

LE  
GRAND  
BANC

# Footsteps *and* Flavours

Footsteps and Flavours is a relaxed week of walking and eating well in the Luberon, one of the most beautiful and characterful corners of Provence. Taking place in May, when the countryside is fresh, green, and fragrant, the retreat is shaped around exploring the region on foot and enjoying its food, landscapes, and everyday rhythms. You don't need to be a fast walker or a foodie expert — just happy to explore, to taste, and to enjoy the easy rhythm of a week based in one beautiful place.

Our home for the week is Le Grand Banc, a beautiful private 16th-century hamlet tucked into the Provençal countryside  
<https://legrandbanc.eu/>

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10 - 16<sup>th</sup> May 2027

from €1,600



[@immersion.retreats](https://www.instagram.com/immersion.retreats)



# PLANNED RETREAT SCHEDULE

8:00

**Breakfast**

10:00 - 13:00

**Morning Hike**

13:00 - 14:00

**Lunch or Picnic En Route**

4:30 - 17:00

**Afternoon Hike/Activity**

19:00 - 20:00

**Drinks**

20:00

**Dinner at Le Grand Banc**

## BIOGRAPHIES



**MATILDA GREEN**

Matilda is a self-taught chef and culinary consultant. Her work is rooted in a refined yet expressive approach to all types of cooking, guided by a simple principle: the main ingredient at the centre of the plate, with everything else as a subtle accent.

Drawing inspiration from the seasons, colours, and textures, she creates food that is vibrant, expressive, and approachable - designed to respond to and converse with the spaces it inhabits.

Matilda is particularly drawn to creating experiences shaped by context: a place, an audience, a moment in time - whether through residencies, pop-up dining, workshops, events or retreats.

@matilda\_s\_greens



**ARNAUD POUPOUNOT**

Arnaud has been a hiking guide for 26 years. Born on the shores of the Atlantic Ocean, his encounter with the mountains would change his life, along with literature, which would give him a taste for travel and other places.

Over the years, he specialized in the hot deserts of the Sahara and the cold Arctic, not to mention the Himalayas. Between trips, he resides in the heart of Haute-Provence and wanders its hills to meet local producers and discover unspoiled nature. He also offers literary hikes to engage literature with nature and its inhabitants. Enthusiastic and eternally in love with nature, he guides you to awaken your senses to the beauty that surrounds us.

@artisansdelarandonnee