



A COOK'S TOUR  
Culture, Food & Wine Travel Adventures

# PROVENCE

## SEPTEMBER 28 - OCTOBER 5, 2024

### **Saturday**

This afternoon we will meet at the Avignon TGV Station for transfer to our private Chateau.

Welcome meeting and aperitif, followed by dinner prepared by the Chef.



### **Sunday Market in Isle-sur-la-Source, Red Cliffs of Roussillon**

Enjoy one of the more interesting markets in Provence, in the picturesque town of Isle-sur-la-Sourges offering everything from local produce to antiques. It is one of the finest markets in France.

This afternoon we have the opportunity to hike through the famous ochre cliffs of Roussillon.



### **Monday Chateauneuf-du-Pape**

Chateauneuf-du-Pape was the summer home of the Pope, when the Papacy was down the Rhone River in Avignon, today it's all about the iconic red wine. We will visit two wineries, each with its own terrior and winemaking approach, for tastings and lunch. Dinner at the Chateau

### **Tuesday Avignon**

A Day in Avignon, visit the Palace of the Popes and explore the ancient town and shops. Time for shopping, lunch, etc. Next, we will drive to the Pont du Gard, a UNESCO site, the highest Roman aqueduct in the world, built in 50 AD.

We return to the Chateau this afternoon for a hands-on cooking class





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### **Wednesday Saint-Remy and Paradou**

Saint-Remy is one of the most famous of all Provence Markets. It is also the home of Joel Durand's world class chocolate store (our first stop).

We'll have market time, enjoy a lunch at the iconic "Bistro Paradou".

Finally, we'll pay a visit to the hospital where Van Gogh was committed and painted several of his magnificent pieces of art.



### **Thursday Cooking with chef Eric Sapet**

La Petite Maison in Cucuron is a true 'destination' restaurant. We will have a lesson with Chef Eric Sapet and then enjoy a delightful lunch at his restaurant.

Dinner tonight is on your own.

### **Friday Les Baux-de-Provence and Chateau d'Estoublon**

Visit the village and castle of Les Baux-de-Provence, with its superb defensive position, there are traces of habitation going back to 6000 BC. Next stop is an olive farm and oil mill for an explanation of how this "liquid gold" is produced. We will taste several different oils. Afterwards we will enjoy a visit, and wine tasting followed by lunch at the beautiful Chateau D'Estoublon.



### **Saturday**

Our tour ends after breakfast. Transfers to Avignon TGV or Marseille Airport. We are happy to assist with post-tour planning...plenty of great options in the S of France...Cassis and the Calanques, Nice, etc.

Cost per person double occupancy: \$5300 Single supplement \$1300