



## **OPTIONAL TOUR DESCRIPTIONS**

### **LAKE COMO**

#### **TOUR 1: COMO CITY WALKING TOUR**

**Date: Thursday 30 May**

**Depart time: 9.00am**

**Return time: 12.00pm**

**Tour Grade: 1**

**Price: \$75.00**

Lake Como sits on the foot of the Alps and offers some of the most beautiful scenery in Italy's Lake District. Explore the historic city center of Como and walk around its medieval streets. Discover the picturesque landscapes and beautiful landmarks of Como during a 3-hour walking tour. Soak up the atmosphere in Piazza Cavour and Piazza Volta, marvel at the magnificent Duomo cathedral (including a tour inside the cathedral), stroll around the medieval city walls and enjoy a gelato or sample a local pastry en route.

Take the Como-Brunate funicular, a cable way that departs from the lake and reaches the neighborhood of Brunate, located at 715 meters above sea level in about 8 minutes. From this natural balcony the view is fantastic: the old Roman town is perfectly visible and a huge part of the western Alps arch are visible in front of you, while the sight towards the flats reaches the Appenino chain.

The tour includes: tour guide, entrance fee to the Duomo, funicular ticket and gelato or local pastry and guide gratuity.

#### **TOUR 2: LUGANO CITY TOUR**

**Date: Thursday 30 May**

**Depart time: 9.00am**

**Return time: 2.00pm**

**Tour Grade: 1**

**Price: \$145.00**

Visit this jewel in the Italian part of Switzerland, located at the foothills of the Swiss Alps and on the Lake of Lugano. Visit the church of Santa Maria degli Angioli, which hosts an early Renaissance masterpiece, reputed as being the most famous frescoes of that period in Switzerland. The work is a portrayal of the 'Passion and Crucifixion' by Italian artist Bernardino Luini (1480 – 1532), a disciple of Leonardo. The large, lively fresco covers most of the wall with many faces and figures: more than 150 in all, including soldiers on horseback and a throng of people.

Window-shop the high end fashion outlets on Via Nazza, the city's main street filled with the finest luxury shops and boutiques. The lakeside promenade, which is considered to be one of the most elegant and beautiful in all Europe, will let you enjoy fantastic photo opportunities. The tour will conclude with a one hour panoramic private cruise on Lugano Lake before returning to Lake Como.

The tour includes: return coach transportation, 1 hour boat cruise, tour guide and gratuities.

### **TOUR 3: PRIVATE LAKE COMO CRUISE & LUNCH**

**Date: Thursday 30 May**

**Depart time: 11.30am**

**Return time: 4.30pm**

**Tour Grade: 1**

**Price: \$525.00**

Discover the secret spots of Lake Como that you would not be able to see from the land. During your private cruise in a Venetian taxi style boat (seating a **maximum of 10 people per boat**), it will be possible to admire all the most famous and beautiful villas that have made Lake Como famous worldwide including Villa Erba, Villa d'Este, villa Fontanelle (Versace), Villa Oleandra (Clooney), Villa Cassinella (Branson) and Villa Balbianello.

Stop at Villa del Balbianello for a guided visit of the villa and its magnificent gardens, famous for being the backdrop of several Star Wars scenes as well as featuring in James Bond's Casino Royale. The next stop is at Locanda dell'Isola Comacina for a leisurely 2 hour lunch in the most remarkable setting. The restaurant is located on the tip of the Isola Comacina which is a small island in the middle of the lake and boasts a stellar clientèle of the rich and famous including George Clooney, Richard Branson, Elton John and Brad Pitt. The same set menu has been served since 1947 and it remains an exquisite example of simplicity. Six courses are offered which include a "finishing touch" with a finale that makes it a truly unique experience.

Cruise back to Como passing in front of Bellagio and down along the eastern shore.

The tour includes private boat cruise with guide, entry to Villa del Balbianello villa and gardens, six course lunch with drinks, gratuities.

### **FLIMS**

#### **TOUR 1: WALKING TOUR OF CHUR**

**Date: Saturday 1 June**

**Depart time: 12.30pm**

**Return time: 5.00pm**

**Tour Grade: 1**

**Price: \$92.00**

Do you prefer enchanting mountain scenery or city life? The Alpine City of Chur (pronounced Koor) has it all. Narrow, winding streets and snow-capped mountains, modern shopping centres and pure, unadulterated nature. For Chur is quite simply the Alpine City. Abounding in urban zest for life, yet set amidst an enchanting Alpine world. Get to know the oldest city of Switzerland which boasts more than 5,000 years of civilisation history. On foot you walk from the lively centre into the winding alleys of the Old Town and up to the 800-year-old Cathedral. The competent guides will be happy to introduce Chur to you with exciting facts and entertaining stories!

**Highlight – lucky you!** During your weekend the **Culinary Streetfood Festival Chur** takes place. The festival offers a culinary journey around the globe for four days. Various street food artists and chefs from all over Switzerland present their skills on the streets of the city...

After the guided tour there will be time at leisure to explore the quaint shops and the food stalls before returning to the hotel.

The tour includes return coach transportation, local tour guide and gratuities.

## **TOUR 2: RIVER RAFTING**

**Date: Saturday 1 June**

**Depart time: 1.00pm**

**Return time: 6.00pm**

**Tour Grade: 2**

**Price: \$262.00**

River rafting in the Rhine gorge is a thrilling experience. Explore the impressive, untamed Ruinaulta by rubber raft from Ilanz to Reichenau. This is one of the most exciting routes in Europe for rafting. From the water, you can enjoy the steep cliffs and craggy rocks, while the rapids and spray ensure a fun, refreshing experience. Rapids alternate with calmer sections of the river, however the landscape in the Rhine Gorge is breathtaking throughout.

After a short coach ride you will be welcomed by the guides at the rafting base. Here you will receive information about the trip and change into rafting equipment. After a detailed safety talk and paddle instructions, you are ready to go! Your professional rafting guides will lead you through the impressive Rhine Gorge where you will safely face the whitewater rapids. Deep gorges surrounded by magnificent alpine scenery are the ingredients of this adventure cocktail. The total rollercoaster ride on the water takes approx 2 hours. The river is a grade WW2-3, which is perfect for beginners.

*Please note: Whitewater rafting bears risks. The participation is on your own responsibility. The activity takes place in any weather condition except in a high water situation.*

What to bring: bathing clothes, backpack, towel, sports band for glasses (if needed), sunscreen and a good attitude!

The tour includes return coach transportation, guide, rafting adventure with professional rafting guide, gratuities.

## **TOUR 3: EASY HIKING TOUR TO LAKE CAUMA**

**Date: Sunday 2 June**

**Depart time: 11.30am**

**Return time: 1.30pm**

**Tour Grade: 1**

**Price: \$70.00**

Depart the hotel for an easy 1 ½ hour guided hike through the forest to Lake Cauma (walking a total of 5.5 kms and climb/descent 180 metres up and down). Known as 'Lag la Cauma' in the Romansh language, meaning 'lake of midday rest', Lake Cauma is the jewel of Flims. In the summer of 2016 it was voted Switzerland's most beautiful mountain lake. Standing on its shores, you can see to the bottom, so clear and pure is its water. Its extraordinary turquoise-green color is famous, nevertheless the mountain lake remains a mystery. This magnificent lake is surrounded by forest on three sides and contains a wooded island in the centre of the lake.

Your experienced hiking guides will be happy to introduce the area to you with interesting facts and entertaining stories! The hike will take place in any weather conditions. Please bring good walking or hiking shoes.

The tour includes a 1.5 hour hike with an experienced hiking guide and gratuities.

#### **TOUR 4: ADVANCED HIKING TOUR - LAKE CAUMA and PANORAMIC VIEW of the SWISS GRAND CANYON**

**Date: Sunday 2 June**

**Depart time: 1.30pm**

**Return time: 5.00pm**

**Tour Grade: 2**

**Price: \$80.00**

Depart the hotel for a 2 ½ hour guided hike on a hiking trail that will take you to the Il Spir viewing platform (walking a total of 9.5 kms and climb /descent 300 meters up and down). After the retreat of the last glacier 10,000 years ago, the Rhine River started to break through the rock masses of the Flims Rock Slide. The river has created the nature spectacle of the Ruinaulta (Upper Rhine Gorge). The Ruinaulta is often referred to as the "Swiss Grand Canyon". The observation platform "Il Spir" (Romanish for Eurasian swift) offers unbeatable views of the Swiss Grand Canyon. The platform consists of a single pillar held back by a tow cable which rises between the pines and leans over the gorge. A triangular platform of pine wood sits atop the pillar, giving the structure the shape of a swift.

On the way to the platform make a short stop at Lake Cauma - the jewel of Flims. In the summer of 2016 it was voted Switzerland's most beautiful mountain lake. Standing on its shores, you can see to the bottom, so clear and pure is its water. Its extraordinary turquoise-green color is famous, nevertheless the mountain lake remains a mystery. This magnificent lake is surrounded by forest on three sides and contains a wooded island in the centre of the lake.

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The competent and English speaking hiking guides will be happy to introduce the area to you with interesting facts and entertaining stories! The hike will take place in any weather conditions. Please bring good walking or hiking shoes.

The tour includes a 3.5 hour hike with an experienced hiking guide and gratuities.

#### **TOUR 5: GUIDED TOUR OF MOUNTAIN VILLAGES**

**Date: Sunday 2 June**

**Depart time: 1.30pm**

**Return time: 6.00pm**

**Tour Grade: 1**

**Price: \$150.00**

The mountain village **Falera** is of rich culture and history. The church St. Remigius was built by 1491. Around the church are stone pillars (megaliths or menhirs), arranged geometrically, that date back to 1500 B.C. during the Bronze Age. The Church of St. Remigius and the prehistoric settlements are listed as Swiss heritage sites of national significance

At the rural village **Valendas** you will see the Türelhus and the Haus Joos which are also listed as Swiss heritage sites of national significance. The Türel House is one of the most historically valuable houses in the whole area. The original building was constructed in 1485. The oldest part of the Farmers Haus Joos may even date back to 1300.

The highlight of this tour will be an adventurous drive to and a stop at **Versam** - the centre of the **Swiss Grand Canyon**. Face the several hundred meter high rock walls during a one hour break in the middle of the mighty gorge of the famous river Rhine. Relax on the quiet natural beaches and cool your feet in the meltwater. You may also buy a coffee or a snack on the sunny terrace of the small local pub.

At the end of the tour you will finally walk 15 minutes to the viewing point above Lake Cauma to take a selfie of this marvelous lake which the locals call the pearl of Flims. In summer 2016 it was voted Switzerland's most beautiful mountain lake. Its extraordinary turquoise-green color is famous all over the country.

This tour will be in smaller coaches in order to access the adventurous road and narrow countryside villages of the spectacular Swiss Grand Canyon. You will face amazing views from high above down to the deep gorge. Please bring good walking shoes.

The tour includes return coach transportation, local guide and gratuities.

## **ZERMATT**

### **TOUR 1: GORNERGRAT TRAIN**

**Date: Tuesday 4 June**

**Depart time: From 10.45am**

**Return time: At leisure**

**Tour Grade: 1**

**Price: \$128.00**

The Gornergrat is one of Switzerland's top excursions with good reason. This short circular route lets visitors experience the magic of the Gornergrat and the impressive scenic panorama. Since 1898 Switzerland's first electrically-powered cogwheel train has been bringing passengers up to the Gornergrat. The highest open-air rack railway in Europe climbs past Swiss stone pine and larch forests up to a height of 3,089 metres and takes just 33 minutes from the centre of Zermatt. Once you reach the top you can enjoy breathtaking, all-round views of 29 of the Alp's mightiest peaks measuring above 4,000 metres in height, with the Matterhorn right in the centre.

The train departs the station in the heart of Zermatt at intervals of approx 35-45 mins. You can return from the Gornergrat at your leisure.

The Gornergrat is also a great starting point for some wonderful walks. For more information on hiking in Zermatt, visit <https://www.zermatt.ch/en/Media/Planning-hikes-tours>. The price includes a return ticket on the Gornergrat train. A group discounted rate has been secured for PSA delegates based on a minimum of 10 people taking advantage of this.

### **TOUR 2: MATTERHORN GLACIER PARADISE**

**Date: Tuesday 4 June**

**Depart time: From 10.30am**

**Return time: At leisure**

**Tour Grade: 1**

**Price: \$130.00**

The Matterhorn glacier paradise can be reached from Zermatt in a journey time of around 40 minutes, including changes. At an airy 3'883 metres of altitude you will find Europe's highest mountain station. Want to go higher still? The summit lift will bring you to the viewing platform with a 360° panoramic view that includes 38 Alpine giants and 14 glaciers. Up above, there is a cinema lounge, fine cuisine, superb ski slopes and a little lower, on Trockener Steg or Schwarzsee, hiking and biking trails.

In the world's highest glacier palace, you can also discover a world of eternal ice. Descend fifteen metres below the surface and explore a fairy-tale world of glittering ice crystals, with an ice slide, a glacier crevasse you can walk through and 'cool' photopoints. Surrounded by painstakingly created ice sculptures and centuries-old ice formations, it's as if you have entered a magical fairy tale.

Why not stop for a meal at "En Güete", the world's highest mountain restaurant and enjoy the stunning view through the panoramic windows. The menu offers international dishes alongside Swiss specialities.

Please note: the newly built 3S gondola that operates from Trockener Steg to Matterhorn Glacier Paradise will unfortunately be closed from 3 June for maintenance. The original cable car will still be open so everyone can still access the peak.

The price includes return trip from Zermatt to the Matterhorn glacier paradise (option of getting on or off at stations en route), admission to the Glacier Palace and use of the viewing platform and Cinema Lounge. A group discounted rate has been secured for PSA delegates based on a minimum of 10 people taking advantage of this.

## **MONTREUX**

### **TOUR 1 & 7: GLACIER 3000**

**Date: Friday 7 June & Sunday 9 June**

**Depart time: 1.15pm**

**Return time: 5.45pm**

**Tour Grade: 2**

**Price: \$236.00**

Today, you will visit the eternal snow at Glacier 3000, located just 60 minutes from Montreux. On arrival at the valley station, take a 15 min cable car ride to the glacier at 3,000 metres. Once at the top, enjoy a ride on the snow bus over the perpetual ice - a most pleasant way to see the glacier from the comfort of your own seat.

In addition, you can enjoy some of the following activities that are available:

**Peak Walk:** The Peak Walk by Tissot is the highlight of the glacier adventure: It connects the smaller peak (View Point) with the 5m higher main peak (Scex Rouge) and takes all guests to incredible heights. The 107m long and 80cm wide bridge offers a stunning view of the Alps: Matterhorn, Mont Blanc, Eiger, Mönch and Jungfrau are visible from the bridge and offer grandiose views, far off into the distance. The suspension bridge is free of charge and open year-round subject to weather conditions.

**Alpine Coaster:** 520° circles, 10 somewhat steep curves, 6 waves and 3 jumps promise action-packed speeds of up to 40 km/hour on a 1km stretch: The Alpine Coaster will quickly raise your adrenaline level and get your heart beating hard! You will experience weightlessness up to 6 meters above the ground on this high-flying adventure. You determine the speed with the brake lever and how many times you want to go down the toboggan run. Additional cost: CHF9 per ride or CHF36 for 5 rides.

The tour includes return coach transportation, local guide, return cable car to Glacier 3000, ride on the snow bus and gratuities.

Note: You should wear good mountain shoes that are suitable to be worn in the snow and also take a warm jacket!

### **TOUR 2: MONTREUX & VEVEY**

**Date: Friday 7 June**

**Depart time: 2.00pm**

**Return time: 6.00pm**

**Tour Grade: 2**

**Price: \$112.00**

The old city of Vevey is dotted with historical monuments and museums bearing witness to its rich heritage. In addition, a large variety of boutiques and craftsmen can be found in the narrow, paved streets, displaying their know-how and wares. The pedestrian zone of the old city and the lakeside are well worth a browse.

Return to Montreux and enjoy a walking tour of the old town of Montreux, the market place with its Freddy Mercury statue and the lakeside promenade with its incredible flower arrangements up to the Casino.

The tour includes return coach transportation, local guide and gratuities.

### **TOUR 3 & 6: CHOCOLATE WORKSHOP**

**Date: Friday 7 June & Saturday 8 June**

**Depart time: 2.15pm**

**Return time: 5.30pm**

**Tour Grade: 1**

**Price: \$210.00**

Enjoy a hands-on chocolate making workshop and immerse yourself in the world of chocolate at one of the finest Swiss chocolatiers in Switzerland. On arrival in Vevey, you will be received by a famous chocolate

maker in his atelier. The experience starts with a visit of the production site where you will learn about the production of chocolate and its origin, how to taste and determine a good chocolate and discover different chocolates with various tastes.

You can then demonstrate your talent while making your own chocolate tablet. This is a fun and interesting experience that any chocolate lover will enjoy. After the workshop, try to resist the magnificent choice of bespoke chocolate treats in the shop!

The tour includes return coach transportation, local guide, chocolate workshop and gratuities.

#### **TOUR 4: LAUSANNE CITY TOUR & SHOPPING**

**Date: Saturday 8 June**

**Depart time: 2.00pm**

**Return time: 6.00pm**

**Tour Grade: 2**

**Price: \$92.00**

To visit Lausanne is to see both city and countryside. A walking tour of the town will include the modern commercial center, the Supreme Court of Switzerland, the Old Town with its historic buildings such as the University, the magnificent 13th century Gothic Cathedral and the 14th century Château St. Maire with its "Disneyland" towers and turrets. Through Ouchy, the harbour of Lausanne, you will have a splendid view of the Chablais Mountains.

Following the walking tour there will be free time to enjoy the extensive shopping in Lausanne. Let yourself be inspired by seductive window displays inviting you to discover or rediscover the art of living and of products "made in Switzerland", an eternal symbol of quality. Every kind of store waits to welcome you in the town centre; from food to fashion to watchmaking. Sample the sophistication of an infinite range of styles and souvenirs. Return to Montreux with the coach, or stay on longer and make your own way back by train (at own cost).

The tour includes return coach transportation, local guided walking tour and gratuities.

#### **TOUR 5 & 8: LAVAUX WINE TOUR**

**Date: Saturday 8 June and Sunday 9 June**

**Depart time: 2.00pm**

**Return time: 5.00pm**

**Tour Grade: 1**

**Price: \$175.00**

The tour will take you to the magnificent Lavaux vineyards. The picturesque Lavaux wine-growing region on Lake Geneva has been recognized as a world heritage site by UNESCO, stretching from Lausanne to Vevey and Montreux. It presents some of the most famous vineyards in Switzerland that all share one of the most amazing vineyard views in the world. Impressively situated on steep, terraced hillsides, it rises from the lake between Villette and St. Saphorin with a slope that can reach up to 65%. In this region, helicopters must sometimes be used during the harvest period to collect the grapes.

Switzerland is the only country to fully exploit the special qualities of the Chasselas and to produce, from this one grape, a surprising diversity of delicate white wines. The Vaud is Switzerland's second largest winegrowing region. It is best known for its fresh, fruity white wines produced from the Chasselas grape. Their delicate and varied aromas reflect the different soils of the region.

After having discovered this magnificent region, you will be transferred to a winery of the region for a wine tasting in the cellar or on the terrace with a gorgeous view of Lake Geneva.

The tour includes return coach transportation, local guide, wine tasting and gratuities.

### **TOUR 9: CHOCOLATE TRAIN**

**Date: Monday 10 June**

**Depart time: 8.30am**

**Return time: 4.30pm**

**Tour Grade: 1**

**Price: \$100.00**

Board the Chocolate Train in Montreux for a journey to Gruyères, home to “Maison du Gruyère” where the mysteries of the production of this famous Swiss cheese will be revealed to you. Next visit the charming medieval town of Gruyères, with the possibility to visit its magnificent castle (at own cost). Finally, you reach the legendary “Maison Cailler” in Broc. There, you will discover the secrets of the creation of Swiss chocolate and enjoy a chocolate tasting.

The price includes the train trip from Montreux to Montbovon then transfers by bus from Montbovon to Gruyères and Broc and back to Montreux; plus entrance fees to the cheese and chocolate factories. Morning coffee & chocolate bread on the train is included.

Please note you will join the **regular** Chocolate Train excursion as sold to the general public (the train departs at 8.44am). The tour is not customised or provided exclusively for PSA delegates. A group discounted rate has been secured based on a minimum booking size of 10 people. Transfers between the hotel and train station are not included, nor is this a guided tour.

### **TOUR 10: LAUSANNE & OLYMPIC MUSEUM**

**Date: Monday 10 June**

**Depart time: 9.00am**

**Return time: 4.00pm**

**Tour Grade: 2**

**Price: \$146.00**

To visit Lausanne is to see both city and countryside. A walking tour of the town will include the modern commercial centre, the Supreme Court of Switzerland, the Old Town with its historic buildings such as the University, the magnificent 13th century Gothic Cathedral and the 14th century Château St. Maire with its "Disneyland" towers and turrets. Through Ouchy, the harbour of Lausanne, you will have a splendid view of the Chablais Mountains.

Following the walking tour proceed to the Olympic Museum. 1,500 objects and seven hours of audio-visual and interactive material make it the largest archive of Olympic Games in the world. Its state-of-the art, hands-on exhibition immerses you in the history and spirit of the Olympics. Dive into the history, heritage, dreams, challenges and values which have contributed to making the Olympic Movement what it is today.

The tour includes return coach transportation, local guided walking tour in Lausanne, entry to the Olympic Museum and gratuities.

### **TOUR 11: GRUYÈRES WITH LUNCH**

**Date: Monday 10 June**

**Depart time: 9.15am**

**Return time: 3.00pm**

**Tour Grade: 1**

**Price: \$249.00**

Take a beautiful ride on the “Golden Pass” mountain train to Gruyères passing the alpine forests, bubbling mountain springs and picturesque mountain villages. Once at Gruyères station it is a short walk to the cheese factory “La Maison du Gruyère” where you will discover the king of cheese. Le Gruyère AOP is a cheese with a long tradition and its making has been handed down over many generations of cheesemakers both in the alpine and village cheese dairies. Delve into the secrets of the making of Le Gruyère during a 30-45 minute tour with headsets.

After this interesting visit board the coach to Gruyères. The fortified medieval hill top town and its castle is famous for the fine cheese that bears its name. A single street of late Gothic houses with overhanging roofs, Gruyères is dominated by the 13th century Château of Count Peter, which now belongs to the State.



Enjoy a typical two course Swiss lunch, including the famous Swiss fondue, at one of the local restaurants followed by free time to explore the castle (entrance fee not included) and pick up some local souvenirs from the shops of Gruyères. Return to Montreux by coach, arriving back to the hotel at approx. 3.00pm.

The tour includes one way train to Gruyères, coach transportation from the cheese factory up to the hilltop town, two-course lunch (drinks excluded), local guide and gratuities.

## **LYON**

### **TOUR 1 and 4: PAUL BOCUSE COOKING SCHOOL**

**Date: Wednesday 12 June and Thursday 13 June**

**Depart time: 9.15am**

**Return time: 2.00pm**

**Tour Grade: 1**

**Price: \$270.00**

Simple curiosity, dream or passion? Those who love food and love to cook will enjoy this very special experience at the Paul Bocuse Cookery School. With these cookery lessons you can renew your culinary skills, learn the art of food drink tasting, impress family and friends and above all, have fun while you're at it! Learn the cookery secrets and tips of top chefs when it comes to selecting your ingredients, successfully preparing a dish, concocting original and delicious recipes and learning to arrange food on plates.

The classes are limited to 24 participants only on each day and you can book for one day or two. The cost includes lunch and gifts.

The daily program for each of the two exclusive cooking classes consists of:

9.15am	Welcome, coffee & croissant, introduction to the Institut and to the chefs
9.30am	Class begins making one entrée and one main course
1.00pm	Lunch tasting plus dessert, wine and coffee
2.00pm	Finish

A complimentary cooking kit with knives and apron will be given to all attendees and fact sheet recipes will be available.

### **TOUR 2: LYON PANORAMIC CITY TOUR**

**Date: Wednesday 12 June**

**Depart time: 2.00pm**

**Return time: 6.00pm**

**Tour Grade: 1**

**Price: \$45.00**

The city of Lyon oozes atmosphere at every corner. Enjoy a walking tour of the Vieux Lyon, the largest renaissance district in Lyon and discover 2,000 years of UNESCO-listed heritage. Step back in time to a day and age when Lyon was a well-known trade fair town and suppliers from all over Europe flocked here to exchange their wares. Its 15th and 16th century buildings have housed wealthy families of bankers, as well as Italian, German and Flemish merchants. Vieux-Lyon is a secret and mysterious district, revealing itself mainly behind closed door, where hidden passageways or traboules enabled people to pass discreetly from one street to another without leaving the building. Nowadays, the inner courtyards reveal the great wealth of their former owners.

After the walking tour you will continue your discovery of the city by bus, first visiting Fourvière, the "praying hill" from where you can admire the most beautiful panorama over the city.

From Fourvière proceed to the "Presqu'île", the peninsula between the Rhône and Saone Rivers This part of the town is the cultural and commercial heart of Lyon and has been a UNESCO World Heritage site since 1999. At the end of the tour, enjoy a tasting of various local products (cold meats, cheese & a glass wine) at les Halles Paul Bocuse, the famous closed market of Lyon.

The tour includes coach transportation, local guide and gratuities.

### **TOUR 3: LES HALLES PAUL BOCUSE**

**Date: Wednesday 12 June**

**Depart time: 2.15pm**

**Return time: 5.15pm**

**Tour Grade: 1**

**Price: 80.00**

Lyon is well known for its gastronomy, thanks to its local specialities and the chef who was considered the Pope of French Gastronomy, a pioneer in its field and owner of a restaurant with 3 Michelin stars for 53 years. Visit the amazing covered market of Les Halles de Lyon Paul Bocuse and discover a temple of French and Lyonnaise gastronomy.

A Mecca of taste buds, a mythical institution of good food, an essential meeting point for tastes and flavors, an international reference for gourmets, the Halles de Lyon-Paul Bocuse are emblematic of Lyon's and France's gastronomic excellence. This unique indoor market includes 48 traders (peelers, cheese makers, bakers, pastry chefs, market gardeners, delicatessens, but also butchers, fishmongers, caterers, wine merchants and restaurateurs) – many of whom are Michelin star rated.

Mix with the locals and best chefs from the region as you learn the history of the famous *Mères Lyonnaises* who helped shape the gastronomic reputation of the city from the 19th century. Discover the origin of local produce and hear the secrets about how they are produced. Stop at various stalls to taste the best specialties. Try different cold cuts of meat and regional cheeses, along with dumplings, macarons, chocolates and wines, depending on the season.

Get an amazing introduction to local flavours to awaken your senses and delight your tastebuds.

The tour includes coach transportation, local guide, tastings and gratuities.

### **TOUR 5: MEDIEVAL VILLAGE OF PEROUGES**

**Date: Thursday 13 June**

**Depart time: 12.00pm**

**Return time: 4.00pm**

**Tour Grade: 1**

**Price: \$65.00**

Perched high on a hill with the French Alps draped as a fairy tale backdrop, the medieval village of Pérouges persists. A timeless town. A perfectly preserved gothic treasure. It's like walking through the pages of a story from the Middle Ages when chivalrous knights and fair maidens ruled the day. Even today it remains an iconic enclave hiding behind massive fortress walls built of impenetrable stone. Uneven cobblestone streets wind through the narrow alleys, streets, and byways. Today, the town of Pérouges is not only one of the most beautiful, but also one of the best preserved in France.

Walking through the narrow byways you will admire the elaborate facades of the town's houses and the intricate carving of the stone windows. Stop at the celebrated Ostellerie du Vieux Perouges to taste the town's famous pastry, the "Galette" with sparkling wine of Montagnieu. At the end of the tour you will be dropped off at the ship.

The tour includes coach transportation, local guide, Galette Perouges tasting and sweet wine and gratuities.

## **TOUR 6: CROIX-ROUSSE & THE SILK DISTRICT**

**Date: Thursday 13 June**

**Depart time: 12.15pm**

**Return time: 4.15pm**

**Tour Grade: 1**

**Price: \$60.00**

The bohemian Croix-Rousse area is a maze of leafy squares overlooked by houses that were formerly weavers' workshops. Living and working conditions were once so bad here that they led to a series of workers' uprisings starting in 1831, but today many of the high-ceilinged ateliers have been reborn as chic lofts, and a stroll in any direction will lead to boutiques selling handmade jewellery, clothing by up-and-coming designers or high-quality ceramics.

This historic district is a fascinating walking tour, with its unique traboules - narrow, tunnel-like passageways that served as the setting to the 19th-century silk-workers revolt - snaking between the historic workshops and running down to the riverside. Today, some of the traboules have been restored, most notably the Passage Thiaffait, which is now home to the 'Village of Creators' and lined with artist's galleries, crafts workshops and fashion boutiques.

Explore Lyon's very last remaining weaving workshops from the 19th century with your tour guide. Discover the world of the "Canuts", these famous silk manufacturers, by observing their social conditions and way-of-life in their former apartments. Continue the visit with your guide through the colorful streets of the Croix-Rousse district, following the path of the traboules and see La Mur des Canuts – a huge fresco depicting the life of the silk weavers in this area. At the end of the tour you will be dropped off at the ship.

The tour includes coach transportation, local guide, silk workshop and gratuities.

## **RHONE PROVENCE CRUISE**

### **TOUR 1: CHÂTEAUNEUF DU PAPE: CITY TOUR WITH WINE TASTING**

**Date: Friday 14 June**

**Depart time: 2.00pm**

**Return time: 5.30pm**

**Tour Grade: 2**

**Price: \$83.00**

Châteauneuf-du-Pape, where life is lived in its wine – its cultivation, vinification and sale, without forgetting its consumption... The village draws its breath and inspiration from its environment.

Between the cities of Avignon and Orange, Châteauneuf-du-Pape is right in the heart of a region full of history, culture and joie de vivre. A unique, magical place, it appears before you set on its hill like an island rising out of a sea of grapevines. At its summit stand the vestiges – a wall, a tower and the lower hall – of the château built by the popes in the 14th century as their summer residence. It was, in fact, the popes who planted the town's first vineyards. The château was sacked and partially destroyed during the wars of religion. A coach stop will allow you to admire the view,

The village can be visited on foot. You can stroll its small winding lanes, passing in front of the medieval houses, the communal oven, the olive oil press and the town hall with its round tower. The Place de la Fontaine with its outdoor cafés and restaurants invites you for a break before you go off to discover the wines.

After the visit you can enjoy a wine and chocolate tasting in the cellar of Le Pavillon des vins Skalli located in the heart of the flagship vineyard of Châteauneuf-du-Pape.

The tour includes coach transportation, local guide, wine and chocolate tastings and gratuities.

## **TOUR 2: ARLES: CAMARGUE & AIGUE MORTE**

**Date: Saturday 15 June**

**Depart time: 1.30pm**

**Return time: 6.00pm**

**Tour Grade: 1**

**Price: \$62.00**

The Camargue, Western Europe's largest river delta, covers an area of over 900 square kilometers - a wild landscape of red salt lagoons teeming with flamingos, reedy marches and rice paddies, herds of wild white Camargue Horses and farms where Europe's only cowboys - the Gardiens - raise fighting black bulls for the bullrings of Languedoc and Spain.

On the western edge of the Camargue area lies the remarkable walled city of Aigues Mortes, one of the finest walled cities in France. The best way to see the town is from its medieval ramparts. On a wander atop the city walls, you can see right across the ancient town, once filled with knights and crusaders during the 12th-century reign of Louis IX.

The tour includes coach transportation, local guide and gratuities.

## **TOUR 3: ARLES: WALKING TOUR**

**Date: Sunday 16 June**

**Depart time: 9.00am**

**Return time: 11.00am**

**Tour Grade: 2**

**Price: Inclusive**

Arles, city of art and history, has been a UNESCO World Heritage Site since 1981. Full of Roman heritage from over 2,500 years Arles is thus called the "little Rome of Provence". This nickname comes from the importance of Arles in the Roman Empire, for which it was a capital city. Its port, bridge (the first bridge over the Rhône river) and proximity to the Via Domitia allowed the city to become very prosperous at the time.

Set in the delta of the Rhône River, Arles - a lively and authentic town - is probably most famous for its Roman ruins, including the majestic coliseum that marks its epicenter. In the late 19th century, Van Gogh spent over a year in Arles, attracted to its light and colour, executing approx. 300 paintings and drawings.

The tour includes a local guide, entrance fee Arenes de Arles and gratuities.

## **TOUR 4: AVIGNON: WALKING TOUR & VISIT TO THE PAPAL PALACE**

**Date: Monday 17 June**

**Depart time: 9.00am**

**Return time: 12.00pm**

**Tour Grade: 3**

**Price: Inclusive**

Avignon, once the capital of Christendom in the Middle Ages, retains the indelible mark of its grandiose destiny: the Palais des Papes (Palace of the Popes), the Saint-Benezet bridge, called the "pont d'Avignon" of worldwide fame through its commemoration by the song, and the ramparts constitute an exceptional complex of monuments listed by UNESCO as World Heritage sites.

Wander the medieval streets of Avignon during this 3 hour walking tour and learn the history of this exquisite city with ancient Roman roots and celebrity as the 14th-century seat of the Papacy. Take in panoramic views of Avignon and the Rhône River from the top of the fortified city walls and admire 19th-century architecture in Avignon's town square, the Place de l'Horloge. Finally we visit the Popes' Palace to see the ornate chambers and chapels of this impressive legacy of the Catholic church.

The tour includes a local guide, entrance fee to the Papal Palace and gratuities.

### **TOUR 5: AVIGNON: PONT DU GARD**

**Date: Monday 17 June**

**Depart time: 1.45pm**

**Return time: 5.45pm**

**Tour Grade: 2**

**Price: \$73.00**

The Pont du Gard is the greatest surviving stretch of a fifty-kilometer-long aqueduct built by the Romans in the middle of the first century to supply fresh water to the city of Nîmes. With just a seventeen-meter difference in altitude between start and finish, the aqueduct was quite an achievement.

The most visited ancient monument in France, listed a world heritage site by UNESCO, the Pont du Gard aqueduct remains one of humankind's great masterpieces. A marvel of antiquity and a true technical feat, it is also a stupendous site that has regained its unspoiled state since its refurbishment.

Admission to the site also allows entry to the Museum of the Pont du Gard, which retraces, through an exhibition accessible to the entire public, the history of the aqueduct's construction and its contribution to the way of life during the Roman Era.

The tour includes coach transportation, entrance to the Pont du Gard, local guide and gratuities.

### **TOUR 6: AVIGNON: LES BAUX & CARRIÈRES DE LUMIÈRE**

**Date: Monday 17 June**

**Depart time: 1.45pm**

**Return time: 5.45pm**

**Tour Grade: 2**

**Price: \$88.00**

Les Baux-de-Provence is a charming town in the Provence region with a fantastic position amidst the Alpilles mountains and is considered to be one of the most beautiful villages in France. Set high on a rocky spur, the village was important during the Middle Ages, as evidenced by its castle and numerous ruins, but it was destroyed during the 17th-century religious wars. It is a place steeped in history and hidden away from modernization. Standing atop the now ruined castle which once crowned this rocky landscape, it feels like you can see the entirety of Provence spread out before you. Looking out upon the town, it is sometimes hard to make out what is the rock and what are the buildings. The amalgamation of the natural environment and the manmade town is what makes this city so intriguing.

In the heart of Alpilles, the monumental "Carrières de Lumières" host extraordinary multimedia shows which are unique in the world. The former quarries dug out by the hands of man since the Roman era offer the visitor a magical world of entrancing images and music. Carrières de Lumières is an immersive audio-visual show which takes visitors on an extraordinary audio-visual journey made possible by cutting-edge technological equipment and methods.

The tour includes coach transportation, entrance fee to Carrières de Lumière, local guide and gratuities.

### **TOUR 7: CHATEAUNEUF DU RHONE: ARDECHE & LAVENDER MUSEUM**

**Date: Tuesday 18 June**

**Depart time: 8.30am**

**Return time: 1.00pm**

**Tour Grade: 2**

**Price: Inclusive**

Embark on a wonderful journey of colours and scents. With purple flowers carpeting gently sloping hills as far as the eye can see, the lavender fields in Provence bloom each year and draw admirers from across the world. You will witness the essential oil extracted from lavender and discover its many virtues by attending the magical transformation of a lavender flower by a roadside distillation. The Lavender Museum in Ardèche is located in an authentic setting in the heart of the Ardèche Gorges, near Vallon Pont d'Arc and its famous Pont d'Arc Cave, a replica of the Chauvet Cave.

The Ardèche Gorge is often referred to as the Grand Canyon of Europe, its spectacular limestone cliffs tower up to 1,000 ft above the meandering river below. The entrance to the Ardèche Gorge is through the famous Pont d'Arc near Vallon which, at 192 feet is, according to the Natural Arch and Bridge Society, "the largest natural bridge in Europe". You will take the famous Gorge Trail, from which you can see the harmonious meanderings of the river. Make a stop at Serre de Tourre which offers one of the greatest views onto the canyon and the river Ardèche.

The tour includes coach transportation, entrance fee to the Lavender Museum, local guide and gratuities.

#### **TOUR 8: TAIN L'HERMITAGE: CITE DU CHOCOLATE VALRHONA**

**Date: Wednesday 19 June**

**Depart time: 2.30pm**

**Return time: 4.30pm**

**Tour Grade: 2**

**Price: \$50.00**

Located on the site of Valrhona's historic chocolate factory, the Cité du Chocolat takes you on a behind-the-scenes exploration of Fine Chocolate. During a mouth-watering, eye-opening trail through the heart of the Cité, you will discover all the secrets of how chocolate is made and the array of expertise possessed by Valrhona. The Valrhona Cité du Chocolat is, above all, an interactive discovery trail for all the senses.

The Cité du Chocolat is a chocoholic's dream come true and the supersized adjoining boutique is a treasure trove of chocolate goodies.

The tour includes entrance and chocolate workshop, local guide and gratuities.

#### **TOUR 9: HIKING IN HERMITAGE**

**Date: Wednesday 19 June**

**Depart time: 2.30pm**

**Return time: 4.30pm**

**Tour Grade: 2**

**Price: \$55.00**

Enjoy a 3km guided walk through the Hermitage hillside "in the footsteps of Gamber" and discover the appellation Hermitage, its geology, how to work with terraced vineyards, its grape varieties and terroirs. You will taste a white Hermitage and a red Crozes Hermitage en-route before returning to Tain l'Hermitage for further wine-tasting in a cave.

The tour includes guided walk in the vineyards with an experienced guide, wine tastings and gratuities.

#### **Legend**

- **Tour Grade 1 – Easy** – Short walking/touring distances
- **Tour Grade 2 – Moderate** – Long walking/touring distances
- **Tour Grade 3 – Difficult** – Walking longer distances or extra exertion