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TOUR ITINERARY

RIDING LEVEL 1

Europe / France / Provence

# Provence Family Bike + Adventure Tour

Where Adventure Meets Luxury: A Trip for All Ages

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# TOUR HIGHLIGHTS

- Canoe down the meandering Sorgue, past waterfront villages and riverside cafés
- Head into the ochre caves and quarries of Gargas
- 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 TGV Train Station
- **Pick-Up Time**:
  10:30 am

## Departure Details

- **Airport City**:
  Paris or Marseille, France
- **Drop-Off Location**:
  Avignon TGV 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**.

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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 for children ages 12–17+. The itinerary can be customized for your family's needs. For safety reasons, children must be at least 7 years old to ride their own bike.
- E-bikes are only available to ages 14 and older
- 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

### Bienvenue en Provence!

Meet your guides at the Avignon train station and be whisked to the Domaine des Andéols estate, your luxurious, family-friendly home for the week. We'll tackle the essentials during a safety talk and bike fitting, then set out on our first ride to Villars, a medieval village of pastel buildings and narrow stone lanes. After lunch by the fountain in the town's main square, continue riding to Gargas, where you'll don your miner's helmet and head into the underground ochre caves and tunnels for a guided walk. We'll complete the loop back to Andéols, leaving you free to make a splash in the pool and get acquainted with the sprawling grounds before a casual dinner at the hotel's restaurant.

**Meals:** Lunch / Dinner
**Destinations:** Villars, Gargas, Saint-Saturnin-lès-Apt
**Accomplished:** 13 miles / 22 km, elevation gain: 902 feet / 275 meters; 1 mile / 2 km hiking
**Accommodations:** Coquillade

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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, transfer to Goult and enjoy an evening of authentic Provençal flavors at one of our favorite restaurants.

**Meals:** Breakfast / Lunch / Dinner
**Destinations:** Fontaine-de-Vaucluse
**Accomplished:** 21 miles / 35 km, elevation gain: 741 feet / 226 meters; 4 miles / 7 km canoeing
**Accommodations:** Coquillade

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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. Among the stacks of rainbow baskets and colorful local delicacies, the kids can pick out a few tempting snacks. A nice downhill ride brings us to Joucas for lunch with vineyard views. After, continue cycling back to the hotel or hop in the van. This afternoon we'll 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 Andéols. 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:** Joucas, Gordes, Saint-Saturnin-lès-Apt
**Accomplished:** 14 miles / 20 km, elevation gain: 1,092 feet / 333 meters
**Longer Option:** 26 miles / 42 km, elevation gain: 2,244 feet / 715 meters
**Accommodations:** Coquillade

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DAY 4

## The Provençal Colorado

This morning we'll ride to Roussillon, arriving to find it bustling with shops and boutiques where artisans sell 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 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. Tonight we'll celebrate our time together with a final dinner at a delightful local restaurant.

**Meals:** Breakfast / Lunch / Dinner
**Destinations:** Roussillon, Lioux, Rustrel, Saint-Saturnin-lès-Apt
**Accomplished:** 17 miles / 28 km, elevation gain: 1,525 feet / 465 meters
**Longer Option:** 28 miles / 46 km; elevation gain: 2,066 feet / 630 meters
**Accommodations:** Coquillade

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DAY 5

# 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 pool one more time. Your guides will see you off at the Avignon train station.

**Meals:** Breakfast

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