



**Enjoy delicious and inventive Low-Carb meals prepared by European chefs
as you cruise the canals of Southern France this summer**

Imagine... gourmet low-carb meals all day long! Prepared for you with panache as you float along the gentle Canal du Midi past villages that have stood for 500 years. Visit local markets and gather ingredients for the day's meals. Choose from stalls filled with Mediterranean fish, cheeses, Provencal lamb, vegetables, berries, olives, sausages, fowl, spices and nuts. Back on the barge, our gourmet European chefs craft the morning's shopping into fine French cuisine. Join them when you like. Then dine onboard under the shade of sycamores or enjoy low-carb picnics on your overland adventures. Ten guests per cruise. 2 barges. 2 chefs. 5 double cabins. \$3900 prix fixe.

About your trip. Aboard your private hotel barges, *Tango* and *Fandango*, you'll cruise the Canal du Midi between Beziers and Carcassonne. Every day includes hours of cruising and minivan adventures to historic sites, vineyards, markets, hiking trails, horseback riding, antique centers or other places of interest.

Each barge has a main saloon, dining lounge, bar, galley and staterooms with private bathroom and a choice of twin or queen size beds. And new this year—outdoor Jacuzzis on deck.

The *Fandango-Tango* barge experience has been recommended by Travel and Leisure, Bon Appetit and Food and Wine magazines.

What's included. Six-night, 7-day cruise with all low-carb meals onboard and at selected restaurants, low-carb cooking classes, all wines and beverages, air conditioned mini-van for excursions, use of bicycles and transfers to and from the barge at pre-arranged locations.

Not included: Air, trip insurance, gratuities for crews (industry standard 5 to 10% of price).

Contact us for more info. (818) 753-1566. Canals of France, 5424 Laurel Canyon Blvd #300, Valley Village, Ca 91607.

How to reserve your place. All staterooms are double occupancy and price is \$3900 per person. To reserve, send \$900 deposit per person payable to Canals of France. Balance is due May 1, 2004. All payments are non refundable, thus we strongly recommend trip cancellation insurance.

2004 Low-Carb Cruises

August 1 to 7

August 8 to 14

August 15 to 21

August 22 to 28

*Each cruise is
Limited to 10 guests*