

Herbal Journey to Provence

June 21 – July 3, 2008

With Herbalists Jane Bothwell & Cascade Anderson Geller

About the Tour:

Experience the ancient beauty, natural wonders, special herb regions and festivals on this celebratory tour in the South of France. Come pay homage to the many beloved plants that call the stony, sunny ridges of this region home. We'll see, smell, & learn about native fragrant plants like wild lavender, rock rose, rosemary, thyme and others. We will make potent herbal products with our harvests.

We'll stay in out-of-the way rural locations and revel in the remarkable beauty of the human touch on the landscape. The villages we'll visit are beguiling & the landscape, in the foothills of the Alps, stunning. You're sure to be inspired by the simple, elegant architecture and ancient village design that harmonizes with the natural setting. Nearly every village is charming with narrow, cobbled streets and fountains and basins that honor the sacredness of water. Shop at the famed, colorful open-air farmers' markets and enjoy local olives and olive oil, fresh goat cheese and homemade bread.

Who will enjoy this trip:

This trip is designed for people who want to connect with the soul of the countryside in the south of France. It's for people who love learning about, and preparing products from, the many interesting and fragrant plants in beautiful, out-of-the-way, places. If you are passionate about being out in nature and enjoy walking on ancient cobblestones and rural trails, going to some of the most exciting farmers' markets in the world, and having your own kitchen to come home to prepare your delectable finds, this trip is for you. If you appreciate traveling with a small group of like-minded people in pastoral settings, simple comforts like dining on excellent fresh foods in local restaurants, we hope you will join us as we return to this magical land.

The herbalists accompanying you will be:

Jane Bothwell directs The Dandelion Herbal Center a rural herbal education center

in the coastal hills of Northern California. She is a mother, teacher, counselor, hypnotherapist and flower essence practitioner. Her passion for plants runs strong and clear and she is dedicated to empowering people with the knowledge and wisdom necessary to use plants wisely as food, medicine, and spiritual support. Jane is renowned for her good tasting and potent herb formulas and recipes. She loves traveling, leading groups, being outside and learning from nature. For many years she and Cascade have been taking groups to Baja, Mexico to study local flora and relax in natural surroundings. She is very excited to journey to the land of fragrance with you. She brings to you over 25 years of working with clients, teaching herb classes and generally immersing herself in plants. <www.dandelionherb.com>

Cascade Anderson Geller as an eternal seeker of botanical and healing wisdom, has circumnavigated the globe and would like to share this, one of her favorite places on our beautiful Earth, with you. Her experiences over more than three decades of dedication to joining plants and people, have included much travel to beautiful and remote places alone and as a guide to special groups. She has worn many herbal hats over the years including instructing at all three of the naturopathic colleges in the U.S.A., running a private practice, owning and managing an herb shop and raising a family of humans, pets and plants using green insight. She promises to bring to this journey abundant enthusiasm and knowledge to share. She and Jane are long-time traveling companions. This is the second time they have brought a group of herbalists to this area.

Lodging:

We will stay in chalets at a lovely rural “campground” in the Drome region of northern Provence. Though simple, our chalets are comfortable, with electricity, their own bathroom and equipped kitchen, indoor and outdoor tables and single occupancy rooms. There’s a lovely, large swimming pool, telephone and other amenities onsite. The village is a pleasant, short walk away. There are shops, including herb businesses, cafes and restaurants and a large open-air market on Wednesday and Saturday mornings.

Shopping:

The markets “marchés” of France are renowned and for good reason. Though much of Europe, and the world, succumb to middle-men run markets, France still maintains an excellent system where the farmer can sell directly to the public. At these inspirational markets, you will find regional specialty foods along with many

other goods, including beautiful bundles of the best smelling, deep purple lavender, terrific linden flowers, small disks of creamy goat cheese, fresh bread, all kinds of just-harvested vegetables and herbs, small, sweet melons, rich, red cherries and luscious strawberries along with a wide variety of other regional herb products and soaps. Provence is famous for bright lovely fabrics, inspired by ancient near East trade and settlement. There are great essential oils, dried herbs, bottles and so much more at the market in Buis les Baronnies. Some markets specialize in antiques and junk and great treasures can be found there!

Ground transportation:

Because we will be predominantly in rural areas, without public transportation, and traversing smaller roads, we will need to have our own cars. This will allow greater flexibility, unlike bus tours that are tied to certain routes and times of the day. It will also give you more personal freedom on the trip. We will help organize you into carpooling groups upon registration. Participants can share auto leasing and fuel costs. With 5 people to a car you could expect to pay about \$500 each (could be less) for the entire trip.

Arrival/Departure Information:

Airfare rates are variable and not included in the cost of the trip. Our adventure will begin and end at the Marseille airport. For this reason, we suggest flying into Marseille. This airport is served by a variety of major carriers and offers affordable accommodations for those who wish to arrive a day earlier. Our herbal journey will begin on June 21st at 10:00 am from the Marseille airport. We will return to Marseille on July 3rd in time for 5:00 pm (1700) flights home. Please make your airline reservations to accommodate these times.

Cost of trip:

The cost of the trip is \$2200. This price includes: 12 nights lodging (June 21-July 2), all entry fees, instruction and materials for the herbal preparations, welcome and goodbye meals and special treats. It does not include: air fare, ground transportation costs, all other meals, personal expenses such as phone calls, laundry and gratuities. These costs will vary depending on the style and desire of the participants.

Highlights:

- * Slumber in cozy chalets in Buis les Baronnies.
- * Spend leisure time reading, swimming in pools, exploring the towns.

- * Walk along local medicinal plant trails with knowledgeable instructors.
- * Harvest the finest wild lavender and make exciting herbal products.
- * Travel to Nyon to visit a small, locally owned fine essential oil distillery.
- * Journey to Valreas and enjoy the enchanting Petite de St. John festival with more than 400 participants in full costume.
- * Take an optional day to visit the Mediterranean sea.
- * Tour the Maison des Plantes Aromatiques (herb museum and botanical garden).
- * Peruse local free air markets for fresh foods, textiles, and much more!
- * Explore back roads in and around scenic mountainsides.
- * Travel to the magnificent historical cave of Mary Magdalene in the Massif de la Ste-Baume.
- * Leisurely dine on delectable fresh foods.
- * Visit olive orchards and milling facilities.

**All itineraries, like everything in life, are subject to change with little or no notice depending on circumstances, weather, road conditions and other unpredictable variables.

Registration Information:

Registrants will be taken on a first come basis, so please register as soon as possible. We can only take 13 participants. A \$600.00 deposit is needed at this time along with registration information. This fee includes a \$100 non-refundable processing fee. Registrants will receive the full itinerary and a registration packet including suggested reading list and websites, packing list and other information needed to complete preparations for the trip. The remaining \$1600 is due by April 11, 2008. If desired, the full fee may be paid at the time of registration. All fees are totally refundable in the unfortunate event of a trip cancellation by the tour. After May 11, 2008, in the unfortunate event that you need to cancel the trip, all fees, minus \$100, will be refunded provided your space can be filled in adequate time to make all necessary arrangements. We will do our best to help make sure that your space gets filled.

Please remit the deposit with a check payable to Jane Bothwell and the following registration information below to:

Jane Bothwell
 4803 Greenwood Hts. Dr., Kneeland, CA 95549
 Email: janeb@arcatanet.com

NAME as it appears on your passport (If you don't have one, you'll need to apply immediately): _____

NAME YOU WANT TO BE CALLED: _____

MAILING ADDRESS (Include a zip code.): _____

E-MAIL ADDRESS: _____

PHONE NUMBERS (Include good times to reach you.): _____

TRAVEL EXPERIENCE (If extensive, be brief.) _____

QUESTIONS/CONCERNS: _____

For further information: www.dandelionherb.com

Jane at janeb@arcatanet.com, 707-442-8157

Cascade: cag@easystreet.net or 503-232-0473, Pacific Time.