

**Combining touristic discovery and cooking, this is what we offer during our « gastronomy tours ». After a stay in Paris, get to the “province” and explore a region under a touristic and culinary perspective.**

## PARIS

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During your stay in Paris, visit the unavoidable neighborhoods and monuments of the French capital. Discover some typical markets and specialized shops (cheese, condiments...) in search of new flavors. Visit the Chocolate Museum and learn its history and its uses. Take part in a first cooking lesson with a local chef!

Then, travel to another French region to discover its particular culinary flavours and specialties. We invite to choose between the Provence, the Perigord and the Loire Valley.



## PROVENCE

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The Provence is a region full of an amazing historic and architectural heritage that you will have the opportunity to visit during your extension in the south of France. You will also discover the authentic Provence through visits to an olive plantation followed by a tasting and to the museum of fruits and vegetables, well appreciated in the Mediterranean cooking: the Epicurium Museum. Like in Paris, you will enjoy some cooking lessons with a local chef.



## PERIGORD

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In the heart of the Perigord, discover the secrets of the local speciality, the “foie gras”, during your visit of a goose farm. Other culinary specialties will delight your senses and awaken your palates at the museum of the Truffle and at the museum of the Walnut. You will also explore the Chateau of Monbazillac with a guide and will have the opportunity to taste the wines produced in this vineyard. During your stay in the Perigord, you will also enjoy some guided city tours and will of course take part in a cooking workshop.



## LOIRE VALLEY

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In the Loire Valley, in parallel to your cooking lessons led by a local chef, you visit the local vineyards and taste their wines. At the Mushroom museum, housed in vast galleries hewn out of the tuffa, you enjoy an amazing visit and learn about the techniques employed in growing them. Of course you will not miss to visit some of the most prestigious Chateaux of the Loire specially Chambord and Chenonceau.

