

Usefull Informations

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Markets

MARTIGUES ** : Sunday- Thursday

SAUSSET LES PINS: Sunday- Thursday

CARRY LE ROUET : Twuesday- friday

GARDANNE ****: Sunday (big market)

AIX EN PROVENCE ****: Tuesday - Thursday - Saturday

LA CIOTAT**** Sunday

ARLES ****: Wednesday - Saturday

MARSEILLE : A lot of markets

Typical : Open every day, all day long, little markets of Noaille (Near la Canebière),

At « la plaine » Tuesday - Thursday - Saturday

Between Castellane and bd Perier Wednesday- Friday

Flee market : At the entry of Marseille. Exit « les ports »

Shops

ENSUES : Intermarché open everyday and Sunday morning

LE ROVE : Casino

LA MEDE : Carrefour 8h30 -20h- Sunday morning 8h30-12h30

MARTIGUES : Auchan

Buy fishes

La Redonne : (8h30 et 10 h) Joseph Panoff 06 01 74 22 87

CARRO : Fishermans sell theirs fishes everyday (9h - 12 h), It's better to go not too late !

BROUSSES

- A speciality from here, It is a sort of fresh goat chease. You can buy at Ensues chez Moutoux (street on the right after garage Renault) in front of the bakery.

You can also go at Le ROVE, enter inside the village and go right, pass the sport stade and you see on the left a sign. It is a special goat's race typical from this town.

Go to the village without car

There is a little bus from the station when every train arrives (only week day). In summer every hour. You can also go by *hitchhiking!* It is working well here.

Rent KAYACKS, BOATS, DIVING PADDLE

At la Madrague : Mr Paul CATONI 06 71 10 86 45 - 04 42 77 15 91

<http://www.meretplongees.com/>

Diving « La libellule », Patrick OLIVA 04 42 45 92 04 - 06 07 08 73 17

Beach of Le ROUET : Rent of kayaks and diving at AQUA-EVASION : <http://www.aqua-evasion.com/> 04 42 45 61 89

Carry le Rouet Base nature et nautique 06 22 04 10 93 www.loisirsprovence.fr

SAUSSET LES PINS : club subaquatique (les terrasses du port 04 42 44 56 92) - surf club 04 42 44 78 00

Boat to see the cost

Côte bleue : L'albatros (port of Carry)

Iles du château d'If et du Frioul : L'albatros (le port de Carry) in summer - vieux port Marseille (departure every half hour)

Calanques de Marseille à Cassis : Vieux port at 14h or port de Cassis

Zodiac with owner : la Madrague de Gignac (Mr Paul CATONI 06 71 10 86 45 - 04 42 77 15 91)

<http://www.meretplongees.com/>

Tour with a skipper on a zodiac www.balade-en-mer-marseille.fr 06 51 16 27 66

The train of la côte bleue

Check the hours on Internet : <https://www.ter.sncf.com/paca/horaires/recherche>

Go walking to the station : Go up by the main road, pass upper the bridge and find the little path on the right which go down to the station. 10 mn walking from the gite.

Walking from the gîte

- Les eaux salées 20 min : Nice stone beach, very quiet in front of the rock «Le Mornas ». The viaduc is the single one on all the cost to have just one ark of 50 m. It is a spectacular realisation of the engineer Paul Séjourné.

Go up and take « le chemin de la calanque du puits » (towards our home), pass the barrier and go on. You arrive to stairs witch go down on the beach. You can go on, you take upstairs and arrive to a road where you can go untill a little chapel of le Rouet and go down untill the sand beach where you find a parking (bar etc..)

- The little sand beach 5 min : In summer a lot of people as in all the sand beaches !

Take le chemin de La Redonne and go on

- Les Anthénors 20 min : After the sand beach you arrive to the little port of la Redonne. At the left take the little road who go up on the cliff and go down on a little coves very quiet
- Les Figuières 30 min : 2 nice stones beaches
- Petit Méjean 45 min : in front of little stone in the sea, good place for snorkelling
- L'érevine 2 h (or 1 h from Méjean) : For the bravest.

Nice stone beach with turkoise water. Access walking by « le sentier des douaniers » which begin on the port of grand Méjean (well indicated).

- La Madrague - Niolon 3-4 h . Come back by train :

Pass by les Anthénors, Les Figuières, Méjean, l'Erevine. Be carrefull between l'Erevine and Niolon a little part difficul if you are afraid of the high

- La Vesse - Le Resquiadou via le fort de Figuerolle

Sand beach

Sainte Croix : Between Sausset and La couronne (Nice with a little chapel and trees near the beach.

L'anse du Verdon : entre la Couronne et Carro : La plage du Verdon

Beach of le Rouet

Beach of Sausset les pins

The fish preserve

At the beach of Cap Rousset, you can discover the fish reserve. In summer you have an organized visit. You must register to the park service at le Rouet the day before.

Massages

Stéphanie offers massages either at her office (70 €) or at the cottage (75 €) .
0033 7 68 36 37 56 www.massages-nomades.com

RESTAURANTS

- Ensùès : « l'auberge de la calanque » [04 42 02 11 93](tel:0442021193) petit port de La Redonne 10 mn walking. Not always open it is better to call before.
« Le mange tout » Just outside on the port of Méjean ([04 42 45 91 68](tel:0442459168)). Sympathic and typical
Order a pizza : Mandala pizza [04 42 49 11 30](tel:0442491130) - or relais d'été route du Rove [04 42 45 78 44](tel:0442457844) : delivery free or Bambino (good but no delivery)
- Niolon : Nice calanque but difficult to park in summer (You need walk a little)
L'auberge du mérrou [04 91 46 98 69](tel:0491469869)

La pergola 04 91 46 90 28

Carry : Classics restaurants

Le scoop

Le st trop

La Cale (route de Sausset)

Le Madrigal (€€)

La Brise (€€)

Sausset les pins :

Le cabanon : On the beach in summer

La villa du port

Les girelles (€€)

L'hermitage

Carro : Typical little port

Chez Francine 04 42 80 79 46 better to réserver before

Le chalut : good and not so expensive but you must eat inside 04 42 80 70 61 (You can order the bouillabaisse)

Côté mer : 04 42 40 16 13

Le Mistraou 04 42 42 84 12

Le carro bleu 04 42 42 89 82

Martigues : On the island

Le miroir aux oiseaux (most famous)

Chez Pascal (fish)

Jonquière

Gastronomic: le garage

Sardinades every evening in summer

L'Estaque Try the panisses, typical cheack peas fried things, very good with a pastis at the apero time

Pizzéria le petit Naples

L'hippocampe (good meat)

Marseille : café des épices (You need reserve before) : 4 rue du Lacydon 04 91 91 22 09 €€€

Restaurant du musée « regard de Provence »

Le chalet : palais du pharo

Notre dame de la Garde :A la cafétéria « l'eau vive » the missionnaires de l'immaculée midi except monday 04 91 37 86 62

Good Couscous « le Fémina » 04 91 54 03 56

Japan kitchen in le panier : le TAKOSAN »

Salade au disque bleu

Bouillabaisse : excellent but very expensive

You need to know that a real bouillabaisse cost 60 € à 70 € par personne. Some restaurant sell it less expensive but it is not the real one. We advise the bigs restaurants of Marseille which have signed « la charte de la bouillabaisse (*). It is mandatory to reserve.

Chez Michel (face à la plage des Catalans) tel 04 91 52 64 22 or le Calypso

To VISIT

MARSEILLE (20 km) (tourism office down la Canebière)

You can go by train (gare de la Redonne) or with la navette maritime from l'Estaque from april until end of september price 5 €. Every hour from 7h30

New : Imperial bus to discover old port, le vallon des Auffes, le fort St Jean. A pass « le grand tour » allow to go down and go up everywhere at one of the 16 stops.

Visit of the MUCEM and just beside the « grotte Cosquer » <https://www.grotte-cosquer.com/>

See the tourism office.

PARC DES CALANQUES

Start from the old port, in summer twice/day, spring and autumn once/day at 14 h and in winter 14h the week end and Wednesday (check before)

LES CALANQUES WALKING BETWEEN MARSEILLE ET CASSIS : a big amount of beautiful hiking. For example :

- Departure from Callelongue : Easy 1 hour until the calanque of MARSEILLEVEYRE where there is a little restaurant (very simple). Flat path in front of the island Riou. You can also go up to the top for the bravest (see the map).
- MORGIOU - SORMIOU You can arrive by car except in summer but you can take a bus. If you park the car at the top, be carrefull sometime there is robbery, do not let anything in the car
- SUGITON Easy 1 hour Start from university of LUMINY .
- EN VEAU the most famous one (On all the photographies). Start from la GARDIOLE (see the map) or from CASSIS

CASSIS (40 km) Nice port where you can take the boat to visit the park of the calanques (if you don't take the boat of Marseille).

After the visit of Cassis, you can take « la route des crêtes » wich pass along the higher cliff of Europe and arrive at «la Ciotat. In la Ciotat there is also 2 nice calanques MUGEL and FIGUEROLLES in front of « l'île verte ».

AIX EN PROVENCE (40 km) Nice city very quiet with fountain and pietonnal streets. You can continue and visit the villages down the famous montain of la Sainte Victoire and for the bravest go up walking to the top (2 hours of going up). You can go up by the south after Palette, turn left in the direction of le Tholonet. Or by the north, park the car at « barrage de Bimont » just before VAUVENARGUE (château de PICASSO). Good wine in this area (example : château Simone - Palette)

MARTIGUES (20 km) « la Venise provençale » a lot of animations during summer. Musée Ziem with good exhibitions free (open the afternoon). You can go on to visit the archeologic place of St Blaise

SITE ARCHEOLOGIQUE GREC DE ST BLAISE (5 km of Martigues in the direction of Istres in a nice forest near little lakes. The color is sometime very strange (purple) because of a seaweed « Dunaliella salina » with nice path in the forest du Castillon

LE FOND DE L'ETANG DE BERRE old Istres, Miramas le vieux (good ice cream : le QUILLET) and Saint Chamas little port of fisherman and an old roman bridge.

On your way back, you can stop to taste the wine at Calissane and château virant or domaine de Suriane (before arriving at la Fare les Oliviers)

LES ALPILLES (70 km) with the famous villages of BAUX and ST REMY

LA CAMARGUES (70 km) Visit of "La CAPELLIERE" (closed on sunday) with a little path 1/4 h and observatory for birds.

AUBAGNE and the path of Marcel Pagnol. Not so long there is the nice park ST PONS starting from Gémenos with a lot of shadow and water falls

LA SAINTE BAUME nice montain that we can climb in a nice forest. Starting in le plan d'Aups

Be carrefull in summer some path are closed due to the fire risks

LES MUSEUM

- Martigues : ZIEM
- Marseille :

le MUCEM The nicest place. Visiting around the building is free, you pay just the exhibition if you want to get in

La vieille Charité (Quartier du panier): Archeologic museum, african oceanien, Amérendien art + Exhibitions

Regard de Provence (in front of the MUCEM): Very nice exhibitions of paintings

Cantini (métro Préfecture): Modern Art

Museum of history (centre Bourse). Good scenography to explain the origins of Marseille

Museum de la faïence et de la mode : In an old « bastide » Marseillaise the Borely castle in the park of the same name

Museum des Beaux arts, musée d'histoire naturelle, musée Grobet, musée de la marine, musée de la moto, Musée d'art contemporain, musée des docks romains, musée du terroir Marseillais ...

- Aix en Provence

Musée Granet : French painter from XVI^e to XX^e siècle

Atelier Cézanne : Authentic place where the painter lived

Musée du vieil Aix

Pavillon de Vendôme

PARC D'ATTRACTION

- Magic land 5 km : just before arrive at the highway 04 42 79 86 90
- Ok Corral RN8 13780 Cuges les pins 04 42 73 80 05 village Western
- Parc zoologique de la Barben : 13330 La BARBEN 04 90 55 19 12 600
- Provence aventure : Chemin de St Francet 13390 Auriol 06 88 55 93 93 parc acrobatic park
- Parc miniature Cap/tain Howard : 3 chemin du creux 13140 MIRAMAS 04 90 58 44 55
- Village des automates : RN7 13760 St CANNAT 04 42 57 30 30.
- Parc ornithologique du Pont de Gau : RN570 13360 Ste Maries de la mer 04 90 97 82 62

To buy : Spécialities

- **Wine** : A lot of good wines : coteaux d'Aix, Cassis, Bandol etc..
Between la Fare les oliviers et St Chamas, 3 domaines good price : Calissane, Château Virant, Surianne
- **Olive oil** : The good olive oil is expensive but it is not the same taste ! The best are in the Alpilles : Mouriès, Maussane, les Baux, La fare les Olivier
- **Les calissons** : special almond sweet from Aix
- **Soaps** : A good shop : la compagnie de Provence (rue Caisserie)
- **Poteries** : RAVEL à Aubagne Avenue des Goums
- **Spiruline** à Gignac la Nerthe <https://www.spirulinedelacotebleue.fr/> possible visit of the farm

Charte de la Bouillabaisse

La bouillabaisse is the speciality. It is very expensive but it is important to taste the real one :

1/ Just mediterranean and fresh fishes

2/ Minimum 4 species between 8 : rascasse, la vive, la galinette (grondin) , le Saint Pierre, la baudroie, le fielas (congre), le chapon - facultatif la cigale de mer et la langouste.

3/ It is served in 2 different plates, one with the soup, the other the whole fishes poissons and special safran mayonnaise