



# Languedoc Countryside & Heritage

## Odette BATIK & Jerry SCOTT

### Identity card

Start date: June 14 - 23, 2016

Duration: 10 days

Active

Your local contact : +33 6 27 81 75 52

*available from 9am to 7pm*

Address 1st Hotel: Hotel du Palais, 3 rue du Palais

des Guilhem, 34000 Montpellier

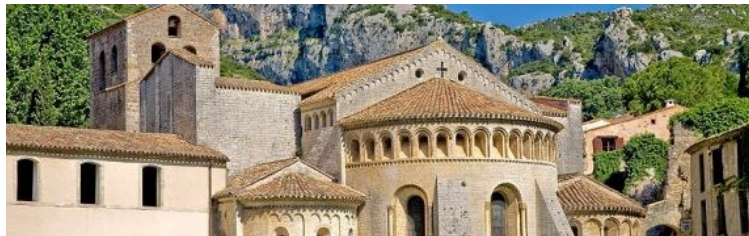
Orientation : In Person in the hotel lobby

Orientation time: Thursday June, 16th at 2:00 PM

Discover sunny Languedoc on a fabulous route that takes you way off the beaten tourist path. On this tour we take you immediately into the countryside to the charming village of **St Guilhem le Desert** with its medieval old town and pedestrian alleys. The cycling will cross **vineyards**, visit the region icon **Pic St Loup**, the **Lake of Salagou**, and take you in the **gorges of the Herault**.

The tour starts with an easy arrival in Montpellier - accessible by train or plane. We meet you and take you to the quiet calms of the countryside. St Guilhem le Desert !

This is **one of the best cycling discoveries** of the Herault Department with low logistics and very inclusive ! Sunny most of the year, it is good just about any time!



## Countries you will visit

### France

France is the world's top tourist destination, with 83 million foreign tourists. Spread across the entire country, each of the main cities in Metropolitan France has its own international dimension and charm such as Bordeaux which is the world capital of wine, or Marseille which is the European capital of culture. France offers landscapes of exceptional beauty and amazing diversity in which there are 38 UNESCO-listed World Heritage sites ! But don't forget leisure activities and prestigious cultural events that take place all over the country featuring the oldest and the most prestigious cycling race in the world: the "Tour de France".



## Regions to discover

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### Languedoc Roussillon

Located in the most southern part of France on the Mediterranean coast, the province of Languedoc is an area rich with scenic landscapes and a beautiful climate. It borders the Mediterranean Sea to the east and the Pyrenees Mountains to the south, and Provence to the northeast, the region provides visitors a lovely contrast of terrain to explore and countless activities in which to partake. There are rivers and lakes, with amazing thermal springs, ancient abbeys and cathedrals, castles and fortresses and so much more to explore, not to mention the incredible coastline with its gorgeous beaches for those seeking beauty and relaxation. There truly is something for everyone in Languedoc.



## Places you will visit

### Montpellier

With its elegant buildings, private mansions and stately boulevards, Montpellier is a quietly stylish metropolis with a hint of Barcelona about its old quarter and shady backstreets. Unlike many southern towns, Montpellier has no Roman heritage. Instead it was founded in the 10th century by the counts of Toulouse, and later became a trading port as well as a scholarly centre (**Europe's first medical school** was founded here in the 12th century). Walking through Montpellier's historical center is like travelling through 1,000 years in time. The **Place de la Comedie** is Montpellier's main square crowned at its southern end by the **elegant 19th century Opera house**. This is the place to sit and sip a coffee in one of the main cafés which line the place. From natural sites to ruins to regional product factory tours, there's plenty of things to do and places to see in Montpellier ! Among the sites not to be missed include The Arc de Triomphe, Royal Peyrou piazza, Place de la Canourgue, Fabre museum, St Pierre Cathedral ...



Place de la Canourgue

### Saint Guilhem le Désert

The Gellone Valley is a like a stone box with **breathtakingly steep sides** covered in thyme, oaks and pines: a landscape of nothing but stone and sky. The legendary village of Saint-Guilhem-le-Désert lies nestled in the heart of the valley. Its ancient streets have been stretching out in the warm Languedoc sunshine for twelve centuries. The village, which grew up around the **Abbey of Gellone** ( Guilhem in French), retains a strong medieval feel, and a harmony as a whole that is rarely found. This Grand Site National is classified as one of the Most Beautiful Villages in France. The Abbey Church (9th to 11th centuries), is a masterpiece of early Languedocian Romanesque art and is a designated UNESCO World Heritage Site as part of the pilgrimage route to **Santiago de Compostela**.



St Guilhem le Desert streets

### The Château de Jonquières

Jonquières is located on the right bank of the river called "l'Hérault", at the foot of the Larzac plateau. The Château de Jonquières was built by the Saint Jean family in the 13th century and extended many times until the 18th century. Now, it is a hotel-restaurant and a wine maker. The present-day château owes its appearance to Bernardin de Latude, who, in the mid-seventeenth century, rebuilt the two facades facing the grounds and the courtyard.



### The cirque de Mourèze

The Cirque de Moureze is a breathtaking path in a totally preserved countryside, it's all about amazing rocks carved by time (dolomite) and a lot of plants that grow freely.





## Saint Jean de Fos

Saint-Jean-de-Fos is located at the exit of the gorge of the Hérault, where the massive Séranne, also called Causses du Larzac, joins the plain of the valley of the Hérault. The medieval village lies on the banks of the Hérault here where the Devil's Bridge spans the river. From the 12th century, Saint-Jean was encircled by a first defensive rectangular wall which took in the church. This was soon considered to be inadequate and, at the end of the same century, was reinforced by the building of a second fortification, thereby giving the village its name: 'Saint-Jean du Fort', later to evolve into Saint-Jean-de-Fos. This historic centre has retained all its **medieval features** down the centuries. Saint Jean de Fos is also known for its **glazed pottery**. The village has lived at the pace of its traditions and still carries them on today by holding one of the **largest potters' markets** in the region every year on the first weekend in August.



## Valflaunès

It's in Valflaunès, that the **Hortus Cave** is located, known worldwide for delivering a **nomadic Neanderthals station**. Today, the village built at the foot of the Pic Saint Loup is frequented by wine lovers and climbers. With an amazing view of Pic Saint-Loup and Hortus, the **Château de Valflaunès** was the home of Baron Jean-Jacques Louis Durand, the first mayor of Montpellier. He is known today thanks to his winemaker, Fabien Reboul, and his 'Château de Valflaunès' wine.



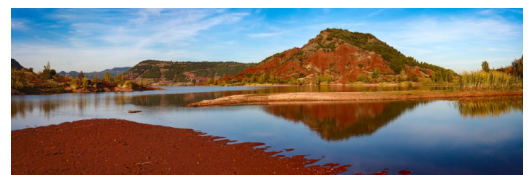
## Clermont l'Herault

The town is built on the slope of a hill which is crowned by an **ancient castle** dating from feudal times and skirted by the Rhonel, a tributary of the Lergue. It has an interesting chapel "Les Pénitents" recently restored, built in southern Gothic style.



## Salagou lake

Surrounded by beautiful red hills, the Salagou lake extends over 750 hectares and benefits from a special setting. For obvious reasons, the lake is prohibited with the motor boats, but not with the sailing ships. Of course, you can swim in the clear water of the Salagou.



The first glassblowers in the area arrived in 1280, attracted by the abundant resources of wood in the region. A royal law gave the glassblowers their monopoly in the 15th century. Indeed, Kings Charles VI and Charles VII signed in 1455 a treaty to rule that learning this craft was forbidden to Lords and nobles that weren't related to existing glassblowers. They held their meetings in nearby Sommières, and for nearly 5 centuries, used the same route to go there, which was named "le chemin des Verriers" (the glassblowers' route). Villages on the chemin des verriers are Claret, Ferrières les Verreries, Lauret, Sauteyrargues, Vacquières, Valflaunès and Sommières.



## Sommières

Sommières is known for its **medieval town center** and its medieval celebration, as well as its **castle** which is in ruins today. Its tower, however, has been conserved and is accessible to visitors. The bridge over the **Vidourle River** was built in the 1st century by the Emperor Tibère to connect Nîmes to Toulouse. After the Pont du Gard, this bridge is one of the most important ones built in this area. The dimensions of the Sommières bridge were sufficient to span the bed of the Vidourle and insure the connection between both banks in spite of the numerous floods of the capricious river. When the city was set up in the Xth century, houses were built beside the bridge at the same level that the river, and even on the bridge, so today we can see only some of its arches.



Vidourle river

## Nîmes

Nîmes is inescapably linked to two things – denim and Rome. The latter's influence is highly visible in **some of the most extensive Roman remains in Europe**, while the former (de Nîmes), was first manufactured in the city's textile mills, and exported to the southern nineteenth century to clothe slaves. The **Arena** is the best preserved amphitheatre from the Roman world. It was filled with medieval housing, when its walls served as ramparts, but they were cleared under Napoleon. It is still used today as a bull fighting and concert arena. Don't miss the **Maison Carree**. It's the Gallo-Roman town's main temple—a small Roman temple dedicated to sons of Agrippa that was built c. 19 BC. Shows a 3D film "Heroes of Nîmes" .



The Jardin de la Fontaine

## The Gorges of Hérault

Varying in depth from 200 to 300 metres, the gorges are a real canyon hollowed out of the heart of the garrigues by the River Hérault, their one and only architect. The River Hérault rises on the southern slope of the Cévennes, beneath Mont Aigoual, at a height of 1,288 metres, and flows into the Mediterranean at Le Grau d'Agde. The channel, which winds its way from the Pont du Diable, marking the mouth of the Hérault Gorges, to the outskirts of the village of Saint-Guilhem-le-Désert, is punctuated at intervals with 'Giant's cauldrons', the result of the erosion of the limestone by the swirling waters during periods of very heavy rainfall in the last million years, when the water level was higher and the currents stronger.



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## Travel summary

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- ★ Day 1 - Tuesday Jun 14, 2016 : Montpellier  
Included: bedroom.
- ★ Day 2 - Wednesday Jun 15, 2016 : Montpellier  
Included: bedroom and breakfast.
- ★ Day 3 - Thursday Jun 16, 2016 : Montpellier - Saint Guilhem le Désert  
Included: transfer with english speaking guide, Orientation with a local guide, bedroom and breakfast, dinner (no drinks).
- ★ Day 4 - Friday Jun 17, 2016 : Loop options around Saint Guilhem le Désert  
Included: bedroom and breakfast, dinner (no drinks).
- ★ Day 5 - Saturday Jun 18, 2016 : Loop options around Saint Guilhem le Désert  
Included: bedroom and breakfast, dinner (no drinks).
- ★ Day 6 - Sunday Jun 19, 2016 : Saint Guilhem le Désert - Lauret - Valflaunès  
Included: luggage transfer, bedroom and breakfast, drinks, dinner.
- ★ Day 7 - Monday Jun 20, 2016 : Valflaunès - Lauret - The Glassblower's route - Sommieres  
Included: luggage transfer, bedroom and breakfast.
- ★ Day 8 - Tuesday Jun 21, 2016 : Sommieres - Nîmes - Sommieres  
Included: bedroom and breakfast.
- ★ Day 9 - Wednesday Jun 22, 2016 : Sommieres - Montpellier  
Included: luggage transfer, bedroom and breakfast.
- ★ Day 10 - Thursday Jun 23, 2016 : Montpellier - Paris  
Included: breakfast, room.

# Itinerary

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## Day 1: Tuesday Jun 14 2016, Montpellier

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Arrival in Montpellier which is easily accessible from Paris by TGV. Settle in your charming hotel located in the historical centre of the city.

**Hotel :** Night at Hotel du Palais.

*Included: bedroom*

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## Day 2: Wednesday Jun 15 2016, Montpellier

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Free day to explore surroundings.

**Hotel :** Night at Hotel du Palais.

### MONTPELLIER

#### • Restaurants

Tamarillos - 2 Place du Marché aux Fleurs

<http://www.tamarillos.biz/> - +33 4 67 600 600

A charming table inspired by flowers and fruits exciting the taste buds, fluid from here and elsewhere. Philippe Chapon, double French champion of desserts, invites you to share his vision of creating desserts, which fulfills your heart. Menu from 19 € for lunch and from 27 € for dinner. Open everyday.

Maki Roll - 18 rue du Cardinal de Cabrières

<http://www.makiroll34.com/> - +33 7 68 03 25 33

Makis, Sushis & Onigris. Assorted sushis platter from 14.90 € (24 pieces). Eat-in, take-out or delivery service. Open everyday.

Le Tapas - 5 rue des trésoriers de la Bourse

<http://letapas.fr/> - +33 4 67 59 21 52

Tapas bar. 100% homemade. Menu from 10€ for lunch and from 20 € for dinner. Closed on Monday & Sunday.

La Réserve Rimbaud - 820 avenue St Maur

<http://reserve-rimbaud.com/accueil> - +33 4 67 72 52 53

"La Réserve Rimbaud" invites you to take a gourmet break on a sunny terrace overlooking the Lez river. Lunch menu from 32 €. Tasting menu from 100 €.

#### • Bakeries

Lo Monaco - 8 rue Jean Jacques Rousseau

Des Rêves et du Pain - 10 rue Eugène Lisbonne

Boulangerie Teissier - 8 Rue Saint-Guilhem

Les Delices de Saint Guilhem - 27 Rue Saint-Guilhem

#### Market days

Greengrocer market - Place de la Comédie

Monday to Saturday from 9am to 4pm

Farmer's market - Avenue Samuel Champlain (Antigone district)

Sunday from 8am to 1:30pm

#### • Grocery stores

Monoprix Comédie - 1 rue de Maguelone

Carrefour City - 6 Place Alexandre Laissac

Les 2 M - 31 rue Saint Guilhem

*Included: bedroom and breakfast*

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## Day 3: Thursday Jun 16 2016, Montpellier - Saint Guilhem le Désert

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**Transfer to St. Guilhem le Désert and then orientation at your hotel :** Our local guide (French native & English speaking) will meet you at the Hotel du Palais in Montpellier at 2:00 PM this afternoon. He will bring your road-books, GPS and touristic information.

As an expert of the region, you can ask him all of the questions you have about your trip.

He will then transfer you, your tandem and your luggage to your hotel in Saint Guilhem le Désert to start your bike tour. He will help you to check in and then will do the Orientation Meeting with you.

After the orientation, you'll be free to explore this fabulous village. The village is a UNESCO classified village and is a well known spot on the Camino de Santiago, not only for its Abbey, but also because it is built in a narrow valley. Go to the



central plaza for cafe or drink of your choice to soak up the ambiance of village dating to the year 804 !

**Hotel :** Night at Hotel le Guilhaume d'Orange with Dinner included.

### SAINT GUILHEM LE DESERT

- **Bakeries**

Le Fournil d'Helene - 20 rue du Bout du Monde

- **Restaurants**

La Voute Gourmande - 1 rue de la Descente du Portal

<http://www.lavoutegourmande.com/> - +33 4 67 57 33 65

Restaurant-snack. Wide range of : burritos, salads, burgers, sandwiches, home-made fruits juice, waffles... Open everyday from April to September.

La Taverne de l'Escuelle - 11 Grand Chemin du Val de Gellone

<http://www.hotel-lataverne.fr/?lang=en> - +33 4 67 57 72 05

Regional cuisine : Cod fish and potatoes (specialty of Nîmes), Bull stew (specialty of the Camargue), Roasted camembert cheese, ... Home-made dishes. Menu from 17.50 €.

*Included: transfer with english speaking guide, Orientation with a local guide, bedroom and breakfast, dinner (no drinks)*

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## Day 4: Friday Jun 17 2016, Loop options around Saint Guilhem le Désert-

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During your stay in Saint Guilhem du Désert, you have a choice between 3 loops :

- **Loop trip from St Guilhem le Désert to the Chateau and vineyards of Jonquieres 39km (24mi)** - The soil comes from the local chalky rock (limestone consisting of calcareous fossil skeletal fragments of microscopic algae) of the Larzac Plateau. It is in this terroir that the wines find their fundamental characteristics: power, aroma, and a typical elegance. Return again to St Guilhem tonight.

- **Loop trip from St Guilhem le Désert to the Gorges de l'Hérault 51km (32mi)** - Varying in depth from 200 to 300 meters, the gorges are a real canyon hollowed out of the heart of the garrigues by the River Herault, its one and only architect. A magnificent sight, and a real oasis in the heart of these arid lands, the Herault Gorges all have their own special characteristics: whether the waters are calm or turbulent, they are, above all, a fascinating spectacle.

**Hotel :** Night at Hotel le Guilhaume d'Orange with Dinner included.

### MONTPEYROUX (On 3 Options)

- **Bakeries**

Aux Douceurs du Fournil - 21 Place de l'Horloge

- **Restaurants**

La Terrasse du Mimosa - 23 place Horloge

<http://www.terrassedumimosa.fr/> - +33 4 67 44 49 80

Restaurant & Wine bar. Regional cuisine. Open everyday during summer months. Menu from 13.90 € for lunch.

### GIGNAC (Option Vineyards loop)

- **Bakeries**

Le Fournil Doré - 10 Boulevard Saint-Louis

Boulangerie Clapier - 1 Boulevard Esplanade

- **Grocery stores**

Intermarché - Zone artisanale Croix

**Market days**

Saturday

### SAINT JEAN DE FOS (On 3 Options)

- **Bakeries**

Boulangerie Claude Roch - place de la Mairie

Boulangerie du Pays de l'Olivier - 2 rue des écoles laïques

- **Restaurants**

La Pourpre et les Oliviers - 135 route Aniane

<http://www.lapourpreetlesoliviers.com/> - +33 4 67 57 27 50



Regional cuisine made with local products. Menu from 21 €. Closed on Sunday evening, Monday for lunch & Wednesday all day.

• **Grocery stores**

Grocery store Albe - place de la mairie

Grocery store Rodier - 48 rue de la Coopérative  
fruits & vegetables

Le Mas des Issarts - route de Gignac  
fruits & vegetables

**Market days**

Tuesday

*Included: bedroom and breakfast, dinner (no drinks)*

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## Day 5: Saturday Jun 18 2016, Loop options around Saint guilhem le Désert-

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During your stay in Saint Guilhem du Désert, you have a choice between 3 loops :

• **Loop trip from St Guilhem le Désert to the Lac du Salagou 78km (48mi)** - The lake is itself fairly large with a lot of visitors in the summer, but it is unique with a surrounding of red clay soil; the rocks dating back millions of years. The ride is rolling bypassing many small villages and wine country. Return to St Guilhem, and if you have the energy, walk some of the trails leading out to the surrounding peaks.

**Hotel :** Night at Hotel le Guilhaume d'Orange with Dinner included.

**SAINT JEAN DE FOS**  
(See infos on Day 4)

**MONTPEYROUX**  
(See infos on Day 4)

**SAINT FELIX DE LODEZ**

• **Bakeries**

Boulangerie Frederic Toureille - rue Fournil

• **Restaurants**

Le Saint-Jacques - 2 avenue de Bir Hakeim

<http://www.restaurant-saint-felix-lodez.fr/> - +33 4 67 44 65 90

Traditional French cuisine. Closed on Sunday all day & on Monday evening.

**CLERMONT L'HÉRAULT**

• **Bakeries**

Boulangerie Fantasia - 2 Rue de la Convention

Boulangerie Mateo Jean-Luc - 28 Rue Voltaire

Boulangerie Thurotte Bernard - 42 Rue Doyen René Gosse

• **Restaurants**

Les Remparts - 3 Place de la République

- +33 4 67 96 33 81

A restaurant which offers fine cuisine tending to world food generously served in a warm and friendly family setting. Menu from 18 €.

• **Grocery stores**

Biomonde - Place Marcel ontier

Organic shop.

**Market days**

Wednesday morning - Place du Marché

*Included: bedroom and breakfast, dinner (no drinks)*

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## Day 6: Sunday Jun 19 2016, Saint Guilhem le Désert - Lauret - Valflaunès

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After breakfast, you will leave St Guilhem heading towards Valflaunès. On your way, Saint Etienne d'Issensac and its charming stone bridge (XIVth) and chapel. You will also stop in Brissac, a modest village settlement, but it is nevertheless notable for its 12th century church (listed as a monument historique), and for the castle perched on the rocky outcrop, which dominates and protects the village.

Distance : 50 Km (31 mi).  
Elevation : 661 m.

*NOTE : You have limited possibilities to get supplies today before reaching your hotel at the end of your itinerary, so plan ahead and get everything you need in St Guilhem le Désert before leaving.*

**Guest house :** Night at the Guest House le Mas des Violettes.

Dinner delivered at your hotel tonight : Starter, main course, dessert and a bottle of wine (AOC Pic Saint Loup).

### SAINT GUILHEM LE DESERT

- **Bakeries**

Le Fournil d'Helene - 20 rue du Bout du Monde

- **Restaurants**

La Voute Gourmande - 1 rue de la Descente du Portal

<http://www.lavoutegourmande.com/> - +33 4 67 57 33 65

Restaurant-snack. Wide range of : burritos, salads, burgers, sandwiches, home-made fruits juice, waffles... Open everyday from April to September.

La Taverne de l'Escuelle - 11 Grand Chemin du Val de Gellone

<http://www.hotel-lataverne.fr/?lang=en> - +33 4 67 57 72 05

Regional cuisine : Cod fish and potatoes (specialty of Nîmes), Bull stew (specialty of the Camargue), Roasted camembert cheese, ... Home-made dishes. Menu from 17.50 €.

### BRISSAC

- **Bakeries**

Boulangerie Patisserie du Parc - Avenue Jeanne d'Arc

- **Restaurants**

Le Jardin aux Sources - 30 Avenue du Parc

<http://www.lejardinauxsources.com/> - +33 4 67 73 31 16

Gourmet restaurant. More than 50 references of wines of the Languedoc Roussillon. Menu from 23 € for lunch and from 35 € for dinner. Restaurant closed on Sunday evening and on Monday & Wednesday during winter.

*Included: luggage transfer, bedroom and breakfast, drinks, dinner*

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## Day 7: Monday Jun 20 2016, Valflaunès - Lauret - The Glassblower's route - Sommieres

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Ride first to Claret, famous for its many glass blowers, where the art was created in the 14th century. You could make a stop here in order to visit the **glass blowers museum**. The first glassblowers in the area arrived in 1280, attracted by the abundant resources of wood in the region. Today you will ride through the vineyards on 'le chemin des Verriers' (the glassblowers route). The villages on the chemin des verriers are Claret, Lauret, Sauteyrargues, Vacquieres and Sommieres.

Distance : 39 Km (24 mi).  
Elevation : 318 m.

*NOTE : There are few glassblowers left in the area. Below are some suggestions. If you want to visit their workshop we strongly advise making an advanced appointment.*

**Hotel :** Night at Hotel l'Estelou.

### LAURET

- **Restaurants**

Auberge du Cèdre - Domaine de Cazeneuve

<http://www.aubergeducedre.com/en/hotel-and-wine-restaurant-pic-saint-loup-languedoc/restaurant.php> - +33 4 67 59 02 02

The chef, Vera, offers colourful, Mediterranean food that changes with the seasons, based on olive oil, delicately spiced and all home-made. On weekday lunchtimes, Monday to Friday, the bistro du cèdre offers a large choice of home-cooked tapas hot & cold, and some home-made desserts for a quick, light & pleasant meal. Vegetaria menu possible. Open

everyday for lunch and open on Friday & Saturday for dinner. Menu from 15 € for lunch and from 28 € for dinner.

• **Glassblower's workshop**

La Flamme de Lili - ZA Horizon Vert - 44 Impasse Puech Camp

<http://www.laflammedelili.fr/> - +33 6 20 80 66 56

Open on Tuesday afternoon from 3:30 pm to 7pm. Open from Wednesday to Friday from 10 am to 12 pm and from 3:30 pm to 7 pm. Open on Saturday afternoon from 3:30 pm to 7 pm. Closed on Sunday & Monday.

**Market days**

Saturday morning

**CLARET**

• **Bakeries**

Boulangerie Simone et Emile - 12 place de l'Hermet

• **Glassblower's workshop**

Verrerie Attard - 37 avenue du Nouveau Monde

<http://verrierieattard.fr/> - +33 6 85 50 65 49

Open from Wednesday to Saturday from 9:30 am to 12 am and from 2:30 pm to 6 pm. Open on Tuesday & Sunday from 2:30 pm to 6 pm.

Souffleur de rêve - 63 avenue du Nouveau Monde

<http://www.souffleur-de-reve.fr/> - +33 6 50 55 47 80

Open from April to November TUE-SUN from 8 am to 12 pm and from 2 pm to 6 pm. Closed on Monday.

**CORCONNE**

• **Restaurants**

Sous le Chêne - Place du Bousquillou

<http://corconnesouslechene.free.fr/> - +33 4 66 77 15 85

Outdoor restaurant. Cuisine made with fresh local products from the area. Closed on Friday for lunch and on Thursday all day. Menu from 25 €.

**Market days**

Sunday

**SOMMIERES**

• **Restaurants**

Ristorante Sansavino - 9 Place des Docteurs Dax

+33 4 66 80 09 85

Italian specialities : antipasti, Pannacota, Cotoletta alla Milanese... Cuisine made with fresh local products and Italian products such as the Mozzarella di Bufala. Closed on Tuesday.

Le Nulle Part Ailleurs - 11 rue Paulin Capmal

+33 4 66 80 00 34

Mediterranean cuisine. Closed on Sunday. Menu from 15 € for lunch.

Les Korrigans du Vidourle - 2 Faubourg du Vidourle

[www.leskorrigansduvidourle.com](http://www.leskorrigansduvidourle.com) - +33 4 66 51 61 74

Crêperie restaurant. Menu from 10.50 € for lunch. Closed on Monday & Sunday.

• **Bakeries**

L'Epi de blé Marc - 5 place Jean Jaurès

Pâtisserie Rosso - 30 Rue Antonin Paris

Patiss d'Oc - 13 Place de la Libération

**Market days**

Saturday

• **Grocery stores**

Netto - 18 Route de Saussines

U - 7 Place de la Libération

Lidl - Avenue des Cévennes

*Included: luggage transfer, bedroom and breakfast*

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## Day 8: Tuesday Jun 21 2016, Sommieres - Nîmes - Sommieres

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You will use the cycle path called 'voie verte' just behind your hotel to Caveirac and will pass through the vineyards. You will see some **bulls of Camargue** on your way. Then you could enjoy the city center of Nîmes, an historic town, with a very old past. The arenas, the square house, 'Jardins de la Fontaine' and the tower Magne, these monuments invite you in the roman antiquity. This rich past earned him the nickname 'French Rome'. You will come back to Sommieres by the same way.

Distance : 64 Km (40 mi).

Elevation : 382 m.

**Hotel :** Night at Hotel l'Estelou.

## NIMES

### • Bakeries

A la Ronde - 3 rue Dunant

Le moulin des Aumieres - 22 boulevard Gambetta

Au Petit gourmand - 27 rue de la Madeleine

Les Delices de Thomas - 5 place de la Placette

### • Restaurants

La grande Bourse - 2 boulevard des Arènes

<http://www.la-grande-bourse.com/> - +33 4 66 67 68 69

Traditional cooking and a large veranda opposite the Arenas.

### Market days

Everyday - les Halles (food)

Rue Général Perrier

Monday - Broquante - Jean Jaurez

Saturday - Market Beausoleil

Quartier Beausoleil - 5C rue Guynemer

### • Grocery stores

Monoprix - 3 boulevard Amiral Courbet

Carrefour City - 24 Boulevard Amiral Courbet

Intermarché super - 25 rue Charlemagne

*Included: bedroom and breakfast*

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## Day 9: Wednesday Jun 22 2016, Sommieres - Montpellier

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For your last ride, you will return to **Montpellier, capital of the Languedoc region**. Built in the 1040s, Montpellier quickly became known for its trade with the Orient, and its medical schools. With winding streets that date back to the Middle Ages and ultra-modern facilities such as the indoor Olympic sized swimming pool, skating rink, planetarium, and tramway system, Montpellier has something for everyone. Your hotel is in the heart of the historic center. You are close to the Triumphal arch, the "Garden of Peru", which is continuing with the magnificent and huge Aqueduct St Clement and the central square "place de la Comédie" with its Opera.

Distance : 34 Km (21 mi).

Elevation : 376 m.

**Hotel :** Night at Hotel du Palais.

## MONTPELLIER

### • Restaurants

Tamarillos - 2 Place du Marché aux Fleurs

<http://www.tamarillos.biz/> - +33 4 67 600 600

A charming table inspired by flowers and fruits exciting the taste buds, fluid from here and elsewhere. Philippe Chapon, double French champion of desserts, invites you to share his vision of creating desserts, which fulfills your heart. Menu from 19 € for lunch and from 27 € for dinner. Open everyday.

Maki Roll - 18 rue du Cardinal de Cabrières

<http://www.makiroll34.com/> - +33 7 68 03 25 33

Makis, Sushis & Onigris. Assorted sushis platter from 14.90 € (24 pieces). Eat-in, take-out or delivery service. Open everyday.

Le Tapas - 5 rue des trésoriers de la Bourse

<http://letapas.fr/> - +33 4 67 59 21 52

Tapas bar. 100% homemade. Menu from 10€ for lunch and from 20 € for dinner. Closed on Monday & Sunday.

La Réserve Rimbaud - 820 avenue St Maur

<http://reserve-rimbaud.com/accueil> - +33 4 67 72 52 53

"La Réserve Rimbaud" invites you to take a gourmet break on a sunny terrace overlooking the Lez river. Lunch menu from 32 €. Tasting menu from 100 €.

### • Bakeries

Lo Monaco - 8 rue Jean Jacques Rousseau

Des Rêves et du Pain - 10 rue Eugène Lisbonne

Boulangerie Teissier - 8 Rue Saint-Guilhem

Les Delices de Saint Guilhem - 27 Rue Saint-Guilhem

### Market days

Greengrocer market - Place de la Comédie

Monday to Saturday from 9am to 4pm

Farmer's market - Avenue Samuel Champlain (Antigone district)

Sunday from 8am to 1:30pm



- **Grocery stores**

Monoprix Comédie - 1 rue de Maguelone

Carrefour City - 6 Place Alexandre Laissac

Les 2 M - 31 rue Saint Guilhem

*Included: luggage transfer, bedroom and breakfast*

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## Day 10: Thursday Jun 23 2016, Montpellier - Paris

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**Departure from Montpellier :** You can take your time getting started in the morning to have breakfast and depart at your leisure. Trains depart from Montpellier to Paris throughout the day.

Arrival in Paris where you will stay for the next 4 nights.

**Hotel :** Night at Hotel Dauphine Saint Germain for the next 4 nights.

*Included: breakfast, room*

## Other services

Included with your tour : technical and emergency support available at all times by phone.

Included with your tour : GARMIN Oregon 600T or 450T.

From day 3 ( Thursday Jun 16, 2016 ) to day 10 ( Thursday Jun 23, 2016 )

During your orientation we provide you 1 GPS for 3 people. The model is a Garmin 600t (or equivalent)

The routes described in your roadbook are pre-programmed in the GPS. You simply have to follow the line shown on the GPS, and enjoy !

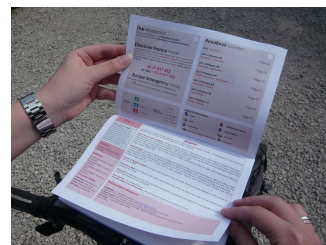


Included with your Tour : your personal ROAD BOOK, includes detailed maps, touristic information and the step by step itinerary.

From day 3 ( Thursday Jun 16, 2016 ) to day 10 ( Thursday Jun 23, 2016 )

Our road books are complete packages of information that will help you to guide yourself through the itinerary that we have planned and laid out. We have invested significant time and incorporated the feedback of our customers over many years (since 1997!) to make our road books even better.

**Our road books include:** color maps, highlighted routes, touristic information, orientation points to reach hotels, and easy to follow directions (step by step).



## Hotels

## Hotel du Palais

dates: 14-Jun - 15-Jun - 22-Jun  
Montpellier

Hotel Category: 2\*  
☎: +334 67 60 47 38  
3 rue du palais des Guilhem, Montpellier, Languedoc, 34000, France  
<http://www.hoteldupalais-montpellier.fr/>

From private mansions to museums, from lovely little gardens to public squares, the old Montpellier is fascinating. Just steps away from the Peyrou Gardens and the place de la canourgue, You will find a building housing the secrets of carefully-planned hospitality. The combination of old stones and modern comfort of its 26 cosily-arranged rooms give a very special charm to this little hotel.



## Le Guilhaume d'Orange

dates: 16-Jun - 17-Jun - 18-Jun  
Saint Guilhem le Désert

Hotel Category: 3\*  
☎: +334 67 57 24 53  
2 avenue Guilhaume d'Orange, Saint-Guilhem le Désert, Languedoc, 34150, France  
<http://www.guilhaumedorange.com/>

Located 30 minutes Montpellier, on the road to Compostelle, hotel and village will enable visitors to discover the southern Romanesque art as well as exceptional nearby natural sites such as the "Clamouse" cave, the gorges of the "Herault" river, the "Infernet" cirque, and more. The hotel allows visitors to spend unforgettable vacations in a unique medieval village: Saint Guilhem le Desert which is a world heritage site by Unesco.



## Mas des violettes

dates: 19-Jun  
Valflaunès

Guest house Category:  
☎: +334 67 59 62 39  
Hameau de Gourdou, Valflaunès, Languedoc, 34270, France  
<http://masdesviolettes.com/>

The Mas des Violettes, your holiday home at the foot of Hortus and Pic St loup, in South of France, 25 minutes from Montpellier, 35 km from the seaside. At the heart of 3 ha of nature, in a protected site, independent houses take place in an old winery carefully renovated. On the one side the Mas des Violettes offers large family houses such as the Grange or the Magnanerie: with cosy and fully furnished 220 sqm, these are ideal houses for numerous families or gangs of friends. On the other side, in Mas des Violettes, there are atypical lodges, like the Roulotte, an old-style gypsy caravan, in a daisy field, a true invitation to travel... The Maison du Verger, a doll house style, where you will be charmed by its calm and its simplicity. And the Pigeonnier, a charismatic old tower, proudly erected opposite to the mountain. Our donkeys amaze young and old. Abdallah & Djamilia are your hosts all year long and could be your guide for an unforgettable stay.



## Hotel L'estelou

dates: 20-Jun - 21-Jun  
Sommières

Hotel Category: 3\*

☎: +334 66 53 11 04

297 avenue de la gare, Sommières, Languedoc, 30250, France

<http://www.hotelestelou.com/>

Located in Sommières, in the Languedoc-Roussillon, close to the Camargue and Mediterranean beaches, the hotel Estelou in Sommières it's clearly an unusual and very charming 3 star hotel with a very original architecture inside a former train station.

Perfect for a stay to discover the south of France, the unusual hotel Estelou in Sommières offers a quiet and verdant setting at the entrance of the village of Sommières, a picturesque village with its medieval town centre and its Roman bridge built in the 1st century.

The hotel Estelou in Sommières has 24 comfortable and quiet rooms, a swimming pool and a wide garden spanning over 5 000m<sup>2</sup>. It's set at the departure the greenway, which follows the route of the old railway tracks, many opportunities for walks and discoveries.



### Useful links

➡ [Insurance : World Nomads](#)

➡ [Bike Tour Packing List](#)

➡ [Biking Guide](#)

➡ [France Guide](#)

➡ [Paris Guide](#)

### Discover France

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1950 avenue du Maréchal Juin, 30900, Nîmes, NY 10022, France

[www.discoverfrance.com](http://www.discoverfrance.com)

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☎ +33(0)4.67.15.82.00. / US 1-800-929-0152

✉ [contact@discoverfrance.com](mailto:contact@discoverfrance.com)



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