

Manosque / Forcalquier

Around the Luberon by bike



Départ
Manosque

Arrivée
Forcalquier

Durée
1 h 56 min

Distance
29,15 Km

Niveau
I cycle a lot

Thématique
Mountains

From Manosque, a town indelibly linked with atmospheric regional author Jean Giono, to Forcalquier, historic capital of a medieval county still signalled by its citadel, this stage of *Autour du Luberon* takes you into the heart of this part of Provence's heritage, with lively villages to explore too. Orchards and olive groves mark the landscapes and history of the Durance Valley. As to the Canal de la Durance, it reflects the vital importance of harnessing the water supply in Provence. The silhouettes of mountains form a splendid backdrop to this cycling adventure. The way leaves the valley at Villeneuve, meandering through fields and peaceful countryside up to Forcalquier. Here, enjoy the architectural heritage and museums. Extend your exploration of the area by embarking on a cycling circuit via the surprising geological site of Les Mourres and the enchanting villages of Fontienne, Saint-Etienne les Orgues, Cruis and Sigonce, leading to the foot of the Montagne de Lure (alt. 1825m).

The Cycle Route

Crossing Manosque, several stretches of greenway make it easy to ride out of town. Entering the Durance Valley, cyclists get a gentle warm-up before tackling a fairly steep climb through the village of Villeneuve, reached via a wooden foot-bridge over the river Le Largue. Riders then continue along a very quiet, high-perched road that proves quite easy to cycle along up to Forcalquier. The additional optional cycling circuit continuing on from Forcalquier is full of ups and downs, taking you along roads that are, for the most part, very quiet, and all of them magnificent. Along 37km, tackle 580m of positive ascent.

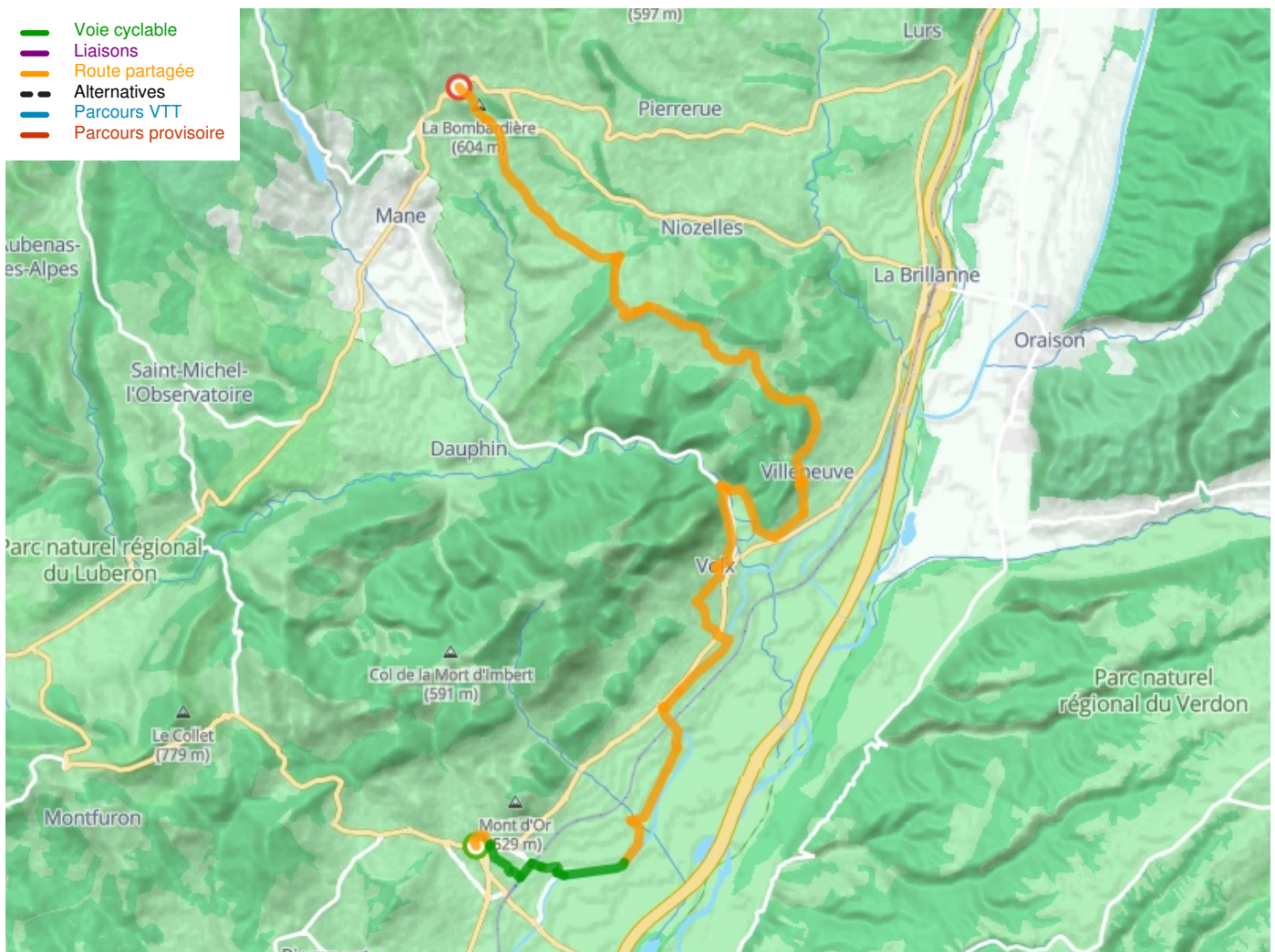
Links : EuroVelo 8 - La Méditerranée à vélo ; Forcalquier Lure à vélo ; Collines de Manosque

SNCF train stations

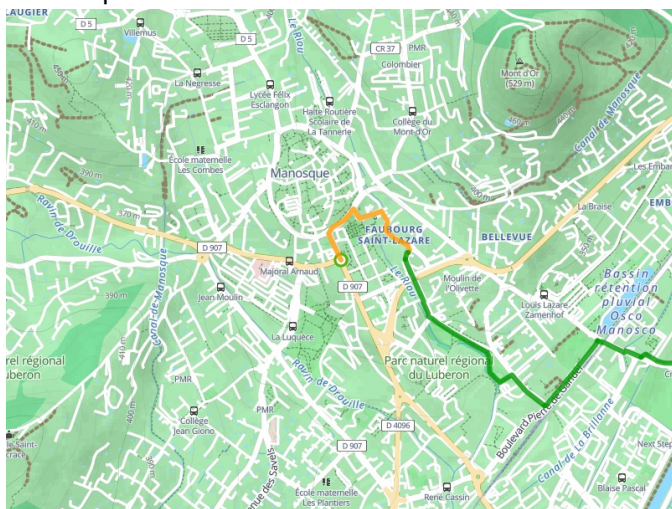
- Gare de Manosque - Gréoux les Bains
- Gare de La Brillanne
- Gare routière de Forcalquier

Don't miss

- [Manosque](#) : L'Occitane (factory tour and shop for this widely-known French cosmetics brand born here); Maison de la Biodiversité (featuring plant life); "Le Paradis" Maison de Jean Giono (the regional author's house); Centre Culturel Jean Giono ; the historic town centre (vieille ville); the Plan d'eau des Vannades, a lake.
- Volx : [Écomusée l'Olivier](#) a local museum dedicated to the olive.
- [Forcalquier](#) : the Citadel; the Couvent des Cordeliers; the geological site of Les Mourres; the Biscuiterie (for local biscuits); Caves de Régusse (wine shop); France Montgolfière (for hot-air ballooning)
- Close to Mane : [Musée ethnographique et jardins de Salagon](#) (set around a priory)



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