

In The South of France  
**Spring in Provence**

A Language Immersion Tour through Provence  
escorted by [Pascale Marie Teysseire](#), Native French Tutor



## Travel Itinerary

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Travelers: French Immersion Tours

Travel Destination: Provence (Lubéron)

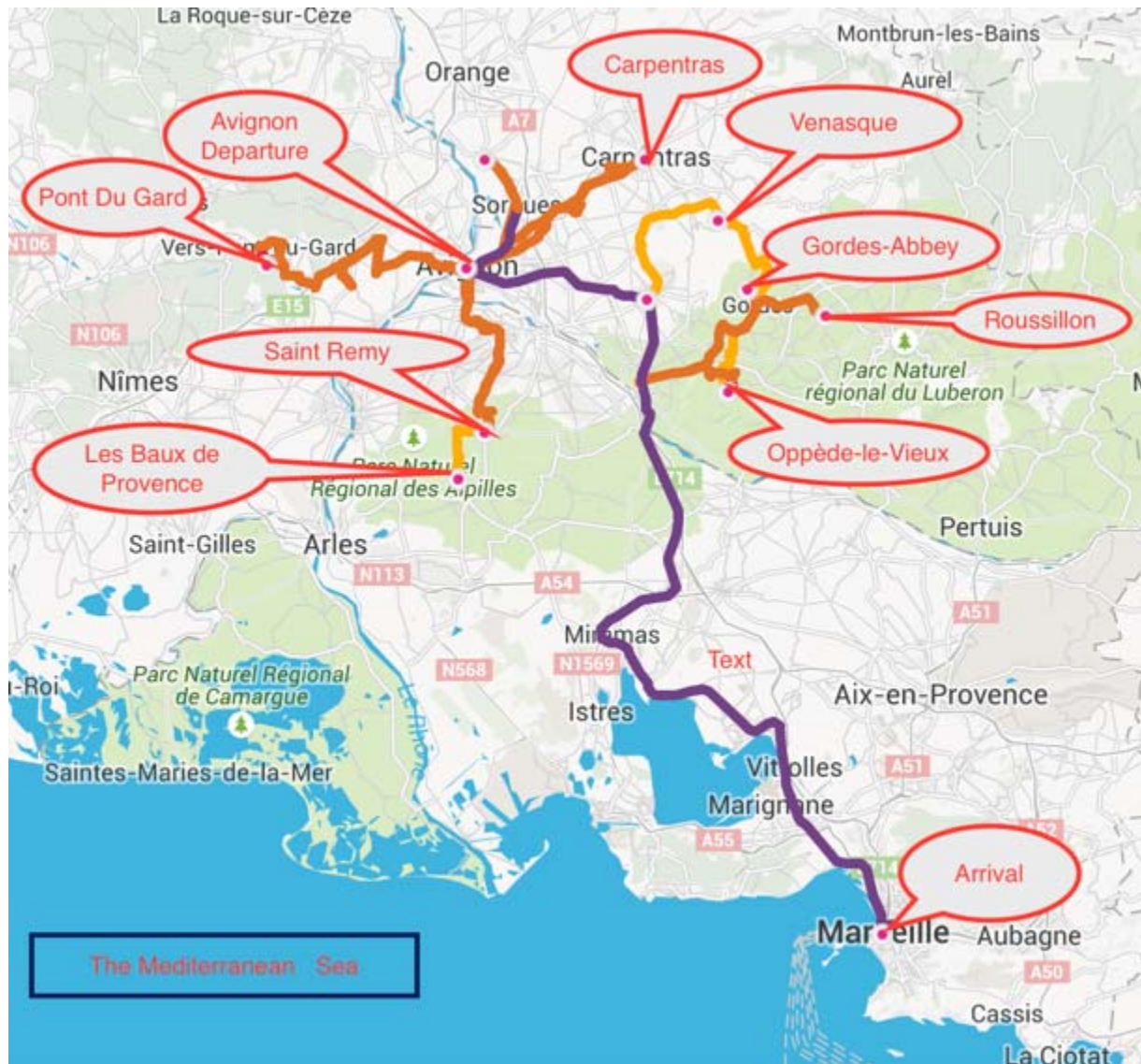
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## Your tour in Provence



## Itinerary Overview

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### Day 1: Arrival in Marseille-Marignane Airport

Meet&Greet at Marseille Marignane Airport (MRS) and transfer to St Rémy de Provence.

Check in at [LE MAS DES CARASSINS](#)



We will spend the rest of the afternoon in our beautiful hotel located in Saint Rémy de Provence. You will freshen up and get acquainted with this beautiful Provençal house, our home for the next 8 days. Lounge by the pool, hike around the area, or take a well-deserved rest! We will reconvene in the evening around a gourmet meal, our first “Provençal” **dinner (included)**.

## Day 2: Sénanque Abbey, Gordes

After breakfast and our first morning French class, we will take a guided tour of Notre-Dame de Sénanque, a Cistercian abbey founded in the 12th century (**Visit with a professional guide-included**).



*Sénanque Abbey*

After our visit, we will have **lunch** in Gordes at *La Terrasse*, with a menu of Mediterranean specialties (**included**)



We will spend the afternoon in Gordes, a hilltop village listed as one of the most beautiful villages in France. The village boasts the most exceptional views onto the mountain chain of “Alpilles”. Dominated by the castle and the church, the perched and fortified village shelters several mansions, constructed from the same stone. The village became an inspirational place for artists: Marc Chagall, Victor Vasarely, Jean Deyrolle and Pol Mara spent time here.

Return to the hotel late afternoon. **Diner on our own** in Saint Rémy (**not included**)

### Day 3: L’Isle-sur-la-Sorgue, Fontaine-de-Vaucluse

After breakfast and our class, our driver will take us to L’Isle-sur-la-Sorgue (“The island on the River Sorgue”), a former center of silk and paper manufacture, also known as the “Venise Comtadine” for its many canals. We will stroll through its famed Sunday morning market.

We will then explore the city on foot before **lunch (included)**.

We will continue our visit by going to Fontaine-de-Vaucluse, the source of the Sorgue River. The spring originates from an immense underground network of waters, with an average flow of 630 million m<sup>3</sup> per year, the biggest in France and one of the biggest in the world. The river is cool and peaceful in the summer, surging and impetuous in spring and fall. It is actually at its most impressive in the spring, when it flows out of the 230 m high cliff. This gigantic source is the most powerful in France and fifth in the world: 630 million cubic meters of water flow out every year.



In the early evening, transfer to the hotel. **Dinner on our own (not included)**.

## Day 4 : Oppède-le-Vieux, Roussillon & Aix-en-Provence

After breakfast and our daily French class, our driver will pick us up to transfer us to the hilltop village of Oppède-le-Vieux. The village is only accessible on foot, which, despite the beauty of the site, has kept it off the beaten (tourist) path. We will spend our morning walking around its many well-hidden wonders.



*Oppède-le-Vieux*

After a gourmet **lunch** at *Chez David* in Roussillon (**included**), we will discover the village itself and its unique geology, due to three centuries of exploitation of a large vein of ochre. We will walk along a path winding around the old quarries and marvel at the many colors and varieties of ochre still visible in the surrounding landscape (**Visit with a professional guide-included**).



*Roussillon*



*Ochre at the old quarries*

Later in the afternoon, our driver will take us to Aix-en-Provence. This charming town is known for its old universities and home to artist Cézanne. Explore the Cours Mirabeau, and the narrow streets of the city with their cafés and shops.

**Dinner** in Aix-en-Provence (**not included**)

## Day 5: Les Baux-de-Provence

We will drive 7 miles to Les Baux-de-Provence.

Upon arrival, we will go to Moulin Castelas. In this mill, at the foot of the Château des Baux, Catherine and Jean-Benoît combine know-how, passion, exacting standards, technique and all of their olive farmers' sensibility to create intensely powerful olive oils. In their oils filled with character, you will find the terroir of Les Alpilles, the varieties typical of the appellation (Salonenque, Aglandau, Grossane and Verdale) and the miller's manual craft. The Castelas Collection unveils their oils' treasures of flavor and complexity, distinguished regularly by prizes at the Concours Général Agricole in Paris.



*Oil tasting at a local farm*

**Lunch** will be at Café des Baux (**included**).

Later, we will discover the “Carrières Lumière”, a quarry turned into a gigantic 3-D canvas. The current art show features works by Leonardo, Michelangelo and Raphael.



*Entrance to the quarry*



*Renaissance Show*



After this visit dedicated to art, spend some time at leisure in the village. Set in the heart of the Alpilles regional country park, Les Baux-de-Provence is a listed heritage site that has won titles such as “one of the Most Beautiful Villages in France” or “an Outstanding Center for Flavorful Food”. The site was settled early on in prehistoric times and occupation has continued up to the present day. This makes the fortress and surroundings very unique in Provence.

After the visit, transfer to the hotel and **dinner on your own** in Saint Rémy (**not included**).

## Day 6: Pont du Gard, Nîmes

Our driver will take us to the Pont du Gard (aqueduct over the Gardon River), one of the wonders of the Ancient world, listed on UNESCO’s list of World Heritage Sites. We will take a guided tour of the site and of its museum, and enjoy the view from the third level of the aqueduct. We will explore the Roman monument with a private guide.



**Lunch** will be at the local restaurant “Les Terrasses”, facing the Aqueduct (**included**).

After lunch, our driver will transfer us to Nîmes. Discover the Arena, the Maison Carrée and the Tour Magne, all three vestiges of the Roman era (Guided visits are possible. **Not included**), or simply discover the antique city on your own.

We will drive back to Saint Rémy for **Dinner (included)**. Tonight is the *Fête de la Musique* (*World Music Day*) all over France. Every year, on June 21<sup>st</sup>, amateur and professional musicians play in the streets, until the wee hours of the morning.

## Day 7: Saint Rémy de Provence & Glanum

Today, after breakfast and our daily French class, we will stay around Saint Rémy to explore this little town and its heritage with a guide. The hometown of Nostradamus, Saint Rémy is also the place where Van Gogh created *Starry Night* and *Irises* during his stay at St Paul de Mausole mental hospital. The art and historical heritage of this town are worth the visit!

It will also be a good opportunity to walk around Saint Rémy's "Grand Marché Provençal", with its many colors and fragrances. This open-air market which takes place every Wednesday, is considered the most popular and the largest in the region.

### Lunch (not included)

The afternoon will be dedicated to a guided tour of the nearby ruins of Glanum, an antique city founded in the 6th century BC. At the foot of the Alpilles, the archaeological site of Glanum at Saint Rémy-de-Provence contains important religious and civic monuments, and presents a fine example of urban development. A Gallic oppidum (settlement located on a hilltop) built around a sacred spring stretches out before your eyes, revealing Greek and subsequent Roman influences (guided visit included).

### Dinner (not included).



## Day 8: Cooking Class in Provence

Today will be devoted to our tastebuds. We will drive to Uzès where our host, [Petra](#), will guide us on our exploration of local cuisine. With her help, we will prepare a delicious French meal which we will all eat together afterwards.

**Lunch (included).**

In the afternoon, we will go wine tasting at a local winery.

## Day 9: Bye Bye, Provence!

After our last breakfast together, we will drive you back to the Marseille Marignane airport. Possible extension on your own at additional cost to Paris with TGV, the High Speed Train (ask or your customized Paris tour).