

ACTIVE & DISCOVERY ON THE RHONE
WITH 2 NIGHTS IN PARIS
+ 2 NIGHTS OF LAVENDER FIELDS

12 DAYS PARIS TO ARLES
JUNE 15 – JUNE 26, 2025





LAVENDER FIELDS OF PROVENCE HOSTED BY CHEF ILONA DANIEL

Pack your appetite and get ready for an extraordinary culinary adventure! The Travel Store is hosting an Avalon Waterways river cruise through France, and we're thrilled to have Chef Ilona Daniel joining us as our local food expert. Chef Ilona, an instructor at the Culinary Institute of Canada, Food Editor for Harrowsmith Magazine, and Food and Lifestyle Presenter on CBC Radio, brings a wealth of experience as a food stylist, recipe and brand developer, food photographer, and operator of her own International Hospitality and Foodservice Consulting organization. She is also the host of the TV cooking show "Get in the Kitchen" and has appeared on VICE TV, APTN, CTV Atlantic, The Marilyn Denis Show, and Breakfast Television.

Join Chef Ilona as we explore French culture and cuisine with stops in Paris, Marseilles, and Lyon—the heart of French food culture. We'll also enjoy the start of lavender season in the South of France, an exclusive experience just for our group.

Detailed itinerary: 12 days | JUNE 15 – JUNE 26, 2025

DAY 1 PARIS, FRANCE

Welcome to Paris! The day is yours to explore the City of Lights at your leisure. Consider browsing along Paris' classic shopping avenues and literary cafés for a true Parisian experience.

DAY 2: PARIS

The City of Light. Join a Guided Sightseeing which will show you magnificent must-see sights, OR: Enjoy a Guided Biking Tour which will reveal some of the highlights of Paris—such as the Eiffel Tower and Palace de la Concorde—from a different point of view; enjoy a peaceful break on the Seine river banks. (B)

DAY 3: PARIS-LYON (EMBARKATION).

Board the TGV train to Lyon where your Suite Ship® is ready for boarding. OVERNIGHT DOCKING IN LYON. (B,D)

DAY 4: LYON.

A Festival of Colors, Aromas, and Taste. Visit the Adventure Center for today's activities with your Adventure Host.

Take a Guided Urban Hike through Lyon's secret passageways (Traboules) for a glimpse into the city's 19th-century silk trade, OR: Take a Guided Culinary Walk through Lyon to discover architecture and local specialties in a festival of colors, aromas and taste—exclusive for Avalon guests, OR: Join our Cooking Class to learn to make your own Lyonnaise specialty. This afternoon, you might take an off-the-beaten-path Guided Optional Tour (Avalon exclusive) through private and public terraces for panoramic views of Lyon, starting on the roof of the Basilica de Fourvière. EVENING CRUISE TO TAIN L'HERMITAGE/TOURNON. (B,L,D)

DAY 5:TAIN L'HERMITAGE TOURNON - VIVIERS.

Chocolatiers and Railway Engineers in the Twin City Gorge. For a unique experience and panoramic views, join a Guided Excursion this morning on a rail-bike along the descent of the Gorges du Doux, OR: Join a Guided Hike in the picturesque vineyards surrounding the twin cities of Tournon and Tain-l'Hermitage, R: Have a true "chocolate experience" with a tour of the Valrhona Chocolate Factory and Museum, OR:

Take a Guided Sightseeing Tour of Tournon—twin city to Tain-l'Hermitage and one of France's oldest medieval cities. You'll see its imposing 16th-century castle. Join a Cooking Demonstration and learn how to prepare a Lyonnaise treat while sailing to Viviers.

VIVIERS

Fascinating History, and Nighttime Ghost Stories. For a different perspective on the town, join us on a nighttime Guided Tour of Viviers, discovering the legends, tales and ghost stories of this enchanting town. OVERNIGHT DOCKING IN VIVIERS. (B,L,D)

DAY 6: VIVIERS-LOCK BOLLÈNE.

River Gorge Kayaks, Underground Wines, and Ghost Stories. Immerse yourself in the scenery with a Guided Kayak Trip in the Gorges de l'Ardèche on the spectacular canyons of this Rhône tributary, OR: Find inspiration from the amazing landscape of the region with a Guided Hike through the Natural Reserve of Cirque d'Estre, OR: Join a Guided Visit for a surprising underground Wine Tasting—under the direction of an expert Speleologist (cave guide) and an oenologist (wine-making expert). Cruise through the soaring walls of the Lock Bollène on your way to Avignon this afternoon. OVERNIGHT DOCKING IN AVIGNON. (B,L,D)



RESERVE YOUR SPACE TODAY ON THIS ONCE IN A LIFETIME JOURNEY

DAY 7: AVIGNON

Bike Pedals, Papal Palaces, and Perfumes in Provence. Join a leisurely Guided Mountain E-Bike Ride through Gard region; after all, no need to pedal on the way back, OR: Visit an authentic Provencal farmhouse for a delightful experience to fill your senses as you see how essential oils are created, OR: Take a Guided Sightseeing Tour of Avignon, including a visit to the world's largest gothic fortress—the 14th-century Palace Of the Popes. Also, explore Les Halles' covered market. This afternoon, you may choose to join a Guided Optional Tour of the famed wine cellars of Châteauneuf-du-Pape for a wine tasting, or you may opt for a Guided Optional Excursion on a kayak through the waters of Pont du Gard—the highest of all elevated Roman aqueducts. You may choose to spend free time to explore Avignon—known as the heart of Provence. Take a leisurely stroll or a bike ride through the tree-lined streets and leafy squares within Avignon's medieval walls. EVENING CRUISE TO ARLES. (B,L,D)

DAY 8: ARLES.

A Master Painter and a Matador in Provence. Join your Adventure Host for today's special activities. Experience the legends of Val d'Enfer, with a Guided Hike; an area taking its name from the unique white limestone rock formations, OR: Attend a Painting Workshop to learn techniques of Vincent van Gogh. Create your own painting in the style of the legendary artist OR: Join a Guided Sightseeing Tour of Arles to get to know this charming town, including a visit with a local bullfighter to learn about the secrets and traditions handed down through generations. This afternoon, enjoy free time to shop, stroll, or just relax in a lovely park along Arles' Boulevard des Lices.

Alternatively, feel free to choose one of the optional excursions on offer. Later, enjoy onboard live entertainment. OVERNIGHT DOCKING IN ARLES. (B,L,D)

DAY 9: PORT-SAINT-LOUIS

Oysters and Flamingos in the Rhône Delta. Enjoy a morning cruise to Port-Saint-Louis on the Sky Deck of your ship. Take a Guided Bike Ride through the Camargue Natural Park with an eye out for more than 400 bird species—including pink flamingos—along the trails of the Mediterranean's Rhône delta, OR: Enjoy a taste of local life with a visit to an oyster farm in the Camargue Natural Park on a Guided Tour to enjoy an oyster tasting and learn how this delicacy is farmed, OR: Visit one of France's most popular and pristine nature reserves on this memorable visit to a traditional black bull ranch in Camargue Regional Nature Park! OVERNIGHT DOCKING IN ARLES. (B,L,D)

DAY 10: ARLES (DISEMBARKATION).

After breakfast on board this morning our exclusive Lavender fields tour begins! Meet our English-speaking guide at the Arles port and begin the morning with a visit to a distillery to discover aromatic plants and lavender, followed by a workshop to create a cream and a Provencal tasting session with local wines (2.5 h). After workshop, Picnic in a vaulted cellar or outside depending on the weather, followed by a wine tasting at a winery (2.5). Then departure for our beautiful 5 star hotel for check in and an evening 3 course dinner with wine.

Accommodation

Hotel Coquillade Provence 5 star - 2 nights at this Relais and Chateaux property in the Provencal hills. (B, L, D)

DAY 11: LAVENDER FIELDS OF VALENSOLE

With your English speaking guide, set out on a full day tour to witness the blooming lavender fields of Valensole. Drive through the valley of the Durance river, and discover the Plateau of Valensole, an area specialized in the cultivation of lavender, where small rural roads wind through the fields of flowers, making many stops along the way to admire the fields in bloom. You'll arrive to a local farmer and producer where you can browse an array of lavender and lavandin essential oils, olive oil, lavender honey, and more. Continue to the perched village of Moustiers-St-Marie, set in a stunning mountain backdrop, and considered one of the "most beautiful villages of France." You'll have some time to explore this little town, and catch sight of the legendary gold-painted star which is suspended above the town between two limestone cliffs. In the afternoon, continue to the breathtaking opening of the Grand Canyon of the River Verdon, and enjoy a photostop in the lavender fields. Discover the picturesque village of Sainte Croix du Verdon located near the remarkably stunning Sainte Croix Lake, perfect for a swim or sunbathing - so don't forget your bathing suit! Conclude with a return drive to Aix en Provence. (B)

DAY 12: DEPARTURE.

Private transfer to Marseilles airport, assistance in Marseilles airport. Catch flights home with beautiful memories of your time in France! (B)



TOUR DETAILS & RATES:

\$10,899 P.P

Pricing is based on category A cabins, double occupancy

Price includes the entire trip, pre-paid gratuities, including the visit to the lavender fields.

does not include flights

PLEASE INQUIRE FOR FURTHER CABIN CATEGORIES

Terms and Conditions

Travel Price: The package price is quoted in Canadian dollars, per person twin share.

Deposit / Final Payment: For deposit and final payment details contact The Travel Store

Cancellation Fees: For full details of cancellation policy for this tour, contact The Travel Store.

Refunds: No refund is available if cancellations occur after the trip has commenced or in respect of any sightseeing, accommodation, meals or any other services not utilized.

Passport and Visas: You must have a valid passport with 6 months validity from date of return. For Visa requirements, contact your Travel Advisor.

Hotels: The hotels listed have been booked unless 'or similar' is indicated. If this hotel is unavailable, a similar property will be used.

Porterage: for one suitcase is included in the trip price on arrival and departure from each trip hotel.

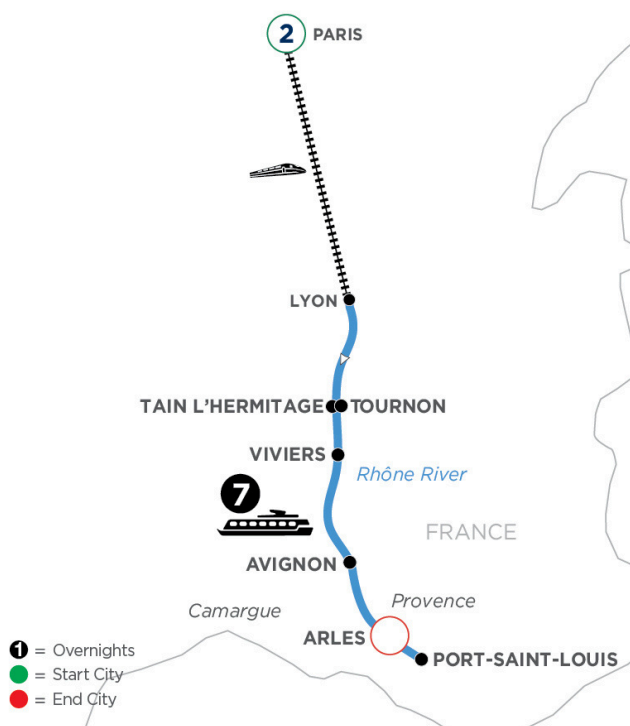
Rooming Arrangements: All pricing is based on twin share accommodation. If a single room is required, the appropriate single supplement will need to be paid. Single rooms are subject to availability.

Transfers: Your Travel Advisor can provide details of arrival and departure transfers.

Documentation: Documentation will be provided to your travel advisor approximately 2 weeks prior to departure from Canada.

DON'T MISS OUT ON THIS ONCE IN A LIFETIME JOURNEY!

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FOR BOOKINGS & INQUIRIES, PLEASE CONTACT:

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