



TOUR ITINERARY



Europe / France / Provence

Provence Lavender 4-Day Bike Tour

Lavender Fields + Summer the Luberon

© 2024 DuVine Adventure + Cycling Co.

TOUR HIGHLIGHTS

- Pedal roads surrounded by lavender fields in full, fragrant bloom
- Enjoy a Provençal meal at the lovely home of our local friend Veronique
- Shop for seasonal souvenirs at the market in Goult and visit classic Provençal villages like Gordes, Bonnieux, and Simiane-La-Rotonde
- Stay in two character-rich hotels: the Couvent des Minimes with its L'Occitane Spa and the secluded and luxurious LaCoquillade



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Paris or Marseille, France
- 📍 **Pick-Up Location:**
Aix en Provence
- 🕒 **Pick-Up Time:**
10:30 am

Departure Details

- ✈ **Airport City:**
Paris or Marseille, France
- 📍 **Drop-Off Location:**
Avignon Train Station
- 🕒 **Drop-Off Time:**
12:00 pm

NOTE: DuVine provides group transfers to and from the tour, within reason and in accordance with the pick-up and drop-off recommendations. In the event your train, flight, or other travel falls outside the recommended departure or arrival time or location, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



TOUR ITINERARY

Tour By Day

DAY
1

Welcome to Provence

Your guides will greet you at the Aix en Provence TGV train station, and the adventure begins! Transfer to the Couvent des Minimes, a luxury hotel and former convent with a new L'Occitane spa. After an essential safety talk and bike fitting, we set out on a warmup ride and stop at an authentic auberge for a fresh, local lunch. After, pedal on rolling roads lined with grazing deer, lavender, and pre-alpine forest. In Forcalquier, pause for a well-deserved coffee and explore the town's timeless architecture. Back at the hotel, take advantage of the spa before we reunite for a pre-dinner cocktail. Our first dinner is an introduction to traditional Provençal *gastronomie* at the Brasserie Pampérigouste. Bon appétit!

Meals: Lunch / Dinner

Destinations: Forcalquier, Nevières, Mane

Accomplished: 17 miles / 28 km, elevation gain: 1,633 feet / 498 meters

Accommodations: [Couvent des Minimes](#)

DAY
2

Wild Provençal Country

Begin the day with a gourmet breakfast, followed by a scenic ride through peaceful landscapes of pine trees against a backdrop of brilliant blue sky. It's a real-life representation of the scenery that inspired artists and attracted them to communities all around Provence. Pedal through the heart of the Petit Luberon and past the perched village of Vachères, admiring a view that sprawls over seven Departments of France—you can even see nearby Simiane-La-Rotonde and make out its narrow streets lined with pretty houses, art studios, and artisan workshops. Atop a major lavender growing plateau, breathe in the beautiful herbal perfume as we arrive to lunch in Rustrel. After, continue cycling through the Provençal countryside or take a transfer to our next hotel where we'll unpack for a two-night stay. Unwind by the pool before our bienvenue dinner at our hotel's vineyard-side bistro.

Meals: Breakfast / Lunch / Dinner

Destinations: Vachères, Simiane-la-Rotonde, Rustrel, Gargas

Accomplished: 33 miles / 54 km, elevation gain: 3,622 feet / 1,104 meters

Longer option: 45 miles / 73 km, elevation gain: 4,183 feet / 1,275 meters

Accommodations: [Coquillade Provence](#)

TOUR ITINERARY

DAY
3

Lavender Fields Forever

Today we ride through the Petit Luberon, peering out across the valley floor's patchwork of lavender, olive orchards, and vineyards. Pause to explore the outdoor market in picturesque village of Goult—a perfect place to shop for lavender souvenirs and fragrant Provençal herbs. Continue to the hilltop village of Lacoste where we stop for a coffee and take a moment to soak in stunning views. An invigorating downhill takes us to a domaine near Ménerbes where we'll learn about Côtes du Luberon wines, followed by a lovely picnic prepared by our guides. Back on the road, meander through garrigues (shrubland and more lavender fields around Bonnieux before returning to our hotel. The afternoon is yours to take a relaxing swim or treat yourself to a massage at the hotel spa. This evening we'll transfer to the small village of Robion and meet our dear friend Veronique. She'll prepare essential Provençal dishes in her home kitchen, which we'll enjoy on her charming poolside terrace.

Meals: Breakfast / Lunch / Dinner

Destinations: Goult, Lacoste, Menèrbes, Bonnieux, Gargas

Accomplished: 30 miles / 48 km, elevation gain: 2,877 feet / 877 meters

Accommodations: [Coquillade Provence](#)

DAY
4

Au Revoir!

Bid farewell to Provence with one last spin, admiring your fill of countryside scenery: olive groves, vineyards, and long stretches of lavender fields. After, your guides will transfer you to Avignon and see you off to your next adventure.

Meals: Breakfast

Destinations: Roussillon, Gargas

Accomplished: 14 miles / 23 km, elevation gain: 1,083 feet / 330 meters

YOUR TOUR DETAILS

Travel Protection

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

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

Gratuities

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



Share Your Experience

f fb.com/duvine
@duvine
@duvine
#DuVine #DuVineStyle

YOUR TOUR DETAILS

Bikes

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

Electrical Overseas

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

Training

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

Travel Sustainably

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



YOUR PACKING LIST

On The Bike

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

Off The Bike

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

Travel Items*

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

*We recommend keeping these items in your carry-on

Additional Items

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

What We Provide

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

Order DuVine Gear

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

Do I need to bring special gear?

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

Dressing for the Weather

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

Before You Go

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