

Ventoux & Provence Cycle



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Terrain

DURATION:

6 days

GRADE



This beautiful ride has it all! From the vineyards, gorges and lavender fields of Provence, to one of the toughest mountain climbs in Europe, this is a diverse challenge full of hilly, scenic cycling – even without the infamous mountain in the middle!

Mont Ventoux (1912m), known for equally good reasons as the ‘giant of Provence’ and ‘windy mountain,’ is one of the most famous climbs in Tour de France history. Its reputation as one of the toughest climbs in the sport is well-founded; the wind and heat on the barren, exposed upper slopes add to the relentlessness of the climb.

While Ventoux is undisputedly the main challenge, there is little flat along the whole route, and it’s the landscapes and variety that round out the experience. You will reach the finish in Aix-en-Provence with an unforgettable sense of achievement!

This trip generates around **69 kg of CO₂ per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**.

DETAILED ITINERARY

Day 1: Meet Marseille

We meet up at our airport-based hotel for dinner and a trip briefing, and ensure our kit and bikes are fully prepared for the start of our challenge tomorrow. Night hotel.

(Lunch not included)

Day 2: Marseille to Carpentras

Our first day is relatively flat, allowing us to acclimatise to the challenge before the going gets tough! Our route takes us north, and it's not long before we reach quiet tree-lined roads passing through farmland and green valleys. Hazy hills frame the horizon, and we ride through picturesque villages and small Provençal towns with cream-coloured buildings and terracotta-tiled roofs. As we reach Carpentras, our base for much of our adventure, our legs should be feeling nicely warmed-up and eager to increase the challenge! Night hotel.

Cycle approx. 90km (55 miles)

Day 3: Carpentras – Sault – Carpentras

Today's circuit acts as a great acclimatisation ride for tomorrow's big challenge, and is a magnificent ride in itself. We head out through small villages towards Sault, a lovely town nestled amongst vineyards near the base of Ventoux. This first half of the ride is almost entirely uphill, and fairly challenging, but we take our time, and there are plenty of viewpoints to take a breather whilst soaking in the awe-inspiring views. Our return route brings us downhill, through some of the most stunning scenery on the entire ride – the Gorges de la Nesque, a deeply cut ravine through the limestone mountains and part of the UNESCO Reserve de Biosphere du Mont Ventoux. Night hotel.

Cycle approx. 100km (62 miles)

Day 4: Mont Ventoux

If you know much about cycling, Mont Ventoux needs little introduction. Isolated from other high peaks, it dominates the landscape for miles around. Its summit is barren limestone moon-scape, and known for being extremely windy. The *Tour de France* has taken in its summit regularly since 1951, and fans have come to expect drama played out on its slopes. In 1967 British cycling legend Tom Simpson died on the mountain; his memorial (approx. 1km before the summit) is a pilgrimage site for cycling fans from all over the world. Setting off from the hotel, our first 20 miles are relatively flat which gives us a great warm-up before we reach Bedoin and begin the climb itself. You may find the first part of the climb easier than anticipated, as the section that has sealed the mountain's reputation doesn't come until after emerging from the tree-line, when the temperature can suddenly increase by 10°C, the sun is reflected off the white rock around you, and the winds start to make themselves felt. The observatory at the top comes into sight from a long way off, but it can seem a long time before you reach it. We descend the same way, but now that the main challenge is behind us, we'll be able to enjoy the views we may have suffered through on the way up! Night hotel.

Cycle approx. 75km (46 miles)

NB: In very high winds or other unsafe weather conditions, climbing Ventoux may not be possible. We may swap the Sault Circuit and Ventoux days, depending on weather conditions, to give you the best chance of completing both days.

Day 5: Carpentras to Aix-en-Provence

The hills today will limber up any creaking muscles from yesterday! Leaving Carpentras and Ventoux behind, we

head southeast, and take on the 10km-climb of the Col de Murs – this has featured in the *Tour de France*, but you should find the gradient relatively undemanding after yesterday's efforts – before heading towards Roussillon and the hills of the Luberon. This area of central Provence is known for its beautiful landscapes dotted with vineyards, lavender fields, cherry trees, olive groves and hilltop villages, and cycling is one of the best ways to appreciate the beauty of our surroundings – it's a spectacular day of cycling to end our challenge. When we emerge from the hills, we descend towards the lovely town of Aix-en-Provence. Night hotel.

Cycle approx. 75km (46 miles)

Day 6: Depart

After breakfast, it's time to head home or stay on under your own arrangements if you prefer.

WHAT'S INCLUDED

- 5 nights hotel accommodation on a twin-share basis
- All meals except where specified
- Snacks and water provision on cycle days
- Discover Adventure crew (number dependant on group size)
- Full vehicle support throughout the trip
- Maps and route information
- **We offset 100% of the carbon emissions from your trip**

WHAT'S EXCLUDED

- Flights and transport to/from start/finish point of ride
- Any meals specified 'not included' in the itinerary
- Travel insurance
- Bicycle, cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge.

This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is clear, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Accommodation

We usually stay in hotels or lodges of a 2-3* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share, in hotels convenient to our route.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

PREPARING FOR THE CHALLENGE

Challenge Grading

GRADE | ORANGE

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[Trip grading explained](#)

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

The terrain varies from being predominantly flat on the first day, to climbing one of the most legendary mountains in the world of cycling two days later. There are plenty of smaller climbs and rolling terrain thrown in, as we cross the hills of Provence. Road conditions are generally good tarmac; road bikes are the most suitable for this trip. We ride mainly on small, quiet roads, but recommend you are confident cycling in some traffic. The conditions on Mont Ventoux – such as heat and wind – add to the challenge.

Electric Bikes

In the last few years e-bikes have become increasingly popular. At Discover Adventure we see them as a great tool for inclusivity, and a great enabler for people to get out cycling – at home and on our trips – especially when continuing riding (or starting again) in older age or through health problems.

With charity challenges being at the heart of our business, we know that e-bikes are being used by beneficiaries of various charities to aid recovery, and that they enable participation in events raising funds for those charities. E-bikes must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us well in advance if you have one you wish to ride on this challenge, so that we can ensure that it is suitable for the challenge, and that you are aware of the pros and cons.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the [NaTHNaC Travel Health Pro](#) website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical London to Paris groups run with approximately 30-40 participants whilst all other Euro cycles run with approximately 15-20, however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run however occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 12 Mar 2026, and the challenge is subject to change.