



Gourmet stay in Provence



Duration: 5 days

Best time: Spring - Autumn

Number of people (mini /max): 20 - 50

With the simple evocation of the word "Provence", the imagination is carried away, eyes light up, ears buzz and your taste buds quiver! Its landscapes, its sweetness of life and its climate invite pleasure, but Provence has many facets. The combination of pleasures at the table and those of entertaining make this region of France a rich land for gastronomy.



Mediterranean cuisine, also known as the Cretan diet, is very rich in fresh fruits and vegetables, garlic and onions, aromatic herbs, olive oil and, red wine.

Pistou soup, Ratatouille, Aioli, Tapenade, Pissaladière, fougasse... Take part in a special experience, a wonderful trip - come and discover the classics of southern French cuisine.

Strengths :

- Discover local products with tastings
- Visit of famous gourmet speciality factories with tastings
- Gastronomic and regional meals to discover the ancestral know-how of the cuisine of southern France
- Meeting with passionate operators

DESTINATION : Vaucluse and the Bouches du Rhône

This stay takes place in the Vaucluse region but also in the Bouches du Rhône in the beautiful and famous city of Marseille.

It is good to linger on these quiet lands, still protected from an excessive tourist influx. During every season the region is a delight: sunshine in summer, flowers in spring, a sublime red and gold palette in autumn or a black diamond in winter.

Marseille, the Phocaeen city is much more than just a city, it is a journey. We have talked so much about its mix of cultures, accents, perfumes and colours that the image has taken on the appearance of Epinal, which is precisely what the European Capital of Culture, the flagship event of 2013, intends to shake up.

The grandiose scenery surrounding the city, between arid reliefs and the immensity of the sea, contributes to this feeling. Add a splendid blue sky, a light at the beginning of the world that has enchanted so many painters and a relationship so particular to time that it sometimes finds itself suspended... Welcome to the South of France!

Day 1 : Arrival in France - Welcome

Arrival of your group in **Provence**.

Reception by our local correspondent. Drive towards your hotel. Welcome drink, installation, dinner and overnight stay.



Day 2 : Châteauneuf du Pape – Beaumes de Venise - Avignon



After breakfast at the hotel, we leave for **La Chocolaterie Castelain**. Located at the entrance to the village of Châteauneuf Du Pape, the chocolate factory is an essential area to discover, nestled in the middle of the vineyards. Renowned for the quality of its chocolate sweets, its *Palets du Pape* - filled with a ganache with Châteauneuf marc and its *picholines* - chocolate coated almonds, the Chocolate Factory has evolved considerably in its work to reach its level of excellence. Soak up the magic, the universal passion for wine, which combines chocolate with a combination of flavours to create a unique harmony. Guided tour and tasting. Continue towards Beaumes De Venise. Located at the foot of the Dentelles de Montmirail, Cave Balma Venitia invites you to taste its best selections of Rhône Valley wines in its cellar. You will discover the famous Muscat de Beaumes-de-Venise, the prestigious Cru de la Vallée du Rhône, the Beaumes de Venise Rouge, the Côtes du Rhône, Ventoux and Vin de Pays du Vaucluse.

Gastronomic lunch in the property of the Châteauneuf du Pape vineyard, an authentic pleasure! On the roads of Provence with the scents of Thyme, Fennel and Rosemary, between Avignon and Orange, you will discover in the heart of an exceptional vineyard, this former 17th century sheepfold converted with all the charm and comfort of an authentic Provençal residence.

In the afternoon, drive towards Avignon. With a tour guide, you will discover, during this guided tour, two exceptional monuments in the history of France classified as UNESCO World Heritage Sites: the Palais des Papes, which is the most important Gothic palace in the world. It presents the visitor with more than twenty places, a theatre of events with a universal impact, including the Pope's private apartments and their fabulous fresco decorations by the Italian artist Matteo Giovannetti, and then, as a major witness to the history of Avignon, the Pont Saint-Bénézet, which is one of the most famous monuments in the world thanks to the song that celebrates it.

Free time in Avignon.

At the end of your day, return to your hotel for dinner and accommodation.

Day 3 : Roussillon - Gordes



Breakfast at your hotel and departure for **Roussillon**. Guided tour of the **Ochre Quarries**. The ochres of the Luberon are fascinating. From Roussillon to Gignac, passing by Villars, Gargas and Rustrel, the old ochre quarries of the Apt valley (Vaucluse) are coming out of oblivion, hiking trails are open, belvederes are being built, traces of the past are being brought up-to-date. A true geological curiosity, the quarries with their many natural colours contribute to making Roussillon one of the most famous sites in the Luberon.

You walk in the middle of this real multi-coloured labyrinth following the explanatory panels on the formation and exploitation of these famous ochre quarries. Continue **the visit to a fruit sweet factory**, a regional speciality with a wide choice of flavours available: strawberry, peach, pineapple, ginger and many other flavours. Since 1873, candied fruits have been made in the traditional way with cooking in a vat. Other artisanal products are at your disposal such as chocolates, calissons (a traditional French candy consisting of a smooth, pale yellow, homogeneous paste of candied fruit (especially melon and orange) and ground almonds topped with a thin layer of royal icing), nougats and other sweets.

Following the visit, a tasting in the shop is offered. The team welcomes you to taste the different flavours and help you choose. You can also request a personalised creation with sweets.

Regional lunch in a restaurant located in a green setting, in the heart of exceptional tourist sites.

In the afternoon, a guided tour of **Gordes**. This small village can be proud to be one of the most beautiful villages in France. Clinging to the side of the Vaucluse plateau, overlooking the Cavaillon plain, the houses are set at the foot of its imposing Renaissance castle and its church along the winding stone paths that breathe a thousand stories and legends.

It is a village of artists celebrated by Marc Chagall, Victor Vasarely and Pol Mara. Gordes is an essential cultural stopover in Provence. The panoramic view of the Luberon mountains from



the castle and the village church are magnificent. At the top of the village, in the street that goes down from the church to the Belvedere, you will visit the "**Caves du Palais Saint Firmin**" museum: an underground complex with a very old oil mill.

In the late afternoon, visit the Moulin Saint Augustin. The activity of the **Saint-Augustin mill** is concentrated in the production of **olive oil**. The olives of this site come from the Monts du Vaucluse, the Rhône valley and also from the Luberon region. These multiple origins, combined with the technique of manual harvesting, make any olive oil signed by the Saint-Augustin mill simply exceptional. It is the way the fruit is pressed that gives the type of oil, i.e. black fruit, ripe fruit or green fruit. For more flavour, which is unique, Frédéric the millmaker associates the aglandau with the salonenque. (Gordes olive oil).

At the end of the day, return to your hotel. Dinner and overnight stay.

Day 4 : Aix-en-Provence – Bouillabaisse - Marseille

After your breakfast, departure for the **Leonard Parli confectionery specialist**. **The make the delicious Calissons from Aix-en-Provence.**

You are welcomed to a beautiful shop where coffee, tea and an assortment of pastries are served. After a brief account of the history of the venerable Maison Parli, you will discover the different workshops:

Candied fruits, chocolates and nougats, then the manufacture of calisson paste. You then move on to the shaping of the calissons by a machine. In the packaging area you will notice that everything is packed by hand. This walk through the Palais de Dame Tartine is done by tasting at each stage, especially at the point of packaging. Visitors take advantage of this gourmet break to enjoy themselves and ask all their questions.

Lunch in a restaurant located on the blue coast. A sea view restaurant that cooks the 'real' *Bouillabaisse* (a rich, spicy stew or soup made with various kinds of fish, originally from Provence) that is so dear to our region of Marseille.

In the afternoon, drive towards Marseille, capital of the Savon, cradle of the Santon, Marseille does not forget the gastronomes with its Pastis known all over the world.

Guided walk in the old town. Built on the site of the ancient Greek Massalia, the Basket, the old quarter of Marseille is a typical Mediterranean district with colourful facades. A historical refuge for sailors and generations of immigrants, the Basket is a haven of peace that has remained popular. Continue towards a special factory, **the typical Marseille pastry shop**. The best kept secret in Marseille. Visit the factory and taste the little jewels.

Underneath the apparent simplicity lies a unique recipe and an unequalled know-how. The love, the profession and the respect for tradition are the guarantee of quality, to the great satisfaction of the Provençal people and gourmets from all over the world. The orange blossom-flavoured biscuit can be enjoyed in all its forms: naturally crunchy, slightly warmed



up, or just taken out of the oven. This know-how allows the biscuits to be kept for a whole year without altering their qualities.
Some free time in Marseille.

At the end of the day, return to the hotel, Regional dinner at the hotel, overnight stay.

Day 5 : The Provence – Your Locality

Breakfast at the hotel and return to your locality.

