



LOOKING FOR NATURE

OUR BIKE RIDES



Route 1: St Rémy and Peïroou Lake

This itinerary takes you to Lac des Peïroou, a man-made lake in the Alpilles region of Saint-Rémy-de-Provence. Its name derives from the Provençal referring to the natural cavities in the rock created by erosion.

Initially, the lake was intended to supply water to the ancient town of Glanum.

An optional visit to a cheese factory, an oil mill or a wine estate is part of this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

Duration: half-day (3h-4h)

Distance: 25 km

Height difference: 230 m

Level: easy

Heritage to discover: Canal des Alpines, the Antiques (Roman monuments), Peïroou Lake



Route 2: St Rémy and the Val d'Enfer

This itinerary takes you on a tour of the Val d'Enfer, a valley famous for its strangely shaped rocks, sculpted by erosion. There are also imposing openings dug into the rock along the road and the traces of limestone quarrying.

An optional visit to a cheese factory, an oil mill or a wine estate is part of this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

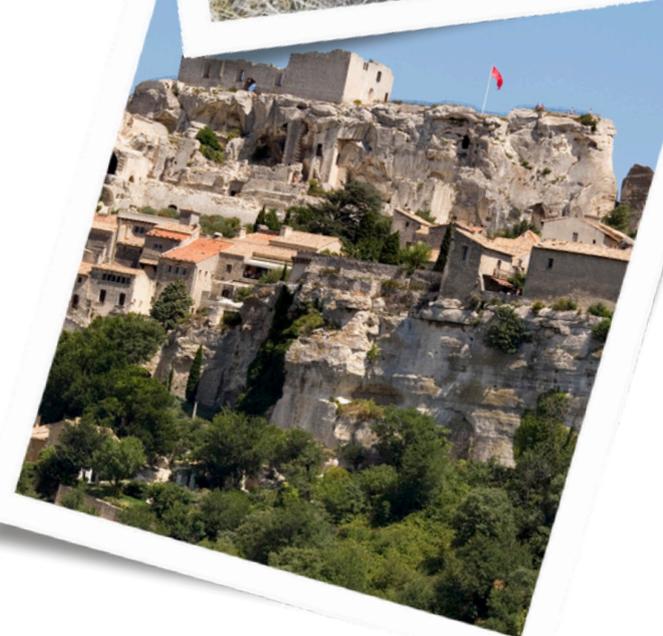
Duration: half-day (3h-4h)

Distance: 30 km

Height difference: 400 m

Level: easy / middle

Heritage to discover: Canal des Alpines, Val d'Enfer, the Château des Baux-de-Provence.



Route 3: St Rémy and Eygalières

This itinerary takes you to Eygalières, a charming Provençal village set on a hilltop, where you can admire a superb panorama of the Alpilles. This route takes you up through vast fields of olive trees, green valleys and vineyards, offering superb scents of wild aromatic plants.

An optional visit to a wine estate is part of this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

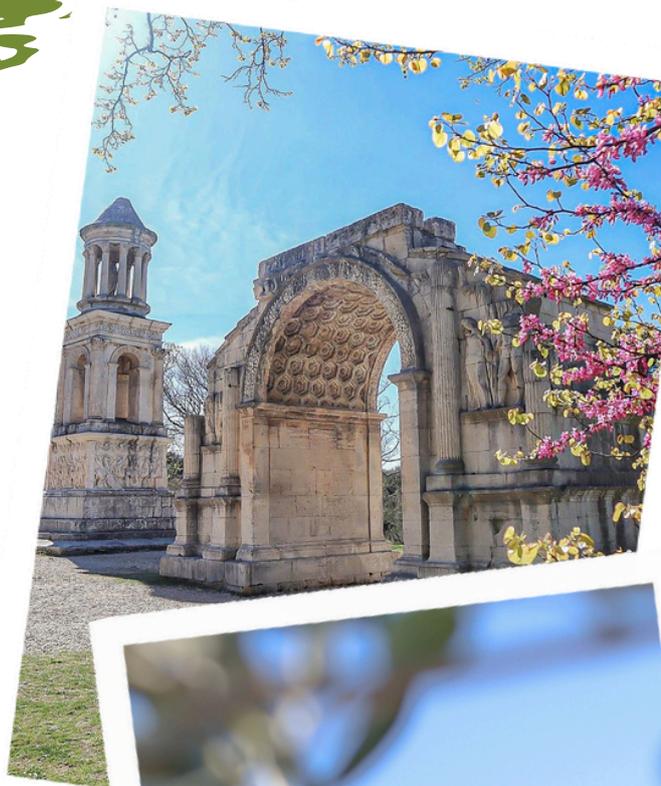
Duration: half-day (3h-4h)

Distance: 30 km

Height difference: 150 m

Level: easy

Heritage to discover: the Antiques (Roman monuments), the Horloge Tower, the Roman Bridge, Château de Romanin



Route 4: The pretty Provençal roads to the West

This itinerary takes you on a tour of the Alpilles villages to the west. In the heart of a calm, soothing environment, you'll discover heritage treasures such as the remains of the Roman aqueduct at Barbegal and the Château des Baux-de-Provence.

An optional visit to the Moulin Cornille olive granary is part this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

Duration: full-day (7h-8h)

Distance: 50 km

Height difference: 400 m

Level: easy / middle

Heritage to discover: Chapelle Saint-Gabriel, the Roman aqueduct at Barbegal, the Château des Baux-de-Provence, the Castellons Tower, the olive granary

Villages: Saint-Rémy-de-Provence / Saint-Étienne-du-Grès / Fontvieille / Paradou / Les Baux-de-Provence



Route 5: The olive road to the East

This itinerary takes you on a tour of the Alpilles villages to the East.

A stroll through olive groves, a staple of the Provençal landscape, this immortal tree with its gnarled trunk. You'll also discover other landscapes and a panorama that reveals the beauty of Provence as far as the eye can see! An optional visit to an oil mill or a wine estate is part of this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

Duration: full-day (7h-8h)

Distance: 50 km

Height difference: 400 m

Level: easy / middle

Heritage to discover: Canal des Alpines, the Val d'Enfer, the Château des Baux-de-Provence, the Destet road, the Roman Bridge

Villages: Saint-Rémy-de-Provence / Les Baux-de-Provence / Maussane-les-Alpilles / Mouriès / Eygalières



Route 6: The grand tour of the Alpilles

This itinerary takes you through some of the most beautiful landscapes in the Alpilles, passing through many of the villages in the regional nature park. It's a life-size route that will amaze you with its endless olive groves, vineyards and other hidden treasures of the Alpilles region. An optional visit to an oil mill or a wine estate is part of this tour, along with a tasting.



Practical Information:

Departure: Saint-Rémy-de-Provence

Parking: Libération or Cemetery

Duration: full-day (7h-8h)

Distance: 70-80 km

Height difference: 500-600 m

Level: moyen

Heritage to discover: Chapelle Saint-Gabriel, the Roman aqueduct at Barbegal, the Castellons Tower, the Château des Baux-de-Provence, the Destet road, the Roman Bridge

Villages : Saint-Rémy-de-Provence / Saint-Étienne-du-Grès / Fontvieille / Paradou / Les Baux-de-Provence / Mouriès / Aureille / Eygalières

