

Ph. 1-888-9-TRAILS

*Outdoor Vacations  
- on & with Hidden Trails*



## About Hidden Trails



Explore the World on & with Hidden Trails

Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.

You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream. We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Ryan Schmidt  
Hidden Trails

### Hidden Trails

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# Wine Trails by Bike - France, Europe

Tour Code: ZZ-FR-Cycle11  
7 days / 6 nights ~\$1,240.00  
Dates: March to Nov

Trip Rating : ●●●●●  
Difficulty : ●●●●●  
Lodging : ●●●

Tack:  
Horses:  
Pace:

Airport: Marseille



## Introduction

Provence, France

Come and discover the natural wonders of Provence far from the crowds! During your stay you'll start from the beautiful and historic city of Avignon, and make your way to the base of the famous Mont Ventoux, then onto the heart of the Dentelles de Montmirail with and end your tour in renowned Chateauneuf du Pape.

### HIGHLIGHTS

- An off the beaten track cycling experience in Provence
- The majestic Dentelles de Montmirail mountains & the famous Mont Ventoux
- The wine making villages of Châteauneuf du Pape, Beaumes de Venise, Vacqueyras and Tavel

## Accommodation

### Accommodations

This is a progressive trip, so you will be staying in different establishments along the way.

### Description

We favour small local establishments, often family-run hotels or B&Bs, that employ local people. Selected by our track finders, our accommodations are chosen based on the friendliness of the owners, the quality of the service, the charm of the establishment and, quite often, the quirkiness (of both accommodation and owners!) that makes where you sleep an integral part of your adventure.

Your package includes standard accommodation (with all basic comfort and services) but it is possible to upgrade to more comfortable accommodations for an extra fee.

Accommodation Itinerary - subject to changes based on availability

Night 1: Hotel Boquier in Avignon

Night 2: Hotel Les Remparts in Vénasque

Night 3 & 4: L'Escapade in Bedoin

Night 5 & 6: Wine B&B in Chateauneuf du pape

### Hotel Boquier in Avignon

In a quiet pedestrian street, in the heart of Avignon, stands the Boquier hotel (2 stars). This atypical and cozy building from the 18th century will warmly welcome you. Each of the 13 comfortable rooms comes equipped with air conditioning, a flat screen television, a private shower room and Wi-Fi access.

### Hotel Les Remparts in Vénasque

Housed in a charming building, Les Remparts offers 8 recently renovated bedrooms. Each room has its own décor and includes air conditioning, free Wi-Fi, a TV and private facilities.

### L'Escapade in Bedoin

In this hotel, you will find bright and simply decorated bedrooms equipped with private bathroom, TV, air conditioning and free Wi-Fi.

### The Wine B&B in Chateauneuf du Pape

Located right in the heart of the village, this quiet vinegrowers' house offers 4 comfortable guestrooms, all featuring air conditioning.

Your host will share with you the art of provençal lifestyle, her passion of cuisine and secrets of French wines and cheese.

### Meals

Only breakfasts are included in your package.

Breakfast will be provided by the accommodations.

## Riding

### Trip Difficulty: Moderate

Cycling 17 to 45 km or more per day, this trip is accessible to everyone who cycles regularly during the year on small roads and tracks.

### GPS & Travel Kit

We will send you the GPS files for your trip via email, before the start of your holiday. You will have to bring your own device whether it is a Garmin GPS or a Smartphone with the files already downloaded.

Your Travel Kit containing road book & vouchers will be sent to the first accommodation of the trip. The road book contains technical description of the itinerary, 1: 100 000 scale maps integrated in the book with itinerary traced out, contact listing and helpful recommendations (restaurants, museums, vineyards, craftsmen, where to find a bank machine...).

### Equipment

If renting a bike with us, your bike is delivered at your accommodation on Day 1 with all the necessary equipment (helmet, bike lock...).

No matter the kind of bike chosen for your holiday, if you borrow a bike through us, you will get the following items for your tour:

- helmet > our regular "helmet head tour" is 54cm > 58cm. If you need a larger helmet, please contact us
- security vest
- pump



- one inner tube and repair kit per two bikes
- bike computer
- front pannier
- two side panniers
- water bottle holder
- one lock per two bikes

#### **E-Bike - extra cost**

Provence is hilly and most of the prettiest villages are "hilltop", meaning you have to climb to get there. Our E-bikes becomes a wonderful compromise: while still doing exercise – you still have to pedal to get these things going after all – you can access the hilliest and most breathtaking of what Provence has to offer without being a great cyclist. You can also accompany a more athletic spouse or friend on one of our holidays. When you start pedalling, the electric motor is automatically triggered. You will have the choice between several levels of assistance.

Our E-bikes (E-Ride or equivalent) are equipped with a battery with about 90km autonomy, a low frame (easy to get on and off), anti-puncture tires (reducing the risk of flats), and hydraulic brakes, ensuring the highest standard of safety.

With our E-bike we provide:

- a briefing from a specialized mechanic, who will show you how to use and get the most out of your rides. During the briefing a credit card pre-authorization of 800€ will be asked as a guarantee.
- assistance, meaning if you have any problems whatsoever with your E-bike, our mechanic will come and repair it at no charge.

#### **Hybrid Bike - extra cost**

Our high-end HYBRID bike rental (trek or equivalent) come equipped with Shimano parts, light aluminium frames, and a triple-plateau (Gearing: 28/38/48 with 11/32 cluster > 27 speed).

Hybrid bikes are undoubtedly the best choice when tackling the day long rides, thanks to a high performance level and no sacrifice on comfort: wider tyres, the slightly more upright position and the flat handlebars make for a real comfy ride.

This light and aerodynamic bike is ideal when dealing with the steep climbs on your Provence cycling holiday.

Our bike frames are unisex. When possible, we provide a comfortable woman saddle to all women riders.

#### **Bring your own bike**

If you are bringing your own bike, make sure to also bring panniers, map holder, a bike computer and all of the other necessary equipment (inner tube, repair kit, pump, helmet).

## **Itinerary**

#### **Sample Itinerary - subject to changes**

##### **WARNING**

*Despite all our care to update the description of our itineraries, there can be changes on the ground that are not reflected in the notes.*

*Roadwork occurs every year: signs can disappear or change, new intersections can form or change... Remain vigilant while reading the notes, paying close attention to the cumulative mileage on your bike computer and in the route notes. In case of a doubt along the route, be aware of how to return to that spot easily if you've made the wrong turn.*

##### **Day 1: Arrival**

Arrival on your own in the medieval town of Avignon.

*Meals included: none*

*Overnight in Avignon*

##### **Day 2: Avignon to Venasque**

From Avignon, you take a little known cycle path, following a river out of the city. A short climb takes you up to the village of Jonquerettes before heading back down to the valley and reaching the pretty town of l'Isle sur la Sorgue. We recommend a lunch in l'Isle, either a picnic on the grass by the quays or perhaps a quaint restaurant in town. From here, you head into the heart of the countryside, and make your way up to Venasque, listed as "one of the most beautiful villages in France".

*Cycling about 43km +430m / 200m*

*Meals included: Breakfast*

*Overnight in Venasque*

##### **Day 3: Venasque to Bedoin**

Today you follow the contours of Mont Ventoux, cycling at the limit between cultivated fields and the majestic forested slopes. When you reach the town of Villes sur Auzon, 17km from the start, you can take the scenic detour to climb the Nesque Gorge: a narrow and winding road that hovers above the canyon, with stunning views.

Continuing along the foot of Mont Ventoux you enter the town of Bédoin, famed stop along the Tour de France.

*Cycling about 30km + possible detour through the Gorges de la Nesque (up to 35km extra) + 450m/ 390m*

*Meals included: Breakfast*

*Overnight in Bedoin*

##### **Day 4: Crillon & Mormoiron**

Today, you will visit two villages along the way. The first is Bedoin, with its colourful homes huddles beneath its oversized church. Take the time to wander through its streets, and climb (by foot) above the church, where the castle once stood.

Next is Crillon le Brave, perched well above the valley, its handful of homes converted into what is now one of the most prestigious hotels in France. You can have lunch there, on the terrace overlooking Ventoux.

*Cycling about 45km +380m / 620 m*

*Meals included: Breakfast*

*Overnight in Bedoin*

##### **Day 5: Bedoin to Chateauneuf du Pape**

Today is a longer bike ride but worth the efforts. Travelling through the most prestigious winemaking villages in the southern Rhône Valley, most notably Vacqueyras (reds) and Beaufort de Venise (sweet muscats) you'll have the chance to bathe in a sea of vines, with lots of wine tasting opportunities along the way. You hit the plains before climbing slightly to Chateauneuf du Pape, the ruins of its castle standing proudly atop parcels of old gnarled vines, and covered by their blanket of smooth red stones.

*Cycling about 45km +380m/ 620 m*

*Meals included: Breakfast*

*Overnight in Chateauneuf du Pape*

##### **Day 6: Châteauneuf du Pape Loop**

A short ride around Chateauneuf du Pape, passing renowned estates, and touring around the small Oiselay island before returning to the village. You can get a picnic lunch in Chateauneuf du Pape and find a quiet place to eat on l'île de l'Oiselay, or complete the ride in the morning and eat when you get back to town.

For the afternoon, we recommend joining a half-day wine tour.

*Cycling about 17km*

*Meals included: Breakfast*

Meals included: Breakfast  
Overnight in Chateauneuf du Pape

**Day 7: End of tour**

After breakfast, transfer to Avignon around 10am.

Optional half-day wine tour - inquire for rates

Morning tour starts at 9am / Afternoon tour starts at 2pm (pick up and drop off from your hotel in Chateauneuf du Pape)

This wine tour with a wine expert lasts for about 3 hours. Visit a family run winery with explanation of the vinification process. Visit of a Château (one of the most famous and oldest cellars in the area) + wine tasting if time permits. This tour is NOT POSSIBLE on Sundays & bank holiday! Possible on Saturday only for private groups.

**Other Info**

**Meeting:** Avignon

**Airport:** Marseille

**Train station:** Avignon

Transfers are not available for this trip. You need to make your own way to Avignon on Day 1.

**Tack:**

**Horses:**

**Pace:**

**Level:** 🐾🐾🐾🐾🐾 (3 to 3 out of 5) Moderate

**Riders:** Min 2 riders      Max 6 riders

Rates and Dates 2024 - ZZ-FR-Cycle11

Rates include: Accommodations, All breakfasts, Emergency phone number, 5 Days of Hybrid bike rental & Road book

Packages and Options

Season	Description	EUR	~US\$
A 2024	7-day self-guided trip (High)	€1125	\$1240
	Group discount (4-6 pax), pp	(€160)	(\$175)
	Single supplement	€375	\$410
	Solo traveller supplement	€740	\$815
B 2024	7-day self-guided trip (Low)	€1100	\$1210
	Group discount (4-6 pax), pp	(€160)	(\$175)
	Single supplement	€350	\$385
	Solo traveller supplement	€740	\$815

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

2024	Make your own way to Avignon on Day 1	
2024	Possible accommodation upgrade - inquire for rates	
2024	E-bike rental upgrade, pp	€85 \$95
2024	Supplement applies to bike rentals if travelling alone (solo traveler) - please inquire	

Tour Dates

Season	Tour Dates		
B 2024	03/01/2024 - 04/22/2024	7 d / 6n	7-day self-guided trip (Low)
A 2024	04/23/2024 - 09/30/2024	7 d / 6n	7-day self-guided trip (High)
B 2024	10/01/2024 - 11/15/2024	7 d / 6n	7-day self-guided trip (Low)

Min/Max: 2/6

Rates do not include:Ebike rental, Transfers before and after the trip, All lunches and dinners, Drinks, Entrance fees & Wine tour





## Reservation Form

# Hidden Trails Outdoor Reservation Form

Tour : \_\_\_\_\_ Code #: \_\_\_\_\_ from: \_\_\_\_\_ to : \_\_\_\_\_

The Travelers (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date MM/DD/YY	Height	Weight*	Special diets**	Allergies	Medical Con.	Excellent	Good	Moderate	Poor	Fitness Level	Need to rent equipment
1. _____		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
2. _____		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3. _____		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4. _____		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

\* If more than 200 lbs we need to reconfirm with our partners first

\*\* Details on dietary needs on separate sheet, please.

Special Diets: \_\_\_\_\_

How often do you exercise? \_\_\_\_\_ Describe your experience: \_\_\_\_\_

Have you been on other riding tours? No ☐ Yes ☐ last trip when? \_\_\_\_\_ Trip: \_\_\_\_\_

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: \_\_\_\_\_

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.

I (we) will sign and forward the *Recreational Activity Release and Indemnity Agreement* at least 8 weeks before trip starting date.

Last Name and First Name (The Traveler) \_\_\_\_\_

Street \_\_\_\_\_ e-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone (wk) \_\_\_\_\_ (hm) \_\_\_\_\_ Fax \_\_\_\_\_

Date \_\_\_\_\_

Signature (mandatory) 1. \_\_\_\_\_

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by VISA ☐ or Mastercard ☐ (no debit cards)

Cardholder: \_\_\_\_\_

Card # \_\_\_\_\_

-----3 digit Security # -----

Exp.Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Billing Address for Credit Card (if different than mailing address): \_\_\_\_\_

I have enclosed a check for the deposit ☐

Additional Signatures:

2. \_\_\_\_\_

3. \_\_\_\_\_

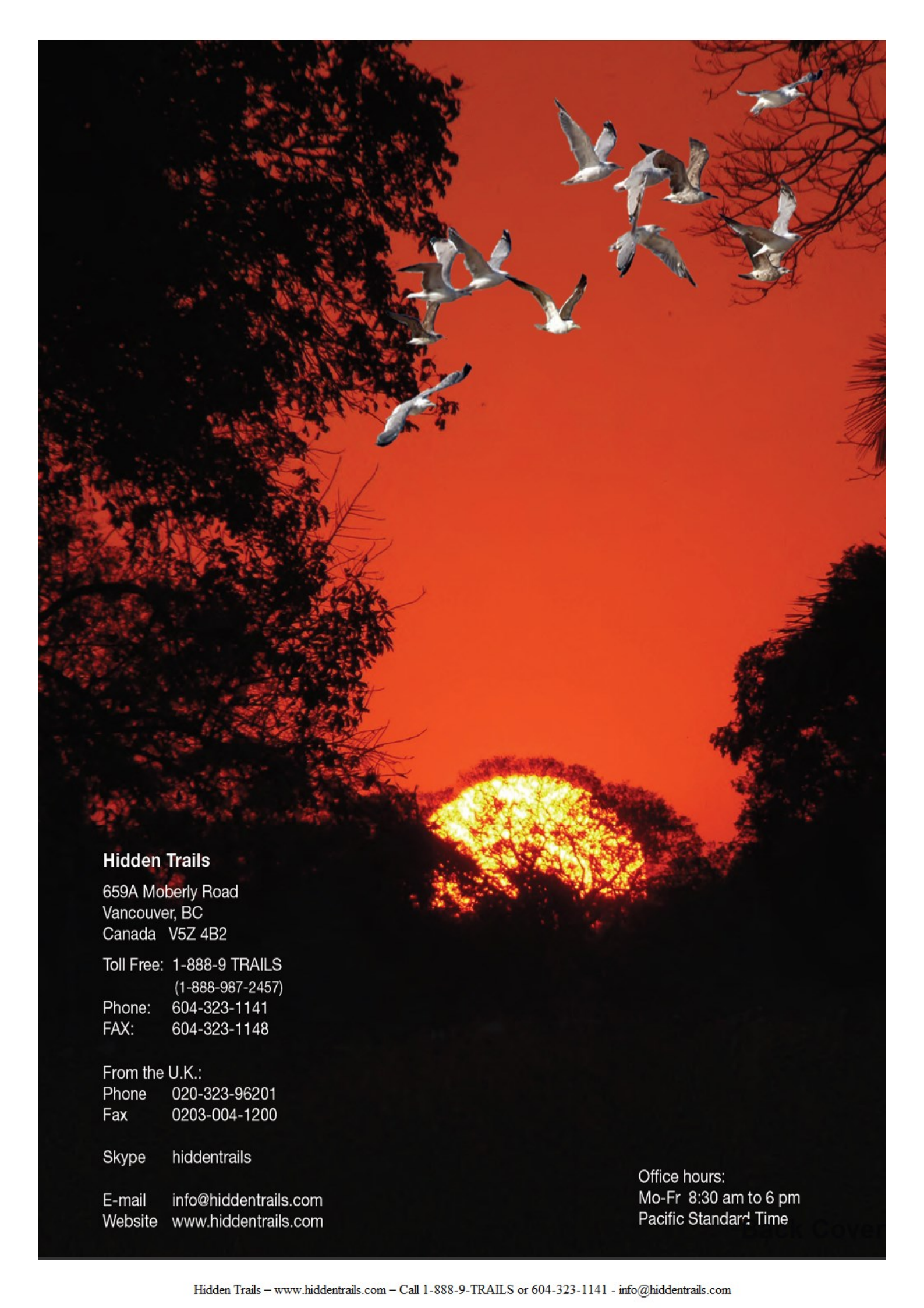
4. \_\_\_\_\_

**Travel Cancellation Insurance** Credit Card required

Sign me (us) up ☐ initial \_\_\_\_\_

No, we will provide our own ☐ initial \_\_\_\_\_

**Hidden Trails Ltd. 659A Moberly Rd. Vancouver, BC V5Z 4B3 FAX: 604-323-1148 Phone: 604-323-1141**



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