



# P-O Life

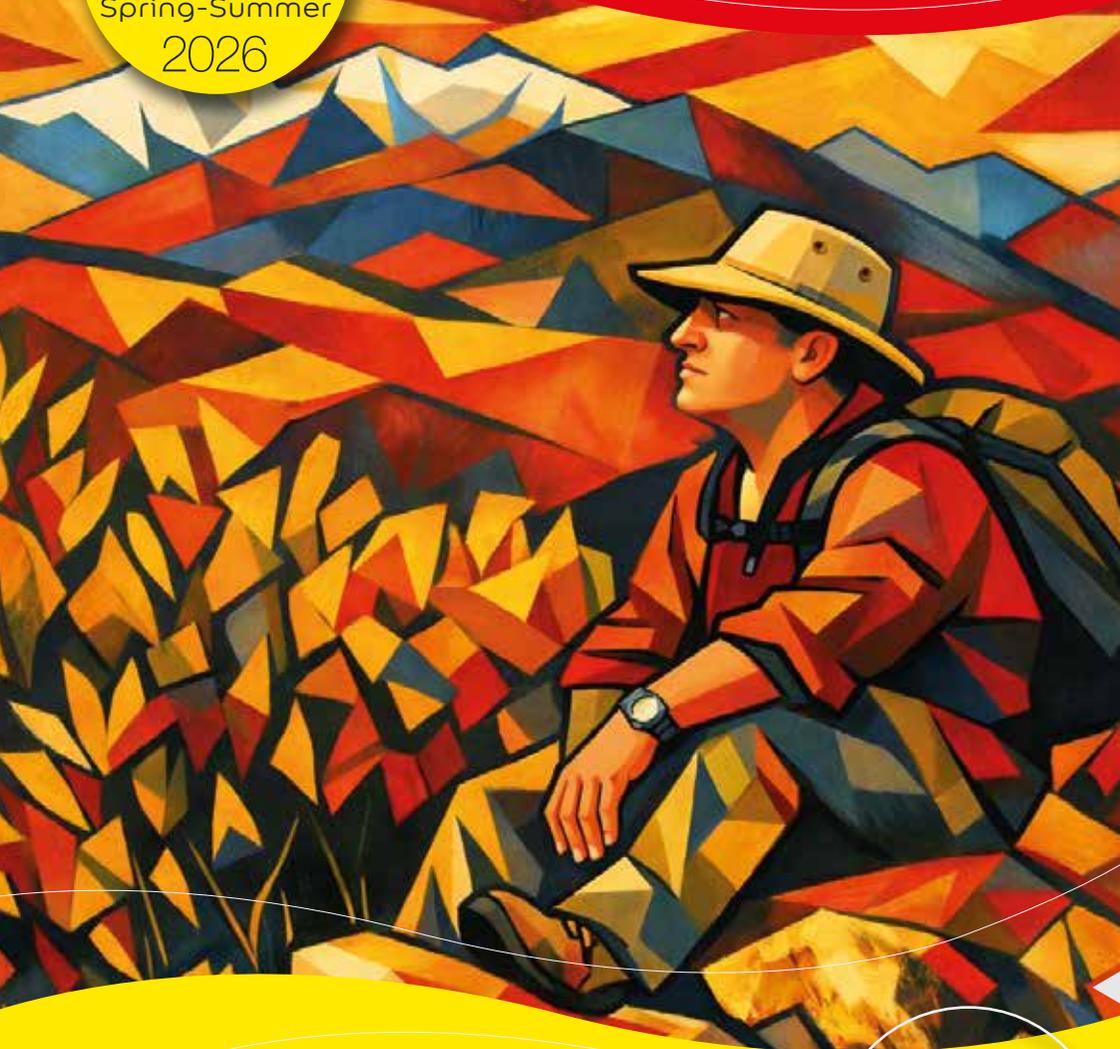
N° 85

FREE / GRATUIT

Spring-Summer

2026

*Life in the Pyrénées-Orientales*



**WALK** the  
**REGION**

...from Conat to  
Sainte-Marguerite

**FOOD** and  
**DRINK**

Eating  
Strange Things

**OUT** for  
the **DAY**

...at the Parc Animalier  
De Casteil

TEST your  
FRENCH  
**AMÉLIOREZ**  
**ANGLAIS**

# Springtime promotions

**-15%\***

OFF A SELECTION OF PRODUCTS



**Stressless®**

A PLACE THAT MOVES YOU

Visit us in store and discover our spring promotions

**Stressless® Mayfair recliner and footstool**, Signature base, in Batick Cream leather: €2,898 instead of €3,409 — save €511 (excluding €10.34 eco-contribution).



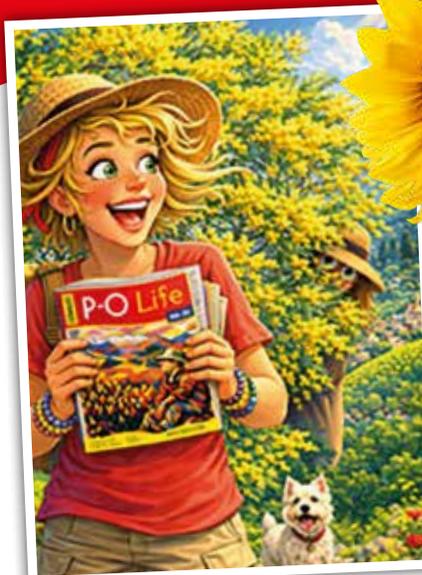
**Monsieur Meuble Alvarez**  
RD900 Pollestres  
04 68 54 21 12  
[www.monsieur-meuble.com](http://www.monsieur-meuble.com)

Find out more at [stressless.com](http://stressless.com)



\*Offer valid from 06/03/2026 to 26/04/2026, based on the recommended retail price (incl. VAT) as of 01/03/2026, on selected Stressless® products: Consul, Mayfair, Paul, Reno, Ruby, Sunrise, View and Tokyo recliners; Buckingham, Stella and Windsor sofas; and Stressless® dining chairs, excluding the Laurel model. Full terms and conditions available from participating Stressless® retailers and at [www.stressless.com](http://www.stressless.com). RCS Pau 351 150 859. A place that moves you.

# EDITO



**Café trottoirs are filling up, flowers are bursting into colour, spice-scented markets are bustling.**

We have beaches, sea, lakes, mountains, walks and rides, pretty villages, perfect picnic spots, wine tasting...and the gift of peace to enjoy them. How lucky are we when the wider world is struggling with war, disaster and poverty. Let's count our blessings. Elle n'est pas belle la vie?

**Please keep supporting our wonderful advertisers.** They are the reason this magazine still lands in your hands instead of living purely "in the cloud" somewhere. We enjoy a regular moan about meeting heavy costs, and people tell us to go fully digital - but can you fold a website in half and tuck it into your beach bag, or swat a mosquito with it?

**I rest my case! :-)**

In this issue, Robbie tackles the ever-changing world of airport news so the rest of us don't have to, Chris and Tim guide us from Conat to Sainte Marguerite and Rosaleen and her junior reporters take us to the zoo, alongside museums for the marginal, local heroes, frightening foods, and so much more...

**As for me? I am just so proud and lucky to still be part of it all.**

**Take care of yourselves, mes amis. Breathe it all in.**

**Joyeux Printemps!**

**Kate**

**TERRIBLE JOKES TO START SPRING WITH A**

**Smile**

**QUE DEMANDE UN DOUANIER À UN COCHON QUI PASSE LA FRONTIÈRE ?**  
Son passe-porc.

**WHY DO FRENCH PEOPLE ONLY EAT ONE EGG FOR BREAKFAST?**  
Because one egg is un œuf

**OUCH!**



Scan the QR code to get our newsletter straight to your inbox

To find out more about how your business can benefit from advertising in P-O Life, contact us on [info@anglophone-direct.com](mailto:info@anglophone-direct.com)

**EDITORIAL**

For editorial queries & comments:  
[info@anglophone-direct.com](mailto:info@anglophone-direct.com)  
06 79 61 96 46 (editorial only)

# INDEX!



## OUT FOR THE DAY

Walk: Conat To Sainte-Marguerite	6
The Parc Animalier De Casteil	12
Exploring the Region just 1 Euro	16
Monasteries, Miracles & Mystery: Monastir Del Camp	18
Beach Life: The Racou	58

## FESTIVALS, MUSIC & EVENTS

Where Chill Meets Thrill, Le Barcarès	39
Sea, Sun & Fun, Saint Cyprien Style	42
Some Catalan Traditions	52

## P-O LIFE

ETIAS: The New Travel Authorisation for Europe	48
Lest We Forget: Local Heros	56
Things You Might Need to Know	66

## FOOD AND DRINK

Eating Strange Things	22
Miam Collectif: Not a regular restaurant	26
Restaurant Reviews	28
Ideas for Eating Out	34

## AIRPORT NEWS

Summer 2026	44
-------------	----

## ART LIFE

The Museum Of Art Brut, Montpellier	20
-------------------------------------	----

## LANGUAGE

Unbelievably Bad Joke (but good for your French)	50
Test your French	60
Améliorez votre Anglais	64

## ENGLISH SPEAKING SERVICES

Emergency numbers	68
Directory	70

## JOIN THE CONVERSATION

Join over 6,000 members in our friendly Facebook group → Search **P-O Life Mediterranean Pyrenees** Stay connected and inspired: Facebook – **P-O Life Mag** Instagram – **@polifemag66** Twitter/X – **@magazine\_po** Or visit [www.anglophone-direct.com](http://www.anglophone-direct.com) for daily articles, local news, and the chance to share your thoughts in the comments.



## DO YOU LOVE OUR FRONT COVER AS MUCH AS WE DO?

Allan looking out over Canigou from somewhere high up in the Vallespir... with a little help from AI! ;)

Impression: **ROTIMPRES (Girona)**: 12.000 ex. Ne pas jeter sur la voie publique - Anglophone-direct accepts no responsibility for the competency of people and services advertising in P-O Life. Concepteur et rédacteur: **Kate** Maquette & Création: **Maite**

# Laroca Immobilier

Property Experts for *Les Albères* and *La Côte Vermeille*

PRICE: 599 000 € 247V1741M - Mandat 4163



LAROQUE DES ALBERES

135 sqm detached villa (1993), in quiet area 1.2 km from shops, on 1,081 sqm flat, fenced land with terraces and Alberes views. Living room with fireplace, kitchen, 3 bedrooms, 2 shower rooms, mezzanine. Landscaped garden, carport, pool with automatic systems. **Comfortable & calm.**

PRICE: 222 000 € 247V1743M - Mandat 4170



BANYULS SUR MER

Very pleasant, bright villa close to beach with terrace and parking including: living-room with south-facing terrace, open equipped kitchen, 2 bedrooms, shower room. Parking space. **Excellent condition!**

PRICE: 294 000€ 247V1733M - Mandat 4152



SOREDE

Semi-detached village house, 91 sqm living space, **steps from shops.** Ground floor: 2 large garages (48 sqm & 52 sqm) + 23 sqm room with laundry (non-convertible). Upstairs: 30 sqm bright living room, kitchen, 2 bedrooms, shower room, 32 sqm terrace with Alberes view. Second bedroom (30 sqm) can be divided into 3rd bedroom or dressing room.

PRICE: 560 000 € 247V1739M - Mandat 4158



BANYULS SUR MER

**Beautiful village house** of approx 127sq.m in centre 2 steps from beach, with garden, separate apartment, and garage. Bright living room with fireplace, separate kitchen, 2 bedrooms, bathroom with toilet. Independent apartment: 2 bedrooms, kitchen, bathroom, separate toilet.

PRICE: 344 000 € 247V1723M - Mandat 4131



SOREDE

Traditional 133 sqm detached villa facing nature, on 1,037 sqm flat, fenced land. Ground floor: heated veranda, living room with fireplace, fitted kitchen, 2 bedrooms, shower room, 2 garages. Upstairs: 2 attic bedrooms, toilet with sink. Garden with sheds and fruit trees. Double glazing, electric shutters, reversible A/C, central heating. Cosmetic updates needed. **Great potential.**

PRICE: 210 000 € 247V551A - Mandat 4159



BANYULS SUR MER

Exceptional location with **private direct access to beach.** Very pleasant apartment with terrace, parking, and cellar. Living room with open kitchen, 2 bedrooms, shower room, separate toilet, and storage room. Private parking. Reversible A/C.



WELCOME TO THE PYRENEES-ORIENTALES!

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

Agence de Développement Touristique  
2, bd des Pyrénées - CS 80540 - 66005 Perpignan Cedex  
Tél : +33 (0)4 68 51 52 53 - [info@cdt-66.com](mailto:info@cdt-66.com)



Contact us to successfully market your property now!



2 agencies at your service:  
Place de la Mairie, LAROQUE-DES-ALBERES  
1 rue Saint Pierre, BANYULS-SUR-MER  
[www.Laroca-Immobilier.com](http://www.Laroca-Immobilier.com)

+33 (0)4 68 39 20 94  
[laroca@live.fr](mailto:laroca@live.fr)

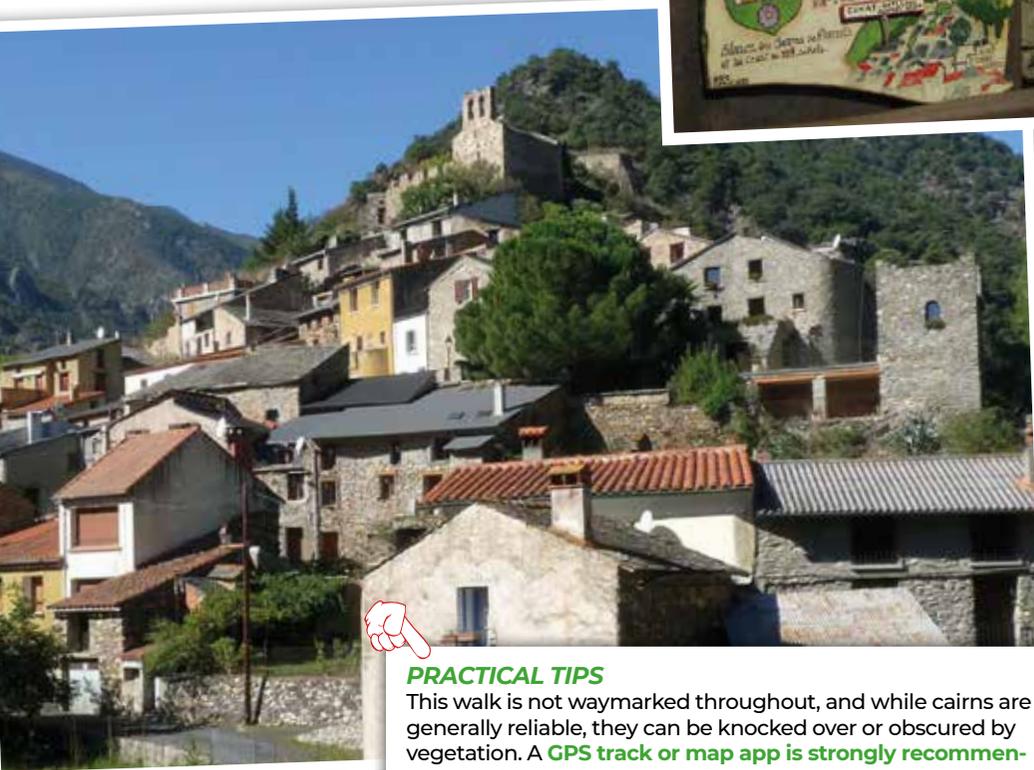


Circular Walk  
from **CONAT** to  
**SAINTE-MARGUERITE**



▼ This delightful circular walk above the village of Conat offers big mountain scenery, ancient paths and a real sense of isolation, despite its modest length.

With most of the ascent in the first two-thirds, it finishes with a gentle and rewarding descent back to the village.



**PRACTICAL TIPS**

This walk is not waymarked throughout, and while cairns are generally reliable, they can be knocked over or obscured by vegetation. A **GPS track or map app is strongly recommended**, particularly in poor visibility, but download maps offline—mobile signal can be unreliable.



Map: IGN 1:25,000 – Prades / St-Paul-de-FenouAillet (2348 ET)

**Distance & time:**

approx. 2h20

**Ascent:**

around 360 m

**Difficulty:**

moderate

**Terrain:**

good paths, some steep sections

**Waymarking:**

patchy but cairned

**Best season:**

all year, avoiding extreme heat

**Footwear:**

walking boots recommended

CONAT IS A QUIET AND ATTRACTIVE VILLAGE, STILL RELATIVELY UNKNOWN EVEN IN THE PYRÉNÉES-ORIENTALES.

**START: CONAT**

From the N116 between Perpignan and Prades, continue towards Villefranche-de-Conflent and Vernet-les-Bains. Just before entering Ria, turn right onto the D26 signed Conat / Nohèdes. Follow this road for 5 km up the valley. The car park lies up a steep slope on the left at the entrance to Conat. Public toilets are available near the mairie.

**THE WALK**

Leave the car park, passing the mural recounting Conat's history. Turn left along the D26, then right beside the first house, descending to the river which is crossed by a metal bridge. An old wooden sign points towards Llugols.

The path climbs steadily above the valley, first overlooking fertile terraces and later the dramatic gorges below. As height is gained, fine views open towards the Massif du Canigou and, beyond it, the Roc de France.

After about 35 minutes, reach a junction. The main path continues to Llugols, and the chapel of Llugols can be seen across the valley. Take the left-hand path, climbing steeply on a cairned trail.

The gradient soon eases as the path follows a ridge. Across the valley, the ruined **Chapelle de St Marguerite** comes into view. The path curves left across grassy slopes before bending right at a cairn marked with blue paint, leading to the hilltop and the chapel itself, reached after around 1h15. ➤●●●



Massif du Canigou



Chapelle de St Marguerite

Circular Walk  
from **CONAT** to  
**SAINTE-MARGUERITE**



**CHAPELLE  
SAINTE-MARGUERITE**

Built on sacred ground, this early chapel is thought to date back to medieval times. Local tradition links Sainte-Marguerite with protection and childbirth, and the constant wind here is poetically known as "les voix de la montagne". Many walkers remark on the constant air movement on the ridge. Until the early 20th century, shepherds would circle the chapel ruins once before taking their flocks onto higher pastures. It was believed that Sainte-Marguerite would guard the animals from falls and storms, provided the shepherd left the place undisturbed. Breaking stones from the chapel, it was said, would bring sudden weather changes.



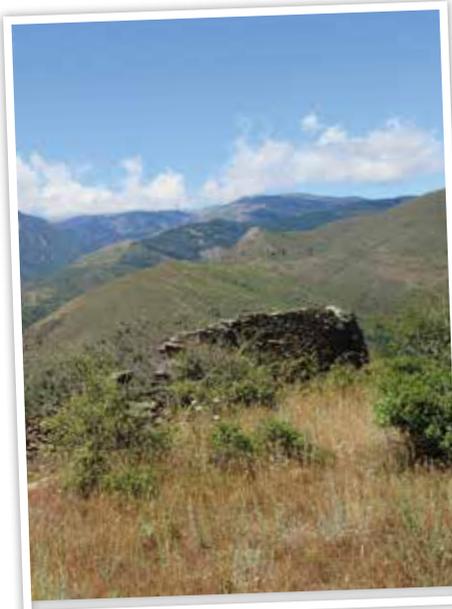
**THE CHAPEL THAT REFUSED  
TO STAY BUILT**

Local tradition says the Chapelle de Sainte-Marguerite stands where it does because the stones used to build it were repeatedly found moved uphill overnight, until the builders accepted the hilltop as the chapel's chosen place. The constant wind on the ridge is said to carry prayers skywards, and women once climbed here to pray for protection and safe childbirth — listening for the wind to rise in reply.



This is a good spot for a short break. Afterwards, re-descend the path for 150 metres to find a large cairn on the right. Turn right across grassy area to find the ruins of an old **bergerie** on left.

Around 30 metres past the **bergerie**, take the path on the left, signposted Conat. Follow this cairned path downhill for about 15 mins. Look out for a right turn away from a large rock with a cairn on it (most misleading! – but it is a warning not to venture to the rock which stands above a steep drop.)



▶ Ruined bergerie



▶ Restored dungeon and chapel at Chateau de Conat



Two beautiful Roman bridges cross the rivers Urbanya and Caillan at their confluence — from which Conat takes its name (Condate, Celtic for "meeting of waters").



**CHÂTEAU DE CONAT**

The château was never a single great fortress but a small castral settlement overlooking the river confluence. Abandoned early, its stone was gradually reused by villagers — meaning much of Conat itself is built from the château. Local tradition speaks of sealed cellars and a forgotten passage to the river, but today the site feels less like a ruin and more like a place quietly reclaimed by the village.

Soon the path meets a broader valley track which bends left and descends gently. Continue downhill along this excellent path.

As you leave the riverside and enter the village, continue onwards or explore the upper reaches of Conat to find the restored chapel and dungeon within the ruined château.

Descend from the site to explore the village, if you have time. Many houses, built of schist, still display old bread ovens set into their walls.



# ▶ OUT For the DAY

WALK THE REGION WITH TIM AND CHRIS PARKER

## Circular Walk from CONAT to SAINTE-MARGUERITE

### CONAT

A living postcard of rural Catalan heritage tucked into the Conflent valley at the confluence of the Urbanya and Caillan rivers, hence its name derived from the old Celtic word condate meaning "confluence." With fewer than 70 inhabitants, it is nevertheless steeped in history, with medieval records mentioning it as early as 977 AD.

Visit the 12th century Église Saint-Jean-Baptiste, Romanesque church protected as a monument historique, or the Romanesque Chapelle Sainte-Madeleine overlooking the village.

Part of the protected 'Réserve Naturelle Nationale de Conat', the area supports rich mountain biodiversity and dramatic landscapes and is home to wildlife including bearded vultures, isards (Pyrenean chamois) and a remarkable variety of insects and plants — from Pyrenean lavender to rare butterflies — though the reserve itself doesn't have formal hiking trails.



### THE BELLS OF CONAT

According to local legend, the bells of Conat's old château chapel were hidden during troubled times — some say during medieval raids, others during the Wars of Religion — to prevent them from being stolen or melted down. Buried somewhere near the confluence of the Urbanya and Caillan rivers, their exact location was known only to one man, who died before revealing it.

On very quiet evenings, when mist rises from the valley and the wind funnels down from the ridge of Sainte-Marguerite, some villagers claim you can still hear a faint ringing, carried on the air.

Drop down to cross the bridge over the river Caillan and turn left along the D26 to reach the Parking area.

This walk could be combined with a trip to Villefranche or a sortie into Prades.

Belle journée!

# TPM Piscines Services



## POOL ACCESSORIES AND MAINTENANCE

- > REPAIRS AND MAINTENANCE
- > POOL ACCESSORIES
- > HEAT PUMPS / BUBBLE COVERS
- > ROBOTS / AUTOMATIC TREATMENT SYSTEMS
- > SECURITY & WINTER COVERS
- AUTOMATIC SHUTTER COVERS
- > SOLAR SHOWER / CLEANING EQUIPMENT / ACCESS RAMPS / LADDERS, ETC...
- > LEAK DETECTION

Tel.: 06 75 46 93 65  
[info@tpm66.com](mailto:info@tpm66.com)  
[www.tpm66.com](http://www.tpm66.com)

## POOL RENOVATION 'PVC ARMÉ' SPECIALISTS

- > POOL RENOVATION
- > PVC MEMBRANE
- > LINERS
- > SKIMMER AND PIPE CHANGES

Tel.: 06 78 64 22 62  
[lucien@tpm66.com](mailto:lucien@tpm66.com)



**...AT THE PARC ANIMALIER DE CASTEIL**

**THE EXPERIENCE**

Nestled above the village of Casteil at 800 metres on the slopes of the Canigou massif, the Parc Animalier de Casteil is not your typical zoo. It's a 3.5-kilometre mountain loop that climbs and dips through woodland, opening out to dramatic views of Canigou and across to the striking Abbaye Saint-Martin du Canigou perched on its rocky spur.



with Rosaleen Bond and her three junior journalists



This is part wildlife park, part mini mountain hike. You explore on foot through natural terrain rather than paved paths, passing more than 300 animals in spacious enclosures spread across 25 hectares. One moment you're walking through fir trees, the next you're watching the wolves, and then suddenly you're looking up at snow-capped skylines.



We always bring a picnic. There are shaded tables near the entrance, but our favourite spot is halfway round, sitting high above the valley with birds of prey circling overhead. It feels immersive and unhurried not a rushed zoo visit, but a proper day in the Catalan Pyrenees.

**THE ZOO**

The park is home to European species you might dream of seeing in the wild. There are wolves, brown bears, lynx and deer alongside globe-trotters such as wallabies, yaks, alpacas and macaws. Lions are always impressive, while prairie dogs and tortoises can keep children entertained for ages.



## ...AT THE PARC ANIMALIER DE CASTEIL



Plan at least three hours to complete the full loop. There's around 200 metres of elevation gain, so it feels like a short mountain hike with frequent "wow" stops. Mornings are best in warmer months when both temperatures and animals are livelier.

For something different, you can book exclusive experiences. "Sleep with the Wolves" allows families (age 5+) to stay overnight in a rustic cabin beside the wolf enclosure, with park access for two days. There's also a half-day "Keeper for a Morning" experience on selected dates, offering behind-the-scenes insight into animal care.



Because of the terrain, pushchairs aren't practical, but baby carriers are available to borrow free of charge. Electric buggies can also be rented if the slopes feel daunting.



### MUM TIPS

Go early and go light. A hat, sunscreen and plenty of water are essential on sunny days. Wear proper shoes as this is a hillside walk, not a flat zoo circuit. Do a "tactical toilet stop" at the entrance before you set off there are none along the route. If little legs tire easily, you can shorten the visit and loop around the lions and wolves without completing the entire circuit. If you live nearby, the annual pass quickly pays for itself. Two visits and you're covered. We go several times a year, and each season feels slightly different, especially when there are new baby animals.

### KIDS TIPS

Leave time for the play area near the exit. Don't get too distracted by the 'aire de jouets' the animals are much cooler. Take a €2 bag of grain at the entrance for feeding areas - but don't give it all to the goats!

DOMAINE DE FALGOS  
RESORT - GOLF - SPA

IT'S TIME TO MEET AGAIN  
THE DOMAINE DE FALGOS

Domain reopening on 1st April  
SEASON 2026



### SPECIAL OFFERS:

Day out:

Lunch & spa **55€/person** (Includes unlimited access to our spa (pool, sauna, hammam, jacuzzi, gym) plus 3 course lunch, drinks included)

Stay longer:

2 days / 1 night half-board **From 128€/person** (in double room at 4\* hotel and unlimited access to spa)



DOMAINE DE FALGOS | 66260 Saint Laurent de Cerdans | 04 68 39 51 42 | contact@falgos.com | www.falgos.com

TOUR de France  
2026

## Tour de France 2026 - Stage 3 Granollers >>> Les Angles

The 113<sup>e</sup> edition of the Tour de France comes to our region on Monday 6 July 2026 with Stage 3, the race's first major mountain test. Riders will travel from Granollers near Barcelona across the Pyrenees to a historic first-ever summit finish at Les Angles, at nearly 1,800 metres altitude. The 196 km stage promises dramatic climbing and spectacular scenery.

Spectators can watch along the route as it enters France, particularly around Font-Romeu, the Capcir approaches and the final ascent to Pla del Mir.

Arrive early to avoid getting caught by road closures, bring water and sun protection, and enjoy the festive atmosphere as the peloton passes through.

Don't Miss It!



### FOR JUST €1

Any time is a good time to explore Occitanie, but in spring, the days are longer, the flowers are out, the terraces are filling up gently, and the crowds are still at bay. Forget parking struggles and hop aboard a regional train the first weekend of every month, excluding July and August, to discover Occitanie for just 1 euro!

Tickets go on sale exactly 10 days before each weekend where the €1 offer applies, contingent on availability so plan your mini adventure in advance. L'avenir appartient à ceux qui se lèvent tôt.



#### A FEW SPRINGTIME SUGGESTIONS

##### Perpignan → Carcassonne

Step back into the Middle Ages in this spectacular fortified town. Wander the ramparts, visit the **Château Comtal**, admire the **Basilica of Saint-Nazaire**, and explore the intriguing **Museum of the Inquisition**.

##### Perpignan → Narbonne

Perfect for a relaxed day out, Narbonne offers the **Canal de la Robine**, the beautiful **Abbaye de Fontfroide** just outside town, the excellent **Les Halles** covered market, and the impressive **Cathédrale Saint-Just**.



##### Perpignan → Béziers

Discover the historic centre, the striking **Saint-Nazaire Cathedral**, and the remarkable **Nine Locks of Fonseranes** — an ingenious staircase of locks on the **Canal du Midi** — before stopping by the lively covered market.



##### Andorra (via Ax-les-Thermes)

A scenic mountain journey leading to thermal spas, fresh alpine air and a little tax-free shopping.



#### BUY YOUR TICKET ONLINE

at the official **liO Train / TER Occitanie** website, select your route and, if availability exists, the **€1 fare** will be offered when you search for tickets.

**BUY DIRECT AT SNCF STATIONS** if you prefer in-person booking.



**MONASTERIES,  
MIRACLES & MYSTERY  
MONASTIR DEL CAMP**

▼ The name Monastir del Camp in Catalan means 'Monastery of the Field'. This old monastery located near the village of Passa is no longer a religious institution, but is open for visits and occasionally exhibitions and concerts. Set amidst vineyards, almond trees and open farmland, spring brings blossom, birdsong and wild flowers, to soften the ruins. The monastery's layered history makes it one of those places that quietly exceeds expectations.



According to legend, when Charlemagne went into battle against the Saracens on the heights of Passa, he placed a lead statue of the Virgin in the midst of his parched and exhausted army, just as they were about to desert the battlefield. A fountain of water gushed from the dry land, the soldiers drank to their fill, and, replenished, drove away the enemy. In gratitude for victory and divine help, **Charlemagne had a chapel built at the scene of this miracle, said to be the origin of Monestir del Camp.** Called by some the 'Black Virgin' because of its dark colour, the miraculous statue can be seen today in Thuir, at the Église Notre-Dame-de-la-Victoire.

The 'Black Virgin' tradition links Monastir del Camp to a wider Mediterranean cult of dark Madonnas, symbols of fertility, protection and endurance.



Visit the church, wander round the remains of the ancient watch towers and the 'cellera', heart of the original small fortified settlement, dating back to 950. Farmers often built cellars or fortified areas around the church, sometimes surrounded by pits, to store and protect their crops from abusive local lords seeking inflated and unjust taxes. These early fortifications enclosures remind us that monasteries were once as much about survival and resistance as prayer.

**BEWARE:** Open to public but best to phone ahead and make an appointment.

**+33 6 70 40 07 89 / +33 4 68 38 71 24  
nicolmona@hotmail.fr**

Entry: **3€** (free for children)

**MAGICAL MYSTERY TOUR...  
WITH SUSAN OSWALD**

I wasn't quite sure what to expect at this old monastery, especially as it had been rather difficult to make contact beforehand. But it turned out to be a real jewel. We were welcomed by a lovely lady who has been greeting visitors to the priory for the past 39 years — and she certainly knew her history.

As well as the cloister, chapel and fine carvings, there is a magnificent portal of white marble from Céret, gifted to the priory by the Knights Templar, and superbly well-preserved Roman baths.

And then came the real surprise: a remarkable collection of around 270 sculptures and crucifixes of Christ, dating from the 14th century to the present day, including representations from Africa, Asia and the Americas. Quite unexpected — and absolutely incredible.





Before you leave the museum, treat yourself to a **visit to the workshop of Fernand Michel**. Starting life as a bookbinder, Fernand explored the tactile possibilities of his materials. Moving on to zinc, the artist found a way of transforming rigid pieces of scrap metal into almost liquid works of art.

▶ **AN ADVENTURE PARK OF WONDER AND IMAGINATION**

An extraordinary collection of works produced by the crazy, the unattached and the marginal, the Museum of Art Brut is a true delight in this all-too-rational world.

**What is Art Brut?** "It's complicated!" In the words of Patrick Michel, the museum's director, as he runs through the history of definitions and variations. Coined in 1945 by the painter Jean Dubuffet, the term Art Brut referred to people locked up in asylums, prisons, or in cages of their own making who expressed their obsessions with whatever material was at hand.

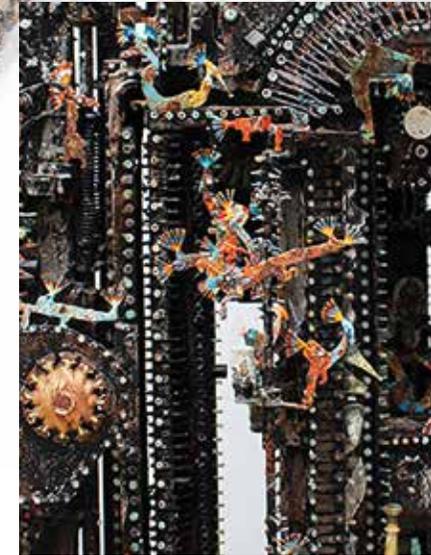
Later, in 1972, **Outsider Art (Art singulier in France)** became the customary term in the United States to denote a more inclusive category of self-taught artists whose work could be seen as a protest against the art establishment.

With Ellen Turner Hall



Both categories of artists aim to reconstruct the world in their own vision. Both have in common repetition (a Swiss who paints only cows, a Catalan who paints cars, an American who paints self-portraits), obsession with minute details and a fascination with numbers, letters and magical symbols.

The visionary and mystic **Joseph Crépin** heard a voice that told him that WWII would come to an end if he painted 300 pictures. **He finished his 300th canvas on 7 May 1945.**



Using Ferrand's personal collection as a base, his two sons have created the museum in Montpellier with over 2000 works. The once-rejects of society have become famous the world over with their astonishing assemblages of wood, feathers, shells, machine parts, seeds, bones and tiles. The displaced and unclassifiable are now drivers of a flourishing global art market.

What irony! What fun!



For details: [www.musee-artbrut-montpellier.com](http://www.musee-artbrut-montpellier.com)



▼  
Relocating to France comes with certain expectations: sunshine, *'du pain, du vin et du boursin'*...but what you might not be prepared for is being invited round to the neighbours to eat snails, organs, or unknown marine wildlife for lunch. Welcome to Eating Strange Things — a gentle nudge for Brits who've mastered French paperwork, an amazing feat in itself, but still hesitate at the *'traiteur'* counter. Here are just a few 'strange things' to cut your teeth on!

### SEA URCHINS (Oursins)

If you've had the misfortune to accidentally step on a sea urchin (oursin) on bare footed paddles in the sea, you will be very aware how painful it can be when the long, venomous spikes puncture your skin, and *'pedicellariae'*, forceps-like jaws that release venom. Ouch! However, the good news is that you can get your own back - by eating their gonads (or testicles to some)! Hidden away under that thorny exterior lies a delicate, subtle, fresh-from-the-Med taste, sometimes compared to oysters. Eat them raw, with a spoon, straight out of the sea, maybe with a drizzle of lemon



### SNAILS (ESCARGOTS)

Yes, we rescue them from our lettuce in Britain and place them gently in the long grass, but in France, they are less like garden pests and more like lunch, baked in their shells with butter, parsley and enough garlic to deter a vampire. Look out for a *'cargolade'* here in Catalan country, a convivial open-air get-together where snails are grilled over vine cuttings and eaten with aioli at long outdoor tables. Earthy, chewy and accompanied by a generous amount of sauce and fresh bread for dipping, you might surprise yourself if you are not already a convert!



### TRIPLE SAUSAGE (ANDOUILLETTE)

It may look like a charming little sausage, but an andouillette is in fact made from a pig's intestines. A classic of French bistro cuisine, it's known for its robust flavour and distinctive aroma, smelling a little like a grubby farmyard. Rich and rustic if you like that kind of thing, though, as with many great French delicacies, it's often wise to let your guests enjoy the first bite before explaining exactly what it is.





## EATING STRANGE THINGS



### SEA CUCUMBER (CONCOMBRE DE MER)

Sea cucumber looks exactly how it sounds. Technically an echinoderm (a distant cousin of the sea urchin), it's valued more for texture than flavour. And just to give you an appetite, some species defend themselves by evisceration — shooting out sticky internal organs through their rear end and later growing the organs back. But don't let that put you off! :-). When cooked, it becomes soft and slightly gelatinous, absorbing whatever sauce it's paired with. It's not everyday fare on the Catalan coast, but you may spot it in specialist seafood restaurants.



### SWEETBREADS (RIS DE VEAU)

Despite the reassuring name, sweetbreads are neither sweet nor bread. They're the thymus (sometimes pancreas) of a young calf — and in French cuisine, they're considered a delicacy. Properly prepared, they're crisp outside, creamy inside and apparently surprisingly delicate in flavour. It's probably best not to announce what they are until after your guests have said how delicious they taste.

### COUILLES DE MOUTON (SHEEP'S TESTICLES)

The name alone may test your culinary bravery. They are only really for daring diners and adventurous eaters. Locals may speak about them with cheerful enthusiasm, but the average Brit is more likely to stare at the plate with caution. On the positive side, they are a great icebreaker at the dinner table "You first," or "Are they really...?" It may take several glasses/bottles of wine, and a firm decision not to think too hard about the ingredients, but if you can get over the psychological trauma you may well find them rather tasty.



### PIG'S TROTTERS (PIEDS DE PORC)

Another dish that is not for everyone, the idea of eating trotters evokes mixed feelings for many. In France, they are slow-cooked for hours until the meat and collagen turn meltingly tender, and served stuffed, grilled or maybe with mustard and lentils. Rich, sticky and undeniably rustic, they often look exactly like what they are! If you love them, why not join the pig's trotter brotherhood, who hold an annual tasting, complete with oinking contest!



### BYRRH - apéritif Catalan

Created by the Violet brothers from Thuir in 1873, and otherwise known as 'vin tonique et hygiénique au quinquina', Byrrh used to be a world renowned Catalan apéritif. The brothers started off as travelling salesmen, selling various things including 'tonic'. With the arrival of the railway in Perpignan in 1858, they saw the chance to take advantage of new industry in the region, and put together the recipe for Byrrh, **created from good quality Roussillon wines and quinine water, and said to be medicinal.** Visitors to Thuir can tour the cellars, home to one of the largest oak vats in the world (over 1 million litres).



*Bon appétit!*

## MIAM COLLECTIF Perpignan... WITH MAEBH NI FHALLUIN

### NOT A REGULAR BAR-RESTAURANT

Located near Perpignan's re-vitalised commercial thoroughfare, Rue des Augustins, you will find MIAM Collectif. ('Miam' is the French for 'yum!'.) It's yellow and red-coloured exterior reflects the warm and welcoming atmosphere you will find inside this delightful dining spot. MIAM is not a regular bar-restaurant; it is a community canteen.



© One Heart pour France Active

### What is a community canteen?

The original idea was for a bar-restaurant that the majority of the population could afford," explains Camille Rosa, one of MIAM's chefs and a founding member. "We were thinking about how we could make the city more pleasant by creating a truly inclusive place for people to meet and eat".

It involves active participation of numerous volunteers in the kitchen, bar and service area, healthy, wholesome vegetarian dishes using locally sourced and surplus fruit and vegetables donated by local enterprises, and free-pricing model to encourages people to consider what they can afford depending on their income.

The concept is born from the belief that everyone should be able to access good food. It is also based on honesty. People who are accustomed to fine dining and eating out are encouraged to pay what they would normally expect to pay for a delicious and nutritious restaurant meal. This allows MIAM to serve people who might not normally eat out.



"This is a restaurant for everyone," says Camille. "We see a whole range of people, including poor people, and we want them to feel welcome and proud to come here."

### Solidarity

The canteen serves a daily set menu (Tuesday – Saturday, 12h15-13h45) for an average of +50. Staff member, Astrid, explains: "This is a safe space; everyone's wellbeing is paramount. I have worked in hospitality in the past, but this place is different, we respect and take care of one another. I have met wonderful friends here. Many of our customers are regulars so we have gotten to know each other."



MIAM's café is open Tuesday to Saturday, 11h-15h00. The team also run daytime and evening events through the year, including language exchanges, workshops, theatre, karaoke and seasonal celebrations. Find further details about MIAM Collectif (including how to become a volunteer) at [miamcollectif.org](http://miamcollectif.org).



If you would like us to highlight an inspiring eco-initiative in your area, please contact [maebh.nifhalluin@gmail.com](mailto:maebh.nifhalluin@gmail.com)





► Your reviews are our favourite dish — honest (we hope!), unfiltered (mostly!), and never spiced with advertising (bien sûr!). You might not always agree, the chef or serving staff might be having a bad day, your standards might be higher....or lower — but they give you a taste of what's really on the menu.

A big big thank you to those who regularly contribute to the review section in the magazine. your comments are very much appreciated by other readers — and by the restaurants themselves

bon appétit

### CHATEAU DE NYER

Nyer... with Rehana

Not far from the fabulous hot outdoor baths of St Thomas, in an old converted castle, part of a charitable trust which trains disabled people in catering, and also provides a home for the disabled and elderly. Exceptional setting, terrace with mountain views, attentive and welcoming staff and a very good meal served.

Also excellent value. Highly recommend.



3 Rue du Château, Nyer | Tel: 04 68 96 50 35

### LE RALLYE

Le Boulou... with Geraldine

Really lovely lunch here today. Great value for 3 superb courses. Not your usual brasserie food. Subtle flavours, beautifully seasoned, interesting choices. Well worth a visit.

37 Place de la Victoire, 66160 Le Boulou  
Tel: 09 78 31 77 25



### MABUHAY CUISINE

Perpignan... with Johanna

This new Philippino/Asian in Perpignan centre has wonderful food by the great cook Thess Ronquillo Lindblom. Slow cooked juicy meat, great ramen and always very welcoming!

5 Pl. André Grétry, Perpignan  
Tel: 06 16 19 15 79



### AU BORD DU TECH

Reynes... with Christine

Newly opened and already very popular. Daily new menu and website updates. 3 course lunch €19.50. Generous portions and very friendly service. Well worth a visit.

Pont de Reynes Départementale 115, Reynès  
Tel: 04 68 87 84 33



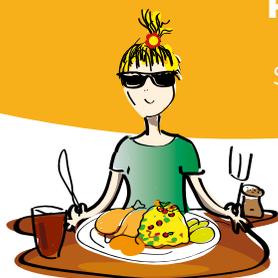
### LA TABLE DE JORDI

Banyuls-sur-Mer... with Wendy and John

Lunch here was excellent. Staff were very friendly and efficient. Three of our group had the special of Gambas which were apparently superb and I had pork cheek which was cooked to perfection. We definitely recommend this restaurant if you are looking for a seafront restaurant in Banyuls sur Mer.

5 Place Paul Reig, 66650 Banyuls-sur-Mer  
Tel: 04 66 88 31 58





### QUELQUES QUICKIES

▶ **CASA MACHA**  
Argelès... with Mwana  
Went here for brunch.  
Fabulous.



▶ **Ô P'TIT PORTUGAIS**  
Canet...with Karen  
Prices are good and the  
food was 10/10.



▶ **LE CATALAN**  
Laroque des Alberès...  
with Corita  
Excellent restaurant, very  
good value set menu,  
always fresh and well  
prepared.



▶ **PIZZA RIMINI & LA GALIOTTE**  
Canet Plage...with Rowena  
Highly recommend both

### CAN PLA

Collioure... with Suzanne

Incredibly fresh fish listed on the day's menu...simple plates with perfectly cooked dorade or loup de mer or whatever that day's catch was offered. Nearly overwhelming selection of tapas; patatas bravas perfectly grilled and salted, chipirones fried crisp to perfection, just too many to name here. GO. It is a perfect resto for groups and families but also a lovely spot for two to get away from it all with exquisite food and very reasonable prices.

*I'm salivating as I write and am going to make a reservation. NOW.*



7 Rue Voltaire, Collioure Tel: 04 68 82 10 00

### L'ATTAÉE

Perpignan... with Julie



A great discovery! 'Surprise' menu, meaning you choose the number of courses and have what the chef has prepared for that day, taking into account any dietary restrictions. All fresh and seasonal. Portions are small-ish, dishes are delicious, sauces are especially of note. Large wine selection and an alcohol-free G&T as an alternative to the usual soft drinks and (often not great) 0% beer. Small dining room with minimal decor but that's fine as it doesn't distract from the food. The waiter is kind and chatty and the couple running this place are clearly passionate about what they offer.

If you feel like pampering your taste buds and are not in a rush, I recommend you check this place out.

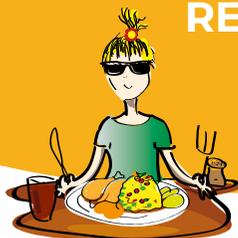
About 60€/head for the 4-course meal + wine.

3 Rue Fabriqués d'en Nadals, Perpignan  
Tel: 04 68 09 65 82

### Un escargot entre dans un bar...



comptoir → counter tabouret → stool grimper → climb



### RECOMMENDATIONS FROM OUR FACEBOOK GROUP: P-O Life (Mediterranean Pyrenees)

#### ARGELES (Google details!)

- ▶ LA BARTAVELLE
- ▶ LA QUETE
- ▶ LE PETIT REST'EAU (PORT)
- ▶ LE RELAIS DE LA MASSANE



#### OVER THE BORDER

#### FIGUERES (Google details!)

##### BOCAM...

Delicious & good value for money.

##### BON PROFIT...

Home cooked food. Good value.

##### DALICATESSEN...

2 seconds from the Dali museum. Lovely place, lovely owner

##### GRANADA VINS...

Simple spanish food just round corner from museum

##### EL PELEGRÍ...

Fine dishes, impeccable service, reasonable price

**EL MOTEL...** Fabulous culinary experience

**LA TAGLIATELLA...** really good



### DO YOU KNOW A RESTAURANT YOU WOULD LIKE TO RECOMMEND?

We'd love to hear from you.

**CONNAISSEZ-VOUS UN RESTAURANT QUE VOUS VOUDRIEZ RECOMMANDER?** On serait ravis de vous entendre.

Send your comments to us at [info@anglophone-direct.com](mailto:info@anglophone-direct.com)



No restaurant owners please ;-)

# Terrassous

DEPUIS 1932

## Summer isn't summer without a taste of Terrassous

#### Céret:

18 avenue des Aspres  
04 68 09 71 07

#### Terrats:

26 avenue  
des Corbières  
04 68 53 02 50

#### Fourques:

1 bis rue des  
Taste Vins  
04 68 38 89 65

#### Thuir :

1063 avenue de l  
a Méditerranée  
04 68 53 34 10

#### Elné:

67 avenue Paul Reig  
04 68 95 15 74

#### Cabestany:

1 avenue  
du Roussillon  
04 68 50 48 59

[www.terrassous.com](http://www.terrassous.com)

# FOOD and DRINK



Ideas for  
**EATING  
OUT**

A big thank you to the following restaurants who support this magazine and help us to stay free. Please support them when you can.

Bon app.

## FUN FACT

**ANCHOVIES WITH ATTITUDE**  
These anchovies have attitude for a reason. Collioure is famous for its traditional hand-filleting method, producing anchovies that are far more delicate and flavourful than the usual kind. Look out for them in dishes at local restaurants.



**ARGÈLES SUR MER (VILLAGE)**  
Plancha mama..... 04 68 37 78 23  
Fresh and local Tapas

No need to head to Spain for **ORIGINAL, FRESH, LOCAL TAPAS**

**Plancha mama**  
Buen provecho!  
3 Place Gambetta ARGÈLES sur MER - 04 68 37 78 23  
ENGLISH AND SPANISH SPOKEN

**ARGÈLES SUR MER (PORT)**  
Le Petit Resteau..... 04 34 10 13 61  
Traditional, French Homemade Cuisine

**Le Petit Resteau**  
Traditional, French Homemade Cuisine  
to make you feel at home. Come as you are!  
Relaxed dining overlooking ARGÈLES PORT...  
+33 4 34 10 13 61  
Please check our social media for opening times  
@lepetitresteau

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

**Bella Pizza**  
Eat in or take away delicious Pizzas and Italian Specialities  
Open every day (except Sunday lunch-time and Thursdays)  
Tel. 04 68 87 70 26  
13, av. Michel Aribaud - CÉRET

La Dulcine..... 04 68 87 02 22  
Franco Japanese Fusion and Regional Specialities

**La Dulcine**  
- RESTAURANT -  
Franco Japanese Mediterranean Fusion..  
...an exciting and unique culinary experience  
www.ladulcine.com  
SPACIOUS, ELEGANT DINING ROOM.  
PRETTY SHADED TERRACE  
1, Route de Céret 66400 Reynès  
(2 mins from Céret, direction Arrière)  
tel: 04 68 87 02 22

Le Jardin de Céret..... 04 68 92 91 91  
Regional specialties..... www.lejardindeceret.fr

**Le Jardin de CÉRET**  
Restaurant - Spécialités Catalanes -  
CATALAN CUISINE,  
REGIONAL SPECIALITIES,  
OYSTER BAR...  
PATIO DINING, SECRET GARDEN,  
PANORAMIC VIEW OF THE VALLESPIN FOREST  
PRIVATE ROOM AND TERRACE AVAILABLE FOR YOUR SPECIAL EVENTS  
(From the designers of the Jardin de Collioure)  
www.lejardindeceret.fr  
Rue de la République, 66400 Ceret · R: 04 68 92 91 91

**COLLIOURE**  
Le Jardin de Collioure..... 04 68 95 12 52  
www.lejardindecollioure.com  
Charcoal-Grilled, Fish and meat.

**Le Jardin de COLLIOURE**  
Specialising in  
CHARCOAL-GRILLED  
FISH AND MEAT  
www.lejardindecollioure.com  
LEAFY COURTYARD GARDEN · PRIVATE PARKING  
4 Rte de Port-Vendres, 66190 Collioure · 04 68 95 12 52

# FOOD and DRINK



Ideas for  
**EATING  
OUT**

## COLLIOURE

Refuge Batere..... 04 68 39 12 01  
.....refugebatere@gmail.com

**Chez Simone**  
TASTY TAPAS  
MEDITERRANEAN  
AND CATALAN CUISINE  
OVERLOOKING THE  
BAY OF COLLIOURE

7 RUE MAILLY, LE BORAMAR,  
66190 COLLIOURE  
04 34 29 93 47  
@RESTAURANT.CHEZSIMONE

## CORSAVY

Refuge Batere..... 04 68 39 12 01  
.....refugebatere@gmail.com

**WWW.REFUGEBATERE.FR**  
**0468391201**  
**REFUGEBATERE@GMAIL.COM**  
30th MARCH TO 4TH NOVEMBER 2024  
MOUNTAIN REFUGE, BIVOUAC & PICNIC AREA.  
RESTAURANT, BAR & TAPAS AT LUNCH.  
COME AS A GUEST LEAVE AS A FRIEND!

## LAROQUE-DES-ALBERES

**Le Catalan**..... 04 68 98 20 57  
Bar - Cave à Vins

**Restaurant Le Catalan**

2, Place de la République - Laroque Des Albères  
Bar - Cave à Vins - Réservation **04 68 98 20 57**

**Le Refuge du Clocher** ..... 04 68 73 43 59  
.....www.lerefugeduclocher.com

**le Refuge  
DU CLOCHER**  
RESTAURANT  
Restaurant · BnB · Crêperie

Open all day from  
breakfast to dinner

Reservations: **0468734359**

1 Rue des Evadés, 66740  
Laroque-des-Albères  
www.lerefugeduclocher.com

## PERPIGNAN

**Lou Grilladou** ..... 04 68 34 86 81  
.....Closed Sunday & Monday

**RESTAURANT Lou Grilladou**  
www.restaurant-lou-grilladou.fr  
**Lunch-time  
3-course menu  
just 19,00€**  
(Tue-Fri)  
**Sunny terrace**  
Closed Sunday and Monday  
7 place de Belgique  
66000 PERPIGNAN **04 68 34 86 81**

**Vilavigne new wineshop** ..... 04 68 81 03 08  
La Fauceille next to Maison Paré

**Vilavigne**  
des Hommes et des Vins  
NEW WINESHOP IN PERPIGNAN

More than **500**  
wines from some  
of the **best wine**  
producers of France.  
**Come and Check us Out!**

perpignan@vilavigne.fr **04 68 81 03 08** La Fauceille  
next to Maison Paré

## SAINT LAURENT DE CERDANS

**Domaine de Falgos**..... 04 68 39 51 42  
OPEN 7/7 lunch and dinner ..... www.falgos.com

**DOMAINE DE FALGOS**  
RESORT - GOLF - SPA

**STUNNING PANORAMIC TERRACE**  
OPEN 7/7 LUNCH AND DINNER **LUNCH + SPA 55€**

TÉL : 04 68 39 51 42 66260 SAINT LAURENT DE CERDANS www.falgos.com

## SAINT GENIS DES FONTAINES

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

**L'Auberge des Albères**  
Mediterranean and Traditional Cuisine  
Terrace  
www.restaurantaubergedesalberes.fr

For reservations, telephone:  
**04 68 89 88 38**  
78 avenue Maréchal Joffre  
66740 Saint Genis des Fontaines

Free parking adjacent

## PORT VENDRES

**Lou Grilladou** ..... 04 68 34 86 81  
.....Closed Sunday & Monday

**RESTAURANT POISSONNERIE  
BAR À HUITRES**  
DEPUIS 1970  
DE LA CRIÉE

UNDER NEW MANAGEMENT

- FISHMONGER
- READY MEALS
- SEAFOOD PLATTERS
- DELICATESSEN

TO EAT IN OR TAKE AWAY  
**PANORAMIC VIEWS OVER THE PORT**

+33 (0)4 68 98 46 00  
ANSE GERBAL - LA CRIÉE  
66860 PORT-VENDRES  
WWW.COTECATALANE.COM

**VOTRE  
RESTAURANT  
ICI À PARTIR DE  
SEULEMENT  
50€ HT**

CONTACT US  
**info@anglophone-direct.com**





### PÉTANQUE AND FANNY

In pétanque, losing 13-0 is known as "faire Fanny."

Tradition says the loser must kiss "Fanny's" bottom. As obliging girls named Fanny are thin on the ground at most boulodromes, clubs usually provide a substitute — a painting, ceramic plaque or small statue — ready

for the ritual smacker. If your name is Fanny, my advice would be to avoid a stroll around the pétanque pitches! Or just go and enjoy!



### SMELLY JELLIES ON OUR BEACHES

If you've noticed bright blue blobs washed up along the Pyrénées-Orientales coast lately—don't panic. They're called velella (or "by-the-wind sailors"), tiny floating sea colonies that drift in with the wind and occasionally arrive en masse, arriving in different "sailing" directions, with 'sails' at different angles to reduce the risk of entire populations being pushed onto the same coastline.

They're completely harmless (jellyfish-like but not true jellyfish), but once stranded, they do pong a bit as they decompose—so it's your nose, not your safety, that's at risk.

Strange to look at, whiffy to walk past, but perfectly natural although they may put you off paddling.



### GHOSTER

From the English "ghost," meaning to suddenly cut off all contact with someone — no messages, no calls, no explanation. Example: On discutait tous les jours... et puis il m'a ghosté.



## Where Chill Meets Thrill

This family-oriented, year-round resort between Med and tranquil lagoon, offers a unique blend of modern and wild. Bordered by saltwater lagoon, nature reserve and birdwatcher's paradise, with open-air seafront art gallery, walking and cycling paths, renovated fishermen's huts and a full range of water sports, Port Barcarès is yours to enjoy - from laid-back lagoon moments to action-packed seaside adventures.



#### Bike it!

Ride 17 km of coastal cycle paths at your own pace, link up with the EuroVelo 8 route to explore further.



#### Glide it

The Dosses area, on the lagoon an absolute hotspot for kitesurfing, wakeboarding, cable-skiing and other 'sports de glisse'.



#### Ride it!

The Shakapark has over 4,000 m² dedicated to skateboarding, BMX and freestyle riding. It's the place to push your limits.

From smooth rides to high-adrenaline sessions, Le Barcarès is your playground at whatever pace you choose.



#### FOR MORE DETAILS.....

Office De Tourisme (village)- Place de la République  
 Tel: 04 68 86 16 56  
 Mail: [tourisme@lebarcares.fr](mailto:tourisme@lebarcares.fr)  
 Facebook: [portbarcares](https://www.facebook.com/portbarcares)  
 Web: [lebarcares-tourisme.com](http://lebarcares-tourisme.com)



With nearly 250 events in season, Le Barcarès port, beach and village become a lively open-air stage throughout summer, WITH all the ingredients for some unforgettable days and nights in Le Barcarès.

CHECK OUT THE FULL PROGRAMME AT [www.lebarcares-tourisme.com](http://www.lebarcares-tourisme.com)

## Summer Highlights



**11-13 JULY**

### Les Déferlantes

A major music festival bringing together national and international artists each summer in an electric atmosphere.



**JULY & AUGUST**

### Free summer concerts

The biggest stars of French music – from pop and electro to variety acts – are coming to perform and create unforgettable evenings. Great sound, a dance floor and top-class staging.



**JULY & AUGUST**

### Les Lundis du Jazz

LA COUDALÈRE

Every Monday evening  
except 13 July, 3 & 31st August



**JULY & AUGUST**

### Les Grands Orchestres

PLACE RÉPUBLIQUE, VILLAGE

Every Thursday evening  
except 2 July & 13th August



**SATURDAY 15 AUGUST**

### Fête des Pêcheurs

A traditional celebration of maritime heritage, with processions, boat blessings and community festivities.



**LATE JULY- LATE AUGUST**

### Les Lundis Privés du Lydia

Evenings of wine tastings and local produce in a relaxed setting by the sea.

**Everyone loves a market** Fresh produce, local specialities and lively atmosphere throughout the week.

MORNING	EVENING
Wed, Fri & Sun (Village)	Mon, Wed & Sat (Village)
Tue (Coudalère)	Tue & Thu (Lydia)
Mon & Thu (Tertre)	Fri & Sun (Coudalère)

## Icon in the Sand

Once a working steamship, **the Lydia has been a Barcarès icon since 1967**, run aground and anchored in the sand. Built in 1931 as the Moonta, she sailed the seas before finding her final home here, symbolising the region's transformation into a seaside resort. Today, this "ship on the beach" hosts exhibitions and events, and remains one of the Mediterranean coast's most unusual landmarks.

**FOR MORE DETAILS.....**

Office De Tourisme (village)- Place de la République  
**Tel: 04 68 86 16 56**  
 Mail: [tourisme@lebarcares.fr](mailto:tourisme@lebarcares.fr)  
 Facebook: [portbarcares](https://www.facebook.com/portbarcares)  
 Web: [lebarcares-tourisme.com](http://lebarcares-tourisme.com)

Sea, Sun, So Much Fun

# Saint-Cyprien

Longer evenings, warmer air, music drifting across the port... it can only mean one thing. Saint-Cyprien's spring and summer season has arrived. Packed with festivals, food, fun and plenty of seaside sparkle around one of the largest marinas on the Med, here are just some of the highlights

AND IT'S NEARLY ALL FREE!



## APRIL

**SATURDAY 4 APRIL**  
3pm > Village Centre  
**Traditional Goig dels Ous celebration**

Place de la République



**MONDAY 6 APRIL**  
From 12pm > Easter omelette tasting with live music

A joyful Catalan Easter celebration for all ages  
Place Desnoyer



**11 APRIL - 30 JUNE**  
Exhibition  
**"EMBRACING THE SEA"**  
Les Collections de Saint-Cyprien



Artist Aurélié Jourdain invites you into a powerful, immersive exploration of the sea — emotional, physical and poetic.

Full price: €4  
Inter-site pass: €3.50  
Reduced rate: €2  
Free entry: residents of Saint-Cyprien (upon presentation of the Pass) and children under 12.

## MAY

**SATURDAY 9 MAY**  
11am-3pm & 6pm-9pm >  
**Dare the rosé, dare the bubbles!**

A seaside wine-tasting trail featuring local wineries, food stalls and a DJ atmosphere. Sip, stroll and celebrate spring by the sea!  
Place Maïllo

**16-17 MAY**  
From 10am > **Festimob**  
A 100% moped weekend! Exhibition, parade, stands, wooden games and a free Saturday night concert with **Les Tontons Givrés (9pm)**  
**Fun, quirky and full of energy!**  
Port – Quai Arthur Rimbaud



**SUNDAY 24 MAY**  
From 9am >  
**Guilds gathering**

French and international 'brotherhoods' come together for a day of gastronomy, tradition and fraternity at the port.  
A delicious celebration of heritage.  
Port – Quai Arthur Rimbaud



## JUNE

**5-7 JUNE**  
**Tra'montagne Porsche**  
Over 400 Porsches on display! Parades, workshops, tastings, professional stands and live entertainment throughout the weekend.  
A must for car lovers.  
Port – Quai Arthur Rimbaud



**SATURDAY 13 JUNE**  
From 10am > **Grand cyprian picnic**  
Dress in white and join the seaside picnic party! Aperitifs provided – bring your own meat, the town provides the barbecue.  
Music, sunset and summer vibes guaranteed.  
Plage Nord



**26-28 JUNE**  
**Saint Peter's Festival**  
Three days celebrating the patron saint of fishermen. Sardinades, bandas, concerts, castells and Catalan traditions — plus beautiful traditional boats along the quay.  
A true maritime celebration!  
Port of Saint-Cyprien

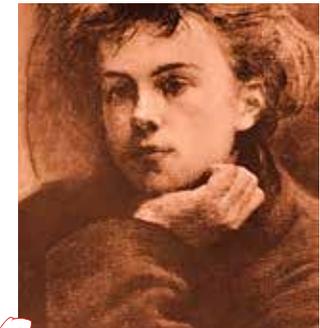
[www.tourisme-saint-cyprien.com](http://www.tourisme-saint-cyprien.com)



## JULY



**4 JULY - 12 SEPTEMBER**  
**Monsieur Arthur – after beach**  
Over 400 Porsches on display! Parades, workshops, tastings, professional stands and live entertainment throughout the weekend.  
Port – Quai Arthur Rimbaud



### WHO IS ARTHUR?

Arthur Rimbaud was the enfant terrible of French poetry in the second half of the 19th century, a major figure in symbolism, a young rebel poet who liked to shock and was later heavily influenced by the wistful tenderness of his fellow poet and lover, Verlaine. He died at the age of 37.





Airlines constantly change schedules according to demand, so apologies if there are any I have missed.

I have included flights to Nimes as those who use Dublin or Stansted might consider flying into Nimes and out of Perpignan, or vice versa. It's a pleasant train ride between the two along the Mediterranean coast, and don't forget, those over 60 years old get a 10% discount on train tickets!

**CAR SHARE** Visit our Facebook group **P-O Life** (Mediterranean Pyrenees) to offer or request lift shares to local and regional airports.

### FRANCE

#### BEZIERS CAP D'AGDE

Like Carcassonne, Ryanair has a free run at this small airport. Edinburgh does not start till June, whilst Stansted this year has a shorter season – May to September.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BRISTOL	3	RYANAIR 1 Apr - 23 Oct
EDINBURGH	2	RYANAIR 2 June - 29 Sep
LUTON	3	RYANAIR 1 Apr - 24 Oct
MANCHESTER	3	RYANAIR 1 Apr - 23 Oct
SHANNON	2	RYANAIR 3 May - 30 Sep
STANSTED	3	RYANAIR 3 May - 29 Sep

#### CARCASSONNE

Ryanair remains the sole operator here. Bournemouth finishes a month earlier than last year.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BOURNEMOUTH	2	RYANAIR 3 May - 27 Sep
EAST MIDLANDS	2	RYANAIR 4 May - 28 Sep
MANCHESTER	4	RYANAIR 31 Mar - 24 Oct
STANSTED	7	RYANAIR 29 Mar - 24 Oct
CORK	2	RYANAIR 2 June - 29 Sep
DUBLIN	3	RYANAIR 2 Apr - 23 Oct



#### MONTPELLIER

easyJet did operate from both Gatwick and Luton, however it seems Luton has been dropped this year. They do however now offer a Manchester service. British Airways operated a new Gatwick service last year and do so again this summer.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
GATWICK	3	BRITISH AWYS 22 May-23 Sep
	9	EASYJET 29 Mar - 24 Oct
MANCHESTER	2	EASYJET 30 Mar - 23 Oct



#### NIMES

Ryanair is the sole operator for P-O readers. Service from Dublin finishes extremely early on 4 August, and Stansted not long after. Reason, perhaps the airport is temporarily closing for runway work?

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
DUBLIN	2	RYANAIR 29 Mar - 4 Aug
STANSTED	2	RYANAIR 30 Mar - 20 Aug



#### PERPIGNAN

This dynamic little airport continues to improve its premises and services and deserves more attention from other airlines. Small, convenient, and stress-free compared to the bigger airports.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR 3 June - 30 Sep
DUBLIN	4	AER LINGUS 18 May-13 Sep
LEEDS BRADFORD	2	RYANAIR 4 May - 28 Sep
STANSTED	4	RYANAIR 29 Mar - 23 Oct



#### TOULOUSE / BLAGNAC

Ryanair have introduced Bristol, competing with easyJet.

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BIRMINGHAM	2	RYANAIR 29 Mar - 22 Oct
BRISTOL	3	EASYJET 30 Mar - 23 Oct
	2	RYANAIR 1 June - 28 Sep
EDINBURGH	3	RYANAIR 30 Mar - 24 Oct
GATWICK	2-4	EASYJET 30 Mar - 23 Oct
HEATHROW	20	BRITISH AWYS 29 Mar-31 Oct
STANSTED	11	RYANAIR 29 Mar - 24 Oct
DUBLIN	3	AER LINGUS 29 Mar - 18 Oct
	3	RYANAIR 2 Apr - 24 Oct



## SPAIN

### BARCELONA /JOSEP TARRADELLAS BARCELONA-EL PRAT

All across the board there has been an increase in flights to Barcelona.

#### BARCELONA AIRPORT

is now named after **Josep Tarradellas**, a former Catalanian Governor, one of the most significant politicians in modern Catalan history, and a firm supporter of Catalan independence. A well known figure during the troubled years of the Spanish Civil war, he returned from exile in France to become the first president of the Generalitat de Catalunya (Catalan Government), after its re-establishment in 1977, two years after Franco's death, the end of his dictatorship.



FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST INT'L	4	EASYJET 29 Mar - 22 Oct
BIRMINGHAM	3-4	ASYJET 30 Mar - 23 Oct
	2-4	EJET2 29 Mar - 23 Oct
	7	RYANAIR 29 Mar - 24 Oct
	6	VUELING 30 Mar - 24 Oct
BRISTOL	14	EASYJET 29 Mar - 24 Oct
	7	RYANAIR 29 Mar - 24 Oct
EAST MIDLANDS	7	RYANAIR 29 Mar - 24 Oct
EDINBURGH	4	EASYJET 30 Mar - 23 Oct
	8	RYANAIR 29 Mar - 24 Oct
	2-5	VUELING 29 Mar - 21 Oct
GATWICK	30	EASYJET 29 Mar - 24 Oct
	57	VUELING 30 Mar - 24 Oct
GLASGOW INT'L	5-7	EASYJET 29 Mar - 24 Oct
GLASGOW PRESTWICK	4	RYANAIR 30 Mar - 24 Oct
HEATHROW	14	BRITISH AWYS 29 Mar - 24 Oct
LEEDS BRADFORD	2	EASYJET 1 Apr - 23 Oct
	2	JET2 30 Mar - 23 Oct
LIVERPOOL	2-4	EASYJET 30 Mar - 23 Oct
	6	RYANAIR 29 Mar - 24 Oct
LONDON CITY	8	BRITISH AWYS 30 Mar-23 Oct
LUTON	17	EASYJET 29 Mar - 24 Oct
	14	RYANAIR 29 Mar - 24 Oct
MANCHESTER	11	EASYJET 29 Mar - 24 Oct
	4-6	JET2 29 Mar - 24 Oct
	14	RYANAIR 29 Mar - 24 Oct
	13	VUELING 30 Mar - 24 Oct
SOUTHAMPTON	2	EASYJET 30 Mar - 23 Oct
SOUTHEND	3	EASYJET 31 Mar - 24 Oct
STANSTED	30	RYANAIR 29 Mar - 24 Oct
CORK	3	RYANAIR 29 Mar - 22 Oct
DUBLIN	14	AER LINGUS 29 Mar - 24 Oct
	23	RYANAIR 29 Mar - 24 Oct
	11	VUELING 29 Mar - 24 Oct



## GIRONA

In the last couple of years there had been a big increase in flights to Girona

FROM	NUMBER OF WEEKLY FLIGHTS	AIRLINE
BELFAST	3	RYANAIR 29 Mar - 22 Oct
BIRMINGHAM	2	JET2 3 Apr - 23 Oct
	4	RYANAIR 29 Mar - 23 Oct
BOURNEMOUTH	4-6	RYANAIR 30 Mar - 24 Oct
BRISTOL	1	JET2 2 May - 24 Oct
	4	RYANAIR 29 Mar - 24 Oct
CORK	3-4	RYANAIR 30 Mar - 23 Oct
DUBLIN	9-14	RYANAIR 29 Mar - 24 Oct
EAST MIDLANDS	2	JET2 1 May - 23 Oct
	4	RYANAIR 31 Mar - 24 Oct
EDINBURGH	1	JET2 13 May - 18 Oct
GATWICK	1-3	JET2 3 May - 22 Oct
GLASGOW	2	JET2 3 May - 22 Oct
KNOCK	2	RYANAIR 30 Mar - 22 Oct
LEEDS BRADFORD	2	JET2 2 Apr - 22 Oct
	6	RYANAIR 30 Mar - 24 Oct
MANCHESTER	2-4	JET2 3 Apr - 24 Oct
	4-5	RYANAIR 29 Mar - 23 Oct
NEWCASTLE	1	JET2 5 Apr - 18 Oct
SHANNON	2-3	RYANAIR 29 Mar - 23 Oct
STANSTED	2-3	JET2 1 May - 23 Oct
	14	RYANAIR 29 Mar - 24 Oct

### READER TIP

If you can get a lift to Figueres bus station, and don't mind sitting through a few stops, you can actually **get a bus directly to Barcelona airport, both terminals**. It takes a bit longer, but if you have luggage that you don't want to hump on and off trains, it's much more practical.  
Find out more at [www.sagales.com](http://www.sagales.com)

### AIRPORT NEWS TIP...

#### FROM CLIVE

In December last year we booked the ALSA bus from Perpignan which terminates at Barcelona airport. It was very reasonably priced and was a good service. Today's price (June '25) is 29€ per person. Bargain! It stops at Barcelona Nord Bus Station and then goes onto the airport.

#### FROM MARIA

We use Alsa bus from Perpignan bus station direct to Barcelona Terminal 1 leaving at about 10 am. There are other buses to Barcelona Nord, the main bus station from there it is relatively easy to get to the airport. Please note that online booking is only available about 3 months beforehand  
[www.alsa.com/en/](http://www.alsa.com/en/)

Un avion de Ryanair va atterrir sur la piste à Perpignan.  
La tour de contrôle lui dit:  
"Donnez-moi votre position et votre hauteur."

Le pilote répond :  
«Je suis assis et je mesure 1,80m»



Atterrir - to land  
hauteur - height



**ETIAS (European Travel Information and Authorisation System)** is a new entry requirement for visa-free visitors travelling to countries in the Schengen Area. It will work in a similar way to the U.S. ESTA system.

**Travellers from countries such as the UK, USA, Canada and Australia will need to apply online before travelling.** The process will involve completing a short form, entering passport details and paying a €7 fee. Approval should usually take only a few minutes, and the authorisation will normally be valid for three years (or until the passport expires).

**The system is currently expected to start in late 2026, so you don't need to do anything yet.**

Once introduced, British passport holders visiting Europe will need a valid ETIAS for short stays of up to 90 days within a 180-day period.

However, **British citizens** who legally live in France or another EU country **WILL NOT need ETIAS**. Your titre de séjour (residence permit) allows you to travel within the Schengen Area for short stays.

**Irish citizens will not need ETIAS.**

ETIAS will only apply to visa-free visitors travelling from outside the EU or Schengen Area, such as tourists arriving from the UK.

▼  
**Wondering whether you'll need an ETIAS travel authorisation to visit Europe, and when it will come into force?**



## How well do you know Catalan culture and tradition? Try our quiz and find out

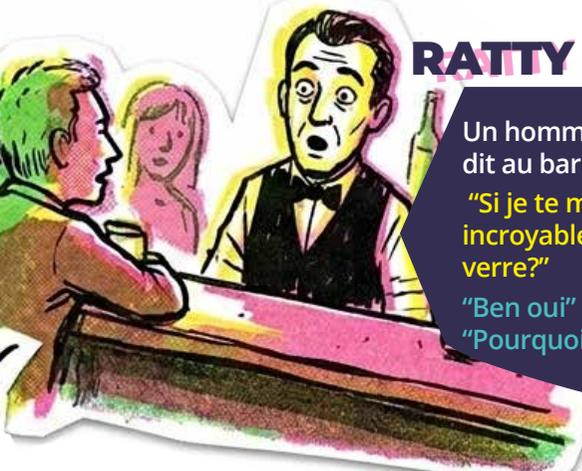
- Alfred Nobel opened a dynamite factory here in the P-O. Where?  
a Leucate    b Paulilles    c Prades
- Which cobbled town centre boasts a pretty fountain with 9 water jets?  
a Collioure    b Argeles    c Céret
- Which P-O village owes its name to the guard post 'custodia' set up by the Romans in 130BC?  
a Coustouges    b Corneilla    c Caixas
- Name the first village in the P-O to introduce electric lighting in 1897  
a Laroque-des-Albères    b Palau-del-Vidre    c Arles-sur-Tech
- Name the southern wind that brings hot dry air from Africa  
a Le Saharan    b Le Sirocco    c Le Sicilian
- Which famous cellist fled the Spanish Revolution to settle in Prades?  
a Pablo Picasso    b Pablo Casals    c Pablo Escobar
- Name the steam ship beach on the sands of Le Barcarès  
a Barbie Girl    b Elizabeth II    c Le Lydia
- Name the abandoned village near Eus with stunning views, whose only remaining building is the Église Saint-Étienne  
a Rodes    b Comes    c Prades
- The patron saint of Collioure is  
a Saint Pierre    b Saint Collioria    c Saint Vincent
- In Catalonia, All Saints' Day on 1st November and the evening before are also known as  
a La Castanyada    b La Châtaigne    c La Castagnette

ANSWERS 1b 2c 3a 4b 5b 6b 7c 8a 9b 10c

## ANOTHER UNBELIEVABLY BAD JOKE....

*But good for your French!*

### RATTY SINGS THE BLUES



Un homme entre dans un bar et dit au barman

*"Si je te montre un tour incroyable, tu me paieras un verre?"*

*"Ben oui" répond le barman. "Pourquoi pas?"*

L'homme fouille dans ses poches. Il sort une petite souris d'une poche et un minuscule piano de l'autre poche.

La souris s'étire, fait craquer ses doigts et commence à jouer du blues comme un pro.

Epoustouflé,, le barman lui sert un verre gratuit.



*"Maintenant" dit le type*

*"Si je te montre un tour encore plus génial, je bois gratuitement toute la nuit?"*

*"Mon pote, si tu peux faire mieux que ça, tu boiras gratuitement jusqu'à la fermeture" répond le barman.*

L'homme fouille encore dans son manteau et en sort une petite grenouille.

La grenouille s'éclaircit la gorge et se met à chanter le blues, la voix remplie d'émotions.

*La souris joue, la grenouille chante... le bar est plongé dans un silence impressionnant.*



Soudain, un homme se précipite et dit "Je te donne 10,000 euros pour cette grenouille!"

*"Non merci" répond le type. "Elle n'est pas à vendre."*

*"20,000 euros!"*

*"Non"*

*"50,000 euros! En espèces"*

*"Difficile à refuser. Marché conclu." dit le mec.*



Le barman reste bouche bée. "Mais... mais...vous êtes FOU? Cette grenouille était une mine d'or! Pourquoi l'avez-vous vendue?"

L'homme sourit et répond.

*'Ne vous inquiétez pas. La grenouille ne sait pas chanter... c'est la souris qui est ventriloque.*



- un tour - *a trick*
- fouille - *search*
- Il sort - *he brings out*
- s'étire - *stretches*
- Epoustouflé - *gobsmacked*
- le type/mec - *guy*
- Mon pote - *mate*
- la fermeture - *closing time*
- son manteau - *his coat*
- (en) sort - *brings out (of it)*
- s'éclaircit la gorge - *clears his throat*
- remplie - *filled*
- un homme se précipite - *a man rushes forward*
- En espèces - *in cash*
- Marché conclu - *it's a deal*
- bouche bée - *open mouthed*
- une mine d'or - *a gold mine*
- Ne vous inquiétez pas - *don't worry*



As winter fades, the Pyrénées-Orientales bursts into life with a calendar full of colour, music and deeply rooted Catalan traditions. From fire rituals and saints' days to food festivals and outdoor celebrations, spring and early summer are some of the best months to experience local culture.



### APRIL

#### Sant Jordi (St George)- 23 April

One of the most loved Catalan traditions. Books and roses are exchanged between loved ones, and many P-O towns host bookstalls, readings and small cultural events. Think Catalonia's answer to Valentine's Day, with a literary twist.



#### Semana Santa / Easter (dates vary)

Easter is marked beautifully in the P-O, with processions, church services, and village gatherings. Expect spooky 'Sanch' parades, bells & spring markets.



### JUNE

#### Fête de la Musique – 21 June

One of the highlights of the year. Free concerts spill into streets, squares and cafés across the P-O. From choirs and jazz to rock bands and DJ sets, music from the good, the bad and the ugly runs late into the night in towns and villages.

#### Sant Joan / Feast of St John around 23-24 June

A major Catalan fire festival marking the summer solstice. Expect bonfires, torchlit processions, fireworks and communal meals in many villages. Fire from the Canigó flame is used to light local fires.



#### FESTAS MAJORS

From late June onwards, village patron-saint festivals start rolling out across the department, bringing a joyful mix of Catalan traditions: correfocs, castells, dancing, meals and fireworks – many continuing through July and August. Don't be shy – visitors are warmly welcomed.



## BANK HOLIDAYS

### 1ST MAY Labour Day (Fête du Travail)

A public holiday celebrating workers' rights, marked by demonstrations and the tradition of giving lily of the valley (muguet) for good luck.

### 8TH MAY Victory in Europe (Victoire 1945)

Commemorates the end of World War II in Europe in 1945, with ceremonies, wreath-laying and moments of remembrance across France.

### 14TH MAY Ascension

A Christian holiday marking Christ's ascension into heaven, celebrated 40 days after Easter and often creating a long weekend (pont).

### 14 JULY Bastille Day

The storming of the Bastille in 1789 marked the start of the French Revolution and the end of absolute monarchy. Now celebrated nationwide with fireworks, music and dancing, with most events held on the evening of 13 July.

### 15 AUGUST L'Assomption

A Catholic feast celebrating the Virgin Mary's assumption into heaven. A public holiday since the 17th century, it is marked by church services, festivities and fireworks.



### SARDANES

Circles within circles, hands joined and raised, small precise steps... the sardane may look gentle but demands rhythm, coordination and stamina. Danced to the music of a cobla — an 11-piece band of wind instruments and double bass — it became a powerful symbol of Catalan identity during the Franco era, when it was banned. Today, sardanes are danced regularly in town squares across the P-O, open to all and a wonderful way to make local connections.

### CORREFOCS

Meaning “fire runs”, correfocs are dramatic night-time spectacles where devils in red and black costumes dance through the streets amid fireworks, drums and sparklers. Representing the eternal struggle between good and evil, they are loud, smoky and thrilling. Sensible clothing is advised — cotton, long sleeves and hats — and a relaxed approach to health and safety is essential. In the P-O, correfocs are a summer highlight, especially during Festa Majors.



### CASTELLS & CASTELLERS

Human towers, or castells, are built with astonishing discipline, teamwork and trust. The strong base (pinya) supports successive levels until the smallest child, the anxeneta, climbs to the top and raises four fingers, symbolising the Catalan flag. Though impressive to watch, castells are deeply communal — many P-O towns have their own colla, and spectators are often invited to join the pinya.

### HAVANERES

On warm summer evenings, particularly along the coast, havaneres fill the air with nostalgic sea songs sung in Catalan. These gentle, emotional ballads tell stories of sailors, exile and longing, often accompanied by a glass of cremat — a flaming mix of rum, coffee, sugar and spices. Audiences are encouraged to sing along, creating an atmosphere that is relaxed, moving and unmistakably Mediterranean.

### GEGANTS & CAPGROSSOS

Towering gegants (giants) and playful capgrossos (little big heads) parade through streets to drumbeats and traditional music, especially during spring and summer festivals. Each village's figures represent local history or legend and are lovingly maintained. In the P-O, seeing gegants dance through narrow streets is a magical moment, particularly for children — though the capgrossos' antics can be startling!

## WE'D LOVE TO HEAR FROM YOU!

Tell us a P-O story. What do you love here?

What do you hate here? Have you had a good experience? A bad one? A weird one?

Tell us about your favourite restaurant, a fascinating 'Did you Know' about the region, a favourite walk, drive or picnic spot..... Maybe you have a French language booboo to pass on or a good French joke...or even better, a really bad one! If you'd like to share it, we'd love to publish it. Contact us on [info@anglophone-direct.com](mailto:info@anglophone-direct.com)



(More local heros in the next edition)

*“Un peuple qui oublie sa mémoire est condamné à la revivre”*

*Victor Hugo*

Many towns and villages of the Pyrénées-Orientales have streets, schools and stadiums named after locally-born resistants of WW2. We take a look at just a few out of many.



### JULIEN PANCHOT

Born in Canohès in 1901, **Captain Julien Panchot** led the resistance group Henri Barbusse, including members of the FTPF (Francs-tireurs et partisans) and Spanish guerrillas.

Along with other members of the group, he was interrogated, tortured and shot by the Germans whilst **defending the villagers of Valmanya, near Vinça.**

Archive records state *“il lui ont brisé les tibias avec une barre à mine attachée sur une table pour le faire parler”*. The village was totally destroyed by the Germans in August 1944, not long before the liberation, in reprisal against resistance fighters operating in the area. Most villagers, warned in advance of their arrival, fled to the safety of the mountains. Those who were unable to do so, two elderly villagers and two Spanish republicans, were tortured and machine gunned. Animals were slaughtered and the village was pillaged and burned to the ground.



### FATHER GINOUX

Parish priest of Dorres and chaplain of the Escaldes sanatorium, Father Ginoux (**pseudonym Robert Dars**) was the driving force behind a network of priests and doctors working together in the Cerdagne, using Font-Romeu nursing homes and the Escaldes and Osseja sanatoriums. The establishments sheltered many fake patients, allied pilots shot down over French territory, Jews, and resistance fighters who had been betrayed, on their passage to Spain. **Helped also by the local gendarmes, more than six hundred people were able to cross the frontier in the Osséja region** thanks to the little group of devoted guides.



### GILBERT BRUTUS

You don't have to be a rugby fan to have heard of the Stade Gilbert Brutus in Perpignan, home ground of the Catalans Dragons, but have you ever wondered where the stadium name comes from?

**Gilbert Brutus, rugby union player, referee, coach, politician and resistant, was born in 1887 in Port-Vendres.**

During WW1, he was a 'balloon observer', watching the front from the sky and passing on information to the artillery down below. In 1918, after 457 hours of air balloon duty, he jumped from his burning balloon when attacked by the Luftwaffe and arrived safely on the ground by parachute.

Move on to WW2. Still determined to be part of the action, in 1940, he joined the French Resistance, leading escapees over the Pyrenees to the relative safety of Spain.

One of the founders of the Comet Line, **he was also a member of General Delestraint's 'armée secrète', a French military organisation set up to unite the three major resistance movements in southern France: Combat, Libération-sud and the Franc-Tireurs.**

Arrested, imprisoned and released several times, before finally being denounced to the Gestapo, he was tortured to death in the citadel in Perpignan in 1944.



### JEAN PAYRI

Born in Perpignan in 1900, **Doctor Jean Payri** first worked in Llanca, helping hundreds of children caught in the Spanish Revolution, then in contact with Father Jean Ginoux, parish priest of Dorres and Les Escaldes.

**He was awarded the Croix de Guerre and the Resistance Medal.**

▼  
A day at the seaside feels a bit like stepping back into the 1950s when you visit the Racou.

Just south of Argelès port, a mix of sand, rocks and secret coves, this charming spot has retained that family beach feel. Named after the Catalan word “racó” meaning corner, nook, or small sheltered spot, it feels like a little corner set apart from the main resort of Argelès.



In the **late 50s** a handful of shops and a café opened. Demonte Frères of Elne delivered ice twice a week so drinks could still be served literally ‘on the rocks’. There was open-air cinema, dances under the stars, petanque...

**Walk from the Racou along the cliffs to Collioure and get either a bus or boat**

**back**, or take the other direction towards the pretty, pedestrianised port and marina, a flat 15 minute stroll to shops, cafés, and some great restaurants on the water’s edge.

En route, check out the new capitainerie, housing the “**Maison de la Mer**” a modern, eco-designed landmark with a rooftop garden, offering one of the best new viewpoints over the port.

**Bonne journée**



This ‘village in the sand’ with pretty houses on narrow sandy lanes and shabby chic bars and cafés started to take form from around 1947 after the original beach houses facing the sea were demolished by the German occupation. Fishermen’s huts and makeshift shelters were gentrified, extended, modernised, giving them a stylish shanty-town look.

**From 1947, the Racou village started to spring up.** A road was built for the occasional cars and vans, and the train stopped briefly on the Argelès – Collioure road where the Hôtel du Golfe now stands. Electricity arrived in 1956, running water in 1957



### Tongue twister

(virelangue)

Répétez trois fois  
Sacha saisit ces six  
scies sans soucis



### Blague bête

Deux abeilles discutent :  
"J'ai pris un abonnement  
à Internet !"  
"Super."  
Tu me donnes ton e-miel ?"

### Aie aie aie!

They get worse!

Quel métier les chiens  
peuvent-ils exercer?

### Electricien!



1

### T is for Tortue!

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

trajet	1	a	liquide qui sort de la peau
transpiration	2	b	inquiéter
trombone	3	c	petite plante à trois feuilles
trèfle	4	d	court voyage
tracasser	5	e	grand oreiller en forme de cylindre
tribord	6	f	côté droit du bateau
trempe	7	g	pour garder des papiers ensemble
traversin	8	h	peur
trac	9	i	petit véhicule qui glisse sur la neige
traîneau	10	j	très mouillé

2

### French Idioms Practice

Part A – Match the idioms with their meanings.

Tomber dans les pommes	1	a	a to stand someone up
Poser un lapin	2	b	to faint/pass out
Se creuser la tête	3	c	to annoy someone
Avoir le cafard	4	d	to rack one's brains
Casser les pieds	5	e	to be in low spirits

Part B – Fill in the blanks using the list above.

- A Hier, je me suis senti tellement malade que je suis \_\_\_\_\_ en plein cours !
- B Arrête de me répéter la même chose, tu commences à me \_\_\_\_\_.
- C Il pleut, il fait gris, et j'ai vraiment \_\_\_\_\_ aujourd'hui.
- D Olivier n'est pas venu au rendez-vous... il m'a encore \_\_\_\_\_ !
- E Attends, ne me dérange pas, je me \_\_\_\_\_ pour résoudre ce problème.

SEE PAGE 67 FOR ANSWERS

3

### Feeling a little off colour?

Find the English equivalent of these colourful French expressions.

ENGLISH	FRENCH
1 rire jaune	a sleepless night
2 broyer du noir	b look on the bright side
3 (avoir) une peur bleue	c to be down in the dumps
4 (voir) la vie en rose	d forced laugh
5 (passer) une nuit blanche	e to be terrified



### Language Tip

#### THERE IS/WAS/WILL BE

Il y a  
There is + singulier  
There are + pluriel

Il y avait  
There was + singulier  
There were + pluriel

Il y aura  
There will be +singulier  
ET pluriel

C'est  
It is

C'était  
It was

Ce sera  
It will be



Somebody talking  
too much? Cut  
them off at the  
pass with a few  
polite (ish) phrases

Bref...  
Enfin bref  
Revenons à nos moutons!  
En résumé...  
En un mot  
En conclusion

### Important à savoir!

Le travail d'équipe  
est essentiel. En  
cas d'erreur, ça  
permet d'accuser  
quelqu'un d'autre.

(Ca permet - it allows)

### UN E PARLE AVEC UN É.

Tu peux répéter, je  
ne comprends rien  
avec ton accent!



### Interesting expression

Perdre la  
tramontane

to panic, lose your  
bearings

### Language Tip

#### Avoir du mal à + infin

*to have difficulty doing something*

*eg J'ai du mal à comprendre les espagnols.*



#### Réflexions

*Si Superman est si malin, pourquoi est-ce qu'il porte son slip par-dessus son pantalon?*

*(malin – clever  
slip – underpants  
par-dessus – underneath)*

### 4 VOULOIR – TO WISH OR TO WANT

*Vouloir is one of the most common irregular French verbs, with loads of useful phrases worth learning off by heart. Can you match up the meanings to their English equivalents?*

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 Ne m'en veux pas               | a Where there's a will, there's a way |
| 2 Sans le vouloir                | b Are you mad with me?                |
| 3 Tu m'en veux?                  | c No hard feelings                    |
| 4 Si tu veux bien                | d Don't hold it against me            |
| 5 J'aurais voulu                 | e I want you to do/make....           |
| 6 Je voulais te dire             | f If you don't mind                   |
| 7 Je ne t'en veux pas            | g Unintentionally                     |
| 8 Vouloir, c'est pouvoir.        | h I wanted to tell you                |
| 9 Comment veux tu que je saches? | i I would have liked (to)..           |
| 10 Je veux que tu fasses.....    | j How should I know?                  |

### Bon Appétit

*Un papa cannibale et son fils se promènent en forêt.  
Ils rencontrent une jolie femme blonde et sexy.  
Le fils "Dis papa, on la mange?"  
Le père: "Mais non. On la ramène à la maison  
...et on mange ta mère! "*

*(son fils – his son dis - hey (on)  
la ramène – take her home)*



## WHAT DID YOU LEARN IN SCHOOL TODAY?

For MONEY, you learnt ARGENT....

But you can also say.....

LES SOUS  
LE FRIC  
LES THUNES  
LES RONDS  
LE BLÉ  
L'OSEILLE

LE POGNON  
LA MITRAILLE  
LA FERRAILLE  
LA CAILLASSE  
LES PÉPETTES  
LES BIFTONS

DES CACAHUËTES  
LES BRIQUES  
LES BALLES  
LA MONNAIE  
LE FLOUSE  
LES BIFS

### IT'S A (HAIRY) DATE!

Salvador Dali, Catalan Surrealist painter and sculptor, was known to be a little 'alternative' so it will be no surprise to hear that he considered his trademark moustache to be an important symbol of his artistic identity!

He described it as 'very gay, very pointed, very aggressive' and explained that he used date paste (yes, the fruit) to keep it curling to attention throughout the day, but allowed it to droop overnight. He even wrote a book called 'Dali's Mustache'. Dedicated to his wife Gala, who he called 'l'ange gardien de ma moustache', the back cover cautioned: 'Warning! This book is preposterous!'





### Tongue twister (virelangue)

Répétez trois fois  
**We shall surely see  
the sun shine soon**

**Expression  
rigolote**  
I'm wearing my  
birthday  
suit -  
je suis en tenue d'Ève



### YORKSHIRE HUMOUR...

from Barnsley Bob  
Boy:  
*I've just run behind a bus  
and saved missen 50p!*  
Grandad: *Tha should have  
run behind a taxi and  
saved yersen a fiver*  
(missen - myself  
yersen - yourself)

### 1 A FOR APPLE

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

- |                 |  |
|-----------------|--|
| awkward 1       | a to be present                        |
| arrow 2         | b continuous pain                      |
| abroad 3        | c later                                |
| ache 4          | d nut of the oak tree                  |
| admit 5         | e difficult to use, clumsy             |
| afraid 6        | f in the opposite direction of a clock |
| attend 7        | g full of fear                         |
| anticlockwise 8 | h to confess                           |
| afterwards 9    | i straight pointed stick               |
| acom 10         | j in another country                   |



La phrase suivante contient toutes les lettres de l'alphabet sauf une. Trouvez laquelle... si vous êtes malin!

**"The quick brown fox jumps over a lazy dog"**



### 2 Remplissez les blancs avec le bon mot

- I haven't seen him \_\_\_\_\_ over five years.  
a) since, b) for
- That Matisse painting is \_\_\_\_\_.  
a) worthless, b) priceless
- I would like to get the \_\_\_\_\_ for crème catalane?  
a) receipt, b) recipe



**Votre partenaire est stressé(e)? Voilà quelques phrases pour le/la calmer!**

Cool it /// *Take a chill pill*  
Relax Max /// *Chill out*  
Take it easy /// *Loosen up*  
Hang loose /// *Mother Goose*

### 3 Many proverbs and idioms tell you what NOT to do. Can you find their equivalents? Don't....

- |   |  |
|---|--|
| 1...count your chickens before they hatch | a Sans blague  |
| 2...kid yourself.                         | b T'as pas intérêt   |
| 3...mention it                            | c T'affole pas!  |
| 4...judge a book by its cover             | d Arrêtés tes excuses  |
| 5...you dare!                             | e N'abuse pas  |
| 6...look a gift horse in the mouth        | f Il ne faut pas vendre la peau de l'ours avant de l'avoir tué |
| 7...give me that!                         | g Ne te fie aux apparences,                                    |
| 8...push it                               | h De rien  |
| 9...you (don't) say                       | i À cheval donné on ne regarde pas les dents                   |
| 10...get your knickers in a twist         | j Ne te fais pas d'illusions                                   |



### FAMOUS BRIT QUOTES

*Always forgive your enemies. Nothing annoys them more.*  
**Oscar Wilde**



**Comment un mot peut confondre tout le monde: the dangers of your (votre) et you're (vous êtes)**

- He wrote: *"Your adorable."*  
I responded: *"No, you're adorable."*  
Now he thinks I like him when all I did was correct his grammatical error
- Conversation in a restaurant.  
Waiter: *Your bill*  
Customer: *No, I'm Bob*  
Waiter: *No, I mean, your cheque*  
Customer: *Close. I'm actually Hungarian.*

### BODILY FUNCTIONS EH OUI, TOUT LE MONDE LE FAIT DONC FAUT SAVOIR S'EXCUSER

- To burp/belch – roter  
*Pardon me, I just burped*
- To sneeze - éternuer  
*Sneeze into your elbow, not your hand.*
- To have hiccoughs (hi-cups) - avoir les hoquets  
*Oh no. I've got hiccough again!*
- To fart/break wind - peter  
*Ooops, sorry. I just broke wind/farted*
- To spit - cracher  
*She often spits when she talks*
- To dribble - baver  
*He dribbles when he drinks beer*



## THINGS YOU MIGHT NEED TO KNOW

### CIRCLES ON CATALAN ROADS

If you've driven through Catalonia lately, you might have seen weird white circles painted on bends. Nope, not pretty graffiti — they're part of a new safety experiment to protect motorcyclists. Smart, simple, life-saving. The idea came from Austria: by instinctively swerving to avoid the circles, bikers take a safer line through sharp curves, keeping them away from the centre line (and oncoming cars). Similar markings already work in Germany and Slovenia, so Catalonia's giving it a try. Why? Because Motorcyclists represent a disproportionately high percentage of road fatalities. If it proves effective, expect to see more of these curious circles on twisty mountain roads.

[masecurite.interieur.gouv.fr/](https://masecurite.interieur.gouv.fr/)



### EASIER TO FILE A COMPLAINT

Victim of burglary, phone theft or vehicle damage?

In France, the first step is usually to begin your complaint online via the official government website — something that can take time and patience, especially if French isn't your first language.

To help simplify the process, terminals are now being installed in police stations and gendarmeries. These allow you to complete your complaint directly on screen by following the instructions. They are available during normal opening hours.

You can also file a complaint online, with guidance available in English:

<https://plainte-en-ligne.masecurite.interieur.gouv.fr/>



### HAVING A BREAKDOWN?

SOS autoroute is a free mobile app and emergency system that connects you quickly to the rescue services (24/7) in case of breakdown or accident on French motorways. It automatically sends your GPS location to the nearest motorway control centre where you are put in touch with an operator (voice or text available

in multiple languages) and the appropriate emergency services or an approved breakdown truck can be sent quickly to your location. Orange SOS phones are still spaced about every 2 km on motorways and you can still call 112 (EU emergency number) if you can't use the app.



### WHAT IS AN 'ATTESTATION D'ACCUEIL'?

This is a certificate of accommodation for foreigners staying with friends/family in France, a 'Proof of Accommodation' that your UK visitors could be asked to produce when entering the country. In true French style, it includes plenty of personal details and documents: length of stay, exact dates, relationship to you, property size, colour of underwear, whether they love or hate marmite...

Pick up the form from your local mairie. It's free but you need "un timbre fiscal" (30€) that you can buy in a tabac, or online at <https://timbres.impots.gouv.fr>.

At time of writing, there is a lot of confusion regarding the attestation, with different mairies enforcing different rules.

### HAND LUGGAGE CHARGES ON EUROPEAN AIRLINES

Regular travellers will know that many airlines now charge extra if your hand luggage exceeds their permitted size or weight — while others include it in the ticket price. At the time of writing, fees vary widely: around €40 with easyJet, €23 with Volotea, and about €36 with Ryanair, depending on the route.



To make matters even more confusing, the permitted cabin bag dimensions differ from one airline to another. Following numerous consumer complaints, these charges are now being challenged in France.

Consumer associations argue that the Court of Justice of the European Union has previously ruled that airlines cannot charge extra for reasonably sized cabin luggage. They are calling for clearer pricing and easier comparison between airlines

### NEED TO SEND A REGISTERED LETTER?



A 'lettre recommandée' provides proof that your letter was sent and received. A 'lettre recommandée avec accusé de réception' (receipt of acknowledgment) includes a receipt for you confirming that the letter was received. Always use this for important or legal communications as the receipt can be used as evidence in legal matters or disputes.

### LANGUAGE EXERCISES ANSWERS

#### TEST YOUR FRENCH

- 1 1d 2a 3g 4c 5b 6f 7j 8e 9h 10i
- 2 Part A: 1b 2a 3d 4e 5c  
Part B: A1 B5 C4 D2 E3
- 3 1d 2c 3e 4b 5a
- 4 1d 2g 3b 4f 5i 6h 7c 8a 9j 10e

#### AMÉLIOREZ VOTRE ANGLAIS

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

# P-O LIFE

## EMERGENCY NUMBERS



The European emergency number, **112**, can be used from any phone in any country. **Calls are free**, including from public payphone, and you will be connected to the appropriate emergency service. Direct emergency numbers in France are as follows:

**15 SAMU**  
(medical emergency)

**17 Police**

**18 Fire service**

**112 European  
Emergency Line**

**114 Emergency number  
for the deaf and  
hard of hearing  
by SMS**

▶ **SOS DOCTOR 24/24**  
08 20 20 41 42

▶ **PERPIGNAN HOSPITAL**  
04 68 61 66 33

▶ **CPAM (ENGLISH SPK SERV)**  
09 74 75 36 46

▶ **CANCER SUPPORT FRANCE**  
04 68 69 01 37

▶ **MDPH (DEPARTMENTAL  
HOUSE OF DISABLED PEOPLE)**  
04 68 39 99 00

▶ **DIRECTORY ENQUIRIES**  
118 008

▶ **INTERNATIONAL MASTERCARD**  
08 00 90 13 87

▶ **LOCAL WEATHER FORECAST**  
08 99 71 02 66

▶ **ELECTRICAL EMERGENCY**  
09 72 67 50 66

▶ **GAS EMERGENCY**  
08 00 47 33 33

## FINDING CHEAP FUEL IN FRANCE

Want to save money at the pump?

Use the official government website [www.prix-carburants.gouv.fr](http://www.prix-carburants.gouv.fr) to compare fuel prices across France in real time.

You can search by town, postcode or route, and filter by station type (supermarkets are often cheapest).

The site lists prices for all major fuel types and even shows stations along your journey.

Top tip: Prices can vary widely — checking before you leave, particularly on a long journey, could save you quite a few euros in the long run.



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

CANCER  
SUPPORT  
FRANCE

Sud de France

“Supporting those whose lives have been touched by cancer”

Language support, information or someone to talk to... with our informal groups and book exchange

CSF Sud can provide practical and confidential support **when you need it most**

Contact us to find out how you can help CSF or **how we can help you**

Jill Merriam on 06 31 26 84 30

P-O Representative

[sud-po@cancersupportfrance.org](mailto:sud-po@cancersupportfrance.org)

[cancersupportfrance.com](http://cancersupportfrance.com) | [www.csf-forum.org](http://www.csf-forum.org)



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

**Laroque-des-Albères**, Café des Artistes  
10h30 to 12 noon, Third Monday of the month



**ADMINISTRATION & BUSINESS SUPPORT**

**Eve Solutions**.....04 68 88 46 34/ 06 70 70 62 10  
Ease your life in France.....contact@evesolutions.fr



*Anything, to make your life in France easier ... I can help*  
A bilingual service to help you with all aspects of French admin and bureaucracy  
**06 70 70 62 10**  
contact@evesolutions.fr   
40 avenue de la Castellane, 66660 Port-vendres

**English Support in France** .....06 05 28 08 89  
.....kimberlypaperwork66@gmail.com



**English Support in France**  
Tax Returns Assistance  
Administrative Help  
Translation & Guidance  
Support with French Paperwork  
**Qualified Accountant**  
Perpignan & Online  
06 05 28 08 89  
kimberlypaperwork66@gmail.com

**BRITISH, LOCAL & ORGANIC PRODUCE**

**Biosud66, Céret**..... 04 68 22 01 29  
Organic, natural and local produce.....fb: biosud66



Organic Market **BIO SUD 66** Suprette Bis  
ORGANIC AND LOCAL GROCERIES, FRESH PRODUCE  
AND WELL BEING PRODUCTS  
Open daily - except Sunday & Monday (morning)  
**04 68 22 01 29** f: **Biosud66**  
2, rue du Costabonne Céret

**Épicerie Val Marie**.....04 68 81 45 69  
Argeles-sur-Mer..... www.epicerievalmarie.com



**Come and meet Astrid and Eric at their family supermarket**

Everything you need for your picnic on the beach

- Wide range of Dutch & English products
- Delicious spit-roast chicken or paninis with home made sauce.
- Freshly baked bread & patisserie
- Rent....stand-up paddle, bicycles....

Online shop and delivery service available all year round  
**+33 468 814 569** Open from 17th of April

On the corner by the Racou roundabout, Argeles sur Mer : [www.epicerievalmarie.com](http://www.epicerievalmarie.com)

**BUILDING , DECORATION & RENOVATION**

**Eamonn Fowler** , .....06 82 36 77 15/04 68 82 07 72  
Internal renovation.....eamonnjfwler@gmail.com



**Eamonn Fowler**  
Internal Renovations

- Bathrooms
- Kitchens
- Decoration - Interior/Exterior
- Plaster Boarding
- Tiling

06 82 36 77 15  
04 68 82 07 72  
eamonnjfwler@gmail.com

**Entreprise BEAR**.....04 68 80 92 36  
Roofing, building, insulation ..... accueil@entreprise-bear.fr

**S.A.S.U. ENTREPRISE BEAR**  
TEL.: 04 68 80 92 36  
ROOFING · BUILDING  
INSULATION · GUTTERS




[www.entreprise-bear.fr/en/](http://www.entreprise-bear.fr/en/)

**La Gaieté du Feu** Stove and BBQ specialists ..... 04 68 54 13 33  
2540 av Julien Panchot, 66000 PERPIGNAN

**P-O Life**  
*Life in the Pyrénées-Orientales*

**ADVERTISE WITH US**

► Join the businesses already reaching thousands of readers across the Pyrénées-Orientales.

From beaches to villages, P-O Life connects you with a loyal English-speaking audience across the region, with opportunities from just €50 HT




[www.anglophone-direct.com](http://www.anglophone-direct.com)  
[info@anglophone-direct.com](mailto:info@anglophone-direct.com)

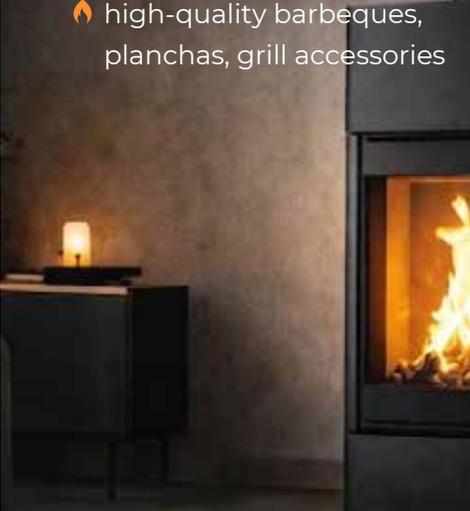


**We specialise in...**

- Wood-burning stoves
- Log fires
- Pellet burners
- Bio-ethanol & gas heating

**For your outdoor entertaining...**

- high-quality barbeques, planchas, grill accessories



**04 68 54 13 33**  
2540 av Julien Panchot, 66000 Perpignan  
gaiatedufe@wanadoo.fr  
[www.cheminees-gaiatedufe.com](http://www.cheminees-gaiatedufe.com)





**Showroom**



**gfpeinture**  
Frédéric Gaudry

Wallpaper, painting and renovation company  
with 30 years experience

**Little Greene**

- Little Greene stockist
- Interior Decoration
- Facade renovations
- Interior Plasterwork
- Flooring
- External thermal insulation
- Glazing

**External Thermal Insulation**



**Loft insulation**



**Interior insulation and interior plasterwork**



☎ **04.68.53.64.19**  
accueil@gfpeinture.fr

**QUALIBAT**

**RCE ECO artisan**

[www.facebook.com/gf.peinture.fr/](http://www.facebook.com/gf.peinture.fr/)  
[www.gf.peinture.fr](http://www.gf.peinture.fr)

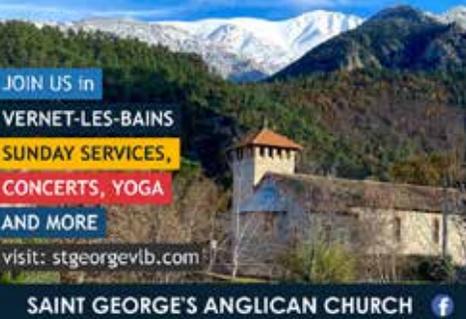
9 avenue de la Côte Vermeille  
66300 THUIR

**Robert Morley** ..... 04 68 37 96 50  
[www.morleyrenovation.eu](http://www.morleyrenovation.eu) ..... 06 80 34 45 17

**VN Elec**, throughout the P-O. .... 06 13 24 87 47  
Electricity, air-con, plumbing, emergencies ..... [contact@vnelec.fr](mailto:contact@vnelec.fr)

#### CHARITIES, PLACES OF WORSHIP

**St George's Church** ..... 06 80 38 65 96  
Anglican church ..... [www.stgeorgevib.com](http://www.stgeorgevib.com)



JOIN US in  
**VERNET-LES-BAINS**  
SUNDAY SERVICES,  
CONCERTS, YOGA  
AND MORE  
visit: [stgeorgevib.com](http://stgeorgevib.com)

**SAINT GEORGE'S ANGLICAN CHURCH**

**Cancer Support France** ..... 0800 240 200  
SOS HELP - English speaking helpline .... [cancersupportfrance.com](http://cancersupportfrance.com)

**Emmaus** ..... 04 68 54 59 60  
Donate any unwanted items [fr.gaiadir.com/emmaus-pollestres](http://fr.gaiadir.com/emmaus-pollestres)

**Les Restos du Coeur** ..... 04 68 85 04 53  
Provides food packages & free meals to the poor & homeless,  
& served up by volunteers ..... [restosducoeur66@wanadoo.fr](mailto:restosducoeur66@wanadoo.fr)

**Riverchurch** ..... 06 15 32 36 36  
English-speaking church ..... [www.riverchurch.fr](http://www.riverchurch.fr)



**International,  
English-speaking  
Church in Perpignan**  
**06 15 32 36 36**

[www.riverchurch.fr](http://www.riverchurch.fr) [riverchurch.perpignan](https://www.facebook.com/riverchurch.perpignan)

**SOS Help** ..... 01 46 21 46 46  
English speaking 'Samaritans'

#### HEALTH & WELLBEING

**Centre Chiropratique**, (English spoken) ..... 04 68 29 68 69  
Cabestany ..... [www.chiropratique-roussillon.com](http://www.chiropratique-roussillon.com)

**Cyrille Rampin**, Saint-Hippolyte ..... 06 82 20 61 60  
Osteopath & Physiotherapist ..... [rampin.kine@gmail.com](mailto:rampin.kine@gmail.com)



**CYRILLE RAMPIN**  
OSTÉOPATHE & PHYSIOTHÉRAPEUTE  
Structural & Bio-Energetic Care

- ☑ Back & joint pain
- ☑ Posture & mobility issues
- ☑ Sports injuries

Harmonie Sport Santé, 6 Place Saint-Michel  
66510 Saint-Hippolyte  
☎ 06 82 20 61 60  
✉ [rampin.kine@gmail.com](mailto:rampin.kine@gmail.com)

Appointments via Dectolib

**Élisa – Beauty & Wellness**, Therapist ..... 0643846329  
Maureillas ..... [evasionbetb@gmail.com](mailto:evasionbetb@gmail.com)



**Institut Évasion**  
New in Maureillas

Professional beauty  
& well-being treatment and massage,  
designed to help you  
look and feel your best.

Tel: 06 43 84 63 29  
6 place de la République, Maureillas



**Fit66** ..... 06 38 38 80 82  
Fitness/pilates. [www.fit66.fr](http://www.fit66.fr) ..... [fit66france@gmail.com](mailto:fit66france@gmail.com)

**Franck Jouselin**, Céret ..... 04 68 87 39 39  
Chiropodist/Foot specialist ..... 57 Ave d'Espagne, Céret

**Léa Rôm** ..... 07 24 48 93 0716  
..... [message@lea-rom.com](mailto:message@lea-rom.com)



**Léa rôm**  
Massage • Well-being

06 24 48 93 07  
[message@lea-rom.com](mailto:message@lea-rom.com)  
[www.lea-rom.com](http://www.lea-rom.com)

[f @ Léa rôm Massage](https://www.facebook.com/LeaRomMassage)  
Affiliée FMBE



**The Mobile Barber** ..... 06 25 77 98 24  
..... [themobilebarber66@hotmail.com](mailto:themobilebarber66@hotmail.com)



**THE MOBILE BARBER**  
ENGLISH-SPEAKING  
MOBILE BARBER

Serving Pyrénées-Orientales (66)

**+33 6 25 77 98 24** [themobilebarber66@hotmail.com](mailto:themobilebarber66@hotmail.com)  
[www.facebook.com/themobilebarber66](http://www.facebook.com/themobilebarber66)

#### EDUCATION & TRANSLATION

**Sophie Amiel** ..... 06 80 80 63 48  
Certified, Official & Sworn Translations ..... [sohazell@gmail.com](mailto:sohazell@gmail.com)  
French, English and Italian

**Centre Linguistique Constance Cellerier** ..... 07 87 94 73 11  
16, route de la mer - Argelès ..... [cellerier.constance@gmail.com](mailto:cellerier.constance@gmail.com)



**Centre Linguistique  
Constance Cellerier**  
LEARNING FRENCH can be fun!  
Individual lessons & workshops for adults and children  
with or without accommodation

[cellerier.constance@gmail.com](mailto:cellerier.constance@gmail.com) **07 87 94 73 11**

Villa Hortensia, 16, Route de la Mer, Argelès, France, 66700



**CATALAN**  
"Abans no et burlis  
d'algú, mira qui ets tu"

**FRENCH**  
"Avant de te moquer de  
quelqu'un, regarde-toi"

**ENGLISH**  
"Before mocking  
someone else, take a  
look at yourself!"



THE PO PROPERTY GUY

Cyril Mehanna

YOUR INSIDE EDGE IN THE PYRÉNÉES-ORIENTALES



**PROPERTY FINDER**  
Personalized property search for international clients.

**BUYER'S ADVOCATE**  
Your boots on the ground. I won't show you a house I wouldn't buy.

**LOCAL EXPERT**  
Expertise in the French property market, in the heart of the 66.

**CYRIL MEHANNA**  
**+33 6 79 99 85 42**  
www.thepropertyguy.com

f cyril.mehanna  
i cyril.mehanna

ESTATE AGENTS

**Agence Immotech**, Ian Stephens in Amélie..... 06 24 65 00 15  
Across the Vallespir .....agence-immotech.com

**Laroca Immobilier**,.....04 68 39 20 94  
Laroque-des-Albères & Banyuls-sur-Mer  
laroca@live.fr..... www.laroca-immobilier.com

**The PO Property Guy** – Cyril Mahanna.....06 79 99 85 42  
.....www.thepropertyguy.com

**Suzanne Salmon**, Leggett..... 07 85 10 00 60  
.....Suzanne.salmon@leggett.fr

ENERGY SOLUTIONS

**Sunteq**.....06 19 42 02 22  
Solar Systems, panels, batteries..... info@sunteq.fr

Enough of high electricity bills?  
Solar panels are the answer!

Join with local SUNTEQ to harness the power of the sunny Occitanie

- ✓ Certified local installers
- ✓ Solar systems, batteries and EV-chargers
- ✓ High quality solar panels
- ✓ Free technical study and quotation in 24h

We speak: **Contact** info@sunteq.fr 06 19 42 02 22 **Website** sunteq.fr

SUNTEQ



BUYING or SELLING a home?



**LEGGETT**  
INTERNATIONAL REAL ESTATE

LET'S WORK TOGETHER!

Selling your French home in the P-O doesn't need to be complicated. We specialise in helping owners achieve the right price through professional marketing, strong international exposure and clear, honest guidance from start to finish.

CONTACT

**SUZANNE SALMON**  
(BASED IN THE ALBÈRES)  
EI. CONSEILLÈRE INDÉPENDANTE EN IMMOBILIER  
**TEL. 07 85 10 00 60**  
email. [suzanne.salmon@leggett.fr](mailto:suzanne.salmon@leggett.fr)  
SIREN NR: 838 380 806

FINANCE & ACCOUNTING

**Saussine & Perrin**, English-speaking accountants Perpignan  
Individual & pro....contact@cabinetsaussine.com..04 68 68 66 50

GOLF COURSES

**Domaine de Falgos**, Panoramic Golf Course ..... 04 68 39 51 42  
Online shop, lunch and spa.....www.falgos.com

HOME, GARDEN AND POOL

**Canigou Tree & Garden Care** .....07 69 00 29 91  
Garden design & maintenance.....canigougardens@gmail.com

**Gardelia**.....04 68 92 00 48  
Landscaping, Garden Maintenance ..... contact@gardelia.fr

**GARDELIA**  
Landscaping  
Garden Maintenance

**Free quotation**

[contact@gardelia.fr](mailto:contact@gardelia.fr)  
[www.gardelia.fr](http://www.gardelia.fr)  
**04 68 92 00 48**

**Immat: 91038980800015 - Ch de la Carrerasse, 66690 St André**

**Gaieté du Feu** ..... 04 68 54 13 33  
[www.cheminees-gaietedufeu.com](http://www.cheminees-gaietedufeu.com) ..... gaietedufeu@wanadoo.f

**RB Bois**.....06 71 20 13 98  
Tree services.....contact@rbois-elagage.com

**RB BOIS**  
Tree Services

Tree care work  
Crane and skip hire  
Sand, gravel etc deliveries  
**06 71 20 13 98**

**TPM Pool Services-Maureillas**.....06 75 46 93 65  
Pool maintenance and repairs .....www.tpm66.com



**HOME SECURITY**

**SME**, [www.alarme-sme.com](http://www.alarme-sme.com) .....04 68 89 87 98  
Alarms, interphones, caméras, home automation...

**INSURANCE**

**AXA Céret** .....04 68 87 62 64  
Le Boulou .....04 68 30 04 05

FOR ALL YOUR INSURANCE AND INVESTMENT NEEDS!



**AXA FRANCE**  
Assurance - Banque - Epargne

12 rue Jacques Souquet  
66400 Céret  
+33 (0)4 68 87 62 64  
[agence.spceret@axa.fr](mailto:agence.spceret@axa.fr)

84 Av. du Gén de Gaulle  
66160 Le Boulou  
+33 (0)4 68 39 04 05  
[agence.spleboulou@axa.fr](mailto:agence.spleboulou@axa.fr)

ORIAS: 07 012 448 / 120 68 358 / 220 06 210

English spoken 



**AXA Isabelle & Christophe** .....04 68 89 72 75  
NEW ADDRESS. 3 Rue de la Citadelle 66740 Laroque des Alberes

**LAWYERS & NOTAIRES**

**Slatkin & Blanc**, English-speaking Lawyers .....04 68 09 76 75  
Perpignan Espace Méditerranée .....[contact@slatkin.fr](mailto:contact@slatkin.fr)

**MUSIC AND CULTURE**

**Argelès Heritage & Culture** ..... 04 68 81 42 74  
Guided walks in English, art gallery ..... [www.arageles-sur-mer.com.uk](http://www.arageles-sur-mer.com.uk)  
**Collection François Desnoyer**, St Cyp Village.....04 68 21 06 96  
Rue Emile Zola ..... [www.collectionsdesaintcyprien.com](http://www.collectionsdesaintcyprien.com)

**Fort Liberia**, Vilfranche-de-Conflent..... <https://fort-liberia.com>  
**Musée d'Art Hyacinthe Rigaud**, Perpignan .....04 68 66 19 83  
21 rue Mailly ..... [www.musee-rigaud.fr](http://www.musee-rigaud.fr)

**Musée d'Art Moderne de Céret**, Céret.....04 68 87 27 76  
8 bd Maréchal Joffre .....[www.musee-ceret.com](http://www.musee-ceret.com)

**MuSIC Musée des Instruments**, Céret.....04 68 87 40 40  
14 rue Pierre Rameil ..... [www.music-ceret.com](http://www.music-ceret.com)

**Musiques et Voix en Pays Catalans**..... [www.amuvall.org](http://www.amuvall.org)

**PERPIGNAN MUSEUMS**

**Musée Casa Pairal Le Castillet**.....04 68 35 42 05  
Place de Verdun .....[casa.pairal@mairie-perpignan.com](mailto:casa.pairal@mairie-perpignan.com)

**Muséum d'histoire naturelle**.....04 68 66 33 68  
12 rue Fontaine neuve ..... [museum@mairie-perpignan.com](mailto:museum@mairie-perpignan.com)

**Musée des monnaies et médailles Joseph Puig**04 68 62 37 64 42  
Avenue de Grande-Bretagne ..... [musee-puig@mairie-perpignan.com](mailto:musee-puig@mairie-perpignan.com)

**Centre d'Art Contemporain** .....04 68 66 33 18  
Place du Pont d'en Vestit.....[perpignan.culture@mairie-perpignan.com](mailto:perpignan.culture@mairie-perpignan.com)

**Théâtre de l'Archipel**, Perpignan.....04 68 62 62 00  
Avenue Général Leclerc..... [www.theatredearchipel.org](http://www.theatredearchipel.org)

**Théâtre de l'Etang**, Saint Estève.....04 68 38 34 95  
6 allée des Arts et des Lettres..... [www.theatredeletang.com](http://www.theatredeletang.com)

And also ..... FNAC, Perpignan - [www.fnac.com](http://www.fnac.com)



**WE HAVE MOVED**



ORIAS N 0701386 et 07013871

**Isabelle & Christophe Côté**

**We look forward to welcoming you.**  
Call in and talk to us about how we can help make life better for you.

 **Your insurance. Our assurance.**



**NEW ADDRESS**

3 Rue de la Citadelle  
66740 Laroque des Alberes

**Agence des Albères**  
04 68 89 72 75 / [agence.co@axa.fr](mailto:agence.co@axa.fr)



## OUT FOR THE DAY

**BALADA'DEUCHE** .....06 42 97 93 2  
Original, unique, 2CV adventure ..... www.baladadeuche.com

**Domaine de Falgos**, (Golf) ..... 04 68 39 51 42  
Saint-Laurent-de-Cerdans ..... www.falgos.com

**Enserune Oppidum** ..... www.ensurune.fr  
Centre des monuments nationaux

**Forteresse de Salses** ..... www.forteresse-salses.fr  
Centre des monuments nationaux

**Grotte de Fontrabiose** ..... 04 68 30 95 55  
..... www.grotte-de-fontrabiose.com

**Kap'oupa Kap** ..... 06 88 48 06 45  
Outdoor adventures ..... sarl.kapoupakap@live.fr

**La Vallée des Tortues** ..... 04 68 95 50 50  
Zoological Park ..... www.lavalleedestortues.fr

**Tropique du Papillon** ..... 04 68 37 83 77  
Open every day June-Sept ..... www.tropique-du-papillon.com

## PEST CONTROL

**ENTRINA – Pest Control Experts** ..... 06 14 24 83 76  
Specialists in termite treatment ..... entrina@outlook.fr



**ENTRINA**  
Pest Control Experts

**TERMITES DESTROY FROM WITHIN**  
Act before it's too late.

Specialists in termite treatment & all pest control solutions  
Fast, certified, effective solutions

☎ 06 14 24 83 76 | ✉ entrina@outlook.fr

## PETS

**Pattes a Plouf** ..... 06 20 60 14 13  
Dog and Cat grooming with Sandy



**PATTES A PLOUF**  
DOG & CAT GROOMING  
WITH THE LOVELY SANDY

BY APPOINTMENT:  
**06 20 60 14 13**

**FROM SCRUFFY TO FLUFFY!**  
BATH - TRIM - BLOW DRY - STYLE  
NAILS - EAR CLEAN...

2 RUE PAUL DOUMER 66160 LE BOULOU

## PLUMBERS & ELECTRICIANS

**Philip Gibbs Electrical**, Céret ..... 06 41 10 27 69  
gibbselec66@gmail.com ..... www.gibbselec.com

**Robert Morley** ..... 04 68 37 96 50  
www.morleyrenovation.eu ..... 06 80 34 45 17



**Morley Rénovation**  
Specialising in all aspects of  
Internal Renovations  
throughout the PO since 2001

Fully Qualified, Registered and  
Insured Plumber and Electrician

33 Chemin de Vives, 04 68 37 96 50  
66400 CERET 06 80 34 45 17  
www.morleyrenovation.eu

Testimonials  
«ce travail, je le recommande»  
« Visit our website  
SIRET : 440 200 830 0055

**VN Elec**, throughout the P-O ..... 06 13 24 87 47  
Electricity, air-con, plumbing, emergencies ..... contact@vnelec.fr

## PROPERTY & PROJECT MANAGEMENT

**Eve Solutions** Port-Vendres ..... 06 70 70 62 10

## TOURIST OFFICES

**Argelès Tourist Office**, Argelès-sur-Mer ..... 04 68 81 15 85  
Place de l'Europe ..... www.argeles-sur-mer.com

**Aspres-Thuir Tourist Office** ..... 04 68 53 45 86  
..... www.aspres-thuir.com

**Canet Tourist Office**, Canet Plage ..... 04 68 86 72 00  
49 avenue de la Méditerranée ..... www.ot-canet.fr

**Céret Tourist Office**, 5 rue St Ferréol ..... 04 68 87 00 53  
..... http://www.vallespir-tourisme.fr

**Font Romeu Tourist Office** ..... 04 68 30 68 30  
www.font-romeu.fr ..... f: Font-Romeu

**Les Angles Tourist Office**, 2 avenue de l'Aude, Les Angles .....  
www.lesangles.com f: LesAnglesSki ..... 04 68 04 32 76

**Port Barcarès Tourist Office** ..... 04 68 86 16 56  
Place de la République (Village) ..... www.portbarcares.com

**Roussillon Conflent Tourist Office**, Ille sur Têt ..... 04 68 57 99 00  
Place Henri Demay ..... www.tourisme-roussillon-conflent.fr

**St Cyprien Tourist Office**, St Cyprien Port ..... 04 68 21 01 33  
Quai Arthur Rimbaud ..... www.tourisme-saint-cyprien.com



## TECHNOLOGY & COMMUNICATION

**demaiteasant** ..... +34 636 461 384  
Graphic design & Communication ..... estudi@demaiteasant.com

**Mayday** ..... 06 82 26 31 54  
Computer support & UK/Irish/International TV  
maydaymayday@orange.fr ..... www.mayday.support



**UK & Irish TV**  
Right here in France!!!

- Live TV - UK and foreign languages - 14 days catchup - movies - TV series - Sports
- IT support for PC, MAC, Smart devices, and Networks
- WiFi advice - design - installation

*Always happy to help!*

**+33 682 26 31 54**  
**maydaymayday@orange.fr**  
**www.mayday.support**

**Oscar Rey-Tajes** ..... 06 82 71 95 54  
Web solution, web design & e-commerce ..... orey@pictau.com

## SPRING IS HERE!

Aristotle said 'One swallow does not a summer make', but when these harbingers of spring and summer promise arrive in the P-O we know for sure that winter is over. Weighing little more than 20 grams with brains no bigger than a pea, these cute little chaps accomplish the most amazing feats of navigation, flying thousands of miles using the sun, stars and familiar landscapes.

P-O LIFE

## CLASSIFIED ADS!

### SELLING YOUR CAR, YOUR BIKE, YOUR PARTNER?

### Looking for a new one?

Offering garden tidy, cleaning, B&B, home made pies and pasties, spam fritters, lift to the airport...?

You can advertise free on Facebook (search PO Life Sell Buy Swap Free) if you really want to, but remember it rolls down quickly and disappears.

A better option would be to contact us on [info@anglophone-direct.com](mailto:info@anglophone-direct.com) to advertise in our new and exciting (well, exciting for us!) classified section, either here in the mag or online at [www.anglophone-direct.com](http://www.anglophone-direct.com)

It won't cost 'la peau du cul' and it will help us to pay expensive printing costs and keep us old girls in gin, wine, and wild nights out in the P-O.





## We speak your language

Native speakers **Hannelore** (Dutch), **Ian** (English) and **Johanna** (Swedish) work alongside our French colleagues across five Vallespir agencies.



**Johanna Cabrol**  
[johanna.cabrol@agence-immotech.com](mailto:johanna.cabrol@agence-immotech.com)  
06 95 29 08 65



**Ian Stephens**  
[ian.stephens@agence-immotech.com](mailto:ian.stephens@agence-immotech.com)  
06 24 65 00 15



**Hannelore Busquet**  
[hannelore.busquet@agence-immotech.com](mailto:hannelore.busquet@agence-immotech.com)  
06 02 51 96 17

Whether you're buying or selling, we guide you every step of the way: from initial advice and paperwork to accompanying you to the notaire, organising remote meetings and viewings, and coordinating local experts and tradespeople — all in your own language.

With a growing number of international buyers and sellers, we're ideally placed to help you complete your purchase or sale smoothly.

**IMMOTECH** is locally-owned, with an excellent regional reach. Has agencies in Le Boulou, Amélie-les-Bains and Arles-sur-Tech as well as Céret, and is part of the department-wide GI66 network.