



Provence and the French Riviera 2025

Imagine skimming your fingers across the tops of lilac lavender fields. Drinking in Avignon architecture that spans the ages. And sipping medium-bodied wines bursting with sweet, floral flavours. Stroll through quaint villages, charming towns and old ports as a southerly breeze caresses your skin and the sun wraps you into a warm embrace on an evocative journey through Provence and the French Riviera. Where will its magic take you?





About your tour notes

These tour notes contain everything you need to know before your tour departs – from where to meet your fellow guests and local guide to what essentials to pack for your journey. We recommend you print this document out and bring it with you on your tour. Give a copy to loved ones at home so they can follow your adventure, too.

Important: please refresh this document as close to your departure as possible to ensure you're equipped with the latest information available.

Hotel Locarno @ 18:00

4 Av. des Baumettes, Nice, 06000

Hotel Locarno @ 16:00

4 Av. des Baumettes, Nice

Worth noting

Considering our 16 September departure? You'll slumber in the charming nearby village of Graveson instead of Avignon. Don't worry: you'll still enjoy free time on Day 5 to explore Avignon's medieval streets.



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Tour highlights

- ✓ Enjoy a picnic lunch and taste delicious produce at an olive farm
- ✓ Marvel at the extraordinary Gorges du Verdon: the 'Grand Canyon of Europe'
- ✓ Experience the mesmerising Carrières de Lumières multimedia art show in Les Baux-de-Provence

More inclusions

- ✓ 7 breakfasts, 2 lunches, 3 dinners
- ✓ 7 nights in thoughtfully selected accommodation
- ✓ Luxury minicoach

Currencies you'll use

- France - EUR



Included meals

Breakfast (B) is included daily.

Some of your lunches and dinners are also included, either in hotels or local restaurants. These are indicated by (L) and (D) in the itinerary.

Please note that drinks will not always be included.

We will do our best to accommodate any specific dietary requirements you may have. Please ensure to make these clear to us before your tour begins so we can communicate them to our hotels, restaurants and suppliers.

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Your itinerary

Day 1 | Nice (France)

Meet the group in the shining capital of the French Riviera and get to know one another over a delicious welcome meal. After all, there's no better place to begin our journey than alongside the clear waters of the Côte d'Azur!

Included today



Accommodation

Hôtel Locarno (or similar)



Meals

+ Dinner

Day 2 | Nice – Antibes – French Riviera

After breakfast, our first stop will be Antibes – where we'll take some time to stroll the narrow streets and picturesque old port with our Tour Leader. Indulge in some local produce and soak up the charming atmosphere at the Provençal market before enjoying some free time to explore this seaside town at your leisure. Later, we'll continue our journey along the Mediterranean coast – where we'll have the evening free to relax at our accommodation in the French Riviera.

Included today



Accommodation

Best Western Hotel & SPA
Coeur De Cassis (or similar)



Meals

+ Breakfast

Day 3 | French Riviera – Aix-en-Provence – Avignon

This morning we'll make our way towards a local vineyard to learn about Provence rosé and enjoy a tasting of the region's sweet wines. Following a sumptuous lunch at the winery, our path will lead us to Aix-en-Provence, where we'll take some time to explore this charming town at our own pace. Later, we'll move on to Avignon – home to Palace of the Popes, one of the most significant medieval buildings in Europe and centre of the Roman Catholic world during the 14th century – and relish in free time to relax at our hotel or seek out a restaurant for some delicious local cuisine.

Included today



Accommodation

Please see travel documents



Meals

+ Breakfast

+ Lunch

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Day 4 | Avignon – Pont du Gard and Arles – Avignon

First today, we'll pay a visit to the iconic Pont du Gard – an ancient Roman aqueduct with no fewer than three tiers of archways. And this afternoon? We'll stop off in Arles, where we'll take a stroll around this historic city with our knowledgeable Tour Leader. After, you'll have some free time to explore the local highlights. Take the opportunity to visit the Arles Amphitheatre – built in 90 AD and home to centuries of historic spectating – or spend the afternoon among thought-provoking art at the Vincent van Gogh Foundation. Back in Avignon, you'll have the rest of the evening to spend as you please. Perhaps seek out a local wine cellar and sample some of the local Châteauneuf-du-Pape and Côtes-du-Rhône wines – accompanied with a sumptuous French meal, of course!

Included today



Accommodation

Please see travel documents



Meals

+ Breakfast

Day 5 | Avignon

Today, we'll remain in Avignon to uncover the city's local culture nestled within its heart. To begin, our expert Tour Leader will take us on a walking tour, sharing secrets and tales as we go. Following this, we'll take the opportunity to uncover the Palace of the Popes and learn its unique history. Then, you'll have time to further explore the city at your leisure. This evening, we'll clink glasses over an included meal and share stories of our day.

Included today



Accommodation

Please see travel documents



Meals

+ Breakfast

+ Dinner



Day 6 | Avignon – Les Baux-de-Provence and Saint-Rémy-de-Provence – Avignon

First today: a stop at the famous Les Baux-de-Provence – renowned for its Les Baux stone. Here, we'll experience an extraordinary multimedia art show within an old quarry – before continuing to a local olive farm. We'll take a tour of the farm, learning all about the olive cultivation process and sampling some of the delicious produce as we go. Then? We'll make the most of our glorious surroundings by tucking into a hearty picnic together. Appetites satisfied, we'll make tracks to Saint-Rémy-de-Provence, where a visit to the impressive Saint Paul de Mausole Monastery is lined up for us. Vincent van Gogh lived here from 1889 to 1890 – and in the Van Gogh Field, you'll have the opportunity to see 20 large-scale reproductions of his work. Before returning to Avignon for the evening, we'll enjoy some free time exploring the romantic and traditionally Provençal town of Saint-Rémy-de-Provence.

Included today



Accommodation

Please see travel documents



Meals

- + Breakfast
- + Lunch

Day 7 | Avignon – Luberon – Gréoux-les-Bains

We'll begin today with scenic stops at some of the traditional villages of the Luberon – a region known for its vivid lavender fields, endless vineyards, towering red cliffs and incredible organic produce. This afternoon, we'll visit the idyllic Sénanque Abbey, where we'll meet the monks and take some time to enjoy the serene atmosphere and picturesque surrounds. And in Gréoux-les-Bains this evening, we'll come together for a final group dinner – celebrating a wonderful tour of Provençal France.

Included today



Accommodation

Villa Borghese (or similar)



Meals

- + Breakfast
- + Dinner



Day 8 | Gréoux-les-Bains – Gorges du Verdon – Nice

As our tour comes to an end today, we'll travel along the spectacular Gorges du Verdon – the jewel in the region's crown. Known as the 'Grand Canyon of Europe', picture steep cliff sides, rushing rapids and turquoise-coloured water. Our tour will end back in Nice, where we'll say our goodbyes.

Included today

Meals

+ Breakfast



Travel advice

Finances

Changing money

Cash: Foreign money can be changed at banks, airports, some railway and tube stations, and at major hotels (though at a less favourable rate).

Credit cards: Visa and MasterCard are widely accepted. American Express is only accepted in some larger establishments.

Cash machines: ATMS are widely available.

Tipping

Tipping is entirely at your discretion. If you feel you have received exceptional service, it is recommended that you tip £1-2/€ per day for Drivers and £4- 5/€ per day for Tour Leaders.

Insurance

Before travelling with Back-Roads Touring, it is compulsory for all guests to take out comprehensive travel insurance. Please ensure your insurance covers medical expenses (including repatriation), cancellation cover, loss or damage to baggage and personal effects, money and personal liability.

We recommend you carry your insurance details with you at all times. You may be asked to provide details of your medical insurance or a payment guarantee in some countries before medical assistance can be provided.

For more information, please see our [FAQ page](#).

If you have any further questions, please don't hesitate to contact our friendly Customer Service team [here](#).

Passports and visas

Please ensure your passport is valid for at least six months after the last day of your tour. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain



countries.

It is your responsibility to obtain visas prior to your tour's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling.

Please note: Some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure as requirements do change periodically.

We advise you to either carry a photocopy of your passport (and visa, if applicable) with you while abroad, or to ensure that you leave a copy with relatives back at home. This will enable the local embassy or high commission to arrange a replacement if the original should be lost or stolen. If you do take copies with you on your tour, please ensure that you keep these separate from your original documents.

Medication and mobility

Whilst on your tour, we want you to have the smoothest journey possible which requires x mobility conditions:

- You must be fit enough to get on and off the vehicle on a regular basis, and to walk around towns and villages or to attractions.
- You must be able to walk up and down stairs and use a shower over the bath.

Please note that, unfortunately, we are unable to accommodate mobility scooter or wheelchair users as we frequently stay in traditional-style hotels and the majority do not have lifts or ground-floor rooms.

If you take medicine for certain conditions, such as diabetes or heart problems, please carry it with you at all times.

Please declare any medical conditions you may have in advance of your tour. If you are in any doubt as to whether our tours are suitable for you, please contact our friendly Customer Service team [here](#).



Mental health and wellbeing

Culture shock, homesickness and periods of feeling down happen regardless of age. Be rest assured that if you're feeling low, your Tour Leader and Driver will do their utmost to make you smile.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call loved ones. Hearing a familiar voice whilst in an unfamiliar destination can help ground you and remind you you're not alone.
- Eat well. Nobody feels their best when they're hungry. There are plenty of nutritious culinary delights to be savoured along the road!
- Integrate with your fellow guests. The more you socialise with the group, the less likely you'll feel homesick.

Transport

We travel in premium mini-coaches equipped with comfortable seats, air conditioning and large windows for enjoying the view.

With far more flexibility than a standard-size coach, we're able to take the scenic route – winding through beautiful countryside to the heart of tiny villages and coastal towns.

Will I have regular access to Wi-Fi?

Most accommodation we stay in will offer free Wi-Fi as well as many restaurants and cafes you may visit. If you would like more regular internet access without large roaming fees, you can purchase a Back-Roads Touring eSIM [here](#).



What to Pack

Based on our experience, the following items are essential.

Please note, this is a general packing list for Back-Roads Touring tours. What you pack will depend on the countries you're visiting as well as the time of year you plan to travel.

Clothing

- | | | |
|---------------|-----------------------------|-----------------------------|
| ✓ Sun hat | ✓ Long-sleeved tops | ✓ Light jacket |
| ✓ Sunglasses | ✓ Short-sleeved tops | ✓ Waterproof jacket |
| ✓ Sleepwear | ✓ Shorts/skirts | ✓ Trousers |
| ✓ Warm jacket | ✓ Socks | ✓ Swimwear |
| ✓ Underwear | ✓ Smart casual evening wear | ✓ Walking/comfortable shoes |

Other essentials

- | | | |
|---------------------------|--|--------------------|
| ✓ Multi-use adapter plug | ✓ Toiletries | ✓ Camera |
| ✓ Batteries | ✓ Sunscreen | ✓ Towel |
| ✓ Umbrella | ✓ Reusable water bottle | ✓ Insect repellent |
| ✓ Any personal medication | ✓ Basic medical kit (paracetamol, aspirin, plasters etc) | |

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How much luggage can I bring

As we travel in mini-coaches, luggage space is limited. Here's what you can take with you on tour:



1 x suitcase



1 x small carry-on bag
(backpack or handbag)

If you have more luggage, please make arrangements to store it prior to joining the tour. **We are unable to carry extra luggage on the mini-coach.**

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FAQs

What's the weather like?

Southern France has a Mediterranean climate with long summers, pleasant springs and autumns, and mild winters. It's the warmest part of France, inviting you to bask here any time of year.

When is summer season?

Peak summer season occurs between June and August with highs of 46°C (115°F) and up to 14 hours of sunlight, so sun hats and sunscreen are essential!

What types of hotels will we stay in?

Our thoughtfully selected accommodation is full of charm and historic details – expect elegant country inns, grand town centre hotels and even the odd castle! For this reason, rooms vary in size, and most hotels don't have lifts – meaning you'll likely need to access your room via stairs. Porterage will be included wherever possible.

Although air conditioning is mostly unavailable in historic buildings, fans will be provided during hot spells. Most hotels have bathtubs with overhead showers (rather than walk-in showers), so you'll be able to enjoy a soak at the end of the day.

What's breakfast like in France?

A typical French breakfast spread is simple but wholesome. It usually includes a range of cold meats, cheeses and bread, buttery homemade pastries, freshly squeezed juices and a hot drink of your choice. If you have any dietary requirements, we'll ask about these before you begin your tour and accommodate them whenever we can.

Is my Tour Leader a local guide who can speak the language?

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All Back-Roads Tour Leaders are either local to the area or have extensive local knowledge of the regions they work in. If they're not native speakers, they'll be able to speak the language at a proficient level, ready to share words and phrases you may find useful along your journey.

That's everything!

We can't wait to welcome you on tour.

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