Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



THE ARDÈCHE BY BIKE: NATURE AND AUTHENTICITY

Through the charme of Ardèche, France

Treat yourself to a nature getaway in Ardèche by bike, blending relaxation and discovery. Your adventure begins in Tournon-sur-Rhône with a historic stroll and a tasty break at the Maison du Chocolat. Then, board the Mastrou, the steam train that takes you through the stunning Doux gorges. At Lamastre, set off by bike along the Dolce Via, a peaceful greenway offering splendid views and refreshing swimming stops. An active and rejuvenating stay in the heart of Ardèche.

This tour is available in two versions:
(V1) Accessible to everyone, with few difficulties along the route
(V2) For a slightly more sporty version

ITINERARY

DAY 1: ARRIVAL IN TOURNON-SUR-RHÔNE

No bike stage for this day

Your stay begins in Tournon-sur-Rhône, a charming small town in Ardèche featuring a medieval castle that overlooks the town and offers stunning views of the Rhône River and the vineyards of Hermitage. Its tree-lined quay, perfect for a stroll, leads to the Seguin suspension bridge, one of the first bridges built with iron cables. Known for its gastronomy and wine, the town is just a few minutes by bike from the departure point of the famous Mastrou steam train, which crosses the magnificent Doux gorges. Patience — this journey back in time is planned for the day after your arrival! For now, enjoy the lively pedestrian streets of the old town. Settle comfortably into your accommodation.
Dinner is at your leisure, followed by an overnight stay in Tournon-sur-Rhône.

DAY 2: FROM TOURNON-SUR-RHÔNE TO LE CHEYLARD

Bike : 25km / D+ : 391m / D- : 492m (V1) 45km / D+ : 965m / D- : 898m (V2) 52km / D+ : 925m / D- : 855m (V3)

This morning, you'll need to pedal 2 km to reach Saint-Jean-de-Muzols and board the Matrou, a picturesque train that immerses you in a nostalgic atmosphere, with the steam of the locomotive and wild landscapes rolling past your eyes. After climbing through narrow valleys and crossing viaducts, you arrive in Lamastre, the starting point of your cycling adventure.
Two options await you: an easy route exclusively on the Dolce Via, a greenway set in a lush, peaceful environment on a safe and accessible path. You'll follow the Doux valley, passing stone bridges and tunnels that recall the region's railway past.
Alternatively, a more athletic route is available to discover the beauties of the Ardèche plateau and its typical villages, on small balcony roads offering remarkable viewpoints. The valley widens as you approach Le Cheylard, a small town nestled between mountains and rivers, marking the end of this first stage.

Option: EXTRA DAY
A free day can be planned in Le Cheylard to fully enjoy the surroundings at your own pace. The more adventurous can go hiking on the heights of Saint-Martin-de-Valamas, accompanied by a donkey — a unique and soothing experience, perfect for reconnecting with nature.
Looking for refreshment and relaxation? A swimming area and aquatic leisure base are easily accessible by bike from Le Cheylard, offering a great opportunity to cool off, read in the shade, or simply savor the moment.

DAY 3: FROM LE CHEYLARD TO LES OLLIÈRES SUR EYRIEUX

Bike : 28 km / D+ : 78m / D- : 199m (V1) 30 km / D+ : 336m / D- : 585m (V2) 40km / D+ : 690m / D- : 940m (V3)

After breakfast, you continue your route with two possible itineraries. One follows the valley, running alongside the river and the Dolce Via, with no difficulties, allowing you to discover the charming village of Saint-Sauveur-de-Montagut (famous for its artisan ice cream!) and to regularly access the river for swimming and cooling off along the way.
Alternatively, if you want to gain some altitude and explore villages inhabited by the region's native goats on roads nestled in the hills, you can take a more challenging route right from the exit of Le Cheylard overlooking the Eyrieux valley. Further along, you will rejoin the Dolce Via and the river to enjoy a swim before settling comfortably into your accommodation.

Option: EXTRA DAY
An additional free day can be arranged in Saint-Sauveur-de-Montagut or Ollières-sur-Eyrieux to mix things up and discover the valley from a different perspective. Thrill-seekers can try a 5 km canoe descent on the Eyrieux River, an accessible and refreshing route, perfect for enjoying the river at your own pace.
To extend the adventure, a treetop adventure course (high ropes course) above the river is also offered a fun activity combining nature, movement, and height, set in a lush, preserved environment.

DAY 4: FROM LES OLLIÈRES SUR EYRIEUX TO VALENCE

Vélo : 41km / D+ : 167m / D- : 226m (V1) 46km / D+ : 394m / D- : 453m (V2) 57km / D+ : 773m / D- : 832m (V3)

Today, you hop on your bike for a final ride along the Dolce Via. You pedal gently through the Eyrieux valley, bordered by forests, orchards, and hills that change color with the seasons. Frequent access to the river invites moments of contemplation and refreshing swims! You pass through authentic villages like Saint-Laurent-du-Pape before reaching La Voulte-sur-Rhône, where the Eyrieux meets the Rhône.
An alternative, hillier route takes you along a mountain road perched on a balcony, offering stunning views of the Vercors before descending to La Voulte-sur-Rhône. Here, you leave the Dolce Via to join the ViaRhôna, a major cycling route that follows the river from the sea to Lake Geneva.
The landscape opens up to vast plains and vineyards as you approach Valence, the gateway to the Drôme region, where the atmosphere becomes more urban. You cycle through the gardens of Parc Jouvet, a true green oasis, before arriving at the lively riverbanks. A stop in the historic center allows you to admire Saint-Apollinaire Cathedral and savor a local treat, such as the famous pogne of Romans.

DAY 5: FROM VALENCE TO TOURNON-SUR-RHÔNE

Bike : 22km / D+ : 67m / D- : 74 m (V1) 32 km / D+ : 287m / D- : 287m (V2)

You gently continue along the ViaRhôna heading north, following the river. The landscape soon alternates between orchards, vineyards, and stunning views of Ardèche to the west. The route, mostly flat and safe, passes through Glun and La Roche-de-Glun, offering pleasant spots to rest by the Rhône.
Further along, you ride past the hills of Saint-Joseph, famous for their wines, with a gentle scent of vineyards in the air. In Tain-l'Hermitage, a stop is a must to admire the vineyards and perhaps taste some Valrhona chocolate! Finally, you just need to cross the bridge to return to Ardèche and reach Tournon-sur-Rhône with its castle. End of our services.

Our services do not include the night in Tournon, giving you the freedom to continue your journey the same evening. However, we can arrange this overnight stay for you. Please refer to our accommodations section.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room *2 pers.*	Twin room *2 pers.*	Triple room *3 pers.*	Single room *1 pers.*	4-person room *4 pers.*
Comfort range					
Trip in ardèche *5 days / 4 nights*	€595	€595	€545	€690	€515
Premium range					
Trip in ardèche *5 days / 4 nights*	€999	-	-	€999	-

NB: prices shown are per person.

Depending on availability at the time of your booking, an extra charge may apply for some of your services.

Single season: From 04/20/2025 to 10/26/2025

Departure on the day of your choice depending on the train's operating days and availability (weekend departures possible).
€90 discount for groups of 4 or more.
Additional fees apply in July/August (see the "options" tab).
For last-minute bookings (less than 15 days before the departure date), additional charges related to transport or luggage transfer may apply depending on the number of participants and the number of stages during your stay.

OUR PRICE INCLUDES:

- 4 nights in hotel / guesthouses
- Breakfasts
- Luggage transfer (1 bag per person)
- Telephone assistance 7 days a week
- Tourist taxes
- Your digital roadbook on your smartphone
- GPS guidance via our app

OUR PRICE DOES NOT INCLUDE:

- Bicycle rental
- Transfers from your home to the meeting and dispersal points
- Bike repatriation
- Parking space for your vehicle during your stay
- Lunches and dinners
- Personal expenses, drinks
- Our bike insurance
- Registration fee: €20 per booking file
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Generally, anything not listed under "Our price includes"

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
Discount for groups of 4 or more people	-€20
"No baggage transfer" discount	-€60
Teen discount (13 to 15 years inclusive)	-€20
Child discount (under 12 years old included)	-€60
SUPPLEMENTS	
July/August supplement	€40
EQUIPMENT HIRE	
Rental of a bicycle (VTC) for the entire stay (delivery and repatriation included) - 5 days	€130

Journée supplémentaire de location d'un vélo (VTC)	€13
Rental of an electric bike (delivery & return included) - 5 days	€230
Journée supplémentaire de location d'un vélo à assistance électrique (VAE)	€24
Location une paire de sacoches 2X18L	€35
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Tournon-sur-Rhône in a double room with breakfast - Guest house or hotel	€65
Extra night in Tournon-sur-Rhône in a triple room with breakfast - Guest house or hotel	€60
Nuit supplémentaire à Tournon-Sur-Rhône en chambre individuelle avec petit-déjeuner - Ch d'hôtes ou hôtel	€110
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional day in Le Cheylard	€100
Additional day in Les Ollières-su-Eyrieux	€100
PREMIUM RANGE	
REDUCTIONS	
Discount for groups of 4 or more people	-€20
"No baggage transfer" discount	-€60
Teen discount (13 to 15 years inclusive)	-€20
Child discount (under 12 years old included)	-€60
SUPPLEMENTS	
July/August supplement	€40
EQUIPMENT HIRE	
Rental of a bicycle (VTC) for the entire stay (delivery and repatriation included) - 5 days	€130
Journée supplémentaire de location d'un vélo (VTC)	€13
Rental of an electric bike (delivery & return included) - 5 days	€220
Journée supplémentaire de location d'un vélo à assistance électrique (VAE)	€24
Location une paire de sacoches 2X18L	€35
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Tournon-sur-Rhône in a double room with breakfast - Guest house or hotel	€175
Extra night in Tournon-sur-Rhône in a triple room with breakfast - Guest house or hotel	€155
Nuit supplémentaire à Tournon-Sur-Rhône en chambre individuelle avec petit-déjeuner - Ch d'hôtes ou hôtel	€0
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional day in Le Cheylard	€100
Additional day in Les Ollières-su-Eyrieux	€100

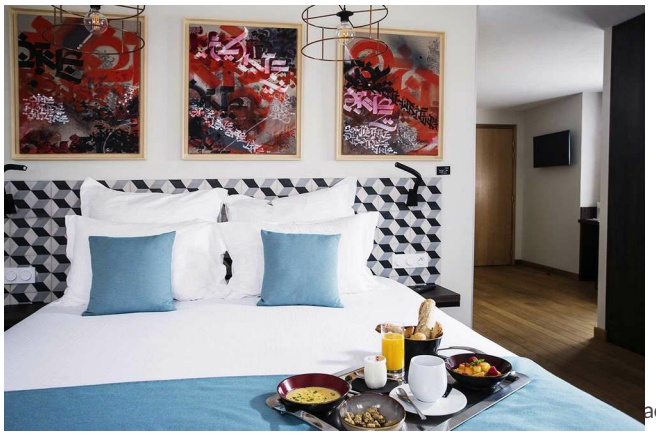
NB: prices are per person.

HOSTS

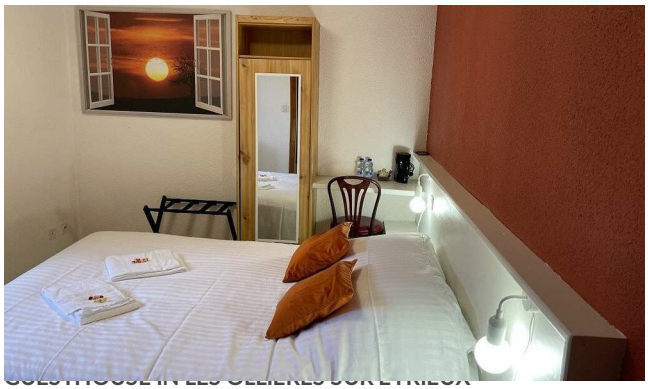
Comfort range

COTTAGE IN TOURNON-SUR-RHÔNE

Located on a pedestrian lane in the heart of Tournon-sur-Rhône's historic center,
this renovated former family home offers a warm and authentic setting. Carefully managed by Sandra, the property combines charm, comfort, and history, creating an ideal spot for a pleasant stopover. The unique atmosphere of the house lets you fully enjoy your stay while being immersed in the local heritage. A peaceful haven for travelers seeking both tranquility and conviviality.



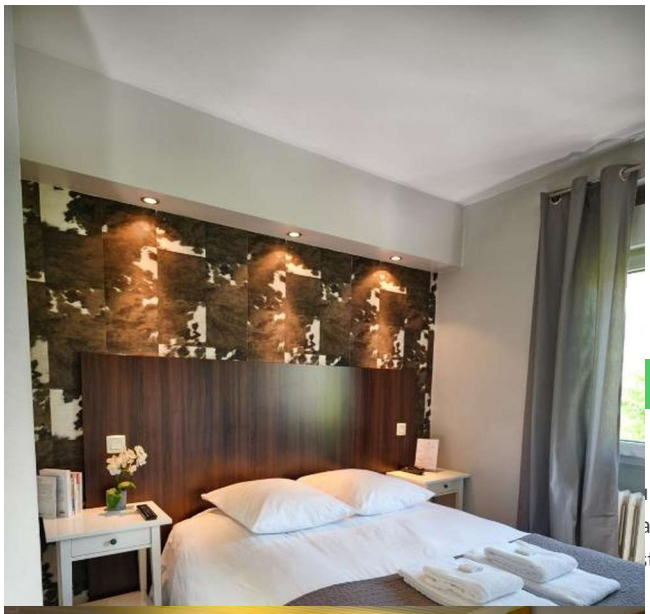
accommodation offers a setting that is simple, warm, and authentic. The colorful rooms invite relaxation after a day of exploration. On-site, a restaurant highlights the flavors of Ardèche, accompanied by a carefully selected range of local wines. The property also features a bar with a large sunny terrace, perfect for unwinding and sharing pleasant moments at the end of the day. A welcoming, unpretentious place, ideal for a comfortable stopover in the heart of the Eyrieux Valley.



Enjoy a stay in the heart of the village in a relaxed setting by the Eyrieux, with comfortable rooms. Savor homemade jams at breakfast and unwind on the sunny terrace with views of the river. A table d'hôtes serves family-style dishes made with local, sustainably grown products, a perfect pause amid the hills, birdsong, and the scent of wisteria.



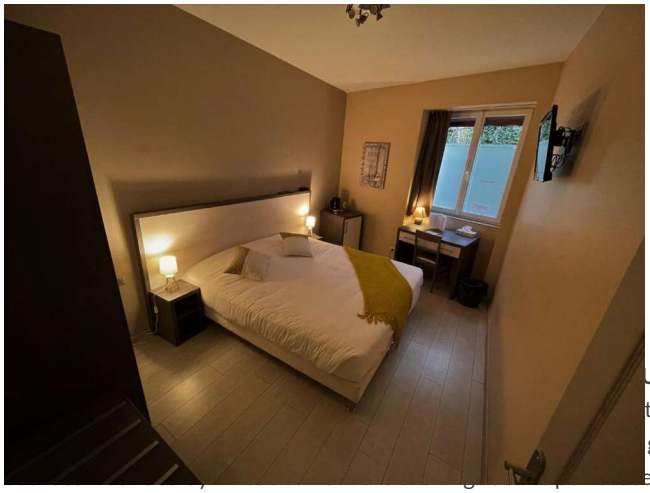
ion, this 2-star hotel offers an ideal location for travelers seeking comfort pleasant stay, as well as a restaurant serving traditional cuisine in an elegant can enjoy a peaceful south-facing garden — perfect for unwinding after a day of sightseeing or work.





rnon-sur-Rhône, with panoramic views over the Rhône Valley. This peaceful
arm, welcoming atmosphere. It's an ideal option for a stay that combines
t attractions.

able hotel ideally located for cyclists, proudly bearing the Accueil Vélo label.
discovering the authentic flavors of the Ardèche. The accommodation offers
r a restful stop before continuing your adventure through the Eyrieux Valley.



UT
teps from the center of Saint-Sauveur-de-Montagut, in the heart of the Monts
garden, a terrace, an outdoor swimming pool, and even a shaded pétanque
etting for a friendly stay with family or friends, in a peaceful and natural
environment.



pover for cyclists seeking a blend of modern comfort and warm hospitality.
Its air-conditioned rooms, thoughtfully decorated, provide a restful environment after an active day.
Each morning, a generous buffet breakfast is served to start the day right, whether you're hitting the road again or enjoying a little more time in the city.
An ideal accommodation for a smooth and relaxing end to your stay.



Comfort: A selection of comfortable guesthouses and 2-star hotels.

Privilege: A selection of charming guesthouses and 3-star hotels.

Note: These are our preferred accommodations.
Depending on your registration date, we may reserve another accommodation in the same category for you.

PRACTICAL INFO

MEETING / DISPERSAL

MEETING ON DAY 1:

Meet in the late afternoon at your accommodation in Tournon. If you have opted to rent a bike, you can pick them up directly at the Tournon Cycles store, or choose to have your bikes delivered directly to your accommodation.

DAY 2:

Board the Mastrou the next day, departing by bike towards Mastrou train station, located just 4 km from your accommodation. The meeting point is at 9:45 a.m. at the station, 30 minutes before the steam train departs at 10:15 a.m.

DISPERSAL ON THE LAST DAY:

End of your stay in Tournon on the last day. The tour route takes you back to your starting point by bike. Luggage will be transferred directly to your accommodation, or to the Tournon Cycles store if you rented a bike and arrive before closing time to pick it up.

Getting to the departure point:

- **IF YOU ARE COMING BY TRAIN:** You can easily reach Tournon via the Tain l'Hermitage - Tournon SNCF train station, located

approximately 5 km from the Tournon Saint Jean train station (departure point of the Mastrou steam train), and 1 km from the accommodation in Tournon.
- **IF YOU ARE COMING BY CAR:** Tournon is accessible via the A7 motorway, exit 13 Tain / Tournon.

Parking: You can park your vehicle on the banks of the Rhône River, at the L'Octroi car park.

Important: The Mastrou steam train does not run every day. Check the operating days here: Ardèche Train - Practical Information.

LEVEL AND TYPE OF TERRAIN

We offer two route levels for this trip, allowing you to choose according to your experience and preferences.

Version 1 (V1): 100% Greenway – Dolce Via
Perfect for those seeking a fully nature-immersive experience, Version 1 follows the Dolce Via greenway in its entirety. This route runs along a former railway line, now converted into a peaceful cycling path free from motor traffic. You'll ride on well-maintained trails through the Ardèche mountains, with breathtaking views over the Doux Valley and the opportunity to take refreshing breaks by the river. This itinerary is ideal for families and beginner cyclists, offering a smooth, worry-free ride.

Version 2 (V2): 30% Greenway – 70% Secondary Roads
Designed for more experienced cyclists or those looking for a bit more challenge, this version combines stretches of the Dolce Via with quiet secondary roads. While still offering safety and scenic beauty, this route gives you access to picturesque villages and more varied landscapes. You'll enjoy peaceful back roads and rural paths that bring you even closer to the authentic charm of the Ardèche region.

TYPE OF TERRAIN

The Dolce Via is renowned for its excellent quality. This former railway track has been transformed into a secure and well-maintained greenway, providing a smooth and enjoyable ride. The surfaces are carefully maintained, allowing cyclists to fully focus on the joy of the journey while taking in the stunning scenery. It’s the perfect option for those looking to cycle in peace and connect with nature.