



France / **Bike and Barge** Provence and Camargue



From Aigues Mortes to Avignon

A wonderful bike and boat tour through the wild Camargue nature with its bulls and horses: from the medieval fortress of Aigues Mortes you'll cycle gradually towards ...

[Read more →](#)

In brief

Ref. FR030



Bike and Barge



Guided



Easy

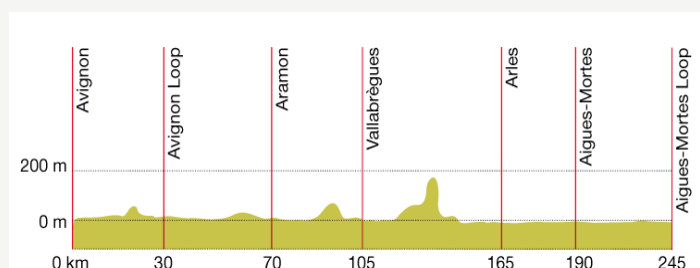
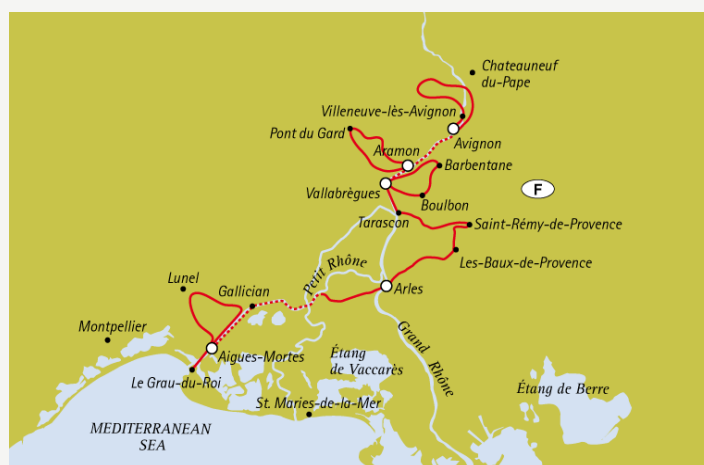


Week tours



E-bike

Map and elevation



ITINERARY

Introduction

A wonderful bike and boat tour through the wild Camargue nature with its bulls and horses: from the medieval fortress of Aigues Mortes you'll cycle gradually towards Arles. After that you'll visit the most typical Provence landscape, including the Rhone Valley, Van Gogh's Provence, the Roman Pont du Gard for finally ending to the city of Popes, Avignon.

Day by day

1. Aigues Mortes

Individual arrival and boarding after 6 p.m. in Aigues Mortes, medieval town, ancient military and commercial port on the Mediterranean.

2. Aigues Mortes, round tour (55 km)

Going through small country lanes of the Camargue between canals, lagoons and small villages you will have the chance to see the famous black bulls and the white horses typical of this region, as well as the pink flamingos...In the afternoon you will reach the charming fishermen's village Le Grau-du-Roi. Possibility of a refreshing bath on the beach.

3. Aigues Mortes – Arles (25 km)

You will sail for a couple of hours up to Saint Gilles and then cycle to today's destination: Arles, known for the richness of its antique and Roman patrimony. The city fascinates you with its hidden treasures. Getting lost among its small alleys will be like entering a picture by Van Gogh. In the afternoon you will also have the opportunity to be welcomed by a professional guide, who will accompany you around the jewels of the town.

4. Arles – Vallabreguès (60 km)

This is a breathtaking stage, which brings you to the Alpilles, with the perched village of Les-Baux-de-Provence and then to Saint Rémy de Provence. A landscape of limestone cliffs and olive trees will accompany the trip. In the evening you will moor in Vallabrègues, pretty Provençal village on the banks of the Rhône.

5. Vallabrègues – Aramon (35 km)

Along country roads you will arrive to Barbentane with its castle at the confluence of the Rhone and Durance rivers. You will cycle to the magnificent Abbey of Saint Michel de Frigulet and afterwards down to the medieval village of Boulbon. In the afternoon navigation to Aramon for the overnight, with a beautiful view over the Mont Ventoux.

6. Aramon – Avignon (40 km)

The stage today will bring you to the best preserved Roman aqueduct in Europe: Pont du Gard, a very spectacular work. Back to Aramon in the afternoon you will sail to Avignon, the city of the Popes. Your mooring place is in Quai de la Ligne, next to the famous Pont St. Bénézet.

7. Avignon, round tour (30 km)

Today we'll get to the other side of the river Rhone by crossing the island Île de la Barthelasse, and we'll ride in the typical garrigue landscape, between vineyards and orchards. Before going back we'll visit Villeneuve Les Avignon, once known to be the town of the cardinals. In the afternoon a guided visit will let us discover the historic centre of Avignon.



8. Avignon
After breakfast, end of services.

Tour programme variations

The programme has been planned to feature navigation along the Rhone River and Rhone-Sète Canal. Due to organisational reasons, weather conditions or provisions issued by local authorities, the itinerary may be subject to some changes before and/or during the holiday. Issues with high and low water, as well as logistic obstacles such as officially ordered - previously not announced - repair work on locks or bridges can modify some of the daily stretches or overnight stays and may even request a transfer by bus. These decisions are only taken by the boat's captain.

ROUTE PROFILE

Route profile

Total length: 260 km
Total vertical up: 620 m
Terrain: 95% tarmac, 5% unpaved

The tour is totally in the lowlands during the two stages in Camargue, while the stages north of Arles present some ups and downs, which are however easy to overcome. There is just one more demanding slope towards Les Baux de Provence, but you will be fully repaid with an extraordinary landscape. The itinerary is mostly on secondary roads with low traffic; some short stretches on more busy roads are however inevitable. There will also be a couple of navigation stretches to make the stage more enjoyable.

Brief itinerary:

Day 2: Aigues Mortes round tour (55 km, vertical up 20 m)

This stage is dedicated to the exploration of the Camargue area, with its canals, villages and lagoons. In the afternoon you will reach the seaside town of Le Grau-du-Roi where you can have a bath in the Mediterranean Sea and relax on the sand. Do not miss the opportunity to observe small groups of pink flamingos along the Canal du Rhône à Sète and on its ponds at the edge of the Salins du Midi.

Day 3: Aigues Mortes-Arles (25 km, vertical up 0 m)

Today's stage is a short "transfer" tour leading you through "Tête de la Camargue", an area in the south-west of Arles delimited by the Petit Rhône. A cycle trip traversing cultivated fields, cane fields and bull farms as far as the town of Arles.

Navigation: about 2,5 hours from Aigues Mortes to St-Gilles.

Day 4: Arles-Vallabrègues (56 km, vertical up 300 m)

The stage goes along quiet country roads: you will only have to pay attention to the traffic leaving Arles and along the road that leads you from Tarascon to Vallabrègues. Today's stage is the only one that has a real elevation up in ascent: 4 km ascent from the village of Paradou to Les Baux de Provence. But after Les Baux a beautiful 4 km downhill to St. Remy waits for you.

Day 5: Vallabrègues-Aramon (35 km, vertical up 90 m)

After leaving Vallabrègues, you come up the course of the Rhone to the medieval village of Barbentane, from which you start the climb to reach the abbey of Saint Michel de Frigolet. After relaxing in the quietness of the place a descent of 4 km and a pleasant country road are waiting for you before arriving in Boulbon.

Navigation: about 1 hour from Vallabrègues to Aramon.



Day 6: Aramon-Avignon (40 km, vertical up 110 m)

After leaving the village of Aramon the itinerary will bring you between rolling hills covered with fine vineyards and ancient villages before reaching the front of the majestic Pont du Gard, a masterpiece of Roman engineering. In this first part there are some short slopes.

Navigation: about 2 hours from Aramon to Avignon.

Day 7: Avignon round tour (45 km, vertical up 100 m)

Going northward you will pass through the renowned vineyards that surround the medieval city of Châteauneuf-du-Pape, where you can taste a delicious glass of "Côtes du Rhône". You will cycle back to Avignon along peaceful country roads through Villeneuve Les Avignon.

Simple circuit with only one difficulty: a difficult climb of 800m to reach Chateauneuf-du-Pape.

Activity level

Easy cycling in mostly flat areas, with only few short climbs and descents. Little effort required, suitable for most people.

ACCOMMODATION AND MEALS

Meals

Breakfast: it takes place every day from 8 a.m. to 8:45 a.m.

Breakfast consists of an international buffet: bread, sliced salami and ham, cheese, butter, marmalade, yogurt, cereals, milk, tea, coffee.

Packed lunch: during breakfast, you will find all that is necessary to prepare a packed lunch (bread, sliced salami and ham, cheese).

Afternoon snack: after the daily trip you will receive on board a snack/cake/fruit with coffee/tea.

Dinner: it is at 7.00 p.m. At dinner you can enjoy typical dishes of the traditional French cuisine. Dinner usually consists of a starter, a main course and a dessert. On the table you will always find bread and water in jug. All other drinks are not included and have to be paid separately.

Beverages: on board there is a self-service bar (beer, soft drinks, sparkling water, wine, strong drinks). During the week you have to register on a sheet, provided by the crew, all the drinks and extra that you consume. Wine bottles can be labelled with your name or your cabin number and be consumed over a longer period. The prices of drinks are available in the price list at the bar. All prices are in Euros and include VAT.

Water on board is drinkable. It is not allowed to consume/bring beverages and food not directly purchased on board in the public areas of the boat (restaurant, bar, outdoor deck).

You can prepare coffee or tea for free from 7.30 a.m. to 10.30 p.m. using the coffee machine on board.

Diets and allergies

If you are vegetarian, gluten-intolerant or allergic to some specific ingredients/substances please indicate it at the moment of booking. We remind you that a 50 € supplement applies for gluten-free or vegan diets (to be paid in advance).

Once on board, make sure that the kitchen staff is aware of your allergies, in



order to avoid unpleasant situations.

Life on board

It is strictly forbidden to smoke in the cabins (and in all common areas). It is possible to smoke on the deck outside.

The travel package includes a daily short cleaning, as well as a thorough cleaning of the cabins and fresh towels in the middle of the week. If you need another change of towels, please ask the staff. Please do not take the towels off the boat and use them as beach towels.

We invite you to spare water on board, avoiding waste and too long showers. Please do not throw anything in the toilet apart from toilet paper provided on board. Any other type of paper (and also handkerchief Kleenex, dental floss or makeup remover cotton) does not dissolve and so ruins the depuration system and will cause a pollution effect on the water.

In every cabin you will find normal sockets. The French electrical net is 220V - 50Hz and you will find the same on the barge when the current generator is on. The sockets are Schuko bipolar.

Every cabin has a centralized air conditioning system. The portholes must be always closed in order to avoid the water entrance caused by wave motion.

We remind you that the boat is not like a hotel, so during the journey you will always hear some sort of underground noise.

Boats

The boat Caprice is equipped with:

- 11 cabins (1 single, 2 Doubles, 8 Twins) measuring 7-8 m2.

Each cabin has three fixed portholes (one is in the bathroom), air conditioning and en-suite facilities with shower area; plus ample closet space, a power socket and a full-length mirror.

Bed sizes: 1.90 m x 0.80 m (Singles) and 1.90 m x 1.40 m (Doubles).

The living area measures 12.50 x 4.10 m, is air-conditioned and it is divided into two areas:

the Restaurant

the Lounge with an open bar

A total of 10 windows give plenty of natural light.

Extra features:

Free WiFi in the restaurant/bar area

Complimentary courtesy kit: soap, shower gel, shampoo

Sundeck with seating accommodation and fixed awning.

The boat L'Estello is equipped with:

- 10 double cabins (one with a double bed and nine with twin beds) measuring 7-8 m2.

Each cabin has two portholes (one is in the bathroom), is air-conditioned and has en-suite facilities.

Bed sizes: 1.90/2 m x 0.75/0.80 m



The living area is an air-conditioned living room and is divided into two areas:
the Restaurant, with large picture windows
the Bar area with comfortable sofas and armchairs

Extra features:

Sundeck with a fixed awning, tables and chairs

Free WiFi in the restaurant/bar area

"Bring and Borrow" supply of travel books

Pétanque/Boules sets and board games available

Complimentary courtesy kit: soap, shower gel, shampoo.

ARRIVAL AND DEPARTURE

Upon arrival

Saturday is the day of arrival on board and you will start cycling the following day. On the day of arrival you can leave the luggage on board anytime during the day but the cabins will be available from 6.00 p.m. At 6.00 p.m. a meeting with the tour guide and the crew is scheduled. On board you will find also the Information Pack if you haven't received it by mail.

How to get there

Aigues Mortes is connected with the following airports:

Montpellier: 40 Km, Nîmes: 40 Km, Avignon: 90 Km, Marseille: 140 Km, Lyon: 300 Km

MONTPELLIER MEDITERRANEE (MPL) - www.montpellier.aeroport.fr

Connection by shuttle bus + train + taxi:

- from airport to Montpellier train station: the airport shuttle, line 120, connects the airport with Place de l'Europe. From Place de l'Europe you can take the tramway, line 1, direction Mosson, to go to the SNCF Montpellier St Roch train station (distance approx. 1.5 km) (transfer approx. 15 min, ticket 2.60 € on the whole);
- from Montpellier SNCF St.Roch station to Lunel: direct train connections (transfer approx. 15 min, ticket about 6 €);
- from Lunel to Aigues Mortes (16 km): you can take a taxi, transfer about 20-25 min; price about 40 €.

Connection by taxi:

- from airport to Aigues Mortes: the taxi fare is about 70 €.

NIMES GARONS (FNI) - www.aeroport-nimes.fr

Connection by shuttle bus/taxi + train:

- from airport to Nîmes train station: shuttle bus to the train station SNCF according to the flight schedules (Ticket: 6.80 € to be paid on board). Or you can take a taxi to the station: price about 25 €;
- from Nîmes train station to Aigues Mortes: few train connections (transfer: approx. 50 min; ticket from 1 €).

Connection by taxi:

- from the airport to Aigues Mortes: a direct taxi costs about 80 €.

AVIGNON CAUMONT (AVN) - www.avignon.aeroport.fr

Connection by bus + train:

- from airport to Avignon train station: bus line no. 30 TCRA or bus line no. 22



LER (Ligne Express Régionale) go from the airport to the train station SNCF Avignon Centre. The distance is about 8 km (transfer: approx. 40 min, ticket 1.40 €);

- from train station Gare SNCF Avignon Centre to Aigues Mortes: train connections with change in Nîmes (transfer about 120 min; ticket from 16 €).

MARSEILLE PROVENCE (MRS) - www.marseille-airport.com

Connection by bus + train:

- from the airport to the Central Station Marseille Saint Charles (bus every 15 minutes, transfer approx. 25 min; ticket about 10 €);

- from Marseille Saint Charles to Aigues Mortes: few train connections to Aigues Mortes with change in Nîmes or Avignon (transfer approx. 3 hours, ticket about 30 €).

Connection by shuttle bus + train:

- from the train station Vitrolles Aéroport Marseille (5 minutes from the airport by shuttle bus, every 10 min before every train departure from Quai no. 5) to Aigues Mortes: few train connections with one or two changes (Nîmes and Arles).

Transfer approx. 3 hours, ticket from 25 €).

LYON SAINT EXUPERY (LYS) - www.lyonaeroports.com

Connection tramway + train:

- from the airport to the Lyon Part-Dieu train station: tramway Rhone Express (every 15 min, transfer approx. 30 min, ticket about 16 € (www.rhonexpress.fr);

- from Lyon Part-Dieu train station to Aigues Mortes: there are few train connections with change in Nîmes (transfer: from 2 to 3 hours; ticket from 30 €).

Connection by tramway + train + taxi:

- from the airport to the Lyon Part-Dieu train station: tramway Rhone Express (every 15 min, transfer approx. 30 min, ticket about 16 € (www.rhonexpress.fr);

- from Lyon Part-Dieu train station to Lunel: train connections with change in Nîmes or Montpellier Saint Roch (transfer: ca. 2 hours; ticket from 30 €);

- from Lunel train station to Aigues Mortes (16 km): taxi, transfer about 20-25 min; price about 40 €.

TRAINS

For further information on timetables and prices you can consult the following website: www.sncf.com.

End of the tour

You have to leave the boat after breakfast, not later than 9.00 a.m.

At the check-out you must return the keys of the cabin to the crew and pay the extra drinks. You can pay only by cash, not with credit cards. Large bills are not accepted.

Please remember also to return the books and/or brochures you used for consultation.

How to go back

At the end of the tour, if you need to return to the starting point of the tour to pick up the car or to spend some extra nights, you can take a train.

TRAIN

There are few train connections between Avignon and Aigues Mortes (it is



necessary to change train in Nîmes, transfer: approx. 2 hours, ticket from 16 €). In summer (July and August) there are more frequent train connections.

We suggest:

- from train station of Avignon to Lunel: direct train connections (transfer: approx. 50 min; ticket from 16 €);
- from Lunel to Aigues Mortes you can take a taxi (16 km): transfer about 20-25 min; price about 40 €.

RETURN WITH OWN BIKES

There are few train connections between Avignon and Aigues Mortes and the bike transportation is very limited. On the TER trains the bike transportation is for free, but they travel between Avignon and Nîmes, while along the stretch Aigues Mortes - Nîmes and Nîmes - Aigues Mortes there are very few trains with bike transportation.

We therefore suggest clients who have own bikes to leave the bikes on the boat at the end of the tour, pick up their car by train and return to the boat by car to take the bikes.

However, the use of own bikes on this tour is not recommended.

Before your departure we suggest you to enter the website of the French railway in order to check all train connections which allow bike transportation (www.sncf.com).

The train station of Avignon Centre is at about 2.5 km distance from the disembarkation point.

BIKES AND ACCESSORIES

Rental bikes

Girolibero's City bikes are available in various sizes in unisex models. At the moment of booking, you can choose from the following bikes:

- City bike Nuvinci N380
- Electro-bike

Features:

- aluminium frame
- mudguard
- rear rack
- comfort gel saddle
- anti-puncture Schwalbe tyres
- ergonomic bicycle grips
- Speed Lifter system (only for City bikes)

Own bike

The use of own bikes is not recommended in this tour because of the limited space on the boat and also because of the difficulty of reaching the starting point with public transportation. The possibility of bringing own bikes on board is anyway allowed only on request.

If you want to make the tour with your own bike, before you depart we suggest you to check that all parts of the bike are functioning properly. A cycle computer is necessary to follow the road book. We also highly recommend you to bring a repair kit because the emergency number in case of breakdown cannot be used if you are using your own bike. Don't forget to bring a padlock and always lock your bike.

Accessories

All rented adult bikes are equipped with:



- 1 cycle computer
- 1 Ortlieb one-sided saddlebag
- 1 water bottle (0.75 l)
- 1 combination bike lock

Only for self-guided:

- 1 front bar bag or 1 map holder
- 1 repair kit per cabin: 1 spare inner tube, glue, patch, a pump, 2 allen keys and tyre levers

At the moment of booking you can also rent helmets suitable for head circumferences from 54 to 61. All our helmets have a certification mark according to the DIN EN 1078 (CE) European norm.

Mechanical problems

If you are riding unaccompanied, it is wise to know at least how to repair or change an inner tube before setting off on your bike. For this reason we provide you with a repair kit per cabin.

We remind you that in case of flat tyre no assistance is foreseen.

In case of mechanical problems you have to:

1. Call the tour leader phone number (contact person also for self-guided)
2. Communicate your name
3. Tell your position (total distance of the stage) based on the description of the roadbook
4. Give your mobile phone number

Based on the damage and on the location, the emergency van will try to reach you as soon as possible.

Bicycle delivery and return

Bikes will be delivered in the morning of day 2.

At the end of the last cycling day you have to return the bikes (with all accessories) to the tour leader on board.

How to lock the bike

We remind you that you are responsible for the rental bikes and its accessories during the whole tour. Bicycles must be always locked and possibly secured to a pole, even for short pauses.

In case of theft/damage to the rental bike

At your arrival on board you can buy the insurance on the bike hire. This insurance is not compulsory but it will cover costs in case of theft or damage to the bike during your stay. Please note that the theft is covered only if the bicycle has been properly closed and secured.

Premium: € 10 for the standard bike and € 40 for the electric bike.

Local law on cycling

In France the wearing of bicycle helmets is not compulsory for adults, but for your own safety we recommend you to wear it. The helmet is mandatory for children under 12 years, both if cycling or just passenger.

Cyclists have to wear a reflective vest out of the towns from sunset to sunrise and in tunnels.

BY YOUR SIDE

Welcome briefing



At your arrival on Saturday at 6.00 p.m. you will meet the tour leader and the crew. Every evening after dinner the guide will present you the cycling program of the following day.

This tour offers the chance to choose if pedalling alone or with the whole group, following the tour leader. When booking the tour you need to specify which option you prefer.

If you want to cycle independently, you are free to do it by following the detailed roadbook and maps you have been given. In case of an emergency you can contact the tour leader over the phone. If you change your mind during the week and you want to join the guided tour, please inform the tour leader the evening before.

If you choose the guided option, the tour leader will be always present during breakfast and dinner and will cycle every day with you.

Tour leader

Our tour leaders are carefully selected and rigourously trained by Girolibero. They are all multi-lingual, and speak at least English and German. Smart, entertaining, caring and endlessly enthusiastic, they have a true passion for sharing their love of the outdoors, people, culture and local food. Thanks to a deep knowledge of the territory, they can give you useful hints and help you appreciate the place you are visiting. Of course they love cycling and will be happy to give you some advice about how to correctly use the bicycle gears and whenever necessary they can fix your flat tyre. As we like to say, our tour leaders are CDO (Controlled Designation of Origin), a real traveller's ticket to discover the land with ease and to live an unforgettable active travel experience.

ACCOMPANYING MATERIAL

Accompanying material

The Information Pack (one per cabin) includes:

Girolibero Greens booklets:

- 1) Travel guide with valuable information about the history, artistic heritage, landscapes and natural treasures of the areas visited on the tour. Plus: local events, some great anecdotes, suggestions on how to make the best of an extended break along the route, and tips on local wining and dining.
- 2) Detailed Maps of the itinerary: in colour and scaled 1:75.000/50.000, an altitude profile chart and maps of any historic city centres you would visit.
- 3) Roadbook describing the cycling route, stage by stage. Great on its own or in conjunction with the maps.

LUGGAGE

Luggage transportation

When you prepare your luggage, please remember that the space on the boat is limited. It is also strongly recommended to use bags instead of suitcases because it is easier to put them away.

In case of early arrival, you can leave the luggage on board.

Luggage transportation is never included in case of extra nights before or after the standard tour.

Equipment and clothing

The following personal equipment is recommended:

- basic first aid kit which includes adhesive bandages, gauze and low grade disinfectant
- sun glasses for eye protection
- protective suntan cream
- repellent spray for insects



The following recommended clothes are advisable:

- padded cycling shorts
- comfortable shoes with stiff soles
- light weight waterproof/windproof top
- leggings and long sleeved tops for cooler mornings or evenings
- small close-fitting daysack to carry certain items during the day while cycling
- swimsuit

During the tour you will have the chance to visit various religious institutions, such as churches and convents, where you must be appropriately dressed (covered shoulders, shoes or sandals, etc...).

Useful hints and tips

We recommend to keep always with you (and not to forget on the boat):

- passport/identity card
- any medicines you could need during the day.

DOCUMENTS AND PRACTICAL INFORMATION

Documents

European Citizens whose country is under the authority of the Schengen Treaty may enter France with nothing more than a valid identity card or passport. Citizens from all other countries must show their passport on the border. It is your responsibility to check the expiration dates of these documents and renew them if necessary.

Visa

Where a visa is required, this must be applied for from the relevant French embassy or consulate in the applicant's country of residence.

Prior to your departure, we recommend that you check the entry and travel requirements for your destination country/countries by contacting the proper embassies or consulates. You must have all required documents with you during travel.

Health rules

Citizens of the EU, Switzerland, Iceland, Norway or Liechtenstein receive free or reduced-cost state-provided health-care cover with the European Health Insurance Card (EHIC) for medical treatment that becomes necessary while in France.

Non-EU citizens coming from countries not covered by the agreement are provided with health services that must be paid in accordance with the relative scale of charges. For further information, consult the health authorities of your country.

Climate and weather

This journey will cover two French regions: Provence-Alpes- Côte d'Azur and Languedoc-Roussillon.

Generally you will find fresh and mild temperatures in spring and autumn with low probability of rain, while in summer (July- August) the climate is definitely hotter and dry with high temperature range between day and night (www.meteofrance.com).

Currency

The euro is France's currency. The seven euro notes come in denominations of €500, €200, €100, €50, €20, €10 and €5. The eight euro coins are in denominations of €2 and €1, and 50, 20, 10, five, two and one cents.



You can pay nearly everywhere with credit cards or cashpoint (instant teller) cards. Most credit cards also allow for cash advances as long as you know your personal identification number (PIN). ATMs dispensing Euros can be found in all towns of the trip.

If you have travellers' checks in US dollars or other currencies, they may be cashed at post offices, banks and exchange offices (for a fee) throughout France during regular business hours.

You can change money in banks or in exchange offices.

Banks in France are open from Monday through Friday, from 8:00-9:00 a.m. to 11:30-1:00 p.m. and from 1:30-2:00 p.m. to 4:30-5:00 p.m., although opening and closing hours vary slightly from bank to bank. ATMs tend to be accessible 24 hours a day.

Electricity

The French electrical net is 220V - 50Hz.

Electrical sockets comply with European regulations. In most hotels you will find adaptors for different types of plugs.

Language

The official language is French.

Telephone and useful numbers

Currently almost all tourist destinations of the country have coverage for mobile phones. The mobile phone coverage in France is based on GSM technology, which is different from that of some countries such as USA and Japan. Before coming to France, we recommend you to check with your service provider all the conditions for the international phone calls.

To call a French phone number from abroad, you have to dial the international code of France which is 0033 (+33) and the local phone number of ten digits omitting the initial 0.

To call another country from France:

- first dial the Europe long distance code 00
- then the country code (for example 1 for the US, 44 for the UK, 49 for Germany)
- then the area code and number.

In many hotels there is a possibility of direct internet connection in the common areas and sometimes also in the room. This service can be free or hotels may charge a fee. There are also many points of Wi-Fi access in airports, hotels, train stations and other public places.

Below are the emergency telephone numbers in France. Simply dial these numbers from anywhere in the country.

15 - Medical emergency/accidents/ambulance (SAMU)

The SAMU is the coordinated service to call in case of any serious medical emergency.

18 - Fire brigade

The French fire brigade can also be called in cases of medical emergencies, such as traffic and domestic accidents.

17 - Police

This number puts you in contact with the appropriate emergency police services nearest you.

112 - All emergencies

This is the European emergency number which can be called in any emergency from any telephone (landline and mobile phone). Calls are free. As it's a Europe-



wide number, you can also ask to be connected to an English-speaking operator.

Embassies/Consulates

- AUSTRALIA: Paris - 4, rue Jean Rey - Phone +33(0)140593300

E-mail: info.paris@dfat.gov.au

- CANADA: Nice - 10, rue Lamartine - Phone +33(0)49399322

E-mail: Nice@international.gc.ca

- UNITED KINGDOM: Marseille - 24, Avenue du Prado - Phone +33(0)491157210

E-mail: France.Enquiries@fco.gov.uk

- UNITED STATES: Marseille - 12, Place Varian Fry - Phone +33(0)143124885

<http://marseille.usconsulate.gov>

Time zone

France is in the Central European Time (CET) Zone, 1 hour ahead of Greenwich Mean Time (GMT), and observes Daylight Saving Time: at the beginning of spring the clocks go forward an hour in order to take advantage of an extra hour of sunlight in the late afternoon/evening. At the beginning of autumn the clocks are shifted back to standard Central European Time.

Public transportation

In this tour trains represent a useful means of transport: www.sncf.com

CURIOSITIES

Food

The culinary profile of Provence is influenced by its climate, geography, and proximity to neighbouring cultural influences. The warm weather, coastal location, and impact of other Mediterranean culinary forces produce a cuisine at odds with the stereotypical conception of French food.

There are a number of dishes that Provence is famous for. Bouillabaisse is their classic seafood stew made with an assortment of fish and shellfish, tomatoes, garlic, saffron, herbs, wine and olive oil. Another famous dish is tapenade, a ground mixture of olives, anchovies, capers, olive oil and lemon juice. In autumn and winter, a variety of daubs, or stews are produced from various meats and wild game. "Herbes de Provence" is an assortment of herbs containing some combination of thyme, sage, rosemary, basil, lavender, savory, fennel seed, marjoram, tarragon, oregano, and bay leaf. Cotes de Provence is the largest wine appellation and produces reds and whites of varying quality.

Shops and restaurants

Shops are generally open from Monday to Saturday in the morning from 9.00 or 10.00 to 12.00/1.00 p.m., in the afternoon from 2.00/3.00 to 6.30/7.00 p.m. Some shops are closed also on Saturday afternoon and on Monday.

Supermarkets and department stores often stay open all day from 9.00/9.30 a.m. to 7.00/8.00 p.m. from Monday to Saturday.

Small grocery stores usually close on Saturday afternoon, Sunday and Monday.

Many restaurants are closed on Sunday.

Pharmacies are usually open from Monday to Saturday, between 9.00 a.m. and 8.00 p.m. In large towns, there are always some pharmacies open 24/24. For emergencies during the night, or when the pharmacies are normally closed, a number of them remain open, on a rotational basis. Look for a notice in the window of any pharmacy to find out which pharmacy is scheduled.

Post offices are usually open from Monday to Friday from 8.30/9.00 a.m. to 5.00/6.00 p.m., Saturday only in the morning.

In July and August many shops and restaurants close for holiday.





**Final Tour
Details
... to bring with you!**

France Provence and Camargue

From Aigues Mortes to Avignon
FR030

CONTACT PHONE NUMBERS

For the whole duration of your bike tour, you can contact us:

- office **+39 0444 1278430** from Monday to Friday 8:30-13:00 and 15:00-18:30
 - Caprice boat **+39 329 6834931** every day 8:00-20:00
 - Estello boat **+39 324 8275437** every day 8:00-20:00
- (Only phone calls, no messages)

WELCOME BRIEFING: WHERE AND WHEN

The welcome briefing will take place on day 1 **at 06.00 p.m. on the boat Caprice or L'Estello according to your booking.**

BIKE DELIVERY

Bikes will be delivered in the morning of day 2.

BIKE RETURN

At the end of the last cycling day you have to return the bikes (with all accessories) to the tour leader on board.

HOW TO REACH THE STARTING POINT

In Aigues Mortes the boat is moored by the **Quai des Bateliers in Avenue du Pont de Provence.**

From the train station of Aigues Mortes:

- walk out from the station towards the centre and you will find the barge moored on your left before crossing the bridge (5 minutes walk).

From the train station of Lunel:

- from Lunel train station to Aigues Mortes (16 km): you can take a taxi, transfer about 20-25 min; price about 40 €. You won't find any taxi in front of the train station: we suggest to book the taxi before your arrival in Lunel.

Taxi telephone number from Lunel:

- Ambrussum Taxi : +33 467833139
- Lunel Taxi: +33 671935829
- Balay Franck: +33 603250552
- Taxi Sandrine : +33 467715663
- Arnaud Taxi: +33 609095435

Arrival by car:

- coming from the North along the highway A7 Lyon-Marseille in Orange take the A9 road, direction Nîmes-Montpellier and exit at Gallargues-le-Montueux; then follow the D6313 and the D979 until Aigues Mortes;
- coming from the East along the A54, exit at Arles and continue along the D570 and the D58 to the destination.

You can reach the barge directly by car to load and unload the luggage.

Parking in Aigues Mortes:

- free for the whole week along the street "l'Avenue du Pont de Provence" (where the boat is moored)
- outside the old city walls
- public parking around the city walls (open, supervised by cameras, price about €



12/day. No advance booking, payment at the automatic cashier).

In Aigues Mortes there are no covered supervised parkings.

Further information: Tourist office Aigues Mortes Tel. +33 4 66 53 73 00; E-mail: info@ot-aiguesmortes.fr.

