



MY PROVENCE

2018 PRESS FILE

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La PROVENCE

We hope you enjoy reading about Provence in the following pages. Behind the picture postcard images of this world-famed area lie a myriad of hidden gems and an astonishing dynamism. A vitality also found in its succulent food & wines, concocted everywhere from star-rated eateries to the kitchens of summer festivals and along Provence's winding lanes.

2018 is a big year for cultural events. MP2018 Quel Amour! – the deliciously-romantic title chosen for the European Capital of Culture Year - will be in the spotlight from February 14th, 2018, with over 50 multidisciplinary creations lighting up Provence through to Autumn. The international 'Picasso-Méditerranée' project initiated by the Picasso-Paris National Museum is celebrating Pablo in 2018 in the locations that inspired his creations: the Caumont Art Centre in Aix-en-Provence, Mucem in Marseille, Van Gogh Foundation in Arles and Carrières de Lumière multimedia exhibition centre in Les Baux-de-Provence will all be taking their hat off to the great artist.

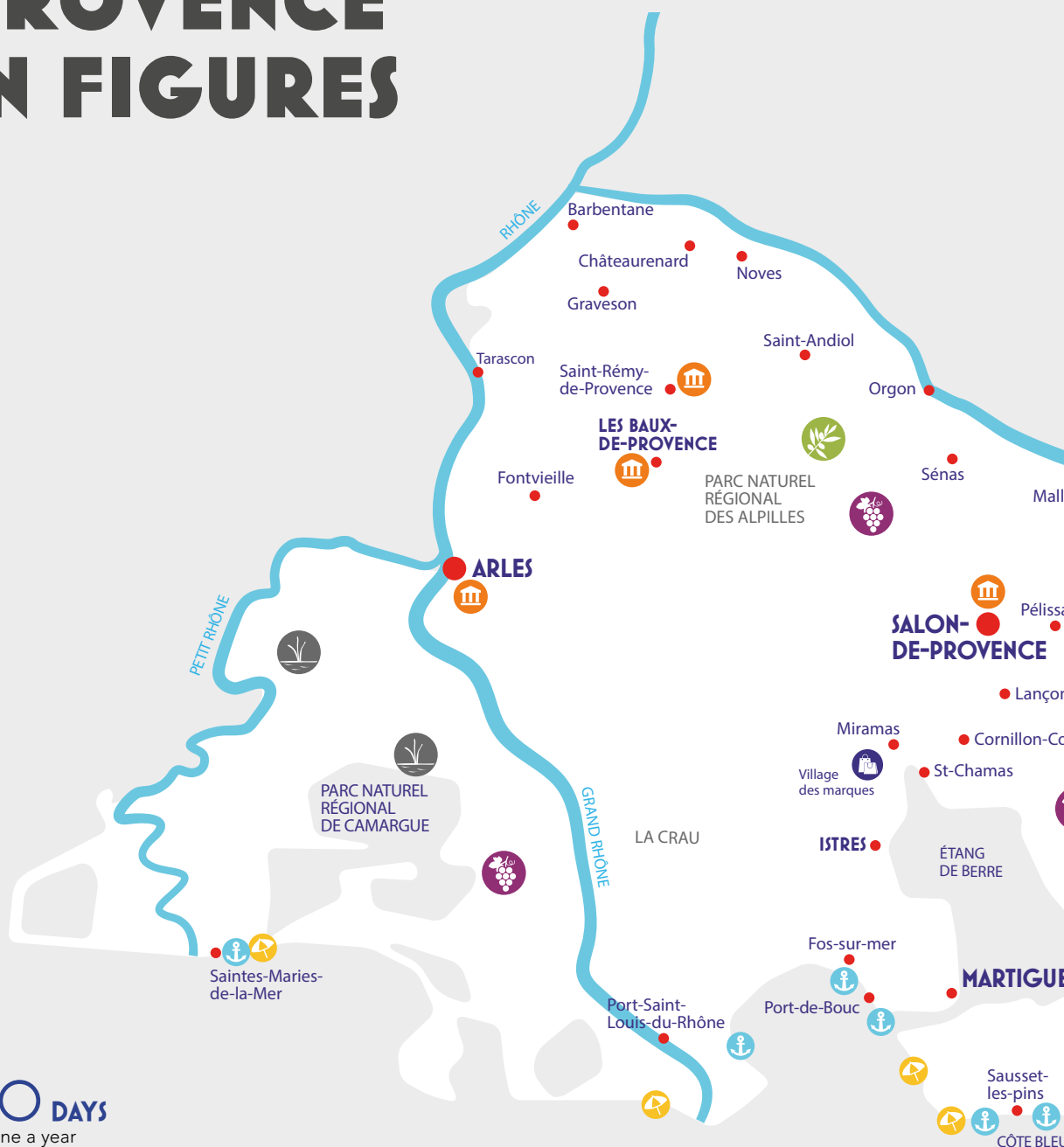
Where else can you find Provence's unbeatably inventive cuisine, local produce and solid tradition of 'eating together'?! Here, we meet up for casual aperitifs at the vineyard, sardine banquets laid out on trestle tables on the port and chic picnics in the hills... Since 2013, the fabulous energy of the Gourmediterranée chefs has been empowering an entire area to offer top-quality cuisine inspired by the riches of Provence and the Mediterranean, where wine and food pairing are constantly reinvented.

Provence's plural character, combining urban and natural areas, lend it a unique signature. The Calanques National Park – Europe's first suburban national park – and profoundly wild Camargue Nature Reserve, offer up a myriad of unrivalled and very typical landscapes. And, as often, it is on foot, on horseback, by bike or with a snorkel and flippers, that you can best admire the varied relief, panoramic views and quality of light that make every excursion memorable.

Here are just some of the many unique experiences awaiting visitors to the Bouches-du-Rhône.

Happy reading and happy exploring!

PROVENCE IN FIGURES



300 DAYS
of sunshine a year

399 METRES,
is the height of Cape Canaille,
one of Europe's highest cliffs

2016,
is the year Le Corbusier's Radiant City in Marseille became
a UNESCO World Heritage Site

8,
is the number of UNESCO World Heritage Sites in Arles –
among the world's top tourist attractions!

2600 YEARS,
is the age of Marseille, France's oldest city

3 NATURE RESERVES

- Calanques National Park (Europe's only suburban national park),
- Camargue Regional Nature Reserve,
- Alpilles Regional Nature Reserve.

50 %

natural areas

FRANCE'S N°1

olive oil producer

9 GOLF COURSES

TOP 3

favourite French destinations
for overseas visitors

92 MUSEUMS,

including 1 national museum

FRANCE'S N°1

cruise port: Marseille

6 AOP

red, white and rosé wines

100,

is the number of decibels
produced by cicada song

289 KM

of Mediterranean shores

46 MICHELIN

star-rated restaurants



CULTURAL MELTING POT(S)

**TOP-LEVEL CREATIONS AND
MAJOR MEETINGS**
TO FILL YOUR SCHEDULE

ROMAN OR CONTEMPORARY,
IT'S ALL IN THE DECOR!

POP & POPULAR CULTURE,
HEAD TO THE STREETS!

With its exciting array of museums, exhibitions, sights and festivals, Provence boasts all the musts of a top cultural destination. But what makes it different is its touch of eccentricity and heart-warming personality... Culture is a party here – a big, popular party, where people love celebrating together. Open-air concerts, festivals, urban tours, streets theatre, circus performances, high-flying firework displays and audio-guided tours... We're all for complex-free culture here in Provence!



TOP-LEVEL CREATIONS & MAJOR MEETINGS

TO FILL YOUR SCHEDULE

People flock here from the world over to attend Provence's festivals. With a line-up of original creations, major classics, operas, contemporary ballets and baroque recitals, our enviable schedule brings together renowned international artists and spellbound audiences every year. But every major event worthy of the name has to cater to a wide audience with varied tastes. Provence has taken up the gauntlet with panache, with events such as the Festival d'Aix, ideal for youngsters, the Comic Book festival with its urban itinerary for all the family and Les Suds in Arles, lighting up the town both day and night. We vote for cultural excellence for all!

COMIC BOOK FESTIVAL IN AIX EN PROVENCE (FESTIVAL DE LA BD)

April

Brought to life by their talented creators, the most outlandish, stylish, powerful and dramatic stories and characters fill the pages of this weekend event. You can also prolong the pleasure with a series of exhibitions putting the spotlight on illustrators with a myriad of different styles. Workshops, events, encounters, signing sessions and a special walking itinerary in the town are all part of the fun.

www.bd-aix.com

INTERNATIONAL PHOTO FESTIVAL IN ARLES (RENCONTRES INTERNATIONALES DE LA PHOTO)

July – September 2018

Fronting over 60 exhibitions staged at the town's most emblematic heritages sites, 'Les Rencontres d'Arles' has been celebrating the world's photographic heritage every summer since 1969. People flock to this melting pot of contemporary creation every year from the world over. Featuring exhibitions, screenings and workshops, the festival takes over the town's museums, exhibition centres, galleries and abandoned factories...

www.rencontres-arles.com

FESTIVAL D'AIX-EN-PROVENCE

JULY 4TH – 24TH, 20187

Presenting a fabulously-diverse programme for the last 70 years, the Aix-en-Provence Festival headlines operas, early and famous works by Mozart and contemporary creations alike. Its legacy of concert posters is also truly exceptional. Encouraging young talents and appreciated by a very wide audience, the Festival is a celebration of creativity from the world over.

www.festival-aix.com

FESTIVAL DE PIANO DE LA ROQUE D'ANTHÉRON

July 20th – August 18th, 2018

Magical evening recitals in beautiful, tree-filled grounds – this is one of Provence's summer musts! The festival venues and programmes have evolved over the years, but the pleasure stays the same. A genuine 'Piano Mecca', the festival puts the spotlight on young talents from the four corners of the world, together with renowned names at the height of their art.

www.festival-piano.com

MP2018, 'QUEL AMOUR!'

The region's cultural ambassadors are getting together in Marseille to make the headlines once again, with 6 months of fabulous events on the 'Love' theme from February 14th to September 1st, 2018. The concept? Love of sharing, love of others and love of art and artists, to make the world a better place... The 5 main events: the opening ceremony on Valentine's Day followed by a festive weekend, a springtime nature celebration, contemporary art in June, summer festivals and the closing ceremony; a springboard for the launch of 'Manifesta', the European Biennial of Contemporary Art, scheduled in Marseille in 2020.

LES SUDS IN ARLES

July 9th – 15th, 2018

Held every summer for 7 days and 6 nights and running from 10 a.m. to 4 in the morning, this fabulous event, held in the town centre, welcomes around 50,000 festival-goers and over 60 concerts and musical encounters. A hub of world music, this year's edition will be welcoming an exciting line-up of Korean, Syrian and Malian artists.

www.suds-arles.com

MARSEILLE JAZZ DES CINQ CONTINENTS

July 18th – 27th, 2018

10 exceptional concert evenings in the city centre, with an opening night on the roof of 'Friche la Belle de Mai', two evenings at 'Théâtre Silvain', one on the 'Mucem' rooftop terrace and winding up in the 'Palais Longchamp' gardens. The 2018 edition will be headlining Asian artists.

www.marseillejazz.com

LUMA ARLES, A CULTURAL REBIRTH

The LUMA is already the talk of the town! LUMA Arles is an experimental contemporary arts centre, welcoming both resident artists and exhibitions. Based at the 'Parc des Ateliers' – a 16-acre site formerly occupied by rail yards built in the 19th century – LUMA Arles comprises 3 areas: a 'Tower' designed by the architect Frank Gehry, impressive rehabilitated industrial buildings and a public park inspired by the surrounding countryside, such as Plaine de la Crau. Extracts from the 2018 programme: «Jean Prouvé, architecte des jours meilleurs», an exhibition bringing together 12 demountable houses designed by the famous French architect. Until Spring 2018.

www.luma-arles.org





ROMAN *or* CONTEMPORARY,

IT'S ALL IN THE DECOR!

Held in natural landscapes or feats of modern architecture, culture here is all about the book AND its cover! The interior of the sites and museums harbouring the region's collections and exhibitions are a pleasure unto themselves... Genuine jewellery boxes, they alone are most definitely worth the trip. Culture buffs enjoy a full immersion here; a foray into history-packed or resolutely-contemporary venues to get acquainted with an artist, new trend or bygone era. Whether a Roman barge nestling inside a museum of modern architecture, a 15th-century priory sporting contemporary photos (Musée Réattu), or Le Corbusier's building-come-work of art 'The Radiant City', we simply love a beautiful setting!

MUSÉE DÉPARTEMENTAL ARLES ANTIQUE

Arles

Set inside a contemporary building, the 'Musée Départemental Arles Antique' exhibits Arles' archaeological collections (everyday objects, architectural remains, mosaics, sarcophagi, scale models, etc.). The museum is an absolute must-do for understanding how this Roman city has evolved over the years. And the 31-metre Gallo-Roman barge fished out of the Rhône river is simply awe-inspiring...

www.arles-antique.cg13.fr

GLANUM ARCHAEOLOGICAL SITE

Saint-Rémy-de-Provence

Located in Saint-Rémy-de-Provence, the magnificent Glanum site features a house with a central courtyard lined with columns, streets complete with drains, mosaics, Roman baths

and a Forum. Initially Celto-Ligurian, then Greek and finally Roman, the site disappeared in circa 270, when it fell victim to Barbarian invasions. Today, it offers an open-air history lesson amid the olive groves of the Alpilles.

www.site-glanum.fr

MUSÉE RÉATTU

Arles

Built in the late 15th century, in a magical tête-à-tête with the Rhône river, the former Grand Priory of the Order of Malta owes its destiny to Jacques Réattu (1760-1833), an Arles-born artist who made it his home, studio and laboratory of dreams... A museum since 1868, the building exhibits the artist's complete works and personal collection. A genuine artistic crossroads, commissioning

PICASSO- MÉDITERRANÉE

'Picasso-Méditerranée' is an international cultural event running from 2017 to 2019, with an exciting programme curated by around 60 institutions paying tribute to the 'obstinately Mediterranean' work of Pablo Picasso. Initiated by the Picasso-Paris National Museum, this stroll through the artist's career and locations that inspired him is a truly unique cultural experience, aimed at strengthening bonds between every genre. From the Mucem museum to the Van Gogh Foundation, Carrières de Lumières multimedia exhibition centre and Caumont Art Centre, the whole of Provence will be giving centre stage to Pablo!

works from various disciplines, the Musée Réattu hosts specialist-interest exhibitions and renews its layout frequently to offer an ever-changing angle on art.

www.museereattu.arles.fr

FONDATION VINCENT VAN GOGH

Arles

The entrance gate designed by Bertrand Lavier sets the tone and reveals the subtle ties between this 15th-century mansion house and contemporary art. Simply cross the threshold and your eyes are immediately drawn upwards to Raphael Hefti's glass masterpiece, twinkling in the light. Then there's the extraordinary terrace overlooking the town, Rhône river and Montmajour Abbey, resembling a last tribute to the master... The foundation will be celebrating the 'Picasso-Méditerranée' project in 2018 with an exhibition striking up a unique face-to-face between the works of Van Gogh and Picasso through the lens of sunlight, while Paul Nash will be in the spotlight in the second half of the year.

www.fondation-vincentvangogh-arles.org

LE CORBUSIER - LA CITÉ RADIEUSE

Marseille

This 'Living Unit', imagined in the heart of Marseille by Le Corbusier – whose work has just been added to the UNESCO World Heritage List –, is still inhabited. The complex and its shopping street can be explored in the company of a Marseille Tourist Office expert guide, together with a show apartment, whose furniture was designed by Charlotte Perriand.

An extra thumbs up goes to the MaMo open-air cultural centre located inside the complex, imagined by the talented young Made in Marseille designer Ora Ito.

www.marseille-tourisme.com

HÔTEL DE CAUMONT CENTRE D'ART

Aix-en-Provence

Set inside Hôtel de Caumont, a superb 18th-century mansion house, this arts centre honours Fine Arts every year with two major temporary exhibitions dedicated to great names from ancient times to current day. The inner courtyard, French-style garden and elegant tea room are absolute must-sees. Botero will be striking up a conversation with Picasso here in 2018; Nicolas de Staël will also be showing off his talent.

www.caumont-centredart.com

GRANET XX^E. FONDATION PLANQUE

Aix-en-Provence

The collection of Swiss-born painter and collector Jean Planque, deposited at Musée Granet for 15 years, has found a magical setting in the shape of the Chapel of the White Penitents, restored for the occasion. 300 paintings, drawings and sculptures covering the Impressionist and Post-Impressionist periods – Renoir, Monet, Van Gogh, Degas and Redon – to major 20th-century artists such as Bonnard, Rouault, Picasso, Braque, Dufy, Laurens, Léger, Klee, Bissière, de Staël and Dubuffet are also on show, together with a selection of works at Granet XXe.

www.museegranet-aixenprovence.fr/granet-xxe

MUCEM

Marseille

Let's skip the introductions! The new flagship of Marseille, the Museum of European and Mediterranean Civilisations focuses on both ancient and modern civilisations. The visit is a great learning experience, but the powerful, militant shows are also very thought-provoking... As part of the fabulous 'Picasso-Méditerranée' event, the Mucem will be throwing the spotlight on Picasso's ties with the Mediterranean's popular arts and traditions from February to June this year, as portrayed in his work for the Ballets Russes.

www.mucem.org

CARRIÈRES DE LUMIÈRES

Les Baux-de-Provence

Set at the heart of the strikingly-named Valley of Hell (Val d'Enfer) in the Alpilles, the monumental 'Carrières de Lumières' is an ancient quarry hosting world-unique multimedia shows. Every year, a breathtaking new show is projected onto the quarry's immense, 14 metre-high walls, pillars and floor, transporting the visitor into a colourful world bathed in music. This astonishing immersive experience is also owed to the site's unique and very unusual mineral beauty. This year, visitors will be able to explore a century of Spanish art in the company of Picasso!

www.carrieres-lumieres.com





POP & POPULAR CULTURE, HEAD TO THE STREETS!

If you want to start living and breathing Provence's culture, simply take a stroll, roam the local landscapes with the wind in your hair or set out on an urban hike. Closely tied to traditional celebrations and customs, the action often takes place outdoors! From stunning natural sites, to open-air theatres, preserved historic quarters and... great weather, the stage is set and the party can begin!

EYES UP!

Audio tours

Simply take your headphones, telephone or MP3 player and let the 'Radio Grenouille' audio tours lead the way! Created by artists, documentary makers and local inhabitants, these delightful audio itineraries allow you to share their insights into the lesser-known parts of Marseille-Provence, or give a new angle on well-known sites. The 50 tours on offer cover towns and their various quarters for an exciting off-the-beaten track experience.

www.promenades-sonores.com

Open-air cinema, Marseille

Ciné Tilt hosts around 20 screenings at the city's most emblematic sites, such as the Panier quarter, Frioul archipelago and various arrondissements.

www.cinetilt.org

Walks in the artistic heart of Marseille

Cours Julien is the artists' quarter of Marseille – somewhat like Montmartre in Paris. You'll find a host of studios and galleries here and the streets are adorned with incredible

paintings and murals by local artists, offering a feast for the eyes! Guided walks organised by the Marseille Tourist Office.

www.marseille-tourisme.com

On Air

On the flat roof of 'La Friche de la Belle de Mai' in Marseille – one of the city's most beautiful spots –, DJ sets and Food Trucks await you for a fabulous 'sound & music' experience every Friday and Saturday evening until end August. Topped with free entry, this has to be the city's best summer deal!

www.lafriche.org

OPEN-AIR TRADITIONS

'Abrivados' in Les Saintes-Maries-de-la-Mer

200 'gardians' (the cowboys of Camargue) and 1,000 horses gather on the beaches of Les Saintes-Maries-de-la-Mer, exceptionally open to riders for the event. Taking place at the start of winter, on a beach often whipped by the wind, this show is truly awe-inspiring. The 'gardians' surround the bulls and skilfully herd them from the beach to the bullring.

LES DIMANCHES DE LA CANEBIÈRE

Marseille

In celebration of its 90th anniversary, the Canebière – Marseille's famous main thoroughfare and beating heart of the city – will be going pedestrian for a series of festive events featuring over 80 artists held on every last Sunday of the month, headlining a variety of shows, entertainment, dance, video-music and digital arts events, plus plenty of surprises! Visitors won't be surprised to come face to face with a giraffe or a pyramid of acrobats....

A thrilling, out-of-the-ordinary procession, to the sound of beating hooves...

www.saintesmaries.com

Course Camarguaise (Camargue Races)

Also referred to as 'Course Libre' (Free Race) or 'Course à la Cocarde' (Rosette Race). The principle is simple: the 'razeteurs', dressed in white, try to remove the rosettes and other trimmings attached to the bull's head, between its horns. To do so, they have to cross the arena and accomplish a graceful, arc-shaped movement – the 'razet' – to grab the prize at the exact moment when man and bull come into contact. Recognised as a genuine sport, you can attend training sessions throughout the year, together with events in the Arles area and Alpilles. The 'Cocarde d'Or' Gold Rosette contest – the

most prestigious of them all – will be taking place on Monday July 1st in the Arles arena!

www.arlestourisme.com

Feria

Arles

Aficionados still flock to the Arles arena for the legendary bullfights staged during the 'Féria de Pâques' (Easter Feria) and 'Féria du Riz' (Rice Feria) in Autumn. The Feria isn't just about bullfights though; it is also a huge celebration throughout the town, with treats including street entertainment, bodegas and exhibitions...

www.arenas-arles.com

FIREWORKS

Les Jeudis Étoilés d'Istres

July - August 2018

Held every Thursday evening, the 'Jeudis Etoilés d'Istres' is a must for

all the family, celebrating summer with children's workshops, street shows, a very original layout, DJ set and fun, friendly street banquets where you can meet with the locals. A spectacular firework display by Lacroix-Ruggieri to the sound of film music ends the evening with a bang! A great occasion to make the most of the warm summer evenings on the banks of 'Etang de L'Olivier' lake.

www.istres-tourisme.com

Arles

July 14th

'Groupe F', the name behind the world's most dazzling firework displays, offers a fabulous show in Arles every year. After the street dance, a thousand lights explode over the Rhône river, for an extra-magical Bastille Day.

MYPROVENCE CULTURE, (CULTURAL DIARY)

Provence Tourisme and the Area Council have decided to incorporate this exciting new local cultural magazine – a must for all Provence fans - into their main website myprovence.fr. The layout is refreshingly simple and intuitive and includes gorgeous photos, a wealth of information and a continually-updated cultural diary complete with hashtags so you can easily find what you're looking for. Sorted by theme, its various categories tell you all you need to know about Provence's cultural pearls and more confidential events. The portraits and interviews give centre stage to renowned artists and new talents alike.

www.myprovence.fr/culture



WHERE TO SLEEP ?

BRIC-À-BRAC STYLE

PENSION EDELWEISS

Marseille

This guest house, decorated with pieces hunted down by avid design and antiques buff Véronique Bieger, is a true home from home in a popular quarter of the city, between Saint-Charles railway station and the Canebière.

www.pension-edelweiss.fr

A GARDEN IN TOWN

HÔTEL GOUNOD

Saint-Rémy-de-Provence

It was here in this 18th – century former post house that Charles Gounod – the famous composer of the Ave Maria – wrote the opera 'Mireille'. Set in the heart of Saint-Rémy-de-Provence, the stone walls of Hôtel Gounod now harbour a beautiful interior garden complete with pool and inviting, contemporary rooms.

www.hotel-gounod.com

ARTY

HÔTEL DU CLOÎTRE

Arles

If you're into decoration, you'll simply love this chic address designed by India Madhavi,

featuring a Provencal-style square, stone walls, and a neo-Baroque and chic Nomad decor, marrying perfectly with the mood of this charming ancient site.

www.hotelducloitre.com

COLOURFUL

HÔTEL JULES CÉSAR

Arles

The various eras and colour palettes of Arles-born designer Christian Lacroix rub shoulders at this trendy boutique hotel. You can also pop in for a very smart tea time at a friendly price!

www.hotel-julescesar.fr

UNESCO WORLD HERITAGE

HÔTEL LE CORBUSIER

Marseille

Setting down your bags in a hotel designed by Le Corbusier is quite a treat! And you'll only find it in Marseille... What's more, the sea view is astounding. Featuring a tennis court, solarium terrace and children's pool, this is an avant-garde popular cultural experience you won't forget in a while. That's Marseille for you!

www.hotel-lecorbusier.com



MEDITERRANEAN CUISINE

**STRAIGHT FROM THE FIELD
TO THE PLATE,**
FLAVOUR AND CREATIVITY

TOP PLAYLIST!
MYTHICAL ADDRESSES AND
CREATIVE YOUNG CHEFS

OPEN DAY AT THE VINEYARDS,
FROM THE GRAPE HARVEST TO TASTING

GOURMET HAMPERS,
OR HOW NOT TO TAKE HOME A PLASTER
CICADA...

Constantly reinvented, it has the taste and the fragrance of holidays in the South of France... Mediterranean cuisine is a genuine emblem, acclaimed the world over. Upheld today by inventive and hyperactive(!) local producers and chefs, our gastronomy revolves around fabulous-quality, always-seasonal local produce, grown sustainably and often organically. Whether your preference goes to luxury restaurants, gastronomic bistros, pizza trucks or chic picnics for all the family, you'll find simple, basic and delicious ingredients everywhere, from the local markets to street banquets bathed in the welcoming atmosphere of the Med.



STRAIGHT FROM THE FIELD *to* THE PLATE,

FLAVOUR AND CREATIVITY

1

The Greeks, Romans, Italians and every Mediterranean civilisation that has walked the arid soil of the South, have modelled our produce and how it is prepared today. With its sun-packed fruit and vegetables from the Alpilles, freshly-caught shellfish and AOC vintages, Provence is a genuine gourmet haven.

BACK TO BASICS

The fruit, vegetables and herbs of Provence adorn many picture postcards, but even so, we couldn't resist naming them: strawberries, peaches, melons, figs, tomatoes, courgettes, sweet peppers, aubergines, violet artichokes, thyme, rosemary, myrtle, fennel, basil... To name but a few!

You may not know it, but Provence is also truffle territory! Black and white truffles grow on the roots of truffle oaks between Rognes and Lambesc and are generally sniffed out by 'truffle dogs'.

Olive groves go to complete the pretty picture. Often tortured by years of gusting Mistral wind, they produce very high-quality olives, harvested using traditional techniques and pressed at the domain's olive mill or at the local cooperative. The Bouches-du-Rhône is France's leading olive oil producer and the harvest or 'Olivade' is a truly unique moment to remember. The area produces 3 AOC olive oils: AOC Vallée des Baux-de-Provence, AOC Aix-en-Provence and AOC Provence. Ranging from fruity green and grassy young oils to gentler, more aromatic older oils, they are a sure-fire bet if you're seeking ultimate quality!

Camargue is a place of wetlands and plentiful water, combined with small temperature variations, plenty of sunshine and Mistral wind, meaning wild rice flourishes here.

Meat lovers will appreciate the powerful taste of Camargue AOP bull beef, raised in semi-liberty and fed with a wide variety of plants. Gently simmered with red wine, this very tender, slightly fatty meat is used to make the traditional 'Gardianne' bull beef stew. Alpilles lamb takes centre stage at Easter; marinated in Herbes de Provence, this roast is a classic family meal.

SEAFOOD

The local chapels, ex-votos, fishing ports and very ancient 'Prud'homie des Pêcheurs' (a fishermen's tribunal existing only in Provence!) are all reminders of Provence's intrinsic ties with the sea, both today and in yesteryear.

Local fishing isn't a cliché here. In the Bouches-du-Rhône, 350 boats and 900 sailors still go about their business and deliver to fishmongers along the coast every day. Cockles, sea urchins (during the authorized season), sea bass, sea bream, red mullet and scorpion fish are all found in the morning at the foot of the boat, on the quaysides and on the nearby market stalls – fish is sold directly from the fishermen to the consumer here. Future stars, the oysters of Camargue and shellfish of Port-Saint-Louis-du-Rhône, are a must on your platter. Bon appétit!

Where can you find the day's catch? At Carro market in Martigues, Port-Vieux in La Ciotat, Quai des Baux in Cassis, Carry-le-Rouet port and, of course, on the Old Port (Vieux-Port) of Marseille, where sardines are the stars of the show!

PROVENÇAL MARKETS

It only takes a glance to see the wealth and variety of fresh, seasonal produce on offer at Provence's fruit & vegetable markets: strawberries, peaches, melons, figs, tomatoes, courgettes, sweet peppers, aubergines, violet artichokes, thyme, rosemary, myrtle, garlic, basil, Provence olive oil, goats' cheese, fish, anchovies, sardines and sea urchins...to name but a few! Although the Aix and Arles markets are among the most famous, those of Cassis, Aubagne, Saint-Rémy-de-Provence and Eygalières give pride of place to local produce, as well as traditional fabrics, earthenware and wicker baskets. If you're planning a picnic, pick up some tapenade, 'fougasse' bread, sunny vegetables, seasonal fruit and 'crottins de chèvre' mini goats' cheeses and you're good to go!

IN THE KITCHEN

Colourful, aromatic and traditional, the secret of Provencal cuisine lies in its ultra-fresh, high-quality raw ingredients. Whether you're preparing a street party, family meal or cooking for guests, the staples and alchemy remain the same!

Tapenade – an olive, caper and anchovy paste – is an emblem you'll find on every table. Split olives from La Vallée des Baux and 'Panisse' (chickpea flour fritters) are always there for the tasting, rinsed down with a refreshing glass of Pastis or Ricard!

'Brousses du Rove' cheeses made with milk from Rove goats, nourished with plants from the dry garrigue, are delicious on their own or in sunny vegetable preparations.

Tians, ratatouille, bohemiennes, tomato sauce with olives, aubergine caviar, sun-dried tomatoes, onion or fig chutney and 'soupe au pistou'... Our fruit and vegetables can be combined in an infinite number of ways to make family, casual and chic dishes alike.

The 'pompe à huile' (a sweet brioche with orange flower water), 'calisson' candies from Aix-en-Provence and 'navette' biscuits remain the stars of the traditional 13 desserts served at Christmas.

If you want to taste a genuine 'bouillabaisse' or 'bourride' fish stew, opt for a recommended address so you know you're getting the real thing. And of course, Friday is 'Aïoli Day'! (fish and vegetables with garlic mayonnaise).

If you like tripe and offal, you simply must sample Marseille's mythical 'pieds-paquets': tripe & trotters simmered in a tomato and white wine sauce with Herbes de Provence...

A Marseille classic!

Imported by the Neapolitans in the late 19th century, pizza has now become a traditional dish of Marseille. You'll find pizza trucks on every street corner. In the Estaque quarter of Marseille, you can enjoy the city's very best 'chichis fregis' (sweet doughnuts perfumed with orange flower water) and 'panisses' (chickpea flour fritters), served fish & chips-style in newspaper, facing the harbour.



'MARTIGUES CAVIAR' IN 3 SENTENCES

- 1 Rectangular nets stretched from one bank to the other at the entrance to the town.
- 2 Mullet roe drying in the sunshine.
- 3 A thin slice of 'Poutargue' on buttered bread...



TOP PLAYLIST!

MYTHICAL ADDRESSES AND CREATIVE YOUNG CHEFS

2

Mediterranean cuisine, with its acclaimed health benefits, is very similar to the famous Cretan diet – yet another reason to sit down for a good meal! And nobody cares if you're wearing a swimsuit, shorts or a three-piece suit: the pleasure is in the plate!

IN PROVENCE, WE GO 'CHEZ' SOMEONE TO EAT!

Chez Sauveur *Marseille*

Opened in 1943 by Sauveur Di Paola, this restaurant is dear to the heart of the people of Marseille. Set in the Noailles quarter, its pizzas and calzones are genuine legends! www.chezsauveur.fr

Poissonnerie Laurent *Cassis*

Eric, a fishmonger's son, sells fresh fish you can eat in or take out. With its family-style atmosphere, tables on the port and plenty of local chit-chat, this is a definite must while you're visiting!

Chez Freddy *Marseille*

Located in the Estaque quarter, this stand set facing the harbour serves home-made 'chichis fregis' (sweet doughnuts) and 'panisses' (chickpea flour fritters), for a full immersion in Marseille!

Le Pointu, chez Damien Andréo *Istres*

An open-air eatery at La Romaniquette, serving succulent seafood dishes to hungry families and friends! Here, boules games, children running on the beach and concert evenings set the scene for summer.

TRENDY

L'Ouvre Boîtes *Arles*

Served at the counter or out on the terrace, the Chef's mouth-watering home-made creations are inspired by old-fashioned preserves, such as the Conserveira de Lisboa's traditional canned fish.

Pointe Noire et Épicerie **by Alexandre Mazzia** *Aix-en-Provence*

Marseille-born Alexandre Mazzia and his brother Jean-Laurent opened this chic 'food bar' serving French classics with a contemporary twist in the heart of Aix in early 2017. The treats in store include 'Sautéed Chicken Chasseur' and 'Blanquette of Veal'.

www.alexandremazzia.com

THE ART OF THE TERRACE

If you're all for the good life, Provence's different atmospheres, sunshine and sea offer a multitude of delicious 'terrace' experiences. Sip a coffee on a Provencal square, order a refreshing Pastis after a game of boules, drink an iced juice on the port or savour an AOC at dusk under the plane trees... Every town offers its own special mood and specialties, together with its omnipresent boules players and chit-chat. And remember: the apéritif is an institution here!

La Boîte à Sardines

Marseille

This charming little eatery serves sardines and fresh fish, together with a range of irresistible dishes concocted by Fabien Rugi. Don't miss the crispy hake with 'panisse' fitters...

www.laboiteasardine.com

Le Cabanon

Sausset-les-Pins

Open from April to October, Le Cabanon is a great place to chill out facing the sea. With its 'chic shack' decor and short, sweet menu, everything here is fresh and home-made. You'll love the weekend plancha parties too!

RAINING STARS

L'Auberge

Saint-Rémy-de-Provence

Fanny Rey, the only woman to receive a first Michelin star in 2017, regales hungry punters with the buzzing atmosphere of her open kitchen. The poetic menu gives pride of place to local, seasonal produce.

www.aubergesaintremy.com

Mickaël Féval



Aix-en-Provence

Located in Aix's historic quarter, Mickaël Féval and his wife Olivia treat guests to fabulous four or six-course menus. The Chef has just carried off a 2017 Michelin star to boot.

www.mickaelfeval.fr

La Chassagnette

Arles

After a tour of the astonishing kitchen garden it's time to sit down and relax under the bower. The plant kingdom reigns here and Chef Armand Arnal gives pride of place to vegetables and wild herbs. Michelin one-star.

www.chassagnette.fr

WITH A VIEW...

On Sainte-Victoire mountain

Le Tholonet

The St. Estève's wide bay windows open onto a spectacular view over Sainte Victoire mountain. Matthias Dandine's Mediterranean cuisine is spiked with local gems such as Roques-Hautes green asparagus from 'my friend Sylvain' or Brousse du Montaignet cheese. Michelin one-star.

www.leslodgessaintevictoire.com

Bay of Cassis



The pride of star-rated Chef Dimitri Droisneau, La Brasserie du Corton serves traditional dishes and specialities, sometimes with a novel twist, in a casual atmosphere. The terrace overlooks 'Anse du Corton' cove and the sea views simply take your breath away...

www.lavillamadie.com

View over the vineyards of Aix and the Luberon



Marseille's famed Chef Gérald Passédat has signed the menu of this new eatery opened in Spring. Nestling in the heart of the arty vineyard Château La Coste, 'Louison' serves earthy cuisine with a nod to the sea. The beauty of the site makes this culinary experience extra-special!

www.villalacoste.com

Overlooking Notre Dame de la Garde

Marseille

The Intercontinental's chic, contemporary brasserie 'Les Fenêtres' is a must for the Chef's star dish, the bouillabaisse milkshake! Inspired by Marseille's emblematic speciality, this interpretation by Lionel Levy is nothing short of phenomenal.

www.marseille.intercontinental.com





OPEN DAY *at the* VINEYARDS, FROM THE GRAPE HARVEST TO TASTING

3

Refreshing rosés, crisp Cassis whites and full-bodied reds... What's the best way to discover the Bouches-du-Rhône's many and varied vineyards, the skills of the local growers and the rich aromas of our wines?

First and foremost, raise your eyes and admire the beautiful landscapes forming the backdrop to the vineyards of Provence. From Sainte Victoire mountain to Camargue plain, the terraced hillsides of Cassis plunging into the Med and olive groves of the Alpilles, our wines flourish in truly exceptional settings and are nourished by our special climate and geology.

Next, get to know the growers, taste their wines and learn how to pair them with local specialties.

An increasing number of vineyards are opening their doors to visitors. In addition to the usual wine shops and tasting cellars, they are keen to share their know-how with wine lovers from the world over.

Hosting wine walks, winery tours, specialist tasting sessions and friendly aperitifs, they offer a warm welcome and fascinating insights into wine growing and wine appreciation. Whether you're visiting a family-run domain or a prestigious Château the principle remains the same and the encounter filled with memories to take back home.

APERITIF TIME!

Les Apéros du Clos

Cassis

Don't miss the gourmet aperitifs hosted by Clos d'Albizzi, one of the oldest vineyards in Cassis. A sprinkling of tables, a bamboo pergola, a café atmosphere and a friendly welcome, 'Les Apéros du Clos' have everything to please. Created by Marie-Laure Dumon, a descendant of the Tuscan Albizzi family, these delightful terroir evenings are a treasure of simplicity.

www.albizzi.fr

TASTING

Château Sulauze

Istres

Pomponette, Galinette and Les Amis... the names of these natural wines, produced using biodynamic growing techniques, are redolent with the atmosphere of Provence. The domain is home to 74 acres of vines, 50 acres of cereals and 12 acres of olive groves, together with hens, dogs, horses and bulls... Karina and Guillaume love having guests round and host a variety of parties, entertainment and tasting sessions throughout the year.

www.domainedesulauze.com

PROVENCE 2019, 'GASTRONOMY IN PROVENCE' YEAR!

Provence will be raising its glass to gastronomy for an entire year in 2019! Created by the Bouches-du-Rhône and back by Provence Tourisme, this event will be doffing its hat to local traditions and offering visitors a chance to enjoy an off-the-beaten-track dip into the area. All will be revealed very soon!

www.myprovence.fr

COOKING

Domaine Dalmeran

Saint-Etienne-du-Grès

Built on a hillock scattered with Gallo-Roman remains, alongside the ancient Via Domitia Roman road in the Alpilles, Dalmeran overlooks landscapes of hills, valleys and woods. In this poetic decor, the domain invites gourmets to enjoy a delightful wine tourism experience, with a menu of discovery workshops led by a renowned oenologist, wine & food pairing workshops hosted by chefs, exhibitions and concerts.

www.dalmeran.fr

DRINKING IN THE VIEW

Clos Sainte Magdeleine

Cassis

Boasting unique panoramic views over the coast, Clos Sainte-Magdeleine welcomes visitors for a 1-hour tour of its cellars and vines, or an introduction to Cassis wines, their growing techniques and the various vintages produced by the vineyard, run by the same family for the last four generations.

www.clossaintemagdeleine.fr

SLEEPING AT A CHATEAU

Villa Baulieu

Rognes

Set facing the Lubéron, the rooms offer sweeping views over one of Aix's largest vineyards. The heights of chic in an ancient property of the Counts of Provence, with French-style gardens, meadows and forests to complete the picture.

www.villabaulieu.com

A TOUCH OF CULTURE

Château La Coste

Puy-Sainte-Réparate

An extraordinary arty walk through woods, hills, olive groves and vines, dotted with sculptures and installations by internationally-renowned artists and architects such as Tadao Ando, Louise Bourgeois, Alexander Calder and Tom Shannon. You'll love the tasting sessions, musical evenings under the bower and children's workshops too.

www.chateau-la-coste.com

WINE MAKING

Château l'Evesque

Aix-en-Provence

The Chateau hosts a myriad of fascinating workshops, where amateur wine buffs and connoisseurs alike can enjoy furthering their knowledge in a great atmosphere. The classes include introductions to wine appreciation, tasting, introductions to wine making and even working the vines (pruning, de-budding and manual harvesting). And the new rooftop terrace with its sweeping views over the vines is simply stunning.

www.chateaulevesque.fr

10 MUST-DOS

- See the fishing boats arriving at Marseille port in the morning
- Take part in the olive harvest at 'Mas de la Tapi' in Mourières
- Drink a glass of chilled white wine facing Cape Canaille in Cassis
- Discover the manufacturing secrets of Aix's 'calisson' candies at the Roy René confectionery
- Sit down for a feast with all the family at the Martigues 'Sardinades' banquet
- Savour a 'Gardianne de Taureau' bull beef stew at a ranch in Camargue
- Learn how to cook a traditional Bouillabaisse with Gilles Conchy's mum (Provence Gourmet)
- Revel in the taste of your first sea urchin on Carry-le-Rouet port in February
- Hunt down the traditional Christmas 13 desserts in Aix, in December
- Sip a cocktail at the Carry Nation, perched in the trees in Aubagne





GOURMET HAMPERS, OR HOW NOT TO TAKE HOME A PLASTER CICADA

The gift that everyone loves and souvenir that won't clutter your shelves for the next decade is... Food! All you have to do is take your pick from Provence's sweet and savoury treats. 'Navette' biscuits for grandma, Sulauze beer for your pals and outstanding olive oil to hog to yourself... simply whip out your wicker basket and head to the market or local farms!

BIÈRE DE SULAUZE

Istres

A festival of beer. In this 300 year-old ancient sheepfold, Guillaume and Julien, two self-taught young brewers, make craft beer with cereals and hops grown on the domain using biodynamic techniques. Their 15 beers are featured at the 'Festival Provence Bière Connexion' on April 29th and 30th, 2017.

www.brasserie-desulauze.com

CONSERVERIE FERRIGNO

Port-Saint-Louis-du-Rhône

Or how to take home the best crab soup in town... Heirs to three generations of Mediterranean fishermen, the Ferrigno family, originating from the coast of Amalfi, produce fabulous seafood preserves, unique on the French Mediterranean coast. The treats in store include sardines, mackerel, fish soup, anchovies and octopus. It's in the can!

www.ferrignosa.com

ROY RENÉ 'CALISSON' CANDIES

*Musée du Calisson,
Aix-en-Provence*

Want to learn more about this iconic candy? The 'Musée du Calisson' offers a fun, gourmet itinerary retracing the history and manufacturing techniques of Provence's famous 'Roy René' confectioner, together with a hands-on workshop and boutique. And the Calisson cream spread is truly beyond words.

www.calisson.com

LILAMAND CANDIED FRUIT

Saint-Rémy-de-Provence

If you have a sweet tooth, you'll simply melt at the sight of the candied fruit made since 1866 by the Lilamand family in Saint-Rémy-de-Provence, in the Alpilles. The traditional production technique takes an impressive three months, to ensure the fruit - melons, peaches, cherries, citrus fruit and strawberries - remain firm and flavourful...

www.confiserie-lilamand.com

TABLES 13, A CHEFS' COLLECTIVE TO PROMOTE THE DESTINATION

An initiative of Provence Tourisme, the area's 'Tables 13' eateries are genuine ambassadors of the area, committed to excellent food made with fresh, seasonal, local produce, a warm welcome and advising visiting guests on the best things to see and do – once they've eaten of course! The 'Table 13' establishments are listed on the myprovence.fr website and in a printed guide available at local tourist offices.

www.myprovence.fr

FOUR DES NAVETTES

Marseille

The sweet scent of orange blossom... In Marseille's Saint-Victor quarter, a long queue forms at Candlemas in front of this baker's shop founded in 1781, for the traditional blessing by the Archbishop of Marseille. Jean-Claude Imbert and his son Nicolas continue to perpetuate the artisan 'Navette' biscuit tradition here with pride.

www.fourdesnavettes.com

PASTIS CHÂTEAU DES CREISSAUDS

Aubagne

'A Pastis or nothing' as the famous French advert says! And in Provence, that's no exaggeration... Spirit merchant Guillaume Ferroni makes his own craft Pastis. He gathers the 18 fresh plants (bay, rosemary, wild thyme, absinth, hyssop, mint, myrtle, etc.) used for his elixir from the grounds of Château des Creissauds in Aubagne. You can savour his cocktails in the evening on the platform perched in the Château treetops....

www.creissauds.com

OLIVE OIL AND TAPENADE AT MOULIN DU CALANQUET

Saint-Rémy-de-Provence

Brother and sister team Anne and Gilles Brun have been producing pure, natural olive oils with a very marked fruity green taste for an impressive five generations. Visitors enjoy a tour of the mill, topped with tasting of the olive oil and black and green olives. The creamed artichoke and tapenade petals are sinfully delicious too.

www.moulinducalanquet.fr



WHERE TO SLEEP?

TIMELESS

Baux-de-Provence

L'Oustau de Baumanière in Les Baux-de-Provence is the perfect place for a special occasion. This ancient Provencal bastide is also home to delightful rooms and... a star-rated Chef!

www.oustaudebauaniere.com

THE VIEW

Marseille

How about waking up in a designer room facing Marseille's Old Port? And while you're at the **Résidence du Vieux Port** in Marseille, you simply must try out their restaurant too (Gault & Millau Young Talent 2017).

www.hotel-residence-marseille.com

HEART OF CAMARGUE

Camargue

Set in 1,360-acre grounds, the 17th-century Mas de Peint has been the property of a family of bull breeders for several generations. Frédéric Bon and his architect wife Lucille have restored this magnificent old country house and converted it into a chic, simple and welcoming hotel.

www.masdepeint.com

OUTDOOR *it's* RECREATION, ONLY NATUREL

GRAND SITE SAINTE VICTOIRE,
SPLASHES OF COLOUR

**CAMARGUE REGIONAL NATURE
RESERVE,**
INTO THE WILD

CALANQUES NATIONAL PARK,
BIG BLUE-STYLE

CÔTE BLEUE MARINE PARK,
A WELL-KEPT SECRET

**ALPILLES REGIONAL NATURE
RESERVE,**
OLIVE TREES ON THE HORIZON

**GARLABAN HILLS AND MASSIF DE
L'ETOILE,**
THE LAND OF PAGNOL

Urban and protected natural areas are rarely as intrinsically entwined as they are in Provence. 50% of the area is classified as a Green Space and the Bouches-du-Rhône boasts an impressive 289 kilometres of Mediterranean shores. This very special character promises visitors an astonishing variety of town and country landscapes and seascapes. Camargue and the Alpilles, with their resolutely unique identities, rub shoulders with highly-populated zones – a fragile balance between man and nature that lends the area its inimitable charm.



GRAND SITE SAINTE-VICTOIRE, SPLASHES OF COLOUR

1

Opened in August 2000, the 'Grand Site Sainte-Victoire' is dedicated to promoting and protecting the natural and cultural environment of Sainte Victoire mountain and the surrounding towns. The emblem of the Aix area, the mountain is associated the world over with the work of Paul Cézanne, who portrayed its colours and changing quality of light - dazzling white limestone, ochre soil and deep green pines providing welcome shade - to perfection. More recently, photographer Bernard Plossu produced a superb series of black and white photos of the site. Visitors come here from all over the globe to roam its many footpaths. And the people of Aix love to explore 'their' mountain every which way: walking, climbing, mountain biking or star-gazing at the aptly-named 'Refuge Cézanne'.

www.grandsitesainte victoire.com

A historic rock-climbing venue and former training site for the towering Alpine summits, the Sainte Victoire has now become a genuine sanctuary. Kevin Piesset, an official climbing instructor, hosts weekend excursions with a night in a 'Portaledge' (a sort of tent attached to the rock face), as well as climbing lessons for all levels.

www.piessetkevin-moniteurescalade.com

If you fancy a less strenuous electrically-assisted bicycle tour, Ap'Ebike hosts weekly excursions on a variety of themes. The 'slow sport' discovery tours depart every Saturday morning from Le Tholonet, on the South face of the Sainte Victoire, and are open to all levels. A great way to tackle the mountain's hills and dales without losing your cool!

www.activ-provence.com



- THE BIBÉMUS QUARRY FOOTPATHS, ACCESSIBLE TO ALL THE FAMILY
- THE COLOURS AT SUNSET

THE GR®2013,
a metropolitan long-distance footpath around Etang de Berre lake and Massif de l'Etoile

The gorgeous landscapes of Provence are often just a step out of town! The GR®2013 is a fabulous suburban itinerary created during the Marseille Provence European Capital of Culture Year in 2013. The footpath offers a whole new angle on areas which, on the surface, appear to be well-known. Featuring stunning protected sites, together with suburban and urban zones, the footpath winds from town to country and back...

www.ffrandonnee.fr

CAMARGUE REGIONAL NATURE RESERVE,

INTO THE WILD

A vast alluvial plain born out of a constant battle between the Rhône River and Mediterranean Sea, Camargue is a fragile territory, alternating lagoons, brackish lakes, dunes, fresh water marshes and reed beds. The only delta of its size in France, Camargue is famed for its biologically-rich ecosystems and internationally-reputed for its nesting and migrating bird populations - it is Europe's only pink flamingo reproduction area! If you want to explore Camargue, the best way is to set off along its many footpaths and discovery trails (Mas du Pont de Rousty, La Palissade, La Capelière, Ornithological Park, Marais du Vigueirat), pedal to the end of the dyke on a mountain bike, roam the countryside on a Camargue horse or experience a day in the life of a bull ranch.

www.parc-camargue.fr

If you're a riding fan, you'll definitely want to enjoy a gallop over the wetlands of the 1,490-acre Domaine Méjanès, Paul Ricard in Arles, or trek peacefully along the marshes to watch the birds... You can also see some traditional cattle branding and watch the Camargue cowboys (gardians) take part in an exciting 'Course à la Cocarde' Rosette Race.

www.mejanès-camargue.fr

The Pont de Gau Ornithological Park is criss-crossed with a myriad of footpaths where you can enjoy listening to birdsong, observing (close up!) and photographing numerous bird species, including hundreds of pink flamingos. This vast, beautiful 150-acre park features lakes, marshes, luscious lawns, canals, reed beds and wetlands.

www.parcornithologique.com



- THE INFINITE HORIZONS
- THE RAW BEAUTY OF THE LANDSCAPES

FOLLOW THE GUIDE

Why not take a train instead of using your car? It's better for the environment and most of the scenery you cross is inaccessible to vehicles! The 'Petit train de la côte bleue' coastal railway line running from Marseille to Miramas stops off at all of Pagnol's favourite towns. Must dos: take a hike, have a drink at the local bar in Niolon, savour a dish of whitebait at 'Le Méjean' in Ensues-la-Redonne, go roller-skating on the Sausset-les-Pins coast road and join in a game of beach volleyball at 'Plage de la Couronne'.



CALANQUES NATIONAL PARK, BIG BLUE-STYLE

Created in 2012, this is France's 10th national park. Set near a city home to around 1 million inhabitants, it is Europe's first terrestrial, marine and suburban park. Its natural seascapes are simply stunning and home to 60 heritage species. This wild, protected paradise overflows with rare flora and fauna, such as Gouffé grass, pearl oysters and giant anemones, while further out to sea you can observe bottlenose dolphins and loggerhead turtles. The site's on-land biodiversity is remarkable too: 138 protected plant and animal species such as the Bonelli Eagle, Yellow-Legged Gull and European Free-Tailed Bat have set up home along this breathtaking succession of fjords, coves and soaring cliffs – among the highest in Europe. The 12,355-acre Calanques National Park is a truly exceptional site and world-renowned haven for walking, climbing, scuba diving and sea kayaking.

www.calanques-parcnational.fr

Cassis Calanques Plongée. Thirty years ago, Henri Cosquer was diving with this club when he discovered the famous underwater cave that now bears his name. Today, 'Cassis Calanques Plongée' hosts maiden dives and excursions from Spring through to the end of the year, offering aficionados a chance to explore the 'Calanques' fjords from La Ciotat to Marseille. A big thumbs up for the sunset dives every Thursday in Summer.

www.cassis-calanques-plongee.com

Sliding silently through the water, focusing only on the beauty of the surrounding landscapes... Sea kayaking is a soothing experience par excellence! Whether you're out during the day or at sunset, the ever-changing colours offer a magical show, to be enjoyed in the company of the Raskak Kayak professional guides, who have been unveiling the secrets of the 'Calanques' for over 15 years.

www.raskas-kayak.com

WE LIKE
ADORE

- THE PROXIMITY TO THE CITY
- THE BREATHTAKING COLOUR OF THE WATER

THE 'MYPROVENCE BALADE' APP ,

your number one ally this summer!

Access to the Bouches-du-Rhône's forested areas is regulated from June 1st to September 30th to prevent fire risks and protect walkers. The relevant times and areas change every day according to weather-related risks – check out the free 'MyProvence Balade' mobile app available on iTunes and Google Play for real time updates.

www.myprovence.fr



4

CÔTE BLEUE MARINE PARK,

A WELL-KEPT SECRET

Created in 1983, the 'Parc Marin de la Côte Bleue' is committed to protecting and promoting our natural marine heritage. Awareness is key to environmental protection and the park's snorkel trail is an ideal way to get familiar with the coastal underwater flora and fauna, with its vast Posidonia meadows, underwater caves, photophilous algae and coral reefs... The loggerhead turtle and bottlenose dolphin come to feed at this Natura 2000 site too!

If you want to enjoy some gentle sport while admiring the Côte Bleue coast from the sea, hop on board a stand up paddle board – SUP is fashionable and that's no bad thing: this mode of transport is both environmentally-friendly and a great way to get in shape! The Base Nature Nautique guides lead you on a fascinating tour of the marine reserve, followed by a quick dip and glass of punch if you're doing a sundowner!

www.loisirsprovence.fr

Get your flippers on, slip on a mask, put your head in the water and admire the scene... Just a few breaststrokes away, you'll come across a plant and animal life that you wouldn't even believe existed. You can enjoy a snorkelling excursion with or without guide departing from Carry-le-Rouet to appreciate the magnificent sea beds. And the best thing is, you don't need any special skills and the waters are shallow!

www.parcmarincotebleue.fr



- THE FISHERMEN'S COTTAGES IN THE FJORDS
 - THE 'HAPPY FEW' ASPECT
- 

ALPILLES REGIONAL NATURE RESERVE,

OLIVE TREES ON THE HORIZON

5

The Alpilles is a genuine picture postcard of Provence, overflowing with olive groves, ancient villages, stone houses and vines. This magnificent area has been forged by nature and carved by the hand of man. A steep block of chalk, measuring 30 km in length and 10 km in width, the Massif des Alpilles nestles inside the triangle formed by Arles, Avignon and Salon-de-Provence. Whether you're visiting on foot or by mountain bike, or drinking in the view from a glider or the rock face, this mountain range combining stark stone and unique red soil tinted with omnipresent bauxite is resolutely stunning. Amid the rocks and arid garrigue, you will come across swifts, blue rock thrushes, warblers and Europe's largest nocturnal bird of prey: the Eagle Owl.

www.parc-alpilles.fr

While you're visiting, don't miss out on a totally unique experience: gliding over the Alpilles in absolute silence, like a Bonelli Eagle... The Aéroclub des Alpilles in Saint-Rémy-de-Provence sweeps you up for a breathtaking 30-minute flight, with 360° aerial views over the whole of Provence and plunging vistas over the Alpilles, their stunning landscapes and celebrity villas!

www.aeroclub-alpilles.fr

Saint-Rémy-de-Provence, Les Baux-de-Provence, Maussane and Fontvieille... Take to the country roads on two wheels, stop off in the local villages and race along peaceful lanes lined with olive trees, vines and rocky outcrops. An absolute must: the aptly-named Val d'Enfer (Valley of Hell) with its bizarre rock formations – very eerie!

www.myprovence.fr

we LIKE
ADORE

- THE PROVENCE PICTURE POSTCARD
- THE CHARMING LOCAL MARKETS

SET YOUR OWN PACE WITH THE PROVENCE TOURISME TOUR GUIDES

published by Provence Tourisme

Available for free download, these detailed guides feature over 40 exciting itineraries for curiosity-seekers, amateur walkers, cyclists and sports fans of all ages. Overflowing with delicious vistas, heritage sites, tourist attractions and top addresses, you'll find plenty of choice here for every taste and ability. So, get on your bike to take the backroads, climb aboard your mountain bike to tackle a trail, or simply hop in the car for a tour of the area's scenic routes.

www.myprovence.fr/documentation



GARLABAN *and* MASSIF DE L'ÉTOILE, THE LAND OF PAGNOL

Marcel Pagnol's beloved childhood playground, the Garlaban Hills also form the backdrop to his delicious books and films. Everyone who has read his works will remember the scents of the garrigue, sounds of nature and blazing summer heat described in *My Mother's Castle*, *My Father's Glory*, *Jean de Florette* and *Manon des Sources*... Although the footpaths are busier today, the decor has barely changed. Throughout the year, they are now the stage for 'theatre itineraries' in the footsteps of Pagnol's heroes, historic reconstructions, donkey treks, botanical walks, bird walks and even moonlight walks... Set at the foot of the Garlaban, 'Domaine de la Font de Mai' is home to an interpretive trail where you can learn all about traditional rural life in the early 20th century. Set around an ancient farmhouse, this 250-acre estate also features crops, beehives and an olive grove, and hosts outdoor activities throughout the year.

www.tourisme-paysdaubagne.fr

Live out the story of Pagnol's tragi-comedy 'The Well Digger's Daughter' as you explore the hills and dales of Allauch. This very novel, 10 km itinerary, immerses walkers in Provence's ancient landscapes and a day in the life of Jacques, the intrepid aviator and Patricia, the virtuous well digger's daughter, interpreted by the theatre troupe 'Dans la Cour des Grands'.

www.danslacourdesgrands.fr

Another place, another time... The 'Garlaban, Treasure & Legends' theatre itinerary by the 'Comédie d'un Autre Temps' troupe is a comedy-thriller, combining suspense, a great performance and beautiful nature walk. Save the dates! Sunday June 4th and October 8th, 2017.

www.tourisme-paysdaubagne.fr

we LIKE
ADORE

- THE CHILDHOOD MEMORIES
- THE SUN-DRENCHED,
HERBY SCENTS OF THE HILLS



WHERE TO SLEEP?

BELLE ÉTOILE

Aubagne

Outdoors (or almost). Gaze at the stars and let the Milky Way lull you to sleep in the amusing 'Bulles des Bois' sleeping bubbles in Aubagne, for a night in tune with nature.

www.bullesdesbois.fr

NEAR THE 'CALANQUES' FJORDS

Marseille

Set your bags down for a few days at the 'Hôtel 96' boutique hotel, between the world-famed fjords of Sormiou and Morgiou. You'll have fun getting around on your bike and enjoying a well-earned rest at the poolside.

www.hotel96.com

SO CHIC

Baux de Provence

Refined suites, a gastronomic restaurant, spa and golf course at 'Domaine de Manville' in Les Baux-de-Provence. The embodiment of luxury.

www.domainedemanville.fr

WILD CAMARGUE

Saintes-Maries-de-la-Mer

After a thrilling gallop across the beaches and delicious 'gardianne' bull beef stew, a restful night awaits you at an authentic cowboy's cottage in Camargue, at the very chic Auberge Cavalière.

www.aubergecavalier.com

ALPILLES

Saint-Rémy-de-Provence

A haven of chic, countrified tranquillity, 'Domaine Méjean' features three superb, contemporary, eco-friendly wooden lodges, plus an astonishing 'container suite' blending perfectly into the site's exceptional environment.

www.domaine-mejan.com



PROVENCE, *a* WELCOMING LAND

**MARSEILLE, FRANCE'S
LEADING CRUISE PORT**

**DOWN THE RHÔNE RIVER
TO PROVENCE**



MARSEILLE, FRANCE'S LEADING CRUISE PORT

1

Clocking up over 1.5 cruise passengers per year, Marseille is France's n° 1 cruise port, ranked 5th in the Mediterranean and 17th in the world for total cruise traffic. All of the major cruise lines stop over in Marseille or have their home port here. Marseille aims to join the world's top 10 ports by 2020, by welcoming 2 million passengers. It is the perfect choice for tourists wishing to explore a little more and embrace every facet of Provence during their call or before boarding.

A CULTURAL CRUISE CALL

- 15 minutes from the Terminal – enjoy an exhibition at the Mucem, stroll the streets of the ancient Panier quarter, or pore over a book at the 'Librairie du Centre' bookshop at the Vieille Charité arts centre...
- 15 minutes from the Terminal – hop on board the tourist train from the Old Port (Vieux-Port) to Notre-Dame-de-la-Garde basilica to enjoy the breathtaking views over the Bay of Marseille, then head back via the famous Corniche Kennedy coast road.
- 30 minutes from the Terminal – Aix-en-Provence, its historic quarter, ancient mansion houses, exhibitions and major cultural events, against the backdrop of Sainte Victoire mountain celebrated by Cézanne.
- 1 hour from the Terminal – Arles, a town cherished by artists such as Van Gogh, Christian Lacroix, and Lucien Clergue, with its high-flying cultural line-up in a setting of stunning Roman monuments.
- 1¼ hours from the Terminal – the Alpilles area and its unique highlights such as the 'Carrières de Lumière' multimedia exhibition centre in Les Baux-de-Provence, or Saint-Paul-de-Mausole Cloister in Saint-Rémy-de-Provence, where Van Gogh once resided...

A BREATH OF FRESH AIR

- 15 minutes from the Terminal – dive into the Calanques National Park running from Marseille to Cassis: Europe's only terrestrial, marine and suburban national park.
- 1¼ hours from the Terminal – enjoy a bike ride in the Alpilles Nature Reserve, overflowing with olive groves, vineyards and ancient villages: a genuine concentrate of Provence.
- 1¼ hours from the Terminal – discover everyday life on a ranch, gallop across the beaches on a Camargue white horse and admire flocks of pink flamingos in the marshes...



SHOPPING SPREE

- 15 minutes from the Terminal – shopping for every taste just a stone's throw from the port with 'Halles de la Major' for gourmets, 'Les Terrasses du Port' for its unique rooftop terrace overlooking the Med and 'Les Docks Village', marrying maritime history and contemporary design.
- 1 hour from the Terminal – the new 'McArthurGlen Provence' designer outlet in Miramas for a carefree shopping spree after a ride on the Côte Bleue coastal train.

FOOD & WINE

- 1 hour from the Terminal – enjoy a tour of Aubagne's impassioned ceramics and 'Santon' figurine makers, upholding the town's time-honoured craft traditions.
- 1 hour from the Terminal – savour the world-famed Cassis wines at a prestigious vineyard overlooking the Med.
- 1¼ hours from the Terminal – green or ripe? Learn all about olive oil making and taste Provence's extraordinary oils in the foothills of the Alpilles.

MC ARTHUR GLENN PROVENCE, THE NEW MUST-DO DESIGNER OUTLET

Visitors from the world over have been flocking to this vast, open-air outlet in Miramas, headlining over 120 luxury and designer brands at friendly prices, since it opened in April 2017. Tourists and local shoppers alike rub shoulders in the pretty streets of this new shopping Mecca, resembling a Provencal village.

www.mcarthurglen.com



DOWN THE RHONE RIVER *to* PROVENCE

2

More popular every year, river tourism promises a bright future for the Rhône River and its Provencal ports of call Tarascon, Arles, Port-Saint-Louis-du-Rhône and Martigues. But river tourism doesn't just create revenue and jobs: it also encourages year-round tourism. Provence Tourisme assists the local river ports in welcoming this growing clientele, keen to get a new angle on Provence. Climb aboard for a trip down the Rhône to Provence!

TARASCON, THE ESSENCE OF PROVENCE

After visiting the castle of Good King René and a roam round the paved streets, don't miss a stop-off at Maison Souleïado. One of the very first producers of Provence's famous fabrics and 'indienne' printed cottons, the tour includes the ancient workshops, wooden printing blocks and Provencal costumes and ends with the shop, where you'll be hard put to resist the Provencal tablecloths and colourful candles by Prémontres. The escapade continues in Montagnette at Saint-Michel du Frigolet Abbey, built in the 12th century by a community of Canons, featuring a cloister, church and little chapel with a beautiful Baroque decor, adorned with ornate gilded woodwork, donated by Queen Anne of Austria.

ARLES, A VOYAGE BACK IN TIME

Visiting Arles is like opening a history book and diving into Roman Provence... Home to the Alyscamps, Cryptoporticus, Arena, Theatre and Baths, it is the world's 2nd leading hub of Roman monuments after Rome itself... Simply purchase the Arles Pass if you want to get your fill of history and wind up your tour with a visit to the 'Musée Départemental Arles Antique'. You can also download the Rallyvisit app for a fun discovery tour for all the family.

MARTIGUES, THE VENICE OF PROVENCE

Set between the Mediterranean Sea and Etang de Berre lake, the waterside town of Martigues, carved out by its patchwork of Venetian-style canals, is a wonderful place for a relaxing stroll. You can take a ride on the boat bus, stop off for coffee at the 'Miroir aux Oiseaux', attend a concert at Annonciade chapel or pick up some gastronomic treats on market days: Provencal lifestyle reigns here! Whether you fancy joining in the weekly sardine banquet or attending the World Music festival, the summer events programme offers entertainment for every taste.

PORT-SAINT-LOUIS-DU-RHÔNE BY BIKE

You can disembark at Port-Saint-Louis or reach the port by bike from Arles – the trip is definitely worth it and is filled with superb inroads into Camargue. A beautiful green route leads to the Rhône Delta along Arles canal, while a cycle path in Port-Saint-Louis-du-Rhône takes you to Plage Napoléon for a well-earned dip in the Med. On your way, stop off at Mas-Thibert, home to Vigueirat marsh, where you can enjoy some bird-watching. Don't forget to treat yourself to a platter of Camargue oysters too and fill your basket with goodies from the Ferrigno cannery.



2018 DIARY

LOVE IS IN THE AIR!

Marseille is all set for another capital year with **MP2018, Quel Amour!** – a genuine love letter to art, artists and Provence, headlining major events in Arles, Aubagne, Cassis, Istres, Marseille, Miramas and Salon-de-Provence. With a great line-up of popular celebrations, exhibitions, operas, concerts and theatre plays, we promise you some tender loving cultural care from February 14th to September 1st, 2018! www.mp2018.com

BEST OF CULTURE

Picasso is the star of our museums in 2018, taking centre stage in Marseille from February to June with Picasso et les Ballets Russes at the **Mucem** www.mucem.org and Picasso, Voyages Imaginaires at the **Centre de la Vieille Charité** www.vieille-charite-marseille.com. You'll find him striking up a conversation with Botero at the **Caumont Art Centre** in Aix-en-Provence until March www.caumont-centredart.com and at **Musée Granet** with Picasso-Picabia, Histoire de Peinture, running from February to September www.musee-granet-aixenprovence.fr. The year will be winding up with the Soleil Chaud, Soleil Tardif exhibition at the **Van Gogh Foundation** until November www.fondation-vincentvangogh-arles.org, while the **Carrières de Lumières** in Les Baux-de-Provence www.carrieres-lumieres.com will be hosting the Picasso et les Maîtres Espagnols multimedia show until January 2019.





CHIN DEEP IN FESTIVALS!

A festival of sound, with classical orchestras and exceptional soloists at the **Festival de Pâques** in Aix-en-Provence from March 26th - April 8th. www.festivalpagues.com. and an opera feast at the **Festival International d'Art Lyrique** in Aix in June and from 4th - 24th. www.festival-aix.com.

Make way for the **Rencontres Internationales de la Photographie** in Arles, held in the town's most emblematic venue from July - September, www.rencontres-arles.com. In Marseille, Palais Longchamp, Théâtre Silvain, La Friche Belle de Mai and The Mucem will be the stage for the **Festival Marseille Jazz des Cinq Continents** from July 18th - 27th. www.marseillejazz.com. Arles will be vibrating to the sound of World Music for 7 days and 6 nights at the **Festival des Suds - Musique du Monde** from July 9th - 15th. www.sud-arles.com. while young talents and renowned pianists will be regaling audiences with evening recitals at the **Festival International du Piano in La Roque d'Anthéron** from July 20th - August 18th, www.festival-piano.com

IN THE STREET

The traditional **Pèlerinage des Gitans**, Gypsy Pilgrimage in Saintes-Maries-de-la-Mer and its procession of statues on May 24th - 25th is simply spectacular. www.saintesmaries.com.

Alternatively, you can opt for some traditional Camargue Bull Games at the **Easter Feria** in Arles from March 30th - April 2nd. www.arlestourisme.com. A giant picnic, cookery show by renowned chefs and Provencal produce are on the menu of the **Fête la Gastronomie en Provence !** from September 21st-23rd. www.myprovence.fr. Cassis celebrates its grape harvest with the **Vendanges Étoilées** featuring producers, craftsmen and culinary demonstrations for all the family from September 21st-23rd. www.les-vendanges-etoilees.com. And at Christmas, Arles invites you on a magical, poetic and zany voyage into a fantasy world with a variety of street entertainment in December. www.drole-de-noels.fr

TOOLKIT

AT YOUR SERVICE

Provence Tourisme is a non-profit organization forming part of the Area Council. It is dedicated to guaranteeing visitors a high-quality welcome and promoting sustainable tourism in the Bouches-du-Rhône in respect of local inhabitants.

THE BEST OF THE BOUCHES-DU-RHÔNE

Provence Tourisme offers visitors a vast choice of must-dos in line with your tastes and expectations. We also love to get you off the beaten track thanks to our in-depth knowledge of the area - and we'll never try to sell you anything!

MYPROVENCE.FR

A NEW WAY OF EXPERIENCING YOUR PROVENCE

Myprovence.fr is a smartly-designed, user-friendly, visual and intuitive website bringing together the very best the destination has to offer, hand-picked and narrated by Bouches-du-Rhône Tourisme, along with local tourist offices, bloggers and bona fide inhabitants.

Myprovence.fr allows you to create YOUR Provence, including your favourite addresses, secret places and must-do experiences.

FOLLOW US ON





HERE ARE SOME USEFUL TOOLS FOR YOUR ARTICLES...

MYPROVENCE.PRO

www.myprovence.pro is an exhaustive and tailored website designed for Bouches-du-Rhône travel professionals and the press:

- Downloadable press and professional publications by Provence Tourisme (reports, studies, press files, newsletters, etc.)
- A rights-free photo library featuring 2,000 downloadable images to illustrate your press articles.

Photo Library access:

- Go to www.myprovence.pro
- Got to menu / journalists / photo library.
- Click the 'pro' tab on the top right
- Click on 'Access to the pro and press library'
- Request your login. You will receive it within a few hours.

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Provence Tourisme is appointed by the Area Council to facilitate coordination between travel professionals and promote the beauty of the Bouches-du-Rhone territory.
Provence Tourisme hand-picks the very best travel experiences the destination has to offer.
Check us out at myprovence.fr

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