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Cycle your own Tour de France with UTracks

If the 2009 Tour de France that started last weekend has put you in the mood to discover France on two wheels, specialist operator UTracks www.UTracks.com offers a selection of holidays to explore the very best of our charming neighbour by bike.

Whether you want to take in the chateaux of the Loire Valley, wander around the backroads of Provence or indulge in the wine regions of Bordeaux and Burgundy, UTracks can help you explore the regions at your own pace and get the most out of your time, combining fun cycling holidays with scenic beauty and local colour.

1. Loire Valley Castles – 5 or 8 day self guided cycle

Explore the impressive chateaux, medieval towns and forests of the valley known as the 'playground of the kings'. Based in a charming family run hotel in the picturesque village of Chitenay, cycling is the perfect way to experience this world famous region. In the evenings, soak up the atmosphere in the hotel and gardens and dine on local cuisine and wine. Family friendly itinerary. Prices start from £460 per adult (£360 per child). Daily departures until November.

2. Provence Backroads – 8 day self guided cycle

Cycle through beautiful vineyards and olive groves, deserted hilltop passes and tiny villages and gain a unique insight into rural French life. On this journey you get to sample the gastronomic delights and wines from both the Provence and Côtes du Rhône regions, explore relics from prehistoric to Roman times and visit the town where Van Gogh spent his last years painting some of his best works. Family friendly itinerary. Prices start from £740 per adult. Daily departures until 5th October.

3. Burgundy Wine Route – 8 day self guided cycle

There's more to Burgundy than its famous red wines: this charming route passes elegant chateaux and medieval villages and winds through the forests and river paths of the Parc Regional du Morvan. Here, you can sample Napoleon's favourite cheese, Epoisses, see Roman vestiges and ramparts and visit the UNESCO heritage

listed village of Vezelay. Prices start from £1,080 per person. Daily departures until October.

4. Bordeaux Cycle Adventure – 7 day self guided cycle

Enjoy a weeklong ride through rolling vine-covered hills in a region renowned for its fine eating and living. As you cycle past medieval chateaux, you can sample the world renowned local wines, which have been produced in the region since the 8th century. Evenings are spent in charming family run hotels where local cuisine is served. Prices start from £1,250 per person. Daily departures except Sunday until October.

Quoted prices are inclusive of accommodation, most meals, rental bike and adjustment by a cycling specialist, luggage transfers between hotels (where applicable) and clear maps with images.

For bookings and more information please go to www.UTracks.com or call 0845 241 7599

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