



A network of professionals along cycling itineraries

Press Book 2022



SUMMARY

About Vélo Loisir Provence	p.3
The label "Accueil Vélo"	p.4
A network of professionals along cycling itineraries!	p.5

The Luberon by bike!



The Luberon Regional Natural Park: a remarkable territory!	p.6
Cycling itineraries for all!	p.7
Self-guided cycling tours: nearly 2000 signposts!	p.8
Mobile applications available offline	p.9
Mountain biking for all!	p.10
How to get to the Luberon!	p.11

The Verdon by bike!



The Verdon Regional Natural Park: a remarkable territory!	p.12
Cycling tours for all!	p.13
Discovering loops between plateaus, lakes and Gorges!	p.14
And also mountain bike itineraries!	p.15
How to get to the Verdon!	p.16

The Mediterranean Route: EuroVelo 8	p.17
Itineraries for everyone and all tastes	p.18
Organized stays	p.19
Find out, inform you, discuss	p.20
Notes	p.21
Contacts	p.24

The aim of the association “Vélo Loisir Provence”:

- gather tourist suppliers situated along the biking itineraries “Luberon by bike” and the “Verdon by bike” and all other existing and for coming itineraries of the Provence-Alpes-Côte d’Azur region.
- develop, assist and promote biking tourism, concerning all kind of practices and levels in the Region Sud (Provence-Alpes-Côte d’Azur).

Our actions briefly:

Animation of the territory

- Thematic and technical days for professionals of the tourism sector and members of the association,
- Actions to sensitize local actors (study trips, trainings, professional meetings)

Promotion of the network and the itineraries

- Publication of brochures and leaflets,
- Creation of a website (in three languages soon) presenting the itineraries, the association and its members,
- Participation to public exhibitions (tourism, outdoor activities...),
- Welcome journalists and tour-operators,
- Organize events on the territory: Zapéro Vélos, Fête de la Randonnée...

Expertise and prospective study

- Participation to meetings concerning the development and the promotion of biking,
- Economic surveillance and technical intelligence, news,
- Sharing experiences and good tips,
- Technical support concerning cycling tourism and non-motorized means of transport



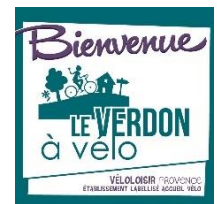
The members of the network are bound by a technical charter governing the services which are common to all: the “Accueil Vélo” label.

- It concerns **10 categories of suppliers** which are bike rental companies, state approved guides, taxi companies, travel agents, accommodations, restaurants, cultural sites, wine cellars and producers' shops.
- A **help to fit the label** and be part of the network.
- A **regular control of the suppliers in order to check each criteria.**

A few examples of criteria:

Remarkable

Members are easy to identify as soon as you arrive thanks to a sign.



Picnic

Supplied by your accommodation. For a maximum price of 15 € for each tourist. Ideal for an early departure (booking requested the day before).

A secured bike storage

You can store all of your equipment in a secured place. Reassuring isn't it?

Wash and dry clothes

You can travel during several days with few clothes. Even after a rainy day, your clothes can be dried.

Assistance

Bike rental companies can fix or replace your bike in few hours. In case of breakdown, members are able to take you to your next stage.

Equipment adapted to the family

Bike rental companies are able to offer baby seats, third wheel or a trailer. All the family can enjoy the ride! Taxi companies even carry luggage and bikes! They are equipped with car seats...

Make easier a several days' tour

Bike rental companies are organized together: if the departure point is different than the arrival point, you can rent here and leave your bike somewhere else.

According to the technical charter “Accueil Vélo”, the tourist suppliers are committed to offering adapted services for cyclists that take the bike as a mean of transport for their cycling stay!

Download the charter “Accueil Vélo” online on www.veloloisirprovence.com.

Explore the unspoiled areas of **the Luberon and the Verdon Regional Natural Parks** but also the Pays de Forcalquier - Montagne de Lure and the Val d'Allos, from its typical villages to its unexpected roads and tracks...

More than 200 tourism professionals welcome you on their territory!

Professionals committed to meet the needs of cycling tourists



163 offers in different categories:

- 20 bike rental companies
- 3 guides
- 3 taxi companies
- 6 travel agencies
- 69 accommodations
- 14 restaurants & bars
- 3 producers
- 30 cultural sites & wine cellars
- 15 tourist offices

Professionals committed to meet the needs of cycling tourists



66 offers in different categories:

- 11 bike rental companies
- 4 guides
- 2 travel agencies
- 25 accommodations
- 2 restaurants & bars
- 1 producer
- 2 cultural sites & wine cellars
- 19 tourist offices



At a point where the Alpine and Mediterranean climates converge, the Luberon range (1 125 metres at The Mourre Nègre), is an invitation to a different sort of holiday! Steep rocks and garrigue, ridge grass, gorges, a cedar forest, ochre cliffs... A variety of environments and atmospheres in a 60 x 30 km area.

Man has also left his mark here in the bories, villages of character, castles, monuments but also humbler buildings such as wash houses, fountains, chapels, etc.

Farmers' markets or weekly markets are places for getting together and the highlight of local life. They bear witness to a life style which is also seen in arts and crafts, wines (A.O.C Côtes du Luberon and Côtes du Ventoux, Coteaux de Pierrevert) as well as in fine food (Candied fruit from Apt, goat's cheese, honey, olive oil, fruits and vegetables).

One of the objectives set by the **Luberon Regional Natural Park** is to protect and valorise the natural and human heritage, making it accessible to all. The Park encourages discovery tourism, and specifically encourages all forms of non-motorized travel.

The development of the Cavaillon - Apt - Forcalquier - Manosque - Lourmarin - Cavaillon itinerary across the Park territory, takes you around the Luberon over 236 km. It also aims to enable the development of tourist holidays around cycle tours.

The Luberon Regional Natural Park

77 communes - Main towns : Apt (12.000 inhabitants), Cavaillon (27.500 inhabitants), Manosque (23.000 inhabitants), Pertuis (21.200 inhabitants)

Date of creation: 1977

Area: 185 000 hectares

Population: 170 000 inhabitants

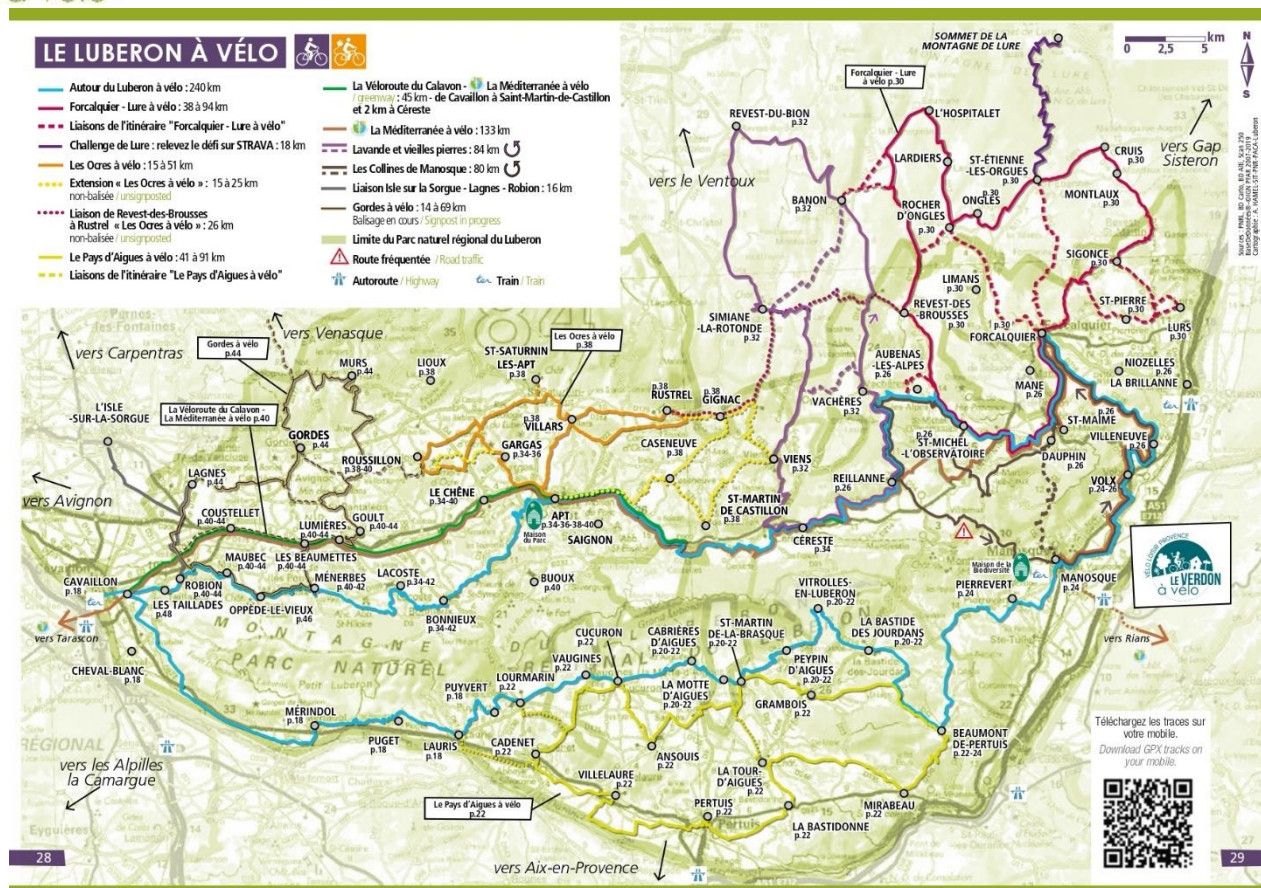
Region: Provence-Alpes-Côte d'Azur

Departments: Vaucluse & Alpes de Haute-Provence

Maison du Parc - Place Jean Jaurès - 84400 Apt

+33 (0)4 90 04 42 00 - www.parcduluberon.fr





On signposted itineraries on the road, hybrid bikes are recommended.

Nevertheless, many cyclists use mountain bikes or road bikes.

456 km of signposted itineraries in both ways on asphalted with few traffic!

- 15 to 51 km : "Les Ogres à vélo" - 2 to 5 hours
- 38 to 94 km : "Forcalquier - Lure à vélo" - 4 to 8 hours
- 41 to 91 km : "Le Pays d'Aigues à vélo" - 3 to 7 hours
- 245 km : "Autour du Luberon à vélo" - 3 to 7 days

And...

- 45 km : "Véloroute du Calavon" - a secure greenway (part of "The Mediterranean Route" - EuroVelo 8) - from 3 hours (go) to 6 hours (return trip)
- 14 to 69 km : "Gordes à vélo" – Signpost in progress
- 28 other suggestions for un-signposted circuits of all levels
- 1 mobile applications : "Challenge de Lure"

Guided by efficient signposting, the itineraries do share small roads with cars, but are very peaceful.

You will not be cycling on any main roads, just crossing them at times.

The rest of the time, you will have absolute peace of mind! Enjoy the sights, sounds and the calm atmosphere!

Departure from where and when you want!

- **Both-ways signposting** : starting from the town of your choice
- **Permanent signposting** : available all year round
- **Links between itineraries** : large choices of cycle circuits



Signposts details

Autour du Luberon à vélo

240 km

Modification du balisage de l'itinéraire en cours. *Modification of the route markings in progress.*



Forcalquier - Lure à vélo

38 à 94 km



Les Ocre à vélo

15 à 51 km



Attention modification du balisage de l'itinéraire en 2022 - *Please note Modification of the route markings in 2022*

En ocre jaune, des itinéraires de liaison / *In yellow ochre, linkup itineraries*

Le Pays d'Aigues à vélo

41 à 91 km



La Méditerranée à vélo

120 km

dont La Véloroute du Calavon

45 km en voie verte / *greenway*

Cavaillon - Apt - Saint-Martin-de-Castillon
Céreste : 2 km



Via Venaissia

60km

dont liaison Isle sur la Sorgue - Lagnes - Robion (16 km)



Les collines de Manosque

80 km



Lavande et vieilles pierres

84 km



More information about the itineraries on: www.veloloisirprovence.com.

Vélo Loisir Provence answers also to the needs of all people. Stay connected and download one of our mobile applications which allows you to **discover Luberon by bike easily!** No need any connection on spot!

- **Challenge de Lure: rise to the challenge!**

Starting from Saint-Étienne-les-Orgues, this 18-km ascent with a 5.8% average gradient goes through a variety of landscapes and offers the most magnificent views of the Pays de Forcalquier, the Durance Valley and the Alps (Summit in Lure 1736m).

According to your athletic level and your ascension time, you will leave with a gold, silver or bronze diploma.

The ascent is livened up by accompanying messages and tourism information.



More information on Strava app.

Discover mountain biking itineraries in the Luberon with:

- The **Great Vaucluse mountain bike crossing** through the Monts de Vaucluse (277 km) or the Luberon (330 km) and the **Alpes-Provence mountain bike crossing** (300 km),
- **6 long-distance tours** (360 km),
- **63 signposted itineraries** (more than 1500 km) in the **Provence Luberon Lure FFC Mountain Biking Space**.





Plane

Marseille-Provence airport
Avignon-Provence airport

Highway

A7 - Cavaillon exit
A51 - Pertuis, Manosque, La Brillanne exists

Train

Avignon TGV station, rail connection with Cavaillon station (possible to continue to Marseille Saint-Charles station or Aix-en-Provence TGV station).

Provence TGV station and rail connection with Manosque, La Brillanne and Meyrargues (bus to Pertuis) stations.

Take the train with your bike

Take your bike in the TGV trains. Departures from Paris, Lyon and Marseille. www.oui.sncf - www.sncf.com

You can take a train from Avignon to **Cavaillon**. The itinerary "Around the Luberon by bike" is signposted near the train station of Cavaillon. A bus can lead you to Aix-en-Provence and Manosque.

Other regional train stations La Brillanne and Manosque.

Take the bus with your bike - Regional bus services

+33 (0) 809 400 013 - zou.maregionsud.fr



Bike rack on the bus line Apt - Avignon: 6 bikes are able to be carried. This line is functioning from Monday to Sunday and on public holidays. Except on January 1st, December 25th and May 1st. 2 departures per day.



Sud-Mobilité

Your itinerary without car in Region Sud: www.sudmobilitate.fr.

Of course, do not hesitate to contact our taxi companies!

West Luberon

Luberon Taxis

+33 (0)6 08 49 40 57

luberon taxis@gmail.com

www.luberon taxi.com

South Luberon

Taxi Morra

+33 (0)6 22 62 38 87

taximorra@gmail.com

www.taxi-cucuron.fr

taxi Fayet

+33 (0)7 70 95 55 71

Fayet.william@yahoo.fr

Find more information on: www.veloloisirprovence.com

Located on both Alpes de Haute-Provence and Var departments, the **Regional Natural Park of the Verdon** is extended on a surface of 180 000 hectares. From the northernmost village, Saint-André-les-Alpes, to the southernmost, Aups, 7 various landscapes unities invite you on a discovery.

- Sainte-Croix lake,
- Verdon gorges,
- Lake and mountains of the Verdon,
- Valensole plateau,
- Haut-Var hills,
- Lakes and Gorges of South Verdon,
- The Artuby

The **Regional Natural Park of the Verdon**, named after the river crossing the Park, is a rural and agricultural territory but also turistically attractive due to its heritage and landscapes.

Its characteristics permitted to define 3 priorities: water, agricultural and tourism activities and natural heritage and landscapes...

The Verdon Regional Natural Park

46 communes - Main towns : Vinon-sur-Verdon (4.250 inhabitants), Valensole (3.100 inhabitants), Gréoux-les-Bains (2 600 inhabitants), Aups (2.300 inhabitants), Castellane (1 500 inhabitants)

Date of creation: 1997

Area: 188 000 hectares

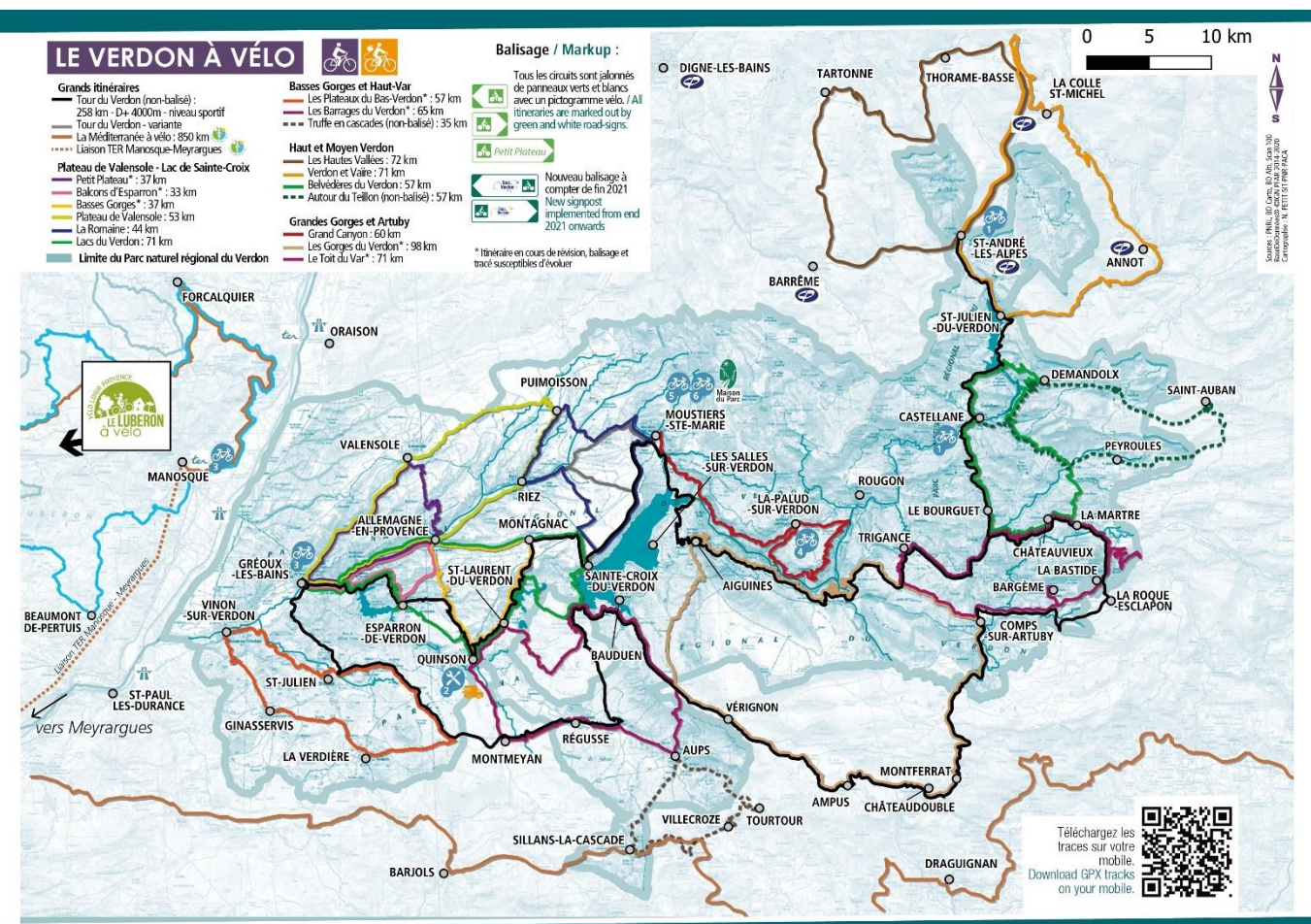
Population: 30 000 inhabitants

Region: Provence-Alpes-Côte d'Azur

Departments: Var & Alpes de Haute-Provence

*Maison du Parc - Domaine de Valx - 04360 Moustiers-Sainte-Marie
+33 (0)4 92 74 68 00 www.parcduverdon.fr*





826 km of signposted itineraries for cyclo "tourism"

- 33 to 37 km: "Along Plateau, lakes and lower gorges", 3 family loops on low-traffic roads, crossing territories with beautiful landscapes and villages with a strong heritage,
- 44 to 98 km: Cyclo "tourism" and cyclo "sporty" loops set by Alpes de Haute-Provence and Var departments, marked to ride through this beautiful and varied region.

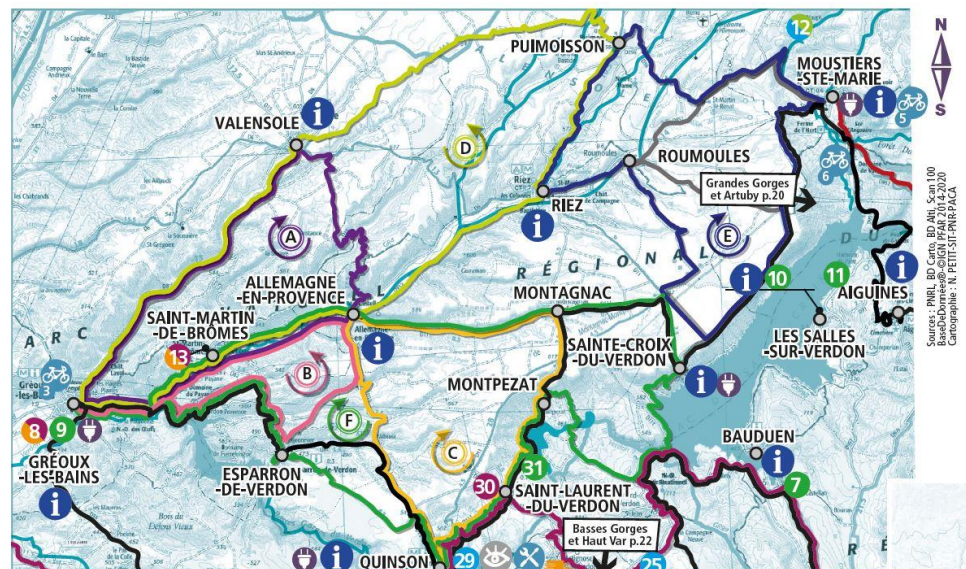
And also...

- "Tour du Verdon", a long travel bike ride of 256 km crossing the most characteristic villages and sites of the Verdon but also the lesser known and more secluded spots... (in project, non-signposted),
- "À vélo au fil de l'eau et de l'histoire singulière du Verdon", 135 km suggested to discover differently the iconic lakes of Sainte-Croix and Esparron during a 3-day bike trip (non-signposted),
- In project, thematic cycling loops connecting to the south with the EuroVelo 8 - The Mediterranean Route and to the east to the Préalpes d'Azur Regional natural park.



Signposted, those 3 accessible and little loops take you from village to village and along the fields of lavender and sunflowers and end up at the water edge's.

Wonderful overviews, typical villages, heritage sites... invite you to discover the Verdon by bike, on quiet little roads, between lavender fields, in family, with friends and at a slowly pace.



- A** Petit Plateau* - 37 km - D+ 420 m - niveau intermédiaire
- B** Balcons d'Esparron* - 33 km - D+ 450 m - niveau intermédiaire
- C** Basses Gorges* - 37 km - D+ 570 m - niveau intermédiaire
- D** Plateau de Valensole (englobe A) - 53 km - D+ 433m - niveau intermédiaire
- E** La Romaine - 44 km - D+ 406 m - niveau intermédiaire
- F** Lacs du Verdon (englobe B et C) - 71 km - D+ 1045 m - niveau confirmé

— Tour du Verdon (non balisé) - 258 km - D+ 4000m - niveau confirmé

— Tour du Verdon - variante pour contourner la « 16% »

* Itinéraire en cours de révision, balisage et tracé susceptibles d'évoluer

- **Balcons d'Esparron** (red): Gréoux-les-Bains - Allemagne-en-Provence - Esparron de Verdon : 33 km.
- **Petit Plateau** (orange): Gréoux-les-Bains - Valensole - Allemagne-en-Provence - Saint-Martin-de-Brômes : 37 km.
- **Basses Gorges** (blue): Allemagne-en-Provence - Montagnac - Quinson : 37 km.

In Gréoux-les-Bains and Allemagne-en-Provence, a signpost at the departure presents all the biking itineraries.

More information and GPX traces of the itineraries on: www.veloloisirprovence.com.





Discover mountain biking itineraries in the Verdon with:

- Two legendary routes:
 - “La TransVerdon”, 260 km taking its origin at the source of the Verdon and ending at the thermal city of Gréoux-les-Bains,
 - “Les Chemins du Soleil”, 1 400 km of signposted paths between the Alps and the Mediterranean Sea.
- Two mountain biking areas VTT-FFC, covering most of the territory with playful, technical or easy routes:
 - “Espace VTT-FFC Provence Verdon”
 - “Espace VTT-FFC Des Sources aux Gorges du Verdon”
- Local loops, such as “Cabanons et Pigeonniers”, a 36 km loop proposed by the Regional Natural Park of the Verdon around the cultural and agricultural heritage.



More information and GPX traces of the itineraries on: www.veloloisirprovence.com.



Plane

- Marseille Provence airport : +33 (0) 820 81 14 14
- Nice Côte d'Azur airport : +33 (0)820 42 33 33

Highway

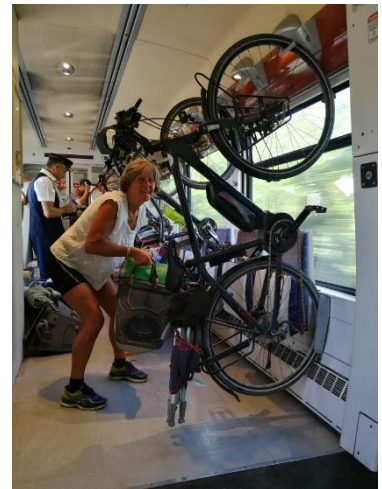
- A51 - Pertuis, Manosque, La Brillanne exits. Then RD952 and RD82 to Gréoux-les-Bains or RD6 to Valensole.
- A8 - Toulon / Brignoles exit or Fréjus / Draguignan exit. Then via Brignoles and Quinson, RD11 to Riez or via Draguignan RD955 to Castellane.

Train

- Aix-en-Provence TGV train station then connection to Manosque train station
 - Marseille St Charles TGV train station then connection to Manosque train station
 - Chemins de fer de Provence : route Nice - Digne-les-Bains with stations in Entrevaux, Annot. Buses replace all trains between Plan du Var and Digne-les-Bains. No bike transport in this train.
- +33 (0)4 97 03 80 80 - www.tourisme.trainprovence.com

Take the train with your bike

Take your bike in the TGV trains. Departures from Paris, Lyon and Marseille. www.oui.sncf - www.sncf.com



Take the bus with your bike - Regional bus services

+33 (0) 809 400 013 - zou.maregionsud.fr



Sud-Mobilité

Your itinerary without car in Region Sud:
www.sudmobilitate.fr.



Of course, do not hesitate to contact the taxi companies!

Find out more information on: www.veloloisirprovence.com

The **Mediterranean Route** goes from Le Perthus to Menton. It is part of the **EuroVelo 8**, a **European cycle route of 7200 km / 4475 miles** which links Spain to Turkey, crossing 12 countries.



In France, the **Mediterranean Route** offers a **diversity of amazing landscapes**:

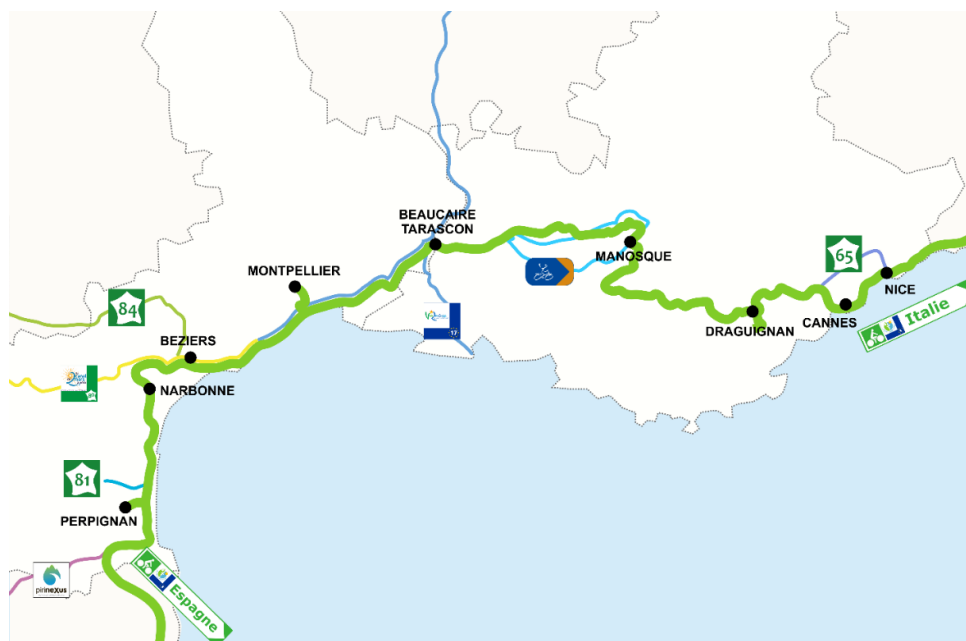
- sunny beaches,
- ancient cities,
- typical Provencal villages,
- UNESCO World Heritage sites (Canal du Midi),
- exceptional natural areas (Camargue)

The itinerary is not defined entirely but will pass by Narbonne, Montpellier, Béziers, Sète, Tarascon, Manosque, Draguignan, Nice and Monaco...

This is approximately a **850 km long cycle route**. Today, **80% of the French itinerary is done** so you can't follow it all the way.



Find out more information and ideas of cycling stays www.lamediterraneeaveo.com / www.lamediterraneeaveo.org.



Vélo Loisir Provence proposes itineraries accessible for everyone!

Make easier biking from inn to inn...

Going for several days? Nothing's easier : the itinerary "[Autour du Luberon à vélo](#)", 236 km around the mountain of the Luberon, signposted both ways, gives the opportunity to discover slowly all the uncountable of this exceptional territory. It follows small roads with few traffic chosen for the beauty of its villages and sites.



Also possible, the **Great Vaucluse mountain bike crossing** through the Monts de Vaucluse (277 km) or the Luberon (330 km) and the "**TransVerdon**" **mountain bike crossing** (260 km).

Members of the network make easier this organization thanks to many services proposed and adapted to a stay for one night only (luggage transport by taxis, coordination between bike rental companies, picnic available in the accommodations, travel agencies offer a wide range of stays adapted to everyone...).

And what about a cycling trip along the [Mediterranean Route - EuroVelo 8](#), from Perthus to Menton? This signposted itinerary (80%) follows the Mediterranean Sea and allows you to discover different and beautiful landscapes.

In family...

Flat and secured, the "[Véloroute du Calavon](#)", part of the Mediterranean Route, invites you to discover again biking with children : a morning long, one day or why not an entire weekend, this **45 km itinerary** only accessible to non-motorized vehicles specially is really adapted to children.



Other itineraries are also possible for children ("[Ogres à vélo](#)", "[Petit Plateau](#)", "[Balcons d'Esparron](#)"...) from 8 to 10 years old.

A child is able to ride around 30 km a day with many stops.

Before that old, we advise you to rent a third wheel, a baby seat or a trailer.

Go wherever your fancy takes you and choose an **organised formula** which includes accommodation, bike hire on the spot during the stay, luggage transfer if necessary, picnic, baskets, advice for warming up, and even a guide to supervise the ride.

VTC
VAE

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www.cheminsdusud.com

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VAE

Intura
+33 (0)4 86 65 00 20
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www.intura-travel.com

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VTAE

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+33 (0)4 92 49 61 48
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VAE

Ride and More Travel
+33 (0)6 76 35 50 96
Contactideandmore.com

www.ride-and-more.com



Find out all organized stays proposed by the travel agencies and suppliers on
www.veloloisirprovence.com

The [website](#) in French (English and German soon) is an information portal with circuits, news and the touristic professionals registered under the national label "Accueil Vélo" (Bike Welcome).

Two roadbooks with recommended addresses, organized into geographical areas, is a practical tool to design your stay: "**Le Luberon à vélo**" and "**Le Verdon à vélo**".

Leaflets of each cycling itinerary are also available. You can find this documentation in all the tourist offices and members of the network.



28 unsigned loops are also available for download on our website.

- ⇒ Those different documents can be [downloaded](#) or sent by post on demand.
- ⇒ Do not hesitate to have a look on our [interactive map](#) to see the different options of itineraries.

Looking for other documentation? Have a look on our [online shop](#)!

Keep connected!



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Our offices are not open to the public.