

PROVENCE-ALPES-CÔTE D'AZUR

EXPERIENTIAL ACTIVITIES

JULY 2026



**RÉGION
SUD**
PROVENCE
ALPES
CÔTE D'AZUR



**TOURISM
BOARD**

PROVENCE
ENJOY THE UNEXPECTED

**SOUTHERN FRENCH
alpes**

CÔTE d'AZUR
FRANCE

NEW

« LES BANQUETS DU GÉANT »

AOC Ventoux, Carpentras, Vaucluse



© AOC Ventoux_Tristan Pilat /
© AOC Ventoux_JC Bonnici

In a unique venue in the Ventoux area, gather around one long shared table and enjoy a locally inspired menu, perfectly paired with wines from the Ventoux appellation.

Embark on a true culinary journey created by local chefs, showcasing seasonal produce and short supply chains through a menu carefully matched with a selection of Ventoux wines.

Throughout the meal, local winemakers share their stories and introduce their wines, turning each food and wine pairing into a memorable sensory experience.

The evening is enhanced by a musical atmosphere curated by local DJs, followed by a guided tour of the venue, offering guests the opportunity to discover more of the destination.

Zoé LEMONNIER

Promotion and Communications Manager

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promotion@aoc-ventoux.com

- **CUSTOMERS**
FRENCH & INTERNATIONAL
FIT / GIT
D.I.N.K / FAMILIES/ YOUNG/ SENIORS
- **N° ATTENDEES**
160 PERS MAX
- **RATE**
59€/PERS
NON-COMMISSIONABLE PRODUCT
- **PERIOD**
The "Banquets du Géant" are traveling events, meaning the location changes each time and the date may vary
- **WEBSITE**
[AOC-VENTOUX.COM/EXPERIENCES](https://aoc-ventoux.com/experiences)

THE BARTHELASSE ISLAND BIKE TOUR

AVIGNON TOURIST OFFICE - Avignon, Vaucluse



©EmpreinteD'ailleurs



Rebou ©C.Moirenc



©Hocquel.VPA

Situated in the middle of the river Rhône, just a few minutes away from the old town of Avignon, the Barthelasse island is the largest river island in Europe.

At the foot of the city, the island provides 1,800 acres of peace and greenery, a golden opportunity for you to take a green break during your stay in Avignon.

With this three hours guided bike tour, you will explore the most picturesque and the wildest parts of the island.

Meet the locals and try the specialties while stopping at two different charming places : the Reboule farmland, run by the same family for generations and the Manguin distillery , founded in the fourties by Claude Manguin, son of Henri Manguin , an important Fauvist painter.

Isabel HAUSMANN

Incoming Department Manager

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i.hausmann@avignon-tourisme.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / FAMILIES/ YOUNG/ SENIORS

> N° ATTENDEES

FROM 2 TO 12 PERS MAX

> RATE

FROM 50€/PERS - 12 PERS BASES

> PERIOD

ALL YEAR ROUND

3 HOURS LONG EXPERIENCE

> WEBSITE

[AVIGNONTOURISME](https://www.avignontourisme.com)

NEW

ENJOY A WINE TOUR IN THE VINEYARDS OF SAINT-TROPEZ

BEYOND THE WINE - La Croix-Valmer, Var



©Beyond the Wine et Elia Kuhn

Set off to discover the winemakers, wines and terroir of the Gulf of Saint-Tropez, accompanied by a local sommelier who will introduce you to wineries selected according to your interests and expectations.

From the vineyards to the cellars, delve into the secrets of the terroir and local winemaking expertise, before learning the basics of wine tasting and enjoying a selection of wines paired with Provençal specialities.

From fruity, sun-kissed rosés to fresher, fuller-bodied wines, as well as white and red wines, discover the diversity of wines produced in the Gulf of Saint-Tropez and the unique character of this terroir between land and sea.

A tailor-made experience to enjoy in a small group aboard a comfortable van, for an immersive and convivial journey through the vineyards of the Gulf of Saint-Tropez.

Sonia FERCHAUD

Manager

+33(0)6 32 44 72 35

contact@beyondthewine.fr

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/ GIT

D.I.N.K / FAMILIES / SENIORS

> N° ATTENDEES

1 PERS MIN

8 PERS MAX

> RATE

420 € FOR 2 PERS (half-day rate; full-day option also available)

COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

<https://beyondthewine.fr/circuit/visite-de-vignobles-golfe-de-saint-tropez>

COMPANY VISIT, OYSTERS & SHELLFISH TASTING IN PORT SAINT LOUIS DU RHÔNE

BRI EVENTS - Port-Saint-Louis, Bouches-du-Rhône



In the heart of Camargue regional natural park, visit a conflict farming company and discover the culture of mussels and oysters.

Tasting point of these excellent products will be offered to us accompanied by a Camargue wine where the sun, the mistral and the river Rhône will perfectly highlight the iodine of these fragrant shellfish



Brigitte MALDONADO

Manager

+33(0) 6 01 85 60 72

brigitte.maldonado@icloud.com

> CUSTOMERS

FRENCH & INTERNATIONAL

GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

15 PERS MIN

30 PERS MAX

> RATE

25 €/PERS

NON COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND, EXCEPT DECEMBER

> WEBSITE

BRIEVENTS

DISCOVER CARTEAU COVE IN PORT SAINT LOUIS DU RHÔNE AND ITS MUSSEL AND OYSTER BEDS BY BOAT

BRI EVENTS - Port-Saint-Louis, Bouches-du-Rhône



©Brigitte Maldonado



In the heart of the Camargue Regional Natural Park, discover Carteau Cove and its mussel and oyster beds in Port Saint Louis du Rhône.

A one-hour boat trip will take you into the open sea in a protected place where shellfish are cultivated with passion for our greatest pleasure and to grace the most beautiful gastronomic tables.

Brigitte MALDONADO

Manager

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brigitte.maldonado@icloud.com

> CUSTOMERS

INTERNATIONAL

GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

84 PERS MAX

> RATE

23 €/ PERS

NON COMMISSIONABLE PRODUCT

> PERIOD

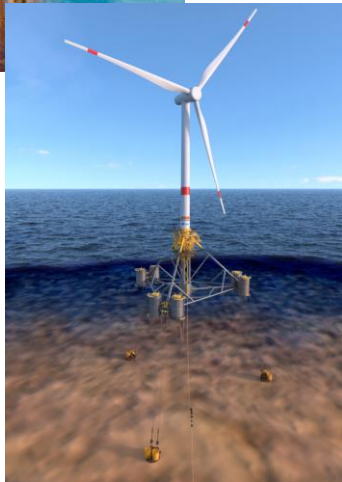
ALL YEAR ROUND, EXCEPT DECEMBER

> WEBSITE

WWW.BRIEVENTS.COM

DISCOVER THE FIRST GLOBAL & PILOT PROJECT OF OFFSHORE WINDMILL FARM

BRI EVENTS - Port-Saint-Louis, Bouches-du-Rhône



©Brigitte Maldonado

Unique in the Mediterranean, the first offshore windmill farm made up of three wind turbines can be discovered by boat or catamaran 17 km off the coast of Port Saint Louis du Rhône.

In the open sea, sail to the three wind turbines of the Provence Grand Large project, the specificity of the project is to have installed these wind turbines at a depth of 100 meters, held by tensioned cables, which makes this particularity a global pilot project unique.

Brigitte MALDONADO

Manager

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> CUSTOMERS

INTERNATIONAL

GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

83 PERS MAX

> RATE

34 € /PERS IN MOTOR BOAT
NON COMMISSIONABLE PRODUCT

> PERIOD

UNTIL DECEMBER 31st, 2024

> WEBSITE

WWW.BRIEVENTS.COM

THE VINOSPIRITS EXPERIENCES

CHÂTEAU DE SAINT MARTIN - Taradeau, Var

Musée - @ChâteauSaintMartin



Château Saint Martin - @AdelineDeBarry

An interactive and a sensory journey through a playful adventure inside a vineyard where wine and spirits production coexist.

Come to visit a wonderful underground cave from the twelve Century and the LigoStories museum.

Complete your visit with production places and finish with wine and spirits tasting.

Christelle MARTIN BELLIARDI

Tourism and Events Department

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tourisme@chateaudesaintmartin.com

> CUSTOMERS

FRENCH & INTERNATIONAL

GIT

D.I.N.K

> N° ATTENDEES

1 TO 30 PERS MAX - RESA REQUIRED

> RATE

12 €/PERS (RETAIL PRICE)

10 €/PERS (TO/AGENCY PRICE)

-10% FOR GROUPS AND PROS
COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

ONE AND A HALF HOUR LONG FULL
EXPERIENCE

> WEBSITE

CHATEAUSAINTMARTIN

ART AND ARCHITECTURE GUIDED TOUR

CHÂTEAU LA COSTE - Le Puy-Sainte-Reparate, Bouches-du-Rhône

@ Calder Foundation New York



@Richard Haughton

Enjoy a peaceful and quiet moment during a 2 hours visit in the woods, surrounded by vines and olive trees fields.

Our guides will introduce you to a selection of our 40 art installations and architecture at the heart of nature.

A vineyard where vines, art & architecture live in harmony.

Anais BROCCA

Sales manager

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> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / YOUNG / SENIORS

> N° ATTENDEES

20 PERS MAX

> RATE

25€/PERS - RESERVATION REQUIRED

> PERIOD

FROM 10 AM TO 12 AM (FR&GB),
FROM 2.30 PM TO 4.30 PM (FR) –
EVERY DAY / SCHEDULE SUBJECT TO
CHANGE DEPENDING ON THE
SEASON

> WEBSITE

[CHATEAULACOSTE](https://chateaulacoste.com)

OLIVE OIL BAR

DIMENSION SUD - Grasse, Alpes-Maritimes



@Dimension Sud



The culture of the olive tree, its origins, its products... our Olive Oil Bar activity is above all a discovery of the riches of this iconic tree of the Mediterranean.

During this workshop, participants taste no less than 6 different extra virgin olive oils: AOP olive oil from Nice with a slight almond taste, olive oil from the Alpilles with a green fruity taste, slightly spicy olive oil from Haute-Provence, basil olive oil, lemon olive oil and black truffle olive oil.

The tastings continue with two varieties of olives: the Caillette, a small olive from Côte d'Azur and the Picholine, a large green olive from the Pays d'Aix-en-Provence.

All in a friendly atmosphere, anecdotes and culinary advice from the team to make the most of the different flavors and virtues of the olive.

Possibility of carrying out the service throughout the Southern region of France.

Romain SIMON

Associate Director

+33(0)6 88 56 12 74

romain@dimensionsud.com

> CUSTOMERS

FRENCH & INTERNATIONAL

GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

10 TO 200 PERS

> RATE

25,00 €/PERS - MIN 30 PERS OR
FLAT RATE 750,00 €/GROUP*

> PERIOD

1 HOUR, AN AFTERNOON, A DAY OR
AN EVENING

ALL YEAR ROUND

> WEBSITE

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

TAPENADE WORKSHOP

DIMENSION SUD - Grasse, Alpes-Maritimes



@Dimension Sud



After a presentation of the olive tree and the variations of the olive oils, olive paste and tapenade, we provide you with mortars and pestles. On the way to making a black and/or green olive tapenade!

A special moment for participants who get to know each other better and strengthen ties around an original activity far from the office.

The Provençal culinary workshop is enriched with comments on production methods, Provençal anecdotes and other culinary advice in a friendly atmosphere.

A tasting on toast of the tapenades closes the event all with comments from a specialist.

Possibility of carrying out the service throughout the Southern region of France.

Romain SIMON

Associate Director

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GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

10 TO 200 PERS

> RATE

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FLAT RATE 750,00 €/GROUP*

> PERIOD

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AN EVENING

ALL YEAR ROUND

> WEBSITE

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

NEW

THE FLAVOURS OF PROVENCE – A BLIND TASTING EXPERIENCE

DIMENSION SUD - Grasse, Alpes-Maritimes



Awaken your senses with a blind tasting of **Provence's most iconic aperitif specialities**.

Discover a selection of local delicacies - including tapenades, vegetable spreads, anchovy cream and tuna mousse - while learning about their origins, traditional production methods and the best ways to enjoy them.

A fun and convivial experience showcasing the rich flavours and culinary traditions of Provence.

Possibility of carrying out the service throughout the Southern region of France.

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Associate Director

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> WEBSITE

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

NEW

CREATE YOUR OWN BLEND OF HERBES DE PROVENCE

DIMENSION SUD - Grasse, Alpes-Maritimes



@Dimension Sud



Immerse yourself in the world of Provence's iconic aromatic herbs.

Learn to identify thyme, rosemary, savory, basil and oregano, discover their culinary uses, and explore their unique characteristics during this interactive sensory workshop.

Each participant creates and takes home their own personalised blend of Herbes de Provence, extending the experience beyond the workshop.

Possibility of carrying out the service throughout the Southern region of France.

Romain SIMON

Associate Director

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GIT

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> RATE

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FLAT RATE 750,00 €/GROUP*

> PERIOD

1 HOUR, AN AFTERNOON, A DAY OR
AN EVENING

ALL YEAR ROUND

> WEBSITE

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

NEW

DISCOVER THE SECRETS OF CAMARGUE SALT

DIMENSION SUD - Grasse, Alpes-Maritimes



Explore the famous salts of the Camargue and the traditional know-how behind their production.

Compare different varieties of fleur de sel - natural and flavoured - and discover how each enhances a variety of dishes through a guided tasting.

Create your own custom blend of flavoured salts and take home a personalised souvenir inspired by the flavours of Provence.

Possibility of carrying out the service throughout the Southern region of France.

Romain SIMON

Associate Director

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> CUSTOMERS

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GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

10 TO 200 PERS

> RATE

25,00 €/PERS - MIN 30 PERS OR
FLAT RATE 750,00 €/GROUP*

> PERIOD

1 HOUR, AN AFTERNOON, A DAY OR
AN EVENING

ALL YEAR ROUND

> WEBSITE

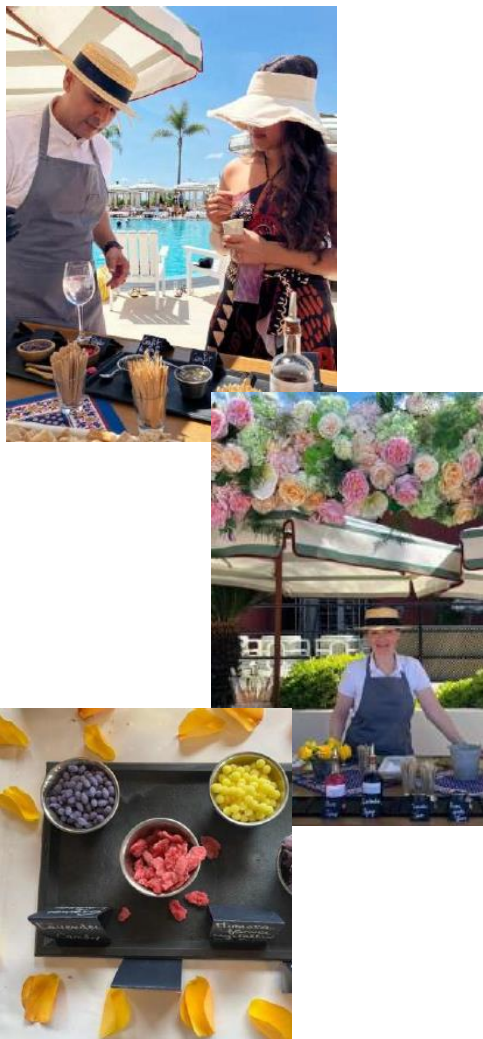
WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

NEW

WHEN FLOWERS MEET GASTRONOMY

DIMENSION SUD - Grasse, Alpes-Maritimes



Discover a little-known Provençal culinary tradition through the world of edible flowers.

Floral syrups, flower preserves and crystallised flowers reveal their delicate aromas during a unique tasting inspired by the renowned expertise of Grasse.

A surprising sensory experience that unveils another facet of Provence's rich gastronomic heritage.

Possibility of carrying out the service throughout the Southern region of France.

Romain SIMON

Associate Director
+33(0)6 88 56 12 74

romain@dimensionsud.com

> CUSTOMERS

FRENCH & INTERNATIONAL
GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

10 TO 200 PERS

> RATE

25,00 €/PERS - MIN 30 PERS OR
FLAT RATE 750,00 €/GROUP*

> PERIOD

1 HOUR, AN AFTERNOON, A DAY OR
AN EVENING

ALL YEAR ROUND

> WEBSITE

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

NEW

CREATE YOUR OWN PROVENÇAL HERBAL INFUSION

DIMENSION SUD - Grasse, Alpes-Maritimes



@Dimension Sud



Let the fragrances of a Provençal garden guide you through a workshop dedicated to aromatic and medicinal plants.

Discover their benefits, learn how to identify them, and create your own personalised herbal infusion from a selection of carefully chosen plants.

Served with traditional Provençal sweet treats, this relaxing gourmet experience invites you to savour the authentic flavours and aromas of the region.

Romain SIMON

Associate Director

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romain@dimensionsud.com

› **CUSTOMERS**

FRENCH & INTERNATIONAL

GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

› **N° ATTENDEES**

10 TO 200 PERS

› **RATE**

25,00 €/PERS - MIN 30 PERS OR
FLAT RATE 750,00 €/GROUP*

› **PERIOD**

1 HOUR, AN AFTERNOON, A DAY OR
AN EVENING

ALL YEAR ROUND

› **WEBSITE**

WWW.DIMENSIONSUD.COM

*Rates may vary depending on the workshop location

BLIND WINE TASTING

DOMAINE DE L'ODYLÉE - Violes, Vaucluse



In Violes, at the heart of Vaucluse area the Côtes du Rhône appellation, the Odylée estate offers a unique blind tasting experience of the estate's wines.

The bottles are hidden and the tasting glasses are black. You will have to recognize 6 vintages.

Be careful, there are pitfalls between pink and red wines and white and sparkling wines.



@Domainedel'Odylée

Odile COUVERT

Owner

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> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / FAMILIES/ YOUNG / SENIORS

> N° ATTENDEES

FROM 2 TO 10 PERS

ADULTS - 18 YEARS OLD MINIMUM

> RATE

30€/PERS

COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

AT 11AM OR 2PM

> WEBSITE

LODYLEE

CREATE YOUR OWN RED WINE, BLENDING WINE WORKSHOP

DOMAINE DE L'ODYLÉE - Violes, Vaucluse



The assembly workshop is a unique experience.

You will create your own wine like the winemaker of the estate. After tasting the wines from the red grape varieties, you will assemble the different grape varieties and create according to your own taste the red wine that suits you.

You will make your own blend, your own bottle with its label that you can personalize in memory of this discovery workshop within the domain and in the presence of the winemaker.

Wine estate in Violes which produces AOP Cotes du Rhone wines.

Odile COUVERT

Owner

+33(0)6 80 21 55 21

odilecouvert@wanadoo.fr

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / FAMILIES/ YOUNG / SENIORS

> N° ATTENDEES

FROM 1 TO 10 PERS

ADULTS - 18 YEARS OLD MINIMUM

> RATE

70€/PERS

COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

2 HOURS LONG EXPERIENCE

FROM 10AM TO 12PM &

FROM 5PM TO 7PM

> WEBSITE

LODYLEE

UNIQUE EXPERIENCE IN A PROVENCE VINEYARD

DOMAINE TERRE DE MISTRAL - Rousset, Bouches-du-Rhône



Be a winegrower during the workshop and test your own blends to create the rosé wine you like !

A guided tour of the estate & the cellar, followed by wine tasting to know all the progress from fruit to glass!

Test your own blends to create the cuvée you like. You will then leave with your own bottle and its personalized label.

Lorette BERGER

Tourism officer

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tourisme@terre-de-mistral.com

> CUSTOMERS

FRENCH & INTERNATIONAL
FIT

D.I.N.K / SENIORS

> N° ATTENDEES

FROM 1 TO 40 PERS MAX
RESERVATION REQUIRED

> RATE

57,50€/PERS (RETAIL PRICE)
COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND
TWO AND A HALF HOURS LONG
EXPERIENCE

> WEBSITE

[TERREDEMISTRAL](https://www.terredemistral.com)

CYCLING THROUGH VINEYARDS & CHOCOLATE IN CHÂTEAUNEUF-DU-PAPE

FRANCE BY LOCALS - Marseille, Bouches-du-Rhône



©Sebastian Prino



Ride through the vineyards of Châteauneuf-du-Pape and indulge in the perfect pairing of fine wine and artisanal chocolate during a gourmet tasting.

As you pedal along picturesque trails and renowned wine estates, uncover the secrets of this exceptional terroir.

Take a delightful break to savor prestigious wines paired with handcrafted chocolates - a subtle combination that will awaken your senses.

An authentic experience blending nature, flavors, and Provençal heritage.

Private transfers from/to Avignon to Chateauneuf-du-Pape are included.

Simon HARDY

Director

+33(0)7 87 54 2012

contact@francebylocals.com

> CUSTOMERS

INTERNATIONAL

FIT

D.I.N.K/ SENIORS

> N° ATTENDEES

2 PERS MIN - 8 PERS MAX

> RATE

1498€ - 2 PERS / 1731€ - 3 PERS /
2112€ - 4 PERS / 2300€ - 5 PERS /
2556€ - 6 PERS / 4508€ - 7 PERS /
5376€ - 8 PERS

NON COMMISSIONNABLE PRODUCT

> PERIOD

UPON REQUEST

> WEBSITE

<https://francebylocals.com>

DISCOVER THE ALPILLES ON EBIKE

FRANCE BY LOCALS - Marseille, Bouches-du-Rhône



A morning on ebike on the Provençal roads, a picnic with local fresh products to savor in the shade of an olive tree, a workshop to learn how to create your own lavender spindleset, and to finish the day on a high note – “l’apéritif” followed by a gastronomic dinner in a traditional and charming of Saint Rémy de Provence...

Ride in stunning settings between mountains, pines, olive tree fields and green plains. On your way, you'll admire the typical villages of the region such as Les Baux-de-Provence, Maussane-les-Alpilles and Eygalières.

Simon HARDY

Director

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contact@francebylocals.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTENDEES

2 PERS MIN - 8 PERS MAX

> RATE

394 € - 2 PERS / 323€ - 3 PERS / 290€ -
4 PERS / 318€ - 5 PERS / 299€ - 6 PERS
/ 285€ - 7 PERS / 275€ - 8 PERS
COMMISSIONABLE PRODUCT

> PERIOD

EVERY DAY
FROM JULY 1st TO SEPTEMBER 15th,
2024

> WEBSITE

<https://francebylocals.com>

BASKET WEAVING

HÔTEL LOU CALEN - Cotignac, Var

NEW



@LouCalen



Spiral basket-weaving craft is an ancestral technique which countryfolk have used for centuries here, in Provence, and made famous now.

Julia LEBouc shares her artisanal know-how through the creation of a “secret box” basket made from wild straw.

Ideas and objectives:

- Creation of a “secret box” from one of the three types of straw plants available
- Learning spiral basketry, a technique and skill that will enable all to continue the craft beyond the workshop, in making various objects
- Learning about the local plants traditionally used in basket-weaving

Aurore CHAINET

Sales & marketing manager

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aurore.chainet@loucalen.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/GIT

D.I.N.K / FAMILIES/ SENIORS

> N° ATTENDEES

8 PERS MAX

RESERVATION REQUIRED

> RATE

65 €/PERS - 4H00

NON COMMISSIONABLE PRODUCT

> WEB

[LOU CALEN](https://www.loucalen.com)

BOTANICAL WALK

HOTEL LOU CALEN - Cotignac, Var

@MélanieRetamar



Are you interested in learning about wild plants? Even tasting them, too?

Wander through unspoiled three-hectare Lou Calen estate and hear all the secrets of our local Provençal wild plants. Fun and informative walks accessible to all with Vera, a local specialist with a degree in phytotherapy and herbalism as guide.

For two hours, she shares her love for plants, and teaches about their properties and uses, whether edible, medicinal or domestic. Above all she tells fascinating stories about each plant, with fun facts and light anecdotes.

Meeting point in front of the “Jardin Secret” restaurant

Aurore CHAINET

Sales & marketing manager

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aurore.chainet@loucalen.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/GIT

D.I.N.K/ YOUNG/ FAMILIES/ SENIORS

> N° ATTENDEES

MIN 2 - MAX 12 PERS

RESERVATION REQUIRED

> RATE

30 €/PERS

TWO HOURS LONG EXPERIENCE

NON COMMISSIONABLE PRODUCT

> WEB

[LOU CALEN](https://www.loucalen.com)

DRAWING LESSON

HOTEL LOU CALEN - Cotignac, Var

@SophieAnaisSanderson



In the heart of the picturesque village of Cotignac, surrounded by Provençal houses, medieval streets and dramatic troglodyte cliffs, let yourself be inspired by one of Provence's most enchanting settings during a sketching workshop led by artist Gilles Dugenet.

Using simple pencil drawing techniques, light and shadow, and a few touches of watercolour, learn to capture the atmosphere of the landscape and express your impressions in a travel sketchbook that you can continue to use on future adventures.

A peaceful and creative experience, offering a fresh perspective on the landscapes and heritage of Provence Verte..

Aurore CHAINET

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aurore.chainet@loucalen.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/GIT

D.I.N.K/ YOUNG/ FAMILIES/ SENIORS

> N° ATTENDEES

MIN 2 - MAX 10 PERS

RESERVATION REQUIRED

> RATE

60 €/PERS

THREE HOURS LONG EXPERIENCE

NON COMMISSIONABLE PRODUCT

> WEB

[LOU CALEN](https://www.loucalen.com)

LAVENDER SPINDLE WORKSHOP

HOTEL LOU CALEN - Cotignac, Var

@LouCalen



Join Alice Genson and discover the traditional art of lavender wands, a time-honoured Provençal craft that consists of weaving fresh lavender flowers into their stems to preserve their fragrance for years to come.

From harvesting to the delicate ribbon weaving, Alice will guide you through every step of this ancestral technique, combining patience, precision and creativity.

Passionate about Provence and its heritage, Alice has specialised in lavender craftsmanship, inspired by one of the region's most iconic symbols.

During this workshop, she will share her expertise and love of Provençal traditions. You will create your own lavender wand to take home—a beautiful handcrafted keepsake that will fill your home with the delicate fragrance of Provence for years to come.

Aurore CHAINET

Sales & marketing manager

+33(0)6 31 69 25 01

aurore.chainet@loucalen.com

> CUSTOMERS

FRENCH & INTERNATIONAL
FIT/GIT

D.I.N.K/ FAMILIES/ SENIORS

> N° ATTENDEES

MIN 6 - MAX 12 PERS
RESERVATION REQUIRED

> RATE

30 €/PERS
TWO HOURS LONG EXPERIENCE
NON COMMISSIONABLE PRODUCT

> PERIOD

FROM JUNE TO AUGUST

> WEB

[LOU CALEN](https://www.loucalen.com)

NEW

THE CLAY MOLDING WORKSHOP

HOTEL LOU CALEN - Cotignac, Var

@LouCalen



Unleash your creativity during a sculpture workshop led by Sandra Dugenet, an artist based in the heart of the Provençal countryside.

Guided by her expert advice, discover the fundamentals of modelling and create your own piece using locally sourced Provence clay.

Throughout the workshop, learn to shape and understand the material, explore forms and volumes, and express your artistic vision.

A creative and inspiring experience in a peaceful setting, offering the opportunity to discover traditional craftsmanship and leave with a unique artwork shaped by your own hands.

Aurore CHAINET

Sales & marketing manager

+33(0)6 31 69 25 01

aurore.chainet@loucalen.com

> CUSTOMERS

FRENCH & INTERNATIONAL
FIT/GIT

D.I.N.K/ FAMILIES/ SENIORS

> N° ATTENDEES

MIN 3 - MAX 8 PERS
RESERVATION REQUIRED

> RATE

60 €/PERS

THREE HOURS LONG EXPERIENCE

NON COMMISSIONABLE PRODUCT

> WEB

[LOU CALEN](https://www.loucalen.com)

THE SOUND BATH WORKSHOP

HOTEL LOU CALEN - Cotignac, Var



Treat yourself to a soothing break with Oriane Mutabazi during a deeply regenerating sound bath.

Carried by the vibrations of instruments and voice, your body relaxes, your mind unwinds.

Open to all, this wellness workshop invites you on an inner journey of calm and connection.

A nourishing bubble - ideal for restoring balance and inner peace.

Aurore CHAINET

Sales & marketing manager

+33(0)6 31 69 25 01

aurore.chainet@loucalen.com



> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/GIT

D.I.N.K/ SENIORS

> N° ATTENDEES

MIN 4 - MAX 12 PERS

RESERVATION REQUIRED

> RATE

30 €/PERS

ONE HOUR LONG EXPERIENCE

NON COMMISSIONABLE PRODUCT

> WEB

[LOU CALEN](https://www.loucalen.com)

BEING A CAMARGUE COWBOY

LE MAS DE PEINT - Arles, Bouches-du-Rhône



The time of a break, share the day-to-day life of our "gardians" (local cowboys) in the heart of our 500-ha family ranch, realm of Camargue bulls and horses : ride and harness a Camargue horse and participate in cattle work... an immersion in the way of life "camarguais".

Package includes (based on 2 pers)

- 4 nights in a double bedroom with breakfast including 1 -
- breakfast with the cowboys
- 3 dinners (without drinks)
- 2 hours cattle work with the « gardians » on 3 mornings

Arrival days: Tuesday, Wednesday, Thursday

Patricia BONCA

Sales and reservations manager

+33(0)4 90 97 20 62

patricia@masdepeint.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT

D.I.N.K

> N° ATTENDEES

2 PERS MIN

> RATE

1590 €/PERS – BASED ON 2 PERS

3180 € TOTAL STAY 4 NIGHTS

COMMISSIONABLE PRODUCT

> PERIOD

FROM APRIL 3 TO OCTOBER 6, 2026

SUBJECT TO AVAILABILITY

> WEBSITE

[LEMASDEPEINT](https://lemasdepeint.com)

VISUALART - PAINTING WORKSHOPS WITH CHOCOLATE, ARTIST STUDIO VISIT...

MARK ALSTERLIND - VISUAL ARTIST... - Manosque, Alpes-de-Haute-Provence



@Mark Alsterlind



CHOCOLATE PAINTING As a fun animation, Mark creates a fresco with melted dark chocolate. You will be able to paint with chocolate paints to embellish this collective work of art. The work is then cut up into pieces and offered as an edible souvenir from your experience. Art in good taste- art that tastes good!

OPEN STUDIO EXPERIENCE: Mark's Manosque studio Mark will open up his studio for a unique encounter with his craft. He will explain his unusual painting methods that have developed over the last 35 years. Your guests will be able to witness his techniques and hundreds of finished works. This activity can be followed by a hands-on painting workshop.

Mark ALSTERLIND

Owner

+33(0)6 10 78 50 03

markalsterlind@yahoo.fr

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT / GIT

D.I.N.K / FAMILIES/ YOUNG/ SENIORS

> N° ATTENDEES

30 PERS MAX

> RATE

ON REQUEST

NON COMMISSIONNABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

<https://www.markalsterlind.com/>

HISTORY & TERROIR

MUSÉE DE LA ROMANITÉ - Nîmes, Occitanie

AN ADVENTURE FOR THE MIND AND THE TASTE BUDS

At the Musée de la Romanité, history and local produce are thoughtfully combined in a two-part tour that combines historical discovery and culinary delights.

- Follow the guide as he meets the first inhabitants of Nîmes, Gauls and Romans, and uncovers their habits and daily lives over 2,000 years ago.
- Then, indulge in some of Nîmes' most renowned specialties during a tasting of local products.

On the menu: green olives from Nîmes (La Picholine AOP), two-color tapenade, cod brandade, bull sausage, Camargue honey, shortbread biscuits, and other surprises...

Christophe GARRITANO

Sales, Events, and Technical Manager
+33(0)6 50 33 17 89

christophe.garritano@spl-culture-patrimoine.com



CRTL Occitanie / Hervé Leclair Algodia

> CUSTOMERS

FRENCH & INTERNATIONAL
GIT

D.I.N.K / SENIORS

> N° ATTENDEES

10 PERS MIN - 90 PERS MAX
RESERVATION REQUIRED

> RATE

24 TO 34€/PERS (PROFESSIONAL
RATE)
NON COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

MUSEEDELAROMANITE

IN APICIUS' KITCHEN

MUSÉE DE LA ROMANITÉ - Nîmes, Occitanie



@Musée de la Romanité



Take part in a journey to discover the specificities of ancient Roman cookery. Follow our guide through our collections, then taste 5 dishes, prepared from ancient recipes. An experience that will amaze your taste buds and awaken your senses!

Your discovery is held in two parts: first a guided tour in our collections, which presents various aspects of roman meals: food, storage methods, containers, cooking process, recipes and customs. Then, you will taste 5 dishes and 1 beverage, prepared from ancient recipes.

A surprising and tasty moment, proposed by our partner caterer Taberna Romana, specialised in ancient Roman cookery.

Step in Apicius' kitchen, famous roman gourmet, whose excesses led to his downfall!

Christophe GARRITANO

Sales, Events, and Technical Manager

+33(0)6 50 33 17 89

christophe.garritano@spl-culture-patrimoine.com

> CUSTOMERS

FRENCH & INTERNATIONAL

GIT

D.I.N.K / SENIORS

> N° ATTENDEES

2 PERS MIN - 30 PERS MAX
RESERVATION REQUIRED

> RATE

29€/PERS (DURING THE OPENING
HOURS OF THE MUSEUM)

34€/PERS (PRIVATISATION RATE)

NON-COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

[HTTPS://MUSEEDELAROMANITE.FR/EN](https://museedelaromanite.fr/en)

IN CORPORE SANO

MUSÉE DE LA ROMANITÉ - Nîmes, Occitanie



CRTL Occitanie / Hervé Leclair Algodia



DISCOVER THE SECRETS OF SELF CARE DURING ANTIQUITY !

From surprising traditions to ingenious remedies, discover the natural health and well-being secrets of the Gauls and Romans!

Then, like them, make two selfcare treatments : a chewing paste and a detox herbal tea.

Christophe GARRITANO

Sales, Events, and Technical Manager

+33(0)6 50 33 17 89

christophe.garritano@spl-culture-patrimoine.com

> CUSTOMERS

FRENCH & INTERNATIONAL
FIT/ GIT
SENIORS

> N° ATTENDEES

2 PERS MIN - 90 PERS MAX
RESERVATION REQUIRED

> RATE

23 TO 34€/PERS (PROFESSIONAL
RATE)
COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

[HTTPS://MUSEEDELAROMANITE.FR/EN](https://museedelaromanite.fr/en)

NEW

PREMIUM ROAD TRIP & SLOW TOURISM IN PROVENCE-ALPES-COTE D'AZUR

Neo-NOMAD - Aix-en-Provence, Bouches-du-Rhône



Explore the Provence-Alpes-Côte d'Azur region in a premium van. A tailor-made journey combining exceptional comfort with hidden local gems.

Rediscover the freedom of van life without compromising on comfort. Our fully equipped vans become your mobile suites as you explore the Provence-Alpes-Côte d'Azur region.

Enjoy an authentic immersion thanks to our personalised roadbooks and our 162 exclusive local partners, including wineries, artisans and off-the-beaten-track spots.

An eco-conscious and refined getaway, allowing you to create your own journey and travel in style.

Local expertise: enjoy our exclusive digital roadbooks and experience Slow Travel as you discover our 162 local partners.

Natasha ZUBIRIA

Co-Founder

+33(0)6 09 58 83 58

contact@neo-nomad.com

> CUSTOMERS

FRENCH & INTERNATIONAL
FIT

D.I.N.K / FAMILIES/ SENIORS

> N° ATTENDEES

1 PERS MIN - 4 PERS MAX

> RATE

FROM 140 €/ NIGHT

COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

<https://www.neo-nomad.com/>

NEW

MEHARI RIDE THROUGH THE CHÂTEAUNEUF-DU-PAPE VINEYARDS

PAVILLON BOUACHON - Châteauneuf-du-Pape, Vaucluse



©Florent Rigaud

Set off to discover the fabulous Châteauneuf-du-Pape vineyards aboard a legendary 2CV car or Méhari with a private driver.

Enjoy an original and educational tour through the heart of the vineyards, discovering the richness of the appellation, from its famous rolled pebbles to its 13 grape varieties.

With the wind in your hair, let yourself be carried through the vineyards and enjoy a carefree moment of escape.

The experience continues with a visit to a wine cellar, followed by a tasting of the appellation's wines.

Photo stops in the heart of the vineyards are also available on request, adding the perfect finishing touch to an authentic and convivial discovery of Châteauneuf-du-Pape.

Florent RIGAUD

Head Sommelier - Wine Tourism Division

+33(0)6 12 77 80 41

pavillon@maisonbouachon.com

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/ GIT

D.I.N.K / FAMILIES/ YOUNG/ SENIORS

> N° ATTENDEES

2 PERS MIN - 50 PERS MAX

> RATE

Price upon request, based on the number of people and duration

COMMISSIONABLE PRODUCT

> PERIOD

ALL YEAR ROUND

> WEBSITE

<https://www.pavillondesvins.com/en/content/54-decouverte-du-vignoble>

DISCOVERING PROVENCE IN VINTAGE CARS

YES PROVENCE - vintage cars rental - Saint-Andiol, Bouches-du-Rhône



©yesprovence



©agencelabellevie

Who hasn't dreamed of discovering Provence in a vintage convertible car? Well, at Yes Provence, we'll make your dream come true!

Climb aboard a 2CV, Méhari, convertible Beetle or Combi Van, the choice is yours. Take off on an adventure at the wheel of one of these cars, and enjoy the varied landscapes of Provence with your hair blowing in the wind!

Yes Provence, the leading vintage car rental company in the South Region, offers you an original way to discover our magnificent southern region: simple drives in the heart of the Alpilles, a bachelorette party with your best friends, or a team building experience Escape Game - everything you need for a timeless experience.

Companies, are you looking for a 100% Team Building activity? We've got just what you need! Activities, tastings, rallies... Tell us about your project, and we'll make it happen.

Enjoy this activity all year round, 7 days a week, with delivery and driver(s) on request.

Anna HYDE

Director

+33(0)6 60 93 69 11

anna@yesvintage.fr

> CUSTOMERS

FRENCH & INTERNATIONAL

FIT/ GIT

D.I.N.K / FAMILIES / YOUNG / SENIORS

> N° ATTEENDEES

160 PERS MAX

> RATE

FROM €380 (depending on vehicle models and groups; for a minimum of 3 days)

For groups and seminar requests, contact us for a tailor-made quote

NON-COMMISSIONABLE PRODUCT

>

PERIOD

ALL YEAR ROUND

>

WEBSITE

<https://yesprovence.com/fr/>