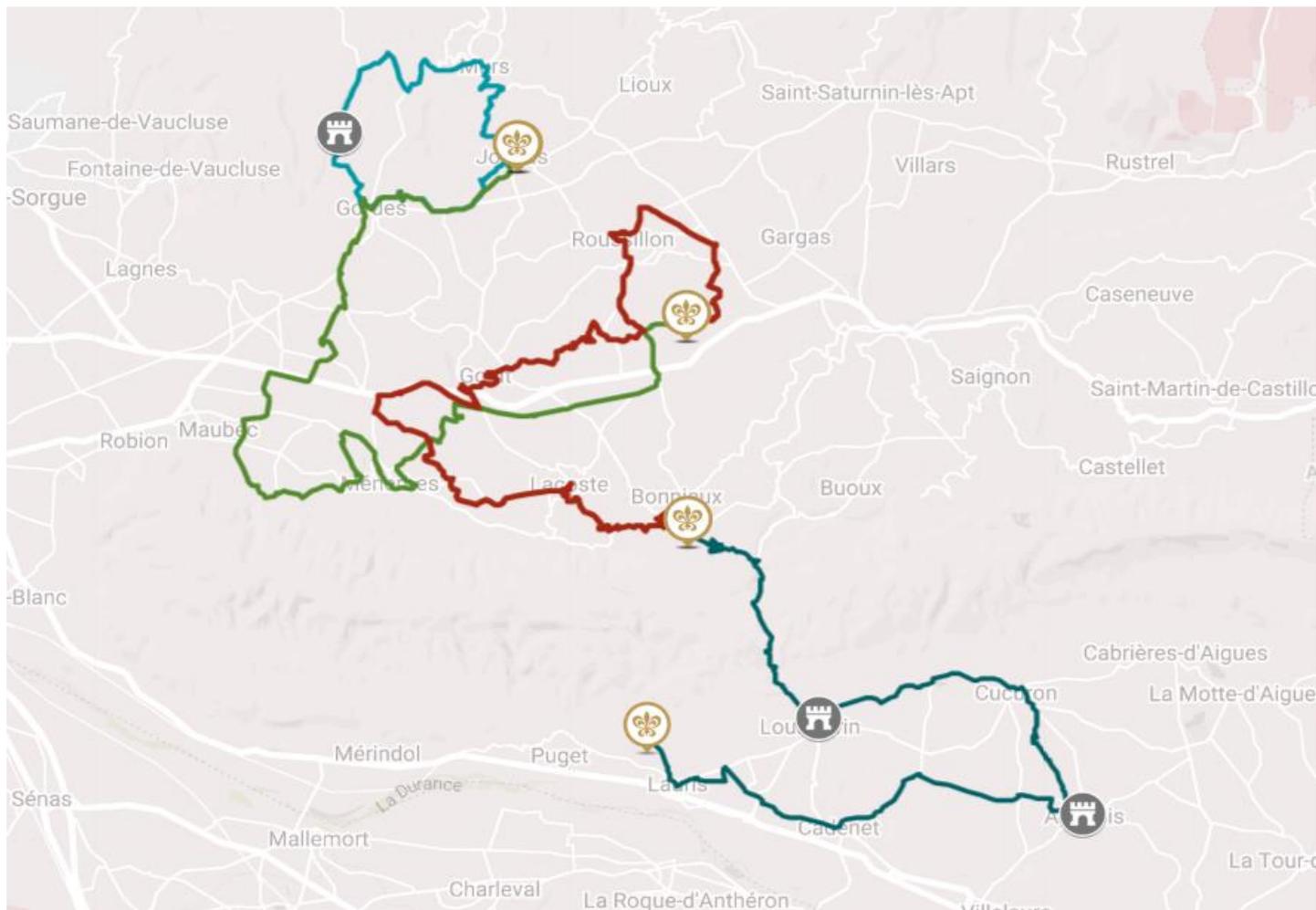
Fully supported tour

Fully supported tour is the highest level of service and combine the advantage of guided and supported tour.

The perfect solution for larger group. On fully supported tour, you will have a guide and a support vehicle. This allow to each participant to ride at its own pace.



General overview map and day by day flow



DAY-BY-DAY FLOW

Day 1 - Welcome in Provence

Day 2 - From Joucas to Gargas, Gordes, Oppède & Menerbes

Day 3 - From Gargas to Bonnieux, the essence of the Luberon

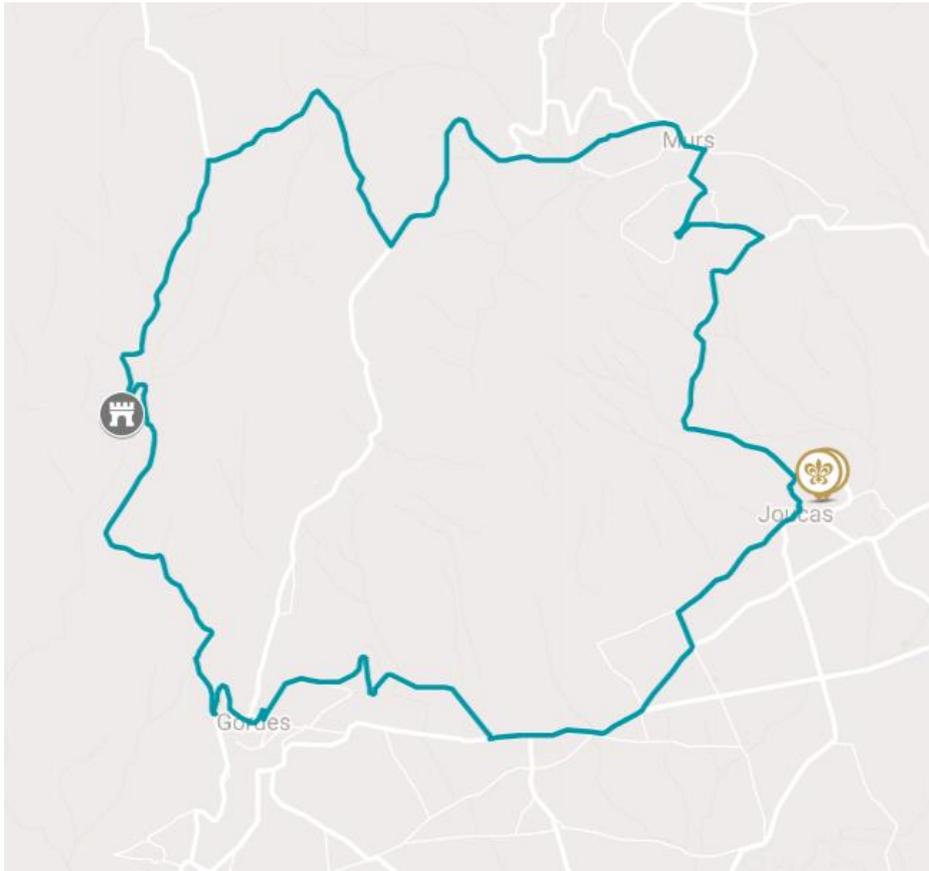
Day 4 - From Bonnieux to the Southern Luberon

Day 5 - Au revoir



DAY-BY-DAY ITINERARY

Welcome in Provence & loop ride from Joucas



Ride details

Ride level: **Easy**

Distance: **23 km / 14 Miles**

Climbing: **+585 m / 1950 ft**

Highlight of the day

- Gordes
- Abbaye de Sénanque
- Murs

Overnight and dinner

Night in Joucas, choice of hotel:

[Le Phébus & Spa - Villa des Anges](#)

[Le Mas des Herbes Blanches](#)

Dinner: our concierge is available to assist you to book a table.

Our team will welcome you at the train station or airport and will drive you to your hotel in Joucas.

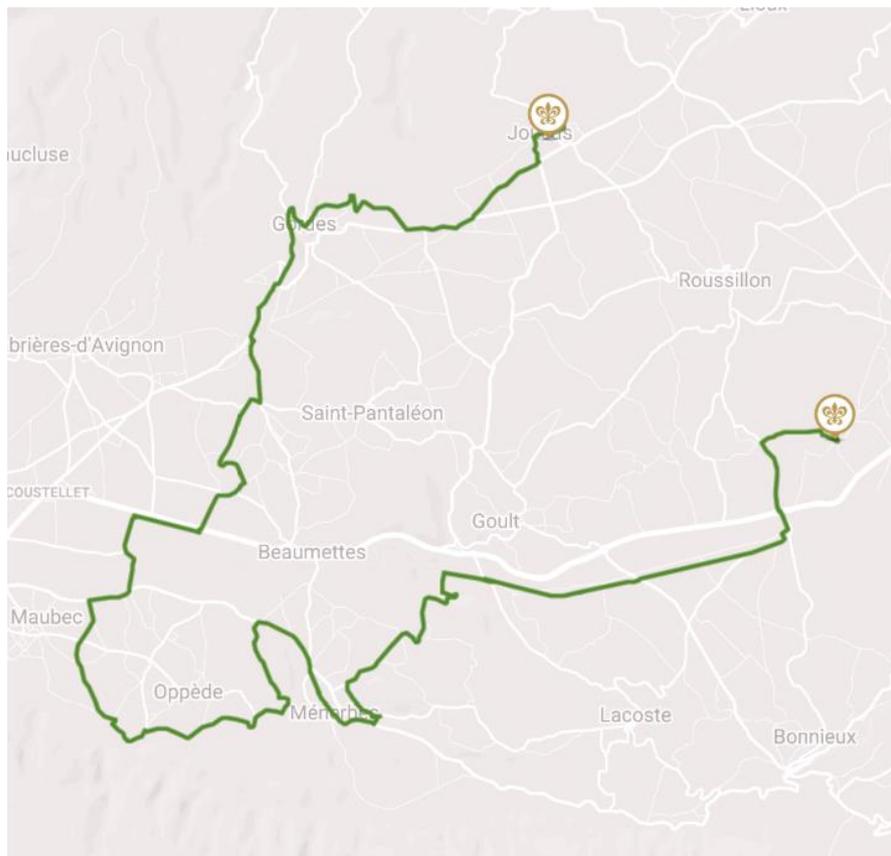
After a welcome drink and your start of tour briefing, we will setup your bike.

Depending your time of arrival, enjoy a short ride to warm up.



DAY-BY-DAY ITINERARY

From Joucas to Gargas



From Joucas, ride at the discovery of the first part of the Luberon natural park. Ride to some of the nicest village in France. Each one with its own personality.

Gordes, Oppède le Vieux and Ménerbes ... the essence of Luberon on a bike!

Do not miss to stop for a wine and olive oil tasting in one of our local producer.

Ride details

Ride level: **Intermediate**

Distance: **45 km/28 Miles**

Climbing: **+657m/2170 ft**

Highlight of the day

- Gordes
 - Oppèdes le Vieux
 - Ménerbes
- Scenic ride in the Luberon countryside

Overnight and dinner

Night in Gargas:

[Hotel Coquillade Village](#)

Dinner: our concierge is available to assist you to book a table.



DAY-BY-DAY ITINERARY

From Gargas to Bonnieux



This second day in the Luberon will take you to Roussillon, very well known for its ocher and multicoloured facade of the picturesque village. Then ride to Goult an authentic and less touristy village before heading up to the medieval perched village of Lacoste. Today your ride will end at La Bastide de Capelongue owned by the Talented 2* Michelin guide 2020 chef, Edouard Loubet.

Ride details

Ride level: **Intermediate**
Distance: **42 km/26 Miles**
Climbing: **+788m/2625 ft**
Shorter or Lengthen ride available

Highlight of the day

- Roussillon
- Ocher Landscape
- Lacoste
- Bonnieux

Overnight and dinner

Night in Bonnieux:

[La Bastide de Capelongue](#)

Dinner: at your convenience our concierge is available to assist you to book a table.



DAY-BY-DAY ITINERARY

From Bonnieux to Lauris



Ride details

Ride level: **Intermediate**
Distance: **40 km / 25 Miles**
Climbing: **+435 m / 1450 ft**

Highlight of the day

- **Lourmarin**
- **Cucuron**
- **Ansois**
- **Castles of the Luberon**

Overnight and dinner

Night in Lauris:

[Domaine de Fontenille](#)

Dinner: at your convenience our concierge is available to assist you to book a table.

Today, head-up to the South Luberon. From La Bastide de Capelongue, ride downhill to Lourmarin, one of the most famous and vibrant villages in Provence. On Friday, do not miss the market! Then ride to Cucuron and Ansois, two lovely villages. Cucuron is famous for its pond surrounded by plane trees and Ansois dominated by its castle. On your way to Domaine de Fontenille, do not miss to stop in an olive farm to taste the excellent local olive oil.



DAY-BY-DAY ITINERARY

Au revoir!

For your last day, our team will organize your private transfer to the train station or airport.

Depending your departure time, why not enjoy an initiation to the wine tasting at the Domaine de Fontenille or plan a private guided visit of Avignon, Aix en Provence or Marseille?

Options available

- Initiation to wine tasting at the Domaine de Fontenille
- Private guided visit of Avignon



PRICES AND SERVICES

PRICE PER PERSON PER DAY FROM : **350.00 €**

WHAT IS INCLUDED

- 1 night with breakfast and city taxes at Hotel Le Phébus & Spa - Villa des Anges or Hotel Le Mas des Herbes Blanches
 - 1 night with breakfast and city taxes at Hotel Coquillade Village
 - 1 night with Breakfast and city taxes at Hotel La Bastide de Capelongue
 - 1 night with Breakfast and city taxes at Hotel Domaine de Fontenille
 - 4 days of custom itineraries loaded on smartphone / GPS + printed travel book and map. The smartphone comes with a cheap and can be used to call in France.
 - Private transfer on day 1 from Avignon train station to Joucas
 - Private transfer to Avignon train station on last day
 - All luggage transfer
 - E-Bike rental, delivery and set up. Helmets, water bidons, energy bars and tube + tool kit provided
 - Assistance on the road in case of problem
 - Concierge service for restaurant and activities (also available before the tour to book restaurant that need reservation in advance)
 - 24/7 Emergency assistance
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WHAT IS NOT INCLUDED

- What is not indicated in "What is included"
 - Lunch and dinner, not included above
 - Personal expenses
 - Ticket to the places and monument not mentioned in "what is included"
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OPTIONAL

- Extend your trip to the Alpilles area at Baumanière Hotel & Spa
- Guide on a bike (300 euros for 1 to 8 participants not per person)
- Support Vehicle (400 euros per day for 1 to 8 participants not per person)
- Transfers Marseille airport (+125 Euros one way)
- Guided walking tour in Avignon (250 Euros)
- Spa treatment in hotels (price on request)
- Cooking class (price on request)
- You want more Relais & Châteaux experiences: Pre-trip / Post-trip available in Avignon, Aix en Provence, Marseille

Hotel Relais & Châteaux

Hotel Le Phébus & Spa - La Villa des Anges - Joucas



Location:

Joucas

Services available:

- Gastronomic restaurant, 1 Michelin star 2020
- Bistro - Bar
- 1 Spa by Carita
- Outdoor pool - Indoor pool

Activities:

- Cooking Class
- Tennis
- Pétanque field
- Helicopter flight over the Luberon

In the heart of Luberon, located between Roussillon and Gordes, Le Phébus & Spa is the ideal place to explore the Luberon.

This mas built in dry stone steeped in history, was rebuilt on the ruins dating back to the Knights of the Order of Malta, this jewel of a hotel, nestled in the heart of the Luberon, is a place where everyone feels when the mistral blowing through the "garrigue". Place of relaxation and conviviality made of refinement.

Owner and Chef, Xavier Mathieu is awarded with 1* at the Michelin guide.

Hotel website:

[Le Phebus & Spa - Villa des Anges](https://www.lephebus.com)



Hotel Le Mas des Herbes Blanches & Spa - Joucas



In a natural setting, in the heart of an exceptional site, the Mas des Herbes Blanches is a gem. The imprint of the past reveals its poetry and subtlety in a contemporary setting, to bring a hint of timelessness to a Provence revisited.

Located in the Joucas area, a picturesque village in the Vaucluse department, the Hotel Le Mas des Herbes Blanches overlooks a postcard worthy landscape. Each of its windows offers an unforgettable view; from any vantage, the viewer's eye will move across the stunning scenery, admiring the Ochre Trail in Roussillon, the Lioux Madeleine Cliffs or the uplands of Luberon.

Location:

Joucas - Luberon

Services available:

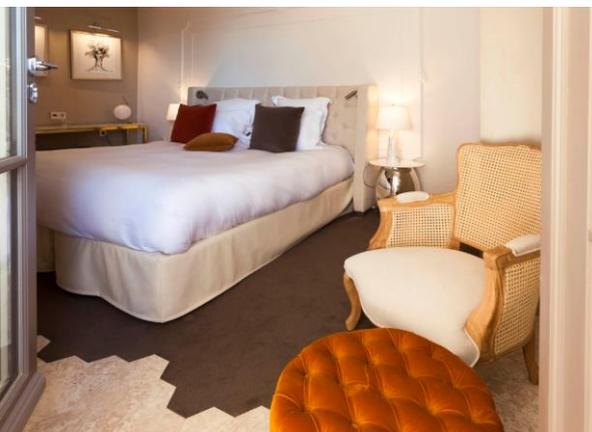
- Gastronomic restaurant
- Bistro
- Bar
- Spa by Sothys
- Outdoor pool - Indoor pool

Activities:

- Petanque field
- Yoga class

Hotel website:

[Le Mas des Herbes Blanches](#)



Hotel La Coquillade Village - Gargas



Coquillade Village offers a completely new concept of luxurious village.

This estate is unique, magic, chic, laid-back and unexpected, all at the same time. This 5-star hotel with restaurants promises its guests a multifaceted experience built on five main pillars – spirit, gourmet dining, Spa, vineyards and cycling.

It is perched on a hill with stunning views over the Luberon and Mont-Ventoux, in Gargas in the Vaucluse – the perfect spot for lovers of the great outdoors.



Location:

Gargas - Luberon
National Park

Services:

- Gastronomic restaurant
- Bistro - Bar
- Italian restaurant
- Olympic swimming pool
- Awarded Spa

Activities:

- Golf
- Tennis
- Petanque field

Hotel website:

[Coquillade Village](#)

Hotel Relais & Châteaux

La Bastide de Capelongue - Bonnieux



In the heart of the Luberon golden triangle, why not try the fragrant gourmet cuisine of two-star Chef Édouard Loubet at this elegant, sophisticated provençal bastide.

Serenity and Art de Vivre are the hallmarks of this prestigious hotel which offers its guests a simple and magical experience.

To appreciate the décor of the elegant rooms, to breakfast by the side of a fountain, to go and pick food in the morning and then take a cooking class with the chef, or simply to enjoy the setting of the sun and the magnificent views over the village of Bonnieux.

Location:

Bonnieux

Services available:

- Gastronomic restaurant, 2 Michelin stars 2020
 - Bistro
 - Juice bar
 - Spa Tulsi
 - Outdoor pool
-

Activities

- Cooking Class
 - Wine course
 - Petanque field
-

Hotel website:

[La Bastide de Capelongue](https://www.hotelrelais.com/en/hotel/la-bastide-de-capelongue)



Hotel Relais & Châteaux

Le Domaine de Fontenille - Lauris



The Domaine de Fontenille, a luxury hotel as a family home.

At the heart of an exceptional wine estate, in the Luberon Regional Natural Park, the Domaine de Fontenille welcomes you in its bastide, converted into a luxury hotel and its Michelin-starred restaurant.

Noble, reinvented house dating from the 18th century, protected by centenary cedars, surrounded by springs and woods.

The Vineyard: The Domaine de Fontenille enjoys exceptional terroir. The vines draw their strength from the clay, limestone and stony soil. The slightly steep slopes provide perfect sunshine and better water drainage. The Provence Mistral naturally cleans the grape.

Location:

Lauris

Services & Activities:

- Gastronomic restaurant, 1 Michelin star 2020
- Bistro - Bar
- Spa
- Outdoor pool
- The vineyard

Hotel website:

[Domaine de de Fontenille](#)



INFORMATION AND BOOKING

CONTACTS:



**RELAIS &
CHATEAUX**

EMAIL: reservation@relaischateaux.com

BY PHONE: *Toll free/local telephone numbers reachable 24/7.*

Austria: +43 720 828 018*

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France: +33 (0)176 49 39 39*

Ireland: +353 1 685 9351*

Italy: +39 02 6269 0064*

Netherland: +31 (0)20 225 3747*

Portugal: +351 30 450 0092*

Sweden: +331 45 72 96 50***

Switzerland: +41 22 508 3001*

United Kingdom: +44 (0)203 519 1967***

United States: +1 800 735 2478**

Local Charges apply ** Toll-free numbers *International charges apply*

Find out this itinerary on Ride & More Travel website:

[Route du Vélo en Provence](#)



EMAIL: contact@rideandmore.com

BY PHONE: +33 (0)676 375 096

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