



TOUR ITINERARY



Europe / France / Provence

Provence 4-Day Bike Tour

Unpack Once and Discover the Essence of the Luberon

TOUR HIGHLIGHTS

- Browse the weekly market in Cucuron, where local producers offer pints of perfect berries, fragrant soap, wheels of cheese, and intoxicating Provençal lavender
- Ride through emblematic Provençal scenery and delve into the winemaking industry of the Ventoux and the Luberon
- Enjoy a Provençal lunch at a small, family-owned winery
- Bike through colorful, quintessentially French villages like Bonnieux and Lacoste, filled with charming façades, boutiques, and cafés
- Unpack once and settle into Capelongue, a chic Provençal estate where you'll wake each day to sweeping views of vineyards and olive groves



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.

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

Your guides will greet you at the Avignon TGV train station, and the adventure begins! A short transfer brings us to the charming town of Villars, where we will have our first lunch together followed by a bike fitting and safety briefing. Then, set out on a warm-up ride past vineyards and fruit-laden orchards, to one of the last Roman bridges in France. Continue cycling, admiring the region's tranquil landscapes and timeless architecture before climbing to the pristine village of Bonnieux. Set high above the Luberon, this historically prosperous enclave once served as the summer residence for several Avignon bishops. From there, it's a short ride to our luxurious hotel. Settle into your room, then spend some time relaxing poolside. This evening, watch the sunset over the valley during a seasonal feast at the hotel's open-air bistro. *Bon Appétit!*

Meals: Lunch / Dinner

Destinations: Villars, Gargas, Bonnieux

Accomplished: 16 miles / 26 km, elevation gain: 905 feet / 276 meters

Accommodations: [Capelongue](#)

DAY
2

Markets and Villages

Today's ride showcases Provence at its most idyllic. Winding along quiet country lanes, we'll pedal past sun-warmed vineyards, silvery olive groves, and fields of fragrant lavender. Along the way, cycle through a trio of captivating villages—Ansouis, with its medieval stone walls, Cucuron, where centuries-old plane trees shade the lively outdoor market, and elegant Lourmarin, renowned for its charming cobbled streets and artisan galleries. In Lourmarin we'll linger over lunch on a sunny terrace before deciding how to spend the afternoon: complete the loop back to the hotel for a satisfying finish in the saddle or transfer by van for a bit more downtime. The rest of the day is yours—take a refreshing swim, explore the beautiful grounds, or treat yourself to a massage at the hotel spa. Tonight, we'll regroup and head to dinner at a delightful family-run restaurant with a secret garden terrace.

Meals: Breakfast / Lunch / Dinner

Destinations: Cucuron, Ansouis, Lourmarin, Bonnieux

Accomplished: 28 miles / 46 km, elevation gain: 1,538 feet / 469 meters

Longer Option: 34 miles / 56 km, elevation gain: 2,440 feet / 744 meters

Accommodations: [Capelongue](#)

TOUR ITINERARY

DAY
3

Essence of 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 a cappuccino and the view from the picturesque village of Lacoste, then continue cycling to a family domaine just outside the town of Goult. There, we'll learn about Côtes du Luberon wines and enjoy a lovely picnic prepared by your guides. Close the loop back at the hotel, where you can spend the afternoon relaxing poolside with a glass of chilled rosé. Later, we'll head to a nearby winery, toasting to our time in Provence before a special farewell dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Lacoste, Menèrbes, Oppède-le-Vieux, Baumettes, Goult, Bonnieux

Accomplished: 22 miles / 36 km, elevation gain: 1,417 feet / 432 meters

Longer Option: 30 miles / 48 km, elevation gain: 2,559 feet / 780 meters

Accommodations: [Capelongue](#)

DAY
4

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: Bonnieux, Buoux

Accomplished: 14 miles / 23 km, elevation gain: 1,158 feet / 353 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.

Gratuities

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 | • Helmet |
| • GPS (where available) | • Water bottle |
| • Flat pedals | • Snacks/nutrition |
| • DuVine t-shirt and jersey | • 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.

