

# Go Slow France

Alastair Sawday's

Alastair Sawday  
with Ann Cooke-Yarborough

Special places to stay, slow travel and slow food



Foreword  
by Jean-Christophe Novelli

## Château Les Bruyères NORMANDY



The Warfave family, with Philippe (center) in the front, are a strong, vibrant and determined bunch. Having previously run a well-sourced B&B in the Somme, they have been committed to leaving small footprints for years and their love of the environment is the natural result. Close attention to detail is how they do things and any detail needed in the dining room will come.

Philippe, who is a marketing director, takes up the majority of a house – he is responsible for the day-to-day running of the business. His wife, Ann, is a chef and runs the kitchen. They have three children, two boys and one girl, and they are all very involved in the business.

Having food is the foundation of life in Normandy. It's not just about the food, it's about the way it's prepared and the way it's served. The family has a long history of producing high-quality food and they are committed to doing so. They have a large garden and a beautiful view of the sea. They are a family that values their food and their traditions.



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the major portion as the child of a chef, his mother, who inherited his love of food. Normandy has an age-old reputation for great food, history and culture. Having grown up in a well-sourced B&B in the Somme, they have been committed to leaving small footprints for years and their love of the environment is the natural result. Close attention to detail is how they do things and any detail needed in the dining room will come.



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Alastair  
**Sawday's**

by Alastair Sawday with Ann Cooke-Yarborough

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- Paperback, 196 x234mm

**ipa**<sup>09</sup>  
Publisher  
of the Year  
award winner 2009

The third book in Sawday's hugely successful Go Slow series is Go Slow France. Forty-seven of France's most exquisite châteaux, B&Bs and hotels chosen as places to 'go slow'. Expect to find home-made and home-grown food produced with care, flair and love by owners who respect tradition and the rhythm of the seasons. Fresh writing, beautiful, professional photography and detailed maps to help plan your Slow journey through France.

Discover an astonishing array of owners and places:

- From a mountain refuge to a grand château
- A poet with yurts
- Left-leaning aristocrats who build organs and weave baskets when they're not tending their organic kitchen garden and shoring up their crumbling pile
- A couple of sisters living quietly, organically in the country and keeping up with all things international to feed the conversation with foreign guests at dinner
- A Brit in Provence whose bones have turned French through love of the place
- A collector of weighing scales
- Ex-hippie goat farmers to landed gents in their utterly classic family château
- One of the founders of the first gastropub (Anchor and Hope in Waterloo) who left London with his wife to bring up a family in saner, healthier climes: the remotest part of central France

## Facts and Figures

Foreword by top chef Jean-Christophe Novelli.

Features on Walking in France, Cycling in France and The National Parks.

Plenty of dog-friendly and child-friendly spots and if you are travelling by public transport, use the symbols to find out who is happy to pick you up from the station or is within cycling or walking distance.

For all press enquiries please contact Sarah Bolton on 01275 395433 or [sarah@sawdays.co.uk](mailto:sarah@sawdays.co.uk)

Things we can do for you: suggest and compile round-ups and features, provide photos,  
arrange giveaways and competition prizes