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## **Itinerary into the land of gourmet food and wine: from Provence to Lyon**

**Cooking with butter? Cream? olive oil? in duck fat? The richness of French gastronomy is the result of the variety of its climate and its terroirs giving each region its own specialty. Indissociable from the cuisine are wines, from grands crus to simple local wines going well with regional dishes concocted by top chefs or also at home.**

**The first step of our gourmet itinerary takes us in the Provence with its cuisine of the sun; we turn next to the Rhone Valley and its wonderful vineyards, then to Lyon to the crossroads of greedy routes and culinary capital.**

**Discovering local products in their environment always superb, learning how to select them, learning sleight of hand, taking advantage of tips and know-how, using professional equipment and above all, sharing the passion of our hosts for their terroir: such is the objective of our roaming**



### **Day 1 Aix en Provence**

Arrival at the airport or the train station Marseille / Aix en Provence. Route to Aix en Provence, short walk in the old town and visit of a **Calisson factory**, sweet specialty, lozenge shaped, with almonds and candied melon. Check in at hotel in the Provence, dinner and overnight.

### **Day 2 Delicious bouillabaisse!**

To discover **the bouillabaisse**, we are welcomed on the market of a small harbor, west from Marseille, by the chief for the purchase of fishes that compose this preparation, once fishermen's dish which became a famous specialty.

In the workshop, we discovered during the **demonstration** that bouillabaisse is much more than a **fish soup**. Bouillabaisse lunch in the **restaurant on the seafont** is a delight.

In the afternoon, drive to **Les Baux de Provence** for a walk in the village in the heart of the Alpilles where the panorama over the Provence is gorgeous. Visit **a wine and olive producer**; the specialty here is "crushed olives ». Dinner and accommodation in Provence.

### **Day 3 Avignon, Châteauneuf du Pape and the chef's workshop**

Morning visit of Avignon, surrounded by ramparts, the city is dominated by **the Palais des Papes** which we visit. By the end of the morning, drive to **Châteauneuf du Pape**, where we are expected for an initiation to wines around a small buffet of specialties. The wines of Châteauneuf du Pape are the most famous **Côtes du Rhône** and the Popes had made this beautiful village their summer residence. In the afternoon, **welcome by a renowned chef** who, after years of catering, has decided to share his knowledge of cooking. Optionally, a technique or a product is worked in the chef's kitchen. At dinner, the fruit of our labor is savored on the spot, all accompanied by fine wines.



**transglobe** 188 chemin du Vallon Notre Dame, F 06140 Vence

tél : +33 (0)4.93.58.79.00 fax : +33 (0)4.93.58.79.05 email : [vence@transglobe.fr](mailto:vence@transglobe.fr) [www.transglobe.fr](http://www.transglobe.fr)  
S.A.R.L. Transglobe au capital de 10.000 euros - SIRET 500 528 179 00012 - R.C.S. Grasse B 500 528 179  
Imm 006 1000 16 - garantie financière APS - RCP Compagnie HISCOX Paris n°15577





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#### Day 4 France, a country with 365 cheeses

Morning tour of a **provençal market**, specialties of Provence are primarily vegetables and fruits from the sun, but also goat and sheep cheese, lamb meat, honey, candied fruits. Visit of a small-scale producer of candied fruits.

At noon, we proceed to the **Dentelles de Montmirail** region known for its wines from **Gigondas, Beaufort de Venise, Vacqueyras** ... and meet an escort **passionate by cheese**. Around a buffet of cheeses from the region, from all over France and other countries, **we learn to blend cheeses with wine** and to know their history. In the afternoon we visit **Orange** and its famous Roman theater. Dinner and overnight.

#### Day 5 Between Provence and the Alps

Before leaving the Provence region, we taste one of its gourmet specialties: the **nougat** from a small producer who explains us the requirement of such sweetness, **one of the 13 traditional desserts served on Christmas evening in Provence**.

Beyond Valence, the landscape changes, we leave Provence and the **Alps** approach; the products show a different food culture: freshwater fish like pike, trout and crayfish, mushrooms, sweet buns, berries, nuts, Saint Marcellin cheese. Our host, cook and great teacher, reveals us a few of his **secrets** before a **convivial tasting**.

We do step in the evening in a village inn with a **water bar** which allows us discovering the taste and virtues of different waters.



Atelier A.Berne, photo Eric d'Hérouville

#### Day 6 Rhone Valley, Lyon, capital of the gastronomy

Driving up the Rhone Valley, each city name evokes a famous wine: Coteaux du **Tricastin, Hermitage, St. Joseph, Condrieu** and then, finally **Côtes Rôties**. We are greeted at a winegrower for a **tasting**.

We arrive in **Lyon** in the afternoon, after installation at the hotel, city tour: the **old Lyon, the banks, the Fourvière hill**. In the evening we dine in a **"bouchon"**, popular restaurant of the town. The menu specialties include dumplings, sausage, cardoon and white cheese ... Accommodation in Lyon.

#### Day 7 Lyon at the top of the gastronomy

We first visit the **Halles de Lyon**, a temple of gastronomy, Lyon holds its culinary richness of its position as a crossroads: Bresse chicken, cheese and sausage of the Alps, fruits of the Rhone Valley, Burgundy Charolais meat, freshwater fish ... The **Beaujolais**, 3rd "river" in Lyon after the Saone and the Rhône accompanies these dishes in a festive way, together with the **Burgundy and Rhone valley wines**. The next cooking class teaches us **the learning process of a sweet or a savory dish** followed by a convivial tasting.

Afternoon free. In the evening **farewell dinner at a fine table in Lyon**, you'll be tempted, as often do the French, to evoke your best culinary souvenirs ... and talk about your next journey to the "greedy land"!

#### Day 8 Goodbye!

Departure transfer to the airport or the railway station (TGV Paris Lyon 2 hours)

#### Our services:

7 x **acomodation** with breakfast in hôtels (4x Provence, 1 x Vercors, 2 x Lyon)

**Meals** (depending with or without beverages) : **Day 1** Dinner, **Day 2** Lunch bouillabaisse/Dinner free, **Day 3** Collation with tasting/Dinner Châteauneuf du Pape, **Day 4** Lunch cheese and wine buffet/Dinner hotel/ **Day 5** Lunch free /Dinner restaurant, **Day 6** free lunch/Dinner« bouchon », **Day 7** Lunch/ gastronomique Dinner

**Private guide and coach** for all transfers and excursions of the programme.

**Entrance fees and tastings:** Atelier de Calissons (Aix en Provence), wine and olives tasting (Les Baux), Palais des Papes (Avignon), nougat fabric, wine tasting Vallée du Rhône.

**In option (for all or part of the group) :** Cooking workshop in Châteauneuf du Pape, Vercors and Lyon  
The workshop are for max. 12/15 participants, if the group has more people, the group can be divided with our not the same supplier.



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