

from the c'est si bon kitchen www.cestsibon.net 919-942-6550



2010 teens in paris and provence itinerary
july 12th - july 23rd tuition \$4750

join c'est si bon! for twelve days of exquisite culinary visits and classes in the luminous and elegant city of paris, and the exotic ancient village of arles, deep in provence along the rhone river.

tuition includes:

accommodations in paris and arles. escort to and from charles de galle.
meals as noted. cooking classes in paris and in arles with chef erick vedel.

due to the varying schedules of our teen participants not everyone needs the same ending plan. and so please note that tuition **does not include**:
any airfare to or from france
lodging, lunch or dinner on july 22nd in paris.
round trip train fare to and/or from paris to arles

in paris: accommodations at hotel de la paix (225 boulevard raspail) in the montparnasse arrondissement.

in arles: accommodations at the bed and breakfast with chef erick vedel.

monday july 12th day one – morning pick-up from charles de gaulle. (this means your flight departed the US on the eve of July 8th) lunch and settling in at hotel de la paix, then a gentle walk to a local breton creperie and afterwards see les ancienne oven at poilane. perhaps the tele-cafe, a bit of a rest or shopping for necessary forgotten sundries? an overview of the 15th arrondissement: montparnasse. explore how both the histoire and the moderne collide today in paris.

influences on mont parnassus (nicknamed after the mountain of apollo and the muses) can you tell us? who were jean paul sarte, lenin, hemingway, cocteau, simone de beauvoir, modigliani, picasso, satre, chagall, puccini, (he wrote the opera, la boheme) andre citroen, and stravinsky?

montparnasse cemetery:

grave sites we can visit:

andre citroen

jean-paul sarte

simon de beauvoir

baudeliere

verrier-astron

welcome dinner at l'aquarius (best vegetarian restaurant in paris)

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lunch and dinner included.

tuesday july 12th day two

when you rise, choose your croissant at a local bakery.
by 9 am we're off! to eric kayser boulangerie along rue monge and the infamous culinary shops and bustling weekend market along rue mouffetard. if the african market on nearby rue daubenton is in full swing, we'll check it out.

afternoon or evening cooking class. ritz escoffier or cordon bleu or lenotre.

breakfast, lunch, dinner included

wednesday july 13th day three

petit dejeuner then we're off to le marche au plein air on rue raspail and a picnic in jardin de luxembourg. wind our way along rue rivoli, stopping for sweet respite at salon de the, angelinas, for chocolate and mont blanc (or yet another piece de resistance?) then walk or metro back to montparnasse.

breakfast, lunch, and dinner included

thursday july 14th day four

bastille day. very early morning visit to rungis market outside of paris. including cafe et grand croissant breakfast.

afternoon of down time. (lunch on your own, if you're awake!)

later metro to the site of paris' ancient market, les halles. (pronounced lay all) if you have a moment, a chance open before your trip- read zola's, 'the belly of paris.' we will walk and look for roots of the old les halles. fifty years ago, here's what you might have seen.

from the michelin guide:

between 1854 and 1866 ten halls in all were constructed and the buildings became a model for the covered markets throughout france and abroad. two further halls were opened in 1936. the animated market scene and the rich variety of colour and smell are vividly described emile zola as the 'stomach of paris' in his novel le ventre de paris (savage paris.) locals enjoyed eating onion soup, snails and pig trotters at 5 am in simple but excellent restaurants with colorful names like la chien qui fume and au pied cochon. as the old buildings became inadequate, they were demolished and removed. one has been erected ay nogent-sur-marne.

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our walk includes a visit to st eustache and we'll peruse the aisles of culinary trucs at e. dehillerin.

breakfast and dinner (at pied de cochon.) included

friday july 15th day five

bon voyage, noon-time train to arles!

dinner with chef erick vedel at association cuisine et tradition

saturday july 16th day six

market in arles - shop for ingredients for that night -- what inspires us? -

lunch of nibblies off the market. (we'll provide all

the silverware and plates, etc., so they can either picnic in the park,

or come back to the house. cooking class at 5pm

sunday july 17th day seven

visit to the cheesemaker, lunch at the cheese-maker's or

in the countryside. out to the beach tonight for a cookout on the

mediterranean.

monday july 18th day eight

early morning bakery visit, then back to arles to crash. afternoon kayak or

canoe ride. make your own pizza night.

tuesday july 19th day nine

visit to the roman museum in arles, art exhibits, and walk to baths of

constantine -- a history day.

wednesday july 20th day ten

morning market in arles - teens' cook tonight –

pick their recipes and we help them shop and prepare.

thursday july 21st day eleven

chocolatier/chocolate class this morning.

lunch in st. remy in a simple bistro.

finale class/feast together

friday july 22nd day twelve- arles departure for paris

departure dinner in paris.

saturday july 23rd – transfer to charles de galle airport

itinerary subject to availability in the month of july and the whims of paris and provence ~ equal substitutions may be made!