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Life in the Pyrénées Orientales

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SUMMER 2014
FREE / GRATUIT N° 44



AMÉLIOREZ VOTRE ANGLAIS
AND TEST YOUR FRENCH

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Edito...

Edito

Hey, it's summer! Between 'fête' and 'bal' the PO becomes a whirling hurricane of entertainment and restauration as it hurtles along its dizzy course towards the end of the season.....but try getting a plumber, builder, tiler, baker or candlestick maker! They're all on their hols! Fortunately we have a willing selection of all the trades at your service here in P-O Life along with walks, days out, what's on, summer sport suggestions... Do try out our advertised restaurants too, many of whom offer you a free apero, great views, excellent grub.

And to make you groan, and get you into that summer mood, I've rolled out some of my favourite incredibly bad jokes!

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Quelle heure reptile?

What do you call a Frenchman wearing sandals??
Philippe Phlopp.....

Quel est le fruit préféré de Beethoven?
POMME POMME POMME POMME!

What did the frog order from the Perpignan fast food restaurant?
French flies and a croak!

Kate



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Editorial

For editorial queries & comment info@anglophone-direct.com 09 64 48 51 86 (editorial only)

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Concepteur et rédacteur: Kate

Maquette & Création: www.blyth-spirit.com tel: 04 68 05 86 71



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D.P.E. - Classe Energétique : C
Ref: 3213 Prix : 365 000,00 €



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Walk the region...

With Ted and Kate Hiscock

14km (9m) – 4 hours

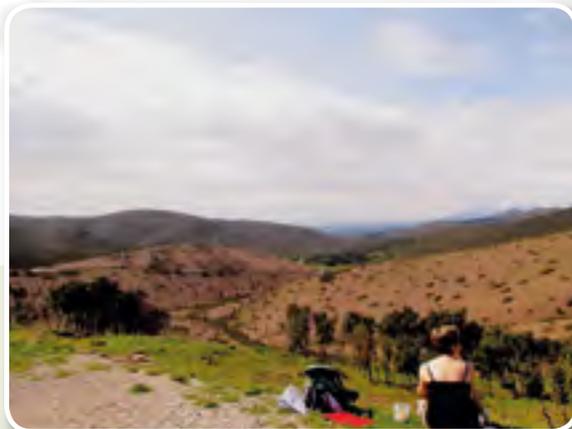
BANYULS-SUR-MER: TOMBEAU DE MAILLOL TO COL DE BANYULS & BACK

The Walk: This walk concentrates on the deep valleys behind Banyuls-sur-Mer, and in particular on the countryside that inspired the renowned artist and sculptor Aristide Maillol, (who curiously is virtually unknown in English speaking countries).

The climb is on tarmac roads, gentle at first but quite steep for the last few hundred metres. Our objective, the Col of Banyuls, ridge between France & Spain, is immortalised in a huge oil painting in the Mairie. The views from the col are stunning.

You may wish to walk the extra 4km (x2) from the town centre to our starting point at

Maillol's tomb. If so, walk the length of the main Banyuls road, ave Général De Gaulle, pass under a bridge, and turn left, following the river, where the road curves to the right. Signs from there indicate the



'Musée Maillol'.

During the Retirada at the end of the Spanish Civil War, streams of unfortunate republicans fled over the Col and, just a few years later, refugees from the Nazi occupation fled in the opposite direction.

Park in the car park, and follow signs for the museum, leaving the car park to the left. A winding track with herbal edges follows a mountain stream in winter and a dried pebble ditch in summer, to a gate, which heralds the secluded and shaded garden of the Maillol Museum, serene and, beautiful

shrine to Aristide Maillol (1861-1944), child of Banyuls.

In the centre of the garden, on the spot where Maillol used to stand his models as he sketched and prepared for sculptures, is 'A Seated Woman' for which his wife posed, later named

renamed 'La Méditerranée'.

The museum, run by one of his great grandsons, is small & concentrated with displays of Maillol's best works as well as an insight into his life.

Maillol and his muse, Dina Vnierney helped refugees to escape into Spain during the German occupation. Maillol himself was tragically killed in a motor accident in 1944 on the outskirts of Banyuls.

Leave the Museum by climbing the few steps from the garden to the road, turn right and back down to the junction by the car park where a left turn is taken past the Forge. The valleys of the River Baillaury and Vinyes have steep sides of vines which seem to grow out of the very schistous rock in the most inaccessible impossible positions. Very soon on this winding quiet valley road, a collection of old farm buildings appear on both sides of the road, the Domaine of Berta-Maillol, owned by more descendants of Maillol. Tasting and purchases are welcome here but it is suggested that a dégustation is taken on the return journey if the Col de Banyuls is to be reached!

The road winds up the shallow valley to the hamlet of Mas Parer and after the collection of farm buildings there is a bifurcation in the road where the River Baillaury joins the Vinya. Keep left and continue towards Mas Axter and in 500 metres, cross another bridge to the left but immediately take the right fork. This valley is a haven of wild flowers, butterflies and birds, from kestrels to buzzards to finches to hoopoes.

Now the valley narrows, the metalled road steepens and the countryside becomes wilder. The last two kilometres to the col are steep and offer no cover if the sun is strong but this dramatic climb is worth every step for the magnificent views.

It is a sobering thought that this was the route taken by

Are you assiduous?

Well, you can sit down and relax, as the word originates from the Latin 'assidere', (leading to the French 'assis' and its variations) meaning 'to sit in one place'. In that case, I am assiduous most evenings...but not necessarily according to its dictionary definition of 'conscientious and hard-working'!

escapes; we found it steep but as a refugee trying to avoid capture by border guards, this must have been a particularly daunting prospect.

Unfortunately, the return journey is achieved by retracing one's steps, but the benefit of this is the ability to appreciate the view that had been behind on the ascent. It is also much quicker!



Domaine de Berta-Maillol by Ted Hiscock

Did you know...?



Welcome to the P-O

Next time you're on the A9 motorway heading towards Salses, look out for the 'Porta dels Països Catalans', or 'Gate of the Catalan Countries':

On a plateau of the Corbières, with panoramic views of sea and lagoon, visible from both the A9, this gateway to North Catalonia was created by sculptor Emili Armengol, a symbolic border between Languedoc and Roussillon. A giant arc of four open doors, its uprights symbolise the four bars of the Catalan flag. The monument was originally to be built in La Jonquera, but strong protest from the north Catalonians placed it resolutely in France, a first and last landmark for visitors arriving or departing the Roussillon.

Urbanya: Pointing the finger!

From a population of 500 inhabitants in 1830 to just 10 permanent residents, last recorded by Insee in 2011, the commune of Urbanya in the district of Prades is worth a visit. Set amidst magnificent scenery in the massif du Madres, the tiny village nevertheless has a town hall with defibrillator, Wi Fi, a rather interesting little church, half ancient, half modern, and 'le doigt du géant', a tree in a private garden, carved into a finger pointing to heaven!



Bilingual seniors : People who are bilingual from an early age are likely to have a more sprightly brain and be able to switch more easily from one task to another, compared to those who speak just one language. A recent study of both bilingual and monolingual adults aged 60 to 68 showed that bilingual adults used their brains more efficiently.

A little ass or a load of BULL?

Why is the donkey the symbol of French and Spanish Catalonia, whilst the bull is the unofficial national symbol of Spain?

When the Osborne sherry company put up large black silhouetted images of a bull in semi-profile to advertise their sherry near to major roads throughout Spain, a law was passed prohibiting this form of advertising. The bulls, however, were

already nationally famous, so it was agreed that they would remain, but without the name Osborne. Look out for them, often sited on a low hilltop clearly silhouetted against the sky. Car stickers and T shirts boasted this bull as a symbol of Spanish pride - so the Catalonians 'hit back' by producing their own unofficial national symbol - el burro - a symbol of Catalanian pride!



La Tour des Parfums

The medieval village of Mosset is classed as one of the 'Plus Beaux Villages de France' its Bell Tower housing one of the few mechanical clocks still functioning in the Pyrenées Orientales. The tour des parfums is a tiny, fun, educational and interactive museum where visitors are encouraged to discover their environment via their senses, concentrating particularly on smell and taste. Stick your nose into various elements from round the world and try to guess the smells. Check out www.operamosset.eu to find out about Mosset's own special yearly version of a favourite Opera



Mémé's the word

Three new words which may eventually end up in the French dictionary were given the most 'likes' in a Facebook survey.

Escargoter, coming from the good old French snail and meaning 'to take one's time', won the 'oldies' vote whilst the junior vote went to **mémériser**, coming from **mémé** (granny) and meaning 'to wear clothes that are too old fashioned for one's age'. The third was **tôtif**, meaning early, as an opposite to **tardif**, meaning late.

Others that sound like fun, but didn't make it into the top three are **bussoter**, (to wait for the bus), and **lalaliser**, (to sing la, la, la when you don't know the words!)

Meet up for a knees up

An '**aplec**', Catalan for a gathering or mass meeting, traditionally used to involve a religious pilgrimage to a chapel or a hermitage, usually on a Saint's day or religious festival when the heavens were likely to be at their most receptive!

Today the term is also used for more popular get-togethers such as the meeting of dancers to perform the **sardane**.



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Did you know...?

PAS BON!



Apparently Bompas, on the outskirts of Perpignan, was built on the site of a river ford, which travellers used to cross to go from Perpignan to Narbonne. Unfortunately, this rather dangerous passing spot was frequented by villains and highway men, and therefore named 'mal pas' (bad passage). Later, the ford's reputation improved with the building of a high bridge guarded by soldiers, and it became known as 'bonpas' (good passage). The name for the subsequent settlement of Bompas evolved quite naturally from there.

I came here in search of nothing more than a little sunshine. But I found Canigou, whom I discovered to be a magician among mountains, and I submitted myself to his power. I watch him with wonder and delight. Nothing that he could do or give birth to would now surprise me, whether I met Don Quixote himself riding in from the Spanish side, or all the chivalry of ancient France watering their horses at his streams, or saw (which each twilight seems quite possible) gnomes and kobolds swarming out of the mines and tunnels of his flanks. Rudyard Kipling

A Moment of War

Laurie Lee's autobiographical trilogy, *'Red Sky at Sunrise'* begins with the famous *'Cider with Rosie'*, (well known A Level lit study in the 60s and 70s!) continues with *'As I Walked Out One Midsummer Morning'*, and ends with *'A Moment of War'*.

In this final book, he describes how he walked from Perpignan to Figüères in December 1937 'carrying just a violin and a saucepan' to rejoin the Spanish Civil War, passing through Céret, Las Illas, Banyuls and Port Bou.



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Photo : Antoine Blondin

Firework train to Carcassonne

Every 14th July, in celebration of the storming of the Bastille, the skies of the mediaeval City of Carcassonne explode into one of the largest and most spectacular firework displays in France

At around 22h30, more than 700,000 people meet on the banks of the River Aude to admire the 25-minute multi-coloured extravaganza which transforms the ramparts into an eruption of light and

sound, terminating in a breath-taking and explosive finale.

Why not leave the car at home, pack a P-O picnic, relax, and enjoy the magnificent views on the 'Train du Pays Cathare et des Fenouilledes' as it takes you there and picks you up on its evening firework special?

Check out the timetable or make a reservation at www.tpcf.fr

Sometimes, festivals are just for fun. Others however, have ancient origins, legends and myths passed on from generation to generation, often involving saints!

Arles-sur-Tech

Every 30th of July the inhabitants carry together a coil of bees wax (the Rodella) fixed to a cross as an offering to the Sainly protectors of Arles-sur-Tech and various entertainment and activities take place throughout the day. This procession goes back to 1465 when a Montbolo shepherd called Noguer de GASNACH had a vision at the Col de la Porta (Col de Formentere), in which two witches brought bad weather to Montbolo. When the witches arrived at the Col, two saints, Abdon and Sennan stood before them and forced them to take away the

bad weather and destroy the crops elsewhere. The grateful villagers decided to make that day a yearly celebration in thanks to Saint Abdon and Saint Sennan.

Collioure

The Fêtes de la Saint Vincent, 14th to 18th August, was first celebrated in 1701, when the relics of St. Vincent, patron saint of Collioure, were returned to the village. Numerous festive events have been preserved such as the ronde du clocher (swimming around the port and bay), and there are games and competitions on the water, dancing, concerts and street music. The Catalan Procession on the Sea is a highlight of the celebrations, there are bodegas selling food and drink, and a grand firework display.

Some night markets

- July & August

(Usually take place from around 19h – midnight)

Argelès

Every Tuesday and Friday (Port)
Every night - craft (Parking des Platanes)

Canet

Every evening (sea front) and every Saturday (port)

Céret

Every Tuesday

Le Barcarès

Every evening (craft)

Port Vendres

Every Thursday

Prades

Every Friday

Ste-Marie-La-Mer

Wednesday, Friday and Saturday (sea front)

Torreilles

Tuesdays and Thursdays

Bank holidays

14th July

Bastille Day.

15th August

Assomption

Don't forgot ...

Father's Day

June 15th

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The Sound of Musique

By Henry Shaftoe

The nearest thing the region gets to a full-blown rock festival is "Les Déferlantes", near Argeles sur Mer from 7-9 July. Lovers of 80s music will want to see UB40, the Selector and Blondie, whilst the discerning appreciators of singer-songwriters will check out Agnes Obel, the Berlin-based Danish star who is being widely acclaimed by critics and audiences alike. Venture just out of the region to Carcassonne if you want to see Status Quo, Massive Attack and Elton John, but equally fun to stay local and enjoy free events such as "Jeudis de Perpignan" (Thursday evening street entertainment during July and August), Eté 66 (fabulous series of music and dance in the glorious setting of the Palais des Rois de Majorque) or Les Estivales de L'Archipel (concerts on an outdoor stage at Perpignan's Théâtre de L'Archipel complex)?

This is just a selection of possible musical outings over the summer months – every small town in the region seems to be putting on some kind of interesting event to lure visitors. For example, Maury is hosting a mini-festival of women singers (Voix de Femmes) on the 13 and 14 June, with the curiously named "Cats on Trees" being a recommended act. And on Saturday 21 June, the national "Fête de La Musique", you are almost guaranteed to hear live music when local bars, streets outdoor stages and yes, even the hills come alive with the sound of musique.



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CASTELLS IN THE AIR

Once upon a time, rival bands of young people released their pent up energy by competing against each other in feats of strength and agility. No guns, no knives. In Valls near Tarragona, southern Catalonia, in the 18th century, the many unemployed formed '*colles*', groups of human towers, showing off their potential for work, and competing against each other to build the highest and most impressive '*castell*' (human tower).

In fact, these '*castellers*' (castle-makers) are today a treasured Catalan tradition, kept alive by non-profit associations who are always on the look out for volunteers to climb, or just to support.

One such association is *Els Angelets del Vallespir*, based in St Jean Pla de Corts. Set up in 2000 by Jep Bonet and his schoolteacher wife, they wear the traditional costume of white trousers, a black sash, and their own distinctive blue shirts, chosen to represent the blue of the sky over Canigou. The shirts have reinforced shoulders and specially made collars to prevent them slipping down, and to enable them to hold the collar between the teeth if necessary.

At their kind invitation, I climbed half way up a very mini *castell*, set up just for me!

Barefoot to minimize injury, and help balance, I was first taught how to roll myself inside the long black sash, known as a *faixa*, pulled corset-like around the waist. This is a particularly important part of the costume as it both supports the back, and acts as a foothold for the climbers. As I climbed my mini tower,



balancing on the shoulders of a sturdy gentleman, a young lady scaled me like a ladder, and I was aware that this is not a sport for the faint-hearted, nor for the coy, as 'anything goes' where hand and foot holds are concerned!

The casual observer may not necessarily be aware of the skill, discipline and organisation that goes into the building up (and taking down) of each *castell*. However, stand around the base or '*pinya*' before the tower begins and you will hear the *castellers* – usually made up of men in this first tier - in deep and lengthy

discussion, working out angles and distances in the same way that foundations are planned for building works.

The more the merrier for the formation of the towers. The larger the group forming the *pinya*, the more efficient the 'safety net' in case the tower structure collapses, cushioning the fall of people from the upper levels. As a building needs firm supports, so a successful *castell* needs a maximum of people pushing up against the base. At festivals or exhibitions, other *colles* may assist in the *pinya* to help out a small association such as the Les Angelets, who are always looking to recruit. You may be surprised to hear that climbing to the top of a *castell* is statistically less dangerous than playing football!

Once a strong base is formed, the rest of the *castellers* must shimmy up to the top very quickly, as the strain on the levels below, and particularly the *pinya*, can be enormous. This is no random climb - each *casteller* has his or her own position and function within the *castell*, usually starting with the oldest at the bottom and getting younger with each level. The accompanying beat of the tambourine may contain coded messages to the climbers.

The tower is only complete once the '*anxeneta*', often the youngest and lightest child, climbs into place at the top and raises one hand with four fingers erect, in a gesture said to symbolize the stripes of the Catalan flag. Children are required to wear helmets.

Strength, balance, courage and common sense make up the *casteller* motto, (Força, equilibri, valor i sen)

Les Angelets may lack the numbers that large *casteller* groups aim for, but they certainly make up for



it in enthusiasm, team spirit, and sheer determination.

This is the meeting of sport, and community, a chance to be part of Catalan culture, so why not join them? Everybody is welcome. Contact English-speaking Max on 04 68 87 36 80 or visit <https://sites.google.com/site/angeletsdelvallespir/>



Restaurant Reviews

with Kate and Mates

A Summer Selection...

I am no gourmet 'foodie' but I know what I like. Fresh, tasty food, good and friendly service, clean cutlery, crockery and loos, and prices that don't send me into shock compared to the quality of the meal. The following reviews are not adverts. They are just restaurants that I have enjoyed, or that friends have recommended. Bon appétit.



Perpignan – Dove andiamo a cena stasera?

Spaghetteri'Aldo

There are many good and some great restaurants in Perpignan, but Spaghetteri'Aldo ticks all the boxes for me, as a resto which caters for everyone - vegetarians, carnivores and 'pâtivores' (my made up word for pasta eaters, so don't quote me!)

A stone's throw away from the Castillet, heading away from Galleries Lafayette towards the Pont Joffre, this bright and cheerful Italian restaurant, run by Magali and Philippe, is small on price but big on flavour and quality produce. Eat indoors, or on the terrace, which, despite being near a main road, wasn't disturbed at all by passing traffic when we visited in mid-May.

The dilemma? How on earth to choose from

such an amazing range of pasta dishes? Ravioli au foie gras, spaghetti vongole with clams, mussels and king prawns, tortellini au crabe, rigatoni, tagliatelle, fettuccine... along with speciality mushroom or seafood risottos, traditional Italian meat dishes, good choice of salads... and antipasti to melt even the hardest critic's heart. Too much to describe, you have to taste to believe! My friend, a 'hearty' eater to say the least, couldn't finish her main course, a rare occurrence!

Described by many as 'les meilleures pâtes de Perpignan', (no pizzas!) Spaghetteri'Aldo also has a good choice of light Italian summer wines, and homemade desserts to cry for.

Definitely at the top of my list next time I eat out in Perpignan.

1 Rue des Variétés, Perpignan, Tel 04 68 61 11 47
www.spaghetteri-aldoperpignan.fr

- 15 different sauces to choose from!
- 1kg mussels & unlimited home-made chips 14,90 €
- Take-away 10,00 €
- Tapas + meat/fish option available

9 av du Général de Gaulle,
66700 ARGELES-SUR-MER (Near Plage Centre)
06 75 82 75 70 www.lililamoule.fr
Lililamoule



Le Vallespir - Right said Fred

L'Atelier de Fred in Céret

Not the first time we have mentioned the consistently excellent Atelier de Fred in the heart of Céret, so a very short nod to a superb restaurant!

Small and intimate, imaginative cuisine, using market fresh ingredients, the lunchtime formule changes regularly (19€ for two courses, 23€ for three) and is an excellent value introduction.

In the evenings, choose from the 'carte', or two 'menus' of 28€ or 39€, both three courses.

Original, home made desserts, short, but well-chosen wine list, (with fabulous, well-priced pichet wine from the popular Piquemal winery) this is a fine restaurant with high quality food and service.

12 Rue Saint-Ferréol Céret

Tel: 04 68 95 47 41

<http://atelier-restaurant-ceret.com>

Aux 3 bambins Wine & Tapas Bar

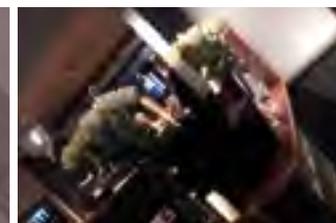
In the historic centre of Perpignan, this charming Wine Bar serves both traditional and fine-dining tapas

- Large range of regional & new world wines
- Thursday Happy Hour
Free tapas served 'til 8pm
- For the latest information on live music, wine tasting and all our special events follow us on...

Aux-3-Bambins

25 rue Grande la Réal
6600 Perpignan

Tél : 04 68 61 55 14
Food served from 7pm - 12pm
except monday



The Conflent – deee-vine and deee-lish

A couple of restaurants in the Conflent worth a visit to remind us that we can't always judge a book by its cover! Both offer a similar lunchtime idea of 'plats combinés', made up of nibbles, starter and main course, all served together on a large platter.



Le Square in Ille Sur Têt

This little gem resembles a slightly dodgy north London pub but do not be deceived! Dine in, or sit in the shade of the olive tree in their pleasant courtyard, where simple fresh ingredients are perfectly cooked. Choose from a variety of tapas, seafood medley, meat and poultry dishes, home made chips, home made desserts (look out for strawberry Tiramisu – it is deeeeee-vine!).... And at 14.90 including coffee and dessert (or just 7,90€ for the excellent children's menu) this is definitely one of the best finds in the Conflent.

**55 Avenue Pasteur,
Ille-sur-Têt
Tel: 04 68 61 48 40**

>>



Le Royale in Molitg Les Bains

A bit of a spit 'n sawdust bar with a plastic tent attached to the side, but prepare to be delighted when your meal arrives. A presentation that wouldn't be out of place in a smart gastro pub or pricey bistro, a superb 'mains' selection

is surrounded by an array of mouth-watering 'tasters' - pumpkin velouté, paté, salmon tartar, guacamole, marinated raspberries ... according to season.

The 15,50 euro menu includes wine, but not coffee or dessert (but worth a little extra for the deeee-lish chocolate fondant)

**4 Bis Les Thermes
Molitg-les-Bains
Tel: 04 68 05 05 26**

>>



Le Jardin de COLLIOURE

An unforgettable dining experience in the heart of Collioure

Choose from a mouth watering selection of tapas, freshly caught fish, seafood and meat.

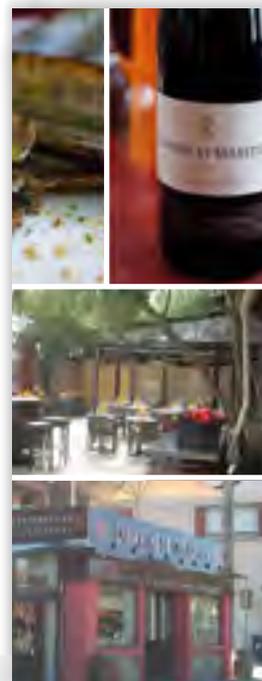
Select your cut of fish or meat, the size you want – then decide how you would like it cooked – grilled, baked, salt crusted or flambé. Group bookings, weddings and parties catered for.

Reservations recommended - 04 68 95 12 52

*Located between the Cave Coopérative,
Le Dominicain Cave and the Musée de Collioure*
4 Route de Port Vendres 66190 Collioure
www.lejardindecollioure.com

Open 7 days a week, all year round

Free private parking



Le Jardin de ST SÉBASTIEN

- B A N Y U L S -

Restaurant and Wine Cave

Facing the marina, our restaurant is located next door to our own wine domaine.

Dine inside or outside under the shade of olive trees.

Specialities include tapas, grilled meats and freshly caught fish & seafood

All of the wines on our menu come from our own domaine.

Menus starting from 16,50€

For further information or reservations:

10 av du Fontaulé 66650, Banyuls-sur-Mer

+33 (0)4 68 55 22 64 www.restaurant-saint-sebastien.com

Open all year round | Ample free parking



5



The Coast – nautical...but nice

La Marine in St Cyprien

First-hand views over the port, ample parking just opposite the Tourist Office, (maybe less ample in high season) outside and inside dining in a cosy nautical atmosphere.

Husband & wife team, Hervé (in the galley) and Valérie (at the helm) offer a wide range of dishes, with the accent on fresh fish, and a 3-course set menu from just 16€.

My friend chose a very copious foie gras salad and I decided on the smoked salmon maison.

Our mains of cuttlefish and a seafood platter (white fish, mussels, squid, sauté potatoes) were big enough to feed an army.

No room left for dessert, but the home-made thickly-coated chocolate profiteroles proved irresistible. (Just a little longer out of the fridge would have made them even better!)

Would we say 'wow, amazing'? Probably not, but a pleasant, thoughtful and satisfying meal with warm and friendly service.

(PS After the seafood platter, we watched in fascination as the waiter produced a small, flat white pastille on a plate, added hot water,and it sprang into life, quadrupled in size, turning into the best beautifully hot hand cloth I've ever seen!)

**6 Boulevard Desnoyer
Saint-Cyprien
Tel: 04 68 39 06 21**

Please bear in mind that reviews are based on the subjective opinion of the reviewer. Times, dates and prices are correct at the time of writing but you are advised to ring ahead and check Bon apétit



to see more resto reviews visit
www.anglophone-direct.com

Restaurant La Marine
Overlooking the Port

Open all year

Try our delicious, locally caught fresh fish & seafood

04 68 39 06 21

Quai Arthur Rimbaud,
66750 ST CYPRIEN PLAGE

Crescendo

Only fresh and seasonal produce, succulent seafood, fish & meat à la plancha, home-made pizzas, cakes & tarts - all freshly-cooked for you on the premises daily

Open 7/7

Restaurant Crescendo
66700 ARGELES-SUR-MER (Next to Intermarché)
04 68 37 06 97 www.crescendo-restauration.fr

Le Bounty
Restaurant

Overlooking the Port

Try our tempting range of fresh fish, meat & Catalan specialties

3-course menu 16,00 €

1 quai Arthur Rimbaud,
66750 ST CYPRIEN PLAGE
04 68 37 19 64

La Tramontane Bar-Restaurant

Overlooking the Port

Freshly-caught fish & home-made desserts,
Plus excellent meat dishes
3-course menu 18,00 €

2 quai Pierre Forgas, 66660 Port-Vendres
04 68 82 01 51 www.latramontane66.fr



Fancy eating out in Argeles?

Don't miss these two hidden gems in the heart of the village!

Superb choice of Catalan dishes, tapas, fish platters, giant 'vertical' kebabs, mussels & chips ...
Aqui Sem Bé for informal dining and WIFI and La Vieille Cave next door, for character and cocktails.

Aqui Sem Bé & La Vieille Cave

Bar - Restaurant - Snacks - Tapas - Cocktails

49 & 51 av de la Libération, 66700 ARGELES-SUR-MER

04 68 85 57 10 Aqui-Sem-Bé & Vieille Cave

Take-away Service Open 7/7 all year round

Free Sangria with your meal when you mention P-O Life

READER'S SHOPPING SCAM - WARNING!!

Over the last month I became a victim of a clever scam while out shopping.

Simply going out to Intermarché has turned out to be quite traumatic. Don't be naive enough to think it couldn't happen to you or your friends.

Here's how the scam works: Two seriously good-looking 20-21 year-old girls come over to your car as you are packing your shopping into the boot and start cleaning your windscreen provocatively.

When you offer to pay them, they ask instead for a ride to another store and climb into the backseat. On the way, they start undressing. Then one of them climbs over into the front seat and starts crawling all over you, while the other one steals your wallet.

I had my wallet stolen July 4th and 9th, twice on the 15th, three times last Saturday and very likely again this upcoming weekend.

So tell your friends to be careful.

P.S. Champion have wallets on sale for 2.99 each

I GAVE
Saint Martin
04 68 82 24 57
5 avenue Vauban
66660 Port Vendres
(beside the church)

Delicatessen & Off-Licence
Specialising in all things Catalan!
Delicious Paëlla, Zarzuela, Fideua... all home-cooked in front of you
High quality Roussillon wine at winegrowers' prices - bottled or straight from the barrel!
Open 7/7
Immeuble Le Neptune, 5 bd Desnoyer, 66750 ST CYPRIEN (Adjoining the Tabac)
04 68 37 01 39 www.traiteur-stcyp.com

Restaurant **Le Portofino**
mediterranean cuisine
Succulent tapas, fish & meat platters, plus home-made desserts
Dine over the Port
Quai Arthur Rimbaud, 66750 ST CYPRIEN PLAGES
09 51 58 89 55 www.leportofino-restaurant.fr
Le Portofino English Spoken

70th Chocolate Park
A tearoom with a view!
Home-made chocolates, cakes & biscuits
Open 10.00am - 7.00pm, Tuesdays - Sundays.
70 av de la Côte Vermeille, 66140 CANET PLAGES (opposite large car park)
04 34 29 42 38 Fb: 70th-Chocolate-Park



Restaurant Le Fanal



Free bottle of Collioure Red on presentation of this coupon*

*Drink only in moderation - excessive alcohol consumption can damage your health



Pascal Borrell, Michelin-starred chef many times over, invites you to sample his mouth-watering creations.

Prices from 19 euros per person (2 courses).

Prepare to be amazed.

17 avenue du Fontaulé, 66650 BANYULS-SUR-MER
Bookings recommended: 04 68 98 65 88

www.pascal-borrell.com pascal.borrell

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Tearoom & Brasserie
Breakfast - Brunch - anytime is T-time!
High quality teas, coffee & chocolate
Sweet & savoury pastries
Salads
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Open all year 7/7
Place Erik Satie, bd Desnoyer, 66750 ST CYPRIEN PORT (next to Bureau de Tabac)
04 68 21 02 20 linstantt

Food & drink

Ve haf vays of making you drink!

As you drive towards Trouillas on the D612, look out for the imposing 18th century stone and brick outbuildings of Chateau du Mas Deu (pronounced day-oo) and the remains of the 12th Century Comanderie of the Knights Templar. The Templars continued a winemaking tradition which dated back to Roman times. At the start of the 14th Century, Arnaud de Villeneuve, Physician to the Kings of Aragon, created the first ever Vin Doux in the cellars of Mas Deu. His method of stopping the fermentation of the naturally sweet wine with a small amount of eau de vie is used to this day.

When the knights fell from grace in 1307, Mas Deu became a centre of the Inquisition.

During the 2nd World War Mas Deu once again

became a military headquarters, this time to the Occupying German Army. Before retreating in 1944, they blew much of it up.

Today, peace reigns, and you will not need your finger nails pulling out to persuade you to pop in for a degustation and a warm welcome from Claude Oliver, who continues six generations of family wine making tradition with passion.



Two Curry Houses to choose from!

Whether you're exploring the city sights or relaxing by the sea, make sure you try our superb range of mouth-watering curries and Tandoori specialities in a genuine Indian atmosphere.

Plus, we offer a Thali lite-bite menu at 9,50 euros and a 3-course lunch at just 16,00 euros weekdays.

Le Punjab

2 av du Palais des Expositions,
66000 PERPIGNAN
04 68 50 94 22 www.lepunjab.fr

-  Ideal friends & family venue
-  Riverside setting
-  Parking opposite
-  Open all year

Rajah Mahal

23 bd Tixador
66140 CANET PLAGÉ

04 68 80 53 30
(near the marketplace)

-  Intimate romantic dining
-  Fully air-conditioned
-  Parking nearby
-  Established 25 years

To find out more, go to the Eating Out Guide on www.anglophone-direct.com
Take away Service English spoken



The region's very best international supermarket – now available On Line!

www.lepiceriedumonde.com

Les 5 Continents are pleased to announce the « opening » of our on-line supermarket – simply visit our website, select a continent and be inspired by our selection of recipes, browse an unrivalled selection of brands from around the world. Select your products, pay on line by credit or debit card.

Fast Nationwide Delivery

A warm welcome continues to await in our ever expanding store in Mas Guerido - Pop in and choose from our exciting range of fresh and frozen produce, « Service Traiteur », and international brands

In store or on-line - everything you need to create mouth-watering meals from around the globe.

Bringing you the tastes of home and around the world!

04 68 67 59 07

Formerly the Asia Center

www.lepiceriedumonde.com

Mas Guerido – 9 avenue Ampère,
66330 Cabestany

Out for the day...

Billi bi



Have you ever tasted **Billi bi**? You probably have, but just didn't know it as I haven't actually seen this soup of mussel stock, white wine, and cream on local menus by this name. It was originally created by chef Louis Barthe at Maxim's in Paris, and named after regular customer **William "Billy" Brand**. **Billi bi** became a signature dish at the three Michelin star restaurant around the 1930s, a controversial dish at a time when mussels were nowt but a working class sea front snack. Great word non?

Ingredients	2 tbsp (30 ml) butter	Instructions :	Place mussels in a large pot with the shallots, onion, parsley, salt, pepper, cayenne pepper, wine, butter, bay leaf and thyme. Cover and bring to a boil. Simmer 5-10 minutes, or until the fresh blue mussels have opened. Reserve mussels for another use, or remove them from shells to use as a garnish.
2 lb (1 kg) mussels	1/2 bay leaf		Strain the liquid through a double thickness of cheesecloth.
2 shallots, chopped	1/2 tsp (2 ml) thyme		Bring liquid to a boil, and add cream.
2 small onions, quartered	2 cup (500 ml) cream		Return to boil, and remove from heat.
2 sprigs parsley	1 egg yolk, lightly beaten		
1 pinch cayenne pepper	1 pinch salt and freshly ground black pepper, to taste		
1 cup (250 ml) dry white wine			

Restaurant - Tapas Bar
Wine Bar - Kids' Corner



Dine under the 100-year old umbrella pines in beautiful grounds.

Enjoy modern cuisine made from only fresh ingredients in season.

English spoken

9 impasse Eugène Sue, 66750 ST CYPRIEN VILLAGE
04 68 22 71 66 www.cotejardin.info cotejardin.37



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Beer "crates" & tool boxes
For the person who has everything!!



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Why not have your
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Rent a professional beer pump with
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Over 50 draught beers to choose
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Perfect for events, parties,
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It's Football
World
Cup party time...
...pick a country,
pick a beer!



Enjoy lunch and drinks in the bar
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An unrivalled selection of unique gifts, perfect for
those who enjoy a good tittle!

04 68 86 36 68
www.VandB.fr

22 rue Michel Carré 66330 Mas Guerido, Cabestany
L'abus d'alcool est dangereux pour la santé, à consommer avec modération

Florence, Franck Fulliquet and their team look forward to welcoming you all year round

Chez Pujol

Restaurant Poissonnerie



Choose your fish from the freshly caught catch in our "fishmongers" then decide how you would like it cooked - grilled, baked, salt crusted, flambé ...

-  Wide selection of meat dishes available
-  Dine inside or out overlooking the Port
-  Menus from 18,50€



Seafood platters to eat in or to take away

04 68 82 01 39

www.chezpujol.com 16 qu. Pierre Forgas 66660 **Port Vendres**

Open 7 days a week for lunch and dinner



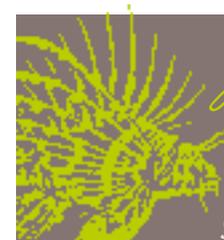
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Mais que un restaurant

Mediterranean cuisine inspired by the sun, sea & colours of the south

Lunch menus from 12 euros

04 68 34 46 64

21 rue de la République **THUIR**
arbequina@hotmail.fr



Restaurant
La Rascasse
Tasty local fish, meat & Scorpion Fish Bouillabaisse
3-course menu 25,00 €

38 bd Tixador, 66140 CANET PLAGÉ
04 68 80 20 79  La-Rascasse Canet

ARBE QUOI?

An Arbequina is a small aromatic olive originating from Palestine introduced to Europe in the 17th century. There are now over 55,000 hectares of Arbequina olive trees cultivated throughout Catalonia and the P-O.

LE TRÉMAIL - Collioure

Un vrai bijou au coeur de Collioure

Using only the very best freshly caught fish and seafood our specialities include:

- Mariscade
- Parillade
- Bouillabaisse
- Zarzuela,
- Fish "à la plancha"
- Menus from 14,50 euros



Open for lunch and dinner
7 days a week, all year round

1 rue Arago, Collioure

20m from the sea front, the road running parallel to the seafront, just up from the Tourist Office.



04 68 82 16 10

Restaurant Le Chalut

In the heart of the Port

Tuck into tasty seafood platters, Zarzuela, Bouillabaisse and much more

3-courses
15,00 €



Traditional dining inside or on the terrace



Quai François Joly,
66660 PORT-VENDRES

04 68 82 00 91
Open all year

Food & drink

DON'T BE SELFISH WITH YOUR SHELLFISH

**Come out of your shell...
and explore seafood.**

Most shellfish for sale in the shops today will have already been prepared, but do make sure that you discard any with broken or closed shells or broken bodies and keep refrigerated until ready to cook and eat. If you've ever lost a couple of days, along with the contents of your stomach, as a result of a bad oyster or mussel, you'll know exactly what I mean!



Les huîtres - oysters

Traditionally eaten raw with lemon juice or red wine vinegar but delicious grilled with shallots and butter.



Les moules - mussels

Steamed or boiled, mussels need very little cooking, if you don't want to end up with rubbery flesh. Discard any that fail to open fully.



Les crevettes - prawns

Boil in salted water for a couple of minutes if bought raw. Also delicious grilled, deep-fried, stir-fried or barbecued on a kebab stick.



Les tortues - crabs

Steam, boil or poach, but if you're squeamish like me, better to buy already cooked, as crab should be cooked alive.



les langoustines - langoustines

Boil in salted water for up to ten minutes. Grill with oil and garlic, or deep-fry in batter.



les homards - lobsters

Cooked lobster can be served hot or cold and is delicious with melted butter, lemon juice or mayonnaise.



Les violets de roche

A little like soft oysters with a pungent orange flesh which isn't to everyone's taste.



Les coques - cockles

Grill, sauté or steam in their shells - lovely with garlic, lemon & coriander.



les bigorneaux - winkles & les bulots - whelks

Steam, stir-fry or coat in breadcrumbs and fry.



Les amandes - dog cockles

Like a small clam, with a sweet, almost almond flavour. Rather tough after cooking.



Les praires - Warty Venus or Venus verrucosa clams!

The English name is probably enough to put you off buying these.

PINING FOR THE CANIGOU?



Here's a first in France - syrup of pine cone à la Canigou! Produced in the mountains at 1700 metres, and described as possessing medicinal properties ('tho no detail supplied), this 'élixir' was originally produced by steeping 9 ton of pine cones in sugar for 4 months, according to a traditional Catalan Pyrenees recipe. The finished product can be bought in chemists and shops specialising in 'produits du terroir'.

GPS: 42° 38' 51" N - 02° 54' 18" E

La 7 Vague
par *boniface*

RESTAURANT
Fresh Fish and Seafood
Local Wines
Large car park

Modern, air-conditioned interior or spacious terrace.
Magnificent seafood platters to order and take away.

Open from Monday - Saturday
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and Bank Holidays
Zone Agrosud - 327, rue du Docteur Parcé
66000 PERPIGNAN
Réservations : **04 68 81 81 00**

www.boniface-coquillages.com

Comment s'appelle un chou au fond de la mer?

Un choumarin!

How do you describe a fish wearing a tie?

SoFISHticated

Goodies from the Badies

Under the watchful eye of the Badie family, the former Criée, Port Vendres Fish Market 'extraordinaire' has now opened a sparkling new Fish Shop, complete with a pearl of a panoramic Oyster Bar overlooking the bay! With the best of all things fishy, pulled straight from the net into your plates, and new modern premises - très chic - it aims to be THE 'adresse bistronomique' for fish and seafood in Port Vendres.

Seafood platters to eat in or take out, oyster, seafood and wine 'formules' from 10 euros and a delicious choice of fishy tapas will tempt you in. On the first Sunday of the month, from 11.00 a.m. until midday, don't miss 'l'Happy Oyster' - described as 'comme un Happy Hour, mais avec des Oysters!'. There are 11 different types of Oyster on the menu, selon arrivage of course (as per daily catch), so you'll be spoilt for choice. Sounds fun? Pop in and enjoy.



La Dolce Vita

Restaurant-Pizzeria

Views over the Port

- ❖ Fresh fish & regional specialities
- ❖ 3-course menu 12,90 €
- ❖ Home-made pizzas & desserts
- ❖ Eat in or take away

*FREE Coffee
when you mention
P-O Life*

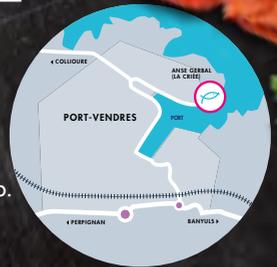
Quai Arthur Rimbaud, 66750 ST CYPRIEN PLAGE
04 68 82 57 62  **La-Dolce-Vita**

Open all year
and 7/7 non-stop
in July & August



LES POISSONNERIES DE LA COTE CATALANE (ALIAS LA CRIEE) HAS MOVED!

Brand new building. Brand new look for our state-of-the-art Fish Shop. Come and discover our new 'Bistronomic' address in Port-Vendres.



PLUS, THE FIRST SUNDAY OF THE MONTH

HAPPY OYSTER!



Just like happy hour, but with oysters instead! On the first Sunday of every month, savour a moment of sheer 'Bistronomic' delight in our trendy Oyster Bar.

 + 6 oysters =  + 6 oysters **FREE**

6 Marennes Oléron oysters N°3 or 6 Bouzigues oysters + a glass of Côtes du Roussillon blanc

 facebook.com/cotecatalane
www.cotecatalane.com
Tel. 04 68 98 46 00

Anse Gerbal - La Criée, 66660 Port-Vendres


**Les poissonneries
de la Côte Catalane**

Auberge des Albères

Restaurant & Tapas Bar

*Specialising in Delicious
Sea Food Platters
To eat in or take away*

**3 course mid week lunch
menu from 15.30€**

2 courses from 13.30€

Plat du jour 10.80€

**Evening dinner menu
from 19.90€**

*Just 10 minutes from the
crowded tourist hustle and
bustle of Argelès-sur-Mer.*

Ample free parking.

The Real Taste of the Mediterranean

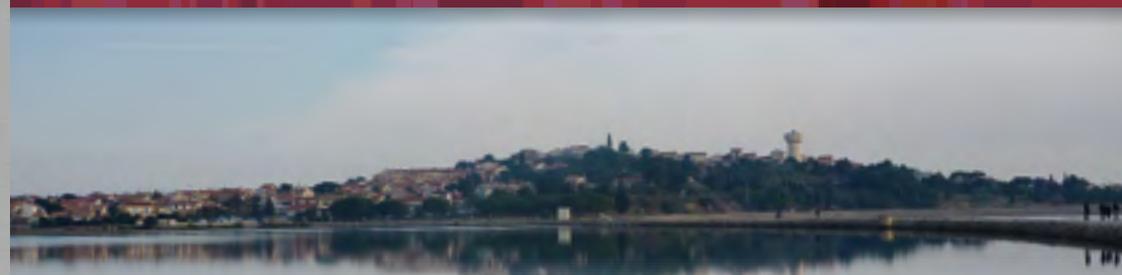
We invite you to discover our exciting new menu. All of our dishes are freshly prepared using only the very finest, fresh local produce. Choose from our delicious selection of artisanal ice-creams and desserts.

For Reservations :

04 68 89 88 38

78 avenue Maréchal Joffre 66740

SAINT GENIS DES FONTAINES



DO GO TO BAGES!

Bages, or "Baiae" (meaning water) as it used to be known, was originally a settlement of fishermen living on the edge of the boggy lake. 'A Bages, no hi vagis!' (Don't go to Bages!) was regularly heard. The Templier knights dried up the lake and the village that grew up there became Bages - now definitely worth a visit.

Bananes Flambées au Claret

- 4 bananas
- 1 orange (optional)
- 1 glass of Claret
- 2 tbsp brown sugar
- 20g unsalted butter.



*Thanks to the Chaudron in Bages for
this delicious sounding boozy dessert.*

Squeeze the orange and put aside the juice, peel the bananas and cut into 2 lengthways. Fry the bananas with the butter on high heat, and add the sugar. Deglaze with the Claret, add the (optional) orange juice and cook on low heat a further 5 min. Serve immediately.

Find out more about the free Friday evening summer concerts in Bages, held in the magnificent gardens of the Casa Carrère, built in 1954 as a private residence, turned into an art gallery in the 90s, and bought by the commune in 2006. <http://bages66.fr>

Le Chaudron



**18th Century
Catalan Pub, Shop
and Tapas bar.**

Original, regional gifts

Live music every Saturday night

Catalan beers and wines that you've probably never heard of!

Tel: 06 21 64 80 76

1 rue du cinema, Bages

www.lechaudron-roussillon.fr



P-O Life... Escalivada



It's barbecue season!

Escalivada comes from the Catalan word *escalivar*, meaning "to char", as the vegetables were traditionally cooked over embers to give the smoky flavour that is the essence of the dish.

This versatile salad can be served as an entrée with crusty or toasted bread, or as an accompaniment to roast meat or fish. Serve warm or at room temperature, but never straight from the fridge.

Ingredients

2 aubergines, 2 green peppers, 2 red peppers, 4 red onions, 8 tomatoes, 30 cl olive oil, salt and pepper, 1 large clove of garlic, chopped, 1 tbl spoon sherry vinegar, 2 tbl spoon coarsely chopped flat-leaf parsley, 2 teaspoons small capers in vinegar, drained

Preparation

-  Char-grill or barbecue peppers and aubergines until soft and tender, transfer to a bowl, cover with cling film, and stand for 15 minutes.
-  Peel both, removing seeds from peppers and tear into large pieces.
-  Remove stem end of aubergine and tear lengthways into 6 pieces.
-  Chop onions and lightly brush with olive oil, then char-grill or barbecue for 3-4 minutes on each side or until just tender and golden.
-  Place char-grilled vegetables on a large platter or in separate bowls.
-  Place garlic and 1 teaspoon sea salt into a mortar and, using a pestle, pound into a smooth paste, add 1/4 cup olive oil, vinegar, parsley and capers. Season to taste with freshly ground black pepper, combine well, drizzle mixture over grilled vegetables and serve with crusty bread.

Enjoy!

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LE PAYS CATALAN À L'AFFICHE

SAINT CYPRIEN VILLAGE

As avid historians and Dan Browne fans know, the Knights Templar had an enormous influence in the Languedoc Roussillon from the 12th Century until their fall from grace. St Cyprien was one of many marshland areas in the P-O that they drained, made habitable, and named after one of their own, Arnaud de St Cyprien.

Whilst much of the summer action tends to take place around Saint Cyprien beach and port, don't dismiss the village, a 10 minute drive from the lively beach resort. It's not ancient (tho it has an attractive church with 17th Century bell tower and interesting 'rentables') or particularly beautiful – but it has some good restaurants and shops and a very original museum, which is absolutely worth a visit.

The François Desnoyer museum was created in 1972 to house an important donation of pieces from the artist's personal collection.

In 1994, a second museum, this time one of contemporary art, grew up just a short distance from the first. In 2003, both museums were restructured and given the name "Collections de Saint Cyprien". Since then, they have concentrated on daring, sometimes shocking exhibitions, mostly following a theme of "collections". With the addition of 700 m2 of extra space, numerous lenders agreed to contribute to the collections, bringing them international status.

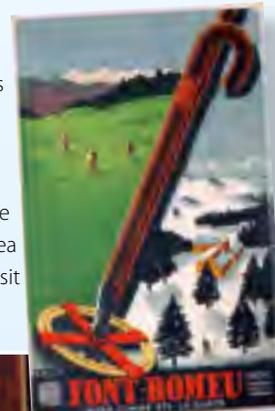
New, up-and-coming artists regularly exhibit here also.

Thanks to the legacy from François Desnoyer in 1972, the permanent collection is added to regularly.

As well as the many works of Desnoyer, one will also find Albert Marquet, Utrillo, Suzanne Valadon, Salvador Dali, and many other major artists.

Don't miss their summer exhibition, a series of authentic tourism posters taking you on a journey through Catalonia. Starting in the 19th Century, they are fascinating in their changing styles and fashions over the decades, many the work of famous artists such as Comarmond, Steinlen, Capiello, Champseix, Dalí or Desnoyer

After a visit to the Collections de Saint Cyprien, why not pop into the FBI Beauty Institute in the place des Evadées, and investigate the relaxing AHAVA dead-sea treatment, makeovers, manicures, pedicures, epilation....? The rest of the family don't need to sit around grumpily waiting when they can treat themselves to a drink and tapas or a superb lunch or dinner at the Côté Jardin - restaurant, tapas and wine bar with kiddies' game area – and bring the village visit to a tranquil end.



EXPOSITION

du 14 juin au 28 septembre 2014
tous les jours de 10h à 12h et de 14h à 19h

place de la République - Saint-Cyprien village
04 68 21 01 33 - www.tourisme-saint-cyprien.com

Les Collections de Saint-Cyprien



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RAISE YOUR GLASSES... TO ELNE AND PALAU!

If you're desperate to escape the sultry city heat, and get horizontal on one of the delightful beaches of the Pyrénées-Orientales, c'est du gâteau! Accessible resorts all along the P-O coastline offer long stretches of golden sand, intimate rocky creeks..... Something for all the family.

However, if the idea of sand in every orifice doesn't appeal, why not drop the sun worshippers off at the nearest 'station balnéaire', and do a bit of exploring nearby? Enchanting butterfly world, the ancient art of glass blowing, biscuit making, cool cathedrals, fishing lakes....

A ten minute drive from the coast brings you to the

ancient historical capital of Roussillon, Elne, so named in the fourth century when the Christian emperor Constantine changed its Roman name, Illiberis, to Elne, in honour of his mother Helena.

Wander the well-signed circuit of the ramparts, or the cobbled, oleander lined alleys full of small galleries and workshops, to the huge Cathedral consecrated in 1069. Its peaceful cloisters, made of blue Céret marble are amongst the most beautiful in France, its gardens sweet with traditional herbs and medicinal plants.

Just nearby, call into speciality Roussillon almond biscuit bakery and tearooms, Les Cailloux du Tech, for a coffee or a cold beer in their leafy courtyard, and a chance to sample the wide range of flavours and maybe watch the biscuits being made.

Now head for the colourful workshops of 'Les Souffleurs de Verre', talented glass blowers working in the 'place St Jordi' near the Tourist Office. Fascinating to watch, their highly original glass makes ideal gifts.

The Maternité Suisse in Chateau d'en Bardou, is also worth a visit. This moving memorial is to young Swiss nurse, Elisabeth Eidenbenz, who rescued pregnant women from the misery of the internment camps of →

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Argeles, Rivesaltes, Bacades and St Cyprien. She saved the lives of almost 600 babies before being closed down by the Germans in 1944.

And before you leave Elne, you might want to check out Le Roi Toqué on Boulevard d'Archimède. You can see it on your right when driving along the

'voie' rapide' (dual carriageway) from Perpignan to Argelès, but it's easy to drive past exit 7 and miss this stylish, modern restaurant. Try the weekday lunchtime menu at 16€50 for all-you-can-eat hors d'oeuvres buffet, main course, dessert, coffee and a quarter carafe of wine! Pas mal, ça!

As you leave Elne, direction Argelès, you can't miss the large blue butterfly sign of Le Tropic de Papillon, butterfly paradise, filled with exotic plants, tropical flowers, caterpillar nursery, and hundreds of delicate butterflies from all over the world.

A relaxing and magical place, with murmuring fountains, greenhouse garden of bananas, lotus and hibiscus and the magnificent colours of the softly fluttering butterflies all around you - gentle oasis of peace and beauty. A cooling drink or ice-cream in the charming garden is an added bonus. Open every day from June to September, there are musical

picnic evenings, and puppet shows for the kids every Tuesday throughout July.

A further 10-minute drive heading towards Argelès and you enter the village of Palau del Vidre, for many years under the authority of the

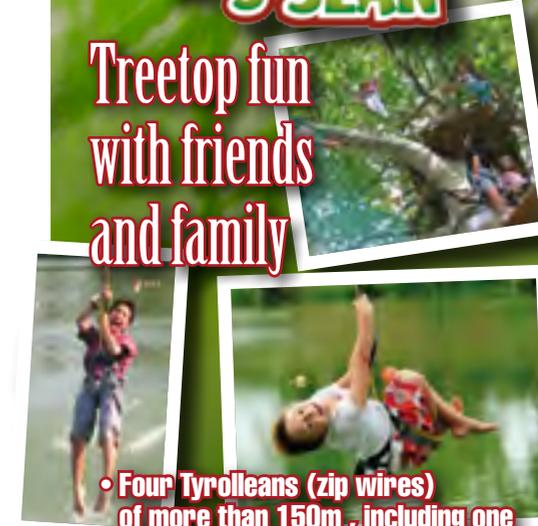
influential Knights Templar, during which time the village was fortified. A very small section of the ancient fortifications remains today, reminder of a colourful past.

Originally Palatium Rodegarium, the name was changed to Palau de Vidre, 'palace of glass', in 1442, when glassmakers from around France settled in the area. Attracted by plentiful resources such as sand from the River Tech and wood to sustain the high temperatures required for glass blowing, the industry flourished, only dying out with the start of the French Revolution. Today revived, it is fascinating to wander the five glass making workshops and boutiques around the village centre, different styles, from intricate handmade glass jewellery to glass blowing, to exquisite stained glass and engraving - original gifts for every pocket. Most of them put on demonstrations so that you can watch the glass being crafted.

The Festival International des Arts du Verre takes place every August and brings glassmakers together from around the world, with music, castellers, (see P16) Batacada, (samba style Brazilian percussion), street entertainment, and glass making and blowing on every corner (**1st - 5th August**). Look out in particular for the evening session when the glass blowers toast their trade, and, once a little tipsy, allow the public to have a bit of a blow! →



Treetop fun with friends and family



- Four Tyrolleans (zip wires) of more than 150m, including one splash across the lake of 170m
- Five different treetop runs from beginner to adrenaline junky
- Introduction to archery (from 8 years)
- From only 9 Euros



July and August: Every day from 9h30 to 20h.
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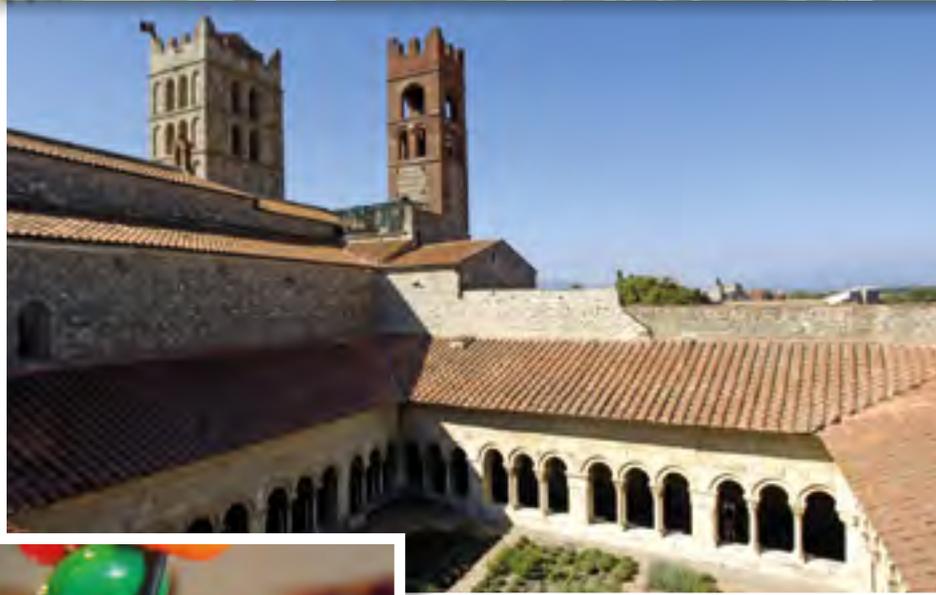
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The 11th century église Sainte-Marie is also well worth a visit, financed by the wealthy glassmakers of yore, with a fascinating, perfectly preserved set of ancient artwork and 'retables'. Or how about a spot of fishing, *no permis* required, for only 10 euros, payable on site? The Sant Marti lake is stocked with trout and carp, has a 'parcours de sante', (fitness

trail) to encourage you to hop, skip, and jump around the lake, and makes a delightful day out with a picnic, the dog and the kids. After picking the lounging lobsters up from the beach, the nearby 'Ancienne Ecole' provides a delicious, quality lunchtime or evening alternative to a lakeside sarnie, and is a great community restaurant, using only local staff and local produce, a perfect 'gourmet' ending to a fabulous day. ☀



Restaurant Musette - Concerts

Open from May to the end of September

Menu: 18 Euros 3 courses

May, June, September

Every Sunday from 15h

Tea dances by the lake.



June
Every Friday evening
Silent Cinema with
Accordion or Apéros Mix

July, August
Every Wednesday evening from 20h.
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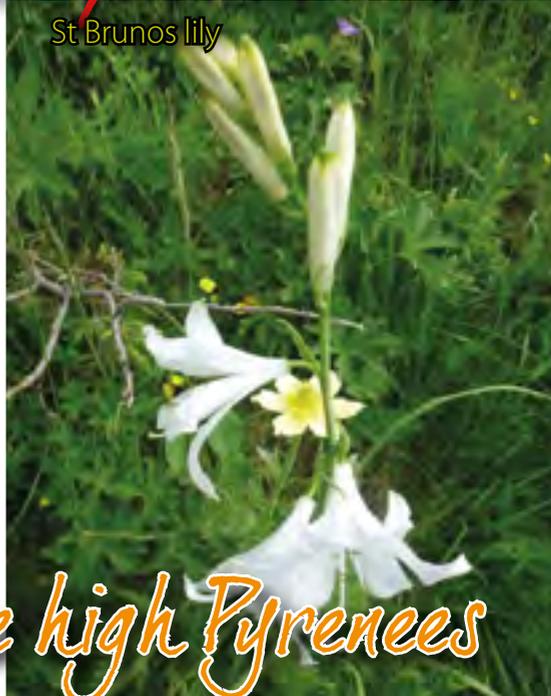
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Tufted bell flower



St Brunos lily



Spring Crocus



Alpine Pansy

Flowers of the high Pyrenees

with Mike Rhodes

Normally the higher hills are only clear of snow from mid-June onwards and this is when the first flowers appear. Most years, Cyclamen are the first to poke their variegated leaves through the snow, closely followed by spring crocus that will often push up through the snow on the ski pistes.

Early flowers will appear first on the south facing slopes, which is why some spring flowering plants can still be found well into summer.

Many of the Gentian family tend to flower early. The Spring Gentian, seen from April onwards; can be easily identified by its deep blue colour, thin tube and 5 spreading lobes. Kochs and Trumpet Gentians can be seen between 1200 & 2800m from May to July on poor grassland and rocky slopes. It is important to note that nearly all wild flowers are protected and you should only take photos, not the plant.

Some of the prettiest plants are Pasque flowers (Pulsatilla/Anemone) and most of these flower

between April and July. Spring Pasque flowers, 5 – 15cm tall are distinctive with white petals and bright yellow interiors.

Yellow Alpine Pasque flowers can be found on the same sort of poor, calcium free soil, of the type you can find on the slopes of Pic Carlit and Peric.

Deep violet Mountain Pasque flowers and White Alpine Pasque flowers can be found on dry calcium rich soils similar to those on the Cambre D'Axe or Sierra de Cadi in Spain.

The beautiful St Brunos Lily appears in June, up to 2400m and is not common but several can be seen on the way to Lac de Bouillouses, just before the CAF refuge.

Also in June you will see the Alpine Pansy, the unusual light yellow Tufted Bell flower and if walking the Caranca gorge, the Martagon Lily. The more common Bell flowers, (Campanula family) of which there are 50 species, are found on a variety of soils between June & August and will be identified by their distinctive blue/violet bell shape. →



Silver thistle



Pink Yarrow



Kochs Gentian



Pasque flower

(For some great mountain walks, check out our Walks section at www.anglophone-direct.com)

Flowers of the high Pyrenees

Another June flowering plant that my clients have trouble identifying, is the Rampion, again blue or blue/violet. It is between 30 & 50 cm tall and is round or oval with leaves in often cylindrical spikes.

As you climb higher up the mountain, above 2000m, the flowers change. They become much lower as they try and dodge the wind. They also develop traits to avoid being frozen, such as growing hairs on the outside, which trap snow and ice to protect the flower inside.

Many grow in cushions like Moss saxifrage, to protect the flower base. Most of the Saxifrage, Campion, Stonecrop (Sedum) and House Leek (Sempervivum) flowers are found higher up the slopes. Stonecrop have distinctive oblong fleshy leaves enabling them to survive on dry, rock slopes. Houseleeks come from the same family and can be found on similar soil. The Cobweb and Alpine versions are the most common in our area and both seem to grow from a shrubby base with the flower growing on top of a 8-12 cm stem. Very pretty and distinctive.

You will notice that the colour of spring and early summer flowers is quite distinct from summer and autumn. Part of the enjoyment of learning more about flora is learning about the seasons, when they change and how that impacts on the look of the flowers.



Butterwort (carnivorous)



Ibex

Mike Rhodes is an International Mountain Leader / *Accompagnateur de Montagne*, lives all year in Les Angles and specialises in guided walks in the high mountains and Snowshoe trips in winter.

He can be contacted on +33 (0)4 68 04 37 28 mike.rhodes@free.fr - www.pyrenean-trails.com



DRIVE OLETTE TO LES ANGLÉS VIA SANSA

When the heat of the plain becomes oppressive, it's time to head up the mountain and fill your lungs with sweet fresh air.

And if you're looking for some spectacular mountain scenery on your way up to the high cantons of the Cerdagne and Capcir, you can't beat the twisty-turny road from Olette to Les Angles via Sansa.

Drive up the N16 past Prades and Villefranche de Conflent. At Olette, take the road towards Evol and turn left onto the D4. The twisting and turning begins pretty well toot sweet! Pass the tiny chapel of Cabrils perched on a rocky out-crop above a stream of the same name, isolated farms and breathtaking scenery on your way to the remote village of Sansa in the valley of Garrotxes, site of French resistance activity during WW2. Stretch your legs in this stone and slate village, the starting point of several great walks to the Col Sansa or the Massif of the Madres. Look out too for the 21m

by 5m 'orri', ancient shepherd's hut built from dry stone and big enough to shelter 300 to 400 sheep - and one shepherd!

Continue your drive along either the D4, or the D5 which will bring you out in the high Capcir, via the Col de la Llose or the Col de Creu.

Not a drive for faint hearts, or weak tummies, but for lovers of wild and remote country, it is a joy! ☀



Spring Crocus - (Just checking that you're paying attention.....)

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Test your French

1 - T POUR TÉLÉVISION!

Match up the words, all beginning with Te ou Ti, with their definitions.
(Why not try to work them out first just from the definitions?)

têtu	1	a	larve de la grenouille
tiède	2	b	qui vit sur terre
terrestre	3	c	partie fine d'une fleur
tisane	4	d	boisson chaude faite avec des plantes
tige	5	e	qui ne veut pas changer d'avis
terne	6	f	pour économiser son argent
tirelire	7	g	sans éclat
têtard	8	h	ni chaud ni froid
tire-bouchon	9	i	pour ouvrir une bouteille de vin
tentative	10	j	essai

**Tongue twister
(Virelangue)
(Répétez trois fois)**

**Trente-trois très
gros crapauds gris**

Great Quotes

"La grande leçon de la vie, c'est que parfois, ce sont les fous qui ont raison."

Winston Churchill

**Useful
swear
word!**

Putain!

(pyoo-tang)

General, all-purpose,
averagely rude
swear word in French

2 TAKE THAT!

No, not the band! Can you find the English equivalent of these French expressions which all use the verb 'prendre'? (notice that the verb 'prendre' - to take - must change according to the person/s doing the taking. Past participle - pris)

Il le prend mal	1	a	That drives me crazy
Prends ça du bon côté	2	b	Who do you think you are?
Ça me prend la tête	3	c	She's putting on weight
Il faut le prendre avec des pincettes	4	d	They're sitting on the fence
Elle prend du poids	5	e	We got a head's start
On a pris de l'avance	6	f	I'll come and pick you up
Ils ne prennent pas position	7	g	Look on the bright side
Je passe vous prendre	8	h	I'll take responsibility for him/it
Je le prends à ma charge	9	i	It needs handling with kid gloves
Tu te prends pour qui?	10	j	He's taking it badly

3 - MATCH UP THESE COMMON ACRONYMS

PV	1	a	community service
ADN	2	b	leasing with option to buy
DAB	3	c	Enclosed (business letter)
HS	4	d	no problems/issues (eg on a form)
SMIC	5	e	parking ticket (fine)
LOA	6	f	bank account details
RIB	7	g	DNA
PJ	8	h	cash point (ATM)
RAS	9	i	out of order
TIG	10	j	minimum wage

....and here they are in full for an extra helping hand

- Procès-verbal • Acide désoxyribonucléique
- Distributeur automatique de billets • Hors service
- Salaire Minimum Interprofessionnel de Croissance
- Location avec option d'achat • Relevé d'Identité Bancaire
- Pièces jointes • Rien à signaler (informal) • travaux d'intérêt general

Language Tip
emener - to take
(people, animals ...)

apporter - to bring
(things you can carry)

amener - used for
either

**Useful
expression**
tomber dans le panneau
to fall for it, walk into the
trap

New word in the dico

La cyberchondrie

Des 'web-hypochondriaques' qui effectuent des recherches sur des maladies graves et se rendent malades rien qu'en y pensant!

(effectuer - carry out
recherches - research
se rendent - make themselves
rien qu'en y pensant - just by
thinking about it)



Heading for the beach?

Here are a few cheesy
pick up lines to try out on
unsuspecting victims high on
sea and sunshine...but don't
blame me if you get a slap!!

Tes lèvres semblent si solitaires...
Voudraient-elles rencontrer les
miennes?

Your lips look so lonely.... Would
they like to meet mine?

Avez vous un GPS? Je me suis
perdu dans tes yeux
Do you have a map? I am lost in
your eyes

Je ne savais pas que les anges
volaient si bas
I didn't know that angels could fly
so low!

Y a-t-il un aéroport dans le coin ou
est-ce mon cœur que décolle?
Is there an airport nearby or is it my
heart taking off?

Blague bête

Un meurtre de sang
froid - un ice crime



Améliorez votre Anglais

1 - Confused? You soon will be! Remplissez les blancs

- What exactly did you _____ to him?
a) say b) ask
- Help! He has _____ my bag
a) robbed b) stolen
- Yippee! I have won a _____
a) price b) prize
- Be _____. He is sleeping
a) quite b) quiet
- You must finish your work _____
six o'clock
a) until b) by
- I often make _____ when speaking
English
a) mistakes b) faults
- Sniff. I don't have _____ money left
a) any b) some
- We went to the rugby _____ in Perpignan
a) play b) game
- I spend time _____ all kinds of music.
a) hearing b) listening to
- You should never _____ on a bend
a) overtake b) take over

Virelangue

(Répétez trois fois)

Six thick thistles

(thistle - chardon)

Ideas for fun

Bored? Go and sit in your parked car with a hair dryer, point it at passing cars and watch them slow down!

(hair dryer - sèche-cheveux
slow down - ralentir)



Bad joke

A mummy covered in chocolate and nuts has been discovered in Egypt.

Archaeologists believe it may be Pharaoh Rocher...

Worse joke

I went to my doctor and asked for something for persistent wind. He gave me a kite.
wind - des gaz
kite - cerf-volant



New word in fashion

Selfie - a photo taken of oneself by oneself, usually with a digital camera or camera phone, for uploading to social networking sites such as Facebook
(oneself - soi-même upload - télécharger)

2 - Trouvez les définitions de ces expressions amusantes qui sont souvent utilisées dans la langue courante

- | | | | |
|------------------------------------|----|---|-------------------------------|
| It gives me the willies | 1 | a | C'est du charabia |
| She's a fibbertigibbet | 2 | b | Passons aux choses sérieuses |
| He's an old fuddy-duddy | 3 | c | Avez-vous un ramasse-crottes? |
| It's a lot of mumbo-jumbo | 4 | d | Allez! Arrête de tergiverser! |
| Everything's hunky-dory | 5 | e | Pas de galipettes SVP! |
| Let's get down to the nitty-gritty | 6 | f | Ça me fait peur |
| Do you have a pooper-scooper? | 7 | g | C'est un vieux schnock |
| Oops-a-daisy! | 8 | h | Houp-là! |
| Come on! Don't dilly-dally! | 9 | i | Tout va bien |
| No hanky-panky please! | 10 | j | Elle a la tête en l'air |

Ouch, that English humour!

Got a little bit drunk last night and accidentally swallowed some scrabble tiles.

I fear my next visit to the toilet could spell disaster.
(fear - craindre spell - épeler)

REFLECTIONS

Is there another word for synonym?

3 - B - is for Butter

Trouvez les définitions des mots suivants, qui commencent tous avec la lettre B

- | | | | |
|-----------------------|----|---|--------------------------------|
| bully | 1 | a | sharp or sour taste |
| blossom | 2 | b | to slow down |
| blind | 3 | c | to praise yourself |
| bog | 4 | d | branch of a tree |
| bough (pron like how) | 5 | e | soft, wet ground |
| bra | 6 | f | person who hurts weaker people |
| blush | 7 | g | ladies' underwear |
| bitter | 8 | h | to become red in the face |
| boast | 9 | i | flowers of a tree or bush |
| brake | 10 | j | unable to see |

What am I?

I am bigger and smaller than you,
at times I lead, at other times I follow.
I weigh nothing, what am I?

A shadow

(lead - mener follow - suivre weigh - peser)

Word games!

How do you get rid of varnish?

Take away the R!
(varnish - vernis
vanish - disparaître)

Things you might need to know...



Desperate for a pee?

"We take care of lavatory logistics so you don't have to"
You'll go potty about this new app from America, originally set up for fun, but such a success that it has gone international, with a growing number of venues listed in France and Europe. And by venue, I don't just mean public loos! Whilst most do tend to be in shops, offices and public buildings, private homes can offer to rent out their facilities too!

Visit <https://airpnp.co/> and click on 'Find a place to pee'...or add your own suggestions by clicking on 'Add a place to pee'!

Download the ap, (not free - you might have to spend a penny) pay a visit at your convenience and even give your own loo review!

Legal aid

Hopefully, you'll never need it, but there is a legal aid (*Aide Juridictionnelle*) system in place for all European residents of France as long as you can prove that you earn less than 1393 Euros per month.

To download the appropriate form to check if you are eligible, visit www.formulaires.modernisation.gouv.fr and search for Cerfa 12467 01 "Demande d'Aide Juridictionnelle" which you can fill in yourself or with a lawyer. The usual documents are required to accompany the form - passport, proof of residence etc as well as your last tax declaration if you have one.

Down with Passports

British expats will pay a third less for new passports as from April 2014, reduced by £45 for adults and £28.50 for children, thanks to the closing of the passport office in the Embassy in Paris.

Apply online at www.gov.uk



Your right to claim back

The CSPE (Contribution au service public de l'électricité), a tax included in your past electricity bills, has been judged illegal by the European Court of Justice. Both businesses and private homes can now apply to the service provider for two years of back-dated reimbursement of this tax, often in excess of 200 Euros.

Apart from the cost of postage, you have nothing to lose by applying. Send your application by recorded delivery 'letter recommandée avec accusé de réception' including copies of electricity bills from the last 2 years to:

Monsieur le Président

Commission de Régulation de l'Énergie
15 rue Pasquier
75379 PARIS Cedex 08

Some vocab to help

- Au sujet de la Contribution au service public de l'électricité...
- Je réclame un remboursement de la CSPE sur mes factures d'électricité...
- or check out www.modele-lettre-type.com for some easy-to-adapt example letters.

Over the border...

New traffic laws come into effect over the next few months which could be relevant for many of us who drive into Spain on a regular basis.

Probably most relevant to you...

- Children less than 1.35 metres in height must sit in the back of the car
- Drink driving fines will double.
- Police & the Guardia Civil can impose fines without stopping a vehicle.
- Drug and alcohol tests for pedestrians to be introduced.
- Some new speed limits to be introduced.
- Radar detection will be illegal.

On the positive side, fines will be reduced by 50% if paid within 20 days. :-)



Slow down or I'll shoot

Fixed speed cameras are on the decline, believed to be less efficient than mobile ones (radars mobiles de nouvelle génération), which are on the increase, as France makes plans to double mobile speed traps throughout 2014.

Last year, more than 300,000 fines (*amendes*) were handed out, generated by undercover gendarmes in unmarked vehicles (*voitures banalisés*), Peugeot 208s or

unmarked Renault Meganas with cameras fitted in front, back, and side, or radar speed detectors hidden behind the number plate.

The Ministry of Interior statistics show that over a third of drivers flashed last year did not actually receive their fines, or successfully appealed against them, due to the poor quality of photos making it difficult to read the plates. This new breed of mobile camera takes a clear photo. Boy racers, you have been warned!



You arrive at a stop sign, you can see for miles, you KNOW that there is no traffic around...so you breeze across that solid white line. We've all done it. However, the gendarmes take this offense very seriously! You must be seen to stop for 3 seconds, even if nothing is coming or they will fine you €80 with great pleasure!

And whilst we're on the subject of fines, did you know that, in theory, if you are caught sitting in a stationary car with the engine running, but without your seat belt on, you can be fined 90€ and lose 3 points on your licence? The same applies to the use of your mobile phone.

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66 ROMANESQUE CHURCHES AND CHAPELS IN THE TECH VALLEY

From its source in the Costabonne Massif, the Tech River runs eastward down to the plain of the Roussillon just north of Argelès. People have traversed it throughout the history of French Catalonia, leaving an impressive array of buildings that give mute evidence of its cultural heritage.

That heritage now has been engagingly brought to life by a native son, Jany Clos, born in Céret in 1946. A lifetime exploring the Tech valley has resulted in the publishing of '66 églises et chapelles romanes en vallée du Tech', with five chapters of historical, cultural, artistic and scenic routes in the heart of Catalan country.

The bulk of the book concentrates on the profiles of 66 buildings, each with its historical and architectural details, a guide, a locator map, and

a drawing of the building.

Throughout, the texts are concise, in easily understandable French, and the drawings and locator maps by the author are themselves worthy works of art.

Order the book from the author's website at www.jany-clos.com.



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Style, Smile & Stop a While

There's is nothing that sucks the life out of a lively town or village more than closed shops and boutiques, boarded windows, 'bail à ceder' (lease for sale) or 'à vendre' splashed across the front...

So, who cares? Supermarkets and retail chain stores sell everything we need don't they? They have large car parks, easy access, plenty of blank faced employees, happy to tot up your trolley in surly silence, and save you the painful effort of communication in French. But where is the heart? Where is the soul?

Enter **Alma**, delightful owner of cosy clothing commerce 'Boutique Alma' in Céret centre, opposite the post office.

A Céret institution for 38 years, she keeps her stylish stock bang up to date with twice yearly visits to Paris fashion shows, accompanied by husband José - ladies fashion from a male point of view..... and an eye for the swim wear parade. Naughty man!

Alma caters for every shape and size from 10 to 28. She might not be able to turn you into Twiggy, but her totally free alteration service means that clothes can be adapted to fit- and she also offers sound fashion advice based on 38 years of experience.

"Il faut rentrer chez moi" she told me. Don't assume that because it's a small boutique, it's dowdy, unfashionable, or over-expensive. OK, it's not cheap either, but thoughtfully and reasonably priced for trendy quality clothing.

We should all do our best to support the small local shops - they are the heart of a thriving community. Pop in and say 'coucou' to Alma; you will receive a warm welcome from this lovely lady - in French, or even English if it's not too early in the morning!



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AIRPORT NEWS

With JOHN FAIRCLOUGH



SUMMER 2014

For once, the various Airlines and Airports seem to have got their early planning spot-on. As far as I can see, there have been no late additions or cancellations, and few frequency alterations.

The routes that I outlined in the spring edition of PO Life refer to the Jul/Aug high season. Many of these do have a much reduced frequency (or nothing at all) before this time, and also disappear pretty sharpish once September has arrived!

One piece of good news from PERPIGNAN airport is that Ryanair are planning, for the first time in many years, to provide a service to Stansted throughout the Winter 14-15 season. I hope to be able to confirm that and other winter offerings in the POL autumn edition.

So, it does, once again give me an opportunity to examine other areas. Recently I've flown several times with Ryanair, so I thought I'd give a little insight into the new customer service changes put in place by the Irish budget carrier.

The website and booking engine is certainly easier to navigate and much less loud and complex. One still has to sidestep the offers of hotels, insurance, car hire, bus travel etc when booking, but in fairness this is much easier now. The ability to register your profile with the airline does render the tiresome typing out of all your details on each visit a thing of the past too.

I do realise that the allocated seats policy has not met with everyone's approval, but personally, on balance I prefer this to the gate side queuing and kamikaze tarmac dashes of the past. If you are not prepared to shell out to pay for a chosen seat, you will only be able to check in now from seven days prior to departure of any flight, and be randomly allocated seats together in any remaining space. But do bear in mind that Ryanair is one of the few airlines NOT to overbook flights, so you can be confident that, even in busy periods, you will not be 'bumped'.

The airport fees for such things as reprinting lost boarding cards have been drastically reduced from previous eye-watering levels. One change that I've found very useful is the allowance of one small onboard bag in addition to your (correctly sized) holdall/roller case. I've experienced that, in practice, a small bag holding a standard laptop is perfectly acceptable. The tedious weighing of hand luggage appears to have been discontinued, though, particularly on busy flights, the sizing in the blue metal frame continues. However, you may now be offered the facility for an offending bag to travel in the hold free of charge

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SNAKES – A PAIN IN THE GRASS?

By Linda Razzell

Do snakes make you shudder?

OK, you're not alone, but how much do you REALLY know about the creatures we love to hate?

Snakes are cold and slimy?

Most snakes bite?

Most snake bites are venomous?

Snakes are deaf?

Snakes can climb trees?

Snakes are useful in the garden?

In fact, only the last 3 are true!

Snakes can sense the vibrations when we are approaching but they can't hear us. They frequently do climb trees, (a two metre grass snake draped over a branch can be quite a sight - you have been warned) and in the garden, they eat insects or rodents without damaging the environment one bit.

But they aren't cold and slimy (to the touch they are warm, dry and soft, a bit like a kid glove.) and the majority of snakes in the P-O are completely harmless.

Convinced yet?

Snakes are actually shy, retiring creatures. They would prefer to back off and hide should they come face to face with you, and even the venomous varieties would rather keep their precious venom. That doesn't mean they won't put up a fight if cornered. Some snakes are great bluffers and will wag their heads, hiss and 'yawn' at their attacker. But it's all show. In fact, some don't even have fangs.

And here's a tip. Venomous snakes have pupils which are vertical slits, like a cat's; the

pupils of non-venomous snakes are round. Easy isn't it as long as you are staring a snake in the eyes!

At the moment there are two groups of snakes in the PO, couleuvres (grass snakes) and vipers (adders). However, snakes are sensitive to climate change and will move on when conditions aren't to their liking.

The couleuvre à échelons, or ladder snake,



Où traversent les serpents ?
Sur le passage python

ABOVE : VIPÈRE ASPIC
LEFT : COULEUVRE À ÉCHELONS
PHOTOS BY FELIX REIMANN

is a spectacular beast, up to two metres long, and marked when young with 'rungs' down its whole length which turn into two parallel lines in the adult. You may find it in a dry and rocky stream bed or sunbaking on the wall of your old barn. Its relative, the couleuvre à ésculape, is plainer, eel-like in appearance, and likes dense cover, so watch out for it when you are picking blackberries or clearing out the brush.

The third one of the trio, the couleuvre à collier, has two parallel lines behind its head, and prefers damp places like the pond (it's a good swimmer) or around the well. The male only measures 80 cm, so don't mistake it for an adder.

Which brings us to the snake worth avoiding, not difficult since it is officially in decline. The Vipère aspic (adder) is the only one of its group likely to be seen in

the PO. It is small (70 cm), and has those unmistakable comic book zig zag makings. It isn't aggressive and won't attack, unless trodden on, and even then the first bites are likely to be 'dry', without venom.

What should you do in the very unlikely event of being bitten? None of the things that heroes do in stories! Do not suck out the wound, or apply a tourniquet. Keep the patient quiet and still, so that the venom is not moved quickly around the body. Call SAMU, (15) or if the person must be moved, do it carefully and slowly. Try to get a good description of the snake, because the chances are it wasn't venomous after all.

Spare a thought for these beautiful creatures – they have suffered from a bad press ever since biblical days. But they have far more to fear from us than we have from them. 🌿

Hang on to your pants!

Based in Eus, just 2 mins from Prades town centre, Kap'Oupa'Kap's 'Parc de Loisir' was specifically designed with family budgets in mind.

Their 1/2 day unlimited activity pass starts from just 12€ (rising to 14€ for teens). Kids (and hyper Mums and Dads) can burn off their holiday energy on the Frisbee golf course, whizz round the pedal karting track, hone their skills on the climbing wall, bounce up and down on the trampoline - or get their adrenaline fix up in the trees negotiating rope bridges and rip wires across the river, swinging about, walking tightropes or slacklines.....All pretty exciting, but it can scare the pants off you to look up and see your little precious unhooking him or herself from one safety line to reach out for the next whilst balancing on a small ledge 30ft up a tree. Arrrgggghhh! Mais ne vous inquiétez pas! Kap'oupaKap have perfected an ultra safe 'Accrobranche' course, with a unique new system which enables intrepid adventurers to remain attached to the safety line all the way round the course - which means you can take your heart out of your mouth, relax, and enjoy a picnic by the river whilst the kids, big and small, swing safely across the skies.

The name, *Kap'Oupa'Kap*, (capable ou pas capable) is best translated by 'I dare you! So go on - dare you!



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GOING COMMANDO!

By Ellen Turner Hall

Who are the camouflaged, black-faced creatures racing kayaks or dangling from a parachute in the bay of Collioure? Where do they come from? Why are they there?

CNEC (Centre National d'Entrainement de Commando) trains men and women in the armed services to survive in war zones. In the mountains around Mont Louis (the highest garrison in France) and in the sea at Collioure trainees, subjected to permanent mental stress and physical fatigue, learn to manage both and find the strength to accomplish their military objective.

While military personnel account for the majority (about 3500 a year) of trainees, CNEC has developed programmes for sports teams like USAP, groups of war journalists and young people in social reinsertion projects as well as companies of police and firemen.

"Team spirit" takes on a different meaning under commando conditions of limited food and sleep and maximum demand on endurance and perseverance. Commando training, according to Captain Xavier Guillou, Commanding Officer at Fort Mirador, is all about transcending one's limits. Handling explosives, scaling rock faces, building makeshift bridges, navigation and urban combat skills are taught and tested.

You too can throw yourself off a cliff and clamber up a vertical wall, slosh and slither through a marine obstacle course and crawl up the beach from the sea. On the weekend of 26 and 27 July, CNEC is host to its yearly Open Day at Fort Mirador in Collioure. Why not put your powers to the test and go commando for a day?

Look out for Ellen's 'Cote Vermeille Stories' available at bookshops in the P-O and Amazon.fr

Do commandos go commando?

Did you know that going commando means that you're not wearing underwear?

Believed to have originated amongst American soldiers who preferred not to wear underwear in field conditions because of its tendency to retain sweat, some say it is also related to the Scottish military term "going regimental" referring to wearing no underwear under the kilt.



Aviation Museum, Mas Palégy

When ex fighter pilot (pilote de chasse) Charles Noettinger purchased mas Palégy and its surrounding vineyard, situated between Perpignan and Villeneuve de la Raho, he did not give up on his passion for aviation.

Instead, in 1976 he put together a small and unique private collection, now a museum dedicated to all those pilots who never returned to base and those involved in the building of these incredible aircraft.

Outside a tin hangar sit two complete planes, a Fouga Magister (1956), and Max Holste "Broussard" (1952). Inside the hangar, along with the cockpits of two fighters, you will find all or parts of a mirage F1 (1973), a RF84 F Thunderflash (1953)



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and a Morane Saulnier 733 "Alcyon". All these planes have been flown, all had reached the end of their lives, all were rescued and restored by Charles. They can be viewed at Mas Palégy, along with a fascinating history of aviation, including nearly 500 original models. Personal and passionate guided visits on request only by Charles' son, Marc, who shares his father's love of planes – in French and English. Not to be missed.

Contact Marc on [0618926414](tel:0618926414) to arrange a visit or email him on marc.noetinger@sfr.fr



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Test your French - answers p54-55

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- 1j 2g 3a 4i 5c 6e 7d 8f 9h 10b
- 1e 2g 3h 4i 5j 6b 7f 8c 9d 10a

Améliorez votre Anglais - answers p56-57

- 1a 2b 3b 4b 5b 6a 7a 8b 9b 10a
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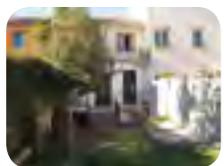
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Architects

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B&B, Hotels & Apartments

Pyrenean Trails - Les Angles04 68 04 37 28
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British Produce

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ianrye_2000@yahoo.co.uk

Jamie Price04 68 94 62 49
Building and Renovation06 45 38 82 88

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Interior / exterior drain clearance www.msbpropertieservices.com

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Ceret www.century21-cerisiers-ceret.com

Estate Agencies continued

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Ceret www.immo-service.fr
APIS – Solveig Pagès04 68 05 71 59
Vinça www.apis.fr

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Restaurants & Bars

Auberge des Albères04 68 89 88 38
www.auberge-des-alberes.com

Café des Artistes04 68 89 76 53
Laroque des Albères www.cafedesartistes66.com

Côte Catalane, Perpignan04 68 66 89 00
Opposite Méga-Castillet cinéma www.cotecatalane.net

Chez Pujol.....04 68 82 01 39
Port Vendres www.chezpujol.com

Le Fanal, Banyuls-sur-Mer 04 68 98 65 88
Near the Aquarium www.pascal-borrell.com

Le Jardin de Collioure.....04 68 95 12 52
Route de Port Vendres, Collioure

Le Jardin de St Sebastien04 68 55 22 64
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Collioure www.restaurant-letremail.fr

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Port-Vendres www.cotecatalane.com

La Marine, St Cyprien Plage04 68 39 06 21
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Le Portofino, St Cyprien Plage09 51 58 89 55
www.leportofino-restaurant.fr

Le Bounty, St Cyprien Plage04 68 37 19 64

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Artisanal Beers labrasseriadelours.com

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