

THE COLORS OF PROVENCE RETREAT & TOUR ITINERARY



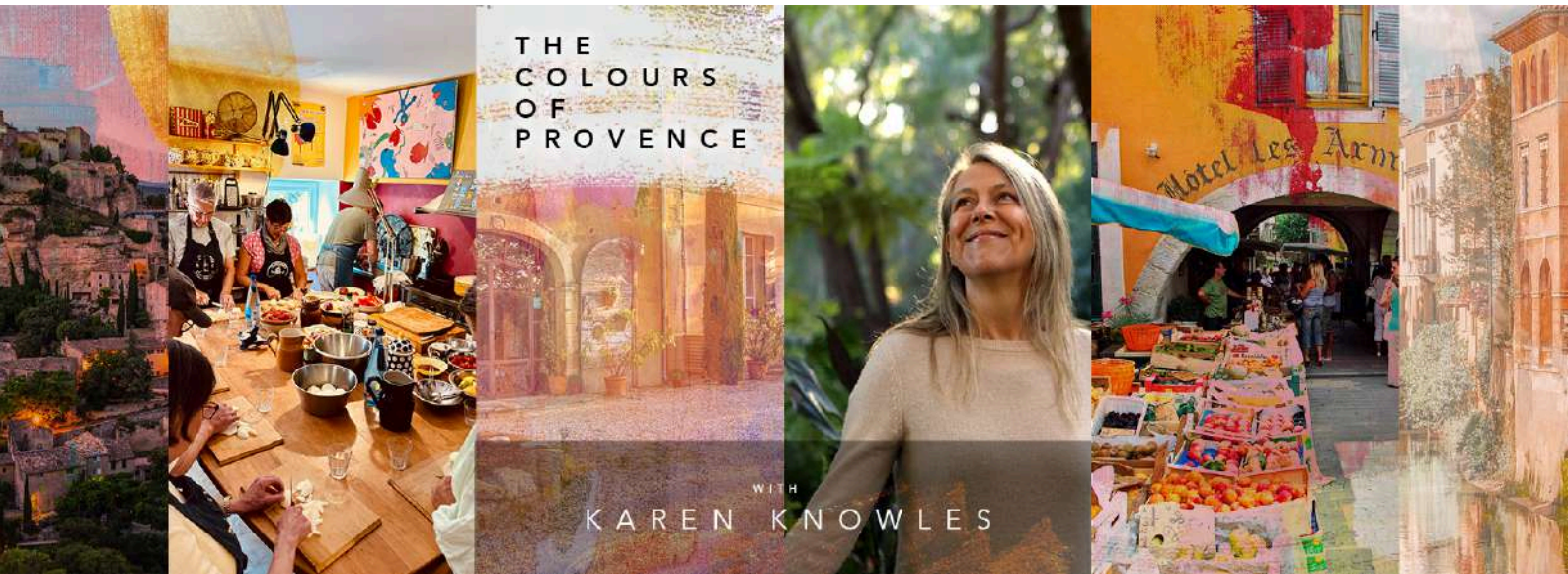
WITH AWARD WINNING SINGER & CREATIVE
KAREN KNOWLES

A SENSORY AWAKENING

A UNIQUE COLLABORATION WITH:



THE COLOURS OF PROVENCE RETREAT & TOUR ITINERARY APRIL 2026



Sunday, April 12, 2026

Arrive in Nice!.

Meet your driver and transfer to the hotel. Meet as a group at 17h00 for a Welcome drink and introductions. Enjoy some free time before dinner. Dinner on your own (restful time.)

Monday, April 13, 2026

(Breakfast, lunch and dinner included today) Breakfast at the hotel.

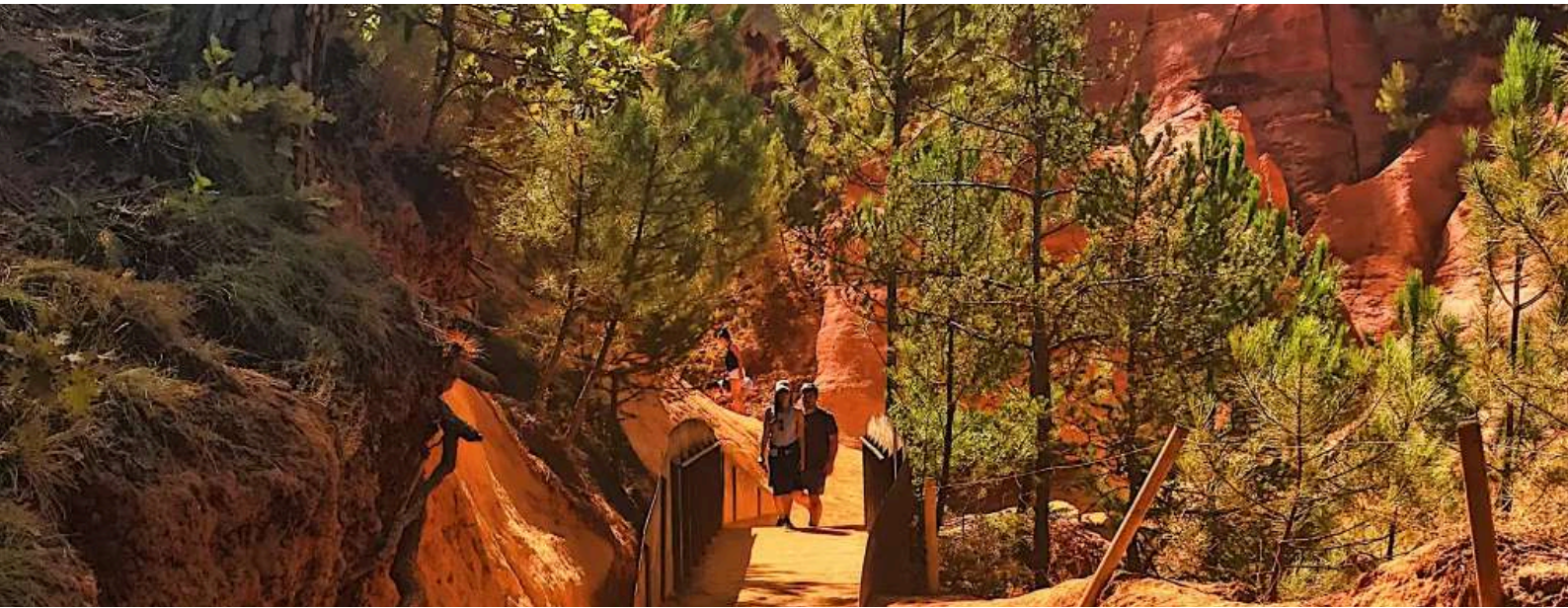
As you begin your "l'Espoir et l'Esprit-Colours of Provence" discovery, we will focus on the sights, sounds, scents, colour and inspiration around us. Depart by coach at 09h00. We will stop in the delightful Provençal old town of Mougins. The town is a haven for artists of all disciplines and many have found inspiration from the gardens, hidden alleyways, stone buildings and colours of Provence. We will visit the FMM: Female Artists Museum (previously the Classical Art museum), Europe's 1st private museum dedicated to women, which showcases the works of female artists. With over 100 works of arts by 80 artists, the museum's collection takes in most aspects of the art world from impressionism to surrealism, sculpture to drawing and photography. Enjoy some free time in Mougins before we depart for the hill town of Grasse.

Lunch on your own in Mougins. After lunch we will depart for Grasse, the home of perfume creation in France. You will have an opportunity to create your very own fragrance during our private fragrance workshop historical Fragonard company, currently owned and run by three the three great-granddaughters of the creator of the Fragonard fragrance company. We will learn about the terroir, the scents, the importance of nature and balancing the environmental concerns of the modern day with age-old practices. We will continue onto Gréoux-les-Bains following our fragrance workshop (approx. 2hr drive). Arrive at our hotel and check-in.

There will be some free time this afternoon before a soft reflection led by Karen and then dinner as a group at the hotel.



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Tuesday, April 14, 2026 (Breakfast, lunch and dinner included today). Enjoy breakfast at the hotel. Today we will drive into the Luberon, land of Peter Mayle stories, to the hilltop village of Gordes, which is listed as "one of the most beautiful villages of France". Explore the tiny streets which climb up between the tall houses to the fortified castle. Enjoy the panorama of the valley and mountains of the Luberon. Today is Market day! Enjoy some free time at the market as you discover the arts, crafts, tasty Provençal treats and homewares and more. The village centre will be a fun hive of activity this morning!

After our visit to Gordes we will drive to Roussillon, also designated as "Most Beautiful Village in France". This village owes its unusual aesthetic appeal to 17 different shades of ochre that tint the buildings in intense colors ranging from golden yellow to deep red, the result of the people simply using the materials that were near and available. We will visit the Sentier des Ocres, a forest surrounding the stunning ochre cliffs. Enjoy a walk through the forest as you take in the amazing colours and countryside.

Return to the hotel mid-afternoon. There will be some free time before the first of your workshops with Karen prior to dinner.

Dinner as a group at 19h30.

Wednesday April 15, 2026 (Breakfast, lunch and dinner included today). Breakfast at the hotel.

Enjoy our retreat workshop this morning. Lunch as a group at the hotel. This afternoon we will make our way to the Plateau de Valensole, where the top-quality lavender fields are. It is not yet lavender season however you will have incredible views across the lavender fields and the plateau to the snow-capped French Alps. We will visit the charming village of Moustièrès Sainte- Marie, classified as one of the most beautiful villages in France. The town is located in the Verdon national park and is a hue of pastel-coloured houses surrounded by limestone cliffs. It is a haven for artists and in particular "faïence" or hand-made pottery artisans. Enjoy some free time in Moustièrès Sainte-Marie. Return to the hotel mid-afternoon.

This afternoon is free at your leisure. You might like to discover the thermal baths nearby and spend an afternoon relaxing (entry and spa treatments additional). Or why not explore this quaint village with its chateau, or visit the spa onsite for a massage, facial or other of their wellness services on offer.

Dinner with the group at the hotel.

Enjoy a special, VIP concert this evening performed by Karen.

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Thursday, 16 April, 2026 (Breakfast and dinner included today)

Enjoy breakfast at the hotel.

Today is Market day! Discover a traditional Provençal market as it weaves its way through the town. With everything from fruit, vegetables, homewares, gifts, arts, crafts and more; there is something for everyone.

See a local community come to life.

You might like to find a spot at a local café to watch the beauty of it all!

The afternoon we will travel a short distance to the town of Manosque to visit the L'Occitane en Provence factory, the home of French natural beauty products known throughout the world by its yellow shopfront, but more importantly, its core value in harvesting the best in nature and supporting local communities. We will have a private tour of the factory learning not only about the company's unique history and its philosophy behind this successful French natural beauty and wellness company.

We will participate in a private watercolour workshop onsite (subject to availability).

Return to the hotel late-afternoon.

Dinner with the group

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Friday, April 17, 2026 (breakfast and lunch included today)

Enjoy an early breakfast at the hotel.

Depart Hotel at 07h45. Today is our cooking lesson located on a Provencal country estate. Our very entertaining chef will welcome us in his home to teach us how to make different regional dishes. Watch or assist with the preparation of these delicious recipes. We will dine on Chef Yvan Cadiou's creations in the garden under the shade of 300 year old plane trees.

With lunch you will have the opportunity to taste some very special wine from the region.

Following our delicious lunch together, we will drive a short distance to St Remy-de-Provence for some free time to explore the quaint town center at your leisure. As we depart Saint Rémy, we will make a brief stop to visit St. Paul de Mausole, the hospital where Van Gogh admitted himself as a patient after his crisis in Arles, following a fight with Gauguin. Vincent stayed here for more than a year, enjoying a certain degree of freedom that allowed him to paint in the surrounding fields. This was an intensely prolific phase of Van Gogh's career. Over 150 paintings were completed here, including several of his room and the hospital buildings, "Starry Night" and many different views of the twisted cypress and olive trees.

Return to the hotel late afternoon.

Dinner on your own this evening.



THE COLORS OF PROVENCE
RETREAT & TOUR
APRIL 2026

Antibes

Saturday, April 18, 2026

(Breakfast and Farewell dinner included)

Breakfast at the hotel.

Throughout the week you have discovered the history, language, culture and environment of this wonderful part of France, while at the same time discovering how to better understand your body, the power of music, song and breathing in your ability to centre yourself and to make the most of even the smallest of moments, the light and colour of your immediate environment, and to ground yourself so that you are always present.

We bid farewell to Gréoux-les-Bains and travel to the seaside, port town of Antibes (approx. 2 hrs drive). This ancient town, first discovered by the Greeks in 5BC, became part of the Roman empire in 2 BC and was an important trading post throughout the centuries. With its fortress and ramparts overlooking the Mediterranean to the mountains, this delightful town will inspire. Lunch on your own. Continue onto Nice late-afternoon. Arrive at our hotel and check-in.

Farewell dinner as a group this evening.

Sunday, April 19, 2026

(Breakfast included)

After breakfast, check out of the hotel.

Transportation to the Nice airport or to Nice station will be arranged for you



THE COLORS OF PROVENCE
RETREAT & TOUR -
OPTIONAL ADD ON STAY
(2 EXTRA NIGHTS)



Sunday, April 19, 2026

(Breakfast included today)

If staying for the extra nights, why not start with the flea market in Old Nice! Nice's colorful, sun-drenched Cours Saleya is filled with over 200 vendors selling their wares. This is a high-quality market; however, bargain hunters can also take advantage of a good find. A huge variety of treasures can be found silver, vintage linens and Hermes scarves, posters, ceramics, paintings, toys, jewelry, and more. This is a great market for visitors who are as interested in sun and people-watching as they are in purchasing collectibles. You might like to explore Place Massena with its gardens and art installations, not to mention the colourful square with its cafes.
Dinner on your own.

Monday, April 20, 2026

(Breakfast and dinner included today)

Enjoy breakfast at the hotel.

Depart Hotel at 9h00. This morning we will drive to Èze, the highest perched village on the Riviera at 1,407 feet above the sea. Discover Èze village. Walk through the exotic garden at the top of the village with more spectacular views of the Mediterranean. At the top of the gardens you will find the ruins of the chateau that Louis XIV had dismantled in 1706. Take lots of pictures in Èze. It is very picturesque, and you will be thrilled with the results. Lunch on your own.

After Èze we will drive to St. Jean Cap Ferrat to visit the Villa Ephrussi de Rothschild, the finest villa on the Riviera. Seventeen acres of gardens and fountains surround the Belle Époque villa, which houses the art and antique collection of the Baroness de Rothschild.

Return to the hotel this afternoon.

Dinner as a group.

Tuesday, April 21, 2026 (Breakfast included today)

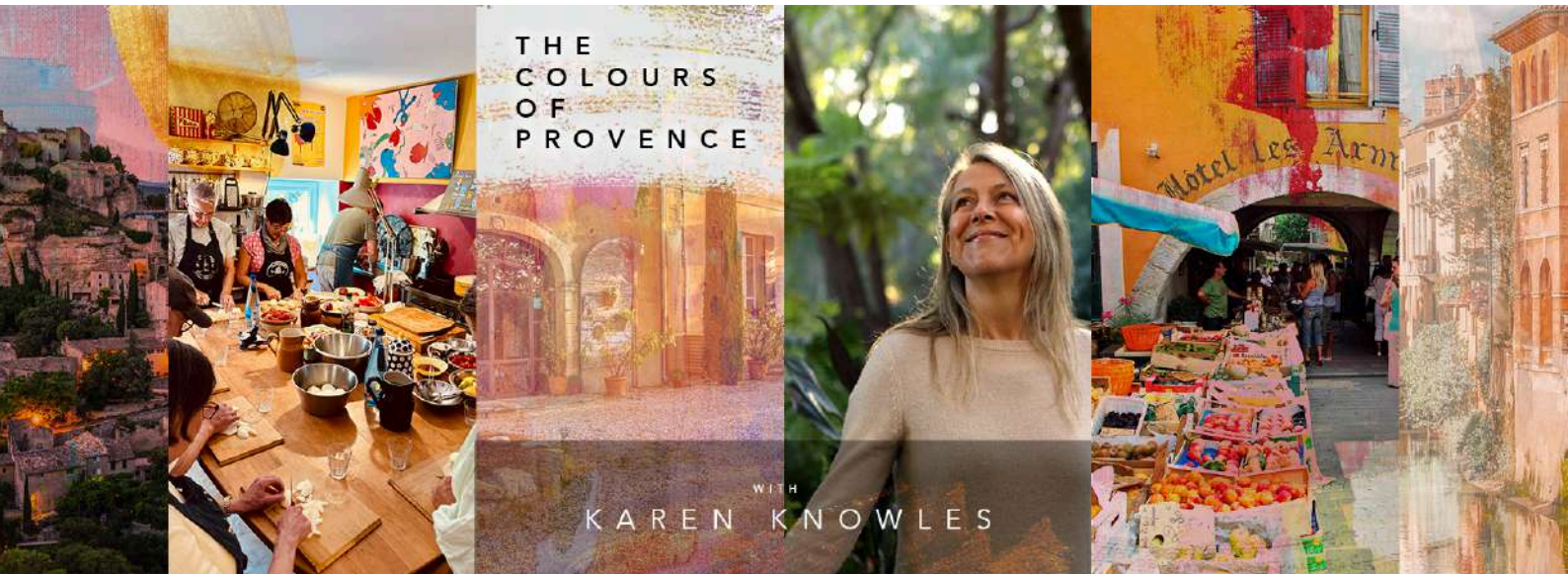
Enjoy breakfast at the hotel.

Check out of the hotel and transfer to Nice airport or Nice SNCF station for your onward journey.

Private transportation will be arranged for you.



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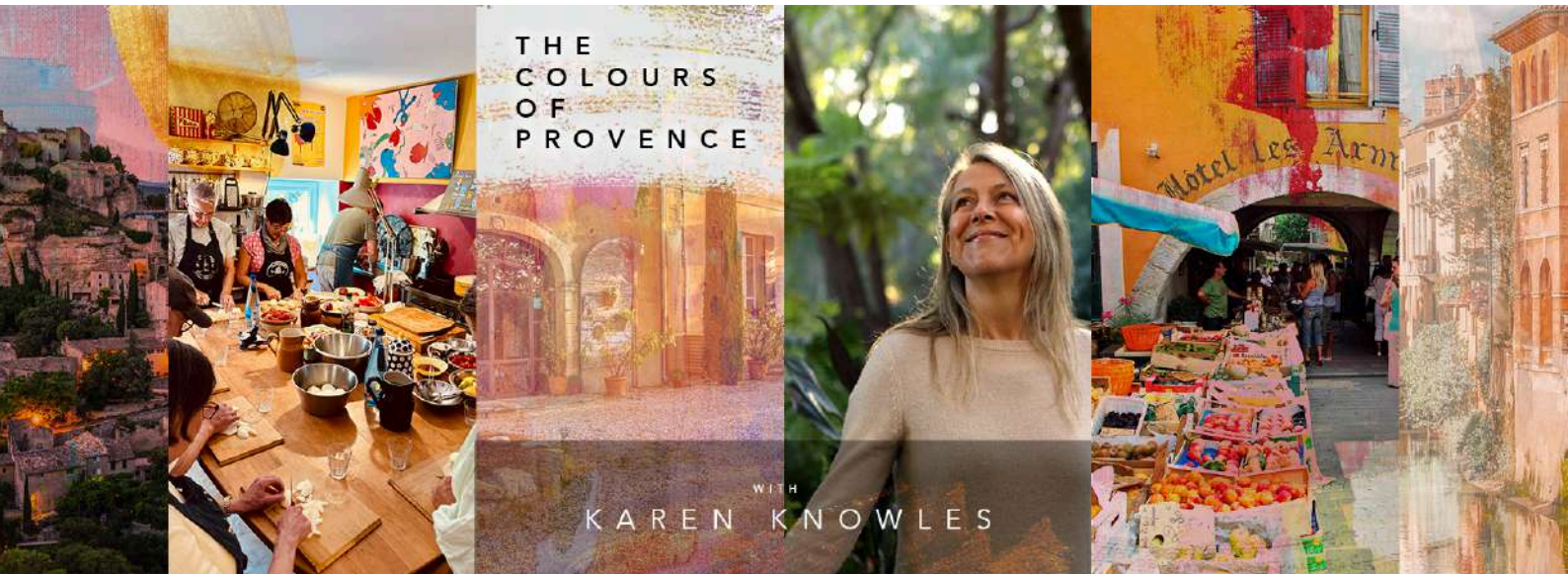


ABOUT KAREN

An Australian singer known and loved for decades. Recording artist, performer, innovator, healer and lawyer Karen brings her Whole self to all she does in music and in life. She has had a longstanding love of community and a love of "the space between the notes" as a way to listen and open up possibilities.... Journeying with Karen at a concert, listening to her music, attending an event or entering into the world of her nuanced and empowering programs or events you'll notice her unique way of inspiring people to be their best selves. She holds a candle for society to work as a Whole and it shines through all she does...



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ABOUT BEST OF FRANCE TRAVELS

Best of France Travels specializes in exclusive, small group tours across France's most captivating regions. Tours are personally led by owner Shannan Carter, who brings France's rich history, stunning landscapes, and vibrant culture to life with her love of France and her bi-lingual skills. Every detail is thoughtfully managed, so guests can simply relax and fully enjoy the experience. With a relaxed pace and visits to both iconic landmarks and hidden gems, you'll avoid crowds and experience the best each region offers. All accommodations, transportation, and logistics are arranged for your ease and comfort.



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COME JOIN US!



THE COLORS OF PROVENCE
RETREAT & TOUR
with Karen Knowles

Further information and the
booking link to Best of
France Travels secure
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