Bicycle Tours in France: Bike and Barge: the Seine

OVERVIEW

This week-long bike and barge cruise takes you along the Seine River Valley, passing by splendid estates including the castle and grounds at Fontainebleau, and through small medieval towns on the way to Montargis. Enjoy this scenic ride on easy canal paths, with frequent stops to sip café au lait in quaint French villages. Our boat for the week floats quietly along the Seine River, slipping through locks and under bridges while sumptuous meals are prepared onboard. This tour is ideal for anyone who loves the French joie de vivre, and those who are new to cycling and want to try bicycle traveling without having to pack and unpack their bags.

***Extend this trip 3 days with our Bike and Barge: the Seine Plus! Castles of the Loire ***

HIGHLIGHTS

Paris; Castle of Fontainebleau; "artists' villages" - towns that inspired 19th and 20th century Impressionist painters; medieval fortified towns and castles; private castle visit; brie tasting.

TOUR FACTS

Tour Style	Bike and Boat: Learn more about our Bike and Boat tours at https://www.experienceplus.com/choosing-the-best-tour/styles/bike-and-boat
Includes	8-days, 7 nights accommodation on Fleur; meals as noted in itinerary; guided visit of Fontainebleau castle, bee farm visit, brie cheese tasting
Countries	France
Begin/End	Paris/Montargis
Arrive/Depart	Charles de Gaulle Airport (CDG)
Total Distance	276 km (171 miles)
Avg. Daily Distance	46 km (29 miles) per riding day
Tour Level	
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. For more questions about the Barge check out our Bike & Boat FAQ

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the online itinerary for the most up-to-date trip information including arrival and departure tips before you depart for your trip:
https://www.experienceplus.com/bike-tours/france/loire-valley/barge-seine

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

DATES & PRICES

Dates	Price	Single Supplement*
Aug 24, 2024	USD$5395	USD$1150
Jun 01, 2025	USD$5750	USD$1650

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	44km / 216m (28mi / 708ft)	Gentle		
3	44km / 283m (28mi / 928ft)	Gentle		
4	48km / 369m (30mi / 1210ft)	Gentle		
5	36km / 273m (23mi / 895ft)	Gentle		
6	57km / 400m (36mi / 1312ft)	Gentle		
7	48km / 302m (30mi / 991ft)	Gentle		
8	Last Day			

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

ARRIVAL INFO

Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the boat dock Port d'Arsenal, close to the Place de la Bastille. See the exact docking location on a map**.**

Note: Before you make arrangements, check with us if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

Airport: We recommend flying into Paris Charles de Gaulle Airport (CDG).

From Charles de Gaulle airport to Gare du Nord:

- RER train from the Charles de Gaulle Airport Terminal 2 to Gare du Nord (34 min/EUR 12, no pre-booking necessary).

From Gare du Nord to the Docking Place:

1. Metro Line 5 (direction Place d'Italie), exit at Quai de la Rapée
2. Walk 5-min to the docking place.

Finding your boat:

Your boat's name is "Fleur" (pronounce like "flurry" without the Y). If you are arriving by taxi, your taxi can take you to the "Capitanerie de Port" (Port Authority), which is where the boat usually docks. Your driver can ask the Port Authority where your boat is and take you there.

Paris:

If you haven't been to Paris yet, we recommend you spend some time in this amazing city. You can find hotel recommendations in Paris and throughout France.

Look up French train schedules and book tickets, if necessary, SNCF or Trainline. Questions? See our information on taking trains in Europe or ask us.

DEPARTURE INFO

Your trip ends on the final day after breakfast.

If you didn't get a chance to spend time in Paris before the trip, you might choose to do so now. Find the link to hotel recommendations in the arrival instructions.

The below information will help you plan your departure. For more tips or other routes, you might like Rome2Rio. The fare and timing information listed below is approximate.

Airport: We recommend flying out of Paris Charles de Gaulle (CDG).

Getting from the tour end in Montargis to Paris:

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

1. Taxi from the ending point of the tour to the Montargis train station
2. Train from Montargis to Paris (1hr/fares vary)

Getting from Paris to Charles de Gaulle airport:

If you are planning to continue to the airport directly, you will need to plan on enough time to either continue by public transportation, e.g. from the Gare de Lyon:

- (RER train from Gare de Lyon to the CDG airport (50 min/EUR 16)
- or taxi (40 min/EUR 65)

Look up French train schedules and book tickets, if necessary, SNCF or Trainline. Questions? See our information on taking trains in Europe or ask us.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

Welcome to Paris, the city of lights

DAY 1: Sat, Aug 24th

Highlights Paris

Meet early afternoon at our docking point in central Paris. We'll take a test ride with the bikes this afternoon and you'll have time to explore the surroundings before we gather to meet everybody including the barge crew. We'll enjoy a welcome drink and dinner on board tonight. And how about a post-dinner stroll in central Paris?

Meals Dinner
Lodging Fleur Barge

Exiting Paris by boat and bike

DAY 2: Sun, Aug 25th

Highlights Cruise the Seine during breakfast, audio guide visit Chateau Vaux-le-Vicomte, bicycle along river paths and forest lanes, Melun town

Avoid the city traffic by cruising through Paris on our private barge, enjoying views from the river and relaxing on board. Breakfast and a leisurely morning onboard prepare us for late-morning departure along the Seine River and through the Sénart Forest. Deboard and it's a pleasant ride to Chateau Vaux-le-Vicomte, where you'll enjoy an audio guide visit. Afterwards you'll reach the small town of Melun where our boat will dock for the night on the ancient village island. Melun, born as a Gallic town was then a Roman mutatio. We'll taste another specialty of town, the Brie de Melun.

Distance 44 km (28 mi)
Gain 216 m (708 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch, Dinner
Lodging Fleur Barge

Pedaling through Barbizon and Fontainebleau

DAY 3: Mon, Aug 26th

Highlights Artists' village of Barbizon, Fontainebleau castle (UNESCO site), fortified medieval town.

Start your delightful ride along the river lined by sumptuous villas. Enjoy the quiet bike path before we leave the river to dive into the expansive Fontainebleau forest, centered around the famous Fontainebleau castle which was home to French monarchs for about eight centuries. Our first stop is the small village of Barbizon, formerly home to mid-19th century painters including Théodore Rousseau and Jean-François Millet. Continue through the forest to reach the magnificent Fontainebleau castle, one of France's most spectacular royal palaces. Continue pedaling to return to our boat, moored tonight in a medieval fortified town along a small tributary of the Seine River.

Distance 44 km (28 mi)
Gain 283 m (928 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch, Dinner
Lodging Fleur Barge

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

From Moret-sur-Loing to Nemours

DAY 4: Tue, Aug 27th

Distance 48 km (30 mi)
Gain 369 m (1210 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch, Dinner
Lodging Fleur Barge

Highlights Medieval town of Moret-sur-Loing, Loing River biking, Nemours.

Spend some time this morning wandering the streets of quaint Moret-Sur-Loing, the fortified medieval town that inspired Impressionist painters including Monet and British artist Alfred Sisley. Our ride today takes us along the Loing River to another artist village. From here, you can choose to take a longer ride or continue along the river to reach our boat, docked in tiny medieval Nemours. Visit town and its medieval castle or, for a different take on the region's (pre)history, enjoy a visit to the interesting prehistorical museum, which houses rich archaeological collections from the Paleolithic period through the end of the Iron Age, excavated in the Île-de-France region.

Medieval Castles and Towns

DAY 5: Wed, Aug 28th

Distance 36 km (23 mi)
Gain 273 m (895 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch, Dinner
Lodging Fleur Barge

Highlights Medieval castles and towns

The Loing River was "improved" in the early 18th Century in an effort to increase visits from merchants. We'll leapfrog the canal today as we pedal through forested areas and rural countryside to reach a private castle open to us for a visit and lunch. After lunch, we'll keep pedaling to the impressive fortified medieval town of Chateau Landon. A quick downhill brings us to our boat, docked on the Loing Canal in a tranquil spot for the night. After dinner, we'll head back to Chateau-Landon for an engaging guided walk to learn more about the historical importance of this town.

Montargis

DAY 6: Thu, Aug 29th

Distance 57 km (36 mi)
Gain 400 m (1312 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch
Lodging Fleur Barge

Highlights Bourdelle Sculpture Garden, Ferrières Abbey, Montargis

An optional 13 km ride this morning takes you to a unique art spot in a nearby town. This garden museum honors influential and prolific 19th Century sculptor Antoine Bourdelle by hosting 58 of his bronze statues in a lovely garden. Keep pedaling to the small medieval town of Ferrières with its impressive Benedictine Abbey, tiny alleyways and historic wash houses. Take a break and wander through town before continuing south to arrive in Montargis, the second largest town of the region and a fitting ending destination to our barge trip as its medieval center is crisscrossed with canals and rivers. Our home for the next two nights! Enjoy dinner in town tonight.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

Bicycle Tours in France: Bike and Barge: the Seine

Loop ride in Montargis

DAY 7: Fri, Aug 30th

Distance 48 km (30 mi)
Gain 302 m (991 ft)
Terrain Gentle
Level
Meals Breakfast, Lunch, Dinner
Lodging Fleur Barge

Highlights Ouanne River ride; 10th Century Castle Ruins, Bee-Keeping Museum

A loop ride today takes us to another small town in the countryside to visit a unique, thriving honey making farm and "living museum" where a short visit highlights the peculiar place of bees in the world. Return to Montargis and make sure to visit some of the sights like the gardens and ruins of the central Chateau, the cathedral and several Renaissance palaces and gardens.

Tour Ends in Montargis

DAY 8: Sat, Aug 31st

Meals Breakfast

Highlights Montargis

Tour ends this morning after breakfast, return to Paris by easy train connections or continue on your travels in France. ***If this sounds great but you'd like a longer tour, check out our Bike and Barge the Seine Plus! Castles of the Loire tour, which extends this itinerary by 3 days.***

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: https://www.experienceplus.com/travel-planning/
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: https://www.experienceplus.com/what-to-expect/our-bikes/. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: $$$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: $$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support:2 tour leaders, van Support and chalk arrows
- Price: $$$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: $$$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: $
- Tour Levels: 1-4

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

LEVELS

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- ☐ Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- ☐ Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- ☐ Complete the Customer Information Form: https://www.experienceplus.com/travel-planning/customer-information-form/
- ☐ We recommend you take out travel insurance. Find details at https://www.experienceplus.com/travel-planning/travel-insurance/
- ☐ Choose a bicycle training program: https://www.experienceplus.com/travel-planning/bicycle-tour-training/
- ☐ Peruse our country-specific Travel Planning Pages: https://www.experienceplus.com/travel-planning/

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- ☐ Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- ☐ Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- ☐ Book your pre and post-tour hotel nights.
- ☐ Begin your chosen training program
- ☐ Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- ☐ Start reading one of the books or watching one of the movies from our Reading and Movie Lists: https://www.experienceplus.com/travel-planning/.
- ☐ Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at https://www.experienceplus.com/travel-planning/packing/.
- ☐ We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!

© ExperiencePlus! Bicycle Tours 1-800-685-4565 **ExperiencePlus.com**