



Go Green at the Dolce Frégate Provence

The sublime Dolce Frégate Provence hotel, overlooking the Mediterranean Sea and the hills of Provence, offers guests a green and balanced accommodation experience!

AMAP at Dolce Frégate Provence

Dolce Frégate Provence in partnership with AMAP (Association for the Preservation of Rural Farming), proposes a new kind of stay to appreciate the history of rural and organic farming.
An unforgettable experience with 100% natural flavors!

The Olivades farm, located about 15kms from Dolce Frégate Provence, features 4 hectares of vegetable fields and 3.5 hectares of varied orchards farmed with full respect for biodiversity and based on sustainable agriculture techniques.

Chef Guillaume Maurice offers extraordinary culinary experiences at the Mas des Vignes restaurant using seasonal produces sourced chiefly from the farm.

Guaranteed taste and high quality products served right at the table!

A history, an experience

AMAP farming creates a direct link between the farmer and the consumer.
The goal: to promote rural and organic farming.

The reason? To look after your health by consuming fresh, seasonal, organic and varied produce.

And that's not all... In addition to a healthy and balanced diet, Dolce Frégate Provence offers you a guided tour of the hives looked after by beekeeper Cyril Antunes. To continue the nature experience, extend your walk on the trail leading to La Galère creek, setting out from the hotel.

A new vegetable patch at Dolce Frégate Provence.

With the arrival of the lovely weather, the first products of the season are the best, which is why Dolce Frégate Provence has created its new garden offering all kinds of seasonal crops.

Located below the terrace of the Mas de Vignes, it offers a wide variety of tomatoes and cherry tomatoes as well as several herbal plants like basil, rosemary and many more.

Taste, succumb and travel through dishes created with products that are not just local, but specifically from the Dolce Frégate Provence vegetable patch.

The Chef Guillaume Maurice will mainly use varieties of tomatoes and other vegetables for cooking and to enlighten guests by showing the products in their raw state.

This winter, the vegetable garden's designer, Mr. Vuillon, will sow plants and flowers for fertilize the soil for next summer. One of this team members will visit once a week to regularly maintain the crops and will accompanied by a member of the kitchen team to learn about the products.

Chef Guillaume Maurice, back to basics at the Mas de Vignes

At Dolce Frégate Provence *, Chef Guillaume Maurice has made the respect for the product his top priority, because for our cook each ingredient should be used wisely to enhance all his dishes. Far cooking extravagantly, his cuisine mixes local goods and simplicity and this shows in all his dishes!

Discover our exclusive deal:

- Weekend with breakfast included
- Seasonal tasting menu at the restaurant based on the baskets delivered by the AMAP.
- Green getaway, from the hotel to the La Galère creek.
- Discovering the hives with the beekeeper
- Relax by the heated indoor pool or the outdoor pool in summer
- Wellness session in the fitness area, the sauna or in the whirlpool.

From €280 for two people.

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