Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



THE BEAUTIFUL PROVENCE BY BIKE

From Alpilles to the Camargue Sauvage

This cycling trip takes you through some of the most beautiful landscapes in the south of France, where heritage, wild nature, and Mediterranean charm come together. Avignon immediately immerses you in the Provençal atmosphere. Very soon, you leave the city behind and pedal through the typical countryside of Provence. The route leads to Arles before reaching the stunning landscapes of the Camargue. You'll ride through traditional villages and discover iconic sites such as Les Saintes-Maries-de-la-Mer and Aigues-Mortes. A journey full of the colors and flavors of Provence, easy and accessible to everyone.

ITINERARY

DAY 1: ARRIVÉE À AVIGNON

No cycling stage for this day

Avignon, jewel of the south of France, opens the doors to Provence.
Dominated by the imposing Palace of the Popes, a UNESCO World Heritage Site, the city immerses you in the heart of the Middle Ages, where architectural grandeur meets fascinating stories. Not far away, the mythical Saint-Bénézet Bridge, better known as the Pont d'Avignon — offers a breathtaking view of the Rhône and a beautiful romantic interlude. Let yourself be charmed by the cobbled streets of the historic center, where every turn reveals hidden treasures: artisans' workshops, local boutiques, shaded little squares, and delightful cafés. In summer, the city comes alive with performing arts during the Avignon Festival, an unmissable event that brings together theatre and culture enthusiasts from all over the world.
You will arrive in the middle of the afternoon and settle comfortably into your hotel. In the evening, take time to enjoy the unique atmosphere of the City of the Popes, freely exploring at your own pace.
Dinner on your own. Overnight in Avignon.

DAY 2: AVIGNON - SAINT RÉMY DE PROVENCE

Bike : 35km / 198 m D+

You leave Avignon in the early morning, leaving behind its ramparts bathed in light. Very quickly, the urban bustle fades away, replaced by the

tranquility of small roads winding between vineyards, olive trees, and breathtaking landscapes. Provence opens its arms to you, authentic and enchanting: traditional mas with honey-colored stones, elegant cypresses pointing toward the sky, and the scent of lavender and wild herbs floating in the morning air.
Your route leads you to Barbentane, a perched gem with medieval lanes overlooking the Rhône plain. Already, in the distance, the Alpilles appear, a promise of new horizons and magnificent panoramas. In Graveson, a coffee under the plane trees offers a welcome break before the final stretch. Orchards and olive groves accompany your last kilometers, bathed in sunlight and punctuated by the song of cicadas. Then appears Saint-Rémy-de-Provence, nestled at the foot of the hills, with its cobbled streets and timeless charm.
Dinner on your own and overnight in Saint-Rémy-de-Provence.

Suggestion: It is possible to add an extra night in Saint-Rémy-de-Provence in order to enjoy a day in a mas in the lovely village of Les Baux-de-Provence, including a wine tasting and cellar visit.
Do not miss, in Les Baux-de-Provence, the breathtaking visit of the Carrières des Lumières.

DAY 3: SAINT RÉMY DE PROVENCE - ARLES

Bike: 42km / 52m D+

You leave Saint-Rémy-de-Provence in the early morning, gently, in the heart of the bright landscapes of the Alpilles. The road gradually climbs towards Les Baux-de-Provence, a hilltop village with exceptional heritage. Along the way, white cliffs and the fragrant scrubland accompany your ascent. At the top, you discover a breathtaking panorama over the valley and the surrounding hills. A stop in the citadel of Les Baux is a must to admire its medieval heritage and the spectacular views over the valley, a timeless moment between sky and stone. The stage would not be complete without a visit to the Carrières de Lumières, this unique site where the stone walls are illuminated by immersive artistic projections. The descent towards Maussane-les-Alpilles unfolds endless olive groves and sun-drenched landscapes. Then the plain gradually opens up, announcing the contrast of the Camargue horizons. The wide open spaces of the Camargue are calling you. Arles appears, vibrant with its Roman heritage and southern atmosphere.
Dinner on your own and overnight in Arles.

DAY 4: ARLES - SALIN DE GIRAUD

Bike: 42km / 52m D+Vélo: 42km / 52m D+

Leaving Arles, you enter another world. Very quickly, the road descends, the hills fade away, and the Camargue reveals itself in all its splendor. The landscape stretches as far as the eye can see. Around a bend, the first white horses appear, free, proud, almost unreal, as if emerging from a dream. A little further on, pink flamingos raise their slender silhouettes, adding a touch of magic to this already striking scenery. The air is filled with salty scents and the aroma of samphire, typical of this wild land. The sea breeze accompanies your pedal strokes, giving this stage a taste of freedom. Small hamlets and gardian huts punctuate the journey, witnesses of traditional Camargue life. Gradually, the vast salt plains unfold, dazzling white under the sun. Salin-de-Giraud then appears, a unique village in the heart of the salt marshes, both authentic and full of character.
Dinner on your own and overnight in Salin-de-Giraud.

DAY 5: SALIN DE GIRAUD - LES SAINTES MARIES DE LA MER

Vélo : 42 km / 61 m D+

From Salin-de-Giraud, you venture deeper into an even wilder Camargue, where the road seems to blend into the horizon. Heading towards Tourvieille, the landscapes become mineral and almost unreal, with vast salt flats shimmering in changing hues.
The Fangassier lagoon opensin front of you, an emblematic site where pink flamingos nest, offering a truly unique spectacle. Here, the silence is broken only by the cries of birds and the whisper of the sea breeze. The vast white plains evoke the salt deserts of South America, giving your journey an otherworldly feeling. On either side, the sea slips into the landscape, creating a striking impression of the ends of the earth. Your bicycle becomes the perfect companion for gliding through this luminous immensity. At every turn, the wild fauna surprises you: herons, avocets, and ducks frolic in the lagoons. Then, in the distance, appear the white rooftops of Les Saintes-Maries-de-la-Mer, nestled between sky and sea. You end the day in this legendary village, the beating heart of Camargue culture, filled with spirit, tradition, and endless horizons.
Dinner on your own and overnight in Les Saintes-Maries-de-la-Mer.

DAY 6: LES SAINTES MARIES DE LA MER - AIGUES MORTES

Bike: 46 km / 59m D+

You leave Les Saintes-Maries-de-la-Mer in the early morning, following the still-quiet beaches where the sea meets the lagoons. Soon you reach the Petit Rhône ferry, a picturesque crossing that immerses you in the spirit of the Camargue lands. On the other side, the road leads you towards Sylvéréal, surrounded by rice fields and pastures where white horses and black bulls graze. The landscape alternates between shimmering ponds and shaded dikes, offering a striking contrast with the previous day's stage. You then follow the Rhône to Sète canal, a peaceful companion along your route, bordered by reeds and migratory birds. Gradually, on the horizon, the imposing ramparts of Aigues-Mortes appear, standing proudly in the middle of the marshes. The arrival by the canal offers a spectacular view of this medieval town, seemingly suspended between sky and water. You enter its lively streets filled with history, where the southern atmosphere mingles with the grandeur of the fortifications. A stage marked by the diversity of landscapes and the emotion of tracing the path of the ancient salt merchants.
Dinner on your own and overnight in Aigues-Mortes.

DAY 7: AIGUES MORTE - MONTPELLIER

Bike: 39 km / 102m D+

his final stage from Aigues-Mortes begins by following the marshes and salt flats, where pink flamingos continue to accompany your route towards the seafront. Soon, you reach the seaside resorts of Le Grau-du-Roi, with its fine sandy beaches, La Grande-Motte with its distinctive modern architecture, and Carnon, where the sea and dunes stretch as far as the eye can see, offering a feeling of absolute freedom. Then you leave the coast to take a wild greenway, which winds through ponds, canals, and scrubland towards Lattes.

The landscape becomes more intimate, punctuated with trees, reeds, and quiet paths, far from the bustle of the seaside resorts. Each pedal stroke brings you closer to Montpellier, while enjoying preserved nature and a calming atmosphere. The first neighborhoods of the city appear, blending historical heritage and contemporary life. You enter Montpellier via a fully cycle-friendly route, the lively and welcoming city greeting you after this week-long cycling adventure. The tour ends here, full of varied landscapes, authentic villages, wild nature, and cultural discoveries, leaving memories of a unique journey through Provence, the Camargue, and the coastline.

End of our services.

Two options are available for the end of your trip:
Option 1: A direct train connects Montpellier Centre to Avignon Centre in about 1 hour 10 minutes. Departures run approximately every hour, and a compartment is specially reserved for cyclists and their bicycles (free of charge).

Option 2: Additional night in Montpellier Centre with bike drop-off in Montpellier. See the Options tab.

Want to keep the adventure going? Check out our itinerary from Montpellier to Collioure !

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Disclaimer
The stages and partner accommodations listed are those we prioritize. Depending on your registration date, we may need to book another accommodation of the same category or alternative stages for you. For last-minute bookings, it may happen that we offer accommodations that are less comfortable and/or without a swimming pool, especially during the high summer season.
We are fully familiar with the various accommodation options available for each stage and will choose the best available option for you at the time of your booking.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double/twin room *2 pers.*	Triple room *3 pers.*	Single room *1 pers.*
Comfort range			
Trip in Provence *7 days / 6 nights*	€830	€790	€1,240
Moyenne saison *7 days / 6 nights*	€910	€880	€1,370
Haute saison *7 days / 6 nights*	€970	€930	€1,460
Premium range			
Trip in Provence *7 days / 6 nights*	€910	€850	€1,470
Moyenne saison *7 days / 6 nights*	€990	€920	€1,590
Haute saison *7 days / 6 nights*	€1,080	€970	€1,750

NB: prices shown are per person.

Depending on availability at the time of your booking, a supplement may apply for certain services.

Departure can be chosen on the day of your preference, depending on train schedules and availability (weekend departures possible).
This trip can be undertaken between April 18 and October 10, 2026.
We recommend avoiding mid-July to mid-August for this trip to prevent very high temperatures, which are common in this region.

For last-minute bookings (less than 15 days before the departure date), additional charges may apply for the transport/transfer of your

luggage, depending on the number of participants and the number of stages of the trip.

OUR PRICE INCLUDES:

- 6 nights in hotels / guesthouses
- Breakfasts
- Luggage transfers (1 piece of luggage per person)
- Telephone assistance 7 days a week
- Tourist taxes
- Your digital roadbook on your smartphone
- GPS guidance on our app

OUR PRICE DOES NOT INCLUDE:

- Bicycle rental
- Transfers from your home to the meeting point and back
- Bike repatriation
- Train journey from Montpellier Centre to Avignon Centre
- Parking for your vehicle during the stay
- Lunches and dinners
- Personal expenses
- Drinks
- Registration fee: €20 per booking file
- Our bike insurance
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)

In general, anything not listed under "Our price includes" is not included.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
discount "without luggage transfer"	-€60
EQUIPMENT HIRE	
Rental of a hybrid bike (VTC) for the entire stay (delivery and return included) – 6 days	€215
Rental of an electric-assisted bike (E-bike) (delivery and return included) – 6 days	€310
Location d'une remorque pour chien (livraison & rapatriement inclus) - 6 jours	€140
Location d'un casque pour tout le séjour	€5
Location d'une 2° sacoche arrière étanche (20l) pour tout le séjour	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room with breakfast - Guesthouse or hôtel	€80
Nuit supplémentaire à Montpellier en chambre double avec petit déjeuner - Haute saison	€95
Nuit supplémentaire à Montpellier en chambre individuelle avec petit déjeuner - Basse et moyenne saison	€115
Nuit supplémentaire à Montpellier en chambre individuelle avec petit déjeuner - Haute saison	€140
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Basse et moyenne saison	€70
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Haute saison	€80
PREMIUM RANGE	
REDUCTIONS	
discount "without luggage transfer"	-€60
EQUIPMENT HIRE	
Rental of a hybrid bike (VTC) for the entire stay (delivery and return included) – 6 days	€215

Rental of an electric-assisted bike (E-bike) (delivery and return included) – 6 days	€310
Location d'une remorque pour chien (livraison & rapatriement inclus) - 6 jours	€140
Location d'un casque pour tout le séjour	€5
Location d'une 2° sacoche arrière étanche (20l) pour tout le séjour	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room with breakfast - Guesthouse or hôtel	€90
Nuit supplémentaire à Montpellier en chambre double avec petit déjeuner - Haute saison	€130
Nuit supplémentaire à Montpellier en chambre individuelle avec petit déjeuner - Basse et moyenne saison	€185
Nuit supplémentaire à Montpellier en chambre individuelle avec petit déjeuner - Haute saison	€245
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Basse et moyenne saison	€80
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Haute saison	€90

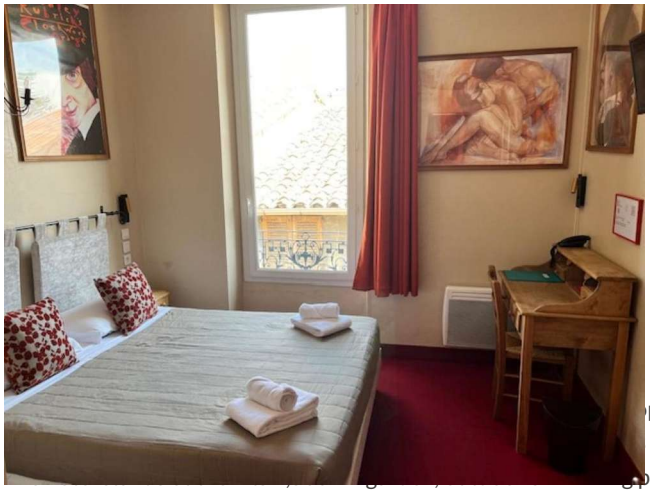
NB: prices are per person.

HOSTS

Comfort range

HÔTEL* IN AVIGNON**

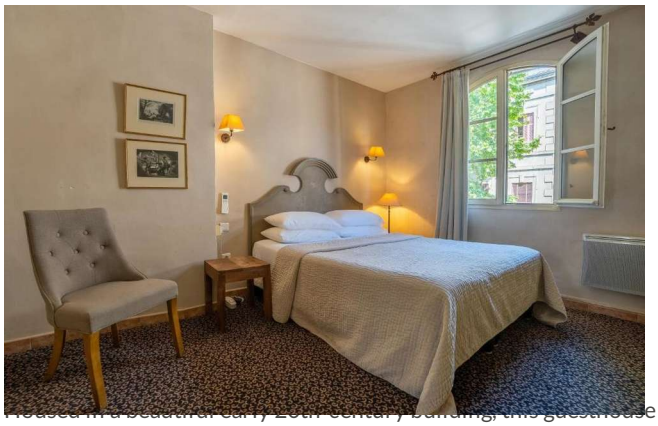
Located in the heart of Avignon's historic center, the hotel enjoys an excellent location, just 5 minutes from the central train station and close to many of the city's main tourist attractions. A boutique-style hotel, refined and decorated with artistic touches. The rooms are comfortable with high-quality bedding, each featuring a private bathroom and air conditioning.



perty combining Provençal tranquility with refined comfort. With its 22 guests.
pool, shaded terrace, and welcoming bar. It is located just a few minutes from the historic center of Saint-Rémy.



eatre, the hotel is housed in a magnificent 17th-century building. This 3-star property combines historic charm with modern comfort: air-conditioned rooms, high-speed Wi-Fi, tasteful décor, and panoramic suites with views over the rooftops of the old town.
Start your day with a gourmet breakfast featuring local products, enjoy the service of bilingual staff, and benefit from an ideal location that allows you to explore the city's most beautiful sites on foot.



Housed in a beautiful early 20th century building, this guesthouse is nestled in the heart of the Camargue Regional Natural Park, in the village of Salin-de-Giraud. All the rooms are spacious, with generous proportions and equipped with every necessary comfort. Set within a vast 5,000 m² wooded park, those who love peace and quiet can enjoy the surrounding nature. The property has facilities for storing bicycles. Your hosts will welcome you warmly and prepare a breakfast featuring local flavors, served in the garden when the weather permits.



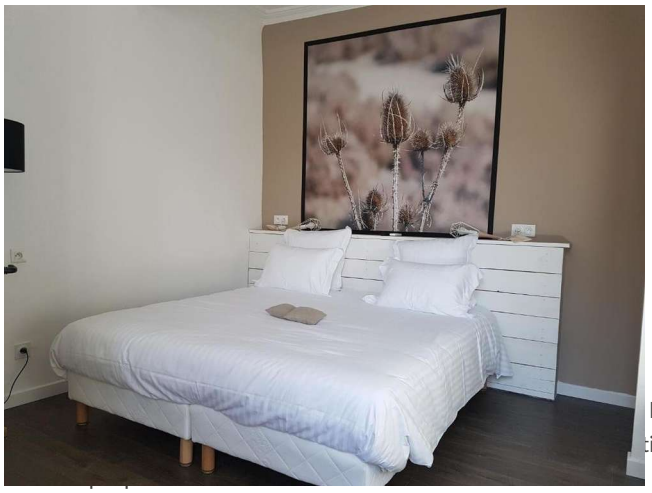
Notre hébergement partenaire à Salin de Giraud © Nature Occitane

of Les Saintes-Maries-de-la-Mer, in the Camargue. The hotel offers a selection of spacious rooms in a friendly and welcoming setting, typical of the Camargue atmosphere. A quality breakfast is served, and most of the rooms are equipped with air conditioning.



rt of the medieval town of Aigues-Mortes. Managed by the same family for several generations, this hotel offers a friendly and authentic local atmosphere.

This charming hotel is close to Place Saint-Louis, the Constance Tower, and the Church of Notre-Dame des Sablons. A small hotel with only 10 rooms, all equipped with every necessary comfort, quality bedding, and air conditioning.



Montpellier, cet hébergement offre un cadre agréable et confortable. Les
tive. Le matin, un petit-déjeuner buffet composé de produits variés et locaux



Notre hébergement partenaire à Montpellier © Nature Occitane

as a Historical Monument, it elegantly combines the charm of old stone walls,
ies. Located in the heart of the Cité des Papes, just a few minutes' walk from
l offering high-quality rooms with optimal comfort: premium bedding, air



of Saint-Rémy-de-Provence, this beautiful guesthouse offers Provençal charm, combining tranquility and a welcoming atmosphere. Surrounded by lovely gardens and featuring a refreshing swimming pool, this guesthouse provides the perfect escape from everyday life. The rooms are decorated in a typical Provençal and romantic style and offer all high-quality amenities.



Notre hébergement partenaire à Saint Rémy de Provence © Nature Occitane

located facing the historic center of Arles. It offers a prime location in the heart of the city while providing a peaceful charm with its garden and shaded terrace. The rooms, with a clean and warm style, are all equipped with quality bedding and air conditioning.



nestled in the heart of the Camargue Regional Nature Park, in the village of Salin-de-Giraud. The rooms are all spacious, with generous proportions and equipped with every necessary comfort. Set within a vast 5,000 m² wooded park, those seeking peace and quiet can fully enjoy the surrounding nature. Facilities are available for storing bicycles.
Your hosts will welcome you warmly and prepare a breakfast featuring local flavors each morning, served in the garden whenever the weather permits.



Notre hébergement partenaire à Salin de Giraud © Nature Occitane

al village of Les Saintes Maries de la Mer. It features Mediterranean décor with an atmosphere that is both elegant and relaxed, offering views of the Camargue. The rooms have a style that is both minimalist and bohemian, made from natural and plant-based materials. They are very well equipped and include air conditioning.



Notre hébergement partenaire à Saintes Maries de la Mer © Nature Occitane

ptional setting. The rooms, with contemporary and refined décor, perfectly combine wood and light. A heated outdoor pool is also available.



meure de caractère, offrant une atmosphère élégante et intimiste. Un lieu plein de charme où il fait bon se retrouver et se détendre après une journée à vélo, tout en profitant de la douceur de vivre montpelliéraine.



Notre hébergement partenaire à Montpellier © Nature Occitane

MEETING / DISPERSION:

MEETING ON DAY 1:
Meet in the late afternoon at your accommodation in Avignon. If you have opted for bike rental, the bikes will be available at your hotel.

DISPERSION ON THE LAST DAY:
We recommend choosing the return by train from Montpellier Centre to Avignon Centre. Bikes can be transported for free in a designated compartment. Drop-off of bikes in Avignon. End of our services.
If you wish to stay in Montpellier, bikes can be dropped off there (see the option section for bike repatriation). End of our services.

GETTING TO THE START OF THE TRIP:
BY TRAIN: There are two train stations in Avignon: the central Avignon station and the TGV station, located 6 km from the center. The TER line Avignon TGV – Carpentras serves Avignon Centre in just a few minutes. More information can be found on the City of Avignon website. => Link
BY CAR: Avignon is 1 hour from Marseille, 2 hours from Lyon, 3 hours from Nice, and 4 hours from Barcelona by road. The city is easily accessible via highways A7 – exit Avignon Sud (Marseille, Nice, Italy) or Avignon Nord (Lyon, Paris) – and A9, exit Remoulins (Nîmes, Montpellier, Spain).Parking: To visit the city, we recommend leaving your vehicle in a parking lot and moving around on foot, by bike, or using public transport.

See this link for various parking options.

RETURN TRAIN INFORMATION:
For the train from Montpellier Centre to Avignon Centre, more information is available on the SNCF website.
Trains run approximately every hour with a compartment dedicated to bike transport (free).

LEVEL AND TYPE OF TERRAIN:
The route is very accessible and relatively easy.
The distribution is approximately:
50% secondary roads
30% bike paths
20% trails