

*CHEF
SUNSHINE*



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frenchmoods
Add A Little French to Your Life

HAVE PARTNERED TO CREATE...

**MAY 16 - 25
2020 (10 days)**



**... A CULINARY JOURNEY
IN THE HEART OF
PROVENCE**

3rd EDITION



Join us for a wonderful journey as we share our passion for the beauty, the culture and the rich gastronomic traditions of Provence, with many delightful and delicious moments along the way.

ARRIVE

Lubéron is our favorite part of Provence with its spectacular countryside of vineyards, lavenders and orchards, strikingly picturesque perched villages, and the light that seduced Van Gogh and Cézanne. Dive with us into the warm and gentle local lifestyle as you settle into a typical Provence house called a Mas, which will contribute to your complete immersion in the Provence art de vivre.

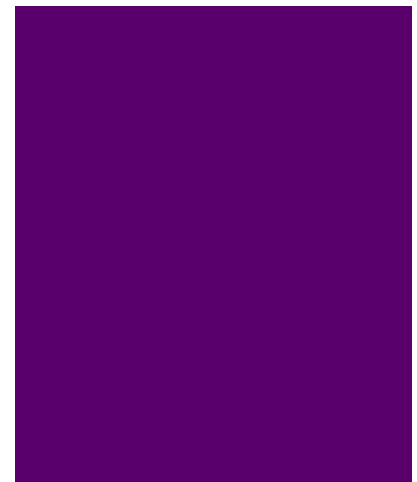




EXPLORE

Experience the colors and the smells of Provence, taste local cuisine and learn how to cook like a native. Peruse enchanting medieval villages, discover Provence lush vineyards, wineries, and wines.

Experience the vibrant provençal markets and antique shops. Enjoy rich and colorful escapades in the footsteps of renowned painters. Embrace and share the passion for fine food and great wines that are such an important part of the local way of life.





ENJOY

Since 2008, we have excelled in crafting unique, personally escorted, small group, journeys and experiences with the promise of unforgettable sensory delights. Our Provence journey (3rd edition) has it all, and will have you live like a local for 10 days! Check our [French Moods Facebook page](#) for reviews of the trip.

Your journey is personally accompanied by Huguette Marsicano and Sunshine Dunning. Chef Sunshine is a professionally trained Chef, and she has worked all over the world as a private Chef and in renowned restaurants. Huguette is a gastronome and international event and lifestyle consultant, with extended experience in her native Provence region. She owns French Moods, a French lifestyle company, and she knows Provence best stories and addresses.

Delicious food and wines are an integral part of this journey, from finest gourmet cuisine to delicious home-cooked fare, our meals are always colorful, authentic and flavorful and enjoyed in a leisurely French fashion.





Many delightful
and delicious
moments...

Limited to 12 people
BOOK FAST !

bonjour@frenchmoods.com

EARLY BIRDS: \$ 2500
AFTER SEPTEMBER 30:
\$ 2,995

DAY 1

Arrival at Marseille/Avignon airport or train station, and transfer to the Mas. Get settled in your room. Meet & greet, and welcome dinner at the Mas.

DAY 2

Home-made breakfast. Tour of Isle-sur-la-Sorgue famous Sunday Market. Lunch in a gourmet restaurant. Visit of the Village des Antiquaires, third largest European antique market. Free afternoon to peruse the antique shops along the waterwheels and canals of the Sorgue river. Home-made dinner.

DAY 3

Home made breakfast followed by your first hands-on cooking class, based on what we found at the market the day before and followed by a lovely lunch. Visit and tasting at a close by winery. Apéritif and dinner at a gourmet restaurant.

DAY 4

Home-made breakfast. Visit of the stunning Cistercian Sénanque Abbey near Gordes. Lunch at a gourmet restaurant in Gordes and visit of the village. In the afternoon, tour of Roussillon and its ochre canyons. Home made dinner.

DAY 5

Home-made breakfast and let's go for a winery day! Tour a couple of local wineries and taste their best wines. Enjoy a yummy Provençal picnic for lunch. Perfect ending of this food and wine day will take place in an old castle for wine and truffle tasting. Home-made dinner.

DAY 6

Home-made breakfast. Visit of the village and castle of Les Baux. Lunch in local gourmet restaurant. In the afternoon, visit of the incredible Quarries of Lights. Home-made dinner.

DAY 7

Home-made breakfast. Today let's discover local products with the visit of the Lavender Museum and the local oil mill with oil tasting. Relaxing lunch at home by the swimming pool, and then let's get ready for our second cooking class, followed by apéritif and dinner.

DAY 8

Home-made breakfast. Peruse Apt famous market, free lunch and time in the afternoon to discover Apt. Optional visit of a Provençal bakery and an Apt earth-ware studio. Home-made dinner based on our market finds.

DAY 9

Home-made breakfast. Choice of relaxing time around the swimming pool or visit to a nearby village. Packing time too ! Home-made farewell dinner.

DAY 10

Home-made breakfast & transfer to Marseille/Avignon airport or train station.

This trip requires quite a bit of walking in Provence villages. We do not offer air travel, but we will be happy to assist you in booking your flights for the trip.

PRICE

Early birds: € 2,500

After September 30: € 2,995

Included:

- Lodging: 9 nights
- 9 breakfasts
- 9 dinners
- 7 lunches
- 2 cooking-classes
- Aperitifs and all amenities, drinks etc.
- Tickets for planned attractions
- Private transportation with driver for planned activities
- Planned tastings
- Wi-Fi connection

Transportation from and to airport can be arranged for an additional fee.