

# Cycling in the Loire Valley

Trip Code: SGLV

Version:



CYCLE



SELF-GUIDED



LEISURELY



## HIGHLIGHTS

- Cycle the Loire a Velo through vineyards and historic towns
- Enjoy a wine tasting in Chinon, a favourite resort of French nobility
- Discover Chateau d'Usse, the inspiration for Sleeping Beauty
- Explore the attractive town of Saumur nestled at the confluence of the Loire and Thouet Rivers
- Stay in charming 3\* & 4\* hotels and immerse yourself into the history of the region

## AT A GLANCE

- Self-Guided
- 5 days cycling and sightseeing
- Luggage transfer
- Bike hire included
- E-bike upgrade available
- Chateaux pass included
- GPS Travel App
- Daily departures available
- Join at Blois / End in Saumur

## ACCOMMODATION & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Overview

In the heart of France lies a quintessentially French region of the Loire Valley, famous for its picturesque villages, wineries and captivating chateaux. The countryside is awash with fruit orchids, fields of artichokes and asparagus, and the all-important vineyards which line the banks of the river; a beautiful backdrop for the historic towns and magnificent chateaux which are waiting to be explored. We have specially designed this self-guided cycling holiday to showcase this spectacular region allowing you the chance to pedal through its fertile landscape and discover its rich heritage.

Each day you will cycle 40-50km on easy cycle paths giving you plenty of time to enjoy the area both on and off your bike. Plus with our special chateaux pass included in the cost of your trip you can truly submerge yourself in the culture of the Loire Valley without any hidden costs. Your rides will take you to sample the region's liquid gold with an included wine tasting in Chinon, to enjoy the sweet smelling gardens of Villandry, to discover Sleeping Beauty's Chateau d'Usse and the love triangle which influenced the design of Chenonceau (the most photographed chateau of Loire). At the end of all that exploring you will stay in a fantastic selection of charming hotels, each chosen for their character and warm hospitality. Staying on a B&B basis you will have plenty of opportunity to sample the many inviting restaurants that line the streets of the historic towns of Blois, Amboise, Tours, Chinon and Saumur.

## Is this holiday for you?

This self-guided cycling holiday makes for the perfect introduction to cycling holidays. The route is mostly on designated cycle paths and is almost all flat terrain, making it perfect for the whole family. Cycling distances of around 50km per day on average, you will have plenty of time to explore the pretty villages and towns. We have also included a chateau pass in the cost of your holiday providing you access to many of the chateaus along your route so you can delve into the heritage of this historic region and relax in the pristine gardens. Plus if you would prefer an extra boost to your pedal power we can arrange e-bike upgrades too, simply ask our sales team for more details.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- 21-gear bike hire
- Entrance to Domaine de Chambord chateau and gardens
- Entrance to Domaine de Chaumont-sur-Loire chateau and gardens
- Entrance to Chateau de Chenonceaux
- Entrance to Villedri Gardens
- Entrance to Fontevraud Abbey
- A wine tasting in Chinon
- Self-Guided Travel App
- Luggage transfers
- City Taxes

## What's not Included

- Travel insurance
- Travel to Blois
- Travel from Saumur
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions not indicated in the inclusions

## GPS Travel App

This holiday is led by a self-guided travel app, which contains the personalised details of your complete holiday itinerary. This includes the GPS-led routes for you to follow on your self-guided cycling and walking tours, as well as attractions, coffee stops and points of interest in the towns and cities along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your phone before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

You can expect to receive your Self-Guided Pack containing your relevant holiday documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling instead.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

This trip starts at your accommodation in Blois. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Tours Airport, however Paris Charles de Gaulle Airport offers many more options from regional UK airports.

If you are flying into Tours Airport you can travel via train to Blois. The train takes less than 1 hour in total with trains running frequently. For more information please visit [www.sncf.com](http://www.sncf.com)

If you are flying into Paris Charles de Gaulle Airport you can travel via train to Blois. The journey takes approximately 2-3 hours in total. For more information please visit [www.sncf.com](http://www.sncf.com)

Your trip ends in Saumur from where you can take the train to either Tours Airport or Paris CDG Airport.

Alternatively, we can arrange private transfers from/to Paris CDG Airport, please ask our sales team for a quotation.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

French cuisine is ingrained in French culture and is one of the country's greatest contributions to the world. It is filled with passion; a celebration of the rich natural flavours of basic ingredients, to be enjoyed with one of the countries fine wines. Meal times are leisurely, a time to be enjoyed with good company and are an experience to be savoured.

Known as the 'garden of France' thanks to the regions rich soils and mild climate you can expect to find a plethora of fresh, tasty produce as you cycle through the Loire Valley. Agriculture thrives here with asparagus featuring in souffles and omelettes but the real stars of the farmlands are the apples and pears with the region supplying 20% of Frances apples. We recommend you try the famous tarte tatin which originated in nearby Solgne back in the 1880's.

Given the number of rivers that run through the area it is no surprise that fish features heavily on menus with popular dishes including stuffed bream, matelote - a stew of locally caught eels softened in red wine or fish such as sander served with a traditional beurre blanc- a butter sauce flavoured with shallots and vinegar. Meat dishes tend to be filled with rich flavours from locally sourced game such as venison, guinea fowl or pheasant.

You will find many appealing cafes along your route for lunch or you may be swayed by the delicious scents of the local boulangerie to enjoy a picnic of fresh bread and delicious local goat's cheeses- they are superb in this part of France. Needless to say cycling in the Loire is not just a journey but a treat for your taste buds!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

This trip has been designed with tradition in mind. You will stay in a carefully chosen selection of 3\* & 4\* hotels, each hand-picked for their warm hospitality, fantastic locations and clever mix of modern amenities and French style, enhancing the features of the traditional buildings. All of the hotels offer something different such as lovely garden terraces or cosy communal areas, and some also have pools, ideal for relaxing after a day on your bike.

All of the hotels offer a typically French continental breakfast of delicious fresh breads and pastries served with your morning coffee. Some hotels also offer additional hot items.

It is possible to arrange additional nights accommodation if you would like to extend your time in Blois or Saumur. Please speak to one of our sales team for further information.

## Bike Hire

Bikes come with 21 gears. All bikes come equipped with 2 panniers for your daily essentials plus a milometer, a bike lock, pump and repair kit. We strongly recommend you bring your own helmet with you for the best comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts, whilst the cycling is leisurely and there are plenty of opportunities to stop and explore it is always nice to have some padding for a comfortable ride.

You also have the option of upgrading to bike plus hire on this trip for an additional supplement of £ 45. The bike plus option provides a slightly sportier sitting posture and comes with upgraded items such as 27 gears, hydraulic brakes and a front suspension fork. This is a great option for those looking for a slightly comfier ride without upgrading to an e-bike.

We are also able to arrange children's bikes, children's follow-me tandems, trailers and child seats. Please ask our sales team for details.

## Upgrade to an E-bike

If you are looking for a bit of extra support whilst in the saddle, you can upgrade to an e-bike to make your ride even more leisurely.

Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills, and travel further with less effort and more comfort.

E-bikes are available on this holiday at an additional supplement of £170. Just request this upgrade option with our sales team at the time of booking.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your bike. We ask that you please ensure your luggage is restricted to one piece under 20kg per person, and that your luggage is ready for collection each morning.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice for each country visited before travel.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

### Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.



## Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. This trip is designed for leisure cyclists and does not require you to be in peak fitness. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 30-50 km a day on easy cycle paths or quiet roads and we advise you to dust off your bike and head out on a few rides before your holiday.

## Climate

The climate in the Loire Valley is favourable most of the year round with the rivers helping to keep the summers cool and the winters mild, ideal for cycling.

Summer temperatures reach highs of around 23 degrees with July being the hottest month. Summers can be hot although winds coming over from the Atlantic Ocean help keep hot temperatures tempered by moderate, cool breezes. This temperate summer climate provides a fantastic week of cycling in the sun.

Spring and autumn offer cooler temperatures of 10-19 degrees with some rainfall. Spring is the perfect time to visit if you are a keen gardener as the chateaux gardens are in full bloom and autumn sees the festivities of the grape harvest and hunting season in the region.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Lonely Planet – Chateaux of the Loire Valley

DK Eyewitness Travel Guide – Loire Valley

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)

- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

## Why Choose KE

### Why KE?

We have selected our favourite places within this romantic region and compiled them to make this great week of cycling, allowing you to make the most of your holiday in this fantastic region. Plus a chateau pass is included in the cost of your trip so many of your entrance fees are included, as well as a wine tasting. Bike hire is included in the cost of your trip, and e-bike upgrades are available.

**Please Note** This document was downloaded on 10/05/2025 and the trip is subject to change