

## SUGGESTIONS FOR A GASTRONOMIC STAY In Lyon

### DAY 1

#### MORNING: FOURVIÈRE AND VIEUX-LYON - UNESCO



Starting at Fourvière Esplanade, this tour will take you back through 2,000 years of history in Lyon. Visit the Roman theatres, and relive the foundation of Lugdunum in 43 BC. Cross the threshold of the Basilica of Notre Dame de Fourvière, an iconic monument in the city, and walk through the Rosary Gardens to the narrow Renaissance alleyways in Vieux-Lyon, where you'll get to see Saint-Jean Cathedral and the district's famous traboules (passageways).

#### Marché Saint-Antoine

Wander through this outdoor food market located near the Saône river and meet cheese makers, market gardener, butchers and fish sellers and admire the great variety of fresh products!

#### AFTERNOON: CITE INTERNATIONALE OF GASTRONOMY



Wander through the rooms to discover the thousand and one facets of the gastronomic meal of the French, discover how nutrition and health are inseparable from gastronomy, enjoy new experiences in the first museum in which you can taste the works of art!

Temporarily closed at the time of writing, please contact ONLYLYON Tourism for more information.

## DAY 2

### MORNING: LES HALLES PAUL BOCUSE



Make the most of the morning's activity to discover the temple of gastronomy: cheeses, cold meats, wines, sweets and desserts will take you to the heart of Lyon's culinary tradition. Fifty carefully selected producers, all contributing to Lyon's reputation as the "World Capital of Gastronomy"! A session tasting specialities from Lyon can be organised in Les Halles named after the great Paul Bocuse.

### AFTERNOON: COOKING CLASS

An ideal way to try out the great classics of French and Lyonnais cuisine, and delight the family and friends back home!



OR

### MUSCO

The Sève House opens the 1st Chocolate Museum in Lyon, a unique space offering Pastry and Chocolate Workshops, a Bean to bar manufacturing site and a discovery trail on the cocoa plantations. Permanent and temporary exhibitions explain the origins of cocoa, detail its nutritional value, and demonstrate the art of chocolate tasting. An educational training area is used to dispense pastry-making lessons, chocolate-tasting workshops, and conferences.

Chocolate cooking class or pastry cooking class at MUSCO

During 2 hours, create your own chocolate, learn the secrets of the Lyonnaise Praline Tart or cook your own macaroons with a professional!

## DAY 3

### MORNING: FOOD TOUR

(Re) discover Lyon in an original, friendly and greedy way! Dive into a unique gourmet experience combining Lyon's guided tour and exceptional tastings! Food tours are available in the Old Lyon, Terreaux district and in Les Halles Paul Bocuse.

OR

The Croix-Rousse district



Walk in the footsteps of Lyon's former silk workers (known as the Canuts), and scour the traboules in the Croix-Rousse district as you discover the history of silk in Lyon. From the district's urban development during the 19th century to the invention of the Jacquard weaving loom, relive the times when 30,000 weavers were to be heard working on their weaving looms throughout the city, and admire their unique know-how.

### AFTERNOON: WINE TASTING CLASS



Taste and review the regional wines! From Beaujolais (North of Lyon) to Côtes du Rhône (South of Lyon) and to the less famous Côteaux du Lyonnais, try red and white wine with cheese or local charcuterie!

## EXCURSION IN BEAUJOLAIS

### The Pérouges and Beaujolais areas: FROM VILLAGES TO VINEYARDS

Lyon to Pérouges, 45 minutes

Romanèche-Thorins to Lyon, 1 hour



#### **MORNING:** PEROUGES

##### DISCOVERY TOUR OF PEROUGES

1 ½ hour guided tour on foot

From its foundation, to the architecture, daily life, anecdotes and restaurants in this market town, you'll get to discover all the secrets of this medieval gem which has survived centuries of history, and now ranks among the "Plus Beaux Villages de France" (Loveliest Villages in France).

You may want to round off your tour with a piece of Tarte au Sucre (sugar pie), which is Pérouges' speciality.

**LUNCH** in a typical Beaujolais inn, or in a gastronomic restaurant

GUY LASSAUSAIE: 1-star restaurant in the heart of the Beaujolais region

1217: a gastronomic restaurant at Château de Bagnols

CHATEAU DE PIZAY RESTAURANT: a gastronomic restaurant at Château de Pizay

#### **AFTERNOON:** BEAUJOLAIS REGION

##### SELF-GUIDED TOUR OF THE VILLAGE OF OINGT

This lofty and fortified medieval village ranks among the Loveliest Villages in France, and offers its visitors a timeless quality. Its narrow medieval streets, its listed historical monuments, and its artisans all contribute to Oingt's charm.

Drive through villages with highly evocative names: Chiroubles, Fleurie, Morgon, etc.

VISIT THE "HAMEAU DUBOEUF" WINE THEME PARK in Romanèche-Thorins

This cultural site is the ideal place to get to grips with the entire winemaking process, and discover the history of the Beaujolais area. Here you can discover the wealth of the region's *terroir*, and taste local wines.

## EXCURSION IN VIENNE AND COTES DU RHONE

### Vienne and the Côtes du Rhône area: FROM ROMANS TO VINEYARDS

Lyon to Vienne, 35 minutes

Condrieu to Lyon, 45 minutes



#### **MORNING:** VIENNE

##### VIENNE THROUGH THE AGES

2-hour guided tour on foot

As a certified City of Art & History, Vienne welcomes visitors. Make the most of this tour to discover the town's main monuments and historical buildings. By the end of your visit, you'll know all there is to know about the Temple of Augustus and Livia, Saint Maurice Cathedral, and the Roman theatres.

#### **LUNCH** in Vienne

LA PYRAMIDE, Chef Patrick Henriroux: historic restaurant with a 2-star rating in the Michelin Guide since 1992.

ESPACE PH3: Patrick Henriroux's second restaurant, with its warm and friendly atmosphere.

#### **AFTERNOON:** SAINT-ROMAIN-EN-GAL AND CONDRIEU

##### SELF-GUIDED TOUR OF THE MUSÉE GALLO-ROMAIN (Gallo-Roman Museum)

The archaeological site of Saint-Romain-en-Gal is one of the greatest ensembles to be devoted to Gallo-Roman civilisation in France. The museum is located at the heart of a 17-acre cultural park that brings this former residential area in Vienne back to life, with its spas, workshops, homes and trading stalls, all of which have been excavated since 1967.

##### REGIONAL WINE TASTING ON THE WINEMAKER'S ESTATE

Condrieu or Côtes Rôties appellation wine estates around the village of Condrieu