NAT HAB
CULTURAL JOURNEYS

Vibrant Traditions & Personal Connections



Provence: La Belle Vie

An Insider's Journey into the Romantic South of France

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Trip Details:

Days
8 Days / Apr–May, Sep–Oct

Price
From $10995

Provence: La Belle Vie

An Insider's Journey into the Romantic South of France

From Avignon to Aix and a host of tiny towns in between, enjoy a highly personalized encounter with the storied South of France. Long before Peter Mayle wrote his beloved memoir *A Year in Provence*, artists have sought to capture its essence. On our intimate sojourn, you are immersed in all the sensory delights of this celebrated region. Savor the Provencal scenes that entranced Cezanne, Chagall and Van Gogh: petite villages, lemon groves and poppy fields, cerulean skies and magical light. Wander Roman ruins and ochre hill towns. Stroll markets brimming with produce, baguettes, olive oil, lavender and antiques. Blend your own scent at a parfumerie, bake bread with artisan boulangers, and sample the famous red wines of Gigondas. Discover it all from historic luxury villas in the sun-drenched Provencal countryside.

Trip Highlights

Spend Unhurried Time in Villages of the Luberon

Explore rural hill towns, from Lourmarin's narrow stone lanes and Renaissance chateau to the striking ochre cliffs and orange stucco facades of Roussillon

Taste the Renowned Flavors of Provencal Food & Wine

From private wine and pastis tastings to sampling olive oils, baking bread and savoring the specialties of local bistros, your journey is a gastronomic delight

Make Warm Personal Connections with the People of Provence

Sip coffee with a 90-year-old storyteller and hotelier, learn the art of perfume making, and meet artisan producers sustaining Provençal culinary traditions



Provence: La Belle Vie Itinerary

An Insider's Journey into the Romantic South of France

Itinerary at a Glance

Day 1	Avignon
Day 2	Roman Provence, Châteauneuf-du-Pape & the Palais des Papes
Day 3	Avignon at First Light & the Artistic Legacy of Saint-Rémy
Day 4	Bread, History & Village Life in Lourmarin
Day 5	Abbey Stones & Ochre Landscapes of the Luberon
Day 6	Fragrance, Aix-en-Provence & an Evening in Cotignac
Day 7	Stories, Traditions & Local Life in Cotignac
Day 8	Depart Provence



Day 1

Avignon

Arrive in Avignon & Welcome to Provence

- Arrive in Avignon and settle into the historic heart of Provence.
- Meet your Expedition Leader and fellow travelers over a welcome dinner.

Arrive in Avignon and settle into our hotel in the historic center. This evening, gather with your Expedition Leader and fellow travelers for a welcome dinner and an introduction to the days ahead.

Day 2

Roman Provence, Châteauneuf-du-Pape & the Palais des Papes

- Gain special upper-level access at the Roman Pont du Gard, then enjoy lunch and a wine tasting in Châteauneuf-du-Pape.
- Return to Avignon for a private evening visit to the Palais des Papes.

Our exploration begins at the Pont du Gard, the monumental Roman aqueduct that has stood across the Gardon River for nearly two millennia. Special upper-level access offers a perspective beyond the standard visit. Continue into Châteauneuf-du-Pape for lunch and a wine tasting at Château La Nerthe before returning to Avignon. This evening, experience the city's imposing Palais des Papes on a private visit.

Day 3

Avignon at First Light & the Artistic Legacy of Saint-Rémy

- Explore Avignon on an early walking tour, then continue to Saint-Rémy and discover its connections to Vincent van Gogh.
- Travel into the Luberon countryside and settle into Domaine du Castellas.

Begin with an early walk through Avignon before continuing to Saint-Rémy-de-Provence, a town closely associated with Vincent van Gogh and the landscapes that inspired some of his best-known work. After time to explore the town and its artistic heritage, travel into the Luberon and settle into our countryside accommodations at Domaine du Castellas.

Day 4

Bread, History & Village Life in Lourmarin

- Join a hands-on bread-making experience at Le Fournil at Domaine des Davids.
- Explore Lourmarin and visit its historic château before returning to our countryside retreat.

Today offers a closer look at the traditions and village life of the Luberon. Begin with a hands-on bread-making experience at Le Fournil at Domaine des Davids. Later, explore Lourmarin, with time to discover the village and visit its historic château before returning to our countryside retreat.

Day 5

Abbey Stones & Ochre Landscapes of the Luberon

- Discover historic Saint-Hilaire Abbey amid the villages and hills of the Luberon.
- Walk through Roussillon's striking ochre landscape and colorful trails.

Spend the day exploring the landscapes and historic sites of the Luberon. Visit the Ancienne Abbaye Saint-Hilaire before continuing to Roussillon, renowned for the vivid ochre earth that colors its cliffs and village surroundings. Walk the ochre trail for a close-up look at one of Provence's most distinctive landscapes.

Day 6

Fragrance, Aix-en-Provence & an Evening in Cotignac

- Take part in a perfumery workshop in Aix-en-Provence before continuing to Cotignac.
- Settle into Lou Calen, then gather for pétanque and a private pastis tasting.

Travel to Aix-en-Provence for a perfumery workshop and lunch before continuing to Cotignac, our home for the next two nights. After checking in at Lou Calen, enjoy time to settle into our village surroundings. Later, gather for a friendly game of pétanque followed by a private tasting of pastis, one of Provence's most characteristic aperitifs, and dinner at the hotel's bistro.

Day 7

Stories, Traditions & Local Life in Cotignac

- Share coffee with Huguette, a 90-year-old local storyteller and former hotel owner, then explore Cotignac and its cliffs with a local.
- Enjoy a rose and olive oil tasting before a farewell dinner in the garden.

Spend our final full day getting to know Cotignac through the people who call it home. Share coffee with Huguette, a 90-year-old former hotel owner known as an engaging local storyteller, then explore the village and its distinctive cliffs with local resident John. Our day also includes a tasting centered on rose and olive oil and lunch at Picotte. This evening, gather for a farewell dinner in the garden, celebrating our time together in Provence.

Day 8

Depart Provence

Transfer to Marseille Airport for departing flights.

After breakfast, transfer to Marseille Airport for departing flights.



Provence: La Belle Vie Accommodations

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Hotel de Cambis

Inside Avignon's medieval ramparts, this hotel's traditional 17th-century facade reveals a colorful modern interior, quirky rooms, an upscale bar showcasing regional wines, city views, and gourmet room service.



Domaine du Castellas

This restored 1720 Provencal stone farmstead and working farm offers farm-to-table meals, free-range goats, Luberon Valley views, a rooftop terrace with stone-lined swimming pool and a cave spa.



Lou Calen

Beneath Cotignac's limestone cliffs, this 7-acre garden estate features three pools, an eclectic atrium bookstore filled with curios and art—and has hosted Pink Floyd and David Bowie.

For detailed descriptions, visit nathab.com/cultural-journeys/provence-villages-culture-tour/accommodations.

What Makes Cultural Journeys Different?

Provence: La Belle Vie

There are countless ways to experience Provence, but a Nat Hab Cultural Journey goes beyond its celebrated villages, historic landmarks and renowned cuisine. We pair the region's iconic sights with personal encounters, special access and time in smaller communities, connecting with local storytellers, artisans and producers along the way. With a slower pace and experiences rooted in food, wine and enduring traditions, we reveal a more intimate side of Provençal life and culture. See what makes our journey so special:

1. **Make Personal Connections with Provence's People**
   Share coffee with a 90-year-old local storyteller and former hotel owner, explore Cotignac with a local, and meet artisans and small producers. These encounters make Provence feel personal rather than simply presented to us.

2. **Enjoy Special Access Beyond the Standard Sightseeing Circuit**
   Go beyond public drop-in experiences with upper-level access at Pont du Gard, a private Palais des Papes experience, early visits before sites become busy, and intimate tastings and workshops.

3. **Experience the Rhythm of Village Life**
   Rather than moving quickly among major cities, spend meaningful time in the Luberon and lesser-known Cotignac, allowing space to experience the character and daily rhythms of smaller Provençal communities.

4. **Balance Iconic Provence with Lesser-Known Discoveries**
   Experience celebrated places such as Roussillon, Avignon, Saint-Rémy and Aix alongside Cotignac, Lourmarin, local artisans, smaller wine areas and experiences away from the obvious tourist circuit.

5. **Discover Provence Through Its Food, Wine & Traditions**
   Go beyond restaurant meals with experiences centered on wine, olive oil, chocolate, pastis, fragrance, pétanque and local producers, offering a broader sense of Provençal culture and terroir.

6. **Travel at a Deliberately Intimate Pace**
   Three-night stays, character-rich accommodations, field meals, garden dinners, downtime and optional exploration make the journey feel less like a conventional escorted tour and more like being welcomed into Provence.



Dates & Pricing Summary:

Price
From $10995

Group Size
Limited to 12 Travelers

Provence: La Belle Vie Dates, Pricing & Info

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2028 Departures

Departure – Return	Pricing	Notes
Dates not confirmed for 2028		
Apr 3 - Apr 10, 2028	**$10995**	
Apr 12 - Apr 19, 2028	**$10995**	
Apr 21 - Apr 28, 2028	**$10995**	
Apr 30 - May 7, 2028	**$10995**	
May 9 - May 16, 2028	**$10995**	
Sep 9 - Sep 16, 2028	**$10995**	
Sep 18 - Sep 25, 2028	**$10995**	
Sep 27 - Oct 4, 2028	**$10995**	
Oct 6 - Oct 13, 2028	**$10995**	

2029 Departures

Departure – Return	Pricing	Notes
Prices and dates not confirmed for 2029		
Apr 3 - Apr 10, 2029	**From $11295**	
Apr 12 - Apr 19, 2029	**From $11295**	
Apr 21 - Apr 28, 2029	**From $11295**	
Apr 30 - May 7, 2029	**From $11295**	
May 9 - May 16, 2029	**From $11295**	
Sep 9 - Sep 16, 2029	**From $11295**	
Sep 18 - Sep 25, 2029	**From $11295**	
Sep 27 - Oct 4, 2029	**From $11295**	
Oct 6 - Oct 13, 2029	**From $11295**	

See https://www.nathab.com/cultural-journeys/provence-villages-culture-tour/dates-fees for the latest pricing details.

Included

Accommodations, services of Nat Hab's professional Expedition Leader(s) and local guides, all meals from dinner on Day 1 to breakfast on the final day, most wine, some gratuities, airport/train station transfers for those arriving on Day 1 and departing on the final day, all activities and entrance fees, all taxes, permits and service fees.

Mandatory Insurance

Since the areas we travel to are remote and wild (that's why we go there!), we require that all guests have, at minimum, medical evacuation insurance for this program. This is for the safety of all guests. We require that your chosen independent insurance plan includes at least $250,000 in medical evacuation coverage.

To protect your investment and to provide peace of mind while you travel, we also strongly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment to trip cancellations and delays and lost luggage. Please contact our office if you would like more information about the medical evacuation and comprehensive travel insurance policies we offer by calling 800-543-8917.

Getting There & Getting Home

This trip begins and ends in Marseille, France. You must arrive by **3:30 pm on Day 1** to make the group welcome orientation and dinner.

You may depart Marseille **at any time on the final day**.

Our Natural Habitat Adventures Travel Desk can best assist with your travel reservations, as our staff is familiar with the specific requirements of this program and can help arrange the most efficient itinerary. Please call us at **800-543-8917**. While we offer the

best available rates to us on airfare and additional nights' accommodations, you may occasionally find special web rates or lower fares online.

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