

Pauwels Travel Bureau Ltd.
15 Egerton Street Brantford, Ont. N3T 4P6
Tel: 519-753-2695/800-380-3974 - Fax: 519-753-6376
tours@pauwelstravel.com – www.pauwelstravel.com



*'The Estaque Peninsula with red roofs,' by Paul Cézanne.jpg
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PROVENCE BETWEEN MEDITERRANEAN AND MOUNTAINS

15 days, from Tuesday, October 10, to Tuesday, October 24, 2023

A thorough exploration of France's sunny southern region! Occasionally following ancient Roman roads and crossing Roman bridges, we travel from the French Riviera to the Provencal interior high in the Alps, then explore natural and historical attractions such as the spectacular Gorges du Verdon, France's Grand Canyon, the legendary Ventoux Mountain, and the medieval ghost town of Les Baux while descending back towards the Mediterranean, with visits to picturesque towns big and small, featuring Roman amphitheatres, bridges and monuments as well as memories of great painters such as Cézanne and Van Gogh, such as Aix-en-Provence, Arles, Nimes, Avignon, Orange, and the regional metropolis, Marseille. Comfortable 3-star/superior tourist-class hotels, excellent local cuisine, and history talks by your tour escort, historian Jacques R. Pauwels, PhD, author of books on the history of French wine and the French Revolution in addition to his 'Beneath the Dust of Time: A History of the Names of People and Places'.

Tour price from Toronto, based on double occupancy: \$5,295 CAD.

"Land only" (from Nice Airport to Marseille Airport): \$4,295 - Single room supplement: \$995

PROPOSED ITINERARY:

Day 1 - Tuesday, October 10: 8:30PM departure from Toronto to Munich, with Lufthansa.

Day 2 - Wednesday, October 11: Arrival in Munich at 10:15AM and connecting flight to Nice, departing at 11:20AM and arriving at 12:45PM. Immediate transfer to the highly rated 3-star/superior tourist class Hotel Casa Bella (<https://www.hotel-casabella.com/en>) in the centre of Mouans Sartoux, a community nestled in the hills between the world-famous jet-set resort of Cannes and the town of Grasse, the perfume capital of France, in the hinterland. Check in, and free time to settle in. Dinner in a typical restaurant.

Day 3 – Thursday, October 12: After breakfast, exploration of Grasse, with a guided tour of one of the numerous local perfume manufacturers. On to Cannes for a sightseeing tour, by little tourist train, of the old town and the waterfront boulevard, La Croisette, backdrop of the city’s annual movie festival. After lunch we head for nearby Antibes, founded by the ancient Greeks, where we view the monument commemorating Napoleon’s return from exile on the island of Elba and visit the local museum focused on the work of Picasso, who lived for many years in this area; the Picasso Museum occupies the site of the Greek acropolis, which became a Roman and then a medieval fortress belonging to the Grimaldis, a famous Genoese family whose descendants still rule Monaco. Return to our hotel in late afternoon and free evening.



Cannes: Hotels along La Croisette and the beach



The Trophy of the Alps at La Turbie

Day 4 – Friday, October 13: Full-day excursion along the French Riviera, a.k.a. the Côte d’Azur. The most beautiful and interesting stretch, between Nice, the “queen city” of this playground, to the Italian border, involves three spectacular scenic routes known as Corniches. We start out along the Lower Corniche, a stunning drive along the coast all the way to Menton, the last town before the border. En route we will pay a visit to the Principality of Monaco, with the old town and the Prince’s Palace as well as the Monte Carlo district with its famous Casino. Return via a stretch of the Grande Corniche, the high mountain road. In the village of La Turbie, an impressive monument, known as the “Trophy of the Alps,” was erected by the Romans to celebrate their conquest of this southern part of Gaul, as France was known then, turning it into a *province* of their empire, hence the name Provence. It was here that a major Roman road entered Gaul, an extension of the famous Via Aurelia, but known locally as the Via Julia Augusta. Descending to the level of the Middle Corniche, we enjoy spectacular views of the Mediterranean coast as we head for Nice for a panoramic tour of this magnificent city, including its old town as well as the world-famous waterfront boulevard, the Promenade des Anglais. Return to our hotel in the early evening. Today, group lunch or dinner.

Day 5 - Saturday, October 14: Departure after breakfast. A short westward drive takes us to the small coastal community of Fréjus, which was a town of great importance in Roman times. Strategically located on the Via Julia Augusta and developed into a major seaport and naval base by the likes of Caesar and Augustus, the town boasts plenty of monuments and archaeological remains that bear witness to this glorious past, including a theatre, an amphitheatre, baths, harbour installations, and ancient churches, because this was also one of the early centres of Christianity in Gaul. Our sightseeing here will of course also include a visit to the very interesting archaeological museum. After lunch in nearby Saint Tropez, a seaside playground of the jet set ever since Brigitte Bardot was first seen there, sunbathing on the beach, we drive north and enter the highlands of Provence. Our destination is one of the prettiest villages of France, medieval Moustiers-Sainte-Marie, nestled at the foot of a gap in a steep rocky mountainside, unquestionably. Accommodation in a 3-star property, Le Colombier (<https://www.hotelcolombier.com/en>), and dinner in a nearby restaurant.



The port of Saint-Tropez, by Maximilien Luce (1893)

Moustiers Sainte-Marie >

Day 6 - Sunday, October 15: A full day to experience the absolutely breathtaking scenery of the Gorges du the “Grand Canyon” of France and Europe’s biggest carved out of the rocky Provençal highlands by the River, with cliffs that rise as high as 700m! We will leisurely tour the northern as well as the southern rim, pausing regularly for photo opportunities, and for coffee breaks and lunch in quaint towns and villages such as Castellane and Aiguines, where the Verdon River widens into a big blue lake, the Lac de Sainte-Croix. Return to Moustiers in late afternoon, and rest of the day at leisure.



Verdon,
canyon,
Verdon



< The Gorges du Verdon

Day 7 - Monday, October 16: Full-day escapade into the Alps! We head northward towards the high Alps until at Ubaye-Serre-Ponçon we reach the Via Domitia, the second Roman road entering Gaul from Italy, but this time via an Alpine mountain pass rather than along the coast. From here we follow this ancient road to Sisteron, a town whose Citadel, perched high on a steep rock, served for many centuries as the gateway to the Provence. The road now runs through the Durance River Valley and is a section of the famous “Route Napoléon,” followed in 1814 by Napoleon, but

in the opposite direction, to Paris – and eventually Waterloo! -- after his previously mentioned return from exile in Elba – your guide will tell you the story! En route back towards Moustiers, we will probably view some Roman milestones and monuments, such as the columns of a temple in the town of Riez. Arrival back at our hotel in late afternoon. No group dinner today.

Day 8 - Tuesday, October 17: Departure from Moustiers after breakfast. We motor through the scenic countryside of the Provençal interior to the village of Vauvenargues, situated in a green valley at the foot of a giant of a mountain, associated with important historical facts as well as fanciful legends and a major source of inspiration for the great post-impressionist painter Paul Cézanne, the Montagne Sainte-Victoire. Another famous artist, Picasso lived in a

chateau in this village and is buried here. On to the charming historical capital of Provence, which was once an independent kingdom: Aix-en-Provence. Upon arrival, leisurely walking tour of the medieval city centre, with highlights the Cathedral and the magnificent plane tree-lined boulevard known as the Cours Mirabeau. After a break for lunch, visit to Cézanne's workshop before we drive south to the beautiful Mediterranean seaside resort of La Ciotat, the comfortable 3-star Hotel Plage Saint-Jean (<https://www.hotelplagestjean.com/en>), located at a stone's throw from the beach. How about a swim in the hotel's indoor pool before our group dinner this evening?



< *Montagne Sainte-Victoire on a painting by Cézanne*

Day 9 - Wednesday, October 18: Day at leisure to explore La Ciotat, shop, go for a walk along the beach, swim (in the pool if not the sea, a bit cool at this time of the year!), watch the locals play the popular Provençal game of pétanque, which was invented here, or just enjoy some dolce far niente. If the weather permits, it will be possible to take an optional boat tour to explore the deep, fjord-like rocky and steep inlets of the coast known as the Calanques. You can also visit Parc du Mugel, the fine municipal park and botanical garden, tucked between the sea and a big rock and officially rated as one of the “Remarkable Gardens of France” by the French Ministry of Culture; it features all sorts of tropical and subtropical plants as well as varieties typical for Provence, native or not, such as mimosa, bougainvillea, bamboo, liege oak

trees, lavender and other aromatic plants, members of the families of Mediterranean plants known as maquis and garrigue. No group dinner this evening.

Day 10 - Thursday, October 19: Full-day excursion to Marseille, one of the greatest seaports of the Mediterranean, founded by the Greeks and arguably the oldest city of France. Our local visit will focus on the old town, with the site of the original Greek settlement, and the colourful harbour, and include a visit to the MUCEM, the Museum of European and Mediterranean Civilisations. Returning to La Ciotat, we will briefly visit another picturesque coastal resort, Cassis. No group dinner.

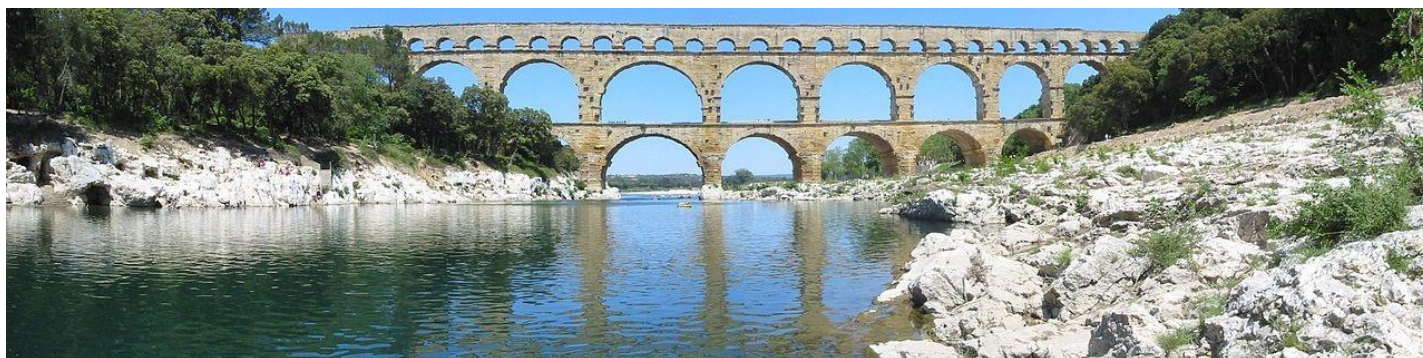
Marseille's Old Port and the hilltop Church of Notre Dame de la Garde >



Day 11 - Friday, October 20: Leaving La Ciotat, we bypass Marseille and motor along the shores of the lagoon known as the Étang de Berre to the village of Saint-Chamas, where we pause to admire the Pont Flavien, claimed to be the most impressive Roman bridge outside of Italy. On through the Crau landscape, a kind of stoney desert, to Les Baux, an amazing medieval ghost town perched high on a hill in the curious Alpilles Mountains. Our next stop is the quintessentially Provençal town of Saint-Rémy, boasting twin Roman monuments known as Les Antiques as well as memories of Van Gogh, who spent time here in an asylum. Late afternoon arrival at our hotel in the pretty little town of Villeneuve, situated just across the mighty Rhone River from Avignon, where the charming and very Provençal Hotel de l'Atelier (<https://hoteldelatelier.com>) will be our home for the next four nights. Dinner in a typical restaurant.

Day 12 - Saturday, October 21: After breakfast we drive a short distance to visit the Pont du Gard, an amazing Roman aqueduct, a UNESCO World Heritage Site, situated in the middle of a wonderful Provençal landscape. On to

the beautiful city of Nimes, where a tour by little tourist train will enable us to admire some very well-preserved Roman monuments, including a temple known as the Maison Carrée, as well as an amphitheatre (or arena) where bullfights are now occasionally performed. Continue to Arles, located on the banks of the Rhone River, an ancient and charming Provençal town featured in many paintings by Van Gogh, who lived here for some time. Our local walking tour there will include all the monuments that earned this town the title of UNESCO World Heritage Site: the Roman amphitheatre; the fine Romanesque Saint-Trophime Church; and the quaint Place du Forum, where the café featured in Van Gogh's 'Café Terrace at Night' is just perfect for a coffee break! On the way back to our hotel, we visit Le Mas des Tourelles, a winery where we will learn how wine was made by the Romans and taste wine still made the same way! No group dinner today.



The

amazing Pont du Gard

Day 13 - Sunday, October 22: Full-day excursion to some more wonderful Provençal places: the town of Orange, featuring a fabulous Roman theatre and triumphal arch, a twin UNESCO World Heritage Site; Vaison-la-Romaine, famous for its Roman bridge; the big mountain of Provence, Mont Ventoux, with an altitude of nearly 2,000m; and the romantic village of Fontaine-Vaucluse, where a big, beautiful, and rather mysterious spring marks the source of the River Sorgue. No group dinner today.

The road across the top of Mont Ventoux >

Day 14 - Monday, October 23: After breakfast we cross the Rhone and visit Avignon, one of the most famous cities in Provence, whose impressive medieval walls bear witness to its glorious past, especially in the Middle Ages, when the Popes resided here for nearly a full century! We start with a panoramic tour by little tourist train, then visit the mighty Papal Palace and, of course, the remains of the monumental St. Bénézet Bridge, celebrated by the song "Sur le Pont d'Avignon."

Unsurprisingly, Avignon too was designated a World Heritage Site by UNESCO. The afternoon is at leisure, and this evening we will enjoy our Au Revoir-dinner in a restaurant in Villeneuve.





Panoramic view of Avignon and its famous bridge

Day 15 – Tuesday, October 24: After breakfast, transfer to Marseille Airport in time for the Lufthansa return flights Frankfurt and Toronto. Departure from Marseille at 1045AM and arrival in Toronto at 4:20PM.

Tour price from Toronto, based on double occupancy: \$5,295.
“Land only” (from Nice Airport to Marseille Airport): \$4,295 - Single room supplement: \$995

Included in the tour price are:

- Flight Toronto to Nice and back from Marseille, with Lufthansa, including one checked suitcase as well as taxes and fees;
- Accommodation based on double occupancy in superior tourist-class (3-star) hotels, highly rated on Tripadvisor;
- Breakfast daily and a total of *six* dinners or full lunches;
- Overland transportation by private coach;
- All sightseeing and visits as outlined in the itinerary, including admission to museums and monuments mentioned;
- Airport lounge pass for use upon departure from Toronto.

Not included are:

- All items of a personal nature.
- Beverages with dinners, and meals other than those outlined above.
- A gratuity for the coach driver(s), 30 Euros or dollar equivalent, to be paid locally.
- Travel Insurance, available upon request.



RECOMMENDED READINGS:

Martin Garrett, *Provence: A Cultural History*

Lawrence Durrell, *Provence*

Peter Mayle, *A Year in Provence*

Georganne Brennan, *A Pig In Provence: Good Food and Simple Pleasures in the South of France*

François Mille, *Provence Food and Wine: The Art of Living*

Martin Bailey, *Studio of the South: Van Gogh in Provence*

Neal Atherton, *Thyme for Provence: Lavender, People & Places*

Janelle McCulloch, *Provence and the Cote d'Azur: Discover the Spirit of the South of France*

TERMS & CONDITIONS

RESERVATIONS AND DEPOSITS:

Reservations should be made as early as possible to ensure the departure of your choice. A deposit of \$1000.00 required at the time of registration. Your reservation is confirmed upon receipt of your deposit and registration form. No reservations will be accepted without a signed registration form. **REFUND OF UNUSED ARRANGEMENTS:** Because the rates of Pauwels Travel Bureau Ltd. are based on group participation, no refund can be made for any tour accommodation or tour service, or tour feature not taken. If cancellation occurs while the tour is in progress, no refund can be made for the tour portion not taken. We strongly suggest that to allow for any unexpected contingencies, you purchase the all-inclusive insurance.

CANCELLATION POLICY:

Refund of deposit is made if cancellation is received in writing by Pauwels Travel Bureau Ltd. more than 90 days prior of the departure date of the tour less a \$500.00 non-refundable administrative fee per person. For cancellation received in writing 90 days prior or less the following cancellation charges apply: 90 days to 61 days before departure: 25% of tour cost 60 to 31 days before departure: 50% of tour cost Within 30 days prior to departure: 100% of tour cost

RESPONSIBILITY: The acceptance of the initial service to be provided under the tour shall be considered an acceptance by the tour member of those conditions. We also reserve the right to decline, to accept or retain any person as a member of the tour. We reserve the right without notice, to withdraw any part or all of the tour. Factors such as airline schedule changes, hotel overbookings, inclement weather, travel warnings by the Canadian Government etc. may necessitate changes in the itinerary. There may also be other circumstances in which changes become necessary or advisable. By commencing the tour, I agree to the release and agreement as included below.

RELEASE & AGREEMENT:

By placing my deposit and commencing the tour I understand and agree to the following: 1. That all tours are delivered in conjunction with other service providers, including but not limited to travel agent and booking services, airlines, hotel and accommodation providers, transportation providers including but not limited to coach, train and ferry services, restaurant providers, and local guides. We shall not be held responsible for the failure by any person or company to render any transportation, lodging or other travel service to be provided on the tour. All hotels, transportation and other travel services are provided subject to all the terms and conditions under which they are offered to the public generally. 2. I know that tour programs include walking and may including hiking and fitness programs that have potential hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all other risks associated with these events included but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity. 3. To release, indemnify and hold harmless Pauwels Travel Bureau and their affiliates (which term shall include parents, subsidiaries, officers, directors, shareholders, agents and employees of Pauwels Travel Bureau as well as Pauwels Travel themselves) (the "Released Parties") from, and agree not to sue the Released Parties for, any claims that I may have arising from, or in connection with, any personal injury, bodily injury, mental anguish, emotional distress, physical, property or other damage that I may suffer from any cause whatsoever related in any way to my participation in this tour. Without limiting the generality of the foregoing, I release, indemnify and hold harmless the Released Parties from, and agree not to sue them for any personal injury, bodily injury, mental anguish, emotional distress, physical, property or other damage that I may suffer from the Released Parties' negligence other than from intentional or reckless acts by such parties. I further agree to release, indemnify and hold harmless the Released Parties from any and all acts of God, war (whether declared or undeclared), terrorist activities, incidents of politically motivated violence, illness or quarantine, strikes or government restrictions or the acts or omissions of any other agents over which the Released Parties have no direct or indirect control, including, without limitation, airlines, railways, bus companies, hotels, shipping companies, guides and sub-contracted agents or tour operators. This release also includes activities not offered that may be considered risky. I further release any Tour Directors, bus drivers or other individuals involved in my tour. 4. That the air carrier's liability for loss of or damage to baggage or property, or for death or injury to person, is limited by their tariffs, or the Warsaw Convention, or both. 5. That Pauwels Travel Bureau shall have no liability or responsibility for me when I am absent from activities, such as visits to friends or relatives or during stay-ahead/stay-behind option periods if the stay-ahead/stay-behind period does not include the services of a Tour Director. 6. To abide by directions of my Tour Director

or other leadership personnel during my tour. Failure to do so may result in my termination from tour immediately. I understand that to disobey such rules or directions are to waive the right to any refund, and that I may be sent home at my own expense. The participant and family undertake full financial responsibility for any damage caused by the participant and agree to pay his/her return home on the first available flight, should his/her behavior be deemed detrimental to the welfare of the group. 7. To abide by all local laws when in Canada and abroad, including those concerning drugs and alcohol. (Minors must have parents' permission to use alcohol even if the local law would otherwise permit them to.) I understand that if I abuse or disobey such laws, even unintentionally, I waive my right to a refund, and Pauwels Travel may send me home at my own expense. I also understand that should local authorities be involved; I will be subject to the laws of the country I am visiting. 8. That if I become ill or incapacitated, Pauwels Travel and its employees, or a designated chaperone may take any action they deem necessary for my safety and well-being, including securing medical treatment (at my own expense) and transporting me home. In the event of a medical emergency, Pauwels Travel will attempt to cause appropriate treatment to be administered, and the traveller authorizes Pauwels Travel to do so. Pauwels Travel, however, makes no warranty that it will be able to cause effective (or any) emergency treatment to be administered. 9. That Pauwels Travel may use any film likenesses taken of me and any of my comments while on a tour for future publication and use my contact information for future Pauwels Travel communications.

A WORD ABOUT GROUP AIRFARES:

Please note that when booking one of our air inclusive tours, Pauwels Travel has negotiated reduced rates with the airline that we are able to confirm and lock in up to 359 days before travel. While it is wonderful to share the savings and flexibility this provides with you, our valued guests, the privilege does come with some restrictions. In some cases it may not be possible to collect frequent flyer miles, you may not be able to check in online 24 hours before travel, or you may need to try checking in with your ticket number rather than your booking reference and, in almost ALL cases we are not able to offer advanced seat selection. It is the airline that makes the reservation and has control over the booking so it is their policy, not ours, that prevents us from assigning specific seats. If a request is made, it is passed on to the airline by our staff when they submit the names to the airline, i.e., 30-60 days prior to departure. Calling us several days before you leave will not change this fact nor will getting upset with our staff. If a certain type of seat is indispensable to you, we suggest that you book our tour on a "land only" basis and make individual flight arrangements, in which case you may be able to get the seat of your choice; Pauwels Travel would be happy to assist you with that reservation at absolutely no additional charge. We will offer you the best fare available, but please note that this can only be done once a tour is a guaranteed departure because your individual airfare's conditions are likely to involve cancellation penalties. We thank you in advance for your kind understanding of the above!

REGISTRATION FORM

Please book _____ seat(s) on the "Provence Between Mediterranean and Mountains" departing October 24, 2023. Enclosed is my/our deposit of _____ (\$1000 per person, plus insurance premium if taken).

I wish to book on group flights _____ OR land only _____. (If booking land only please send the office a copy of your flight details).

Deposit and insurance premium, if taken, are due with registration. You will be invoiced for the balance due 45 days prior to departure.

WE REQUIRE A COPY OF YOUR PASSPORT (INFORMATION PAGES ONLY) VALID 3 MONTHS AFTER TOUR TO BE SENT IN WITH YOUR REGISTRATION FORM.

PASSPORT NAME(S): Please indicate the appropriate title (Mr., Mrs., Miss, Dr., Ms.)

Surname _____ First _____ Middle(s) _____

Surname _____ First _____ Middle(s) _____

If applicable, give your commonly used first name as you would like it to appear on your name tag: (e.g. "Liz" for Elizabeth") _____

Address: _____ City: _____

Postal Code: _____ Phone: _____ Cell Phone: _____

Email: _____

If traveling alone, is a SINGLE ROOM REQUIRED? YES _____ NO _____

If sharing, what is your bed preference: twin (2 beds) _____ double (1 bed) _____?

SPECIAL REQUIREMENTS: We find the earlier a request is made, the more success we have in filling it, so please list any dietary requests, allergies, any special physical needs or frequent flyer numbers etc here. We cannot ensure requests made 30 days or less prior to departure will be possible. _____.

Insurance, Please call the office for premiums then record it on application and add premium to deposit.

I /we would like to purchase (please check and record your rate):

Name: _____ Date of Birth: _____

Name: _____ Date of Birth: _____

All-inclusive Package _____ Non-medical Package _____

Other _____ OR Decline Insurance _____

PAYMENT: Cheque payable to Pauwels Travel E-transfer to tours@pauwelstravel.com Visa Mastercard
 American Express

Amount Paid: _____ Card Number: _____

Expiry: _____ Security Code: _____ Signature: _____

"I/we agree to the terms and conditions attached to the program, have indicated our insurance choice, indicated any special requests and included payment".

Date _____ (Signature) (s) _____

Please forward this completed and signed form, copy of passport and payment to:

PAUWELS TRAVEL BUREAU LTD.

15 Egerton Street, Brantford, Ontario N3T 4L4

Tel: 519-753-2695/1-800-380-3974 – Fax: 519-753-6376 - Email: tours@pauwelstravel.com