



## TOUR ITINERARY

Europe / France / Provence

# Provence Bike Tour

Villages of the Luberon and Foothills of Mt. Ventoux





## TOUR HIGHLIGHTS

- Browse the weekly market in Gordes, where local producers offer pints of perfect berries, fragrant soap, loose lavender and spices, and heaps of olives
- Ride through emblematic Provençal scenery, from hill towns and lavender fields to the Ventoux region revered by cyclists
- Delve into the winemaking industries of the Vaucluse, Ventoux, and Luberon as you taste fruity reds from Gigondas and dimensional whites from Sablet and Vacqueyras
- Visit countless colorful villages that typify Provence, like the red-hued Roussillon and pristine Bonnieux
- Taste classic Provençal dishes prepared by our local friend in her home kitchen





## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Paris or Marseille, France
- 📍 **Pick-Up Location:**  
Avignon Train Station
- 🕒 **Pick-Up Time:**  
9:30 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.

### 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).



# TOUR ITINERARY

## Tour By Day

DAY  
1

### Bienvenue en Provence

Meet our guides at the Avignon TGV train station, and the adventure begins! After a short transfer into the countryside, we'll start in style at our luxurious hotel with a bike fitting and safety briefing. Set out on a beautiful first ride through the villages of Gargas and Villars, reaching Saint-Saturnin-lès-Apt in time for lunch. Leave town alongside the iconic 17th-century windmills and continue cruising past vineyards and fruit orchards, admiring the region's tranquil landscapes and timeless architecture. Tonight, delight in a vineyard-side bienvenue dinner at our hotel's bistro. Bon Appétit!

**Meals:** Lunch / Dinner

**Destinations:** Gargas, Villars, Saint-Saturnin-lès-Apt

**Accomplished:** 16 miles / 25 km, elevation gain: 1,010 feet / 308 meters

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

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DAY  
2

### Essence of The Luberon

Today we'll ride on through the forested heart of the Petit Luberon, peering out across the valley floor with its patchwork of orchards and vineyards. Enjoy views from the wealthy and picturesque village of Bonnieux, and stop for a cappuccino in Lacoste. We'll learn about Côtes du Luberon wines in a *domaine* near Ménerbes, then enjoy a lovely picnic prepared by your guides. Spin back to our hotel on a bike path and spend the rest of the afternoon enjoying a poolside glass of chilled rosé. Later, we regroup and transfer to the small village of Robion to meet our dear friend Veronique. In her home kitchen, she'll prepare classic Provençal dishes, then serve them on her charming terrace.

**Meals:** Breakfast / Lunch / Dinner

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

**Accomplished:** 37 miles / 60 km, elevation gain: 2,920 feet / 890 meters

**Shorter Option:** 22 miles / 36 km, elevation gain: 1,875 feet / 575 meters

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

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## TOUR ITINERARY

DAY  
3

### To the Top of the World

Our morning ride will take us on small country roads that lead to one of the most beautiful villages of the Luberon—Gordes. Explore the village's outdoor market and scenic terraces created by its impressive position in the Luberon Valley. Next, climb to the high plateau of the Luberon and reward yourself with incredible views and a well-deserved lunch in the village of Murs. Cruise downhill to the next charming village, Roussillon, which is full of galleries, colorful adornments made by local artists, and astonishing ochre-colored cliffs. Spend the remainder of today as you wish—may we suggest treating yourself to a massage at the hotel spa? Your guides can offer excellent suggestions for this evening's dinner on your own in town.

**Meals:** Breakfast / Lunch

**Destinations:** Gordes, Murs, Joucas, Roussillon, Gargas

**Accomplished:** 36 miles / 58 km, elevation gain: 2,985 feet / 910 meters

**Shorter Option:** 24 miles / 39 km, elevation gain : 2,664 feet / 812 meters

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

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DAY  
4

### Foothills, Villages, and Crossing the Durance

Today we'll warm up with a ride on a bike path that leads us to the foothills of the Luberon Mountain and past quaint hilltop villages. Pedal through Cavaillon before crossing the Durance River, then rest your legs during lunch in the town square of Eygalières. This afternoon, we encounter the natural beauty of Les Alpilles mountain range as we ride through its limestone massif dotted with Aleppo pine and cypress trees. The remainder of the afternoon is yours to enjoy; treat yourself to a massage or some poolside lounging at our luxurious five-star hotel. Your guides can offer excellent suggestions for this evening's dinner on your own in town.

**Meals:** Breakfast / Lunch

**Destinations:** Oppède, Maubec, Robion, Les Taillades, Cavaillon, Orgon, Eygalières

**Accomplished:** 42 miles / 67 km, elevation gain: 1,558 feet / 475 meters

**Shorter Option:** 29 miles / 47 km, elevation gain: 1,148 feet / 350 meters

**Accommodations:** [Ostou de Baumanière](#)

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## TOUR ITINERARY

DAY  
5

### Les Alpilles

Begin the day riding on quiet roads surrounded by vineyards, olive groves, and the undulating mountain range of Les Alpilles to Domaine de la Vallongue. We're treated to a tasting of organic wines as well as learn about each step of the olive oil making process, from a small producer in Eygalières before continuing to Saint-Rémy-de-Provence. Explore the town's vibrant boutiques and galleries and sit down to a well-deserved lunch. Our afternoon ride will take us to the famous hilltop fortress of Les Baux-de-Provence. We'll visit a former stone quarry that has been transformed into a cutting-edge exhibit of world-famous painters, then take a stroll through town. Tonight, share a memorable meal together at our hotel's gourmet restaurant, Cabro d'Or.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Maussane-les-Alpilles, Mouriès, Aureille, Saint-Rémy-de-Provence, Les Baux-de-Provence

**Accomplished:** 35 miles / 56 km, elevation gain: 1,765 feet / 538 meters

**Shorter Option:** 28 miles / 45 km, elevation gain: 1,296 feet / 395 meters

**Accommodations:** [Ostou de Baumanière](#)

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DAY  
6

### Au Revoir!

For your final morning, enjoy a quiet breakfast and relax or go for a last ride in the Alpilles countryside, dotted with olive groves and graceful cypress trees. Once showered and changed back at the hotel, your guides will see you off at the Avignon TGV train station.

**Meals:** Breakfast

**Destinations:** Le Barroux, Crillon-le-Brave

**Optional Ride:** 16 miles / 26 km, elevation gain: 800 feet / 244 meters

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## YOUR TOUR DETAILS

### Preparing for Your Tour

#### Travel Services

DuVine can assist with the following reservations for up to three days before and after your tour.

- Pre and post-trip hotels in all major cities, in addition to the first and last on-tour hotels
- Private transfers

For flight reservations or to book additional travel days before or after your DuVine itinerary, we recommend working with our partners at Largay Travel. They can be reached at 203 757 9481 or [duvine@largaytravel.com](mailto:duvine@largaytravel.com).

#### Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

#### Gratuities

Gratuities for guides are much appreciated to thank them for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price at the end of the tour. Unless you want to tip separately, guides will divide tips among themselves. Tips in local currency are always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), [please see our FAQs](#).



#### Share Your Experience

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@duvine  
@duvine  
#DuVine #DuVineStyle



**DUVINE**  
CYCLING + TRAVEL

## YOUR TOUR DETAILS

### Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

### Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

### Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

### Travel Sustainably

We believe bike travel should leave little behind. DuVine takes small measures to be greener—like eliminating single-use plastic water bottles, replacing paper maps with GPS, returning your pedals in cloth bags, and offering snacks in reusable containers rather than disposable plastic.





# YOUR PACKING LIST

## On The Bike

Cycling jerseys or athletic shirts  
Cycling shorts  
Cycling shoes (if you bring your own pedals)  
Sneakers (if you don't bring your own pedals)  
Athletic socks  
Arm/leg warmers  
Lightweight, waterproof, wind-resistant jacket or vest  
Bike gloves  
Bike saddle/cover (if you prefer your own)

## Off The Bike

Walking shoes  
Hiking shoes (if required)  
Long + short-sleeved shirts  
Sweater/jacket for evenings  
Dinner attire (dressy casual) + dress shoes  
Swimsuit

## Travel Items\*

Travel confirmations + tickets for air, rail, etc.  
Passport, including photocopy  
Local currency  
DuVine Tour Itinerary (with meeting + departing info)  
Health insurance information  
Medications  
Cycling gear (+ pedals) if riding on Day 1

\*We recommend keeping these items in your carry-on

## Additional Items

Cell phone + charger  
Photography gear + charger  
Power/plug adapter  
Toiletries  
Sunscreen, sunglasses, + other sun protection gear  
Insect repellent

## What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

## Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact [tourcoordinators@duvine.com](mailto:tourcoordinators@duvine.com). Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

## Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

## Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

## Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

## BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

