



PARIS TO Provence

Hosted by Chef Kelly Unger
of The Rooster & The Carrot Cooking Studio
with Mande Hammerstein,
Artist and Founder of ArtsNewsNow.com

October 16 to 24, 2024

ONWARD TRAVEL ✈️
EST 2014



MARC CHAGALL'S CEILING AT THE OPÉRA GARNIER

In France, food is art, and art is life. Onward Travel has partnered with Chef Kelly Unger and Mande Hammett, Artist & Founder of ArtNewsNow.com, to craft a weeklong tour in Paris and Provence featuring the gourmand life and artistic styles of Claude Monet, Paul Cézanne, Pierre-Auguste Renoir, Henri Toulouse-Lautrec, and many others...

What started as Kelly and Mande's *Eat Like An Artist* radio series on WDVR 89.7FM and then became a class series at Kelly's The Rooster & The Carrot Cooking Studio in Bucks County, PA, is now coming to life! With passionate Francophile Kelly leading the way, explore the foodie heaven that is Paris, enjoying the same restaurants famous French artists once frequented. Spend three nights in the City of Light, savoring some of the best food on the planet, plus feast your eyes on art at Musée d'Orsay and watch the Eiffel Tower twinkle.

Then, take the TVG train three hours south to Aix en Provence, where you'll visit Cézanne's studio before transferring to St. Remy de Provence, your base for the next five nights. Explore Provence: experience hands-on cooking, architectural marvels, art exhibits, truffle hunting, bustling markets, memorable restaurants, wine tasting... Provence has long been a source of artistic inspiration and you'll soon understand why.

To further connect with your travels, Mande will lead you in sketching as you become the artist, too! No artistic experience is necessary but this travel experience will get your creative juices flowing. Sketch your memories and enjoy impromptu art lessons. Join this small group of bon vivants to live and cook through the eyes and taste buds of some of our world's prized creatives as you travel from Paris to Provence.



IMAGINE YOURSELF...

Wandering Paris' charming streets with travel companions

Experiencing sensory overload at a beautiful Provençal market

Sipping Champagne and eating just-unearthed truffles

Ease into the Good Life

DAY 1: WEDNESDAY OCTOBER 16

- Look up at Chagall and down at Paris
- Delight in Parisian gastronomy at Au Petite Riche

Bienvenue à Paris! Upon arrival, make your way to Hotel Edouard VII, a charming boutique hotel located in the vibrant Opera district in the 2nd arrondissement. The hotel is named after King Edward VII of England, known for his love of Parisian life and culture. If you arrive in time, join Kelly and Mandee for a casual lunch at a local cafe.

This afternoon, the group will convene for some sightseeing. Get moving and stave off the jetlag! The first destination is the prestigious Opéra Garnier where you can view the intricate details and mesmerizing colors of Marc Chagall's masterpiece, which adorns the ceiling of this iconic opera house. Then we're off to the Galeries Lafayette to get an aerial view of Paris from the rooftop deck and do some shopping.

Prop your feet up for a few, and then meet the group for aperitif at the hotel's cozy bar before setting off for dinner at Au Petite Riche, a historic Parisian establishment. Enjoy traditional French cuisine (escargot, anyone?) and charming Belle Époque decor, evoking the essence of old Paris.

You may wish to arrive a day or two earlier for more time in Paris. You may book extra nights at Hotel Edouard VII, see page 7 for details.

Meals Dinner

SPOTLIGHT Kelly Unger



Kelly operates The Rooster & The Carrot Cooking Studio in her beautifully renovated barn in the charming, historic village of Carversville, Bucks County, PA. She is also the Director of the Doylestown Farmers Market, Board Member of the Bucks County Foodshed Alliance, and hosts a public radio show every Monday at 3pm.

Find more here: <https://wdvrfm.org/farm-to-table-wdvr>

“Even if you aren’t a great artist, sketching your memories throughout the trip will allow you to relate more to the artist and memorialize your way through the trip in a different way. We are constantly snapping photos with our phones, but sketching allows us to connect to what’s happening and savor memories in a different way. It’s not about how good of an artist you are, but rather being open to a fun artistic exercise.”

— Kelly & Mandee

Travelers will receive a pencil set, ink pens, a portable watercolor set, and a sketch pad.

Paris from the Sky & the River

DAY 2: THURSDAY OCTOBER 17

- Ascend the Eiffel Tower
- Savor healthy and local French cuisine at Frame

Enjoy a nice breakfast buffet at the hotel, as you will each day. We'll spend the morning exploring a few food enthusiast destinations (think a bakery, cafe, patisserie, cheese shop) depending on Kelly's favorite finds.

Then, we'll take a ride up the iconic Eiffel Tower all the way to the top, where you'll enjoy stunning views of the city below. Take in the city from the open air walkway, 276 meters up... and yes the Champagne bar is open! Next, we'll experience the charm of Paris from a different perspective with a relaxing boat ride along the Seine River. Glide past famous landmarks and admire the city's architecture as you learn about its rich history.

After your boat ride, you'll have the option to continue exploring the area or you may return to the hotel to relax and recharge. Tonight we'll have a locally sourced, seasonal dinner at Frame, while admiring the stylish surrounds. The restaurant even has its own vegetable garden!

Meals Breakfast, Picnic Lunch, Dinner

Artistic Immersion

DAY 3: FRIDAY OCTOBER 18

- Be captivated by large scale artworks at Musee d'Orsay
- Explore Paris as you please

It's time for another day of art, culture, and exploration in Paris! Begin your day with a viewing of the permanent Impressionist collection at the Musee d'Orsay, where you'll be mesmerized by masterpieces from artists like Monet, Renoir, and Van Gogh. Kelly and Mandeel can't wait to show you their favorite works.

Then, the group will partake in a gourmet three-course lunch at the museum's restaurant, surrounded by beautiful art in a relaxing atmosphere. With wine, of course!

In the afternoon, you'll have free time to check off your bucket list items, or join Kelly and Mandeel to explore the Montmartre neighborhood, known for its artistic history and stunning views of the city. Enjoy a free evening to discover more of Paris on your own, or join Kelly and Mandeel for one last dinner in Paris.

Meals Breakfast, Lunch

EXPLORING FRANCE WITH KELLY & MANDEE
IS SURE TO BE A WONDERFUL TIME!



To Provence We Go

DAY 4: SATURDAY OCTOBER 19

- Stroll university town Aix-en-Provence
- Settle in among the fig trees in St-Rémy

Mid morning, hop on the TGV train to Aix-en-Provence. Only a three hour journey, but worlds away. Take some train time to sketch and paint a bit, as you digest your Parisian immersion and prepare for the next leg of this adventure. We'll arrive in Aix around lunchtime, how convenient! A Provencal guide will be waiting to transfer your luggage and lead you to lunch at a charming bistro. The Romans called Aix the City of Water because of its many beautiful fountains. It is also the birthplace of Paul Cézanne and the main street Cours Mirabeau is leafy and lovely. Take a stroll through the town before arriving at Cézanne's studio.

Late afternoon, relax on the bus as we drive to our homebase: St-Rémy-de-Provence. Our charming boutique hotel, Hôtel Sous les Figuiers, sits on the edge of town and features stylish apartments clustered under leafy fig trees. Located in the very heart of Provence, St-Rémy abounds in charm and elegance. Immerse yourself in the Provençal way of life, strolling along the boulevards under the shade of century-old plane trees. Wander through narrow alleys to discover squares where fountains play and the lively historic center that is lined with attractive boutiques and art galleries. In this magical setting, bathed in sunshine for more than 300 days a year, you'll realize why so many famous artists have loved this little town. We'll kick off our time here with a group dinner at a terrific local spot.

Meals Breakfast, Lunch, Dinner



FRENCH FOOD IS A FEAST FOR ALL THE SENSES

Provençal Culinary Paradise

DAY 5: SUNDAY OCTOBER 20

- Observe village life in Beaumont-de-Pertuis
- Enhance your culinary repertoire in La Belugue's stylish kitchens

Today you'll have a special experience: a cooking workshop at La Belugue, an 18th century village farmhouse... an immersion in the rural French lifestyle. La Belugue is a gorgeous home owned by a Franco/American couple (former execs who met in Singapore, now creating a simpler life in Provence) that lies at the entrance of a picturesque, tiny village Beaumont-de-Pertuis. Learn lovely recipes, taste excellent local wines, and observe village life. And of course feast on a fabulous lunch complete with the village's wonderful goat cheeses. As she hosts us with style and panache, proprietor Kelly Goehler will remind us that gastronomic French meals are recognized by UNESCO as intangible cultural heritage that must be preserved!

Enjoy a free evening in St-Rémy.

Meals Breakfast, Lunch

LA BELUGUE



OCTOBER IN PROVENCE MEANS... FRESH FIGS!



Did Someone Say... Truffles!?

DAY 6: MONDAY OCTOBER 21

- Hunt for truffles... one of the world's most prized delicacies!
- Snap a photo of Roussillon's 40 tints of red

We're off to the picturesque Luberon this morning, time for a memorable truffle hunt! We'll visit a small working farm complete with wild herbs, vineyards, olive groves and beehives. Learn all about truffles—tubers that grow near certain tree roots—including how they're grown, stored, and prepared. We'll be led by Johann and two dogs as we search for truffles. This experience will be followed by fabulous truffle-themed hors d'oeuvres, charcuterie, truffle ice cream with truffle honey, farm products, and...Champagne!

While in this beautiful part of Provence, we'll visit two more destinations. First we're off to the village of Roussillon, famous for being a visually striking destination. Roussillon is situated in one of the biggest ochre deposits in the world and is known for its magnificent red cliffs and ochre quarries. The houses are painted in beautiful shades of ochre, combined with the light and valley views... It's beautiful!

Then, its hilltop town Gordes. No this is not a movie set...it just looks like one! We'll visit Sénanque Abbey, a graceful Cistercian abbey with picture-perfect views, founded in 1148 yet still home to a small monastic community. Learn about this fascinating place with a private guided tour. We'll drive home during the golden hour, savoring more views, and then the evening is yours to spend as you please.

Meals Breakfast, Lunch

Drinking in the Landscape

DAY 7: TUESDAY OCTOBER 22

- Feel tiny at Pont du Gard: an amazing display of Roman engineering
- Enjoy dinner at a restaurant featuring a 2000 year old wine cave

Take some time for R&R this morning before we depart mid-day for our first destination: Pont du Gard, a three-tiered aqueduct built around 19 BC that is a UNESCO-listed site. It is huge and each block was carved by hand and transported from nearby quarries. Enjoy a jaunt on the Mémoires de Garrigue walking trail to soak up this place. A charismatic local guide, Claire, will meet us to interpret the site.

Munch on a packed lunch (and surely some “bus wine”) as we drive to Avignon, a city on the Rhône River that was the seat of the Catholic popes from 1309 to 1377. Avignon remained under papal rule until becoming part of France in 1791. We will visit the Palais des Papes (Popes’ Palace) for a guided tour with guide Claire to discover this important UNESCO-listed palace... the world’s largest Gothic edifice. There will be some free time for shopping and wandering after the tour.

We’re just a stone’s throw from the Châteauneuf-du-Pape AOC, a prestigious denomination located around the village of Châteauneuf-du-Pape in the Rhône wine region. Tonight we’ll dine at Le Verger des Papes (The Pope’s Orchard), in the shadow of the town’s château. The restaurant has an impressive wine cave with a huge selection of local wines, so we’ll arrive early for a guided wine tasting, before savoring excellent Provençal cuisine.

Meals Breakfast, Lunch, Dinner



PONT DU GARD

St-Rémy & Surrounds

DAY 8: WEDNESDAY OCTOBER 23

- Lunch on “le menu” at a charming Bistrot
- Admire art projected onto quarry walls

It’s market day in St-Rémy and the market will be large and hopping. Enjoy some time perusing the stalls or hide out at the hotel under a leafy fig tree and savor the peace. We’ll convene late morning to visit Monastere St-Paul de Mausole where Van Gogh spent the last year of his life; he admitted himself in 1889. St-Paul remains a psychiatric institution and has a walking trail with gardens and reproductions. Learn about Van Gogh’s most productive artistic period as you have a self guided visit.

Hungry yet? Lunch today is at Le Bistrot du Paradou. Each day, a different menu is featured and the menu and leisurely lunch experience is quintessentially French.

In the afternoon we will visit Carrieres de Lumieres, a sound-and-light show in a former limestone quarry. Gigantic projections of famous artworks illuminate the cave walls, complete with music. It’s a sensory experience. We’ll return to St-Rémy for a bit of freetime before a festive and fun farewell dinner.

Meals Breakfast, Lunch, Dinner

Bon Voyage

DAY 8: THURSDAY OCTOBER 24

You may choose to fly home from Marseille or take the TGV train to another destination in France like Paris or Nice. Or perhaps you wish to linger in Aix-en-Provence. Onward is happy to assist with your arrangements and transfers will be arranged to Marseille MRS Airport and the TGV train station based on traveler’s schedules. *Bon voyage!*

Meals Breakfast

Trip Essentials

BEGINS	Hotel Edouard VII in Paris, France 2:00pm on Wednesday, October 16, 2024
ENDS	St-Rémy, France on Thursday, October 14, 2024 <i>No activities scheduled.</i> Transfers provided to Marseille Airport (MRS) or Aix-en-Provence TGV Train Station
SUITABILITY & MOBILITY	<u>This tour includes walking and/or standing for 15-30 minutes at a time, plus stairs and cobblestones.</u> Travelers should be able to walk a mile at a comfortable walking pace. This tour involves walking as a primary means of transportation as the group will get around on foot both in Paris and Provence. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided.
TRIP LENGTH	9 days, 8 nights
LODGING	Hotel Edouard VII Paris 3 Nights A charming 4-star boutique hotel with 69-rooms and a bar/lounge. Well located, near the Ôpera, shopping districts, and major landmarks. Hotel Sous Les Figuiers 5 Nights A 13-room peaceful oasis on the edge of St-Rémy... the rooms are clustered around gardens. Locally sourced breakfast, pool, and fun decor.
TOUR DATES & PRICE	October 16–24, 2024 Double Occupancy \$4950 per traveler Single Supplement \$800 <i>Note that air travel is not included and a current passport is required for travel to France. You are welcome to pay by credit card, please add a 3% surcharge.</i>



THE OCHRE HILLS AT ROUSSILLON

Trip price includes the following:

- Ground transportation to/from all scheduled activities and departure airport transfer.
- Eight nights accommodations at comfortable, en suite hotels.
- Most meals: daily breakfasts, seven lunches, and five dinners. We have fantastic gourmet experiences, wine included, of course!
- Local guide services throughout the tour plus tour hosting by Kelly and Mande.
- Activities, tastings, cooking class, and tours as detailed in the itinerary.
- Art supply kit and a pre-travel evening event at The Rooster & The Carrot Cooking Studio in Bucks County, PA.

Register now!
Visit onwardtravel.co
to complete the registration
form and submit payment.

Space is limited to
only 14 travelers.
\$1,500 deposit due upon
booking, balance due by
August 15, 2024.

AIR TRAVEL:
Please confirm with Onward Travel that the tour is a “go” before booking non-refundable airfare.
Contact Onward Travel if you would like complimentary assistance.

Please take note of the following useful information, and view more at www.onwardtravel.co/letsgo



Once Onward Travel receives your registration form, we will send you an **invoice** with instructions to pay the **deposit**.



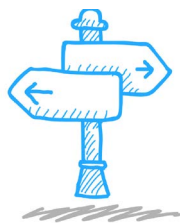
If you'd like to purchase **trip insurance**, we suggest Travelex. For more info, call them at 800-228-9792 or visit www.travelex.com and refer to location number 32-0704.



Four to six weeks before the tour **we will mail you a packet** with a packing list, traveler directory and other useful info.



Make sure you know where your **passport** is now! For travel to Italy it should be valid for six months beyond your return date.



Onward Travel's cancellation policy in a nutshell:

- \$250 of your initial deposit is nonrefundable
- Cancel within 90 days and the full deposit is nonrefundable
- Cancel within 60 days and 50% of total trip fee is nonrefundable
- Cancel within 30 days and the full trip fee is nonrefundable

See the full Terms & Conditions at www.onwardtravel.co/terms



Get in Touch!

Contact Onward Travel with questions or special requests:
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