

10

BONNES

GOOD REASONS
TO EXPLORE
PROVENCE

RAISONS DE
DÉCOUVRIR
LA PROVENCE ...



DÉPARTEMENT
BOUCHES
DU RHÔNE



PROVENCE
TOURISME

“ LA PROVENCE DISSIMULE SES MYSTÈRES
DERRIÈRE LEUR ÉVIDENCE.”

JEAN GONO

” PROVENCE CONCEALS ITS
MYSTERIES BEHIND THEIR
OBVIOUSNESS ”

JEAN GONO

10

BONNES RAISONS DE DÉCOUVRIR LA PROVENCE

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10



10

GOOD REASONS
TO EXPLORE
PROVENCE



**POUR PARLER
MARSEILLAIS**
— I —
**TO MINGLE IN
MARSEILLE**



Vieux-Port - Marseille



Le Panier - Marseille



MARSEILLE... THE CITY THAT NEVER FAILS TO ASTONISH. A sunny and exuberant place of many faces, with energy to spare. A patchwork of villages and atmospheres forming a legion of beating hearts. A voyage unto itself, offering curiosity seekers a plethora of eye-opening experiences. Enjoy a wander round the Panier quarter criss-crossed with a maze of lively old lanes, stroll among the market stalls of Noailles piled high with fragrances and tastes from around the world, escape to Frioul Island for a Robinson Crusoe adventure, peddle along the iodine-scented Corniche coast road to Les Goudes, or relive the stories of Marcel Pagnol as you roam La Treille. Marseille's carefree blend of peoples and cultures promises a symphony of surprises.

MARSEILLE EST UNE VILLE QUI NE LAISSE PERSONNE INDIFFÉRENT. Parce qu'elle déborde d'énergie. Parce qu'elle est solaire et exubérante. Parce qu'elle est multiple. Marseille, c'est l'addition de plusieurs villages, de plusieurs ambiances, comme autant de coeurs qui vibrent. C'est un voyage à elle seule, qui s'offre volontiers aux curieux. Il n'y a qu'à déambuler dans le Panier pour apprécier l'animation des petites ruelles enchevêtrées, se faufiler parmi les étals de Noailles pour goûter aux saveurs du monde, s'exiler au Frioul pour jouer les Robinson Crusé, filer à vélo le long de la corniche jusqu'aux Goudes pour une bouffée d'air iodé, se balader à la Treille pour revivre les histoires de Pagnol. Le brassage des cultures et les habitants sont les chefs d'orchestre de cette joyeuse mixité.



LA PROVENCE SE DÉVOILE À QUI VEUT BIEN PRENDRE LE TEMPS, au travers de ses routes sinueuses. Entre minéral et végétal, les Alpilles sont une invitation au ressourcement. Au détour des villages de charme et des mas, on pousse la porte d'un moulin oléicole ou d'un domaine viticole. C'est là que la magie opère, dans un échange, une

L'abus d'alcool est dangereux pour la santé
Alcohol abuse is harmful to your health



Les Baux-de-Provence

rencontre avec des passionnés, artisans du terroir. L'enchante ment se poursuit en pays Salonnais puis en pays Aixois, comme un écrin précieux au milieu des vignobles, sous la protection de la majestueuse Sainte-Victoire. Ici, la lumière sculpte les paysages, toiles grandeur nature évoluant au fil des heures et chers à Cézanne.

PROVENCE REVEALS ITS HIDDEN TREASURES TO THOSE WHO TAKE TIME TO EXPLORE ITS WINDING LANES... A beautiful blend of mineral and vegetable, the invigorating Alpilles area is dotted with charming villages and country abodes – simply push open the door to the local oil mills and vineyards and succumb to the magic of

**POUR
SE METTRE
AU VERT
- 2
TO GO
GREEN**

our passionate local growers and artisans of the soil. The enchantment continues from Salon-de-Provence to the Aix area, nestling amid the vines under the watchful eye of the majestic Sainte-Victoire mountain. Here, Provence's legendary quality of light transforms the local landscapes so dear to Cézanne into an ever-changing, life-size canvas.



**POUR
EMBRASSER
L'HISTOIRE
— 3
TO HUG
HISTORY**

TOUT DÉBUTE VERS 600 AVANT NOTRE ÈRE, lorsque des grecs de Phocée fondèrent Massalia, faisant de Marseille la plus ancienne ville de France. L'histoire se poursuit à Arles, classée au Patrimoine Mondial de l'UNESCO, véritable musée à ciel ouvert avec ses nombreux monuments antiques. À Aix-en-Provence, c'est toute l'élégance de la Renaissance qui se révèle au détour d'une placette aux pierres dorées ou sur les façades des hôtels particuliers. L'émotion de toucher du doigt des siècles d'histoire, dans les rues ou dans les nombreux musées et sites culturels. Émotion qui se vit et se partage aussi pendant les fêtes traditionnelles : fêtes calendales, fêtes votives, rassemblements populaires... Le folklore concentre toute l'identité de la Provence.

IT ALL STARTED IN CIRCA 600 BC when the Phocaean Greeks founded Massalia – the current-day Marseille and France's oldest city. The story continues in Arles, part of UNESCO World Heritage and a genuine open-air museum, showcasing many Roman monuments. Aix-en-Provence, with its little squares built in golden stone and elegant old mansions, unveils all the elegance of the Renaissance period. The Bouches-du-Rhône's quaint streets and myriad of museums and cultural venues harbour centuries of history at your fingertips. The local traditional celebrations are a stirring sight and ode to folklore too, with a very special mix of Christmas festivities, religious festivals and popular meetings that has forged the identity of Provence.

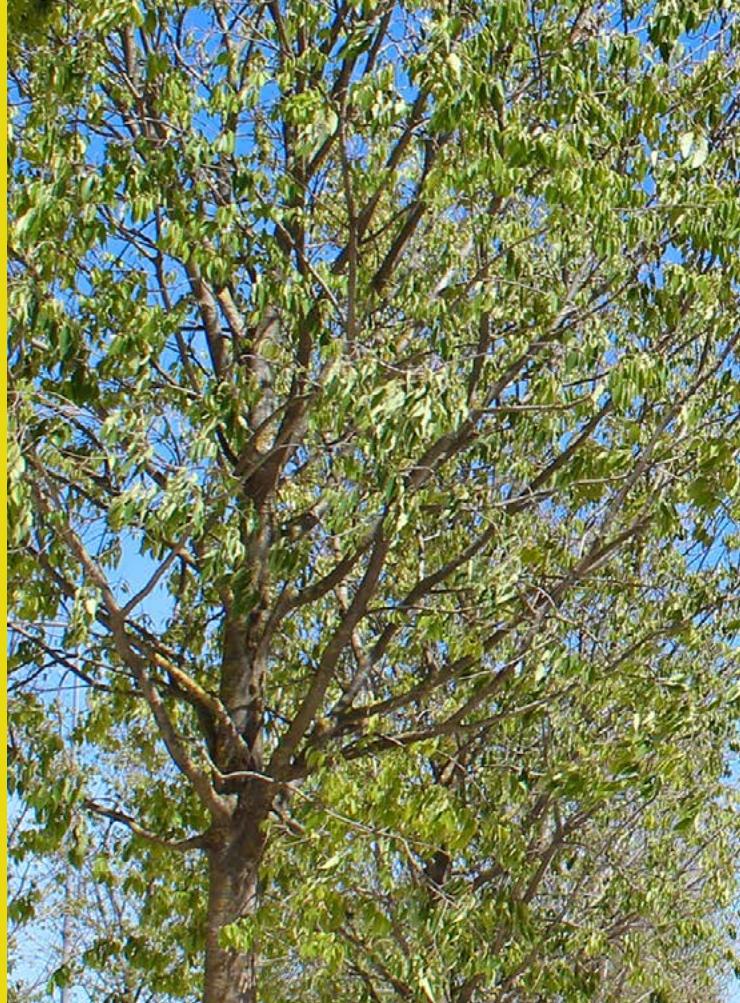


Aix-en-Provence





Mucem - Marseille



LA SCÈNE CULTURELLE PULSE LA PROVENCE, la menant là où on ne l'attend pas, sur des chemins de traverse bordés de surprises, croisant la route entre histoire et modernité. Musées d'art contemporain en ville ou dans les vignes, installations artistiques sur un toit terrasse, happening au coin de la rue, visites guidées arty... Si LUMA Arles, le Mucem ou encore les Rencontres d'Arles sont aujourd'hui les étendards de cette dynamique, les Bouches-du-Rhône regorgent d'initiatives originales et avant-gardistes. Preljocaj, Makeïeff, Jacquemus, Lacroix : les artistes ne s'y sont pas trompés, faisant de la destination une terre d'inspiration.

BUILDING BRIDGES BETWEEN ANCIENT AND MODERN,
Provence's vibrant cultural scene embraces the unexpected and ventures into uncharted territories. Contemporary art museums in town or in the vines, art installations on rooftops, happenings on street corners and arty guided tours are just some of the surprises you'll meet on your way. And although the LUMA Arles, Mucem and Rencontres d'Arles photography festival are the area's cultural flagships, the Bouches-du-Rhône overflows with original and avant-garde initiatives inspired by such eminent artists as Preljocaj, Makeïeff, Jacquemus and Lacroix.



**POUR
SUIVRE LE
MOUVEMENT**

- 4

**TO CULTIVATE
CULTURE**

POUR PLONGER DANS LE BLEU

- 5

TO DIVE DEEPER



La Ciotat

PAR LA MER OU PAR LA TERRE,
ON LONGE, ICI DES FALAISES
calcaires plongeant littéralement
dans le turquoise d'une calanque
de Marseille ou de la Côte Bleue,
là des pentes abruptes couleurs
ocres, on tire des bords entre un
chapelet d'îles, et soudain ce
remarquable jardin de pierres
laisse place à une plaine infinie,
longue frange de sable blanc
aux airs de bout du monde.



Les contrastes sont saisissants, magnifiés par le bleu pur du ciel et les couchers de soleil flamboyants. Sur l'eau ou sous l'eau, c'est un terrain de jeu idéal pour hisser les voiles au gré du mistral, plonger dans les abysses en quête d'épaves ou ramer vers une crique abritée. Un véritable dialogue entre terre, mer et fleuve s'opère, dessinant cet horizon unique.

SEEN FROM LAND OR SEA, THE SHORES OF THE BOUCHES-DU-RHÔNE are adorned with chalky fjords plunging into turquoise waters, such as the calanques of Marseille or the Blue Coast, steep ochre cliffs and strings of little white islands. All of a sudden, this remarkable stone garden gives way to an infinite plain - a long fringe of white sand that could easily be mistaken for an exotic paradise in distant climes...

The contrasts are striking, magnified by the pure blue of the skies and flaming red of the setting sun; a perfect playground for hoisting the sails when the mistral wind blows, diving into the depths in search of ancient wrecks, or rowing to a sheltered cove. A unique horizon, born of a complex dialogue between land, sea and rivers.

POUR PARLER FLAMANT

- 6

TO FROLIC
WITH
FLAMINGOS





IL EST UN AILLEURS SAUVAGE, HORS DU TEMPS, ENSERRÉ ENTRE LES BRAS DU RHÔNE : LA CAMARGUE. Arles ouvre la voie de cette terre identitaire qui serpente entre mer, étangs et marais. Elle se livre pleinement dès lors qu'on s'enfonce dans la nature et que l'on foule ses terres à pied, à vélo ou à cheval. La meilleure manière d'approcher au plus près des oiseaux et des taureaux. Pause. Ecouter. Observer. Dans un bruissement d'ailes, des flamants roses forment une ligne de vol écarlate dans ce ciel éblouissant, lavé par le mistral. Au bout de la route, les Saintes-Maries-de-la-Mer accueillent les voyageurs dans une ambiance empreinte de traditions.

THERE IS A PLACE WHERE TIME STANDS STILL, NESTLING BETWEEN THE ARMS OF THE RHÔNE RIVER... Welcome to Camargue. Arles opens the way to this wild and character-filled oasis snaking its way between sea and saltmarshes. If you want to get up close and personal with the local birds, horses and bulls, lace up your walking shoes, hop on your bike or climb on your trusty steed and venture into nature's treasure trove. Pause, look and listen. Overhead, in a flutter of wings, flamingos form a pink line standing out against dazzling skies washed by the Mistral wind. And at the end of the road, Saintes-Maries-de-la-Mer embraces visitors with a warmth that only ancient tradition can bring.



POUR RÉVEILLER SES PAPILLES

- 7

TO TEMPT YOUR TASTEBUDS



LE GOÛT AVANT TOUT ! La Provence est un véritable potager à ciel ouvert, bichonné par les producteurs, magnifié par les cuisiniers et les artisans de bouche. Si les nombreuses tables étoilées soulignent l'excellence de la gastronomie, la Provence se déguste de mille et une façons. Picorer des supions fraîchement pêchés par un dimanche ensoleillé dans un petit port, savourer une gardianne de taureau au cœur d'une manade, croquer une tomate charnue arrosée d'un filet d'huile d'olive sous la tonnelle... L'art de vivre provençal c'est toujours un moment de partage et de convivialité, une grande tablée dressée dans un cadre privilégié et dorée de générosité.

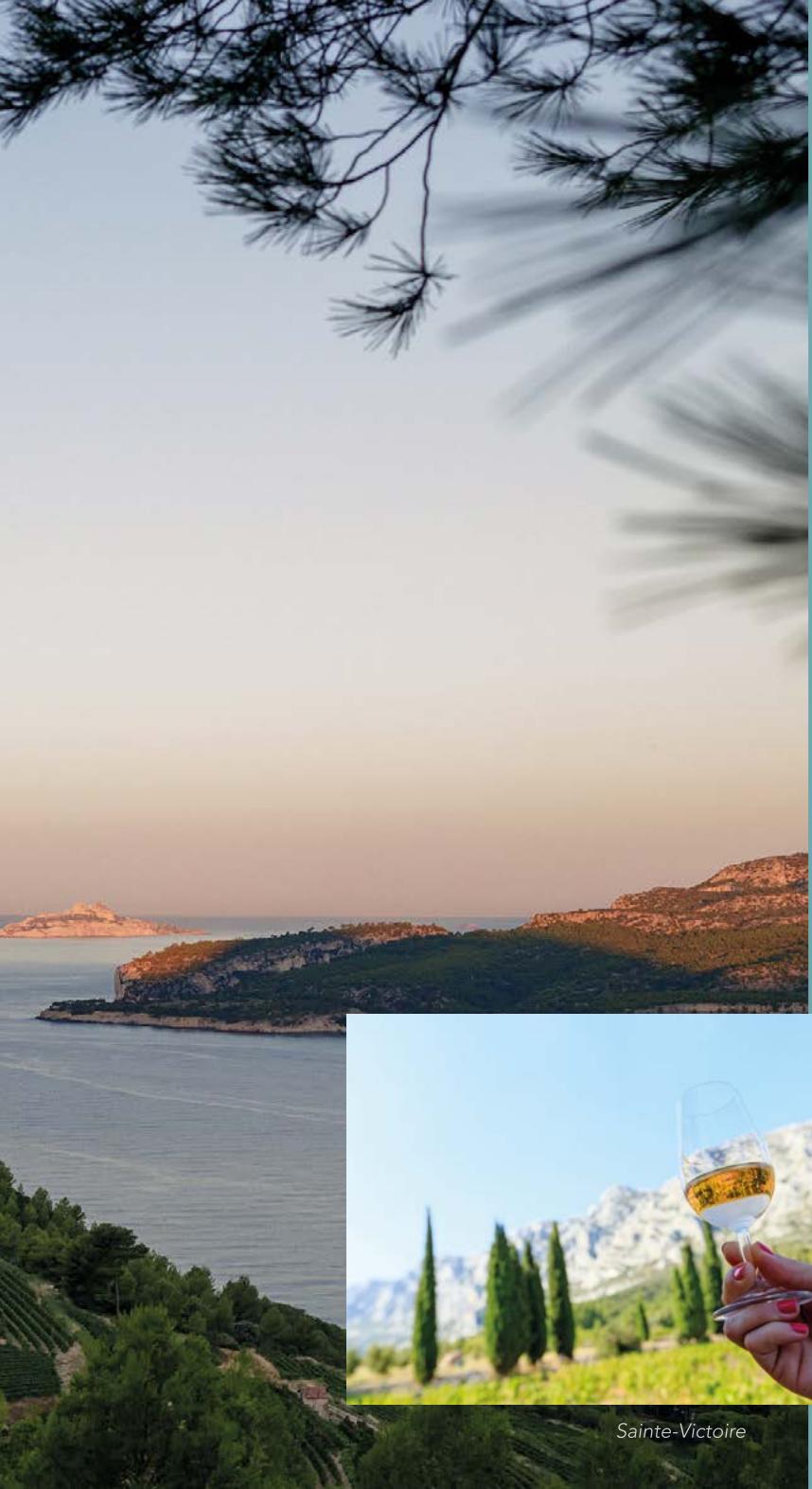
TASTE IS EVERYTHING! Provence is a genuine vegetable garden, nurtured with tender loving care by local growers and worshipped by top chefs and amateur cooks alike. And although you'll find many Michelin-starred eateries here, there are a thousand and once ways to savour Provence. Nibble freshly-fished squid on a sunny Sunday morning at the local ports, relish a bull beef stew at a Camargue ranch, or take a bite out of a plump tomato drizzled with olive oil under a flowering bower. Provence lifestyle is all about sharing and togetherness... Welcoming tables in beautiful settings, laden with delicious local fare



**POUR
BOIRE LEURS
PAROLES**

- 8

**TO WORSHIP
WINE**

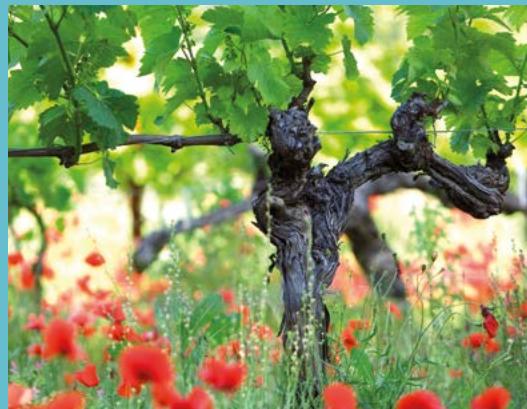


Sainte-Victoire



UN SÉJOUR EN PROVENCE, C'EST LA PROMESSE D'UN ROSÉ FRAIS SOUS LES FIGUIERS. C'est aussi un voyage à part entière, chaque vignoble s'inscrivant dans un décor particulier. Du vignoble aixois à la baie de Cassis, de Sainte-Victoire à la Sainte-Baume, de l'Étang de Berre aux Alpilles et à la Camargue, il n'y a qu'un pas, mais la diversité est remarquable. Les vignerons, largement engagés dans une conversion bio, ont à cœur de défendre ce patrimoine, réputé comme l'un des plus anciens vignobles de France. On pourra l'apprécier à l'occasion d'une étape gourmande ou au crépuscule pendant un événement qui conjugue musique et lieu d'exception, balades buissonnières et dégustations.

A HOLIDAY IN PROVENCE... THE PROMISE OF CHILLED ROSÉ UNDER THE FIG TREES, endless vineyards to explore and ever-changing decors. It's only a short hop from the terroir of Aix to the Bay of Cassis, from Sainte-Victoire mountain to the Sainte-Baume hills, or from Etang de Berre lake to the Alpilles and Camargue, but the diversity of scenery is remarkable. The local producers – many converting to all-organic growing – are committed to defending their legacy as one of France's oldest winegrowing regions. Take time to appreciate it to the full thanks to the many wine tourism experiences on offer from fine wining & dining to live music in the vines, country strolls and tasting sessions. Just take your pick!





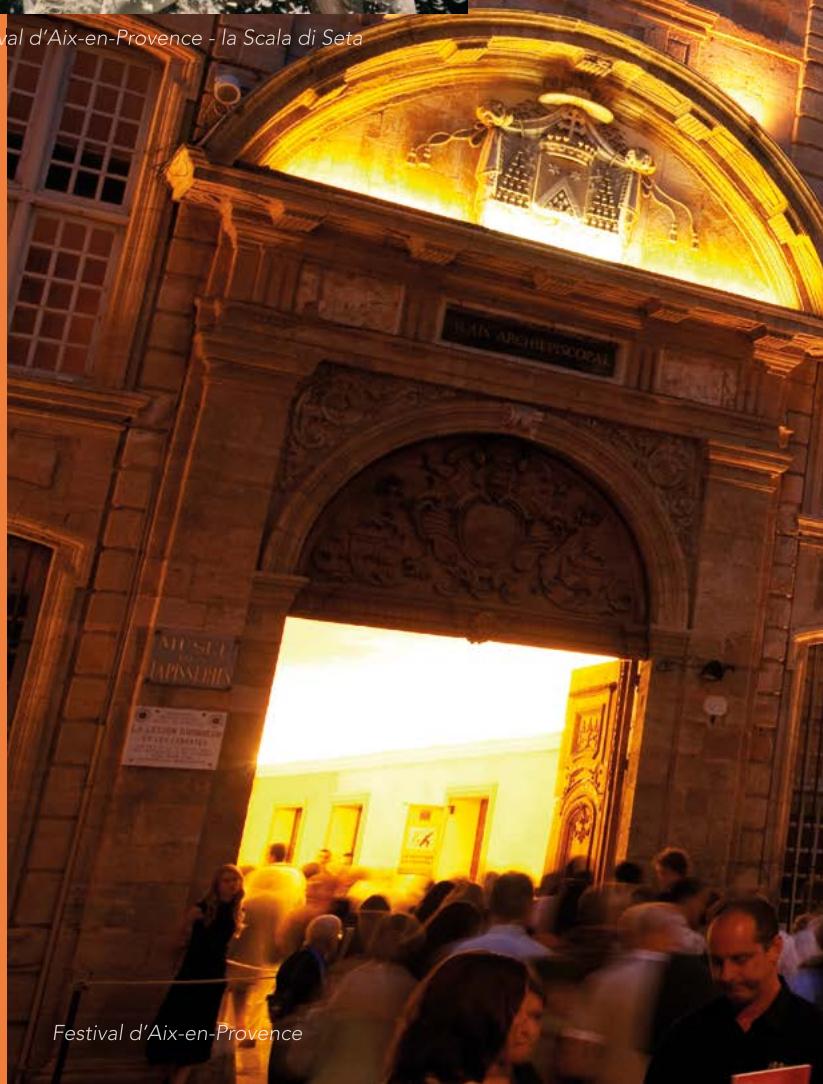
Festival de Piano de la Roque d'Anthéron



Festival d'Aix-en-Provence - la Scala di Seta

QUELLE QUE SOIT LA SAISON, IL Y A TOUJOURS UN MOMENT À CÉLÉBRER, une fête à partager en Provence ! On prend place dans la cour d'un Ancien Archevêché pendant le Festival d'Aix-en-Provence, sous les platanes au Festival International de Piano de la Roque d'Anthéron, dans les jardins du Palais Longchamp au Marseille Jazz des Cinq Continents, au cœur de la cité arlésienne à l'occasion des Rencontres de la Photographie... Des grands rendez-vous pour des grands moments d'émotion, de fête et de communion collective. Musicale, traditionnelle ou encore gourmande avec Marseille-Provence Gastronomie : la fête s'invite partout et sous toutes les formes.

THERE'S ALWAYS SOMETHING TO CELEBRATE and festivities to share in Provence whatever the season! Let's take our seats in the courtyard of the ancient Archbishop's Palace for the Aix-en-Provence Festival, under the plane trees for the International Piano Festival in La Roque d'Anthéron, in the gardens of Palais Longchamp for the Five Continents Jazz Festival in Marseille, or in the heart of Arles for the International Photography Festival... A host of major meetings filled with fun, emotion and togetherness. Musical, traditional or gourmet thanks to the MPG Gastronomic Year in Provence initiative : every occasion is the perfect time for a party.



Festival d'Aix-en-Provence



**POUR ÊTRE AUX
RENDEZ-VOUS**
- 9
TO PARTY IN PARADISE



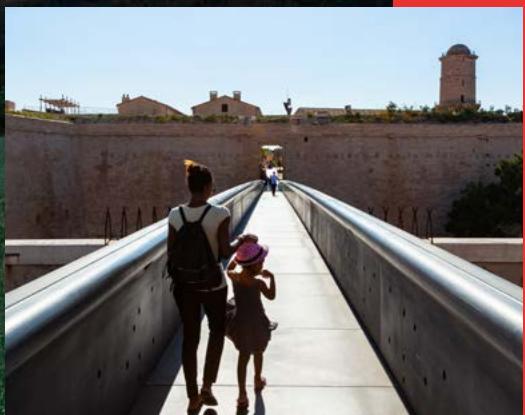
POUR AVOIR LE CHOIX

- 10

TO SAVOUR THE SCENERY



La Corniche - Marseille



Le Mucem - Marseille

LES BOUCHES-DU-RHÔNE SONT UN PARFAIT DUO ENTRE NATURE ET URBANITÉ. La variété des paysages offre un extraordinaire terrain d'exploration pour les visiteurs. Le matin, on ouvre les volets sur Sainte-Victoire et on se connecte aux odeurs de la garrigue. On enfile son maillot pour 30 minutes plus tard se rafraîchir à l'ombre d'une calanque avant de s'asseoir, encore tout salé, à la terrasse d'un restaurant les pieds dans l'eau. Revigoré, on met le cap sur Marseille pour un bain de culture et dans la foulée poursuivre notre séjour en Camargue. Mer, campagne, ville, montagne : on change de décor au gré de ses envies.

THE BOUCHES-DU-RHÔNE AREA OFFERS A DYNAMIC DUO OF NATURAL AND URBAN PLEASURES, with endlessly-varied scenery promising visitors an extraordinary playground. Open your shutters in the morning to the sight of Sainte-Victoire mountain, breathe in the herby scents of the garrigue, then slip into your swimwear for a refreshing dip in the nearby calanques fjords before settling down for lunch at a waterside restaurant... Once your batteries are recharged, it's time to head to Marseille for an immersion in culture, or hit the road to Camargue. Sea, country, town or mountain – whatever your whim, there's always a picture-postcard decor within arm's reach.

WWW.MYPROVENCE.FR

Le média touristique incontournable des Bouches-du-Rhône !

My Provence concentre le meilleur de la destination sélectionnée et racontée par Provence Tourisme, avec les offices de tourisme, les talents et personnalités qui incarnent le territoire.

VOUS ÊTES UN PROFESSIONNEL DU TOURISME ET SOUHAITEZ ÉCHANGER AVEC NOS SERVICES ?

Contact promotion
promotion@myprovence.fr



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EN QUÊTE D'INSPIRATION

LOOKING FOR INSPIRATION

WWW.MYPROVENCE.FR

The must-have Bouches-du-Rhône tourism toolbox, My Provence is a concentrate of the very best our destination has to offer, hand-picked by Provence Tourisme in collaboration with local tourist offices, talents and personalities.

IF YOU'RE A TRAVEL PROFESSIONAL AND WOULD LIKE TO GET IN TOUCH WITH US :

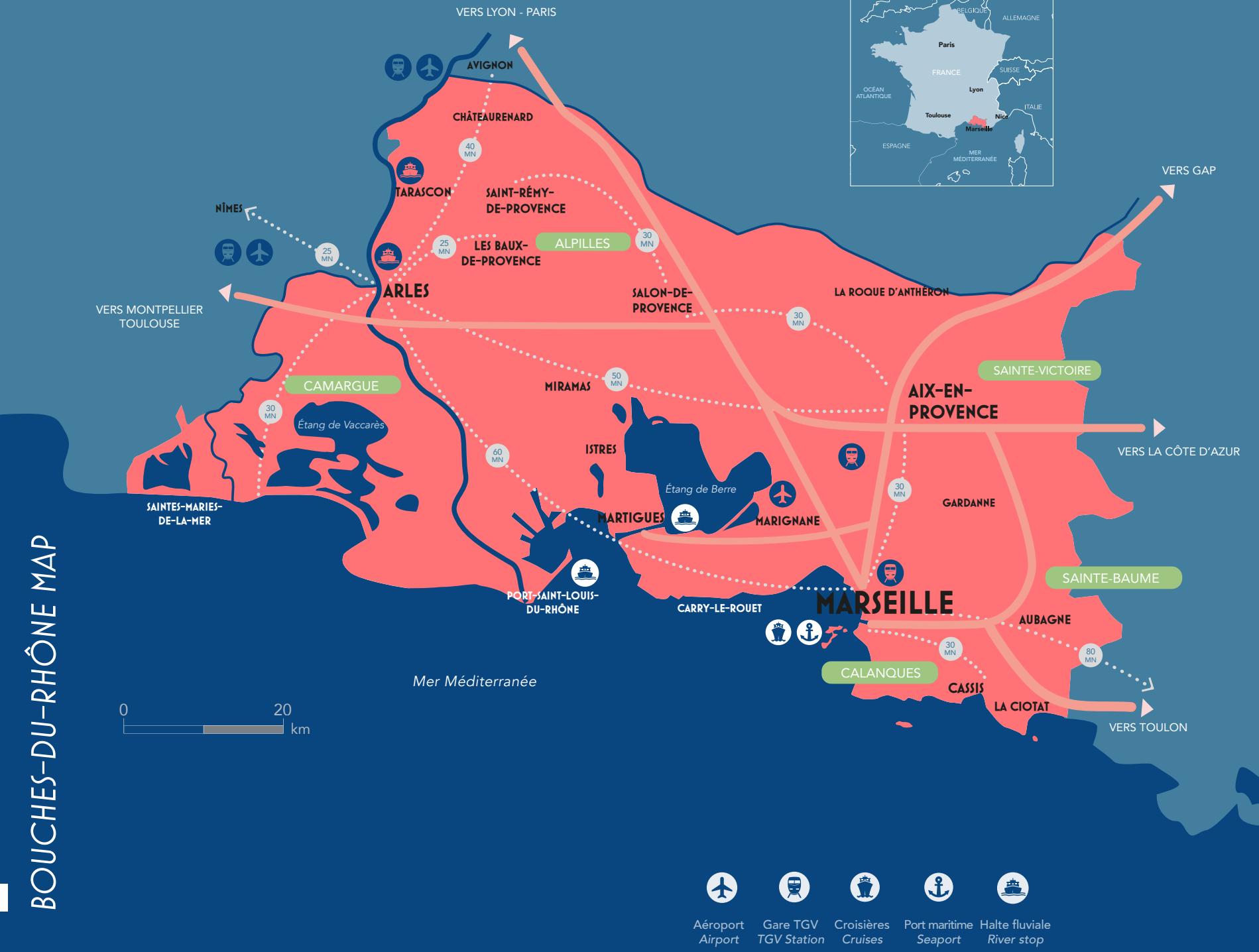
Promotion contact
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CARTE BOUCHES-DU-RHÔNE MAP

BOUCHES-DU-RHÔNE MAP



MARSEILLE-CASSIS REVISITING THE CLASSICS... NATURE'S WAY

A foray into the Big Blue, where you'll fish for the infinitely small, relax at the gateway to the majestic «Calanques» fjords, visit Marseille's oldest soap maker and savour a fine wine at the foot of Europe's highest cliff...

LIVE THE PROVENCE EXPÉRIENCE

Provence Tourisme invites you to enjoy a new angle on the Bouches-du-Rhône area. The Provence Experience focuses on exploring Provence's most exceptional facets in a different way, that honours nature and the local inhabitants. It's all about taking time to meet the men and women whose talent, passion and creativity have made our destination truly unique.

MICROTRIP



YOUR PROGRAMME



YOUR HOSTS

- 1 - **Capitaine Coco boat trip** - capitainecoco.fr
- 2 - **La Maison des Nines café-boutique** - Facebook : La Maison des Nines
- 3 - **Hôtel 96** - hotel96.com

4 - Savonnerie du Fer à Cheval soap maker

savon-de-marseille.com

5 - Dona Tigana vineyard

domaineladonatigana.com

6 - Les Volets Rouge guest house

lvr cassis.fr

DAY 1

Marseille's **Vieux-Port** (old port) is the rallying point for an exciting boat trip and plankton fishing adventure on **Capitaine Coco's traditional «pointu» fishing boat**, built in 1969.

Captain Fanny and environmental guide Anjelika will be introducing you to local history, marine species and heritage. And as a genuine crew member, you'll be actively helping them fish for plankton!

A delicious lunch giving pride of place to local, seasonal produce awaits you at the cosy **Maison des Nines**, a café-come-eatery-come-boutique located in the **Noailles quarter**, in the beating heart of Marseille.

You'll be setting down your bags at **Hôtel 96**, a Green Key establishment nestling in a haven of greenery at the gateway to **Calanques National Park**. On-site amenities include a pool, sauna and bicycles you can borrow to explore the city's Corniche coast road, nicknamed the «world's longest bench».

Dinner at the eatery of your choice and night at the hotel.

DAY 2

Breakfast at the hotel. Departure for a guided tour of the **Savonnerie du Fer à Cheval**, Marseille's oldest and largest traditional soap maker where you'll learn all about authentic Savon de Marseille soap making know-how, handed down through the generations since 1856. And at the end of your tour, you'll leave with your very own stamped soap cube: a wonderful Made in Provence souvenir!

Next, it's time to head to Cassis, reputed for its charming little fishing port, AOC wines, stunning 394-metre cliff and coastal fjords or «Calanques». You'll be visiting the Domaine Dona Tigana on the heights of the town, where you'll be able to savour Cassis' mythical white and rosé AOC wines in the company of the owner – none other than the legendary international football star Jean Tigana, also a passionate wine lover!

The trip ends with a night at the astonishing **hôtel Les Volets Rouges** (Green Key): a quiet, family-style private house in Cassis and genuine bubble of nature in the heart of Calanques National Park.

Go local at

MYPROVENCE.FR

MARSEILLE & COAST A FAMILY NATURE ADVENTURE IN LA CIOTAT

A town of Nature and History,
accessible to all.

Discover the wild and beautiful
Calanques National Park on the
shores of the Mediterranean...
A destination accessible to all,
boasting a sumptuous natural,
cultural and historic heritage.

Did you know that one of the
very first moving films, shot
by the Lumière brothers, was
entitled "Arrival of a Train at La
Ciotat"?!

LIVE THE PROVENCE EXPERIENCE

This microtrip was carefully
curated to satisfy your every
need and expectation. Adapted
and accessible, it invites
you to meet local hosts who
are passionate about Provence
and love sharing their beloved
homeland with visitors through
meaningful and always-
astonishing experiences.



MICROTRIP
100 %
"Tourism & Handicap"
certified



YOUR PROGRAMME



VOS HÔTES



1 - Plage Lumière beach
[laciotat.com/mon-quotidien/
handicap-et-accessibilite](http://laciotat.com/mon-quotidien/handicap-et-accessibilite)

2 - Eden Théâtre cinema
edencinemalaciotat.com

3 - Office de Tourisme de La Ciotat tourist office

destinationlaciotat.com

4 - Résidence le Saint Estève residential hotel

apparthotel-laciotat.fr

5 - Voie Douce walking trail
[destinationlaciotat.com/fr/
itineraires-cyclables.htm](http://destinationlaciotat.com/fr/itineraires-cyclables.htm)

6 - Expénature sea canoeing & kayaking
expenature.fr

DAY 2

In the morning, the **Saint Estève** shuttle will drop you off at the departure point for the **Voie Douce Patrick Boré**: a former railway track, now converted into a completely safe, pedestrians-only landscaped trail crossing the town. Grab your trainers, stroller, bicycle or scooter and enjoy the view!

Next, you'll be heading to the new marina to meet Romuald from **Expénature** and revel in a sea canoe or sea kayak tour bathed in the stunning sunshine of Provence!

ALPILLES & PAYS D'AIX PROVENCE, A FEAST FOR THE SENSES

A genuine voyage of the 5 senses, this microtrip features a tempting line-up of painting, cuisine and craftwork.

A feast of sensory and human experiences between the stunning scenery of the Alpilles and Pays d'Aix-en-Provence.

LIVE THE PROVENCE EXPERIENCE

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MICROTRIP



YOUR PROGRAMME



YOUR HOSTS

- 1 - Musée des Alpilles museum**
alpillesenprovence.com
- 2 - Restaurant Eidra**
eidra-restaurant.com
- 3 - Elsa Lenthal lavender wands**
elsalenthal.com

4 - Bastide d'Eygalières hotel

hotellabastide.com

5 - Chef & the City cookery class

chefandthecity.com

6 - Rose & Marius perfumes

roseetmarius.com

DAY 1

The fun starts as soon as you arrive at the **Musée des Alpilles museum**! Slip into Vincent Van Gogh's apron and immerse yourself in a delightful outdoor painting class in Saint-Pierre de Mausole, where the famous artist once lived.

Local artist **Philippe Monnier** will be introducing you to reed painting, while he talks about Van Gogh and the Alpilles landscapes that inspired him so much. You'll be stopping off for lunch at **Eidra** in **Saint-Étienne-du-Grès** – more than just a simple restaurant, this eatery is a lively social hub and holder of the «Ecotable» label, serving succulent dishes that uphold the establishment's commitment to sustainability.

Next, you'll head back to **Saint-Rémy-de-Provence** to meet local-born **Elsa Lenthal**, a fervent lover of Provence and lavender. Elsa will be sharing her lavender weaving know-how with you - a Provencal tradition dating back to the 18th century - and teaching you how to make a traditional lavender wand. You'll set off home with a sweet-smelling souvenir of your afternoon that promises to last for years!

Dinner and night at the four-star **Bastide d'Eygalières**, a charming Green Key hotel located in Eygalières.

DAY 2

This morning, you'll head east to Aix-en-Provence and the Pays d'Aix area, standing under the majestic gaze of Sainte-Victoire mountain so dear to Cézanne. In the pretty, hilltop village of Fuveau, you'll have the pleasure of meeting lady **chef Deborah from Chef & the City** and taking part in her Provencal cookery class showcasing local, seasonal ingredients.

After savouring the lunch concocted together, it's time to head to Aix-en-Provence town centre, where **Magali Fleurquin** awaits you at the **Rose & Marius perfume** studio. On the first floor of her boutique in Aix-en-Provence, Magali relates her childhood olfactory memories and the typical scents of Provence, before teaching you how to make your own perfume creation.

Go local at

MYPROVENCE.FR

CAMARGUE ADVENTURE AT YOUR FINGERTIPS

A microtrip in Camargue, where you'll get up-close-and-personal with the local flora and fauna, and the heartfelt men and women who continue to uphold Camargue's ancient traditions and know-how...

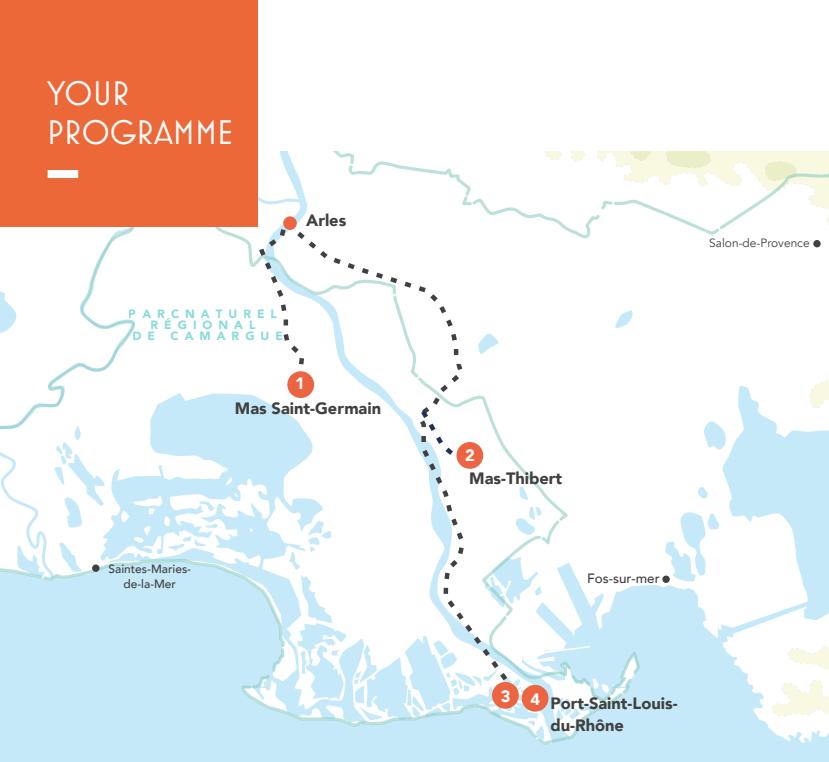
LIVE THE PROVENCE EXPERIENCE

Provence Tourisme invites you to enjoy a new angle on the Bouches-du-Rhône area. The Provence Experience focuses on exploring Provence's most exceptional facets in a different way, that honours nature and the local inhabitants. It's all about taking time to meet the men and women whose talent, passion and creativity have made our destination truly unique.

MICROTRIP



YOUR PROGRAMME



VOS HÔTES

**1 - Le Mas Saint Germain
farm**
massaintgermain.com

2 - Les Marais du Vi- gueirat nature reserve

marais-vigueirat.reserves-naturelles.org

DAY 1

Welcome to **Le Mas Saint-Germain**, an authentic, family-owned Camargue farm located to the north of **Etang de Vaccarès lake**, specializing in Camargue bull and horse rearing since 1955.

You'll be warmly greeted by Pierre, Monique and their children, who are passionate about their organic farm and love sharing their story with visitors.

After setting down your bags in your on-site guest room, it's time to saddle up and head out for a guided horse trek! You'll have time to make friends with your trusty steed and help pamper and prepare them for the ride beforehand.

The family will be delighted to advise you on the best places to eat near the farm, before you settle down for the night at **Le Mas Saint-Germain**.

3 - Camargue Coquillages shellfish farm

camarguecoquillages.fr

4 - Rollin Revolution Fish sea fishing

rollinrevolutionfish.fr

DAY 2

Today, you're visiting **Les Marais du Vigueirat nature reserve**: one of the largest properties of the **Conservatoire du Littoral** coastal conservancy, home to an impressive **3,500 plant and animal species, 300 bird species and 5 bull and horse ranches**. A nature guide will lead you to the heart of the reserve, where you'll enjoy birdwatching with binoculars. You can opt for lunch at the reserve in the shaded picnic areas reserved for visitors, or head to one of the restaurants in the nearby village of **Mas-Thibert**. After lunch, you'll head to **Camargue Coquillages** in **Port-Saint-Louis-du-Rhône**, where the **Castejon family** will treat you to an introduction to their organic shellfish, oyster and mussel farm. After the fascinating farm tour, you'll be invited to taste their ultra-fresh fare at the water's edge. A genuine feast for the eyes and palate!

At the end of the day, you'll be joining **Damien Rollin from Rollin Revolution Fish** for a spot of sea fishing. Born in Port Saint Louis, this young fisherman knows the sea and its inhabitants like the back of his hand and promises to captivate novices and seasoned sailors alike.

Go local at

MYPROVENCE.FR

ÉTANG DE BERRE THE ASTONISHING SEA LAKE!

Discover Marignane, Miramas, Martigues and Istres, 4 off-the-beaten-track towns dotted around Europe's largest sea lake, in the heart of the Bouches-du-Rhône area.

An astonishing voyage combining, sport, nature, land and sea...

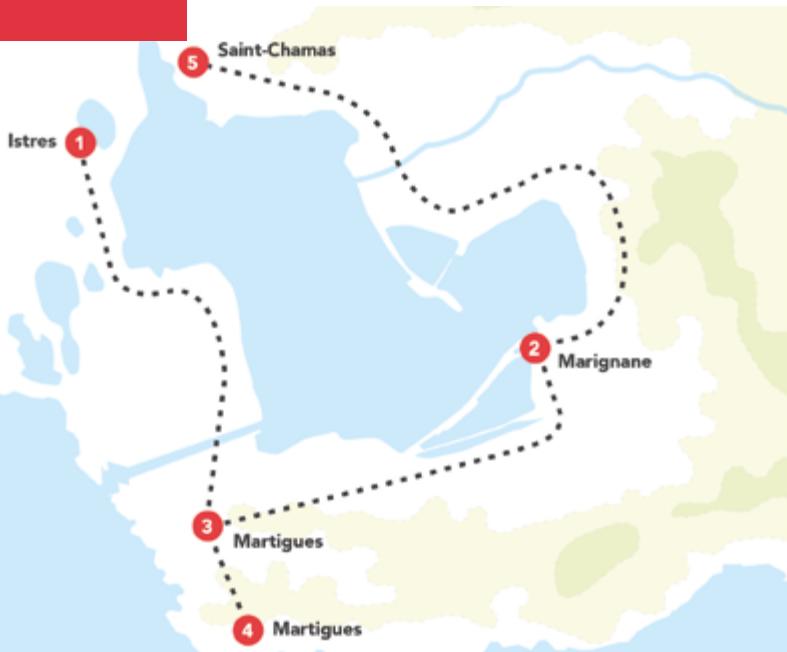
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MICROTRIP



YOUR PROGRAMME



YOUR HOSTS

- 1 - Nature, plant picking and distilling

istres-tourisme.com

- 2 - Jawaï Kiteschool

jawaikiteschool.fr

- 3 - Aïoli Caganis agro-ecological farm

aioli-caganis.fr

- 4 - Camping Marius

campsite Méditerranée

camping-marius.com

- 5 - Base Nautique de

Miramas water sports centre - ncmiramas.fr

DAY 1

Did you know? Marignane and its Plage du Jaï beach are an official preparation centre for the upcoming 2024 Olympic Games sailing events! Whether you're a novice or confirmed kitesurfer, you'll fly off to the **Jawaï Kiteschool** this morning for an unforgettable adventure on azure waters, topped with panoramic views over Etang de Berre sea lake.

Afternoon departure for Martigues, where **Aïoli Caganis** – a unique agro-ecological farm – will be inviting you to discover their everyday life and know-how with an introduction to permaculture, fruit & vegetable picking, planting, preserving and product transformation... A guaranteed immersion in Provence's natural wonders!

You'll be sleeping in an attractive chalet at the **Camping Marius** (Green Key) campsite on Plage de la Saulce beach in La Couronne, founded over 50 years ago by Marius & Paulette, the grandparents of the current owners.

DAY 2

In the morning, we'll be taking you to Istres, where you'll enjoy (responsibly) **picking wild plants in the hills of Provence**, redolent with scents of thyme and rosemary. Next, you'll take part in distilling aromatic herbs to create a moisturizing hydrosol balm and «wellness herbal tea».

In the afternoon, you'll be exploring a new facet of Etang de Berre sea lake courtesy of the

Base Nautique de Miramas water sports centre, where you'll enjoy an introduction to sailing – a gentle but active way of discovering yet more facets of the sea lake and its unexpected heritage.



PROVENCE
ENJOY THE UNEXPECTED

Missionné par le Département des Bouches-du-Rhône, Provence Tourisme agit en faveur de la coordination des acteurs et de l'attractivité de la destination.

À retrouver sur...

www.myprovence.fr

Provence Tourisme is appointed by the Bouches-du-Rhône Area Council to facilitate coordination between travel professionals and promote the beauty of the territory.

Check us out at...

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AIX
MÉTROPOLE
MARSEILLE
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DÉPARTEMENT
BOUCHES-DU-RHÔNE



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