

The Road of Bread and Wine - 7 nights / 8 days
Valley of Penedes, Vilafranca del Penedes, Poblet and Barcelona
Call 1-888-666-7279 or Email: http://french-at-a-touch.com/Travel/Inquiry_Form.htm

This exceptional gastronomic adventure takes you to the rolling hills of the Valley of Penedes, south of Barcelona. Penedes is known as Catalonia's wine producing region and is home to Spain's regal sparkling cava champagne industry. Here you'll find 185 established bodegas, wineries, producing Merlot, Pinot Noir, Tempranillo, Monastrell, Carignane, Cabernet Sauvignon and Syrah (reds), as well as Chardonnay, Riesling, Gewurtztraminer, Chenin Blanc and Muscatel to name just a few. Many of these great vinos and cavas have not yet been discovered by American connoisseurs, but are already well known to their savvy European counterparts.



In the Valley of Penedes you'll stay in lovely rustic accommodations right in the heart of the vineyards and close to historic towns and villages. Throughout this exclusive gourmet and wine adventure, you'll learn to cook great country Catalan dishes. When you return home, you'll be able to share with friends all your new recipes and know just the right wines to accompany them. You'll also visit some of the historic towns like Vilafranca de Penedes and Poblet. Your tour will end in sophisticated Barcelona, known as "The Paris of the South". This Catalan gastronomy adventure is designed to not only be a feast for the palate, but for the eyes, ears and hearts.

Day 01 – Barcelona to the Valley of Penedes

Upon your arrival you'll be greeted and driven to your lovely rustic farmhouse accommodations in the heart of Catalonia's wine country. The rustic masia of Cal Ruget dates back to the 19th century, is ideally located close to several outstanding wineries as well as the historic town of Vilafranca de Penedes. During your



stay you'll find yourself surrounded by acres of vineyards and farmland against the backdrop of the Montserrat Mountains. Once you've settled in your masia, your host will show you around. This evening enjoy welcome cocktails before partaking of an exquisite country Catalan dinner.

Day 02 – Cooking in Penedes

This morning after a hearty breakfast, your first culinary adventure begins under the able tutelage of your host/cook. You'll learn to cook several of the most popular Catalan rustic dishes by preparing them yourself under your host's watchful eye. And then you'll dine on what you just cooked for lunch.

That afternoon you'll visit one of the established family owned wineries in Penedes. Cal da Rafols, is well known for its unique methods of processing and aging wine. You'll appreciate their excellent selection of organic wines. After your



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tour and wine tasting, you'll return to your masia, where you can relax before la cena (dinner).

Day 03 – Tasting wine in Vilafranca-Penedes

Today you'll travel to the capital of the Valley, the medieval town of Vilafranca del Penedès, established during 12th century. There you'll visit one of most interesting museums on the history of wine making in Europe. You'll also visit four popular local markets, one of which has been in constant use since the 12th century and where the local produce is featured.



At King James I Plaza, at the center of the town, you'll find yourself surrounded by several magnificent examples of medieval Gothic architecture. Like the Comtes-Reis Palace, a building dating back to the 12th century, where King Pere the Great died in 1285, the Balta Palace and the Church of Santa Maria. You'll also visit Vila Plaza and the Vilafranca

Council, where you'll see the ancient Chapel of St. Joan juxtaposed with some very modernist architecture. Magically it all works together. Your tour will end with the Church of Sant Francesc, featuring the altar piece of the Virgin of Sant Jordi, a great Gothic Catalan treasure.

When finished sit down to a typical Catalonian country lunch in one Vilafranca's many celebrated family owned restaurants. After lunch, visit yet another well-established winery, Cavas Recadero, where you'll learn more about making cava (champagne). After tasting several varieties of wine and cava, you'll return to your picturesque accommodations for a relaxed evening.

Day 04 – Day in ancient Poblet-Penedes

Today you'll assist and participate in putting together a typical country picnic amidst lovely surroundings within walking distance of your masia.

In the afternoon, you'll pass through the green valleys of Vilafranca del Penedès to the UNESCO World Heritage site of the fortified Royal Monastery of Santa Maria of Poblet. It was founded by French Cistercian Monks during the 12th century. At the time it was considered the most influential monastery. It became the burial place of many of Catalonia's rulers. In their Gothic Cloister, you'll find the magnificent King's Phanteon, where King James I of Aragon and King Pere III are buried. When the tour is finished, return to your masia for a relaxing evening.



Day 05 – Cooking in Historic Barcelona

This morning after breakfast you travel to Barcelona, where you'll discover why Barcelona is called by many 'The Paris of the South. You'll start with a private tour of the Gothic Quarter. As you wind your way along narrow winding streets, past mansions and palaces, past the Cathedral and the site of former Synagogues, you'll learn of a rich past, dating back to the Roman times. When finished walk to the Plaza

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del Rey, where you'll visit the medieval palace and chapel. The Generalite Palace, was once home to King James the Conqueror during the 13th century. You'll also admire the Torre del Rey Martí offering panoramic view of the streets of the historic Gothic Quarter and city beyond.



You'll also explore the celebrated Barcelona City History Museum, one of the world's most unique and takes you on a two-thousand-year-long trip, through the city's Roman times to present day. It's located in a beautiful old 16th-century mansion featuring an attractive central courtyard.

This expedition into the past takes you to fascinating underground Roman ruins. You'll actually walk along former paved Roman roads, remains of Roman houses and to the old city walls.

Finish your walking tour with a promenade along the famed Las Ramblas, Barcelona's favorite boulevard for pedestrians and people-watchers. Here you'll find a large variety of tapas bars, restaurants, shops, and cultural institutions. You'll walk by the turn of the century La Boqueria Mercado, where you'll learn more about all the ingredients that have made Spanish Mediterranean Gastronomy one of the world's premier cuisines and the preferred ingredients used in the popular 'tapas' bars.

Return to your hotel and rest. Early that evening, you'll be taken to meet one of Barcelona's great chefs who will show you, hands-on, how to cook several favorite local dishes such as the fideu peaux; a noodle paella, along with other main dishes and desserts. When finished, you'll have the opportunity to relax and enjoy your cooking efforts during dinner at the restaurant.

Day 06 – Gaudi's Barcelona

Today you'll be joined by an expert guide who will take you on a walking tour of the unique Parc Guell with its impressive creative design by master architect Antonio Gaudi against a spectacular panoramic view of the city. You'll also visit another Gaudi Masterpiece, the original and beautiful La Casa Gaudi, built at the



turn of the 20th century. Then continue to the greatest Gaudi masterpiece of them all, and one of the world's most creative and imaginative buildings. La Basilica de La Sagrada Familia. You'll be able to fully explore the building from its basement to the heart of the Cathedral. Your tour will include a comprehensive description of the ongoing work and a visit to the Basilica's Museum.

Tonight end your visit of Barcelona with a panoramic tour of this magnificent city, which will include the elegant Paseo da Gracia featuring the many more buildings designed by Master Gaudi, then by Christopher Columbus Monument, Barcelona's famous Port and the Olympic city. After your tour, enjoy a farewell dinner in one of Barcelona's great restaurants.

Day 07 – USA

This morning you'll be driven to Barcelona's International airport El Prat for your return flight home.

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