



*Lyon, Gastronomic Mecca*  
*Haute Loire, Aveyron, Tarn & Toulouse*  
*May 1-9*

**Saturday, May 1**

Departure for France.

**Sunday, May 2**

Arrival in Lyon & check-in for 2 nights at the Hotel Mercure Lyon Beaux Arts in the heart of the city. Afternoon guided visit of the Vieux Lyon (old quarter) that includes the Traboules (ancient passages), Painted Walls - the kingdom of trompe l'oeil, and the 17th century Basilica of Fourviere situated on a hill overlooking the city concluding with la Maison des Canuts. Welcome dinner at Restaurant l'Atelier d'Yvonne, Rue des Marronniers, a popular bouchon in Lyon's gastronomic Mecca.

**Monday, May 3**

Breakfast at the hotel. Morning cooking demo at Institut Paul Bocuse, the famous cooking school of Maitre Paul Bocuse. Gastronomic lunch at Restaurant Saisons, the school dining room. Afternoon, hands-on cooking class at l'Atelier de Cuisine Gastronomique Francaise with Jean-Marc Villard with dinner.

**Tuesday, May 4**

This morning we visit the indoor market, La Halle de Lyon to see an incredible array of meat, poultry, fish, cheese, fruit, vegetables and so much more. Breakfast will be enjoyed at the market with a wine & cheese presentation & tasting. Then on for a visit of family-owned Chocolatier Bernachon. They roast their own cocoa beans and use the finest ingredients to create an exquisite array of chocolates, confections and pastries. Afternoon, departure for the village of Les Freytis to visit the pig farm of Monsieur Chalendar with a table of regional products offered for our tasting pleasure. Check-in at l'Ecole Nationale Supérieure de la Pâtisserie, our residence for 2 nights. Welcome Dinner will be at the school.

**Wednesday, May 5**

Breakfast at the school. The entire day is at l'Ecole Nationale Supérieure de la Pâtisserie with hands-on cooking & pastry education. Lunch will also be at the school. A dinner of regional cuisine will be enjoyed at Restaurant Le Bourbon with Chef Perrier.

### **Thursday, May 6**

We will enjoy a typical regional breakfast hosted by Monsieur Perrier at Restaurant Le Bourbon followed by a visit of the local market of Yssingaux. Our next stop is in Le Puy en Velay for a visit of the distillery Pages-Verveine. Here we discover the secrets for making Pages Verveine du Velay, Green and Yellow Verveine liquors and Verveine du Velay Extra. Lunch is enjoyed at *Restaurant Vidal* in Saint-Julien-Chapteuil. Chef owner Jean-Pierre Vidal, a French master chef & Toques d'Auvergne prepares authentic cuisine with light and creative touches. After lunch, we will visit a trout farm in Fay sur Lignon. Then on to Rodez & check-in for 2 nights at the Hotel Le Midi, A Logis de France. Regional dinner at the hotel.

### **Friday, May 7**

After breakfast we depart for the charming village of Laguiole, perched at an altitude of 1,000 meters. Here we visit Fromagerie Jeune Montagne, producers of the famous Fromage de Laguiole AOC and l'Aligot de l'Aubrac with a tasting and La Coutellerie de Laguiole, the first artisanal manufacturer of Laguiole knives to see the production and have the opportunity to purchase a personally engraved knife. A typically regional lunch will be enjoyed at *Bar Hotel Restaurant l'Aubrac*. After lunch departure for Millau to see the famous viaduct, Pont de Millau. Located 5 km from Millau in the Aveyron region, the bridge allows the A75 highway to fly over the Tarn Valley at a height of 270 meters. Then on to Roquefort-sur-Soulzon for a fabulous visit of the Roquefort cheese cellars. Return to Rodez for a guided visit of the Vieux Rodez & the cathedral. Dinner on own.

### **Saturday, May 8**

After breakfast, departure for Marssac sur Tarn for a visit of Chocolaterie Yves Thuries. Then its on to La Cave de Tecou for a visit of their facilities and a wine tasting. Lunch at *Restaurant L'Epicurean*; a uniquely trendy restaurant and a Swedish chef with demo. Afternoon, guided visit of the Vieux Albi that includes the cathedral and cloister, followed by a boat ride "Gabarre" on the River Tarn. Overnight check-in at Hotel Albert 1er. Farewell dinner at Restaurant Le Colombier consisting of the famous cassoulet.

### **Sunday, May 9**

Breakfast & transfer to airport for return flight to U.S.

Program includes: 7 nights hotel accommodations with daily breakfast, point to point ground transportation by deluxe motor coach & airport transfers, unique gastronomic dining experiences, demos at Institut Paul Bocuse & Atelier de Cuisine Gastronomique in Lyon, 1 full day of education at ENSP, Ecole Nationale Supérieure de la Pâtisserie in Yssingaux, recipes, professional & cultural visits as per the itinerary, all taxes & tips, certificate of participation & a commemorative chef coat.

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