

Experience the south of France - freedom on two wheels.



#### RIDING DAY 1: AIX-EN-PROVENCE - GORDES

#### Standard Route (112 km / 70 miles)

Our first day of riding takes us over the long but narrow mountain ridge called Lubéron, which is protected by UNESCO as a geopark due to its great biodiversity. We leave Aix on small and tiny roads, first heading east, then north. Pretty little villages lie along our route, along with many castles and fortresses, of which often only ruins remain. However, the castle of Lourmarin is still wonderfully preserved and makes for some beautiful photos.

We continue north on the only road that crosses the central Lubéron and leads through a beautiful gorge.

In the afternoon, we reach the village of Roussillon, where the earth is strikingly red. The Romans mined the ochre-rich earth here and used it to make paints. A walk along the Sentier des Ocres, the Ochre Trail, is the best way to enjoy the contrasts with the green vegetation and the deep blue sky.

Just a stone's throw further west is our destination, the hilltop village of Gordes. It is one of the most beautiful villages in France, not least thanks to the mighty castle that has watched over the village for almost a thousand years.



## Highlights:

#### #1: Lacoste



Before the (in-)famous Marquis de Sade was finally arrested and sent to prison, amongst other places in the Bastille in Paris, he lived for a few years in the castle above the village. The real fame started however, when famous designer Pierre Cardin bought the castle and quite a bit of real estate in Lacoste. Today, concerts and music festivals are held in the castle - some of the old inhabitants supposedly preferred their tranquil village of the pre-Cardin era.

#2: Roussillon



erosion and human impact.

Its location at the top of a steep hill, its charming streets and colourful houses, as well as the proximity of outstanding landscape, make Roussillon one of the most beautiful villages in Provence. The nearby ochre quarries are made of fantastic pigments ranging from yellow and orange to red. The mining of ochre has left its mark on the facades of Roussillon's houses. A path takes you through an amazing landscape, that was formed both by natural

#### #3: Gordes



Undoubtedly, Gordes is seen as one of the most picturesque towns in Provence, with cobblestone streets and stunning views of the Luberon Valley. Hence, it is not surprising that Gordes has attracted many artists such as Marc Chagall. Take your time to stroll through the winding paths and underneath medieval arches or have a rest in one of the charming cafés.

## Optional Route (172 km / 107 miles)

If you don't mind longer distances and riding on larger roads, you can also travel to the Rhône and even a little further. The huge aqueduct in Nîmes, famous under the name Pont du Gard, was built by the Romans and today attracts visitors from all over the world. Most of them also visit the nearby city of Avignon, one of the most historic places in France. On this route, you can "collect" both sights, but



you will also spend a fairly long time on your scooter. Well, when you have a choice, you are spoiled for choice...



## Highlights:

#### #1: Pont du Gard



Imagine riding through the sunny countryside of southern France when suddenly a massive structure from Roman times appears before you: the Pont du Gard. Almost 2,000 years old, this imposing aqueduct with its mighty stone arches rises above the Gardon River and still bears witness to the genius of Roman builders. No mortar holds the stones together—everything fits perfectly and is held in

place simply by the clever design. In the past, spring water rushed through here toward Nîmes; today, you can stroll across it at your leisure and enjoy the panorama. The Pont du Gard feels like a journey through time in the heart of Provence—beautiful, monumental, and utterly unforgettable.

#### #2: Avignon



The Pope did not only reside in Rome. During the Babylonian Captivity, from 1309 to 1376, the seat of the Pope was in Avignon. The Palais des Papes (Palace of the Popes) was built and expanded during this period. Today, it is on the UNESCO World Heritage List and is considered one of the most important Gothic buildings. The surrounding old town of Avignon, with its many squares, shops, restaurants, and cafés, is also well worth a visit. And

obviously, you have to visit the Pont St-Bénézet, the bridge that became famous in the song "Sur le Pont d'Avignon" (On the Bridge of Avignon).



RIDING DAY 2: GORDES

## Standard Route (77 km / 48 miles)

Today really is a REST day, so we will take it easy. If you want, you can spend the day in Gordes, maybe go for a little hike, or just sit back and relax. Our riding loop is short and leaves plenty of time for sightseeing. Three museums, an abbey, and the source of the Vaucluse River can be admired, enough to keep you busy all day. If you want to ride some more, your tour guide will be able to show you a longer route that includes some serious mountain riding. In this case, you should skip some of the earlier sights in order to make it back to Gordes in time.



## Highlights:

#### #1: Lavender Museum (Musée de la Lavande Luberon)



When you hear about the Provence, most people have a certain picture in their mind: huge purple lavender fields! Here in Cabrières the lavender even got his own museum. A visit is well worth it: there are interesting exhibitions, a movie about the growing and harvesting of lavender and its processing. Also there is a shop, where you can buy the local lavender products - and of course there is a lavender field right in front.

## #2: Sénanque Abbey (Abbaye de Sénanque)



Notre-Dame de Sénanque is a Cistercian abbey founded in 1148. It impresses visitors both with its picturesque location and its stunning late Romanesque to early Gothic architecture. Over the centuries, the monastery was partly destroyed, and the Sénanque Abbey was ransacked by Protestant Huguenots. Except for only a few decades, monks have always lived at this extraordinary location. Today, they grow lavender and tend honey bees for their

livelihood. The abbey is open for tours; you can visit the abbey church, cloisters, the monks' cells, the chapter house, the calefactory, and more.



#### RIDING DAY 3: GORDES - MOUSTIERS-STE-MARIE

## Standard Route (178 km / 111 miles)

Today we are heading far east, from the Vaucluse department to Haute-Provence. Northeast of Gordes, the first scenic highlight awaits us, where the small Nesque River has carved a canyon up to 400 meters deep into the limestone: the Gorges de la Nesque. The road that runs along the top of the gorge is sensational, very winding, and dotted with viewpoints. We have truly earned our coffee break afterwards.

From Sault, the D950 road takes us to Forcalquier, where we not only have lunch but also take a look around, as the small town is well worth seeing. If you want to get some exercise, you can walk up to the citadel (which is actually a chapel) and enjoy the magnificent view from there.

After this refreshing break, we cross the Durance, the third largest tributary of the Rhône, and the A31 motorway, which could take us back to Aix-en-Provence in just under an hour from here. Of course, we don't want to do that. We'd much rather ride up to the Plateau de Valensole and rejoin the Lavender Road (Route de la Lavande), which we already rode for a while this morning. Since lavender blooms in midsummer, especially in July, we probably won't see any purple fields. However, the famous lavender oil can be purchased all year round.

Our destination for the day is Moustiers-Sainte-Marie, located on a steep slope crowned by a chapel. With a little stamina, you can climb up and enjoy stunning views of the surrounding area.



## Highlights:

## #1: Gorges de la Nesque



After the Verdon canyon, the one of the Nesque is considered the most spectacular of the Provence. This wild and magnificent gorge can be discovered from a breathtaking balcony road, that will certainly give you a great riding experience. The road provides stunning panoramic views, plenty of tunnels, a scenery with fantastic rocks and - above all - numerous curves. A must-see for a

rider discovering the Provence.



#### #2: Forcalquier



Furnus Calcarius was the Latin name, from the lime (chaux) ovens used in Roman times (a Roman bridge still stands in the valley to the south of the town.) At the end of the 11th century, a family of the Counts of Provence created the comté de Forcalquier, which remained an independent state through the 12th century.

During this time, the town of Forcalquier was the capital of

Haute Provence along the Durance, it minted its own currency, and its church was elevated to the status of a "concathedral".

Forcalquier is built around the slopes of a steep conical hill, crowned by an octagonal chapel, Notre Dame de Provence, where the medieval citadel once stood. The citadel was destroyed in 1601; the chapel with its panoramic view was built in 1875. The oldest part of the town is the area around the Place Saint-Michel with its Renaissance fountain (1511) and its narrow side streets. There, many doorways dating to the 12th to 16th centuries can be found.

The Cordeliers Convent was built in the 13th century by Franciscans named "Cordeliers" because of their rope belts. This convent was occupied by monks continuously until the Revolution. It now houses the Université Européenne des Senteurs & Saveurs. The Port de Cordeliers is all that remains of the town's fortified walls.

Noteworthy is the Musée Municipal with its prehistoric and Gallo-Roman artifacts, glass works, and faïence pottery from Mane, Apt, and Moustiers-Sainte-Marie.



#### #3: Moustiers-Ste-Marie



Moustiers is considered to be one of the most beautiful villages of Provence, indeed even of the whole of France. The village sits astride a rushing mountain stream that divides the two halves with a narrow rocky canyon. The view of this mini-gorge with small waterfalls and the medieval houses above is beautiful. Moustiers has narrow streets and vaulted passages, and becomes more charming the higher you walk up. The centerpiece of the village is the

12th-century Notre-Dame church. Moustiers is renowned for its Faïence pottery, a very high-quality earthenware typically incorporating fine floral decoration.



RIDING DAY 4: MOUSTIERS-STE-MARIE - FRÉJUS

## Standard Route (171 km / 106 miles)

The Grand Canyon du Verdon may not be the largest, but it is certainly the most famous gorge in Europe. Above all, it is probably the most accessible, as there is a panoramic road on both sides connecting countless viewpoints. Anyone traveling in southeastern France can hardly ignore this spectacular landscape. It often gets very crowded in summer, but we are traveling in the off-season and on a scooter, which takes up little space and for which speed is not an issue.

After an enjoyable and scenic ride along the northern edge of the gorge, we head south. After passing through a military area and crossing two small, barely noticeable passes, we soon see the sea, glistening deep blue and inviting in the distance. We take a slight detour and approach our destination from the west. Fréjus is a pretty little coastal town that is often overlooked in the shadow of its famous neighbors Nice, Cannes, and Saint-Tropez. We will not overlook it!



#### Highlights:

#### #1: Gorges du Verdon (Verdon Gorge)



The Gorge du Verdon is considered to be Europe's most beautiful canyon. It is about 15.5 miles long and up to 3,000 feet deep. It was formed by the Verdon River, which is named after its startling turquoise-green color, one of the canyon's most distinguishing characteristics. The most impressive stretch lies between the towns of Castellane and Moustiers-Sainte-Marie, where the river has cut a ravine through the limestone mass. At the end of the canyon, the

Verdon river flows into the reservoir of Sainte-Croix-du-Verdon. The limestone walls, which are several hundred feet high, attract many rock climbers. It is considered to be an outstanding destination for multi-pitch climbing. There are routes encompassing cracks, pillars, and seemingly endless walls. The climbing is generally of a technical nature, and there are over 1,500 routes, ranging from 65 to 1,300 ft.

#### #2: Fréjus



Fréjus is a charming town on the Côte d'Azur that captivates visitors with its unique blend of history, nature, and relaxed lifestyle. Here, you can swim and enjoy the sun on beautiful sandy beaches in the morning, stroll through the winding streets of the old town with its pastel-colored

houses at lunchtime, and discover impressive Roman ruins, such as the ancient amphitheater or the ancient Saint-Léonce Cathedral. Those who enjoy being active will find numerous opportunities for hiking or cycling in the surrounding area, for example, in the nearby Esterel Mountains with their impressive red rocks. In the evening, the harbor attracts visitors with its cozy restaurants and lively nightlife, which perfectly rounds off the Mediterranean atmosphere. Fréjus is therefore an ideal place to experience culture, nature, and French charm in equal measure — without the hustle and bustle of the larger tourist hotspots.



RIDING DAY 5: FRÉJUS - AIX-EN-PROVENCE

#### Standard Route (191 km / 119 miles)

The Côte d'Azur is one of the most beautiful and expensive regions in Europe, and Saint-Tropez is one of the hottest spots on the entire coast. Those who have money, and lots of it, come here to show it off, usually in the form of a yacht and/or a very expensive car. We also ride here to show off our scooters, drink coffee, watch the people, and buy a few souvenirs.

Then we leave the densely populated coast and ride along wonderfully winding roads into the deserted Massif des Maures. We climb to over 1,000 meters above sea level once again and enjoy a last view of the breathtaking landscape before slowly but surely reaching the greater Aix-en-Provence area.



## Highlights:

#### #1: Saint Tropez



on the entire Riviera.

Saint Tropez, a small town on the French Riviera, was an unassuming fishing village at the beginning of the 20th century. However, after World War II, it became an international seaside resort for European and American celebrities. Since then, due to its antique Provençal charm and a serene climate for many months of the year, its fame has grown, and it has become one of the most chic places

#### #2: Massif des Maures



The Moorish Massif does not take its name from the Moors who wanted to gain a foothold here in the early Middle Ages, but from the dark appearance of its rocks and forests. After all, the Moors themselves were also called this because they were darker than the locals (cf. 'Moor'). In short, it is a kind of French Black Forest, although at approx. 55 x 15 km it is considerably smaller than the original, and

also lower at a maximum altitude of 780 metres. However, the French Black Forest has a coastline that is beautiful and very popular, but also very overdeveloped.

A quarter of the area of the mountain range is protected and is home to numerous animal and plant species, including many endangered species. The beautiful and winding D14 leads right through the center of the massif.



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