

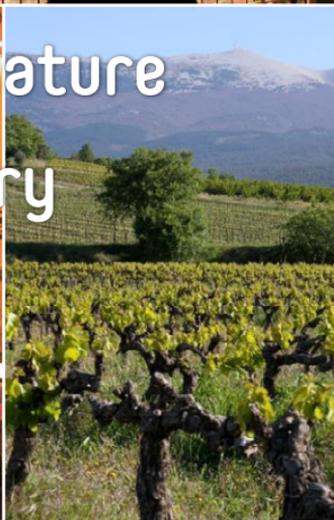
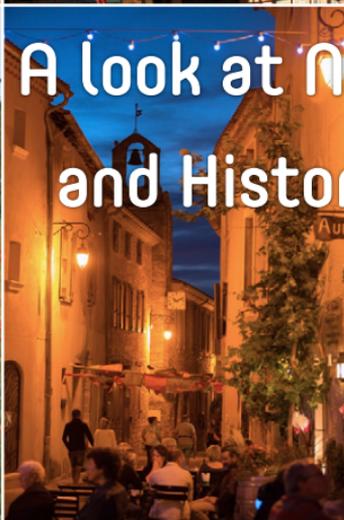


BEST OF PROVENCE





With the Passing
seasons



VENTOUX-
PROVENCE

www.ventouxprovence.fr



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■ PETIT FUTÉ BEST OF PROVENCE 2020 ■

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Write to the editor : info@petitfute.com

WELCOME TO PROVENCE!

Made for English-speaking people looking for good tips and good addresses in Provence, "Best of Provence" by Petit Futé is a practical guide that will help you find accommodation, restaurants and organize visits and outings.

Provence is well known by gastronomy lovers, with tasty local produce and sunny mediterranean dishes, but there is also an extremely rich cultural heritage; you will discover castles, abbeys, churches, natural sites, museums, and countless other attractions. You will no doubt be captivated by this bright and colourful place where lavender scents fill the air, like many artists such as Van Gogh and Cézanne were. Whether you are alone or with family, looking for a green holiday, or an urban stay in one of the region's main cities, Provence has something to offer you: varied landscapes, charming towns, small perched villages and a wild nature that you can explore by foot or bike.

Provence is also the craftsmen, the festivals, the cultural and culinary events, the markets where you can find delicious local products...

With this guidebook, Petit Futé has done everything possible to give you a selection of addresses gathering the must-sees as the hidden treasures for a successful stay. and to enjoy the best of Provence!

Welcome!



 **PRINTED IN FRANCE**

TABLE OF CONTENTS

DISCOVERY

Must-sees	10
Bouches-du-Rhône	10
Vaucluse	12
Gourmet Provence	14
Festivals and events	17
Alpes-de-Haute-Provence	17
Bouches-du-Rhône	17
Vaucluse	21

FROM PLACE TO PLACE

Bouches-du-Rhône.....	26
Alpilles.....	26
<i>Saint-Rémy-de-Provence</i>	26
Aureille.....	41
<i>Les Baux-de-Provence</i>	42
<i>Châteaurenard</i>	50
<i>Eygalières</i>	52
<i>Eyguières</i>	54
<i>Fontvieille</i>	55
<i>Mas-Blanc-des-Alpilles</i>	58
<i>Maussane-les-Alpilles</i>	58
<i>Mouriès</i>	60
<i>Noves</i>	61
<i>Paradou</i>	61
<i>Saint-Etienne-du-Grès</i>	61

<i>Salon-de-Provence</i>	62
Montagnette.....	68
<i>Tarascon</i>	68
<i>Barbentane</i>	71
<i>Graveson</i>	72
<i>Rognonas</i>	73
Camargue	74
<i>Arles</i>	74
<i>Saint-Martin-de-Crau</i>	96
<i>Port-Saint-Louis-du-Rhône</i>	97
<i>Saintes-Maries-de-la-Mer</i>	98
Marseille and the coastline.....	106
<i>Marseille</i>	106
Aix-en-Provence et pays d'Aix	154
<i>Aix-en-Provence</i>	154
Vaucluse.....	186
Avignon	186
<i>Avignon</i>	186
Pays de Châteauneuf-du-Pape.....	219
<i>Châteauneuf-du-Pape</i>	219
<i>Courthézon</i>	224
Lucaron	226
<i>Ansouis</i>	226
<i>Lourmarin</i>	232
<i>Lauris</i>	237
<i>La Tour d'Aigues</i>	240

	direct access to the beach
	bar
	laundry
	air conditioning
	nightclub
	cash machine
	drinking water
	horse riding
	smoking area
	non-smoking
	fitness
	miniature golf
	hard of hearing disability

	visually impaired disability
	mental handicap
	motor disability
	garden or park
	games
	washing machine / laundry
	bicycle rental
	grocery store
	airport shuttle
	fishing
	indoor swimming pool
	outdoor heated pool
	outdoor pool

	take away
	room service
	fitness room
	playroom / tv
	modern sanitary
	water sports
	tennis
	archery
	waterslide
	fan
	toilet drain
	sailing



Basilica Notre-Dame-de-la-Garde, Marseille.

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Palace of the Popes.

<i>Pertuis</i>	241	Les Dentelles de Montmirail	266
<i>Apt</i>	243	<i>Beaumes-de-Venise</i>	266
<i>Bonnieux</i>	246	<i>Gigondas</i>	267
<i>Roussillon</i>	253	Orange	269
<i>Oppède et Oppède le Vieux</i>	253	<i>Orange</i>	269
Mont Ventoux.....	254	Pays de Sault.....	273
<i>Bédoin</i>	254	<i>Sault</i>	273
<i>Carpentras</i>	255	Pays de Vaison-la-Romaine.....	275
Comtat Venaissin.....	259	<i>Vaison-la-Romaine</i>	275
<i>Pernes-les-Fontaines</i>	259	<i>Rasteau</i>	278
<i>Saint-Didier</i>	261	Enclave des Papes.....	280
<i>Venasque</i>	261	<i>Richerenches</i>	280
Pays des Sorgues.....	262	<i>Valréas</i>	280
<i>L'Isle-sur-la-Sorgue</i>	262	<i>Visan</i>	282
<i>Fontaine de Vaucluse</i>	264	Index	283



These are Petit futé's special recommendations

FIND THE BEST VISITS

★ INTERESTING ★★ EXCELLENT ★★★ UNMISSABLE ★★★★★ UNFORGETTABLE

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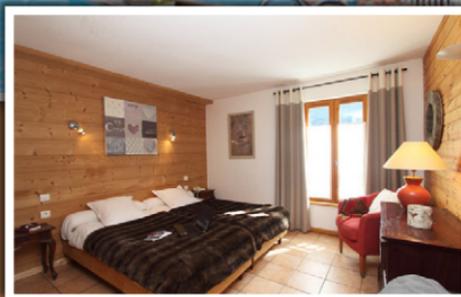


Muriel, Philippe & their team

Tél. 04 76 79 97 97

Fax 04 76 79 97 63

www.panoramic-village.com





Walk on the streets of Roussillon.

© CHERYL RAMALHO - SHUTTERSTOCK.COM

DISCOVERY



MUST-SEES

BOUCHES-DU-RHÔNE ★★★★★

Notre-Dame de la Garde

■ **BASILIQUE NOTRE-DAME-DE-LA-GARDE**

Rue Fort-du-Sanctuaire (7^e)

MARSEILLE

☎ 04 91 13 40 80

www.notredamedelagarde.com

contact@notredamedelagarde.com

Bus 60 from the Vieux-Port.

Low season: open from 7am to 6.15pm. High season: from 7am to 7.15pm. Attention, last parking is closed at 7pm in winter and at 8pm in summer, all the vehicles must have left this one before closing. Free.

The symbol of the city par excellence. Well-known place from the whole city, the "Bonne Mère" is the embodiment of the inhabitants of Marseille and appreciated by casual guests. The lookout surrounding the Basilica offers stunning views of all the surroundings which will convince even the least pious of us. Picking in 147 m over the town, the GardeHill has always been an observation post. In order to protect Marseille from the armies of Charles Quint, François I built it there and a fort designed to ensure a good legal defense of the city in 1524. The foundations of a first chapel dating back to 1214 form the core of the military building.

The hill remains sacred and the chapel is regularly honored with royal visits over time. In the nineteenth century, the aging sanctuary is not be large enough to accommodate all its visitors. Monseigneur de Mazenod then decides to build a much larger building on the

existing building. The works, entrusted to the architect Esperandieu began in 1853. In Roman-Byzantine style, the building consists of a low church composed of a vaulted crypt that houses a polychrome crucifix (of the sixteenth century) and mater dolorosa style of Carpeaux sculptor. The high church, the sanctuary is dedicated to the Virgin and full of ex-votos from the ground to the ceiling. The ascent is difficult especially the summer, but a visit to the Bonne Mère is inevitable. The descent by the flowered du Roucas blanc neighborhood is also worth a look.

The arenas of Arles

■ **LES ARÈNES D'ARLES (AMPHITHEATER)**

Rond-point des Arènes
ARLES

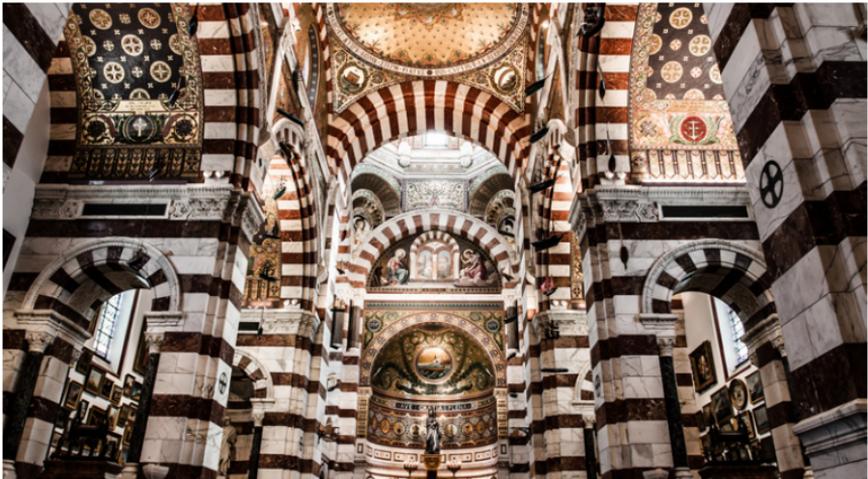
☎ 04 90 18 41 20

www.arenas-arles.com

contact@arenas-arles.com

Open all year. Low season: every day from 10am to 5pm. High season: every day from 9am to 7pm. Adult: €6.50. Activities.

Apparently inspired by the Coliseum of Rome, slightly older, the Arena were the pride of Arles for nearly four centuries. This temple of games could welcome up to 21 000 people, crowding up to see the gladiators fight to death or even reconstructions of hunting scenes. After the fall of the Empire, the arenas were transformed into fortress with the construction of four towers, about two



Basilica Notre-Dame-de-la-Garde in Marseille.

The Lavender routes

The lavender routes are one of the most authentic and picturesque initiatory routes (6 circuits, or 950 kilometers). Lavender in France is a whole story, memory, know-how, witnesses and actors who have made the roads of lavender from the past to the present. Several themes will allow you to discover them: by bike, on foot, on motorcycle, through wellness stays (lavender spa, sauna with essential oils), through painting courses etc.

You will travel through the country of lavender from Vercors to the Diois, from Haute-Provence to Verdon, from the Provençal Drôme to Haut-Vaucluse, from the Provençal Prealps of Buëch to the Baronnies and between the Ventoux, the Luberon and the Lure. Six free tours to discover, with 150 actors and witnesses of lavender, decorations and scents that will plunge you into the heart of lavender flower!

During your journey, take care to bring a small bag of lavender to perfumed your cabinets, as every Provençal does, or an essential oil bottle. Its unique perfume will embalm the entire house. Note that almost 30 tons of essential oils are produced each year in the region. They even have a registered designation of origin since 1981. However, this production has been divided by three since 2005, as a bacterium is wreaking havoc on the plantations. France thus has lost its leadership to Bulgaria. Lavender is sometimes replaced by lavandin, much less fragile and a slightly more camphorated smell. Almost 1,000 tons of essential oils are produced each year.

hundred houses and even two chapels. It is finally on the initiative of the writer Prosper Mérimée that this unique place is classified as "Historical Monument" in 1840. Its prime function, to welcome major events, is still valid: the Roman games of the 1st century give way to bullfights organized during the two Féria, annually. The arenas, went through a vast plan of restoration and development (the works lasted 10 years and cost 25 million euros), and since July, 2013 got back their original brightness. From an architectural point of view, the amphitheatre is 21 meters high with two levels of 60 arches in full round arch, separated by massive posts of rectangular section. With a main line of 136 meters in length and a small axis of 107 meters, the amphitheatre of Arles is slightly bigger than that of Nîmes, and occupies the twentieth rank among those of the Roman world.

and nature lovers (there are 900 flowering plants, 27 mammal species and 126 different bird species), the massif would have been paced up and down, according to a study published in January 2011, by 930,000 people between March 2009 and March 2010! Sainte-Victoire is also known to have inspired the painter Paul Cézanne who dedicated nearly a hundred canvases to it. It is the one which has immortalised it who still speaks about it best: "Look at this Sainte-Victoire. What an impulse, what a pressing thirst for the sun and what melancholy in the evening when all this weight falls down... These blocks were fire. There is still fire in them."

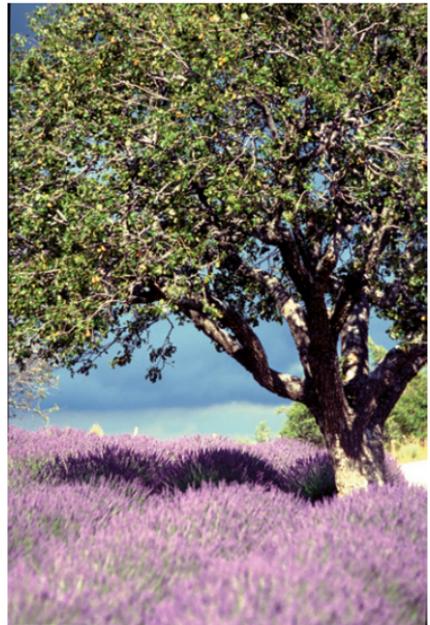
The Sainte-Victoire mountain

■ LA MONTAGNE
SAINTE-VICTOIRE
AIX-EN-PROVENCE



Free.

Located east of Aix-en-Provence, the Sainte-Victoire mountain, rises to 1,011 m high (Pic des Mouches). This gigantic wave of limestone towers above the surrounding countryside on 18 kilometres to go and flirt with the department close to Var. If its northern side gently goes down in a series of plateaux towards the plain of Durance, the southern side and its dizzying precipice on Vallée de l'Arc testify to an eventful geological history. It is on the side of this high wall that the Roman consul Caius Marius pushed the Teutons and the Cimbres in 102 BC: the mountain then finds its name, that of Victoire. Sanctified at the Middle Ages by Christians, it was renamed Sainte-Venture, before taking its current name in the 17th century, derived from its Provençal patronym: Mont Venturi mount. Paradise of hikers



© VINCENT FORNICA

Lavender field.

VAUCLUSE ★★★★★

Palace of the Popes of Avignon

■ **PALAIS DES PAPES**
AVIGNON



☎ **04 90 27 50 00**

www.palais-des-papes.com
information@ot-avignon.fr

Open all year. From September 1st to November 1st, from 9am to 7pm; from November 2nd to end February from 9.30am to 5.45pm; in March from 9am to 6.30pm; from April 1st to June 30th from 9am to 7pm; in July from 9am to 8pm; in August from 9am to 8.30pm. Free for under 8-year-olds. Adult: €12. Pupils €6.50. Reduced rate: €10. Visit completed with the Avignon bridge: €14.50, reduced: €11.50. Free Audioguide. Children welcome (instruction required for the strollers). Guided tour. Shop. No pets allowed.

With over 650,000 visitors a year, the Palais des Papes is one of the ten most visited monuments in France. It is a true symbol of the Church's influence on the Christian West in the 14th century, this monumental masterpiece of 15,000 m² is the largest fortress of the Middle Ages and the largest Gothic palace in Europe. Built in less than twenty years, from 1335, the palace – listed on the World Heritage List by the UNESCO – is mainly marked by two popes, Benoît XII and Clément VI. Later occupied by the Legates and Vice-legates from the 15th century and transformed into a barracks until 1906, it has since then experienced several restoration works. Offering countless incomparable riches on an architectural and pictorial aspect, visitors will experience all the splendour of the papal court. It requires about one hour to visit more than twenty-five places: the ceremonial halls, courtrooms, chapels with magnificent frescoes

of the famous Matteo Giovanetti and the private papal apartments. The monument also offers regular cultural events throughout the year. Thematic and educational exhibitions, themed tours and concerts are organized. During summer, a large art exhibition occupies the Grande Chapelle while the performances of the Avignon Festival, created by Jean Vilar in 1947, takes place in July in the Cour d'Honneur of the palace.

Luberon's Regional Natural Park

■ **LE PARC NATUREL RÉGIONAL DU LUBERON**

60, place Jean-Jaurès

84404 Apt

☎ **04 90 04 42 00**

www.parcduluberon.fr

communication@parcduluberon.fr

Maison du Parc du Luberon, in Apt, is open Monday to Friday from 8.30am to 12pm and from 1.30pm to 6pm and Saturday morning in high season.

The Luberon, majestic mountain, a millennial world of human life and history, has remained virtually intact. The massif stretches gently over 60 km from east to west. Lourmarin's combe, the only natural passage crossing the massif, divides it into two parts. In the west, the Petit Luberon widened by ravines and gorges, does not exceed 700 m. As for the Grand Luberon, it extends to the east and roll out its massive and softer slopes that culminate in the Mourre Nègre at 1,125 m and includes a wide sloping ledge: the Claparèdes plateau. Created in 1977, the Luberon regional natural park stretches from Villeneuve (04) to Cavaillon and the Coulon Valley to the Durance Valley, protecting 72 municipalities. Land bitter and shaped by the winds, the Luberon



View of Palace of the Popes, Avignon.



© EUROTOURISM

DISCOVERY

Mont Ventoux.

has the strange power to worry when the fall of day arrives, like seduce when the sun shines high. It is all this set of history of history mingled with fortunes and misfortunes that the Park has been protecting for 30 years. All of these ochre landscapes, orchards as far as the eye can see, green hills, small villages of perched stone make it a dream place.

Mont-Ventoux

■ LE MONT VENTOUX



Open all year. Free.

1912 m, 25 km long and 15 km wide! Classified as a “biosphere Reserve” by UNESCO, its sides combine all types of Nordic Mediterranean climates, constituting an extraordinary wealth of flora and fauna. For example, depending on the season and altitude, you can discover the Candolle Iberis which from June to August grows

on the gravel of the summit, the beautiful poppy from Greenland (July), the very rare Martagon lily on the north side at the end of summer or the Fabre Niveole that exists only on the south side (it blooms a week in early May). Being a unique site, this majestic white pyramid blown by the winds two-thirds of the year, is stride across each year by hundreds of cyclists wanting to conquer the slopes, trying to repeat the exploits of climbers of the Tour de France. Once at the top, their efforts are amply rewarded: on a clear day, the “bald mountain” offers views of the Provence, from the Alps to the Mediterranean, to Massif Central and Cevennes. Note that snow remains at the top for about 140 days per year. Enough to install a ski resort, that of the Serein mountain, on the north side. With its 12 km of alpine ski tracks and seven kilometres of Nordic skiing, it offers the unique opportunity to enjoy the joys of skiing under the midday sun!

Identity card

- ▶ **Population:** 3,726,555 inhabitants
- ▶ **Density:** 185 inhabitants/km²
- ▶ **Surface area:** 21,552 km²
- ▶ **Prefectures:** Marseille, Digne-les-Bains, Toulon and Avignon
- ▶ **Sub-prefectures:** Barcelonnette, Castellane, Forcalquier, Aix-en-Provence, Arles, Istres, Brignoles, Draguignan, Apt and Carpentras.
- ▶ **Number of municipalities:** 623
- ▶ **Departments that make it up:** Alpes-de-Haute-Provence, Bouches-du-Rhône, Var, Vaucluse
- ▶ **Main rivers:** Durance, Rhône, Verdon

GOURMET PROVENCE

Local specialties

Aïoli

Friday is aïoli! Don't be surprised to find this dish so typical on many restaurant slates that day. More than a "garlic mayonnaise", aïoli requires above all know-how and some efforts to emulsify garlic and olive oil, to which it is customary to add an egg yolk and lemon, using a pestle in a mortar. The sauce obtained is used to season cod, whelks, boiled vegetables that accompany it: green beans, carrots, cauliflower and potatoes, and hard-boiled egg. A simple but very tasty dish. Of course, to be enjoyed with a partner. As Frédéric Mistral recalled: garlic "also has a virtue: it's to keep flies away."

Anchoïade

The anchoïade is to Provence what *fondue* is to Savoie! Though this dish is served cold, the principle is the same: we dip pieces of food (in this case pieces of carrots,

cauliflower, celery and other vegetables) into a common container. The "sauce" is composed of crushed anchovies, capers, with olive oil and garlic. The anchoïade can also be spread on pieces of bread.

Bouillabaisse

The dish is from a modest background: it was the soup of fishermen from the Calanques who, back to the port, were used to heating a cauldron filled with seawater. They cooked unsellable fish and added some herbs and fennel. Over time, the dish had been improved: seawater was replaced by fumet, the fish became more noble... So the dish of the poor became that of the bourgeois. Even today, to eat a good bouillabaisse, you have to pay for it. You should be very careful unscrupulous restaurants... Since 1980, some have established a charter of bouillabaisse which determines, in particular, the fish to be used (at least 4 species of rock fish of the following: scorpion fish, white scorpion fish, spotted weever, galinette (gurnard mullet), John Dory fish, anglerfish (monkfish), conger eel, or rockfish). You've been warned!

The Var, department of green gold!

It's the 2nd French department for the production of olive oil. 143 out of 153 municipalities produce green gold. With 43 mills and more than 2,500 ha of plantations, the Var has the distinction of having the largest selection of olive trees in France with no less than 30 varieties. Two appellations are present in this department: AOP Aix-en-Provence and AOC Provence.



VIEUX MOULIN À HUILE DU PARTEGAL

159, chemin des Laures

LA FARLÈDE ☎ 04 94 48 48 85

www.moulindupartegal.com

moulindupartegal@wanadoo.fr

A57 towards Cuers, then D97 La Farlede.

Guided tours on Tuesday, Thursday, Friday, and Saturday at 10: 15am, 11: 15am, 3: 15pm, 4: 15pm, and 5: 15pm (free for individuals and charged for groups by appointment). Except school holidays, visits from 10: 15am and 5: 15pm are cancelled. From April to September, open daily, closed on Sundays and Wednesday in April/May and September from 10am to 12pm and from 3pm to 5pm (6pm in July and August).

This old 14th century oil mill still in operation promises a unique visit. You will discover on site a millstone driven by wooden gears rotating in its "pond", settling tank, as well as old tools that are still used today. You will know everything about this lovely place: from the old mill to the new one, from the harvesting of olives to the production of oils using the traditional methods. During an expert blind tasting, blue glasses are used so you will not be confused by the colour of the oil! You will learn to recognize the different flavours, aromas and scents of Provence oil. You will also learn how to combine olive oil with other products that you might have not thought of. A surprise awaits gourmets and gourmands... For the curious, the website offers many information about the benefits of its products, and the online store allows you to discover a wide range of traditional olive oil and mill products – the excellent and rare "oil flower" for example, which delights amateurs since 2014, this rare and exceptional nectar is produced from the crushing of olive without using the squeezer, the oil flower is produced in a limited quantity (90 litres). With its great quality oil, Le Moulin du Partegol was a subject of numerous television reports on TF1, France 2, France 3 and M6, and is regularly awarded with beautiful medals: still in 2016, a gold award at the Concours Général Agricole in Paris, and gold Epicure for its oil flower during the Los Angeles International extra virgin olive oil Competition in California.



VIEUX MOULIN
À HUILE
DU PARTÉGAL

*Guided tours
and
Olive oil tasting*

English free guided tours and olive oil tasting on booking
Every day except on Sundays, Easter Monday and 1st May



Moulin du Partegal
159 chemin des Laures
83210 La Farlède
04 94 48 48 85
contact@moulindupartegal.fr





Soup with pistou.

Gardianne

Gardianne, which is also called daube, is a typical dish of Camargue which consists of cooking bull meat (usually taken in the collar, cheek, touch of rump steak or slice) in red wine, with herbs, onions and carrots. The dish does not require great skill: the success of the dish depends on only patience and the choice of wine.

Fougasse

It is a typical Provençal bread, rather flat and usually sculpted to form different “branches”. There is an extreme variety of fougasses: each region, city and even family has its own recipe! And if most are salted and with olive oil, sometimes embellished with olives, bacon or anchovies, they can also be sweetened and flavoured with the orange blossom. The two versions are delicious. . .

Petits farcis

Originally from the hinterland of Nice, the stuffed vegetables can be enjoyed now throughout Provence. Tomatoes, zucchini, peppers, eggplant are hollowed and filled with a stuffing composed of meat or sausage meat, soft bread, spices, and baked in the oven. The stuffed vegetables can be eaten both hot and cold. For the anecdote, they were invented by the wives of peasants who were masters in the art of using up leftovers.

Pieds paquets

Before tasting this typical Marseille dish, know what it is composed of. The packages refer to the stomach (or belly) of sheep cut and rolled into packages stuffed with petit salé, garlic and parsley, as for the feet. . . these are the feet of the sheep! All this, simmered in white wine and tomato sauce. All of which means that if this dish is

a must-eat (and that it’s really delicious), you shouldn’t taste it anywhere. In 1993, an association La Charte des pieds et paquets marseillais were created by restaurateurs and personalities to prove the seriousness and quality of this original recipe to be enjoyed without fail.

Pistou soup

This is a soup eaten in summer: its ingredients are mainly at this time of year. Green beans, coconut beans, potatoes, scallions, tomatoes. . . are cooked in a broth to give a soup quite thick to which we add pasta and of course pistou (basil, garlic, pureed olive oil). An pick-me-up dish full of flavors.

Ratatouille

Its name probably comes from the French verb “touiller” (which means to stir), mixing and evoking soon in 18th century a rough stew. If you agree on its etymology, the recipe of the true ratatouille is much more controversial. The main ingredients are aubergines, onions, zucchini, peppers, tomatoes, and garlic. After the purists, they will tell you that you have to fry each variety of vegetables one after the other so as not to denature their taste, others prefer to cook all the vegetables together. Some add sausage meat, others are outraged. In short, as you may imagine, the ratatouille is a subject to be approached with care!

Tapenade

A good aperitif cannot be served without tapenade in the South! This puree mainly composed of crushed olives, anchovies and of course tapena (capers in Occitan), hence its name, can be enjoyed on a canapé or by dipping vegetable sticks in it. But it can also be used as a stuffing for poultry and meat.

FESTIVALS AND EVENTS

ALPES-DE-HAUTE-PROVENCE

■ LE CORSO DE LA LAVANDE

1, Boulevard Martin Bret

DIGNE-LES-BAINS

☎ 06 34 41 86 29

www.cdf-dignelesbains.fr

cdf@cdf-dignelesbains.fr

From August 2 to 6, 2019. Free event open to all. Food service.

It is the most festive event of the year during which the town is transformed to celebrate lavender, this small blue flower, the city's emblem. For the occasion, between 10,000 and 15,000 people attend the event each year. On the menu: parades by day and by night with decorated and illuminated flower floats, musical demonstrations, costumes and cultural demonstrations by international groups, fireworks displays, fairground, bowls competitions, garage sale, festival dance... Since 1900, lavender has made Digne les Bains and the Alpes-de-Haute-Provence the leading producer of lavender and lavandin in the region. During the celebration, also attend demonstrations of distillation of this fragrant plant and leave with a few sprigs of

lavender whose sweet scent will long perfume your drawers and cupboards.

■ FÊTE DU FROMAGE

BANON

☎ 07 80 56 20 89

www.fetedufromage-banon.fr

In May (information at the Tourist Office on Mondays and Thursdays from 2pm to 6pm or on the website).

The reputation of Banon cheese, classified as AOC since 2003, has long since surpassed the borders of this pretty village typical of Haute-Provence. Every year, in May, Banon celebrates this delicious round cheese, made with raw goat's milk, which is a delight for everyone. This is an opportunity for the thousands of visitors who flock to the alleys and squares of the village to discover the many cheese stands, of course, but also local products presented during a whole day. At each new edition, another gastronomic region is the guest of honour. During the day, there are also many activities like the Banon AOC folding competition and the Banon d'or election.

BOUCHES-DU-RHÔNE

Celebrations

■ BÉNÉDICTION DES CALISSONS

Cathédrale Saint-Sauveur – Cours Mirabeau

– Église St Jean de Malte

AIX-EN-PROVENCE

☎ 04 42 26 23 41

www.benediction-calisson.com

First Sunday in September.

The calisson, this small diamond of sweet treat is composed of finely ground almonds, decorated with Provençal melon and orange peels, set on a bed of altar bread and covered with a case of royal ice. An Aix specialty whose origin goes back to the 15th century! In 1995, the brotherhood of the Echansons du Roy René (a brotherhood that defends the gourmet heritage of Aix, food and wine combined) revived a religious tradition that dates back to 1630, the date on which the assessor Martelly vowed to give thanks to the Virgin of Aix if she interceded for the extinction of the plague epidemic, every year on the first Sunday in September. Over the years, the tradition of offering calissons to the faithful on this occasion has been established. The renewal of this beautiful tradition is a delight for the Aix inhabitants

and their visitors. In the church of Saint-Jean-de-Malte, the bishop blesses the baskets filled with calissons of the Aix craftsmen before distributing them to the faithful gourmands and tasting them. And for two days, we celebrate the calisson and the other traditions of Aix.



LES SUDS À ARLES

66, rue du 4-Septembre

ARLES

☎ 04 90 96 06 27

www.suds-arles.com

contact@suds-arles.com

In July 14th to July 20th, 2014.

For a week, in July, the city of Arles becomes a true melting pot of talent. Indeed, since 1996, the Les Suds festival has welcomed, within the ancient city, great voices and sounds from all around the world for an encounter whose fame extends far beyond our borders. During these seven days and six nights, squares, monuments, esplanades are transformed, for a few hours, into stage. There are, in total, about sixty concerts and musical encounters, but also courses and singing, dancing and music master classes that delight the city.



Fête de la Transhumance, Saint-Rémy-de-Provence.

■ **PORTES OUVERTES
CHEZ LES CROQUEURS DE POMMES**
1820, chemin du Grand-Saint-Jean
PUYRICARD

www.croqueursdeprovence.fr
vergerbio@croqueursdeprovence.fr

First weekend in October from 10am to 5: 30pm. Free admission.

The well-named association of Apple Crusaders, which works to preserve old apple varieties, invites you to discover its conservatory orchard of old varieties. In an enchanting setting and in contact with passionate specialists, you will discover everything you need to know about this fruit, that is too often misunderstood. Sale of fruits and fruit trees. An original initiative that deserves a visit. You will also be informed about the various activities organized throughout the year by the association (workshops and meetings). An interesting outing for both young and old, to discover the Aix region.

■ **FÊTE DE LA TRANSHUMANCE**
SAINT-RÉMY-DE-PROVENCE

Whit Monday (towards 10am). Free.

It is a show not to be missed! An ocean of 4,000 sheep, lambs, rams and goats from Rove (old breed of Provence) and donkeys accompanied by their shepherds in traditional costume and their dogs parade twice on the city tower of the old centre. It is undoubtedly one of the most beautiful traditional festivals of Provence. It symbolises the departure of the flocks of sheep that leave Provence in spring to the pastures of the Alps. And all day, are held a flea market and a cheese fair.

Fairs - Shows

■ **ÉTÉ INDIEN**
ARLES ☎ 06 22 32 26 89

Towards the end of September.

Considered as an off-season event, "Été indien(s) - le Marché du Collectionneur" offers 4 days of festivities in

the Indian summer colors such as exhibitions, animations, performances, brunch and unusual evenings in a friendly setting! This single market for image and creation for collectors, enthusiasts, visitors and investors brought together 60 contributors in 2018. It is represented by galleries, artists, designers, boutiques, restaurants, cafés and hotels that invest the historic center of Arles to promote the art and culture economy. Building on its first success, *Été indien(s)* invites you for its new edition from September 19 to 22, 2019 to stroll through the streets of Arles to celebrate a rich and dense program at the end of the summer season.

■ **SALON PROVENCE PRESTIGE**
Avenue 1re-Division-France-Libre
Palais des Congrès
ARLES ☎ 04 90 99 08 08

www.provenceprestige.com
provenceprestige@arles.cci.fr

End of November. Paying entrance. Possibility of catering service on site.

A show event in the winter calendar, the Salon Provence Prestige attracts an average of 20,000 visitors with its space made of 3 levels or more than 3,500 m². More than a hundred of exhibitors represent the region's best products. Gastronomy, house and decoration, fashion and leisure are the main themes of the event which offers ancillary activities and workshops on the theme of Provence and the heritage of this beautiful region. A smart advice: the area is overcrowded during the event, the city offers a free shuttle to the city center and the SNCF station at the Palais des Congrès.

■ **JOURNÉES DES PLANTES D'ALBERTAS**

Avenue de La Croix-d'Or
BOUC-BEL-AIR ☎ 04 42 22 94 71
www.jardinsalbertas.com
contact@jardinsalbertas.com

Last weekend in May. Admission is charged. Country food service.

Located a few kilometers from Aix, in Bouc-Bel-Air, the listed Albertas Gardens (17th century) are of remarkable beauty. Every year, the *Jardin d'Albertas Plant Days* devoted to rare and Mediterranean plants are organised there. This major event, which has been in existence for more than 20 years, has become a must for quality plants and gardens lovers. Thousands of visitors come to appreciate the efficient organisation, organised by the Latil d'Albertas family, the very friendly atmosphere around more than 160 exhibitors (nurserymen and garden craftsmen), workshops, conferences, musical interludes with a stop at the country restaurant!

■ SALON LITTÉRAIRE DE FUYEAU

Les Écrivains en Provence

Maison des associations

FUYEAU

☎ 04 42 68 13 03

www.fuveau.com

End of August.

Born of an idea and the enthusiastic desire of its illustrious godmother Edmonde Charles-Roux, the excellent author and journalist Pierre Roumel, and Jean Bonfillon, former Fuveau's mayor, the village invites writers and their readers to meet on the first weekend of September. Originally, pottery, lavender, olive oil and herbs took over the village's alleys. In 1989, the idea was born to associate some grains of spirituality with these earthly foods. In 1990, the mixture gave rise to the first "agriculture and literature" exhibition in Fuveau. Every year, this literary fair welcomes about a hundred national and regional authors and a growing audience. Charm of the site, softness of an authentic Provençal village, no book factory or chain signing sessions... Fuveau is waiting for you for this 29th edition of the Literary Fair.

Cultural events – Festivals

■ FESTIVAL INTERNATIONAL DE PIANO

Parc du Château de Florans

ROQUE-D'ANTHÉRON

☎ 04 42 50 51 15

www.festival-piano.com

info@festival-piano.com

Last week of July and first three weeks of August. Shuttle from Aix.

This internationally renowned festival attracts a large audience (more than 80,000 spectators per year!) of demanding and passionate music lovers. Under the century-old plane trees of the Parc du Château de Florans, at Silvacane Abbey, in the quarries of Rognes or at the Lourmarin temple, the setting adds to the charm of this very high level event. For a month, the Provençal village of La Roque d'Anthéron became the world piano capital, "The piano Mecca". Each year, René Martin, conductor of the program, offers about a hundred concerts. It is an opportunity to come and listen to the greatest virtuosos of the moment performing Stravinsky, Rachmaninoff, Bach, Beethoven, Chopin, Schubert... not only the piano elite but also promising young talents, especially during Master Classes.

■ LE FESTIVAL DE PÂQUES

380, avenue Max-Juvenal

AIX-EN-PROVENCE ☎ 08 20 13 20 13

www.festivalpaques.com/fr

In April. From €10 to €66. Online ticketing.

Festival de Pâques is celebrating its 7th edition this year. Created by Dominique Bluzet, director of Grand Théâtre de Provence, Renaud Capuçon, the famous violinist, and with his founding partner CIC, the festival offers a program of excellent and international classical music. 17 days of festivities, 27 concerts (including 3 for children), 900 artists (Mozartwoche and Rolando Villazón - Camerata Salzburg and Alondra de la Parra - Renaud Capuçon - Wiener Synchroniker - Staatskapelle de Dresden and Rudolf Buchbinder...), a world creation (B. Attahir), a great concert for Aix people, masterclasses organised at the conservatory. And prices accessible to all audiences.

■ FESTIVAL INTERNATIONAL D'ART LYRIQUE

Palais de l'ancien Archevêché

Place des Martyrs-de-la-Résistance

AIX-EN-PROVENCE

☎ 08 20 92 29 23

www.festival-aix.com

In July. Online subscription.

The International Festival of Lyric Art has been held every summer in Aix-en-Provence since 1948. It is one of the major European opera festivals, with prestigious directors of the international scene. Historically, the festival has been particularly interested in Mozart, *Così fan tutte* was the first opera performed at the théâtre de l'Archevêché. Pierre Audi, the Festival's new director, has scheduled works for the 2019 edition that have never been presented in Aix, including a version of Mozart's *Requiem*, directed by Romeo Castellucci, and *Tosca*, directed by Christophe Honoré. Also "Grandeur et décadence de la ville de Mahagonny" by Kurt Weill.

Sports events

■ SEPTEMBRE EN MER

72, rue de la République

MARSEILLE

☎ 04 91 90 93 93

www.septembreenmer.com

Tramway T2 T3 Républiques Dames.

From September to October. Free activities or at preferential rates.

As every year, this festival consecrates the Mediterranean in all its aspects: from nature to water sports, from walks to gastronomic tastings... More than 900 "iodized" appointments are waiting for you for more than a month! The many activities that you can discover on the program (to download!) are free, or offered at a preferential price. September at Sea will also take you through different sites in the city and throughout the Phocaeen's harbor city. Its aim is to contribute to the attractiveness of the territory through authentic activities and raise awareness with eco-citizen messages aimed at better preserving the sea and its heritage.



Arles' residents are one of the city's emblems.

■ MONDIAL LA MARSEILLAISE À PÉTANQUE

Parc Borély
Avenue du Parc Borély (8°)
MARSEILLE

☎ 04 91 57 75 00

www.lamarseillaise.fr
contactmondial@lamarseillaise.fr
Bus 19 stop Parc Borély.

In July. Commitment fees: €18 per triplet. Registration before June 15.

The Mondial La Marseillaise à Pétanque, was created in 1962 in Marseille on an idea of Paul Ricard and is in line with the great popular sports festivals. The competition begins each year on the first weekend of July, and is held over five days, from Sunday to Thursday. The pétanque ritual has not disappeared in Marseille. On the contrary. Nearly 13,000 boulistes, from all France regions and also from abroad, are expected for the 58th edition of this famous pétanque competition, which is open to everyone, even to beginners. Without forgetting the ladies and cubs with the Grand Féminin and the Grand Prix des Jeunes (from 6 to 15 years old). Shoot or point, they're gonna have to choose!

■ MARATHON ET SEMI-MARATHON MARSEILLE CASSIS

SCO Ste-Marguerite
1, boulevard de la Pugette (9°)
MARSEILLE

☎ 04 91 75 24 24

www.marseille-cassis.com
Metro M2 Sainte-Marguerite-Dromel.

From October 27, 2019 (registration to obtain a race number on the website in March, a medical certificate is required from the runners).

Ranked in the top 50 of the world's races with nearly 15,000 registered, the 20 km international Marseille-

Cassis race begins its 41st edition in 2019. The race requires a good physical condition, you will find a training schedule on the website! Let us specify all the same that the registrations are taken by storm on the first opening day (during March) on the website, so you will have to be on the *starting blocks* to get a race number. The riders start from 9: 30am at the Stade Vélodrome (Boulevard Michelet) for a distance of 20 km on the road. Beware of the difference in altitude of 327 m up to the passage of the Col de la Gineste. Try for yourself!

■ OPEN 13 Palais des sports de Marseille 81, rue Raymond-Teisseire (9°) MARSEILLE

☎ 04 91 75 93 01

www.open13.org
open13.org@gmail.com

Metro M2 Sainte-Marguerite Dromel.

In late February (each year until mid-February). From €16 to €168 depending on the days, categories and placement (see website). Identification for "child" rates and student card will be requested at the ticket offices. Usual points of sale. Adult week pack: from €145, child-student week pack: from €70.

Every year, Le Palais des Sports de Marseille hosts the Open 13, which is part of the ATP circuit that gather all the official tennis events, with the exception of the Grand Chelem tournament... This circuit is divided into 3 categories: the ATP World tour 1000, the ATP World Tour 500 and the ATP World tour 250, whose name provides direct information on the number of points awarded to the winner. The capacity of the central office is 5,800 seats. The matches are played in Indoor on hard and will be played by some of the best players of the moment. A high level painting for an exceptional week.

Historical shows – Sound and light

■ RECONSTITUTION HISTORIQUE

Centre-ville

SALON-DE-PROVENCE

☎ 04 90 56 27 60

www.visitsalondeprovence.com

fetes.culture.salon@gmail.com

In June. Free admission.

The regulars talk about the Reconstit'. This has been taking place every year at the end of June for more than a quarter of a century! The festival mobilizes dozens of volunteers from Salonnais for many weeks and is based on a historical reconstruction. For three days of popular celebration (20,000 visitors), the city takes its 16th century clothes to tell a moment of its history: the visit to Salon-de-

Provence of Queen Catherine de Médicis, who came to consult the astrologer Nostradamus. This event, organized by the Mémoires et Légendes association, allows you to discover a Renaissance village with its camps, farms, shops and taverns. You will meet a thousand volunteers and professionals, who work in period costume. The Thursday and Saturday evening parades bring together the richly adorned nobles, the Court, the soldiers, the villagers and peasants, the beggars, the fire-eaters and witches, waders and fantastic creatures leading the spectators to the great show combining circus art, street theatre, medieval songs, chivalry shows, fencing fights, beggar and missing persons races. In addition, there was a solidarity moment: a hiking race to attack the Emperi castle for the benefit of humanitarian actions. Without forgetting the evening of revelry: large tables in the city center and on the courtyards!

VAUCLUSE

Celebrations

■ BAN DES VENDANGES

Châtelet du Pont d'Avignon

Rue Ferruce

AVIGNON

www.bandsvendanges.fr

ban.des.vendanges@wanadoo.fr

Last weekend in August.

The word ban means proclamation. The harvest ban is the administrative date of authorization of the harvest beginning. Originally, this moment was decided by the lord (or abbot or bishop) of the place. Today it is set by a prefectural decree when the grapes are fully ripe, that is to say, in principle, 100 days after flowering, but in practice the date is set in each department on the advice of the local wine-growing authorities. The harvest ban is the occasion for many local festivities, the most famous of which are those of Avignon, which takes place on the last weekend of August, and Saint-Émilion in mid-September.

■ FESTIVAL DE LA CERISE ET DU TERROIR

place des Tours

VÉNASQUE

☎ 04 90 67 37 46

2nd Sunday in June. Free of charge. Food service.

From May to mid-July, cherry varieties are grown in the Mont Ventoux foothills and are a delight for consumers. The cherry's brotherhood of the Monts de Vénasque organizes this event. On the Confraternities' parade program, induction, aperitif offered to all, entertainment for children, culinary entertainment by Escoffier's disciples based on cherries.

■ LA FÊTE DE L'ABRICOT

Centre-ville

LE BARROUX

July 14th from 2pm.

It is a Vaucluse tradition to celebrate the local producer's flagship. So here we are talking about apricot,

this delicious and sun-drenched fruit. It is celebrated every July 14. In the city center, producers unpack their most beautiful fruits. Throughout the day, enjoy and sip fresh drinks, pastries, homemade ice creams, apricot macarons. While children indulge in the joys of the activities, adults embark on a very funny competition... the spitting out of apricot kernel! At the end of the afternoon, it's time for a guided tour of the village from the castle esplanade; we don't deprive ourselves of it, it's free! The celebration ends in beauty with the ball.

Fairs – Shows

■ FOIRE INTERNATIONALE BROCANTE,

ART ET ANTIQUITÉS

L'ISLE-SUR-LA-SORGUE

☎ 04 90 38 04 78

<http://foire-isle-sur-sorgue.fr/>

Easter weekend and from August 12th to 15th.

The first flea market was held on August 15, 1966. It was so successful that the initiators René Légier, Albert Gassier and their small team immediately decided to renew it. Now the major summer meeting place for bargain hunters, it welcomes more than 200 exhibitors, associated with some 300 sedentary professionals from the Antiques, flea markets and decoration sectors. Exhibitors welcome the public to Gautier Park, on the Robert Vasse esplanade, Avenue de la Libération and Avenue des Quatre Otages.

Faithful to its vocation as the regional capital of the flea market, L'Isle-sur-la-Sorgue, the third European platform for the antique trade, behind Paris (Saint-Ouen) and London, continues its "Quality" approach controlled by certified experts who check the authenticity of the goods on display. The opportunity to appreciate a certain art of living in Provence, to take the time to stroll along the banks of the Sorgue, to the rhythm of the paddle wheels. Information from the intermunicipal tourist office at ☎04 90 38 04 78.



Cheval Passion.

■ CHEVAL PASSION Parc Expo d'Avignon AVIGNON

☎ 04 90 84 02 04

www.cheval-passion.com

End of January. Admission: €13 (on site). Child: €10. This celebration, which was born in the minds of a few horse lovers in Avignon, has become a must. It has become one of the very first European events of its kind. There is everything necessary and even... the superfluous. Equipment, food, care, equestrian tourism, horse training, clothing, boots, litter, vans, boxes, but also sculptures and paintings, photographs, decoration, crockery... Every year, it attracts tens of thousands of enthusiasts or simple spectators around the thousands of horses of all breeds. But most of all, people come for shows and entertainment, including the famous Gala des Manières d'Or, the summit of equestrian art.

Cultural events – Festivals

■ MARCHÉ AUX LIVRES Cours Jean-Jaurès AVIGNON

Saturday 8am to 1pm every 1st Saturday of the month.

■ LES NUITS DE L'ENCLAVE DES PAPES VALRÉAS

☎ 04 90 28 12 51

www.nuits-enclave.com

secretariat@nuits-enclave.com

In July.

Great Valréas multicultural festival that combines art exhibitions, theatre shows, concerts and recitals. It takes place in Jules-Niel Space and in places of the villages of the Enclave from 16th July to 15th August.

Sports events

■ 1000 PAGAIES AVIGNON ☎ 06 28 66 66 78 jck.avignon@free.fr

In May.

The nautical festival is celebrating its 19th edition! An event organized by the Jeune canoë-kayak avignonnais with the collaboration of the city's sports department, which is addressed to all. Embark with family or friends in a canoe for free and go for a short trip on the Rhône. Boats with 2 or 3 places or in magnificent Polynesian canoes (there are also kayak slides). The event takes place at the Saint-Bénézet bridge next to the swimming pool.

Historical shows – Sound and light

■ LES LUMINESSENCES D'AVIGNON

Palais des Papes
AVIGNON

www.lesluminescences-avignon.com

officetourisme@avignon-tourisme.com

From August to October.

La Cour d'Honneur du the Palais des Papes is dressed in light and places us at the heart of monumental images in high resolution and 3D sequences. This multi-vision device is supported by a striking soundtrack... An extraordinary experience for the heart, senses and imagination. A dreamlike journey through the centuries and the elements, in a whirlwind of images and sound, a 360° visual and sound dive!

■ LA NUIT DU PETIT SAINT JEAN VALRÉAS

A day towards the end of June at nightfall, in the centre of the village.

This Enclave des Papes capital's tradition dates back to 1504, which means that the inhabitants are attached to it! Every June 23, at nightfall, the city's historic center jumps into its past, from the Notre-Dame de Nazareth church to Simiane Castle. Actors in medieval costumes, halberdiers, tambourines, commanders of arms... all crowd into the procession following little Saint John, dressed in a sheepskin with his cross and banner. Pontifical trumpets will then rise to warn the audience of the arrival of the procession at Simiane Castle. Le petit saint-Jean then receives from the hands of his predecessor, the powers that will be conferred on him for one year. Aged from 3 to 5 years at most, the young boy will be "ruled" over the commune all year long.

FROM PLACE TO PLACE

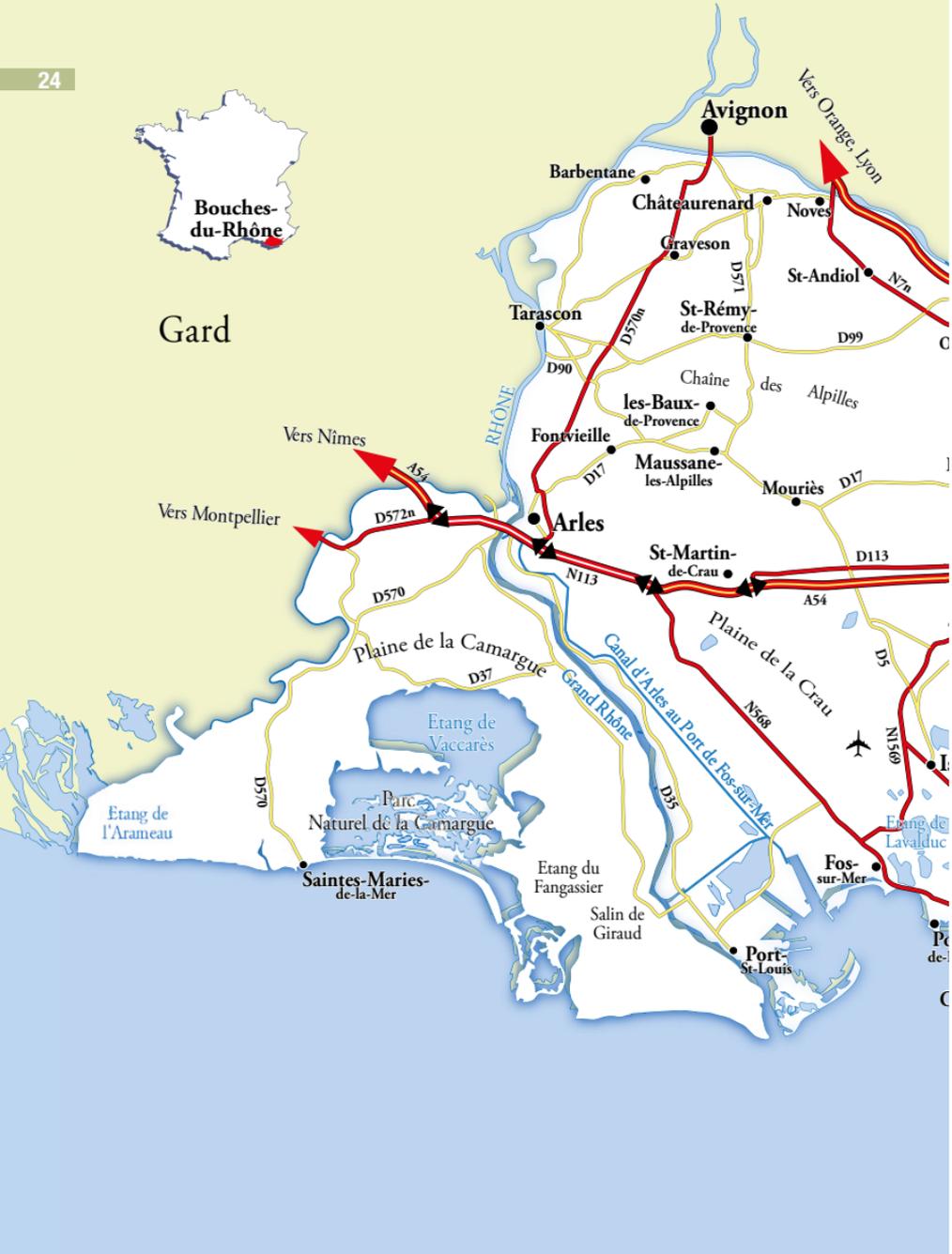


Calanque de Morgiou.

© JOHN MALDOROR_FOTOLIA



Gard



0 10 km

Reproduction interdite
 Jean-Baptiste Nény
 Février 2011

Mer Méditerranée

BOUCHES-DU-RHÔNE

ALPILLES

SAINT-RÉMY- DE-PROVENCE



Cultural Events – Festivals

■ FERIA DE SAINT-RÉMY

Around August 15th.

Bullfights, bull running in the streets, bullfighting and camargue races in the arenas... come and live the Saint-Rémy fair! For four days, the festival is in full swing day and night, at the sound of peñas. Do not miss, on August 15th in the morning, the procession of Carreto Ramado: a huge cart decorated with fruit trees leaves, fruit and vegetables, which have all the agricultural production of Saint-Rémy and the surrounding area. It is designed by 50 horses, beautifully harnessed in the saracen, and harnessed the one behind the other on more than one hundred meters away. And also, Roussataïa that traditionally ends the fair: mares and foals freely parade in the evening on the tower city.

■ FÊTE DE LA TRANSHUMANCE

See page 18.

Restaurants

High Budget



CHÂTEAU DES ALPILLES

Route du Rougadou ☎ 04 90 92 03 33

www.chateaudesalpilles.com

chateau.alpilles@wanadoo.fr

Closed from January 6th to March 15th. From October 1st to April 30th: restaurant open from Friday to Tuesday evening. From May 1st to September 30th: Restaurant open every day except Wednesday. (Except July-August when the restaurant is closed only on Wednesday evenings). Restaurant only on reservation. Lunch package: 2 Dishes (29 €) and 3 Dishes (36 €) Dinner: Gourmet menu at 52 € (excluding drinks) or à la carte.

This luxury hotel has an excellent restaurant. Its cuisine, authentic and tasty, focuses on the products of the sun. Simple but refined culinary suggestions such as this provençal prawn salad, this turbot filet with purple artichokes and spring onion risotto or lemon soufflé, blood orange sorbet. Not to mention the specialties: ravioli with langoustines, stuffed zucchini flowers or the john dory filet in potato scales. To be enjoyed in the mansion or, in summer, by the pool for light and colorful lunches.

■ ALL'OSTERIA

6, place Favier

☎ 07 89 39 55 59

Salads from €10 to €17.

Here is a nice little restaurant that smells like Italy. The products are of high quality and the dishes are served in generous portions. Luigi in the kitchen and Antonio are uncompromising on this. So, even if the prices are a little high, you don't regret your money when you leave the table. That's the main thing. We particularly appreciated the plancha of charcuterie and pecorino, parmesan, tallegio and fresh pasta directly from Italy but also the Italian salad with Parma ham and poached egg as well as the potato gnocchi with sorenti. For dessert, it was of course a homemade tiramisu. As you will have understood, we had a real feast on this pretty Provençal square with its atmosphere that appeals so much to tourists. Hey, why don't we go back soon?

■ HÔTEL DE TOURREL

5, rue Carnot

☎ 04 84 35 07 21

www.detourrel.com

reservation@detourrel.com

Closed from November 1st to February 28th. The restaurant can be privatized in winter. Menus from €59 to €99.

Magnificent establishment in the old center of the city, whose terrace overlooks the rooftops of the city, with 7 luxury suites, equipped with high quality design furniture, the Hôtel de Tourrel does not shine only by the class of its accommodation, but also by its restoration. In the kitchen, the chef skillfully cooks fresh and local products. Like this ceviche of royal sea bream, christophine, dementine, lamb's lettuce; this roasted lamb loin, gnocchi of eggplant, candied tomato or this lemon pie meringue, lemon sorbet, crisp pistachio. In the adjacent room, an impressive table awaits you for a wine tasting. Equally impressive: the selection of 350 bottles of the cellar...

Medium Budget



L'AILE OU LA CUISSE

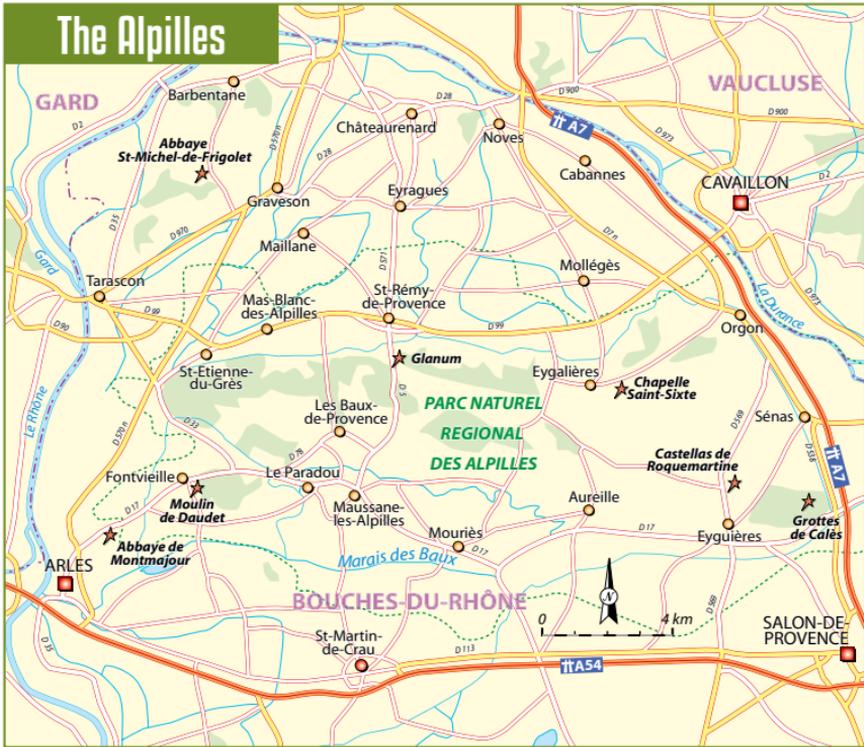
5, rue de la Commune

☎ 04 32 62 00 25

Open every day for lunch and dinner. Single menu at 37 €.

A must. In this restaurant's warm setting (woodwork, leather seats and a subdued atmosphere) the window stands out with superb pastries, served at the end of the meal. But before tasting these little delights, you will enjoy a refined cuisine, essentially French classic dishes. With a touch of originality which makes all

The Alpilles



FROM PLACE TO PLACE

the difference. Crispy seasoned leeks, potato *espuma*, capers and fried leeks; the delicious roasted cockerel with foie gras, potato with cooking juice infused with thyme and candied garlic; Scottish red label smoked salmon half-baked with fresh herbs, delicious lentils with coriander, rocket coulis... Large and well-prepared portions. Impeccable service. Note that the restaurant now has a nice veranda.

BISTROT LES PIEDS DANS L'EAU 22, boulevard Victor-Hugo

☎ 04 90 90 74 49

Open every day for lunch and dinner. Menus from €24 to €41 (dishes for two people).

The concept of the dish for two or four people can be confusing at first, but in the end it is rather original and even economical, given the quantities on the plates. It's very hearty and you won't leave hungry again. The products are fresh and tasty. We opted for an Asian salad, ribs and pasta gratin and honestly we hadn't the opportunity to enjoy the dessert.

As for the service, the staff is welcoming, but the service is long, not because of the waiters and waitresses, but because of a lack of staff. Because there were really a lot of people on the day of our visit. Nevertheless, we waited a long time between meals.

The location is really magnificent although the entrance to the establishment from Victor Hugo Boulevard may leave you cautious. It feels like you're entering an old building, but take a closer look and drive to the courtyard

to discover a superb terrace occupied in its center by a large arbor for those who fear the sun. It's really very pleasant, but it's a little noisy because of the nearby road. In the evening and on bad weather days, guests are invited to eat upstairs in a series of very old style rooms. We feel like we're back in the 19th century, and it was great for us. The same applies to the very clean sanitary facilities, which are equipped with modern equipment hidden under the appearance of old ones. As for the prices, they are quite reasonable.

LE CAFÉ DE LA PLACE 17, place de la République

☎ 04 90 92 02 13

Open every day. Children's menu: €10. Dish of the day: €14.

Whether for drink or a meal, this is the place to be. Do not go by its name, because you are not in a "simple" coffee shop here. You will quickly realise it when you see the bohemian decoration and the original menu. The chef makes good gratin of Alpilles snails, tomatoes and chorizo he cooks as a cassoulet with A.O.P. Tarbes beans, a Thai salad with marinated beef and fresh herbs and sea-bream fillet (*daurade en portefeuille*), vegetables and telline mariniera. Whether they are classical or exotic, the dishes are constantly excellent. During his visit, *Futé* chose a endive tatin, fourme d'Ambert, pear and salad, followed by a veal cutlet, gratined gnocchis with Parmesan, white asparagus, veal juice with morels. A great moment. We also like to go there during evening concert...

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