



N° 86

FREE / GRATUIT
Summer-Autumn
2026

MAGAZINE

21

• YEARS •
TOGETHER

WALKS
& DAYS OUT

FOOD, WINE &
RESTAURANTS

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EDITO



Photo: Colin Jones
(edited by P-O Life)

TERRIBLE JOKE

A frog and a snail
were having a drink
when the frog
asked...



This magazine has been a real team effort after Kate rather inconveniently incapacitated herself a few weeks before we went to print by breaking both arms in an unfortunate disagreement between her bike and a wall! She insists it had nothing to do with the cocktail... we're not so sure.

Summer has been a little unusual too. The tragic fires across the region have dampened the usual holiday buzz, leaving families, businesses and wildlife facing heartbreaking losses.

Our thoughts are with everyone affected, and especially the firefighters and emergency crews whose extraordinary courage deserves our heartfelt thanks. YOU'RE AMAZING.

Fortunately, **life goes on, and the P-O always bounces back.** As ever, we have great walks and days out, restaurants, airport news, language exercises....

This year also marks our 21st birthday – 21 years of stories, events, friendships and memories so **big thanks to our lovely Kate (especially for the terrible jokes!).** Without her, none of this would have been possible.

For more than two decades, P-O Life has been produced free of charge thanks to the support of local businesses, and we hope that continues for many years to come.

So here's to the next 21 years – and to our one-armed... (well... no-armed?)... bandit.

Here's to you, Kate.

The P-O Life Editorial Team

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Le RACOU to COLLIOURE LINEAR

HIDDEN COVES, DRAMATIC CLIFFS AND MAGNIFICENT MEDITERRANEAN VIEWS

Anyone who loves the rugged beauty of the Côte Vermeille will enjoy this classic stretch of the 'Sentier du Littoral'. It's shortish, dramatic, and constantly changing: rocky headlands, hidden coves, and sweeping sea views all the way to Collioure.

After erosion and storm damage in recent years, parts of the original low coastal path remain closed, but the route is fully walkable via safe, slightly higher diversions and is straightforward to follow.



Distance:
4 km each way
Time:
2-3 hours (longer with stops)
Difficulty:
Moderate (rocky and uneven in places)
(walking boots recommended)



BEFORE YOU SET OFF...

Planning a picnic? Stop at the much-loved, family-run mini supermarket, Épicerie Valmarie, just before the Racou car park. Amongst many other delights, their roast chicken and fresh paninis have something of a local cult following (the "secret sauce" still inspires debate... no one seems to know what's in it). Bike hire and stand-up paddle rental too if you're not in walking mood.



Come and meet Astrid and Eric at their family supermarket

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THE WALK

Start at the very end of Le Racou road behind the beach, near the small car park, where the flat sandy landscape gives way to rocky hills. Head up the track, turning right up the steps until you have the option of making a diversion to the top of a wooded slope with "table d'orientation" and big views, or following the track to the left.



Le RACOU to COLLIOURE LINEAR

The surrounding hills were once part of a clever medieval warning system which could signal danger along the coast within minutes. Originally set up by the Rois de Majorque as a defence system to protect the Roussillon from invaders, they enabled the passing of information around the region, using fire and smoke signals.



Follow the undulating coastal trail, turning left at the first signs for great sea views before dropping down into the **first of the Criques de Porteil** and back up the other side. A little further and we descend into the larger and lovely Anse du Porteil, a quiet, pebbly cove with **views inland of the Albères hills and the Tour de la Massane in the distance.**

At the end of the cove, climb the stone steps cut into the rock next to the little house (covered in scaffolding when we walked it in May 2026) and follow the well-marked path along the top of the low cliffs towards Les Criques de Porteil campsite, and a 'Sentier Fermé' (path closed) sign where the route used to descend to the pretty Plage de l'Ouille. Turn right here with the campsite on your left, and quickly arrive at the main entrance to the camping where a left hand turn will **join a good, flat track for a 10 minute walk to the Plage de l'Ouille.**



There is parking, though not so plentiful in high season, around the entrance to the campsite, if you just want to cut your walk to Collioure.

On **30 August 1991**, **Lieutenant firefighter Joseph Nogues**, head of the Argelès-sur-Mer fire and rescue station, was swept away by powerful waves while trying to assist walkers in difficulty near the Crique des Amandiers. His body was found several days later. A yearly memorial ceremony is held in his honour at the Plage de l'Ouille, remembering his courage and the sacrifice made by emergency responders who risk their lives to save others.



This creek with pebbly beach and the fabulous 'L'Imprevu' restaurant, is a favourite with snorkelers for its clear water.

A stream crosses the beach, which can become more of a lake after heavy rain, but it's usually easy to reach the stone steps at the other side which continue up towards Collioure. You'll traverse above dramatic cliffs with views of turquoise water below, often dotted with snorkelers and divers.

From l'Ouille, arrive at the steepest part of the walk where the old sea-level path used to continue. It's closed now due to erosion, so follow the safer upper route.

Soon you pass below **Fort Carré, the Tour de l'Étoile and Fort Miradou.**

Head inland via the car park and follow a quiet road down into **Collioure, with its charming tangle of ancient cobbled streets and alleys lined with tumbling bougainvillea and geraniums, brightly painted houses, and colourful Catalan Barques moored in a pretty bay.** Lunch at one of our recommended restaurants (see our restaurant reviews) or enjoy a cold drink, ice cream or a crepe before retracing your steps to Racou. The return feels different as the views open up in new ways.





FORT MIRADOU

Is now the Centre National d'Entrainement Commando, perfect for sea-training activities, and possibly the most beautiful garrison in France. Look out for commandos practising manoeuvres out in the bay, an entertainment in itself! No visits in case you're hoping to go commando. Linked by a covered path, Fort Carré and the Tour de l'Étoile were built to watch over the town from the north. Nicknamed 'les Hauteurs de la Justice', public executions used to take place there.

Sébastien Le Prestre de Vauban, royal engineer to Louis XIV visited Collioure in 1669 and suggested razing it to the ground and rebuilding! Famous for installing fortifications throughout France, he certainly had a hand in several of the forts and look out towers that surround Collioure today.



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...UNDERGROUND ADVENTURE AT FUILLA

A Family Caving Experience in the Pyrénées-Orientales

WHAT IS THE FUILLA CAVE?

If you've driven between Fuilla and Villefranche-de-Conflent, there's a good chance you've passed one of the Pyrénées-Orientales' best kept secrets without even realising it.



with Rosaleen Bond and her
three junior journalists

Hidden beside the road lies part of the Fuilla Canalettes cave system, with more than 27 kilometres of underground galleries carved through limestone over millions of years. Unlike the nearby show caves, **this is a real caving experience**. You'll pull on a helmet, switch on your head torch and explore the cave much as cavers have for decades.



The caves are also one of the region's most important bat habitats. Several protected species spend the winter hibernating here, including Greater and Lesser Horseshoe Bats, Schreibers' Bent-winged Bat and the increasingly rare Mediterranean Horseshoe Bat.



A BRILLIANT INTRODUCTION TO CAVING FOR FAMILIES

What surprised me most was how accessible it felt. Rather than being extreme, it simply felt like exploring a completely different world together. My uncertainty actually made me relax and let the guide take control, which she did brilliantly. Whenever the children needed reminding of the rules, she stepped in with calm encouragement and plenty of humour.

If you've never been caving before, this is an excellent place to start. The guides adapt the route to suit the group and carry all the safety equipment, allowing families to simply enjoy the adventure.

THE EXPERIENCE

Our adventure began at the cave entrance where we were fitted with helmets and head torches before following our guide underground.

I'll admit, the first obstacle, a fairly large rock made me wonder whether I'd made the right decision, with my short legs and slight dislike of confined spaces. Thankfully, once inside, that was probably the hardest part.

The temperature immediately dropped to around 12°C and the outside world quickly disappeared. All that remained was the sound of dripping water, footsteps and excited whispers from the children.

The route constantly changes. One minute you're walking through surprisingly large galleries, the next you're ducking beneath low ceilings or crawling through smooth limestone passages. At several points the children took their own smaller route while the adults followed an easier path before meeting up



again. They loved the independence and I was more than happy to avoid the crawling.

Along the way our guide pointed out remarkable limestone formations, signs of the bats and explained how the cave had slowly developed over millions of years. **At one point every light was switched off, leaving us in complete darkness.** It only lasted a minute, but it's something none of us will forget.

WHAT TO WEAR

Wear walking shoes or lightweight hiking boots with good grip, long trousers and a long-sleeved top. Expect to get dusty, especially during the crawling sections, and bring a change of clothes for afterwards.



BOOKING YOUR VISIT

Visits must be booked in advance and groups are deliberately kept small, allowing guides to adapt the experience to everyone's confidence level while protecting this fragile environment.



KIDS' TIPS

- Bring snacks and drinks for afterwards
- Don't worry if it feels a little scary at first. After five minutes you'll probably be having too much fun to think about it.
- Go to the toilet before you arrive because there aren't any facilities at the cave entrance.
- When the lights go out, stay close to Mum or Dad. It only lasts a minute and it's one of the coolest parts of the experience.



MUM TIPS

- Bring snacks and drinks for afterwards because it's far more active than you expect.
- Pack spare clothes or something to protect the car seats from dusty trousers.
- Trust your guide. They're brilliant with children and know exactly how to encourage nervous explorers. If anyone feels uncomfortable, let them know and they'll happily adapt the route.



IS IT WORTH IT?

Absolutely. We've visited the other caves around Villefranche-de-Conflent, but this felt completely different. **Educational without feeling like a lesson.** Adventurous without being extreme. **One of those rare family experiences where everyone, adults included, leaves feeling just a little bit proud of themselves.**

From the road it may not look like much, but beneath the hillside lies one of the most memorable adventures our family has had in the Pyrénées-Orientales.

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IT AIN'T 'ALF 'OT, MUM! A SUMMER ESCAPE INTO THE MOUNTAINS

FROM CHERRY ORCHARDS TO MOUNTAIN PEAKS

Our drive begins in **Céret**, cherry capital of the Vallespir, with its quaint, cobbled streets, ancient ramparts, pretty squares, lively shops, restaurants, and bars, and art and music museums. Picasso loved it; so will you!

From **Céret**, we head towards **Oms**, then onwards and upwards along oak lined roads with fantastic panoramic glimpses through the trees. **Pass Calmeilles**, a tiny, immaculate pedestrian village, with interesting **Romanesque church**, first mentioned in 959.

We love the beaches of the P-O, but sometimes the summer heat can become a little oppressive, and a generous bowl of cool mountain air is a refreshing change from sand in every orifice.

So join us for a drive of discovery as we head off in search of fresh mountain air and stunning scenery.



REMNANTS OF THE MINING AGE

Many of these villages have mining origins. The Romans greatly expanded iron extraction in the region, building roads for easy access to Perpignan, crafting iron wheels for carts, used to transport and make armaments for their vast empire.

The Romans left, but the industry continued and prospered. Small settlements grew up in the Vallespir, the Conflent and the valley of the Lentilla, to house the families of miners, muleteers, blacksmiths, and transporters.

From 1950 onwards, the mines could no longer compete with the rest of the world, and closed down. Today, many of the ancient villages have been saved from ruin by second home and gite owners, immaculately restored remnants of the mining age.



HIDDEN HAMLETS AND VALLEY VIEWS

Continue climbing until you arrive at the **Col du Fortou** crossroads, with signs indicating straight on for **Ille sur Têt** or left towards **Amélie**. We will be going straight on, direction Ille towards **Bouleternère**, but you may wish to take a little detour to the right, down a narrow road, to the tiny hamlet of **Prunet**. Blink and you will miss it. Clustered around a **minuscule 10th century church** beneath a couple of two hundred year old oak trees in whose branches peacocks roost, **the graveyard has some fine examples of traditional wrought iron crosses**.



LAKES, VILLAGES AND FORTIFIED TOWNS

From **Bouleternère**, head for **Prades**, passing **Vinça**, and its impressive 'plan d'eau' on the right and a pleasant lake with supervised swimming where you can relax, enjoy seasonal water activities and make the most of a refreshing break on a hot summer's day.....

On past pretty **Eus** with its narrow, be-flowered, cobbled streets joined by ancient vaulted passageways, **the imposing 18th century church of St Vincent**, perched on a rocky peak, old ramparts to walk around with panoramic views of the **Conflent Valley**.



IT AIN'T 'ALF 'OT, MUM! A SUMMER ESCAPE INTO THE MOUNTAINS



Prades next, capital of the Conflent, this land of cooler air and contrast, rich in culture and history, from its snowy peaks, wild mountainous terrain, stunning lakes and pretty, peaceful villages. This bustling and lively market town is clustered around the large church of St Pierre, with its dramatic Sunyer altar pieces, and a starting **point for all levels of exciting sporty adventures!**

Next we arrive at delightful **Villefranche de Conflent**, a perfectly preserved fortified medieval town with ancient ramparts, and well worth the stop. Just two main pedestrian-only streets with art galleries, souvenir and local craft shops. Treat yourself to a handcrafted lucky witch doll, '**poupée sorcière**', as befits the legends of magic and

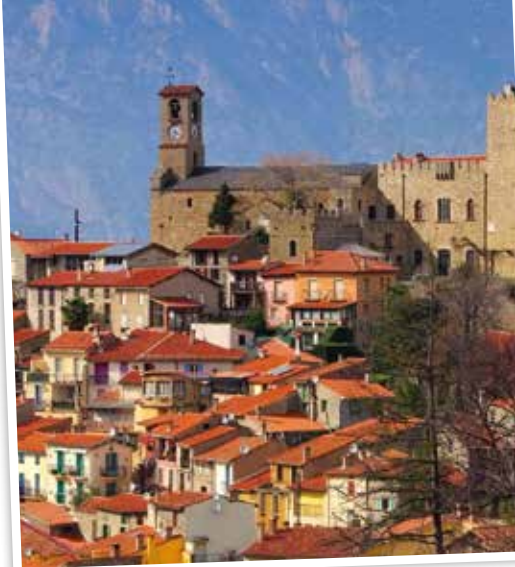


Church of St Pierre, Prades



Villefranche de Conflent

witchcraft surrounding this region, steeped in history and superstition. If your legs have seized up from all that car-travel, **Fort Liberia** awaits, perched above the town, and dominated by Canigou, with 'Les milles marches'. This underground staircase with 1279 steps is steep, narrow and dimly lit, but cool on a hot day 'though not for the claustrophobic - or those with bad knees!



Vernet les Bains

Vernet les Bains is also well worth the detour off to the left of the main tour route, passing through Corneilla de Conflent, once home to Guillem Ramon, Count of Cerdagne. Only a tower remains of his palace but the rather splendid looking church has some fine examples of Catalan Romanesque art and the whole village has an olde worlde charm.

Vernet itself was a highly fashionable 'station thermale' at the start of the XX century. Today, it is a pretty Catalan village and spa, recommended for respiratory and rheumatic disorders, with bars, restaurants and casino, its

steep, narrow, flower-decked streets, leading to the XII century **church of Saint Saturnin attached to the castle.**



Back on the main route we **approach Mont Louis**, the highest fortified town in France. Renamed Fort Libre during the French Revolution, Mont-Louis retains its intact ramparts and fortifications, and a stroll around the walls makes a pleasant leg stretch with stunning views.

You can also visit the **Puits des Forçats** (Convicts' Well), with its enormous wheel that supplied water to the site, the first solar furnace in the world, and the church dedicated to St Louis, with its series of Roussillon baroque altarpieces dating from the 17th and 18th centuries.



FANCY GOING COMMANDO?

Mont Louis is also home to the '**Centre national d'entraînement commando**', training elite troops in commando techniques and endurance of physical and mental stress in combat situations.



OUT For the DAY



SPA TOWNS AND MOUNTAIN STRONGHOLDS

All aboard? Now we're heading for **Font Romeu**, a modern and lively winter resort, but equally bubbly in the summer, with a 'luge sur rail' (rail sled), a giant Zipline, paragliding, quad biking, the highest outdoor gallery of statues and sculptures in Europe, (museesansmurs.fr) and the immense **Odeillo solar furnace**, one of the largest in the world. Its mirrors give an ever-changing patchwork view of the surrounding countryside that is beautiful and fascinating to watch.....



Font Romeu

You can choose to continue towards the **Col de Puymorens** where high mountains form the frontier with Andorra, huge granite boulders and small waterfalls provide a stunning backdrop as the road winds its way up to the **1900 metre col**, before plunging down towards Andorran Pas de la Casa, once nothing but a single shepherd's hut overlooking the pass. You might find it changed a little!

However, **we're ending our tour today in Les Angles**, where Stage 3 of the Tour de France 2026 comes to a spectacular finish in the resort after crossing the high plateau of Capcir and passing the beautiful Lake Matemale. A gateway to countless walks, cycling routes and outdoor adventures, Les Angles combines the energy of a modern mountain resort with the charm of a traditional Catalan village.

The old village clusters around the **church of Saint Michel**, its fountains and the remains of the 13th-century château tower. Stone houses have been lovingly transformed into gîtes, restaurants and hotels, while the **Balnéo Well-Being Centre** offers the perfect reward after a day exploring the mountains, with its saunas, jacuzzis and relaxation areas.

And that, perhaps, is the beauty of this journey. **Less than two hours from the beaches of the P-O**, the landscape changes completely. The heat softens, the air freshens, and every bend in the road reveals another village, fortress, lake or mountain view. So when the sand gets everywhere, the sun feels a little too enthusiastic and the coast becomes crowded, point the car inland and head for the heights. The mountains are waiting — and they're definitely not 'alf 'ot, Mum.



IT AIN'T 'ALF 'OT, MUM! A SUMMER ESCAPE INTO THE MOUNTAINS

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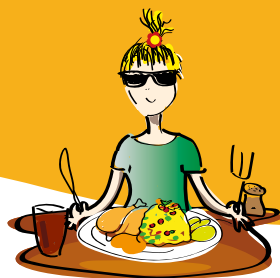
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Alcohol abuse is dangerous for your health; please consume with moderation.



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.

PAOCCO

Perpignan... with Trish



A delightful **100% gluten-free** café where you immediately feel welcome, whether it's for a morning coffee, a light lunch, or an afternoon treat. Delicious food, generous portions, and high-quality dishes. Cosy interior with stylish decor or tables outside.

Try the bun forestier packed with mushrooms, red cabbage, and onions or the pecan pie and fig & goat cheese tart. Much is vegetarian or vegan. Highly recommended.

3 Pl. André Grétry, Perpignan | Tel: **06 74 10 55 54**

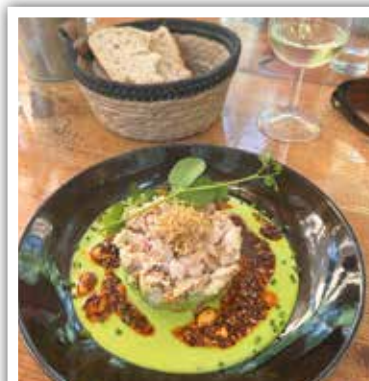
LA PASSERELLE CATALANE

Serdinya... with Justine



We found a place with sharing boards that are available all day! Finally found somewhere that has food outside of normal food hours and they were so welcoming and friendly. Newly opened with a proper "pub" vibe. Would definitely recommend a stop here if you're in the area.

8 Route départementale 66, Serdinya
Tel: **07 80 38 20 53**



LA FONTAINE DE BUIS

Arles-sur-Tech... with Kate

A charming riverside guinguette with imaginative, seasonal cooking in a rustic and shady location beneath the trees. **The menu changes with the seasons and features fresh**, locally sourced ingredients prepared with creativity and flair. Friendly service and relaxed atmosphere. Not cheap but what is these days? And maybe we should've gone a little steady on the wine.

1 Chem. du Stade, Arles-sur-Tech
Tel: **06 20 95 56 49**



L'ÉTOILE DEL MAR

Banyuls-sur-Mer... with Gary

The Michelin starred restaurant that was Le Fanal has **reopened with new owners. It's now called L'étoile del Mar**. The prices are much lower and the quality of the food is really good.

In my opinion, they haven't publicised themselves enough to inform people that they are open, but they are definitely worth a visit.

18 Av. Pierre Fabre, Banyuls-sur-Mer
Tel: **04 68 37 31 39**



LA TONNELLE

St Cyprien port... with Mandy

Great menu of the day 19.90 €. Food excellent, service excellent. 30 euro menu is superb. Cannot fault it.

1055 Quai Arthur Rimbaud, Saint-Cyprien
Tel: **04 68 95 79 88**



LE MAREE DE JOE

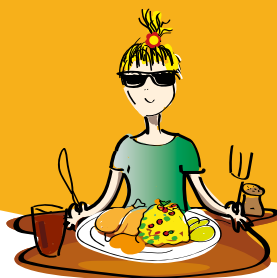
Canet... with Mathew

Excellent sea food restaurant. **The fresh fish arrives daily.**

Prom. de la Côte Radieuse, Canet
Tel: **06 21 78 05 74**

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



LE CATALAN

Laroque-des-Alberes... with Kate

Situated in the old quarter at the top of this charming village, **Le Catalan is a little gem that's well worth seeking out.** The menu may be small, but it offers plenty of choice – perfect for those of us who have decision making disorder! **Everything is freshly prepared, beautifully presented and absolutely delicious.** A wonderful spot for a relaxed lunch or dinner in picturesque surroundings

2 Pl. de la République, Laroque-des-Albères
Tel: **04 68 98 20 57**



RESTAURANT L'EQUINOXE

Argelès... with Robyn

The family run campsite restaurant has a pleasant, off road walk direct to the beach. Warm, friendly service, delicious homemade food, especially their pizzas, great value, and a lovely setting. Sit outside overlooking the swimming pool. They also do live events regularly.

Camping L'Equinoxe,
Route du Littoral, Argelès
Tel: **06 19 11 04 41**



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

No restaurant owners please ;-)

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OVER THE BORDER

CAL NEGRE

Roses...with Maria

This restaurant slightly off the beaten track claims to have the best paella in Rosas. I can't vouch for that but it was good and cooked to order. We had the mixed one, perhaps a bit light on the protein but very tasty and a generous portion. We shared a green salad as an entrée again a large amount. P had an alcohol free beer and I had a delicious sangria. No room for dessert. The bill was about €60.

The owners are attentive. We sat in the cool, shady courtyard at the back. Well worth a try.



Carrer Dr. Barraquer, Rosas
Tel: **+34 972153334**

CATALONIA PUNTA DE LA FIGUERA

Roses...with Mendy

I discovered this really nice restaurant in Rosas, one of the rare restaurants on the spanish coast that make an issue of decoration and ambiance, not grey and plastic! This one has really good, smiley English speaking service. I loved it. My father, who eats in fancy restaurants in many countrys, had never had an entrecote like this one. And my mixed fish dish was a real fiesta.



Av. de la Gola de l'Estany, Rosas
Tel: **+34 972 25 66 30**

PLEASE SUPPORT THE RESTAURANTS THAT SUPPORT P-O LIFE

Running an independent restaurant in the south of France is rarely easy, and we know that every euro spent on advertising is carefully considered. That's why we're especially grateful to the restaurants in these pages. Their support helps make this magazine possible, and we're proud to support them in return.

If you're planning a meal out, we'd be delighted if you chose one of our advertisers. By supporting the businesses that support P-O Life, you're helping to keep both our local restaurants and your local magazine thriving.

SUBTLE DISTINCTIONS...WHICH ONE ARE YOU?



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Le Petit Rest'eau, ARGELÉS PORT 04 34 10 13 61
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@lepetitrest'eau

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Mediterranean and Catalan cuisine @restaurant.chezsimone

Chez Simone
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MEDITERRANEAN
AND CATALAN CUISINE
OVERLOOKING THE
BAY OF COLLIURE

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

Le Catalan, Laroque des Albères 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**

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

Lou Grilladou
www.restaurant-lou-grilladou.fr

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WWW.ANGLOPHONE-DIRECT.COM

THE MAILLOL Selection

THREE WINES
WE'RE LOVING
THIS SEASON



01

XARELO 2025 MAS BAUX · ROUSSILLON

100% Xarelo

Delicate and beautifully fresh, with aromas of white flowers, lemon zest and yuzu.



Aperitifs



Seafood



Sushi



Grilled Sardines



Lemon Tart

02

TRIBU ROSÉ 2025 VIGNERONS DE MAURY · ROUSSILLON

Grenache Noir & Grenache Gris

A pearlescent pink rosé bursting with citrus, pomelo and lychee. Juicy, refreshing and the kind that makes you pour another glass.



Aperitifs



Red Mullet



Bouillabaisse



Strawberries

03

COPAIN COMME COCHON 2025 DOMAINE DE LA PRÉCEPTORIE · ROUSSILLON · RED

100% Grenache

Dark fruit, fresh mushrooms and candied griotte cherry, balanced by vibrant minerality and a long, elegant finish.



Charcuterie Boards



Beef Bourguignon



Roast Leg of Lamb

Two shops, one passion

ARGELÈS-SUR-MER & PERPIGNAN

MEET THE TEAM

THE PEOPLE BEHIND THE BOTTLES

Two shops, five people and one shared belief: wine should never be taken too seriously... except when it really should. With over 1,000 wines and 300 whiskies, every bottle has been tasted and hand-picked by our team. Whether you're searching for a special bottle, a gift or an everyday favourite, we're here to help, whatever your budget or experience.

*No jargon. No pressure.
Just great wine and people who genuinely love talking about it.*



Did you Know?

Our Roussillon wines are sold at exactly the same price as you'll find at the producer.



GUILLAUME G.

Owner | Argelès-sur-Mer & Perpignan

Currently enjoying

On s'en Fish | Domaine Gardiès

Desert island bottle

A Methuselah of Copain comme Cochon.
Go big or go home!

Favourite food pairing

Cheese with a Rivesaltes Ambré 2005
from Arnaud de Villeneuve

Favourite gourmet product

Sardines from La Belle Iloise



FLORENTIN

Caviste | Perpignan

Currently enjoying

Campredon by Alain Chabanon

Desert island bottle

Ma Bouteille à la Mer by Domaine Serre
Romani

Favourite food pairing

Gewurztraminer with a spicy Thai dish

Favourite gourmet product

Pirate sardine rillettes with chermoula



ÉMILIE

Caviste & Graphic Designer | Perpignan

Currently enjoying

De Ci | Troullier (White)

Desert island bottle

Pataille Le Chapitre (Burgundy Red)

Favourite food pairing

An extra brut sparkling wine with a
creamy, well-aged goat's cheese

Favourite gourmet product

Maquereau Diabliesse from Belle Iloise



LUCAS

Caviste | Argelès-sur-Mer

Currently enjoying

Cuvée 78 Blanc | Domaine de l'Odyssée

Desert island bottle

Argenta Brilo Grenache Gris from
Domaine de la Meunerie

Favourite food pairing

Rancio with raclette

Favourite gourmet product

La Terrine Très Cochonne from Teyssier

VISIT US

PERPIGNAN

9 Cours François Palmarole
66000 PERPIGNAN

ARGELÈS-SUR-MER

9, rue des Hérons
66700 Argelès-sur-Mer

04 34 10 36 21

guillaume@cavesmaillol.fr
www.caves-maillol.fr



WINE QUIZ

HOW WELL DO YOU KNOW YOUR WINE?

Put your wine knowledge to the test!

Whether you're a seasoned wine lover or just enjoy the occasional glass, see how many of these five questions you can get right.

NO PEEKING... the answers are printed upside down at the bottom of the page!



01



ROSÉ WINE IS MADE BY MIXING RED AND WHITE WINE TOGETHER.

- A** True
B False

02



WHICH OF THESE WINES SHOULD BE SERVED CHILLED?

- A** A full-bodied red wine
B White wine and rosé
C All wines taste better warm

GOOD TO KNOW

White and rosé wines love the chill – around 8–12°C is perfect.

03



WHAT DOES "VINTAGE" MEAN ON A WINE LABEL?

- A** The age of the winery
B The year the grapes were harvested
C How long the wine was aged in oak

04



HOW CAN YOU TELL IF A WINE HAS GONE OFF?

- A** It smells of wet cardboard or vinegar
B It has a deep colour
C It tastes very dry

05



OUR FEATURED RED THIS SEASON IS CALLED **COPAIN COMME COCHON**. WHAT DOES THIS FRENCH EXPRESSION MEAN?

- A** Drunk as a skunk
B As thick as thieves
C Happy as a pig

Great friends, great wine, great charcuterie board.

“WINE ISN'T ABOUT KNOWING EVERYTHING. IT'S ABOUT ENJOYING EVERYTHING.”



FIND YOUR NEXT FAVOURITE BOTTLE AT CAVES MAILLOL.

ARGÈLES-SUR-MER & PERPIGNAN

01. B Rose gets its colour from brief contact with red grape skins, not by mixing red and white wine. (Champagne is the exception!)
02. B White wine and rosé are best served chilled, ideally between 8 and 12°C. Most reds are best served slightly below room temperature.
03. B "Vintage" refers to the year the grapes were harvested. The weather that year has a big influence on the finished wine.
04. A A small of wet cardboard or vinegar usually means the wine is corked. It happens occasionally, even with great wines.
05. B Copain comme Cochon means "as thick as thieves". Great friends deserve great wine... and a great charcuterie board!

P-0 RECIPES



BOURRIDE

Simple and Quick

WITH SUZANNE DUNAWAY

Of all the fish soups I make, this is my favourite. It's simple, quick and works with almost any firm white fish, although the **classic version is made with lotte (monkfish)**. I often use a combination of **cabillaud (cod), lotte and dorade (sea bream)**, always as fillets to avoid any surprise bones.

Over the years I've made countless bourrides, usually starting with a rich fish stock made from shrimp heads and whatever fish trimmings I have to hand. Once upon a time I would add the tiny female green crabs that gave the famous local soupe de poisson its wonderful depth of flavour, but sadly they have all but disappeared.

This version includes a **sliver of tangerine peel**, a little nod to bouillabaisse. Bourride is a meal in itself, needing only a green salad and some crusty bread. I usually serve it with rouille, simply because fish soup and rouille are made for one another. And like so many good dishes, it's even better the next day.

INGREDIENTS (SERVES 4–6)

- ½ cup olive oil
- 2 sweet onions, finely chopped
- 6 garlic cloves, minced
- 2 lb (900g) monkfish or other firm white fish, cut into serving pieces
- A splash of Cognac
- 4 potatoes, peeled and sliced or diced
- 4 tomatoes, crushed
- 1½ cups dry white wine
- 4–6 cups fish stock
- A large pinch of saffron
- 1 sprig fresh thyme
- Juice and grated zest of 1 lemon
- A sliver of orange or tangerine peel
- Salt and pepper
- A pinch of cayenne pepper
- A handful of fresh coriander, chopped
- 4–6 cups of good-quality fish stock, homemade or shop-bought

METHOD

Heat the olive oil in a large soup pot and gently cook the onions and garlic for a few minutes. Add the fish and turn to coat in the oil. Add the Cognac, followed by the wine and all the remaining ingredients except the coriander.

Simmer gently for about 40 minutes.

Taste and adjust the seasoning. Serve in soup bowls sprinkled with fresh coriander. Accompany with toasted French bread spread with rouille, if desired.



Suzanne

Suzanne Dunaway is the author of kitchen Memoire, a recipe book inspired by her life in the south of France

www.suzannedunaway.com



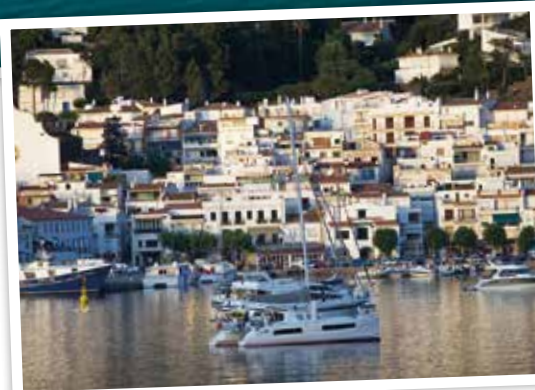


Llança

LLANÇÀ, PORT DE LA SELVA & SANT PERE DE RODES

If you're looking for an exciting late summer or autumn drive, why not take the stunning coast road across the border to Port de la Selva, and return to France via Figueres?

From Banyuls sur Mer, wind your way through Cerbère and on into Spain, passing through Port Bou, and Colera, hugging the coastline as it twists and turns towards Llança.



Port de la Selva

Lively and bustling in summer, **Llança** softens into something altogether more peaceful out of season. A **coffee on the port, a lazy lunch, or simply a stroll along the waterfront** makes a perfect interlude before continuing on to nearby Port de la Selva, a charming whitewashed fishing village and leisure port. Both Llança and Selva have plenty of shops, cafés and restaurants to suit all pockets.

For those who prefer to earn their lunch, the driver could drop passengers off in Llança near the port, to walk the specially constructed coastal path to Port de la Selva, a delightful, safe and well signed 90 minute clifftop walk.

A MONASTERY ABOVE THE SEA

So.....food sorted, exercise sorted. Now how about heading inland for a bit of culture?

Pass pretty coves, small beaches and the rather photographic **Punta s'Arnella** lighthouse, built in 1913 by the Girona Shipwrecked Persons society, to work up an appetite for lunch in Selva – or it is equally enjoyable in reverse.



Punta s'Arnella

High above Port de la Selva, clinging to the slopes of the Verderra mountain, stands the remarkable Sant Pere de Rodes, one of the most important Romanesque monasteries in Catalonia.

It's not just a monastery you'll be visiting but a sprawling complex of ancient buildings that cover the three crucial elements of feudal life: prayer, produce and defence. There's even a 6000-year-old dolmen that's worth stopping for on the drive up.

MONASTERY OF SANT PERE

Built by Benedictine monks between 979 and 1022, the monastery dominates the landscape of Cap de Creus, its stone silhouette visible for miles along the coast. Restored with Spanish pizzazz, concrete, glass and steel blend unconventionally with ancient stone walls, worn floors and vaulted ceilings and crypts. The building is a maze of interconnected rooms over three levels constructed into the steep terrain. Filtered light through arched windows creates a moody atmosphere of shadows and ghosts. It was eventually sacked and abandoned in the 18th century, but much of it survives, including the imposing bell tower, defensive lookout, and the church itself, whose soaring columns and finely carved capitals give it a quiet grandeur. Its most prized treasure—an illuminated Bible—now rests far away in the Bibliothèque Nationale de France.





VILLAGE OF SANTA CREU DE RODES

Park in the main car park and walk through the trees up the well-trodden path to the remains of a hamlet discovered during archaeological digs about twenty years ago. Careful dusting and diggings have exposed parts of houses and streets and give an exciting peep into medieval life. **Most spectacular of all are the two gateways, which were the only way in and out of the village.**

CHURCH OF SANTA HELENA

Next to the hamlet is the ancient chapel of Santa Helena, behind which is a perfectly positioned stone bench to sit and ponder. The vista over the bay of Llança and the peninsula of Cap Creus is stunning.



As with many places of such age and isolation, legend clings to its stones. One tale tells of early Christian pilgrims, returning from Rome, who were forced by storms to shelter here for months—taking it as a divine sign to build a monastery. Another, more dramatic story claims that when Rome was under threat by Barbarians, Pope Boniface IV ordered the Church's most powerful relics – including the head and right arm of St. Peter – to be hidden in a cave in this remote Cape for safe-keeping. When the danger had passed the relics couldn't be found. A monastery was duly built on the site and dedicated to St Peter (Pere in Catalan).



**History or legend?
Perhaps a little of both.**



DID YOU KNOW?
The Monastery of Sant Pere de Rodes is the Catalan start of the Santiago Way

Entry however, will not cost you an arm and a head. It's around 7 euros and there is a café-restaurant if you wish to stay for lunch.

CLIMB HIGHER STILL

If you have the energy, continue upwards. A steep but rewarding 20-30 minute walk leads to the ruins of Sant Salvador de Verdera, a castle built to protect the monastery below. From here, the views are extraordinary: Dali's Cadaqués twinkles in the sweeping curve of the bay of Roses and the snow-capped Pyrenees glisten in the sunlight across the vast Empordà plains and back towards France. Heart-stopping, breathtaking....

GETTING THERE

You can reach the monastery on foot from Port de la Selva (around 2 hours there and back), following part of the GR10, or drive most of the way up via a winding but good road. Out of season, it's a favourite with cyclists — and increasingly popular with e-bikers enjoying the climb without quite so much effort, though the descent still demands respect. Spare a thought for the serfs and donkeys that hauled up building materials long before the road was built.

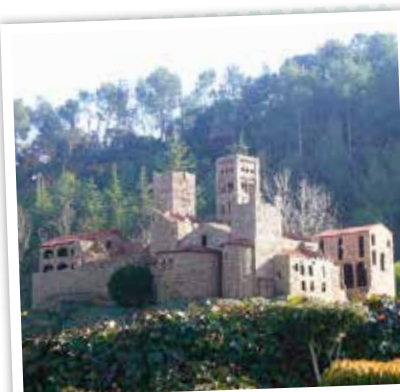
MAKE A DAY OF IT

Turn the outing into a relaxed circuit by returning to France via Figueres, perhaps stopping to explore or simply to break the journey.

Whether you come for the drive, the walk, the history, or simply the light on the sea, it's a day that delivers on every level.

And like all the best routes, it works just as well in reverse.

A **scale model** of St Pere can be seen at "Catalonia in miniature" in Torrelles de Llobregat near Barcelona, one of the largest miniature scale model parks in the world with exhibitions of scale models representing Catalan architecture.



You may have heard that pet passports are no longer needed. That isn't quite true. The rules now depend on where you live.



IF YOU LIVE IN FRANCE (OR ANOTHER EU COUNTRY)

Travelling to the UK
Nothing has changed. You still need:

- An EU pet passport
- A microchip
- A valid rabies vaccination
- A tapeworm treatment for dogs before entering the UK

You can continue to  travel as before.

IF YOU LIVE IN THE UK

Travelling to France (or another EU country)

UK residents can no longer rely on an EU pet passport to enter the EU. Instead, they should travel with an **Animal Health Certificate (AHC)**.

You will need:

- An Animal Health Certificate (AHC) issued by a vet within 10 days before travel
- A microchip
- A valid rabies vaccination (given at least 21 days before travel)



The AHC:

- Is required for each trip from the UK to the EU
- Allows entry into the EU
- Allows travel within the EU for up to six months
- Can be used for your return to the UK, provided your pet's rabies vaccination remains valid

If you travel from the UK to the EU again, you will need a new AHC.

SOOOOOOOO....

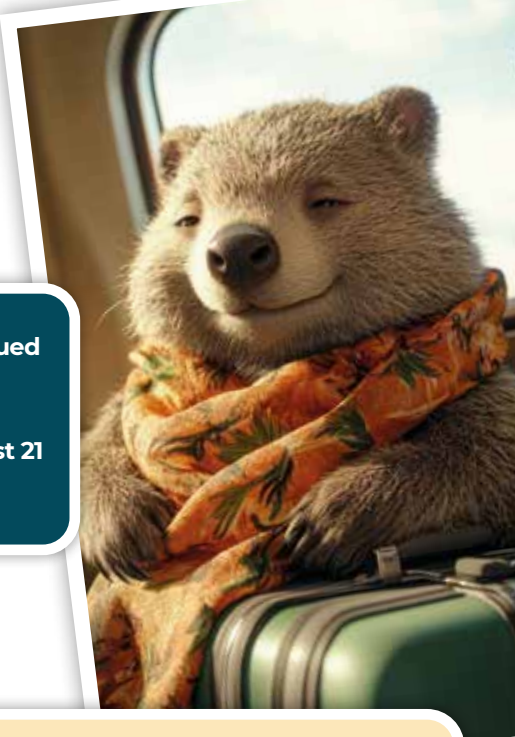
EU residents (including France): **Continue using your EU pet passport.**

UK residents: **Travel with a new Animal Health Certificate (AHC)** for every trip to the EU.

NB Some ferry operators and Le Shuttle may still accept certain existing EU pet passports. However, checks are not always consistent and policies may change.

To avoid problems at the border, UK residents are strongly advised to travel with an Animal Health Certificate.

If you are unsure, speak to your vet well before you travel.



THE BEST OF SAINT-CYPRIEN

Culture, cuisine and coastal experiences not to be missed.

Whether you're drawn by art, food, music or seaside adventures, Saint-Cyprien has something to tempt you throughout the season. Here are six experiences well worth adding to your diary.

SAINT-CYPRIEN CELEBRATES ART & NATURE

WHERE AND WHEN?

Until end Sept at Collections (Village) & Capellans Botanical Garden. Admission €4/€3.50/€2/Free



Also not to be missed: vibrant paintings by Perpignan artist **Julien Laporte**, inspired by the landscapes and light of Southern France.



L'HEURE BLEUE

Enjoy an evening of classical music beneath the trees in the delightful Botanical Garden, complete with champagne and sweet treats. A magical setting for a memorable summer concert.

INFO

15 & 29 July
12 & 26 Aug
€15
Capellans Botanical Garden.



THE GOLDEN HOUR

Start the day differently with breakfast by the sea as the sun rises over the Mediterranean. Relax in a deckchair, put on your headphones and enjoy one of Saint-Cyprien's most peaceful experiences.

INFO

7 July
(Arrive around 5:45 AM for sunrise at 6:18 AM)
4 Aug
(Arrive around 6:00 AM for sunrise at 6:43 AM)
Booking required



LES AMOURADES

A Saint-Cyprien favourite! Every Friday evening, enjoy freshly grilled sardines, live music and a relaxed seaside atmosphere. Just remember to bring your own plate and cutlery.

INFO

Friday evenings until 4th Sep
€13
Les Jardins Maritimes



MONSIEUR ARTHUR IS BACK!

INFO

4 July–30 Aug
6pm–Midnight
www.monsieurarthur-saintcyprien.com



Summer evenings come alive at Monsieur Arthur with **DJs, 1980s hits, live entertainment, great food, cocktails, family activities and the giant Ferris wheel overlooking the marina.** The perfect place to unwind after a day at the beach.



KITE FESTIVAL

Watch the skies burst into colour with **spectacular displays, synchronized team flights, artistic creations, fun activities, and a dedicated children's area.** A fantastic day out for all ages.

INFO

22–23 Aug
10am–6pm
Plage Nord, Résidence Port-Ciprien



SAINT-CYPRIEN TOURIST OFFICE
Quai Arthur Rimbaud 66750 Saint-Cyprien

Tel: +33 (0)4 68 21 01 33
www.tourisme-saint-cyprien.com





CELEBRATING 21 YEARS OF P-O LIFE

Thank You, Kate

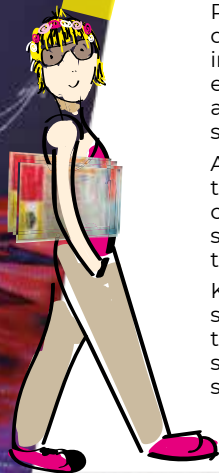
In **2005**, Kate Hareng had a simple but ambitious vision: to create an English-language magazine that would help people discover the very best of the Pyrénées-Orientales.

Twenty-one years later, that vision has grown into something far greater than a magazine.

P-O Life has become a trusted companion for residents, second-home owners and visitors alike, introducing readers to hidden gems, local events, beautiful walks, reliable businesses and the rich culture that makes this region so special.

Along the way, it has brought people together, supported local businesses, inspired countless adventures and helped thousands of English speakers feel at home in the P-O.

Kate's passion, dedication and enthusiasm have been at the heart of every edition, and her commitment has created something that has touched the lives of so many.



2005

2026



WHAT P-O LIFE MEANS TO OUR READERS

Over the past 21 years we've received hundreds of wonderful messages from readers telling us what P-O Life has meant to them.

To celebrate this special anniversary, we invited a few long-standing readers and contributors to share their memories. Their stories remind us that P-O Life has always been about far more than a magazine. **It's about community.**

DARYL & BOB HALSEY

We've loved reading P-O Life since the early days of owning our second home in France. The magazine has inspired us to discover new places through its walks, local history, "Out for the Day" features and recommendations, while the French language pages have always been a favourite.

Although we enjoy the online articles, collecting the latest printed edition from the Tourist Office in Saint-Cyprien has become one of our holiday traditions. Thank you, Kate, for creating such a wonderful magazine that has enriched our time in the Pyrénées-Orientales.



CHRIS & TIM PARKER

We first discovered P-O Life after buying our home in Saint-Nazaire and quickly came to rely on it for local information, walks and inspiration. Before long, we became contributors ourselves, sharing more than 50 walking routes with readers.

Through the magazine we met Kate, whose enthusiasm and dedication have always been remarkable, and even made a lifelong friendship that continues today. P-O Life has connected people, supported local businesses and enriched countless lives. Long may it continue.

MAITE (AKA The Chicken)

I met her 12 years ago; Kate was looking for a graphic designer to lay out P-O Life and give it a fresh look. I didn't realise at the time that every issue would be an adventure with her – just like she is: all colour, joy and energy. No minimalist designs. Working with Kate has never been routine. It's not possible.

She lives and breathes the magazine with the same intensity with which she lives her life: with enthusiasm, curiosity and infectious energy.

Every issue was an unexpected journey, a flurry of ideas, photographs and stories, until the magic word appeared:

GO GO GO!!

Kate:

"Our turkey's in the oven."



Thank
You

- ♥ To our readers...
- ♥ To our contributors...
- ♥ To our advertisers...
- ♥ To our volunteers...

And above all, to Kate, whose vision has made P-O Life what it is today.

Thank you for being part of the story.

Here's to the next chapter!



MORT DE RIRE



UNBELIEVABLY
BAD JOKE....
But good for your French!



VOCABULARY

chasseurs - hunters
tombe dans les pommes - passes out
Il semble - he appears
vitreux - glassy, glazed
Suivez bien - follow

Tout d'abord - first of all
vérifiez - check
bien mort - really dead
coup de feu - shot



Le Barcarès

MORE THAN JUST A BEACH

Le Barcarès is, of course, home to eight kilometres of beautiful Mediterranean sandy beaches. But there's so much more to discover.

From unspoilt natural landscapes and outdoor adventures to Catalan traditions, local heritage and exciting attractions, Le Barcarès offers countless opportunities to create unforgettable memories, whatever the season.

HIGHLIGHTS INCLUDE

PARC DES DOSSÉS, a protected Natura 2000 site with walking and cycling trails; **SHAKA PARK**, a popular venue for urban sports; and the **FISHERMEN'S VILLAGE**, where visitors can discover the town's fishing traditions and restored Catalan boats.

GRANDE PARADE DE LA MER, a spectacular roaming parade.

NEW FROM **31 JULY TREASURES OF THE SEA** exhibition at the Lydia offers an immersive experience celebrating the Mediterranean and Catalan marine heritage.

SATURDAY 15 AUGUST

Fête des Pêcheurs

A TRADITION THAT BRINGS US TOGETHER

The Fête des Pêcheurs honours the men and women of the sea with a day full of tradition, emotion and festivity.

- Maritime **procession** & blessing of the boats
- **Sardinade** on the harbour
- Catalan **Sardanes**
- Port challenge & **water games**
- Evening entertainment
- **Spectacular fireworks** over the sea

A wonderful day for all the family!



FOR MORE DETAILS...

Office De Tourisme (village)
Place de la République
66420 Le Barcarès

04 68 86 16 56

tourisme@lebarcares.fr
Facebook: portbarcares
lebarcares-tourisme.com



Christmas VILLAGE

It's never too early to put something special in your diary

Summer may be in full swing, but some experiences are simply worth planning ahead for.

Every winter, Le Barcarès is transformed into a magical Christmas wonderland, welcoming thousands of visitors who come to experience the festive season in a truly unique Mediterranean setting. With its beautifully decorated wooden chalets, sparkling lights, enchanting parades, family entertainment and delicious seasonal treats, the Christmas Village has become one of the South of France's must-visit festive destinations.

Why you'll love it

- 🍷 Traditional Christmas Market
- 🍷 Festive Food Chalets
- 🍷 Ice Rink
- 🍷 Magical Christmas Illuminations
- 🍷 Family Entertainment
- 🍷 Spectacular Shows & Parades
- 🍷 Ice Museum
- 🍷 Santa's Train and Festive Surprises

An unforgettable festive experience

Whether you're looking for unique Christmas gifts, a magical family day out or simply somewhere to soak up the festive atmosphere, **Le Barcarès Christmas Village** promises memories you'll treasure for years to come.

Wander through the beautifully decorated chalets, sample delicious festive treats, enjoy the many family attractions and marvel at the spectacular illuminations that **transform the village into a magical winter escape.**

As night falls, the celebrations continue with dazzling shows, festive entertainment and a warm, welcoming atmosphere that delights visitors of all ages.

Who says you need snow for a magical Christmas? At Le Barcarès, the Mediterranean provides all the magic you need.

VISITOR INFORMATION Christmas VILLAGE

LE BARCARÈS
MID-NOVEMBER
TO EARLY JANUARY



Christmas Market
Ice Rink
Christmas Chalets
Family Entertainment
Seasonal Food & Drink
Christmas Fairground Rides
Ice Museum
Festive Illuminations

FIND OUT MORE.....

Office De Tourisme (village)-
Place de la République

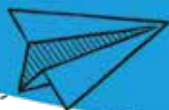
Tel: 04 68 86 16 56

Mail: tourisme@lebarcares.fr

Facebook: [portbarcares](https://www.facebook.com/portbarcares)

Web: lebarcares-tourisme.com





Winter schedules run from 25 October 2026 to 27 March 2027. Flight schedules change regularly according to demand, so always check directly with airlines before booking.

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

No winter services from the UK or Ireland.

CARCASSONNE

Ryanair remains the sole operator during the winter season.

FROM	AIRLINES (WEEKLY FLIGHTS)
Manchester	Ryanair (2-3)
Stansted	Ryanair (2-5)
Dublin	Ryanair (1*)

*One-off seasonal operation.

MONTPELLIER

easyJet continues to operate from **Gatwick**. The former **Luton** service has been withdrawn.

FROM	AIRLINES (WEEKLY FLIGHTS)
Gatwick	easyJet (4-9)

Checked into Gatwick to fly to Perpignan yesterday and was asked "Window or aisle?"
"Window" I replied "... or you'll do what?"



NIMES

No winter services from the UK or Ireland.

PERPIGNAN

No winter services from the UK or Ireland.

Our dynamic local airport is constantly improving its premises and services, and is consistently reviewed as efficient, friendly and responsive. Come on airlines. Credit where credit is due.



TOULOUSE / BLAGNAC

A popular winter gateway for travellers heading to the ski resorts and **Andorra**.

FROM	AIRLINES (WEEKLY FLIGHTS)
Bristol	easyJet (3-4)
Gatwick	easyJet (2-4)
Heathrow	British Airways (15)
Stansted	Ryanair (12-16)
Dublin	Ryanair (3-5)

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Helping your guests create unforgettable holidays, while saving your team valuable time.

AIRPORT NEWS



SPAIN

BARCELONA - EL PRAT

Barcelona continues to offer the widest choice of winter flights from the UK and Ireland. British Airways has increased Heathrow services this winter, while Vueling has reduced some routes.

FROM	AIRLINES (WEEKLY FLIGHTS)
Birmingham	easyJet (2-4) Jet2 (2-3) Ryanair (11-13) Vueling (2)
Bristol	easyJet (4-11) Ryanair (4-6)
East Midlands	Ryanair (4)
Edinburgh	easyJet (2), Ryanair (9-13) Vueling (3)
Gatwick	easyJet (9-27) Vueling (42)
Glasgow	easyJet (2)
Heathrow	British Airways (54) Vueling (14)
Leeds Bradford	easyJet (2*) Jet2 (2*)
Liverpool	easyJet (2) Ryanair (2-4)
Luton	easyJet (4-13) Ryanair (3)
Manchester	easyJet (2-4) Jet2 (2-6) Ryanair (12-15) Vueling (8)
Newcastle	Ryanair (3)
Southend	easyJet (2-3)
Southampton	easyJet (2)
Stansted	Ryanair (24)
Cork	Ryanair (2-4)
Dublin	Aer Lingus (11) Ryanair (24) Vueling (7)

*Limited seasonal operation

IT'S A (HAIRY) DATE!

Salvador Dalí, 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 (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'.



GIRONA

Winter services are significantly reduced compared with recent years, with many routes now operating summer-only.

FROM	AIRLINES (WEEKLY FLIGHTS)
Birmingham	Jet2 (2*)
Bournemouth	Ryanair (2*)
Bristol	Jet2 (1*)
Dublin	Ryanair (3*)
East Midlands	Jet2 (2*) Ryanair (2*)
Gatwick	Jet2 (1*)
Leeds Bradford	Jet2 (2*) Ryanair (1*)
Manchester	Jet2 (3*) Ryanair (2)
Newcastle	Jet2 (1*)
Stansted	Jet2 (2*) Ryanair (3-7)

*Short-season service only.



Un berger allemand entre dans un bureau de poste pour envoyer un télégramme. Il prend un formulaire et écrit: "Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof." Le guichetier regarde le formulaire et dit gentiment: "Il n'y a que neuf mots. Vous pouvez ajouter un autre 'Woof' pour le même prix. Le chien le regarde, surpris: "Mais enfin... ça n'aurait aucun sens."

USEFUL VOCABULARY

for French learners:
un formulaire = a form
le guichetier = the clerk / counter assistant

gentiment = kindly
il n'y a que... = there are only...
mais enfin... = but really... / come on...
cela/ça n'aurait aucun sens = that wouldn't make any sense

"The only thing necessary for the triumph of evil is for good men to do nothing."

Edmund Burke

▼ The Resistance in the Pyrénées-Orientales was not made up only of soldiers and fighters hidden in the mountains. It was also built by schoolteachers, young girls carrying messages, widows sheltering refugees, and ordinary families who risked everything to oppose fascism.



LOUIS TORCATIS

Born in **Tautavel in 1904**, Louis Torcatis was a primary school teacher before being conscripted in 1939 to fight in eastern France. Captured by the Germans and transported towards Germany, he made a daring escape by cutting through the floorboards of the train before returning quietly to his classroom life in the Pyrénées-Orientales.

But the occupation left little room for ordinary lives. Under the pseudonyms "**Torreilles**" and later "**Boulloc**", **Torcatis joined the Resistance and rose to become head of the armée secrète for Languedoc-Roussillon**. Hunted relentlessly by both the Vichy police and the Gestapo, **he was betrayed and ambushed at Carmaux in the Tarn in May 1944**. Mortally wounded and left for dead, he still managed to drag himself back to his men to warn them of the trap awaiting them.

His final words were said to be: «Résistez, je meurs pour la France». Three weeks before the Normandy landings, thousands gathered for his funeral, including maquis fighters descending from the mountains with weapons hidden beneath their clothes. As the crowd sang La Marseillaise, the region paid tribute to one of its fallen heroes. **Torcatis now rests in the family tomb in Pia, while his widow later founded the Torcatis bookshop in Perpignan, which remains open today.**



MICHEL TORRENT

Fleeing the German occupation of Saint-Malo, **Michel Torrent — code name "Milor René Jules"** — found refuge with his family in Perpignan. There, he joined the Resistance network "**Gallia**", becoming both an intelligence agent and a passeur, guiding fugitives and escapees across the Pyrenees to safety.

In 1944, betrayal led the Gestapo to his workplace in Perpignan. **Arrested, tortured and imprisoned in the Citadelle, Torrent was eventually deported to the concentration camps of Buchenwald and Flossenbürg, where he died.**

His story cannot be separated from that of his daughter, **Josette Forgues-Torrent, possibly one of the youngest members** of the Maquis in France. Just 12 years old, she carried messages between Resistance members and accompanied her father to Las Illas as he guided refugees over the mountains. After his arrest, she ran home from school, burned incriminating documents and warned other members of the network, helping many escape capture.

Years later, she wrote with heartbreaking honesty:

"I regret nothing. On the contrary, I am proud to have been on the 'right side'. But there will always remain within me a wound that will never heal. I lost my father, my accomplice, my guide. He was 36 years old, and I was 14." (*Je ne regrette rien, au contraire, je suis fière d'avoir été du "bon côté"..... Toutefois, il restera en moi une plaie qui jamais ne se cicatrisera. J'ai perdu mon père, mon complice, mon guide. Il avait 36 ans et moi 14.*)



JOSÉPHINE, FRANCINE AND ODETTE SABATÉ

Pierre Sabaté survived the horrors of the First World War only to die young in 1931, weakened by his injuries and years spent in a prisoner-of-war camp. **Before his death in the village of Joch, he is said to have told his wife Joséphine: "At least my children will never go to war..."**

History decided otherwise.

When the Retirada swept thousands of Spanish refugees across the border in the winter of 1939, Joséphine and her daughters Francine and Odette turned their small grocery shop in Perpignan into a refuge for those fleeing fascism. **Fiercely anti-fascist and committed to the Resistance, the three women sheltered Spanish republicans, escapees and downed Allied pilots, risking their lives daily.**

In 1943, all three were arrested by the Vichy police. Odette managed to escape, but **Joséphine and Francine** were handed over to the Germans and deported to Ravensbrück concentration camp. **In March 1945, Joséphine was selected for one of the camp's so-called "convoys of sacrifice"**. A month later, as Soviet troops liberated the camp, Francine died. She was just 25 years old.

Odette, only 18 when she joined the Resistance, continued the fight in secret with the Communist Party until the Liberation. Arrested in 1944, she too was tortured by the Gestapo and imprisoned in Fort Montluc in Lyon before finally being freed by the FFI. She later settled in Ria, where she lived until her death in 2020 — one of the last living witnesses to an extraordinary family story of courage and sacrifice.

THE P-O BITES BACK: Biters, Stingers & Other Local Delights on AIR, LAND & SEA



IN THE AIR

TIGER MOSQUITO (MOUSTIQUE TIGRE)

Black-and-white striped and active day and night, tiger mosquitoes can even bite through clothing. Use repellent and avoid stagnant water.



HORSEFLY (TAON BRUANT)

Found in hot, wooded areas, horseflies are stealth attackers with a viciously itchy bite. Hard to swat and surprisingly tough.



Sun, sea, mountains... and things that sting. From tiger mosquitoes to weever fish, the P-O is home to a surprising collection of biters, buzzers and venomous nasties.

Fortunately, most local beasts are more nuisance than nightmare — but it helps to know who's who before you step barefoot into the sea or wave a sandwich at a wasp.

HORNET (FRELO)

Large and intimidating, but usually less aggressive than wasps and usually mind their own business. However, they can sting repeatedly if threatened.



THE ASIAN HORNET (FRELO ASIATIQUE)

Recognisable by orange legs and face, Asian hornets mainly target bees rather than humans — but will sting if disturbed.



SOCIAL WASP (GUÊPE COMMUNE)



Anti-social might be a better name. The real troublemakers. Aggressive around food and nests, social wasps release a pheromone when they sting calling reinforcements.

BEES (ABEILLES)

Usually peaceful unless threatened. If a bee



hovers near your bright shirt, it probably thinks you're a flower. Leave it alone and it will soon buzz

THE P-O BITES BACK: Biters, Stingers & Other Local Delights on AIR, LAND & SEA

ON LAND

ADDER (VIPERE ASPIC)

Recognisable by its triangular head and zigzag markings, (if you really want to get close enough to look into its eyes!) the asp viper favours rocky ground and woodland. Bites are painful and should be medically checked.



YELLOW SCORPION (SCORPION LANGUEDOCIEN) & BLACK SCORPION (SCORPION NOIR À QUEUE JAUNE)

Rare but painful, the sting of the yellow scorpion can cause swelling and discolouration, though it is not considered dangerous. Nor is the sting of the BLACK SCORPION (SCORPION NOIR À QUEUE JAUNE) who, if disturbed, will try to scurry away.



MEGARIAN BANDED CENTIPEDE (SCOLOPENDRE)

Fast, aggressive and up to 20cm long, this nocturnal hunter delivers a very painful defensive bite if stepped on barefoot.



TICK (TIQUE)

Common in long grass, ticks can transmit disease to humans and dogs. Check skin carefully after walks.



BLACK WIDOW SPIDER (L'ARAINÉE VEUVE NOIRE)

Small, black and venomous, but rarely as dangerous as its reputation. Bites are painful and can cause several days of flu-like symptoms.



IN THE SEA

SEA URCHIN (L'OURSIN)

These invertebrate "sea hedgehogs" are impossible to mistake and are usually found in rocky areas so easy to avoid unless you walk barefoot on rocks. Their brittle spines snap into skin and are painful to remove.



WEEVER FISH (LA VIVE)

Buried in shallow sand with only its spines exposed, the weever delivers one of the Mediterranean's most painful stings. Hot water may help ease the pain.



MOON JELLYFISH (LA MEDUSE)

Not all jellyfish sting, but this species, common in Mediterranean waters has trailing filaments which can cause a painful burning rash, especially on sensitive skin.



IF YOU ARE STUNG BY ANYTHING IN THE SEA, GET OUT OF THE WATER ASAP!

Forget the old myth: Urine won't help a jellyfish sting — and may make it worse. For any bite or sting, get out of the water and seek advice if symptoms are severe.

MIRÓ'S WORKSHOP With ELLEN TURNER HALL

A WIDE-RANGING EXHIBITION OF MIRÓ'S INTERESTS IN PAINTING, CERAMICS AND SCULPTURE IS CURRENTLY AT THE RIGAUD MUSEUM IN PERPIGNAN.

Opening the exhibition, a photograph of the artist's Majorcan workshop established in 1956 shows where Miró often worked from morning until late at night. His personal space and the objects he kept near him are a fascinating insight into the man who valued simplicity, nature, order and silence.



Miró's first paintings were red, yellow, green and blue outlined in thick black lines. Black increasingly imposed itself on the canvas as he developed his style until the end of his life where black finally dominated.



Choosing to work in isolation, Miró avoided copying any other artist, trend or school. Instead he explored how to present the world differently. Convinced that art was not what you see but what you feel lead him to abandon figurative painting for the abstract. Perhaps Miró's paintings of amorphous objects floating in space are best understood seen through the mirror of a small Calder mobile from the museum's collection.

Meeting the Catalan ceramicist Artigas inspired Miró to try his hand at a new medium. Four clay tablets, rough-cut as if unearthed from some ancient civilization, are decorated by the artist with primitive figures of circle heads atop triangle bodies and stick arms. Underlying much of Miró's work is a belief in the beauty of imperfection.



A sculpture of a small man with a bird perched on his head, introduces another means of expression. Constructed from recycled objects, the head is a basket, its ears the handles, the nose a crushed can. Other sculptures are assembled with hammers, paint cans, hooks and chisels, castaway objects, whatever was at hand.



Miró's works are mostly untitled, leaving up to you to make sense of, for instance, a blank page of squared notebook paper glued to a black canvas decorated with scattered lines, dots and stars. A man of constant reinvention, Miró produced within the confines of his workshop his vision of the wide world.

MUSÉE D'ART
HYACINTHE
RIGAUD
PERPIGNAN

Miró, Majorque, L'atelier des rêves runs from 27 June to 31 December 2026 at the Musée d'art Hyacinth Rigaud, Perpignan. For details: www.musee-rigaud.fr

FUN & SILLY FRENCH!

LAUGH, LEARN & LOVE THE LANGUAGE!



JUST SILLY

Les compagnies d'assurance préviennent les campeurs que si leur tente est volée pendant la nuit, ils ne seront pas couverts.

(préviennent - warn)



TROUVEZ LA BONNE DÉFINITION

1 une abeille

- a) un endroit sacré
- b) un insecte volant qui produit le miel
- c) le supérieur d'un monastère



2 une falaise

- a) une petite facture
- b) une partie très haute de la côte
- c) un/e employé(e) de la poste



3 Une toux

- a) quelqu'un qui connaît tout le monde
- b) plusieurs tours
- c) un bruit par expiration forcée



answers on page 65

TONGUE TWISTER

Répétez trois fois

Un plat plein de pâtes plates



TERRIBLE SEXIST JOKE...

GROAN!

Olivier dit à son copain:

- Chaque fois que je me dispute avec ma femme, elle devient historique!
- Heu... tu veux dire hystérique?
- Non, non, historique!

Elle se souvient de tout ce que j'ai fait de travers dans le passé!

(elle devient - she becomes
elle se souvient - she remembers
de travers - wrong)



ENCORE UNE BLAGUE TRÈS, TRÈS BÊTE



Un monsieur demande deux places pour aller au théâtre.

C'est pour Roméo et Juliette? demande la caissière?

Non, c'est pour ma femme et moi.



A DAY IN PERPIGNAN



HOW MUCH FRENCH DO YOU KNOW?

2



EASY



1 Arriving at the café for breakfast, the waiter says: "Bonjour!" What do you reply?

- A) Au revoir!
- B) Bonjour!
- C) Bon appétit!

2 You want a croissant. What do you say?

- A) Je voudrais un croissant, s'il vous plaît.
- B) Je suis un croissant, merci.
- C) Croissant, maintenant!

3 You're meeting a friend at the Castillet. To get directions you say

- A) Je veux un Castillet s'il vous plaît.
- B) Pour aller au Castillet s'il vous plaît.
- C) Un aller-retour au Castillet s'il vous plaît.



MEDIUM

4 Time for lunch. In a restaurant, the waiter asks: "Vous avez choisi?" What should you reply?

- A) Oui, je suis choisi
- B) Oui, j'ai choisi la table à côté
- C) Oui, je voudrais le menu du jour



5 You hear someone say: "Il pleut des cordes!" What's the best translation?

- A) It's raining cats and dogs!
- B) The ropes are wet!
- C) The rain is cold!



HARD(ISH)

6 You're in a shop. The shopkeeper says: "Vous payez par carte ou en espèces?" What are they asking?

- A) Is that a foreign card?
- B) Will you pay by card or in cash?
- C) Would you pay at the space over there?



7 At the préfecture, the clerk tells you: "Votre dossier est incomplet, il manque un justificatif de domicile." What do you need?

- A) A rent receipt or utility bill.
- B) Your passport.
- C) A tax declaration.



8 "Le train a été annulé à cause d'un mouvement social." What happened?

- A) Behaviour on the train was anti social.
- B) A train was cancelled due to a strike.
- C) A slow moving train caused delays.



answers on page 65

LANGUAGE NERD CORNER

CLEVER STUFF TO KNOW!

WORDS THAT SOUND THE SAME BUT DON'T MEAN THE SAME!

- ver** — worm
- vers** — toward / verse (lines of poetry)
- verre** — glass
- vert** — green

Le **ver** vert glisse **vers** le **verre**.

LANGUAGE TIPS

DANS vs EN — IN

EN — length of time something takes
J'ai fini la rénovation **en** 3 mois.
(it took me 3 months to do the work)

DANS — amount of time before something will take place
Je pars **dans** 5 minutes.
(this action will begin in 5 mins)



DEUXIÈME OR SECOND?

Both are interchangeable
(La **seconde** guerre mondiale,
la **deuxième** guerre mondiale)

However...a guideline (not always followed)
uses **second** when something is the second in a series of only two, and **deuxième** when there's a third, fourth...



AVOIR DU MAL À + INFIN

to have difficulty doing something
eg J'ai du mal à comprendre le français.



FILL IN THE BLANKS!

Une super 1 _____ d'améliorer votre français, c'est de prendre rendez-vous 2 _____ un psychologue ou un psychiatre. Bonne 3 _____ de communication orale, payée par votre assurance santé! Vous apprendrez 4 _____ vous présenter de manière 5 _____ approfondie, dire du mal de vos 6 _____ et votre famille et, 7 _____ sur le gâteau, vous aurez l'occasion de parler 8 _____ de vous même et de vous plaindre de votre 9 _____ et ses problèmes insignifiants.
Une 10 _____ affaire!

3

- a séance
- b cerise
- c véritable
- d longuement
- e façon
- f vie
- g très
- h chez
- i amis
- j à



A NEW CHAPTER FOR AGENCE DES ALBÈRES

The same trusted service.
A growing team.

For many years, it has been our privilege to help protect what matters most to our clients. This summer, Agence des Albères says farewell to a valued colleague and welcomes new members to the team. While faces may change, our commitment remains the same, friendly, professional advice and personalised insurance solutions.

THANK YOU, ISABELLE

Wishing you a happy retirement!



After many years of dedicated service, Isabelle began her well-deserved retirement on 1st July 2026. She built lasting relationships with our clients and played an important role in the agency with her professionalism, kindness and commitment. We thank Isabelle for everything she has contributed and wish her every happiness in her retirement.



Thank you for your continued trust.

Our clients have always been at the heart of everything we do. As our agency enters this exciting new chapter, I would like to thank you for your continued confidence and loyalty. We look forward to welcoming both familiar and new faces and continuing to provide the personal service you have always known.

Christophe Cò
Agency Manager

LOOKING AHEAD

As our agency continues to grow, we are delighted to welcome new members to our team. We remain committed to providing trusted advice, personalised insurance solutions and friendly local service.

Thank you for your trust – we look forward to serving our community for many years to come.



MEET THE TEAM

AMÉLIE Customer Adviser



Amélie joined Agence des Albères on 13th July 2026, bringing valuable customer service and sales experience. She is currently training with our experienced team and learning AXA's range of insurance products. We are delighted to welcome her and know she will soon become a familiar face to many of our clients.

FLAVIO Apprentice



Joining the agency in August 2026, Flavio begins his apprenticeship with Agence des Albères. Working alongside our experienced team, he will learn the insurance profession, develop valuable skills and support our clients. We are proud to invest in the next generation and look forward to helping him begin his career.

WE ARE HERE FOR YOU

Whether you need insurance, advice or simply have a question, our team is always here to help.

Your insurance. Our assurance.

VISIT OR CONTACT US /Agence des albères (AXA)

3 Rue de la Citadelle / 66740 Laroque des Albères

04 68 89 72 75 / agence.co@axa.fr

*Thank you for your trust and loyalty.
We look forward to welcoming you to Agence des Albères
and continuing to serve you for many years to come.*



AMELIOREZ VOTRE ANGLAIS



B for Baguette

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

- | | |
|-------------|---------------------------------------|
| 1 booking | a Container for rubbish |
| 2 bin | b go red |
| 3 bargain | c take and give back later |
| 4 bicycle | d something sold at a very good price |
| 5 border | e reservation |
| 6 borrow | f when something stops working |
| 7 breakdown | g painful bubble on the skin |
| 8 blush | h line between countries |
| 9 boil | i warning to be careful |
| 10 beware | j vehicle with two wheels and pedals |



TONGUE TWISTER

(virelangue)

Blue glue gun, green glue gun
Repeat quickly x 3..



TERRIBLE JOKE

What did the police officer
say to his belly button?

You're under a vest!



EXPRESSION UTILE

Don't hold it against me

Ne m'en veux pas

eg I hope you don't hold it against me

FAMOUS BRIT QUOTES

"Always forgive your enemies.
Nothing annoys them more."

Oscar Wilde



Language NERD CORNER

Clever stuff to know!



2

Les expressions idiomatiques anglaises n'ont souvent aucun sens lorsqu'on les traduit mot à mot! Reliez chaque expression à sa définition.

- | | |
|--|--|
| 1. Break a leg
(Casse une jambe) | a. He can't choose between the two sides |
| 2. He always sits on the fence
(Il s'assied sur la clôture) | b. He thinks he's important/special |
| 3. He thinks he's the bee's knees
(Il se croit les genoux de l'abeille) | c. It's a completely different matter |
| 4. That's a different kettle of fish
(C'est une autre marmite de poisson) | d. I'm in good health/condition |
| 5. He wants to have his cake and eat it
(Il veut avoir son gâteau et le manger) | e. You're teasing me! |
| 6. You're pulling my leg!
(Tu me tires la jambe) | f. He wants the best of both worlds. |
| 7. I'm right as rain thank you
(Je suis droit comme la pluie, merci) | g. It's very easy/and there you have it! |
| 8. Bob's your uncle
(Bob est votre oncle) | h. Good luck! |



OUCH!
That English Humour!

What do you call a group of men standing in line waiting for a haircut?

A barbecue



LANGUAGE TIP

Attention! Few/a few
Le 'a' change tout!

- ✓ I have a few sweets left.
(Quelques uns)
- ✗ I have few sweets left.
(très peu)



FALSE FRIENDS



Aie aie aie, ces faux amis sont partout. Ces mots anglais ressemblent à des mots français, mais ont un sens totalement différent. Pouvez vous trouver leur équivalent en français?

ENGLISH

- Hazard
- Rude
- Sensible
- Coin
- Delay
- Suit
- Grave
- Store (US)

FRENCH

- Pièce de monnaie
- Danger
- Costume
- Grossier, mal poli
- Magasin
- Retard
- Raisonné
- Tombe

3



THINGS
YOU MIGHT NEED
TO KNOW

SILENCE IS GOLDEN

Be **cautious** of "silent calls" from unknown numbers in France. Scammers are reportedly using AI voice-cloning technology: when you answer and say "hello?", your voice may be recorded and later used to imitate you in fake emergency calls or scams targeting family and friends. If there's silence on the line, avoid speaking, hang up immediately, and never share personal information.



LOADSA DOSH?

Lost track of several scattered bank accounts? Well, lucky you. So did you know that since Jan 2025, you can get a list of all your bank and savings accounts from Ficoba (fichier national des comptes bancaires et assimilés)?

To find out more, visit www.impots.gouv.fr and click on 'particulier', then 'autres services' and follow the instructions. In theory, some time after that, you should receive a list of all your bank accounts! You can also do this for others, such as a deceased person to whom you are heir, your husband or wife in contentious divorce proceedings etc.



PULLED OVER & ROBBED: ROADSIDE THEFT WARNING FOR TRAVELLERS TO AND FROM SPAIN

Travelling between the Pyrénées-Orientales and Barcelona? Beware distraction thefts, particularly on major routes such as the AP7.

The scammer will flag you down, claiming to have noticed a problem with your vehicle (often a tyre issue). While one person distracts the driver, an accomplice steals bags and valuables from the car.

NEVER stop for strangers in isolated areas. Continue to a busy service station if concerned. Keep valuables out of sight and difficult to snatch.

Never leave bags unattended if possible. Lock your vehicle at all times. If in doubt, drive on and stop somewhere safe and populated. **Be suspicious!**



SIMPLIFY YOUR FRENCH ADMIN (A LITTLE)

We love French paperwork (not) but did you know that **you can update your address, phone number, or email** for more than 30 public services all in one go through the government's free and secure online service "Je change de coordonnées" to be found on **service-public.fr**. Instead of contacting each organization individually, one single form automatically notifies agencies like the tax office, health insurance, pension funds, France Travail, and even some energy providers.

BEWARE FAKE PARKING TICKETS SCAM.

The QR code on these forged tickets placed on your windcreens takes you to a very realistic, yet entirely fake version of the government's fine-paying website.

If you receive a parking ticket, double check that the QR code is taking you to <http://antai.gouv.fr>, or even better, don't scan anything and try to manually input the reference number into the government's official fine-paying website: **<http://amendes.gouv.fr>** or region concerned.



LOVELY? MAYBE

Thinking about a pool or a casot in your garden? Lovely - but have you checked out the tax implications? The **'taxe d'aménagement'** is a local tax set up to finance future construction of roads, schools, transport, etc. It's payable on all new enclosed and covered floor areas with a surface over 5 m² and a ceiling height of 1.80 m or more. **Even garden sheds are targeted!**

Uncovered buildings, such as pergolas, are not taxable. If you have a head for numbers, calculate the tax by multiplying the taxable surface area of the new building by the annual value per m² (defined by Insee each year according to the construction cost index (ICC)), then multiply this result by the rate voted by the commune, department or region concerned. **Ouch! Or just call an architect or builder and let them do it for you!**

LANGUAGE EXERCISES ANSWERS

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

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	15 SAMU (Medical)		Perpignan Hospital 04 68 61 66 33
	17 Police		CPAM (English service) 09 74 75 36 46
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Fabregue, 15 Avenue Louis Prat, Prades.
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and at our Book Exchange at

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



Beyond the Roundabout - Hill of Cows

Unexpectedly tucked away off the Auchan roundabout, within easy walking distance of the shopping centre, the former **Fort of Serrat d'en Vaquer** (meaning 'Hill of Cows'), stands on the highest hill of the Roussillon plain. It's an unlikely location to find panoramic views across Perpignan to the sea and to the mountains – but that's what you get!

Built in 1885 to protect Perpignan from Spanish invasion, the fort itself is mainly underground and faces two ways, allowing maximum use of artillery, while concealing the troops.

The surrounding land, owned by the shopping-centre development group Ceetrus, is currently being transformed into a leisure and outdoor activity area, with upgraded **walking paths, sports facilities, climbing structures, an "explorer" trail and a zip-line project already underway**. Opening unconfirmed at the time of writing.



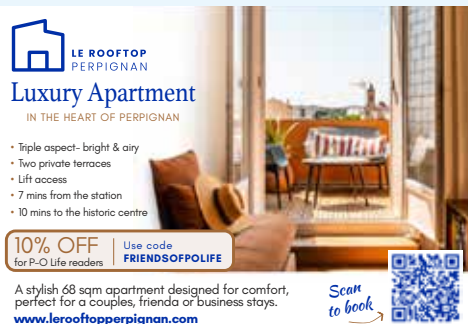
Enjoy a Morning Swim?



Sharks are slowly returning to the Mediterranean waters off French and Spanish Catalonia — and scientists say it's actually a very good sign for the environment. New research has identified breeding and feeding zones near areas like Cap de Creus just over the French Spanish border, and the Costa Brava, where nutrient-rich waters attract marine life... and naturally, the predators that enjoy eating it. Mediterranean shark populations have fallen by as much as 99% over the last century due to overfishing, pollution, and climate change. **Their return suggests parts of the sea may finally be recovering.** Great news for marine ecosystems. Slightly less relaxing if you're the type of swimmer who panics when a piece of seaweed touches your leg, so **you will be relieved to know that shark attacks in the Mediterranean remain exceptionally rare!**

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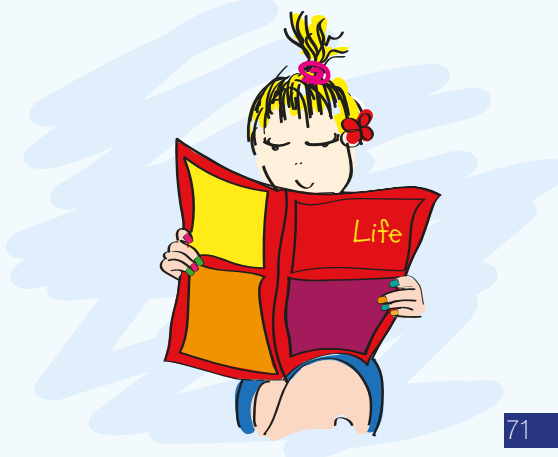
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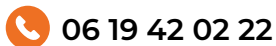


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3 In which of the P-O ski resorts will you find a centre of excellence for biathlon training?



4 Name the steamship beached on the sands of Le Barcarès.



5 Name the pioneer village in the Albères where Padre Himalaya set up one of the first solar furnaces in the world in 1900.



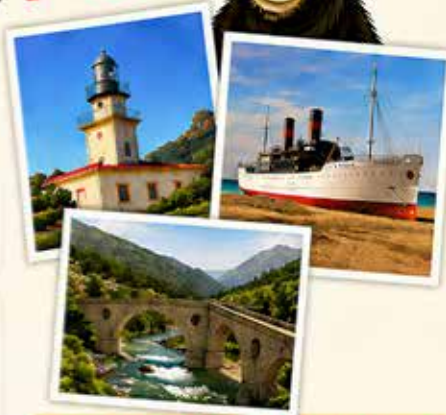
6 Amélie-les-Bains is named after whom?



7 What nationality is the enclave of Llívia in the Cerdagne?



8 Le Pont du Diable in Céret was built in which century?



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6. Queen Amelia, wife of King Louis-Philippe | 7. Spanish | 8. 14th

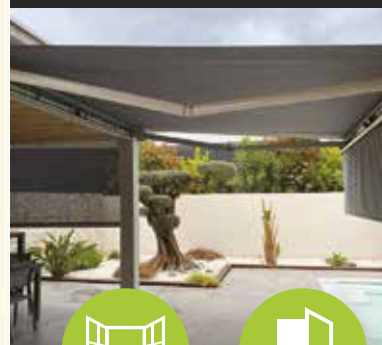
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Whether you're buying or selling, we guide you every step of the way: from initial advice and paperwork to accompanying you to the notaire, organising remote meetings and viewings, and coordinating local experts and tradespeople — all in your own language.

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