

## PROVENCE, OCTOBER 21-27



Sun-dappled, lavender and thyme-scented and blessed with a landscape that has inspired some of the world's greatest artists, Provence is a feast for all the senses. For generations, food lovers have made a pilgrimage to the south of France, delighting in its bustling markets, savoring its wines and relishing its cuisine *provencale* - a Mediterranean melange that features olive oils, garlic and its signature aromatic local herbs.

This 7 day/6 night guided tour offers a delicious taste of Provence, including a tour of the historic Avignon and days in the countryside exploring picture postcard villages and experiencing life *provencale*. The itinerary incorporates guided market visits - including the famous L'Isle Sur Sorgues and its flea market, hands-on cooking classes, wine tastings and more.



## ITINERARY PROPOSAL

### Day 1. Wednesday, October 21st: Arrival

Arrive in Marseille. Private transfer to St. Remy and your home for the next 6 nights, **Hotel Gonoud**, a newly renovated property in the center of **St. Remy de Provence** where van Gogh painted his masterpieces *Olive Trees and Cypresses*.

### Day 2. Thursday, October 22nd: Arrival

Breakfast at the hotel.

Day at leisure to rest and recover.

A welcome dinner in a typical Provencal restaurant, with your guide Jane.

### Day 3: Friday, October 23rd: Market, Cooking Class, The Luberon, Les Baux

Breakfast at the hotel.

Today is market day in the nearby village of **Eygalières**, a lovely medieval village that is topped by the Romanesque ruins of a chateau and church. Walk along the main street to stroll the market. You'll see many types of straw baskets and bags, luxurious linens from Provence and regional food products. We highly recommend buying some *fleur de sel* (white sea salt) to bring home. The salt comes from the nearby **Camargue** region.

After your market visit, you'll have a hands-on cooking class with a local chef, using the fresh ingredients just purchased at the market.



After a lunch of your own creations, a drive to the **Regional Natural Park of Luberon**, which mixes Mediterranean landscapes and villages. Take an optional hike in the woods, followed by a scenic drive through the heart of **Alpilles**, and visit the medieval fortified town of **Les Baux de Provence**. The tour will include a stop at an olive orchard for a tasting of olive oil. Return to St. Remy. Dinner at your leisure

**Day 4: Saturday, October 24th: Avignon, Palais de Papes, Baking Class, Chateauneuf du Pape**

Breakfast at the hotel.

Drive to Avignon, home of the papacy in the 14th century. A guided tour of this famous city to discover its rich architectural heritage of churches, former bishops homes and clock towers. You'll explore the **Papal Palace**, the largest and the most beautiful palace of the Gothic world. Afterwards, learn how to make a French pastry or bread: perhaps a *baguette*, a delicious flaky, buttery *croissant* or *Pain au Chocolat*. Lunch will be served.

After your baking class, continue to **Châteauneuf du Pape**, the most famous and most extensive of the **Côtes du Rhône** vineyards, to sample some of its tannic red wines, fruity and full-bodied. Extending over more than 3,300 hectares, the region is worked by 55 wineries and nearly 300 wine growers. The vines were originally planted by the Popes in the Middle Ages, and have been famous ever since the 18th century.



**Day 5. Sunday, October 25th: Isle sur la Sorgues Market, Gordes, Abbaye de Senanque**

Breakfast at the hotel.

Today, visit the world renowned market in **L'Isle Sur Sorgues**. Colorful fresh fruits and produce overflow bins and crusty baguettes, cheese wheels, cured meats and barrels of olives are a treat for all the senses. Vendors sell Provence-inspired pottery and other wares. L'Isle Sur Sorgues is known as the antique capital of France and many of the shops lining the winding streets are filled with collectables. Continue to **Fontaine de Vaucluse** and discover some local crafts and one of the oldest paper mills of the region. After lunch, visit the fabulous hilltop village of **Gordes** and the **Abbaye de Senanque**, known for its picturesque lavender fields that bloom in July. Return to St. Remy and dinner at your leisure.

**Day 6. Monday, October 26th: Villages of the Luberon**

Breakfast at the hotel.

Today, visit some of the famous **Luberon** villages to see hill terraces for farming, *bories* (dry stone huts), châteaux, country houses, and abbeys. A stop at a truffle hunter's home to learn about these elusive "black diamonds". Lunch will be served.

After lunch, return to St. Remy to do some shopping or explore the town on your own.

Farewell dinner at a local restaurant in St. Remy.

**Day 7. Tuesday, October 27th: Departure**

Breakfast at the hotel and a private transfer to the airport in Marseille.

**PACKAGE INCLUSIONS**

Airport transfers Marseilles/San Remy/Marseilles  
Transportation in 24 seat bus for all excursions  
Bilingual guide with culinary expertise  
1 Welcome Dinner, with wine  
6 nights at Hotel Gonoud, St. Remy, taxes included  
6 breakfasts  
1 cooking class with lunch  
1 baking class with lunch  
1 Farewell dinner with wine  
Olive oil tasting  
Guided visit to Avignon and admission to the Palace of the Popes  
Wine tour and tasting in Chateauneuf du Pape  
Visit to Isle sur la Sorgue Antiques Market  
Demonstration at Les Pastres truffle farm, with lunch

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