



Population

City of Marseille: 853 000
Avignon: 94 800
Nîmes: 146 500

Currency

1 Euro (EUR) = 100 cents

Opening hours

Normal opening hours for shops are 10am to 7pm Monday to Saturday. Reduced hours or shut Sunday.

Internet

www.marseille-tourisme.com,
www.provenceguide.com,
www.provence-resa.com

Newspapers

La Provence,
Marseille L'Hebdo,
Marseille Plus,
Le Monde,
Le Figaro

Emergency numbers

Ambulance 15
Police: 17
Fire: 18
Poisoning +33 4 91 75 25 25

Tourist information

Office de Tourisme et des Congrès de Marseille
Address: 4, La Canebière
Tel: +33 826 500 500
www.marseille-tourisme.com
Avignon Tourist Office
Address: Cours Jean Jaurès
Tel: +33 (0)4 32 74 32 74
www.avignon-tourisme.com
Office de Tourisme de Nîmes
Address: 6 rue Auguste
Tel: +33 826 500 500
www.ot-nimes.fr

PROVENCE

PUBLISHING DATE: **2011-09-27** | COUNTRY CODE: **FR**

Contents: The City, Do & See, Eating, Cafes, Shopping, Sleeping, Essential Information, Maps

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Marseille is the region's capital, a hidden pearl buried in the heart of the French Mediterranean coastline. The rocky Provençal hills plunge down toward the ancient port and the thousands of boats anchored in its clear blue waters. Less than an hour's drive away, Vaucluse is a corner of paradise, the real inland kingdom of Provence – there are protected natural areas between Mont Ventoux and Luberon, hilltop villages of which seven are among the most beautiful villages in France, vast expanses of vineyards and lavender, and outstanding monuments like those in Orange or Avignon, listed as UNESCO world heritage sites.

THE CITY



© Martin Nikolaj Christensen

Founded by Phocaean Greeks 2 600 years ago, Marseille is France's oldest town, a melting pot of different races and cultures and a gateway to southern Europe and North Africa. Today, the city is still dependent on the port for its revenue and is dominated by fishing boats and people selling the day's fresh produce. Marseille is cut in half by La Canebière, one of the main shopping streets, which runs west to east from the vieux port. The city is divided into 15 arrondissements, ranging from gentrified to run-down, and is famed for its fish-dominated culinary menu and its potent aniseed tippie, pastis. Numerous little shops and boutiques clutter the small streets in Le Panier, the oldest part of Marseille, while the trendy spots are located in the south, around the bohemian area of Cours Julien and Place Jean-Jaurès. The exclusivity increases as you head further south to the corniche and Prado, the city's best beach, with three kilometres of sand.



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DO & SEE



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Basilique Notre Dame De La Garde

Towering on a hilltop 154 metres above the city stands the defining symbol of Marseille – the gilded statue of the Virgin Mary stretching skywards. Stunning views.

Address: Place du Colonel Edon

Subway: Buses 60 from cours Jean Ballard in the vieux port

Internet: www.notredamedelagarde.com

Château D'if

France's very own Alcatraz, built in 1527, and a prison by the 17th century. It was the inspiration for Alexandre Dumas' novel "The Count of Monte Cristo."

Address: Château d'If, L'Archipel du Frioul

Subway: Boat leaving from the quai des Belges (vieux port)

Musée D'histoire De Marseille

The museum has artefacts stretching back to the foundation of the city.

Address: Square Belsunce - Centre Bourse

Subway: Transport: Métro Vieux Port

Internet: www.marseille.fr

Prado Beach

Located at the end of the corniche is Marseille's main sand beach. With a steady breeze, the beach is excellent for kite-flying or a first windsurfing lesson.

Address: Plage du Prado, near Avenue Pierre Mendès

Subway: Métro Rond Point du Prado then Bus 19, 72, 83. Bus 83 from

vieux port.

Parc Borély

Stunning 40 hectare park situated near Prado beach. As well as the 18th-century chateau, there are the superbly well-maintained English, French and botanical gardens and a rowing lake.

Address: Avenue du Parc Borély
Subway: Métro Rond Point du Prado

Musée Des Docks Romains

Situated on the site of a Roman docks warehouse discovered after the war, there are a range of impressive artefacts on display.

Address: 4, Place Vivaux
Subway: Métro Vieux Port

Abbaye Saint-victor

Marseille's oldest church, the abbey is built by the graves of Marseille's first martyrs.

Address: Rue de l'Abbaye
Subway: Buses 81, 55, 80 from the vieux port
Phone: +33 4 96 11 22 60
Internet: www.saintvictor.net

Vieux Port Fish Market

Arrive early – from 8am – for the freshest fish, often still writhing. The sights and smells are worth seeing even if you don't want to buy.

Address: Quai des Belges
Subway: Métro Vieux Port

La Cité Radieuse

Pioneering modernist block of flats, designed in 1946, and completed in 1952. Each apartment is unique.

Address: Unité d'habitation Le Corbusier (Cité Radieuse), Boulevard Michelet
Subway: Métro Rond Point du Prado

EATING



© Toprural

Marseille has a culinary menu heavily influenced by its surroundings. Fish dominates, and one dish in particular – bouillabaisse. This fish soup combines a variety of fish with saffron, fennel and orange zest. It is served with rouille, a garlic and chilli-flavoured mayonnaise. Olive oil, herbs and fresh fruit and vegetables are also abundant parts of Marseille cuisine.

Le Miramar

In the heart of the vieux port with all the other up-market fish restaurants, Le Miramar has established a reputation as being the place to go for bouillabaisse.

Address: 12, Quai du Port
Subway: Métro Vieux Port
Internet: www.bouillabaisse.com

Le Ferme

An oasis of calm in the centre of Marseille, the interior is beautifully decorated with frescos and pastel tones.

Address: 23, rue Sainte
Subway: Métro Vieux Port

Les Arcenaulx

A diverse crowd throng to this intellectual restaurant that also functions as a bookshop, salon de thé and a Provençal produce seller. Dishes include the classic Filet de bœuf "Rossini".

Address: 25, cours Estienne d'Orves
Subway: Métro Vieux Port
Internet: www.les-arcenaulx.com

La Cloche À Fromage

If you like cheese and a lot of it, then this is heaven. As well as an abundance of fromages there are ten types of house bread and plenty of regional wines.

Address: 27 Cours Honoré d'Estienne d'Orves
Subway: Métro Vieux Port

La Table Du Fort

Colourful and inventive fusion cuisine such as ravioli with foie gras and tomato confit and shelled lobster in a curry sauce.

Address: 8, Rue Fort Notre Dame
Subway: Métro Vieux Port
Internet: www.latabledufort.nuxit.net

Le Zinc

The latest trendy venue for Marseille's hipsters, this restaurant combines traditional food with a stylish, minimalist decor.

Address: 12, Rue Molière
Subway: Métro Rond Point du Prado
Internet: www.le-zinc.com

Le Petit Nice Passadat

Probably Marseille's best eatery, and boasting two Michelin stars, this delightfully modern haute-cuisine firmly rooted in southern Europe is worth paying for.

Address: Anse de Maldormé, Corniche John Fitzgerald Kennedy
Subway: Métro Rond Point du Prado
Phone: +33 1 53 95 26 00
Internet: www.passadat.fr

La Cantine Du Marseillais

Marseille cuisine with an Italian influence. Everyone seems to know each other here, creating a great atmosphere.

Address: 13, Rue Glandevès
Subway: Métro Rond Point du Prado
Internet: www.la-cantine-de-marseille.com/

CAFES



© David Fisher

Le Pain Quotidien

Welcoming café which has local products cluttered inside and inviting al fresco wooden tables. The café also doubles as a restaurant and boulangerie.

Address: 18, Place aux Huiles
Subway: Métro Vieux Port
Internet: www.lepainquotidien.fr

Le Pavillon Du Lac

The best place to have a tranquil cup of coffee, nestled in the grounds of Parc Borély.

Address: Parc Borély
Subway: Métro Rond Point du Prado
Internet: www.lepavillondulac.fr/

Torréfaction Noailles

This is a hard place to miss with its intriguing exterior and retro inside. Serving a host of coffees from all over the world, this is the place to sample great coffee.

Address: 56, La Canebière
Subway: Métro Vieux Port
Internet: www.noailles.com/

Café De La Banque

Classic Parisian-style café and bistro that seems unchanged by time.

Address: 24 Boulevard Paul Peytral
Subway: Métro Estrangin-Préfecture

Internet: www.lecafedelabanque.com/

Café Parisien

A fun place with lots going on and a good food menu. The place has less of an old-fashioned touch since recent modernisation.

Address: 1, Place Sadi-Carnot
Subway: Métro Vieux Port
Internet: www.illegalparty.com

SHOPPING



© Samuel Lavoie

Marseille's main shopping areas are in the centre and southern parts of town and cater to all tastes, from Côte D'Azur luxury and large department stores to quirky little boutiques and stores. The Centre Bourse, a massive shopping centre a stone's throw away from the vieux port, is a great place for getting all your shopping done under the same roof. South of the shopping centre is La Canebière, which is to Marseille what the Champs Elysées is to Paris. Combined with rue Ferréol, rue de Rome and rue de Paradis, they make up the major shopping area in the city and include local and national designer stores. Rue de la Tour is your best bet for serious designer luxury, including chic evening wear at Diable Noir. If you want smaller shops then head to the Cours Julien area, which has built up a reputation as an alternative, bohemian quarter. The area is also great for food and antique markets at weekends. Le Panier, Marseille's oldest neighbourhood, is the best place for local produce. Rue des Petits Puits and places des Pistoles are good streets for Provencal pottery and shops selling lavender soap and olive based goodies. La

Maison de Pastis, with 65 different pastis and absinthes as well as a tasting room, is worth stumbling across and then out of.

SLEEPING



© Toprural

Le Petit Nice Passédat

The most exclusive hotel in Marseille with two separate villas round the coast from the centre. Views gaze out on the Château d'If and chef, Gerald Passédat, has two Michelin stars.

Address: Anse de Maldormé, Corniche John Fitzgerald Kennedy
Subway: Métro Rond Point du Prado
Phone: + 33 4 91 59 25 92
Internet: www.passe-dat.fr

New Hotel Vieux-port

Stylish, modern looking hotel whose rooms have tastefully designed African and Asian themes. The view looking out over the vieux port is stunning.

Address: 3bis rue Reine-Elisabeth
Subway: Métro Vieux Port
Phone: +33 4 91 99 23 23
Internet: www.new-hotel.com/vieuxport/en/

Le Ryad

Excellent Moroccan-style hotel that has stylish rooms and a lovely outside patio for early evening drinks. There are only ten rooms, adding to the intimacy.

Address: 16 rue Sénac de Meilhan
Subway: Métro Noailles
Phone: +33 4 91 47 74 54

Internet: www.leryad.fr

Hotel Le Corbusier

On one of the floors of pioneering 1950s modernist building, La Cité Radieuse, and offering spectacular views of the mountains and the Marseille sprawl.

Address: 280, Boulevard Michelet
Subway: Métro Rond Point du Prado
Phone: +33 4 91 16 78 00
Internet: www.hotellecorbusier.com

Les Acanthes

Charming bed and breakfast situated only 15 minutes from the historic centre of Marseille's Vieux Port. You can choose either a quiet bedroom or a small apartment, former hunting lodge dating from the XVIIth century.

Here you are close to all the joys of the sea, pebbled beaches, golfing, concerts in Marseille, Aix en Provence or la Roque-d'Antheron, go to the theatre in Avignon, visit the city of Popes, or if you prefer, spend a calm and relaxing evening in the garden.

Address: 69 Avenue de Saint Julien, Marseille 13012, France
Phone: +33 491 499 167
Internet: www.acanthes13.com

ESSENTIAL INFORMATION



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FOREX  BANK

Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airports

Marseille Provence Airport is located 30 kilometres from the town centre. A shuttle bus runs between the airport and Marseille's train station, Gare Saint Charles, every 20 minutes, starting at 6:10am and running until 10:50pm. After this buses are scheduled to tie in with arriving flights. Buses run from the train station to the airport every 20 minutes, from 5:30am to 9:50pm. The journey-time is roughly 25 minutes.

Reduced prices for groups and children.

www.mrsairport.com/eng/index.jsp

The Marseille Provence Airport is less than 100 km from Avignon.

Trains leave from Marseille St Charles Station. There are buses with direct connections operated by Terravision (8 turnarounds a day) from MP2 airport to Cavaillon and Avignon. If you go by car it's autoroute A7, take Cavaillon / Avignon / Orange exit.

Public transport

The best way to get around in Marseille is by using the very efficient metro system which runs between 6am and 9pm. With two lines, it is part of a wider Marseille public transport network (RTM), which include buses that run later. Ticket prices start at €1,50 for a single, which also allows you to travel freely on the network up to an hour after validating the ticket. Another useful ticket is the Carte Groupe for four to 10 people, which makes a single journey cheaper the more people travel. A day travelcard, called a Carte Journée, costs €5,00 and allows you to make as many journeys as you like on the RTM network.

www.rtm.fr

Taxi

The minimum charge for a Marseille taxi is €5,50 which charges at €1,90 a kilometre. Remember that you will be charged for suitcases, unless hand luggage. There are 98 taxi stations in Marseille, 31 of which can be phoned. In the 1er arrondissement the stations are at rue Bailly de Suffren +33 4 91 33 03 60 and rue Espérandieu +33 4 91 64 14 00 Taxis can be ordered on the following numbers:

Taxi Radio Marseille (24 hours 7 days) +33 4 91 02 20 20
www.taximarseille.com

Taxi Plus Marseillais (24 hours 7 days) +33 4 91 03 60 03

Taxis Tupp +33 91 05 80 80 www.taxis-tupp.com

Taxis du Soleil +33 4 44 44 44

Pharmacy

No one pharmacy open 24 hours, but take it in turns, as advertised in local press.

Dentist

24 hour emergency service. Telephone SOS Dentiste on +33 4 91 85 39 39 or Urgence Dentiste on +33 4 91 64 23 23

Telephone and Electricity

Country code: +33

Area code: (0)4

/ 220 Volts

