

# PROVENCE, FRANCE

## 6-Day Cycling Tour



DESIGNED FOR

Mary Berg

CUSTOM CYCLING VACATIONS

LIFECYCLE  
ADVENTURES

## SELF-GUIDED TOUR SUMMARY

# PROVENCE, FRANCE

History, Culture, Landscapes & Food



Provence is a region littered with abbeys, castles and Roman ruins. Village life is agrarian and slow-paced with outstanding food and wine at its center. Every turn along the quiet lanes reveals a fresh vista: vineyards, olive groves, deep gorges, and fields of lavender. No wonder Cézanne, Van Gogh, Gauguin, Picasso, and Matisse all found inspiration here.

Provence is a delight to explore for all levels of rider: avid riders will relish climbing the slopes of Mont Ventoux while more leisurely folk will savor riding between villages with their open-air markets.

## SERVICE HIGHLIGHTS

- ✔ Private transfer from Avignon with bike set up and full route briefing at the start of your ride
- ✔ Bilingual guides delivering superior service
- ✔ On-call roadside assistance
- ✔ Optional transfers along the routes
- ✔ GPS units, maps, directions and a comprehensive guidebook
- ✔ Select accommodation and breakfasts
- ✔ Private transfer back to Avignon at the end of your tour

## DAY-BY-DAY FLOW

- Day 1** Avignon to Vaison-la-Romaine
- Day 2** Vaison-la-Romaine Loop Day
- Day 3** Vaison-la-Romaine to Bédoin
- Day 4** Bédoin Loop Day
- Day 5** Bédoin to Gordes
- Day 6** Gordes Loop Day

## RIDE OPTIONS

- Leisure\*** ☒
- Intermediate** ☒
- Challenge** ☒
- Epic** ☒

\* The hilly terrain means that Leisure Riders require use of an eBike

## BIKES AVAILABLE

- Hybrid** ☒
- Road** ☒
- Premium Road** ☒
- eBike** ☒

See *Bike Choices* page for bike rental rates



## TOUR LENGTH

**6 Days / 5 Nights**

## PRICE BY ACCOMMODATION

**Budget:** from \$1,700 pp

**Classic:** from \$1,990 pp

**Luxury:** from \$2,750 pp

Prices are discounted for groups of six or more people

## START & END

**Avignon**

## BEST TIMES TO VISIT

**May to October**

The lavender is in bloom in June & July

## OPTIONAL EXTRAS

- ✔ Alternative start/end locations in Marseilles or Marseilles Airport
- ✔ Cooking classes
- ✔ Wine tours
- ✔ Customize your route



# WHY LIFECYCLE ADVENTURES

## OUR SELF-GUIDED TOURS

At the start of your self-guided tour, your guide transfers you from your hotel, sets up your bike, and gives you a full route briefing. They then take care of all the behind-the-scenes logistics while you guide yourself along the routes; riding at your own pace and choosing a route that best suits your ability. Our support vans are nearby should you require assistance and your guide is available by phone.

Your GPS unit and cycling maps help you navigate while our best-in-class guidebooks tell you about the towns you will visit and the sights along your route. We also recommend places to eat and would be pleased to make reservations for you.

When customizing your itinerary, you select your accommodation, trip duration, when you travel, and what type of bike you ride. This customization, support and insight helps make our self-guided tours the most personalized and well-supported in the industry.

Feature	LifeCycle Adventures Self-Guided Tours	Typical Self-Guided Tours
Dates & Duration	Fully flexible	Limited & fixed
Accommodation	From Budget to Luxury	Set
Routes	From Leisure to Epic	Some choice
Ride Briefings	Day 1 in person Daily by phone	None or limited
Ride Support	Van on call Guide by phone	None or limited
Lunches & Dinners	Help with reservations	On your own
Pre- and Post-Tour Transfers	Yes	No

## OUR COMPANY – SINCE 2004

With our unique blend of customized itineraries and personal service we create perfect cycling vacations for those who want to explore on their own terms. From the moment you contact us until the end of your tour, you will find us responsive, attentive and totally focused on creating your perfect cycling vacation.

We donate 10% of our profits to cycling advocacy and reduce our carbon footprint using offsets while working towards making all our operations carbon neutral.



## OUR GUIDES

Our expert guides live in the areas in which you tour and have the passion and knowledge to deliver superior service and exceptional insight.

## YOUR GUIDE TO PROVENCE



My name is Chris and I will be one of the guides taking care of you during your tour.

I was born in L'Isle-sur-la-Sorgue, Provence and have been a cyclist for nearly my entire life. I have loved exploring this area by bike and it would be my pleasure to share my favorite routes with you. I also have some great suggestions for restaurants, wineries and local markets.

I look forward to meeting you at the start of your tour.

**Christophe Piérard**

# DAY-BY-DAY ITINERARY

## DAY 1

### Avignon to Vaison-la-Romaine

The **Intermediate** ride starts with a van transfer to Châteauneuf-du-Pape; a charming village at the center of one of the world's greatest wine growing regions. From here you ride through the Rhône Valley past famous wineries to the market town of Orange with its Roman ruins; the Roman theater and the triumphal arch are UNESCO World Heritage sites.

After visiting Orange, you return to rolling countryside that is carpeted with vineyards of the Côtes du Rhône. The quiet lanes link a series of pretty, unspoiled villages and the whole region is peppered with great wineries.

**Leisure** riders will be transferred to Orange or a little further along the route described above.

**Challenge** riders will start west of Avignon at the stunning Pont du Gard Roman aqueduct. From there, they will ride through the twisting lanes of the Malmont Forest before joining the regular route at Châteauneuf-du-Pape. This detour adds 25 miles and doubles the amount of climbing.

Ride across the vine-carpeted countryside of the Côtes du Rhône to the spectacular town of Vaison-la-Romaine



### RIDE OPTIONS

**Leisure**  
15 miles with  
900 feet of climbing



**Intermediate**  
30 miles with  
1,400 feet of climbing



**Challenge**  
55 miles with  
3,000 feet of climbing



### OVERNIGHT TOWN

#### Vaison-la-Romaine

Vaison-la-Romaine is really two cities. North of the river is the lively modern town that includes several Roman ruins. South of the river – perched on a hill – is the medieval town complete with 12th-century castle. Separating the two sides is a deep gorge – crossed by a sturdy Roman bridge.

## DAY 2

### Vaison-la-Romaine Loop

Today's **Intermediate** ride takes you out along the Ouvèze River – a pretty tributary of the Rhône. The terrain is hillier here and you ride through some stunning, steep-sided valleys. The terrain is a mix of forests and arable farms.

The halfway point for the ride is Buis-les-Baronnies. Legend has it that Hannibal watered his elephants here. Today it is still a charming place to stop and rest – situated in a sheltered hollow among prairies, olive groves, and orchards. You will also see some of your first lavender fields of the trip.

The **Leisure** ride is a shorter loop to the village of Faucon – halfway to Buis-les-Baronnies. From the village, there are outstanding views of Mont Ventoux and the Pre-Alps.

The **Challenge** ride continues past Buis-les-Baronnies and heads deeper into the mountains. You loop back across the shoulder of Mont Ventoux at the pretty spa town of Montbrun-les-Bains.

Explore the bucolic villages on the northern slopes of Mont Ventoux



### RIDE OPTIONS

**Leisure**  
20 miles with  
2,000 feet of climbing



**Intermediate**  
30 miles with  
2,800 feet of climbing



**Challenge**  
60 miles with  
5,700 feet of climbing



### OVERNIGHT TOWN

#### Vaison-la-Romaine

Vaison-la-Romaine is really two cities. North of the river is the lively modern town that includes several Roman ruins. South of the river – perched on a hill – is the medieval town complete with 12th-century castle. Separating the two sides is a deep gorge – crossed by a sturdy Roman bridge.

# DAY-BY-DAY ITINERARY

## DAY 3

### Vaison-la-Romaine to Bédoin

Twisting backroads is today's theme as you ride along tiny lanes between picture-postcard villages.

The terrain varies constantly as you ride past rolling vineyards, through wooded forests, alongside rivers, and across a plateau with sweeping views down the valleys to the Rhône plane.

There are several charming villages to stop at for lunch – each with excellent restaurants.

The **Intermediate** ride takes a large arc via Dentelles de Montmirail – a jagged chain of limestone mountains famous for their scenery and vineyards. Caromb is a particularly pretty town for lunch on this ride.

The **Leisure** ride takes a more direct route via the attractive market town of Malaucène.

The **Challenge** ride takes you around the flanks of the mighty Mont Ventoux via Sault. This ride adds 20 miles and a lot of extra climbing. There is also the option to ride via the summit of Mont Ventoux: climbing over 5,000 feet in under 15 miles.

Ride along tiny lanes  
between the picture-  
postcard villages of the  
Dentelles de Montmirail



### RIDE OPTIONS

**Leisure**  
15 miles with  
1,500 feet of climbing



**Intermediate**  
30 miles with  
3,000 feet of climbing



**Challenge**  
50 miles with  
5,000 feet of climbing



### OVERNIGHT TOWN

#### Bédoin

In summer, Bédoin buzzes with cyclists and walkers many of whom are intent on climbing the mighty Mont Ventoux that dominates the horizon.

The atmosphere is relaxed with numerous cafés and restaurants spilling out into the tree-shaded streets.

## DAY 4

### Bédoin Loop

The highlight of today's **Intermediate** ride is the spectacular Gorges de la Nesque. The road through this sheer-walled valley sits high above the River Nesque and affords breathtaking views as you twist through a series of tight turns and tunnels. The excellent Restaurant Les Lavandes in Monieux makes for a perfect lunch stop.

**Leisure** riders do a shorter loop via the village of Flassan and onto Villes-sur-Auzon for lunch. From there you return to Bédoin along very quiet little country lanes.

The first **Challenge** option is a direct assault up Mont Ventoux. Expect to climb over 5,000 feet in less than 14 miles. A direct return to Bédoin is 14 miles of pure descent. The **second Challenge** ride is longer but gentler. You first ride to Sault – via the Gorges de la Nesque – and then climb Mont Ventoux from there. This adds 20 miles and another 1,800 feet of climbing to the direct route but the climb up Mont Ventoux is far easier.

In the spectacular  
Gorges de la Nesque the  
road sits high above the  
river as it twist through a  
series of tight turns and  
tunnels



### RIDE OPTIONS

**Leisure**  
15 miles with  
900 feet of climbing



**Intermediate**  
40 miles with  
3,800 feet of climbing



**Challenge**  
30 miles with 5,000 feet, or  
55 miles with 7,000 feet



### OVERNIGHT TOWN

#### Bédoin

In summer, Bédoin buzzes with cyclists and walkers many of whom are intent on climbing the mighty Mont Ventoux that dominates the horizon.

The atmosphere is relaxed with numerous cafés and restaurants spilling out into the tree-shaded streets.

# DAY-BY-DAY ITINERARY

## DAY 5

### Bédoin to Gordes

The **Intermediate** ride passes through rolling vineyards until it reaches Venasque: a medieval village that clings to a rocky outcrop. Here you can lunch at one of the great restaurants and stroll among the stalls at the daily market.

After Venasque you climb up a gorge that is carved deep into the craggy limestone before emerging to stunning views atop the Plateau de Vaucluse.

After a twisting descent, you reach the isolated Abbey of Notre-Dame de Sénanque. Set in a hollow among fields of lavender the abbey is one of the iconic views of Provence. A short ride from the abbey takes you to another iconic Provençal view: the dramatic setting of the village of Gordes.

The **Leisure** ride joins the above route at Venasque.

For a **Challenge** ride, you head west from Bédoin to the mountain town of Sault. From Sault, you climb past lavender fields up to the Plateau de Vaucluse. You have views of both Mont Ventoux to the north and the Luberon to the south. You descend from the plateau through a network of narrow gorges before a final push up to the dramatically-sited hilltop town of Gordes.

A day packed with sights: vineyards, a medieval village atop a rock, narrow gorges, and a 12th-century abbey



### RIDE OPTIONS

**Leisure**  
10 miles with  
1,500 feet of climbing



**Leisure/Intermediate**  
20 miles with  
1,900 feet of climbing



**Challenge**  
45 miles with  
3,800 feet of climbing



### OVERNIGHT TOWN

#### Gordes

Gordes is a stunningly beautiful town standing on the edge of the Vaucluse Plateau. Its houses of white and gray stone rise up in a spiral around the rock where the village is set. At the very top is the church and the castle which face out onto the hills of the Luberon.

## DAY 6

### Gordes Loop (A) - Last Day

The **Intermediate** ride heads south to the forests and rural farms of the Petit Luberon – an area made famous by Peter Mayle in his memoir *A Year in Provence*. Four outstanding hilltop villages punctuate the route: Ménerbes, Lacoste, Bonnieux, and Roussillon. Each is a maze of terraced switchbacks with stunning views at every bend. In the afternoon light, Roussillon is particularly striking, sitting as it does atop ochre rocks.

The **Challenge** ride departs from the above route at Bonnieux and heads into the Luberon Mountains. As the name would suggest, there is plenty of climbing on this detour. Villages on this route include Lourmarin (where Peter Mayle now lives) as well as a string of more isolated hamlets that served as film locations for *Manon des Sources* and *Jean de Florette*. This is stunningly beautiful mountain riding.

The **Leisure** ride is a shorter loop that visits the charming hamlet of Goult before arcing east to the ochre town of Roussillon – the latter makes for a perfect lunch stop.

The forests and rural farms of the Petit Luberon: an area made famous by Peter Mayle in his memoir *A Year in Provence*



### RIDE OPTIONS

**Leisure**  
15 miles with  
1,500 feet of climbing



**Intermediate**  
30 miles with  
2,500 feet of climbing



**Challenge**  
75 miles with  
6,750 feet of climbing



### OVERNIGHT TOWN

#### None

As this is the last day of your tour, there is no overnight accommodation unless explicitly requested on booking.

# ACCOMMODATION

# LUXURY

## Vaison-la-Romaine:

### Hostellerie le Beffroi

Situated in the heart of the medieval town, this hotel is located in a series of 15th- and 16th-century houses with rooms tastefully decorated in sympathy with the age of the property. The hotel has a nice pool and outstanding views from the gardens.

NOTE: if you are being collected from this hotel, there is a 200-yard walk to get to your vehicle.



## Bédoin:

### Hôtel Crillon le Brave

This exclusive Relais & Châteaux property encompasses the major buildings of this village which have been converted into exceptionally comfortable rooms with stunning views of Mont Ventoux. The hotel has a spa, a large swimming pool, and an exceptional restaurant – reservations recommended.



## Gordes:

### La Bastide de Gordes

This boutique, luxury hotel is converted from an ancestral 12th-century castle built on the edge of a cliff in Gordes. The pool and terraces have stunning views over the valley. The interior is decorated with antiques and many of the rooms have private terraces. There is also a chic spa and gourmet restaurant.



## ACCOMMODATION NOTES

Properties in our Luxury category are some of the nicest full-service hotels in the area. They typically include spa facilities and a good restaurant.

See page 2 for prices.

### Mix & Match

You can choose accommodation in different categories in different towns. Please ask for prices.

### Tips & Notes

The property in Vaison-la-Romaine is the best in the town but it is only rated a three-star hotel and is not as luxurious as the hotels in the subsequent towns.

Hôtel Crillon le Brave is in a village 2.5 miles outside of Bédoin.

## CLASSIC

### Vaison-la-Romaine:

#### Hôtel Burrhus

Located on the vibrant town square, this hotel has two distinct characters. From the outside you see venerable stucco walls with blue shutters. On the inside everything is simple and modern – with numerous artworks and sculptures. Rooms are also simple and contemporary. The property has a nice outdoor terrace for breakfast or drinks.



### Bédoin:

#### Hôtel La Garance

This hotel is a small, country hotel – efficiently run with a warm welcome. Set among vineyards and cherry orchards, the property is in a small hamlet two miles outside of Bédoin with exceptional views of Mont Ventoux. Rooms are modest but clean. The relaxing gardens with a small pool are a bonus after a day's riding.



### Gordes:

#### Domaine de l'Enclos

A beautifully converted farmhouse situated in private grounds on the outskirts of Gordes. Rooms are spacious, comfortable and traditionally furnished. There are pleasant common areas including a pool table. The grounds have sweeping views and a heated swimming pool. The property is a ten-minute walk from the center of Gordes.



### ACCOMMODATION NOTES

Properties in the Classic category are typically smaller hotels or luxurious B&Bs with very personal service sometimes including wine tasting or evening hors d'oeuvres.

See page 2 for prices.

### Mix & Match

You can choose accommodation in different categories in different towns. Please ask for prices.

### Tips & Notes

Hôtel La Garance is in a hamlet 1.5 miles outside of Bédoin but there are two restaurants within walking distance.

# BUDGET

### Vaison-la-Romaine:

#### Les Tilleuls d'Elisée

Despite being close to the center of town, this charming B&B is set among large gardens that back onto the town's cathedral. The stone property dates back to the 19th century and the five rooms are spacious and tastefully decorated. Breakfast is served in the gardens.



### Bédoin:

#### Hôtel La Garance

This hotel is a small, country hotel – efficiently run with a warm welcome. Set among vineyards and cherry orchards, the property is in a small hamlet two miles outside of Bédoin with exceptional views of Mont Ventoux. Rooms are modest but clean. The relaxing gardens with a small pool are a bonus after a day's riding.



### Gordes:

#### Le Mas des Romarins

On the edge of Gordes, this cozy, 12-room hotel has lovely views back towards the village. The stone building dates from the 19th-century and has been nicely renovated. The grounds are terraced gardens with a small pool. Rooms are on the small side but comfortable. The hotel has a good restaurant.



## ACCOMMODATION NOTES

Properties in our Budget category are typically simpler B&Bs and more modest inns or hotels. However, all the properties are well-kept with en suite facilities.

See page 2 for prices.

### Mix & Match

You can choose accommodation in different categories in different towns. Please ask for prices.

### Tips & Notes

Hôtel La Garance is in a hamlet 1.5 miles outside of Bédoin but there are two restaurants within walking distance.

## BIKE CHOICES

### HYBRID BIKE

Hybrid bikes are a cross between a mountain bike and a road bike. They have a relaxed riding position and are great for beginners and intermediate riders. A typical model is the Trek 7.3 FX with Shimano components and high-pressure road tires for better cycling efficiency than your typical hybrid.



### ROAD BIKE

Our road bikes are a racing style bike with drop handlebars. The road bikes are faster bikes than the hybrids with a less upright riding position and will be enjoyed by intermediate and experienced riders. A typical model is the Émonda ALR 5 with aluminum frame, carbon forks, and Shimano 105 components.



### PREMIUM ROAD BIKE

Our premium road bikes are light and fast racing bikes. A typical bike in this category is the Specialized Tarmac: full carbon with Shimano Ultegra componentry. Experienced riders will appreciate the lightness, stiffness and mechanics of these high-end bikes.



### eBIKE

Our eBikes are designed to give you a little extra assistance when climbing hills. The ride position is very similar to our hybrids. We typically rent Giant E+ 2 GTS bikes equipped with a SyncDrive Sport motor. If one rider in a couple is stronger than the other, an eBike can be a great choice for the less-strong rider.



### YOUR BIKE

If you have a favorite bike, we can help you get it to your destination as well as set it up once it is there. Please ask about options for bike shipping and assembly.



### BIKE RENTAL RATES

Bike	Per Day	Per Week
Hybrid	\$30	\$180
Road	\$45	\$270
Premium	\$70	\$420
eBike	\$55	\$330

### OPTIONAL EXTRAS

**Receiving & Assembly \$100**  
per bike charge to receive bike from shipper, assemble the bike and repack it and deliver it to a shipper at the end of the tour.

**Bike Boxes \$100**  
a per box charge for the extra logistics needed to handle bike boxes during a tour. Note: this fee can be avoided if you leave your box with your start/end hotel.

**Tandem Bike \$100**  
a per bike fee for the extra logistics to handle a tandem bike that is brought by a guest.

## SERVICES & OPTIONS

- ✔ Private transfer from downtown Avignon.
- ✔ Bike set up and detailed map briefing at the start of your tour.
- ✔ GPS units, cycling maps, and a custom guidebook; one set per couple.
- ✔ Guide available by phone from 8:00 AM to 8:00 PM. On-call roadside assistance available from 9:00 AM to 4:00 PM for mechanical issues.
- ✔ Luggage transported between lodgings and wine collection service.
- ✔ Transfers along all or part of the route to coincide with luggage moves – to be arranged at least 24 hours in advance.
- ✔ Snacks and ride food.
- ✔ Concierge service for activity and meal reservations.
- ✔ Accommodation for each night of your tour with breakfast the following morning (unless breakfast is explicitly excluded in the accommodation description earlier). Prices quoted are per person but assume there are two people sharing a room. We book standard rooms with one bed unless an upgrade is requested and then extra charges may apply. Accommodation is subject to availability at the time of booking.

- ✔ Lunches and dinners though we are pleased to make reservations for you.
- ✔ An on-bike guide.
- ✔ Activities such as wine tours, cooking classes, and spa treatments - though we are pleased to make suggestions and reservations on your behalf.
- ✔ Transfers to sites to which it is not practical to ride. We are pleased to arrange for such transfers for a fee.

If you would prefer alternative routing – staying in different overnight towns or with more or fewer loop days – we would be pleased to customize this itinerary.

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# ABOUT PROVENCE

## WHERE TO STAY BEFORE THE TRIP

Guests typically stay in Avignon or Marseilles before and/or after their trip. We have had good feedback for the following hotels and B&Bs:

### Avignon Hotels

Hôtel d'Europe [www.heurope.com/](http://www.heurope.com/)

Les Jardins de Baracane B&B [www.lesjardinsdebaracane.fr/](http://www.lesjardinsdebaracane.fr/)

Hôtel Boquier [www.hotel-boquier.com/](http://www.hotel-boquier.com/)

### Marseille Hotels

InterContinental - Hôtel Dieu [marseille.intercontinental.com/en/](http://marseille.intercontinental.com/en/)

Hôtel La Résidence du Vieux Port [www.hotel-residence-marseille.com/en/](http://www.hotel-residence-marseille.com/en/)

La Luna B&B [luna-marseille.fr/accueil/english/](http://luna-marseille.fr/accueil/english/)

## CLIMATE

Provence enjoys a Mediterranean climate: hot, dry summers, mild winters, and abundant sunshine year-round. In the spring and summer rainfall is relatively rare. Late fall and winter have more rainfall – typically falling in storms that quickly clear.

The best time to visit Provence is late April through late September when the temperatures are pleasantly warm and the risk of rain is lower. In summer, temperatures are rarely stifling as most of the tour area is on higher ground away from the humidity of the coast. Spring and fall are great times to ride but the risk of rain rises as you get into October. We do not recommend cycling here in winter.

The charts to the right show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Gordes, a town at the center of our tours.

## ARRIVAL & DEPARTURE INFORMATION

Avignon TGV Station has direct services to Paris Gare de Lyon that typically take just 2 hours 40 minutes. From the TGV station you can take either a taxi or a local train to the center of Avignon.

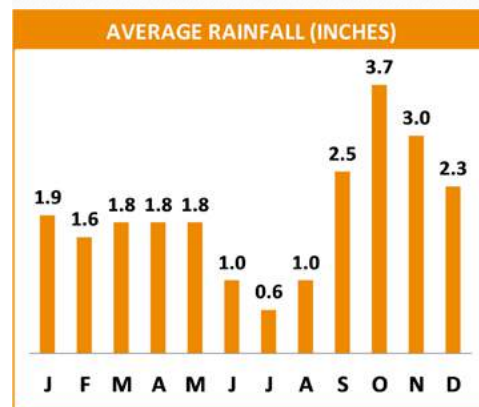
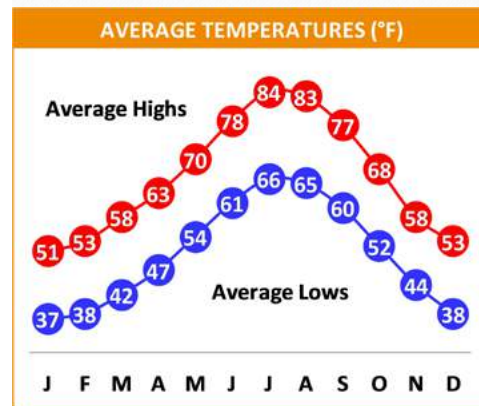
Avignon has an airport but it has very limited flights; for example, to London City Airport and a few other regional airports in Europe.

Marseilles has a medium-sized airport with flights to many European cities including Amsterdam, Frankfurt, London, Paris, and Rome. There are no direct flights from the U.S. but there is a direct flight from Montréal, Canada.

There is a direct train from Marseilles Airport to Avignon that takes an hour. To get to the train station (Vitrolles) from the airport terminal there is a shuttle bus that takes 5 minutes.

The easiest way to get into downtown Marseilles or to Marseilles TGV station from Marseilles airport is by taxi. There are also trains and shuttle buses.

There are regular TGV trains from Marseilles to Avignon. These trains take 35 minutes.



# TERMS & CONDITIONS



## PRICE AND PAYMENT

All prices are quoted in US dollars and payments are to be made in US dollars.

Your tour is confirmed when we receive a \$500 per person deposit for every member of the group. The balance is due 90 days before the tour starts. Unless otherwise agreed in writing, prices and payments are in US dollars.

The tour's price, start date, duration, destination, accommodation and the number of people in your group are all agreed at the time of booking as described in your Booking & Invoicing email and Booking Summary. Your price may change if the number of people in your group changes. If you do not agree to this price change, we will consider your tour cancelled and the cancellation terms in the Cancellation and Change Policy, below, will apply.



## CANCELLATION AND CHANGE POLICY

If you cancel your tour, the following refund policies apply based on the number of days before the start of your tour that your cancellation request is received in writing or via email.

	Groups of 1 to 5	Groups of 6 or More
More than 90 days	<b>Full refund</b> of the lesser of 1) the tour price <b>less a \$75 administrative fee per person;</b> or 2) the total amount paid less a \$75 administrative fee per person.	
61 to 90 days	<b>Refund of total amount paid less 10% of the tour price</b> or apply your payment to a future tour*	<b>Refund of total amount paid less 50% of the tour price</b>
31 to 60 days	<b>Refund of total amount paid less 50% of tour price</b> or apply your payment to a future tour**	
Less than 30 days	<b>No refund</b>	

\* You may apply the amount you have paid less an administrative fee of \$75 per person towards a future tour starting within 18 months of your original tour start date.

\*\* You may apply the lesser of 1) the amount you paid; or 2) 75% of the tour price towards a future tour starting within 18 months of your original tour start date.

There will be no refund if you fail to arrive at your tour start location on your tour start date or you leave your tour early.

If you change the start date, duration, destination, or accommodation for your tour after booking, this will be treated as a cancellation and the booking of a new tour and the above cancellation policy will apply.

If LifeCycle Adventures make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. Specifically for restaurant reservations, we reserve the right to charge \$25 per person for any cancellations made during the tour. This charge will be passed on to the impacted restaurant.



## WAIVER

You are required to sign a **Cycle Tour Accident Waiver and Release of Liability** prior to the start of your tour, which can be found at <https://www.lifecycleadventures.com/waiver/>. If you do not sign this waiver prior to the start of your tour, your tour will be cancelled and the Cancellation and Change Policy will apply.

# TERMS & CONDITIONS

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## ITINERARY CHANGES

We reserve the right to make any change to your tour caused by circumstances beyond our control. If such changes become necessary, we will make reasonable efforts to make like-for-like substitutions.

We will not be liable for any refunds or compensation in the event we cancel your tour prior to its start or while it is underway due to reasons of Force Majeure. Examples of "Force Majeure" include acts of God (including fire, flood, earthquake, storm, hurricane, volcanic eruptions, or other natural disaster), epidemics, health risks and pandemics, government orders or actions, civil disturbances, war or threat of war, acts of foreign enemies, or terrorist activities.

In the event that we cancel a tour for any reason other than Force Majeure, you will be given a full refund that will not exceed the amount you paid for the tour. We will not reimburse you for any personal expenses such as airline tickets, hotels or other travel expenses.

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## TRAVEL INSURANCE

We strongly recommend you purchase travel insurance to cover you if you need to cancel your tour, require medical treatment, or experience any losses related to your tour. The following sites might be helpful: [www.squaremouth.com](http://www.squaremouth.com) and [www.insuremytrip.com](http://www.insuremytrip.com).