



Randonnée Tours

Special departure with Robbin McKinney, President of Randonnee Tours Haute Provence Cycling 8 Days

Summary

Length
8 days/7 nights, with 7 days cycling

dates
Sunday May 9 2010

Level
Daily distance between 45 km and 65 km or 30 to 40 miles

Hills every day of moderate or greater difficulty, including some low passes. Some passes are as high as 735 m. Mont Ventoux (an optional ride) is 1909 m.

This is one of our most challenging tour.

Robbin McKinney, President of Randonnee Tours is living in this region this winter and boasts that the riding on this tour is some of the very best in France; he has planned a special departure in May- there will be three extra meals included, a wine-makers lunch with a prominent vigneron, a festive dinner with friends in Buis Les Barroniere who will extend a warm welcome and, on the last day, you can rise early to climb Mt Ventoux from Bedoin, returning in time for a celebratory lunch before departing for on-ward travel. Tempted? Call us at 800.242.1825 - Space is Limited to 12 participants.

Itinerary



Day 1
Arrival in Vaison-la-Romaine. Visit the famous Roman ruins, then explore the medieval quarter perched

high on the opposite bank.

Day 2
Cycle to Poët-Laval in the heart of the Baronnies mountains, which are part of the pre-Alps. Rated as one of the most beautiful villages in France, Poët-Laval also features an interesting museum of Protestant history in France. Your hotel has a long history entwined with the Knights Templar.

Day 3
Enjoy a second day in Poët-Laval. A delightful day ride takes you to the pottery centre of Dieulefit, then on to Bourdeaux and the ruined castle of Soyans. This route is often on the Dauphin race route (55 km - 600 m of elevation change).

Day 4
Buis-les-Baronnies beckons. This spectacular ride crosses through the valleys of six different rivers, with high hills and two passes in between. Gorges and isolated chapels, plus vineyards, orchards and lavender fields characterize the scenery (57 km - 895 m).



Day 5
Spend a second night in Buis-les-Baronnies. In this sun bowl hollowed out of the mountains grow the best Nyons olives. A grand day ride takes you past Brante in the shadow of Mont Ventoux, then on to the spa town of Montbrun-les-Bains. The gorges in the Toulourenc valley are as stunning as the castle (60 km - 750 m).



Randonnée Tours

How to get there?

You start in Vaison-la-Romaine, a delightful town snuggled in green hills in the heart of Provence.

Vaison lies about 650 km southeast of Paris, and due east of Orange.

Access is via either Orange or Avignon. Both can be reached via the TGV (high speed rail network of France), and are only a three to four hour journey from Paris.

These towns can also be reached by air or from other gateway cities such as Lyon or Nice. Transfer to Vaison is via public or private transportation.

We'll provide you with detailed instructions.

Itinerary

Day 6

On your way to Sault, there are several routes to choose from. Head east to Mollans-sur-Ouvèze with its lovely high-arched bridge, marked on each side by a tower and a tiny chapel. Sault is the lavender capital of the region, and also home to Provence's Most famous maker of nougat - a tasty confection of honey and almonds. Just right after a long bike ride! (54 km - 895 m)

Day 7

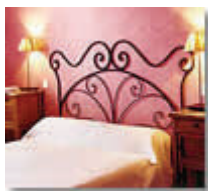
Delight in the spectacular Gorges de la Nesque, with its wildly eroded cliffs and curves, as you ride to Bédoin, a relaxing town among vineyards and cherry orchards. Or pedal to Bédoin over Mont Ventoux, 1909 m at its summit where a cold wind always blows and there are breathtaking views as far as the Alps. (45-60 km - 555 m or 1909 m)

Day 8

Rise early to climb Mt Ventoux from Bedoin following the classic Tour de France route; it's 22 km to the summit, with an elevation gain of 1610 meters and an average grade of 7.6%- professional riders take under an hour, but reaching the summit at any speed will get you bragging rights from us. Return in time for a celebratory lunch before departing for on-ward travel.

Accommodation

Classic



Hôtel Le Burrhus

Vaison-La-Romaine

This hotel overlooks a pretty square right in the heart of Vaison. The hotel has been recently renovated, and often hosts art exhibits in the hotel's lounges.



Hôtel Les Hospitaliers

Le Vieux Poët-Laval

Nestled in one of France's most romantic villages in the hills of northern Provence. Guests can see dramatic countryside across the valley from the terraces or swim in the private swimming pool.



Randonnée Tours

The Price includes:

- 7 nights hotels
- All breakfasts, 2 lunches and 3 dinners
- Use of a top quality 21-speed hybrid bike complete with handlebar bag, pump, and all the necessary accessories for changing flats. We recommend that you bring your own helmet for safety and hygiene reasons
- Detailed route instructions and map
- Luggage transfers
- Area Manager available throughout the tour

"The tour was not difficult for those who cycle hills regularly, but a nice combination of scenery and challenge. It's easy with a self-supported tour for individuals to add kms to the daily route if they want to, as we did on the last day."

- A. Leedy

Accommodation

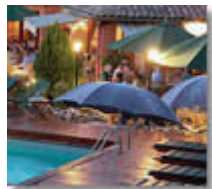
Classic



Le Lion d'Or Les Arcades

Buis-les-Baronies

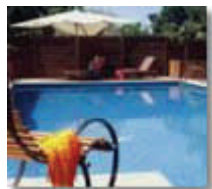
Built in 1661, this residence has lovely gardens and swimming pool.



Hostellerie Val de Sault

Sault

This charming residence is situated in a large garden with a tennis court, outdoor and indoor pools, plus a fitness room and Jacuzzi.



Hotel des Pins

Bedoin

This hotel is located at the foot of Mont Ventoux. Guests have individually decorated rooms and can enjoy the swimming pool and gardens. The delicious cuisine is direct from nearby Provencal markets.