



ACTIVE GOURMET HOLIDAYS

Active Gourmet Holidays is a leading provider of savoury escapes to Italy, France, Spain, Portugal, Peru, Mexico and Morocco. They offer cooking holidays and sophisticated food and wine tours that can also be paired with hiking, biking, yoga, language classes and more.

Most vacations are all inclusive and feature cooking lessons from talented chefs; vineyard tours with wine tastings; visits to food markets and local food

producers; gourmet dinners and excursions to renowned points of interest.

Custom itineraries for groups and cooking schools, as well as a large selection of one-day cooking classes, are also available.

Groups are small and usually never more than 12 people. Accommodations are in farmhouses, villas, bed and breakfasts or historic hotels and are all set in unforgettable locales. Such as...



TRIED & TESTED BY MANY SOUTH AFRICANS



CYCLING & GASTRONOMY IN BURGUNDY, FRANCE FOR 6 NIGHTS

This self-guided cycling tour is the perfect combination of Burgundy's most important treasured assets: wine and cuisine! Starting in Dijon, a beautiful city with sites, history, and the gateway to the wine country, you will make your way across the most famous vineyards. As great wine requires great cooking, you will have many gastronomical experiences in the restaurants we include, but you can also venture out on your own to explore the many excellent choices available in both Dijon and Beaune. The cycling is moderate and is the perfect way to enhance your appetite for the best of Burgundy!

ITINERARY

DAY 1 ARRIVAL IN DIJON

Welcome meeting and explanation of the tour. You'll be given all the necessary documents such as a detailed roadbook, maps, etc.

so as to make your self-guided trip easy as well as scenic. Dinner and night at the hotel.

DAY 2 DIJON

Discovery of Dijon, city of art and history - visit Dijon and its 19th century history, its hotels and cafés, and unforgettable gastronomic specialties. On this day we propose a day with the chef Alex.

"The most congenial, friendly and enjoyable cooking classes in Burgundy" (in English). Each class is custom designed to suit your desires and the menu is chosen while taking a tour of the market. The idea is to share, discover and experience what French people really eat at home as well as learning more about French culture and life style. Alex is the most well known American in Burgundy and will introduce you to his circle of friends & chefs. The day of French gastronomy discovery will start at 9.00am and finish at about 4.00pm. (*The cooking class is optional on this day and will replace possible cycling loops). Dinner and night at the hotel.

DAY 3 DIJON - NUITS SAINT GEORGES: 20KM

Time to visit Dijon in the morning before setting off across the vineyards, meeting some of the most famous names of Burgundy wine on your way such as Clos Vougeot and Gevrey Chambertin.

Wine tasting along the routes. Dinner and night at the hotel.
DAY 4 NUITS SAINT GEORGES - NUITS SAINT GEORGES: 30KM OR 60KM

Make your way to the Abby of Citeaux, which is famous for its cheese. If you feel up to it you can cycle as far as the Plaine de Saone/Saint Jean de Losne, the smallest village in France - it is worth the journey! Dinner and night at the hotel.

DAY 5 NUITS SAINT GEORGES - BEAUNE: 25KM

Pass through the lower vineyard area of the Cotes de Nuits and into Beaune, the wine capital of the region.

There'll be plenty of time to explore Beaune and its many sites including the famous Hotel Dieu, and its wine caves. Dinner on your own and night at the hotel.

DAY 6 BEAUNE - BEAUNE: 46KM

Ride around the Cotes de Beaune area and visit more famous

vineyards such as Pommard, Santenay, Chassagne & Puligny Montrachet and Meursault. Visit the village of La Rochepot and its magnificent Château, and stop for several wine tastings. What a magnificent way to see this country! Today in Beaune, we propose cooking classes with chef Stephanie, who'll share her vast knowledge through fun and delicious cooking classes. (*The cooking class is optional on this day and will replace possible cycling loops). Return to Beaune, dinner on your own, and night at the hotel.

DAY 7 DEPARTURE ... AU REVOIR!

For details and itineraries go to www.activegourmetholidays.com
Email: info@activegourmetholidays.com
Or ask your travel agent to assist you.

GASTRONOMIC CRUISE FOR 4 DAYS & 3 NIGHTS

BORDEAUX • LIBOURNE • PAULLAC • BLAYE • BORDEAUX

PRICE: From EURO 734 per person sharing

DEPARTURE: 19 March 2013

TRIP REF: GBO

The cruise with full board from dinner on Day 1 to the buffet breakfast on the final day • beverages included in our prices concern only the unlimited water, wine, beer, fruit juices and a coffee served by CroisiEurope during meals taken on board • accommodation in an air-conditioned double cabin with shower and WC • entertainments • the assistance of our on-board hostess • welcome cocktail • gastronomic dinner prepared by Philippe Etchebest from the Hostellerie de Plaisance in Saint-Emilion • gala evening • medical assistance/repatriation insurance • port charges.

SHORE EXCURSIONS: Excursion to Pauillac and the Châteaux du Médoc Road 42 • Excursion on the Corniche road and guided tour of Bourg 26 • Guided tour of Bordeaux 29 • Guided tour of St Emilion and wine tasting 40

Book online through <http://b2c.en.croisieurope.com>

FROM EURO 734



FROM R795 PER PERSON

THE AFRICAN COOKING SAFARI - GUGULETHU

THIS IS A PERFECT WAY OF EXPERIENCING WARM LOCAL HOSPITALITY!

PRICE: From R795 - R840 per person

INCLUDES: Return transfers V&A Waterfront, guided township tour with accredited guide • hands-on cooking session/demo • ingredients for the cooking workshop and demonstration • local refreshment • typical local meal • small gift pack

Andulela's African Cooking Safari is a unique opportunity to get in touch with locals of the vibrant, urban township of Gugulethu and surrounds in the heart of the Cape Flats. Explore African food, beverages and culture on our hands-on cooking experience! This experience offers insight into every day of locals living in Langa, Gugulethu and Khayelitsha. Hear our hosts' stories for yourself. Stories of socio-economic up-liftment and success, as well as of challenges of the past, present and future. Visits to "Spaza Shops" (informal stores) and inspiring projects are some of the popular opportunities to exchange with locals. The real highlight is the hands-on informal cooking session/demo, which takes place in a local family's home in the township, before sitting back, chatting, relaxing and enjoying a typical meal with your hosts.

Tel: (021) 418 3020, E-mail: info@andulela.com
www.andulela.com



TERMS & CONDITIONS APPLY! If applicable, prices start from & are based on two people sharing unless otherwise stated, subject to change due to airfare increases, currency fluctuations & availability.