

2024 SEASON



# PRIVATE GOURMET WALKING TOURS AND TASTINGS

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Food tours that help you experience and TASTE  
Toulouse like a local

"TO SAMPLE MORE LOCAL SPECIALTIES,  
THE TASTE OF TOULOUSE FOOD TOUR  
IS ABSOLUTELY NOT TO BE MISSED."

**BBC**  
**goodfood**

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## Victor Hugo Market tour

Immerse yourself in the sights, sounds, and flavors of the "belly of Toulouse"

Spend a morning learning the skills and secrets of French market shopping with one of our local food experts, tasting the best that Toulouse has to offer on this unforgettable food tour.

You'll get a taste of local life in Toulouse as you discover local wines and cheeses, learn how to spot a good baguette, savor unique local specialties, and encounter passionate local artisans and businesses. Afterwards, you'll receive an email with a list of everywhere we went and everything we tasted, as well as other personalized resources and recommendations so that you can continue your own gourmet adventures.

### Details:

- Tour starts at 10:00am and runs until 1:30pm. Can be scheduled Tuesday - Sunday (pending availability). The market is ideally experienced weekdays when the crowds are smaller.
- Tour price includes all provided food/drink, including both sweet and savory items and enough cheese, charcuterie, bread, and wine for lunch.
- Tour guides are native English-speakers or are fluent in English.
- There is no seating available in the market, so guests must be prepared to spend the whole tour standing/walking.
- Special dietary options available (please mention these and any other allergies when booking):
  - Vegetarian/Pescatarian
  - No pork
  - Gluten-free (NOT Celiac)
  - Pregnant women (no raw milk cheese, cured meats, or alcohol)
  - Non-alcoholic (includes children under the age of 18)

### Pricing (retail rates):

- 439 € flat fee for up to 3 guests
- 119 € per person for 4-5 guests
- 98 € per person for 6+ (maximum 10 guests)

Larger groups are possible, but require modifications to the tour. Please contact us for more details. All prices include tax.

## Chocolate & Pastry tour

# Take a “Sweet Stroll” through the delicious – and delightful – world of French chocolate and pastry

Spend an afternoon indulging in Toulouse’s top sweet creations, exploring chocolate and pastry shops in the charming city center. Taste the best that talented local artisans have to offer on this irresistible food tour!

We'll mix culinary history with interesting facts about Toulouse, learning about some of the sights we pass along the way. You'll learn about how chocolate is made and what the big deal is about "single-origin chocolate," the basic building blocks of French patisserie, and the history of the local businesses that we visit. At each stop we'll taste things like decadent hot chocolate, an iconic Toulouse pastry, a special recipe for French fudge, roasted cacao beans, single-origin chocolates, macarons, and more! Afterwards, you'll receive an email with a list of everywhere we went and everything we tasted, as well as other personalized resources and recommendations so that you can continue your own gourmet adventures.

### Details:

- Tour starts at 3:00 and runs until 6:00pm. Can be scheduled Tuesday - Friday (pending availability).
- Tour price includes chocolate and pastry samples at 5-6 different stops, plus a hot or cold drink of choice at our final stop.
- Tour guides are native English-speakers or fluent in English.
- We'll be walking at least 2 km through the beautiful cobblestone streets of Toulouse and not every location has seating, so guests should wear comfortable shoes/clothing and be prepared for walking/standing.
- This tour is vegetarian and non-alcoholic. Special dietary options available (please mention these and any other allergies when booking):
  - Gluten-free (NOT Celiac)
  - Nut allergies (except in serious cases where cross-contamination is a concern)

### Pricing (retail rates):

- 379 € flat fee for up to 3 guests
- 109 € per person for 4-5 guests
- 89 € per person for 6+ (maximum 10 guests)

Larger groups are possible, but require modifications to the tour. Please contact us for more details. All prices include tax

2024 SEASON

# Toulouse Wine Bar tour

Take a deep dive into the local wine scene to sip and savor the best that Toulouse has to offer.

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Kick your evening off in style with this fun and intimate wine bar tour that celebrates the tradition of “apéro,” when friends come together for pre-dinner drinks and nibbles, while exploring the wine regions of Toulouse.

We'll explore some of the coolest wine bars in the Toulouse city center and discover the little-known wine regions of southwest France. Learn wine tasting techniques in a fun and relaxed atmosphere where questions are encouraged! We'll taste the unique grape varieties like Négrette, Mauzac, or Braucon, while savoring locally-produced charcuterie and cheeses. You'll develop your wine vocabulary and increase your confidence so you know what you like and are comfortable ordering wine in any situation. Then you can continue your own wine adventures with a post-tour email list of the wines we tasted, the locations visited, and other helpful resources!

## Details:

- Tour starts at 6:00pm and ends at 8:30pm, but times can be adjusted. Can be scheduled Tuesday - Saturday (pending availability).
- Includes the equivalent of at least 3 glasses of wine per person, plus light pre-dinner nibbles at one stop.
- Tour guide is a native English-speaker (American), certified French Wine Scholar, and holds the WSET level 3 certification in Wine.
- We'll be visiting 3 wine bars and walking through the beautiful cobblestone streets of Toulouse, so guests should wear comfortable and weather appropriate shoes/clothing.
- This tour can accommodate vegetarians/pescatarians, gluten-free, and nut allergies. Please mention this and any other food allergies/intolerances when booking.
- Due to the nature of this tour, all guests must be at least 18 years of age.

## Pricing (retail rates):

- 379 € flat fee for up to 3 guests
- 109 € per person for 4-5 guests
- 89 € per person for 6+ (maximum 10 guests)

Larger groups are possible, but require modifications to the tour. Please contact us for more details. All prices include tax

2024 SEASON

# Private Wine & Cheese Tasting

Explore the wine regions surrounding Toulouse during this fun and intimate wine and cheese tasting

Join Jessica, the founder of Taste of Toulouse, in the private tasting room of one of our favorite local wine shops for a two-hour wine and cheese tasting. You'll open bottles from local AOCs near Toulouse, pairing them with luscious, seasonal cheeses from Toulouse's best fromagerie.

## Highlights:

- Led by an ex-cheesemonger and certified French Wine Scholar (native English-speaker)
- Learn about France's AOC system and the concept of terroir – a taste of place.
- Discover why the wine-growing regions of SW France are not well known outside of France.
- Taste special grape varieties such as mauzac, negrette, tannat, or gros manseng that are rarely grown outside of SW France.
- Explore the factors that go into wine and cheese pairings – what works, what doesn't, and how to do it on your own.
- Enjoy a relaxed atmosphere and ask all the questions you want.
- After the tasting, you'll receive an email with a list of the wines and cheeses that we tasted, as well as any other recommendations or resources that we discussed.

## Details:

- Can be scheduled based on group availability and opening hours for the wine shop.
- Price includes at least 4 bottles of wine (if you're a large group, we'll have more), plus 4 cheese pairings and bread.
- Comfortable shoes and clothing are recommended. The tasting room table is standing height, so you'll be on your feet (though, a few chairs are provided, if needed).
- The tasting is normally vegetarian (unless you order the extra charcuterie). We are happy to accommodate the follow diets with advance notice:
  - Gluten-free (NOT Celiac)
  - Pork-free charcuterie platter

## Pricing (retail rates):

- 399 € for groups of up to 4 people, then 69 € for each additional person (maximum 12 people).
- You have the option to order a small or large charcuterie platter, if you would like meat, as well (25 €/45 €).

Larger groups are possible, but require modifications or a change in venue. Please contact us for more details. All prices include tax