



TOUR ITINERARY

RIDING  
LEVEL

1

Europe / France / Provence

# Provence Family Bike + Adventure Tour

Where Adventure Meets Luxury: A Trip for All Ages

## TOUR HIGHLIGHTS

- Canoe down the meandering Sorgue, past waterfront villages and riverside cafés
- Head into the ochre caves and quarries of Gargas
- Learn to cook classic Provençal dishes with our friend Veronique in her home kitchen
- Ride horses through pastoral Provençal backcountry
- Go soaring through the “Colorado of Provence” on a zipline



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Paris or Marseille, France
- 📍 **Pick-Up Location:**  
Avignon Train Station
- 🕒 **Pick-Up Time:**  
10:30 am

### Departure Details

- ✈ **Airport City:**  
Paris or Marseille, France
- 📍 **Drop-Off Location:**  
Avignon Train Station
- 🕒 **Drop-Off Time:**  
12:00 pm

**NOTE:** DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

For the hikes on this tour, we strongly recommend bringing hiking boots or trail shoes with good traction (not running shoes or sneakers). Moisture-wicking clothing or daypacks are also recommended, but not required.

#### Younger Travelers

- This itinerary is designed with children age 9 and older in mind. The itinerary can be tweaked for your family's needs. For safety reasons, children must be at least 7 years old to ride their own bike.
- Trailers and tag-along bikes are available for younger children
- Safety triangles are provided to all children on tour
- Please note, children must be age 6 and older to participate in kayaking

# TOUR ITINERARY

## Tour By Day

DAY  
1

### Welcome to Provence!

Meet your guides at the Avignon train station and be whisked to the Coquillade village, your five-star, family-friendly home for the week. Once we eat lunch, we'll tackle the essentials during a safety talk and bike fitting. Then it's time for our first ride to Roussillon, an artsy town with buildings painted in a palette of vibrant colors. Continue to Gargas, put on your miner's helmet, and head into the underground ochre caves and tunnels for a guided walk. We'll complete the loop back to Coquillade Provence, leaving you free to make a splash in two pools and get acquainted with the sprawling grounds before a casual dinner at the hotel's *ristorante*.

**Meals:** Lunch / Dinner

**Destinations:** Gargas, Roussillon

**Accomplished:** 12 miles / 19 km, elevation gain: 846 feet / 258 meters; 1 mile / 2 km hiking

**Accommodations:** [Coquillade Provence](#)

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DAY  
2

### Canoeing on the Sorgue

Today we follow a winding bike path that meanders through vineyards, past perched villages, and around the ruins of the Mur de la Peste—a historic wall built to stop the spread of ancient plagues! We'll take our time riding to Fontaine-de-Vaucluse for lunch and then trade our bikes for a paddle and a canoe. Though the river is clear and inviting, only the bravest will want to take a swim—the water's temperature is never higher than 55 degrees Fahrenheit. Back on dry land, we explore the charming town of Isle-sur-la-Sorgue and treat ourselves to an ice cream break. Return to the hotel via a short transfer and spend some time together by the pool. Tonight, with views over the Luberon Valley, your family will be spoiled with the authentic flavors of a Provençal feast.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Fontaine-de-Vaucluse

**Accomplished:** 16 miles / 25 km, elevation gain: 607 feet / 185 meters; 4 miles / 7 km canoeing

**Accommodations:** [Coquillade Provence](#)

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## TOUR ITINERARY

DAY  
3

### From One Saddle to Another

After breakfast, hop in the van or ride your bike to the hilltop village of Gordes to experience the vibrant weekly market. Between stacks of rainbow baskets and colorful local delicacies, kids can pick out a few tempting snacks as we shop for our lunch. A quick transfer (or a nice downhill ride) brings us to meet our new mode of transportation: *chevaux* (horses)! You don't have to be a cowboy to enjoy this ride along the quiet trails of Provence's wild. Saunter past Croagnes, Lioux, and the foothills of the Plateau de Vaucluse to be rewarded with jaw-dropping views of Roussillon and the Luberon. Dismount and mosey on back to Coquillade Provence. Tonight's dinner in Roussillon is on your own, but our guides can suggest a pizza place that's a real crowd pleaser.

**Meals:** Breakfast / Lunch

**Destinations:** Gordes, Joucas, Croagnes, Lioux

**Accomplished:** 10 miles / 16 km, elevation gain: 666 feet / 203 meters

**Longer Option:** 25 miles / 40 km, elevation gain: 1,614 feet / 492 meters

**Accommodations:** [Coquillade Provence](#)

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DAY  
4

### The Hills are Alive!

Greet the day with a mellow hike from Bonnieux to the magical medieval village of Lacoste, punctuated by fruit orchards and small hamlets. The looks of wonder on children's faces as they look out over the Luberon Valley will be memorable forever. We'll explore some château ruins after a well-deserved lunch, then return to our bikes for a downhill ride to Ménerbes and back to our hotel. This afternoon, play some tennis or a game of *pétanque*—or simply spend it by the hotel pool. Tonight, transfer to the village of Joucas and meet our dear friend Veronique. In her home kitchen, we'll learn to cook classic Provençal dishes (and a dessert of course), then dig into our creations on Veronique's charming terrace.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Bonnieux, Lacoste, Ménerbes, Gargas

**Accomplished:** 14 miles / 22 km, elevation gain: 833 feet / 254 meters; 3 miles / 5 km hiking

**Shorter Option:** 7 miles / 11 km, elevation gain: 308 feet / 94 meters; 3 miles / 5 km hiking

**Accommodations:** [Coquillade Provence](#)

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DAY  
5

### Market Day in Roussillon

It's market day! We ride to Roussillon once again, this time to find it bustling with artisans selling giant bolts of fabric, heaps of fragrant dried flowers, bars of French-milled soap, and bright bunches of sunflowers. The excitement continues as we pedal on to Rustrel, the so-called "Colorado of Provence." Along the way, pause for a picnic lunch featuring the local products of farms and orchards, then get ready to monkey around on a ropes course and zipline. Grab your harness, hook, rope, and pulley and go sailing over the landscape of Provence. Keep the exhilaration going with an optional ride or take tuckered-out family members back to the hotel for some downtime. Our final dinner celebrates our time together in the hotel's laid-back bistro.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Roussillon, Saint-Saturnin-lès-Apt, Rustrel

**Accomplished:** 17 miles / 27 km, elevation gain: 1,502 feet / 458 meters

**Longer Option:** 29 miles / 47 km; elevation gain: 1,830 feet / 558 meters

**Accommodations:** [Coquillade Provence](#)

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DAY  
6

### Au Revoir

Breakfast is followed by a fond farewell to the Luberon however you see fit—take a last loop ride down to Roussillon, sip a traditional French *café*, browse for souvenirs in the village, or hit the hotel court for a family game of doubles tennis. Your guides will see you off at the Avignon train station.

**Meals:** Breakfast

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