



Guided bike tour in the "Parc Naturel Régional du Verdon"

8 days/7 nights

7 days riding in Provence starting and ending by the Mediterranean sea in Fréjus. Using secondary roads to avoid the busy traffic of the area, we will make you discover one of the most beautiful protected park that France has to offer: the Verdon.

The region is hilly but you will stop before entering the Alps. No big climbs but still a challenging ride with an average distance of 80 kilometers per day (50 miles).

The guide is in charge of all the logistics (check-in, luggage transfer, picnics...) all you have to do is cycle and enjoy!

YOUR PROGRAM

Day 1 - From the Mediterranean to Draguignan

Meet the guide in the morning in Fréjus. After a quick briefing, start riding to Draguignan, crossing the famous Sainte-Maxime and many beautiful villages of the South of Var.

80km ; +1000m

Day 2 - From Draguignan to the Verdon

To reach the "Parc Naturel Régional du Verdon" you will climb more than descend today. As it is only the second day of the tour, we make it easy. With a very nice loop through Sillians-la-Cascade, Barjol, Regusse, we avoid the steep direct route and reach Aups keeping strength for the next days.

75km ; +1000m

Day 3 - Along the lakes

This third day starts with a 6km climb and a long descent which will take you to the south border of the famous "Lac de Sainte-Croix". After enjoying the amazing views, you'll keep riding and cross a completely forgotten area with typical villages. This roads lead to the "Lac d'Esparon" and the town of Gréoux-les-Bains, famous for its Spas.

80km ; +1300m

Day 4 - From Gréoux-les-Bains to the "Lac de Sainte-Croix"

Again not a meter of flat on this fourth day. You will keep riding to the north to reach the amazing village of Moustiers Sainte-Marie located at the base of majestic cliffs, a great place for a coffee stop! The second part of the stage will lead you to the other side of the Lac de Sainte-Croix where you will spend the night.

78km ; +1300m (can be 15km shorter).



Day 5 - Les Gorges du Verdon

Certainly one of the most beautiful ride that can be done in the South of France. Starting with a 13 kilometers long climb it is also the toughest day of the trip. When you will reach the top, you will understand why the majesty of the Gorges du Verdon attracts and seduces people from all over the world. The rest of the stage, crossing Comps-sur-Artuby to reach Castellane is also very nice for cycling.

73km ; +1560m

Day 6 - From Castillon to the "Haut-Var"

Again a challenging day starting softly along the "Lac de Castillon" before turning right for a short but steep climb to reach a wonderful viewpoint on the area of Castellane and the "Lac de Chaudanne" that you will follow in the descent. You will then take the Route Napoléon for a few kilometers crossing 3 departments: Alpes de Haute-Provence, Alpes-Maritime and Var. The last kilometers of the day will make you discover a very nice area called "Haut-Var" and you will spend the night in Seillans, ranked in the classification of the most beautiful villages of the country.

78km ; +1400m

Day 7 - Back to the coast

Last but not least stage of the tour. After a 6 kilometers climb and a long descent you leave the Haut-Var in the direction of the French Riviera. Once again the nature has a lot to show and you will enjoy riding in the "Gorges du Blavet" and ending the week on the coastal road between Saint-Aigulf and Fréjus.

80km ; +900m

Day 8 - The end

This great adventure ends at your hotel in Fréjus, after breakfast.

Additional information

TARIFFS

Price from 1510 euros per person.

OPTIONS

Single bedroom supplement : 340 euros per person.

Road bike rental: Specialized Sector Sport : 190 euros per person.

Road bike rental: Trek Domane AL3 : 215 euros per person.

Road bike rental: Look 566 Ultegra : 250 euros per person.

Road bike rental: Trek Emonda SL6 : 310 euros per person.

INCLUDED



7 nights in hotel.

Breakfasts from day 2 to day 8.

Picnics lunches from day 1 to day 7.

Dinners day 1, day 2, day 3, day 5, day 6 and day 7.

Luggage transfers.

1 guide and 1 assistance vehicle for the duration of your stay.

Refueling in solid and liquid from day 1 to day 7.

NOT INCLUDED

Transport options to the meeting point and from the point of dispersal.

Transfers which are not included in the tour.

Diners not mentioned.

Personal travel insurance.

Beverages.

Visits of tourist sites.

Optional activities which are not included in the tour.

Personal expenses.

LEVEL OF DIFFICULTY

In good shape, able to ride 80km per day during 1 week

CARRYING

Luggage transfer by support vehicle

ACCOMMODATION

Nights in 2- and 3-star hotels.

SIZE OF GROUP

From 6

DEPARTURES

Join a group: departure each 2nd Sunday of August.

(Other possible departures for private groups (friends, family, sports clubs etc) on request, with departure dates to suit you. 6 persons min. Please, contact us!)

DEPARTURE

In Fréjus on day 1, in the morning.

DISPERSION

In Fréjus on day 8 after breakfast

HOW TO GET THERE

The easiest way to reach Fréjus is by plane. The nearest airport is Nice Côte-d'Azur International Airport, 60 km from Fréjus.

EQUIPMENT TO TAKE

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :



As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)



DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.