

## CANNES PROVENCE 2008



**SUMMARY:** May 18-23, 2008 (5 nights / 6 days) with hotel stays in Mazan and St Remy (Provence) and Cagnes-sur-Mer (Côte d'Azur). Activities include bike riding (2-3 days) with the group spending 3 days in Cagnes-sur-Mer to see the Cannes Film Festival.

**PRICE:** US\$3250 per person. Please see our "Terms and Conditions" for further information.

**Monday:** The tour begins at noon with van transfer provided from Avignon to our starting point in Mazan in Provence's Lubéron region. Mazan is a village 33 km (20 miles) from the center of Avignon. After a quick change into riding gear, the first ride is a 20 km (12 miles) loop from Mazan through Mormoiron and Bedouin with an afternoon tasting at the imposing Chaudiere Estate in Mormoiron. Guests always have the option of relaxing poolside or simply shuttling to the day's event. Dinner in our hotel, the Chateau de Mazan, an 18<sup>th</sup> century Chateau that once belonged to the Marquis de Sade.

**Tuesday:** After a gourmet breakfast, the day's ride will begin at 9 or 10 depending on when the group wants to depart. It will be a 30 to 35 km (18 to 27 miles) loop ride towards the famous Abbey in St Didier and on to spectacular Venasques where the group will enjoy a walk around the historic town followed by picnic lunch overlooking the breathtaking Luberon valley. Drinks and petanque (a local game) before dinner in a Venasques bistro.



**Wednesday:** Following breakfast on the terrace, van transfer at approximately 10:30 from Mazan south to St Remy, a beautiful village 50 kms away nestled in the vineyards and olive trees of Provence's Cote des Baux. Stop at the market in Gordes, one of Provence's most famous villages. Café lunch (at your charge) following a walking tour. Once we arrive in St Remy, relax poolside, walk through this beautiful market town or take part in an optional afternoon ride or hike to nearby medieval village of Les Baux (20 kms / 12 miles round trip). Dinner in our hotel: the modern Hotel les Ateliers de l'Image.



**Thursday:** 9 a.m. departure for a roughly 2-hour drive to Cannes. Upon our arrival, take a guided walking tour of Cannes and try to spot the stars. Lunch at the Carlton Hotel's ultra-chic beachside bistro; the place to see and be seen in Cannes.

info@spyns.com  888.825.4720

Suite 1008, 102 - 4369 Main St.

Whistler, British Columbia

CANADA VON 1B4



Enjoy a free afternoon in Cannes or choose to shuttle to our hotel in nearby Cagnes-sur-Mer (about 15 minutes away) for some rest and relaxation before our gourmet dinner in the hotel's restaurant complete with retractable roof. Drinks and an optional walking tour of historic Cagnes before dinner.



**Friday:** Join the sunrise ride high above the Mediterranean, sleep in, or take a morning walk before shuttling to another day at the Cannes Festival. Today is your choice: have a lazy day on the beach; attend some of the Festival's festivities (screenings/trade shows/celebrity hunting); or simply walk the promenade with the rich, famous, and not-so-famous. Dinner at the famous Carlton Hotel where most celebrities stay during the festival.

**Saturday:** Following yet another gourmet breakfast (don't bother counting the calories), watch the sun rise over the Mediterranean, have a walk around beautiful Cagnes, or simply sleep in before shuttling to Avignon or Marseille and your final destination.

**Included in your tour price:**

- All hotels for the duration of the trip (5 nights / 6 days)
- All breakfasts, 4 dinners and 3 lunches
- Unlimited access to your own 27-speed Trek mountain bike
- Helmets
- Free transfers to and from the start/finish points
- All maps and route instructions for cycling
- 2 bilingual guides accompany the group
- Full van support

**What is not included:**

- Airfare and train tickets to and from the start/finish points
- Room minibar, wine or alcoholic beverages with dinner
- Long distance telephone or internet charges

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## HOTEL INFORMATION

**Days 1-2** Le Château de Mazan, 4-star hotel  
Place Napoleon  
84380 Mazan, France  
Tel: 011.33.(0)4 90 69 62 61  
Fax: 011.33.(0)4 90 69 76 62

Imagine a hotel that combines the perfect location, spectacular scenery and a naughty history and you've just described the Château de Mazan. This small luxury hotel of just 25 rooms has the unique distinction of being a former residence of the Marquis de Sade. A classic 18<sup>th</sup> century Château, it is the perfect home for visiting the splendid vineyards around the base of majestic Mount Ventoux: Provence's highest peak. Its large sunny rooms, formal garden and swimming pool are all perfectly designed for guest's comfort. The hotel's restaurant is one of the best in the region and combines excellent food with friendly service.

**Day 3** Hôtel les Ateliers de l'Image, 4-star hotel  
36 bd Victor Hugo  
13210 Saint-Rémy-de-Provence, France  
Tel: 011.33.(0)4 90 92 51 50  
Fax: 011.33.(0)4 90 92 43 52

This modern hotel was once a cinema in the center of Saint Remy. Renovated six years ago under the watchful eye of its new Swiss owners, it is the only large hotel (25 rooms) located in the town center and provides unparalleled access to the old town. For those used to classic French chateau hotels, the hotel's clean lines and Japanese garden are a welcome change without sacrificing service. Poolside suites have the best views of Provence's *Alpilles* (little Alps).

**Day 4-5** Hotel Le Cagnard, 4-star Relais et Chateaux  
Haut de Cagnes 06800  
France  
Tel: 011.33 (0)4 93 20 73 21  
Fax: 011.33 (0)4 93 22 06 39

A former castle and fort belonging to Monaco's royal family, this hilltop Chateau is a 4-star voyage into the past as many of its rooms are located throughout the small fortified village of Cagnes. A proud member of the Relais & Chateaux group, its gourmet restaurant features a sliding roof that can be opened to allow in cool evening breezes coming off the Mediterranean. Ideally located just minutes from Cannes, it is the perfect place to relax while having ready access to the frenzied Festival.

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## ABOUT SPYNS



Spyns is an active travel company based in Whistler, British Columbia (Canada). Spyns offers active holidays to France, Italy, Spain, and Ireland. Less of a company and more of a state of mind, Spyns is owned and operated by Ryan King. A native of Toronto, Ryan has lived and worked in Europe for the past 17 years. Following a successful career in finance, Ryan (pictured on the right here with clients) sold his investment business and moved to Burgundy with his French wife. All set to retire, retirement lasted just 72 hours and he soon started leading cycling tours in Burgundy and later

throughout France. Spyns' tours have received extensive media coverage, most recently from NBC news and the Washington Post. What follows are some testimonials from former clients:

## TESTIMONIALS

**"There are no words to describe the cultural, visual, gastronomic and exciting experience we had with you. We will recommend Spyns to everyone we know and meet. We will never forget the tour or you. A million thanks."** Kathy Trost

**"Wow what a journey! I can't believe it was last summer that I hit your website – thank goodness we joined your tour. Can't wait for the next one."** Sharon & Andy Castro

**"This has been by far one of my best travel experiences. Well-planned, great people...I hope to do it again."** Sandra Cline

**"Thanks for a great trip and memories. It's the best tour I've ever taken...I hope to travel with you again."** Bary Hearon

**"The trip exceeded all of my expectations. The planning and events were all perfectly executed – and fun. I don't think I've ever crammed so much into a week."** John Rogers

**"Thanks again for the best family trip ever. We had such a great time."** The Warshawsky Family

**TO BOOK THIS TOUR OR FOR FURTHER  
INFORMATION PLEASE CONTACT:**

**1.888-825-4720**

**[info@spyns.com](mailto:info@spyns.com)**

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