

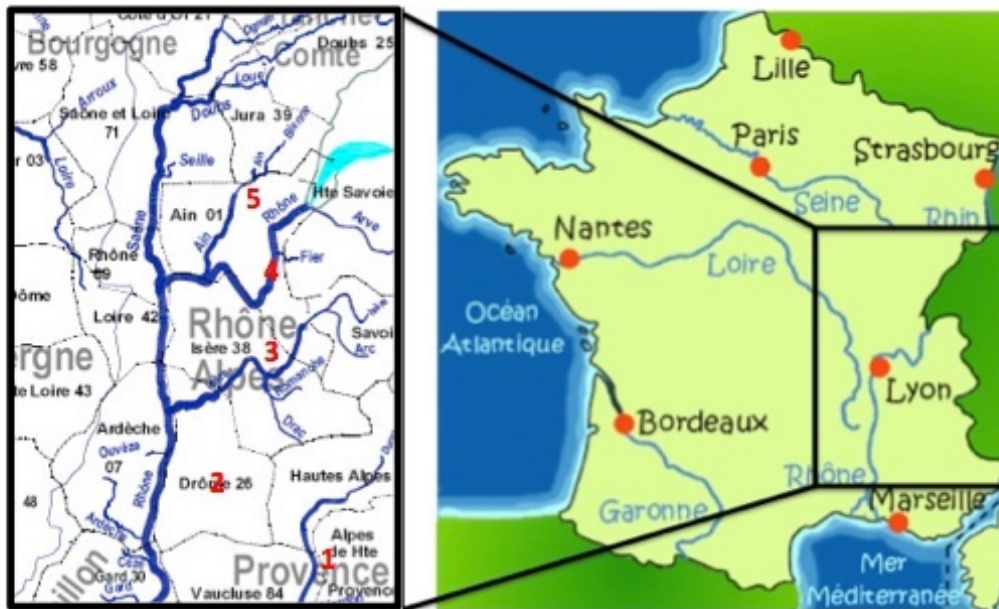
## MORE TRAVEL 12-day tour from Provence to Burgundy

### Day 1 :

Bonjour,

Today should have been the start of my More Travel small group tour from “Provence to Burgundy”. My six American travelers and I are staying home, like most of you, but I thought we could do some virtual traveling following our journey day by day, learning a bit more about French culture, language and history, and meeting some French people along the way.

Hop along on this 12-day tour from Northern Provence to Southern Burgundy. En route !



1-Vaison La Romaine; 2-Vallon Pont d'Arc; 3-Tournon-sur-Rhône; 4-Lyon; 5-Saint-Vérand

**Le mot du Jour** (word of the day): *La Provence*: The first “province” of the Romans on the other side of the Alps... For your confinement movie and book list: the classic « *A year in Provence* », by Peter Mayle and the movie « *A good year* » with Russel Crowe. Provence brings a lot of images to Americans’ mind, and it is big on the international tourist scene. It is also famous for French travelers. On our tour, we are going to explore places well-known to the French but less to Americans...

**Vaison-la-Romaine** our base town is a quintessentially Provençal town of 6,000 inhabitants with memorable views (*Mont Ventoux*: the crazy mountain that *Tour de France* riders often have to climb), scents (olive oil, soap, lavender...), flavors (tapenade, herbes de Provence, ratatouille...) and Roman history. The origin of the first part of the town’s name is debated, with our long and rich history it is sometimes hard to know where names really come from, but the second part leaves no doubt: “*La Romaine*” was added to Vaison in 1924 to celebrate its origins.

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Composed of two parts today (lower and upper towns), Vaison-La-Romaine can summarize French history and urbanism in five steps:

- 1<sup>st</sup>: the Celts settled on the hill
- 2<sup>nd</sup>: the Romans built their town by the river, creating a mini-Rome
- 3<sup>rd</sup>: with the fall of the Roman Empire, Christianity became the new ruling order. Roman ruins were used for new purposes: a cathedral for example
- 4<sup>th</sup>: in the late Middle Ages, with instability in France, inhabitants moved back to the top of the hill abandoning the lower Roman town
- 5<sup>th</sup>: After the wars of Religion (16<sup>th</sup> century), peace came back and the locals built their new town down by the river on top of the Roman ruins

By the early 20<sup>th</sup> century, there is common interest in archeology and about our past and Vaison becomes the biggest excavation site in France.

Today Vaison-La-Romaine is a mini quiet Rome to enjoy the relaxing pace and authenticity of Provence.



**La rencontre:** I am a big fan of B&B and meeting the locals when traveling. Today I would like you to meet Anne et Laurent our hosts in Vaison. For 15 years, this sweet couple has been welcoming guests in their cozy home. Anne has a passion for food and went back to school to get an official degree in cooking (in France you cannot just call yourself a chef, a degree proves that you are qualified). She makes the best

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homemade provençal meals. Laurent, along with running the B&B, helps people discover and understand the Côtes-du-Rhône wines.

