

spring 2021

# P-O Life

*Life in the Pyrénées-Orientales*

N° 69  
FREE / GRATUIT

*Amélie  
Palalda  
Montalba*  
**SPECIAL!**



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Coucou  
les amis,

The C-word has left many of us feeling discombobulated and a little blue - **but spring is in the air**, and not even the dreaded lurgy can stop the flowers from bursting into colour or the sun from shining through the cloud. Cautious still, but **we have the beaches, the sea, the lakes, the mountains, cycle paths and marked walks, pretty villages, perfect picnic spots, wine tasting...**

Between Covid and Brexit, many people have missed out on their slice of life in the P-O this year. **This special edition features Amélieles-Bains-Palalda**, who want you to know how very much they are looking forward to welcoming you back to the charming spa town.

Most of our advertisers have taken a bit of a smack on the snout this year. Many continue to support us in spite of everything. We are so grateful. **A big, big thank you from us to them. Please support our advertisers wherever you can so we can continue to print on paper.**

Spring is a great time for new beginnings and where better to begin than the Pyrénées-Orientales?

**Stay safe and well mes amis.**



Kate

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#### Impression:

ROTIMPRES (Girona): 13.000 ex.

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[www.tourisme-pyreneesorientales.com](http://www.tourisme-pyreneesorientales.com)

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# Banyuls circular: RUGGED COAST AND ROCKY RIDGE

A stunning 3 hour 6.5km coast walk combined with return via the hills. A reasonable level of fitness is needed as the walk has a number of ascents and descents.

The views over land and sea are superb. Walking boots essential and walking poles highly recommended. Much of route is yellow waymarked.



> Rugged coastline after Banyuls

## START

Park in Banyuls (free from October to March) and head to the Tourist Office on the promenade.



The original Banyuls aquarium was created in 1885 by the founder of the Arago Laboratory, Professor Henri de Lacaze Duthiers. It was a serious affair, based around education and science. Today the oldest on the French Mediterranean coast, the aquarium has undergone a state-of-the-art make-over. Still educational, still scientific - but also a whole lot of fun! Bright corals, octopus, eels, fish of all shapes, sizes and hues, an exciting glimpse of local underwater life in a milieu created with care, the fish are released back into their natural habitat when they grow too big for comfort in tanks.

## THE WALK

Walk in direction of Cerbère towards large white building (old Aquarium/Laboratoire Arago). Follow side of building and walk up way-marked steps at rear to pick up footpath behind building. Emerge on D914. Cross at zebra crossing to follow pavement to roundabout, turn right and continue briefly along road to entrance of Hotel Côte Thalasso. Cross back to coast side of road to enter footpath behind low wall beside a l'otissement (housing estate). Path descends to contour above a creek accessible to the white properties alongside.



> Views at first creek



## La Vieille Cave

Restaurant-Pizzeria

**04 68 88 39 86**  
12, rue Marius Douzans · 66650 Banyuls sur mer  
[www.restaurant-vieille-cave.com](http://www.restaurant-vieille-cave.com)

All dishes available for takeaway during Covid 19 restrictions

## Banyuls circular: RUGGED COAST AND ROCKY RIDGE

In 1870, Abbé François Rous, new Curé at the Chapelle de la Rectorie, took on the task of restoring and extending the small church. Money was tight, but with a firm business head on his shoulders, (and after tasting the local wine and declaring it delicious) he set up a network of Catholic contacts, to make it the communion wine throughout France, marketing it as 'œuvre du vin de messe'. When the railway reached Banyuls, the naturally sweet Banyuls wine was soon being drunk in some of the best restaurants in the land.

As the money rolled in, he was able to donate funds to other needy causes including a young and talented artist called Aristide Maillol. Later, to express his gratitude, Maillol was to paint the curé's portrait, hanging today in the Abbé Rous wine cellar.

In 1879, the venture was banned! A victim of his own success, our clever curé was proving to be too much competition for the local vigneron!



Join broad track at far side of creek. Follow, taking right fork at junction, to emerge at small parking area near water pumping station (30 mins from start).

Continue past the building. **Footpath descends quickly into a valley and climbs up the other side.**

Continue along way marked path, turning uphill away from the sea.

Emerge at top to look across bay towards viewpoint.



**Oops - you now have to descend to sea level and climb up the other side!** Follow narrow stoney path down to bay then walk up broad track from beach to quickly find **yellow way marking post**.

**Turn left** uphill to reach the car park with viewpoint and table d'orientation beside D914 (1h 30 mins from start).

Look across the **bay of Peyrefite** (site of marine national park/sentier sous marin) to Cerbère in the distance.

### SEA WARMING UP A BIT?

Did you know that a swim around the Réserve Naturelle Marine de Cerbère-Banyuls to discover the underwater fauna and flora can be accompanied by a commentary - with a special snorkel that transmits good quality sound by bone conduction - through the teeth! Bone conduction was actually discovered by Ludwig van Beethoven. He was almost completely deaf but managed to hear the piano through his jawbone by attaching a rod to his piano and clenching it in his teeth, bypassing the eardrums and 'transmitting' directly to the cochlea.



The next section of route has no way marks, except at start, but is on well defined paths. **Walk 20 paces down D914** (direction Cerbère). Carefully crossroad where white, angled waymark on roadside indicates start of narrow path. **This reaches a double track after 20 metres.** Follow track uphill to pass below mast, ignoring track to right.



> Coll de Gran Bau

Just after mast, the track ends to continue as a footpath. Continue along ridge and eventually drop down to double track. **Turn right to reach crossroads at Coll de Gran Bau.** Cross the tarmac road and strike diagonally uphill on narrow footpath rising from corner of track on other side of road. Climb steadily to reach ridge.

### Did you know that the first successful industrial strike by women in France took place in Cerbère?

A difference in width between Spanish and French railway tracks meant that goods had to be unloaded and reloaded onto different wagons when they crossed the border. As oranges used to be one of the most important imports, women called "transbordeuses d'oranges", used to carry out this unloading and reloading, carrying baskets weighing 15 - 20 kilos. In February 1906, poor pay prompted a strike which continued on and off until December. when a group of militant women who had been refused employment in favour of more 'pliant' workers, lay on the track. The train carrying 'scab' workers stopped just in time, the women received an extra 50 centimes per wagon load, and the militants were offered equal employment rights!



*Banyuls circular:*  
**RUGGED COAST  
AND ROCKY RIDGE**

High above Banyuls, the little white chapel of Notre Dame de la Salette catches the first rays of the sun as it rises out of the bay. The chapel was built by Bonaventure Reig, staunch Catholic and owner of Mas Reig, on his return from a pilgrimage to La Salette in Isère where the Virgin had appeared to two young shepherds, hence its name.



> Notre Dame de la Salette

Footpath continues along ridge to meet yellow way marked routes at **Col de la Creu (275m)**. Turn right to descend. Reach a tarmac road and descend 200 metres to another road. Turn right and pass **Torre d'en Pages**.



> Torre d'en Pages

Way marked route leads down into village of **Puig del Mas** and from there down to the river, across a bridge to turn right and **return to Banyuls**.



No problem finding refreshments as the town has many restaurants and cafes, and there's always something open, even out of season. Try **La Vieille Cave**, particularly if you love pizza and pasta, but with something on the menu for everyone, and sample some of the local speciality wines in one of the oldest wine producing areas in the world. **Markets are held on Thursday and Sunday mornings.**



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**PRICE: 410 000 €**



**BANYULS SUR MER:** A stone's throw from the beach, in a very quiet area, superb renovated south-facing apartment with approx. 90m<sup>2</sup> living space and a 16m<sup>2</sup> panoramic terrace. 2 bedrooms. **Unique in Banyuls!**

**PRICE: 699 000 €**



**SOREDE:** Superb 184m<sup>2</sup> detached house on 1325m<sup>2</sup> land, 11 x 4m pool, summer kitchen and self-contained apartment. Outstanding views over the Albères. 4 bedrooms (master bedroom ensuite), fitted kitchen, 60m<sup>2</sup> living room with fireplace, 23m<sup>2</sup> sitting room with terrace.

**PRICE: 394 000 €**



**BANYULS SUR MER:** Large, private detached 3-bedroom villa, 120m<sup>2</sup> living space on 900m<sup>2</sup> of beautiful land. Large living room with fireplace and stunning open views. 2 terraces, utility room, 2 cellars, 2 WC. Pool possible.

**PRICE: 138 000 €**



**VILLELONGUE DELS MONTS:** Comfortable 3-bedroom village house in the heart of Villelongue. 85m<sup>2</sup> living space over 3 floors. Bathroom (shower, bath & WC), separate WC, living room, kitchen & dining area, easy parking, 14m<sup>2</sup> terrace.

**PRICE: 138 000 €**



**BANYULS-SUR-MER:** Comfortable 1st floor apartment in secure residence, with sea view. Apartment in good condition but some modernisation required. 49m<sup>2</sup> with 1 bedroom, living room, loggia, kitchen & pantry, bathroom and separate WC.

**PRICE: 360 000 €**



**LAROQUE DES ALBERES:** 97m<sup>2</sup> traditional detached villa on 580m<sup>2</sup> land with superb views over the Albères. 3 bedrooms, living room with wood-burning stove, south facing veranda, 40m<sup>2</sup> workshop, 17m<sup>2</sup> garage, wine cellar, 5 x 2.5m spa pool.

**Contact us to successfully market your property now!**

**2 agencies at your service:**

Place de la Mairie, LAROQUE-DES-ALBERES  
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+33 (0)4 68 39 20 94  
[laroca@live.fr](mailto:laroca@live.fr)

*Banyuls circular:*  
**RUGGED COAST AND ROCKY RIDGE**

**WALTER BENJAMIN (1892 – 1940)**

German, Jewish, fierce critic of Nazism, Walter Benjamin is posthumously cited as one of the twentieth century's greatest philosophers.

Moving from Paris as Hitler rose to power, he fled south, first to Marseille then Banyuls, as the Germans swept into France.

From Puig del Mas, the old village of Banyuls, he crossed over the mountains to Port Bou with a local guide. Short of breath, bad heart, a heavy smoker, he nevertheless carried with him a large briefcase containing the manuscript of his last book.

In a small hotel in Port Bou, he learnt that the Spanish government had ordered the police to return refugees to France. In utter despair, anticipating being handed over to the Nazis, he took his own life.

Ironically, his death certificate, naming him 'Benjamin Walter', masked his Jewish origins, and he was buried in the actual cemetery instead of the area reserved for non-Catholics and unbelievers.

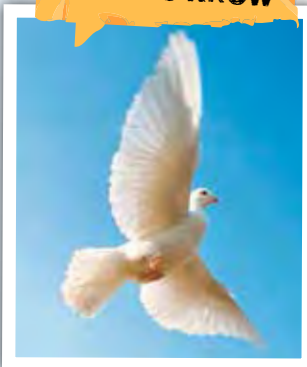


**PENTECÔTE (WHITSUN) IN FRANCE 24TH MAY 2021**

Did you know that 'Whit Monday' comes from the white robes worn on Pentecost by those who have been newly baptised? Fifty days after Easter, this moveable feast celebrates the descent of the Holy Spirit amongst Jesus' Apostles.

In 2005, following the deaths of an estimated 13,000 elderly people during the heat wave of 2003, President Chirac changed its name to 'Solidarity Day' (Journée de Solidarité), and asked workers to work this day with no pay, their wages to be collected to assist the elderly and people with disabilities. Oh là là. After several years of demonstrations, with the majority of the French work force resolutely sticking to their guns and remaining at home, Lundi de Pentecôte was reinstated as a public holiday in 2008.

**DID YOU KNOW**



For all our Dutch-speakers...



Buying or selling a property in France?

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**Ria-Sirach €109,000**  
Ref: 119357 - Fantastic riverside 3 bedroom property with garden.

Agency fees to be paid by the seller. DPE: Ongoing



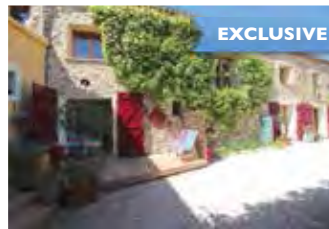
**Perpignan €192,600**  
Ref: 119124 - Loft style apartment with independant studio, located in a period building in the heart of Perpignan.

Agency fees to be paid by the seller. DPE: B



**Espira-de-Confient €378,000**  
Ref: 95722 - Modern 4 bedroom house, swimming pool, garage and garden plus unspoilt mountain views.

Agency fees to be paid by the seller. DPE: D



**Fuilla €378,000**  
Ref: 100229 - Beautiful renovated house with large terrace, garden and 3 self catering apartments.

Agency fees to be paid by the seller. DPE: C



**Vernet-les-Bains €550,000**  
Ref: 117753 - Beautiful property set in 4000m<sup>2</sup>, with pool, separate cottage and views of the Canigou moutain.

Agency fees to be paid by the seller. DPE: D



**Ceret €249,000**  
Ref: 117020 - 2 Bedroom luxury apartment within a Catalan farmhouse with communal pool, garden and sauna.

Agency fees to be paid by the seller. DPE: N/A



**Banyuls-sur-Mer €524,700**  
Ref: 116320 - 4 Bedroom modern villa with far reaching views over the Pyrénées.

Agency fees to be paid by the seller. DPE: D



**Cabestany €504,000**  
Ref: 115309 - Beautiful 6 bedroom villa with pool. Quiet residential location, close to Mediterranean beaches (6km).

Agency fees to be paid by the seller. DPE: D



**Corneilla-de-Confient €108,000**  
Ref: 112789 - Fully renovated village house with garage. A perfect lock up and leave property.

Agency fees to be paid by the seller. DPE: G

Bent u Nederlands (sprekend), wilt u werken vanuit huis en ambieert u een carrière als makelaar?  
**DAN ZIJN WIJ OP ZOEK NAAR U! Neem vandaag nog contact met mij op!**  
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Not into walking too far?

# TAKE A DRIVE TO THE COL DE BANYULS



A stunningly beautiful drive (or a pretty steep cycle ride) of eight kilometres from **Banyuls centre will take you to the Col .**

From the Town Hall head towards the Maillol Museum, taking the Route des Mas and **follow the valley of the Baillaury.**



The twisting road rises through the steep vineyards until, at **361 metres, you reach the Col.** Stop there to enjoy the stupendous views: behind you **France and the Côte Vermeille**, ahead of you, Spain and the Bay of Roses.

The Col, marking the frontier between France and Spain, is immortalised in a huge oil painting hanging in **Banyuls Town Hall**. The dramatic scene depicted shows the good folk of Banyuls beating back the **attempted invasion of the Spanish troops of General Ricardos in 1793.**



There are two explanations for the fierce and successful defence. One version claims valiant French patriotism as the driving force, the other, (a rather more likely one), supposes that should the Spanish have won, the widespread smuggling between Spain and France by the local fishermen/pirates would have been stamped out...

For a good two centuries the fishermen of Banyuls had supplemented their income by trading illegally in sugar, tobacco, rice, cloth and leather. Indeed Maillol's beloved grandfather was one such fisherman.

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

A small monument bears witness to their plight and reminds us that not everyone who crossed the frontier there had the luxury of merely admiring the view.



Either on the way there or back, a visit to the Maillol Museum is well worth the minor detour, and the cost of a ticket. It is small and concentrated with displays of his best works as well as an insight into his life. His large thighed ladies tumble in the Tuileries in Paris and his 'Jeune Fille Allongee' relaxes on the seafront of Banyuls. His tomb lies beneath his beautiful 'La Mediterranee' sculpture in the garden of the museum. A sculpture of Dina Vierny, aged 17, his last muse and model, and one of the "passeurs" who guided refugees to safety during the Second World War, stands beneath the huge jacaranda tree behind the town hall. The museum is run by one of the artist's great grandsons.





# EMPÚRIES

## GETTING THERE

Head across the border (when legally possible) to La Jonquera and on towards Figueres. For the scenic route, leave the Nationale and follow signs for Rosas, turning off a little before towards San Pere Pescador, and on to Saint Martí. Alternatively, stay on the main road and follow signs for L'Escala.

In a dramatic setting on the Med, lies the fascinating archaeological site of **Empúries**. You can't park inside the actual ruin but if you **park in L'Escala**, a tree lined, beach side promenade (**Passeig Maritim d'Empúries**) provides an easy and attractive walk to the ruins and on to the tiny, immaculate **village of Sant Martí** for lunch in the pretty square. A parallel cycle path means that you can also cycle or rollerblade the path.



**If you don't fancy the walk, you can drive close by and park. Follow signs for 'Ruines d'Empúries'**

This important archaeological site was hidden for centuries until **excavations began in 1908**. They continue to this day and you may well see archaeologists in action on your visit.

**Empúries** comes from the Greek 'Emporion' meaning market place or shopping centre.



**Founded by the Greeks in the 6th century BC**, and later occupied by the Romans, this **was a prosperous part of the Costa Brava**, the crossroads of several trade routes, with natural harbour offering shelter to visiting trade

vessels. It was **abandoned in the 3rd century AD and disappeared beneath the dunes**.

Part of the Greek harbour wall has survived for 2000+ years and is still visible in the sea.



Explore the old market, the **agora**, the holy area where the temples stood, **altars, priceless mosaics, marble and paintings, the drainage systems, an old factory, and the basilica** for a fascinating insight into the history of the area and its desirability to foreigners even then.

Many of the most valuable pieces found at the dig are now kept in Barcelona and Girona, but reproductions stand in their place.

There is a **small museum** included in the admission price of **six euros for over 16s**, but if you don't want to fork out the admission, the walk itself is a pleasure, and you still get great views of the site.



**FREE ADMISSION ON THE FIRST SUNDAY OF THE MONTH FROM OCTOBER TO JUNE**



# Le Tour de France

This year stage 15 of the Tour de France kicks off on the 11th July in the P-O's very own Céret, the first return to the Pyrénées-Orientales since 2009. How exciting is that?

Stages 13 and 14 on the 9th and 10th July will cover 220 km between Nîmes and Carcassonne, then 184 km between Carcassonne and Quillan respectively. Arriving in the P-O, riders will cover 192km, all the way up to the finishing line in Andorra, going through Prades, Villefranche de Conflent, Font Romeu and a number of smaller villages en route.

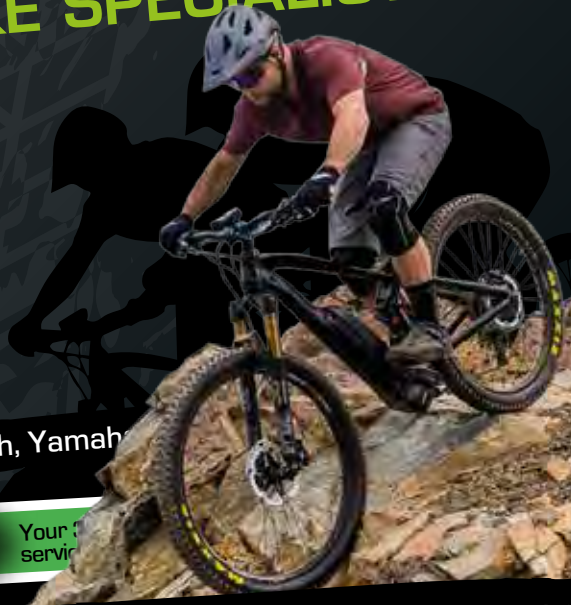


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## THE HISTORY

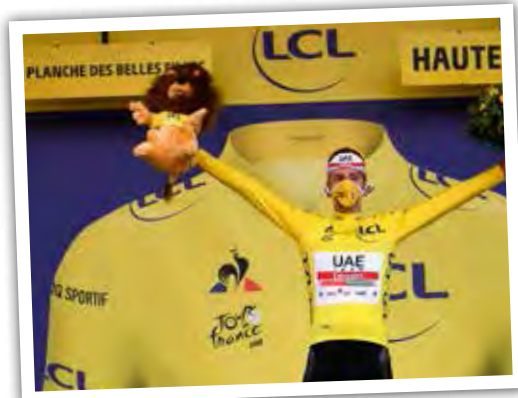
Now the epitome of French sport, culture and identity, the **Tour de France first started in 1903**, born from a rivalry between two French sporting newspapers. French army officer, Alfred Dreyfus, was convicted (but later exonerated!) of selling military secrets to the Germans.

**The political scandal rocked 19th century France and caused a rift between board members of Le Vélo**, the largest national daily sports newspaper of the time. The disagreement ran so deep, that a faction broke away from the paper and established a new paper, l'Auto (now called l'Equipe).

**The new paper's editor, Henri Desgrange**, was an avid cyclist. When l'Auto did not prove to be the success everyone was hoping for, the board decided to try something groundbreaking and launch a cycling event, as a marketing ploy to increase sales.

Rumour has it, Desgrange was hesitant but the paper's financial director opened up the company safe and told Desgrange "Take whatever you need."

**The first race was held on 19th January 1903, and has run every year since, except during the two World Wars.**



## THE MODERN EVENT

Firmly established as the world's most famous long distance cycling competition, the **Tour de France is made up of 21 days of racing and 2 rest days.**

The gruelling route of around 3,500km changes each year, with riders climbing, descending and sprinting around different areas of France. **One year the circuit is clockwise, the next anti-clockwise**, always finishing with a celebratory parade along the Champs-Élysées in Paris.

According to sports reporter, **Christian Prudhomme**, the P-O mountains "are as tough to climb as they are tricky to descend"! Good luck lads!



Established in 2003, our multilingual team covers the Pyrénées-Orientales (66) and Aude (11) regions. We are dedicated to providing our international clients with the best service possible thanks to our extensive knowledge and experience of the market.

**Looking to buy or sell your home? Contact us now!**



**FOURQUES AREA - REF: VH996-PRICE: 169,000 €\***

Character 2-bed village house offering 113m<sup>2</sup> of living space, set over 3 floors. The outside space of 300m<sup>2</sup> offers a patio, garden, garage and beautiful mountain views. Set in a quaint hamlet, and lovely countryside environment, at a 20 minute drive to Thuir.

\* Agency fees to be paid by the vendor—DPE: Viègre



FXCI JSIVF

**PERPIGNAN - REF: PR290 - PRICE: 345,000 €\***

Superb town house at only a 5 minute walk through the city's main park to amenities, restaurants, shops... Offering 2 units so potential rental income or to welcome friends and family. Outside a lovely semi-covered terrace.

\* Agency fees to be paid by the vendor—DPE: Viègre



FXCI JSIVF

**AGLY VALLEY - REF: DH1007 - PRICE: 525,000 €\***

Lovely 4-bed villa offering 155m<sup>2</sup> on 3 levels + 38m<sup>2</sup> of annexes. Set on a 1096m<sup>2</sup> plot with garage and pool, nestled in a lush Mediterranean forest with beautiful dominant views and situated at only a 20-minute drive to Perpignan and the sea!

\* Agency fees to be paid by the vendor—DPE: C



**LAROQUE-DES-ALBERES - REF: DH987 - PRICE: 530,000 €\***

Spacious villa in a sought-after location, offering 195m<sup>2</sup> of living space with a total of 6 bedrooms, 4 bathrooms, large open plan lounge/kitchen/dining area. Garden, terraces and pool, with lovely mountain views. Ideal holiday or permanent home!

\* Agency fees to be paid by the vendor—DPE: C



FXCI JSIVF

**THUIR AREA—REF: SP416—PRICE: 798,000 €\***

Historic farmhouse set on 1.5ha surrounded by orchards. Renovated to the highest standard the property offers a main 8-bed unit of 415m<sup>2</sup> plus an independent 2-bed apartment. Large heated pool, bar area, gym, jacuzzi, car port, garages and 2 barns to convert.

\* Agency fees to be paid by the vendor—DPE: D



FXCI JSIVF

**COASTAL AREA— REF: SP419—PRICE: 2,600,000 €\***

Luxurious Catalan farmhouse surrounded by vineyards with 360m<sup>2</sup> of living space that can be divided into 2 independent units. Set on over 8 acres with stunning landscaped garden, outbuildings, terraces, lawned areas and a 15x6m heated pool...

\* Agency fees to be paid by the vendor—DPE: Viègre

P-O Life

P-O

# ARTS EXPO

Picasso, Dali, Matisse... the P-O have inspired a wave of great artists across the centuries and continue to do so in modern times.



Whether it be the iconic **Collioure bell tower**, the **cobbled streets of Céret** or any number of other beauty spots, this magical region is an artist's dream.

Covid 19 restrictions over recent months have caused visitors to think twice about attending exhibitions so we've invited local exhibiting artists to take part in our own **P-O Arts Expo...** with amazing results.

There is so much local talent. If and when you feel it is appropriate for you, please do get out there and support local artists, so hard hit by the sanitary crisis.

But for now, sit back, make yourself comfortable and enjoy the **fantastic work of Anita Abram, Suzanne Dunaway and Irena Gapkovska.**



## Anita Abram

Inspired by the works of Monet and Van Gogh, **Anita Abram's art reflect the colours and light that are so unique to the P-O.**

Working in mixed media of watercolour, ink, and acrylics, she turned her passion for the arts into a small business after retirement.

She warmly thanks all the local friends for their support and encouragement, including visitors and friends from the **Café des Artistes.**



Email: [anitajabram@aol.co.uk](mailto:anitajabram@aol.co.uk)  
[www.anitaabramart.co.uk](http://www.anitaabramart.co.uk)

## Suzanne Dunaway



**Suzanne Dunaway** creates when she has to, when there is simply no alternative but to roll out of bed in the morning, stand before a white canvas and imagine the unimaginable.

**She arrived in Collioure 36 years ago**, drawn to a village made famous by Matisse and Derain. The town may have changed, the beauty has not. An artist's dream.

Email: [suzdunaway1@gmail.com](mailto:suzdunaway1@gmail.com)

Irena Gapkovska

Irena Gapkovska has lived and worked all over the world. She had a successful studio in her adopted home of Miami and still runs a busy studio in her native home of Skopje, Macedonia. Now living in the P-O, she also has a studio in central Perpignan which is open to visitors under normal circumstances. As well as producing her own art, she teaches up and coming talent and has trained over 400 students, many of whom are now successful, professional artists.



Gapkovska's works are sensual and emotive, celebrating the joy of human movement by combining precise anatomical drawings with expressive, spontaneous strokes of colour. Inspired heavily by nature, the seasons and the cycle of life, she redefines the spiritual Byzantine tradition with her unique, modern approach.

## Spring 2021 Exhibition: Portraits Chimériques

This exciting new project is a collaboration between Gapkovska and French artist and poet, Christian Bardet.



Inspired by a tree in Bardet's garden, the pair have created a dialogue between Bardet's photographs and poems and Gapkovska's paintings, reflecting both what they see and what they imagine.

More information coming soon!

17 rue des Marchands  
66000 Perpignan

Email : gapkovskaart@yahoo.com  
Website: www.ngoartstudio.fr  
Facebook: NGO Art Studio

# Here's to LE VALLESPIR ... Cheers!



After a winter of confinement and curfew, aren't we all looking forward to letting our hair down outdoors, with care? And where better than **the Vallespir**? Hiking, biking, canyoning, tree climbing, teleski, paddle, canoe, paragliding are just some of the activities on offer.



## LAY YOUR HEAD

Consult our accommodation brochure to plan for your next stay.

You will find all the **information you need on B&Bs, gites, hotels, and campsites** on our website at [www.vallespir-tourisme.fr](http://www.vallespir-tourisme.fr) - and hosts who are already looking forward to welcoming you this season.



## DINE

Our restaurants are adapting really well to this horrible health crisis by **offering take-away and socially distanced dining**. From pizzas, crêpes and snacks to local, traditional cuisine, world and gastronomic catering, **eating out in the Vallespir will still be a pleasure**.

Check out the **interactive map** on our **Facebook page** at [www.facebook.com/OTIVallespir](https://www.facebook.com/OTIVallespir) or **visit our home page** where you can also **download our special brochure 'Nos restaurants à domicile'**.

Dishes to suit every taste thanks to our partners! **So go on, treat yourself, place your order!**

**FANCY WATCHING A FEW VIDEOS BEFORE YOUR VISIT TO REMIND YOU WHY EVERYONE LOVES THE VALLESPIR? CHECK OUT OUR OTI VALLESPIR YOUTUBE CHANNEL.**



## EVERYBODY LOVES A MARKET!

Have you tried the **local produce**? Délicieux! Olive oil, honey, all things cherry, jams, wine, beers....Find them all at our local markets, delicatessens - or direct from the farm!



**CÉRET: Sat morning**  
More than 170 stalls in the historic streets and a feel-good market atmosphere of smells and sounds

Small but charming....  
**SAINT-JEAN-PLA-DE-CORTS: Tues am**  
**MAUREILLAS-LAS ILLAS: Thurs & Sat**  
**REYNÉS: Tues, Weds, Thurs** (Pont de Reynés)  
**LE PERTHUS: Thurs am**

## WALK

**Want to get away from the crowds?** From pleasant stroll to strenuous climbs, **try our 16 marked walks, with guide if required**. Download our free walking guide with detailed itineraries of great walks throughout the Vallespir ([vallespir-tourisme.fr](http://vallespir-tourisme.fr)) or pop into any tourist office for the booklet (3€).

## CYCLE

Ecological and free, ride the varied itineraries of the many bicycle paths and green ways, from completely flat to as steep as you like it! Forgot to bring your bike? **Ne vous inquiétez pas!** (Don't worry!) Just hire one here!

**Céret will also host the start of the 15th stage of the 2021 Tour de France, Céret - Andorre-la-Vieille! How exciting!** (see page 18-19)



## COVID19

*don't worry...be happy*

Your visit is important to us – **so is your safety**. All activities, restaurants, galleries, museums, shops and tradespeople will look after you with the strictest respect for the sanitary measures put in place against the spread of the corona virus.

## CONTACT

The Vallespir Tourist Office team is here for you, happy to help and answer any questions to make your visit to the Vallespir even better.

TEL: 04 68 87 00 53 SMS: 06 11 35 71 47

E-MAIL: [ACCUEILTOURISME@VALLESPIR.COM](mailto:ACCUEILTOURISME@VALLESPIR.COM)

Check us out on Facebook, Instagram:  
**#vallespirtourisme** or **@vallespirtourisme**, Trip Advisor  
[www.vallespir-tourisme.fr](http://www.vallespir-tourisme.fr)



# VERY CERET

## Cherry Cocktail (vccc)



P-O RECIPES

It's Cherry Season!  
Céret is the undisputed cherry capital of the P-O, and probably the whole of France, its cherry trees the last of the spring fruits to blossom but the first to bear fruit. By May, the first cherries of the season are on their way to the President of France, and stalls, trestle tables, and rickety makeshift benches laden with the fruit appear on every street corner, splashing vivid colour around Céret, bringing with them the feel of early summer.

This year, the **Fête de la Cerise** is programmed to take place on the **22nd & 23rd May**, Covid19 permitting! This colourful weekend of stone spitting, music, dancing and entertainment in the streets is a **MUST to put into your diary for 2021**.

Of course, those delicious cherries are also available on trees and in shops so why not try our special and simple cherry slushie cocktail, a rather unprofessional result (skin an' all) of painstaking research over several warm and giggly evenings!

- INGREDIENTS** (serves 2)
- > 10-16 fresh cherries pitted
  - > Juice from 1 large lime
  - > 2 tsp sugar (more for a sweet tooth)
  - > Cup ice
  - > 1/2 - 1ltr water (to taste)
  - > 4 shots Vodka

- > Mix water, sugar and cherries in a blender until well combined.
- > Add ice, lime juice and vodka.
- > Blend until slushie.

*Tchin tchin!*





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# DOWN MY WAY

## OFF THE BEATEN TRACK IN

# PERPIGNAN

By ELAINE JACOBS



Why doesn't Perpignan's **Place des Poilus** thrive like **les Places de la Loge** or **Gambetta**?

It could be the name (**poilus** = hairies!); but more likely, it is because the former serves eastbound traffic and the underground car park in **Place de la République** — while the latter have been pleasingly pedestrianised.

Cinderella to the streets leading from **les Places Arago** and **Verdun**, with their pretty-in-pink marble pavements and shiny shops, **la rue des Augustins** feeds **Place Poilus**.

At first sight, it seems a rather down-at-heel thoroughfare, with its treeless pavements and some sad, shuttered premises. **But that is not the whole story.**

Alongside the plentiful superettes, the large and popular charity shop, the African hairdressers and the takeaways, **a goodly number of little gems deserves to be discovered by the intrepid and curious.**



The first in a series by **Elaine Jacobs of Perpignan**, taking us off the beaten track to visit some of the shops and restaurants, **the small and the quirky**, which you won't necessarily come across in your wanderings around the main tourist circuits.



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### WORD ORIGINS

Most people love a slow and leisurely stroll around the pretty towns and villages of the P-O, but did you know that the word 'saunter' may originate from the french 'à la sainte terre' (to the Holy Land)?

When pilgrimages were popular in the Middle Ages, pilgrims passing through France would tell people that they were heading à la sainte terre. These people became known to English speakers as sainte-terre-ers, then saunterers.

Of course, this is just one theory for the origin of the word, but it's a nice one!





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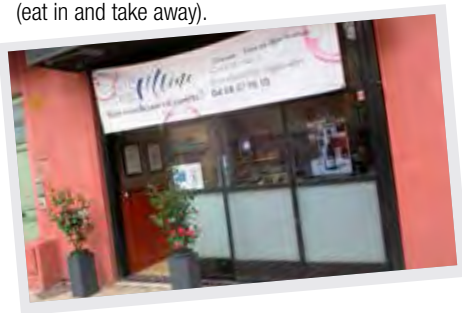




## DOWN MY WAY OFF THE BEATEN TRACK IN PERPIGNAN

### BUT LET'S START AT THE VERY BEGINNING....

New kid on the block is a classy new cave de vins, **Chic Choc Wine**, just opened at **No. 5, Place Poilus**. As well as serving the public, it will be providing liquid refreshment to the adjoining premises, which are being refurbished before opening soon as a pizzeria (eat in and take away).



**L'espéranto**, at **No 2**, is one of my personal favourites. Run by a hospitable husband and wife team, this **Lebanese restaurant** offers home-made, scrummy fresh pittas packed with satisfying vegan, veggie or meat goodies to eat in or on the terrace, or to take away. Delivery offered, via UberEats or Deliveroo.



You will find the highly rated poissonnerie, **Azeau Mireille**, on the corner of rue René Paratilla (No.5). During Perpignan's music nights, the friendly and helpful staff keep the doors open to serve delicious fish, seafood and wine at tables on Place Poilus.

### NOW LET'S TAKE A MOOCH DOWN LA RUE DES AUGUSTINS.

**Le Village** at **No. 48** is a convivial **bar/bodega** offering wholesome tapas and a good time all round, from 19.00 to 02.00 (normally). **During the confinement a hearty takeaway has been available every Saturday lunchtime.** Go to the FB page to see each week's delicious dish. Just across the road at **No. 39** can be found the



attractive **vegan/veggie restaurant, Bio Deux Anges**. Chef is passionate about the well-flavoured dishes he offers, and how he prepares them. Do talk to him when he reopens!

You will receive a warm welcome at **La Droguerie**, an **authentic Italian trattoria** at **No. 37**. While retaining the signage of the previous incumbent, it actually offers an ever-changing, short and well-priced menu of simple, fresh, home-made dishes.



The first time I dined there, I was disappointed that the smoked mackerel salad had disappeared from the menu. Although he didn't have all of the original ingredients, chef nonetheless rustled me up a special salad that absolutely zinged with freshness! No wonder it is so popular with the locals...

**If you have teenagers in the family**, you will need to know that the cool kids hang out at **Kyutea (No. 35)**. There they can choose from a large selection of bubble teas (which originated in Taiwan in the 1980s), smoothies and ice creams — while inspecting other merchandise and photos of popular bands.



Next door, **Senegalese Alicia** has recently opened a shop full of attractive coiled baskets of all shapes and sizes, which have come all the way from Dakar (she also sells fruit & veg to put in them). **Having spent a few years in Brighton, she speaks excellent English.**



**Across the road at No. 38**, you will find the glorious pâtisserie that is **Les Bêtises d'Emilie**. Not only does the delightful pâtissière bake scrumptious gâteaux, she will also **create your very own "bêtise"** (at two weeks' notice) — and speaks perfect English! Her years in England have paid off in other ways, too: she has recently started to offer scones (though no clotted cream, alas)...



**Cross back to the Bazar (sic) at No. 33**, which offers good value **"destockage"** - including suitcases, shopping trolleys, backpacks and electrical items. My Catalan-striped poussette was a snip at €18.00!

Follow your nose across the road to meet the grandfather of the street. **Le Torrificateur (No. 24)** is a **coffee shop and café**, owned and run for 25 years by the knowledgeable artisan roaster, grinder and table server, Patrice Burel, who has collected many enviable 5\* reviews. **Here's a taster:**



*"This was an unexpected pleasure... Coffee beans from around the world are roasted in a gas oven for 20 minutes at 210c then allowed to cool for at least another five minutes before being ready to grind. Smell was divine... Thank you mon ami. Ce fut un très grand plaisir."*

## DOWN MY WAY OFF THE BEATEN TRACK IN PERPIGNAN

*"Véritable expert de la torréfaction et du conseil client, à l'écoute de ses besoins. Accueil chaleureux, tout en poésie!"* ("Little" English spoken.)

Some of the ladies among us may have mourned the **departure of the clothes shop from the corner of rue de l'Ange and rue Paratilla**. But all is not lost! (**Macha**).



**Next door at No.19**, another new kid on the block is the **appropriately-named Help!** If you need somebody to solve a smartphone or computer problem, these go-to guys are open 10.00 – 18.00 non-stop, Monday to Saturday. ("Very little" English spoken.)



**Looking for a special gift?** Then get yourself down to **Art & Saveurs du Monde (No. 17)** and discover a veritable treasure trove: from Japanese jade eyebag rollers(!) to Portuguese olive oil; from Madagascan necklaces to Italian leather handbags; from horn beer mugs to exotic herbs and spices; from delicate ornaments to colourful throws... Enthusiastic hosts, Yvan and Josy, will guide you to the perfect choice. Recent arrival at **No. 2** (turn left at the bottom of



the road), **Chez Coco (Primeurs Epicerie Fine)** presents local fresh fruit & veg as if they were works of art! Other assorted produce includes dried beans & lentils, wines and teas.

*Perpignan is full of hidden treasures... don't miss out*



by sticking to the well-trodden paths. As Robert Frost enigmatically wrote:

**"But I chose the one less traveled by — and that has made all the difference".**

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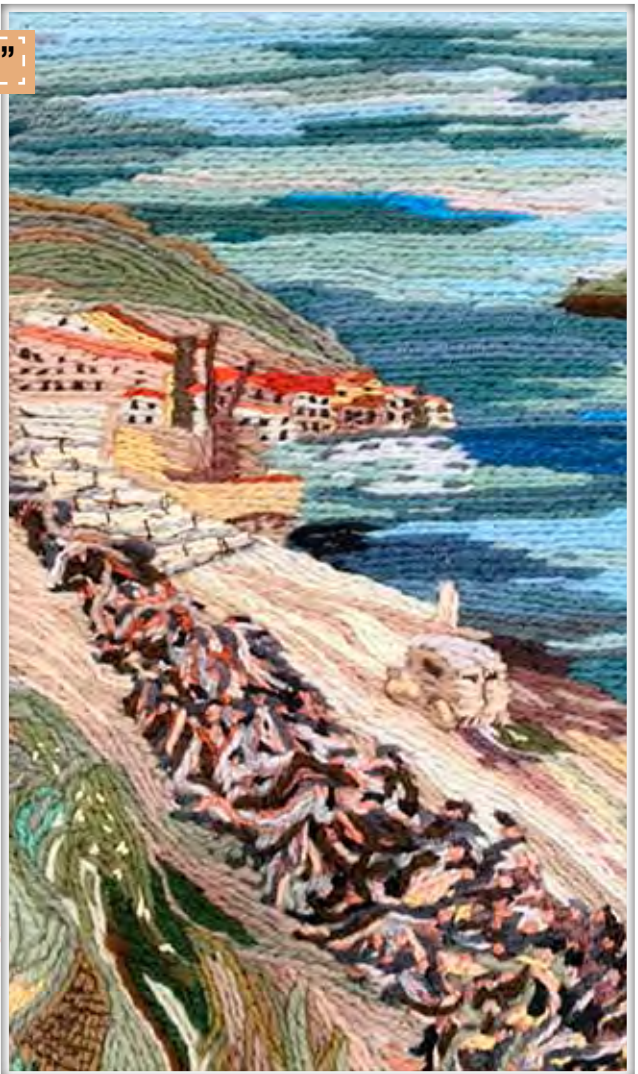
# The GREAT Port Vendres TAPESTRY AS SOCIATION



“Every picture tells a story”

### THE ASSOCIATION

The **Great Port Vendres Tapestry Association** was born from a shared love of Port-Vendres and its fascinating past. Formed in 2015, its aim was to create a large tapestry to celebrate the history of the town, to ‘give back’ something to the place that members had come to love.



### THE ‘EMBROIDERERS’

The **first** panel, the Port-Vendres coat of arms, was started in **October 2015** with only 2 embroiderers! By the end of the project, there were 16, **from England, Ireland, Russia, Scotland, the U.S.A. and France** itself, sharing tea, cake, chat, culture and language exchange over 200 Wednesday afternoons, with much ‘homework’ in between.



Some had never held a needle and thread in their lives. **Luckily one of their members was an embroidery teacher!**

**DID YOU KNOW** that famous local artist Maillol had a tapestry factory in Banyuls-sur-Mer? The stitching in the tapestry panels is very similar to tapestry produced there.

### THE TAPESTRY

Lovingly rendered in colourful detail, **the finished project of 21 panels, each 70 cm<sup>2</sup>, was framed and gifted to the town of Port-Vendres in 2020**, and will be on display to the public once a permanent home is found. Travel through time, from pre-history volcanoes to the modern port. Learn of the Romans, their sunken ships in the harbour, Hannibal's journey over the Pyrenees, Nazi atrocities as they retreated from Port Vendres.....



*“There is a therapeutic aspect to it. Being creative, doing things with our hands, is so important to us as humans.”*

Check out their website at [www.port-vendres-tapestry.com](http://www.port-vendres-tapestry.com) for postcards and a book written by members about the great Port Vendres Tapestry Adventure! (to be published in spring 2021)



*“It makes me feel part of something worthwhile.”*

# SEALED WITH A KISS?

Oh là là. Are we on the verge of a kissing catastrophe? The age old French tradition of 'la bise' and the 'poignée de main' (handshake) hang in the balance as the French government advises the nation to 'saluer sans serrer la main et arrêter les embrassades'

And yet, it's second nature for the French to greet and take leave of family, friends, colleagues and even complete strangers with cheek-y kisses. They grow up with it. It's as natural as breathing, as normal as carrying a baguette home on a bicyclette - and a hard habit to break.

It seems that **la bise** goes way back to the Romans who greeted each another with 'basium' in the same way that the French font 'la bise' .

Over the centuries, the greeting has had a bit of a bumpy ride. **The Black Death in the 14th century killed it off completely, along with an estimated 40% of Europe.** It struggled to revive over the next

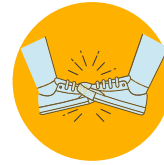


centuries, but was pretty much snuffed out again with the spread of prudish Victorian values around Europe, and didn't really make much of a comeback until after the First World War.

**Surprisingly, it was the bourgeoisie who most objected to la bise, believing it to be common, an opinion which lasted well into the mid-20th century.**

It wasn't really until after **the student revolt in 1968** that les Français of all ages and social backgrounds **started kissing on the cheek again.**

So what are the alternatives and will they be a temporary replacement or remodel the good old French kiss permanently?



**LE FOOTSHAKE**  
first one foot bump, then the other.



**ELBOW BUMP**  
le bonjour avec les coudes - elbow bump (but bear in mind that they might just have sneezed into their elbow following government advice!)



**LE SALUT VULCAIN DE STAR TREK**  
vulcan salute with raised hand and fingers parted in middle, accompanying the words '**Longue vie et prospérité!**'



**NAMASTÉ**  
slight bow, hands pressed together, palms touching, fingers pointing upwards, thumbs close to the chest.



**NAMASTÉ**  
slight bow, hands pressed together, palms touching, fingers pointing upwards, thumbs close to the chest.



**AIR KISS**  
from a distance and blowing a kiss

In Roman times, there were 3 different words for three very different kinds of kisses

The osculum - a closed mouth kiss on the cheek, hand or lips, between people of the same rank.

The suavium - erotic, tongue-in-mouth and said to be mainly used with "femmes de joies", known to day as the French Kiss.

The basium - a tender kiss to show affection between family and friends



# Kiss and Tell

What French speakers say about kissing and Covid

**VALERIE**

Le manque de contact avec les proches et les personnes qu'on aime nous donne l'impression qu'il manque quelque chose, on a besoin de se serrer dans les bras et on ne peut plus. J'espère qu'on re pourra un jour. Pour les autres personnes ça ne me manque pas, même je trouve que c'est mieux et plus hygiénique.

**JACQUELINE**

Au début du confinement j'ai cru que les salutations en France deviendraient comme en Angleterre, mais maintenant je ne sais plus. Ça me manque, de faire la bise à ma famille en France, mais j'ai de la famille aussi en Angleterre et là, rien n'a changé.

**MICHÈLE**

Ça complique bien la vie de pas mal de monde! Par contre, nous qui sommes retraités n'avons pas à nous plaindre par rapport aux actifs et tous ceux qui vont se retrouver sans travail! Pour ce qui est de la poignée de main et des bises il me semble qu'un beau sourire et un bonjour sont tout aussi bien et que nous ne manquons pas de politesse en faisant ainsi (je n'ai jamais été partisane des bises le matin en arrivant au travail et en repartant et à tout bout de champs! d'autant plus en hiver quand plus ou moins ça tousse de tout les côtés...). Par contre il est certain que le fait de ne plus se rencontrer les uns les autres est triste. Mais si cela doit porter ses fruits alors jouons le jeu. Et heureusement nous avons Skype!

## SEALED WITH A KISS?

**CHRISTINE**

Personnellement je suis un peu gênée de ne pas pouvoir saluer les gens que je rencontre. On a l'impression d'être mal élevé. Par contre en ce qui concerne ma famille, enfants petits enfants, nous continuons à nous biser tant que nous sommes pas en contact avec des personnes infectées.

**MARYLINE**

Nous ne craignons plus du tout d'être contaminés, et nous n'avons jamais eu cette crainte. Nous avons une bonne hygiène de vie et refusons de porter le masque.

## USEFUL VOCAB

- gênée >> embarrassed  
 ....de ne pas pouvoir >> not to be able to  
 saluer >> greet  
 mal élevé >> badly brought up  
 Par contre >> on the other hand  
 en ce qui concerne >> as far as x is concerned  
 tant que >> as long as  
 Le manque >> the lack  
 proches >> close family  
 il manque quelque chose >> something's missing  
 on a besoin >> we need  
 se serrer dans les bras >> to hug  
 on re pourra >> will be able to do again  
 ça ne me manque pas >> I don't miss it  
 mieux >> better  
 Nous ne craignons plus >> We no longer fear.  
 crainte >> fear (noun)  
 Au début >> at the beginning  
 j'ai cru >> I believed  
 les salutations >> greetings  
 deviendraient >> would become  
 Ça me manque >> I miss it  
 pas mal de monde >> quite a lot of people  
 retraités >> retired people  
 n'avons pas à nous plaindre >> we shouldn't complain  
 par rapport >> compared to  
 actifs >> people who work  
 tous ceux >> all those  
 Pour ce qui est de >> As for ...  
 la poignée de main >> hand shake  
 nous ne manquons pas de politesse >> we don't lack good manners  
 en faisant ainsi >> doing it like this  
 je n'ai jamais été partisane >> I've never been a fan of...  
 ça tousse de tout les côtés >> everybody's coughing  
 le fait >> the fact  
 les uns les autres >> each other  
 jouons le jeu >> let's play the game

## ....And English Speakers

**CATHERINE**

So happy to live without it! We moved to France 13 years ago as the culmination of a long love affair with the country, the climate, the food and even the people. The move has fulfilled all our hopes and dreams. We've even got used to dealing with the mysteries of French banks, the mountains of bureaucratic papers..... but the one thing that still made me flinch was la bise.

I accept that this shows up my inhibitions but it felt too close and too intimate kissing virtual strangers. I really tried but I know my body language was a give away sometimes.

Cuddling grandchildren is another matter and I will welcome that back.

I also miss shaking hands and will be happy to return to that but displaying a terribly British sense of personal space, I will wave goodbye to la bise very happily.

**BARBARA**

I just love giving the bises, mainly to people I know and like a lot. Not touching them is really hard. I have replaced it with a little Japanese bow holding my two palms together but it's just not the same! On the other hand, I remember my wedding day up in Brittany where 4 bises is the norm. It was the tradition for the guests (160 at mine!) to queue up and give the bride the bises. That made 640 bises in a row..... a bit too much!

Roman Emperor Claudius II wasn't against a bit of love, but actual marriage was forbidden in his army, as he believed that married men did not make good soldiers. Along came Saint Valentine, patron saint of lovers, but also of bee keepers, plague victims and epilepsy sufferers! (It's a hard job but somebody has to do it!) Anyway, according to legend, our Val, worried that soldiers would nevertheless abuse their Christianity by indulging in the sin of extra marital nooky, performed secret wedding ceremonies to encourage them to remain faithful Christians. Caught out by Claudius, he was imprisoned and later beheaded for his sins on February 14, 270 AD. Whilst his skull, crowned with flowers, is on display in Rome, other bits of him

can be visited at Whitefriar Street Carmelite Church in Dublin, Ireland, a popular pilgrimage to this day for those looking for love!





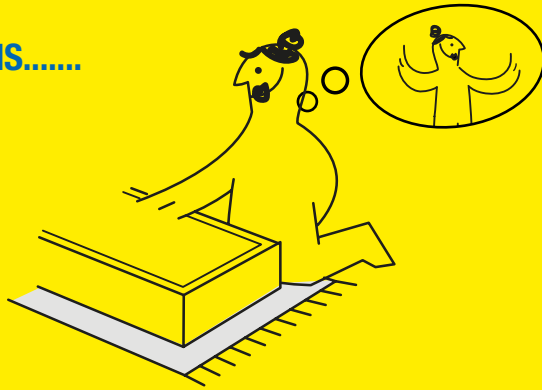
## TEST YOUR FRENCH...

and have a bit of a giggle at the same time



### UN PEU SEXISTE PEUT-ÊTRE MAIS.....

Une dame achète une armoire chez Ikea et décide de la **monter** toute seule, pour **montrer** à son mari qu'elle peut. Elle **suit** les instructions scrupuleusement et voilà, c'est fait. Elle **en est très fière**.



**Dehors**, dans la rue, un bus passe. Le sol vibre, l'armoire se met à trembler, et **s'écroule!** Oh là là!

La dame n'est pas **vaincue**. Elle reprend le montage, suit bien **les étapes** l'une après l'autre, **elle ajoute** même un point de colle ici et là... Et voilà, c'est terminé.

Le bus, qui **fait la navette**, repasse et **BADABOUM!** L'armoire **s'effondre**. Sacré Bleu! (à la Del Boy Trotter)

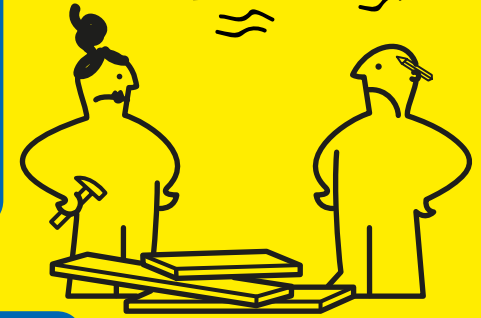
**Ça suffit**. Elle appelle le service après-vente Ikea qui lui envoie aussitôt un technicien. Il arrive, **pose sa sacoche**, laisse **son mégot** dans le cendrier et assemble **le coupable** en un quart d'heure. L'affaire est réglée.

Le bus repasse, le sol vibre, l'armoire tremble, et tombe en miettes.



"Mais....c'est pas possible" dit le technicien. Il recommence le montage, cette fois avec de la **colle super forte**, des **vis supplémentaires**, de grands coups de marteau... mais quand le bus arrive le sol vibre, l'armoire tremble, et **VLAN**, elle se retrouve en mille morceaux.

Le technicien se fâche:



"Oh là là là là là là là! Qu'est ce qui se passe? Je vais le remonter et **me mettre** à l'intérieur **pour voir ce qui se passe** quand ça vibre."

Et c'est à ce moment là que le mari rentre du travail. Il voit la sacoche, le mégot, et demande à sa femme: "**Tu me trompes?** À qui est cette sacoche? et ce cigare? Et cette armoire, c'est nouveau! **Ton amant est là-dedans?**" Il ouvre l'armoire. "**Qu'est-ce que vous foutez là?**" "**Ben**, vous n'allez pas me croire, mais j'attends le bus..."



## VOC

une armoire - *a wardrobe*  
 monter - *assemble*  
 montrer - *show* à son mari qu'elle peut.  
 Elle suit - *she follows*  
 Elle (en) est très fière - *she's very proud (of it)*  
 Dehors - *outside*  
 Le sol - *ground*  
 s'écrouler - *to collapse*  
 vaincue - *defeated*  
 les étapes - *the stages*  
 elle ajoute - *she adds*  
 fait la navette - *shuttle back and forth*  
 badaboum! - *bang*  
 s'effondre - *falls apart*  
 Ça suffit - *that's enough*  
 pose sa sacoche - *put down his bag*

son mégot - *cigarette end*  
 le coupable - *guilty party*  
 L'affaire est réglée - *it's sorted*  
 colle super forte - *very strong glue*  
 vis supplémentaires - *extra screws*  
 VLAN - *bang*  
 me mettre - *put myself (get in)*  
 pour voir ce qui se passe - *to see what's happening*  
 le mari - *the husband*  
 Tu me trompes - *are you cheating on me*  
 Ton amant - *your lover*  
 là-dedans - *inside*  
 Qu'est-ce que vous foutez là? - *What the hell are you doing there?*  
 Ben - *Well...*

# Restaurant REVIEWS

SPRING 2021



**Aie aie aie!** What a terrible year this has been for everybody and in particular **our poor old P-O restaurants!** Closed, open, closed, open, curfew, closed, maybe open...and as we prepare to go to print, with no firm date for a future opening, we have to express **our gratitude to those restaurants who continue to support us, despite uncertainty for their own future.**

Regular readers will know that we usually run reader restaurant reviews here but there hasn't been a whole lot to review over the past 6 months! Instead, we've chosen a few reviews from past years, reviewed objectively by you but chosen because of their loyalty to us! Fingers crossed that they are able to open again soon.

## LA VIEILLE CAVE

**Banyuls-Sur-Mer...with Fiona**

As the name suggests, this cosy, intimate restaurant is in fact **an old wine cellar, now combining the best of French, Catalan and Italian cuisine.** Tucked away in a tranquil side street, not far from the front, this friendly family affair offers tempting pizzas, an array of pasta dishes, plus meat and fish – as homemade as they come – and served piping hot. **Delicious!**



12, rue Marius Douzans  
66650 Banyuls sur Mer  
Tel: 04 68 88 39 86

## LA TABLE DU COIN

**Argelès Port...with Roz and Alain**

There are so many average restaurants on Argelès port in summer so **this one is worth seeking out for its delicious food and friendly service.** Standing a little bit back from the main line of restaurants, food is inventive, fresh, home made and beautifully presented with great house wines which say a lot about a restaurant. **Highly recommend.**



Port Argelès  
Tel: 04 68 55 46 54

## LOU GRILLADOU

Perpignan...**with Kate**

Just a couple of minutes walk from the train station, always busy and **recommended by the locals. Excellent 3 course lunchtime menu for 15,50** (or just 12€ for the plat du jour) and plenty of reasonably priced à la carte alternatives for vegetarians. Semi-gastronomic, Mediterranean-style cuisine, friendly service and clean loos. In fine weather tables spill out into a tree lined square. Free street parking nearby, if you can find a place.



7 Place Albert de Belgique, Perpignan  
Tel.:04 68 34 86 81  
[www.restaurant-lou-grilladou.fr](http://www.restaurant-lou-grilladou.fr)

## LA CAVE À FÉFÉ

Collioure...**with Susanne**

**Lovely couple, passionate about wine and so friendly.** We love this place and have really missed the pleasure of stopping off for a lovely glass of something, a nibble and the sweet company of Bea and Féfé. They also have the best gin I have ever had, and magical sea views. Hope to see you soon, masked and distanced! Collioure and wine. **It's win win.**



12 rue de la Démocratie  
66190 Collioure  
Tel.:04 68 37 80 66

## CASA MOMBASA CUISINE

Argelès Port...**with Philip**

With extremely limited options to celebrate a significant birthday for my wife (ie none!), **we hired Ami to deliver a restaurant experience in our home.** We couldn't have been happier! Ami was so easy to deal with all the way from menu selection (with huge flexibility), through to presentation and an overall wonderful experience. She is also an engaging, warm and funny personality so perfect to have in your home to enhance a **fantastic food and drink experience.** I have no hesitation in recommending her and her sister, you will not be disappointed.



6 Rue de la Republique, Argelès sur Mer (opposite the church)  
Tel: 06 17 54 90 62  
[www.casamombasa.store](http://www.casamombasa.store)



LES POISSONNERIES DE LA COTE CATALANE

Port Vendres...with Michelle

Seafood platters to eat in or take out, oysters, seafood and wine 'formules' from 10 euros and a delicious choice of fishy tapas will tempt you into the restaurant and pearl of a panoramic **Oyster Bar overlooking the bay!**

In the shop, shelves of seafood delicacies, condiments and wines, counters of fresh fish, seafood, soups, and prepared dishes, live lobsters and langoustines.....Smells like fun?

Pop in and enjoy.



Anse Gerbal – La Criée, Port-Vendres  
Tel: 04 68 98 46 00  
www.cotecatalane.com

L'AXURIT

Villelongue de Monts....with Malcolm

This place is about the food and the magical touch of Nico. I'm regularly disappointed when I order a steak but never here. Excellent quality meat, cooked to perfection and served with a delicious Morrel sauce. To start I really enjoyed the Aubergine and goats cheese mille feuille and the tiramisu ice cream to finish was lovely too. A really great evening of food from the 27€ menu. **I will be back.**



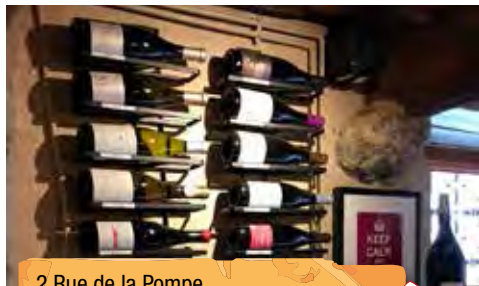
29 Carrer de la Marinada,  
Villelongue-Dels-Monts  
Tel: 04 68 89 89 28

CAVE LE CARRIGNAN

Laroque des Albères.....with several different people!

A fabulous place to meet up with friends both new and old.

**Cosy friendly atmosphere**, great beers, wines and tapas, and Peter and Anne are the perfect hosts. Laroque's hidden gem. **Best little bar in the P.O**



2 Rue de la Pompe,  
Laroque-des-Albères  
Tel: 04 68 56 83 01

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6 RUE DE LA REPUBLIQUE 66700 ARGELÈS SUR MER (OPPOSITE THE CHURCH)







# Ideas for EATING IN

The P-O region boasts some world class restaurants and whether you prefer a sea view or a cosy cheminée, in normal circumstances you're spoilt for choice.

Obviously Covid 19 has thrown a considerable spanner in the works. Disappointing for diners but potentially catastrophic for restaurant owners and staff. Amid the ongoing curfew and regional lockdowns, we think it's important to keep their names on the tips of our tongues, until such a time as our tongues can again revel in their culinary creations.

Those marked with a ★ have confirmed they are offering a takeaway and/or delivery service, but many others may also be doing so. So, don't be shy... show them some amour, give them a call today!



## ...ARGELES PORT

★ **La Table du Coin**.....04 68 55 46 54  
Open mid-February to mid-December ..... f: La Table Du Coin

## ...BANYULS-SUR-MER

★ **La Vieille Cave** .....04 68 88 39 86  
Restaurant-Pizzeria..... www.restaurant-vieille-cave.com

## ...CERET

★ **Bella Pizza** .....04 68 87 70 26  
Open daily (except Sunday lunch-time and Thursdays)

**La Praline** .....04 68 87 71 21  
Opposite Musée d'Art Moderne

★ **Quattrocento** .....04 68 87 15 60  
www.lequattrocento.net ..... Open 7/7 all year round

## ...COLLIOURE

★ **La Cave à Fédé**.....04 68 37 80 66  
Terrace bar, wine by the glasswww.cave-fefe-collioure.com

## ...ELNE

**Au Remp'Arts**.....04 68 22 31 95  
Open all year ..... www.remparts.fr

## ...LAROQUE-DES-ALBERES

**Cave Le Carignan**.....04 68 56 83 01  
Cosy Wine Bar... Belgian beers, wine at winegrowers' prices

★ **Café des Artistes** .....04 68 89 76 53  
GAA and rugby coverage, WiFiwww.cafedesartistes66.com

## ...MAUREILLAS

★ **Herman's Curry Truck**04 68 87 18 30 / 06 75 15 88 99  
Freshly made, take-away curries, etc..... order yours now!

## ...MONT LOUIS

**Le Dagobert**.....04 68 04 14 32  
Bookings recommended f: Restaurant-Le-Dagobert-A-Mont-Louis

## ...PERPIGNAN

★ **Frida's** .....06 16 97 10 29  
Vegan Cuisine..... Bookings recommended

**Lou Grilladou** .....04 68 34 86 81  
..... Closed Sat lunch-time, all day Sun and Mon eves

## ...PORT-VENDRES

★ **Les Poissonneries de la Côte Catalane**04 68 98 46 00  
Indoor Fish Market & Oyster Bar ..... f:facebook.com/cotecatalane

## ...SAINT CYPRIEN

**Le Pub à la française**, Village.....07 86 68 60 33  
Tapas, breakfast, music nights, etc..... f: lepubalafrancaise/

## ...SAINT GENIS-DES-FONTAINES

**L'Auberge des Albères** .....04 68 89 88 38  
Open all year ..... www.restaurant-auberge-alberes.fr

## ...THUIR

**Arbequina**.....04 68 34 46 64  
www.arbequina-restaurant.com ..... f: ArbequinaRestaurant

## ...VILLELONGUE-DELS-MONTS

★ **L'Axurit** .....04 68 89 89 28  
Home-made stir fries, pizzas etc. Take away/Eat inf: L'Axurit

**Le Soixante Six** .....04 68 68 08 31  
Bodega, Resto, Tapas, Take-away .. https://bodegale66.eatbu.com

## La Vieille Cave

Restaurant-Pizzeria

04 68 88 39 86  
12, rue Marius Douzans · 66650 Banyuls sur mer  
www.restaurant-vieille-cave.com

All dishes available for takeaway during Covid 19 restrictions

## La Table du Coin

Chez Marie et Patrice

Delicious meat and fresh fish cooked à la planxa

Open mid-February to mid-December

04 68 55 46 54  
58-59 Esplanade du Nouveau Monde  
66700 PORT-ARGELES

## L'Axurit

29 carrer de la Marinada  
66740  
VILLELONGUE-DELS-MONTS

04 68 89 89 28

COSY, INSIDE DINING AND TAKE AWAY

Home-made dishes, Stir Fries, Pizzas, Burgers ...  
3-course menu just 16,00€

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LES POISSONNERIES DE LA CÔTE CATALANE (ALIAS LA CRIÉE)

04 68 98 46 00 • www.cotecatalane.com  
facebook.com/cotecatalane  
Anse Gerbal - La Criée, 66660 Port-Vendres

# Gin & Prosecco Cocktail

## INGREDIENTS

- > 50ml gin
- > Plenty of sprigs of fresh mint
- > Slices fresh cucumber
- > Elderflower cordial or liqueur
- > Tonic/lemonade/Prosecco
- > Thin lemon slices to garnish
- > Ice

Crush the mint and some of the cucumber pieces in the bottom of a cocktail shaker or glass jug, and **stir, squashing down the mint and cucumber with the back of a spoon to release their juices.** Add a dash of elderflower cordial and the gin. **Fill up with Prosecco** (or cold tonic/lemonade). **Garnish with more mint and lemon**, close your eyes, and imagine you're in the Pyrénées-Orientales!

Santé

## TOP TIP FROM OUR GOURMET GURU,

SUZANNE  
DUNAWAY



Too much avocado dip left over from your apero?

Guacamole stays **fresh** if you **leave the stone in it** and it can be **frozen** if you cover the top very tightly with cling wrap and place it in a freezer Tupperware. To revive, just stir in a little lemon juice.



Café des Artistes  
Laroque - des Albères  
04 68 89 76 53  
www.cafedesartistes66.com

OPEN FOR COFFEES, LUNCH AND DINNER  
SHOW GAA AND RUGBY  
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QUATTROCENTO  
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Flame-cooked Pizzas  
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Catalan Specialities

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Place des 9 jets - 66400 CERET  
www.lequattrocento.net

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and sunny terrace!

BELLA PIZZA

Eat in or take away delicious Pizzas  
and Italian Specialities

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Tel. 04 68 87 70 26  
13, av. Michel Aribaud - CÉRET

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à Féfé

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• BEER  
• CHAMPAGNE  
• SPIRITS

12 RUE DE LA DÉMOCRATIE À COLLIJOURS  
04 68 37 80 66 - CAVE-FEFE-COLLIJOURS.COM

# Ordering A BEER....

Qu'est ce que vous avez comme bière?  
What kind of beers do you have?



Je voudrais.....I would like....

...un demi - a half

...une pinte/chope - a large beer

...une pression - draught

une bière....

....blonde - a lager

....blanche - pale ale

....brune - brown ale

....sans alcool - alcohol free

une panaché - shandy

## BEER MEASURES IN FRENCH AND THE OFFICIAL MEASURE NAMES...

12,5 cl = un bock

25 cl = un demi

50 cl = un distingué

1 lt = un parfait

2 lt = un sérieux

3 lt = un formidable

# Festivals AND TRADITIONS

EVENTS

## BANK HOLIDAYS

Don't count on getting much work done in May as the many bank holidays mean that school children (and teachers!) rejoice and tradespeople groan! Often extended into a long weekend if the holiday falls on a Tuesday or a Thursday, many businesses will **'faire le pont'** and take the Monday or the Friday off as well. (Major chains unlikely to do this.)

**1st May**

Fête du Travail  
May Day

**13th May**  
Ascension

**8th May**

Fête de la Victoire  
(WW2 Victory Day)

**24th May**

Pentecôte  
(Whit Monday)

**DON'T FORGET.....**

**Sunday 30th May**  
Mother's Day (Fête des Mères)

**Sunday 20th June**  
Father's Day (Fête des Pères)

## SANT JORDI

**April 23rd**

**THE ROSE:** According to the legend, when **Sant Jordi, Patron saint of Catalonia**, killed the dragon, roses grew from the ground where its blood had been shed.

**THE BOOK:** April 23rd is the anniversary of the death of two great writers, **CERVANTES (Don Quixote)** and **SHAKESPEARE**, so it was not by coincidence that **UNESCO** declared this date the International Day of the Book, a day to read, honour and offer books to friends and loved ones.



## FÊTE DE LA MUSIQUE

This national **annual festival** celebrates music in all forms and is open to anyone, professional and amateur, the good, the bad and the ugly. Hard to avoid on this day the vibrant sounds of salsa, string quartets and steel bands playing on street corners, jazz, rock, roll, and blues, garage folk, heavy metal, accordionists wandering among the crowds.....



## FÊTE DU MUGUET & FÊTE DU TRAVAIL

**May 1st**

Offer a little bouquet of lily-of-the-valley (muguet) to wish springtime happiness and good luck to friends for the **Fête du Muguet** on May 1st. This date is also the **Fête du Travail**, or Labour Day, historically a day of parades, protests and parties for workers to demonstrate or celebrate battles and causes fought and won. In the 19th century, demonstrating workers would wear a red triangle to symbolise 8 hours of work, 8 hours of sleep, and 8 hours of free time, later to be replaced by the lily-of-the-valley. May 1st officially became a public holiday after the eight-hour working day was introduced in France on April 23, 1919. (Muguet is also a useful word to know if you go to the chemist with an itch you just can't scratch as it also describes the medical condition, thrush!!)

# DESTINATION Port-Vendres !

Les Poissonneries  
de la Côte Catalane

## STATE-OF-THE-ART, INDOOR FISH MARKET

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OR BY PHONE :

+33 (0)4 68 98 46 00



facebook.com/cotecatalane

Anse Gerbal - La Criée, 66660 Port-Vendres

# Doctolib & video medical appointments

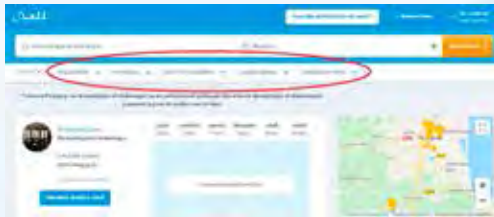
## LOCKED DOWN OR JUST FEELING A LITTLE VULNERABLE?

It is **now possible** to make appointments and **consult many doctors and specialists via video call**. In fact, 2 out of 3 video appointments take place within 24 hours (although this could change if it becomes too popular - don't tell everyone!). **You can also securely share and receive any documentation** linked to your appointment including analysis results, prescriptions and more.



### MAKING AN APPOINTMENT

Visit [www.doctolib.fr](http://www.doctolib.fr) to search for medical professionals by name if you already know who you're looking for, or by specialism and/or geographical location if you don't.



Once you have found your medical professional, simply click on them to be taken to their individual page, where you can make an appointment.

Simply **click on the available appointment** that suits you best, or click **'VOIR PLUS D'HORAIRES'** to see more options.

After selecting an appointment, you may be required to confirm that you are not a new patient and/or informed that for patients with Covid 19 symptoms, certain restrictions apply. These will differ depending on the professional you are going to consult.

Most medical professionals will want to see new patients in person for their first appointment, but **video consultations are encouraged for follow ups**.



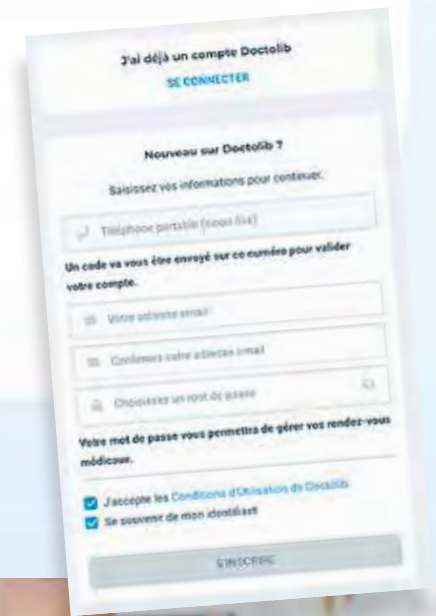
### REGISTERING

If you do not already have a Doctolib account, simply fill in your contact details (telephone number, email address, confirm email address and password) **tick the box to accept the terms of use - et Robert est ton oncle**.

A data protection notice then flashes up that you need to accept to continue with the process.

Once into your account, **provide requested patient information, or select 'AJOUTER UN PROCHE'** if you are filling in the form for someone else.

Certain medical professionals may have additional screening questions, Covid or otherwise. **that you need to complete before moving to the next stage.**



### PAYMENT DETAILS & APPOINTMENT CONFIRMATION

This is where you provide **payment details**, although **no money will be debited until the end of the consultation**. The usual reimbursements from your social security and mutuelle will apply.

For those who do not usually pay upfront for medical appointments, the doctor or specialist will not validate the payment at the end of the consultation.

Once you have confirmed your payment details, you will see a screen confirming your appointment. You will also receive confirmation by email and/or text message depending on the information you have entered.

### THE CONSULTATION

Ten minutes before your consultation, you will receive a secure link via text message.

The consultant will listen, look, explain what you need to do and provide necessary paperwork (prescriptions etc.) via email or your Doctolib account. They can also post you paper versions if you prefer.

Any notes and information will then be uploaded automatically to your Dossier Medical Partagé, if you have one set up.





# Local Lockdown Lovelies

**M**aintaining standards is vital in these troubled times. Who knows what this year may bring? We may find ourselves raising a glass with friends under a hot summer sun in a busy Mediterranean beach bar or huddled in a bubble behind a locked and shuttered door. The wise will be prepared for both with a suitable something always on hand to mark landmark events or a 'cheer-you-up' treat. Rather than relying on good luck and a last minute raid on your local cave, which may or may not be open, Covid permitting, stock up your bubble with essential items for special occasions.



WITH **TONY GOODMAN**

Here's a selection of good value personal favourites that will cover all bases and won't let you down.

## VIN DOUX

Sweet fortified Vin doux wines are increasingly being tuned to Anglo-Saxon palates. Perfect for a fireside discussion or poured over plenty of ice with a dash of tonic when its warm.

**Le Trésor De Valmy** • [www.chateau-valmy.com](http://www.chateau-valmy.com)

Chateau Valmy's premier class vin doux is almost impossible to describe. Gloriously refined, oak aged. Honeyed fruit, caramel and vanilla. The spice island **floral aromas are the opening bars of Khachaturian's Adagio of Spartacus and Phrygia.** The perfect special occasion aperitif. 59€



**La Perdrix Muscat de Rivesaltes**  
[www.domaine-perdrix.net](http://www.domaine-perdrix.net)

Rich and inspired. **It is supple enough to work well as an aperitif, with a Catalan cheese platter and spicy jambon.** Perfect match for a small bowl of chilled summer stone fruit. If so inclined it would be the ideal accompaniment to a contemplative evening on the terrace with a smooth Cuban. 24€



## VIN BLANC

Good quality white wine can be set aside, just ensure your lockdown reserve includes a cool dark corner.

**Chateau Valmy's Les Roses Blanches de Valmy**  
[www.chateau-valmy.com](http://www.chateau-valmy.com)

Pale Welsh **gold colour, nice hint of oak and vanilla.** A refreshing reminder of how well oak works with white wines in the hands of a master. **Roast chicken or grilled fish.** Considering the work involved 19.50€ is about right.



**Mas Christine Blanc** • [www.mascristine.com](http://www.mascristine.com)

**A showcase wine. Peach with a hint of Tahitian lime.** An alert crisp wine perfect with a seafood platter, cheese and with enough presence of mind to carry you from the pre-dinner apero, through the warm goat cheese and roquette salad entrée and well into a main course of free range roast chicken. Serve around 12°C. 12.50€



**Domaine LaFage Centenaire**  
<https://domaine-lafage.com>

Plenty of mineral and oyster shell. Citrus, white fruit. Produced from vines well into their tenth decade. **Perfect for a festive seafood platter or a shared dozen of local Leucate oysters.** Don't chill it right down. 12.60€ or less if you shop around



## VIN ROUGE

Our gong gathering red wines can easily go toe to toe with some of the best. Powered by our sun and increasingly BIO. There are almost too many choose.

**Les Orris Cotes du Rousillon 2017 BIO**  
<http://domaineboucabeille.com>

Domain Boucabeille wines are worth searching for or booking a cellar visit. **Lush ruby red in the glass. Structured and elegant, Rhonda Fleming in glass.** Plenty of red fruit. Friendly hints of vanilla and liquorice. A special occasion wine, will always impress. Serve 14°C. 27€



**Chateau Saint Roch Kerbuccio 2017**  
<https://domainesduroussillon.fr>

Profoundly red, **powerfully elegant reflecting the Agly Valley black schist terroir.** An impeccably mannered prowling panther of a wine. **Perfect for a celebratory Beef Wellington or a well seasoned Cote de Boeuf for two.** Gloriously drinkable now its power and structure will allow this to be laid down for five years if you insist. Let the wine breath for 30 minutes or so, serve at 14°C. 24€



**La Perdrix Le Charakter, 2016**  
[www.domaine-perdrix.net](http://www.domaine-perdrix.net)

An enormous red with plenty of Syrah panache. **Chocolate, liquorice and light honey highlights.** It has power and élan. **A superb match for any meat and game with a rich sauce.** It would not be out of place on Rules of London's wine menu. It will bring a hard charging à point Cote de Boeuf to heel. Perfectly drinkable now or can be laid down for 5 – 10 years. 24€



## ROSE

Rosé wines are not just light summer time quaffers. Increasingly they are the wine of choice for the top table. While table ready the better examples can be set aside for a limited time under the right conditions.

**Château de Corneilla Gris Gris 2017**  
[www.jonqueresdoriola.fr](http://www.jonqueresdoriola.fr)

Has the flexibility Tom Daly displays from the 10 metre board. **It will open proceedings with a refined splash and will close the evening with soft cheese, local fruit and a podium finish.** The Grenache Noir allows it to go toe to toe with a spicy Mexican or a Friday night Jalfrazi. Could be set aside for 12 – 24 months if you wish however it's delightful now. Chill it down to 10°C, chill the glass as well and you are good to go. 9.50 €



**Abbe Rous Curvee de Peintres 2018**  
[www.abberous.com](http://www.abberous.com)

An elegantly simple Rosé from nearby Collioure old growth vines. Grenache and Syrah provide a festive strawberry and grapefruit welcome while Mouvedre provides depth and a sense of direction. **Perfect for a Friday night Margarita pizza, a Saturday grilled Dorade or a Sunday seafood platter.** Chilled 8 – 10° C. 9.10€



## FIZZ

**Arnaud de Villeneuve Bel Or**  
<http://arnauddevilleneuve.com>

**Muscat d'Alexandrie and Muscat Petit Grain so plenty of lovely luscious PO peach and apricot.** Slight citrus finish. A well rehearsed performer that will never let you down. An excellent opening stanza with enough structure to match some thinly sliced lightly spiced Iberico Jamon. Serve 6 – 8°C Around 7 €

### DID YOU KNOW



### IT'S SIESTA TIME

In Ancient Rome, the hours of the day were counted from sunrise to sunset. Noon of the Roman day was six hours after sunrise. This sixth hour, (sexta hora in Latin), was nap time. As Latin developed into Spanish on the Iberian Peninsula, sexta became siesta.

# Fête de la SAINT JEAN



The curative powers of local herbs such as rosemary, thyme and verbena are also supposed to be 100 times stronger on the eve of Saint Jean.

Verbena in particular, and carlina (a type of thistle shaped like the sun) apparently act as an aphrodisiac, and if nailed to the door, protect from evil spirits and prevent 'mauvaises fées' (bad fairies) entering the house.

Animals were washed on that night to protect them from harm for the rest of the year, dew was gathered at dawn to cure illness, fires were lit to burn broken and worn out household items and to signal from village to mas to ermitage.

The flame is then carried down from the summit by volunteer runners, where it is met with music and celebrations and used to light the "Focs de Sant Joan" or "Feux de la Saint Jean", fires that have been prepared in towns and villages all over the region.

It finally arrives in Perpignan, at the Castillet, which is brought to life with visual projections and a spectacular firework display.

Celebrating the Summer Solstice of St Jean around the 22nd June, the "flamme du Canigou" is a symbol of peace and unity between the Catalan countries, a meeting of Catalans from both sides of the Pyrénées.

This flaming torch is kept throughout the year at the Castillet in Perpignan, carried to the top of Canigou and used to light the bonfire which can be seen all over the Conflent.

In the fifth century, the Church placed the longest day of the year under the sign of Saint John the Baptist, but despite, or maybe because of, its beginnings in Christianity, this date is linked with ancient practices and white magic.

Catalans would light bonfires to scare away the airborne witches, believing the flying embers to be witches fleeing the smoke.



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- Nous avons apprécié le soutien d'Artaxa, son amabilité et son professionnalisme. Nous recommandons ses services sans hésitation. *Mme M*
- I can highly recommend Artaxa Perpignan if you're selling your house in this area of France. I've never received such good service in this sector. Thank you! *Mr W.*
- Excellente agence, des personnes dynamiques et professionnelles. Ma maison vendue en quelques semaines. Merci, je recommande Artaxa. *Mr. R*
- Nous avons apprécié la disponibilité et la gentillesse d'Artaxa, qui a pris en charge notre dossier. On a su répondre à nos questions avec précision et honnêteté. *Mr et Mme U*
- At every point Artaxa exceeded my expectations! I feel very lucky that I could count on the professional and enthusiastic approach of their motivated team. *Mrs V-B*
- À recommander vivement! Pour la prochaine il n'y a aucun doute que l'on s'allouera les services d'Artaxa! *Mr. D*
- Artaxa went over and above the normal estate agency remit to help us sell our house. I highly recommend their professionalism. *Mrs S*
- We were very pleased to have an English speaking agent in Artaxa and to be able to get most of the documents in English. Definitely recommend them! *Mrs P*



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## SPRING 2021 by Robbie Shaw

As you might expect as we continue to suffer this pandemic, airline schedules are in chaos. Most airlines unveil plans, and end up having to change them due to changing lockdown and quarantine rules. As I am write this mid February, I am aware that it is likely to be quickly out of date. Hopefully it will provide you with some sort of guide but my best suggestion is to constantly monitor the airline websites yourself. It certainly has been a year like no other!



## FRANCE

### BEZIERS

Like Carcassonne, **Ryanair** has a free run at this small airport.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	2	RYANAIR From 4 June
EDINBURGH	2	RYANAIR From 2 June
LUTON	2	RYANAIR From 4 June
MANCHESTER	2	RYANAIR From 1 May
STANSTED	2	RYANAIR From 4 June



### CARCASSONNE

**Ryanair** remains the sole operator here.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
EAST MIDLANDS	2	RYANAIR From 1 June
EDINBURGH	2	RYANAIR From 1 June
MANCHESTER	2	RYANAIR From 3 May
STANSTED	2	RYANAIR From 3 May
CORK	-	RYANAIR
DUBLIN	2	RYANAIR From 1 May



## MONTPELLIER



**Easyjet** operate from both **Gatwick** and **Luton**. The latter only for a short period.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
DUBLIN	-	AER LINGUS
GATWICK	4-6	EASYJET From 28 March
LUTON	2	EASYJET From 29 June

## NIMES



**Ryanair** is the sole operator for P-O readers.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
LUTON	-	RYANAIR
STANSTED	-	RYANAIR

## PERPIGNAN

**Aer Lingus** flights from Dublin, but the bad news – 0600 departures.

If you are looking at high fares to P.O. check the rugby fixture list which could explain it, and try changing dates by just a few days.

As can be seen in the table below, **Perpignan** comes to life in the spring in normal years.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR From 2 June
DUBLIN	4	AER LINGUS From 1 May
STANSTED	2	RYANAIR From 1 June

## TOULOUSE / BLAGNAC

There tends to be more flights to Toulouse from UK regional airport in the winter due to skiing opportunities, with Andorra not too far away. **Ryanair** have re-introduced service to Edinburgh whilst **Manchester** will be introduced by both **easyJet** and **Jet2**. There are no plans for **British Airways** Heathrow flights.



FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	7	EASYJET From 1 May
EDINBURGH	2	RYANAIR From 3 May
GATWICK	9	EASYJET From 28 March
HEATHROW	-	BRITISH AIRWAYS
MANCHESTER	7	EASYJET from 28 March
	2	JET2 From 1 May
STANSTED	2	RYANAIR From 29 March
DUBLIN	3	AER LINGUS From 1 May
	2	RYANAIR From 28 March

Remember that these timetables are changing from day to day. This is only a guide.



Pilote: Air France 1234, on souhaiterait monter au niveau 330.  
 Contrôleur: Air France 1234, maintenez 290 cause bruit.  
 Pilote: Ah bon? Pourquoi cause bruit?  
 Contrôleur: Parce que si vous montez et que vous encadrez l'avion qui est au-dessus de vous au 310, ça va faire beaucoup de bruit et les riverains ne vont pas aimer...  
 on souhaiterait - we wish, to niveau- level maintenez - maintain encadrez - smash into au-dessus - above riverains - residents





## SPAIN

### BARCELONA / EL PRAT

As always a huge variety of flights to Barcelona, most of which run all year round, but with seasonal increases. **Quite a few changes.** **Ryanair** introduce flights from **Luton** and there are now four operators on the **Manchester route.** **EasyJet** have dropped the Southend service but added **Manchester.** **Vueling** have added flights from **Birmingham, Dublin and Edinburgh,** but **ceased Cardiff.** **Norwegian** have dropped their UK flights to **Barcelona.** **Jet2** no longer plan to service **Glasgow this year,** and oddly **Leeds-Bradford and Manchester** services do not start until September.

#### FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	5	EASYJET From 28 March
BIRMINGHAM	2	JET2 From 10 Feb
	2	RYANAIR From 28 March
	7	VUELING From 1 May
BRISTOL	7	EASYJET From 28 March
CARDIFF	2	RYANAIR From 1 May
EAST MIDLANDS	2	RYANAIR From 28 March
EDINBURGH	2	RYANAIR From 30 March
	4	VUELING From 1 May
GATWICK	16	EASYJET From 27 March
	2-7	VUELING From 18 Feb.
GLASGOW INT'L	-	JET2
GLASGOW PRESTWICK	2	RYANAIR From 30 March
HEATHROW	3-9	BRITISH AIRWAYS From 28/03
LEEDS BRADFORD	2	JET2 From 23 Sept.
LIVERPOOL	7	EASYJET From 28 March
	2	RYANAIR From 28 March
LUTON	7	EASYJET From 28 March
	3	RYANAIR From 4 June
MANCHESTER	4	JET2 From 9 Sept.
	7	EASYJET From 28 March
	2	RYANAIR From 30 March
	1-10	VUELING From 5 April
NEWCASTLE	6	EASYJET From 28 March
SOUTHEND	-	EASYJET
STANSTED	5	RYANAIR From 28 March
CORK	-	AER LINGUS
DUBLIN	7	AER LINGUS From 28 March
	1-4	RYANAIR From 19 Feb.
	7	VUELING From 1 May
SHANNON	-	AER LINGUS

## GIRONA

In the last couple of years there had been a big increase in flights to Girona. No doubt passenger confidence in the Boeing 737MAX will have taken a battering after two crashes, and the type being grounded for a considerable time. Boeing's woes are not just affecting the 737-MAX. Some of the older 737-800 (which Ryanair use) are having to go in for minor repairs known as 'pickle fork' repairs. **New Ryanair service is from Dublin, whilst Belfast and Southend have been dropped.**

Leeds based **Jet2** have a whole raft of flights, though most **do not start until early May.** However they have dropped both **Edinburgh and Glasgow** and **bad news for Belfast** is that both **Jet2 and Ryanair have no plans to operate the route this year.** Likewise, **no plans for TUI** flights from **Gatwick.**

#### FROM NUMBER OF WEEKLY FLIGHTS AIRLINE

BELFAST	-	JET2
	-	RYANAIR
BIRMINGHAM	2	JET2 From 28 March
BOURNEMOUTH	2	RYANAIR From 3 May
BRISTOL	2	RYANAIR From 28 March
DUBLIN	2	RYANAIR From 28 March
EAST MIDLANDS	2	JET2 From 28 March
EDINBURGH	-	JET2
	2	RYANAIR From 3 June
GATWICK	-	TUI
GLASGOW INT'L	-	JET2
LEEDS BRADFORD	2	JET2 From 22 May
LIVERPOOL	2	RYANAIR From 2 June
MANCHESTER	3	JET2 From 30 April
NEWCASTLE	1	JET2 From 2 May
SOUTHEND	-	RYANAIR
STANSTED	2	JET2 From 28 May
	2	RYANAIR From 28 March



# Is your financial planning on the right path?

- Are your financial arrangements designed to get the best from your capital?
- Are you paying too much tax on your investment income?
- With all the options for UK pension funds, which is the best for you?
- What will happen to your estate when you die? Can you reduce inheritance taxes for your heirs?

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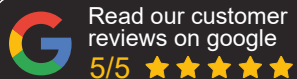
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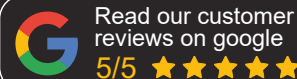


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Amélie  
Les Bains - Palalda - Montalba  
La Station Reine

# Amélie-les-Bains Palalda Montalba

**ALL IN ONE**

**CULTURAL HERITAGE**

**THERMAL BATHS**

**WALKS / HIKES**

**NATURAL HERITAGE**

**MARKET DAYS**

**RESTAURANTS**

**CASINO**

**LEISURE ACTIVITIES**





# Amélie

## VILLE DE CULTURE

Amélie, For 2021, **Amélie-les-Bains Palalda Montalba** is putting heart and soul into culture in all its forms - Covid permitting of course!

Keep an eye out for a rich and eclectic programme of major exhibitions, fairs, classical and variety concerts, recitals, lectures, and hands-on workshops....

How about a **guided tour of Amélie and the surrounding countryside**, a wander through the rich culture, art, history and heritage of the border town?

And 2021 also marks the inauguration of a new multi-faceted cultural area in the heart of medieval Palalda where you can meet **artisans and artists, discuss their works, find out more about history, heritage, tradition....**



### ALL CREATURES GREAT AND SMALL

For all you animal lovers, Amélie has **two animal refuges** caring for animals ranging from **guinea pigs to horses**. If you're looking for a pet, have a chat with 'Association Free-Don Spirit' and the 'APAA' who might have a cat or dog looking for a loving home. **Amélie's equestrian centre** has both dressage and show jumping arenas and you can take lessons or a more leisurely trek on one of their horses and ponies. To get here, take the riverside road past Palalda"



### MOVING TO FRANCE?

## Amélie

### MAKES IT EASY!

Worried about moving to France and being faced with the infamous French bureaucracy?

**Amélie-les-Bains** is working to make a move to this beautiful town easier than you may think.

**Contact the Mairie (04 68 39 00 24)** for details on drop-in sessions at the town hall for **English speakers**, helping you through the intricacies of French administration.

**Run by Ian**, who relocated to Amélie from Bristol three years ago, and has been through it all himself (**buying a house, applying for a residency permit, re-registering the car, entering the health system, launching self-employment, etc...**), you are very welcome to drop by (even if you've already been here a very long time!)

Find out too about schools and creches, the different sporting and cultural groups you can join, work, leisure, internet connection **-you name it, Ian knows it....and if he doesn't, you can be sure that he knows a (wo)man who can!**

# Je t'aime

## A LA (MICRO) FOLIE!

Have you heard of the **Micro Folie program?**

Architecturally speaking, a 'folie' is a building constructed mainly for decoration, but whose appearance could suggest some other purpose.

Inspired by the 26 folies, made of metal and painted bright red in la Villette park in Paris, **the national Micro-Folie programme**, in collaboration with a dozen French national museums, **is a digital museum and space for informal educational activities**. So what?

Well, here's what! **Amélie-les-Bains have their own Micro-Folie**. The Amélie 'Fablabs' is a virtual reality area with digital printer, digital sewing machine, T shirt press...and access to all the culture you can drink in. **It's also fun, convivial, educational - and it's free!**

Develop your creativity. Pop into the tourist office or the Mairie and find out more.





## HOW TO GET TO

# Amélie- LES-BAINS

### BY PLANE

**Perpignan-Rivesaltes Airport**  
40 minutes  
Information and reservations:  
**04 68 52 60 70**  
Website: [www.aeroport-perpignan.com](http://www.aeroport-perpignan.com)

**Barcelona Airport** - 2 hours -  
Information and reservations:  
**+34 913 211 000**  
Email: [bcninformacion@aena.es](mailto:bcninformacion@aena.es)

**Girona Airport- Costa Brava** - 1 hour -  
Information and reservations:  
**+34 913 211 000**  
Email: [gironainfo@aena.es](mailto:gironainfo@aena.es)



### BY CAR

European motorway network  
**via the A9 motorway**  
**Exit Le Boulou, direction**  
**Amélie-les-Bains**  
**RN9** via Boulou  
Direction  
Céret - Amélie-les-Bains  
**(D115)**



### BY TAXI

**Alain Taxi:**  
**04 68 83 94 63/06 21 19 93 16**  
**Amélie Taxi:**  
**06 03 99 93 87**  
**Dyms Taxi De Brito:**  
**04 34 12 48 11**  
**Taxi Jaulent:**  
**04 68 87 20 93**  
**Taxi Jérémy:**  
**04 68 54 36 01/06 78 13 42 62**  
**Taxi Roda:**  
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**Sarl Pouzens:**  
**04 68 39 18 05**



Get around  
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**Amélie urban shuttle 1 euro**  
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### BY BUS

**Perpignan bus station**  
- 35 minutes - line n° 530  
Information:  
**33 04 68 61 01 13**

**Take the 1 euro bus**  
**anywhere in**  
**department**



### BY TRAIN

Perpignan SNCF station  
35 minutes -  
Information and  
reservations: 3635  
Website: [www.sncf.com](http://www.sncf.com)



### What's the weather like?

Located on the **same latitude as Rome**,  
Amélie enjoys **2,600 hours of sunshine**  
with mild, dry autumns and winters and a  
year-round brightness that attracts artists  
like moths to a flame.



# Amélie

## LES-BAINS



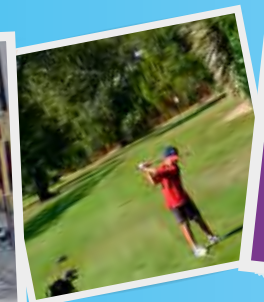
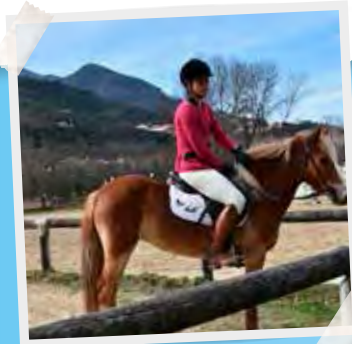
This gentle, laid back spa town nestles in the foothills of the emblematic Canigou, in the heart of the Vallespir valley. Within easy reach of the beaches and bays of the sparkling Mediterranean resorts, yet just far enough away to offer tranquility, dramatic scenery and authentic Catalan charm, this hidden gem has long been cherished by those seeking to relax and unwind. In fact, as early as 218BC, Roman settlers built the first thermal baths, the remains of which can still be seen today.



### BUT DON'T BE FOOLED!

**Amélie-les-Bains** is not just about taking the waters! The town offers a host of other outdoor activities and sports for all the family, from **challenging hikes and canyoning to mountain biking, forest adventure, horse riding, compact golf....**and plenty of indoor cultural and social activities if you're not a fan of pure sweet air and endless walks amidst stunning scenery! Well, we're not all fresh air fiends are we? :-)

And **let's not forget the charming little daily market** and the large bustling one on Thursdays.



**Dr Joseph Isidore Jean Bouix** was mayor of Amélie from 1919 – 1941. **Member of the Maquis** (French resistance), he was captured and imprisoned as a 'personnalité-ôtage' (political prisoner used as a hostage) and then deported to Neuengamme concentration camps in Northern Germany, and interned. He never made it back to Amélie. **The road up to Palalda from Amélie is named after him.**

**Originally called Els Banys d'Arles**, (literally the Baths of Arles sur Tech), the resort was renamed after Queen Amelia, wife of King Louis Philippe who launched the thermal station in the XIX century. **Louis's own general, Castellane, wanted to introduce spa treatments for wounded soldiers**, and gave orders **in 1855 for the building of the hôpital militaire**, the largest medical facility in the region. Today it stands empty but all kinds of exciting possibilities have been suggested for the future.

**Amélie was joined by Palau Da (Palalda) in 1942 and Montalba in 1962.**

### VOIE VERTE CYCLE PATH

Hills? What hills? **Hire an electric bike at the tourist office and head up into the mountains.** With a little bit of help from your electric friend, you won't feel a thing – and if you want to feel the burn, just turn off the electricity! The Voie Verte network of cycle tracks offers you off-road or quiet road rides of every level, allowing you to explore for miles and miles.



# Palalda

COME ON OVER TO DAN'S PLACE!



Originally named **Paladdanum** meaning 'Dan's Palace', this pretty medieval **pedestrian-only village** has a bar, a **10th century church** with swirlingly decorated door, (once to protect the church from axe attacks!) and a **sprinkling of artists/craftspeople**, all of which may or may not be open depending on the day and time of year. **Check ahead with the Amélie Tourist Office.**



And don't miss the **Musée de la Poste** (smoke signalling, ancient telegraph, stamps, the evolution of communication...), **the Museum of Popular Art and Traditions** (old tools, collections of old post cards), and a permanent exhibition of **Charles Rennie Mackintosh**. All can be found in the square near the church. Once a castle, the remains of a tower still stand.



© Simon Brown



The cobbled village with its labyrinth of narrow streets is delightful. **On summer Fridays, at the small night market, locals and tourists mix, and the atmosphere is magic.**

Every October, pretty Palalda's '**Chapelle du Rosaire**' celebrates the **Fête du Rosaire** with a programme of songs, traditional dancing, prayers and concerts. **In 1571** Christian troops provided by the Vatican overcame a Turkish armada in the entrance to the Corinth gulf. **The Pope at the time, Grégoire XIII, attributed this victory to the daily processions of St Rosaire** brotherhoods who promoted the rosary in the streets of Rome. **He promptly changed his planned 'Victory Day' to 'St Rosaire day'**, to be celebrated on the **7th October**. The celebration continues to this day, with special masses held in St Rosaire sanctuaries all over the world.

# Montalba

If you're looking for stunning views, **follow signs up the Mondony valley, past the Salt de l'Aigua waterfall towards Montalba.**



Mile after mile of narrow winding tree lined route, and moss covered stone bridges bring you to an ancient, abandoned building, a church, a graveyard, a couple of cars, a dog barking nearby..... **You have arrived in Montalba.** A 'propriété privé' sign contradicts a suggestion to 'try our homemade jam'.

**Once a château, first called Mont Doni then Mont Alba, this tiny hamlet known as Montalba d'Amélie is not to be confused with Montalba le Château near Ille sur Têt!**



But there's more to **Montalba** than a cluster of abandoned buildings. **The delightful 14th century chapel** with gilded and carved wooden altarpiece looks out over massive views, the wrought iron crosses in the small graveyard bear touching witness to past life in this small hamlet.

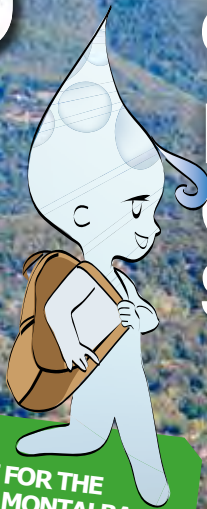
Dramatic walks of all levels head off from here with a walking trail all the way down to Amélie.

Maps available at the Tourist Office.



# AMELIE CIRCULAR: LE DRAPEAU, CHAPELLE ST ENGRACIA

WITH TIM AND CHRIS PARKER



## LOOK OUT FOR THE MIGOU OF MONTALBA

According to legend, the Migou, a sort of Catalan yeti, is to be found (only if you go looking for him) around Montalba, living in a hidden cave in the depths of the Roc St Sauveur. Is he friend or is he foe? Nobody really knows but if you hear a roar and a rumble, and feel hot breath on the back of your neck, it may be time to test out your running skills!

A 4h 15m 10km circular with approx 770 metres of ascent during the walk. Well signed route with blue spots throughout and some yellow waymarks in parts.

**Access:**  
map IGN 1:25000 CERET:  
**AMELIE LES BAINS -  
PALADA 24490T**

**LE ROC DE FRANCE?**  
The highest point of the High Vallespir, this stunning viewpoint offers magnificent views across France and Spain...but it is often mistakenly called le Roc de France. **In fact, it's real name is le Roc de Frausa** comes from the Latin 'fraga' which describes a rocky escarpment difficult to access.

## GETTING THERE

Take the **D115 from Le Boulou to Amélie les Bains**. Park by river off main street or in Charles de Gaulle underground car park at roundabout near entrance to the town.

## START OF WALK:

At left hand side of entrance to underground car park, **15 metres up ramp to find start of path signed Le Drapeau, Montalba, Roc de France on right**. Climb up this broad rocky path through woodland to junction of paths (approx 40 mins). ●●●

## LE DRAPEAU LA SENYERA

King Charles the Bald, son of Emperor Louis the Pious and grandson of Charlemagne, was apparently not really bald. In fact, it is believed that he was actually quite hairy! Wilfred the Hairy, Count of Barcelona, was not known to be particularly hairy. Strange indeed.

When Charles the Bald ordered the assassination of Wilfred the Hairy's father, Sunifred 1st, legend has it that the hairy one avenged his Dad's death by challenging the assassin, Salomon, Count of Roussillon, (no hairy nickname provided) to a duel on the Cerdagne Plateau and killing him. Wounded himself, he is said to have dipped his hand in his own blood, and traced 4 bloody stripes on the surface of his golden shield.

**Et voilà - the Catalan coat of arms and flag, la Senyera, was born!**

Believed to be one of the oldest flags in the world, a less romantic origin suggests that in 1068, Sanche Ramirez, King of Aragon, was given the title 'gonfalonnier' (standard bearer) to the Pope in return for placing himself and his land in the Pope's care, giving him the right to wear the Pope's colours, red and yellow representing blood and gold.





AMELIE  
CIRCULAR:

**LE DRAPEAU,  
CHAPELLE  
ST ENGRACIA**  
WITH TIM AND CHRIS PARKER



**Turn right away from path to Roc de France.** At this point the path immediately splits again. **To right is the path to Le Drapeau** (15min detour aller retour) **or left to continue our walk.** Super views from Le Drapeau over the town.

The unfinished via ferrata, partly built in the magnificent Gorges du Mondony was the scene of a tragic accident in 2014



**About 80 metres after bridge,** just round bend, take path on left, which starts as hairpin to the road. (Path rises behind ruins of a house, so **if you walk up the road and pass the ruins you have just missed the path.** There is a blue spot at start of path and on trees en route. **If you do decide to walk up the road for a further 2 kms,** a steep path goes from the D53 to meet our described route at later point)

After 5 mins, reach a road. **Walk down 50metres to pick up signed route to La Chapelle d'Engracia.** This path rises, contours round the hills, and after passing a ruined Mas and outbuildings, **climbs steadily uphill in a series of zig zags.** (Alternative path, mentioned above, joins after the ruined Mas and before the zig zags). ...>



### FORT LES BAINS

Many have heard of **Fort Lagarde** in Prats de Mollo and **Fort de Bellegarde** in Le Perthus, but **did you know that Amélie also has a fort, Fort les Bains?**

First a medieval chateau, then a fort built to cut off access to the High Vallespir, Fort les Bains resisted canon ball assaults from the Spanish, occupying Palalda - but the 144 strong garrison surrendered due to hunger!

Take this left branch which descends slightly, and contour round the hill with wonderful views of Le Massif de Canigou and **down to Les Gorges du Mondony.**

Arrive at the **D53** (1h 25mins). Walk down road and over bridge crossing River Mondony. A parking place near the bridge and path down to river suggests **this is a good place for river swimming in summer.**



### 1944: AMÉLIENS LIBERATE PARIS

So close to the Spanish border, many young and patriotic hotheads were desperate to make the hard trek over the mountains into Spain and join the French Liberation Army. **Three such young chaps tried several times to cross via the Roc de France** but the mountain path was always busy with German soldiers searching for escapees. **They finally made it into Spain via Font Romeu....straight into the hands of the Guardia Civil who arrested them.** Transferred from prison to prison, in Ripoll, Girona and Barcelona, **they ended up in the Médiouna camp,** controlled by the allies - and were finally able to join the French Liberation Army. As part of Charles de Gaulle's forces, **they had front line roles in liberating Paris in Marechal Leclerc's tank division!** Their proud families live in Amélie to this day.



WALKS / HIKES



➤➤➤ Near ridge wooden signs for two options – approach **via Mas de St Engracia, or take lower route via Les Terraces**. Chapelle St Engracia is at **653 metres above sea level**. (2 1/2 to 2 3/4 hrs to this point).

Where the path meets a piste at a bend, continue down footpath by side of a catalan shield painted on rock. **Path goes downhill for a long way looking over Arles sur Tech, then Amélie**. Where it meets a tarmac road, cross directly opposite to continue.

Pass **la Source de Madone** then continue down to town to the right of the road. The path emerges on a steep concrete road, which **leads down to Les Thermes and town centre**. Return to parking (4h 15mins including stops/visit). Amélie is a lively all season town, so you will always find something open. **Reward yourself with a drink or a nice meal as the perfect end to a great walk.**



**CHAPELLE ST ENGRACIA**  
This charming chapel, with pretty stained glass windows, was recently renovated by a group of passionate locals. Usually open, there is a book for visitor comments. **The intricate ironwork on the doors is made from a special type of iron which should never rust.** Behind the chapel, a view point looks into the valley and across to Roc de France.



Take main path away from chapel continuing direction in which you approached it. Path is edged with logs. **Arrive at junction with bench. Here follow path right (blue spot) or go straight on to meet main path downhill** – the other path meets this one a little lower.

Soon pass some interesting carvings on the tree trunks.



## L'AIGUAT • THE FLOOD

There's a Catalan proverb:

**“Quan arriba l'aiguat, hi ha pas res de salvat”.**

When the aiguat comes, nothing is saved.



Records of the River Tech's regular floods date back to 1421. In **October 1940** nearly **2,000 mm** of rain fell on Canigou over 5 days.

Witnesses said the Têt and Tech ran brown, black, sometimes reddish. Added to this, the smell of sulphur made some people think the water came from hell. The Tech valley was badly hit, **Amélie-les-Bains had 58 buildings flooded, 40 houses destroyed and 23 people dead,**

whilst **Prats-de-Mollo, Banat and Arles-sur-Tech were unreachable,** buried under 1m of rocks and stones.

The total human death toll in the P-O was 48 – all in the Tech Valley – and hundreds lost their homes. This was wartime, and the scene resembled the aftermath of a bombing raid.

Today, there are many flood defences in place, with stringent warnings and safety measures.

# Cherry

## BLOSSOM STROLL

In the early **1990s**, more than **2000 ornamental 'sakura'** cherry trees were brought from **Japan** and planted in the **Vallespir**, commemorating the death and burial in Amélie of a samurai warrior, treated for tuberculosis at the military hospital.

**Symbol of the fragility of life, fleeting and delicate,** these trees don't bear fruit but **their exquisite pink blossom is a joy.** A walk amidst them is enchanting, even as they flutter to the ground in a grand finale known as **'sakura snow'.**

To enjoy them every spring in all their glory, stroll along the banks of the Tech below medieval Palalda.

Start at the bridge opposite the casino, turn right signposted **'Centre Equestre'**, and follow the river. If you've driven, park below the village and stroll along the banks in either direction. For a longer but still gentle walk you can head towards the riding stables through the arboretum planted on the side of the road and follow the road as it loops back to the village. From the car park past the **Fontaine de Pagès**, either walk straight along the **Carrer de la Placette** through the **Place de la Nation**, and have a coffee in the **Café des Sports**, before winding your way down through the village, or turn left down the stone steps after the small car park, then right to go past the old olive tree and down the slope back to the river bank. **Enjoy.**



# ON GOOD THERMES WITH *Amélie-les-Bains*



taking a cure in France is a serious business! The medicinal and healing qualities of the thermal waters in Amélie les Bains have been recognised for thousands of years and evidence shows that prehistoric man benefited from its healing and restorative properties. Eleven sources flow down into the resort from the Serrat d'en Merle hills, supplying more than a million litres of thermal water per day. Rich in sulphur, sodium chloride and sodium carbonates, amongst other elements, their natural temperature is around 44° - 62°.

Spas fall into two general categories, **pampering** and **medical**. Not so long ago, the 'station thermale' at Amélie-les-Bains catered only for those with medical problems. Today, the resort also offers **leisure** and **relaxation**, as well as **enormous medicinal benefits**.



At the top of pretty Amélie centre, treatment (**les soins**) takes place in two separate buildings. Les **Thermes du Mondony**, a comparatively modern building, provides all the standard services. Les **Thermes Romains**, the higher of the two buildings, is the 'luxury version' of the Thermes du Mondony. Built upon the site of ancient Roman baths, a listed building, it provides visitors with **"une cure cocooning"**



The medical spa can provide a realistic alternative for those seeking to alleviate a wide range of adverse health conditions. **Treatment is available for most rheumatic and respiratory conditions**, as well as spinal disorders, bone fractures and soft tissue injuries, sinusitis, laryngitis... For some real 'me time', book a good old pamper with mud bath and mud treatments, high pressure underwater jets, massage....Ummmmm, feeling chilled just thinking about it!



## DID YOU KNOW?

Your **doctor can 'prescribe'** a spa treatment that is beneficial for your health. Many of these treatments are covered and therefore reimbursed by the **Caisse d'Assurance Maladie!**



# Around & About

Charming villages,  
ancient chapels,  
amazing scenery,  
stunning views...



## ARLES-SUR-TECH

Small town just 4km from Amélie with pretty medieval centre.

**8th century Abbaye Ste Marie la Sainte Tombe, Le Moulin des Arts et de l'Artisanat...**



## LA BASTIDE

Charming village accessed by narrow winding road 30 km from Amélie-les-Bains.

**12th century Roman church with altarpiece, Mines des Menerots**



## MONTBOLO

Stunning views, just 5km north west of Amélie. **Fortified 12th century church, 'jardin botanique' fascinating 'parcours géologique' showing different stones mined on Canigou.**



## CORSAVY

Pretty mountain village 8 km from Amélie-les-Bains, built around an ancient chateau.

**Tour de Batère signal tour, ancient churches and remnants of former iron mines**



## MONTFERRER

Mont de fer, iron mountain, this village was named after the iron mining in the region.

**Roman church, ancient chateau ruins, Trabucayres museum...**



## ST MARSAL

Pretty medieval cobbled village 19 km from Amélie-les-Bains.

**13th century church, ancient dolmens, ice well...**



## TAULIS

Small village, big views

**Roman church with 17th century altarpiece**





Amélie  
les Bains - Palalda - Montalba  
La Station Verte

## AMÉLIE-LES-BAINS 'STATION VERTE'

Amélie is proud to have been designated a 'Station Verte' thanks to its rich history, wide choice of **open-air activities** and **a municipal team that prioritises protection of the environment and enjoyment of Amélie's natural charms and assets.**

This tourism quality standard was **set up in 1964** to reward destinations offering stays promoting nature, sustainability and respect for the environment.

**Other 'Stations Vertes' in the 66 are Vernet les Bains and Vinça.**

### LE TECH

Built along the 'Tech' river, the lower part of the village was destroyed during the floods of 1940. **Ste Cécile de Cos church, remains of 13th century signal tower, Tour de Cos, Chapelle de la Llau...**



### SAINT-LAURENT-DE-CERDANS

Pretty cluster of old village houses wrapped around church with tall steeple, home of the 'vigatanes' or 'espadrilles catalanes' and the vibrantly coloured Catalan stripy Toiles du Soleil fabric.

**Museum of Popular Arts and Traditions, fabric and espadrilles workshops.**



### COUSTOUGES

Picturesque medieval village on the border between France and Spain. **Eglise Ste Marie, built on the ruins of chapel dating back to 370.**



### LAMANÈRE

The most southerly commune in France, with pretty pink granite houses, nestled between two rivers, the Taix et the Lamanère. **14th century Eglise Saint-Sauveur, ancient Catalan strongholds Les Tours de Cabrenys.**



### SERRALONGUE

Cobbled roads and old stone houses nestled in a hollow of mountains with panoramic views. **'Conjurador' believed to appease the elements, fortified church.**



### PRATS-DE-MOLLO-LA PRESTE

Unspoilt fortified medieval town dominated by Vauban's Fort Lagarde, walled and built around the churches of Stes Juste et Ruffine. **Eglise Stes Justes et Ruffine, Fort Lagarde, hermitage of Notre Dame du Coral.**



# WHAT'S ON THROUGHOUT THE YEAR

There's always something going on in and around Amélie-les-Bains. Here are just some of the highlights

## FEBRUARY

\*Carnaval and the Amélie Gregoires Truffle Festival

**MARCH**  
Vintage Car Exhibition

## APRIL

Science Fiction Convention the streets fills up with weird and wonderful sci-fi characters  
**Fête de la Sant Jordi** offer a book or a rose to someone you love

## MAY

\*Skyrace tough mountain race  
Vintage Car Rally



## JUNE

Book Fair  
**Fête St Jean**  
**Fête des Mulets** - blessing of the mules  
**Vallespir-Amélie-Rétro Rally**  
\*Les Inédits d'Amélie

## MID JULY TO MID OCTOBER

'Les Juedis d'Amélie' theatre, concerts, dance, children's entertainment, open air cinema...

## JULY

**Jump Amélie** (obstacle course)  
**Jazz Amélie**  
**Fête de la Rosquilla** doughnut festival  
\*Rand'eau Festival

## AUGUST

\*Dances et Musiques du Monde  
International Folk dance Festival  
Summer Carnival

## SEPTEMBER

**Festibanyes**  
Bull games  
**Journées Européennes du Patrimoine**  
**Fête Catalane**  
celebration of all things Catalan

## OCTOBER

\*Triathlon  
Extrême  
Bearman

## NOVEMBER

**Fêtes de la St Martin**

## DECEMBER

**Hanukkah**  
**Exposition de crèches**  
Nativity scenes  
**Marché de Noël** - Christmas Market

## CARNAVAL & GREGOIRES

The carnival in Amélie is steeped in history, with the **first official appearance in the press being a report in the « Courrier de Céret »,** dated 18th March 1888. It has taken place every year **since 1945** and is now known as one of the most popular in the P-O.

When Pélage II was carried off by the plague on February 8, 590, Grégoire was elected Pope. Rome was ravaged by the plague and threatened by famine and flood, so **Grégoire organised prayers and processions to boost morale, a practice that spread throughout Europe** – and a pretty good way to spread the plague!

In the pretty village of Palalda, they were dropping like flies. **They prayed to Saint Grégoire** who intervened during one of these processions, and sent the '**Ange exterminateur**' (Exterminating Angel) to end the plague.

Every spring, (Covid permitting) '**Sa majesté carnaval Grégoire**' and the **Swiss Guard** lead a procession through the streets of Amélie. Behind walk the villagers, dressed in white, wearing 'caparutxa', pointed hats similar in style to the Sanch. As they walk, they sprinkle flour around them and mutter 'Adéu pobre carnaval' as they **accompany the Carnival King to his fiery death**, cleansing all around of their sins.



## SKYRACE

An invitation for **runners and walkers, amateurs, professionals**, fan and superfans, en famille, with friends.... to meet up in Amélie and celebrate the mountain, with a series of different levels of races, runs, and wanderings around the beautiful surrounding countryside.

**The main race is a gruelling 22km** with ascents and descents of almost 2 vertical kilometres!

Other events include a **speed race** (Trail des Thermes), an explosive sprint ascent (Pagris K2), a **kids race** and much gentler rando for those who prefer to take life at a more peaceful pace.





# WHAT'S ON THROUGHOUT THE YEAR

## LES INÉDITS D'AMÉLIE

A new international arts festival, celebrating the town's position on the borders of North and South Catalonia. Working across all art-forms; **theatre, circus, dance and music, street art and sculpture, pottery, poetry and puppetry**, the festival will link local artists with their international counterparts. Look out for an exciting programme of performances, exhibitions, workshops, demonstrations, and interviews. Visit their Facebook page (@lesineditsdamelie), or email Ian on [hpctheatre@yahoo.co.uk](mailto:hpctheatre@yahoo.co.uk) to find out more.



## RAND'EAU FESTIVAL

A week of guided walks and events for outdoor lovers of all levels themed around adventure, well-being, spa sessions, yoga, literature... And for the couch potatoes, there is even a balade gourmande, a more stately stroll for food lovers. Long, short and medium walks in the Haut Vallespir, the Albères, and on the coast – a great way to (re)discover the region. All activities are run by qualified, experienced guides.



## INTERNATIONAL FOLK FESTIVAL

Created in 1935, the yearly Festival Folklorique in Amélie les Bains is the oldest in the Pyrénées-Orientales. Originally a national festival, it quickly attracted international attention, first from other Mediterranean countries, and then from Eastern Europe, at a time when the Cold War and governmental controls made trips out of these countries a virtual impossibility. It didn't stop them! **Every August, hundreds of dancers from all over the world** light up Amélie as they come together in a kaleidoscope of colour and rhythm.



## BEARMAN

The British-born Laidlow family attract international triathletes into the Tech valley every year for their superb organisation of **the Bearman Extreme Triathlon**, one of the toughest challenges in the long distance triathlon world. The Vallespir is perfect for this extreme event; the **180 km bike leg includes 4700 metres of climbing and the 42 km run** (that's a marathon, to you and me) has a total elevation gain of 1475 metres.

Race director **Michelle** relies on a team of 75 volunteers to help the day run smoothly, so if you can help on the course (**Saint Jean Pla de Corts all the way up to Prats de Mollo**) please sign up.



# Amélie-les-Bains?

## HAS STRONG CATALAN ROOTS...

### HOW GOOD IS YOUR CATALAN ?



- |                   |    |                  |
|-------------------|----|------------------|
| l'aigüa           | 1  | a church         |
| El riu / la riera | 2  | b path           |
| Les fonts         | 3  | c river          |
| la muntanya       | 4  | d mule           |
| l'esgésia         | 5  | e mountain       |
| la fortalesa      | 6  | f market         |
| 7 el sender       | 7  | g spring, source |
| el mercat         | 8  | h fortress       |
| la rosquilla      | 9  | i water          |
| el matxo          | 10 | j doughnut       |

11 2c 3g 4e 5a 6 h 7b 8f 9j 10d



### THERE IS SO MUCH TO DO IN AMÉLIE-LES-BAINS

Can you find the French equivalent of these English activities?

- |                      |    |                         |
|----------------------|----|-------------------------|
| Mountain biking      | 1  | a l'alpinisme           |
| Horse riding         | 2  | b la parapente          |
| Rock climbing        | 3  | c le deltaplane         |
| Mountaineering       | 4  | d l'équitation          |
| Clay pigeon shooting | 5  | e le saut à l'élastique |
| Waterfall            | 6  | f le ball trap          |
| Hiking               | 7  | g cascade               |
| Paragliding          | 8  | h escalade              |
| Hang gliding         | 9  | i VTT                   |
| Bungee jumping       | 10 | j la randonnée          |

11 2d 3h 4a 5f 6g 7j 8b 9 i 10



### HOW WELL DO YOU KNOW AMÉLIE-LES-BAINS?

Complétez ces phrases

- |   |    |   |
|---|----|---|
| Un guide des Randonnées.....              | 1  | a .....est le plus ancien quartier de la commune          |
| La Chapelle du Rosaire.....               | 2  | b .....se déroule juillet                                 |
| Le quartier l'Escaldadou.....             | 3  | c .....est un affluent du fleuve le Tech                  |
| Le Rand'eau Festival....                  | 4  | d .....les voies respiratoires et des rhumatismes.        |
| Le Roc de France ....                     | 5  | e .....marquait la frontière entre la France et l'Espagne |
| Le cours du Tech.....                     | 6  | f .....a formé la vallée du Vallespir jusqu'à Céret       |
| Un sanglier.....                          | 7  | g .....est disponible à l'Office de Tourisme              |
| Les eaux d'Amélie les Bains traitent..... | 8  | h .....est moins joli q'un petit cochon rose              |
| Le Roc Sant Salvador....                  | 9  | i .....est le sommet de la célèbre Vallespir Skyrace      |
| Le Mondony.....                           | 10 | j .....conserve un splendide retable en bois sculpté      |

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

#### VOCAB

- quartier - **neighbourhood, area**  
 se déroule - **takes place**  
 affluent - **tributary**  
 fleuve - **river**  
 disponible - **available**  
 retable - **altarpiece**



# READER'S PHOTOS



©IVAN TROTMAN. Carnaval band



©IVAN TROTMAN. Amélie



©IVAN TROTMAN. Amélie Bridge



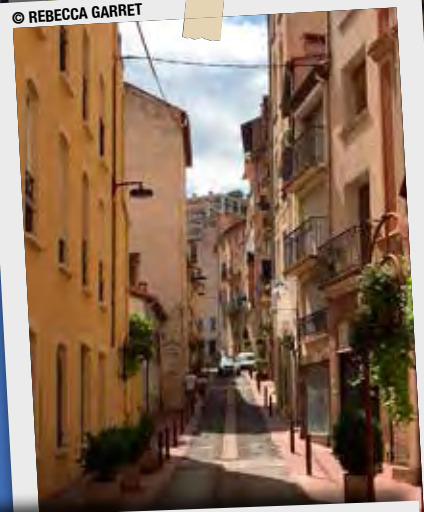
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# Who invented THE ROSQUILLA?

Was it Touron in Arles sur Tech or pastry chef **Marius Séguela** of Amélie? Both lay claim to the recipe, passed down from father to son. Both are delicious. Both are an integral part of Catalan culinary heritage.



Certainly the addition of the sweet meringue glaze was the **invention of Amélie-Les-Bains baker, Robert Seguela in 1810**. Pop into the **Pâtisserie Perez-Aubert in Amélie** centre for the proof of the pudding.

The word rousquille comes from the Catalan word '**rosquilla**' meaning '**little wheel**', and is traditionally flavoured with aniseed and lemon blossom.

**The rousquille rings used to be fried on long thin sticks called 'rosquillers'**. Street vendors carried the sticks on their shoulders, and sold the rings in the streets at fairs and markets, or held up to windows for people to reach down and help themselves.

**Traditionally accompanied by Muscat, Banyuls or any Roussillon dessert wine**, they also go down rather well with a cup of tea!

**WANT TO HAVE YOUR AMÉLIE CAKE AND EAT IT?**

Why not try....

**LE SOMPTUEUX**

**Created in 1923 by Maison PI-ROUE**, this rum based gâteau with marzipan base and «yéma» filling is delicious.

**LE CHOCOLAT**

A royal chocolate treat, brought to France in the 17th century from the Spanish court after the signing of the Treaty of the Pyrenees. In fact, **did you know that the first real chocolate factory in France was created in 1814 in Arles-sur-Tech?**



**LDJ**  
**IMMOBILIER**

Amélie-les-Bains Palalda

Sales – residential & investment  
Property Management – seasonal and all year round  
Property finding service

**ENGLISH  
SPOKEN**

**LET US FIND YOUR DREAM HOME**



**AMÉLIE-LES-BAINS 299 000 €**  
Beautiful 150m<sup>2</sup> villa on 550m<sup>2</sup> of land in calm cul-de-sac with breathtaking views over Amélie- les-Bains and surrounding mountains. Vast living room, equipped kitchen, 4 bedrooms of which master is ensuite. Easily-maintained garden with swimming pool and 18m<sup>2</sup> garage.



**AMÉLIE-LES-BAINS 370 000 €**  
Exceptional, energy-efficient 3-bedroom villa ideally located in the district of Petite Provence. 194m<sup>2</sup> of living space, spread over 3 floors on 700m<sup>2</sup> of land. Bright and spacious open plan living area on ground floor, all bedrooms ensuite with dressing rooms. Entirely renovated.



**REYNÈS 349 000 €**  
Beautiful detached, single-storey 2-bedroom villa with a living area of 140m<sup>2</sup> on 1500m<sup>2</sup> of land. Large living room, equipped kitchen, swimming pool and an independent 1-bedroom apartment, ideal for seasonal rentals. Large, private garden with swimming pool.



**LAROQUE-DES-ALBÈRES 475 000 €**  
Magnificent detached, 4-bedroom villa of 183m<sup>2</sup> on 756m<sup>2</sup> of land located at the end of a quiet cul-de-sac. Large living room of 50m<sup>2</sup> and a separate, fully equipped kitchen, 2 bathrooms, 3 WCs and a mezzanine office. Tiled and insulated double garage, 2 terraces and pool.

# Test your *nature* KNOWLEDGE

with Lesley McLaren



## TRUE OR FALSE

T F

1. Booted Eagles are the same size as Buzzards.
2. Otters are extinct in the P-O.
3. Beech Marten and Pine Marten are names for the same animal.
4. Some dragonflies migrate.
5. Tannin in acorns is poisonous to some animals.



## MAKE YOUR CHOICE

1. The stemless Carline thistle is named after which king?
  - a. Charles the Great
  - b. Charles the Bald
  - c. Charles the Fat
  - d. Carloman II
2. Which of these eagles is nowadays the rarest in the P-O?
  - a. Golden eagle
  - b. Short-toed snake eagle
  - c. Bonelli's eagle
  - d. Booted eagle
3. What special power did French folklore attribute to the praying mantis?
  - a. It would grant your wish if you prayed to it
  - b. It would point a lost child home
  - c. It would bestow wisdom upon any whose home it entered
  - d. Anti-inflammatory if ground up and mixed into a poultice with honey.

4. Which of these warblers does not live in the P-O all year round?



5. The English name for a wild boar piglet under 6 months old is "squeaker". What's the French name?





6. How many (poisonous) stamens does an Autumn crocus (Colchique d'automne) have?

- a. 3    b. 6    c. 9    d. 11



## DON'T YOU JUST KNOW IT?

1. What moth will this amazing caterpillar become? 
2. How can you help endangered hedgehogs?
3. What species of land tortoise is native to the P-O?
4. What rare Pyrenean mammal is this? 

In this edition we're taking another quizzical look back over past articles – with a few extra questions thrown in for good measure!



Lesley McLaren is one of "The Warblers" – a group of natural history enthusiasts in the PO.

www.mediterraneanpyrenees.com  
Twitter @66warblers



## ANSWERS

### MAKE YOUR CHOICE

- 1. a.** Charles the Great (c.742-814), aka Karl der Grosse and Charlemagne; King of the Franks, a Germanic tribe in present-day Belgium, France, Luxembourg, the Netherlands and western Germany. Legend has it an angel showed him how to use the thistle to treat his soldiers, who were dying of plague.
- 2. c.** Bonelli's. Appearance is often confused with Short-toed, which is the most common.
- 3. b.** It would point a lost child home
- 4. d.** Great Reed Warbler.
- 5. b.** Marcassin (Bête rousse = 6-12mths; Bête noire = adult male 1yr; Ragot = 2yr old)
- 6. b.** 6

ERRATUM: OUR THANKS GO TO AN OBSERVANT READER OF THE SUMMER 2020 EDITION OF PO LIFE, FOR POINTING OUT THAT WE PICTURED THE WRONG FLOWER AS AUTUMN (ROUS/COUCHIQUE D'AUTOMNE. IT SHOULD HAVE BEEN THIS ONE



© TERA JEFF



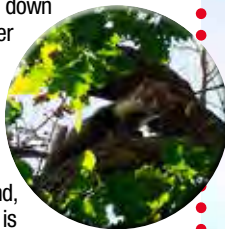
DEATHSHEAD HAWKMOTH ©DANIEL DELCOURT

### TRUE OR FALSE

**1. True.** The Booted is small for an eagle, with a wingspan of 1.1-1.35m compared with Short-toed eagles (1.62-1.78m) and Golden eagles (1.9-2.2m).

**2. False.** But you will be very lucky to see one!

**3. False.** Though they are closely related. Most obvious difference: Beech (or Stone) Marten has a white patch under the chin and top of the chest which divides in two running down each front leg. Chin and upper breast patch of the Pine Marten is more cream or apricot and doesn't divide in two but forms a solid patch. In fact, we only have Beech Martens in the P-O and, helpfully, their Catalan name is Gorjablanc.



**4. True.** One dragonfly that migrates is the Southern Darter.

**5. True.** Tannin in raw acorns can be toxic to dogs, horses, cattle and humans. But by leaching acorns to remove the tannin, they can be made safe for human consumption.

### DON'T YOU JUST KNOW IT?

**1. Deathshead Hawkmoth** (Le Sphinx tête de mort). Wingspan 13cm! Gets its name from the skull-like pattern on its thorax. NB. Like the moth, the caterpillar is huge but harmless.

**2.** Among other things: Provide access from your garden to your neighbours'; place a ramp in a pond (even a swimming pool?); supply (cat) food & water (never milk); check compost heap before burning it.

**3.** Hermann's.

**4. Pyrenean Desman** (Le Desman des Pyrénées). These small, semi-aquatic insectivores live near mountain streams and waterfalls. Essentially nocturnal and very endangered.

## webtv4me Update

Hi there to all our customers and to readers looking for a great TV service! This last year has been an absolute shocker and so we're proud to have been able to deliver our service to help keep you entertained.

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### DID YOU KNOW



### PAIN IN THE GRASS!

Does your dog love running around in long grass? Keep an eye out for signs of him shaking his head violently, or pawing his ear, as this could mean that a seed of foxtail barley or similar species of grass has entered his ear. If not removed, this can cause infection and even perforate the eardrum. Seeds can become embedded in the paw, or even eyes and nose, all of which can be very harmful to your dog (and to your wallet if you have to visit the vet). Take particular care where grass has been cut, and had time to dry

### DID YOU KNOW

### BILINGUAL SENIORS

Studies show that people who are bilingual from an early age are likely to have a more sprightly brain and be able to switch more easily from one task to another when they are older, compared to those who speak just one language.



# FISH & CHIPS

no fuss  
no muss

WITH SUZANNE DUNAWAY

P-O Life reader, **Suzanne Dunaway**, artist, columnist, cookbook author, LOVES to cook. Some might say **she LIVES to cook**. The smells, the tastes, the textures...

She is a firm believer in simplicity and creates her recipes in the ethos of 'anyone can cook'.

After years of experience in her own kitchen, cooking schools and private classes all over the world, **Suzanne shares with us her PO-inspired creations.**



> Suzanne self portrait



*I adore fish and chips and have long-ago sweet London memories of lovely hake or haddock, in a cone of newspaper, sprinkled with malt vinegar. Shopping in the wonderful seafood markets here, I tasted my way through several fish to find the one that holds together best in this easy recipe. So let's hear it for the firm cabillaud, (cod) which also cooks quickly.*

*My fish and chips do not require deep-frying, coping with splashes of oil over the stovetop, and the inevitable clean-up. I use a large, flat skillet, shallow oil, and the chips are crisped in the oven after having been boiled (whole) until tender.*

*And here's a trick that makes batter stick! Give your fish pieces a little dusting of corn flour before dipping them in the batter, and you will have crispiest, most delicious fish without the crust having a mind of its own and slipping away into the oil. It will also last longer.*



**Pine no more for your homeland, UK dwellers. Or at least enjoy a tasty reminder of it in your own kitchen!**

## Fish

- > 600 g fresh cabillaud, cut into 4 serving pieces.
- > If the fish is thick, slice it horizontally, adding another piece
- > ½ cup flour for light coating

## For the batter:

- > 1 egg white
- > ¾ cup flour
- > 2 teaspoon of corn flour
- > ½ teaspoon of baking powder
- > A can of cold beer, fresh or flat
- > Salt and pepper
- > ½ cup olive oil



**Mix the flour, corn flour, baking powder, salt and pepper and beat in the egg** white thoroughly and enough **cold beer** to make a batter with a heavy cream consistency, a bit like **crêpe batter but a bit thicker**. In a shallow skillet, heat the olive oil until just before it smokes.

Dust the pieces of fish with corn flour, then coat them well with the beer batter and slide them gently into the hot oil. **They will crisp and turn golden brown on the edges in about 2-3 minutes** and you may then turn them over with a fork or spatula to brown well on the other side. **Drain on paper towels. Serve with oven chips.**

## Oven chips:

**Heat the oven to 200C.**

You may first boil two large potatoes until a knife slips in easily, or skip this step and simply cut the potatoes lengthwise and then again lengthwise into ½-inch strips. Or, if you are not a purist, cut them into ½ thick rounds. Both will taste wonderful.

**In a baking pan, place the potatoes, brushed generously with olive oil, and bake for about 20 minutes or until they are nicely browned and crisp.**

Don't laugh, but these are my excuse for having ketchup, not an everyday item on my taste bud favourites list, but it's hard to resist when your grandkids are dipping their chips into it!



**NOTE:** Loup de mer, merlan, lieu noir, all can be used for fish and chips. And there are wonderful frozen portions of various white fish at PICARD, several of which I keep for this seemingly endless stay-at-home time.



Répétez trois fois

Trente truites plus trois truites font trente-trois truites.

# Test your FRENCH

See Page 116 for answers



## C pour Coucou!

Match up the words, all beginning with C with their definitions.

(Why not try to work them out first just from the definitions?)

- |             |    |   |  |
|-------------|----|---|--|
| colis       | 1  | a | chapeau à visière                          |
| composter   | 2  | b | tissu du corps humain ou des animaux.      |
| charivari   | 3  | c | qu'on fait voler dans le vent              |
| castor      | 4  | d | toit pliant d'une voiture (ou préservatif) |
| casquette   | 5  | e | serpent qui n'est pas venimeux             |
| capote      | 6  | f | bruit fort et désagréable                  |
| cerf-volant | 7  | g | paquet envoyé par la poste                 |
| couleuvre   | 8  | h | petit mammifère rongeur                    |
| chiche!     | 9  | i | cap ou pas cap!                            |
| chair       | 10 | j | valider un ticket                          |



## Trouvez la bonne définition

- |   |                          |                   |                  |
|---|--------------------------|-------------------|------------------|
| <b>1 Faire la grasse matinee</b>        | <b>2 Un truc</b>         | <b>3 Un store</b> | <b>4 Un mec</b>  |
| a) to go on a low fat diet              | a) a thingy              | a) a shop         | a) a mechanic    |
| b) to have a lie in                     | b) a heavy goods vehicle | b) a pantry       | b) a make of car |
| c) to watch an early film in the garden | c) a truthful statement  | c) a shutter      | c) a guy         |

.....and a little more challenging.....

- |                 |                                |                      |                              |
|-----------------|--------------------------------|----------------------|------------------------------|
| <b>5 Pêrimé</b> | <b>6 Marteau</b>               | <b>7. Supprimer</b>  | <b>8. Orage</b>              |
| a) hors date    | a) un outil pour frapper       | a) ajouter à la fin  | a) espèce de singe           |
| b) hors d'œuvre | b) un vêtement contre le froid | b) faire disparaître | b) fruit rond                |
| c) hors sujet   | c) venant de la planète Mars   | c) réduire le volume | c) grosse pluie avec éclairs |



## Match up the French animal sound with the animal that makes it

- |             |    |   |         |
|-------------|----|---|---------|
| Cui cui     | 1  | a | frog    |
| Coin coin   | 2  | b | birds   |
| Glou glou   | 3  | c | chicken |
| Hi han      | 4  | d | sheep   |
| Hiiii       | 5  | e | duck    |
| Meuh        | 6  | f | horse   |
| Bêêê        | 7  | g | cow     |
| Croac croac | 8  | h | turkey  |
| Ronron      | 9  | i | cat     |
| Cotcotcodet | 10 | j | donkey  |



## >>> Some Interesting Definitions

- Anicroche** - hitch or a snag
- Finalemnt, j'ai bien réussi malgré quelques anicroches.
- Mollo** - softly, steady
- Allez y mollo
- Un chouïa** - a smidgen, a tad
- Ca risque d'être un chouïa compliqué.

## WANT TO EXPRESS INDIGNATION, SURPRISE, ADMIRATION?

C'est facile! Use 'quel' (quelle, quels, quelles but they all sound the same so don't worry too much about the spelling) at the beginning of the sentence to give loads of possibilities!

- Quelle idée bizarre!
- Quelle catastrophe!
- Quel imbécile!
- Quelle belle femme!
- Quelle horreur!
- Quelle surprise!



## Question Intéressante!

Si les anglais toussent dans leurs coudes, est ce que ce nouveau variant de Covid risque de traverser la manche? :-)

tousser > cough  
la manche > sleeve  
la Manche > English Channel



## VERY SILLY RIDDLE

What boy's name is yellow and waits?

Jonathan

(pronounced jaune attend in French!)

## Interesting Word

**Bluffer** (bluh-fay) - to amaze, impress, stun

Je suis bluffé/ C'est bluffant

Pourquoi il n'y a plus de mammoths? Parce qu'il n'y a plus de papouins.

(Ask a French friend! Too silly to explain)





LANGUAGE

# Test your FRENCH

4

Call me naughty if you wish, but I think everyone should know a little bit of French 'argot' (slang), even if it's sometimes a bit cheeky.

Match up these slang words and phrases with their English meanings.

- |                         |    |   |                          |
|-------------------------|----|---|--------------------------|
| Là, il se la pète       | 1  | a | I love that girl         |
| C'est un truc de ouf    | 2  | b | I'm really motivated     |
| J'ai la gnac            | 3  | c | It's amazing             |
| C'est un bouffon        | 4  | d | He's just showing off    |
| Je kiff cette meuf!     | 5  | e | I'm off!                 |
| Il raconte des bobards  | 6  | f | Stop freaking out        |
| Il capte rien           | 7  | g | That's it. End of story. |
| Je me casse             | 8  | h | He's an oaf              |
| C'est tout. Point barre | 9  | i | He's a fibber            |
| Arrête de flipper       | 10 | j | He doesn't get it!       |

BLAQUE BÊTE

Docteur, si j'arrête le vin, les femmes, et la cigarette, je vivrai plus longtemps? Pas vraiment. Mais la vie vous paraîtra plus longue.

paraîtra – will seem



## New words in the French dictionary for 2020/21

- Sorteurs - revellers
- Taxieurs - taxi drivers
- Cryptomonnaie - virtual money, all online.
- Slasheur - Person with several jobs

### Your teeth don't need glasses!



## Allianz Composio

We may be concerned about our teeth, but that doesn't mean we need glasses! Allianz has revolutionized supplementary health insurance by inventing **Allianz Composio**, which separates optical care from dental treatment.



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ZA La Deveze, 66450 Pollestres  
leclercq.pollestres@allianz.fr

Open as usual with safety measures in place



NO ORIAS:  
16005401



**Tongue twister (virelangue)**

# Améliorez votre ANGLAIS

Repeat quickly x 3

Thirty three free throws!



What did the policeman say to his tummy? See Page 116 for answers  
You're under avest!

## 1 G is for grand!

Trouvez la définition des mots suivants qui commencent tous avec la lettre G

- |               |                                    |
|---------------|------------------------------------|
| groan 1       | a to help you see better           |
| guest 2       | b jumping insect                   |
| guilt 3       | c when you've done something wrong |
| grasshopper 4 | d deep sad sound, often in pain    |
| glasses 5     | e covering for the hand            |
| gift 6        | f like an orange but sour          |
| glove 7       | g wear away by biting              |
| grin 8        | h toothy smile                     |
| gnaw 9        | i present                          |
| grapefruit 10 | j who comes to stay                |



### Covid Humour

2019 – Try to stay positive  
2020 – Try to stay negative

### Méfiez-vous des faux amis!

Non! Pas parmi vos connaissances mais parmi les mots anglais qui ressemblent à des mots français, mais qui ont un sens totalement différent. En voici quelques uns. Pouvez-vous trouver leur équivalent en français?

- |              |                        |
|--------------|------------------------|
| coin 1       | a du tissu             |
| grave 2      | b une grue             |
| store 3      | c faire semblant       |
| lecture 4    | d une file d'attente   |
| fabric 5     | e danger               |
| gentle 6     | f une conférence       |
| to pretend 7 | g doux                 |
| queue 8      | h une piece de monnaie |
| hazard 9     | i un magasin           |
| crane 10     | j une tombe            |



### Language Tip

'...ish' – à peu près  
Rajoutez '...ish' pour donner une indication vague de l'heure, l'age etc  
I arrive home at sixish, depending on traffic.  
She is smallish

### New Words in the English dictionary...

She-shed/man cave – espace personnelle intime à l'homme ou la femme pour se décontracter.  
Me-time – prendre du temps pour soi (OMG. I so need some me-time). Kate

## 3 Trouvez la bonne réponse

1 How often do you go on holiday?

- In August.
- For two weeks
- Twice a year.

2 Where can I fill up with petrol?

- Very expensive.
- There's a garage round the corner.
- Yes, you can

3. What's your favourite pastime?

- walking
- walk
- to walk

4 Where did you go yesterday?

- I goed to Perpignan
- I went to Perpignan
- I go to Perpignan.

5 What are you wearing?

- My short
- My shorts
- A short

6 What would you do if you had a million euros?

- I will buy a boat if I could
- I would buy a boat if I can
- I would buy a boat if I could

### VARY YOUR LANGUAGE

Don't say something is 'very good,' say it is....

amazing  
ace  
dope  
brilliant  
awesome (USA)

cool  
excellent

exceptional  
fabulous

fantastic  
grand  
great

impressive  
marvellous

superb  
splendid

splendiferous  
stupendous

terrific  
top notch  
wonderful

What do you call a dog who digs up ancient artefacts?  
A bark-eologist!

## 4 Ces mots se prononcent et s'écrivent presque pareil - mais ils ont un sens différent

1 teindre?

- dye
- die

3 freiner?

- break
- brake

5 talon?

- heal
- heel

7 saint?

- holy
- holly

9 prier?

- prey
- pray

2 les vêtements?

- cloths
- clothes

4 laiterie?

- diary
- dairy

6 poireau?

- leek
- leak

8 permis?

- aloud
- allowed

10 sorcière

- which
- witch

CSF - Sud de France (11, 09, 66, 81, 82) Association no. W 112000594



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A warm welcome awaits you at our informal groups in **Céret** and **Ille**

**Céret**, Pablo's Bar - Place Picasso  
10h30 to 12 noon, First Wednesday of the month

**Fabregue**, 15 Avenue Louis Prat, Prades.  
10h15 to 12 noon, Third Wednesday of the month



and at our Book Exchange at

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10h30 to 12 noon,  
Third Monday of the month

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## LANGUAGE EXERCISES ANSWERS

### TEST your FRENCH

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

### AMÉLIOREZ votre ANGLAIS

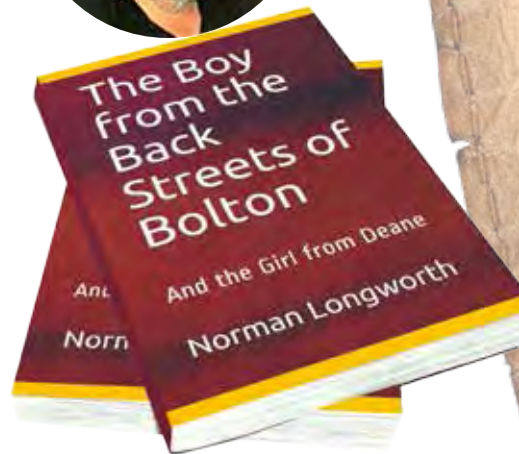
- 1 1d 2j 3c 4b 5a 6i 7e 8h 9g 10f
- 2 1d 2e 3h 4f 5i 6c 7a 8j 9g 10b
- 3 1c 2b 3a 4b 5b 6c
- 4 1a 2b 3b 4b 5b 6a 7a 8b 9b 10b



## A Boy from the BACK STREETS of Bolton

AND THE GIRL FROM DEANE

BY NORMAN LONGWORTH, Eus



### THIS IS THE STORY OF A JOURNEY.

Many journeys in fact. The voyage of a boy born to a working class family in Bolton, Lancashire and one of the first Beveridge boys after the second world war. It is an autobiographical account of his attempt to make a difference for millions of people throughout his working life through his books translated into the world's major languages, his travels through more than 40 countries, his management of major projects for global organisations and his influence on the world of education. He still writes poems, music and books. He is still learning in his 80s.

It is also the story of a girl, similarly born into the working class in the same town, who defied her upbringing to become a first rate midwife and neurological hospital sister, and who still, in her 80s, works for a cancer charity. She is still contributing and learning.

Together they travelled the world. Together they made a difference.

We have sailed across the seas  
Horizons new exploring  
We have flown to lands afar  
Their diversity adoring  
We've resolved to never stop  
Understanding and discerning  
We've determined to embrace  
The universe of Learning

We have tried to open minds  
All people educating  
We have travelled around the world  
Their cities activating  
In the fight for education  
The battle's always burning  
We've endeavoured to create  
A world of people learning

For humanity's sake,  
For democracy's sake  
For the planet's sake

**Marc Anfossi**, Parisian writer, wrote this poem when he came to take the waters in January 1912.



**CONFIDENCES D'UN MOUTARD PARISIEN**

Moi j'aime beaucoup Amélie...  
C'est une Montagne jolie  
Maman y **refait sa santé**  
L'hiver, et quelquefois l'été.  
On s'y promène, on **s'y adonne**  
Et quand j'ai soif, maman **mignonne**  
**Souvent me grise de lolo**  
A Montbolo.

**Que de** charmantes promenades !  
Que de roches, que **de cascades** !  
**Sauge**, lavande, **serpolet**  
Parfument chaque **ruisselet**.  
Papa dit : La belle nature !...  
Grand'mère **paye des montures**  
**Et nous allons tous a dada**  
A Palalda.

Quelquefois, légers, très **ingambes**  
A nos cous nous prenons nos jambes  
Et sans nous fatiguer jamais  
Nous escaladons les sommets.  
A ce jeu l'**appétit s'aiguise**,  
Et pour le calmer **à ma guise**  
**Maman me bourre de babas**  
A Montalba.

Check out the vocab at the end for translations of words which are a little dated, or typical of a child.

**VOCAB**

**un moutard**  
child

**...se refait la santé**  
to regain your health

**s'adonner**  
practice, engage, indulge in  
**mignonne**  
lovely

**...souvent me grise**  
often gets me drunk

**le lolo**  
milk

**Que de**  
what.....

**les cascades**  
waterfalls

**Sauge**  
sage

**serpolet**  
wild thyme

**ruisselet**  
brook, stream

**...paye des montures**  
pays for rides

**...nous allons tous a dada**  
go horse riding

**ingambes**  
lively

**l'appétit s'aiguise**  
the appetite sharpens

**à ma guise**  
as I wish

**Maman me bourre de babas**  
Mum stuffs me with cakes

**GOOD FOR YOUR FRENCH AND GOOD FOR YOUR TUMMY!**

Test your French with this typical Catalan dessert



**PA D'OUS (PAIN D'OEUFS)**

**Ingrédients** : 8 œufs entiers, >1 litre de lait entier, 120g de sucre, 1 cuillère à soupe de rhum, 100 g de sucre, 2 c à soupe d'eau pour le caramel.

Dans une **jatte mélanger** le sucre et les œufs jusqu'à ce que **l'appareil** soit bien .  
Faire chauffer le lait et **l'amener à ébullition**.  
Mélanger et **rajouter** le rhum.  
Faire un caramel blond avec le sucre et l'eau.  
**Napper un moule à manquer**. Verser l'appareil.  
Mettre au four au bain-marie 45' à 7 ou 180°.  
**Laisser refroidir** plusieurs heures avant de **démouler**.

**une jatte** - a bowl  
**mélanger** - to mix  
**l'appareil** - the mix  
**mousseux** - frothy  
**l'amener à ébullition** - bring to boil  
**rajouter** - add  
**napper** - to coat  
**un moule à manquer** - sponge tin  
**Verser** - pour  
**Mettre au four** - place in oven  
**Laisser refroidir** - allow to cool  
**démouler** - remove from mould



## Things You Might NEED To KNOW

### PARKING IN COLLIOURE

Never easy once the good weather returns but **did you know that you can take out an 'abonnement' (subscription) season ticket for the main car park, parking du Glacis?**

This car park has two entrances, one for subscribers and the other for harassed parking-space searchers!

**Pop into the office in the car park and pay the yearly subscription,**

with different tariffs for Collioure resident and non resident.

Places are limited to 200 subscribers. Once that limit is reached, even season ticket holders will have to join perplexed parking place pursuers!



**l'Assurance Maladie**  
Agrir ensemble, protéger chacun

ameli.fr

### ENGLISH SPEAKING CPAM HELPLINE

Please note that the telephone number for the English speaking CPAM help line has changed to **09 74 75 36 46**. A very pleasant, helpful English speaking lady will answer all you CPAM related questions (unless she's on holiday, of course!

The CPAM (caisse primaire d'assurance maladie) oversees registration to and management of public health services for employees and most non-working residents (self-employed workers are covered by other organisations). They act as intermediary between you, the patient, and health-related administrations, process requests for payment and any changes to your situation. They also liaise between the government's Assurance Maladie and your private mutuelle to ensure you are reimbursed according to your entitlements.

### EXCHANGING YOUR ENGLISH LICENCE

(Up to date at time of writing early March.)

The ANTS site is currently refusing applications to exchange UK licences under the EU system until a reciprocal agreement has been signed. The French government has recently issued guidance that UK licences are recognised as legal to drive for those who arrived in the country before the 31st December 2020 deadline.

Don't worry if you applied before the cut off date in early January when they stopped accepting UK licence applications. Your case is still being dealt with.

For the time being, you can drive on a photocard that has expired as long as the licence itself is still in date. You do not need to take a driving test. British motorists in Europe will also need a "GB" sticker on their cars, along with their vehicle log book and insurance certificate.



### THE GHIC - NEW GLOBAL HEALTHCARE CARD

The new Global Health Insurance Card (GHIC) will gradually replace the present European Health Insurance Cards (EHIC).

This card will ensure your right to free or subsidised emergency and medically necessary medical treatment (depending on the country visited of course) including treatment for pre-existing or chronic conditions.

The GHIC is free and easy to obtain, assuming that you are already part of the great machine that is the French medical system. If you have an EHIC, it will continue to be accepted in the UK until it expires.

Additional travel insurance for health care is also advised.



### JUSTIF'ADRESSE

How many times have you been asked for proof of address from French administration? Sign up to Justif'Adresse system, (<https://ants.gouv.fr/Les-solutions/Justif-Adresse>) a government approved scheme, and the relevant administration body will be able to automatically verify your address without you having to go through the hassle of finding, photographing, scanning etc. the necessary documents. Simple!

### MORE BAD NEWS FOR PET OWNERS

Existing UK Pet Passports are no longer valid. If you wish to travel to the EU from the UK with your pet you will now need a 10 page 'Animal Health Certificate' (AHC) issued by your vet. The AHC is only valid for 10 days after the date of issue, and for a single trip (and back)



### REDEVANCE AUDIOVISUELLE (TV LICENCE)

Don't forget to 'opt out' if you don't have a telly in France by ticking the box on your 'Taxe d'Habitation' form or you will automatically be charged for a TV license.

### WARP (WITHDRAWAL AGREEMENT RESIDENCY CARD)

Have you got yours yet? Apply for your Carte de Séjour or WARP on line at <http://invite.contacts-demarches.interieur.gouv.fr/BREXIT>

If you have been resident for 5 years or more, or settled here before 31 December 2020, this online application is simple, and should be completed by 30th June 2021.

For those moving, or considering moving to France, there's a little more paperwork but plenty of time and good information to help you (Google RIFT) and the various government sites both French and British.

Don't forget to check your spam folder if you feel you've been waiting a long time for a response.



# p-OLife

## Emergency numbers

**SAMU (medical emergency) 15**

**POLICE emergency 17**

**Fire service emergency 18**

**European emergency line 112**

**SOS Doctor 24/24 08 20 20 41 42**

**Emergency vet 04 68 83 35 85**

**Anti-poison centre 04 91 75 25 25**

**Perpignan Hospital 04 68 61 66 33**

**CPAM (English spk serv) 0811 36 36 46**

**Cancer Support France 04 68 69 01 37**

**Directory enquiries 118 008**

**International directory enquiries 118 700**

**International Mastercard 08 00 90 13 87**

**Local weather forecast 08 36 68 02 66**

**GDF (gas problems) 08 10 43 30 66**

**EDF (electricity problems) 05 56 17 40 70**

You can use the **European emergency number 112** in any EU country from any telephone. You do not need a card or money to ring this number from a pay phone. 112 may also be used from a mobile to connect you with all emergency services.

## Useful Vocabulary

**Help > *Au secours!***

**It's an emergency > *C'est un cas d'urgence***

**I need an ambulance > *J'ai besoin d'une ambulance***

**I've had an accident > *J'ai eu un accident***

**The house/car is on fire > *La maison/voiture a pris feu***

**My husband has had a heart attack/stroke > *Mon mari fait une crise cardiaque/a souffert un AVC (accident vasculaire cérébral – pronounced ai vai cai)***

**My child is choking > *Mon enfant s'étouffe.***

**I'm bleeding (a lot) > *Je saigne (beaucoup).***

**I'm diabetic, I need insulin > *Je suis diabétique, j'ai besoin d'insuline.***

**My wife is having the baby, her water has broken > *Ma femme accouche, le bébé arrive, la poche des eaux a percé.***



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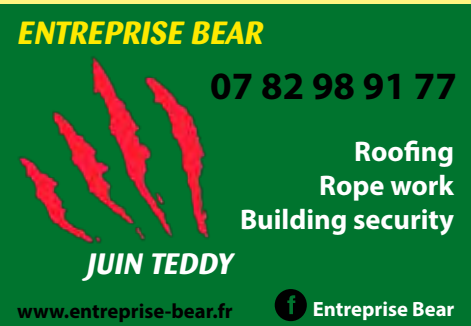


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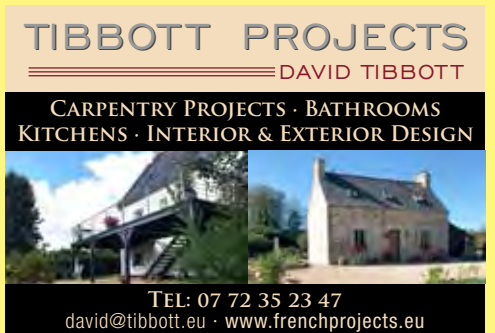
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