

OUTDOOR TRAVEL

THE ACTIVE HOLIDAY COMPANY

# FRANCE - COOKING HOLIDAYS

## PROVENCE - CULINARY EXPERIENCES IN THE SOUTH OF FRANCE

6-days / 5-night Luxury accommodation with cooking courses

*Non-cooking guests also welcome*



This is your introduction to the art of fine cuisine. In a typically French *Provençal* environment join our renowned chef for a hands-on welcome (in English) to his kitchen, his kitchen garden, his fruit and vegetable markets and to the fishers who supply him with fresh fish daily. Explore the sights and sounds of Provence based in a comfortable hotel and spa in a typical village setting. Nearby the Bastide cooking school and kitchen garden follows the seasons to let you discover the fresh, annual herbs and grasses of Provence, mint and lavender.

**Cost includes:**

- \* Welcome dinner on Sunday evening (excluding drinks)
- \* 5 nights twin share / double accommodation with ensuite bathroom
- \* 5 buffet breakfasts, 4 lunches with drinks
- \* 4 days of cooking tuition from 10am – 4pm (with a graduation certificate)
- \* All recipes (translated into English)
- \* 4 excursions e.g. vineyards, a honey farm, olive grove, market

**Not included:**

Transfers to or between the hotel and the Bastide cooking school (please allow a local payment of 30€ per person per day), other dinners and drinks, personal expenses.

**Cost from:**

Regular season: **\$2375** per person (twin/double share)    Single person cost: \$2895  
High season: **\$2560** per person (twin/double share)    Single person cost: \$3070

**Non-cooking accompanying guests:** **\$1455** per person twin share (includes breakfast, welcome dinner)

**Course Start Dates:** Ask for the latest start dates

For partners and in your free time the delightful village of La Cadière d'Azur is perched high on a hillside surrounded by olive groves and vineyards with wonderful walks and views in all directions. The amazing rock formation known as Calanques and the popular fishing village resort of Cassis are a few minutes' drive away. Our accommodation here is in a typical hotel combining four of the traditional houses in the heart of the sleepy village centre. There are cafés and shops just a stroll away from the well-appointed guest rooms. Rooms all have ensuite bathrooms and most have extensive views across the valley and surrounds. The hotel has an outdoor pool and a very well-equipped spa and wellness centre with massage, fitness and relaxation facilities.

Join guided excursions to discover the Bandol appellation wines with a vintner, visit olive groves, stop by a local beekeeper for honey or a mill for oil tasting. Lunches are served under the arbour of the Bastide (weather permitting) or in the beautiful dining room (four dinners are at your own arrangement).

**Contact Outdoor Travel on 1800 331 582 for details and reservations**



### **Suggested program (to be confirmed each day):**

#### **Day 1 Sunday evening**

Arrive in the village in the afternoon – transfers from Marseille Airport or TGV Station can be arranged (at extra cost). Welcome dinner (excluding drinks) at the gastronomic restaurant, where our Chef will delight your palate with his delicious, heartfelt Provençal cuisine.

#### **Day 2 Monday**

Off to the “Bastide des Saveurs” for a cookery class with our star-rated chef. Welcome to Paradise! This is Pagnol's real Provence. You will be issued with your chef's hat, recipes and embroidered apron and the cooking experience will begin...

First we head for the garden to discover and gather the required herbs, medicinal plants, fruit and vegetables. Then it's back to the kitchen to prepare the dish of the day – today's choice is a Provençal stew with choice cuts of meat served with herbs and vegetables.

The table is ready – now all you have to do is enjoy your culinary creation out on the terrace or in the ancient dining room in true Provençal style.

#### **Day 3 Tuesday**

This morning we are up bright and early to visit the colourful fish market in Sanary-sur-Mer in the company of Chef René. We will meet the local fruit and vegetable producers, fishermen and cheese makers that supply the kitchen. We will see the day's catch come into the port before travelling back to the Bastide des Saveurs with fresh fish for the day's class.

#### **Day 4 Wednesday**

Today the spotlight is on Provence's tasty, juicy and sun-packed Provençal vegetables. Chef René will be passing on some of his top tips on how to prepare and present them in a traditional style.

#### **Day 5 Thursday**

The final day is dedicated to those with a sweet tooth. Provence's much-appreciated dessert tarts and chocolate *moelleux* are so delicious you're sure to want seconds.

And then it's your turn to show Chef René a favourite treat of your own, so come prepared with your recipe.

And as they say in Provence: “*Tout fai ventre mai que i 'entre. Tout fait ventre pourvu que tout y entre*” which basically translates as *if you enjoy it, your stomach will too!*

# LA CADIÈRE-D'AZUR – A TYPICAL PROVENÇAL VILLAGE

Our hotel near to the picturesque coastal resort of Cassis, to Saint Cyr-sur-Mer and Marseille



Accommodation only or extra nights are available - contact us for information and reservations:

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