

MARSEILLE PROVENCE

LOG BOOK

EXCURSIONS AND
PRE / POST-CRUISE STAYS





PROVENCE

A la carte port calls

To discover the best the Region has to offer...

- 1 “Map’rovence” map of Provence
- 12 essential “Map’ville” city maps
- More than 100 not-to-be-missed things to see, do and taste!
- All the information you’ll need
- Where and how to board

SUMMARY

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Published by the **Marseille Provence Cruise Club**, the **Log Book** is aimed at tourism and cruise sector professionals. It provides all **the information** needed to understand **destination Provence** and make **organizing a port call or pre/post-cruise** stay easy.

EASY TO USE









Unfold **Locate** Organize

A unique log book



- ★ Organize the best pre/post-cruise stay,
- ★ Easily plan an excursion,
- ★ Make the most of your time ashore!

Pictograms guide you in your exploration

-  MUSEUMS
-  PLACES OF INTEREST
-  MONUMENTS
-  SHOPPING CENTRES
-  THINGS TO DO
-  THINGS TO TASTE



2 tours are proposed according to available time

-  4 ½-HOUR TOUR
-  1-DAY TOUR





Marseille Provence

This is the place to board!

France's leading cruise port, no.4 in the Mediterranean and one of the world's top 15, Marseille Provence offers a wide range of destinations, tours, themes and horizons.

There's no cruise "season" here; departures are year-round for cruises lasting 3 to 15 days in the Mediterranean and on the Rhone river. The international companies such as Costa Cruises, MSC Cruises and the main river cruise companies offering departures are all here.

Marseille Provence's strong point is that it combines two major advantages: high quality infrastructure able to handle the largest cruise ships and a destination offering passengers over 150 excursions, either during port calls or for pre- or post-cruise stays.

The cruise sector generates some €310M for the region's economy as a whole. The cruise experience is positive and 96% of passengers recommend the destination!

KEY FIGURES

MARITIME
CRUISES



RIVER
CRUISES



View the Log Book online at www.marseille-cruise.com

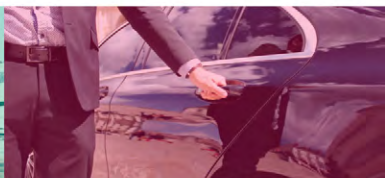


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SEGWAY



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EXCURSION



SHUTTLE



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86 Quai du Port - 13002 Marseille

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SIRET : 449 047 943 00047 RCS Marseille



MEDITERRANEAN CRUISES



Cruise companies embarking at the port of Marseille



River cruise companies embarking at Provence's river ports



Mucem Marseille

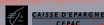
A museum for the Mediterranean
Experience the new Marseille



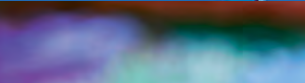
mucem.org

1 esplanade du J4, 13002 Marseille

Founding sponsors



interxion



MAP'ROVENCE

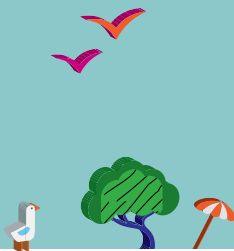
Unfold Locate Organize





PROVENCE

12 must-see places



In people's imagination, the name Provence evokes archetypal images and arouses the senses.

A field of lavender, olive trees, the song of the cicadas, a glass of rosé wine, the dazzling light... Provence instantly evokes a laid-back feeling.

The port of Marseille, set on the region's edge, invites you to experience something unique.

The getaways are both eclectic and comprehensive: the vibrant and cosmopolitan city of Marseille, the picturesque ports of Martigues, Cassis and La Ciotat, Aix-en-Provence and its baroque architecture, vine and olive tree-covered hills from the Montagne Sainte-Victoire to the Alpilles and the Luberon.

Less than an hour's drive away, the beautiful and wild Camargue is another world with, at its centre, the town of Arles, a treasure house of history.

Provence is a voyage of many facets, some well-known, others quite surprising!



www.marque-provence.com



PRE/POST-CRUISE TOUR 3 days / 3 nights

DAY 1 - MARSEILLE

Morning: ★ Visit of the Mucem, the first museum dedicated to Mediterranean civilizations. Stroll through the narrow streets of the Panier, the oldest part of Marseille.

Midday: ☕ Lunch at a terrace on the Old Port.

Afternoon: ★ Boat ride to explore the Calanques National Park. Then a choice between: ★ a ride on sightseeing bus from the Old Port up to Notre Dame de la

Garde for the stunning views over the sea and city, or an afternoon shopping.

Dinner: ☕ Bouillabaisse at the fishing port of Vallon-des Auffes.

DAY 2 - AIX-EN-PROVENCE

Morning: ★ Tour of Aix-en-Provence, the Cours Mirabeau, Quartier Mazarin and the Old Town with its fountains. Visit of the Hôtel de Caumont to view works by some of the great masters and soak in the atmosphere of a typical mansion.

Midday: ☕ Lunch in a sunny square.

Afternoon: ★ Take the Route des Vins (wine route) from the Domaine Terre de Mistral and its wine-based activity centre to Château Virant...

Dinner: ☕ Back to Marseille for some seafood specialities on the Old Port.

DAY 3 - CAMARGUE

Morning: ★ Tour of Arles, with over 100 UNESCO World Heritage buildings, and a visit of the Van Gogh Foundation.

Midday: ☕ Lunch at a manade for some gardiane de taureau with Camargue rice.

Afternoon: 🐎 Horse ride through the Camargue Regional Natural Park and a visit of the Pont de Gau Ornithological Park at Saintes-Maries-de-la-Mer.

Dinner: ☕ Back to Marseille for dinner in the Panier.

TOWNS & REGIONS



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MARSEILLE

An amazing city experience



Enchanting and mystifying, Marseille is an experience not to be missed, Provence's largest city, bathed in light, with a strong personality and local accent to match. The dominant blue of the sky and Mediterranean Sea is the backdrop to every scene and the ever-present sun your companion wherever your journey takes you. Here, the vestiges of France's oldest city Massalia, founded by the Greeks, today stand alongside modern masterpieces designed by architects such as Zaha Hadid, Jean Nouvel, Kengo Kuma and Rudy Ricciotti. Since its nomination as European Capital of Culture in 2013, Marseille has become an inspirational place for a great many designers and artists, a city setting the trend. Whether it's the Mucem, the narrow lanes of the Panier district, a dip in the sea in the Calanques, lazing on one of the many beaches, an aperitif on the terrace of a café, shopping or gourmet food, the Marseille experience is guaranteed to make an impression.



Maritime cruise port



M MuCEM

Magnificently designed by Rudy Ricciotti, the Museum of European and Mediterranean Civilisations houses permanent and temporary collections and has a terrace roof with spectacular sea views.

M Regards de Provence Museum

Exhibitions dedicated to Provence and collections of works from the 18th century to present day are to be found in this former public health building

★ Vieux-Port

This legendary Old Port is the heart and soul of the city, with its fish market, cafés, restaurants, boats and unmissable Norman Foster-designed canopy.

M Musée d'Histoire

With its view onto the ruins of the ancient port, the History Museum retraces Marseille's history from

its founding to present day through a series of unique collections.

M Longchamp Palace

Built in 1862, this magnificent Neoclassical style palace is surrounded by an extensive park. The building houses the Natural History Museum and Fine Arts Museum.

M Notre-Dame-de-la-Garde

From its perch on La Garde hill, Marseille's beloved "Bonne Mère" watches over its fishermen. Built in a Neo-Byzantine style, it overlooks the city and offers stunning views.

M M Vieille Charité

A listed building, this former hospice, designed by Pierre Puget and built in the 17th century houses temporary exhibitions and the Mediterranean Museum of Archaeology.

★ The Panier

The oldest district in France, with narrow streets lined with many

designer boutiques and cafés.

M Frioul Islands, If Castle

A 30-min ferry ride from the Old Port, the Frioul Islands are part of the Calanques National Park and a nice getaway. Make a stopover at the legendary Château d'If, site of the adventures of the Count of Monte-Cristo.

M Palais du Pharo

Built by order of Napoleon III for Empress Eugénie, the Pharo Palace has vast gardens with a wonderful view of the Old Port.

★ Vallon des Auffes

A delightful little fishing port tucked under a viaduct and lined with traditional fishermen's huts. Swim from the rocks or enjoy a pleasant meal.

★ Ferry boat

Cross the Old Port on this legendary free ferry service.

To cruise terminals

Les Terrasses du Port

LA JOLIETTE

Regards de Provence

MuCEM/J4

LE PANIER

Vieille Charité

Palais du Pharo

Abbaye Saint-Victor

Vallon des Auffes

Notre-Dame-de-la-Garde

To the Calanques



Palais Longchamp

Les Galeries Lafayette

Musée d'Histoire



Place Castellane



2 TOURS

The best of Marseille!



4 ½ hrs

The route starts at the highest point in the city, Notre Dame de la Garde basilica, with its remarkable panorama of Marseille and the Frioul Islands in the distance. ★ Descend towards the Old Port along the seafront via the Corniche Kennedy, stop off to play under the canopy, look at the boats and fish stalls (morning only). M Then walk along the quay in the direction of the Mucem. At the City Hall, go up the steps to take a closer look at the Hôtel Dieu. ★ Next, take the Rue Caisserie, which winds past the legendary Panier district. Enjoy an ice-cream on the Place de Lenche. M At the end of the street, a footbridge takes you across to the Mucem's rooftop terrace.

1 day

★ The route begins on the legendary –and recently refurbished– Old Port, where you can soak in the ambiance of sailing boats and fishing nets. M Follow the quayside up to the Pharo Palace to enjoy the stunning view out over the harbour and Mucem. M Next, climb up to Notre Dame de La Garde, or Bonne Mère (Good Mother) to take in the panoramic view of the city and visit the basilica so dear to the Marseillais. M On the way back down, stop off at the Vallon des Auffes for lunch. Next, head for the Mucem. M M On leaving the Mucem, take the footbridge that will lead you across to the Panier district and the Vieille Charité.

These suggestions are equally valid for a pre/post-cruise stay.

SHOPPING

City centre
Terrasses du Port
Docks Village
Voûtes de la Major
Galeries Lafayette

THINGS TO DO

Sightseeing bus
Segway
Calanques boat trip
Kayaking
Tourist train

THINGS TO TASTE

Pastis
Navettes
Bouillabaisse



Tourist Office

11, la Canebière - 13001 Marseille
Phone: 0826 500 500
(call costs €0.15/min)
www.marseille-tourisme.com



AIX-EN-PROVENCE

Stroll through the narrow streets of the old town



With its 101 fountains, mansions and lanes oozing with character, Aix-en-Provence never fails to charm visitors. Founded in 122BC, the “City of Water, City of Art” is the birthplace of Cézanne, who was continually inspired by the surrounding countryside and the Sainte Victoire Mountain. With its arts centres, museums and internationally acclaimed festivals, Aix-en-Provence provides a cultural interlude combining heritage, modernity and laid-back lifestyle.

What better than to stroll along the narrow streets, taking a break at the terrace of a café or sampling the local produce at the market? This is also the place to try calissons, the famous lozenge-shaped confectionery made of candied fruit paste and ground almonds, topped with royal icing.

🕒 *30 min from the Marseille cruise terminal*



M Musée Granet

Housed in the Palais de Malte, the Granet Museum of Fine Art brings together 12,000 works dating from the Renaissance up to the Modern period, as well as the Jean Planque Collection in the former Chapelle des Pénitents Blancs, which features masterpieces by Renoir, Monet, Van Gogh and Braque among others...

★ Local produce market

All the flavours and aromas of Provence can be found on the local producers' and artisans' stalls at the fruit and vegetable market. 8 - 12.30am, Place Richelme.

⌘ Cathédrale Saint-Sauveur

Built on the ruins of a temple of Apollo, Saint Sauveur Cathedral dates from between the 5th and 18th centuries AD. Among other treasures, it contains a magnifi-

cent triptych by Nicolas Froment (15thc.), an 18th-century tapestry and a baroque organ.

M Hôtel de Caumont, Centre d'Art
A listed building, this 18th century mansion is one of the grandest. It hosts temporary exhibitions of works by 14th century masters.

M Musée des Tapisseries
Located in the baroque Archbishop's Palace, the Tapestry Museum is currently showing a suite of three 17th and 18th century tapestries, "Les Grotesques", "L'Histoire de Don Quichotte" and "Les Jeux Russiens".

★ Cours Mirabeau

Starting at the Place de la Rotonde, with its imposing fountain dating from 1860, this busy, plane tree-lined thoroughfare is known for its small cafés, fountains and grand, columned town houses.

★ Place d'Albertas

This square is a favourite haunt for Aix's dating couples, painters, students and tourists who come to sit and watch the world go by or enjoy a concert, weather permitting

★ Atelier de Cézanne

This unassuming house on the hill above Aix carries the imprint of Cézanne. The studio reveals the artist's world, everyday objects and the objects he used for his still life paintings.

M Fondation Vasarely

Located 4km from the town centre, the Vasarely Foundation's unique architecture and the works it contains are signed Victor Vasarely, one of the masters of kinetic art.

★ Hôtel Gallifet

This 18th century mansion set in Aix's Mazarin district hosts temporary exhibitions of contemporary art.

2 TOURS

Fountains, art and history



4 ½ hrs

- ★ Start by taking in the local tastes and aromas at the lively market on Place Richelme.
- ★ Stroll through the narrow streets of old Aix, admire the mansions in the Mazarin district.
- ⌘ Then head for the Cours Mirabeau and take a break on one of the sun-filled café terraces.
- M Continue to the Granet Museum, the temple of Provence art and history.

1 day

- ★ Immerse yourself in the world of Cézanne with a tour of his studio. ⌘ ★ Next, head for Saint Sauveur Cathedral and wander down the streets of the old town, passing by the Place d'Albertas, the local produce market and end with a little shopping.
- ⌘ Take lunch outside on one of the many typical, tiny squares.
- M Next, head towards the Hôtel Caumont Arts Centre and the Hôtel Gallifet to admire their unique collections of artworks.
- ★ ⌘ End your day with an aperitif on the Cours Mirabeau.

These suggestions are equally valid for a pre/post-cruise stay.

📍 SHOPPING

Old Aix
Les Allées Provençales

🚲 THINGS TO DO

Bike tour
Tourist train
Sainte Victoire hike

⌘ THINGS TO TASTE

Calissons
Local rosé wine
Olive oil



Tourist Office

Les Allées Provençales
300 av.Giuseppe Verdi
Phone: + 33 (0) 4 42 161 161
www.aixprovencetourism.com



ARLES

Take a seat in the arena and travel back in time



At the edge of the wilderness of the Camargue, the ancient city of Arles, which dates back more than 2000 years, boasts an exceptional heritage. Exploring the town's narrow streets reveals impressive ruins dating from the Roman era, most of them UNESCO World Heritage sites.

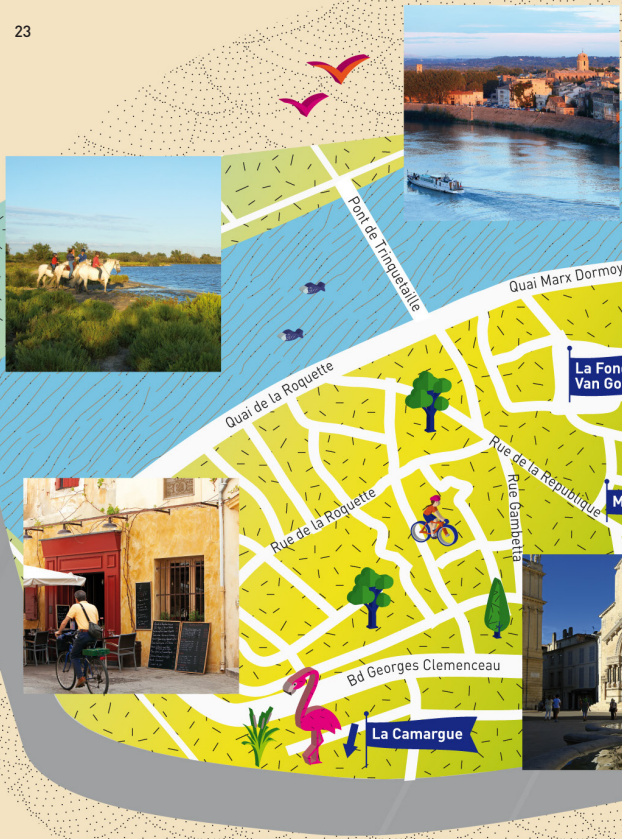
It is here that Van Gogh worked on some of his most famous landscapes and portraits bursting with colours. In addition to its historical riches, Arles is also a crucible of the arts. Music, the Actes Sud publishing house, fashion designers, concept stores, the "Rencontres de la Photographie d'Arles" and, most recently, the Luma Foundation have all made it a fashionable destination.



River cruise port



60 min from the Marseille
cruise terminal



🏛️ Amphithéâtre

Built in the 1st century AD, the amphitheatre was the scene of gladiator combats in front of up to 20,000 spectators. Today, it hosts corridas and "courses Camarguaises".

🏛️ Théâtre Antique

Built in the 1st century during the reign of Augustus, the Gallo-Roman theatre staged plays in honour of the gods in front of 10,000 spectators. Two magnificent columns from the stage wall still survive.

🏛️ Cloître Saint-Trophime

This 12th-13th century cloister features four Roman galleries with carvings dedicated to the New Testament and to the life of St Trophime.

🏛️ Musée de l'Arles Antique

A 15-min walk from the Place du Forum, the museum retraces the history of Arles. It houses more

than 1300 archaeological pieces dating from the Neolithic period to Antiquity, including a collection of Early Christian sarcophagi and a rare representation of Caesar in the form of a marble bust.

🏛️ Abbaye de Montmajour

Located 5km north-east of Arles, Montmajour Abbey is a masterpiece of Roman art in Provence. The views from the top of the tower are stunning.

🏛️ Fondation Van Gogh

This former mansion is a major centre dedicated to the artist, who produced some of his greatest works during his time in Arles, from 1888 to 1889. The place provides a modern-day perspective to his work by hosting major artists.

🏛️ Musée Réattu

The former studio of artist Jacques Réattu is housed in what was once

the Priory of the Order of Malta. The museum features all his works, a collection of contemporary art works and a series of Picasso drawings.

🏛️ Cryptoportiques du forum

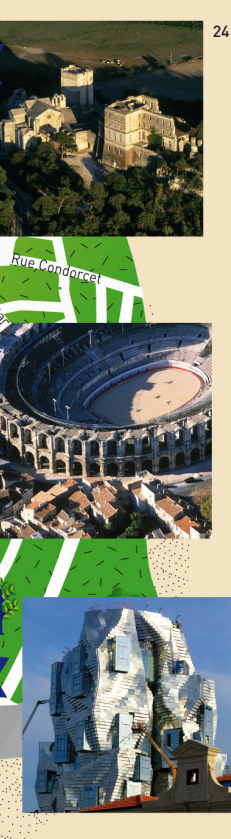
A collection of underground galleries that formed the foundation of the forum built in 30 BC. A stroll back in time 2000 years.

🏛️ Fondation Luma

Pending the 2020 completion of this remarkable building designed by Frank Gehry, the Luma Foundation's exhibitions are taking place in the Great Hall, Forges and Mécanique Générale buildings.

🌟 Excursions to the Camargue

Numerous excursions to the Camargue are available from Arles. For further information, see page 34.



2 TOURS

The sumptuous Roman city



4 ½ hrs

- 🏛️ The route begins with a visit of the Gallo-Roman amphitheatre and its huge monolithic slabs.
- 🏛️ Continue on to the Théâtre Antique and the Cloister of Saint Trophime, a masterpiece of Provençal Roman architecture. A little further on, take a stroll through the forum's cryptoportica.
- 🛍️ End with a little shopping in the historic centre, with its shops selling Camargue-inspired goods, concept stores, art galleries and designer studios.

1 day

- 🏛️ Start at the Musée de l'Arles Antique, site of the former Roman circus, then make your way to the Amphitheatre, stopping at the Cloister of Saint Trophime and the Théâtre Antique on the way. 🚲 🌟 After lunch in the historic centre, discover Arles' artistic heritage with a visit to the Van Gogh Foundation and the Réattu Museum.

🍴 🌟 The gourmets might like to end the tour at one of the many delicatessens selling Provençal specialities or with an ice-cream on the terrace of a small café.

🌟 By car, you can go and explore the unspoilt wilderness of the Camargue, search for flamingoes, taking in the beaches at Sainte-Marie-de-laMer or the town of Salin de Giraud.

These suggestions are equally valid for a pre/post-cruise stay.

🛍️ SHOPPING

Art galleries
Concept stores
Designers

🚲 THINGS TO DO

Cyclo taxi
Gyropod

🍴 THINGS TO TASTE

Camargue rice
Gardiane de taureau



Tourist Office

Boulevard des Lices
Phone: + 33 (0)4 90 18 41 20
www.arlestourisme.com





AUBAGNE

Walk in the footsteps of Marcel Pagnol




Nestled between the imposing hills of the Massif du Garlaban, Aubagne and its surrounding area, with their coloured facades, little squares and narrow streets, are the epitome of Provence's laid-back lifestyle.

Handicrafts are everywhere, pottery and the manufacture of santons being the mainstays of local production.

It is from here, between his town of birth and the surrounding hills, perfect for hiking or a bracing walk, that writer and film-maker Marcel Pagnol drew his inspiration.

The town's reputation is also founded on tastes and aromas, with a local farmers' market where local wine, olive oil, honey, saffron, cheese and pastis will delight your taste buds.

 **25 min from the Marseille cruise terminal**



M Maison natale de Marcel Pagnol

Discover the house where writer and film-maker Marcel Pagnol was born in 1895 and spent the first years of his life. Portraits and documentaries on display.

M Petit Monde de Marcel Pagnol
An exhibition created by local santon makers, which recreates the scenes, villages and characters immortalized in Pagnol's novels. There are 2000 terracotta figurines on display.

★ Galerie des Arts de la Terre, L'Argilla

An exhibition area and sales outlet for local santon makers, artists and craftsmen. Around 40 manufacturers are represented.

M Centre d'Art des Pénitents Noirs

This 17th century chapel houses temporary exhibitions on visual arts and modern design. The façade, inspired by the Pantheon in Rome, is a must-see.

M Cité de l'art santonnier Thérèse Neveu

Set up in the workshop of the first santon maker to have designed santons based on religious characters, the space hosts exhibitions on clay and clay-working.

★ Atelier de santons Maryse Di Landro

A santon-making workshop founded in 1976 in keeping with local traditions.

★ Domaine de Font de Mai Nature Trail

At the foot of the Garlaban Hills, this exceptional site includes an educational nature trail around aromatic plants, trees and geology. There are also themed workshops and a Mediterranean farm and ecomuseum.

★ Poterie Ravel

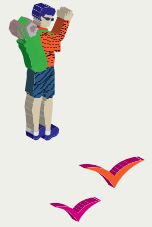
This emblematic pottery, founded in 1837, turns, moulds and fires its terracotta pieces on site, producing the famed Mediterranean jars, designer vases and garden pots.

M Musée de la Légion étrangère

The museum retraces the history of the French Foreign Legion, its weapons, uniforms and medals, from 1831 to the present day.

2 TOURS

A land of nature and handicrafts



4 ½ hrs

★ M Start with a visit of Aubagne's town centre and Marcel Pagnol's birthplace to get a feel of the writer's roots. Take a walk along the narrow streets, admiring on the way the clock tower, typical of the local architecture, the covered market, with its beautiful enamelled tiles and the façade of the town hall. ★ Then, drop in to see some of the local craftsmen, stopping at the Argilla Gallery and the Cité des Arts Santonniers Thérèse Neveu. M End the tour by picking up some souvenirs or other objects at the shops run by some of the small local designers.

1 day

★ M The day starts with a sense-stimulating stopover at the Domaine de Font de Mai to discover the flora of the Massif du Garlaban and visit the ecomuseum.

M Then it's back to the centre of Aubagne for lunch.

★ M In the afternoon, take a tour of the Maryse di Landro santon workshop and the Argilla showroom. Then, make your way down to the Little World of Marcel Pagnol to see the terracotta figurines in their cinematographic versions. M End the day shopping for local olive oil, honey, wine and saffron.

★ As you leave, call in at the emblematic Ravel Pottery.

These suggestions are equally valid for a pre/post-cruise stay.

M SHOPPING

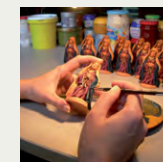
Ravel Pottery
Santon sellers
Argilla Gallery

M THINGS TO DO

Electric bike ride
Hiking in the Massif du Garlaban or the Sainte Baume
Trek on horseback

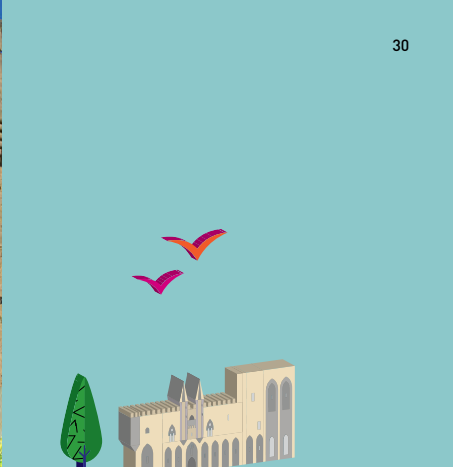
M THINGS TO TASTE

Olive oil
Saffron from the Garlaban
Wines from local wineries



Pays d'Aubagne & de l'Etoile Intercommunal Tourist Office
8 Cours Barthélémy
Phone: +33 (0)4 42 03 49 98
www.tourisme-paysdaubagne.fr





AVIGNON

Explore the treasures behind the ramparts



City of art and history, Avignon has inherited an exceptional collection of architectural treasures going back to the 14th century when it was the capital of the Christian world. Many of the reminders of this opulent past still remain, including the famous Palace of the Popes and several others waiting to be discovered among the winding streets: chapels, mansions, churches...

Since that time, other, more fashionable places have sprung up besides the preserved historic buildings. Each summer, since 1947, the Avignon Festival transforms the city into a giant open-air theatre, mixing the "in" and "off", actors, directors, aficionados and neophytes.



River cruise port



70 min from the Marseille cruise terminal



Pont Saint-Bénézet



Rocher des Doms

Musée du Petit Palais

Palais des Papes

Le Carré du Palais

Maison J. Vilar

Les Halles

Collection Lambert Avignon

BOARDING PIER



🏰 Palais des Papes

Built in the 14th century, the Palace of the Popes is the largest UNESCO World Heritage-listed Gothic fortress. The home to popes from 1334 to 1376, the building reflects the power and the glory of the papacy and is decorated with priceless frescoes.

🏛️ Musée du Petit Palais

Located in the former archbishop's residence, the museum has one of the most stunning collections of Italian primitive (13th-16thC) works outside Italy including works by Botticelli and Vittore...

🌿 Rocher des Doms

At the top of this limestone boulder is a pleasant garden on several levels with ponds and trees, providing views towards Villeneuve-les-Avignon, the Mont Ventoux and the Dentelles de Montmirail. Notre-

Dame-des-Doms church, the city's oldest religious edifice, lies next to the park.

🌟 Collection Lambert

This gorgeous building is home to the collections of gallery owner Yvon Lambert, 500 contemporary works of art retracing all the major artistic movements from the 60s to the present day.

🌟 Les Halles

Les Halles on the Place Pie is where the market is held under cover every morning except Mondays: fresh local flavours and authentic atmosphere guaranteed.

🏰 Pont Saint-Bénézet

Better known as the Pont d'Avignon, the bridge takes its name from a shepherd called Bénézet who, legend has it, was called upon by God to go to Avignon and build it. Destroyed and rebuilt several

times, only 4 arches still survive.

🌟 Ile de la Barthelasse

France's longest river island lies between Avignon and Villeneuve-les-Avignon providing 700ha of open space for walking or biking along the banks of the River Rhône.

🌟 Maison Jean Vilar

Museum dedicated to the man who created the Avignon Festival.

🏰 Le Carré du Palais

This wine complex invites visitors to discover the treasures of the Côtes du Rhône and includes a wine school, wine tourism bar and gourmet restaurant.

🚢 Boat trip

A one-hour boat trip on the River Rhône, taking in the Pont d'Avignon, Ile de Barthelasse and Villeneuve-les-Avignon with the Grands Bateaux de Provence.

2 TOURS

A city of history and theatre



4 ½ hrs

🏰 Start by admiring the view of the River Rhône from the Pont Saint Bénézet, famous worldwide from the song "Sur le Pont d'Avignon...". 🏰 Then, step back in history by walking through the ramparts towards the Palace of the Popes. 🏰🌟 Leaving the Palace, head to Notre-Dame-des-Doms Cathedral and the top of the rock for the gardens and the exceptional views out to the Mont Ventoux. 🚢 Back on the Place du Palais, take the tourist train to discover the city's charming back streets. 🚶🏻🛍️ End the tour with a home-made ice-cream and a little shopping in the lovely city-centre boutiques.

1 day

🌟🚶🏻 Start the day at Les Halles, taking in the vibrant market atmosphere and tasting some of the delicious fare. 🌟 Then, head for the Rue des Teinturiers and the Chapelle des Cordeliers. An artistic interlude at the Lambert Collection is next on the schedule. 🚶🏻 Time for lunch on the terrace of a café.

🏰 Next stop is the Palace of the Popes, exploring the narrow back streets on the way with their grand town houses and numerous chapels.

🌟🚶🏻 On exiting the Palace, head towards the Rue Peyrollerie and the lovely café at the Manutention/Utopia cinema for a drink in the sunshine. 🏰 End the day on the legendary Pont d'Avignon.

These suggestions are equally valid for a pre/post-cruise stay.

🛍️ SHOPPING

In the narrow streets of the city

🚢 THINGS TO DO

Tourist train
Boat trip
Segway
Bike ride

🚶🏻 THINGS TO TASTE

Food at Les Halles
Market produce



Avignon Tourist Office

41 Cours Jean Jaurès

Phone: +33(0)4 32 74 32 74

www.avignon-tourisme.com





CAMARGUE

Adventure into the wild



Lying in the delta formed by the Grand Rhône, Petit Rhône and the sea, the Camargue is a wild and vast other-worldly place. It is a place where nature rules, where colours are vibrant, where lagoons and prairies, spits and sea intermingle. A Regional Nature Park, the area is home to many animal species, including flamingos, white horses, bulls and herons, symbols of the Camargue.

It is also a land of traditions, with its *gardians* herding their cattle, mythical *féria* bullfighting festivals and *courses camarguaises*. Whether on horseback, bicycle or foot, a journey through the rice paddies and pink-hued salt marshes of the Camargue is a spectacular and exotic adventure.



River cruise port

(Port-Saint-Louis-du-Rhône)



**90 min from the Marseille
cruise terminal**



2 TOURS

La vie en rose



4½ hrs

★ A half-day surrounded by nature is the perfect way to discover the flora and fauna of the Camargue Regional Nature Park. ★ First stop is the Domaine de la Capelière, for a 1.5 km walk with four look-out points that provide a fascinating glimpse of the wildlife. ★ Next, a not-to-be-missed visit to one of the many *manades* in the area to experience the way of life of the *gardians* and see the white horses and bulls.

1 day

🏠 To begin the day of exploration, head for Aigues-Mortes to see the shimmering mountains of salt in the morning light from the town's ramparts. ★ Then it's on to the Pont-de-Gau Ornithological Park, where you can watch the many birds, including flamingos, egrets and herons. 🍴 Stop off for lunch at a *manade* to try a *gardiane de taureau* with Camargue rice. 🌿 ★ It's also the opportunity to find out about the Camargue's traditions, its horses and bulls. Next, head for Saintes-Maries-de-la-Mer to explore its narrow streets and visit its Church of Notre-Dame-de-la-Mer and arena, venue for *férias* and bullfights. 🍷 End the tour with dinner by the sea.

★ **Saintes-Maries-de-la-Mer**

With its sandy beaches and bohemian atmosphere, this village of white houses is full of historical references to the Saint Marys.

🏠 **Church of Notre-Dame-de-la-Mer**

Contains the relics of Saint Mary of Clopas and Saint Mary Salome and the statue of Saint Sarah, the patron saint of the Romany people. Panoramic view from the terrace.

★ **Romany pilgrimage**

Brings together Romany people for the festival honouring Saint Sarah, on 24th and 25th May.

🏠 **Arena**

The venue for *courses camarguaises*, bullfights and horse shows.

★ **Aigues-Mortes**

Stroll along the narrow streets and battlements of this 13th-century walled town. Pink-hued salt pans

surround the town as far as the eye can see and can be visited on bicycle or by taking the tourist train.

★ **Regional Nature Park**

The 60-hectare Pont-de-Gau Ornithological Park is an ideal spot to see pink flamingos, herons and other birds in their natural environment.

★ **Etang de Vaccarès**

The Camargue's largest lagoon, home to many fish and birds.

Information at the *Domaine de la Capelière*

★ **Etang du Fangassier**

The only breeding ground for flamingos in France.

🏠 **La maison du riz**

A family-run farm that retraces the story of rice production in the Camargue

🏠 **Camargue Museum**

An ideal place to learn about local heritage and traditions.

★ **Visit a *manade***

Find out about horse and bull breeding with the *gardians*.

★ **Salin-de-Giraud**

The salt from one of Europe's largest salt producers is piled up in "dunes" that stretch as far as the sea, creating an almost lunar landscape.

★ **Sunbathing**

On Napoleon Beach or the wilder Beauduc Beach, a mecca for kite-surfers.

★ **Port-Saint-Louis-du-Rhône**

Famous for its oyster farming, the port town boasts a collection of stuffed birds in its tower.

🏠 **SHOPPING**

The narrow streets of Saintes-Maries-de-la-Mer and Aigues-Mortes

🌿 **THINGS TO DO**

- Féria
- Horse ride
- Course camarguaise
- Bike ride
- Horse show
- Boat trip
- Kitesurfing, windsurfing
- Wildlife watching
- 4WD safari

🍷 **GOÛTER**

- *Gardiane de taureau*, the typical beef dish
- Camargue rice
- *Perle de Carteau*, Camargue oysters



	<p>Camargue Tourist Office Tel. : +33 (0) 4 72 90 10 85 www.camargue.fr</p>
	<p>Saintes-Maries-de-la-Mer Tourist Office 5 av. Van Gogh Tel. : +33 (0) 4 90 97 82 55 www.saintesmaries.com</p>



CASSIS

Dive into a turquoise sea




Nestled in a natural amphitheatre, this authentic fishing port, with its laid-back lifestyle and extraordinary light, oozes charm.

Whether historical sites or natural beauty, Cassis offers a multitude of things to do within the Calanques National Park: boat trips through the calanques, hiking in the Park, wine-tasting tours, the spectacular Route des Crêtes...

A favourite pastime is just strolling along the quayside and through the typical narrow streets of the village, taking in the stunning colours of Cassis.

Cassis is also a stopover port with an anchorage area that can accommodate smaller cruise ships.

 **40 min from the Marseille cruise terminal**



🕒 See the calanques by boat

The best way to explore the calanques of Port-Miou, Port-Pin and En-Vau is by boat. Several itineraries are available from the port, lasting between 45 min and 2 hrs (includes the Marseille calanques).

★ Port and old town

A bustling place bursting with colours, the port is a show in itself, with seafood, fish sellers, walks along the quay, pétanque and restaurants. The streets of the old town are lined with colourful houses and shops.

★ Cassis vineyards

Covering 215 ha, the Cassis wine region was one of the first to obtain Appellation d'Origine Contrôlée status in 1936. There are 12 wineries, some of which offer tours and wine tasting, such as Le Paternel, Le Clos Sainte-Magdeleine and the Domaine du Bagnol.

★ Presqu'île (Peninsula)

At the furthest end of Cassis, the peninsula is a place to relax, sunbathe on the rocks or take a swim. It's the starting point of the Petit Prince walking trail, a loop that takes about an hour.

★ Calanque de Port-Miou

A 30-min walk from the town centre, Port-Miou is the first of Cassis' three calanques and is easily accessible.

★ Route des Crêtes

This narrow road linking Cassis and La Ciotat, winding 12km along the top of the Soubeyran Cliffs is certainly worth going out of your way for.

★ Cap Canaille

The red rocks of Cap Canaille soar 370m above the sea, making it Europe's highest maritime cliffs. A lookout point provides

panoramic views of the calanques and the islands off Marseille. There are marked trails through Cap Canaille's hills.

M Musée municipal

This museum of Mediterranean art and popular traditions is located in a former presbytery dating from the early 18th century. It houses collection of archaeological pieces and paintings by Provençal artists of the 19th and 20th centuries.

★ Four banal

Dating from the late 17th century, the communal bakery set in the heart of the fishermen's district is a reminder of a bygone way of life.



2 TOURS

Of cliffs and calanques



4 ½ hrs

- ★ From the edge of town, walk down through the old town's narrow streets towards the port, taking in Cassis' laid-back atmosphere. From the quay, you can see the cliffs of Cap Canaille in the distance, with the Château de Baux overlooking the town.
- 🕒 Take a boat trip to visit the magnificent calanques of Port-Miou, Port-Pin and En-Vau.
- 🍷 Upon returning, walk along the quay and find a terrace on which to enjoy an ice-cream or a seafood meal.

1 day

- ★ 🍷 Start by touring one of the Cassis wineries and sampling a little wine. Take an electric bike for a different experience! Next, head for the peninsula (presqu'île) to discover the calanque of Port-Miou and its marina.
- ★ Then head back to the port along the seafront, taking in the fantastic views along the way, Bestouan Beach and the Cap Canaille.
- 🍷 Take lunch outside on a terrace and just watch the world go by.
- ★ A walk through the town's narrow streets, with their shops and small houses, is next on the itinerary.
- 🕒 Then take a boat to visit the calanques by sea and see first-hand the breathtaking natural beauty of the Calanques National Park.
- 🍷 On returning, time for a glass of local wine and to watch the sun go down over the Mediterranean.

These suggestions are equally valid for a pre/post-cruise stay.



Tourist Office

Quai des Moulins

Phone: +33 (0)8 92 39 01 03 (0.40 € TTC/mn)

www.ot-cassis.com



LA CIOTAT

Sunbathe on the beach




Set between hills and sea, La Ciotat exudes the charm of a traditional fishing village, with its picturesque narrow streets steeped in history.

Founded by the Greek settlers of Marseille, until 1980 La Ciotat was famous for its naval shipyard, since converted into a marine services hub and yacht repair facility.

At the far end of the port, the huge gantries provide an atypical backdrop to the scene.

It is here in La Ciotat that the Lumière brothers invented the cinema in the late 19th century and it is also the birthplace of pétanque.

With its beaches, calanques and diving spots, La Ciotat has everything it needs to attract and charm visitors.

 **50 min from the Marseille cruise terminal**



Traverse des pieds tanqués



L'Eden Théâtre



Plage

Bassin du Bérourard



Musée Ciotaden



Môle Bérourard

Vieux Port



Calanque de Figuerolles



Parc du Mugel



2 TOURS

From sandy beaches to calanques



4 ½ hrs

★ Start by exploring the narrow streets of La Ciotat's old town before moving down to the port to view the impressive lifting gantries at the former naval shipyard. ★ 🚶 Walk around the little port and then along the seafront, stopping at the Eden Theatre. ★ Next, head for the Calanque du Mugel and its botanical garden to take in the natural surroundings and a swim in the sea, weather permitting.

1 day

★ 🚶 The tour starts at the Eden Theatre, cradle of the cinema, 🚶 then on to the Musée Ciotaden, which retraces the history of this former industrial town and birthplace of pétanque.

★ Return to the port and old town via the beaches. 🚶 Next, take a trip out to the Calanque de Figuerolles to have lunch, swim in the sea and relax.

These suggestions are equally valid for a pre/post-cruise stay.

★ 🚶 Eden Théâtre

Birthplace of the seventh art, La Ciotat is home to the world's oldest cinema, dating from 1895. It was here that the Lumière brothers held their first screenings. Today, the restored building hosts festivals, film screenings and exhibitions.

★ Port and old town

La Ciotat is an authentic Provençal town, with narrow streets lined with old houses. Its many historical buildings include chapels and a few town houses previously owned by local ship-owners and traders. Beaches line the seafront, offering long walks along the coastline.

🌿 Calanque & Parc du Mugel

This calanque is accessible by car and a much-loved landmark. The setting is magnificent, with the sea and an adjoining botanical park.

★ Calanque de Figuerolles

A lovely calanque for taking a dip. The pebble beach is a great place to unwind. Accessible by car or on foot.

★ L'île Verte

Less than 10 mins away by boat, this small, 13 ha island makes an ideal getaway for a walk or picnic. It's the only wooded island in the Bouches-du-Rhône *département*.

🏛️ Musée Ciotaden

The 1500-plus items on display in the museum retrace the history of La Ciotat, including its cinematographic past, the naval shipyard and pétanque.

🏛️ Chapelle Notre-Dame-de-la-Garde

A landmark for sailors and fishermen in bad weather, this 17th century chapel is set on a cliff overlooking the sea. Access from the town centre. Open only in summer.

★ Traverse des pieds tanqués

Birthplace of pétanque, this historical ground saw the regional game first played here in 1910.

🛒 SHOPPING

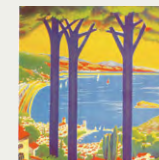
In the Rue des Poilus Designers' market

🌿 THINGS TO DO

Diving
Boat trip to the Calanques
Kayaking, windsurfing,
paddle-boarding
Pétanque

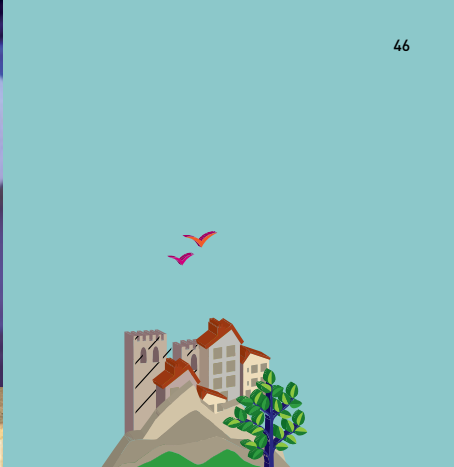
🍴 THINGS TO TASTE

Fish and shellfish
Soupe au pistou
Aioli
Bouillabaisse



Tourist Office

Boulevard Anatole France
Phone: +33 (0)4 42 08 61 32
destinationlaciostat.com



LES ALPILLES

Breathe in the laid-back lifestyle



Lying between Arles and Avignon, this limestone range 30km long and 10km wide forms the last upland area before the fascinating and other-worldly Camargue.

Covered by garrigue, olive and almond groves, the Alpilles, although arid, exude a particular atmosphere. Their striking light, monochrome sky and laid-back living imbue them with a special charm.

Today a Regional Natural Park, the Alpilles are blessed with an exceptional heritage that can be explored via the meandering roads that connect the 16 towns scattered over this typically Mediterranean landscape, with special mentions for Les-Baux-de-Provence, Saint-Rémy-de-Provence and Eygalières.



River cruise port
(Tarascon)



70 min from the Marseille
cruise terminal



• FONTVIEILLE

The small village was made famous by Alphonse Daudet, who used it as inspiration for his "Lettres de Mon Moulin".

🏰 Le moulin d'Alphonse Daudet

Built in 1814, Daudet's mill can be seen on the way out of the village.

• LES BAUX-DE-PROVENCE

🏰 M Carrières de Lumières

This former quarry in the Val d'Enfer is home to a sound and light show, with the images projected onto its huge limestone walls. The art-themed shows change every year. A sublime experience.

🏰 Le Château des Baux

This medieval fortress perched on a rocky outcrop covers 7 ha and offers breathtaking views of the surroundings.

★ Vineyards

The Baux-de-Provence AOP covers 12 wineries, almost all organic, with some open for visits, including Mas de la Dame, Domaine Dalmeran, Mas Sainte-Berthe and Château d'Estoublan.

• SAINT-RÉMY-DE-PROVENCE

🏰 Glanum

A major archaeological site in Southern France revealing vestiges of a city that was, in turn, Gallic, Greek and lastly Roman, with ruins of religious edifices, temples, forums etc.

🏰 Les Antiques

Two splendid monuments, the Triumphal Arch and Mausoleum of Julius (1st C AD)..

★ Village walk

A stroll through this very chic village, with its fashionable bou-

tiques and cafés with their terraces.

• EYGALIÈRES

This village set on the side of a hill is one of the most beautiful in Provence, with exceptional views over the Alpilles and to the Mont Ventoux.

🏰 Chapelle Saint-Sixte

Roman chapel dating from the 12th century.

• TARASCON

A charming medieval city known for its castle straight out of a knight in shining armour novel.

🏰 Château de Tarascon

Built in 1400 by Louis II of Anjou, the castle is one of the finest medieval castles in France.

★ Alpilles Range

Recharge your batteries exploring the Alpilles on foot, on mountain bike or on horseback.

2 TOURS

A bewitching natural setting



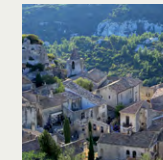
4 ½ hrs

- ★ 🏰 For the half-day tour, the best idea is to head straight for Les Baux de Provence and stroll through the streets of this beautiful village, with its 22 listed historical buildings and castle.
- ★ Next, go up to the Carrières de Lumière for the extraordinary sound and light show.

1 day

- ★ 🏰 To begin the tour of the Alpilles by road, start by visiting Alphonse Daudet's famous windmill at Fontvieille. 🏰 The head for Saint Rémy de Provence to discover the ruins of Glanum and Les Antiques. 🏰 Have lunch on one of Saint Rémy's numerous terraces, accompanied by a glass of local wine. 🏰 Take an after-lunch stroll down the village's chic streets and do a little shopping and fill up on local produce.
- ★ End the day at the Carrières de Lumière, taking in the magical atmosphere created by the sounds and images projected onto the limestone walls.

These suggestions are equally valid for a pre/post-cruise stay



Les Baux de Provence Tourist Office

Rue Porte Mage / Maison du Roy

Phone: +33 (0)4 90 54 34 39

lesbauxdeprovence.com/office-de-tourisme



Saint Rémy de Provence Tourist Office

Place Jean Jaurès

Phone: + 33 (0)4 90 92 05 22

www.saintremy-de-provence.com





LUBERON

Discover the beautiful “Blue Mountain”




Nicknamed the “Blue Mountain”, the Luberon is known for its many forests and tiny villages, many perched on hilltops.

Above all, it’s a mountain range with lush vegetation and exceptional fauna, hence its classification as a Regional Natural Park.

Gordes, Lourmarin and Roussillon are some of the most beautiful places to stop at.

Much sought after by artists, tourists and celebrities alike, the region nevertheless has many wilderness areas where you can recharge your batteries.

The Luberon is the perfect getaway for those seeking peace and quiet, authenticity and natural surroundings.

 *70 min from the Marseille cruise terminal*



• LOURMARIN

Writers Albert Camus and Henri Bosco both fell under the spell of this calm village full of light perched on a small hill. Its myriad of narrow streets are lined with trendy boutiques, galleries and restaurants.

🏰 Château de Lourmarin

The first Renaissance-style castle in Provence, built between the 15th and 16th centuries.

• GORDES

This stunning hilltop village clinging to the rock face is very special. Its narrow streets lined with dry-stone town houses are very busy in high season.

🏰 Abbaye Notre-Dame de Sénanque

A Cistercian monastery founded in 1148 and still in use today, located in the Vallée de la Sénanque, 4km from Gordes.

🏰 Le Village des Bories

Restored at the end of the 70s, this village showcases several bories, conical houses made of dry stone formerly inhabited by shepherds.

• MÉRINDOL

★ Vineyards

Merindol has 20 wineries and wine cellars.

• ROUSSILLON

Dominated by ochre cliffs, this village with its colourful houses, roofs and narrow streets is a photographer's paradise.

★ Sentier des Ocres

From the village, the Ochre Trail takes walkers through a disused ochre quarry. The Conservatoire des Ocres et de la Couleur retraces the history of ochre and its production methods.

★ Rustrel, Colorado provençal

Fashioned by wind, rain and the hand of man, this spectacular landscape of fairy chimneys in colours ranging from yellows to reds is traversed by a number of accessible pathways.

2 TOURS

France's most beautiful villages



4 ½ hrs

- ★ The Luberon has many little villages worth strolling around. For a half day, Lourmarin makes an ideal getaway. You will be totally charmed by this typical yet trendy village. 🏰 🍷 Visit its emblematic castle and its basketwork museum.
- 🏰 Enjoy the laid-back lifestyle, shopping, visiting galleries and dining al fresco.

1 day

- ★ Start early, with a visit to Sénanque Abbey, set in the lavender fields. Then make a stop to explore the Borie Village.
- ★ Next, head to Gordes to stroll around its narrow streets and admire the stunning views 🏰 Take lunch in the village and try some of the local dishes.
- ★ 🍷 After lunch, make your way to the colourful village of Roussillon and its ochre. Visit the Conservatoire des Ocres. ★ End the tour at the Provençal Colorado's fairy chimneys in Rustrel.

These suggestions are equally valid for a pre/post-cruise stay.

🏠 SHOPPING

Art galleries
Village streets
Local produce markets
Trendy boutiques

🌀 THINGS TO DO

Hiking
Biking
Hang gliding
Hot air ballooning

🍷 THINGS TO TASTE

Wines
Produce from
the local terroir



Office de Tourisme Cavaillon – Gordes
Mérimondol Lauris – Lourmarin
Tél. : 33 (0)4 90 71 63 65
www.luberoncoeurdeprovence.com





MARTIGUES

Discover the Venice of Provence



With its many bridges and canals, Martigues is also known as the Venice of Provence.

Set on the water's edge and bathed in the light that has attracted so many great painters and film-makers, Martigues is a surprising place and Provence's film capital, thanks to its studios.

Located on the Côte Bleue, it marks the end point of a delightful series of creeks, beaches and tiny fishing ports.

Walk along the canals and explore the coastline and the town's cultural heritage.



River cruise port



*30 min from the Marseille
cruise terminal*



M Musée Félix Ziem

Housed in a former customs barracks, the museum features a collection of Felix Ziem's paintings, works by 20th century artists, an archaeological collection and temporary exhibitions.

F Fort de Bouc

A listed building, both a defensive fortification and lighthouse, the Fort de Bouc's pink limestone walls rise above the mouth of the Caronte Canal.

E Eglise Ste-Marie-Madeleine

The town's largest church, the listed Sainte Marie-Madeleine is one of Provence's finest examples of 17th century baroque architecture.

★ Quartier de l'île

Excavations show that this part of the town was inhabited as far back as the 5th century AD. It is made up of two islets separated by the Saint Sébastien Canal.

★ Miroir aux oiseaux

This stretch of water was named the «bird mirror» by 19th century painters Delacroix, Ziem and Dufy since it reflected the birds that once used to colonize the surrounding buildings' colourful facades. The listed site provides beautiful views of the Quai de Brescon.

F Galerie de l'Histoire de Martigues

On the ground floor of the Town Hall, this gallery retraces the history of the thousand year-old town and its people through documents, photographs, models etc.

F Chapelle de l'Annonciade

A listed monument, the baroque-style chapel is richly decorated and includes trompe l'oeils, a gilded altarpiece and a Venetian-style ceiling.

★ Side trip to the Côte Bleue

By car, you can explore the Etang de Berre towards Istres and Saint Chamas or travel along the beaches of the Côte Bleue, Sausset les Pins, Carry le Rouet...



2 TOURS

The town built on water



4 ½ hrs

- ★ Start the tour by wandering along the canal lined with colourful houses, cross through the Quartier de l'île and take in Martigues' rich cultural heritage.
- F M Stop off at the Chapelle de l'Annonciade des Pénitents Blancs and again at the Felix Ziem Museum.
- F Lunch is a perfect time to try poutargue, also known as "Martigues caviar" while admiring the beautiful view out over the Miroir aux Oiseaux.
- F End the tour by visiting the Fort de Bouc.

1 day

- ★ Start the tour by wandering along the canal lined with colourful houses, cross through the Quartier de l'île and take in Martigues' rich cultural heritage.
- F M Stop off at the Chapelle de l'Annonciade des Pénitents Blancs and again at the Felix Ziem Museum.
- F F Continue on to the Church of Sainte Marie-Madeleine before finding a place for lunch in the sun. A perfect occasion to try a local specialty: poutargue!
- ☉ In the afternoon, the more sporty types might like to try paddle boarding or perhaps a hike along a section of the GR2013 trail that goes around the Etang de Berre.
- F End with a visit of the Fort de Bouc.

These suggestions are equally valid for a pre/post-cruise stay.

F SHOPPING

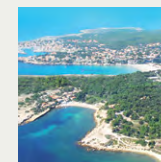
The town's back streets Market

☉ THINGS TO DO

Catamaran sailing
Surfing and bodyboarding
Kayaking
Paddle boarding
Windsurfing

F THINGS TO TASTE

Poutargue
Tomette
Bourride
(Fish and seafood)



Tourist Office

Rond-Point de l'Hôtel de Ville
Tel.: 33 (0) 4 42 42 31 10
www.martigues-tourisme.com





THE CALANQUES

Discover a unique natural treasure



EXPLORING THE CALANQUES

Stretching more than 20 km, from the southernmost tip of Marseille eastwards, all the way to La Ciotat, the calanques are a series of stunning inlets and cliffs indenting the coastline. The almost hypnotic blue colour of the water, alternating between turquoise and deep navy, contrasts with the limestone rocks of the soaring cliffs and deep valleys.

THE CALANQUES NATIONAL PARK

Set up in 2012, it is the only park in Europe that encompasses land, sea and peri-urban areas, with an exceptional natural heritage. Its aim is to both protect the area and keep it accessible to all, while promoting environmental awareness among the public.

The Park in figures

- Marine area: 43,500 hectares
- Land area: 8500 hectares spread over 3 municipalities.

Les îles
du Frioul

MARSEILLE

A50

La Gardiole

Luminy

Cayolle

Baumettes

Calanque
de SugitonCalanque
de MorgiouCalanque
d'En VauCalanque
de Port-Miou

Les Goudes

Calanque de
CallelongueCalanque
de SormiouCalanque
de Port-Pin

CASSIS

Calanque
du Mugel

LA CIOTAT

Calanque de
Figuerolles

Ile Maire

Ile de Jarre

Ile Riou

MARSEILLE

★ Callelongue

Access: by car, by bus
On site: restaurant

★ Marseilleveyre

Access: by car, on foot
On site: restaurant, swimming

★ Sormiou

Access: by car*, on foot
On site: restaurant, swimming

★ Morgiou

Access: by car*, on foot
On site: restaurant, swimming
Site of: Grotte Cosquer cave

★ Sugiton

Access: by car*, on foot
On site: restaurant, swimming

CASSIS

★ En Vau

Access: by car*, on foot
On site: swimming

★ Port-Pin

Access: by car*, on foot
On site: swimming

★ Port-Miou

Access: on foot
On site: swimming

LA CIOTAT

★ Figuerolles

Access: by car
On site: hotel-restaurant, swimming

★ Mugel

Access: by car*, on foot
On site: restaurant, swimming
Site of: Mugel Botanical Park

BEFORE LEAVING

Check the weather forecast and your equipment (water, walking shoes, hat etc.). Do not litter and stay on the marked trails.

Due to the risk of fires, access to forested areas is restricted or forbidden in summer.

Information:

www.bouches-du-rhone.gouv.fr
0811 20 13 13 (0,06€ /min)

REGULATIONS & INFORMATION

Specific regulations apply to the Park. Fires and camping, among other things, are forbidden.

All the regulations may be viewed here:

www.calanques-parcnational.fr
Email : contact@calanques-parcnational.fr

*excluding summer period of,
1st June - 30th September

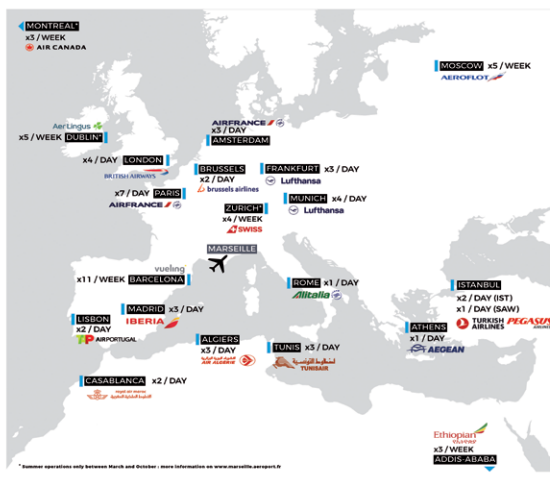




PRACTICAL INFORMATION



Getting to Marseille Provence



Via Marseille Provence Airport:

A growth in traffic of 43% over the past 10 years

- 10.1 million passengers in 2019 (+8.1%)
- 33 regular airlines
- More than 120 direct destinations in 34 countries

A new airport terminal building at Marseille Provence Airport is scheduled for 2024 and new boarding gates for 2027.

Via Saint-Charles Station:

More than 200 trains each day:

TGV Marseille/Paris in 3 hrs (17 TGV per day)

Marseille/Barcelona in 4¼ hrs

Marseille/Brussels in 5½ hrs with Thalys

Marseille/London in 6½ - 7 hrs with Eurostar, direct service (May to September) or with one change

Marseille/Frankfurt in 8 hrs, 1 TGV per day



Information

Tel. +33 (0) 820 811 414
 Fax : +33 (0)4 42 14 27 24
www.marseille.aeroport.fr
www.mp2.aeroport.fr

Passenger information:

36 35 (0.40 € TTC/mn)

Group information:

Tel. +33 (0) 810 879 479
www.sncf.com

Getting to Marseille Provence Cruise Terminal

Travelling by air or train

→ TRANSFER ORGANIZED BY THE COMPANY

Some cruise companies provide transfers from Marseille Provence Airport or Saint Charles Station to the appropriate terminal.

→ TRANSFER BY PUBLIC TRANSPORT

From the airport

Direct bus shuttles run from Marseille Provence Airport to Saint Charles Station every day of the week including public holidays. The journey takes around 25 mins and buses leave every 15 minutes from bay no.6 at the bus station located between Terminal 1(Hall A) and Terminal 2. Ticket price: 10€ per person o/w, 16€ return.

Information → Tel.: +33 (0)810 003566

www.navettemarseilleaeroport.com

Dedicated bus route from Saint Charles Station!

Using the public transport provider RTM's network, take the Metro line 2 (red) towards Bougainville and get off at La Joliette station. Outside on the Place de La Joliette, take the RTM no.35T bus, which will drop you right at the port's Gate 4.

www.rtm.fr

Download the 35T bus route map and timetable on
www.marseille-cruise.com

→ TRANSFER BY TAXI

Taxis from the airport cost around €44 (weekday rate) and from Saint Charles Station around €25. Taxi is the quickest way to get to the cruise terminal.

Arriving by car

The cruise terminals on the Môle Léon Gourret pier are accessed via exit 5 on the A55 motorway (signposted Porte 4 – La Calade – l'Estaque). After passing through the security gate, signposts inside the port area will direct you to the quay at which your ship is berthed.

Marseille Provence Cruise Terminal (MPCT) Car Park

The MPCT has a large, secured car park on the Môle Léon Gourret close to the cruise terminals (2000 spaces).

Cost: First 45 minutes free, up to €14 per vehicle thereafter per 24-hour period.

Flat rate for 10-30 days per car and per cruise: €140 incl. tax.

Payment by credit card or in cash. Space is guaranteed, no need to reserve.

Information → Tel.: +33 (0)491 303115

E-mail: mpct-admi@orange.fr Parking

Reservation → www.croisiere-mpct.com/tarifs-parking

Luggage

Automatic left luggage lockers are available on platform A at Saint Charles Station.

Open every day 08.15am – 11pm

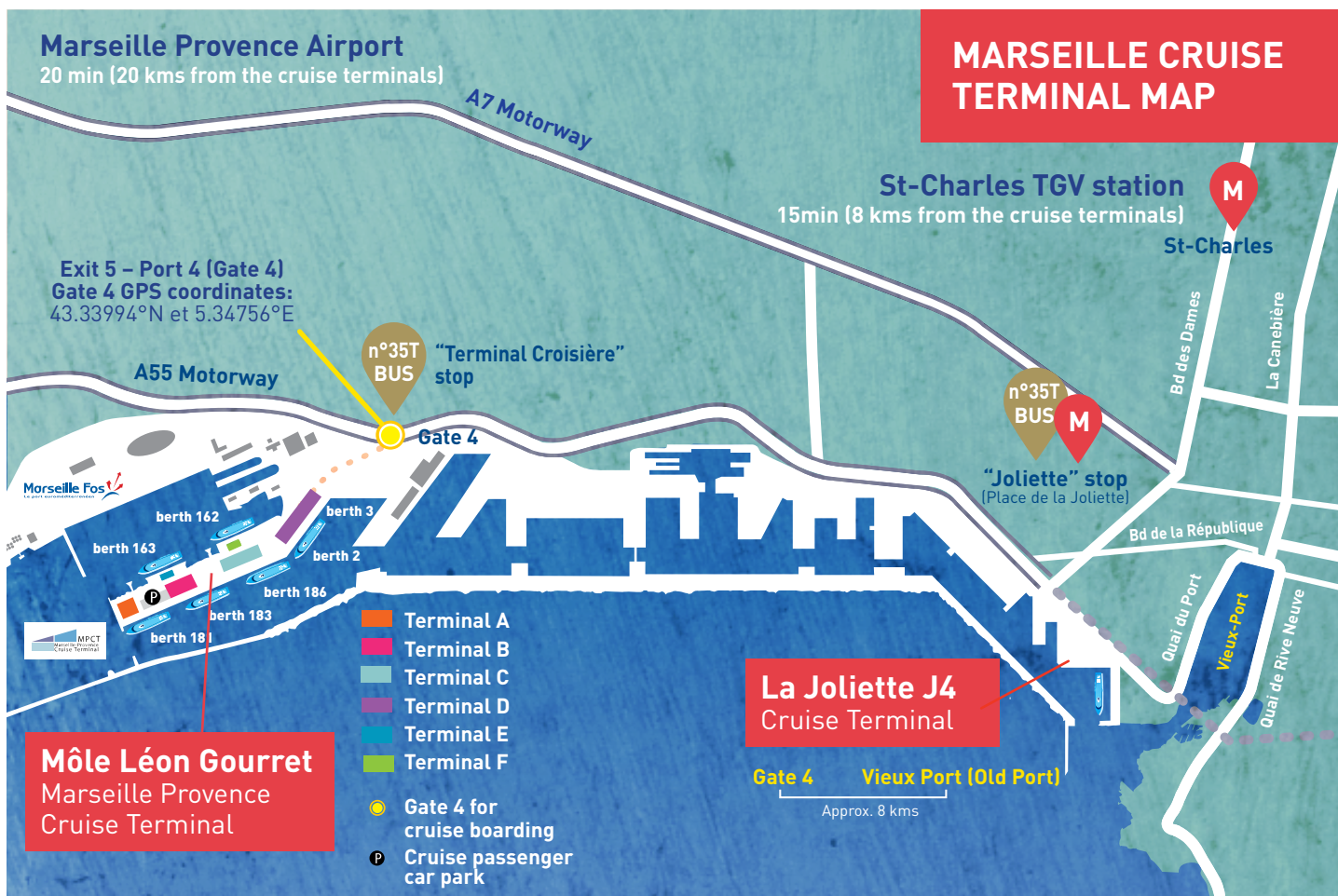
Information → Tel.: +33 (0)4 95 04 14 91

Persons with reduced mobility

Please contact the MPCT:

Information → Tel.: +33 (0)4 91 03 02 24

Email : mpct-admi@orange.fr



River cruise ports





• BOARDING IN PORT-SAINT-LOUIS-DU-RHÔNE

From Marseille (Arenc-Euroméditerranée Station), several daily connections by regional TER train and then bus (Ulysse), via Fos-sur-Mer

Boarding quay:

Location: quai Bonnardel, next to the tourist office

Facilities: capacity = 1 cruise boat (maximum length of 110m), parking space available, cycle lane on the quay.

Next to the marina.

River cruise company boarding at Port-Saint-Louis-du-Rhône: Avalon Waterways



• BOARDING IN MARTIGUES

From the Aix-en-Provence TGV station, Marseille's Saint Charles Station or Marseille Provence Airport, there are several ways of getting to Martigues (bus, train, taxi or hire car).

Arriving by air or train

→ TRANSFER ORGANIZED BY THE COMPANY

Whether by air or train, CroisiEurope offers transfers from your region to the place of boarding. Contact the company for prices and availability.

→ TRANSFER BY PUBLIC TRANSPORT

From the airport

Marseille Provence – Martigues shuttle buses run every hour. Ticket price: €4.30 per person o/w

→ www.lepilote.com / www.martigues-tourisme.com

From Marseille

- Direct buses from Marseille take 40 minutes.

Route 38 Marseille – Martigues / www.lepilote.com

- The Train de la Côte Bleue rail service runs between Marseille and Martigues

→ www.ter.sncf.com/paca

→ TRANSFER BY TAXI

From Marseille Provence Airport (around €35, day rate) or Saint Charles Station (around €65)

Arriving by car

The boarding quay is located close to the Avenue Louis Sammut, behind the Town Hall.

Car park / Parking La Halle – Avenue Louis Sammut

Information → www.semovim-martigues.com

Boarding quay

Facilities: capacity = 1 cruise boat, not suitable for boats of 135m (length of current boats is 110m). Coach parking close to the quay (Parking de la Halle). Located 500m from the town centre.

River cruise company boarding at Martigues: CroisiEurope



• BOARDING IN TARASCON

From Marseille Provence Airport:

By train: 5 trains daily from Vitrolles Station (free shuttle bus from the airport). Journey time: 45-50 min

From Saint Charles Station:

By train: 5 trains daily. Journey time: 1 hr – 1hr 10 mins

Boarding quay

Facilities: capacity = 1 cruise boat, 140m length max. Coach parking adjacent to quay with an additional 15 car parking spaces. 500m from the town centre, 1.3km from the trains station.

River cruise company boarding at Tarascon: Scenic



BOARDING IN ARLES

From Marseille Provence Airport

BY BUS: 1 to 2 buses daily with BlaBlaBus (airport bus station, bay 10). Journey time: 1 hour

BY TRAIN: Several trains daily from Vitrolles Station (free shuttle bus from the airport). Journey time: 35-45 minutes

From Saint Charles Station:

BY BUS: 1 to 2 buses daily with BlaBlaBus (Saint Charles Bus Station). Journey time: 1 hr 25 mins to 1 hr 50 mins

BY TRAIN: Several local or inter-city trains daily. Journey time: 45 mins to 1 hr

Boarding quay

Location: Quai du 8 Mai 1945 (Quai Lamartine)

Access: The boarding quay is close to Arles train station (300m).

Facilities: Capacity = 2 boats, 125m max (upstream quay) and 3 boats, 110m max. (middle quay). Berth for 135m+ boats scheduled for 2021-2022. Car park for 20 coaches next to the quay.

River cruise companies boarding at Arles:

AmaWaterways, APT, Emerald Waterways, Tauck, Active River Cruises, CroisiEurope, Grand Circle Cruise Line

Adventures by Disney for disembarking operations only



• BOARDING IN AVIGNON



From Marseille Provence Airport

BY TRAIN: Over a dozen trains daily from Vitrolles Station (free shuttle bus from the airport) to Avignon Centre. Journey time: 50 min – 1 hr 20 min

From Saint Charles Station

BY BUS: Several buses daily with BlaBlaBus and Flixbus from Saint Charles Bus Station (stopping at Avignon Bus Station).

BY TRAIN: Several TGV and Ouigo trains to Avignon TGV Station (6km from city centre). Journey time: 40 min

From Paris & Lyon

Several TGV, TGVinoui and Ouigo trains daily to Avignon TGV Station (6km from city centre). Journey time: 2 ½ hrs – 2 hrs 50 mins from Paris.

From London

1 train from London St. Pancras daily (in season) with Eurostar – duration 6½ hours. Other trains available with a change at Lille or Paris.

Boarding quay

Location: Quai de l'Oulle

Access: 15 min walk from Avignon Centre train station (around 1 km). Shuttle service via the Remparts Sud (RS) shuttle to the Porte de l'Oulle stop.

Facilities: capacity = 3 x 2 side-by-side cruise boats, max. 140m. Several (7-8) bays reserved for coaches along the boarding quay. Pay car park.

River cruise companies boarding at Avignon:

Excellence River Cruises, Viking River Cruises
Riviera Travel, Uniworld, CroisiEurope





Where to stay?

For your pre- or post-cruise stay, Marseille and Provence offer a wide range of hotels to suit all budgets.

The Sud Provence-Alpes-Côte d'Azur region is France's no.3 region for tourist accommodation, with more than 2100 hotels and 72,500 rooms. It is also France's 2nd most popular region for international tourists (after Paris - Ile-de-France)

In the past 10 years, the number of hotel beds in Marseille has grown by almost 30%, with 5600 rooms (11,214 beds) today in more than 80 hotels with increasingly higher ratings.

Three (32 hotels), four (15) and five-star (4) hotels now make up 63% of the market. The high-end offer is expanding, with the opening of hotels such as the Intercontinental Hôtel-Dieu, the AC by Marriott Vélodrome in the Prado business district and the Toyoko Inn, the Japanese brand's first venture in Europe, the nhow on the Corniche Kennedy and the Bords de Mer at Les Catalans. Many hotels also offer special deals for cruise passengers, for example the ACCOR Group hotels.

For reservations, please visit the websites of the appropriate tourist offices (see Towns & Regions section).

Marseille Provence Cruise Club's commitment to energy and ecological transition

The Club actively monitors the issue of alternative fuels for ships and promotes it through a dedicated communications campaign.

On 17th October, 2019, in collaboration with its partners, the Club organized the Blue Maritime Summit Marseille Provence – Cruise Initiatives event, which brought together the maritime and industrial sectors around the issue to discuss existing solutions and further initiatives.

It was here that the Marseille Provence Cruise Blue Charter was signed between the four main cruise companies calling at Marseille (Costa Group – Costa Cruises and AIDA, MSC Group, Royal Caribbean Cruises Limited and Ponant) and the local and port authorities. Under the Charter, the cruise companies undertake to comply with four rules on approach to and within the port:

- Using shore-to-ship power supplies;
- Using 0.1% sulphur marine diesel;
- Including port calls by liquefied natural gas-powered ships and developing local bunkering facilities;
- Reducing speed to a maximum of 10 knots.

The agreement, with its simultaneous commitments, represents a world first.

The document is in line with the Zero Smoke Port Calls scheme launched by the Sud Provence-Alpes-Côte d'Azur Regional Council in September 2019, which provides for shore-to-ship power being installed at all the region's main ports.

At the same time, France, together with other Mediterranean countries, has submitted a request to the IMO to create an emissions control area (ECA) in the Mediterranean, expected to come into force by 2024.

The Marseille port community stakeholders, in collaboration with the Port of Marseille, are able to offer a wide and first-class range of services to ships in view of this now-vital energy and ecological transition.

The Club's chairman Jean-François Suhas has drawn up an informational note on the subject, which can be viewed at: www.marseille-cruise.com

MARSEILLE PROVENCE CRUISE CLUB



In 1996, the City of Marseille, Marseille Provence Chamber of Commerce and Industry and the Marseille Port Authority came together to found the Marseille Provence Cruise Club. Since then, a genuine ecosystem has been developed with the active participation of the MPCT (Marseille Provence Cruise Terminal), Marseille Provence Airport and the Chantier Naval de Marseille, with support from the Aix-Marseille Provence Metropolitan Authority, the Conseil Départemental 13 and the Provence-Alpes-Côte d'Azur Regional Council.

Today, the Club has 50 public and private-sector members, all stakeholders in the development of the cruise sector in Marseille.

Marseille is one of the world's leading cruise ports, being in the world's top 15 -top 10 in terms of transit passengers-, no. 4 in the Mediterranean and the largest in France.

Its work is a mission in the general interest: to coordinate the development of the cruise market in the region. To this end, its actions cover four main areas:

- **encouraging and promoting** the implementation of energy transition in the cruise sector in coordination with public and private-sector stakeholders on regional and national levels;
- **promoting** Marseille Provence as a cruise port and destination among cruise operators and international source markets and developing turnaround traffic;
- **enhancing** customer experience and local information channels and better controlling passenger traffic flows;
- **strengthening** economic intelligence and client base knowledge.





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