

Team Building

History Food Tours

@matmerci



Taste history like never before!



When Gastronomy Becomes Storytelling

A History Food Tour is a unique experience that connects taste, memory, and human emotion.

In the heart of Le Marais, your team explores Paris through its artisans, stories, and flavors, an experience where gastronomy becomes a universal language of connection and inspiration.

Each stop weaves a bridge between heritage and the present, between culture and collaboration, a celebration of taste, meaning, and shared joy.

The Spirit & The Experience

The Spirit: Rediscovering the Meaning of Connection

In a world saturated with virtual meetings and instant messages, genuine conversations have become rare.

The History Food Tour recreates that authentic space for exchange, a moment of curiosity, slowness, and pleasure shared.

Each flavor becomes a metaphor for teamwork: balance, listening, precision, and creativity.



The Experience: Taste, Walk, Connect

Over three hours, your colleagues walk through the Marais and discover five exceptional artisans from the chocolatier to the cheesemonger, the baker to the charcutier.

Each stop reveals a story where history, cinema, and French art de vivre intertwine.

The journey ends with an intimate private tasting in a wine cellar a moment of laughter, exchange, and connection. An atmosphere that fosters dialogue, complicity, and a genuine team spirit.



Impact, Practical Info & The Cruise Option

The Impact: a Lasting Collective Memory

The History Food Tour acts as a catalyst for cohesion.
It restores trust, inspires creativity, and strengthens human connection
within teams.



*“Gastronomy is just a pretext.
What I truly create are moments where people talk,
understand, and inspire one another.”*



Benefits for your company

- Natural cohesion through shared pleasure
- Easier communication and renewed trust
- Collective inspiration through culture and taste

CRUISE FOOD TOUR



Option: The Cruise Food Tour *Paris from the River*

The History Food Tour can also take place
on water:

a private cruise along the Seine, transformed into
a true time-traveling machine.

Aboard an intimate boat, your guests sail through
the centuries, tasting Paris differently, through
wine, stories, and shimmering reflections.

A poetic and cinematic experience where the city
becomes the stage, and the river, its living
memory.

*“A strong team is like a good recipe: each ingredient adds its flavor,
and the result is greater than the sum of its parts.”*

Practical Information

Duration: 3 hours (2 h walking
tour + 1 h private tasting)

District: Le Marais – Paris

Languages: English / French

Participants: 6 to 20 people

Ideal for: team building,
cultural retreats, leadership
events, celebrations

Customization: private &
tailor-made



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