

# France cycling trip 2019

## Lozère/Cévennes, Mont Ventoux and Provence

This is a two-week self-guided but supported tour starting in Toulouse and ending in Marseille. From Toulouse we will cycle for six days through the département de la Lozère and Parc national des Cévennes, starting off through Canyon de la Dourbie and Gorges du Trévezel to Mont Aigoual weather station. We'll then continue through Gorges de la Jonte and Gorges du Tarn, finishing the first week with a trip through Gorges de l'Ardèche to Orange.

On the first day of our second week, we will climb Mont Ventoux either from Malaucène or the classic Tour de France route from Bédoin with an option to ride through Gorges de la Nesque. We will then continue south through the perched villages of Beaux-de-Provence and Gordes before turning east, riding through the Luberon area of Provence towards the lavender fields just west of Gorges du Verdon. Then we'll ride for two more days, finishing with a pass through Massif de la Sainte Baume to Marseille.

In total there will be 12 days on the bike plus one day off in the middle in Orange, with the opportunity to visit the ancient Roman amphitheatre there.

Flights: The recommended connections on AirTransat are

- Montreal → Toulouse (direct)      Mon 20 May 2019      TS 312      depart 9:25pm  
arrive 10:25am next day, Tue 21 May 2019
- Marseille → Montreal (direct)      Thu 6 June 2019      TS 435      depart 12:35pm  
arrive 2:45pm, same day

Round-trip cost is \$701.40 tax in (as of Thu 3 January 2019) plus bicycle transportation charges.

Accommodation: Double and twin rooms at two- or three-star hotels have been reserved at all towns along the way. There will be space for a maximum of 14 people on this trip, 13 riders and one driver.

SAG Support: There will be a SAG wagon to transport luggage from town to town, and the driver will have a mobile phone and be available to help out in case of emergency. The driver also may provide support along the route.

The itinerary is:

- Monday 20 May 2019: Depart Montreal.
- Tuesday 21 May 2019: Arrive Toulouse.
- Wednesday 22 May 2019: Tour Toulouse and prepare to begin riding the next morning.
- Thursday 23 May 2019 (DAY 1): Toulouse to Albi through flat, rural areas along the Tarn River.
- Friday 24 2019 (DAY 2): Albi to Millau along the Tarn River valley and under the Viaduc de Millau.
- Saturday 25 May 2019 (DAY 3): Millau to Meyreuis through Canyon de la Dourbie, past Cantobre, then along Gorges du Trévezet, over Col de la Sereyrède and Col de Prat-Peyrot to the Mont Aigoual weather station.
- Sunday 26 May 2019 (DAY 4): Meyreuis to Mende through Gorges de la Jonte and a long stretch of Gorges du Tarn.
- Monday 27 May 2019 (DAY 5): Mende to Vallon-Pont-d'Arc over Col de la Tourette, Col des Tribes and Col du Mas de l'Ayre.
- Tuesday 28 May 2019 (DAY 6): Vallon-Pont-d'Arc to Orange through Gorges de l'Ardèche with an option to ride through Gorges de la Cèze.
- Wednesday 29 May 2019: Off day in Orange.
- Thursday 30 May 2019 (DAY 7): Orange to Carpentras, either through Vaison la Romaine or the Dentelles de Montmirail, then over Mont Ventoux either from Malaucène to Bédoin or from Bédoin (the traditional Tour de France way) to Sault then through Gorges de la Nesque.
- Friday 31 May 2019 (DAY 8): Carpentras to Cavaillon through St-Remy-de-Provence and Beax-de-Provence.
- Saturday 1 June 2019 (DAY 9): Cavaillon to Apt through Fontaine-de-Vaucluse, Venasque (quaint perched village), Abbaye de Sénanque, Gordes (beautiful perched village) and the Luberon (Oppède-le-Vieux, Ménerbes, Lacoste, Bonnieux).
- Sunday 2 June 2019 (DAY 10): Apt to Oraison through Combe de Lourmarin to lavender country.
- Monday 3 June 2019 (DAY 11): Oraison to Brignoles.
- Tuesday 4 June 2019 (DAY 12): Brignoles to Marseille through Massif de la Sainte Baume.
- Wednesday 5 June 2019: Tour Marseille and prepare to depart the next day.
- Thursday 6 June 2019: Depart Marseille, arrive Montreal.

## May/June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 19</b>	<b>20</b>  depart Montreal	<b>21</b>  arrive Toulouse	<b>22</b>  tour Toulouse	<b>23</b>  <u>DAY 1:</u>  Toulouse to Albi	<b>24</b>  <u>DAY 2:</u>  Albi to Millau	<b>25</b>  <u>DAY 3:</u>  Millau to Meyreuis
<b>26</b>  <u>DAY 4:</u>  Meyreuis to Mende	<b>27</b>  <u>DAY 5:</u>  Mende to Vallon-Pont-d'Arc	<b>28</b>  <u>DAY 6:</u>  Vallon-Pont-d'Arc to Orange	<b>29</b>  day off Orange	<b>30</b>  <u>DAY 7:</u>  Orange to Carpentras	<b>31</b>  <u>DAY 8:</u>  Carpentras to Cavaillon	<b>June 1</b>  <u>DAY 9:</u>  Cavaillon to Apt
<b>2</b>  <u>DAY 10:</u>  Apt to Oraison	<b>3</b>  <u>DAY 11:</u>  Oraison to Brignoles	<b>4</b>  <u>DAY 12:</u>  Brignoles to Marseille	<b>5</b>  tour Marseille	<b>6</b>  depart Marseille,  Arrive Montreal	<b>7</b>	<b>8</b>