



FLAVORS OF
*Catalonia &
Provence*
WITH  capital
public radio

A Feast for the Senses!
with Capital Public Radio host **Randol White**
March 24–April 4, 2020

Join Capital Public Radio host **Randol White** and friends of Capital Public Radio for a food, wine and art lovers' journey to Barcelona and the South of France. Your arts adventure is set to commence in Barcelona, where organic food and wine are still lovingly prepared by families who have a passion for fresh ingredients. In addition, you'll be treated to a guided tour of the Picasso Museum, dine in his favorite cafés and discover works by Gaudí, Miró and Dalí. Then we are off to the south of France, where you'll walk in Picasso's footsteps and stay in the charming seaside village of Collioure. Surrounded by lush vineyards, the gorgeous light and scenery found in the south of France lured many painters there: Signac, Matisse, Chagall, Dufy, Mackintosh and Picasso. We'll head deep into Provence and visit markets and wonderful wineries. You'll also admire the works by the only painter Picasso considered his personal master: Paul Cézanne. Our journey culminates as we tip our hat to Marc Chagall and Picasso's life-long competitor, Henri Matisse. Wine and cheese tastings, outings to country markets, world-class art, charming villages and Roman ruins are all included as we discover the secrets of the Mediterranean lifestyle. And Spring is the perfect time to visit the Mediterranean Coast - the crowds have not yet arrived and the weather is sunny and pleasant! Space is limited.

JOURNEY HIGHLIGHTS

Private tours of the Picasso Museums of Barcelona and Antibes ♦ Outings to the Gaudí, Dalí, Matisse and Miró Museums ♦ Cézanne's studio in Aix-en-Provence ♦ Wine tastings with the producers in Spain and Provence ♦ Dine in cafés and restaurants frequented by Picasso ♦ Outing to a village market ♦ Excursions to stunning Provençal villages ♦ The Roman ruins of Arles and the Pont du Gard ♦ Historic walks with local experts



**EARTHBOUND
EXPEDITIONS**

Earthbound Expeditions Inc.
P.O. Box 11305, Bainbridge Island, WA 98110 USA
T. 800.723.8454 / T. 206.842.9775 / F. 206.238.8480
www.EarthboundExpeditions.com

JOURNEY AT A GLANCE

- 3 Nights Barcelona, Catalonia, Spain ****
- 2 Nights Collioure, Languedoc-Roussillon, France ***
- 4 Nights Arles, heart of Provence, France ****
- 2 Nights Côte d'Azur, Nice, France ****

IT'S INCLUDED

- Travel with Capital Public Radio host Randol White, Reporter and *All Things Considered* host
- Eleven nights of accommodation in centrally-located charming hotels
- Transport by luxury coach (airport transfer in Paris/Nice included for group flight guests)
- All breakfasts, five traditional lunches and five multi-course dinners
- A pre-tour wine and cheese gathering
- Private guided tours by expert historians
- Numerous museum entrances and tours with entertaining specialists
- Wine tastings with the producers in Spain and France
- Gratuities for your driver and guides
- A small group of like-minded public radio travelers



NOT INCLUDED: International airline tickets, airline luggage fees, beverages with meals (other than coffee, tea and water), any meals not mentioned, room/mini-bar service, gratuities for hotel staff, travel insurance, items of a personal nature and anything not listed in the “It’s Included” section above.

TRIP FACTS

12 Days / 11 Nights (*Land, excluding air travel*)

\$4,795 per person based upon double occupancy (*based on 22+ guests*)

\$995 single supplement (*waived if willing to share a room and a roommate is found*)

Trip begins in Barcelona on March 24, 2020

Trip ends in Nice on Saturday, April 4

ADD-ON OPTIONAL GROUP AIR: TBA JULY 2019

Optional group flight departs the USA on March 23, 2020 and returns April 4, 2020

Group air tickets include all taxes, fees and airport transfers while in Europe.

RESERVATIONS AND DEPOSITS: A \$500 per person deposit is due at time of sign up. An additional \$200 deposit is requested if opting for the group flight. Deposits are refundable for 60 days from the processing date or 90 days prior to departure, whichever comes first. Deposits made 90 days prior to a trip departing are not refundable. A \$75 per person processing fee applies to all cancellations. Final payment is due 60 days before departure.

WAYS TO SAVE \$300

- ✓ Earthbound Expeditions alumni or CapRadio Leadership Circle will save \$100 per person
- ✓ Pay your final balance by check and save \$100 per person
- ✓ Reserve by September 27, 2019, and save \$100



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Artist Village of Collioure, France

YOUR JOURNEY BEGINS!



DAY 0: Monday, March 23 - Depart the USA for Barcelona

Optional group flight departs the USA today. Independent travelers must also depart the USA no later than today in order to arrive in Barcelona on March 24.

DAY 1: Tuesday, March 24 - "Buenos Dias y Bon Dia" - Arrive in Barcelona, Capital of Catalonia:

The life and works of Pablo Picasso are inextricably linked to the Mediterranean and Provence. It is therefore fitting that our journey begins in Barcelona where the young Pablo spent much of his youth.

Today, Barcelona is exciting, modern and one of the world's premier cultural centers. Cutting edge artists, intellectuals and architects such as Dalí, Picasso and Gaudí have long been attracted to the city's Mediterranean climate, charm and cuisine.

Make yourself comfortable, for this fascinating city will be your home for the next three nights. Enjoy Barcelona's vibrant Gothic Quarter and the famous pedestrian shopping street "La Rambla," of which Spanish poet Federico García Lorca once said "it's the only street in the world which I wish would never end." While in Barcelona you'll enjoy colorful markets and Gaudí's dreamlike architecture. You'll dine in one of Picasso's old haunts and enjoy a private tour of the world-renowned Picasso Museum. This evening you'll be treated to a welcome glass of "Cava," a trip orientation and a dinner hosted by your Earthbound Expeditions program director and your Capital Public Radio host, Randol White.

Sleep in Barcelona (D)



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“Art washes away from the soul the dust of everyday life.”
Pablo Picasso



DAY 2: Wednesday, March 25 - Highlights of Picasso's Barcelona

This morning we set out to discover Barcelona's Gothic Quarter. In doing so, we'll also explore the world of Picasso's youth. He dined here with friends and took evening strolls with family. We'll see the Cathedral of Barcelona, known as La Seu and go underground to view a well-preserved Roman temple. Then we are off to the world-renowned Picasso Museum, housing the world's most important collection of his early work.

Lunch will be in the Els Quatre Gats café. Opened in 1897, the café and restaurant on Carrer de Montsió 3 became a popular hang-out for Picasso and his friends. In fact, one of his first exhibitions was in Els Quatre Gats and Picasso's design for the menu is still in use to this day. The afternoon is free for you to discover the many charms of Barcelona at your own leisurely pace. For those with a bit of energy, we suggest a visit to the Ceramics Museum of Barcelona where you'll find 16 ceramic works by Picasso. Or you may wish to visit the National Art Museum of Catalonia or the Museu d'Art Contemporani de Barcelona. *Sleep in Barcelona (B, L)*

DAY 3: Thursday, March 26 - A Day with Gaudí and Miró

Your day begins at La Boqueria, the most famous market in the city, located on the lively Rambla Avenue. Accompanied by your guide, you'll explore this bustling market with the freshest fruits and vegetables you can imagine and quite a unique display of fish and seafood stalls. Your walk continues to a nearby neighborhood bursting with early 20th century architecture designed by the world famous architect and Picasso contemporary, Antoni Gaudí. One of the buildings, situated on an asymmetrical corner lot was immediately dubbed "La Pedrera," or "the quarry," because of its cliff-like walls. This imaginative apartment complex was designed by Gaudí and built between 1906 and 1910 for the Milà family. This is one of the main Gaudí residential buildings and one of the most imaginative houses in the history of the architecture.

Next discover "La Sagrada Família," considered Gaudí's most impressive work. This enormous church, as yet unfinished, is a summary of everything that Gaudí designed before. The architectural style of La Sagrada Família has been called "warped Gothic," and it's easy to see why. The rippling contours of the stone façade make it look as though the building is melting in the sun, while the towers are topped with brightly-colored mosaics which resemble bowls of fruit. Gaudí believed that color is life, and, knowing that he would not live to see completion of his masterpiece, left colored drawings of his vision for future architects to follow.



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*“At the age of six I wanted to be a cook. At seven I wanted to be Napoleon.
And my ambition has been growing steadily ever since.”*
Salvador Dalí

After lunch Miró enthusiasts will set out to explore the Joan Miró Foundation, designed by Josep Lluís Sert. The great architect created a space which offers visitors a moment of calm where light and beauty interact in perfect harmony. A contemporary of Picasso, Joan Miró, took a particular interest in the diversity of materials, forms and colors. It led him to explore and experiment with different art forms such as painting, sculpture, printing techniques, ceramics, theatre and tapestry.

You'll have the late afternoon free to further explore this dynamic city, take a siesta like the locals, or pull up a chair in a cozy café and watch the world go by. Some may wish to head out for an evening of music. There is always something fun and interesting happening in Barcelona. *Sleep in Barcelona (B, L)*

DAY 4: Friday, March 27 - The Dalí Museum, Great Wine Estates and Seaside Villages



After breakfast we depart on a lovely drive to the town of Figueres. Located on the Costa Brava, Figueres houses the Fundacio-Gala Salvador Dalí, a museum and mausoleum where much of Salvador Dalí's most important and dramatic art is to be found. You'll have plenty of time to experience the full breadth of Dalí's works before setting off for the charming wine estate of “Castillo de Perelada,” where together we'll taste fine wines and enjoy a light lunch. We then cross into Languedoc, France and drive to the quaint seaside village of Collioure. Tonight, let's toast to France and feast on local specialties at a nearby bistro. *Sleep in Collioure (B, L, D)*

DAY 5: Saturday, March 28 - Relax in Artful Collioure and a Wine Excursion

In the early 1900s Collioure became a centre of artistic activity, with several Fauvist artists selecting it as their favorite place to paint. Other artists were also attracted to this tranquil seaside village. Among them were André Derain, Georges Braque, Othon Friesz, Henri Matisse, Pablo Picasso, Charles Rennie Mackintosh, Tsuguharu Fujita and Salvador Dalí. Collioure became the home of the Fauvist Movement because of the rare quality of the light. As Matisse, said "no sky in all France is more blue than that of Collioure." In 1994 "Le Chemin du Fauvisme" Art Walk was created with copies of works by Matisse and Derain placed around town in locations where the originals were painted, allowing viewers to compare the painting to the present view. Today the town remains a popular destination for aspiring artists.

Enjoy a restful morning, take a leisurely coastal cruise or go on an energetic hike - it's up to you. We've intentionally left this morning unplanned so you can stroll the village of Collioure and soak up the French atmosphere. Wine lovers may choose to meet up for a wine excursion and tasting this afternoon. *Sleep in Collioure (B, D)*



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le Pont du Gard, Provence

DAY 6: Sunday, March 29 - Flavors of Provence

This morning we make our way to Provence, stopping first to pay our respects to Europe's best preserved Roman ruin, the 2,000-year-old aqueduct, le Pont du Gard. Admire this beautiful feat of Roman engineering; it was constructed with such precision that no mortar was needed between the limestone blocks. Just a short drive away is the bustling Provençal town of Arles and our home base for the next four nights. You'll have time to relax for a bit before meeting your guide and fellow travelers for dinner. *Sleep in Arles (B, D)*

DAY 7: Monday, March 30 - Arles, the "Little Rome of Gaul"

Enjoy a walking tour of the highlights of medieval Arles, then have lunch together in a restaurant loved by locals. In the afternoon, enjoy some free time on your own to visit one of the many wonderful great museums here: Arles Antiques, a Roman history museum; Musée Réattu with sketches by Picasso; the Fondation Van Gogh with rotating expositions (though not always works of Van Gogh) and many photography and art galleries. *Sleep in Arles (B, L)*



DAY 8: Tuesday, March 31 - In the footsteps of Van Gogh

Today we drive into the scenic countryside to delightful St. Rémy, home to a wonderful Provençal market! We'll have lunch together in St. Rémy, then head just outside of town to the peaceful St Paul de Mausole, a veritable masterpiece of Provençal Romanesque architecture, built in the neighborhood of the Gallo-Roman site of Glanum. The covered walk of the cloister frames a lovely little garden. This is the famous asylum where Vincent Van Gogh spent time resting and painting, and is still a psychiatric institution today, which encourages therapy through art. You may glimpse some irises and other frequent subjects of Van Gogh's paintings on the grounds here. Return to Arles for a free evening and independent dinner. *Sleep in Arles (B, L)*



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Enjoy a stroll through a market in Provence

To market – to market!



Markets in Provence are an important part of the life in villages and towns. They are picturesque, full of life and movement, and a place to see and meet interesting people. Village markets are excellent for a variety of items you won't find in normal shops, as well as for good prices, if you are a careful shopper. The markets are attended by the people who make the food, grow it, catch it, cure it, bake it, bottle it or otherwise have a passion for it. Cheeses and dairy products are fresh. There are meats and poultry and an endless variety of sausages. Olives and honey are locally produced. Vegetables are from the local gardens, and herbs and spices are both exotic and local. And you'll always find a gorgeous selection of Provençal fabric and Lavender oil. Lunch choices in the market are cheaper and more varied than the restaurants, and it can be more fun, shopping for it as well as eating it. Try some fresh olive bread or walnut bread.



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"It's so fine and yet so terrible to stand in front of a blank canvas."
Paul Cezanne



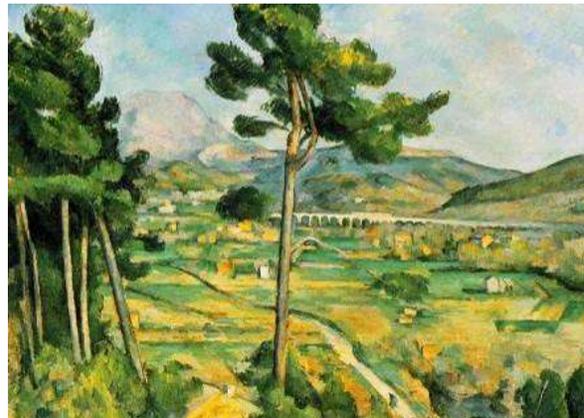
DAY 9: Wednesday, April 1 - Avignon and Wines of the Rhône Valley

After breakfast we depart for Avignon. We'll tour the summer palace of the Popes and have a lunch together, after which we are off to the Rhône Valley.

It is said that the first vine was planted in Provence by wine growers from Marseille, known then as "Massilia." Using the nearby Rhône River, the bottles of wine could be easily transferred to the harbor of Marseille. The Romans were next to further develop the vineyards, with the oldest remaining vineyards being "Côte Rôtie" and "Hermitage." During the Middle Ages, monasteries began to manage vineyards such as "Châteauneuf," which was renamed "Châteauneuf du Pape" when the Popes began spending their holidays there. We'll sample the region's delicious wines and return to Arles in the late afternoon. *Sleep in Arles (B, L)*

DAY 10: Thursday, April 2 - Aix-en-Provence and Paul Cézanne

Aix-en-Provence, birthplace of Paul Cézanne, bursts with Baroque architecture, sparkling fountains and lively terraces. It was Cézanne's work that inspired Picasso and his Fauvist contemporary, Georges Braque, to focus on the substance of things rather than their appearance from a single viewpoint – and in doing so, they invented cubism. Picasso made no secret of the debt. "Cézanne is the father of us all," he said soon after the French painter's death, in 1906. Cézanne, who spent most of his life in Provence, was 42 years older than Picasso, and never met his disciple. Nevertheless, his influence on Picasso and other artists revolutionized modern art.



Our tour of Aix will include the market, the lively "Cours Mirabeau and the "Atelier Cézanne," the artist's studio. In the late afternoon we'll make the short drive down the stunning Côte D'Azur! *Sleep in Nice (B, D)*



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DAY 11: Friday, April 3 - The Seaside Town of Antibes

Our morning begins with an outing to the seaside town of Antibes. We'll tour the colorful market, then step back into the world of Picasso. Chateau Grimaldi became the "Picasso Museum" on 27 December 1966. Picasso stayed here from mid-September to mid-November 1946 and produced a great deal of work of which he donated 23 paintings and 44 drawings to the town of Antibes. Beginning in 1952, many more donations and purchases, including donations from Jacqueline Picasso in 1991, have greatly enriched the Picasso collection in the museum. Enjoy a farewell lunch together and a relaxing evening in Nice. *Sleep in Nice (B, L)*



DAY 12: Saturday, April 4 - Your Journey Concludes after breakfast

The group flight departs Nice this morning for the USA. Return home with a lifetime of memories.

Post Tour Ideas: enjoy the art and beauty of the *Côte d'Azur*



The city and the area surrounding Nice is well worth exploring. If you have the time, consider staying on and visiting one of the fabulous museums: Matisse Museum, Chagall Museum or the Museum of Beaux Arts. Take a walk down the "Promenade des Anglais" along the glistening Mediterranean and enjoy the lovely Art Deco façades, get lost in Old Nice and enjoy the nearly daily markets in the Cours Saleya. The local Tourist Information Office has many options for day tours to Monte Carlo and Monaco (great hilltop old

towns); visit the "Jardin Exotique" or the mini changing of the guard at the Prince's Royal Palace), St. Paul de Vence (with the lovely Fondation Maeght), Grasse (famous perfume-making town), Menton, the Chapelle de Rosaire (painted by Matisse) and many other delightful nearby excursions. You may want to simply rent a car and drive the very scenic "Grande Corniche."



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YOUR CAPITAL PUBLIC RADIO HOST



Randol White, Capitol Public Radio Reporter and All Things Considered host, is an award winning, accomplished, and well-rounded broadcast journalist with more than two decades of radio, television, web and print experience. He is a Northern California native with a lifelong connection to the Sacramento and Reno/Tahoe areas with several immediate family members also calling this portion of the state home. While growing up, his grandparents lived in Tahoe City and Sparks, his brother, a Sac State alum, settled in Elk Grove, and his parents retired in Lincoln.

When Randol isn't working on his next radio news piece, he's likely riding his bicycle throughout the area. A proud bike commuter for more than 30 years, Randol chaired the City of San Luis Obispo's Bicycle Advisory Committee. This passion for multimodal transportation also led to his holding a seat on the city's Mass Transportation Committee.

Randol can often be spotted shopping for veggies with his husband Ricardo and their three dogs Papas, Gigi, and Florecita at Sacramento's Sunday morning farmers' market under the freeway.

KNOW BEFORE YOU GO

Health Matters: It is the responsibility of each guest to be aware of their physical abilities or limitations, and to be in sufficient good health to undertake the trip. To make the most of your journey and participate in the various planned group activities, you should be able to be on your feet and walk unassisted for two to three hours (often over uneven cobblestones or pathways) with frequent standing. If you have questions about the physical requirements for your journey, please email or call our travel office.

Concerts, Festivals and Events: If for any reason the organizers of a scheduled concert, festival or event cancel or postpone a planned activity with little or no notice, Earthbound Expeditions will do its utmost to secure a similar event or secure another concert(s). Strikes, unscheduled delays, lack of funds and acts of God are beyond the control of Earthbound Expeditions. Cancellation of an event, festival or concert is not cause for a refund for the event or the tour.

Hosted Journeys: If a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents and expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

Earthbound Expeditions Terms & Conditions: <https://earthboundexpeditions.com/the-boring-stuff>

QUESTIONS AND RESERVATIONS

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- Trip Details Subject to Change -



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Proud Partners Since 2008

Earthbound Expeditions offers customized overseas adventures for universities, museums, garden clubs, and numerous public radio stations. Earthbound Expeditions is committed to supporting environmental education, local small businesses and providing guests with a one-of-a-kind, authentic travel experience. Whenever possible, Earthbound reserves locally-owned hotels, utilizes the talents of local lecturers, and dines in family-owned establishments. Earthbound also supports projects like the Children's Eternal Rain Forest of Monteverde, Costa Rica, the Soweto Youth and Development Project of South Africa, the *Mama Rosie Orphanage in Cape Town and is assisting families and projects in Cambodia and the USA.*

Environmental Commitment

Through Earthbound's proud partnership with the Carbonfund.org, Earthbound Expeditions makes annual donations so as to help offset a guest's carbon footprint. For every guest who signs up on an Earthbound Expedition, \$50 will be donated back to the Carbonfund.

The Carbonfund.org motto, "Reduce what you can; offset what you can't" fits perfectly with Earthbound Expeditions' long established philosophy of supporting locally-owned businesses, promoting education and embracing the concept of "slow" travel.

By using a simple carbon calculator, Carbonfund.org is able to determine the size of your carbon footprint for any specific domestic or overseas adventure. You then may purchase carbon credits. These credits go towards supporting (1) renewable energy, (2) energy efficiency and (3) reforestation projects.

For more information see: <http://www.carbonfund.org/Calculators>.

Listen to Matthew's travel advice & stories on KNKX-NPR Public Radio:
<http://knkx.org/term/going-places-0>



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