

# Cycling Tour through the Luberon

8 DAYS / 7 NIGHTS, APPROX. 310 / 330 KM  
BOOKING CODE: FR-AIX7

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



Round trip through the Heart of Provence

From Eur **1029,-**



## Your tour

Provence is an absolute eye-catcher not only when the lavender blossoms. The cycle tour from Aix-en-Provence through the Luberon Nature Park is a bastion of scents and intense colours. The Luberon is a small mountain range in southern France. Largely forested, it is divided into the Petit Luberon to the west and the Grand Luberon to the east. Picture-book mountain villages, stately Roman monuments, cosy street cafés under shady plane trees, the castle of the Marquis de Sade, the papal city of Avignon: all this awaits you on the eight-day cycle tour through the Luberon. You should bring along a certain basic level of fitness so that you can fully enjoy the eight days on the saddle in these wonderful surroundings!

## Itinerary

<b>Day 1</b>	Individual arrival in Aix-en-Provence
<b>Day 2</b>	Aix-en-Provence – Pertuis, approx. 55 km
<b>Day 3</b>	Pertuis – Apt region, approx. 60 km
<b>Day 4</b>	Apt – L'Isle-sur-la-Sorgue region, approx. 55 km
<b>Day 5</b>	L'Isle-sur-la-Sorgue – Saint-Rémy-de-Provence, approx. 35 / 55 km
<b>Day 6</b>	Saint-Rémy-de-Provence – Salon-de-Provence, approx. 45 / 55 km
<b>Day 7</b>	Salon-de-Provence – Aix-en-Provence, approx. 50 km
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	13.04. – 27.04.	05.10.
<b>Season B</b>	04.05. – 15.06.	14.09. – 28.09.
<b>Season C</b>	10.08. – 07.09.	

Arrival Saturday 13.04. – 05.10.2024  
The season is dictated by the arrival date.

## Services

- 7 nights with breakfast, national 2\* to 4\*-level
- Luggage transport from hotel to hotel, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Doubleroom, Season A	1029,-
Doubleroom, Season B	1069,-
Doubleroom, Season C	1159,-
Price Surcharge Singleroom	279,-

## Additional night prices per person

Aix-en-Provence DBL / BB	99,-
Aix-en-Provence SGL / BB	169,-

## Additional services per person

E-bike / Pedelec*	259,-
Rental bike (7- / 21-gear)*	99,-
Sporty rental bike (30-gear)*	169,-

\*including rental bike insurance

## Exemplary hotel list

Aix-en-Provence	Novotel Beaumanoir Aix-en-Provence	<a href="http://www.novotel.com/">http://www.novotel.com/</a>
Pertuis	BW Sevan Pertuis	<a href="http://www.sevanparchotel.com/">http://www.sevanparchotel.com/</a>
Apt / Umgebung	Hotel l'Aptoais Apt	<a href="http://www.aptois.fr/">http://www.aptois.fr/</a>
L'Isle-sur-la-Sorgue / Umgebung	Les Névens L'Isle-sur-la-Sorgue	<a href="http://www.hotel-les-nevens.com/">http://www.hotel-les-nevens.com/</a>
Saint-Rémy-de-Provence	Canto Cigalo St. Rémy	<a href="http://www.cantocigalo.com/">http://www.cantocigalo.com/</a>
Salon-de-Provence	Hotel Vendome Salon-de-Provence	<a href="http://www.hotelvendome.com/">http://www.hotelvendome.com/</a>
Aix-en-Provence	Novotel Beaumanoir Aix-en-Provence	<a href="http://www.novotel.com/">http://www.novotel.com/</a>

## Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

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## Languages Travel documents

→ German, English, French

## Additional note

- All bookings are on request.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Bike lock
- Odometer
- Handlebar bag
- Air pump
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier

## Journey to Aix-en-Provence

- Nearest airports: Marseille, Toulon
- Train station: Aix-en-Provence

## Parking in Aix-en-Provence

- It is possible to park the car free of charge in the parking lot of the starting hotel for the duration of the trip. Reservation in advance is not possible.

## Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

## Travel documents

- 1 set (per booked room) consists of: hotel list and voucher, travel information with details on daily stages, short travel guides and route descriptions, maps, luggage tags
  - Dispatched up to four weeks before arrival. For short-term bookings, delivery to the start hotel, hotel list and arrival information will be sent by email
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## Stages description

### Day 1: Individual arrival in Aix-en-Provence

Welcome to Provence and Aix-en-Provence, one of the cities with the highest quality of life for the French. Not only Paul Cézanne settled here. Pablo Picasso also lived here for a few years and was enraptured by the city and its surroundings between the Sainte-Victore mountains, the Touloubre and Arc rivers, the Durance valley and the Trévaresse vineyards. Have a coffee in the most famous café of the city, the Deux Garçons, where the novelists Émile Zola, Paul Cézanne and Jean Cocteau already frequented.

### Day 2: Aix-en-Provence – Pertuis, approx. 55 km

Get on the saddle and enjoy the first stage of your bike tour through the Luberon. You will ride to Silvacane Abbey, a beautifully restored Cistercian abbey dating back to 1145, and then on to Lourmarin, in the south of the mighty Luberon. Named one of the most beautiful villages in France, the small town with its Renaissance castle and typical Provençal flair has enchanted famous writers such as Peter Mayle and Albert Camus.

### Day 3: Pertuis – Apt region, approx. 60 km

You leave the town of Pertuis and cycle on this rather challenging stage through the Luberon Biosphere Reserve, which has been designated by UNESCO. The rugged cliffs and wild, lush nature with its pine forests are very popular with cyclists and hikers, because you are away from the tourist crowds. In the pretty town of Céreste, you can catch your breath in a café before heading into Apt, the center of Provence. Taste your way through the rich offer of candied fruits.

### Day 4: Apt – L'Isle-sur-la-Sorgue region, approx. 55 km

Take another exploratory tour through the narrow streets of the old town, but then you should soon be on your way. Look forward to this stage on the bike tour through the Luberon, because it will be beautiful. The picturesque mountain villages of Bonnieux, Lacoste and Ménerbes outdo each other in terms of southern French charm. Above Lacoste you can visit the ruins of the castle of the same name, a former residence of the Marquis de Sade. But that is not all, because the overnight stop L'Isle-sur-la-Sorgue is a small green paradise with

many side arms of the river Sorgue, where old paddle wheels still turn. The town has transformed itself from a fishing village into a center for antiquarian treasures.

**Day 5: L'Isle-sur-la-Sorgue – Saint-Rémy-de-Provence, approx. 35 / 55 km**

On this stage of the bike tour through the heart of Provence, you have two options today. Either you opt for the shorter stage, which takes you via the melon town of Cavaillon to Saint-Rémy-de-Provence. Or you can take a detour of about 20 kilometers to experience the vibrant Avignon, the city of the popes. Whether a visit to the much-praised bridge over the Rhône, a tour of Notre-Dame-des-Domes Cathedral or the Palace of the Popes is on the agenda, Avignon is justifiably one of Provence's tourist magnets!

**Day 6: Saint-Rémy-de-Provence – Salon-de-Provence, approx. 45 / 55 km**

Saint-Rémy-de-Provence deserved more time to explore, as Vincent van Gogh spent his last years here. Famous paintings like the Starry Night were created in Saint-Rémy-de-Provence. Nostradamus was

born here, the Romans have left their traces. Glanum is one of the most important archaeological sites in France. You will cycle through the Alpilles on the bike tour through the Luberon to the magnificent fortified town of Les Baux. Even the Greeks were inspired by this special landscape to write a Heracles saga. Salon-de-Provence is the conclusion of this exciting day on the bike saddle.

**Day 7: Salon-de-Provence – Aix-en-Provence, approx. 50 km**

The last stage, back to the starting point Aix-en-Provence is coming up. But before that, take a stroll through the fortress Château de l'Emperi or the Collegiate Church, where Nostradamus, who worked as a clairvoyant, pharmacist and doctor, is buried. You will arrive back in Aix-en-Provence after an entertaining bike ride that takes you through pretty southern French villages. Stroll again along the Cours Mirabeau, the beautifully shaded boulevard, and enjoy the *savoir vivre* of Provence.

**Day 8: Individual departure**

After breakfast you start your individual return journey home or extend your stay.