

la belugue

wellness & wandering retreats
cooking classes & food tours

PROVENCE, FRANCE

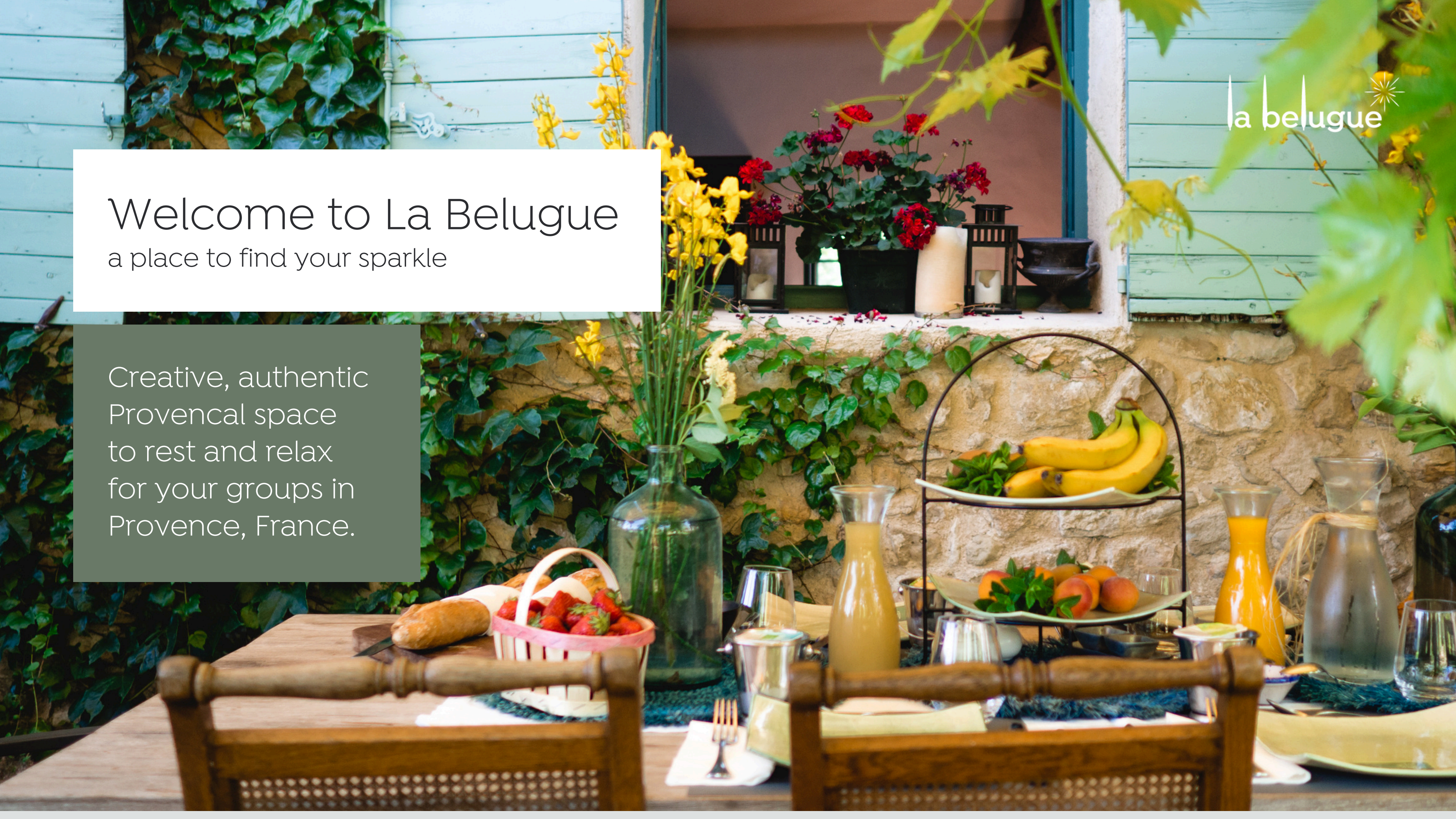
la-belugue.com



Welcome to La Belugue

a place to find your sparkle

Creative, authentic
Provencal space
to rest and relax
for your groups in
Provence, France.



Group Experiences at La Belugue



Day Cooking Classes & Lunch



Guided Local Market Visits



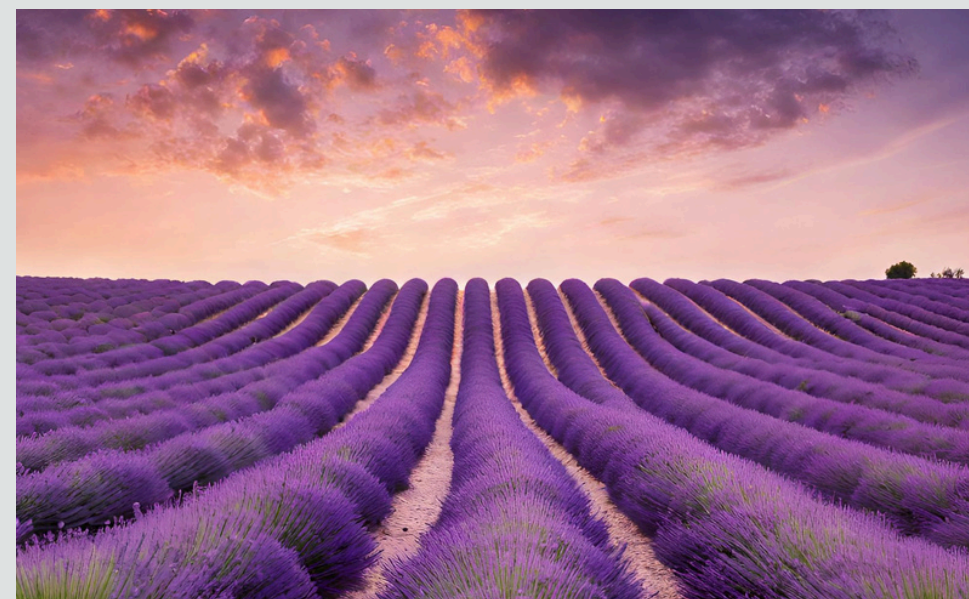
Local Wine Tours



Bed and Breakfast



Lavender Field Tours* seasonal



Creatives bring your craft



COOKING SCHOOL @ LA BELUGUE

Day Cooking Classes & Lunch


CAPACITY
20


COST/PERSON
150€


DURATION
3hr

COOKING SCHOOL @ LA BELUGUE

DAY CLASSES FOR UP TO 20 STUDENTS

Total immersion into the Provençal way of life. I welcome you to my home at La Belugue to share with you my passion for seasonal cuisine and slow living.

Group day classes:

A 3hr cooking class in our Provençal kitchen at La Belugue, lead by a local Provençal home cook from the village and followed by a traditional French meal, recognized by UNESCO as an Intangible Cultural Heritage of Humanity.

During the class you will learn the healthy and seasonal art of Provençal cooking and prepare some traditional dishes like Daube, Aioli, Gratin, Tian, Légumes Farci.

After you have enjoyed your time in the kitchen, you will move to our farmtable at La Belugue and enjoy your creations. All the ingredients, including the wine, are sourced from local producers within 50km of La Belugue.

Start times can be customized to your schedule.
Price is 150€ per person

[Read our Reviews](#)


CAPACITY
20


COST/PERSON
150€


DURATION
3hr





Jaimee July 2019



This was a lovely experience that embodied the Provençal way of life.

Kelly was great at explaining cultural quirks and creating a welcoming environment. The food we made was fantastic and lunch in the garden was a perfect setting. We had the rosé and it was a lovely drop. The class wasn't as technically demanding as we expected, but on reflection perhaps that is the more relaxed Provençal rather than French way of cooking. Thanks for a lovely afternoon Kelly!

[Read our Reviews](#)



John March 2024



This is a must-do experience! We had so much fun we don't know where to begin - terrific hosts, fun class, great food, magical setting. It doesn't matter what your current skill levels is - simple enough for novice cooks and still a lot to learn for more experienced ones. Kelly did a marvelous job in tailoring for us.



Stephania August 2023



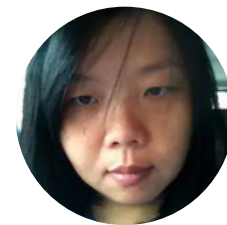
Super tasty class, with great rosé, and a beautiful location. Kelly was so graceful and had so many great stories to share with us!



Fariaz July 2023



We had an amazing experience. Kelly and her spouse, Philippe, were patient, easy going, and hospitable. Kelly walked through each dish in steps which was easy to follow and fun to work on. We prepared about 5 Provençal dishes which we enjoyed with barbecued meat and chilled wine (both served on the house) on the patio overlooking a vineyard. It was not only a cooking lesson but a leisurely summer lunch with great conversation and excellent hosts.



Jessica August 2023



Kelly and company were very thoughtful and made me felt welcome immediately. The dishes are not hard to make but very tasty with very simple ingredients. A must do experience. Plus side made some new friends.

[Read our Reviews](#)





Jacqueline June 2023



What a wonderful place in a little village in the Provence. Kelly and her husband did a great Job. It Was a great Group size, well organized, nice recepies in a wonderful house and garden. Wonderful Mix of eating, chatting and learning about the food in the area. Thanks a lot!



Roberta Brown September 2019



I'm a fairly adventurous cook and feel quite comfortable in the kitchen and yet I was introduced to many ideas I had not come across before. What I enjoyed most was the theme of improvisation. Kelly's kitchen is beautiful--an authentic feel of Provencal with all the modern amenities--and her yard, where we ate, is wonderful. The experience was 100% lovely, just like Kelly herself.



Tj June 2022



Enjoyable and relaxing; beautiful location and great hosts. Food was delicious, cooking was easy and fun, company was excellent. Good way to enjoy a long lunch (show up hungry).



Connie November 2019



The foods we prepared were delicious examples of the French cuisine. They are recipes that we can create in our homes with the techniques we learned. Thank you Kelly!

[Read our Reviews](#)



Dan September 2019



It was truly the highlight of our time in Provence. I cannot recommend it highly enough. Kelly and her partner in the kitchen, Martine, were amazing teachers and the food we made was fantastic. Her home and property are absolutely gorgeous and my girlfriend and I have been marveling about the experience ever since!



Kristin July 2019



Kelly was so wonderfully accommodating for us today, including fully immersing our children within the culinary experience and going above and beyond all of our expectations. It was a fantastic experience, and we would thoroughly recommend. Martine is a brilliant chef and we loved the inclusion of her family recipes. It was such a brilliant and authentic experience.



Franziska August 2019



If you are interested in learning how to prepare a real provençal meal, this is the place to do it! We had a great day at Kelly's home, since our French is rudimentary, we were happy to find a place to get instructed in English. Kelly and her helping hand (Martine) were a great team and helped us with everything to spend a wonderful experience in this beautiful place. The food was awesome, we did indeed learn something we plan to cook again at home to surprise our friends ;) We wouldn't miss this day with Kelly, definitely a (if not ,the') highlight of our France trip! Great host, great place, great food, what else can you wish for?



Joan July 2019



Lovely setting in small French village. Kelly made us welcome, and accommodated the various levels of expertise very well. We made some delicious food, and then had a wonderful time eating lunch in the back garden. A most enjoyable time. A few of us have now made some of the recipes at home.

[Read our Reviews](#)

COOKING SCHOOL @ LA BELUGUE

DAY CLASSES FOR UP TO 20 STUDENTS

Your experience - at a glance

Start Time

- Classes typically begin at 11 am, allowing you to start your day at your own pace.

Hands-On Cooking

- Everyone gets their own cooking station, with the option to cook individually or prepare a large dish to share.
- During your hands-on 2-hour class you'll prepare a full meal: appetizer, main dish with a side, and dessert.

Inspired by the Moment

- Recipes are based on what's fresh, suitable for the weather, and match the class's overall mood.



Kelly Founder, CEO & Chef



Philippe Chef & Sommelier

Welcoming Home Setting

- Experience the comfort of cooking in a space that feels like home.

Lunchtime at 1 pm

- After cooking, sit down to enjoy the meal you've prepared together.

Apero and Wine Introduction

- Start with a traditional French aperitif, followed by a wine story that ties into the class.

Cultural Conversation

- Enjoy stories from French culture while you eat, adding depth to the culinary experience.

[Read our Reviews](#)

COOKING SCHOOL @ LA BELUGUE

What Makes Our Cooking Classes Different?

Dive Into the Heart of Provençal

Cooking Experience the essence of Provence. Our classes bring the flavors, techniques, and traditions of Provençal cooking to you in English.

Fresh, Local, Seasonal

We source our ingredients from within a **40km radius**, ensuring that every dish you create is filled with the freshest and most sustainable produce. It's a taste of Provence that's as authentic as it gets.

Live Like a Local

Immerse yourself in the Provençal way of life. Our classes are more than just cooking; they're a gateway to understanding the region's culture, where food, fun, and wine are integral parts of everyday life.

A True Taste of Home Cooking

Learn how to create classic Provençal dishes that are simple, delicious, and perfect for home cooking. Our recipes are designed to be approachable, yet deeply rooted in tradition.

The Perfect Retreat

Escape the hustle and bustle of everyday life. Spend a day—or even a weekend—exploring Provençal cuisine, enjoying the camaraderie of fellow food lovers, and indulging in a relaxing, hands-on experience.

Get Your Hands Dirty

These are not your typical cooking classes. We believe in learning by doing, so you'll be fully engaged from start to finish, creating each dish with your own hands. It's fun, interactive, and incredibly rewarding.

A Complete Meal with Wine Pairing

In each session, you'll create a complete meal with 3-4 courses: appetizer, main dish with a side, and dessert. To round off the experience, we'll also provide expertly selected wine pairings that complement each dish perfectly.

OUR STORY & OUR MISSION



Kelly Founder, CEO & Chef **Philippe** Chef & Sommelier

I truly believe that creativity is the core element of genius, and we need to make the time to nurture ourselves.

My passion is to inspire others to live life fully. After almost 20 years of climbing the corporate ladder, losing a marriage on the way, taking the leap to leave my comfort zone and move to the other side of the globe, falling in love again and trusting the universe—which took a lot of self discovery work, I have finally landed here in Provence with my man.

I chose love over career the 2nd time. I have to admit it took me two years to get over leaving the security of my big job with a promising future to start a new life. I am now learning to accept love, my womanhood, the influence that we ladies have in this world and to live life slowly but powerfully, to breathe it in and be present.

La Belugue – which means “the sparkle” is a space where one can drink in the beauty of Provence and immerse oneself in the French way of life.

Kelly

GUIDED LOCAL MARKET VISITS

Visit the most beautiful markets,
meet local farmers and artisans
for an authentic experience



GUIDED LOCAL MARKET VISITS

MEET UP AT MARKET

Stay at La Belugue and explore the local markets

Rest and Relax with your group at La Belugue and leave the planning to us.

Navigating a French market can be overwhelming for non-French speakers. The vibrant stalls, the bustling crowds, and the vast array of products can make it difficult to know where to start. That's where we come in.

Our expert-guided market tours offer a unique experience that goes beyond shopping. We'll help you curate the perfect visit for your group. You'll meet local farmers, artisans, and producers, and hear the stories behind their craft.

As you explore, you'll have the chance to taste and sample a variety of local delights, from fresh produce to artisanal cheeses and cured meats. We'll translate, explain, and ensure you're getting the most authentic experience possible.

(Transportation can be arranged to suit your needs.)



[Read our Reviews](#)


CAPACITY
10


COST/PERSON
by request


DURATION
XX



WINE TOURS

Immerse yourself in the rich history, picturesque vineyards, and exquisite flavors of these iconic wine destinations. From tasting world-class wines amidst the tranquil landscapes of the Luberon to exploring the prestigious vineyards of Châteauneuf-du-Pape, our curated tours offer a unique blend of culture, and locals only known vineyards.



CAPACITY

20



COST/PERSON

150€



DURATION

3hr

WINE TOURS

EXPLORE FRENCH WINES LIKE A LOCAL

Embark on a captivating journey through France's renowned wine regions with our exclusive tours of the Luberon and Châteauneuf-du-Pape. Immerse yourself in the rich history, picturesque vineyards, and exquisite flavors of these iconic wine destinations. From tasting world-class wines amidst the tranquil landscapes of the Luberon to exploring the prestigious vineyards of Châteauneuf-du-Pape, our curated tours offer a unique blend of culture, and locals only known vineyards. Join us for an unforgettable wine experience, guided by knowledgeable experts. Cheers to a journey filled with memorable moments, exquisite tastes, and unparalleled beauty.

Choose from

Chateau Neuf de Pape Day Tour with Picnic

and

Luberon Valley Tour with Picnic

[Read our Reviews](#)


CAPACITY
2+


COST FROM
130€


DURATION
4-5hr



BED AND BREAKFAST

La Belugue is a 18th century village farmhouse in the national park of Luberon in Provence. The Mas is located on the corner of Vaucluse, Var, Bouches-du- Rhone & Alpes de Haut-Provence regions in Beaumont de Pertuis, with 30 min access to Aix en Provence, the beautiful villages and wine trails of Provence.



CAPACITY

8



COST/PERSON

[See our site](#)

BED AND BREAKFAST

- Sleeps up to 8 in shared accommodations
- Sleeps 5 in private accommodations

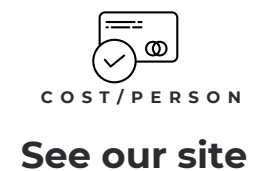
Sites and Attractions Nearby

- Centrally located between Aix in Provence/Marsilles, & Avignon. Alpes within 1 hour drive .
- Lavender fields
- The famous perched villages of the Luberon
- Driving distance to some of the most famous costal villages in the South of France
- Mediteranian within 1 hour drive

In House Offerings

- Cooking Classes w/lunch
- 1/2 day Private Guided Wine Tour
- Private Guided Marche Tour & Picnic in Provence
- Private Tennis Lesson w'Pro
- Dinner in the Garden of La Belugue
- Private Photo Shoot with Professional Portrait & Lifestyle Photographer
- Learn how Olive Oil is made with one of the top Olive Oil Producers in the region

[Read our Reviews](#)



BED & BREAKFAST



Get in touch

We would love to host your group at La Belugue

For Inquiries, please contact us at:

Kelly@la-belugue.com or
+33768798120

www.la-belugue.com