

f r e n c h c l a s s

Autumn en Provence

Join us in Provence, unpack once and let us show the delights of this beautiful region of France. We choose to stay in one location so you can really get to know this area and feel like "home" for that time. We want you to get to know our corner of Provence – the Luberon, so we have organised the programme to explore some of its hidden treasures. Our base is the Villa Calavon – a post revolutionary era bastide set amongst the vineyards of the Côte du Luberon and the Côte du Ventoux. We are just outside the regional centre Apt.

Sample Itinerary

Day 1 Sunday

Arrival at Gare TGV in Avignon early afternoon.
Guests collected & brought back to house. Settling in to the Bastide.
Welcome Apéritif & first dinner at the house.

Day 2 Monday

We will start the day with a French lesson and the first of our lunches "sous la tonnelle"
Visit the town of Apt after lunch.
Get your bearings and visit the old part of the town. Visit the Cathedrale, Maison du Parc. Then back to the house for a game of petanque and dinner.

Day 3 Tuesday

Visit Apt Marché Paysan in the morning. At 11.00 am visit to Domaine de Mayol during the period of the vendange. Tour in the vines, cave followed by a dégustation of the wines. Then it is back to the house for light lunch and then a French lesson. Cooking class in the evening with fresh vegetables and products from the morning's market trip.

Day 4 Wednesday

French lesson in the morning. Lunch at the house.
After lunch at the house we take a trip to the northern slopes of the Luberon. To visit a working olive mill at the Moulin Julien and the village St Saturnin lès Apt for an afternoon drink. Upon our return we have our second cooking class and evening meal.

Day 5 Thursday

French lesson in the morning.
After lunch at the house, we will take a drive up to the Luberon and visit the lavender Distilliere des Agnels. Then back to the villa for a cooking class and dinner.

Day 6 Friday

In the morning visit to the Provençal marché and village at Lourmarin.

If the market is not your cup of tea you can visit the Château of Lourmarin. We plan to have lunch out in the village of Cucuron at the Restaurant de l'Horloge known for its Provençal specialties. Then we can return to the house for a swim (weather permitting) and the French lesson of the day. **(Menu about 20 Euros)**

Day 7 Saturday

After breakfast we are off to the famous Apt market. This is quite an event being one of the largest street markets in France. We will return to the house with our spoils have lunch and a French lesson and maybe a game of pétanque. Before going out to dinner we will be joined by Bertrand Reynaud for a course in Œnologie. He is a local winemaker and will share with a range of local wine and share wine tasting techniques. Dinner will be in a typical Provençal restaurant. **(Price to be confirmed about 30 euros)**

Day 8 Sunday

For those who need a walk on a Sunday after le petit déjeuner, we will go up to the *pittoresque petit village perché* of Casanueve which is up the hill of le Luberon itself (about one hour and 4kms to walk up hill). We will have une vue imprenable on the Luberon valley among the vineyards. Then back home in the car for a Sunday lunch.

After lunch we will visit **La Maison de la Truffe et du Vin** and sample their "cave a dégustation" and listen to a local vigneron discuss their wine. Then back into the village Ménerbes for a stroll around one of the Luberon's famous perched villages and a drink at the Café du Progrès. Then back to the Bastide for dinner.

Day 9 Monday

The day will start with a French lesson. For lunch we will try local wine and cheese dégustation at the Apt Cave Co-operative **Cave Sylla (menu about 15 euros)**

After lunch we will visit Bonnieux and the delightful Musée de la Boulangerie and marvel at the place that bread has had at the French table. We return for last cooking class and dinner. Our cooking class will be conducted by Brigitte Reynaud a local cook who will share some traditional dishes.

Day 10 Tuesday

After our last French lesson for the trip, the day is for the group to decide. Après midi surprise!!!
A trip down to a village you liked and want to visit again. We are open to suggestions and your ideas.

Day 11 Wednesday

Our last day and after breakfast it will be time for farewells and guest transferring to their ongoing travel plans. Transfer to Avignon.

In addition to the items listed here we will be open to considering anything else that comes our way during the course of the tour. We will also endeavour to find out about local events that may be of interest to the group as well.

French lessons

During the tour Martine will structure the lessons around increasing your vocabulary relevant to the daily activities for example the kitchen, wine, shopping and regional products and going out. This will incorporate the relevant grammar and tense usage. And of course, every morning at breakfast, we will have la météo 'le temps aujourd'hui' to set up the mood en Français, the favourite topic conversation of all the locals!

Regional specialties and Cooking classes

Luberon has long been associated with the specialties of Provence. The area is blessed with good quality soils and a high number of sunshine hours which contributes to the production of the most famous – the melon, olive and olive oil, glazed fruits, thyme, lavender, goat cheeses, vegetables and the local wines – the Côte du Luberon and the Côte du Ventoux.

During the course of the tour we will endeavour to sample as many of these products and incorporate them in our daily meals and cooking classes.

During the cooking classes will prepare several of the local specialties, plus with the guest cook cover at least one of her great Provençal dishes. Our guest cook will be Madame Brigitte Reynaud.

Apt and local amenities

Apt- a Provençal town is the capital of the region le *pays d'apt*.

The centre of the town is primarily for pedestrians and as such is lovely to stroll around unhindered by vehicles.

At the centre of the town you will find the cathedral and most important monument – Cathedrale Sainte Anne.

In Apt you will find all the necessary services of banks, pharmacies, ATMs, Internet cafés, travel agencies, doctors etc.

We are only a 5 min drive from Apt for any necessary purchases or needs.

We will visit le Marché Paysan (Farmer's Market) and the Saturday morning market. The Saturday morning market is one of the largest regular market operating in France and is classified as one of the *plus beau marche de France* list. You will find more than 300 marchands with an incredible range of wares from Provençal fabric to quail eggs.

