



French Impressions

Free time to explore

Learning and Discovery

Everyday Life

Topics and Controversial Topics

You will find here a list of **our planned free time** (days and times) to help you plan your trip and pacing. I will offer an optional TEL-led activity when there is a larger amount of free time. These can be tastings, discoveries, walks, etc. Just like when I will offer to join me for a meal on your own, these are absolutely optional and I will not take it personally if you do not join in.

Your trip, your pacing, your choices.

Please keep in mind that the itinerary can change, due to unforeseen events.

You will also find events/activities happening along our itinerary, should they be of any interest. Please note that for some events you may need to follow a dress code.

Don't hesitate to contact me if you have any questions or need any help.

Gwen

Day 1: Wednesday 5 November

- Angers early arrivals:
 - Diana and Samuel - unknown arrival time, let me know ASAP
 - Peggy - 11:15am in Nantes - OAT transfer
 - Howard and Rebecca, Patricia and Terry, Paula - 5:25pm in Nantes - OAT transfer
 - Gwen - 7:00pm

Day 2: Thursday 6 November - Angers

- Official arrival day
 - Angers arrivals:
 - Cynthia - 9:35am in Nantes - OAT transfer
 - Mark and Kristina - 1:20am in Nantes - OAT transfer
 - Ivor and Eileen - 6:00pm in Nantes - OAT transfer

	Included activities	Free time	TEL optional activities	Recommendations
Morning		Until 6:00pm	9:00am Orientation walk	Château d'Angers
Lunch			12:00pm Lunch at Marguerite d'Anjou	Apocalypse tapestry
Afternoon	6:00pm - Welcome drinks and nibbles		4:00pm Orientation walk	Sit at a café and watch life in France
Dinner				Maison d'Adam
Evening		8:00pm - Dinner on your own (if you are still hungry)		Jean Lurçat: temporary exhibition "weaving the future"



MARGUERITE D'ANJOU

Optional TEL-led lunch

Join me for a heartwarming lunch in support of a local charity! Experience an authentic French self-service meal, with the locals. A casual and welcoming atmosphere, where you can savour a simple meal while giving back to the community.

About **10 EUR** – cash and card accepted.

Bon appétit for a good cause!



What to Expect:

12pm Walk from the hotel to the not-for-profit restaurant (0.4 mile)

12:15pm Or meet us directly there



Date: Thursday, 6 November



Registration: tell Gwen in the morning, 9am at the latest

1	Gwen	9	
2		10	
3		11	
4		12	
5		12	
6		14	
7		15	
8		16	
17			

Day 3: Friday 7 November - Angers

	Included activities	Free time	TEL optionals	Recommendations
Morning	8:45 - 9:30am: Welcome briefing 9:45am to 11:45am: Walking tour with local guide			
Lunch		From 12pm to 6:45pm		
Afternoon	6:45pm: Briefing in the lobby		TBA	Visit Angers Visit the fortress and tapestry 4pm to 7pm - farmers' market Square Jean Chevillard
Dinner	7:00pm: Welcome dinner at a local restaurant (5 min walk)			
Evening				

Day 4: Saturday 8 Nov. - Angers/Villandry/Angers

	Included activities	Free time	TEL optionals	Recommendations
Morning	Villandry castle and gardens			
Lunch	Villandry castle restaurant			
Afternoon	Boule de fort discovery and meeting the local players	From 5.30pm		Shop for Sunday and Monday. From 6pm - Join the French people at a café for pre-dinner drinks on a Saturday evening
Dinner		On your own		
Evening		Pack, empty your safe.		



Day 5: Sunday 9 Nov. - Angers/Oradour/Limousin

	Included activities	Free time	TEL optionals	Recommendations
Morning	Transfer to Oradour sur Glane			
Lunch	Local restaurant			
Afternoon	Oradour martyr village			
Dinner	Home Hosted			
Evening	Home Hosted			Don't forget to pack.



Day 6: Monday 10 November - Limousin/Sarlat

	Included activities	Free time	TEL optionals	Recommendations
Morning	Transfer to Sarlat with discovery stops on the way			
Lunch	Local restaurant			
Afternoon	3pm - check in 4:30pm: Vicinity walk and walking tour	3pm to 4.15pm From 6pm		
Dinner			7:00pm - Join me for dinner	
Evening				

Day 7: Tuesday 11 November - Sarlat (OT Rocamadour)

French public holiday - everything will be closed in towns.

	Included activities	Free time	TEL optionals	Recommendations
Morning	Optional Tour Rocamadour	If no OT, free time until 6:30pm OR From 4pm to 6:30pm		Les Halles food market until 1:00pm
Lunch	Optional Tour Local restaurant			
Afternoon	Optional Tour Rocamadour		If no OT, talk to Gwen for options Possibility to go kayaking on the Dordogne river	
Dinner	Local restaurant			
Evening				Sarlat light show, see above



Day 8: Wednesday 12 Nov. - Sarlat/Lascaux/Sarlat

	Included activities	Free time	TEL optionals	Recommendations
Morning	Lascaux caves			
Lunch		From 1:00pm To 2:45pm In Sarlat		We will have a full meal tonight!
Afternoon	Commarque Foie gras farm			Truffle museum Art galleries Manoir de Gisson
Dinner	At local restaurant in Sarlat			
Evening				Don't forget to pack, check your safe!

Day 9: Thursday 13 Nov. - Sarlat/Albi/Carcassonne

	Included activities	Free time	TEL optionals	Recommendations
Morning	Transfer to Albi			
Lunch	Local restaurant			
Afternoon	Transfer to Carcassonne 5:45pm check-in	From 1:30pm to 3:30pm in Albi From 6:00pm in Carcassonne	Vicinity walk in Albi, pastel discovery Vicinity walk in Carcassonne	In Albi: Toulouse Lautrec museum
Dinner				Buffet dinner at our hotel - €28 per person
Evening				This is quite a full day, relax.

Carcassonne free time for dinner at the hotel registration:

Day 10: Friday 14 November - Carcassonne

	Included activities	Free time	TEL optionals	Recommendations
Morning	Carcassonne walking tour			
Lunch		From 12:00pm to 6:30pm		Michelin-star restaurant lunch (see below)
Afternoon	Optional tour Or Free time			
Dinner	Local restaurant			
Evening				

Le Puits du Trésor

A Michelin-Starred Hidden Gem

Optional experience recommended by TEL

For a **truly special dining experience**, head to **Le Puits du Trésor**, a **one-Michelin-starred** restaurant nestled in the **picturesque Cathare village of Lastours**. **Chef Jean-Marc Boyer** has created a **refined yet unpretentious** culinary haven—one of the **most affordable Michelin-starred restaurants in France**. If you're a food lover, this is an experience **you won't want to miss!**



What to Expect:



Exquisite cuisine in an intimate, countryside setting



Exceptional value for a Michelin-starred experience



Easily accessible – just **40 minutes from Carcassonne**



Getting There:

You can either **rent a car** or opt for our trusted private driver service:

LUNCH



€95 round-trip (car for up to 4 passengers)



€185 round-trip (van for up to 8)

DINNER



€115 round-trip (car for up to 4 passengers)



€225 round-trip (van for up to 8)



Explore the menu: [Le Puits du Trésor Menu](#)

For those who appreciate fine dining in an **idyllic, off-the-beaten-path location**, this is a must-try! Let me know if you'd like to go. ✨

Express your interest here (subject to availability).

Day 10 - Friday 14 November LUNCH Leave hotel 12:15pm	Day 11 - Saturday 15 November DINNER (after DITL) Leave hotel 6:45pm

Day 11: Saturday 15 November - Carcassonne/DITL

	Included activities	Free time	TEL optionals	Recommendations
Morning	Day in the Life Of a winemaker			
Lunch				
Afternoon		From 2:30pm	Bastide discovery	
Dinner				Michelin-star restaurant dinner
Evening				Pack, check your safe.

Day 12: Sunday 16 November - Carcassonne/Lyon

	Included activities	Free time	TEL optionals	Recommendations
Morning	TGV train to Lyon			
Lunch	Local restaurant			
Afternoon	Transfer to hotel and check-in 3pm		Evening walk in Lyon	Your only time to visit the Resistance museum in Lyon Talk to Gwen Cruise on the Saône river to discover the new district of Lyon TALK TO GWEN
Dinner	Free time			
Evening				

Day 13: Monday 17 November - Lyon

	Included activities	Free time	TEL optionals	Recommendations
Morning	Walking Resistance tour with a local specialist			
Lunch		11:30am to 6:30pm		
Afternoon			Beaujolais tour	Your only chance to tour the Fine Art Museum Other museums
Dinner	Local restaurant			
Evening				

Day 14: Tuesday 18 November - Lyon

	Included activities	Free time	TEL optionals	Recommendations
Morning	Food tour		Food market walk	Light breakfast - food tour coming...
Lunch	Food tour			
Afternoon		From 1:15pm to the morning	Lyon silk heritage and Roman amphitheater walk	
Dinner				You are in the capital of food, make your own discoveries, ask me for recommendations, it's my city.
Evening				Don't forget to pack, check your safe.

Day 15: Wednesday 19 November - Lyon/Paris

	Included activities	Free time	TEL optionals	Recommendations
Morning	Train Transfer to Paris Metro to center			
Lunch	Local restaurant			
Afternoon	Discovery walk 5pm check-in	You can have free time from 2:00pm if you have already been to Paris and do not want to follow the walk		
Dinner			An evening in the Paris of Toulouse Lautrec with or without Gwen (Cabaret Paradis Latin) 	




PARADIS LATIN

An Evening in the Paris of Toulouse-Lautrec

TEL recommended optional evening


Step back in time and experience the magic of **Paris in the late 1800s and early 1900s** at the **oldest cabaret still in action**. Paradis Latin offers a **modern yet authentic** take on cabaret, blending **elegant dining, lively performances, and classic Parisian charm**—just as it did when **Napoleon first commissioned the venue**. Rebuilt by **Gustave Eiffel** after a fire, it became a cabaret in **1889**, attracting **bourgeois, intellectuals, and artists alike**.

Included in Your Experience:

-  **A gourmet three-course meal** crafted by **Chef Guy Savoy**
-  **Drinks & a dinner singing show** before the main performance
-  **A dazzling cabaret show**—true to its origins, featuring music, dance, comedy, and theatrical flair

 **Dress Code:** Smart casual to smart attire

 **Pacing:** After a full transfer and discovery day


 **Disclaimer:** This is a **traditional Parisian cabaret show**, which includes **some artistic nudity and a risqué piece**—just as it would have in Lautrec's time.

Pricing & Booking Options:

◆ Book directly on the website:

- **€180** for the **Eiffel option** (+ return taxi/Uber/metro)
- **€210** for the **Prestige menu** (+ return taxi/Uber/metro)

◆ Book as a group through Gwen (pay separately, sit at the same table):

- **€180 per person** for the **Eiffel option**
- **€210 per person** for the **Prestige option**
-  **A night of glamour, history, and Parisian spectacle awaits.**



Menu Gustave Eiffel

Starters

Two pâtés en croûte “poultry-veal*” with pistachio and mustard, cauliflower condiment and jelly

Free-range chicken and veal belly encased in pastry – two variations: one with pistachios, the other with mustard and tarragon. Served with cauliflower purée, pickled mustard seeds, mustard leaves, and crushed poultry jelly

Or Salmon in Colors, Paradis Latin Style

Carrot jelly, watercress cream, carrot purée, diced Gravlox salmon, lemon sabayon, and salmon roe

Or “Tomato-Watermelon”, burrata, basil oil and focaccia

Heirloom tomato tartare, delicate jelly of watermelon and ginger juice, burrata, basil olive oil, and olive-tomato focaccia bread

Main Courses

“Kouloubiac” style salmon, white butter sauce ginger infusion

Salmon fillet, rice, spinach and organic eggs, gently baked in puff pastry

Or Spiced coquelet*, confit baby potatoes, and devil’s sauce

Spring chicken cooked with spices (coriander, mustard seeds, basil), confit baby potatoes roasted in butter with garlic and thyme, served with a “diable” sauce (shallots, vinegar, crushed pepper, tomatoes, poultry jus and tarragon)

Or Multicolored vegetables, slow-cooked egg and parmesan

Cooked vegetables: artichoke purée, yellow beets, multicolored carrots, confit tomatoes, leeks, radishes, turnips. Served with a 64° organic egg, parmesan tuile and chives

Desserts

French Kiss

Light bergamot-flavored ganache, raspberry insert, and red glaze

Or Grapefruit-Tea

Grapefruit supreme set in orange jelly, grapefruit tea sauce, Earl Grey tea ice cream, and crumble

50 cl mineral water (Vittel) – 37.5 cl red wine Domaine de la Brillane – 18.75 cl Champagne Malard

**France origin*

Service included and drinks included



Menu Prestige

Starters

Duck foie gras*, "rhubarb–celery" ketchup style, toasted bread
*Foie gras terrine cooked with sweet wine, served with a rhubarb compote flavored with paprika and raw
grated celery, accompanied by crispy toast*

Or Organic egg cocotte, "sot-l'y-laisse*" and green asparagus tips

*Sunny-side-up organic egg with confit chicken oysters, green asparagus and shiitake mushrooms in a parsley
cream, served with toasted bread*

Or Sea bream ceviche, peas and radish with almond oil

*Raw sea bream marinated in almond oil and lemon juice, pea purée foam, radish and pea salad, pea shoots
and almond lace tuile*

Main Courses

Crispy lamb shoulder**, confit eggplants, tangy "red onion–mint" jus

*Slow-cooked, melt-in-the-mouth lamb shoulder with spices (olives, cumin, garlic), wrapped in phyllo pastry
and pan-seared until crisp. Served with miso eggplant purée, confit graffiti eggplants, lamb jus with red onion
and fresh mint*

Or Cod with All Flavors, Lime Beurre Blanc

*Pan-seared cod fillet in olive oil, topped with a crust of herbs and dried fruits (breadcrumbs, olive oil, raisins,
dried apricots, chives, parsley, sage). Served with baby gem lettuce, cucumber, sugar snap peas, black sesame
seeds, and lime beurre blanc*

Or Paradis Latin Veal Wellington***

*Veal fillet with mushroom duxelles and mashed potatoes, wrapped in puff pastry and oven-baked. Served with
a veal and port jus*

Desserts by Pierre Hermé

Montebello "Pistachio–Red berries"

*Brioche soaked in pistachio and Kirsch syrup, cooked and fresh strawberries, pistachio mascarpone cream,
strawberry sorbet, and fresh strawberries*

Or Azur – A journey through flavors, textures, and temperatures with chocolate and yuzu

*Yuzu cream, smooth chocolate cream and mousse, Infiniment Chocolat shortbread base, Kōchi yuzu confit, and
a warm yuzu–chocolate sauce*

50 cl mineral water (Vittel) – 37.5 cl red wine Domaine de la Brillane – 18.75 cl Champagne Malard

France origin ** United Kingdom origin *European Union origin*

Service included and drinks included

Day 16: Thursday 20 November - Paris

	Included activities	Free time	TEL optionals	Recommendations
Morning	Discovery metro + bus + walk	From 12pm to 6:00pm		
Lunch		BUT you can have free time from breakfast to 6:00pm if you have already done these activities before		
Afternoon	6:00pm - Farewell get together			Book all your own discoveries this afternoon.
Dinner	Farewell dinner			
Evening				

Day 17: Friday 21 November - Paris/your destination

- Departures
 - Organise you departure with Gwen
 - Porterage 15 mins before departure
 - Breakfast boxes to pick up on the way
 - Gwen available until last OAT transfer



Topics and Controversial Topics

We manage CTs slightly differently in France, as everything is controversial (we really enjoy a good argument), and it is difficult to find people who would like to come and talk about it.

Tick subjects that may be of interest and feel free to add your own topics and write down comments. We will be discussing them as the trip unfolds.

- Retirement/pension
- Education
- Social net (unemployment scheme/social benefits and housing schemes/medicare)
- Inheritance/property laws
- Immigration and current government changes
- Striking/rioting in France
- Energy sobriety and energy supply mix (nuclear park state included)
- French people: daily life, jobs, income, holidays, homes, etc
- Adding the right to abortion in the Constitution
-
-
-
-
-
-
-
-
-



Everyday life experiences

If you'd like to experience something specific, please add to the list.

- [illegible]