



AMC ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

JUL 27-
AUG 5
2017

Provence: Bike&Boat "La Provence Magnifique"

Leader: Richard Cable

Trip #1714

Co-leader: Janis Stahlhut



Bulls, horses, countryside awash in the colors of VanGogh, vast panoramas and castles, fine wines and cuisine: our journey takes us by bike and boat through famed Provence, France. First we will recover from our long flights with a leisurely day and overnight in Marseille, France's second largest and oft over-looked city on the Mediterranean. You will have an opportunity to stroll through the historic Old Port and see a city in the midst of a transformation with a bustling plaza filled with street performers and public art, sample local fare at a sidewalk café, and visit the

World Heritage Museum of Western Civilization.

We then travel by private coach to Aigues Mortes, in the heart of Camarague to board our floating hotel, the *Soleo* - a local flatboat built in 1958, converted into a leisure touring boat in 1988, and refurbished in 2009. Our cycling days will take us along country roads through the wild Camargue region, along Van Gogh's Rhone Valley, through the Roman France of Pont du Gard, and finally we toast with the precious



wines of Chateaufneuf du Pape and visit

Avignon, the city of Popes. Along the way we are accompanied by the knowledge and passion of a French-English speaking guide, and each night we dine and sleep on board.



For more information or an application please contact: Richard Cable
r.cable@sbcglobal.net or Janis Stahlhut jstahlhut@me.com

ACCOMMODATIONS & MEALS:

3 star hotel and chartered barge accommodations with en suite facilities. Marseille dinner voucher, hotel breakfast; on-board breakfasts and dinners. Min 14, max 17 pax + 2 AMC leaders.



ITINERARY

Jul 27/28. Depart US/Arrive Marseille. D (\$25 voucher)

Overnight in Marseille and take some time to enjoy France's second largest and often overlooked city with a stroll along the Old Port and visit to the World Heritage Museum of Western Civilization.

Jul 29. Aigues-Mortes. B/D

We will board a private coach and arrive in time to see a bit of this medieval town and ancient military and commercial port on the Mediterranean. Board after 6 p.m.

Jul 30. Aigues-Mortes, B/D loop tour (55 km). B/D We begin our biking traveling on the small country lanes of Camargue, winding between canals, lagoons and small villages. In the afternoon we visit the charming fishermen's village Le Grau-du-Roi where there is the possibility of a refreshing bath on the beach.

Jul 31. Aigues Mortes – Arles B/D (25 km). After sailing for a couple of hours to Saint Gilles we will disembark and cycle to Arles, known for the richness of its antique and Roman patrimony. The city fascinates with its hidden treasures. Getting lost among its small alleys will be like entering a picture by Van Gogh. In the afternoon we are joined by a professional city guide, to visit and learn about the jewels of the town.

Aug 1. Arles – Vallabreguès B/D (60 km). This is a breathtaking stage, which brings us to the Alpilles, with the perched village of Les-Baux-de-Provence and then to Saint Rémy

TRIP COST: US \$2,685 (assumes E-\$ conversion at 1.15. If exchange should fluctuate dramatically, adjustments to price may be required.)

PAYMENTS: \$1,000 with application; \$1,000 Jan. 1, 2017; \$685 April 1, 2017.

INCLUDES: 8 nights accommodation, 8 breakfast buffets and on-board dinners, dinner voucher in Marseille, welcome and daily briefings, bike rental, luggage transportation, emergency van*, licensed on-bike multi-lingual route and cultural guide, city guide in Arles, coach transportation from Marseille-Aigeus-Mortes, certified AMC-AT leaders, med evac travel insurance.

DOES NOT INCLUDE: Air (approx \$1,000-see note*) and airport transfers, excursions not listed in itinerary, beverages other than tap water, lunches or meals not listed, trip cancellation, lost baggage, etc. insurance beyond that provided in trip cost. (We recommend trip cancellation insurance.)

CANCELLATION POLICY: Full refund if the trip does not run. Once a trip has been confirmed to run with a sufficient number of participants, no refund will be available unless another suitable participant can be confirmed. Once that participant is confirmed and monies deposited, a refund will be issued. Refunds will only be refunded to the extent that the cost of the trip for other participants is not affected. Participants are responsible for their own airline tickets and cancellation or change penalties. **Trip cancellation insurance is advised; policy information will be supplied to all participants upon acceptance into the trip.**

*EMERGENCY VAN & OPTIONAL EXCURSIONS

A minivan is available in the area for emergencies. The same van offers alternative excursions for those participants who don't want to cycle on some days or can organize transfers to shorten the longest stages. These extra services are not included in the AMC trip price and must be paid on site. Optional programs and prices are available on board.

de Provence. A landscape of limestone cliffs and olive trees accompany the trip. In the evening we will moor in Vallabrègues, pretty Provençal village on the banks of the Rhône.

Aug 2. Vallabrègues – Aramon B/D (35 km). Along country roads we arrive at Barbentane with its castle at the confluence of the Rhone and Durance rivers. We cycle to the magnificent Abbey of Saint Michel de Frigulet and afterwards down to the medieval village of Boulbon. In the afternoon we navigate on our boat to Aramon for an overnight with a beautiful view over the Mont Ventoux.

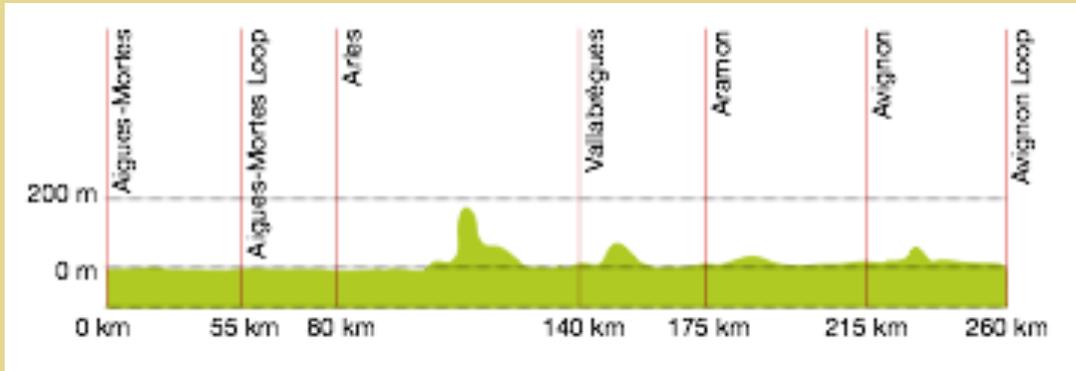
Aug 3. Aramon – Avignon B/D (40 km). We will visit the best preserved

Roman aqueduct in Europe: Pont du Gard, a very spectacular work. Returning to Aramon in the afternoon we will sail to Avignon, the city of the Popes, mooring in Quai de la Ligne next to the famous Pont St. Bénézet.

Aug 4. Avignon B/D, round tour (45 km). We cycle in the direction of Châteauneuf-du-Pape, following low-traffic roads surrounded by vineyards. In Châteauneuf-du-Pape we can enjoy a tasting of their very famous Provençal wine. We cross the Rhône at the height of Roquemaure and follow the river back through Villeneuve-lès-Avignon.

Aug 5. Avignon. B After breakfast, depart for return airports.

***Flights:** There is an option to fly directly to Marseille or to Paris and use a high speed train to Marseille and on return from Avignon. Paris flights cost less and the train is efficient and easy to use. The leaders will work with you to find the best package for you!



Bike Routes: We will ride on bike paths and low traffic roads in rural and city areas. Cyclists should be comfortable with the described day to day terrain and distances and should be experienced on roadways and city streets with light to moderate traffic.





Bicycles & Equipment

Different frame sizes of unisex bikes with 27-gears Shimano Deore will be available on board. They are fully equipped with 1 side-bag, 1 water bottle, 1 padlock.

We do not generally recommend bringing your own bike on board. If you have a special circumstance please contact the leaders.

Local guide will carry a small tool kit and tire pump. You may bring any other tools you require. ANSI approved helmets required, bring your own or rent for E25.

Bikes are outfitted with standard platform-style pedals. You may bring your own clipless shoes and pedals but you should be equipped with all tools and parts required to make the equipment change onsite. Clipless pedals and toe clips are used "at your own risk."

Clothing

Normal cycling clothing is suggested including lightly padded shorts and sturdy comfortable shoes. Many prefer the "loose/ lined shorts" commonly found in mountain bike clothing. Layered tops from short sleeved to light fleece or jacket. Rain gear recommended. Casual, comfortable clothing for non-biking days and dinner.

Leaders

Leader **Dick Cable** has been an AMC-AT leader since 2007 and has lead or co-led hiking and biking trips to Yosemite National Park, Mongolia, Sicily, Spain, France, Italy, Czech Republic/ Germany, South America, Nepal, Africa and New Zealand. He is an education programming specialist and teaches spinning and group exercise classes.

Co-leader **Janis Stahlhut** has been an AMC-AT leader since 2009. She has led and co-led hiking and biking trips to Cape Cod, New Hampshire, Massachusetts, Sicily, Spain, France, Italy, South America and New Zealand. Having spent 15 years as a marketing and public policy specialist for



major telecommunications firms, Janis now enjoys a career as a personal trainer and group exercise instructor.

Both leaders have a strong interest in sharing the allure of adventure excursions to the most beautiful and intriguing places on earth. Both are CPR and Wilderness First Aid certified.

As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We anticipate each participant's engagement as part of a group, and expect each to abide by the leaders' decisions and work towards the group having a good time. Be prepared to help your fellow riders and spend time with other participants on the trip. In doing so, you will help ensure each participant's maximum experience and enjoyment of the trip.

Disclosure

AMC Adventure Travel trips are led by volunteers on a non-profit basis. A program fee is assessed each participant toward AMC Adventure Travel Excursion program and administrative expenses. Any monies left over after trip expenses are covered will be refunded to the participants. Conversely, and though every effort is made to avoid it, if a trip's cost should unexpectedly exceed the trip's budget, leaders may be required to collect additional payment.

