



# Food & Wine: France through Bordeaux & the Loire Valley

11 days | 13 days with Paris extension

France is the ultimate destination for food and wine lovers. Taste the bold red wines of Bordeaux; cheese and decadent artisan offerings of the Dordogne Valley; and the reds, whites and rosés of the Loire Valley's château country.



## Your tour package includes

- 9 nights in handpicked hotels
- 9 breakfasts
- 4 dinners with beer or wine
- 4 wine tastings
- 1 cooking lesson
- 4 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- Place du Capitole
- Bordeaux wine tasting
- Saint-Émilion
- Courvoisier Distillery
- cooking lesson in château country
- Château de Chenonceau

## Tour pace

On this guided tour, you'll walk for about 2 hours daily across moderately uneven terrain, including cobblestone streets and unpaved paths, with some steep stairs and hills.

## Group size

12-22

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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Toulouse today.

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## Toulouse → 2 nights

### Day 2: Arrival in Toulouse

*Included meals: welcome dinner*

Welcome to Toulouse, known as la ville rose (the Pink City), thanks to its grand red brick buildings. Meet your fellow travelers and Tour Director at a welcome dinner this evening.

### Day 3: Sightseeing tour of Toulouse

*Included meals: breakfast, tasting*

Set out with a local guide for a walking tour of Toulouse.

- Explore the Place du Capitole, a square lined with grand government buildings
- Admire the city's historic mansions and the Basilica of Saint-Sernin
- Stroll through an outdoor market to browse fresh flowers (*seasonal*)
- Enjoy a tasting of authentic Toulouse sweets along the way

Enjoy a free afternoon in Toulouse or add an excursion.

+ Medieval Carcassonne: Castles & Cassoulet

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## Bordeaux → 2 nights

### Day 4: Sightseeing tour of Bordeaux

*Included meals: breakfast, wine tasting*

Travel to Pessac-Léognan for a visit to the oldest vineyard in the region, where you'll sample the wines produced there along with cheese and charcuterie. Then, continue on to Bordeaux for a guided sightseeing tour of its UNESCO-named historic district.

- Stop at the Place des Quinconces, one of the largest city squares in Europe
- Drive along the Garonne River, stopping at Place de la Bourse
- Pass the lively hub of the Place de la Comédie and the Grand Théâtre

### Day 5: Free day in Bordeaux

*Included meals: breakfast*

Spend a full free day in Bordeaux or add an excursion.

+ Arcachon Bay Cruise: Oysters & Wine Tasting

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## Dordogne Valley → 2 nights

### Day 6: Périgueux via Saint-Émilion & Bergerac

*Included meals: breakfast, dinner*

Pass by breathtaking countryside scenery en route to the hidden gem town of Périgueux, making two stops along the way.

- Visit a vineyard estate in Saint-Émilion, a UNESCO World Heritage site, to tour the wine cellar and taste full-bodied, deep reds
- Enter Château de Monbazillac, where you'll discover how its residents lived during medieval times

In Périgueux, sit down to an included dinner with your group.

### Day 7: Sightseeing tour of Périgueux

*Included meals: breakfast*

With your Tour Director leading the way, take a walking tour of Périgueux.

- Stroll this charming town's quaint streets
- View Roman and medieval architecture
- Stop by the outdoor markets where you can sample fresh produce, goat cheese, and truffles (*seasonal*)

Enjoy a free afternoon in the Dordogne Valley or add an excursion.

+ Dordogne Valley: Sarlat & Lascaux Caves

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## Loire Valley → 2 nights

### Day 8: The Loire Valley via the Cognac region

*Included meals: breakfast*

Set out for the Loire Valley, stopping en route in the elegant city of Jarnac to visit the iconic Courvoisier Distillery for a cognac tasting and dessert pairing.

### Day 9: Châteaux country & cooking lesson

*Included meals: breakfast, wine tasting, dinner*

Make your way through château country to the heart of the Loire Valley for a full day of exploration.

- Stroll through the stalls of an outdoor market to pick up regional specialties (*weather dependent*)
  - Step inside the historic, extravagant Château de Chenonceau and enjoy a stroll through its gorgeous gardens
  - Visit a local vineyard to taste the region's reds, whites and rosés and take a short walking tour
  - Try your hand at preparing local specialties during a cooking lesson led by professional chefs and enjoy the meal you create
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## Paris → 1 night

### Day 10: Travel to Paris

*Included meals: breakfast, farewell dinner*

Make your way to Paris, where you'll gather with your group for a farewell dinner.

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## Flight Home

### Day 11: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home or extend your stay to continue exploring Paris.

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## + Paris extension

Paris is always a good idea, so extend your trip to keep exploring on a guided tour. Set off on a culinary walk to taste macarons and artisanal cheeses, visit local markets, admire iconic architecture, and let your expert Tour Director point you toward the crème de la crème.

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## Paris → 2 nights

### Day 11: Sightseeing tour of Paris

*Included meals: breakfast*

Spend some more time exploring the City of Light's architecture, scenery, and culinary delights—from artisanal cheeses to sweet macarons—on a guided tour.

- Drive down the sycamore-lined Champs-Élysées to view the Arc de Triomphe
- Pass the legendary Notre-Dame Cathedral, located on an island in the Seine River
- See the Eiffel Tower, the Palais Garnier opera house, and Place de la Concorde, the city's grandest square
- Marvel at the iconic architecture of the Louvre
- Take a culinary walk, stopping at local shops to taste typical French specialties

**Day 12: Free day in Paris**

*Included meals: breakfast*

Enjoy a free day in Paris or add an excursion. This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.  
+ Paris Home-Hosted Dinner

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**Flight Home**

**Day 13: Departure**

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.ca/TBL](https://goaheadtours.ca/TBL) | 1-800-754-5066

## Day 3: Medieval Carcassonne: Castles & Cassoulet

\$129CAD/\$139CAD\* (8 hours, departs in the afternoon with dinner)

Visit the UNESCO-recognized Cité of Carcassonne today with a local guide leading the way. You'll walk through the citadel, where fortified city walls surround the castle, Gothic cathedral, and medieval streets. Then, spend free time exploring Château Comtal, an impressive medieval castle, or visiting the Bastide Saint-Louis and the banks of the Canal du Midi. End your visit with a dinner of local specialties in Carcassonne. Your meal will include the signature dish of cassoulet, a meat and white bean stew that originated in the region, and will be served with pairings of local wines.

Join a local at their home in Paris to enjoy traditional dishes and dine like a true Parisian. During this dinner, you'll receive an authentic understanding of your host's day-to-day life while learning about French culture and traditions from a new perspective. Please note: Your Tour Director will not attend this excursion. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

## Day 5: Arcachon Bay Cruise: Oysters & Wine Tasting

\$179CAD/\$189CAD\* (7 hours, departs in the morning with lunch)

Known as "le Bassin" to locals, Arcachon Bay is a nearly enclosed bay that offers visitors pristine water views. Take in its beauty on a full-day excursion, starting with a scenic boat cruise. Pass Île aux Oiseaux, an island in the middle of the bay that's known as the oyster capital of the world. Disembark back on shore for an oyster tasting paired with a glass of white wine. Then, enjoy a lunch accompanied with wine in the town of Arcachon. Afterward, stop at the dramatic Dune of Pilat, Europe's largest sand dune, which frames a portion of the bay. Please note: Walking on the soft sand of the Dune of Pilat may be difficult for some travelers. Those who choose to walk on the dune should be healthy enough to do so without assistance.

## Day 7: Dordogne Valley: Sarlat & Lascaux Caves

\$119CAD/\$129CAD\* (7 hours, departs in the afternoon)

Delve deeper into the culinary expertise and medieval charm of the Dordogne Valley. Start the day in Sarlat-la-Canéda. You'll explore the city with a local guide, winding through tiny medieval streets and past well-preserved architecture. Your tour highlights the city's artisan products and includes an aperitif and tasting of goat cheese and other local specialties. Then, head into the picturesque countryside to the Lascaux caves. These intricately connected underground caverns are famous for the 17,000-year-old paintings that adorn their walls. Enter a replica of the caves to see the UNESCO-protected art up close and get a firsthand look at what life was like in prehistoric France.

## Extension excursion options

### Day 12: Paris Home-Hosted Dinner

\$129CAD (3 hours, departs in the evening, dinner included)

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](https://goaheadtours.ca/terms)