



 **LIFECYCLE
ADVENTURES**

Provence

FRANCE

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

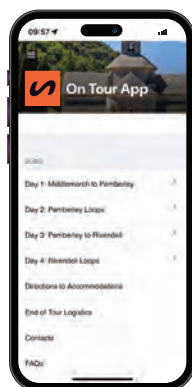
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



 **LIFECYCLE
ADVENTURES**

Provence

FRANCE

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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Pont Saint-Bénézet and Palais des Papes in Avignon

GETTING THERE

Tours typically start in Avignon. We can pick you up from Marseilles or Marseilles Airport as an optional extra.

Arriving in Avignon

Avignon TGV Station has direct services to Paris Gare de Lyon that typically take 2 hours 40 minutes. From the TGV station you can take either a taxi or a local train to the center of Avignon. Avignon also has an airport, but there are very few flights, for example, to London City Airport and a few other regional airports in Europe.

Arriving in Marseilles

Marseilles (MRS) has a medium-sized airport with flights to many European cities including Amsterdam, Frankfurt, London, Paris, and Rome. There are no direct flights from the U.S. but there is a direct flight from Montréal, Canada.

There is a direct train from Marseilles Airport to Avignon that takes an hour. To get to the train station (Vitrolles) from the airport terminal there is a shuttle bus that takes 5 minutes.

The easiest way to get into downtown Marseilles or to Marseilles TGV station from Marseilles Airport is by taxi. There are also trains and shuttle buses. There are regular TGV trains from Marseilles to Avignon. These trains take 35 minutes.

Booking Travel

The following sites are helpful when booking travel within France:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.sncf-connect.com/>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Avignon or Marseilles before and/or after their tour. We have had good feedback for the following hotels and B&Bs.

Avignon Hotels

Hôtel d'Europe

 12 Place Crillon, 84000 Avignon

 +33 049047676

 <https://heurope.com/fr/>

Les Jardins de Baracane B&B

 12 Rue Baracane, 84000 Avignon

 +33 0603410691

 <https://www.lesjardinsdebaracane.fr/>

Hôtel de Cambis

 89 Rue Joseph Vernet, 84000 Avignon

 +33 049046273

 <https://www.hoteldecambis.com/>

Marseille Hotels

InterContinental – Hôtel Dieu

 1 Pl. Daviel, 13002 Marseille

 +33 0413424242

 <https://marseille.intercontinental.com/>

Hôtel La Résidence du Vieux Port

 18 Quai du Port, 13002 Marseille

 +33 0491919122

 <http://www.hotel-residence-marseille.com/>

La Luna B&B

 20 Rue du Soleil, 13007 Marseille

 +33 0603688679

 <https://luna-marseille.fr/>

DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.



Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

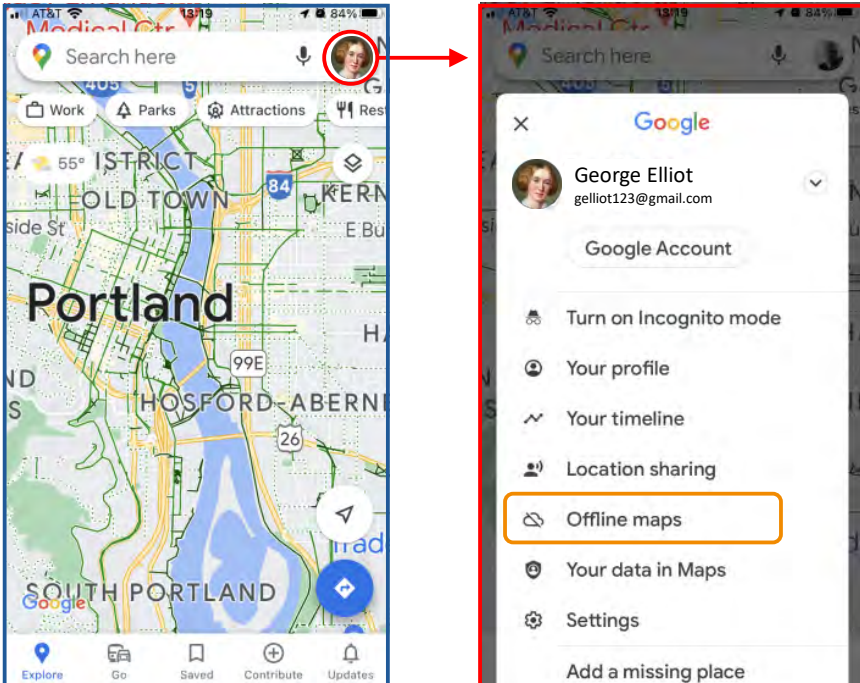
Download the Book

- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
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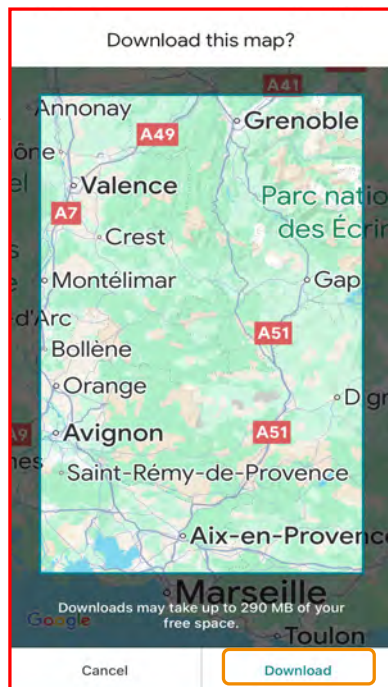
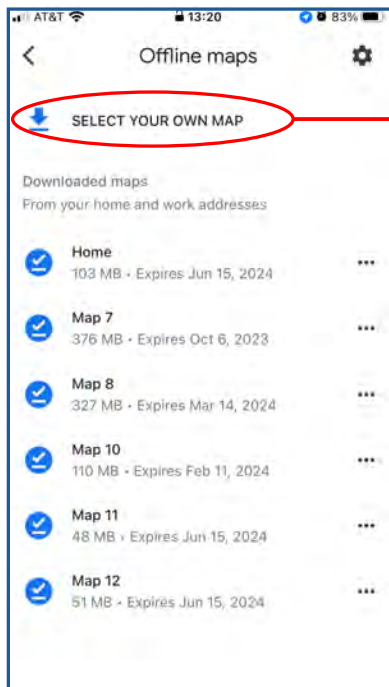
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.



In the Google Maps app, tap on your profile picture and then select Offline Maps



Zoom the map on France to include Avignon, Saint-Rème, and Gap

WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination.

Note that not all devices support eSIM technology so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Marseilles Airport

Typically, we collect and drop off guests at their hotel in downtown Avignon or Avignon Railway Station. We can also collect or drop off guests at Marseilles Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Gordes to St Rémy

If you plan to ride the Leisure route from Gordes to St Rémy, let your guide know at the start of the tour. This will allow them to organize your van transfer to Orgon for that day.

Cooking Classes

The best town for cooking classes is Gordes. Courses start from \$165 per person. Please ask for more details.

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Bédoin

- Restaurant La Colombe
- Restaurant Le Guintrand

In Gordes

- L'Artegal
- La Trinquette

In Saint-Rémy-de-Provence

- L'Aile ou la Cuisse
- Gus restaurant

In Vaison-la-Romaine

- Bistro du'O
- Le Moulin à Huile

Wineries

Reservations for tasting can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we would recommend that you book in advance. You can find a list of wineries on this tour, with details of what route they are on, in the *About the Area* section of this guidebook.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles, and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Abbey of Senanque near Gordes

INTRODUCTION

Provence is a region of timeless beauty, where ancient abbeys, castles, and Roman ruins dot the landscape. Village life moves at an unhurried pace, centered on exquisite food and wine. Around every bend, new vistas unfold: vineyards, olive groves, dramatic gorges, and lavender fields that also perfume the air.

It is no wonder artists like Cézanne, Van Gogh, and Matisse found endless inspiration here. For cyclists, Provence is a dream. Avid riders can tackle the legendary Mont Ventoux, while leisurely explorers enjoy gentle rides between charming villages, discovering bustling open-air markets and rustic cafes. Provence offers a perfect blend of history, natural beauty, and quiet charm—a place where every moment feels like a masterpiece.

ROUTES & HIGHLIGHTS

The map on the following page shows the *Intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Typically, Vaison la Romaine and Saint-Rémy-de-Provence are only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable

Intermediate Routes and Highlights

The map displays the following locations and features:

- Towns and Villages:** Vaison-la-Romaine, Bédoin, Châteauneuf-du-Pape, Avignon, L'Isle-sur-la-Sorgue, Gordes, Saint-Rémy-de-Provence, Valréas, Venterol, Nyons, Sainte-Jalle, Buis-les-Baronnies, Montbrun-le-Ferrand, Saint-Saturnin-lès-Apt, Apt, Lourmarin, Laurus, Cadenet, La Roque-d'Anthéron, Rognes, Saint-Cannat, Éguilles, Saint-Chamas, Lançon-Provence, Grans, Miramas, Salon-de-Provence, Eyguières, Mourières, Saint-Martin-de-Crau, Châteaurenard, Villeneuve-les-Avignon, Sorgues, Pernes-les-Fontaines, Aubignan, Beaumes-de-Venise, Jonquières, Orange, Camargue-sur-Aigues, Piolenc, Mornas, Bollène, Tulette, Visan, Sainte-Cécile-les-Vignes, Vaison-la-Romaine, Bédoin, Châteauneuf-du-Pape, Avignon, L'Isle-sur-la-Sorgue, Gordes, Saint-Rémy-de-Provence, Valréas, Venterol, Nyons, Sainte-Jalle, Buis-les-Baronnies, Montbrun-le-Ferrand, Saint-Saturnin-lès-Apt, Apt, Lourmarin, Laurus, Cadenet, La Roque-d'Anthéron, Rognes, Saint-Cannat, Éguilles, Saint-Chamas, Lançon-Provence, Grans, Miramas, Salon-de-Provence, Eyguières, Mourières, Saint-Martin-de-Crau, Châteaurenard, Villeneuve-les-Avignon, Sorgues, Pernes-les-Fontaines, Aubignan, Beaumes-de-Venise, Jonquières, Orange, Camargue-sur-Aigues, Piolenc, Mornas, Bollène, Tulette, Visan, Sainte-Cécile-les-Vignes, Vaison-la-Romaine.
- Geographical Features:** Parc naturel régional du Mont Ventoux, Réserve naturelle nationale des Coussouls.
- Infrastructure:** Roads (N580, A9, D977, D938, D942, D570N, D7N, A7, D569, D69, N569, D113, D973, D900, D572, D7N, A54, N568), Rivers (Rhône, Sorgue).
- Legend:** Map data ©2025 Inst. Geogr. National.

1 Vaison-la-Romaine

A town is renowned for its remarkably preserved Roman ruins, medieval upper town, and vibrant weekly market; all set against a backdrop of vineyards and rolling hills.

2 Bédoin

A charming Provençal village at the foot of Mont Ventoux It is a beloved starting point for cyclists and a hub of local culture, with vibrant markets and shady squares.

3 Mont Ventoux

The must-do climb for avid cyclists and a mountain backdrop for more casual riders. Mt Ventoux, is variously known as “the Beast of Provence,” “the Giant of Provence,” and “The Bald Mountain,” and is a legendary Tour de France finish.

4 Abbaye de Sénanque

A serene 12th-century Cistercian monastery framed by iconic lavender fields. It also offers a glimpse into monastic life amidst Provence’s tranquil beauty.

5 Gorges de la Nesque

A stunning canyon that is a favorite among cyclists for its winding roads, dramatic cliffs, and awe-inspiring views, offering a rewarding ride through unspoiled natural beauty.

6 Gordes

A medieval masterpiece and classified as one of the most beautiful villages in France. A hilltop village that captivates with its golden-stone buildings, winding cobblestone streets, and breathtaking views of the Luberon Valley.

7 Provençal food and wine

Provençal cuisine celebrates fresh, sun-kissed ingredients like tomatoes, olives, herbs, and garlic, paired perfectly with the region’s renowned rosé wines and robust reds. Dine al fresco in village restaurants with a glass of local Châteauneuf-du-Pape.

8 Saint-Rémy-de-Provence

This picturesque town surrounded by olive groves and vineyards is celebrated for its vibrant markets, Roman heritage, and as the place where Van Gogh painted some of his most iconic works.

9 Luberon, Vaucluse & Alpilles

These regions of Provence are defined by their timeless landscapes, from rolling vineyards and lavender fields to rugged limestone peaks. Dotted with hilltop villages, olive groves, and historic sites, they offer a perfect blend of natural beauty and cultural charm. A landscape that inspired Van Gogh, Gauguin, Picasso, and Matisse.

10 L'Isle-sur-la-Sorgue

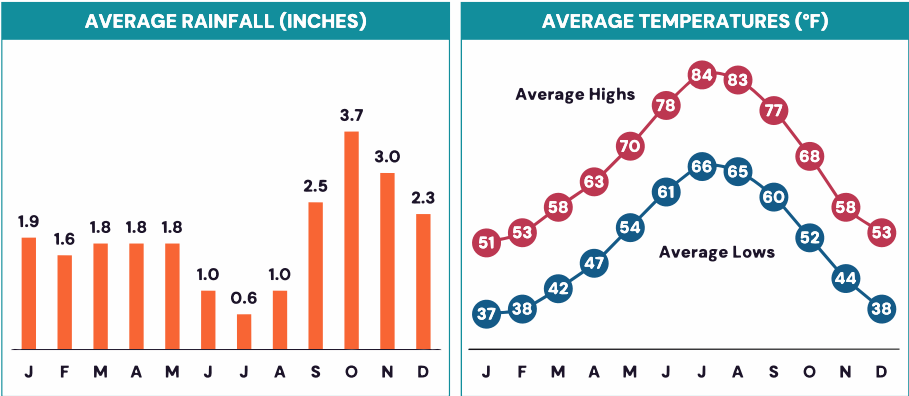
L'Isle-sur-la-Sorgue, the "Venice of Provence," is known for its canals, waterwheels, and antique markets. This charming town offers picturesque streets, riverside cafés, and cultural treasures like the Collegiate Church of Notre-Dame-des-Anges.

CLIMATE & GEOGRAPHY

Provence enjoys a Mediterranean climate: hot, dry summers, mild winters, and abundant sunshine year-round. In the spring and summer rainfall is relatively rare. Late fall and winter have more rainfall – typically falling in storms that quickly clear.

The best time to visit Provence is late April through late September when the temperatures are pleasantly warm, and the risk of rain is lower. In summer, temperatures are rarely stifling as most of the tour area is on higher ground away from the humidity of the coast. Spring and fall are great times to ride but the risk of rain rises as you get into October. We do not recommend cycling here in winter.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Gordes, a town at the center of our tours.



Data Source: www.intellicast.com

HISTORY

In Two Sentences

Provence has a rich history: the Ligurians, the Celts, and the Greeks have all left their mark on this region of France. The word Provence comes from the Roman 'Provincia Romana'.

Key Dates

125 BCE	Provence was annexed into the Roman Republic as "Provincia Romana," becoming a key part of the Roman Empire and giving the region its name.
4th Century CE	Christianity spread in Provence, with bishops like St. Trophimus of Arles playing significant roles in converting the population.
451 CE	Provence narrowly avoided invasion during Attila the Hun's campaign through Gaul.
507 CE	The Frankish King Clovis gained control over parts of Provence, integrating the region into the growing Frankish kingdom.
Middle Ages	Provence became a center of cultural and religious significance, under the influence of powerful local counts and the Holy Roman Empire.
9 th to 12 th Centuries	Provence was frequently contested during feudal conflicts, becoming a hub for medieval art and poetry, particularly through the troubadour tradition.
1348–1349	The Black Death devastated Provence, killing a large portion of the population.
13 th Century	Provence was integrated into the French Crown in 1481, following the death of Charles V, Count of Provence.
1494–1525	Provence saw impacts from the Italian Wars, which influenced the region's art, architecture, and trade.
16 th Century	Provence became embroiled in the French Wars of Religion, with Catholics and Protestant Huguenots clashing throughout the region.
17 th Century	Provence flourished economically due to its agricultural exports, particularly wine and olive oil, despite being politically overshadowed by Paris.
1789–1799	The French Revolution caused significant upheaval in Provence, with noble estates and monasteries being confiscated or destroyed.
19 th Century	Provence became a popular destination for artists like Van Gogh and Cézanne, whose works immortalized its landscapes.
1940s	During World War II, Provence was occupied by the Germans and became a key location for the Allied invasion of Southern France in Operation Dragoon (1944).

Late 20th–21st
Centuries

Provence experienced a resurgence as a tourist destination, celebrated for its picturesque villages, lavender fields, and vibrant cultural heritage, making it one of France's most iconic regions.

FOOD & DRINK

Provençal Food

Overview

Provençal cooking is synonymous with the clean, bright simple flavors of the Mediterranean. Indeed, good food is an integral part of life here in Provence. Olive oil, wine, tomatoes, melons, and garlic are all typical ingredients of the area.

Olive Oil

French cuisine, particularly Provençal, relies heavily on olive oil. It is used for sautéing, and added to salads, sauces, dips, marinades, and tapenades. The Greeks introduced olive trees to Provence around 600 BCE. A bottle of Provençal olive oil marked with an “AOC” or “AOP” label guarantees its origin. Similar to wine labels, these bottles often display the name of the chateau or domaine where they were produced. Unlike wine, olive oil does not age well; it should be stored tightly sealed in a cool, dry place, away from heat and light. Olive oil tastings are popular and resemble a wine tasting experiences. In Provence, the “Olivades” (Olive Oil Season) occurs between late November and late January, during which olives are harvested and the oil is pressed.



Ratatouille

Ratatouille is a simple vegetable stew. However, when prepared well, it is bursting with Mediterranean flavors. This summery delight includes eggplant, tomatoes, zucchini, onions, peppers, and garlic. Each vegetable is initially cooked separately before being gently stewed together. Variations can include additional vegetables like mushrooms or aromatic elements like olives. It is a dish commonly featured on Provence menus.



Aïoli

Aïoli is a blend of the words “garlic” and “oil”; a sauce made from a garlic emulsion and olive oil. It is typically served with vegetables and cod or other fish.



Nougat

This sweet is a must-try while in Provence. Made by combining sugar or honey with egg whites and adding almonds, nuts, or other flavorful ingredients, it contains no milk or milk powders. It is chewy, nutty, and sweet. The locals are very proud of this confectionary and you will find shops dedicated to selling just nougat in its many varieties.



Wines of Provence

Overview

It was the Greeks who first cultivated wine in the region – in the hills around Marseilles. The Romans continued the tradition when Provence came under Roman control at the end of the 2nd Century BCE. Wine production was again elevated with the arrival of the catholic popes in Avignon in the 14th Century.

There are many wineries in the area – just look for the signs on your route. *Dégustation* – *Vente* means tasting and sales. English is spoken in many of the wineries, and they are typically very happy to serve drop-in guests curious about their wines. At the smaller vineyards, it is best to avoid 12:00 – 3:00 PM as this is their lunch “hour”.

Except for Châteauneuf-du-Pape and some Muscat desert wines, Provençal wines do not typically have a strong international reputation. However, local vineyards turn out a fantastic range of wines: red, white, and, notably, rosé. Some predominant local wines are described below.

Beaumes-de-Venise

The Muscat de Beaumes-de-Venise is a rich and fruity red wine that uses Muscat grape – probably introduced by the Greeks. Beaumes-de-Venise can also refer to a sweet white Muscat wine.

Châteauneuf-du-Pape

Châteauneuf-du-Pape is strong (minimum alcohol content 12.5%), full bodied, red that ages well but can be enjoyed both young and aged. Châteauneuf-du-Pape also produces an excellent white wine. The Châteauneuf-du-Pape wines have been actively promoted since the 14th century, by the Popes who had their summer palace here.

One of the reasons for the wine's special properties and color is that up to 13 different grape varieties can be used. Another of the secrets of the outstanding Châteauneuf-du-Pape wine is the stony ground: the large round stones – galets – act as storage heaters, soaking up the Provençal sunshine during the day and releasing the heat during the night.

Coteaux de Baux-de-Provence

At the base of the Alpilles mountains, between Arles and Cavaillon, the chalky-white limestone soil is rich in bauxite. The vineyards tend to be organic, using no artificial or inorganic fertilizers.

Côtes du Luberon

The Côte du Luberon wines grow on the slopes of the Luberon Mountains, southeast of Apt. The Luberon vineyards were classed VDQS until 1988, when they received the AOC classification.

Côtes du Ventoux

The Côte du Ventoux wines grow on the southern slopes of the dominating Mont Ventoux. Most of the production is red, but with a little white wine as well.

Côtes du Rhône

Produced just about anywhere in the region, Côtes du Rhône is usually a red made primarily from the Grenache grape. Some white and rosé wines are also produced.

Côtes du Rhône Village

Inside the Côtes du Rhône region is an area of 3,200 ha that produces wines with stricter criteria and of a higher quality than basic Côtes du Rhône.

Tavel

This is reputed to be the finest rosé in all of France. Much of the land in this area was left fallow following the phylloxera plague. Replanting started in the 1960s, under the initiative of the local cooperative.

Lirac

Like Tavel, Lirac is best known for its rosé wines, but more and more red wine is being produced here. The Lirac appellation comes from four villages: Lirac, Saint Génès de Comolas, Roquemaure, and Saint-Laurent-des-Arbes (just across the river from Châteauneuf-du-Pape).

Vacqueyras

Vacqueyras are red wines but there is also a fortified wine, Rasteau, that is made from the Grenache grape.

WINERIES ON YOUR ROUTES

Most wineries are in the Bédoin and Gordes area. The map and listings on the following pages show the main wineries in the area that are close to our cycling routes.

The table that follows the map shows which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.



The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), Challenge (C), or Epic (E).

Route	Winery		Level			
			L	I	C	E
Avignon to Vaison	1	Cave de Cairanne	✓	✓	✓	
	2	Cave de Rasteau	✓	✓	✓	
	3	Château Mont-Redon		✓	✓	
	4	Cave du Verger des Papes		✓	✓	
In or around Vaison	5	Cave Coopérative la Romaine	-	-	-	-
Vaison Loops	6	Domaine du Faucon Doré	✓	✓	✓	
Avignon to Bédoin	7	Domaine de la Ligière	✓	✓	✓	
	8	Domaine des Bernardins	✓	✓	✓	
	3	Château Mont-Redon		✓	✓	
	4	Cave du Verger des Papes		✓	✓	
	9	Rhonéa - Boutique de Vacqueyras	✓	✓	✓	
Vaison to Bédoin	10	Cave de Beaumont du Ventoux	✓			
	11	Domaine Saint Amant		✓		
	12	Domaine Talés	✓	✓	✓	✓
	13	Domaine Saint Martin Farm		✓		
In or around Bédoin	14	Domaine Le Van	-	-	-	-
	15	VMV Vignerons du Mont Ventoux	-	-	-	-
Bédoin Loops	16	Château Pesquié	✓			
	15	VMV Vignerons du Mont Ventoux	✓			
Bédoin to Gordes	16	Château Pesquié		✓		
	17	Domaine Chapelle Saint Heyriés			✓	
Gordes Loop A	18	Cave de Bonnieux	✓	✓		
	17	Domaine Chapelle Saint Heyriés	✓	✓	✓	

Route	Winery		Level			
			L	I	C	E
Gordes Loop A (continued)	19	Domaine de Tara	✓	✓	✓	
Gordes Loop B	20	Caviste – Bar à vin, Monsieur Sommelier		✓	✓	
	21	Château Landra			✓	
Gordes to St Remy	22	Domaine de Valdition	✓	✓		
	18	Cave de Bonnieux			✓	
	23	Domaine de la Coquillade			✓	
	24	Château La Verrerie			✓	
	25	Château Romanin	✓	✓	✓	
	26	Domaine de la Vallongue			✓	
In or around St Remy	25	Château Romanin	-	-	-	-
St Remy Loop	26	Domaine de la Vallongue		✓	✓	
	27	Du Mas de Gourgonnier		✓	✓	
	25	Château Romanin		✓	✓	

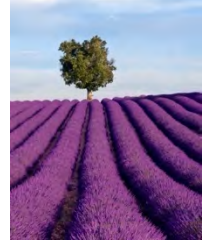
The *Winery Listings* in the Appendices provide the following information about each winery:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

FUN FACTS (AND OTHER THINGS OF INTEREST)

Lavender

Lavender is the emblematic symbol of Provence, transforming the region into a sea of purple during the summer months. Its cultivation dates back centuries, with the plant thriving in the sunny, dry climate and limestone-rich soils. Lavender fields, particularly in areas like the Plateau de Valensole, Luberon, and Sault, attract visitors for their breathtaking beauty and aroma. Beyond its visual appeal, lavender is cherished for its versatility, used in essential oils, perfumes, cosmetics, and food like honey and ice cream. Provence celebrates this plant with festivals and markets, highlighting its cultural, economic, and sensory significance.



Châteauneuf-du-Pape

The Romans first planted vines in Provence 2,000 years ago, but wine growing really took off after Pope John XXII built a castle (Châteauneuf-du-Pape) on the Rhône in 1317. These vineyards supplied the papal court with wine. Most Châteauneuf-du-Pape is red (only 6% is white) and rosé is forbidden! The reds come from 13 grape varieties – Grenache being the major one – and should be aged for a minimum of five years. The full-bodied whites drink well young and make an excellent, minerally aperitif that is hard to find outside the region.



Théâtre Antique, Orange

Orange's Roman theatre is among France's most impressive Roman sites. It is believed to have been built during Augustus Caesar's rule (27 BCE to CE 14) and was designed to hold 10,000 spectators. The 103m-wide, 37m-high stage wall is one of only three in the world still standing in their entirety (others are in Syria and Turkey).



Pont du Gard

The triple-tiered Pont du Gard is an awe-inspiring aqueduct. At 50 meters high, it is the world's highest Roman monument. It was once part of a 50 km-long system of channels built around 19 BCE to transport water from Uzès to Nîmes. The scale is huge: 48.8m high, 275m long and graced with 35 arches. The bridge was sturdy enough to carry up to 20,000 cu meters of water per day. Each block was carved by hand and transported from nearby quarries – no mean feat, considering the largest blocks weigh over 5 tonnes. Amazingly, the height of the



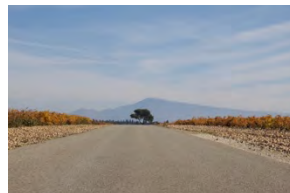
bridge descends by a minute 2.5 cm across its length, providing just enough gradient to keep the water flowing.

You can walk across the tiers for panoramic views over the River Gard, but the best perspective on the bridge is from downstream, along the 1.4km Mémoires de Garrigue walking trail.

Galots

While riding through the Rhône Valley, you may notice a thick layer of large pebbles scattered atop the red clay soil. These are known as galots and are thought to be the cause of the lusciousness of these wines.

When glaciers receded, they left a thick layer of 'galots'. These rocks trap the heat from the Provençal sun, releasing it to the land after sunset. This helps grapes ripen with a steady warmth.



Art

Provence is famous for its art. The landscapes of the area attracted artists such as Renoir, Picasso, Chagall, Van Gogh, and Cézanne. They came not only for the landscapes but also for the light. Matisse described the Provençal light as 'soft and tender, despite its brilliance.' The area still has many art galleries as well as local artists and studios.



Wine production

Did you know that from one acre of vineyards one can harvest 5 tons of grapes, 13½ barrels of wine, 4,000 bottles of wine or 16,000 glasses of wine?

ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in Provence?

Standard sockets here, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances here you will need to check they are rated for use with 220 volts and you will need a plug adapter.

Many phone charges and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Money

The currency of Provence is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Provence. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Provence. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of Provence, people are used to dealing with people who do not speak French and are generally friendly and keen to help.

Will my cell phone work in Provence?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a French SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy a French SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Provence* above.

Exploring

How is the traffic on the roads in Provence?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The French are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder, and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Should I ride with lights?

We recommend riding with lights in low light or in poor weather. Please note that as of 2025, French law mandates that the rear light must emit a steady red beam – flashing rear lights are not permitted. If you are not bringing your own lights, you can request them from us via email or the booking form.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Provence!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Provence & the Côte d'Azur* or the *Lonely Planet Guide to Provence*. For more on architecture, history, and the arts, we would suggest the *Michelin Green Guide to Provence*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest Michelin Map 527: Provence–Alpes–Côte d'Azur – Regional Map. The scale is 1: 200,000 and it is available from Amazon or from the Michelin website.

Local Customs

What are local dress codes?

French people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. Wearing Lycra or sportswear while riding is both acceptable and common in Provence. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM – 12:00 PM and 2:00 PM – 6:00 PM
- Churches: 10:00 AM – 7:00 PM
- Shops: 9:00 AM – 12:00 PM and 2:00 PM – 7:00 PM
- Restaurants for lunch: 12:00 PM – 2:30 PM
- Restaurants for dinner: 7:30 PM – 10:30 PM
- Other businesses: 9:00 AM – 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in Provence is far less pervasive than in the United States; the French do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and laundrettes is common in France and the larger cities. However, the countryside in Provence is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 2 Avenue Gabriel 75008 Paris

 Telephone: +33 (0)1 43 12 22 22

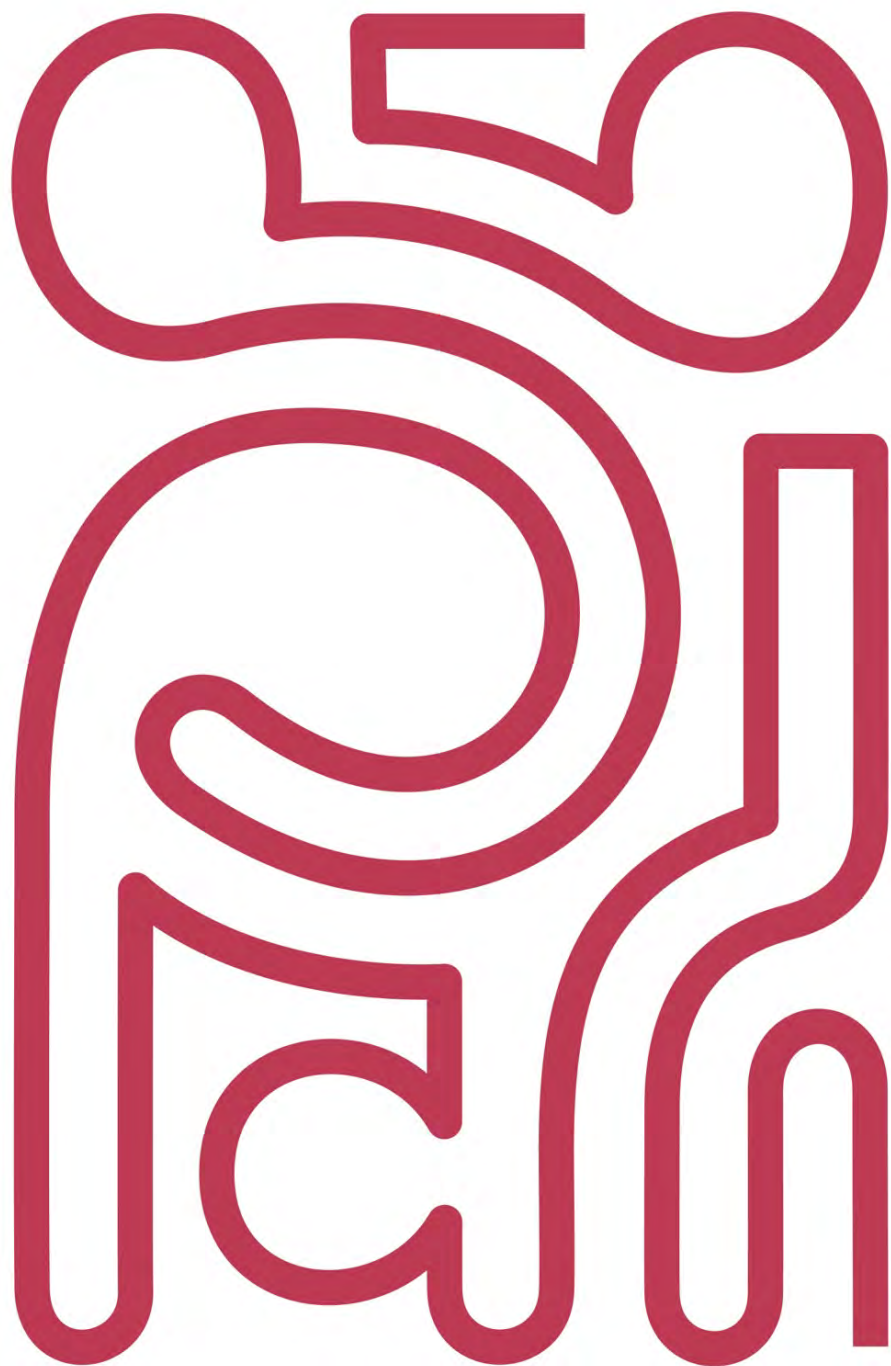
 <https://fr.usembassy.gov/>

Embassy of Canada

 130 Rue du Faubourg Saint-Honoré, 75008 Paris

 Telephone: +33 (0)1 44 43 29 00

 <https://www.international.gc.ca/country-pays/france/paris.aspx?lang=eng>



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Vaison-la-Romaine	38
Bédoin	45
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St-Remy-de-Provence	59



The Roman Bridge in Vaison-la-Romaine

VAISON-LA-ROMAINE

Overview

Built on the Ouvèze River, Vaison-la-Romaine is located in the Haut-Vaucluse region of Provence tucked between seven hills. Like soccer, Vaison-la-Romaine is a game of two halves. North of the river is the lively modern town that includes several Roman ruins. South of the river – perched on a hill – is the medieval town complete with 12th-century castle. Separating the two sides is a deep gorge – crossed by a sturdy Roman bridge.

The town is popular with tourists and serves as a hub for the local agricultural region. This comfortable blend has led to Vaison-la-Romaine being recognized as one of the Plus Beaux Détours de France (most Beautiful Detours in France).

The town has a long and prosperous history. It was the capital of the Voconce people that occupied the site before the Romans arrived at the end of the 2nd century BCE. The town prospered under the Romans but was then partially destroyed in late 3rd Century CE. By the 5th century CE, it had bounced back and was the seat of a bishopric. Development then switched to the southern side of the river as the townspeople looked for protection offered by the higher ground. This is also where the Count of Toulouse built his castle. In more modern times, the focus has switched back to the lower – northern part of the town – leaving the medieval town unspoiled.

Both the lively lower town – with its Roman ruins – and the medieval upper town are well worth taking the time to explore; this is a very authentic Provençal town.

Restaurants and Bars

Vaison-la-Romaine has many dining options, from specialty restaurants to those offering typical Provençal food.

The Panoramic Bistro – Les Maisons Du'O

Based in Les Maisons Du'O, and offering breathtaking view of Vaison and its river, this restaurant makes excellent use of local seasonal produce. Fussy eaters note that the choice of dishes is limited – but superb: a perfect reflection of what is at the market that day. Open Tuesday to Saturday for dinner from 7:15 PM – 9:30 PM and lunch from 12:15 PM – 1:30 PM. Closed Sunday and Monday. Reservations required. Dress code is smart/casual.

 La Haute Ville – Rue Gaston Gevaudan, Vaison-la-Romaine

 +33 04 90 28 84 08

 <https://www.maisonsduo.com/le-bistro-panoramique>

Le Moulin à Huile

For a high-end experience, we recommend Le Moulin à Huile. The chef showcases gastronomic prowess in a former olive-oil mill with baby-blue shutters by the river. In summer you can dine outside in the peachy garden (go for the upper terrace, rather than the lower one). Open Thursday to Monday for dinner from 7:15 PM – 9:00 PM and lunch from 12:15 PM – 1:15 PM. Closed Tuesday and Wednesday. Reservations strongly advised. Dress code is smart/casual.

 1 Quai Maréchal Foch, Rte de Malaucène, Vaison-la-Romaine

 +33 04 90 36 04 56

 <http://www.lemoulinahuile84.fr/>

La Bartavelle

For a local, traditional French option head here, a small but atmospheric restaurant off the main square. Open Tuesday to Saturday for dinner from 7:15 PM – 8:45 PM and lunch Tuesday to Sunday from 12:15 PM – 1:30 PM. Closed Sunday evening and all-day Monday. Reservations advised. Dress code is smart/casual.

 15 Rue Camille Pelletan, Vaison-la-Romaine

 +33 04 90 36 02 16

 <http://www.restaurant-bartavelle.fr/>

Chez mon Bèou Le Restaurant

An authentic Provençal dining experience with fresh, locally sourced ingredients, traditional dishes, and an excellent selection of regional wines. The welcoming ambiance, attentive service, and charming terrace make it a favorite for both locals and visitors. Open daily from 12:00 PM – 2:00 PM and from 7:00 PM – 9:00 PM. Reservations advised. Dress code is smart/casual.



30 Cr Taulignan, Vaison-la-Romaine



+33 09 87 13 5679



<https://chez-mon-beou.eatbu.com/?lang=en>

Intentionally Blank

Town Plan



Key

Hotels

1. Hostellerie le Beffroi
2. Hôtel Burrhus
3. Les Tilleuls d'Elisée

Restaurants & Bars

4. Les Maisons Du'O, The Panoramic Bistro
5. Le Moulin à Huile
6. La Bartavelle
7. Chez mon Bèou Le Restaurant

Points of Interest

8. Gallo-Roman Ruins
9. Cathedral Notre Dame de Nazareth

Other Locations

10. Tourist Information
11. Petit Casino

 Route Start / End

Sights and Activities

Weekly Market

There is a typical market of Provence (Marché Provençal) once a week. The market is in and around the main square and surrounding streets. The market dates back to 1483 when a bull of Pope Sixtus IV allowed Vaison to open a market. In 1532, Pope Clement VII confirmed this decision and specified the day: Tuesday.

Gallo-Roman Ruins

Between the 6th and 2nd centuries BCE, there was a Roman city that flourished on the site of Vaison-la-Romaine, called Vasio Vocontiorum. The remains fill two central Vaison sites. The archaeological sites and museum are open from March – December, from 9:30 AM – 6:00 PM. The three main sites to visit are the Ancient site of Puymin, the Ancient site of Villasse, and the Roman Bridge.

 Site Antique de Puymin, 14 Rue Burrus, Vaison-la-Romaine

 +33 04 90 36 50 48

 <https://www.provenceromaine.com/>

Cathedral Notre Dame de Nazareth

The cathedral and its cloisters lie just on the other side of the river from the Medieval town. Open daily from 9:30 AM – 6:00 PM. Price is € 9 per adult, and the "PASS" ticket is a passport for all the city's monuments, valid for 24 hours.

 2 Pl. de la Cathédrale, Vaison-la-Romaine

 +33 04 90 36 50 00

 <http://www.provenceromaine.com/>

Festivals

In July, an international dance festival (various styles: classical, jazz, contemporary) is held in the Roman amphitheater.

Other Useful Information

Tourist Information

Office de Tourisme Vaison Ventoux Provence (Tourist Information Office). Open Monday to Saturday from 9:30 AM – 12:30 PM and 2:00 PM – 5:00 PM and Sunday from 9:30 AM to 12:00 PM.

 Av. Général de Gaulle, Vaison-la-Romaine
 +33 04 90 36 02 11
 <https://www.vaison-ventoux-provence.com/>

Taxi

Taxis Ventoux Provence has a taxi service which can be useful to get to restaurants slightly further afield. We recommend getting a quote on booking.

 59 Rue Trogue Pompée, Vaison-la-Romaine
 +33 06 22 86 01 33
 <https://www.taxi-vaision-rolland.com/>

Grocery Stores

There are a number of small supermarkets in town including the following small supermarket. The larger supermarkets are on the outskirts of the town.

Petit Casino

Open Monday to Saturday from 8:30 AM – 12:30 PM and 3:00 PM – 7:00 PM. Closed Sunday.

 9 Pl. Montfort, Vaison-la-Romaine
 +33 04 90 36 04 72
 <https://petitcasino.casino.fr/stores/c3901>



The town of Bédoin with the peak of Mont Ventoux in the background

BÉDOIN

Overview

Bédoin is one of the three gateway towns for riding up Mont Ventoux (Sault and Malaucène are the other two). It is probably the most upbeat of the three – with numerous cafes, restaurants, and shops. It is also from Bédoin that the “classic” route ascends Mont Ventoux and is packed with cyclists (and some walkers) during the summer months.

This small town (more a large village) is centered around Avenue Barral des Beaux – a shady, tree-lined street with many cafes and shops. West of this avenue is a cluster of smaller streets that make for a pleasant wander – though with no formal sites as such. This is also where you will find the somewhat incongruous Spanish-style church that dominates the profile of the town. The church, Eglise Saint Pierre, was constructed by Jesuits in 1702 and has several elegant altars. The hill behind the church has great 360 views of the town and Mont Ventoux beyond.

There are a couple of nice wineries within two kilometers of the center of town.

The name “Beduinum” can be found in historic documents from the 10th century CE. In 1250, Lord Barral des Baux granted the villagers use of the Ventoux for farming. In the 13th Century, Bédoin became papal land and was part of the papacy until 1791 when it joined France along with Avignon. However, Bédoin carried on showing its loyalty to the pope and in revolutionary France was declared in a state of counter-revolution. Subsequently, the village was destroyed and wiped off the

map in 1794. A year later, however, it was restored, and prosperity gradually returned.

Restaurants and Bars

Even though small, Bédoin offers a good mix of restaurants, from casual dining to traditional local cuisine.

If you are staying outside of Bédoin, either in Crillon-le-Brave, or on the slopes on Mt Ventoux, your options are usually limited to restaurants within walking distances. Taxis are not common in this part of Provence.

A Table!

This is great for a casual meal, they use fresh, local produce which results in the menu changing regularly. Open Friday to Tuesday for dinner from 7:00 PM – 9:00 PM and lunch from 12:00 PM – 2:00 PM. Reservations required as seating is limited. Dress code is smart/casual.

 121 Avenue Barral des Baux, Bédoin

 +33 09 80 85 32 43

 <https://restaurantatable.jimdo.com/informations-pratiques/>

Lily et Paul

Good food, in a quiet courtyard setting. Open Wednesday to Monday from 12:00 PM – 2:00 PM and 7:00 PM – 9:30 PM. Closed on Saturday afternoon (lunch service) and all-day Tuesdays. Reservations advised. Dress code is smart/casual.

 414 Avenue Barral des Baux, Bédoin

 +33 04 90 12 96 11

 No website

Restaurant La Colombe

This is one of the two restaurants close to *La Garance* Hotel.

French fine dining using quality produce. Vegetarian, gluten free and dairy free options available. Open Tuesday to Sunday from 7:00 PM – 9:00 PM. Open for lunch on weekends only. Closed on Monday. Reservations required. Dress code is smart/casual.

 3890 Rte du Mont Ventoux, Bédoin

 +33 04 90 65 61 20

 <http://www.la-colombe.fr/>

Restaurant Le Guinrand

This is the other restaurant close to *La Garance* Hotel.

Good local food on the slopes of Mont Ventoux. Open Thursday to Monday for dinner from 7:00 PM – 9:00 PM and lunch from 12:30 PM – 1:30 PM. Closed Tuesday and Wednesday. Reservations advised. Dress code is casual.

 3807 Route du Mont Ventoux, Bédoin

+33 04 90 37 10 08
<https://www.leguintrand.fr/>

Hôtel Crillon le Brave

This hotel has multiple restaurant options. La Table du Ventoux is a bistro-nomic restaurant, led by Chef Thomas Lesage, serving authentic Provençal cuisine crafted from the finest local produce. Guests can enjoy lunch and dinner on a panoramic terrace with breathtaking views of Mont Ventoux.

For something more relaxed, there is a bar offering a selection of more casual dishes.

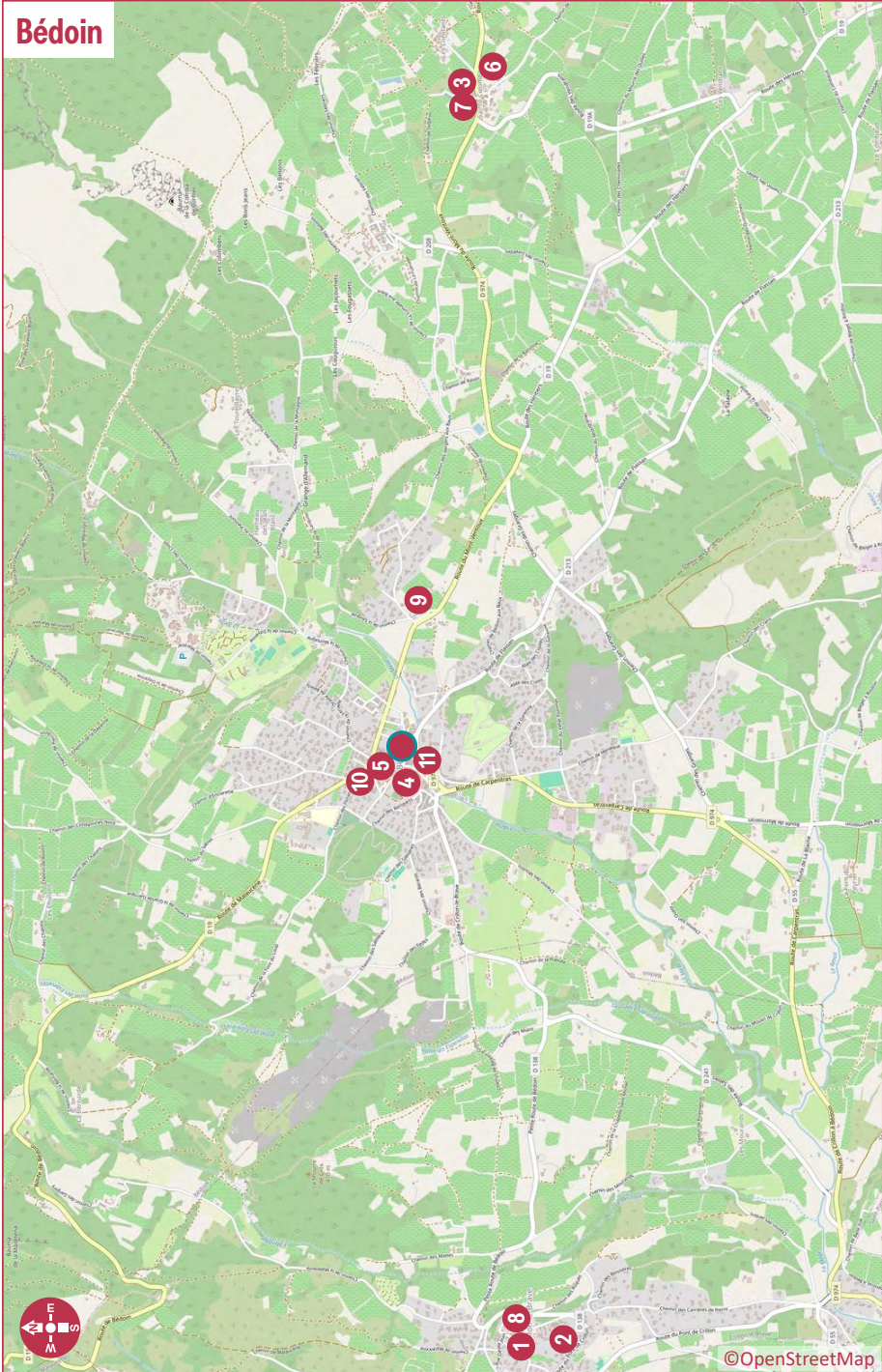
 Place de l'Eglise, Crillon-le-Brave
+33 04 90 65 61 61
<https://www.crillonlebrave.com/>

Clovis & Basina

This restaurant is in the village of Crillon le Brave and more casual than the restaurants at Hôtel Crillon le Brave. Open Thursday to Monday from 12:00 PM – 1:30 PM and from 7:00 PM – 9:00 PM. Closed Thursday lunch time and all-day Tuesday and Wednesday.

 144 Rue du Vieux Four, Crillon-le-Brave
+33 04 90 12 81 39
<https://clovisetbasina.com/restaurant-crillon-le-brave/carte-et-menu-de-saison>

Town Plan



Key

Hotels

1. Hôtel Crillon le Brave
2. La Maison de Crillon
3. Hôtel La Garance

Restaurants & Bars

4. A Table!
5. Lily et Paul
6. Restaurant La Colombe
7. Restaurant Le Guintrand
1. Hôtel Crillon le Brave
8. Clovis & Basina

Points of Interest

9. Romanesque Chapelle Notre Dame du Moustier

Other Locations

10. Tourist Information
11. Carrefour Contact



Sights and Activities

Weekly Market

Market day in Bédoin is a Monday. This lively Provençal market is filled with local produce, artisanal goods, and regional specialties.

Romanesque Chapelle Notre Dame du Moustier

A beautiful chapel of uncertain origins but dating back to the 6th century.

 98 Chemin de la Chap du Moustier, Bédoin

 No phone

 No website

Festivals

The festival of the Recampado is held in June to prepare the fires of the Saint-Jean. This includes dancing and folk music.

The wine festival AOC Ventoux is held in July to showcase the wine of the area. Winetasting, music and games.

Other Useful Information

Tourist Information

Office de Tourisme de Bédoin Ventoux Provence (Tourist Information Office). Open Monday, Wednesday, Friday and Saturday from 9:00 AM – 12:30 PM and 1:30 PM – 6:00 PM and Thursday from 9:00 AM – 1:00 PM (closed on Tuesday and Sunday).

 1 Rte de Malaucène, Bédoin

 +33 04 90 65 63 95

 <http://www.ventouxprovence.fr/>

Taxi

Ghanem Patrick has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone. We recommend getting a quote on booking.

 +33 06 09 37 10 57

 No website

Grocery Stores

There are a number of supermarkets including the following.

Carrefour Contact

Open Monday to Saturday from 8:00 AM – 8:00 PM and Sunday 9:00 AM – 12:30 PM

 Chem. de la Garenne, Bédoin

 +33 04 90 65 91 91

 <https://www.carrefour.fr/magasin/contact-bedoin>



A panoramic view of Gordes and the Luberon Valley at sunset

GORDES

Overview

Gordes is a stunningly beautiful town standing on the edge of the plateau of Vaucluse. Its houses of white and gray stone rise in a spiral around the rock where the village is set. At the very top is the church and the castle which face out onto the hills of the Luberon. Due to its privileged position, its exceptional charm and its typical architecture, Gordes has been listed as one of Les Plus Beaux Villages de France (one of the most beautiful villages in France) and many film stars and artists have properties here. While the town is busy with tourists during the day, it is pleasantly quiet in the evenings.

In the center (top) of the town, you can see the fortified castle enclosing the city hall and the Pol Mara museum, (a Flemish contemporary painter). While the center of the town is charming, it is well worth delving deeper (down) into the winding passageways of the village. The cobblestone streets are typically quiet and a photographer's delight – small alleyways lined with tall houses with beautiful old doorways and arcades. At every turn, there are panoramic views of the valley and the mountains of Luberon.

During the Second World War, the village was an active center for the resistance. The village was bombed, and houses were dynamited in reprisal for the death of a soldier, killed by resistance fighters.

Outside of Gordes, is the Village des Bories – an open-air museum of rural life that includes 20 stone Bories (little round huts built in dry stone and used by shepherds and hunters). The village is four kilometers south of town – down a small lane on the RHS of the D2; just after the roundabout with the D15.

Restaurants and Bars

Due to the large number of day trippers, many of the restaurants in the town are just “okay.” Of course, okay in Provence is still good but prices can be high for the quality.

L'Artegal

This is a family-run restaurant which serves good Provençal food ‘with a twist’. Open for dinner Friday to Tuesday from 7:00 PM – 9:00 PM and lunch from 12:00 PM – 2:00 PM. Reservations strongly advised. Dress code is casual.

 Pl. Genty Pantaly, Gordes

 +33 04 90 72 02 54

 No website

La Trinquette

A charming eatery which has a balcony restaurant that is hard to beat. The food is very tasty with a good vegetarian selection (at least good for France). Open Thursday to Monday from 4:00 PM – 9:30 PM. Reservations strongly advised. Dress code is casual.

 Rue des Tracapelles, Gordes

 +33 04 90 72 11 62

 No website

Clover Gordes

Located in the luxurious La Bastide de Gordes Hotel, this is a gourmet restaurant with an exceptional view and excellent food ... with prices to match.

 La Bastide, 61 Rue de la Combe Arelles, 84220 Gordes

 +33 04 90 72 12 12

 <https://airelles.com/en/destination/gordes-hotel/restaurants/clover-gordes-jean-francois-piege-restaurant>

La Bastide de Pierres

Also associated with La Bastide de Gordes Hotel – though located nearby – this is a less formal restaurant than the Clover. This Italian based restaurant offers very good pasta and pizza options. Open daily for dinner from 7:00 PM – 9:45 PM and lunch from 12:00 PM – 2:15 PM. Reservations advised. Dress code is casual.

 64 Place du Château, Gordes

 +33 04 90 72 18 91

 https://bastide-de-pierres.com/?utm_source=google&utm_medium=yext

Les Bories & Spa

Most people staying at this hotel choose to eat at one of its two restaurants. The *Gourmet Restaurant* is highly acclaimed and offers refined Provençal cuisine, showcasing regional ingredients like lamb from Sisteron, Mediterranean fish, and

local seasonal produce. Guests enjoy their meals in an elegant setting with views of the Luberon valley. The gourmet restaurant is open from Tuesday to Saturday for dinner from 7.30 PM – 9.30 PM. Closed on Sunday and Monday.

The *Bistrot* is also popular, offering more casual options to guests. It is open daily for lunch from 12:00 PM – 2:00 PM and for dinner on Sunday and Monday from 7:30 PM – 9:30 PM.

For those staying at the hotel who wish to eat in the village, you can walk to Gordes along two kilometers of footpaths and small lanes.



Rte de Senanque, Gordes

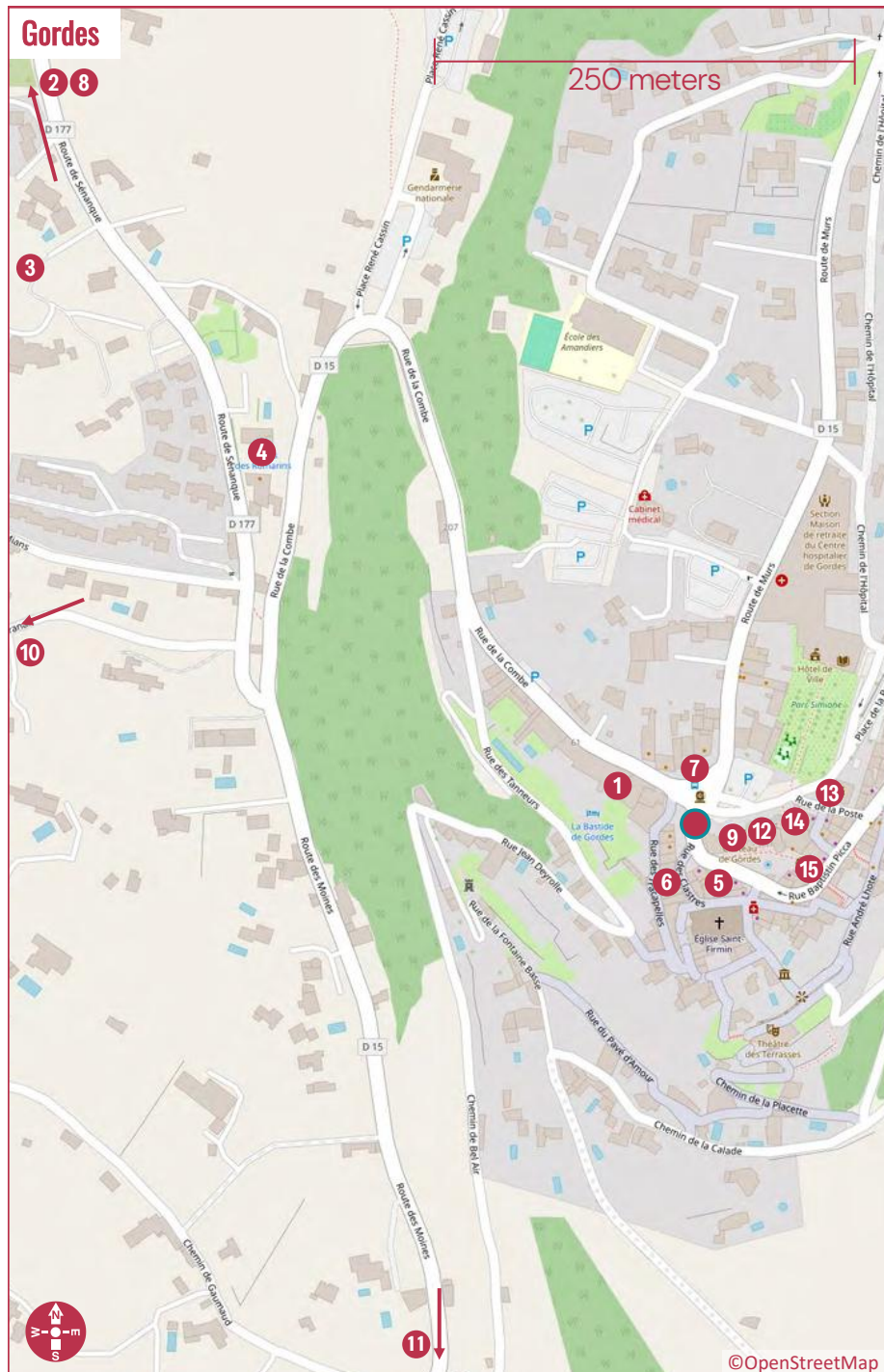


+33 04 90 72 00 51



<https://www.hotellesbories.com/en/>

Town Plan



Key

Hotels

1. La Bastide de Gordes
2. Hôtel les Bories & Spa
3. Domaine de l'Enclos
4. Le Mas des Romarins

Restaurants & Bars

2. Les Bories & Spa
5. L'Artegat
6. La Trinquette
1. Clover Gardens
7. La Bastide de Pierres

Points of Interest

8. Abbaye Notre-Dame de Sénanque
9. Château de Gordes
10. Village des Bories
11. Clos du Moulin of Jeannons

Other Locations

12. Tourist Information
13. SPAR
14. Le Potager Du Chateau
15. Le Fournil de Mamie Jeanne



Route Start / End

Sights and Activities

Market day in Gordes is a Tuesday. The market spreads out around the main square and the Château de Gordes, offering a variety of local goods. Visitors can find fresh produce, artisanal cheeses, cured meats, olives, lavender products, handmade crafts, clothing, and Provençal specialties.

Abbaye Notre-Dame de Sénanque

Situated 4 km north of Gordes on the D177, this is a peaceful spot that provides one of the classic postcard images of this part of Provence. The Abbaye Notre-Dame de Sénanque is a graceful Cistercian abbey surrounded by swathes of purple lavender and nestled in a small canyon. Best times to view these fields are July and August when the lavender is in full bloom. The abbey was founded in 1148 and is still home to a small monastic community. For this reason, visiting is limited:

- You can walk around the valley and visit the abbey throughout the day.
- To visit the 12th-century building you join a guided tour (French only). On the tour, you visit the church, the cloister, the chapter-hall, the warming room and the ancient dormitory. Reservations recommended.
- Unguided tours are permitted between 9:45 AM – 11:00 AM (except Sunday). Silence is required.
- Modest dress is requested and no cycling gear. If you are in Gordes on a rest day, there is a pleasant walk to the Abbey along tracks and small trails.

 Abbaye de Sénanque, Gordes

 +33 04 90 72 18 24

 <http://www.senanque.fr/>

Château de Gordes

This millennium-old fortress in the center of the town, blends medieval and Renaissance architecture. Classified as a Historic Monument in 1931, it now serves as a cultural venue hosting art exhibitions throughout the year. Open daily from 10:00 AM – 1:00 PM and from 1:30 PM – 5:30 PM. Entry price is €6 per adult.

 Pl. Genty Pantaly, Gordes

 +33 04 32 50 11 41

 <https://www.chateaudegordes.com/>

Village des Bories

Situated 3 km from the town, this is an open-air museum showcasing dry-stone structures known as "bories." Constructed in the 17th century, these edifices—including sheepfolds, bread ovens, and wine vats—exemplify ancestral building techniques. The site offers insight into historical rural life and architectural heritage.

Open daily from 10:00 AM – 5:00 PM. Entry price is €8 per adult.

 1570 Chemin du Village des Bories, Gordes

 +33 04 90 72 03 48

 <https://en.levillagedesbories.com/>

Clos du Moulin of Jeannons (olive oil mill)

Situated 3 km south of the town, this is a family-run, ancient olive oil mill with exhibits on olive oil production and local traditions. Visitors can enjoy free tastings and purchase local products such as tapenades, wines, and olive oil-based cosmetics. The mill also provides self-guided tours and access to a 4 km walking trail through olive groves and historic stone structures. Open Monday to Saturday from 9:00 AM – 12:00 PM and from 2:00 PM – 6:00 PM. Closed on Sunday.

 Les Hauts De Tourteron, 1729 Rte de Saint-Pantaléon, Gordes

 +33 04 90 72 68 35

 <https://www.moulinjeannons.com/>

Cooking Classes

Hotel Domaine De L'enclos offers superb wine tastings with their sommelier and fabulous cooking classes with their chef. Classes start from €165 per person, beginning at 4:30 PM. Contact the hotel directly to check availability.

 Rte de Senanque, Gordes

 +33 06 83 67 89 13

 <https://www.domainedelenclos.com/en>

If you are not staying at Hotel Domaine De L'enclos it is also possible to check availability with their chef as he can accommodate cooking classes at his beautiful home in Gordes. You can coordinate with his partner and sommelier, Yannick, at luberonwinegourmet@gmail.com

 367 Chemin de Peyre Benet, Hameau des Imberts, Gordes

 +33 (0)7 61 44 93 12

 <https://www.luberonwinegourmet.com/>

Another option is *Le Phébus* in Joucas: Small classes with groups up to 10 people, usually in the afternoon followed by a gourmet dinner. Joucas is 6km from Gordes and could be incorporated on a Gordes Loop A ride.

 Route de Murs, Joucas

 +33 04 90 05 78 83

 <https://www.lephebus.com/ru/page/7475.html>

Winery and Olive Oil Tour

Yannick Fremont is a local, certified sommelier living in Gordes. She offers a 3-hour excursion around the Luberon, taking you to 3 wineries for tours and tastings, and then to the museum of olive oil. Cost €80 per person. We recommend contacting Yannick directly for availability on luberonwinegourmet@gmail.com

 +33 (0)7 61 44 93 12

 <https://www.luberonwinegourmet.com/>

Festivals

Festival des Soirées d'été is a summer evenings event where concerts and theatre are held in an open-air amphitheater. Tickets available from the tourist office.

Other Useful Information

Tourist Information

Tourist Heart of Luberon Provence | Gordes (Tourist Information Office). Open every day from 9:00 AM – 12:30 PM and 2:30 PM – 6:00 PM.

 Pl. Genty Pantaly, Gordes

 +33 04 90 72 02 75

 <https://www.gordes-village.com/>

Taxi

Taxi Gordes Provence has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 +33 06 12 82 33 21

 <https://www.taxigordesprovence.com/about>

Grocery Stores

There are a number of small supermarkets including the following.

SPAR

Open Monday to Saturday from 8:00 AM – 12:30 PM and 3:00 PM – 7:00 PM and Sunday 8:30 AM to 12:30 PM

 Rue de la Poste 52, Gordes

 +33 04 32 50 47 07

 No website

Le Potager Du Chateau

Great for local, fresh produce. Open every day from 7:30 AM – 8:00 PM.

 Rue de la Poste, Gordes

 +33 06 75 88 27 52

 <https://le-potager-du-chateau-22.websself.net/>

Le Fournil de Mamie Jeanne

Great bakery. Open every day from 7:00 AM – 6:30 PM.

 Rte Neuve, Gordes

 +33 04 90 72 09 34

 <http://www.mamie-jeanne-patisserie-gordes.fr/>



A typical street in the old town of Saint-Rémy-de-Provence

ST-REMY-DE-PROVENCE

Overview

Saint-Rémy-de-Provence is a quintessential Provençal town that remains authentic and is much more than just a tourist attraction. The center of the town is a charming web of narrow winding streets linking peaceful squares with old fountains. Plane trees provide the shade and restaurants, cafes, and elegant boutiques provide the color. Market day is particularly festive. The restaurants here are particularly good and the town has built a solid reputation with foodies. Among the shops in the old town are a few with some regional pottery including beautiful sunflower plates.

Van Gogh is associated with the town, having admitted himself to the Saint-Paul asylum in Saint Rémy. Here he painted many works including *The Irises*. Many of the works in this series are particularly lyrical with a strong connection to nature. Saint Rémy was also the birthplace of Michel Nostradamus the French physician who published a collection of famous prophecies.

The Roman ruins of Glanum are two kilometers south of town. Originally a Greco-Roman town, the site was rediscovered in 1921 and has been extensively excavated ever since. Saint Rémy is also the gateway town for the Alpilles Mountains with craggy limestone cliffs framing the town to the south. To the north is fertile farmland.

Restaurants and Bars

There are many choices for eating and drinking from simple salads or crêpes to fine dining restaurants. The bars are great for drinks, coffees, and people watching.

L'Aile ou la Cuisse

A classic Provençal restaurant serving great traditional fish and meat dishes in the atmosphere of a traditional French bistro. The building was a former convent refectory dating from 1680. Old-world flavors are reinvented and enhanced with a touch of creativity. Open daily for dinner from 7:00 PM – 10:00 PM and lunch from 12:00 PM – 2:00 PM. Reservations advised. Dress code is smart/casual.

 34 Bd Mirabeau, Saint-Rémy-de-Provence

 +33 04 90 26 08 01

 <https://www.laile-ou-lacuisse.fr/>

Auberge Saint-Rémyde Provence (AKA Fanny Rey's L'Auberge de Saint-Rémy)

Perhaps one of the best newcomer restaurants in St Rémy– on the edge of the oldtown. Food is authentic and elegant with a focus on local market ingredients. With Jonathan Wahid as the pastry chef, desserts are also exceptional. In 2017, the restaurant was awarded a Michelin star. Terrace dining for warmer days. Open Tuesday to Saturday for dinner from 7:15 PM – 9:30 PM and Thursday to Saturday for lunch from 12:00 PM – 2:00 PM. Reservations required. Dress code is smart/casual.

 12, boulevard Mirabeau Saint-Remy-De-Provence

 +33 04 90 92 15 33

 <http://www.aubergesaintremy.com/>

La Cuisine des Anges

A popular place with locals and tourists. This causal Maison d'hôte has been around for an age and is still going strong. Light Provençal dishes are derived from organic local ingredients and served in the interior patio or dining-room. Open Tuesday to Saturday for dinner from 7:00 PM – 9:15 PM. Reservations strongly advised. Dress code is smart/casual.

 4 Rue du Huit Mai 1945, Saint-Rémy-de-Provence

 +33 04 90 92 17 66

 <https://www.angesetfees-stremy.com/le-restaurant-3/>

Gus restaurant – Saint-Rémy-de-Provence

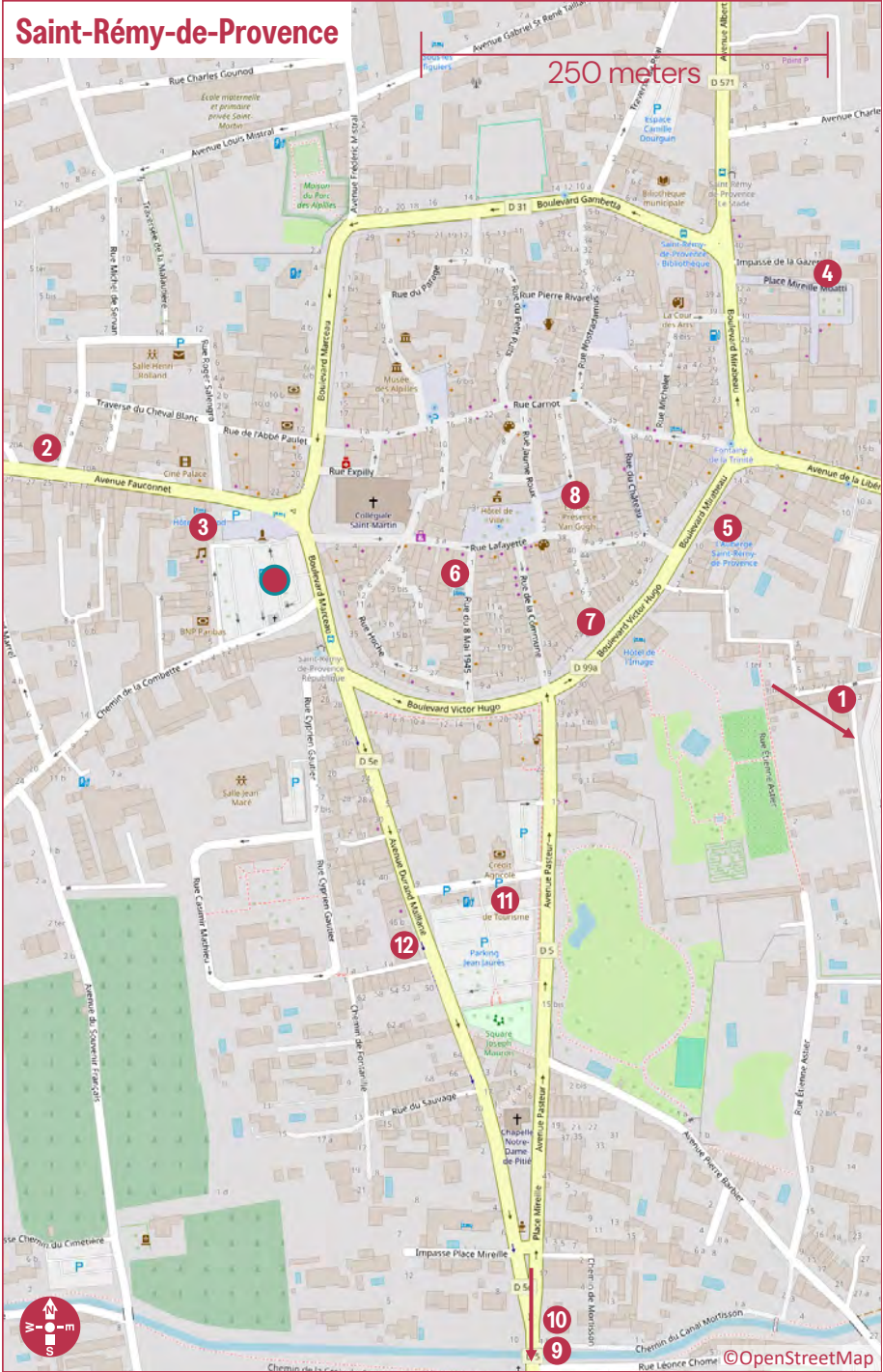
This the perfect choice for delicious, simple food paired with great wines. Lots of sea food and fresh fish, and dessert isn't to be missed. The service is friendly and a seat outside in the sun is the cherry on top. Open daily for dinner from 7:00 PM – 9:30 PM and lunch from 12:00 – 2:00 PM. Reservations strongly advised. Dress code is smart/casual.

 31 Bd Victor Hugo, Saint-Rémy-de-Provence

 +33 04 90 90 27 61

 <https://www.angesetfees-stremy.com/le-restaurant-3/>

Town Plan



Key

Hotels

1. Hôtel Vallon de Valrugues
2. Le Petit Hotel
3. Hôtel Gounod

Restaurants & Bars

4. L'Aile ou la Cuisse
5. Auberge Saint-Remy de Provence
6. La Cuisine des Anges
7. Gus Restaurant

Points of Interest

8. Musée Estrine – Présence Van Gogh
9. Site Archéologique de Glanum
10. Monastère St-Paul de Mausole

Other Locations

11. Tourist Information
12. Utile Saint Rémy de Provence



Route Start / End

Sights and Activities

Weekly Market

St-Rémy-de-Provence has a vibrant, weekly market on Wednesdays, offering fresh produce, local crafts, and Provençal specialties. The market is located on the Place de la République and in the streets of the historic center.

Musée Estrine – Présence Van Gogh

A cultural gem dedicated to modern and contemporary art. Housed in a beautifully restored 18th-century mansion, the museum showcases works by renowned artists inspired by Provence, including a section honoring Vincent van Gogh. The museum's collection features paintings, sculptures, and graphic art, complemented by rotating temporary exhibitions. The museum also offers educational workshops and guided tours. Entrance fee is €7 per adult. Open daily in May to September from 10:00 AM – 6:00 PM. In April and October, the museum closes over lunch from 3:00 PM – 2:00 PM.

 8 Rue Lucien Estrine, Saint-Rémy-de-Provence

 +33 04 90 92 34 72

 <https://www.musee-estrine.fr/>

Site Archéologique de Glanum

This is a spectacular archeological site that dates back to the 3rd century BC. Walking the main street towards the sacred spring around which Glanum grew, you pass the fascinating remains of a once-thriving city, complete with baths, forum, marketplace, temples and houses. Two ancient Roman monuments – a triumphal arch (AD 20) and mausoleum (30 to 20 BC) – mark the entrance of the site, 2 km south of St-Rémy. Located on the LHS of D5, 2 kilometers south of Saint Remy. Open daily from 9:30 AM – 6:00 PM.

 Av. Vincent Van Gogh, Saint-Rémy-de-Provence
 +33 04 90 92 23 79
 <https://www.site-glanum.fr/>

Monastère St-Paul de Mausole

This is the monastery to which Van Gogh admitted himself in 1889. The peace of this asylum resulted in his most productive period: he completed 150+ drawings and 150+ paintings here, including his famous *Irises*. A reconstruction of his room is open to visitors, as are a Romanesque cloister and gardens growing flowers that feature in his work. From the monastery entrance, a walking trail is marked by color panels, showing where the artist set up his easel. St-Paul remains a psychiatric institution, and an exhibition room sells artwork created by patients. The monastery is 1½ kilometers south of town 500 meters before you reach the Glanum archeological site. Turn left off the D5 onto Avenue Dr Edgar Leroy and the monastery is in 200 meters. Open daily from 10:15 AM – 12:00 PM and 1:00 PM – 5:15 PM.

 2 VC des Carrières, Saint-Rémy-de-Provence
 +33 04 90 92 77 00
 <http://www.saintpauldemausole.fr/>

Festivals

Organa Festival is a singing festival held every summer and offers a series of concerts at the Chapelle Saint Roch. Visit tourist information for what is on.

The Creators' Night Market takes place every Tuesday in the summer in Saint Rémy de Provence, at night in the heart of the village. You will find numerous creations there: decoration, jewelry, ceramics, fashion, accessories and much more.

Other Useful Information

Tourist Information

Office de Tourisme Intercommunal Alpilles en Provence (Saint-Rémy de Provence) (Tourist Information Office). Open Monday to Saturday from 9:15 AM – 12:30 PM and 2:00 PM – 6:00 PM and Sunday from 10:00 AM – 12:30 PM.

 Place Jean Jaurès, Saint-Rémy-de-Provence
 +33 04 90 92 05 22
 <https://www.alpillesenprovence.com/>

Taxi

Taxi Giovanneschi Bruno has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone. We recommend getting a quote on booking.

 +33 06 07 02 25 64
 No website

Grocery Stores

There are a number of small supermarkets including the following.

Utile Saint Rémy de Provence

Open daily from 7:30 AM – 8:00 PM

 48 Av. Durand Maillane, Saint-Rémy-de-Provence

 +33 04 90 92 13 09

 <https://magasins.utile-upf.fr/354-utile-saint-remy-de-provence>



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

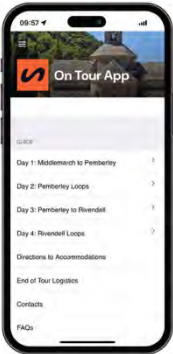
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

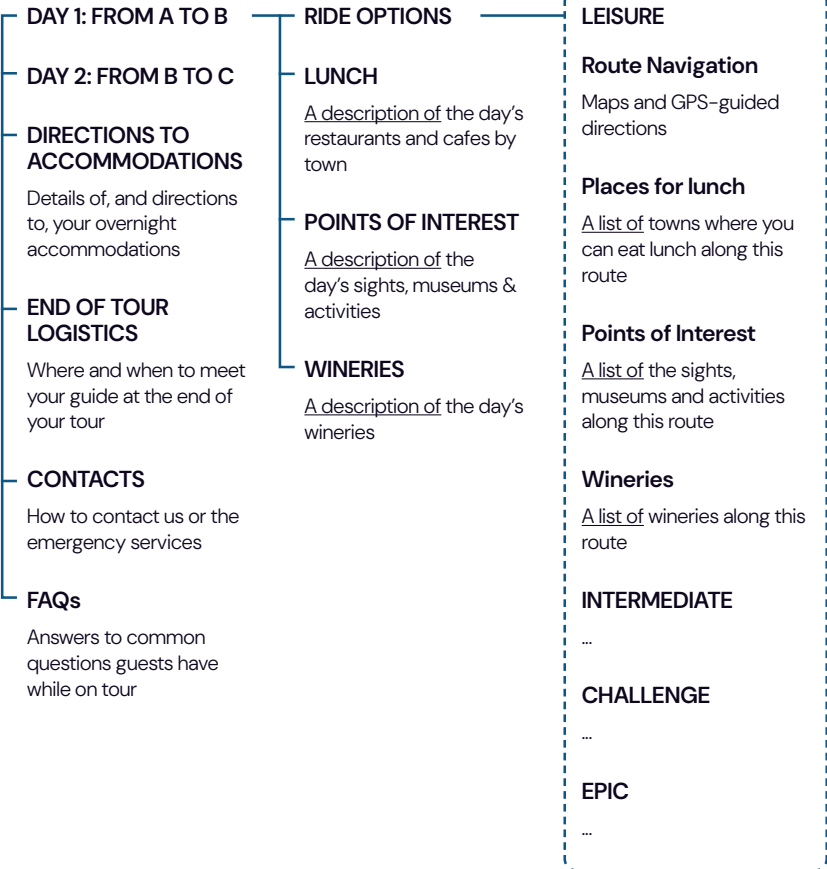
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



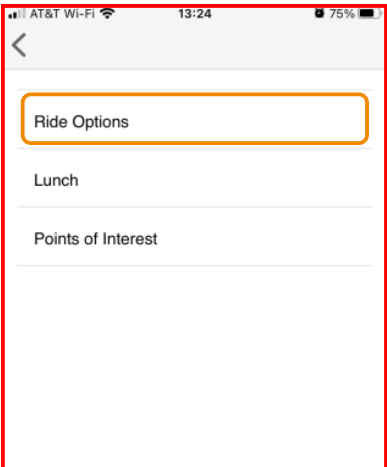
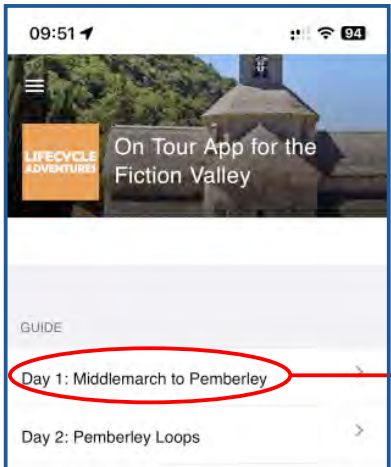
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

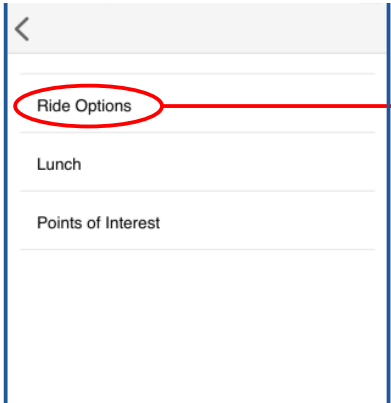
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

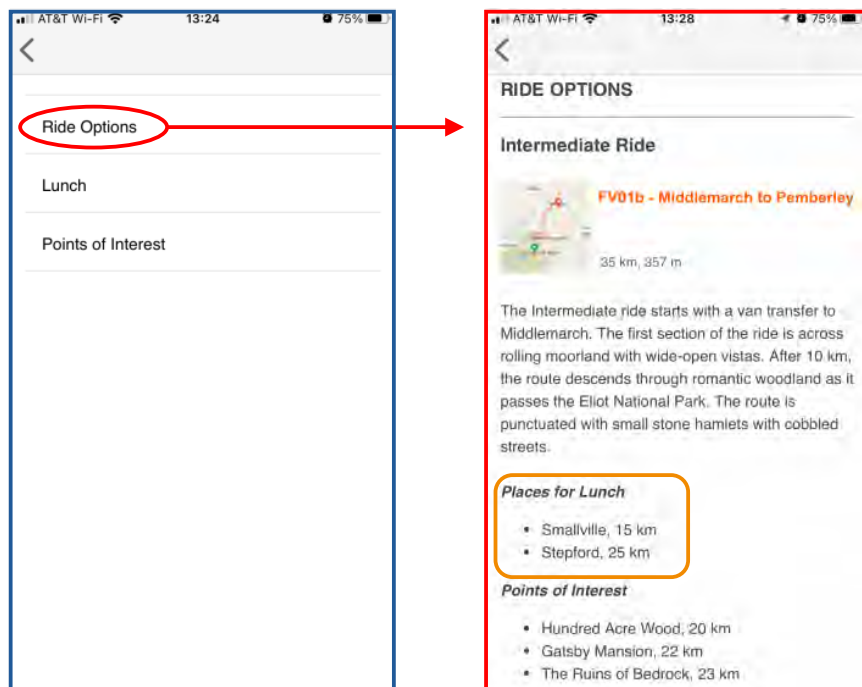


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

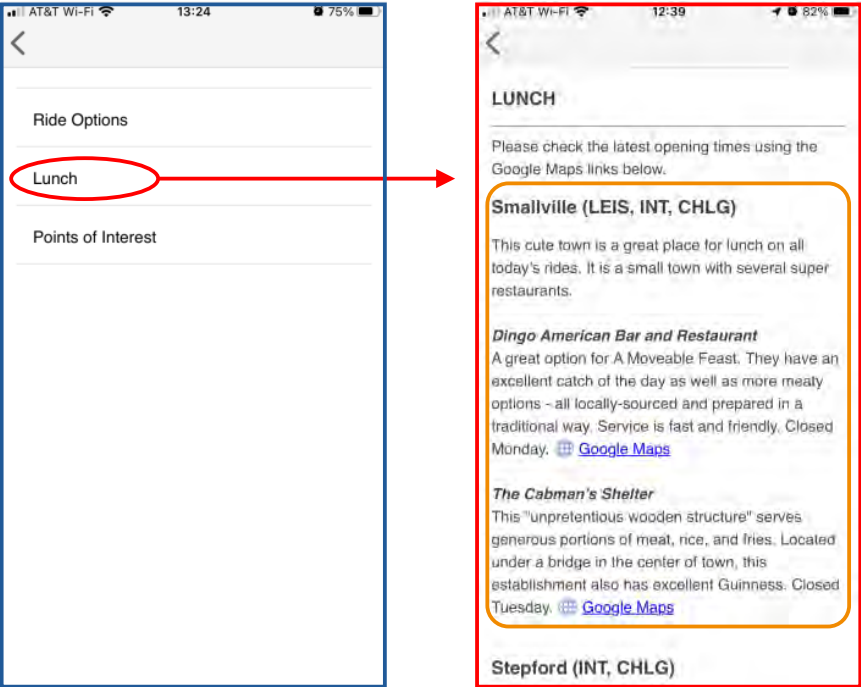
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



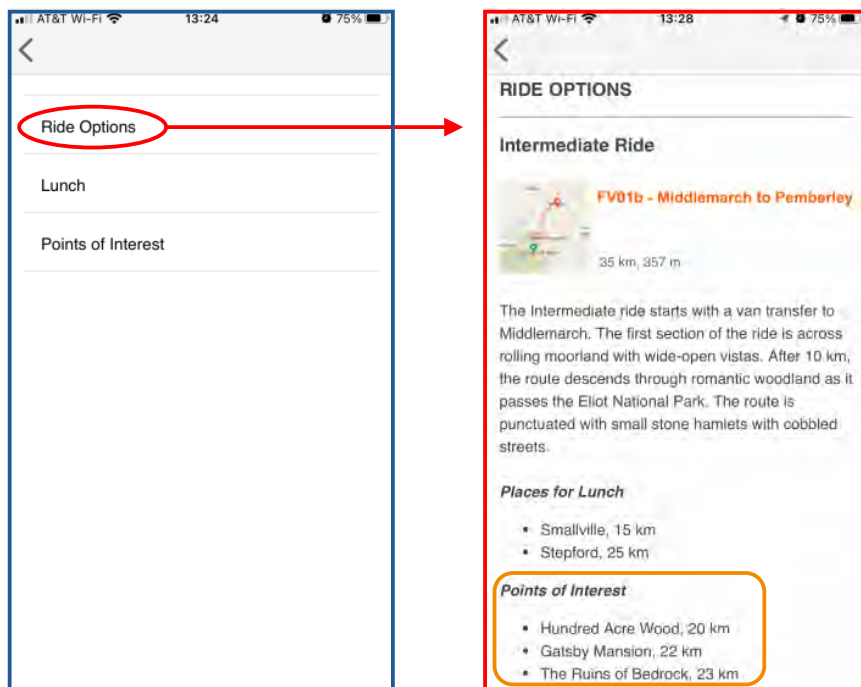
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

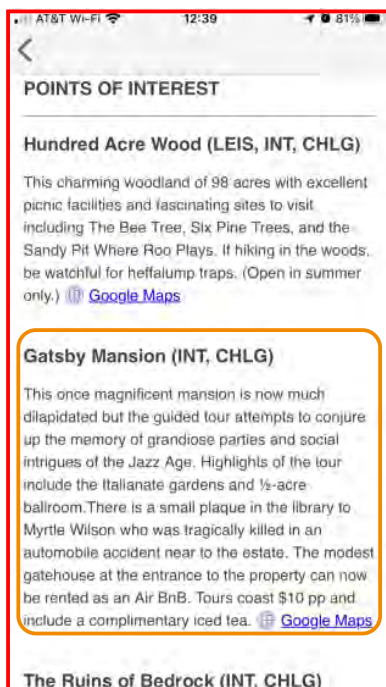
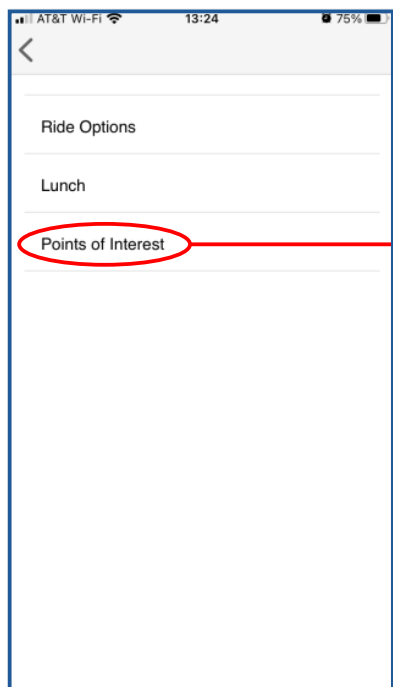
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

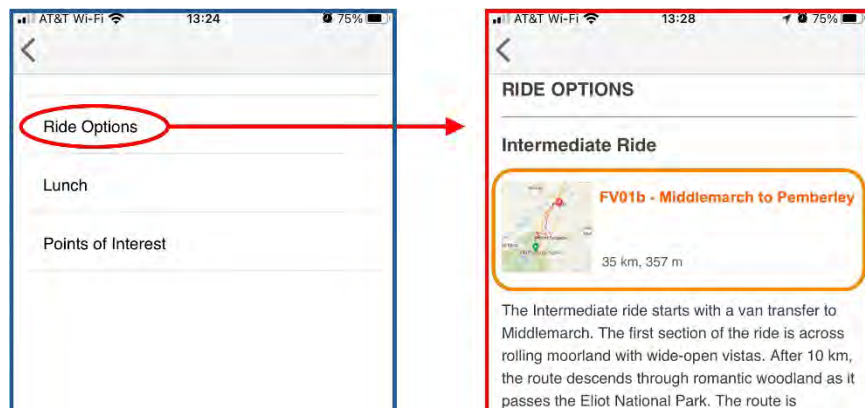
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

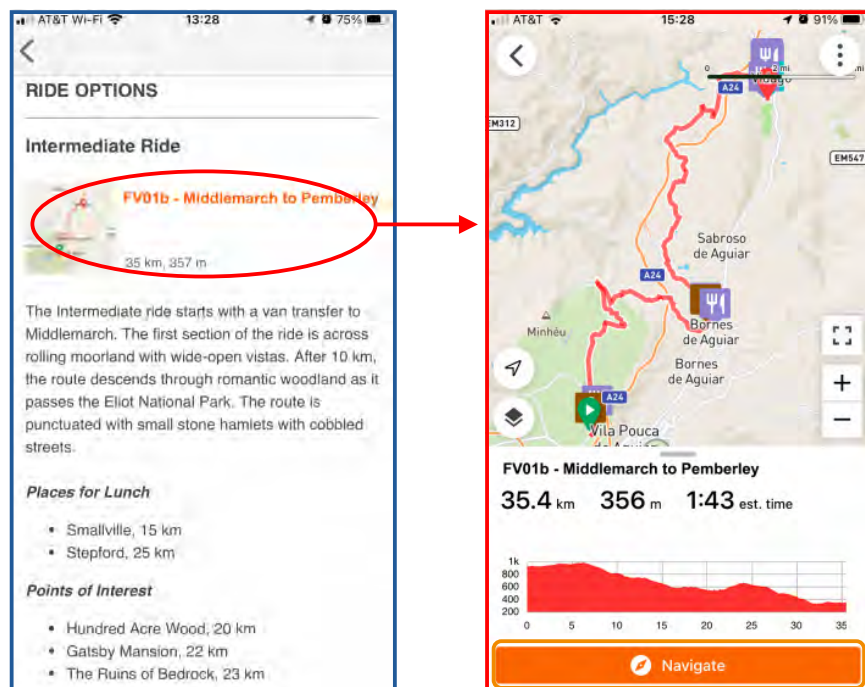
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



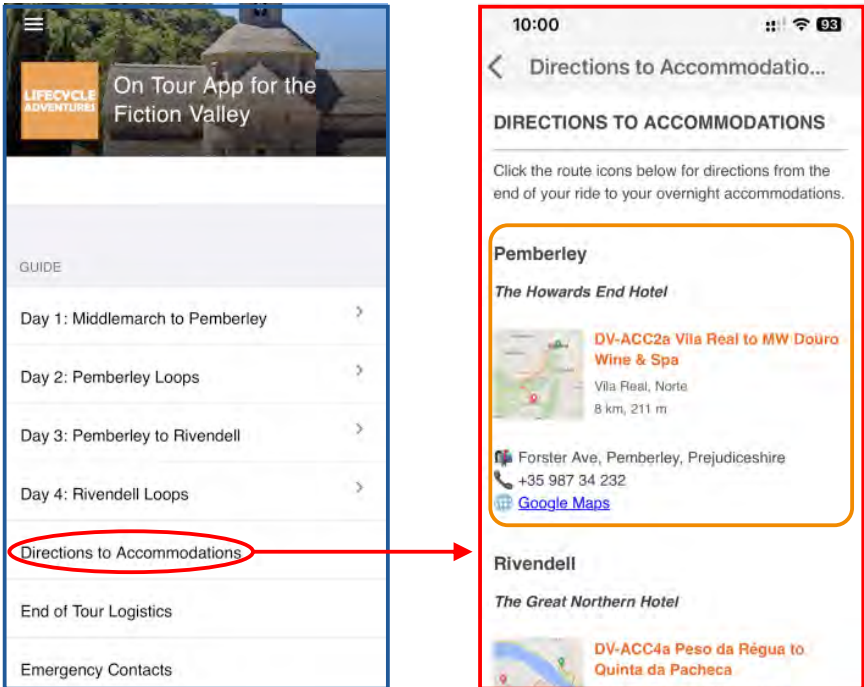
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



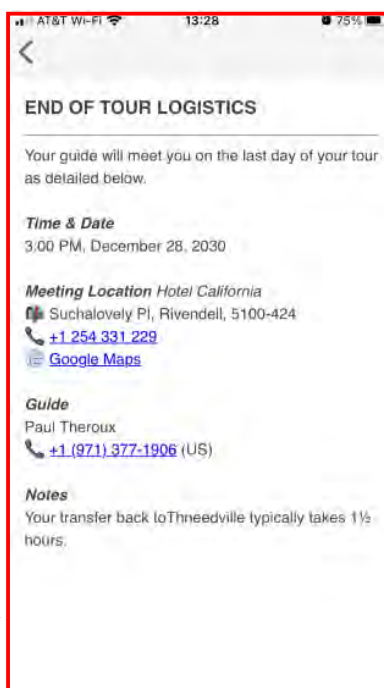
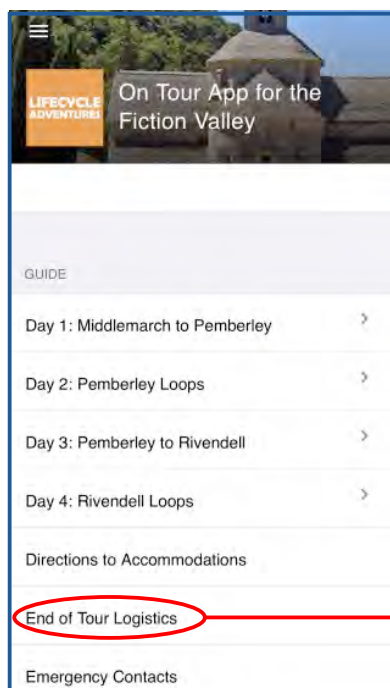
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

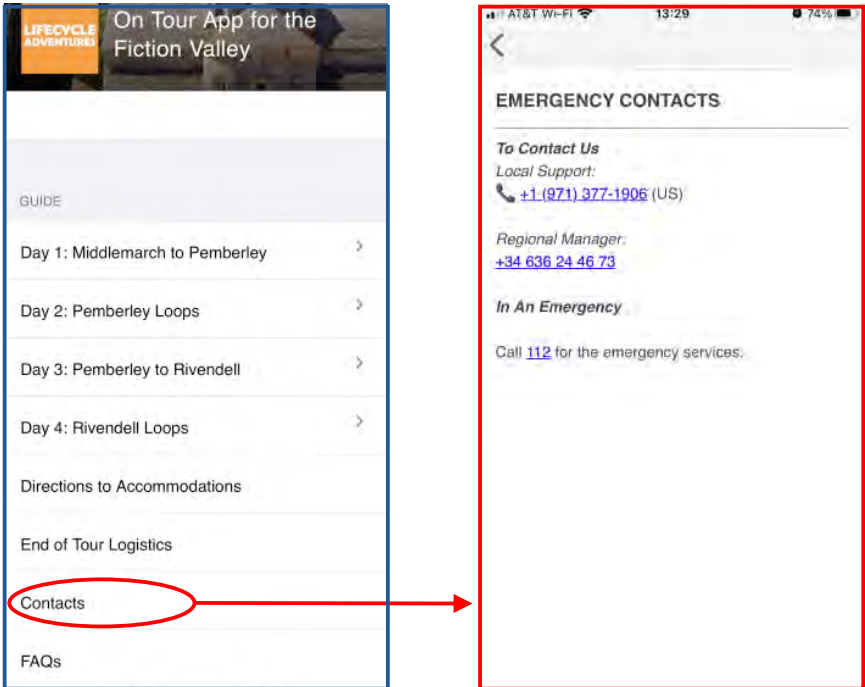
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

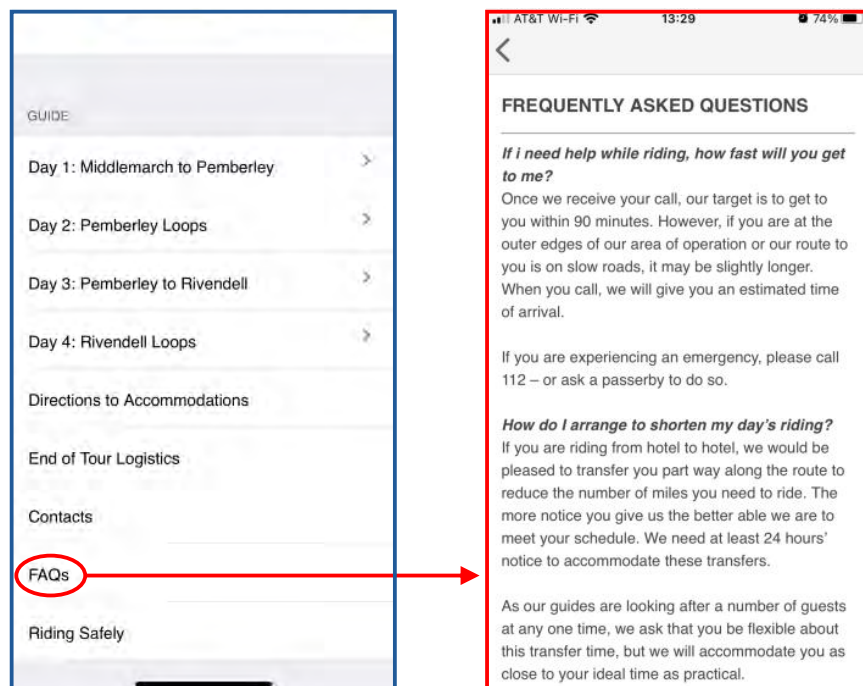
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

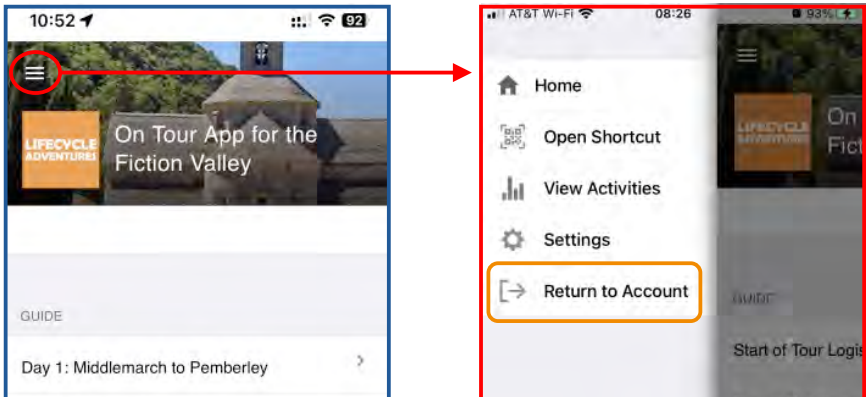


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

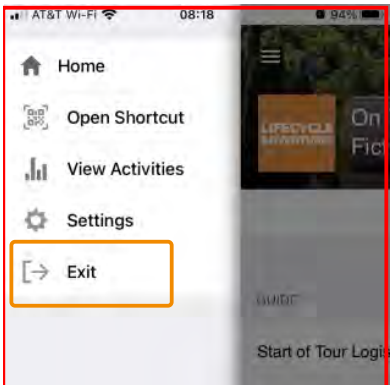
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

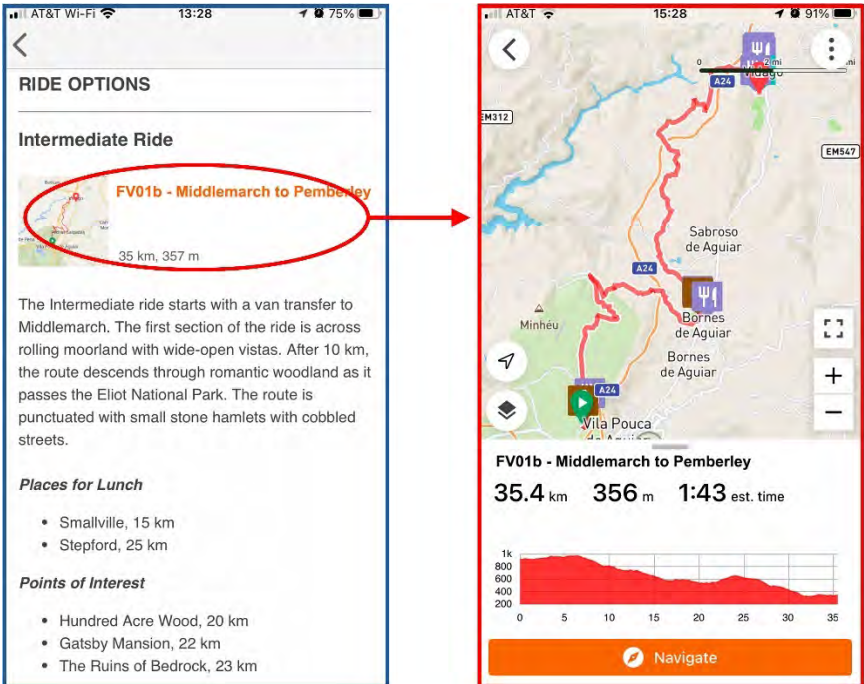
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

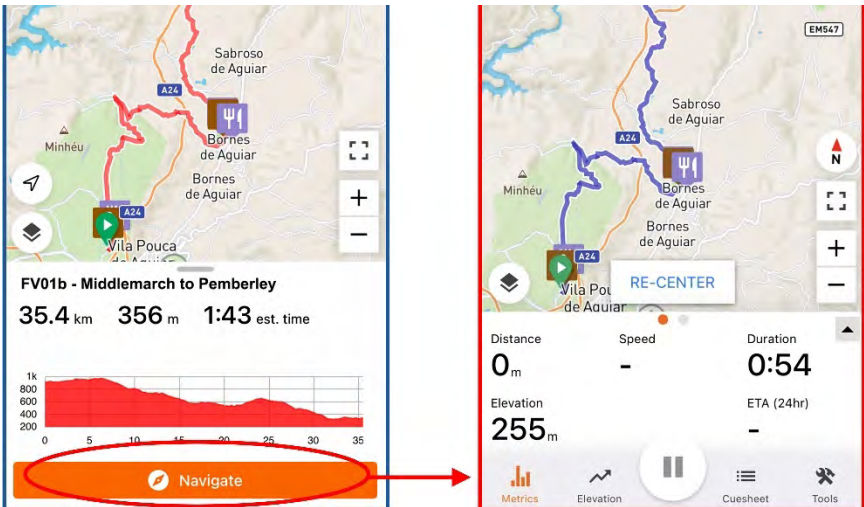
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



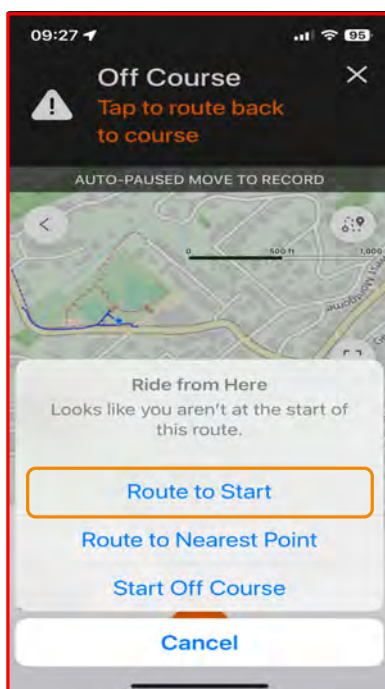
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

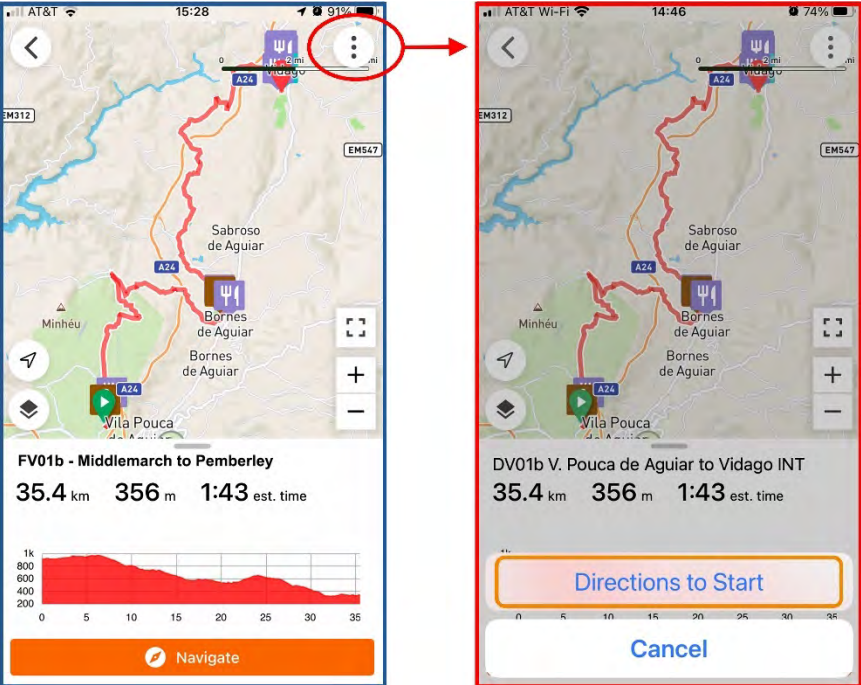
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



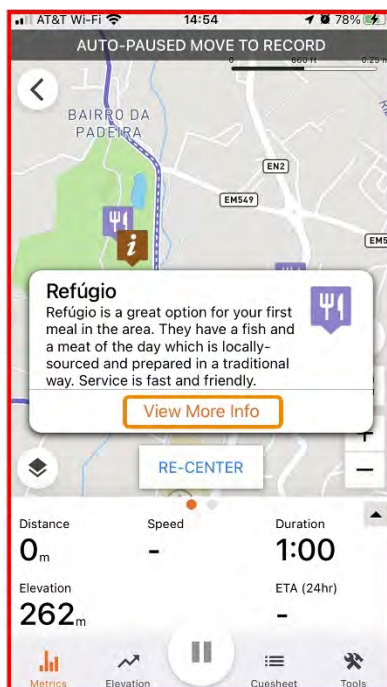
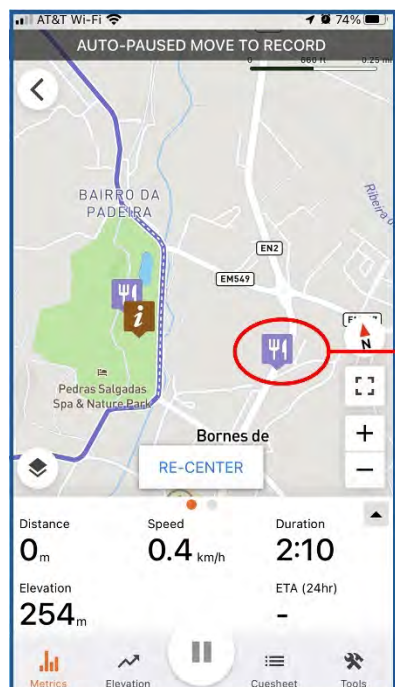
... Point of interest



... Viewpoint



... Winery (not all areas)

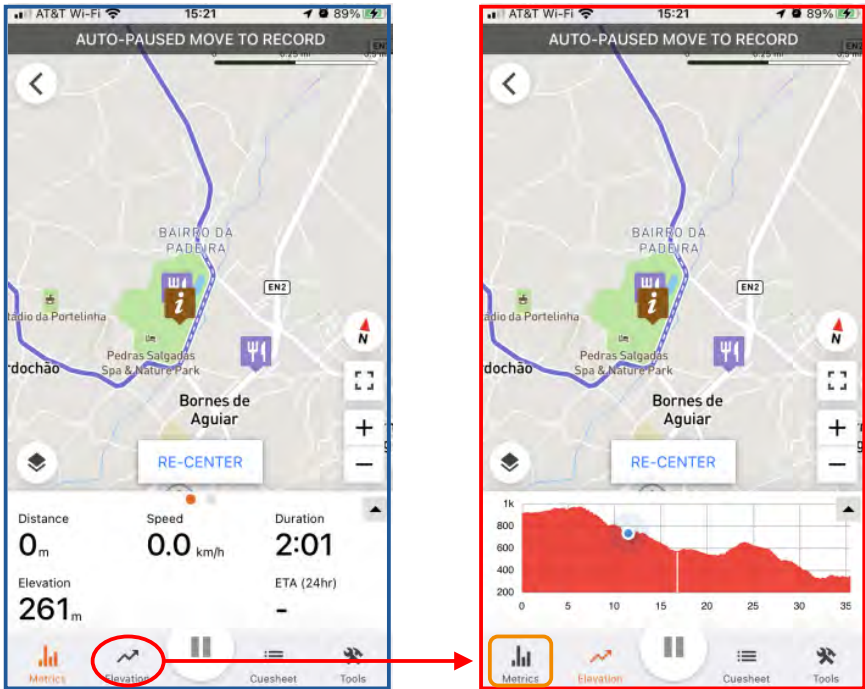


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

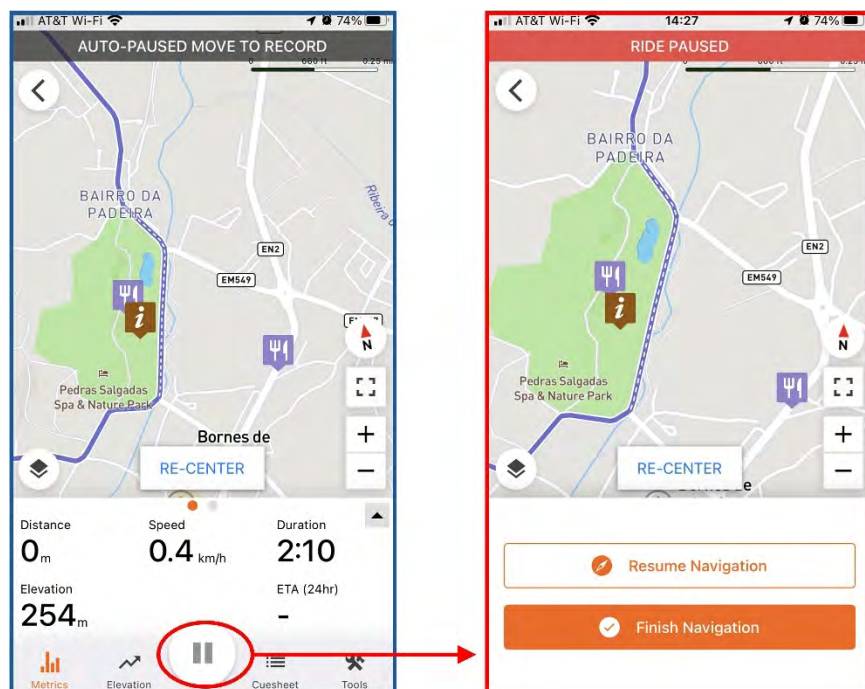
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

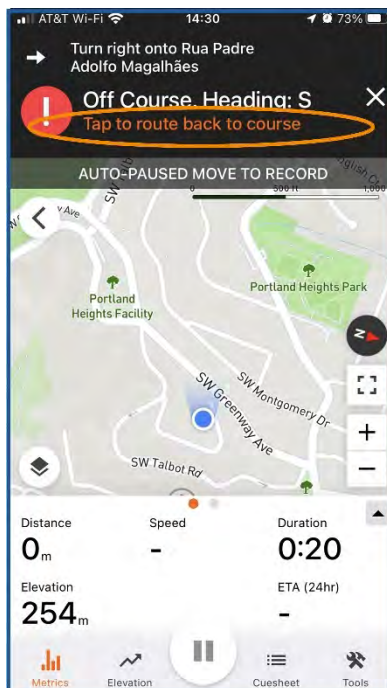


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

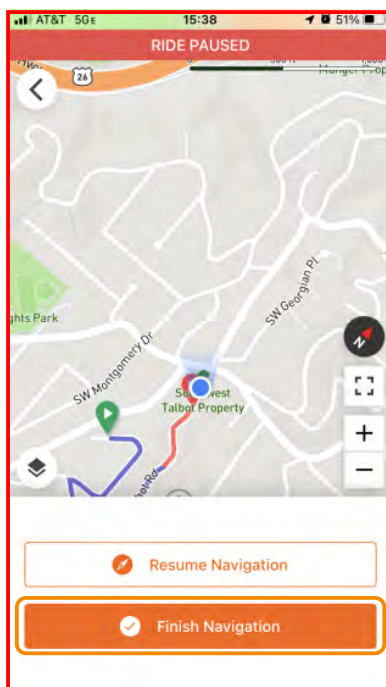
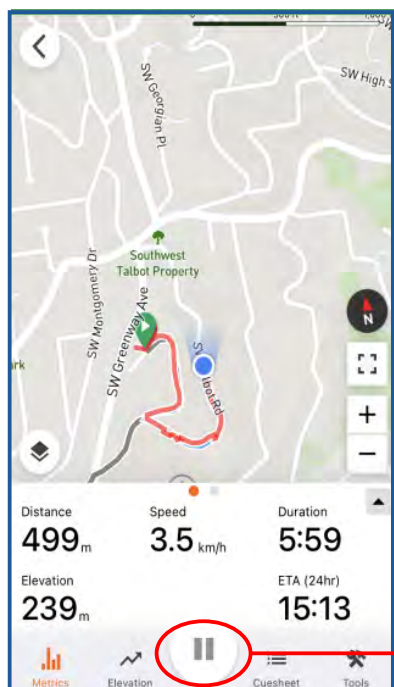
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

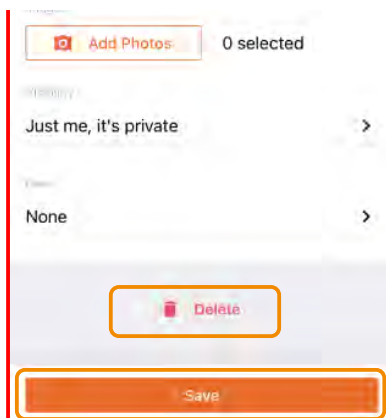
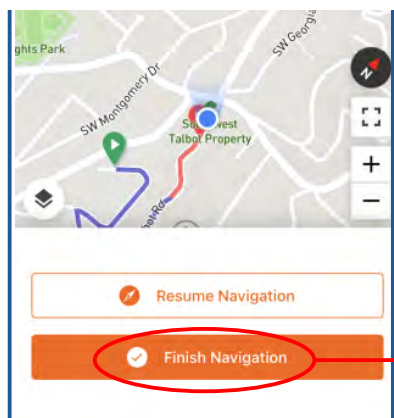


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

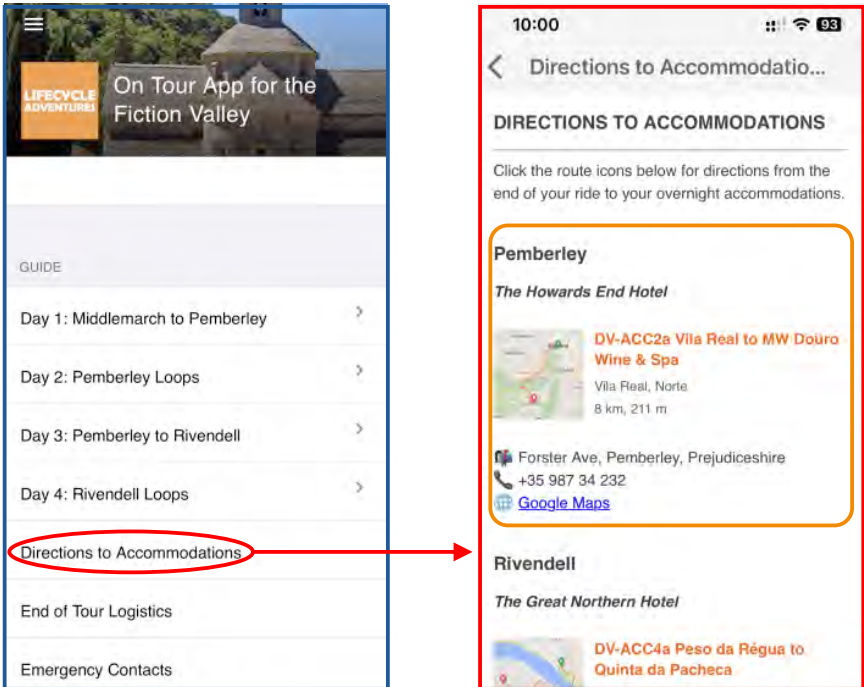


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then *OK*) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



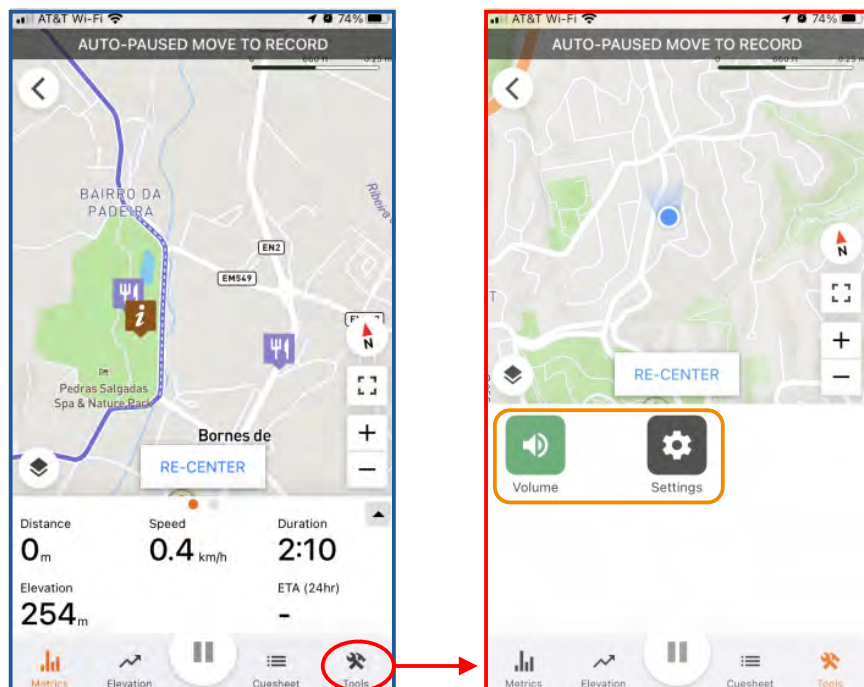
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



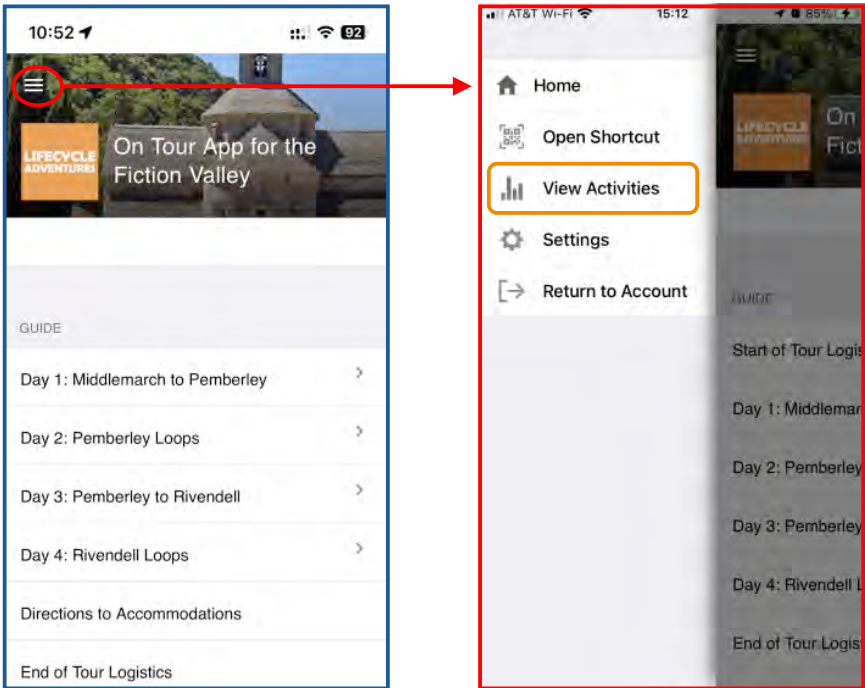
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

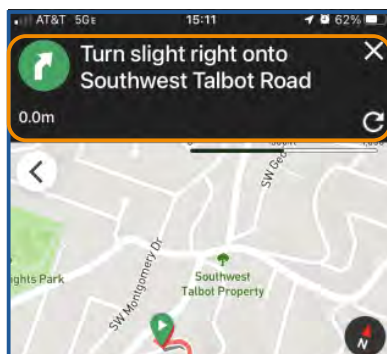
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



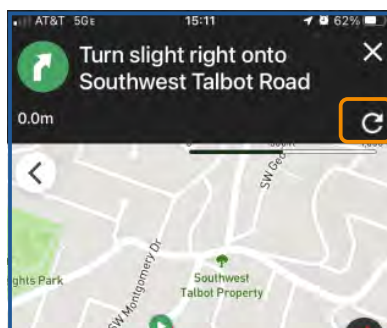
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

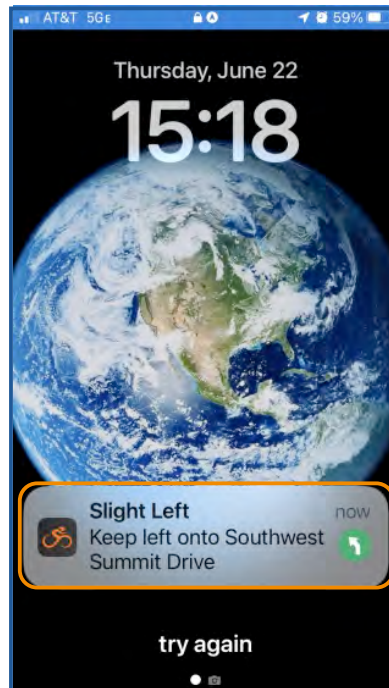
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

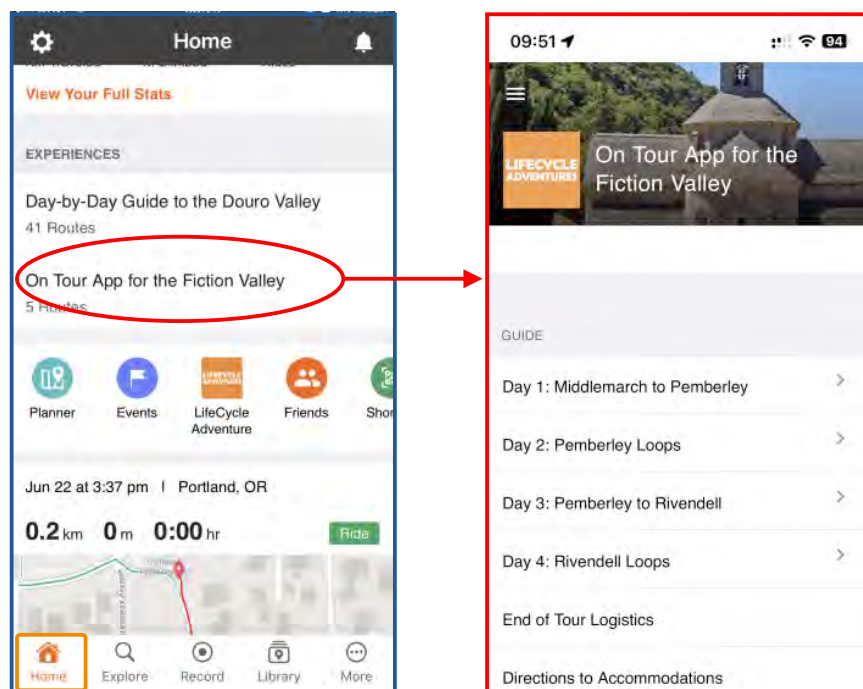
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

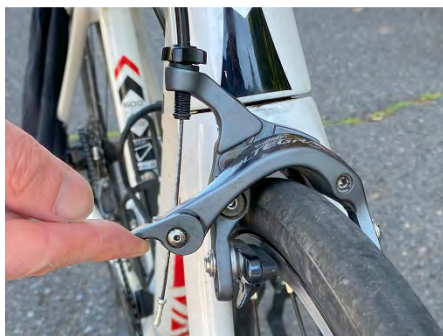
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

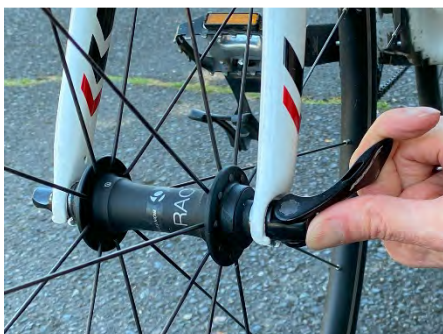
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

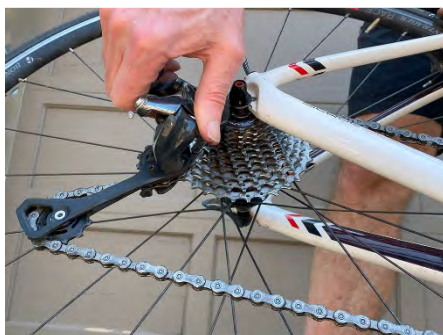
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



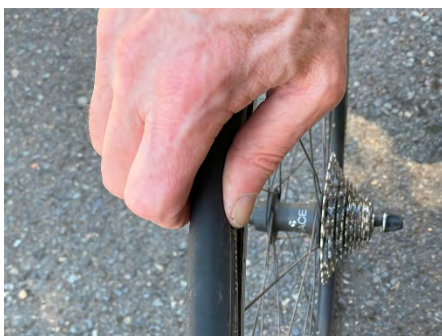
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

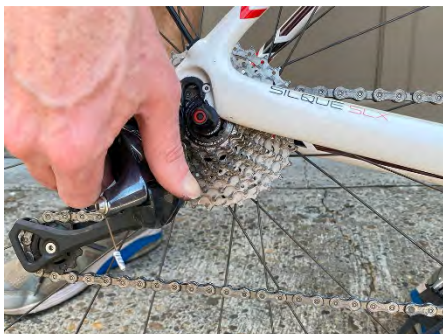
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

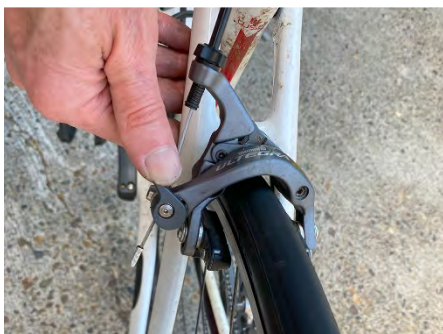


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



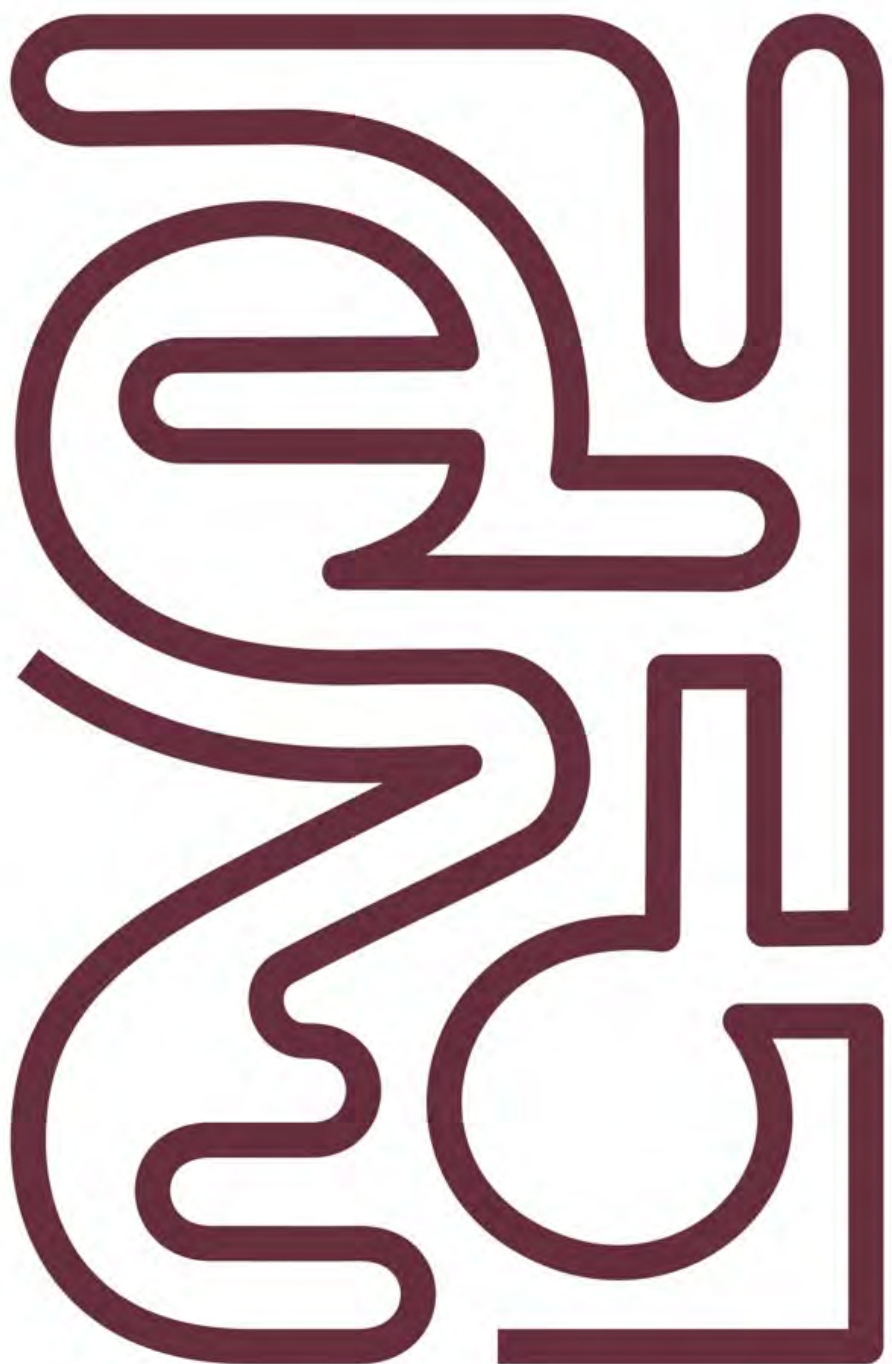
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

1 Cave de Cairanne

Founded in 1929, this cellar, made up of 65 winegrowers, produces wines of depth and quality. They also make sulphur free and organic wines. Their wines tours are a “sensory journey”, where all five senses are ignited in a fun and educational tour of the regions and wines.

Wines	Red, White, Reserves, Organic and Sulphur Free as well as Châteauneuf du Pape and Sparkling.
Food	No
Tours & Tastings	Free self-guided tours.
Reservations	Not necessary.
Hours	Open daily from mid-June to mid-September from 9:00 AM – 12:30 PM and 2:00 PM – 6:00 PM. Hours differ slightly in other months.
Contact	 290 Avenue de la Libération Cairanne  +33 04 90 30 82 05  https://www.cave-cairanne.fr/

2 Cave de Rasteau

This is a cooperative of 80 winegrowers who collectively look after 600 hectares of land and vineyards. Wine tastings are offered in the oak and stone cellar, while tours of the vineyards can be made on foot or in horse-drawn carriages. Works of art and local craft are often on display and the gourmands can enjoy wine and food pairings.

Wines	Red, White, Rosé, as well as olive oil, olives, biscuits, confectionery.
Food	The wine cellar sells local snacks but there isn't a restaurant.
Tours & Tastings	Drop in tastings available.
Reservations	Not needed
Hours	Open daily from 9:30 AM – 12:30 PM and from 2:00 PM – 6:30 PM
Contact	 Route des Princes d'Orange, 84110 Rasteau  +33 04 90 10 90 14  https://www.vins-rhone.com/index.php/visiter/caves/cave-de-rasteau

3 Château Mont-Redon

Château Mont-Redon is in the northwest of the Châteauneuf-du-Pape appellation. The limestone soils, along with the clay layer and top layer of pebbles, make a perfect combination for the growing of exceptional quality grapes.

The first vines of the vineyard date from Roman times, planted sheltered from the mistral at the foot of a hill which gave the name Mont-Redon to the property. Hundred-year-old vines are carefully tended to produce excellent wines.

Wines	Red and White as well as Reserve range.
Food	No
Tours & Tastings	"VIP Tasting and visit". Duration 2.5 hours, €65 per person.
Reservations	Required, can be booked online.
Hours	Monday to Saturday from 9:00 AM – 6:00 PM. Sunday from 10:00 AM – 5:00 PM.
Contact	 Chemin de Maucoil 84230 Châteauneuf-du-Pape  +33 04 90 83 72 75  https://www.chateaumontredon.com/

4 Cave du Verger des Papes

Located above the village, this wine cellar and restaurant is surrounded by olive groves, almond trees, and vineyards; a breathtaking location with Mont Ventoux on the horizon. The limestone cellars provide the perfect environment for wine conservation and storage.

Wines	Châteauneuf du Pape Red and White, Côtes du Rhône Red, Rosé, and White, selection of sweet wines.
Food	Restaurant on site, reservations can be made online.
Tours & Tastings	Discovery tasting – 2 wines, duration 15 minutes, €8. Prestige tasting – red and white, duration 30 minutes, €10. Grand Cru tasting – 2 red and 2 white, duration 45 minutes, €15. Tasting Châteauneuf du Pape – 2 red and 2 white (Includes 1 AOC Châteauneuf du Pape Saint-Henri red selection box), duration 45 minutes, €33.
Reservations	Recommended, booking requests can be made online.
Hours	Opening days and times are subject to change, without notice, depending on the weather. We strongly advise you to make a reservation.
Contact	 Le Verger des Papes, 2 Rue du Château, 84230 Châteauneuf du Pape  +33 04 90 83 58 08  https://vergerdespapes.com/

5 Cave Coopérative la Romaine

Just north of Vaison-la-Romaine, Cave La Romaine was created in 1924 as one of the first cooperatives of the Vaucluse. Nowadays, the cellar comprises around 280 wine growers and more than 1400 hectares of vineyards. The cooperative produces a wide range of wines, from classic AOP Côtes-du-Rhône to more experimental blends, emphasizing quality and tradition. Visitors can enjoy tastings at the winery's shop.

Wines	Red, White, Rosé.
Food	No
Tours & Tastings	Guided tours of the cellar are every Wednesday and Thursday from mid-May to mid-August, from 10:00 AM – 11:00 AM, followed by a 30-minute tasting. €5 per person.
Reservations	Required.
Hours	Open Monday to Saturday from 9:00 AM – 1:00 PM and 2:00 PM – 7:00 PM. Sunday from 9:00 AM – 1:00 PM
Contact	 95 Chem. de Saumelongue, 84110 Vaison-la-Romaine  +33 04 90 36 55 90  https://www.cave-la-romaine.com/en/

6 Domaine du Faucon Doré

Established in 1985, this winery spans 22 hectares of Côtes du Rhône and 5 hectares of Vin de Pays vineyards. The estate has practiced organic farming since 1999 and adopted biodynamic methods in 2008. Their traditional approach yields robust reds, fruity rosés, and delicate whites. Visitors can enjoy tastings by appointment, sampling a diverse range of wines, including nine reds. The estate also offers guided tastings for groups, providing an immersive experience into their winemaking philosophy and commitment to sustainable viticulture.

Wines	Red, White, and Rosé.
Food	No
Tours & Tastings	Tours and tastings are by appointment only.
Reservations	Recommended
Hours	Summer hours (June 1 to September 30) Monday to Saturday: 10:00 AM – 12:30 PM and 2:00 PM – 7:00 PM Closed Sunday.
Contact	 92 Chemin du Jas – 84110 Faucon  +33 04 90 46 46 01  http://faucon.dore.free.fr/gb/index.htm

7 Domaine de la Ligière

This wine estate is a passion for the Bernard family, they produce organic wines full of character. A family business, founded in the 19th century and located in the Rhône Valley, the estate extends over more than 60 hectares. They cultivate six internationally renowned appellations and produce wines of exceptional quality.

Wines	Red, White, Rosé and Muscat.
Food	No
Tours & Tastings	Tastings of all wines available at the shop. Simple tastings on a price per glass basis.
Reservations	Recommended
Hours	Monday to Saturday from 9:00 AM – 12:00 PM and 2:00 PM – 6:00 PM. Closed on Sunday.
Contact	 1385 Chemin des Seyrels 84190 Beaumes-de-Venise  +33 04 90 62 98 00  https://laligiere.fr/

8 Domaine des Bernardins

This has been a family run estate for five generations. The property was previously owned by Bernardin monks before being transformed into a wine estate. This area is particularly well known for its fortified sweet wines, Muscat. They still have one bottle of 1847 Muscat! Their tasting cellar is located in the heart of the village of Beaumes de Venise.

Wines	Red, White and Muscat.
Food	No
Tours & Tastings	Tastings of all wines available at the shop. Simple tastings on a price per glass basis.
Reservations	Not necessary.
Hours	Monday to Saturday from 9:00 AM – 12:00 PM and 2:00 PM – 6:00 PM (2:30 PM on Saturday). Closed on Sunday.
Contact	 138 Ave Gambetta 84190 Beaumes de Venise  +33 04 90 62 94 13  http://www.domaine-des-bernardins.com/en/

9 Rhonéa – Boutique de Vacqueyras

Part of a trio of wineries, along with Beaumes-de-Venise and Rasteau, representing the Rhonéa cooperative's rich heritage. Established by artisan winegrowers, the cooperative unites generations of expertise to craft exceptional Rhône Valley wines. The boutique features sustainably and ethically produced Vacqueyras, Gigondas, and Beaumes-de-Venise wines. Visitors can enjoy tastings while learning about the cooperative's legacy, blending tradition, innovation, and community to highlight the Rhône Valley's unique terroirs.

Wines	Red, White, Rosé, Grenat, Ambré, Tuilé.
Food	The wine cellar sells local snacks but there isn't a restaurant.
Tours & Tastings	Drop-in tastings available.
Reservations	Not needed
Hours	Open daily from 9:30 AM –12:30 PM and from 2:00 PM – 6:30 PM
Contact	 258 Route de Vaison, Vacqueyras  +33 04 90 10 19 11  https://rhonea.fr/gb/content/13-our-wine-shops

10 **Cave de Beaumont du Ventoux**

Established in 1929 by 95 motivated winegrowers, this is a cooperative winery located at the foot of Mont Ventoux in the UNESCO–designated Biosphere Reserve. Today, it unites 65 cooperative members cultivating 300 hectares of vineyards between 300 and 500 meters in altitude. The winery produces a diverse range of red, rosé, and white wines under the AOP Ventoux, Côtes du Rhône, and IGP Méditerranée appellations. Committed to sustainable viticulture, the cooperative practices environmentally friendly farming methods. Tastings are complimentary.

Wines	Red, Rosé and White, as well as Reserve and Sparkling.
Food	Only on reservation. Booked with wine tasting.
Tours & Tastings	Starting at €4 per person.
Reservations	Recommended
Hours	Daily from 9:00 AM – 12:30 PM and from 2:30 PM – 6:00 PM
Contact	 2480 route de Malaucène 84330 Le Barroux  +33 04 90 65 11 78  https://www.beaumont-ventoux.com

11 **Domaine Saint Amant**

This family run estate was created by Jacques Wallut in 1995. Today it is run by the mother and daughter team, Camille and Eloïse Nosworthy. The growing terraces are surrounded by broom, almond trees, cistus, thyme and rosemary. The cool nights and altitude give the wines an elegance and lightness. This is the highest located vineyard in the region with stunning views.

Wines	Red, White, Rosé and Magnums
Food	No
Tours & Tastings	Tastings and Tours available. €25 per person and includes 4–5 wines. Tastings typically last 1 hour.
Reservations	Recommended
Hours	Monday to Saturday from 10:00 AM – 6:00 PM (5:00 PM on Saturdays). Closed on Sunday.
Contact	 Domaine Saint Amant 84190 Suzette

+33 4 90 62 99 25
<https://www.domainesaintamant.com/>

12 Domaine Talès

Established in 2001 by Gaël Blanc, Domaine Talès is a 15-hectare vineyard located in Entrechaux, near Mont Ventoux. The estate produces a variety of wines, including Ventoux rosé, Ventoux rouge, and Côtes du Rhône rouge, emphasizing organic farming practices. In 2011, a new vinification cellar was introduced to enhance production. Visitors can enjoy panoramic views of the vineyard and the Château d'Entrechaux from the tasting room.

Wines	Red, White and Rosé.
Food	No
Tours & Tastings	Tasting of 3 wines. POA
Reservations	Recommended but not necessary.
Hours	Open Monday to Saturday from 10:00 AM – 12:00 PM and from 2:00 PM – 7:00 PM. Closed on Sunday.
Contact	 380 Chemin de Champlong 84340 Entrechaux  +33 04 90 46 02 79  http://www.domainetales.com/Domaine_Tales/Bienvenue.html

13 Domaine Saint Martin Farm

Located in Suzette at the foot of the Dentelles de Montmirail, this winery is a family estate spanning three generations. Since 1998, the vineyard has been cultivated organically, producing wines that reflect the unique terroir of the region. Visitors can enjoy wine tastings, explore the scenic vineyards, and participate in various events and workshops hosted at the estate.

Wines	Red, White and Rosé.
Food	Yes, with some of the tasting options.
Tours & Tastings	Many options offered such as 'Cellar Visit', 'Blind Tasting', and 'Food and Wine Pairing', see their website for more details. The Food and Wine Pairing is €15 per person.
Reservations	Required for set tastings. Drop-ins for tastings by the glass possible if staff available.
Hours	Monday to Saturday from 10:00 AM – 12:00 PM and 2:00 PM – 6:00 PM. Closed on Sunday and public holidays.
Contact	 Quartier Saint-Martin, 84190 Suzette  +33 04 90 62 96 40  https://www.fermesaintmartin.com/

14 **Domaine Le Van**

This organically farmed 9-hectare estate is located at the foot of Mont Ventoux. Certified organic since 1994, the vineyard produces four reds, one rosé, and two whites, with all grapes harvested manually. The estate's diverse terroirs, predominantly sandy and clay soils, contribute to the wines' aromatic expression, freshness, and balance. Visitors can enjoy panoramic views of Mont Ventoux and participate in wine tastings at the estate's cellar.

Wines	Red, White and Rosé.
Food	Not available
Tours & Tastings	Simple tasting on a price per glass basis
Reservations	Recommended but not required for a simple tasting.
Hours	Open daily from 10:00 AM – 6:00 PM
Contact	 1710 Rte de Carpentras, 84410 Bédoin  +33 04 90 12 82 56  http://www.domaine-le-van.fr/

15 **VMV Vignerons du Mont Ventoux**

With a legacy of winemaking spanning generations, this winery was established in 1924. Dedicated to crafting wines that embody pleasure and the spirit of sharing, they honor both tradition and meticulous winemaking practices. The region of Bédoin, often referred to as the “cradle of wine,” owes its rich vinicultural heritage to the monks of Montmajour Abbey, who first introduced wine culture to this picturesque area.

Wines	White, Red and Rosé.
Food	No
Tours & Tastings	Tasting Workshop, duration 2 hours, €22 per person. Wine trail and tasting, duration 2 hours, €8 per person. Buggy tour with guide, duration 2 hours, €74 per person.
Reservations	Required
Hours	Open Monday to Saturday from 9:00 AM – 12:00 PM and from 2:00 PM – 6:30 PM. Closed on Sunday.
Contact	 620, Route de Carpentras 84 410 Bédoin  +33 04 90 12 88 00  https://vignerons-du-mont-ventoux.fr/

16 **Château Pesquié**

Situated in the southeastern Rhône Valley, at the base of Mont Ventoux, this family estate goes back three generations, producing wines with a characteristic freshness. The extraordinary micro-climate and geological richness of the soils have led to exceptional wine making over the generations. They are certified organic and now tend the entire vineyard using biodynamic preparations. The

estate uses a choice of coopers and different containers for the fermenting and aging, including barrels, demi-muids, concrete eggs, stainless steel and concrete vats. Stroll for free in the vineyards, information booklet provided.

Wines	Red, White and Rosé.
Food	The shop sells a selection of locally sourced and handmade products typical of the region (tapenade, olive oil, honey, cosmetics, etc.) The 'Winemaker Picnic' contains fresh local produce.
Tours & Tastings	Free tastings 'Winemaker Path' (a self-guided walk in the vineyard) €5 per person, no reservation necessary. 'Guided tour' plus tasting of wines, duration 2 hours, €20 per person. Winemaker Picnic' 2 person minimum, €25 per person, can be collected from 12:30 PM – 1:30 PM on Thursdays, Fridays and Saturdays. 'Tasting Workshop' with or without a picnic, starting from €55 per person. Duration is 2.5 hours with the additional option of a picnic.
Reservations	Required except for simple tastings and the 'Winemaker Path'
Hours	Monday to Saturday from 10:00 AM – 12:00 PM and 2:00 PM – 6:00 PM for free wine tasting and vineyard walk.
Contact	 1365 Bis Route de Flassan 84570 Mormoiron  +33 04 90 61 94 08  https://chateaupesquie.com/en/welcome/

17 **Domaine Chapelle Saint Heyriés**

This family farm is situated at the foot of the village of Gordes. This 29-hectare estate produces different and interesting wines, some bold and some fruity and light. The location of the vineyards allows them to benefit from a favorable and special exposure on the southern slopes of the Monts du Vaucluse, in the Rhône valley. The high-quality wines, as well as the beauty of the estate's location, make it worth a visit.

Wines	Red, White and Rosé.
Food	Cheese and meats available with tastings.
Tours & Tastings	Drop in tastings available.
Reservations	Recommended
Hours	March to June: from 9:30 AM – 12:00 PM and 2:00 PM – 6:00 PM. June to September: from 9:30 AM – 7:00 PM. Closed on Sunday.
Contact	 589 chemin de la Croix du Coq Gordes  +33 04 90 72 00 53

 <https://www.domainechapellestheyries.fr/>

18 **Cave de Bonnieux**

The oldest cooperative cellar in Vaucluse, this 100-year-old cave produces quality wines made with passion. The vines grow alongside cherry trees and almond trees on soils that enrich the flavor of the wines produced.

Wines	Red, White, Rosé and Sparkling.
Food	Not available.
Tours & Tastings	€5 /person for a five-wine tasting adapted to your taste.
Reservations	Necessary
Hours	Monday afternoon to Saturday from 9:00 AM – 12:00 PM and 2:30 PM – 6:00 PM. Closed on Sundays, public holidays and Monday morning.
Contact	 4290 route de la Gare, 84480 Bonnieux  +33 04 90 75 80 03  https://www.cave-bonnieux.com/

19 **Domaine de Tara**

Located in the heart of the Luberon Regional Natural Park near Roussillon, this estate is 50 acres of vines, olive trees and old stone. It is named after the legendary house of Scarlett O'Hara in Gone with the Wind. They produce white, red, and rosé wines in AOP Ventoux, as well as an original production of winter harvest wines and sparkling wines. Grapes are harvested manually and matured in barrels or steel tanks.

Wines	Red, White, Rosé and Sparkling.
Food	Not available.
Tours & Tastings	Tastings tailored to suit your group.
Reservations	Recommended
Hours	Open daily in season from 10:00 AM – 6:00 PM.
Contact	 Les Rossignols, 84220 Roussillon  +33 04 90 05 74 87  https://www.domainedetara.com/en/

20 **Caviste – Bar à vin, Monsieur Sommelier**

Situated in L'Isle-sur-la-Sorgue, this is a good place to try local wines and beers. They also have an outdoor terrace for good weather. They carry a good selection of local wines which can be enjoyed with great explanations from knowledgeable staff.

Wines	Red, White, Rosé, Beer and Champagne.
Food	Yes, Provencal platters along with wine tasting.
Tours & Tastings	Sparkling, dry white, one red and one sweet for €14 per person.

Reservations	Reservations necessary for food.
Hours	Monday and Friday from 4:00 PM – 10:00 PM. Thursday and Saturday from 10:30 AM – 10:00 PM. And Sunday from 10:30 AM – 6:30 PM. Closed Tuesday and Wednesday.
Contact	 1 Av. des Quatre Otages, 84800 L'Isle-sur-la-Sorgue  +33 06 76 61 05 83  https://monsieursommelier.com/

21 Château Landra

Located south of Mont Ventoux, on the slopes of the Monts de Vaucluse, this 12-hectare estate extends around a group of buildings dating, in their current form, from the end of the 18th century. In 2007, Cécile and Frédéric Renoux acquired the estate, rehabilitated the vineyard, and enlarged the cellar. In 2009 they committed to becoming organic and the harvest is done manually, to select only the best bunches of grapes. A small family business, rather than a big touristic venue, the owner will share his passion with a good explanation of the wines and their production.

Wines	Red, White and Rosé.
Food	No
Tours & Tastings	Tasting of 3 wines on request.
Reservations	Recommended
Hours	Family owned, so hours vary. Phone and confirm they are open before arriving.
Contact	 1267, chemin de Landra 84210 Pernes Les Fontaines  +33 04 90 70 78 12  https://www.chateaulandra.fr/

22 Domaine de Valdition

An estate with an area of 240 hectares located in the heart of the Alpilles, between Orgon and Eygalières and near Saint-Rémy de Provence. François I, King of France, donated this estate to his natural daughter Caroline du Prévôt. She married Sieur Dacla de Chateaubert whose family would keep the estate for 4 centuries. Creativity and quality combine to create organic wines and olive oils.

Wines	Red, White, Rosé, Olive Oil.
Food	No
Tours & Tastings	Simple tastings on a price per glass basis.
Reservations	Not needed
Hours	Monday to Saturday from 9:30 AM – 12:30 PM and 2:00 PM – 6:00 PM. Closed on Sunday.
Contact	 3900 Rte d'Eygalières, 13660 Orgon  +33 04 90 73 08 12

23 **Domaine de la Coquillade**

Domaine de la Coquillade (previously Aureto winery) in the heart of the Luberon stands for high quality, sustainable cultivation and the use of biodynamic viticultural techniques. They have 30 hectares of land and various soil types making it possible to grow a range of grape varieties, including Syrah, Grenache and Cinsault, as well as the lesser-known Caladoc, Marselan and Chenanson. In September 2021 Aureto became one of the first wineries in the South of France to go climate neutral. Harvesting the grapes by hand is one of the ways they get grapes from the vineyard into the cellar without their quality being impaired. Small yields and everything done with impeccable care, produces exceptional wines with character and balance.

Wines	Red, White and Rosé.
Food	Yes. Local Provencal products along with wine.
Tours & Tastings	Wine tastings tailored to request. From June on Wednesdays at 10.30 AM, there is the 'Winegrower Trail'. A tour of the vineyard followed by a tasting. €25 per person. Also from June, on Fridays at 5:00 PM, there is the 'Cellar visit and tasting. €15 per person.
Reservations	Recommended. Not needed for a simple tasting.
Hours	April to September: every day from 10:00 AM — 7:00 PM October to March: Monday to Saturday 10:00 AM — 12.30 PM and 2:00 PM — 6:00 PM.
Contact	 60A Chem. des Lièvres Goult, Provence  +33 04 90 74 54 67  https://www.vignobles-coquillade.com/

24 **Château La Verrerie**

This organic wine estate in a superb setting offers a friendly and warm welcome. Situated in the heart of the Luberon, it boasts 56 hectares of vines and 7.5 hectares of olive trees. Originally a family farm, a deep respect for the land, soil and nature is practiced on these beautiful lands. The resulting wines and olive oils are excellent. Staff here enjoy sharing their love and knowledge of winemaking, from the geography, vine care, harvesting and production.

Wines	Red, White and Rosé.
Food	Picnics hamper including wine – €65 per person.
Tours & Tastings	'Knowledge Tour', duration 1 hour, €16.50 per person. 'A stroll for the Senses, duration 1.5 hours, €25 per person. 'History Tour', duration 2 hours, €30 per person. 'The Art of Tasting', €39 per person. Food and Wine Pairing, €49 per person.

	'Chic Picnic', includes the 'History Tour', 2 person minimum, €65 per person.
Reservations	Required
Hours	Open Monday – Friday from 9.30 AM – 7:00 PM. Open Saturday and Sunday from 10:00 AM – 1:00 PM and 3:00 PM – 7:00 PM.
Contact	 1810 Rte du Luberon, 84360 Puget  + 33 04 90 08 97 97  https://www.chateau-la-verrierie.com/

25 Château Romanin

Château Romanin, located three-kilometers east of Saint-Rémy-de-Provence, is a biodynamic winery blending tradition and innovation. Its vineyards and olive groves are organically cultivated, reflecting a deep respect for nature. The estate features a stunning "underground cathedral" cellar carved into rock, providing ideal conditions for wine aging. With roots tracing back to Templar times, the estate's rich history is complemented by its modern commitment to sustainable practices. Visitors can enjoy guided tours, wine tastings, and breathtaking views of the Alpilles and Mont Ventoux.

Wines	Red, White, Rosé, olive oil, and spirits.
Food	Not available.
Tours & Tastings	Guided tour and tasting of 5 wines, duration 1 hour, €20 per person. Private tour and prestige tasting (5 wines, olive oil, and spirits), duration 2 hours, €80 per person.
Reservations	Required
Hours	Open Monday to Saturday from 10:00 AM – 1:00 PM and 2:00 PM – 6:00 PM.
Contact	 Route de Cavaillon, 13210 Saint-Rémy-de-Provence  +33 04 90 92 69 57  https://www.chateauromanin.com/en/home/

26 Domaine de la Vallongue

This vineyard is nestled at the end of a large avenue of pines bordered by vines and olive trees, in the heart of the Alpilles. Steeped in history, the farm has been cultivating vines organically since 1985. They cultivate 33 hectares of black and white grenache, cinsault, syrah, cabernet sauvignon, counoise, clairette and rolle. The white is tinged with minerality, the rosés offer a delicate tangy freshness, and the reds are subtle and deep. They also grow and press their own organic olive. To round it all off, they even have their own range of cosmetics and soaps.

Wines	Red, White, Rosé, Olive Oil
-------	-----------------------------

Food	The shop sells local products like olives, tapenades (and cosmetics!)
Tours & Tastings	Wine tasting is 10€ per person and for a tour, it is 20€ per person. They also offer tastings that include their olive oils and local delicacies.
Reservations	Required
Hours	Daily from 10:00 AM – 1:00 PM and from 2:00 PM – 7:00 PM.
Contact	 Route de Mourières RD 24, Eygalières  +33 04 90 95 91 70  https://www.lavallongue.com/en/front-page/

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Du Mas de Gourgonnier

Situated in the heart of the Alpilles, a few kilometers from Les Baux de Provence, Nicolas Cartier and his sons, Luc and Frédéri, have developed the production of great wines with strong personality. This production is complemented by a superb olive oil. 45 hectares of vines and 20 hectares of olive trees are worked, on stony clay-limestone scree soil, characteristic of the southern slope of the Alpilles.

Wines	Red, White, Rosé and Reserve.
Food	No
Tours & Tastings	Drop in tasting available. Tours by reservation from Monday to Friday.
Reservations	Not necessary
Hours	Monday to Saturday from 9:00 AM – 12:00 PM. and 2:00 PM – 6:00 PM. Sunday and public holidays from 10:00 AM – 12:00 PM and 3:00 PM – 5:30 PM.
Contact	 Le Destet Mouries, D78, 13890 France  +33 04 90 47 50 45  https://masdegourgonnier.com/

APPENDIX 2 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers in Appendix 3.

Planning Your Tour

1. What is the most useful tool to help you navigate your tour?

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. The LifeCycle Adventures On-Tour App can be downloaded to:

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. It can be helpful to download Google Maps for the area for use offline:

- ☐ True
- ☐ False

4. Companies that provide cheap data plans via eSIMs are:

- ☐ Snowman and Pharaoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. Things to consider booking before you travel include:

- ☐ Cooking classes
- ☐ Wine tours
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. Useful things to pack include:

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. What mountain is known as Beast of Provence and is a classic Tour de France finish:

- ☐ Mont Blanc
- ☐ Mont Ventoux
- ☐ The Matterhorn
- ☐ Mount Everest
- ☐ There are no mountains in Provence

9. What is the emergency number to call in Provence:

- ☐ 911
- ☐ 999
- ☐ 112
- ☐ 101

10. Which town is nicknamed the “Venice of Provence” for its canals and waterwheels:

- ☐ L’Isle-sur-la-Sorgue
- ☐ Saint-Rémy-de-Provence
- ☐ Gordes
- ☐ Vaison-la-Romaine

11. Which of these artists was inspired by Provence’s landscapes and light:

- ☐ Picasso
- ☐ Van Gogh
- ☐ Cézanne
- ☐ All of the above

12. What is a popular Provençal dish made of stewed eggplant, zucchini, and tomatoes:

- ☐ Aioli
- ☐ Ratatouille
- ☐ Bouillabaisse
- ☐ Tapenade
- ☐ Catatouille

13. Provence is primarily associated with which type of climate?

- ☐ Continental
- ☐ Mediterranean
- ☐ Tropical
- ☐ Alpine
- ☐ None of the above

14. Which item is NOT a typical product of Provence:

- ☐ Lavender oil
- ☐ Olives
- ☐ Maple syrup
- ☐ Rosé wine

15. What type of wine is Tavel best known for:

- ☐ Red wine
- ☐ White wine
- ☐ Rosé wine
- ☐ Champagne

Overnight Towns

16. What divides the two parts of Vaison-la-Romaine:

- ☐ A mountain range
- ☐ A river and gorge
- ☐ A series of Roman ruins
- ☐ A 17th century dispute over the most authentic recipe for ratatouille

17. Bédoin is primarily famous for:

- ☐ Being the classic starting point for the climb up Mont Ventoux
- ☐ Its Roman ruins
- ☐ Known for its olive oil production
- ☐ The secret training ground for Tour de France cyclists... and their croissant-eating competitions

18. Which day is Market Day in Gordes:

- ☐ Monday
- ☐ Tuesday
- ☐ Christmas day
- ☐ Every day is market day in Gordes

19. What building near Gordes is surrounded by lavender fields and serves as a classic postcard image:

- ☐ Village des Bories
- ☐ Abbaye Notre-Dame de Sénanque
- ☐ Château de Gordes
- ☐ Clos du Moulin of Jeannons

20. Which Roman archaeological site is located just south of Saint-Rémy-de-Provence:

- ☐ Pont du Gard
- ☐ Glanum
- ☐ Pompeii
- ☐ The Colosseum

21. What can you find at the Village des Bories near Gordes:

- ☐ Ancient Roman baths
- ☐ Shepherds' dry-stone huts
- ☐ A secret entrance to a massive wine cellar
- ☐ A very confused tourist trying to check into one of the huts as a hotel

22. Saint-Rémy-de-Provence is the birthplace of:

- ☐ Vincent van Gogh
- ☐ Michel Nostradamus
- ☐ Pablo Picasso
- ☐ The chef who invented ratatouille

On Tour

23. List all the works of fiction mentioned or alluded to in the section *Using the On-Tour App*

APPENDIX 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. Mont Ventoux
9. 112
10. L'Isle-sur-la-Sorgue
11. All of the above
12. Ratatouille
13. Mediterranean
14. Maple syrup
15. Rosé wine

Overnight Towns

16. A river and gorge
17. Being the classic starting point for the climb up Mont Ventoux
18. Tuesday
19. Abbaye Notre-Dame de Sénanque
20. Glanum
21. Shepherds' dry-stone huts
22. Michel Nostradamus

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)

- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

Intentionally Blank

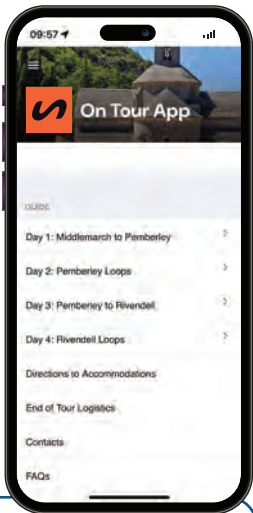
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark Islands

Loire Valley, France

Provence, France

Pyrenees, France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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