

PARIS, FRENCH RIVIERA & BARCELONA: Culinary Tour

(Note: This is only a sample tour)

Day 1: Depart today on your flight to Paris.

Day 2: Arrive today in **Paris**. Meet your guide for an orientation city walking tour. Later, your guide will leave you in the Latin Quarter. At one time only Latin was spoken here! Today it is brimming with cafes, restaurants, little bookstores, and tourist shops.

Day 3: Discover the secrets of French cuisine. Meet your guide and chef for your visit to a local market. Learn about some of the popular foods and pick up items you will need for your **cooking class** which will follow your market visit. Eat what you prepare. Later walk the Champs Elysee, Ave de Montaigne, Rue du Faubourg, and Saint Honore, widely cited as the most fashionable streets in the world. See the **Arc de Triomphe**. Tonight visit some of Paris's grands magasins (department stores), Galeries Lafayette and Printemps.



Day 4: Today a guided visit to the **Louvre**. Then see Place de la Concorde, Place Vendome and Palais Royale. See the famous cabaret, Moulin Rouge. Walk the Boulevard Clichy to Montmartre, one of the most picturesque and lively quarters of the city. Climb or take the funicular up to **Sacre Coeur**, a beautiful white basilica, magnetically towering from the highest point in Montmartre. Tonight ascend the **Eiffel Tower**.

Day 5: Visit **Versailles**. See the Grand Apartments, Hall of Mirrors, King's and Queen's suites, and other sights. Return to Paris and transfer to the airport for your flight to **Nice** situated on the Mediterranean.

Day 6: Starting in the 18th century, many wealthy English people passed the winter in Nice, enjoying the panorama along the coast. Explore on foot or by bicycle the Promenade des Anglais. Visit the Hotel Negresco. Constructed in 1912 and in keeping with the conventions of the time, the Negresco opens on the side opposite the Mediterranean. Begin at Place Masséna, the 4 block section of the city referred to as the "Zone Pietonne", or "Pedestrian Zone". Fine selection of restaurants, cafés, small shops selling clothing, shoes and souvenirs.



Day 7: Full day of guided sightseeing of the Cote D'Azur region. The countryside, panoramic views and exclusive villas are breathtaking. Then on to **Saint Paul De Venice**, a picturesque and very touristy hilltop village which is home to a great many artists and writers. Return to the coast and visit **Cannes**, famous for the annual film festival and **Antibes**, Nice's attractive but much less crowded neighbor. Antibes picture perfect Old Town with its cluster of red tiled roofs rises above the blue Mediterranean and is a lovely spot to browse.

Day 8: Discover the secrets of the regions cuisine. Enjoy a market walk and visit followed by a cooking class. Food on the Riviera resembles northern Italian food, and is distinctly different from the heavy French food you find on the North. Emphasis is placed, not on butter and cream, but on the local delicacies such as fresh seafood and local produce. Here, you will find local olive oil, cheese, especially goat's cheese, produce, herbes de Provence and tiny brown Nicois olives, all of which are used in the local cuisine. Later discover Old Town, one of the delights of the Riviera. Cars are forbidden on streets so narrow that the buildings crowd out the sky. You can wander down cobbled streets or sit in an outdoor café on a Venetian like square.



Day 9: Transfer to **Barcelona**. The history of Barcelona dates back to 218 B.C. when the Romans first developed the city walls, parts of which are still visible. Upon arrival, an escorted panoramic city sightseeing tour. Disembark at Park Guell, now a magical park with amazing buildings, sculptures and tile work designed by Gaudi. You will also find Gaudi's old home in Park Guell which is now open to the public as a small museum. Evening visit to Montjuic to see Font Magica Fountain and its spectacular display of color and water acrobatics.

Day 10: An exciting day learning about **Catalan cuisine**. Your guide will escort you through the fabulous Mercat de la Boqueria. Later enjoy a cooking class to teach the basics of Spanish food preparation. Examples are potato omelette ("tortilla"), paella, various stews, migas, sausages, jamón serrano, and cheeses. Paella is probably the most famous Spanish dish made of rich saffron rice with a variety of meat pieces, seafood and vegetables. It's believed that the word 'paella' derives from the Arabic word baqiyah, which means "leftovers." Later enjoy shopping or the Catalan lifestyle relaxing at a café. Enjoy an evening paseo (walk).

Day 11: Visit **Sagrada Familia**, the unfinished church begun by local architect Antoni Gaudi. Gaudi worked on the project for 40 years and work is still underway on the project. Later head off on your self guided city tour. Discover the famous Las Ramblas. Follow this tree lined 1.2 km boulevard all the way to the cruise port terminal. Many of Barcelona's most interesting streets run off or parallel to this main artery.

Day 12: Today unfortunately your tour must come to an end. After breakfast you will be transferred to the airport for your flight home. Hasta la vista.

TOUR INCLUSIONS

- Return airfare to Paris return Barcelona
- One way flight Paris – Nice
- One way flight Nice – Barcelona
- Coach transfers
 - o Paris – return airport
 - o Nice- return airport
 - o Barcelona - return airport
- Full day visit to Cote D'Azur area
- Assistance upon arrival in Paris and Barcelona
- 10 nights accommodation with private facilities
- 10 breakfasts
- 4 dinners
- Guided tours
 - o Paris walking tour
 - o Full day - Nice Cote D'Azur
 - o Barcelona
- Entrances
 - o Guided visit Louvre
 - o Eiffel Tower
 - o Seine Cruise
 - o Versailles with audio guides
 - o Sagrada Familia
 - o Parc Guell
- Cooking class and market tour
 - o Paris
 - o Nice
 - o Barcelona
- 4 day metro pass in Paris

