

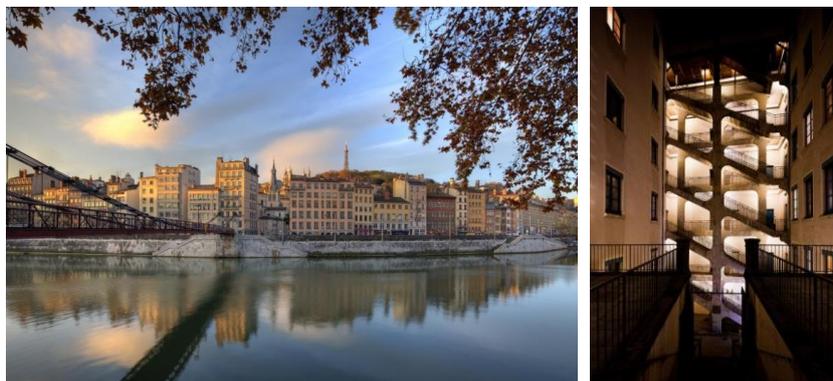
**59th Congress ERSA - TOURS & TRIPS  
August 2019**

**Lyon essentials : UNESCO listed renaissance district, Lyon food and Silk**

- Wednesday august 28 - 9.00 am - 5.00 pm
- Day tour including lunch
- min 10 guests / max 15 guests
- Language : english
- **Price : 89 €** including taxes, lecturer guide, public transportation pass, lunch (starter, main course, dessert, wine, mineral water and coffee, Maison des Canuts entrance)

Meet local tour guide, a friendly local passionate about the city, in front of UDL. He will be with you all day to explain Lyon, its history, its culture and where it stands today. The tour combines walking and local transport, day passes are provided.

Tour starts in the heart of the city, in Presqu'île (meaning peninsula) the strip of land shaped by Lyon 2 rivers : Rhône and Saône. You will walk accross Passerelle du Collège to reach impressive Place Bellecour, where the statue of King Louis XIV stands proudly, before arriving at the foot of Fourvière Hill, in UNESCO listed Renaissance district of Saint-Jean.



After a short fun ride on one of Lyon's oldest cable train, your guide tells you the story of Lyon on top of Fourvière hill, in front of the breathtaking panorama on the whole city below. The visit continues inside Notre Dame de Fourvière Basilica, where you will admire the shimmering ceramics, statues and stained-glass windows before making your way by foot down the hill to the Renaissance district of Saint-Jean.

Historic Saint-Jean is simply charming with its tiny cobbled streets, colourful buildings, spiral staircases and of course its traboules, the famous hidden alleyways leading from buidings to magnificent courtyards, quite unique. The long standing tradition of the city gastronomy will also be discussed as you walk by the many restaurants lining the streets.

Talking about restaurants, do you know what a bouchon is? Bouchon is the name given to traditional restaurants in Lyon. Like the “winstub” in Alsace, the “crêperie” in Brittany or the “café-comptoir” in Paris, Bouchon expresses a strong and unique food and wine culture, in this case : La Cuisine Lyonnaise! In a cosy setting of wooden tables, checked table clothes, quaint paintings and dim light, you will taste typical dishes such as crayfish gratin, Quenelle de brochet and cervelle de Canut. Sounds puzzling? Not for long! Lyonnaise cuisine will have no secrets for you after lunch as we've booked a table for you at one of our favorite!

After lunch, walk to impressive mural "le Mur des Lyonnais" in front of which your guide will point out famous figures like roman emperor Claudius or, closer from us, star chef Paul Bocuse. This is a perfect place for a photo stop!

Afternoon will be dedicated to the Croix-Rousse hill, former silk weaving district recently turned into a very boho chic area, with many independant shops, cafés and creative type residents. After a short metro ride (2 stops), you will visit La Maison des Canuts, a former silk weaving workshop turned into a living museum and boutique. You will get acquainted with Jacquard invention with a live demonstration of silk weaving. Silk tour continues on the slopes of La Croix-Rousse, where dramatic staircases and courtyards can be admired. You will gently walk down the hill to exit on Place des Terreaux, where the city hall and impressive Bartholdi fountain stand proudly.

Your guide walks you back at a leisurely pace along river Rhone, on the renovated banks, where lyonnais from all age like to hang out at the end of the day.

Drop off UDL.

## Active & gourmet tour : electric bicycles ride, gourmet tour of Les Halles Paul Bocuse and architecture

- Thursday august 29 - 10.30 am - 5.00 pm
- Day tour including picnic lunch
- min 20 guests / max 25 guests
- Language : english
- **Price : 154 €** including taxes, guided Electric bike tour , guided food tour with 4 tastings in les Halles de Lyon, picnic

Meet your friendly guides in front of UDL, there are 2 of them and they've brought electric assisted bicycles along! Day will combine fun bicycle riding, Lyon finest food and the discovery of an impressive urban regeneration project : the Confluence area.

After a short safety brief, you will be handed safety helmets and mineral water and off you go along the renovated bank of river Rhône, up to famous Halles de Lyon Paul Bocuse.

Les Halles de Lyon Paul Bocuse, Lyon famous indoor gourmet market, stars more than 60 stalls offering the best of French products, and amongst them, the best of local products : Poulet de Bresse, cheeses, heirloom vegetables such as cardons, quenelles and of course, mouthwatering charcuterie ; this is where the well-heeled and chefs shop alike. You will enjoy a guided tour of the market, making gourmet stops in the nicest stands, paired with a nice glass of Beaujolais or Rhone wine. There is a special atmosphere at Les Halles, you will soon feel like a lyonnais!

Time to get back on your bikes ; You're riding back to the river bank where you will make a quick stop across newly renovated Hotel-Dieu, an opulent building dating from the 12th century (from the oldest parts) and recently refurbished into a luxury complex. Tour continues along river Rhone with moored barges turned into restaurants and bars, playing areas, leisure areas with deckchairs in the sun. You will also ride past the local open air swimming pool and its surprising architecture from the sixties before arriving in front of one of the most interesting urban ensemble of the city : Confluence District. Confluence district, at the tip of the peninsula, is a brand new "quartier" with impressive architecture, marina, mall and deconstructivist building of Musée des Confluences, the new ethnographic museum.



Your guides have a surprise for you : they've took away some gourmets sandwiches this morning, that you will enjoy sitting in a quiet green spot in front of the river. Just relax, enjoy the good food and enjoy the view!

After your picnic, you will continue exploring Confluence and its daring buildings at a leisurely pace with your guides until reaching Lyon's city center where you will give back the bicycles and wave your guides goodbye.

Drop off : in front of Palais de Justice.

### Running tour in Lyon

- Friday August 30 - 9.00 am – 10.30 am
- min 1 guest / max 10 guests
- **Price : 73 €** including taxes, private running guide, water

Put your sneakers and a cap on and meet enthusiastic running coach in the center of Lyon, around metro Foch, less than a mile away from Lyon's "green lung" : Parc de la Tête d'Or, a locals old time favorite. Parc de la Tête d'or is every Lyonnais's favorite park, this is where you'd jog in the morning, where you would enjoy a nice family picnic and where nannies take the kids for a fun carrousel ride. This park, one of the biggest of France in an urban area, opened in 1857, the exact same year as Central Parc accross the Atlantic. This park has everything, for everyone : a lake you can boat on, a zoo, a carrousel, a velodrome, a forest where children can ride ponies, a rose garden, centennial trees and huge exotic gardens and green houses. You will enjoy a nice run all around the park with your coach.

This tour can be combined with the lunch cruise.

### Lunch cruise

- Friday August 30 - noon – 3.30 pm
- min 10 guest / max 50 guests
- **Price : 62 €** including taxes, lunch (starter, main course, dessert, wine, mineral water and coffee), sailing on Rhone and Saone rivers during 2 hours

Climb aboard restaurant boat docked in front of UDL. For 2,5 hours, you will sail along river Rhone and river Saone, discovering the city's different faces as you sail along supermodern Confluence district, colourful renaissance district and Pastoral island Ile Barbe. This cruise boat

has a real kitchen onboard, which is rare enough to be worth mentioning and menu offers classic gourmet dishes such as salmon fillet with white wine, shallots and butter sauce or chicken breast with homemade potato purée and mouthwatering desserts such as dark chocolate coulant or warm Tarte Tatin. Lunch is paired with wines from the surrounding wine areas, Rhone or Beaujolais, pre lunch cocktail and coffee. We suggest you enjoy the cocktail outside, on the top deck, in front of the beautiful view! Boat returns to his dock at the end of the meal.

This tour can be combined with the running tour.



## Rhone Valley

- From Saturday 31 August to Sunday 1 September
- min 10 guest / max 25 guests
- Language : english
- **Price : 458 € /pax on the basis of single room**  
**376 € / pax on th basis of double room**  
including taxes, a tour leader, lunch Day 1 and 2 (starter, main course and dessert, wine, water and coffee), Dinner Day 1 (starter, main course, dessert, wine, mineral water and coffee), 1 night in 4 stars hotel, wine tasting in a premium estate in Tain l'hermitage, guided tour in St Romain en gal roman museum, Cité du chocolat entrance.

### Day 1 : Rhone valley, Roman history and gourmet dinner

12.00 noon : Meet friendly guide in front of luxury minibus parked in the center of Lyon. Chauffeur loads on your luggage, en route to North Rhone! During the transfer, your guide introduces the Rhone valley area and what it is famous for and how its activity and history is closely linked to Roman history.

1.00 pm : Panoramic Auberge lunch. You will enjoy a lovely lunch in panoramic restaurant seated on the top of the hilly vineyards overlooking the Rhone valley. Once a simple bistro, the cuisine is unpretentious and very tasty.

3.00 pm : private transfer to Roman city of Vienne

3.30 - 5.30 pm : guided visit of Saint-Romain-en-Gal Roman museum. This museum is not just your regular museum, it is actually one of the most important archeological site in Europe with an impressive collection of murals, mosaics and domestic artefacts found on site, in the vestiges of what was an entire district of the ancient roman town of Vienne.

5.30 pm : private transfer to wine town of Tain l'Hermitage, further down south along river Rhone.

6.30 pm : arrive at Fac & Spera hotel in Tain l'Hermitage. Located at the foot of the vineyards, this hotel recently went through a thorough renovation. All 50 rooms are elegant and new. Check in and settle in.

7.45 pm : private transfer to Maison Gambert, a gourmet restaurant in the heart of Hermitage vineyards, in the house that used to be Mr Gambert de Loche's house, the founder of Tain local wine cellar, you will enjoy a gourmet dinner prepared by chef Mathieu Chartron. A feast of seasonal and local products...And wine of course!

10.00 pm : return transfer to hotel

Overnight in Tain l'Hermitage



## Day 2 : Wine & Chocolate

Breakfast at hotel.

9.45 am : check out and luggage on the bus. Private transfer to the top of the hill.

10.00 am : panoramic vineyards walk up to Chapelle de l'Hermitage, where your guide will explain to you the legend of the knight who planted the first vine stok in the area and do a bit of landscape reading.

11.30 am : Wine tasting at Maison Chapoutier, in private tasting room. One of the Rhone wine producers heavyweight, Chapoutier offers private tasting in his wine school located in the heart of Tain l'Hermitage. You will enjoy a private tasting of at least 4 wines of the area during which you will understand the difference in grapes and soils, a practical illustration of what you learned this morning during the vineyards walk.

1.00 pm : Bistro lunch at Vineum in Tain l'Hermitage. Owned by other successful winemaker of the area : Jaboulet, the vineum is a lovely bistro with a different carte every month, following the season's finds. Although it is a "just" a bistro, food is beautiful. Take your time to enjoy it, its is sunday after all!

3.30 pm : Tour and Chocolate tasting workshop at la Cité du Chocolat. Valrhona is a famous name in the chocolate trade. It is here, in Tain, that the brand was born. As well as the gourmet boutique, this is where you will find the Cité du Chocolat, an interactive chocolate museum where you will enjoy an interactive visit followed by a workshop where you will learn everything there is to know about chocolate and how to taste it! Chocolate will have no secrets for you after this tour.

6.00 pm : return transfer to Lyon and drop off in city center.



## Tailor-made Tours

My Travel Angel is specialized in bespoke private tours all over France.

Get in touch with us If you're looking to explore France before or after the congress. We will organize your own private itinerary in the region of your choice. Lyon is easily accessible from all major french cities and virtually all regions can be reach by plane or train, so you have plenty of choice : spending a few days in Paris of course, or exploring our coasts : Normandy or French Riviera. We're also food and wine tours experts :

- **Champagne**, for its big famous maisons and smaller producers and nice bicycle rides in the vineyards
- **Bordeaux**, a must see for wine lovers, with its big names of Medoc, medieval Saint-Emilion, Arcachon bay and the city of Bordeaux itself which is like a mini-Paris
- **Burgundy**, for its unique countryside and very french rural atmosphere with splendid food
- **Provence** for scenery (perched villages, mediterranean sea, lavender, roses, olive trees...), artist's villages (Cezanne, Van Gogh...) and sunny wine tastings outdoor.

To name just a few...

All our tours are a combination of sightseeing, culture, history, outdoor activities and quality accommodation.

Get in touch with us : [contact@mytravelangel.com](mailto:contact@mytravelangel.com)

Starting from cost for 2 guests, excluding air or rail fare : 1500 €.

Final price depends on final itinerary.

All our tours are bespoke and cannot be organized last minute.

Crédit photo :

Tristan Dechamps – Brice Robert – Laurent Berthier – Office de tourisme de Vienne – La cité du Chocolat - Jaboulet