



TOUR ITINERARY



Europe / France / Provence

Provence Bike Tour

Villages of the Luberon and Foothills of Les Alpilles

TOUR HIGHLIGHTS

- Browse the weekly market in Goult, 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 Petit Luberon and the foothills of Les Alpilles
- Delve into the winemaking industry of the Luberon Valley and taste vintages of Les Baux de Provence, France's first organic wine appellation
- Visit countless colorful villages that typify Provence, like the red-hued Roussillon and pristine Lacoste



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.

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.



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 a landscape dotted with olive groves and cypress trees, reaching the village of Maussane-les-Alpilles in time for lunch. After, cycle back to the hotel to relax and get settled. This evening we'll gather for a welcome apéritif followed by a delightful gastronomic dinner to kick off the week.

Meals: Lunch / Dinner

Destinations: Maussane-les-Alpilles

Accomplished: 16 miles / 26 km, elevation gain: 800 feet / 244 meters

Accommodations: [Baumanière](#)

DAY
2

Les Alpilles

Begin the day riding on quiet roads surrounded by vineyards, olive groves, and the sinuous peaks of the "Little Alps" to Domaine de la Vallongue. We'll enjoy a tasting of organic wines from a small producer before continuing to Saint-Rémy-de-Provence, where we'll visit the town's vibrant boutiques and galleries and enjoy a relaxing 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, we will head to the nearby village and dine like locals at one of our favorite restaurants.

Meals: Breakfast / Lunch / Dinner

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

Accomplished: 33 miles / 54 km, elevation gain: 2,027 feet / 618 meters

Shorter Option: 26 miles / 43 km, elevation gain: 1,333 feet / 406 meters

Accommodations: [Baumanière](#)

TOUR ITINERARY

DAY
3

Entering the Luberon Valley

This morning, we bid adieu to the limestone massif of the “Little Alps,” following an undulating route to Eygalières, where we’ll pause for a coffee before crossing the Durance River. Here, Les Alpilles’ rugged hills give way to the verdant scenery of the Luberon. A bike path leads to the foothills of the Luberon Mountains and the quaint hilltop village of Oppède-les-Vieux, the highest point of today’s ride. Stop for lunch then spend some time exploring this beautifully preserved town with its narrow stone lanes, ivy-covered houses, and medieval castle overlooking the valley. After, continue cycling or hop in the van for a ride to our next luxurious hotel. The afternoon is yours: settle in, unwind with a massage, or relax by the pool. Tonight’s dinner is at a charming restaurant close to the hotel.

Meals: Breakfast / Lunch / Dinner

Destinations: Eygalières, Cavaillon, Taillade, Robion, Oppède-les-Vieux, Gargas

Accomplished: 41 miles / 66 km, elevation gain: 2,782 feet / 848 meters

Shorter Option: 29 miles / 47km, elevation gain: 1,945 feet / 593 meters

Accommodations: [Coquillade Provence](#)

DAY
4

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 Goult, 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. This evening you’re free to dine on your own in the pretty village of Roussillon. Your guides are happy to suggest some excellent restaurants.

Meals: Breakfast / Lunch

Destinations: Bonnieux, Lacoste, Menèrbes, Baumettes, Goult, Gargas

Accomplished: 35 miles / 57 km, elevation gain: 2,942 feet / 897 meters

Accommodations: [Coquillade Provence](#)

TOUR ITINERARY

DAY
5

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. On our way we'll stop at the outdoor market in Goult, arriving 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. From there we'll begin our gradual climb to Gordes, pausing to visit the scenic terraces created by its impressive position in the Luberon Valley. Next, climb to the high plateau of the Luberon where we're rewarded with incredible views followed by 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. Tonight's farewell dinner will be at the hotel's elegant Les Vignes and Son Jardin restaurant, where the dishes spotlight a bounty of Provençal ingredients, many harvested just steps from the kitchen.

Meals: Breakfast / Lunch / Dinner

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

Accomplished: 29 miles / 47 km, elevation gain: 2,739 feet / 835 meters

Longer Option: 37 miles / 60 km, elevation gain: 3,549 feet / 1,082 meters

Accommodations: [Coquillade Provence](#)

DAY
6

Au Revoir!

For your final morning, enjoy a quiet breakfast and relax or go for a last ride in the countryside, saying farewell to the olive groves and vineyards that have been so familiar to us this week. Your guides will see you off in Avignon.

Meals: Breakfast

Destinations: Saint-Saturnin-lès-Apt, Gargas

Accomplished: 16 miles / 26 km, elevation gain: 1,131 feet / 345 meters

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with extended reservations at the first and final hotels on your scheduled itinerary, or with private transfers to and from your bike tour. DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your **Tour Coordinator**.

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.

Gratuity

Gratuities are much appreciated to thank DuVine guides 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. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip.



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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. E-bikes are available in most destinations on a first-come, first-served basis. 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. 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. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. 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

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



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)
Cycling sunglasses
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, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat 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. 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 you read these simple safety instructions and watch our [brief safety video](#). 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”).
- When riding as a group, maintain distance between yourself and other cyclists
- 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, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

