

# Bikexplore

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Haute Provence 15– 22 August 2021    £795

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## **Haute Provence 15 – 22 August 2021**

This is the 18th year for this popular fixed-centre tour, with a mix of flat and mountainous terrain, based at a comfortable hotel with air conditioning and swimming pool at Buis-les-Baronnies. There will be a choice of gentle or more challenging rides with rest days and the option of 'doing your own thing'. The shorter rides will be simple to follow, though will not usually be led or guided. A support vehicle will accompany the longer rides. A limited number of non-cycling partners can be accommodated. The tour is aimed at the more independent rider(s) who may be doing other rides in Europe before or after this one.

## **Area Covered By The Holiday**

Based at Buis-les-Baronnies (Buis pronounced 'Bwee'), sometimes described as one of the most beautiful small towns in France. Buis is just north of Mount Ventoux and the Luberon where Peter Mayle wrote *A Year in Provence*. The town is at about 1500 ft ASL and overlooked by a remarkable razor-backed outcrop; La Roche St Julianne. The local hills rise to about 4,500 ft with Mont Ventoux towering over them at 6,263 ft. The scenery is interesting, with olive and apricot groves, vineyards, lavender fields and cherry orchards and often spectacular with rugged hills, gorges and cols (mountain passes). The area is also known for the Roman ruins at Vaison la Romaine and wine making. The terrain varies from flat (the plain of the Rhone) to rugged. The roads are mostly very quiet with little traffic.

## **Rides & Rest Days**

The long ride people will spend most of the day cycling and sightseeing from the saddle at a pace of 16-20 kph or 10-12.5 mph on the flat, slower on the hills. The short ride people will spend about half of each day cycling with plenty of time allowed for sightseeing. The pace will be slower perhaps 12-16 kph or 7.5-10 mph. You are of course free to ride separately. We usually ride spread out in small sub-groups meeting up at road junctions, cafes etc, and both rides follow the same route to morning coffee, splitting after that. Everyone should return with plenty of time for a rest or swim in the hotel swimming pool. The rest day can be used to visit the local market or we can suggest rides for the more energetic.

Riders on the long rides and hoping to climb Mont Ventoux need to aim at doing 70 mile hilly rides before they come and beginners hoping to do the short rides should aim to build up to a target of at least 30 hilly miles in a day before coming on this holiday. Note that while we always provide emergency support, we expect cyclists to complete the ride each day.

Sketch maps and GPS files of the routes will be sent with the final tour information approximately four weeks before the tour starts.

## **Accommodation & Meals**

The [Hotel Sous L'Olivier](https://www.hotel-buislesbaronnies.com/Accueil) <https://www.hotel-buislesbaronnies.com/Accueil> has a swimming pool and gardens and is about 300 meters or yds from the town center. The hotel breakfasts are 'continental'. There is a range of restaurants and bars that do meals within a few minutes' walk of the hotel, and four of the evening meals will be at restaurants in the town. Choice for vegetarians may be very limited and we do not cater for special diets. There will be bars and cafes on all the routes that do light lunches: sandwiches, salads, etc. We usually find a bar for ice cream or drinks two or three times a day. The evening meal is normally at 7.30pm and we meet for a drink before it. Single room supplement is £230. As is common in French hotels 'double' rooms may have two single beds pushed together.

## **Travel**

Transport is not included in the price of this tour, however Buis-les-Baronnies is about 112km (70 miles) from Nimes airport, 72km (45 miles) from Avignon airport and 132km (82 miles) from Marseille airport. Transport by high speed train (TGV) or slower regional trains to Avignon or Orange is possible and there is a branch line to Carpentras which gets you to within 25 easy miles of the hotel. Using the toll motorways, it is possible to drive from anywhere in France to Buis-les-Baronnies in two days, or two or three days from Italy, Spain and Germany.

As there are no travel arrangements to France included in the tour price, it is very important to note that your Tour Manager is not responsible for you in any way until the appointed time at the designated meeting point. Should this tour not attract sufficient bookings to reach the minimum operating size, we may cancel the tour at any time up to 10 weeks before departure. It is therefore recommended that you book fully flexible and refundable transport and accommodation or wait until you know the tour is going ahead, as, in the event of the tour being cancelled, we will not be responsible for any losses incurred.

## **Group Information**

The maximum number of participants will be 16 excluding the Tour Manager(s).



### **Weather & Clothing**

At this time of year it should be warm and sunny but rain is a possibility, and you should carry clothing such as a lightweight windproof / showerproof to ensure that you can remain warm at the top of the Cols and Mount Ventoux and (reasonably) dry. Suncream is strongly recommended.

### **Cycles & Equipment**

A touring cycle, hybrid or lightweight ATB is suitable and must be in good working order, especially the brakes. Lights are recommended for the two very short tunnels we encounter. A low bottom gear is recommended. Mudguards are optional. Each participant will be expected to carry sufficient spares and tools to deal with punctures and minor repairs. Two inner tubes, a pump and a mobile phone enabled to work in France are useful accessories. There is a small bike shop in Buis with a well-equipped workshop, but it might not be open when needed.

Cycle hire is possible but needs arranging well in advance. See [www.ventoux-bikes.fr](http://www.ventoux-bikes.fr) as an example. The hire price for a good quality carbon framed Scott is 200 Euros for seven days; there are cheaper bikes available, including hybrids at around 130 Euros. We do not recommend specific hire bikes and accept no liability for participants using them. You are entirely responsible for the safety and suitability and maintenance of the bike you ride. Cycle hire is not part of your holiday contract.

### **Maps & Guides**

Sketch maps and GPS route files will be provided, detailed maps can be purchased in Buis-les-Baronnies at the newsagent in the centre of town or in larger supermarkets.

### **Travel Insurance & Advice**

We strongly recommend that suitable insurance is taken out to safeguard against risks such as cancellation charges, personal injury or lost property, **as soon as you book** so you will then be covered if you have to cancel due to injury or illness before the tour starts. If coming with a partner consider insurance that covers both of you cancelling if one of you is injured or ill.. If you already have an annual policy, you may need to confirm that it will cover a holiday in the France and **cycling every day** or make provision for it to do so. If a participant signs up and has to cancel, any refund will be determined based upon whether a replacement is found, as well as the impact of any unrecoverable costs incurred in the cancelling participants name. Hence the need for good travel insurance.

## **Cancellation Policy**

Refunds of tour payments will depend upon whether a replacement rider signs up, and on costs that can be recovered. The amount refunded will be based on the principle that the tour's remaining participants will not incur any additional cost as a result of cancellations. If the canceling participant is replaced, a refund will be made at that time. If the canceling participant can't be replaced, any refund will be determined after the ride and final expense report are completed. If a participant that is sharing a room cancels and another roommate cannot be found, in addition to other costs that cannot be recouped the cancelling roommate may also be liable for the supplement for a private room of the roommate remaining on the tour.

**Corona-Virus Alert:** Please rest assured, your safety on and off the bike is our number one priority. Should the tour have to be cancelled due to the virus, you will receive a refund.

## **Price**

The price is £795 is based on a minimum number of 7 riders. If there is insufficient bookings by 1 June, 2021, we will contact you and return all monies paid. The price is calculated at a rate of 1.14 euro to £1 (based on exchange rates published on [www.xe.com](http://www.xe.com) on 16 January 2021). **Depending on currency exchange rates, there may be an adjustment in the amount of the final payment.**

A deposit of £300 is required when booking .

## **Price Includes**

7 nights hotel, sharing room, half-board (Breakfast and evening meal)  
Support vehicle for the longer rides  
Complementary wifi  
Secure bike storage.

## **Price Does Not Include**

Travel to and from the tour  
Drinks with evening meals  
Lunches or refreshments during the day  
Entry fees at any attractions  
Any other personal expenses  
Travel Insurance  
Single room supplement (£230, subject to availability)

