

Summer 2017

P-O Life

Life in the Pyrénées-Orientales

N° 56
FREE / GRATUIT



François Desnoyer



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EDITO:-)

3

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Elections, politics, falling pound, terror and tragedy, doom and gloom.... Whilst we can't change the world, we can offer a temporary antidote – the Pyrénées-Orientales.

Grab yourself a glass of something cool, drink in the sparkling Med, the mystic Canigou, that intoxicating odour of pine, lavender and herbs. Elle n'est pas belle la vie?

And if you're worried about your waistline faced with a summer of cold beer, BBQs and dinners beneath the stars, buy jeans or a skirt at least one size too big and pull nonchalantly at the waistline during the evening apero.

Or a better option might be to try some of the fabulous sporting activities that we have put together to burn off the calories... followed by the interesting selection of restaurants to put them back on again!

Our days out in this edition are full of art and music: Dali in Céret, Picasso in Perpignan, Casals in the Conflent...

Chris and Tim challenge you to learn the ropes above Casteil, Madeleine walks to lunch and Cindy and Fiona talk lavender and St John's Wort. Lesley takes a closer look at Beauty and the Beast, Henry visits the newly refurbished Musée Hyacinthe Rigaud in Perpignan, and Peter Goonery takes us way out of our P-O Life comfort zone with a load of bull.

Happy Summer!

Kate

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MAUREILLAS: Terraced bungalow with 3 bedrooms, living room/open kitchen, bathroom, separate toilet and garage in enclosed and mature garden. Quiet housing development, with local shops nearby and a 3 minute drive to Céret.

PRICE: 180.000 € • REF: 2311 Dpe D



VIVES: Pretty detached villa with private garden and heated swimming pool. Summer kitchen, utility room and STUNNING VIEWS. Three bedrooms, dining room, separate kitchen, living room with fireplace, bathroom and shower room. Independent 2 bedroomed apartment with terrace.

PRICE: 397.000 € • REF: 5342 Dpe D



ARLES SUR TECH: Ancient charm in this delightful 1751 house, with vaulted ceilings and large spacious living accommodation. Terrace and conservatory, SUPERB VIEWS over the mountains and pleasant garden with watering system.

PRICE : 335.000 € • REF: 4403 Dpe N/A



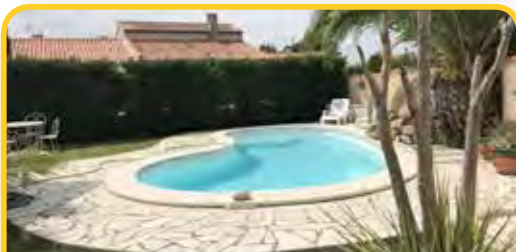
ceret centre: Semi-detached villa in mature enclosed gardens. Living room, separate, fully fitted kitchen, terrace, en suite bedroom and a further 2 bedrooms with bathroom upstairs. Garage and cellar. High quality fittings.

PRICE : 289.000 € • REF: 5307 Dpe E



LE BOULOU: near centre. Three bedroomed bungalow in quiet area. Very well maintained property in private garden of 300 m2 and south facing views of the mountains.

PRICE : 225.000 € • REF: 5401 Dpe C



MAUREILLAS: Villa with swimming pool. Large living room with fireplace and fully fitted kitchen, three bedrooms with wardrobes, bathroom, garage and garden at ground level and bedroom with shower room upstairs. Attic for storage.

PRICE : 283.000 € • REF: 5386 Dpe C

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>> Abbaye de St Martin de Canigou

St Martin de Canigou via Col de Llevant

This is a walk for those with a taste for adventure! It is not too long but the route is exhilarating and has a couple of challenging points where holding onto ropes is the order of the day. Walking boots essential. Views are outstanding. The 3h 45 min walk includes approx 630 metres of ascent. Allow extra time to visit the Abbey of St Martin.

ACCESS

map IGN 1:25,000 Massif de Canigou 2349 ET

GETTING THERE:

Take N116 from Perpignan, via Prades towards Villefranche de Conflent, and follow signs for Vernet les Bains on D116. In Vernet follow directions to Casteil.



>> Entrance to car park

START OF WALK:

Park at entrance to Casteil in wooded area near Mairie. (Toilets available.) If this area is full, continue straight on into Rue des Cascades to large car park on left. The walk starts up Rue des Cascades, signed for Cascade Dietrich and waymarked yellow and white all the way.

ROUTE:

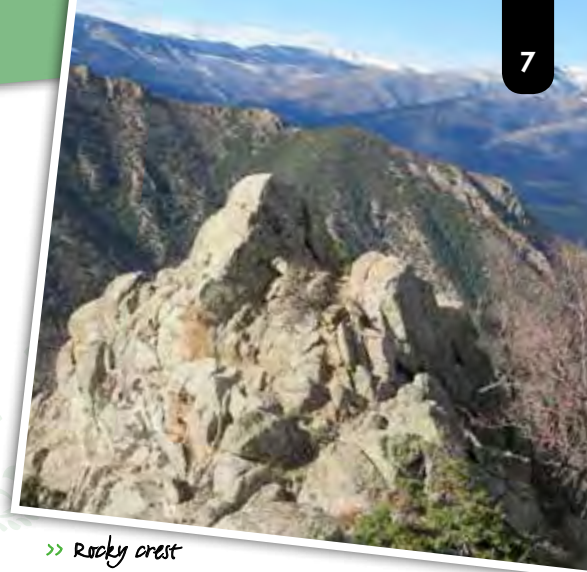
➡ Walk up tarmac road into Rue des Cascades and after 10 mins arrive at entrance to Domaine de St Martin campsite. Enter woodland alongside fence, above river to right of entrance to campsite.

➡ Path goes up quite steeply to reach a split after 10 mins. Turn left (right leads to Cascade Dietrich) and continue upwards to Col de Llevant. (958m).

Turn right - signed St Martin de Canigou.

Views of high mountains will gradually emerge as you continue to climb up the rocky or soil paths.

>> View from ascent after Col



>> Rocky crest

➡ Cross a couple of short "éboulis" (scree) to emerge at a rocky ridge, with superb views all around, and follow ridge to the left, carefully looking out for waymarks.

➡ The path will drop down a little from the crest, before climbing again.

➡ Approx 20mins from ridge, you get to a well preserved drystone 'orri'.



➡ A further 30 mins of climbing will bring you to the head of the ravine (1347m). **This is where the fun starts!** Find a series of wire ropes attached to the rocks to help you to get down to the streambed and cross. Not difficult – just needs care!



WALK ^{The} REGION



In the abbey shop you will find, amongst other things, bottles of alcohol made on site from local sweet chestnuts.

➡ From the bottom of the steps by which you entered the Abbey site, the way down to Casteil is signed left at the first building, a further 30 mins to Casteil down steep rock and earth paths to meet the track at entrance to Gorges du Cady. (Another walk for another day!)

➡ Turn right towards water treatment building, pass it to meet road, turn right to Casteil, and cross village to return to parking.

➡ Some parts of the path on the other side of the ravine are also roped at the beginning due to the steep incline of the valley. After these, it is plain sailing. Look across to the ridge you walked along earlier and the high cliffs above. Seriously impressive!

➡ After 15 mins you reach a junction. [Path upwards goes to Cierola (1383m), said to be a good picnic place but the return trip will add 1h 30mins].

➡ At the junction, continue down and along the side of the valley, and zigzag down through sweet chestnut woods to reach the Abbey – a peaceful place to pause on this dramatic walk.



St Martin de Canigou



A place of worship and meditation for centuries, religious life continues to this day at the Benedictine Abbey of St Martin de Canigou, founded in 1005 by Comte Guifred de Conflent. You are asked to respect the silence and enjoy the beauty in peace.

In 1428, the abbey was badly damaged by a terrible earthquake and eventually fell out of use, until 1902 when the Bishop of Perpignan bought the ruins and started the restoration of the abbey that continues to this day.



Of special note are two tombs hewn out of the rock by Count Guifred. His earthly remains lie in one, in the other are those of one of his wives.

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FLY THE FLAG

September 11th marks the **Diada de Catalunya**, a national holiday throughout Catalonia and the Balearic Islands, the anniversary of the day in 1714 when the Franco-Spanish army captured Barcelona, bringing an end to the region's independence. It is an annual commemoration of a bloody and controversial episode of Catalonia's history. People wave 'senyeres' or 'estelades' (Catalan flags), hang them on their balconies, and red and gold are the colours of the day. Concerts, fireworks, parades through the streets, sardanes, gegants, castellers....

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Central Windsurf was the first water sports club in Argelès, created in 1978 by windsurfing enthusiast Jean-Claude Cuffy, to share his passion for what was then a relatively new sport.

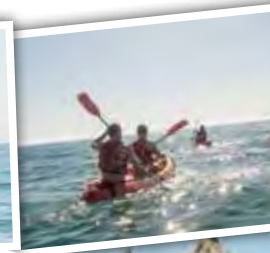
Today, under the management of British born Alex Lalljee, Central Windsurf is a sunbaked paradise of sea, sail and sunbeds, a perfect place for the whole family as the kids learn with an instructor, Dad sails, Mum lies in the sun with a book....or any way round you want to play it!

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Mar E-vents

la côte rocheuse autrement



Brunch and a dip in the middle of Collioure Bay? *Aye aye Captain!*

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Old (and young) sea dogs alike may enjoy a 5 hour sailing cruise and a chance to snorkel or have some water sport fun with their windsup paddle. Others may wish to head off along the Côte Vermeille for an exceptional full day out, including delicious onboard tapas provided by their restaurant partner Côte Patio.

Or how about mooring up in the middle of Collioure port for a homemade and healthy local brunch? A dip, a view, a snooze.....

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FUN IN THE SUN

What could be more exciting on a hot summer's day than hurtling down a rushing river on a raft, 'hot-dogging', (two people in an inflatable canoe), or 'hydrospeeding,' (swimming turbulent waters clinging to a special float)?

Or maybe you would prefer 'canyoning', jumping into natural pools, abseiling down spectacular waterfalls, sliding over rocks in a watery cascade, surrounded by mind blowing scenery? Wow! Or something a little gentler, 'tubing' down the river on a specially designed inflatable tyre? Great fun.



With two fabulous locations, Extérieur Nature guarantees unforgettable adventure and white water frolics for all levels in Axat and a wooded adventure playground by the river in Marquixanes, with an exciting set of increasingly difficult runs high up in the trees, nets, ropes, zip wires and other obstacles, to challenge your skill and courage. Guides are qualified, English speaking, professional, and fun.

SHHHHH. DON'T TELL THE KIDS OR THEY'LL WANT TO COME TOO... COS THIS REALLY IS A PERFECT DAY OUT FOR THE WHOLE FAMILY FROM 3 YEARS OLD!



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Axat
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We love publishing your reviews. They're honest (mostly!) objective, (always) unrelated to advertising (bien sûr!) and cover a wide range of tastes, prices, and places. You might not always agree, the chef might be having a bad day, your standards might be higher....or lower – but they give you an idea of what's available.

Once again, we start by going back over past reviews and picking out a few choice phrases. We've checked they are still open. Over to you now to see if the review still fits the restaurant.

AMPHITYRON

COLLIOURE....with **Daniele**

L'Amphytrion has long been one of our favourite haunts, with its great situation by the beach and the beautiful view. The **15€ menu of 3 courses** is great value, changes weekly and main dishes come with potatoes (meat) or rice (fish) plus an interesting mix of various vegetables. **There is a very good 24€ menu** (and a more expensive but excellent one at 34€), and a la carte – on our last visit we splashed out a little and my husband had the most delicious and tender pièce de boeuf (22€), and I enjoyed a creamy bourride of lotte and gambas (20€). Food always appears piping hot, wine is in carafes as well as bottles, and the

service is attentive but not intrusive. As dusk falls, diners have an uninterrupted view of the lights of Collioure twinkling across the bay.



rue Jean Bart,
Collioure
Tel: 04 68 82 36 00

LE SQUARE

ILLE SUR TÊT.....with **Michelle**

Le Square 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. Loved their Plat Combinés (starter and main course combined) at just 15,50€ including devine home-made dessert. Tapas, seafood medley, meat and poultry dishes, home made chips, home made desserts.....



55 avenue Pasteur,
ILLE-SUR-TÊT
04 68 61 48 40

AUBERGE CAN JOAN

ST JEAN D'ALBÈRE.....with **Paul**

Turn off left onto the D71 at the Douane building just before Le Perthus, direction St Jean d'Albère and keep going along tiny, winding forest roads, with magnificent twisted cork oaks until you see Can Joan on your right. The most important things to bring are a hearty appetite, plenty of time and a nominated driver. And if you have plans for eating in the evening, cancel them. Oh and the next day too!

Menus of 25€, 28€ and 30€ are all inclusive. Aperitifs (dangerously by the bottle), charcuterie, pâtés, roasted peppers and other vegetables, anchovies, eggs mimosa, and salad all arrive unbidden. Pleasant enough red, white and

rose wines accompany every course. Choice of hearty casseroles for main course, steaming dish of dauphinoise potatoes, crisp green leaf salad, cheese selection, dessert, more wine..... and great walks straight from the door to sober you up!



St Jean d'Albère
04 68 83 60 92

ALLANTOINE

RIVESALTES...with **John & Pam**

Just off the main square (near Crédit Agricole), a simple façade reveals an attractive and welcoming interior. Antoine does the cooking, leaving Nathalie to handle the front of house. He uses only local and seasonal produce and makes all the terrines, pâtés and desserts himself (which are delicious!). The choice of dishes, whilst not extensive, is interesting and appealing. The lunch-time 'Bistrot' menu is 18,50€ or

13,00€ for the Plat du Jour. The 3-course evening 'Terroir' menu is reasonably priced at 35€ or 6€ less for just 2 courses. Hearty dishes to eat in or take away include Bouillabaisse, Zarzuela and Poulet aux Gambas.



12 rue Simon Bonafos, Rivesaltes
04 30 19 70 72

Restaurant REVIEWS

*And the new (to P-O life)
kids on the block...*

L'INTERMÈDE

PERPIGNAN...with Eliane

Fantastic new place in Perpignan, not far from Galeries Lafayette. Fresh food, beautifully prepared and excellent value for money. Definitely "restau gastronomique" but including set **menus for lunch (around 15 €)** and dinner (We enjoyed the **4 course dinner at 32 €** - to die for). Friendly service. Don't be put off by front of restaurant! Chef and waiter are keen to please.

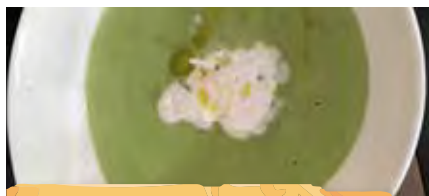


3 rue Pierre Rameil
Perpignan
09 52 07 40 65

LA TABLE DU COIN

ARCELES PORT....with Rosy and Allan

True to its title, a little bit back from the main line of restaurants along the port but worth seeking out for its delicious food and friendly service,. Clean and roomy, with well chosen house wines which say a lot about a restaurant. Superb home made pea soup deserves a special mention! Three courses for **100€ for 5 people including wine, Badoit, coffee**. Highly recommend.



58/59 esplanade du Nouveau Monde
Port-Argeles
04 68 55 46 54

VALLES'PIERRE

ST LAURENT DE CERDANS....with Jackie

An unassuming restaurant where I had the best entrecôte I have ever eaten in France or Spain. We chose the **23€ menu and each course was really tasty**. They also serve tapas, snacks, burgers etc and a children's menu. Everything was cooked to order so you will need a couple of hours. Seats 40, situated near the museum. Definitely recommend.



Rue Joseph Nivet
Saint-Laurent-de-Cerdans
04 68 81 00 04

RESTAURANT DU TELESKI

LE BARCARÈS....with Fiona

Eating and skiing has never been more fun! This friendly resto is set in a super setting overlooking the tranquil étang of Port Leucate. Soak up the view whilst tucking into a delicious range of salads, home-made burgers, wraps, pizzas or bruschettas, dish of the day and home-made desserts. I highly recommend the very fresh and copious salmon Téléski Wrap with French fries and the crème catalane.

Open May-Oct: noon to 5.00 pm.



Parc des Dosses/Stade de Glisse,
Le Barcarès
Exit 15 off the D83 - 04 68 86 23 45

LE JARDIN

CERET....with Kate

New this year on the Céret restaurant scene, 'Le Jardin' refers to the pleasant and spacious walled secret garden for outside dining, unusual for central Céret. **The menu du jour is excellent value for money at €13.00 for 2 courses or €16.50 for 3, as is the evening 3 course menu for €25.50.** Service is friendly, décor is contemporary and original, and food is fresh, tasty and thoughtfully presented with plenty of choice for all tastes. Will definitely go back.



7 rue de la République, Ceret
04 11 64 41 12

CAN PLA

COLLIOURE....with Peter

Tucked away at 7 bis rue Voltaire near the restaurant "Dali" and "la Plage aux Mouettes" with open terrace, a good size interior and a pleasant, relaxed ambience. The food is good value local Catalan fare and, in the many times we have visited, we have never been let down (not least when taking visitors including our soon to be in-laws).

I would thoroughly recommend you seeking out this gem as you will not regret it.



Route de la Corniche
Arles-sur-Tech (but in Amélie!)
04 68 88 34 89

APPART'HOTEL CASTEL EMERAUDE

AMELIE-LES-BAINSwith Fiona

Not far from the town centre by car, yet situated in a world of its own, with stunning, lush mountain views. You don't have to be resident to enjoy their delicious and most, generous cold meat platters served all day long – **great value at 16€ for 2, nor their buffet breakfast at just 8,90€** (served until 11.00am weekends). The accent is on local, fresh produce served with a smile.



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DO YOU KNOW A RESTAURANT YOU WOULD LIKE TO RECOMMEND? WE'D LOVE TO HEAR FROM YOU.
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SEND YOUR COMMENTS TO US AT info@anglophone-direct.com.

(No restaurant owners please!! :))

Test your french

La Tarte aux Panais

Un homme entre dans une boulangerie à Perpignan.

"Avez-vous une tarte aux panais?"

"Non," répond le boulanger. On ne les vend pas ici."

Le lendemain, le même monsieur arrive dans la boulangerie.

"Avez-vous une tarte aux panais?"

"Non," répond le boulanger. On ne les vend pas ici."

Et le lendemain...

"Avez-vous une tarte aux panais?"

"Non," répond le boulanger. On ne les vend pas ici."

Alors, le boulanger se dit, **"Il faut que je fasse des tartes aux panais. Je vais en vendre plein."** Et il se met à la fabrication d'une vingtaine de tartes aux panais, travaillant toute la nuit pour les finir.

Comme attendu, le monsieur arrive.

"Avez-vous une tarte aux panais?"

"Oui," crie le boulanger, heureux.

Beurk," dit le monsieur. "Elles sont dégueulasses, hein?"

VOCAB

panais – parsnip

On ne les vend pas ici – we don't sell them here

Le lendemain – the next day

le boulanger se dit – the baker says to himself

Il faut que je fasse – I must make...

Je vais en vendre plein – I'll sell loads

il se met – he sets about

une vingtaine – around 20

travaillant – working

Comme attendu – as expected

Beurk – yuck

Dégueulasse – disgusting

hein ? - eh?

LE FANAL

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OUT for THE DAY



Restaurant
REVIEWS

with
Madeleine McMullin

A DRIVE, A WALK, A LUNCH! Montboló



The Start

This walk starts from Palalda, near Amélie-Les-Bains. With bar, postal museum that also sells crafts, and a sprinkling of artists/craftspeople, all of which may or may not be open depending on the day and time of year, the pretty medieval, cobbled village is well worth a visit itself. On summer Fridays, it has a small night market with a traditional bread oven baking delicious bread and pizzas, a seafood man selling fresh oysters, prawns and mussels, and the bar puts on a paella or similar dish. Locals and tourists mix, and the atmosphere is lovely.

The Walk

Palalda is a pedestrian village, so park in one of the car parks on the D618, and find the track marked with a yellow and red way-marker leading up to the left of the road as you come from Amélie – between the bus stop and the church on the opposite side. After a short while, follow a yellow signpost pointing up a path to Montbolo.

The path climbs fairly steeply through the woods but after about 15-20 minutes you will come out onto a meadow, where a yellow sign points left to Montbolo again. Skirt the bottom of the meadow and continue back into the woods.

After about 20 minutes, turn left at a junction towards the Al Sola convalescent home, leading you up the right side of the building and turn right, up some steps.



Climb towards an electricity substation across a drive to a farmhouse, and stop to admire the goldfish in the water tank beside it. Continue up and across the road and back into the woods again.

You will soon see a path to the left signed Amélie. Ignore and carry straight on. You will come to the road again and get your first glimpse of Montbolo to the left. Continue up the path opposite and after 10-15 minutes you will arrive in Montbolo itself.

Montboló

This beautiful little village has stunning views across the plain to the sea, and round to the mountains on the Spanish border. It is always extremely well manicured, with lawned slopes rising up beside the church and a 'jardin botanique' and 'parcours géologique' where different stones mined in the Canigou are on exhibition.

Le Point d'Art

Catalan & Mediterranean home-made specialities



Terrace dining with superb views

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8 rue de l'Eglise · 66110 Montbolo

Every 30th July, the RODELLA DE MONTOLO takes place.

In 1465, a Montbolo shepherd had a vision at the Col de la Porta (Col de Formentere) in which two witches brought bad weather to Montbolo. On arrival at the Col, they were unable to pass because two saints, Abdon and Sennan stood before them, forcing them to send away the bad weather and destroy the crops elsewhere. Grateful villagers made the date into a yearly celebration of thanks, and every year the procession of the Rodella – a coil of beeswax fixed to a cross – leaves on foot from the church of Montbolo at 7h, heading down forest paths towards Arles-sur-Tech. Various entertainment and activities take place throughout the day. Holy water is distributed from the Sainly Tomb and you can buy mini Rodellas which give you the power to send away any storms!

OUT for THE DAY

Restaurant REVIEWS

A DRIVE, A WALK, A LUNCH!



The Meal

The Point d'Art is a delightful panoramic bistro de pays run by a local lady and her English husband, the chef. It is advisable to book.

The set menu is good value at €19.50 for 3 courses. I went for the à la carte and chose smoked salmon and asparagus tartlet, which I shared with my other half, who gave me half of his wild mushrooms with puff pastry in return. Both were delicious.

For mains, **I had lamb flavoured with 9 spices, which was perfectly cooked, pink and tender,** with courgettes and a choice of mash or chips. My partner had boles de picolat and chips, which he loved.

I passed on pudding, but his strawberries in Maury with cream and ice cream were very good, and the others enjoyed their bras de Venus (swiss roll) in Banyuls.

Washed down with copious amounts of wine and a few coffees, **the final bill was an acceptable €30 per head. WATCH OUT. They don't take cards, so make sure to visit the cash machine before leaving Amélie as it's a long walk down and back up again if you don't have enough money!**

The Way Back Down

Is the same as the way up. However, if you really want to work off that lunch, there are two options:

1. Return the way you came, and take the fork that leads down to the right, towards Amélie. It will take about an hour including a walk on the road for a small section, and brings you out on the north side of the river. From there you can follow the river for 20-30 minutes to the bottom of Palalda and walk up through the village to your car.
2. The longer option is to head up the slope beside the church to the road at the top, and turn left towards Can Kirc. After a while you will see a path marked with yellow, leading down to the left, past an antenna. This will bring you down beside the swimming pool in Amélie, from where you follow the river to the bottom of Palalda and walk up to your car as in 1, above.



Where's my petrol cap?



Nothing to do with the P-O, or even France in particular, but very relevant for those who have hire cars – or are a bit fluffy like me in remembering which side their petrol cap is found. Sooooo... **did you know that if you look at the petrol pump symbol on your fuel gauge, there is a small arrow indicating on which side you'll find your petrol cap?** Amazing eh?

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FOOD & DRINK



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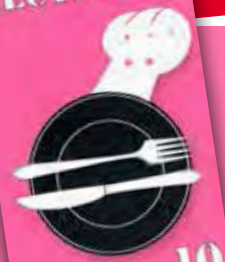
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OUT

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www.anglophone-direct.com
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DID YOU KNOW

FUNNY MONEY? The Soudaqui

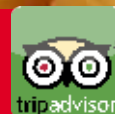
Bonne chance to a P-O association who is hoping to raise €7500 via crowdfunding and donations to create and print the first notes of a new local currency.

The name and logo were chosen in 2015. Now, all that remains is to raise the funds to print notes of 1, 2, 5, 10 and 20 soudaquis. Plans are to test it in the Conflent first and the rest of the department by the end of the year. **Find out more at soudaqui.cat.**



WHERE SHALL WE EAT TONIGHT?

DOVE ANDIAMO A CENA STASERA?



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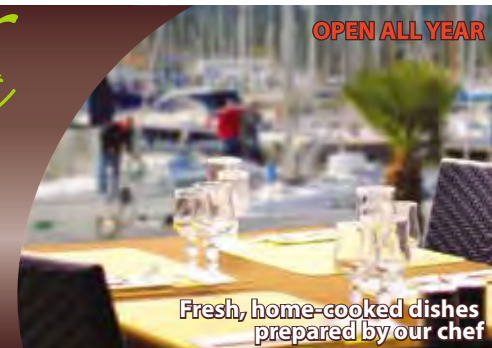
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FOOD & DRINK

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DID YOU KNOW



Time Out in Rivesaltes

Check out the roundabout in Rivesaltes next to the Perpignan Nord motorway for the giant sundial, finished in 2015 at a cost of approximately €300,000.

The largest artistic sundial project in Europe, the time appears to be an hour out (or was at time of writing this article) and sometimes two hours, apparently set to GMT.

Could it be in honour of their British residents?

FOOD & DRINK

...IN COLLIOURE

IDEAS
FOR EATING
OUT

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Chattering Teeth



Don't miss a summer visit to the **underwater trail** between **Banyuls sur-Mer** and **Cerbère**, accessible from the RD914 departmental road. Parking is free and the visitor centre is open daily from 12am to 6pm with information on the Marine Reserve, and fins, masks and snorkels for rent.

Try the 'Aqua FM' for a fully narrated tour along the trail thanks to an FM Pro Frequency snorkel fitted with an active mouthpiece which transmits good quality **sound by bone conduction** through the teeth!

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FOOD & DRINK

RECIPES

It's In the Bag

*Lotte rotie aux épices grillées, risotto safrané
(Roast Monkfish & Saffron Risotto!)*

LES POISSONNERIES DE LA CÔTE CATALANE (La Criée) in Port Vendres will put all the ingredients straight into a bag. Easy shopping!

INGREDIENTS

Filet de lotte
Epices grillées Terre Exotique
Fleur de Sel à la coriandre
Poivre de Penja
Petites tomates
Oignons nouveaux
Têtes d'ail
Riz safrané
bouillon
vin blanc



ROAST MONKFISH

- Preheat oven to 160°.
- Brush the cleaned monkfish with olive oil and sprinkle on the Terre Exotique grilled spices, followed by the Fleur de Sel à la Coriandre, and a twist of Poivre de Penja.
- Place the cocktail tomatoes, spring onions and garlic heads around the monkfish and bake for 40 to 45 minutes.

SAFFRON RISOTTO.

- Sauté the rice in olive oil until it is translucent.
- Drizzle in white wine to keep it moist.
- Add 700 to 800 ml of liquid (bouillon, water...) and simmer for 18-20 Minutes.
- once the liquid is absorbed, add butter or olive oil, and/or Parmesan according to your taste.

Bon appétit!



LES POISSONNERIES DE LA CÔTE CATALANE (ALIAS LA CRIEE)



PANORAMIC
OYSTER BAR



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

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Anse Gerbal - La Criée, 66660 Port-Vendres

Watermelon Mojitos

The sun is out,
the sky is blue,
the temperature's rising,
the BBQ's sizzling...

What better time to treat
yourself or your guests to
this refreshing cocktail
with a bit (or a lot!) of an
alcoholic zing to it?

Ingredients for one jug

- 1/2 - 1 watermelon chopped up
- mint leaves coarsely torn
- juice of 3 freshly squeezed limes
- light rum, such as Bacardi (to taste)
- 1/2 cup sugar solution
- Sprigs of mint for serving

METHOD

1. Mash up the mint leaves.
2. Puree water melon.
3. Place mashed up mint into large jug and pour in pureed watermelon, rum and sugar solution
4. Add lime juice and stir to combine.
5. Pour over ice cubes and garnish with sprigs of fresh mint and spears of watermelon.
6. Serve ice cold.

Bon conseil

La vie est courte.

Souriez pendant que vous avez
encore des dents!

(souriez – smile encore – still (in
this sense)



DINE AT LA TABLE DE VALMY

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36€ FOR 4 COURSES + MINERAL WATER OR 46€ INCLUDING WINE
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ON THE TERRACE - AND ENJOY THE PANORAMIC VIEWS
OF THE VINEYARDS LEADING DOWN TO THE SEA

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OUT for THE DAY

Mont Louis

Good Health and Fine Teeth!

After the Treaty of the Pyrenees in 1659, the Catalan territories of the Vallespir, Conflent, Capcir, the valley of Le Carol, and 33 northern villages of the Cerdagne were transferred to France. The disgruntled Spaniards made regular and damaging raids over the new frontier, and the king's military engineer Sébastien le Prestre de Vauban designed a new fort at the crossroads of the Conflent, Capcir and Cerdagne to defend the border. Named after King Louis XIV, it is said that he chose the position of Mont Louis based on the good health and fine teeth of the inhabitants of nearby villages!

During the period of the French Revolution, the town was renamed **Fort Libre**!

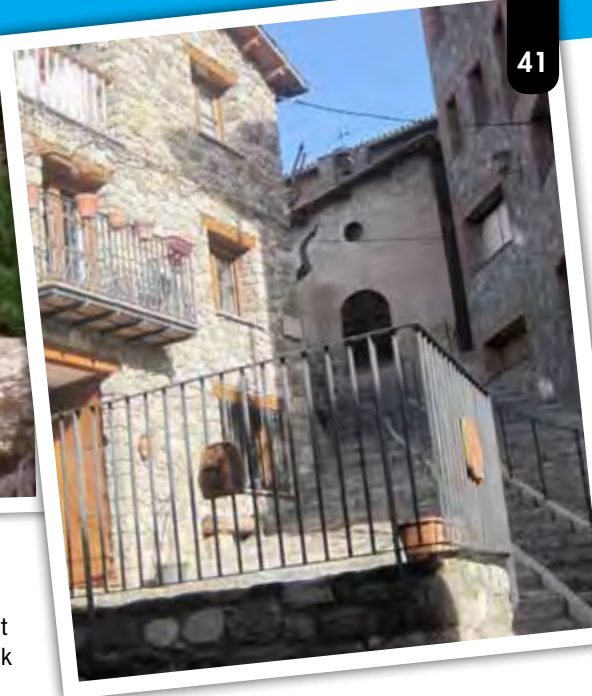
Today a World Heritage Site, the highest fortified town in France is still full of soldiers! Home to the French Commandos, the 'Centre national d'entraînement commando', trains elite troops in commando techniques and endurance of physical and mental stress in combat situations. Why not tag along on a short run to Collioure in full battle gear? It's all downhill from there!



As the town was never besieged, ramparts and fortifications remain undamaged, and whilst you can't visit the impressive citadel unless you want to go commando, the walls make a pleasant walk and the views are stunning. You can also visit the Puits des Forçats (Convicts' Well), with its enormous wheel that supplied water to the site, and the church dedicated to St Louis, with its series of Roussillon baroque altarpieces dating from the 17th and 18th centuries.



Equally worth a visit is the first solar furnace in the world, built in 1949 with 1420 mirrors. A programme of experiments and demonstrations are part of a guided visit, and pottery and bronzes manufactured on site are on sale.



Housed in the original tea room of what was once the town's Spanish troop hospital, why not visit Le Dagobert restaurant, named after General Dagobert who kept those same Spanish soldiers at bay. Traditional mountain cuisine with French and Basque influences and a warm welcome await.

Small, ancient and quaint...and whilst certainly not a day out in itself, you can make your day by taking the little yellow train there from Villefranche de Conflent, pampering yourself at the nearby natural hot springs of Saint Thomas (see p47), and lunching or dining within the historic walls after a gentle stroll around the ramparts.

RESTAURANT LE DAGOBERT

*Delicious, traditional fare in a rustic setting ...
Grillades, Kebabs and Salads*



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our duck
specialities.
Menus from
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FESTIVAL & TRADITIONS

WHAT'S ON IN SAINT CYPRIEN THIS SUMMER

The 2nd largest marina on the Med (after Port Camargue) and the 3rd largest in Europe, with long sandy beaches and shops, restaurants and bars to suit every pocket, Saint Cyprien positively **SIZZLES** in summer – AND IT'S ALL FREE!

Here are just some of the highlights.

JULY

19th July – 16th August
EVERY WEDNESDAY, PLACE MAILLOL
Festival St Cyp en live
Blues-rock, folk, pop, soul, French
chanson, reggae... a cocktail
of FREE open air concerts.

1st – 2nd PORT
Fête de la St Pierre
In honour of fishermen and the
sea... sardanes, BBQ, concerts,
bandas, havanères, free water
sport trials, Castellers...

14th VILLAGE
Fête nationale
Firework display and bal

30th PORT
Patrouille de France
French Aerobatics Display over
the port of Saint Cyp, Red
Arrows style

AUGUST

1st PORT

'C'est Quoi ce Cirque?'
Run away and join the circus. A
chance to try out a few acts for
yourself...and loads to watch too.

15th PORT

15th August Firework Display
One of the most talked about
firework displays in the region,
the whole port is set alight in a
supernova of colour!

24th BEACH

Noël à la plage
Yes really, it's Christmas!
Clowns, balloons, snow canon,
Crimbo decorations and songs,
Papa Noel, pressies...

SEPTEMBER

16th & 17th VILLAGE

Festa Major (Catalan, Basque
and Corsican flavour).
Concerts, Shows, Masterchef, Games,
Markets, Ballets, Rumba catalane,
Castellers, Giants, Bodegas, Fireworks
and Correfocs.....

15th – 17th PORT

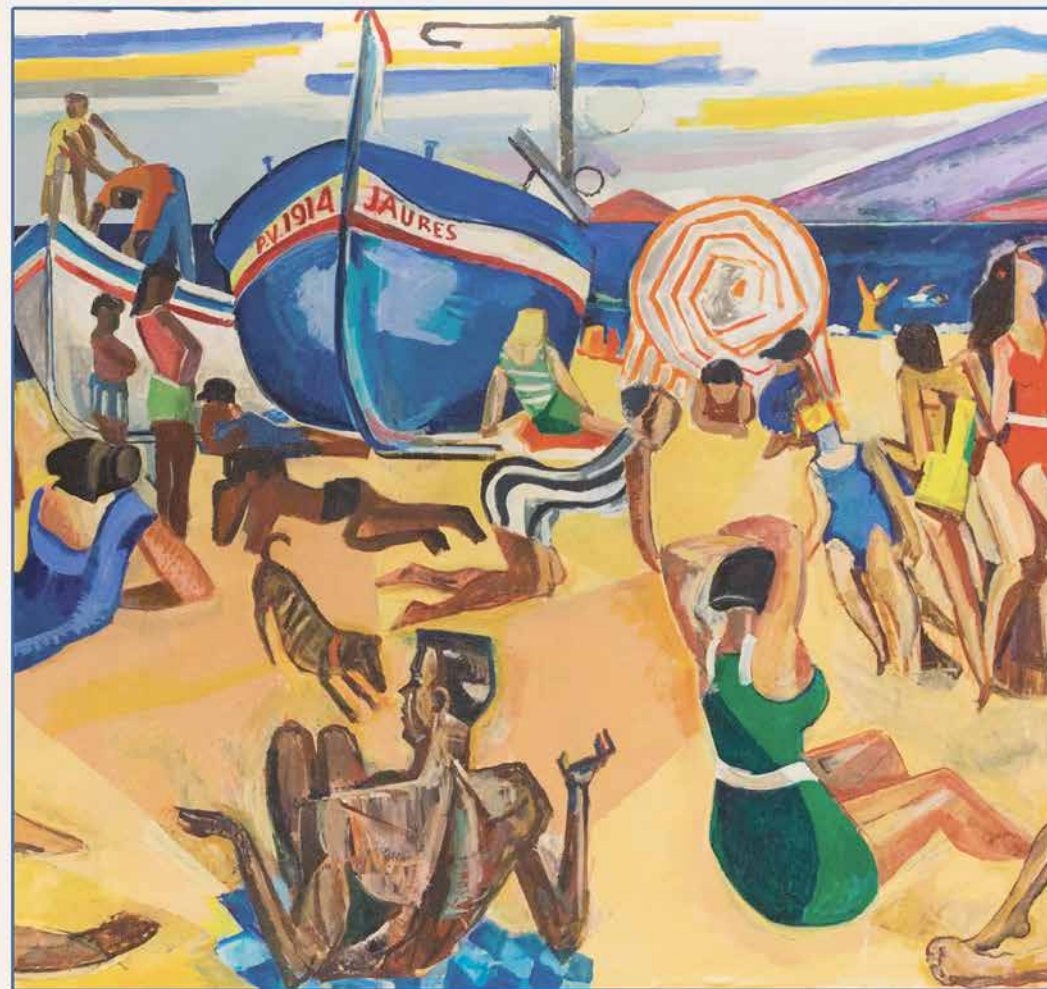
Gathering of the Harleys
All things Harley-Davidson, with
parades, cover concerts (Amy
Whinehouse, Bess, Guitar Legends...),
clothes and accessories, barber...
(play area for children).

FOR MORE INFORMATION

ON ANY OF THESE EVENTS, CONTACT...
L'équipe de l'Office de Tourisme de
Saint-Cyprien.

04 68 21 01 33 or email
contact@otstcyp.com

PLACE DE L'ART



AN AUTHENTIC FISHERMEN'S VILLAGE ON THE BEACH

Discover a host of fun-filled activities including workshops, sports, exhibitions
and aperitifs

DAILY FROM 30TH JUNE TO 3RD SEPTEMBER 2017
SAINT-CYPRIEN • QUARTIER RODIN

FESTIVAL & TRADITIONS

Dancing in the streets
FESTIVAL FOLKLORIQUE
INTERNATIONAL

AMELIE-LES-BAINS

7TH – 13TH AUGUST

Created in 1935 by Jean Trescases, founder of the 'Danseurs Catalans d'Amélie', the yearly Festival Folklorique in Amélie-les-Bains, the oldest festival in the Pyrénées Orientales, takes us on a journey through the dance culture and traditions of other nations. Hundreds of dancers light up Amélie in a kaleidoscope of colour and rhythm... India, Nicaragua, Spain, Dahgestan, Argentina, Armenia, Cape Verde and France....along with the region's very own 'danseurs catalans'.

EVERY MORNING AND AFTERNOON
Free entertainment in the streets

highlights

Thursday

4.30pm - Grand street parade
8pm - AMÉLIE EN FÊTE.

Eat, shop, drink and be merry - surrounded by music and dancing. Dance till dawn!

Friday

8.30pm - VIVA ESPAÑA

Dinner dance and show with dancers from Spain at the Théâtre de Verdure (dinner inc wine and show 15€ or 5€ just for show)

Saturday

8.45pm D'UN MONDE A L'AUTRE

All dance troops meet up for massive show at the Théâtre de Verdure. Admission: 20€

Sunday

8.45pm LA NUIT DES CONTINENTS

Exciting grand finale with all the dance troops
Admission: 20€



More info and reservation
www.amelie-les-bains.com

Tel: 04 68 39 01 98

or

04 68 83 99 44

All shows FREE for U12s

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Music in the villages
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highlights

Thursday 3rd

21h00
SILENT WALKS - SAMUEL STROUK

Accordion, cello, clarinet and double bass.
A journey between jazz and classical

Friday 4th



21h00
GROOVE WORKERS/ BOUKARY

Jazz, Hip-Hop, African, Contemporary and Modern Jazz.

Sunday 6th

21h00
DUO JULIEN LOURAU ET BOJAN Z

Sax and piano. Sometimes funky, sometimes free, depending on the mood.

VIK AND BULL

Creation of a musical cartoon strip

21h00

ONJ ET AUTRES SURPRISES!

The National Jazz Orchestra presents "OSLO".
French jazz and vocals.



More information and reservations
Tel: 06 61 60 15 47
www.musiques-dels-monts.com

VILLELONGUE

THURSDAY 3RD -
SUNDAY 6TH AUGUST

Don't miss this exciting music festival, now in its 6th year, held in the small village of Villelongue. With emphasis firmly on the heritage and culture of the region, and its surroundings, this festival, created by Florent Pujaila in 2012, presents a big programme for a small entrance fee - and much of it is free. A fabulous mix of musical strolls and performances, with more than 75 artistes performing 25 concerts which will rock you back and forth from hip hop to classical, from chamber music, jazz, children's concerts, to contemporary and world music. A unique opportunity to watch great entertainment played out in local scenery.

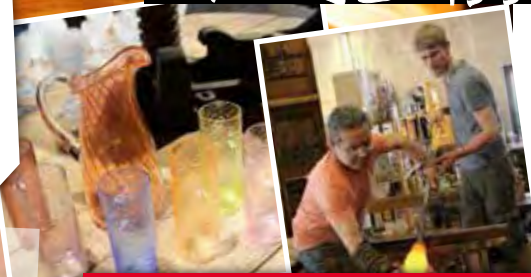


A palace OF GLASS

The annual **FESTIVAL INTERNATIONAL DU VERRE** (28th July to 1st August) brings together talented glassmakers from around the world in Palau de Vidre, Palace of Glass. Street entertainment, fabulous glassware, demonstrations of glass blowing and hot-glass sculpting.....

But don't wait for the festival! Pop in any time to the new, extended **PALAIS DES VERRIERS**, where master glassblower Jorge Mateus will be happy to show you his impressive showroom.....and the kids can have a go at glass blowing (demos every day from 15h) and even go home with a sphere with their name on it! Cool or what?

www.verrier-dart-jorgemateus.com



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DID YOU KNOW



THE CATALAN FLAG

King Charles the Bald, (Charles II le Chauve) son of Emperor Louis the Pious and grandson of Charlemagne, was not really bald. In fact, it is believed that he was actually quite a hairy chap! On the other hand, Wilfred the Hairy, (Guifred le Velu or El Pelut) who was made Count of Barcelona, Besalú and Girona by King Charles the Bald, was not known to be particularly hairy. Charles the Bald also ordered the assassination of Wilfred the Hairy's father, Sunifred 1st, and legend has it that the hairy one avenged his Dad's death by challenging his assassin, Salomon, Count of Roussillon, to a duel and killing him. Dipping, his hand in his own blood, he traced 4 bloody stripes on the surface of his golden shield et voilà – the Catalan coat of arms was born!



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This summer in Canet

by Canet
en Roussillon

With miles of golden sand and rolling dunes, you could be forgiven for thinking that Canet is all about the beach... but this modern, purpose-built seaside resort also provides fabulous walking, riding and cycling for every level through the surrounding nature reserve, aquarium, arboretum, bird-watching, windsurfing....and a varied and exciting summer events programme. Great fun – and so much of it is free! Take a look at some of the highlights.

GUIDED WALKS & TOURS

Balade en petit train

Take a trip on the little train with David, and discover Canet without leaving your seat. History, anecdotes, surprises...



Charmes du vieux village

A gentle wander through the narrow streets of the charming old village.



Visite de l'arboretum

Discover the Arboretum at Mas Roussillon, 11 hectares of trees, shrubs, bamboo, medicinal plants... and a taste of the fruit from the orchards.



Canet-Plage au fil du temps

Along the seafront to the port, this tour, illustrated with anecdotes and ancient post cards, paints the Canet of yesteryear to present day, its evolution from sleepy fishing village to modern resort.



Visite du port

Ar Jim Lad...a chance for landlubbers to find out more about the port, its boats, its passionate sailors, hear tales of the 'le grand Bleu'...and splice the mainbrace with a Catalan apéro bien sûr!



Your CANET LOYALTY CARDS!

Ask at the Tourist Office about the 'Carte Canet Club' and the 'Canet Pass', both multi activity privilege cards offering reductions on tourist attractions, water sports and sailing, guided walks and tours, sport and entertainment and many of the Canet shops, bars and restaurants.

AGE OLD FISHING TRADITIONS

Come and join in

July and August PÊCHE À LA TRAINÉ

A Catalan barque pulls a long fishing net out to around 500 metres from the shore. It hangs vertically in the water, weighted at the bottom, with floats at the top. Many hands are needed to drag it back to shore. On the beach, the catch is shared out between the jubilant fishermen and women who bought in the supper.



PÊCHE AU LAMPARO

Attracted by the light from small boats with large lamps overhanging the water, anchovies and sardines, gather round the boat and are caught in waiting nets.



DATES for your DIARY...

Throughout summer OPEN AIR SCULPTURE Arboretum - Mas Roussillon

Local artist Patrick Desombre presents his sculptures inspired by trees and nature. FREE

6th July at 7.00 pm MUSICAL PICNIC Arboretum - Mas Roussillon

Bring your own picnic as quintet 'Timber Men Stompers' play New Orleans hot swing from the 30s and 40s. Complimentary apéro.

13th July at 10.30 pm FÊTE NATIONALE Place Méditerranée

Fabulous firework display followed by music and dancing. FREE

28th July at 9.00 pm MATT POKORA IN CONCERT

Espace Santorin
Avenue Jean Moulin
French singer, songwriter and 'Voice' judge, preceded by LOU winner of The Voice Kids.

Tickets available from Box Office on line and at supermarket booking points.

25th July and 11th August at 9.00 pm JAZZ & WINE l'Air du Mas, Canet

A Catalan apéro and a chat with the Canet winemakers. Taste their wine and listen to live jazz under the stars.

8th August at 9.00 pm TAL IN CONCERT Espace Santorin Avenue Jean Moulin

Tal, young urban pop star known for her fresh and vibrant voice in French music and optimistic lyrics preceded by pop rock star Romain Ughetto

Tickets available from Box Office on line and at supermarket booking points.

14th & 15th August Port FÊTE DE LA MER ET DES PÊCHEURS

Monday
9.30 pm - Dance to Elixir (Parking Bastia)

10.30 pm - Firework display (Plage de la jetée) followed by more dancing.

Tuesday
10.00 am - Blessing of the boats followed by open air Mass (parking Bastia) and sardinade (contact tourist office for cost).

9th & 10th September Canet Village HOLA ESPAÑA

Flamenco show and all things Spanish in the village. Son et lumière, equestrian flamenco, stilt walkers, flamenco, jewellery, painting and mask making workshops, rodeo, stands, bodegas.... FREE

16th & 17th September Théâtre de la Mer

LA FERME A CANET

This weekend the animals are leaving the farmyard and heading to the beach. Join in with workshops, demonstrations and taster sessions with farmers and producers from across the P-O. FREE

21st to 24th September Port SALON OCCASIONS DU MULTICOQUE

Secondhand boat show selling catamarans and trimarans, useful equipment and services, sailing and cruising advice.... FREE

For more details on any of the events ...

CANET TOURIST OFFICE
www.ot-canet.fr

Tel. +33 (0)4 68 86 72 00

OUT for THE DAY

FESTIVAL
PABLO
CASALS
P R A D E S

Pablo
Casals



and the
villages of
the Conflent



Today we're heading up to the cooler air of the Conflent region, land of contrast, rich in culture and history, from its snowy peaks, wild and mountainous terrain and stunning lakes, to its many pretty and peaceful villages.

Prades

Between Med and mountain, the Conflent capital, Prades, is a bustling and lively market town clustered around the large church of St Pierre. Admire its dramatic Sunyer altarpieces, trumpeting angels, cherubs and gleaming gold leaf glinting on the tortured and twisted pillars surrounding a large statue of St Peter. On Tuesday mornings, one of the busiest weekly markets in the P-O spills around the squares and church.

The town's position at the foot of Mount Canigou perfectly pinpoints Prades as a starting point for a variety of activities. Superb walks for all levels, exciting sporty adventures, climbing, canyoning, mountain biking, horse riding, potholing..... **and the Sound of Music!**

In fact, every summer the Romanesque churches of the Conflent (Abbey Saint-Michel de Cuxa, Prieurés de Marcevol and Serrabone, Saint-Martin du Canigou...) become the stage for one of the most prestigious chamber music festivals in the world: **the Pablo Casals Festival.**



The first festival was held in 1950 in Prades where the renowned cellist and conductor Pablo Casals had found refuge during the Spanish Civil War. A fierce supporter of the Spanish Republic, he vowed never to return to Spain until democracy was restored. He settled in Prades where he gave cello lessons and concerts, and the Pablo Casals Festival was born. Since then, every summer, an inspiring series of concerts is played in and around Prades by some of the world's greatest musicians.

Casals himself participated in the festival up to the age of 90.



'LE CARNAVAL DES ANIMAUX'
Friday 4 August at 17h
Salle du Foirail, Prades (free for children)



>> St Pierre de Prades

Student concerts

In 1976, at the suggestion of violinist, Fred Muccioli, an Academy of Music was set up to welcome young musicians and give master classes in instruments of Chamber Music. Some of the resulting concerts held in the last week take place in St Pierre in Prades, others in outlying villages where abbeys and small churches are packed full of gems of Baroque Art..... and proud parents mingling with music loving visitors.

Of course, the villages are well worth visiting in their own right, as is the main venue, St Michel de Cuxa, and other beautiful and peaceful abbeys and priories where the concerts are held.

>> St Michel de Cuxa



OUT for THE DAY



The abbeys and Prieuries

ST MICHEL DE CUXA

The 10th Century Abbey of St Michel de Cuxa is well signposted from Prades. With an imposing interior – majestic in its very simplicity – and Canigou towering in the background, the setting is stunning and inspirational. Beneath the church is a crypt and virtually an entire subterranean church supported on a massive central pillar and containing some delightful and primitive holy statues.

As the cool abbey church fills with music lovers, small bats can be seen flitting about in the high vaulted ceiling. But, once the musicians start playing, the bats are forgotten and the music commands undivided attention.

<http://abbaye-cuxa.com>

'CONCERT À SAINT MICHEL DE CUXA'

Saturday 12 August at 21h
Abbaye Saint Michel de Cuxa

>> St Michel de Cuxa cloister



ABBAYE SAINT MARTIN DU CANIGOU, CASTEIL...

The Benedictine Abbey of St Martin de Canigou has held its position on the slopes of Canigou for over ten centuries. Framed by mountain peaks and rich forests, it is a steep and dramatic 45-minute walk from Casteil...or you can get a 4x4 taxi with Montagne & Transport (www.montagne-transport.com). The abbey has been a place of worship and meditation for many years and religious life continues to this day. Visitors are asked to respect the silence and enjoy the beauty in peace.

www.stmartinducanigou.org

'MUSIQUES AU SOMMET'

Thursday 10 August at 18h
Abbaye Saint Martin du Canigou



PRIEURÉ DE SERRABONNE, BOULE D'AMONT

Views from this small 12th Century priory and its fascinating history are stunning, and well worth the torturous panoramic mountain drive. A cloistered hall, with perfectly preserved pink marble carvings of plants and animals sculpted onto the pillars and arches is a real treat, as is an indoor cloister also carved from the region's famous pink marble. Immaculate gardens provide an ideal spot for a picnic, quiet meditation and contemplation – or a chamber music concert. There is a small admission charge.

'CONTES ET LÉGENDES'

Monday 7 August at 18h
Prieuré de Serrabonne



Prieuré de Serrabonne >>



MARCEVOL.

A stunning drive through rolling vineyards brings you to Marcevol and its ancient XII century priory. Restored in the 80s and 90s, it was one of the pilgrim stops on route to St Jacques de Compostelle and is known for its excellent acoustics.

At nearby Arboussols, a farm sells home made foie gras and sometimes offers snack lunches, or you can take a picnic and walk an old paved footpath that brings you out in Eus.

'SÉRÉNADE À VIENNE'

Wednesday 2 August at 17h
Prieuré de Marcevol



<< Abbaye Saint Martin du Canigou

The villages... a random presentation

MOSSET

This pretty medieval village originally grew up around the 12th century castle of Mosset, and is classed as one of the 'Plus Beaux Villages de France'. The Church of St Julien and Ste Baselisse is well worth a visit, its Bell Tower sporting one of the few mechanical clocks still functioning in the P-O. The pine tree sprouting from the clock tower dates from the French Revolution and is said to symbolise the strength and tenacity of Mosset's inhabitants.

Visit the charming 'Tour des Parfums', a small, round museum dedicated to scents and fragrances, and let your nose lead you through an interactive 'smell and tell' discovery of past days and life in the mountains.

Mosset is also home to the Mosset Opera. Don't miss their summer presentation 'Passion Opera Mosset', based around Offenbach, Gounod, Bellini and Verdi. Whilst major roles are taken by international opera stars, the chorus, orchestra and all other parts are played by local opera lovers who also make the costumes and build the sets.

www.operamosset.eu



>> Mosset: © Marianne Pryor

OUT for THE DAY

VINÇA

A small village with restaurant and pretty church, don't forget to turn off at Vinça opposite the impressive 'plan d'eau' and head for the new and jazzy tourist office based in the 'Cave à Vins de Vinça'. Easy parking, and find out all you want to know about the area from the bubbly Nathalie – with a glass of wine in your hand! There is also a pleasant lake and beach where you can swim, hire pedalos, trampoline, jump up and down on the bouncy castle..... and the kids will enjoy it too!

'CONCERT D'ORGUE'
Saturday 12 August at 17h
Eglise de Vinça



>> VINÇA

ESCARO

Escaro has a long mining history, with a fascinating museum, 'Memoire de la Mine'. It was the first area in France to produce fluor spar, dubbed 'the most colourful mineral in the world' (also mined at the Blue John Cavern in Derbyshire). The mine finally closed in 1993 when the mineral was exhausted, and its population of 429 dwindled to just 85.

When underground tunnels put the village at risk of collapse, the old St Martin's Church was rebuilt further south, and a new village grew up around the church.

Today it is a small and pleasant village, with great views and walking opportunities – well worth a visit.



VILLEFRANCHE DE CONFLENT

Featured in the spring 2017 edition of P-O Life, this perfectly preserved fortified medieval town whisks you back thousands of years. Wander the ancient ramparts, climb 'les milles marches' – 1279 steps of underground staircase leading to Fort Liberia, perched above the town, and dominated by Canigou. In the fort, visit the Prison de Dames, where infamous lady poisoners were chained to the wall of their cell. Wax models of them sit there still.

'CELLO PLUS'
Sunday 6 August at 17h
Eglise de Villefranche de Conflent



And just across the road, summer is the perfect time to cool it at the 'Les Grottes des Canalettes', exciting network of spectacular caves. Follow a qualified guide along specially adapted bridges and walkways, deep into the heart of the Massif du Canigou mountain range, often ending with a sound and light display, showcasing the very best of the underground cathedral, highlighting the colours of the minerals, to the accompaniment of Strauss, Bach, Casals and Pavarotti.



MANTET

Just after Villefranche de Conflent, turn left onto the D6 through Fuilla, Sahorre, and Py as the road climbs and winds for about 20 km to the Col de Mantet. From there you can see the tiny village below on your left. On your right, stone sheep graze.

Mantet was the last village in France to get electricity. In fact, the road only reached it in 1964 when the village had been resettled after all its inhabitants had been expelled by the Nazis during the war.

Current residents of this former smuggling hideout make a living from selling cheese and honey, and guiding tourists amidst the stunning scenery of the 3000 hectare Nature Reserve. Mountain streams provide ideal picnic spots, and wild flowers abound.

VERNET LES BAINS AND CORNEILLA DE CONFLENT.

Driving towards Vernet les Bains, pass through Corneilla de Conflent, once home to Guillem Ramon, Count of Cerdagne. All that remains of his palace is a tower, but the rather splendid looking church has some fine examples of Catalan Romanesque art and the whole village has an olde worlde charm.

'CONCERT GÉNÉRATION SPEDIDAM'
Saturday 5 August at 17h
Eglise de Corneilla de Conflent



>> Vernet les Bains

Vernet itself was a highly fashionable 'station thermale' at the start of the 20th century. Today, it is a pretty Catalan village and spa, recommended for respiratory and rheumatic disorders. Along with bars, restaurants and casino, its steep, narrow, flower-decked streets, lead to the XII century church of Saint Saturnin attached to the castle. This also makes a great base for exploring, whether driving or walking. The Cady valley and surrounding countryside is spectacular, and Canigou omnipresent.

Visit the 'arboretum' with over 2,000 identified and listed trees, the geological museum with its collection of rocks, minerals, fossils and crystals, or stroll around the 'Kipling circuit', a short walk with illustrated panels and quotations from Kipling's own writings.

OUT for THE DAY



>>>

Locals and visitors still wash their smalls in the natural hot water of the outdoor washroom. Swipe your SmartPhone on the codes on the walls and listen to the washroom come to life.



'VERNET LES BAINS'
Sunday 30 July at 12h
Casino de Vernet les Bains

'POÈMES'
Friday 11 August at 17h
Eglise anglicane, Vernet

CATLLAR

From Prades, if you are driving up to Molitg les Bains or Mosset, you will pass through the small village of Catllar. One blink and it's gone, but if you have a few minutes, take a right turn into the village square and have a drink at the Olivier bar/restaurant, which has a great terrace. The Catllar church dates from 948 with wrought iron bell tower. A short walk brings you to the river and picnic area.



'LES RÉVÉLATIONS CLASSIQUES DE L'ADAMI'
Thursday 3 August at 17h
Eglise de Catllar

THE GRAND HOTEL, MOLITG-LES-BAINS

Impossible to miss when driving the D14 from Prades to Mosset, the splendid Grand Hotel dominates the deep gorge cut by swift running water of the Castellane River. On the left, a tall rocky outcrop is topped by a ruined castle and, hidden from immediate view, a small chapel.

On the right, the gothic, grey granite Chateau de Riell.

In fact, Pablo Casals regularly stayed at the Grand Hotel, finding a sanctuary to practise his music and relax in the beauty of the surroundings. Today you can have a drink or meal on the terrace where Casals once played, explore the grounds, have a spa treatment, enjoy the concerts, and use the pool if you eat in the restaurant.



>> Molitg-les-bains

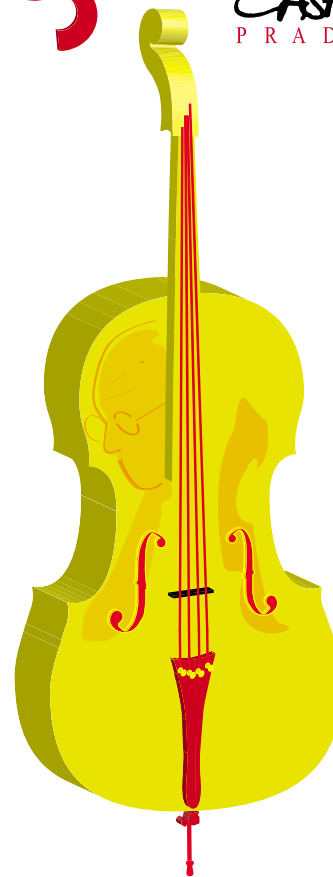
'EL VENDRELL - BARCELONA' -
Wednesday 9 August at 17h
Eglise de Molitg



>> Pau Casals at The Grand Hotel



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LIVING ^{off} THE LAND

Lavender and St John's Wort

By Fiona Sass and Cindy Gilbert

The second in the series of gentle weed walks, salves, poultices, and plant based remedies and recipes from Fiona Sass and Cindy Gilbert.

Cindy on lavender

Coming from the Latin "lavare", meaning to wash, lavender was used liberally by Grasse glove makers to scent the leather and ward off the plague. **It is also said to ward off the evil eye curse!**

Found in abundance everywhere from gardens to roundabouts to wild mountainside roads en route to Spain, it is an edible flower – **a fragrant addition to salads, deserts, punches, garnishes.....** However, it has a very strong taste and **should be used sparingly.**

Sprinkle individual petals as opposed to whole heads, unless of course you want to enjoy its full punchiness.

Lavender oil is good for use on burns, stings and bites. Rub on temples to alleviate headaches, or use for relaxing massages. For the more adventurous, **add it to your salad dressing.**

LAVENDER OIL

Fill a sterilised jar with fresh lavender flowers and leaves.

Cover with almond oil or olive oil making sure all plant material is covered.

Leave in a warm place to infuse and when the flowers become opaque, strain into airtight sterilised bottles.

Happy lavender harvesting



Cindy Gilbert

As well as my interest in flowers and herbs I make perfumes, paint mandala watercolours and other artworks; make chocolates and dabble in crafts.

If you would like to see my portfolio or have any questions please visit my **Naturale Magick Facebook page** where you will find photos of my work, or contact me by e-mail at naturale.magick@gmail.com

Fiona on St John's wort



This yellow-flowered plant thrives in the hottest, sunniest locations. The ruby red oil goes deep to help muscles clear lactic acid - **easing soreness, and helping muscle tone.** For centuries, sprigs of St John's Wort were used in amulets, charms, and talismans, to protect against evil spirits and drive away calamity. Christian tradition held that Saint John's Wort flowers, with their five petals resembling a halo, represented the sun and sunlight.

Look for little pin-prick perforations on the leaves and flowers, not holes but tiny glands which,

when pressed, release the essential plant oils and resins. **Writings during the 19th century talk of using St John's Wort for the treatment of melancholia or as we know it today, depression.** Some of these reported medicinal actions of St. John's Wort have now been scientifically verified by double-blind studies, only to prove what the ancients knew all along.

ST JOHN'S WORT OIL

Allow the blossoms to wilt for 24 hours.

Place in clean glass jar and pour olive oil over petals until covered.

Keep in a cool, dark place for at least six weeks, opening lid every now and then to wipe away condensation.

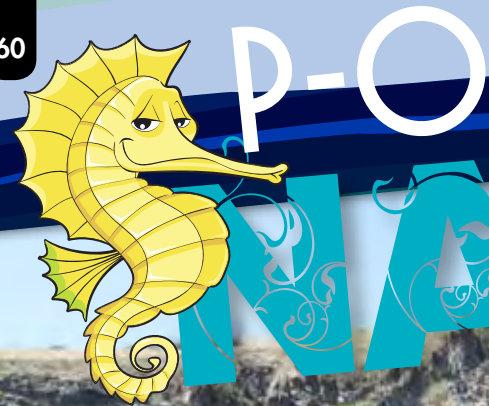
Your oil will quickly turn blood red. After six weeks, strain out the herb and use the medicinal oil for massage, on sunburn, varicose veins....



Fiona Sass

Interested in herbs and weeds? I offer simple workshops on herbal preparations, identifying edible and medicinal wild plants and cultivating homegrown varieties. I also make and sell herbal salves, called pommades. Contact me by email on chara.earth@gmail.com, Facebook: **FionaSass**, visit my site at <http://hubpages.com/@charaearth> or ring 07 68 46 34 27





THE BEAUTIES AND THE BEASTS OF THE MED

By Lesley McLaren

In our glorious Mediterranean waters you'll never swim alone. From rainbow wrasse and damselfish to octopuses and sea cucumbers, there's plenty going on beneath the waves – if you look. You'll need to snorkel or scuba dive for the best natural underwater experience, but even if you're only paddling, it's wise to watch where you're putting your feet! Three venomous beasts also float or lurk among the beauties.

Credit: F. Ducame



SEA URCHIN (L'OURSIN) These invertebrate "sea hedgehogs" are impossible to mistake for anything else, and are usually found in rocky areas. Some bigger species bury themselves deep in the sand, however. Those spines will break off into your sole if you step on one barefoot.

The pain is said to be bearable (like having walked on splinters). Advice seems to consist of soaking your foot in water as hot as you can tolerate for 30-90 minutes. Spines can be removed with tweezers.

PREVENTION IS BEST. WEAR SANDALS. AND DON'T TRY TO PICK ONE UP WITH BARE HANDS.

If you are stung by a sea urchin, you could get your own back by eating some of its relatives. They can sometimes be seen for sale on quaysides in towns like Port Vendres – split open to reveal their fluorescent orange soft centres. In Palafrugel (near Girona), they have an urchin festival (la Garoinada), which runs from around mid-January to end March. If a plate of raw gonads floats your boat, bon appétit!

No such festival for our next beast.

WEEVER FISH (LA VIVE)



Credit: H. Hillewaert

Its English name makes it sound innocuous, while the French **Vive** reflects the level of pain inflicted by its poisonous dorsal spine: Intense.

Vives like to partially bury themselves in sand, often near beaches, leaving just their eyes and the tip of the first dorsal fin exposed. They're not deliberately out to get you but don't appreciate being stood upon (hence the glum expression?) and will punish you severely.

The acute pain is said to last around 20 minutes. Although the venom itself isn't considered lethal, there's a danger the agony could cause drowning.



Warning: We can't vouch for any of these suggested treatments.

Some people – especially children – may react more severely than others to any sting. If in doubt or if the wound shows signs of infection, seek medical advice.

If stung by anything in the sea GET OUT OF THE WATER asap!

Once on land, you could ask a friend to urinate on the wound, but if you'd rather not entertain the whole beach this way, there are other remedies. Anti-inflammatory tablets should help, and heat is said to reduce the agony of **Vive** venom. It's best to soak your stung foot in water as hot as you can bear without scalding (with a little bleach added as disinfectant). Some brave souls apply a lit cigarette to the sting, but perhaps this might only substitute one painful injury with another?

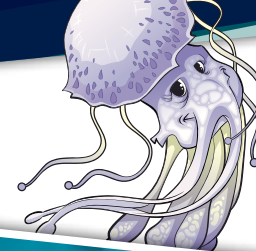
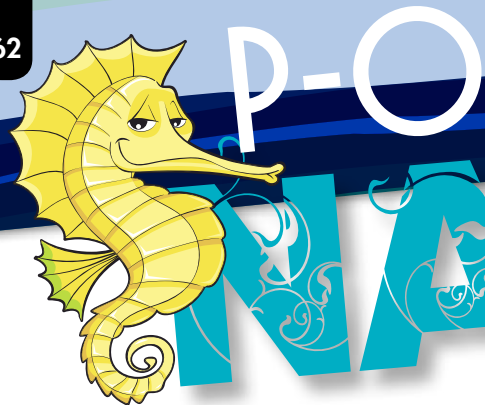
MOON JELLYFISH (LA MÉDUSE)

Not all jellyfish sting, but this common species does have filaments under its bell that irritate skin, causing a burning sensation. Again, the main danger here is that a swimmer might panic and risk drowning.



Credit: A. Vasenin

Although reputedly less painful than a Vive fish sting, it will be very unpleasant for at least ten minutes. Anyone with sensitive skin may suffer for several hours. For jellyfish stings, the recommendation is to soak the affected area in alkaline water or vinegar.



Want to identify what you're looking at? One good resource is *Marine Wildlife of the Mediterranean*, by Enric Ballesteros & Toni Llobet

MARINE NATURE RESERVE

Other creatures look strange but are harmless to humans and fascinating to observe if you're snorkeling or diving. One of the richest areas for doing this on the Côte Vermeille is at [La Réserve Naturelle Marine de Cerbère-Banyuls](#). It covers 6.5km x 2km of coastline between L'Île Grosse and Cap Peyrefite. Since its creation in 1974, 650 hectares of sea have benefited from protection. Visitors must adhere to strict regulations ([details on their website la-reserve-marine-cerbere-banyuls](#)). It's best approached by boat if you're lucky enough to have one. There are two designated mooring areas at Cap l'Abeille and l'Anse de Peyrefite.

From the beach at Peyrefite, between 1st July and 31st August, you can explore the sentier sous-marin. Underwater information panels helpfully describe the five eco-systems you'll visit in this 250m stretch.

Sail or motor further south to Port Bou and beyond, where the cliffs become truly dramatic, and you'll find several tiny, almost invisible bays with fine shingle beaches and, on calm days, lovely swimming.

One entrancing sight can be an **octopus (poulpe)** jet-propelling itself away from you or undulating over seabed or rocks – changing shape and colour as it moves.



SEA CUCUMBERS (concombres de mer) can be hard to spot and arguably less fascinating because they're usually horizontal and doing nothing! This one, however, has reared up – not in a display of cucumberly aggression but in order to spawn.



You may find yourself surrounded by spectacular shoals of little **BLUE DAMSELFISH (demoiselles bleues)**.



SADDLED BREAM (Oblades) might hang around the hull of your boat.



You're almost guaranteed to see other bream species, including pretty **SALEMA (salema)** in close-packed shoals working over the weeds and general gunge on the sea floor.



Some fish, like **RAINBOW WRASSE (girelle royale)** are more brilliantly coloured.

Occasionally **DOLPHINS (dauphins)** appear in the distance. Although you can't expect to swim with those, you can delight in a close experience with many other species that grace these warm waters.



Lesley McLaren is one of "The Warblers" – a group of natural history enthusiasts in the P.O. Photos by "The Warblers" unless otherwise stated.

www.mediterraneanpyrenees.com
Twitter @66warblers

OUT for THE DAY...

THANK YOU FOR

Musée des Instruments, Céret



Céret's Museum of Instruments and Music is once again in the news with its exciting new exhibition **'SUPERSONIC, EN QUÊTE DE L'INOUI'** (In Search of the Unheard Of).



This former hospital, next to La Capelleta, is home to an extensive and fascinating collection of musical instruments, accompanied by dramatic lighting, and evocative background sounds of music and life in general. A colourful backdrop of headaddresses, crafts, toys, fabric, and jewellery all serve to bring the highly innovative and eclectic collection of instruments to life.

From Saturday 1st July, MûSIC invites you not only to explore their impressive permanent collection of instruments and music culture artefacts from around the world, but also to voyage with them into a universe of imagination, magic and dreams this summer as the senses take centre stage in the new, temporary exhibition, **SUPERSONIC**.



As its name suggests, **'SUPERSONIC, En Quête de l'Inoui'** aims to shine a light on what has NOT been heard before, what has NOT been spoken about; extraordinary, exceptional, incredible! From piano makers to violin stringers, dream weavers and doers of the impossible, sound sculptors and artistic wizards... Oh yes, and you are strictly forbidden NOT to play!



MûSIC
MUSÉE DES INSTRUMENTS CÉRET

14 rue Pierre Rameil
66400 Céret
T (33) 04 68 87 40 40
www.music-ceret.com
contact@music-ceret.com

WINE CLUB

Wine tasting?

IT WOULD PRACTICALLY BE RUDE NOT TO!

As the grapes ripen on the vines, and the vineyards prepare for the 2017 vendanges, no visit to the P-O is complete without a spectacular drive through some of the villages and vineyards of the Roussillon and a tasting of the excellent wines which reflect the hot, sunny, windswept land from which they spring.



From July to September, why not join local oenology club Roots 66 on a discovery tour of some of the region's vineyards?

Each visit will be based on a different theme (biodiversity, fortified wines, wine and food pairing...), you will have a chance to chat with the 'vignerons', there will be nibbles (or a gourmet meal at Riberach; reservation required) and visits will be bilingual (French/English). Many of the smaller winemakers are included in the Roots 66 visits, so some great discoveries to be made - and a chance to support the hard working vignerons.

And at a cost of just **10€ per person**, (apart from some of the more in-depth workshop visits such as Riberach), it would practically be rude not to! So... *Bonne dégustation! Santé!*



Not to be missed! Workshop - *Accords Mets & Vin* with the Michelin-starred chef Laurent Lemal.

Discover the wine domaine - plus wine-tasting and the chance to sample a selection of both classic and unusual dishes to accompany selected wines. Just 30€ per person.

Friday 28th July and Saturday 26th August at Riberach/Belesta

Roots 66
MAISON INTERCONSULAIRE
1, rue Dr Pougault - 66460 Maury

06 28 28 43 23
vins.fenouilledes@gmail.com
Follow them on Facebook

For a full programme

ring, email, check out their Facebook
page Roots 66, or find it on our website at
www.anglophone-direct.com.

DOMAINE DE LA PERDRIX



LES JEUDIS DE LA PERDRIX

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20h30 - Picnic, BBQ

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Open all year round from Monday to Saturday
10h - 12h and 15h - 18h30 (19h30 from June to August)

Andre and Virginie Gil gave up life as Parisian restaurateurs in 1997 to make quality, environmentally respectful wine at a reasonable price in an 1830s wine cellar built from vineyard stones, hidden in the depths of old Trouillas. Quite a challenge. Twenty years on, from their modern and attractive air-conditioned premises on the road from Mas Sabole to Thuir, the Gil's passion, enthusiasm, energy and skill has paid off. **Domaine de la Perdrix produces no fewer than 16 delightful wines made from the many small and varied parcels of vines that the 'Perdrix' represents.**

SO WHY THE PARTRIDGE?

In fact, Andre returned to his roots.

In most of the villages of the Aspres there is a Rue Joseph Sebastian Pons, named after the early 20th century Ile sur Têt poet and artist - and Andre's Great Grandfather. It is his drawing of a partridge that has given the Domaine its name and that appears on many of the labels.

DOMAINE DE LA PERDRIX

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66300 Trouillas

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France' award, Clémence Giraud, 'Master de l'Organisation
Internationale de la Vigne et du Vin' and Elsa Meunier
(Supagro l'INRA) are your guides



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FOR A WINE TASTING DAY YOU WILL NEVER FORGET...

: Dalí, Céret and Around and About

We're back again in Céret, irresistibly drawn this time by the latest exhibition at the Musée d'Art Moderne - 'Eureka' by Salvador Dalí

At the age of seven, this eccentric Catalan painted his first picture and declared he wished to be Napoleon Bonaparte when he grew up. In fact, he grew up to be a world famous surrealist painter and sculptor.



© Pierre Argillet

In 1965, with great fanfare and pomp, Dalí descended on the sleepy, little town of Céret and **announced his engagement to his artistic muse, Gala.** Traditional Catalan bands and dancing, alongside the most important municipal representatives, were given the surrealist

makeover. Flourishes included a giant cardboard rhinoceros and a 2 metre skeleton, whose articulating arm offered flowers to the impressive (and impressed!) crowd.

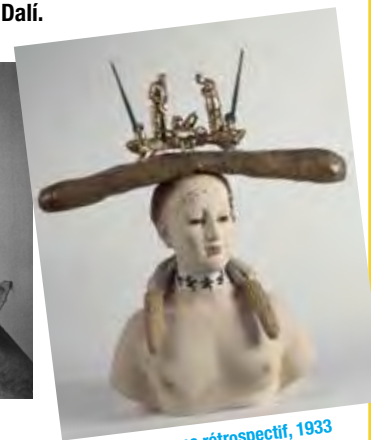
Dalí, arguably dubbed "the prince of Catalan intelligence", **is most famous for his revolutionary art and sculpture, revealing his sense of the absurd to be more absurd than most, but his curiosity extended to all aspects of science and engineering, Genetics, astrophysics, psychoanalysis.....**



Veston aphrodisiaque, 1936
© Salvador Dalí, Fundació Gala-Salvador Dalí / ADAGP, Paris, 2017



CBS morning Show (C), 1956
© Archives Halsman



Buste de femme rétrospectif, 1933
© Salvador Dalí, Fundació Gala-Salvador Dalí / ADAGP, Paris, 2017

MUSEE D'ART MODERNE, CERET

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DALÍ'S CATALONIA

If 'Eureka' leaves you desperate for Dalí, why not pop across the border and visit the 'Dali Triangle'? You'll probably need a couple of days to visit these three Dalí Museums, all within a 50 mile radius of each other. **The Dalí Theatre-Museum in Figueres, the Salvador Dalí House-Museum in Portlligat (Cadaqués) and the Gala Dalí Castle House-Museum in Púbol** are all kitsch, fantastic, and very different.

www.salvador-dali.org

Dalí, Céret and Around and About

TORKING CORKIN MAUREILLAS

From Céret, follow sign posts for Maureillas and cross this pretty Catalan village surrounded by cork oaks, for an enjoyable and informative hour at the Musée de Liège, dedicated to cork. This fascinating little museum is unique in Europe, and presents what was once the main village industry. From tree to finished cork, there are videos, ancient machines and tools, mini-sculptures in cork, cork art and furniture.....and the **biggest cork in the world; 2,40 metres high with a diamètre of 1,30 metre. Love to meet the bottle of wine that fits the cork!!**



ART IN SAINT-MARTIN DE FENOLLAR

From the Musée de Liège, head for Le Boulou, and left onto the D900 Le Perthus - Le Boulou road, looking for a rapid left turn over a ford signposted for the tiny chapel of St Martin de Fenollar. The first written record in 844 tells us that the chapel once belonged to the Abbey of Arles sur Tech whose monks used it for meditation and dipping into the nearby thermal waters.

Decorated with spectacular 12th-century frescoes, which probably would have covered every wall top to bottom, the chapel was abandoned

and used as a barn, then restored in the mid 1900. Today, the frescoes are acknowledged as the best Romanesque wall paintings in Roussillon.

Their colours are few. Glowing ocre, red and green, so favoured by XII century artists, dominate.

Centuries later Picasso and Braque were said to be much inspired by them. Miraculously many survived despite several scenes behind the altar being lost due to an ill placed farm door. Nevertheless, in the vaulted ceiling, Christ in Majesty is surrounded by angels bearing the symbols of beasts representing the evangelists and above the altar is Mary the Virgin.

GETTING HIGH IN LE PERTHUS

Back at the main road, turn right for Le Perthus, and as you enter this typical border town, turn right for the 17th Century Fort de Bellegarde, once Spanish, now French. The lorries on the motorway take on dinky toy proportions as the road winds upwards. Built by Vauban, and standing guard over both north and south Catalonia, this massive fort has walls of sixty-two metres high, and six metres



thick, a well sixty-three metres deep, the deepest in Europe, and **views to take your breath away.** Unspoiled, made safe but not restored, wander round the ramparts or visit the chapel, barracks, small museum....

Open daily from June to September but check in advance on 04 68 54 27 53



A 10 minute downhill walk leads you to the Col de Panissars. In 71 BC, Pompey had a monument constructed there to commemorate his victories over the unruly Spanish. The foundations were discovered in 1983 beneath the remains of the Benedictine Abbey of Ste Marie des Panissars. Delightful walks and strolls spike off in all directions, including the cycle path which will take you all the way to Girona if you're feeling sporty!

OUT *for* THE DAY

**Dalí, Céret
and Around
and About**



GO JUMP IN A LAKE AT SAINT JEAN PLA DE CORTS

Back down to earth, head full of history, incredible views, and culture overdose, it's time for a bit of pure fun and relaxation. Head back towards Le Boulou, following signs for the 'Plan d'eau' of Saint Jean Pla de Corts to arrive at the perfect spot for picnics, summer swims, 'pieds dans l'eau' dining at La Guinguette, lakeside strolls, shimmering reflexion of Mount Canigo in the smooth waters of these twin lakes, one immaculately landscaped, the other a water sport and occasional fishing lake.

It's already well worth the small entrance fee of 2,50€ per car, to park in the spacious car park, but there is 'telesking' on the small lake and around the large lake, there is tranquility on one bank... and family fun on the other. Aquatic action, electric pedalos, bouncy inflatable games in and out of the water, lifeguards.....and an exciting series of increasingly difficult runs high up in the trees..... nets, ropes, zip wires, Tyrollean splash across the lake. It's suitable for 4 to 104 years olds so go on Gramps. Dare you!



OFFICE DE TOURISME INTERCOMMUNAL DU VALLESPİR
5 rue St Ferréol, 66400 Céret • 04 68 87 00 53
www.vallespirtourisme.com

FANCY A SURREAL DINNER PARTY?

Have you tried any of the off-the-wall recipes in the Dalí cookbook yet, 136 recipes over 12 chapters, specially illustrated by Dalí?

Published in 1973, and recently reprinted, 'Les Dîners de Gala' is "... uniquely devoted to the pleasures of Taste. Don't look for dietetic formulas here".

Even if you never make the extravagant and sometimes impossible recipes, it's worth buying for the artwork and photos! Treat yourself to Conger Eel of the Rising Sun, Frog Pasties, Veal Cutlets Stuffed With Snails, Thousand Year Old Eggs, or try one of his many aphrodisiac recipes. Sounds surreally delicious!!



**EUREKA
DALÍ**

24 juin - 1^{er} octobre 2017
Musée d'art moderne de Céret

www.musee-ceret.com / www.musee-ceret-expo.com



Philippe Halerman, CBS morning Show, 1956. Photographie, 33 x 27 cm.
Collection Halerman Archive, New York © Philippe Halerman/Archives Halerman.



Picasso

IN PERPIGNAN

AND OTHER VISUAL TREATS

with Henry Shaftoe

Salvador Dali was not the only famous artist to make his mark in Perpignan (By the way, there is now a suitably wacky sculpture in Place Catalogne, to celebrate his presence in the town):



Dali lands it over Place Catalogne, Perpignan

Pablo Picasso spent a fair amount of time with friends in Perpignan, between 1953 and 1955. This fact is being celebrated in a blockbuster exhibition about Picasso at the newly refurbished and vastly extended **Musée Hyacinthe Rigaud** (until 5 November, open every day and additionally, during July and August: open Thursdays and Fridays until 21.00h).

After being closed for a massive makeover during the last three years, the Museum re-opens with a new entrance at 21 rue Mailly, having swallowed up a neighbouring historic building. As well as the Picasso exhibition, the permanent art collection will be back on display with classics from the 17th to the 20th centuries. (including paintings by one of my favourite artists: Raoul Dufy, who also spent time in Perpignan). This is all part of Perpignan's strategy of becoming a "city of arts and culture", which has also included the opening of the Modern Art Museum in the old Fine Arts College building at the bottom of Rue Foch and the refurbishment of churches and other historical buildings in the centre. Thus, while visiting the new Musée Rigaud, why not pop round the corner to the church of St Matthieu (12 rue Grande la Monnaie). It looks rather plain from the outside but the newly restored interior must be one of the most spectacular ecclesiastical sights in the whole of the P.O. region! Kitsch it may be (in a seventeenth century kind of way), but the sheer wealth of colour and decoration takes your breath away:

HYACINTHE RIGAUD AND LES TOILES DU SOLEIL

Named after **Hyacinthe Rigaud**, Perpignan-born royal portrait painter, the museum naturally exhibits many of the official portraits of the 17th and 18th Century; great paintings but rather austere and drab according to the style of the day. The iconic striped fabric makers '**Les Toiles du Soleil**' have taken 9 of these portraits and created a brand new design from their very colours, la toile 'Rigaud' - and it's far from sad!

Inspired by the iconic Catalan 'sanc i or', the blood and gold colours of Catalonia, the vibrant design of la toile de soleil is influenced by local colour; the Tech river, the Sardane, the traditional Catalan barque, the blues and greens of Med and Mountain.....and now the portraits of the Musée Rigaud.

If you don't have time to visit their colourful showroom in Saint Laurent de Cerdans, you can buy this fabric and associated accessories in the museum shop.



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Fabric RIGAUD specially created for the Musée Rigaud

A Load of Bull?

Publishing this article goes against everything I believe in. P-O Live is staunchly and proudly anti-corrida, and no amount of explanation will convince me otherwise. However, Peter Goonery of Céret couldn't understand how so many of the 'nice, gentle people' that he knows could be obsessed with this ancient 'sport' so in the interest of balance, we present the Corrida 'from the other side'.



One of the attractions for many of us when moving to this part of the world is to experience the different way of life and to enjoy the cultural differences between here and our home countries.

With this in mind I thought it would be interesting to find out more about the significant Catalan ritual of Bull Fighting. Like many incomers my instinctive reaction to the idea of bull fighting is one of disquiet but I wanted to understand the passion that many of my local friends have for it.

Interview with **Bernard Raviglione**,
President de
l'Association des Afficionados Céretans
by **Peter Goonery**
Interpreter: **Natalie Laulhere**

PG: How long has there been bull fighting in Céret and was it introduced from Spain?

BR: Two hundred years ago there was a wooden bull fighting ring in the Place de la Liberté, which was later moved to Place de la République. There were others in Arles, Amélie and Coustouges. Even earlier than that, local men and boys of the Vallespir would test their bravery and skill against bulls in the fields of the region. It was not brought over from Spain; but the more organised format that had developed in Spain was admired by the locals and adopted this side of the border. It is now considered to be an essential part of our Catalan culture and identity; and something we want to maintain and pass on to our children.

PG: When was the existing bullring built?

It was built in 1922 by a group of local people passionate about their culture, and in particular bull fighting.

PG: How many shows are there during the Corrida each year and how many people attend?

BR: There are 3 shows over the weekend and the arena can hold up to 3,500 people. The crowd is made up of 50% local people, about 15% Spanish and the rest are visitors from

south-west and south-east France. We do get a few visitors from other countries, including a British lord, who is the first to book his seats each year.

The annual event takes a huge amount of organisation. The committee, of which I am President, meets on a weekly basis throughout the year to plan the event.

PG: Do you regard bull fighting as family entertainment? Is there a lower age limit for who can attend?

BR: There is no lower age limit and some families bring children as young as three years old to begin their introduction to this essential part of our culture. Everyone loves the spectacle, the music and the drama of the show.

PG: How many bulls are killed at the Céret Corrida each year?

BR: In each show 6 bulls are killed and over the weekend the total would be 16.

PG: Is the crowd supporting the bull or the toreros?

A good bullfight is dependent on both the bull and the torero. We want the bull to be a perfect physical specimen, brave and aggressive. We do not want to see a Torro Manso, a bull who is weak and unready for the fight. We want the torero to show his bravery and technique. The crowd is expert at appreciating every move and gesture from the fighter, and wants him to display control of the bull. We want the interaction between the two to be passionate and pure.

PG: Are the bulls from local farms?

BR: No. They are very carefully selected from a number of specialist breeders in Southern Spain and Portugal. The bulls are bred for their physical perfection and aggression, and the pedigree is highly valued and protected. They have a wonderful life before fighting.

What happens to dead bulls? Their carcasses are taken away to be butchered at the same place as farm animals, and the meat joins the meat sold in shops and supermarkets. It is not regarded as a speciality and there is no premium price placed on it.



PG: How long does a torero train before fighting?

BR: They start training and practising the techniques on smaller animals at the age of 13/14 years.

They will train for eight years at a specialist school, the most highly regarded of which is Madrid, and gradually build to be at their best in their late twenties and early thirties. In recent years the oldest fighter was 60. The skill and technique takes many years to perfect.

PG: Were you surprised when the Spanish Catalans banned bull fighting?

BR: No I was not surprised at all. It was a political decision to show Catalan independence from Madrid, its roots reaching back to the time of Franco when he took over bull fighting to increase his popularity.

PG: What would you say to the many people who feel strongly that bull fighting is a cruel and blood thirsty sport?

BR: I would ask them not to judge without being fully informed and educated on the subject. We do not watch to enjoy the killing of an animal but to appreciate a beautiful and honourable contest between a magnificent brave animal and a highly skilled and equally brave torero.

Putting it into Context

Each year billions of cattle are slaughtered for our food. Factory farming is often cruel and inhumane - pigs, cows, chickens and sheep are slaughtered in their billions to make burgers and chicken nuggets as cheaply as possible. Millions of other animals are killed for fur. In contrast, around 200 bulls are killed in France each year.

TEST your FRENCH

Tongue Twister

Répétez trois fois
La grosse cloche sonne

Useful Expression

Je dis ça, je dis rien.

Just saying!



2 FOOD GLORIOUS FOOD!

Match up the useful expressions

- | | | | |
|---|----|---|---------------------------------------|
| Il en fait tout un fromage | 1 | a | The game is up! |
| Les carottes sont cuites | 2 | b | He always joins in uninvited |
| Occupe-toi de tes oignons | 3 | c | Get lost! |
| J'ai du pain sur la planche | 4 | d | He's making a scene |
| Il ramène toujours sa fraise | 5 | e | Stop being so ungrateful |
| C'est un dur à cuir | 6 | f | He wants to have his cake and eat it! |
| Il veut le beurre et l'argent du beurre | 7 | g | Mind your own business |
| Va te faire cuire un œuf | 8 | h | He's sloshed |
| Arrête de cracher dans la soupe | 9 | i | I've got a lot on |
| Il est beurré | 10 | j | He's a tough guy |

Attention!

Actuellement = *right now, currently*
je travaille actuellement à Perpignan
(I am working in Perpignan at the moment)

Use 'en fait' or 'en effet' to express 'actually'

En fait, je ne l'ai jamais rencontré (Actually, I've never met him)

Language Tip

How do you do it?

Most adverbs just add -ment (or -ement)

Lentement - slowly
facilement - easily
agréablement - pleasantly

BUT *bien* - well
mal - badly
vite - quickly
couramment - fluently

Riddle

**J'étais hier et je serai demain.
Qui suis-je?**

Aujourd'hui!

See Page 86 for answers

3

FILL IN THE BLANKS

(watch out for the red herring!)

L'administration, c'est un cercle...1. Saviez-vous que pour 2. un appartement ou une 3., il faut ouvrir un 4. en banque? Et pour 5. un compte en banque il 6. avoir une adresse. La vie est bien 7..

a compte b compliqué c vicieux d maison e louer f ouvrir
g faut h compliquée

4

My Bottom is surrounded by Noodles!

Can you find the English equivalent of these French expressions, several of which are rather odd if you translate them literally?

- | | | | |
|------------------------------------|----|---|---------------------------------------|
| J'ai les jetons | 1 | a | She made her point |
| Vous avez le cul bordé de nouilles | 2 | b | I'm a bit slow on the uptake! |
| Il a un poil dans la main | 3 | c | I won't last long (eg falling asleep) |
| Elle a enfoncé le clou | 4 | d | You're lucky |
| Je suis un peu long à la détente | 5 | e | He's lazy |
| C'est une poule mouillée | 6 | f | He's a coward |
| Tous les 36 du mois | 7 | g | I'm frightened |
| Je ne vais pas faire long feu | 8 | h | It kills two birds with one stone |
| On n'est pas sorti de l'auberge | 9 | i | We're not out of the woods yet |
| Ça fait d'une pierre deux coups | 10 | j | Never |

Blague Bête

Even the French have trouble with genders!

Regarde maman, un mouche !

Ce n'est pas un mouche, mon chéri,
c'est une mouche.

Ah bon?!? WAOH ! Comment as-tu fait
pour savoir que c'était une femelle?!?
(mouche - fly)



Being polite!

Vous (te) serait-il possible de + infinitive
Could you possibly..... ?

Eg Vous serait-il possible de me rembourser (would it be possible to give me a refund?)

Merci!

It's always nice to be thanked.....but how do you reply?

Je t'/vous en prie
You're welcome

De rien

It's nothing

Merci à toi/vous

Thank you

C'est moi

(qui vous remercie)
It is I who thank you

Pas de quoi

Don't mention it

Tout le plaisir est pour moi.

My pleasure

C'est tout naturel

c'est normal

It's only what you'd expect

In French speaking Canada...

Bienvenue

You're welcome

Ah non!
Encore une blague bête (where does she find them?)

Comment appelle-t-on un steak qu'on ne voit pas?
Un steak haché!

(you might need to think about this one for a while :-)

AMÉLIOREZ votre ANGLAIS

OH-LALA

1 O IS FOR OH!

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

- | | | | |
|----------|----|---|--|
| oath | 1 | a | eccentric person |
| overdraw | 2 | b | take more money than credit |
| offhand | 3 | c | formal promise |
| ours | 4 | d | bird of prey |
| orderly | 5 | e | fish eating water animal |
| oyster | 6 | f | thoughtless or casual |
| otter | 7 | g | shellfish, with pearl if you're lucky! |
| ouch! | 8 | h | exclamation of pain |
| oddball | 9 | i | neat and tidy |
| owl | 10 | j | belonging to us |

2 Trouvez le bon adjectif pour compléter ces comparaisons connues

- | | |
|-----------------------|-----------------------|
| 1 As ___ as a coot | 6 As ___ as a fox |
| 2 As ___ as a bee | 7 As ___ as the hills |
| 3 As ___ as a mule | 8 As ___ as a bat |
| 4 As ___ as an eel | 9 As ___ as a mouse |
| 5 As ___ as a feather | 10 As ___ as brass |

a quiet b slippery c busy d stubborn e blind f old g cunning h light i bald j bold

Attention!

- AT** six o'clock
IN the morning
 (but **AT** night)
IN summer
AT the weekend

Ask a Lawyer!

A man goes to see a lawyer:
 - What is your fee?
 - 250 euros for 3 questions.
 - Wow, isn't that a bit expensive?
 - Yes, what's your third question?"

Tout le monde connaît
 'thank you'
 mais saviez-vous que vous pouvez
 également dire...
 ...Ta!, ...Thanks, ...Cheers, ...Much obliged,
 ...you're too kind, ...I owe you one
 ...et pour être poli, bien sûr, il faut répondre...
 ... don't mention it, ... my pleasure,
 ... no problem, ... any time, ... not at all,
 ... it was nothing, ... I'm happy to help

See Page 86 for answers

3 Trouvez la bonne définition

- | ENGLISH | | FRENCH |
|----------------|---|---------------|
| rental | 1 | a navette |
| drinking water | 2 | b canicule |
| shuttle | 3 | c volontiers |
| heat wave | 4 | d location |
| willingly | 5 | e eau potable |

4 Complétez les idiomes

- | | | |
|-------------------------|----|--------------------|
| I have a frog... | 1 | a ...will fly! |
| It's raining... | 2 | b ...my leg |
| Where there's a will... | 3 | c ...saves nine |
| And pigs... | 4 | d ...the bend |
| A stitch in time... | 5 | e ...as can't |
| There's no such word... | 6 | f ...in my throat |
| You are pulling... | 7 | g ...cats and dogs |
| Every penny... | 8 | h ...there's a way |
| Once bitten... | 9 | i ...counts |
| He is round... | 10 | j ...twice shy |

Maintenant, trouvez la bonne idiomme en français pour chaque phrase complétée parmi les suivantes

- | | |
|--------------------------------------|----------------------------------|
| a Quand les poules auront des dents! | f J'ai un chat dans la gorge |
| b Impossible n'est pas français | g Vouloir c'est pouvoir |
| c Chat échaudé craint l'eau froide. | h Mieux vaut prévenir que guérir |
| d Un sou est un sou | i Il pleut des cordes |
| e Vous me faites marcher | j Il est fou ! |

Good Advice!

Always borrow money from
 a pessimist. He won't expect
 it back.

(borrow – emprunter expect it back –
 attendre de récupérer qch)

Cheesy joke

What was left after
 the cheese factory
 explosion?

Debris

GINCIDENT

An accident that
 happens after drinking
 too many G&Ts

Eg I had a bit of a
 gincident yesterday
 when I fell off the table
 trying to pole dance on
 the parasol.

pole dance - danser à
 la barre verticale)

Language Tip

While/during/for?

While (pendant) + sujet
 While I was sleeping,
 he stole my gin and tonic.

During (pendant) + nom
 I often get up for a wee during
 the night!

(nb : On ne peut pas utiliser
 'during' pour exprimer une
 période de temps -
 eg during 2 days)

For (pendant/depuis) + nom
 (qui indique depuis quand,
 ou combien de temps
 un événement dure.)
 They talked for 2 hours.



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

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- 1 1c 2 3f 4j 5i 6g 7e 8h 9a 10d
- 2 1i 2c 3d 4b 5h 6g 7f 8e 9a 10j
- 3 1d 2e 3a 4b 5c
- 4 1f 2g 3h 4a 5c 6e 7b 8i 9j 10d
a4 b6 c9 d8 e7 f1 g3 h5 i2 j10

COLLIOURE, MATISSE AND FAUVISM

Your language challenge



In spring 1905, Henri Matisse landed in Collioure, searching for light and a new style of painting. It was in Collioure that he painted the famous Open Window, with vibrant colours and reflexions that did not fit in with the expected - vermillion masts of blue boats floating on pink waves below a sky of turquoise and pink. This unconventional use of colour provoked an outrage when Matisse exhibited Open Window, later in the year at the Salon d'Automne in Paris where audiences saw this painting and similar works by him, André Derain, their friend Maurice de Vlaminck, and others. It was reported that people scratched at the canvases in derision, and a critic, noting the presence of a Renaissance-style statuette in the centre of the room, joked "Tiens, Donatello chez les fauves" (Well, well, Donatello among the wild beasts). Soon, these artists were being called the fauves, and the exhibition room, le cage. The world glimpsed what art would be in the twentieth century as the fauves became the forerunners of free expression of colour. "When I put a green," Matisse was reported to have said later, "it is not grass. When I put a blue, it is not the sky." And so was born Fauvism.

Now put these French sentences into the right order to describe the text in French.

- a) Les œuvres de Matisse et ses copains ont été critiqués à une exposition à Paris.
- b) C'était ici qu'il a commencé à peindre avec des couleurs peu conventionnelles
- c) Cette nouvelle approche à la couleur a vu naître le fauvisme.
- d) Au Printemps, il y a cent ans, Henri Matisse est arrivé à Collioure, à la recherche de la lumière
- e) Il semble que des gens ont attaqué les toiles et ont comparé les artistes aux animaux sauvages en leur traitant de 'fauves'

1d 2b 3a 4e 5c

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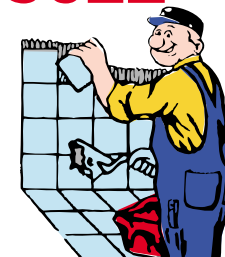
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