

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

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 - 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-Etienne-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 Provençal 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 Provençal 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

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
hometown with visitors through
meaningful and always-
astonishing experiences.



REPUBLIQUE FRANCAISE

MICROTRIP
100 %
"Tourism & Handicap"
certified





DAY 1

And we're off to **Plage Lumière** beach! It's the perfect spot for discovering La Ciotat's fascinating coastline and landmarks such as the impressive Bec de l'Aigle cliff, Ile Verte island and the former naval shipyards. A picnic is an absolute must here, gazing out over sparkling blue waters as far as the eye can see...

Next up is a fun family outing to the **Eden Théâtre cinema**: the world's oldest movie theatre still in operation.

To round off your afternoon, **La Ciotat's tourist office** will be delighted to offer local sightseeing tips and top addresses if you fancy dining at the water's edge.

Peaceful night at the **residential hotel Résidence le Saint Estève**.

VOS HÔTES



FR RÉPUBLIQUE FRANÇAISE

1 - Plage Lumière beach
laciostat.com/mon-quotidien/handicap-etaccessibilite

2 - Eden Théâtre cinema
edencinemalaciostat.com

3 - Office de Tourisme de La Ciotat tourist office

destinationlaciostat.com

4 - Résidence le Saint Estève residential hotel
apparthotel-laciostat.fr

5 - Voie Douce walking trail
destinationlaciostat.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!

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...

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MICROTRIP



YOUR PROGRAMME



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**.

VOS HÔTES

1 - Le Mas Saint Germain farm
massaintgermain.com

2 - Les Marais du Vigueirat nature reserve
marais-vigueirat.reserves-naturelles.org

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 HOSTS

**1 - Nature, plant picking
and distilling**

istres-tourisme.com

2 - Jawaï Kiteschool

jawaikiteschool.fr

**3 - Aïoli Caganis
agro-ecological farm**
aïoli-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 be flying 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 Sauce 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.

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...

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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 - lvrccassis.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 **hotel 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.