

Sur la table

CULINARY JOURNEYS



A Taste of Northwestern France

September 1 – September 8, 2024

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Overview

Experience the unique tastes and traditions of Northwestern France with Sur La Table on a culinary journey through Normandy and Brittany. While touring the quaint villages and idyllic outposts, you will enjoy immersion into the rich gastronomic culture – the charming seaside villages, organic farms, and the vibrant local markets. Discover the wealth of resources, both culinary and artisanal, that showcase regional cultures and traditions of the area. You'll participate in hands-on experiences, including a crepe-making class, shellfish harvest, and a live demonstration on preparing shrimp led by a local head chef. This culinary journey will showcase the iconic dishes you know and love as well as some best kept culinary secrets of Normandy and Brittany. Join us for an experience that is sure to be as illuminating and interactive as it is delicious!

Highlights

- Visit the famous island and abbey of Mont Saint-Michel, a natural and architectural hallmark of Normandy
- Learn to harvest mussels and oysters in the Bay of Biscay
- Join expert crepe-makers in Saint Malo and make your own gourmet lunch at a professional cooking school
- Tour the factory of Henriot in Quimper to appreciate the artistry of the eponymous hand-painted pottery
- Take part in the afternoon fish auction along the coast of the Bay of Biscay
- Indulge in the seasonal cuisine of northwestern France from open-air markets to gourmet restaurants

Your Travel Expert & Guide



**Chef Meredith Abbott, Sur La Table Travel
Ambassador and Culinary Director**

A classically trained executive chef and chef educator, Sur La Table Culinary Director, Meredith Abbott, marries her passion for inspiring confidence in the kitchen with her love of discovery and shared learning experiences. Since joining Sur La Table in 2017, she has brought to the table her numerous culinary disciplines to advance the brand globally and create 23,000 annual cooking classes — in-store, online, and via a YouTube instructional series called On The Table. True to the Sur La Table mission, Meredith delights in teaching fundamentals that translate to culinary confidence and empowering home chefs to live their best lives through cooking.

Reserve your spot today! Contact 877-298-9677 or visit us online by clicking [HERE](#)

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Itinerary

Day 1: Bienvenue en France

- Arrive into Rennes Regional Airport
- Join your fellow travelers on the group transfer to Avranches, an intimate market town just off the coast of the Bay of Mont Saint-Michel
- Check into the hotel accommodations and enjoy time at leisure prior to the opening event of the journey
- Begin your Culinary Journey with a Welcome Dinner at a gourmet French gastronomic restaurant

Included Meals: Dinner

Accommodations: Hotel La Ramade

Day 2: Mont Saint-Michel

- Discover how whole-milk caramels are made on a farm in the Bay of Mont Saint-Michel. You will tour the farm that supplies the milk from cows who graze on salty grass and the factory where the caramel is produced, complete with a tasting of the specialized candy.
- Group lunch at a local bistro to indulge in culinary excellence at Restaurant Treize Assiettes. Nestled in the heart of charm, savor exquisite French cuisine crafted with precision. The ambiance, a perfect blend of sophistication and warmth, sets the stage for an unforgettable gastronomic experience in the heart of Normandy.
- Visit the iconic island and abbey of Mont Saint-Michel, a UNESCO World Heritage site and architectural feat spanning centuries
- Evening and dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel La Ramade

Day 3: Cheese and Copper

- Morning visit to a local organic farm, Naturellement Normande, where you will learn about sustainable agriculture and participate in the cheese-making process
- Lunch will be served at Naturellement Normande featuring the farm's own products
- Visit a copper workshop, foundry, and castle featuring 18th century tableware. Explore the artistry at Mauviel Workshop, where skilled craftsmen forge exquisite copper cookware. Witness centuries-old techniques and immerse yourself in the culinary heritage of Villedieu-les-Poêles. Step into the

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enchanting Château de Chantore, a historic gem nestled in Normandy where you will surround yourself in its rich history, exquisite gardens, and timeless charm.

- Dinner at Manoir Pommeraie, a Michelin Bib Gourmand restaurant, showcasing cheese and apple flavors, including Camembert and Calvados

Included Meals: Breakfast, Lunch, Dinner

Accommodations: Hotel La Ramade

Day 4: Bounty of the Sea à la Normande

- Visit an artisanal salmon workshop in the Bay of Mont Saint-Michel that specializes in smoked salmon. You'll witness firsthand how the bay waters impart flavor to the salmon and how this farm engages in sustainable aquaculture.
- In the afternoon you will take a one-of-a-kind carriage ride along the shore during low tide to explore shellfish farms, nurseries, and reserves. You'll learn to harvest oysters and mussels, as well as a lesser-known traditional fishing method. Before you go, you'll have the chance to taste the local, fresh oysters with a glass of white wine.
- Evening and dinner at leisure

Included Meals: Breakfast, Dinner

Accommodations: Hotel La Ramade

Day 5: Crêpes and Quimper

- Check out of hotel and transfer to Quimper in Brittany
- Stop along the way at Atelier de la Crêpe, a professional cooking school devoted to the Breton style of crêpes
- For lunch, you will try your hand at making your own crêpes at the Atelier under expert guidance
- The final stop of the day is a tour of the parish enclosures, an architectural hallmark unique to Brittany from 16th-century pilgrimages
- Check into hotel
- Evening and dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel Ginkgo



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Day 6: Sea and Ceramics à la Bretagne

- Start your day with an exclusive tour of the Henriot factory, the famed hand-painted pottery of Quimper. You'll witness the artistry of traditional pottery up close, where centuries-old techniques bring vibrant designs to life.
- From there, you proceed to the seaweed workshop of Scarlette Le Corre, showcasing aquaculture of the Bay of Biscay and flavorful, nutritious seaweed products. You'll roll up your sleeves alongside a head chef for a live cooking demonstration of Breton shrimp and dine on your savory creations for lunch.
- To conclude the day, watch the boats come back to the harbor and take part in the afternoon fish auction. After exploring an installation focused on the maritime heritage of Brittany you will end the day with an aperitif and ocean view
- Evening and dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel Ginkgo

Day 7: Sweets and Sewing in Brittany

- Morning visit of the Quimper Biscuit Factory, a behind-the-scenes tour to see and taste the signature baked goods of the region, including Kouign Amann
- Stop for a group lunch in Les Halles Saint-François, the only covered market in Quimper, to sample fresh, artisanal goods and produce
- In the afternoon, you'll visit the traditional embroidery school of Pascal Jaouen. Explore Breton culture through intricate stitches, traditional designs, and expert guidance in this unique artistic journey
- For the final activity together, visit a ciderie to compare the flavors of Brittany's ciders to those of Normandy with a tasting in picturesque orchards
- Raise a glass to close out your culinary journey with a farewell dinner at a local restaurant highlighting the seasonal flavors of Brittany

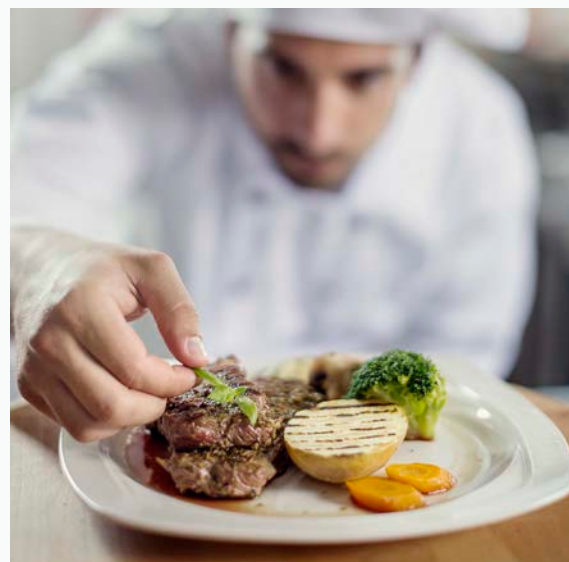
Included Meals: Breakfast, Lunch

Accommodations: Hotel Ginkgo

Day 8: Au Revoir

- Fuel up for your travel home with a final breakfast at the hotel
- Pack your belongings and check out of the hotel
- Catch the group transfer to Brest Regional Airport for departure travel

Included Meals: Breakfast



Accommodations

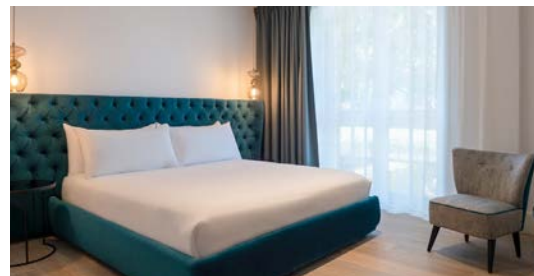
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Hotel La Ramade

A 4-star hotel comprising two villas, the Hotel La Ramade motto is “Be elsewhere and feel at home.” Villa Ramade is a restored mansion, featuring rooms that each exhibit a unique personality, style, and chic decoration. The Villa Madile is fashioned in contemporary style that pairs perfectly with the French garden surrounding the property. The hotel features many key amenities, including complimentary Wi-Fi and windows flooded with natural light.



Hotel Ginkgo

Situated along the River Odet, Hotel Ginkgo is a 4-star hotel that offers a blend of tranquility and downtown conveniences. Guest rooms have a reserved, contemporary design, featuring high end bedding and Italian-style bathing facilities. The garden and roof terrace are at your disposal, with the Quimper city center just beyond the front door.

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What's Included

- All accommodations for the duration of the tour
- Meals, as noted in the itinerary
- All sightseeing and visits as noted in the itinerary
- Expertise of Sur La Table host, ATA-hired travel director and local guides
- All gratuities for on-tour guides, drivers, hotel and restaurant staff as part of the group program
- All on-tour transportation, unless otherwise noted
- Quietvox listening devices to facilitate audibility and social distancing on tour
- The assistance of an ATA professional travel team to assist with pre-trip questions, travel arrangements, including flights and extra hotel nights, and other services.
- Comprehensive pre-departure mailings and materials with information about the destination and what to expect on tour, including a suggested reading list
- Emergency evacuation insurance

Pricing

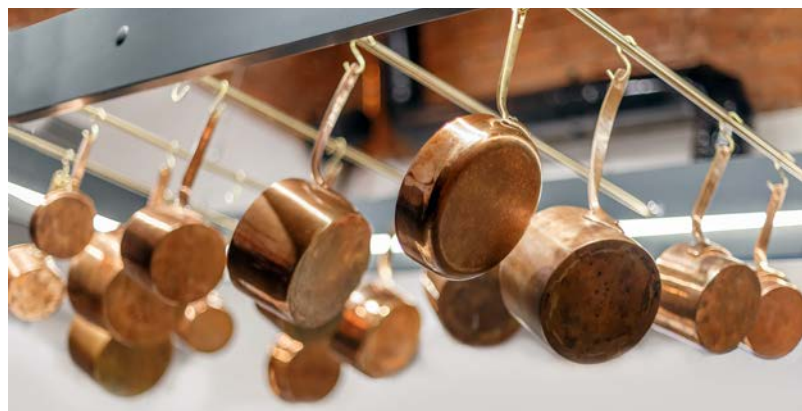
Single Occupancy: \$8845 pp

Double Occupancy: \$7995 pp

Deposit: \$1,000

Reserve
Your Spot
877-298-9677

View trip
details
online



FOR FULL TERMS & CONDITIONS [PLEASE CLICK HERE](#)