

A Taste of France: Côte d'Azur – Provence – Lyon

With John and Judy Stickney

Gastronomy and fine wine; almost all you need to say about the South of France? No... not even close. From the glamor of Monte Carlo to the panoramic vistas of the Mediterranean, the modern history of Provence and the grandeur of the middle ages, this special tour spans the route from the coast through the beauty of Comtat Venaissin to the traditional restaurants of Lyon, called bouchons, where we can enjoy the tasty local specialities, including tablier du sapeur, cervelle du canut or rosette de Lyon. Come join Tour Leaders John and Judy Stickney and our special Tour Manager, Terry Needham as we visit, experience and marvel the South of France!

Toronto	August 24	Air France 351	18:20
Paris CDG	August 25		07:50
Paris CDG	August 25	Air France 7714	12:45
Nice			14:15

Saturday, August 25: Côte d'Azur – Vence (D)

Arrival in Nice and meet greet our English speaking local tour manager. Private transfer to Vence in the Alpes Maritimes region on the Côte d'Azur. Vence is perfectly situated just north east of Nice and strategically well placed to visit both the coast and the surrounding areas - minimising distances and optimising our vacation time. Check in to our hotel in Vence. We will have some free time to discover Vence and to relax and freshen-up.

19.30 Welcome dinner with local specialities

Overnight at the Hotel le Floréal, Côte d'Azur (3-night stay)

Sunday, August 26: Monaco (B / D)

Breakfast at our hotel

9.00 Transfer to Monaco

10.00 Walk through the old town of Monaco

Monaco, ruled by Prince Albert II, is the second smallest state in Europe. His father Prince Rainier III was married to the former Oscar-winning actress Grace Kelly. The tiny country is famous for its abundance of attractions including the scenic old town with its courts, the church where Grace and Rainier are buried and magnificent sea views. Annual events including the Grand Prix Formula 1 and the International Circus Festival fascinate thousands of visitors yearly.

During our free time in Monaco you may elect to see the changing of the guard in front of the Prince's palace or try your luck in Monte Carlo's world-famous casino and possibly have lunch there as well?

Late afternoon return to Vence

Dinner tonight in a nice local restaurant

Monday, August 27: Loup canyon - Perfume and more (B)

Breakfast at our hotel

8.30 Transfer to Grasse passing by the wild Loup River Canyon with a photo stop.

Located only a few kilometers from Cannes, in the hinterland of Côte d'Azur, rests Grasse; the world capital of perfume. Small alleys, 17th and 18th century buildings, 19th-century elegant town Palais' and lovely gardens paint the picture

of Grasse. Breathtaking views make it “the balcony of the “Mediterranean”. Art and perfume exhibitions can be seen throughout the year

Optional:

Lunch with regional products (e.g. Provençal picnic served as buffet) and later an opportunity to buy specialities from the shop

Optional:

Visit a flower farm that plants roses and jasmine for a number of famous perfume brands including Chanel, Guerlain and Patou, as well as jam and rose water

Balance of day open for individual exploration

Return to Vence with a possible stop at Saint-Paul-de-Vence.

vineyards, cypresses and orchards, famous artists have lived and worked at Saint-Paul-de-Vence. In addition to the history, famous artworks can be marveled at Fondation Maeght, a modern museum. The locals are well-known as brilliant boule players. Unfortunately the village can be very crowded during the summer season

Final return to Vence and an open evening

Tuesday, August 28: *Marseille – Provence*

(B / D)

Breakfast at our hotel

8.30 Transfer to Marseille

11.30 Guided visit at Marseille

With 800,000 inhabitants, Marseille is the second largest city in France. The seaport is an up-and-coming unique area to this trendy Mediterranean metropolis; a hidden jewel combining oriental and occidental influences. Main attractions include the old port, the old town quarter “Le Panier” and the basilica as well as many museums

Independent lunch

16.00 Transfer to Provence

18.00 Check in to our Hotel Les Echevins, Tarascon – our home for the next 7 nights

20.30 Dinner at our hotel

Wednesday, August 29: *Aix-en-Provence*

(B / D)

Breakfast at our hotel

Morning at leisure to visit the St. Remy Wednesday market

13:00 Transfer to Aix-en-Provence

Time to enjoy the beautiful colourful village - the former capital of Provence - embedded in a hill. The landscape became world famous through the pictures of the godfather of modern painting Paul Cézanne. Here we can explore various stations representing his life by following a “C” clearly marked on the ground. The Romans founded the town “Aqua Sextia” with its warm water wells, almost countless cultural spots, museums, courts, palaces and churches from 17th and 18th century will highlight our visit

16.00 Return to our hotel for dinner and overnight

Thursday, August 30: Montmajour - Arles - Camargue

(B / D)

Breakfast at our hotel

9.30 Transfer to Arles

10.00 Visit the Abbey de Montmajour

The abbey is one of the most beautiful examples of Roman architecture. Benedictine monks found it in the 10th century.

12.30 Guided city tour of Arles

Arles is, without doubt, the main home of Van Gogh who produced about 300 art style paintings and drafts within a 15 month period. Nearly a dozen Van-Gogh stations lead the visitor through the town. Arles is also one of Europe's oldest towns dating from a Celtic-Ligurian settlement over Greek and Roman colonisation to become an important Christian centre. Interesting places here include the Roman arena, now used for bullfights, the Roman theatre, thermal spring de Constatin and St. Trophime cathedral. Many UNESCO world heritage monuments can be found in your explorations today.

Free time and independent lunch

Possible afternoon trip:

16.30 Tour through the Camargue, a beautiful nature park featuring pink flamingos, half wild white horses and black cattle

18.30 Return to our hotel

19.30 Dinner

Friday, August 31: Les-Baux-de-Provence - Glanum and Van Gogh (B / D)

Breakfast at our hotel

9.00 Transfer to the Alpilles

9.30 Visit of Les-Baux-de-Provence, one of France's most beautiful villages situated on the south side of the Alpilles on a rock plateau

Optional: Visit the Château with antique war machinery or the Musée des Santons, a museum with a magnificent collection of typical Christmas cradle figures

Lunch and open until

14.00 Transfer to Glanum

14.30 Walk through Glanum

A wonderful visit to this archaeological site, an antique Roman town. The excavation started in 1912, unearthed impressive religious and various buildings from the 6th to 3th century B.C. A triumphal arc and a tomb are also located nearby

16.00 Transfer to Saint-Rémy-de-Provence

Visit the former St. Paul de Mausole monastery (Hospital and church)

This Provence-Roman masterpiece was used during the 19th century as a mental institution where Vincent Van Gogh spent one year and painted his famous irises.

A reconstruction of his room can also be seen

18.00 Return to our hotel

19.30 Dinner and overnight

Saturday, September 1: Avignon - Pont-du-Gard

(B)

Breakfast at our hotel

9.00 Transfer to Avignon

9.30 Guided city tour of Avignon

Avignon was the European cultural metropolis. The town's history was closely associated with the history of the Papacy and was the centre of Christianity in the

14th century. During this ancient time Avignon was the residence of 7 popes and 2 antipopes who lived in the monumental palace that still dominates the town. The cathedral and smaller palaces are interesting sites and the half-destroyed bridge “St.Bénézet” made famous by a popular folk song.

Independent lunch and an open afternoon

15.00 Transfer to Pont-du-Gard

15.30 Visit to the famous antique water bridge

Pont-du-Gard is a 3 storied Roman aqueduct with the length of 275 meters that used to transport 20,000 m³ per day over 2,000 years ago!

16.30 Return to our hotel for overnight and an open evening

Sunday, September 2: Aix-en-Provence – Courthézon

(B / Q)

Breakfast at our hotel

10.00 Transfer to Châteauneuf-du-Pape

Châteauneuf-du-Pape is a small medieval village with 2,000 inhabitants and a reputation as the most exclusive and expensive wine site in Provence. 3,200 ha of wine yards produce 13 million bottles per year of which only 700,000 are white wines. The gravel stores the warmth of the day to give it back during night which allows a high degree of grape ripeness

10.30 Visit a local winery including a wine tasting

Lunch – we plan on scheduling this at a winery

Open until

15.00 Transfer to Courthézon

15.30 Walk through Courthézon

The village’s history goes back 6,000 years before the modern era. Being one of the oldest farming settlements in Europe, its golden era was in the Middle Ages under the reign of the Princes of Orange. The houses are painted with frescoes featuring medieval scenes. 15 fresh water fountains are spread throughout the village and a main attraction Château Val Seille; its park, glass atrium and aviary

OPTIONAL:

Artistically illuminated, on summer evenings it (the chateau) hosts in its open-air theatre many diverse and free shows. During the last weekend in August, the Autumn Festival livens up the town with a different theme each year, including a dinner and show on Saturday evening and parades with some three hundred costumed participants on Sunday.” (costs and date for 2018 are open)

Independent dinner and a return to our hotel

Monday, September 3: Roussillon - L’Isle-sur-la-Sorgue

(B / D)

Breakfast at our hotel

8.30 Transfer to Roussillon

9.30 Morning visit to the colorful town of Roussillon

Stop to see the ocher cliffs which are featured in many paintings. The shades from the rock and soil vary from white to yellow and orange to purple and represent the typical azure colours of Southern France

12.00 Transfer to L’Isle-sur-la-Sorgue

12.30 Discovery the lovely village and enjoy an independent lunch here

The former fishing village in the Vaucluse region is paradise situated on a river island. In the old town little alleys are intertwined with shops and coffees that tempt a visit. The village will enthral art and antique enthusiasts. On the Sorgue

River, paddle wheels still turn and stairs guide us to the former washing places at the river's edge

15.00 Return to our hotel

Dinner in a local restaurant and overnight

Tuesday, September 4: Truffles – Distillery – Valence (B / D)

Breakfast at our hotel and check-out

8.30 Transfer to Grignan

10.30 Visit a truffles "farm" - Search for truffles with the help of a dog, wine and truffle tasting. Truffles are the "black diamonds" of the Drôme region. This fungus grows underground in symbiotic relationship with the roots of a host tree. Today dogs are used to seek out these tasty tubers instead of pigs which were too destructive

Independent lunch

14.30 Visit a world famous distillery including a tasting of syrup, aperitif (anis) or other liquors. Regional distilleries specialise in different products including syrup, liquor and oil from lavender which grows in the fields

16.30 Transfer to the Valence region

17.30 Check into The Hotel Les Cèdres, Soyons

19.00 Dinner

Wednesday, September 5: Shoes – Lyon (B / D)

Breakfast at our hotel

9.00 Transfer to Romain-sur-Isère

9.30 Visit the international shoe museum

Romain is famous for its leather works and shoe production. The museum hosts an impressive collection showcasing the international history of foot wear and also extravagant, contemporary and classic shoe styles

Free time to explore on our own

12.00 Lunch with local specialities

14.00 Transfer to Lyon

16.00 Guided city tour of Lyon by bus

Lyon is the third largest city after Paris and the capital of the Auvergne-Rhône-Alpes region. The old town and parts of the peninsula are designated as UNESCO world heritage. Much of the city's wealth came from silk and is reflected in its many impressive buildings, squares and churches. Lyon is the gastronomic capital of France and famous for its traditional kitchens as well as its haute cuisine

18.30 Check in to the Best Western Hotel Charlemagne

Open evening in Lyon

Thursday, September 6: Lyon (B / D)

Breakfast at our hotel

Our final day is left open for individual exploration in the wonderful city of Lyon. Discover the museums, the market halls Paul Bocuse, walks and shopping

19.00 Farewell dinner in a nice local restaurant

Friday, September 7: Departure (B)

Breakfast at our hotel

Transfer to the airport for our final departure home – or independently extend your stay in France or other European destinations

Lyon	September 7	KLM 1416	14:05
Amsterdam			15:50
Amsterdam	September 7	KLM 695	17:55
Toronto			19:50

Per Person price: \$5,995

Single surcharge: \$690 – singles on this tour are very limited

This price includes:

Tour escorts John and Judith Stickney

Canadian Tour Manager Terry Needham

Return air flights from Toronto to Nice and return from Lyon including all air taxes with Air France

13 Nights Bed and breakfast in the named hotels or similar

2 lunches

9 Evening Dinners; all 3 courses with choices on each course plus tea/coffee

Farewell Special Dinner

Air – conditioned coach for 14 days

Experienced local guide throughout and all expenses

Admission to all the listed visits & attractions

Per Passenger deposit requirements: \$950.00 per person

Final Payments due as follows: 75-days prior to departure

Cancellation Penalties

Penalties will vary based on the time at that the cancellation is received by Frederick Travel Waterloo:

From deposit to 61 days prior	\$950.00
From 60 to departure	Fully non-refundable

In the event that we are able to find a replacement from wait-lists or other requests received for the land tour between date of booking and 31-days prior to date of departure, a flat \$50.00 p.p. administration charge will be assessed. Within 31-days prior, we regret that all payments become non-refundable with or without a replacement. We cannot guarantee a replacement for any cancelled passenger regardless of the date the cancellation is received in our office.

Single occupancy is limited on this tour due to the nature of our accommodation and on a request basis. We also offer the opportunity of share single. In this case we will attempt to provide suitable share accommodation for single requests however this is not guaranteed.

Complete terms and conditions will be provided to all travellers at the time of booking. Insurance is strongly recommended and optional insurance suggestions will also be provided at the time of booking.

Exclusive reservations through:



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About Terry Needham - Our Tour Manager



Terry was the driving force behind the Novack's Avid Traveller program and escorted multiple tours both in Canada, North America and Internationally. His passion for travel coupled with his keen "photographic" excellence and engaging personality have made Terry one of the top tour managers in Canada. During our tour Terry will give informal photography sessions to help you take that very special picture! This will be Terry's 5th trip to the South of France and it ranks as one of his favourite destinations!

For many years Terry escorted group programs organized by Worldwide Central and we are delighted to have Terry team up with Frederick Travel Waterloo on this exceptional tour. For those who have not journeyed with Terry before you are in for a treat and an outstanding experience! Take the time to visit Terry's web site "Ragged Coast Images" to explore some of the amazing pictures Terry has taken over the years.
<http://www.raggedcoast.dphoto.com/>