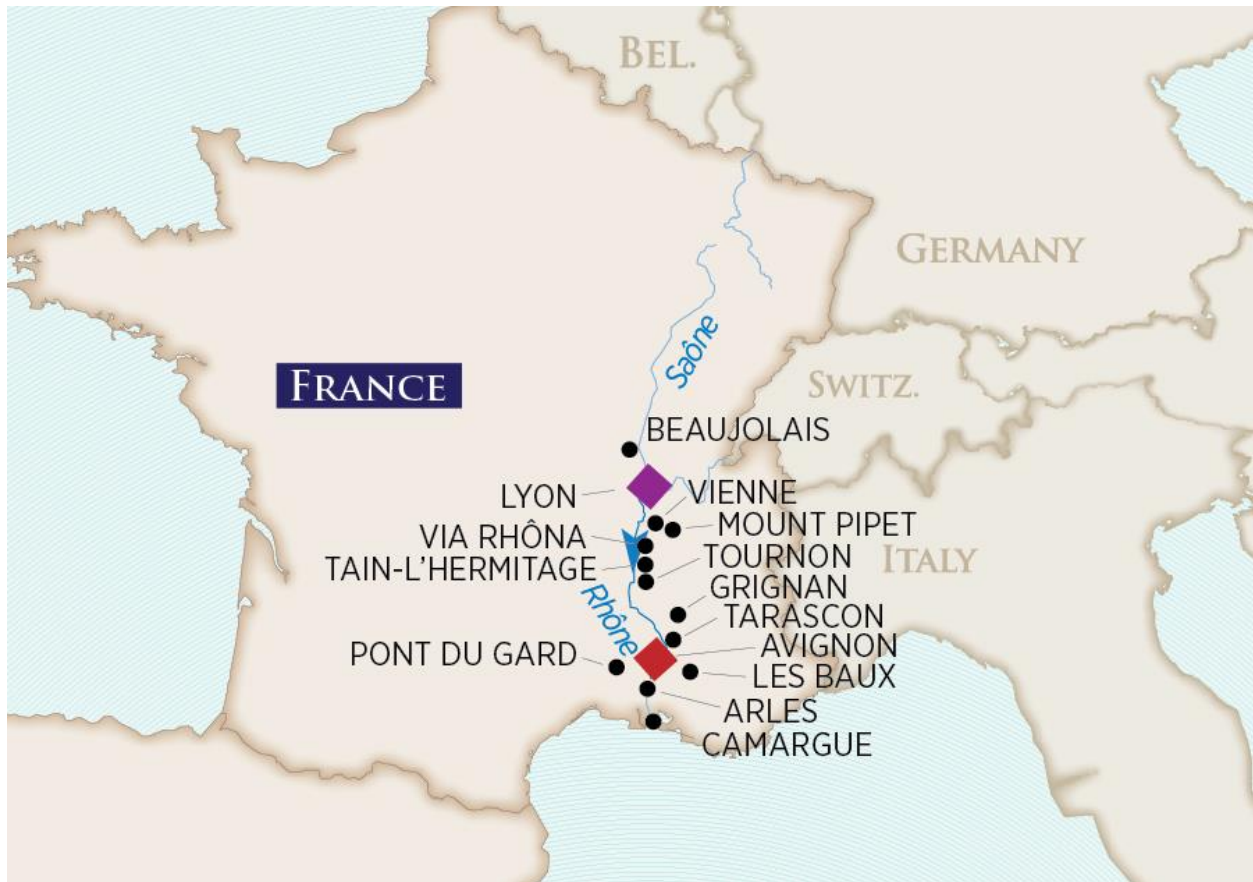


AMA WATERWAYS COLORS OF PROVENCE

THURSDAY, MARCH 23 TO THURSDAY, MARCH 30, 2023



CRUISE FROM AVIGNON TO LYON

The Louisiana State Bar Association is offering an exciting CLE opportunity while cruising the Rhone River. Partnering with Vacations at Sea Travel, the LSBA program will be held Thursday, March 23 through Thursday, March 30, 2023, aboard the AmaKristina. An hour of CLE will be offered five days of the cruise, with scheduling around shore excursions and shipboard activities. Cost of the CLE will be \$195 per attorney registrant. The LSBA will invoice registrants for this portion of the trip after they have booked the cruise portion with Vacations at Sea, but not until the fall of 2022.

From romantic cities to foodie havens and artistic epicenters, this itinerary enlivens all your senses. Embark in Avignon and travel to Tarascon where you'll be treated to a spectacular presentation of art, sound and history projected on the former limestone quarry walls of caves, and later enjoy an illuminations cruise around Avignon. Savor the beauty of legendary vineyards and imbibe in

local vintages like Beaujolais and Côtes du Rhône. You can even become an expert in all things culinary: go in search of the highly prized “Black Diamond” truffles; learn how to pair chocolate with wine; and discover how olives turn into the Mediterranean’s nectar, olive oil.

With AmaWaterways’ Co-Founder Kristin Karst serving as AmaKristina’s Godmother, you know you’ll have a distinctive experience aboard this phenomenal, award-winning river ship. Both a French and outside balcony in most staterooms allow you to enjoy the ever-changing scenery however you wish. In the marble bathroom, enjoy multi-jet showerheads, soothing bath and body products, cozy robes and hair dryers. Suites feature added enhancements, including a larger sitting area and an expansive bathroom complete with a bathtub and separate shower. The AmaKristina also includes a massage and hair salon, gift shop, specialty coffee station, heated pool with swim-up bar, fitness center, sun-deck walking track and a fleet of onboard bikes. Her Main Restaurant is a taste of the outdoors, with vines and branches infused in the décor, and expert chefs preparing our signature exquisite cuisine with fresh, locally-sourced ingredients—both in the Main Restaurant and at The Chef’s Table.

Ama’s ships in Europe are members of La Chaîne des Rôtisseurs – a prestigious international culinary society – and with good reason. Expert chefs craft menus that feature exquisite, locally-sourced cuisine as well as traditional Western offerings. Ama is the only river cruise line that has The Chef’s Table, an intimate specialty restaurant included in the price of the cruise where you can watch the chef prepare a lavish multi-course menu right in front of you. Each dinner at The Chef’s Table is served with complimentary hand-selected local reds and whites from Europe’s renowned wine regions. There’s also sparkling wine and fresh juice with breakfast, menu service during lunch, as well as delicious tapas and snacks in the Main Lounge between meals. All onboard dining, as well as unlimited wine and beer with lunch and dinner, is included so you can indulge whenever and however you’d like.

On this unique Wine Cruise, you will have the choice to join special tours that are designed to bring Europe’s rich wine heritage to life and, what’s more, a dedicated wine expert will be on board to lead tastings and suggest pairings with Ama’s award-winning cuisine.

COUNTRY: FRANCE

RIVER: RHONE

DAY 1

EMBARKATION – AVIGNON

Board your cruise in Avignon. This evening, meet your fellow passengers for a Welcome Dinner. (D)

DAY 2

TARASCON – AVIGNON

Tarascon: Arles Walking Tour or Bike Tour or Van Gogh Walking Tour or Les Baux and Carrières de Lumières

Avignon: Illuminations Cruise

Provençal town Tarascon is known for its medieval architecture and charming tales – especially the legend of the Tarasque monster. Join a guided walking tour



where you'll visit the Roman ruins of Arles such as its Roman Amphitheater and the Church of Saint Trophime, famous for its Romanesque architecture. Alternatively, you can enjoy a bike ride along the Rhône, through town to the Langlois Bridge, a famous subject from several Vincent Van Gogh paintings. And for those who wish to delve further into Van Gogh's Arles, join a special walking tour along with a visit to the Vincent

van Gogh Foundation, showcasing his legacy. During the afternoon, you'll visit the enchanting medieval fortress, the Castle of Tarascon – a fortress designed to protect but surprises all with its elegant interior, fit for royalty. Or venture to the medieval hilltop village, Les Baux de Provence and then delve deeply into the Carrières de Lumières, where you'll be treated to a spectacular presentation of art, sound and history projected on the former limestone quarry walls of caves. In the evening, enjoy an illuminations cruise around Avignon. (B,L,D)

DAY 3

AVIGNON

Walking Tour & Papal Palace or Tastes of Avignon or Avignon Bike Tour Pont du Gard or Grignan Excursion & Truffle Farm Visit

Illuminations Cruise

Depending on your interests, you have three choices of excursions for the morning. Avignon, aptly named the "City of Popes," was the center of the

Catholic Church in the 14th century when its “Palais des Papes” was the equivalent of today’s Vatican. Discover the history of Avignon on a guided walking tour that includes the Papal Palace and the well-preserved medieval walls surrounding the historic center of town, a UNESCO World Heritage Site. You can visit three venues around Avignon to taste regional specialties including macarons, cheese and wine, and tapenades or you can enjoy a bike tour. During the afternoon, you can go to another UNESCO World Heritage Site, the impressive Pont du Gard, a Roman aqueduct that is a masterpiece of ancient engineering. Alternately, you can go to the magnificent hilltop village, Grignan. After visiting this enchanting Provençal town, go in search of the highly prized “Black Diamond” truffles with a farmer and his canine companion. (B, L, D)

DAY 4

VIVIERS

Grignan Excursion and Truffle Farm Visit

Take in the quaint surroundings of Viviers, a charming commune that sidles up to the right bank of the Rhone. From Viviers, travel to the magnificent hilltop village, Grignan. After visiting this enchanting Provençal town, go in search of the highly prized “Black Diamond” truffles with a farmer and his trustworthy canine companion. (B, L, D)

DAY 5

TOURNON

Exclusive Private Steam Train Ride or Red Wine & Chocolate Tasting or Tain l’Hermitage Hike & Wine Tasting



You have a choice of three excursions. Take an exclusive private train ride past magnificent landscape carved along the Gorge du Doux, stopping at the charming little station of Colombier le Vieux-Saint Barthélemy le Plain, where the train maneuvers in preparation for its return journey. Alternatively, lovers of wine and chocolate will want to visit Le Château de Tournon for a presentation and tasting on the pairing of red wine and chocolate. For a more active adventure, take a hike through the vineyards of Tain l’Hermitage, followed by a visit to a local winery where you’ll sample some of the wines. (B, L, D)

DAY 6

VIENNE – LYON

Vienne: Roman Ruins Walking Tour or Mount Pipet Hike or ViaRhôna Bike Tour

Lyon: Lyon City Tour or “Les Halles” Market or Bike Tour

Situated between the wine regions of Beaujolais and Côtes du Rhône lies Vienne with a Roman past that can be seen in its marvelously preserved ruins. Follow the footsteps of the ancient Romans on a walking tour to see the amazingly well-preserved Augustus and Livia Temple, the Saint Maurice Cathedral, a Gothic church that took

more than 500 years to build, and St. Pierre Abbey—one of the oldest surviving churches in France, and now an Archaeological Museum. For those wishing to be more active, you can either take a guided hike from the ship to the Monastery at Mount Pipet or a guided bike tour along a portion of the ViaRhôna bike route. Later in the day



travel to Lyon, considered the “Food Capital of France.” Take a walking tour that starts in Fourvière Hill, part of the city’s historic region that is now a designated UNESCO World Heritage Site and home to the 19th-century basilica Notre-Dame de Fourvière. Continue on to the old town of Lyon, followed by a guided walk through the St. Jean district, where you will be introduced to the city’s unique covered walkways, known as “traboules.” You can also visit the famous indoor market hall Les Halles de Lyon – Paul Bocuse, named after the late chef renowned for his Michelin-starred l’Auberge du Pont de Collonges restaurant. There you’ll have a chance to sample of the delicacies offered by butchers, bakers, chocolatiers and cheesemongers while taking in the colorful sights and enticing aromas around you. Alternately, join a guided bike tour through the city designed with cyclists in mind. (B, L, D)

DAY 7

VILLEFRANCHE

Beaujolais Excursion and Tasting; free evening

Travel to the Beaujolais wine region—known as the Pays d’Or or “land of the golden stones.” Indulge in a wine tasting at a traditional winery and learn about the history and techniques of their vineyard. (B, L, D)

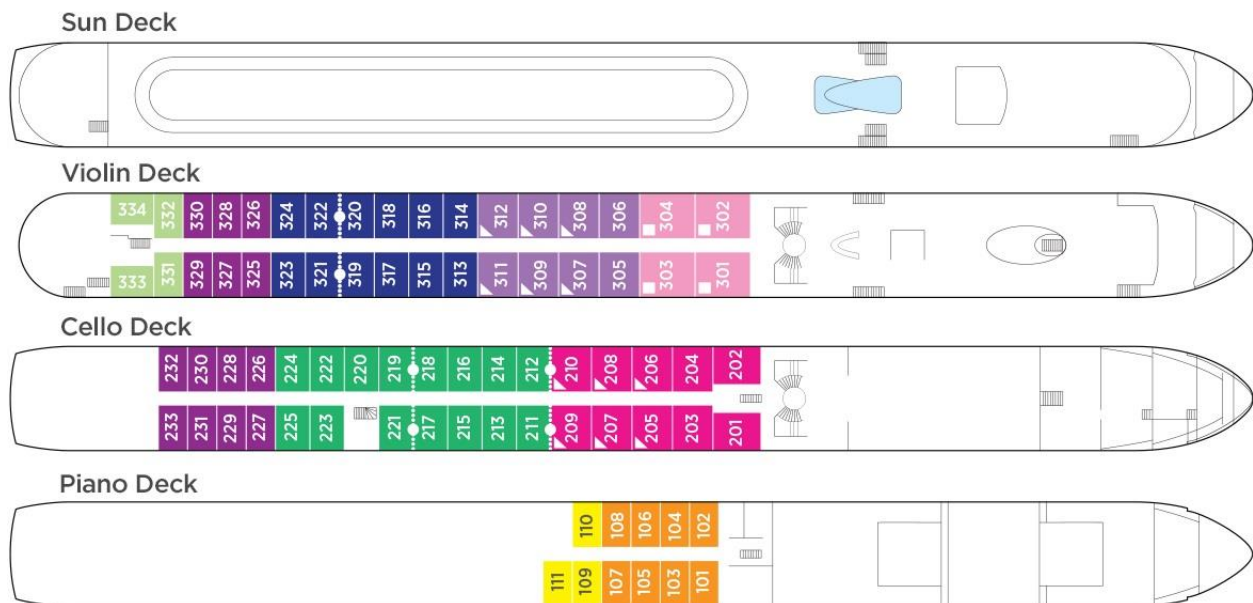
DAY 8

LYON - DISEMBARKATION

Disembark the ship and bid farewell to Lyon as you prepare for your flight home. (B)



AMA KRISTINA DECK PLANS



STATEROOM TYPES

Category AA (*lavender*) \$5,658
Violin Deck, French Balcony & Outside Balcony, 235 sq. ft.

Category AB (*hot pink*) \$5,458
Cello Deck, French Balcony & Outside Balcony, 235 sq. ft.

Category BA (*blue*) \$5,258
Violin Deck, French Balcony & Outside Balcony, 210 sq. ft.

Category BB (*bright green*) \$5,058
Cello Deck, French Balcony & Outside Balcony, 210 sq. ft.

Category CA (*purple*) \$4,458
Violin & Cello Deck, French Balcony, 170 sq. ft.

Category CB (*light green*) \$4,158
Violin Deck, French Balcony, 155 sq. ft.

Category D (*orange*) \$3,658
Piano Deck, Fixed Windows, 160 sq. ft.

Category E (*yellow*) \$3,359
Piano Deck, Fixed Windows, 160 sq. ft.

Those who have previously sailed with Ama will receive at least an additional \$100/person discount off of the above rates (actual amount depends upon number of sailings).

Deposit of \$400/person - half of which is nonrefundable - seven days after booking.

Gratuities, airfare and insurance not included in above rates.

Pre and post-cruise excursions are available to Barcelona and Paris, respectively. Contact Diane LaHoste at Vacations at Sea for more information.

Additional information is available at [River Cruises | AmaWaterways™ River Cruise Line](#).

For more information contact:

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