

# Steve Bauer Bike Tours Inc.

## Cooking and Biking Provence 2006

Dates : Monday June 12 to Saturday June 17

June 12<sup>th</sup> : Airport Pickups (12 noon) in Avignon. Van transfer and arrival at Domaine de Valmouriane in St.Remy. Welcome to the beautiful region of St.Remy de Provence.

Upon Arrival we will have a light snack and welcome drink to greet you and kick off our trip. After check in and some brief relaxation, we will prepare for our first short warm up loop finishing into the town of St.Remy. This will help you acclimatize and get the body moving to release some of that travel stiffness.

In St.Remy we'll park the bikes for a very interesting guided visit on the route of Van Gogh and "Les Antiques" Roman Ruins

Hotel: Domaine de Valmouriane - [www.valmouriane.com](http://www.valmouriane.com)

Group dinner at Valmouriane

June 13<sup>th</sup> :

After breakfast we roll up our sleeves to watch and help the "Chef de Cuisine" during our first cooking class, preparing our lunch.

In the afternoon, we make a nice relaxing bike ride along the "Olivetree route", passing by some amazing vineyards, and stopping for a visit of the Olive Farm "Le Calanquet", to taste some of their amazing freshly made olive tapenades.

Late afternoon, we will take a short drive up Les Baux, for a nice hike through this famous village. Les Baux is a medieval village on the top of a natural rock formation which is a geological and geographical one-of-a-kind. Dinner options to choose from in Les Baux. Shuttle back to Domaine de Valmouriane

### June 14<sup>th</sup> :

After breakfast we jump on the bikes into town. Visit the great fresh produce market of St.Remy. Come back to the hotel for our morning cooking class, and lunch.

In the afternoon, we get shuttled out to the famous Roman masterpiece aquaduct : Le Pond du Gard (19 B4 Christ), from where, after taking our time to visit, we'll bike back to the hotel.

Evening Group Dinner off property.

Hotel : Domaine de Valmouriane

### June 15<sup>th</sup>

Transfer Day. After breakfast we hop on our bikes and cycle the Luberon Valley to our new hotel in Joucas, situated just below the famous ramparts of Gordes. Along the way we visit the Romanin Winery to sample some of the great local wines.

We grab a light lunch enroute, while making our way over to our next hotel : Le Phebus. There our Chef is awaiting us, to join him for a private cooking class, preparing our dinner meal.

Overnight : Le Phebus - [www.lephebus.com](http://www.lephebus.com)

### June 16<sup>th</sup>

We will spend our morning in cooking class preparing our lunch. In the afternoon a short van shuttle away is the majestic Abbaye Notre-Dame de Senaue, one of the most beautiful buildings from the cistercienser-order (1148). On our bike ride back to the hotel, we will visit the famous village of Gordes, known for its exceptional mountainside setting, provencal shops on tiny cobblestone streets and fantastic views of the Luberon valley.

Continuing our ride...downhill! along the ridge and into the valley through this scenic region will complete our active day.

Dinner & Overnight at Le Phebus.

### June 17<sup>th</sup>

After breakfast, shuttle out to Avignon for the departures. Anyone who has time should take a stroll through the old walled city, and perhaps make a visit of the humongous Chateau des Papes.

## **A Little more Detail**

### **Group Size:**

Customized to the groups needs.

### **Guide Support:**

A minimum of 2 support staff ensure your trip runs well for optimum enjoyment.

Guides support the daily rides with a combination cycling with the group and/or a van shadowing the group depending on the logistics of the day.

### **Dining:**

Our hotels have excellent restaurants. Restaurants off property in the villages of the vicinity of our hotels will feature fine local dining and wines. Over the years we have found some great places to recharge our energies. Wine will be included on all group dinners.

**Price:** \$ (Based on Double Occupancy) - Pricing based on minimum number of participants

### **-> What is included?**

- Accommodations :
  - 3 Nights at Domaine de Valmouriane, 4star Relais-et-Chateaux.  
[www.valmouriane.com](http://www.valmouriane.com)
  - 2 Nights at Hostellerie Le Phebus, 4star Relais-et-Chateaux  
[www.lephebus.com](http://www.lephebus.com)
- 4 Private Cooking Classes (2 at each property)
- All breakfasts
- 3 Gourmet Lunches at the hotel
- 4 Dinners including wine and bottled water
- Gratuities and taxes on hotel accommodations and meals
- Visits to selected interesting sites such as : Pond du Gard, Abbay de Senaue, Olive Farm, and a guided visit of the VanGogh route & "Les Antiques"
- Services of our trip leaders: 2 logistical support guides
- All ground transfers for you, your bicycle and your luggage within the trip context

- 1 Support Vehicle for support of cycling itineraries, luggage transfers, to carry mechanical equipment, first aid, cell phone communications
- Daily fruit, nutritious snacks and cold bottled water for our rides
- Daily route descriptions and mapped itineraries
- Pick up and drop at Arrival and Departure point in Avignon (**1 Specific Time, 1 Designated Place**)
- Pre-Trip Information Package (how to prepare, information on the regions we visit, our hotels and attractions of interest)
- SBBT has for everyone
- SBBT's Cycling Water bottles as needed

-> **What's not included?**

- Airfare
- Bike Rental; may also be included depending on the needs of the group
- SBBT Custom Jersey: (Would enhance group-spirit for this private custom trip, and nice souvenir)
- 2 lunches (on arrival day and on departure day)
- 1 dinner
- Alcoholic beverages that are not included above
- Travel and personal insurance
- Personal hotel expenses; mini bar, telephone, room service
- Arrival shuttle which does not meet our scheduled pick up time and location.

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