

Tour de France 2020: Provence to Paris Bike Tour

Pre-departure information for your tour



Passport & visa requirements

- In order to enter France, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- We recommend having at least one blank passport page for entry stamps.
- There is no visa required for U.S. or Canadian citizens.
- If you are not a U.S. or Canadian citizen, you must contact your destination country's consulate for your specific entry requirements.

Tour pace

- You will walk for at least 2 hours daily across flat terrain. You'll also bike between 20–60 miles every other day across variable terrain on mostly paved roads.
- Travelers should be healthy enough to participate in all included walks and bike rides without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- You should feel comfortable managing your own baggage at times, as well as riding a bike for long distances and getting in and out of boats.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical restrictions, please contact our Customer Experience Team.

Bike rides on this tour

- On this tour, you'll use premium quality bicycles. Go Ahead Tours will contact you around one month after you book your tour to determine the size of your bike frame.
- Bike guides will lead each ride and be there to help should any mechanical issues arise. Additionally, mini-vans will transport you to

the route and follow alongside for the duration of each ride should you want to take a break from biking.

- Water bottles and bike helmets will be provided for each traveler, but you can bring your own. Travelers can also bring clip-on bike shoes, but they're not required.
- You'll choose between two different bike routes for each ride depending on your desired activity level. Each ride will be led by a separate bike guide. Below is a description of the difficulty level, approximate duration, and terrain of each bike route. Depending on local weather conditions and road closures, the activities and sequence of your included bike rides may change.
- Provence (easy route) – 33 miles / 2.5–3 hours. A leisurely bike ride that starts in the scenic town of Oppède-le-Vieux and passes through the Luberon region. You'll climb a total of 2,300 feet.
- Provence (hard route) – 52 miles / 3–3.5 hours. After completing the Provence easy route, opt to extend your ride by an extra 19 miles / .5–1 hour through Luberon Regional Nature Park. You'll climb a total of 3,000 feet as you pass villages, vineyards, and lavender fields.
- French Alps (easy route) – 23 miles / 2–3 hours. A low-impact ride along a paved, dedicated bike path. You'll climb a total of 1,000 feet as you ride on a loop around Lake Annecy.
- French Alps (hard route) – 62 miles / 5–6 hours. A difficult, unpaved route where you'll climb a total of 6,000 feet. Enjoy views of the Alps as you bike along one of the most mountainous sections of the Tour de France.
- Burgundy (easy route) – 22 miles / 2–3 hours. A leisurely bike ride climbing a total of 1,000 feet through wine country along La Voie des Vignes. Only bikers and people operating vineyard machinery are allowed on this paved route.
- Burgundy (hard route) – 60 miles / 4–5 hours. After completing the Burgundy easy route, opt to extend your ride by an extra 38 miles / 1–2 hours along a combination of hilly and flat terrain. Travel in a loop from Beaune through Vallée de l'Ouche, one of the most beautiful bike routes in France, climbing a total of 3,600 feet.

- Paris (easy route) – 8 miles / 1–1.5 hours. An easy, city bike ride down the polished-cobblestone streets of the Champs-Élysées. You'll climb a total of 375 feet.
- Paris (medium route) – 27 miles / 2–3 hours. A moderate bike ride along paved city streets out to Versailles. Return to Paris to bike down the polished-cobblestone streets of the Champs-Élysées, climbing a total of 1,500 feet.

Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in Marseilles and depart from Paris. A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.
- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go Ahead Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- Four bike rides on premium quality bicycles and a boat ride on Lake Annecy are included in the price of your tour.
- All other included transportation on this tour is by private motor coach or mini-van.

Baggage allowance

- Please note that our travelers are limited to one checked bag and one carry-on bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights, which may include on-tour flights in addition to your round-trip flights to and from tour. Please note that your included on-tour flights may have more restrictive baggage limits.
- Some airlines may impose additional charges if you choose to check any baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.

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- Bikes will be provided for you and bringing your own is not recommended as shipping is expensive and complex.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered to accommodate varying temperatures, as well as a light jacket or rainwear. For bike rides, we recommend wearing clothing that is comfortable for athletic activities.
- A sturdy pair of sneakers is recommended for bike rides.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.
- It is preferable not to visit churches or other religious sites with bare legs and shoulders (and entrance may be denied on this basis).

Health

- There are no major health risks associated with traveling to France.
- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Center for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).
- If you have medication that you take daily, be sure you have enough for each day of the tour as well as any possible delays encountered.
- Domestic medical insurance does not always cover riding bikes abroad. We recommend contacting your insurance provider and adding additional coverage, if needed.
- If you have dietary restrictions and/or food allergies please notify Go Ahead Tours at least 30 days prior to departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.

Cuisine

- For a picnic with French flair, stop at a small grocery store for cheeses, *pâtés*, cured

meats, fresh-baked bread, and fruit. In the cities, sidewalk vendors are known for their steaming crepes, while mouthwatering pastries and hot *café au lait* beckon from cafes. In restaurants, the *prix fixe* option is a popular way to enjoy a set three- or four-course menu for a good price.

- Although lunch is generally served from noon until 2pm in France, dinner is served from 7:30pm onward. Those wishing to eat earlier can stop at a cafe, where light *entrées* and sandwiches are available throughout the afternoon and evening.

Electricity & air conditioning

- France operates on the European standard 220-240 volts and uses Types C, E, or F plugs with two small, round pins.
- We recommend packing a universal adapter, as well as a voltage converter if you plan on using your own hairdryer or other device without a built-in converter.
- The strength of the air conditioning in European hotels is often not as strong or as cool as what you might be used to in the U.S. or Canada. When air conditioning is available, it is usually regulated seasonally and controlled centrally by the hotel.
- Your hotels may provide hairdryers, irons, and other small appliances. However, these amenities cannot be guaranteed.

Connectivity

- Wi-Fi is available in most hotels, though some charges may apply.
- There is no Wi-Fi on any of the motor coaches.
- Please contact your mobile service provider for information on roaming charges.

Time zones

- France is one hour ahead of Greenwich Mean Time (GMT) and six hours ahead of Eastern Time (ET).
- When it's noon in New York, it's 6pm on tour.

Currency

- You will use the euro on tour.
- Better rates of exchange are usually available

overseas, although it's worth ordering some currency from your local bank to use when you first arrive.

- We strongly advise that you take debit/bank cards and credit cards, which can be used to withdraw cash at local banks as needed.
- You can use most debit/credit cards at ATMs on the international networks Cirrus and Plus, but make sure to check with your home bank about withdrawal fees.
- Inform your bank and credit card company of your travel plans so that they won't confuse your international purchases for fraudulent charges.
- International banks and businesses primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.

Tippling

- At the conclusion of your tour, it's customary to offer your Tour Director and driver a gratuity in local currency. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of \$7USD to \$10USD per person per day for your Tour Director and the equivalent of \$3USD per person per day for your driver.
- We also recommend the equivalent of \$3USD to \$5USD per bike guide and \$2USD per local guide.
- Tips can only be paid in cash.

Purchasing excursions on tour

- Most optional excursions will be available for purchase while you are on tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for excursions.
- Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged.
- Some optional excursions may only be purchased in advance. See page four of your tour itinerary for more information.