

"The insider's FRANCE that few tourists ever see. . ."

The Program

Your cooking vacation begins with your arrival Tuesday afternoon and ends the following Monday after breakfast.

Wednesday through Sunday, each day is designed around 3 - 5 hours of hands-on culinary instruction and excursions into this sun-drenched and historical corner of Provence. Depending on the availability, season and local village festivals, we will:

- Visit a local goat farm and goat-cheese producer
- Visit a duck farm to buy meat for "confit" and can observe the "gavage"
- Visit 250 year old factory where olive oil filters are still made the old fashioned way
- Visit a trout farm - select fresh fish for the table
- Tour a Chateauneuf-du-Pape Chateau or visit area wine producers
- Bottle our own wine (with an extra to tuck into your suitcase)
- Experience a bit of French/Roman history - tour a medieval village - visit remarkable Roman ruins
- Tour an olive-oil mill founded in 1847 or the famous Nyons olive co-op
- Tour an old-style lavender distillery
- Find time to shop for those beautiful provençal fabrics and ceramics
- Explore the renowned, sprawling and animated open-air market in Nyons

There will also be ample time to relax by the pool, read on the terrace, hike up the mountains through the wild lavender and thyme, ride horses up into the hills, bicycle, star-gaze or simply nap in your room. Sleep with windows open. Soak up the ambiance of Provence.

Included in the Program

6 nights accommodations
6 breakfasts, 3 lunches, 5 dinners with unlimited wine
all planned group excursions
5 3-5 hour cooking classes





We learn how goat cheese is made.



Class-made yummy tomato, onion and fresh wild herb tarte.



Neighbors harvest Cotes du Rhone grapes in September.



Exotic spices from a vendor in famous outdoors Nyons market.



A neighbor's sheep often seen grazing along the roadside.

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