

Southern France from Carcassonne to Nice



Presentation by Paul Pacter

www.PaulVisits.com

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France
République française.

Pop: 68 million.

Area: 213,000 sq mi.

Capital: Paris.

Currency: Euro.

Schengen Area: Yes.



France is a unitary republic.

Republic = elected government.

Unitary = highly centralized national government.

Divided into 13 Regions.

Today we will visit Occitanie and Provence Alpes-Cote d'Azur.



13 Regions have only limited administrative powers:

- Education. Public Transit. Universities. Assistance to Business.
- No legislative power.
- No judiciary.

Roughly half funded by local property taxes and half by grants from national gov't.

Midi – The South of France

Ryanair London-Standed to Carcassonne.
Or fly into Toulouse or Barcelona.



Carcassonne to Nice
About 300 Miles by Road



Carcassonne: center of Roman and Medieval trade routes:
- Atlantic to Mediterranean.
- Over Pyrenees to Spain.

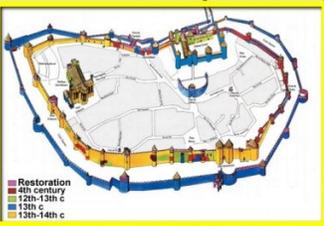
Carcassonne Largest Walled City in Europe Walls part Roman, part Medieval (13th c)



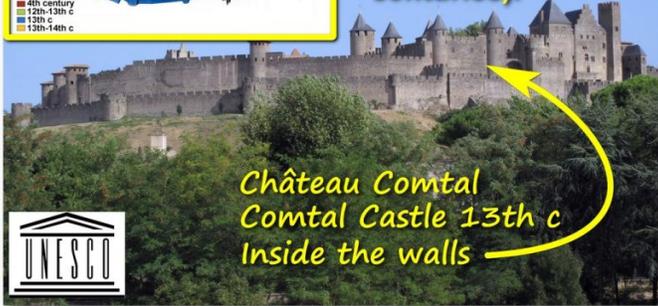
Old Bridge over Aude River – 14th c. Pedestrians only.



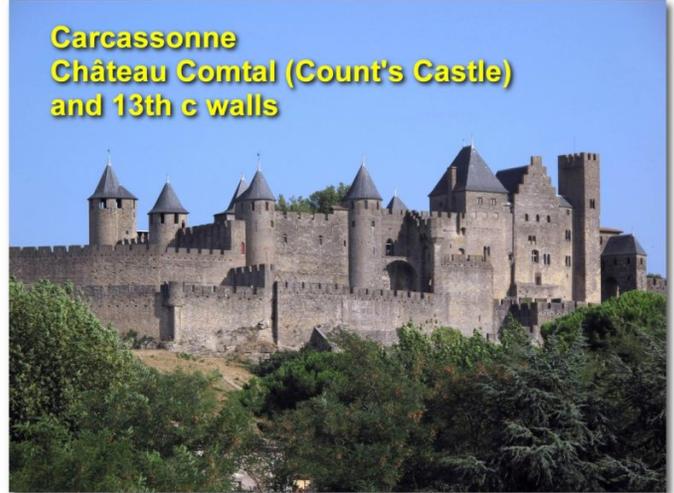
Parking (pay) in new part of Carcassonne. Walk across bridge to Medieval city.



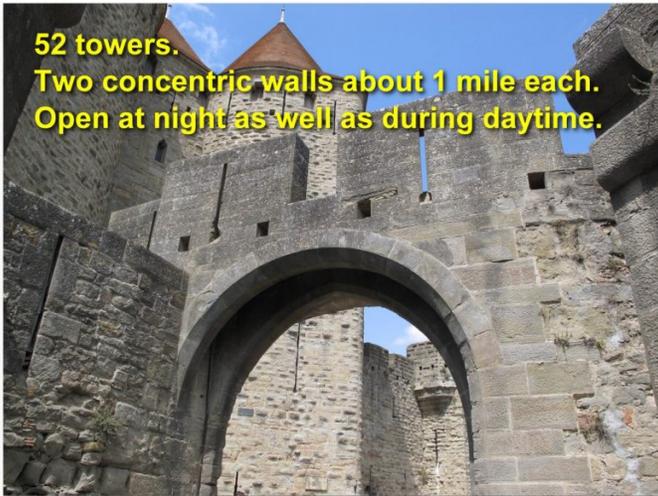
Nearly all of Carcassonne's walls are original (4th to 14th centuries).



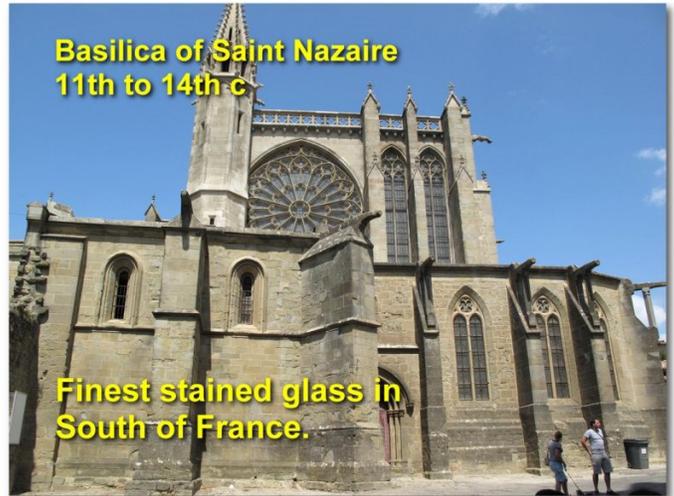
Château Comtal
Comtal Castle 13th c
Inside the walls



Carcassonne
Château Comtal (Count's Castle)
and 13th c walls



52 towers.
Two concentric walls about 1 mile each.
Open at night as well as during daytime.



Basilica of Saint Nazaire
11th to 14th c

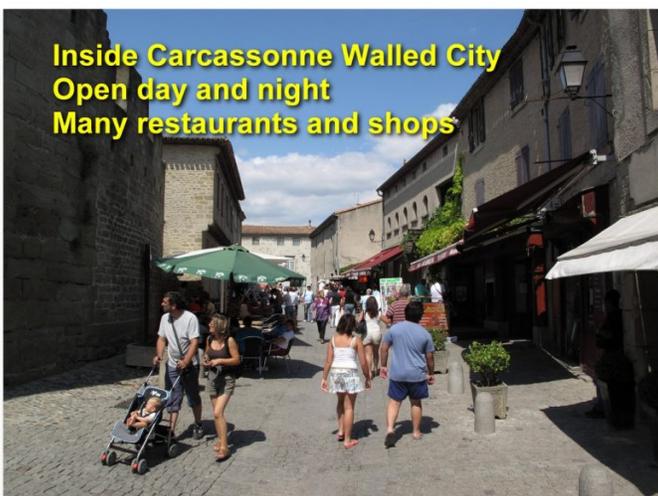
Finest stained glass in
South of France.



Basilica of St Nazaire Rose Window
14th-16th c



Basilica of St Nazaire - Carcassonne



Inside Carcassonne Walled City
Open day and night
Many restaurants and shops

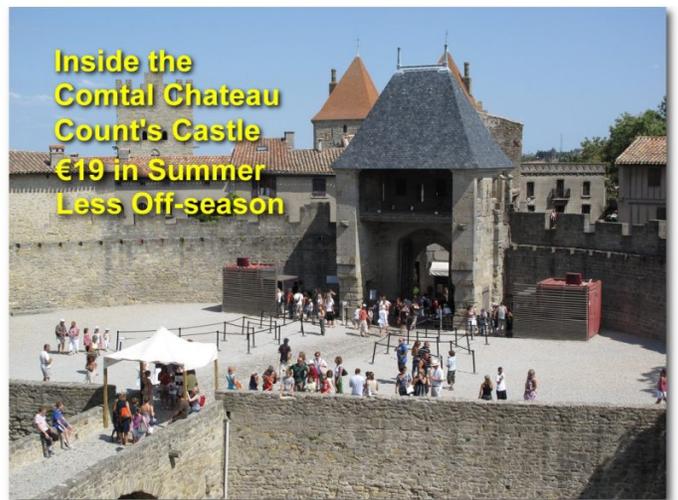


Set meal €12-24
Kids' meal €7
"Entrees" = Starter UK
= Appetizer USA €7-10
Main course €12-24
Omelets €5-7
Meal-sized salads €12-15



Oreillettes - Sweet, orange-flavored
fried dough
€1 per piece

South of France specialty



Inside the
Comtal Chateau
Count's Castle
€19 in Summer
Less Off-season



You can walk the ramparts
inside the Chateau Comtal



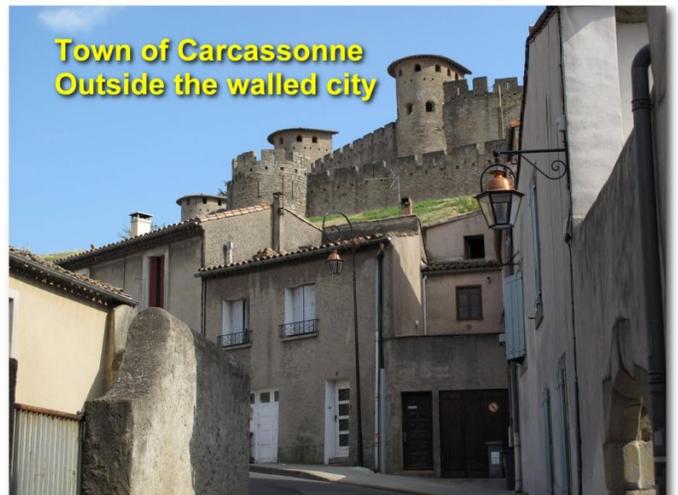
View of Carcassonne from the
walls of Comtal Castle

Saint Gimer
Church
1859



Just outside the Medieval city
Cimetière Saint Vincent
St Vincent Cemetery

Graves from 19th c to today.



Town of Carcassonne
Outside the walled city



Carcassonne town



Fountain of
Neptune - 1771
Place Carnot
(Square)

Hopefully, you will stay the night in Carcassonne and see the lights.



Ryanair flies direct
London Stansted to Carcassonne

Drive from Carcassonne to Nimes
This part of France is called Languedoc.

Languedoc produces more than one-third of all the wine grapes in France.

In 2016,
Languedoc was
enlarged and
renamed
Occitanie.



Languedoc has 700,000 acres (1,100 sq mi) under vines.

- Single biggest wine region in the world.
- More than one-third of France's total wine production.



Languedoc main varieties: Merlot, Cabernet Sauvignon, Sauvignon blanc, and Chardonnay.

Also: Mourvedre, Grenache, Syrah, and Viognier.



Vineyard in Montblanc, France

Enhance your French vocabulary:

- l'embouteillage.
 - le bouchon.
- (Traffic jam)



Historic Area
Main sights are
close to each other



Nimes

Population 150,000
"The Most Roman City Outside Italy"



Nimes Shopping Area



Nimes Palace of Justice (Courthouse)
Built 1836 to 1846

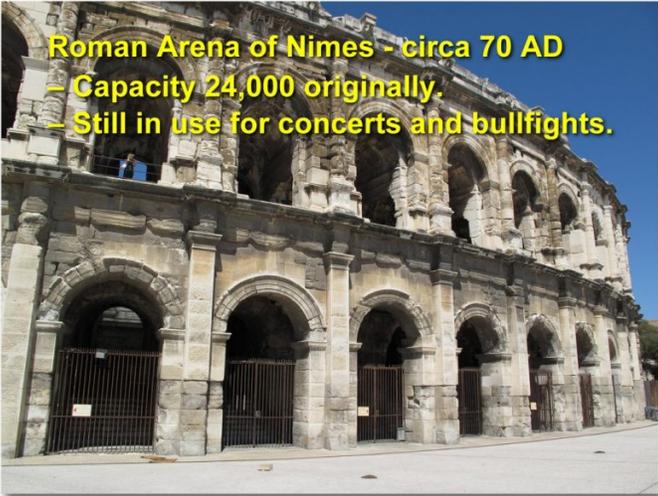


Roman Arena of Nimes

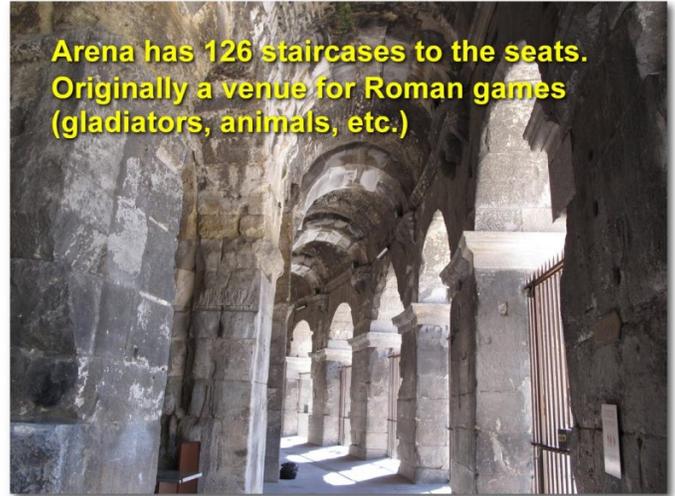


- 2 floors of 60 superimposed arches.
- Circa-70 A.D.
- Excellent state of preservation.

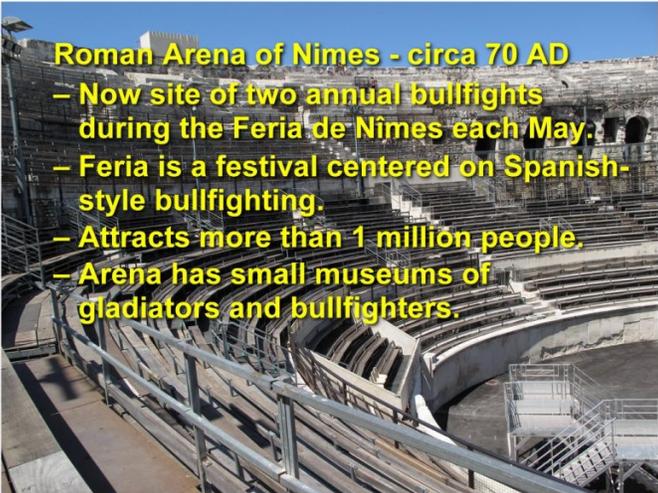
Roman Arena of Nimes - circa 70 AD
- Capacity 24,000 originally.
- Still in use for concerts and bullfights.



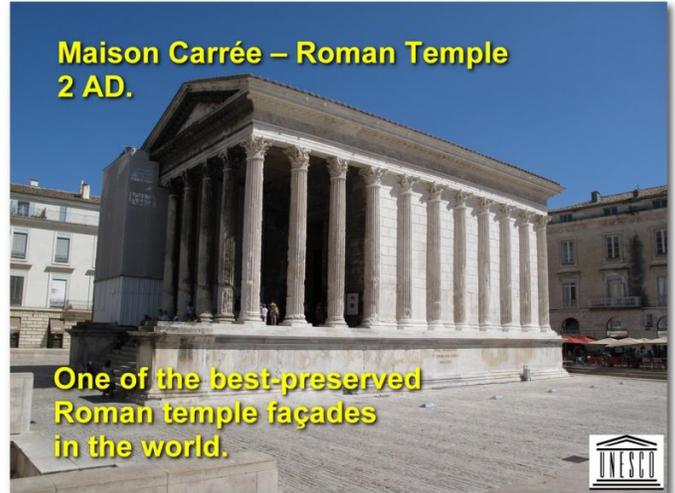
Arena has 126 staircases to the seats.
Originally a venue for Roman games
(gladiators, animals, etc.)



Roman Arena of Nimes - circa 70 AD
- Now site of two annual bullfights during the Feria de Nimes each May.
- Feria is a festival centered on Spanish-style bullfighting.
- Attracts more than 1 million people.
- Arena has small museums of gladiators and bullfighters.



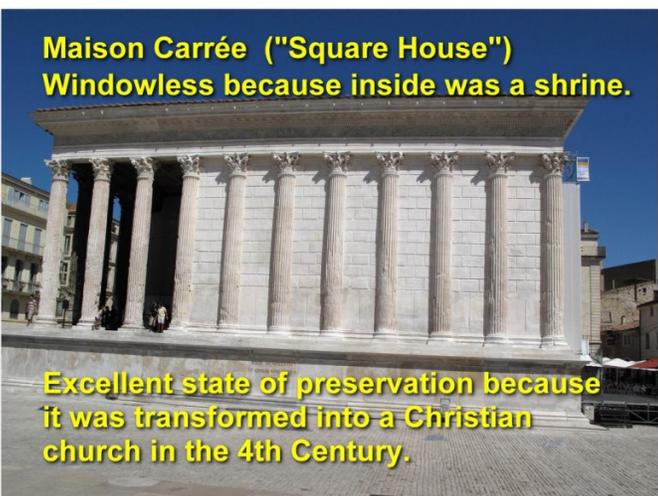
Maison Carrée – Roman Temple
2 AD.



One of the best-preserved Roman temple façades in the world.



Maison Carrée ("Square House")
Windowless because inside was a shrine.



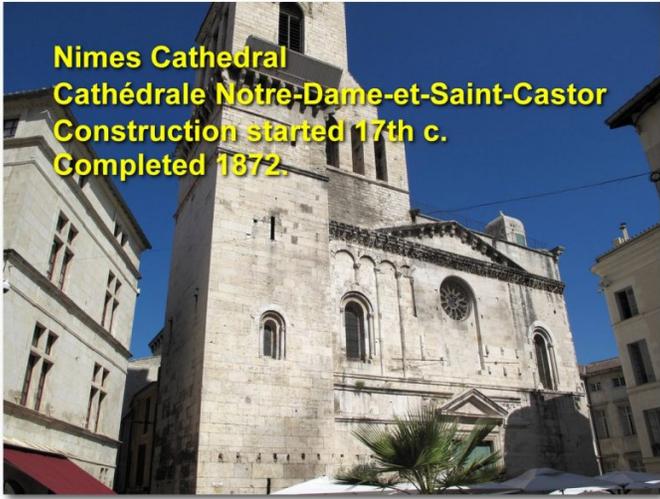
Excellent state of preservation because it was transformed into a Christian church in the 4th Century.

Thomas Jefferson was American minister to France in 1785. He was given a model of the Maison Carrée. From 1786-89 Jefferson designed the Virginia State Capitol Building.



Maison Carrée

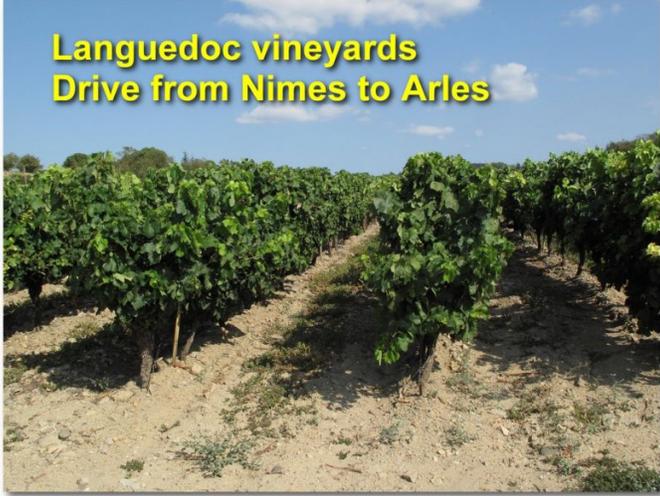
Virginia Capitol



Nimes Cathedral
Cathédrale Notre-Dame-et-Saint-Castor
Construction started 17th c.
Completed 1872.



Nimes Cathedral
Interior

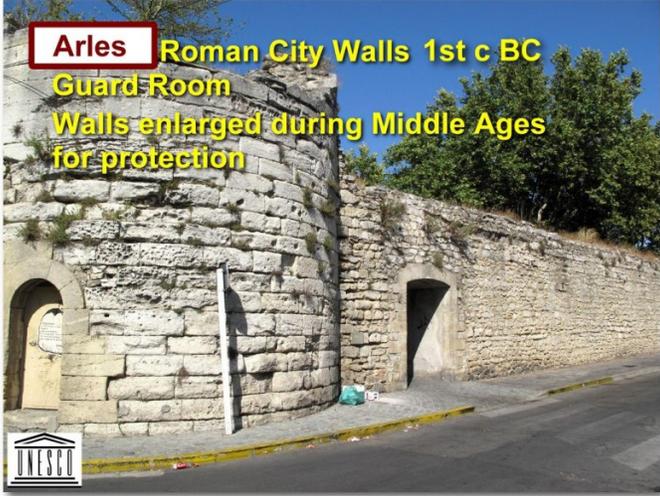


Languedoc vineyards
Drive from Nimes to Arles

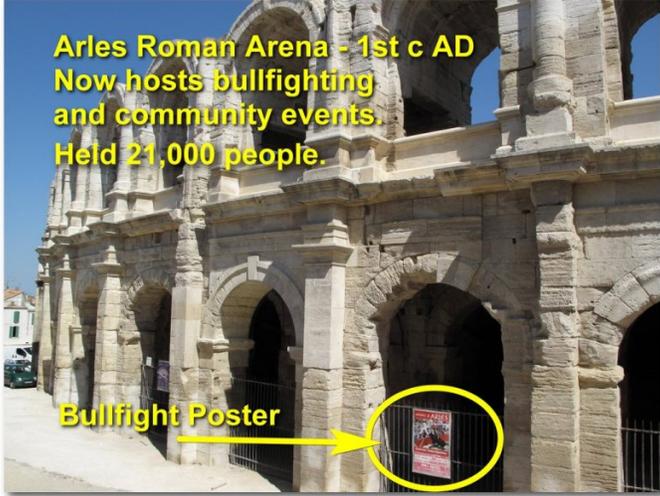


Languedoc has 22,000 wine-growing estates.

Languedoc produces more wine than Australia or Chile or South Africa!

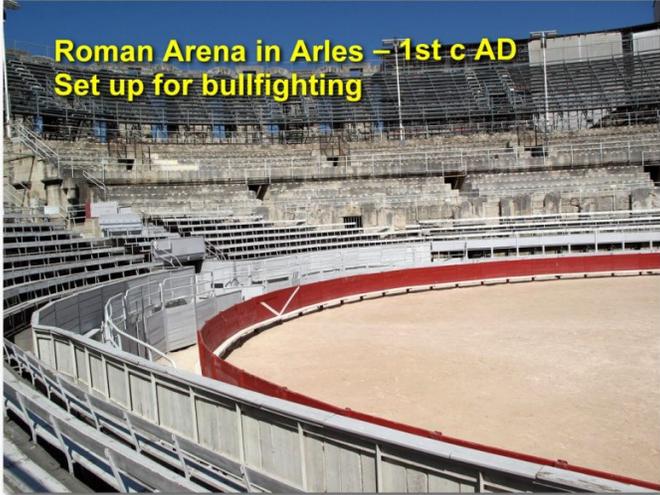


Arles Roman City Walls 1st c BC
Guard Room
Walls enlarged during Middle Ages for protection



Arles Roman Arena - 1st c AD
Now hosts bullfighting and community events.
Held 21,000 people.

Bullfight Poster

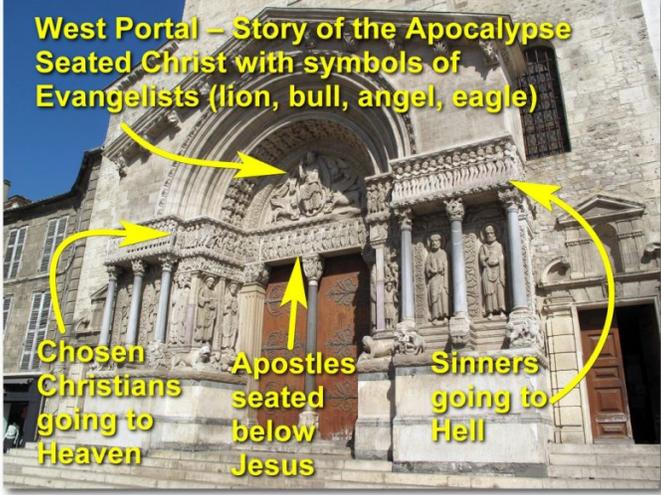
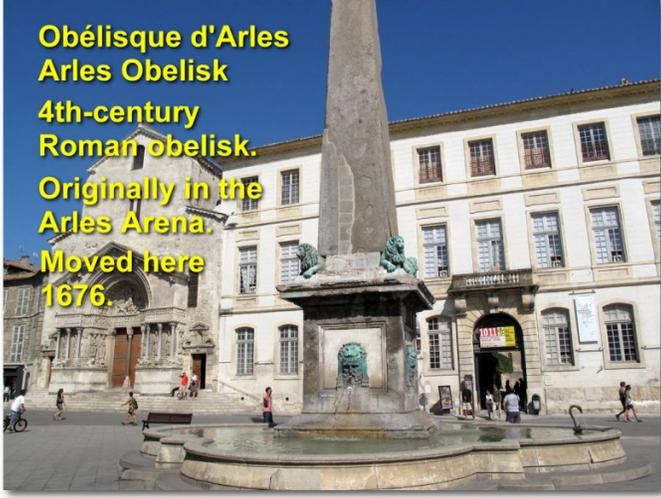
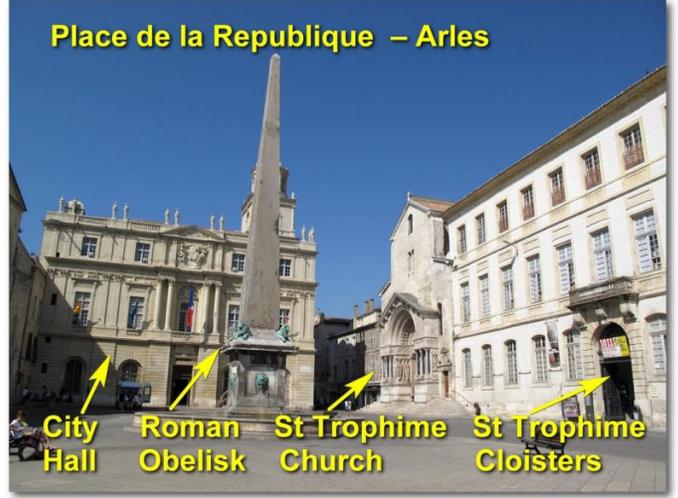
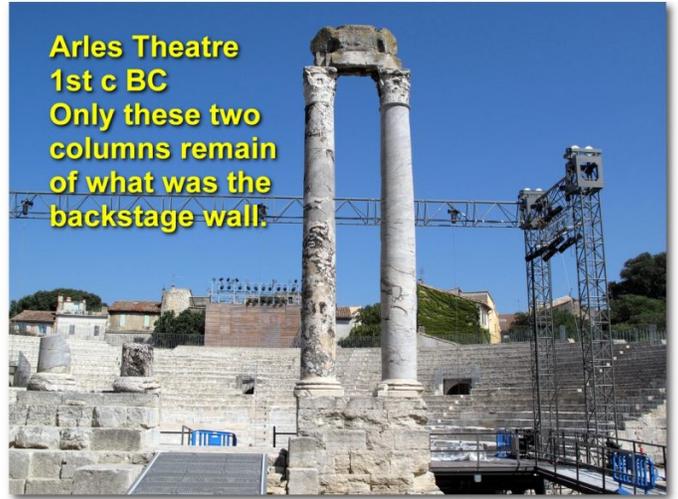
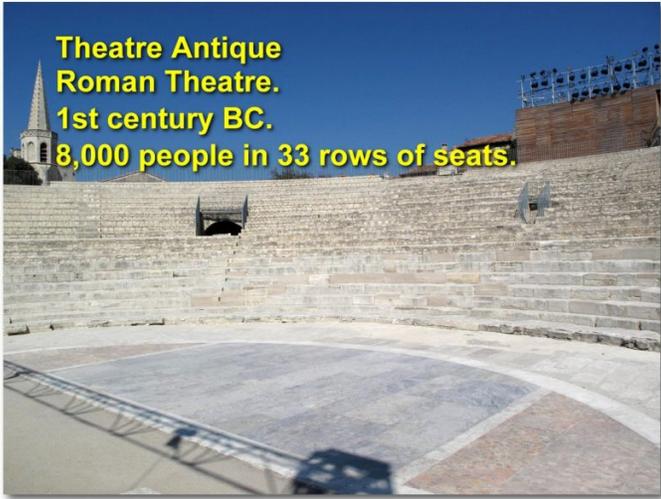


Roman Arena in Arles – 1st c AD
Set up for bullfighting

Two types of bullfighting in Arles and Nimes:

- 1. Spanish.** Called “Tauromachie”. Matador, on foot, kills the bull with a sword after tiring it out.
- 2. Camargue.** A dozen razeteurs (Camargue bullfighters) try to remove a ribbon attached between its horns. Fight lasts 15 minutes. Bull is not killed.

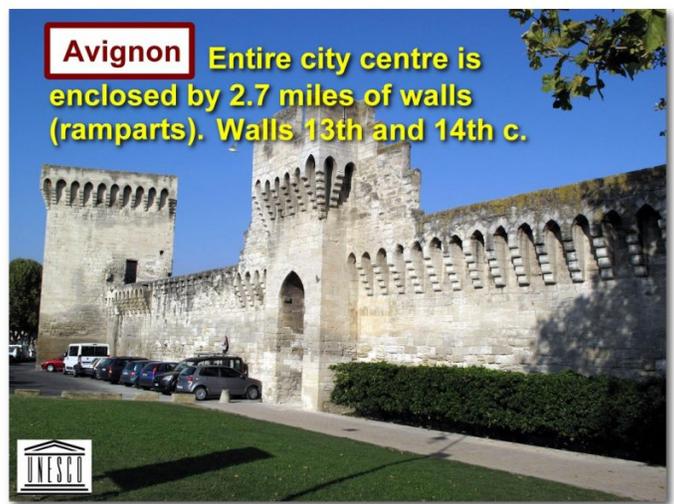
Season: April to October.



Arles Town Hall – 1676
Hotel de Ville
Place de la Republique



Avignon Entire city centre is enclosed by 2.7 miles of walls (ramparts). Walls 13th and 14th c.



Châtelet du Pont
Gatehouse at the Bridge



Hotel d'Europe
Built 1580
On Place Crillon (plaza)



Hotel d'Europe is on Place Crillon
Great place to have breakfast.
Or dinner.



From around 1309 to 1377 seven Popes ruled from Avignon, France, not Rome. All were French.

Then from 1377 to 1429 there were rival Popes, one ruling from Avignon and the other from Rome.

Why?

1. Fighting among wealthy Italian families and political battles in Rome made Rome unsafe for the Popes.
2. Strong political pressure from the French monarchy to have the seat of the Catholic church in France. Weak Italian governments to defend Rome.
3. Avignon offered safety and financial stability.

The 9 Avignon Popes - 1

1. Clement V: (1305 - 1314). Due to political and popular turmoil in Italy, in 1309 pope Clement V (Frenchman) decided to reign from Avignon.
2. John XXII: (1316 - 1334). Remained in Avignon due to political unrest in Italy.
3. Benoit XII: (1334 - 1342). Tore down old Papal Palace. Built current one.



4. Clement VI: (1342 - 1352). Added a second grander palace to Benoit's palace. In 1348, he bought city of Avignon from Queen Joan of Naples.
5. Innocent VI: (1352 - 1362). Tried to bring peace to the Italian territories belonging to the Holy See.
6. Urban V: (1362 - 1370).
7. Gregory XI: (1370 - 1378). His sole concern was to reestablish the Holy See in Rome – which he did in 1376.

But then came the Great Western Schism (1378-1417).

- The Catholic Church split in two.
- Allegiance to two different "Schismatic Popes":
 - One pope reigning from Rome.
 - Another pope reigning from Avignon.

Despite attempts to reach compromise and threats of removal, the Avignon popes continued to claim to be the true popes.

Avignon's last two Popes. The "Schismatic Popes". "Antipopes"?

8. Clement VII (1378 - 1394).
9. Benedict XIII (1394 - 1429). Twice deposed yet refused to resign. He barricaded himself in the Palace of the Popes and withstood two long sieges. Fled in March 1403. Wandered for 20 years. Lost most of his support. But continued to maintain that he was the true pope.

Papal Palace at Avignon
Constructed in two parts
1335 to 1355



Palais Vieux - Original Part of Palace
Built by Pope Benoit (Benedict) XII
1335-1339



Palais Neuf - New palace of Clement VI
Completed 1355



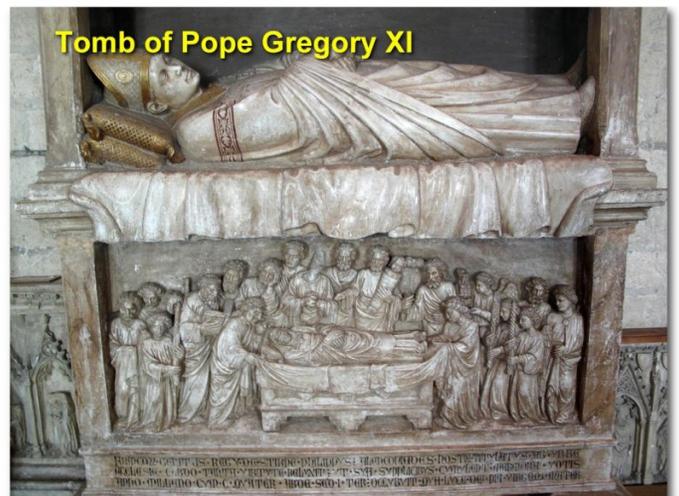
Biggest Gothic palace in all of Europe.
- 160,000 sq feet of floor space.
- Equivalent of 4 Gothic cathedrals.
- Germain/Hertz arena, seats 8,000.
171,000 sq ft.

It is both a palace (Papal residence) and a fortress.

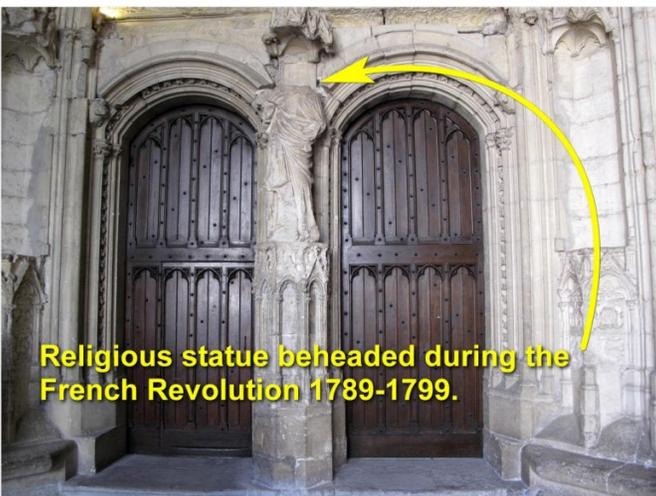
Seat of Western Christianity in 14th c.



Tomb of Pope Gregory XI

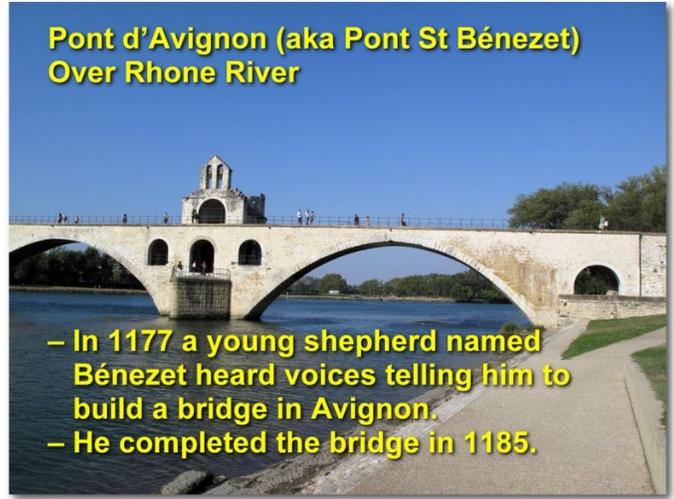


Religious statue beheaded during the French Revolution 1789-1799.





9 Popes reigned from Avignon

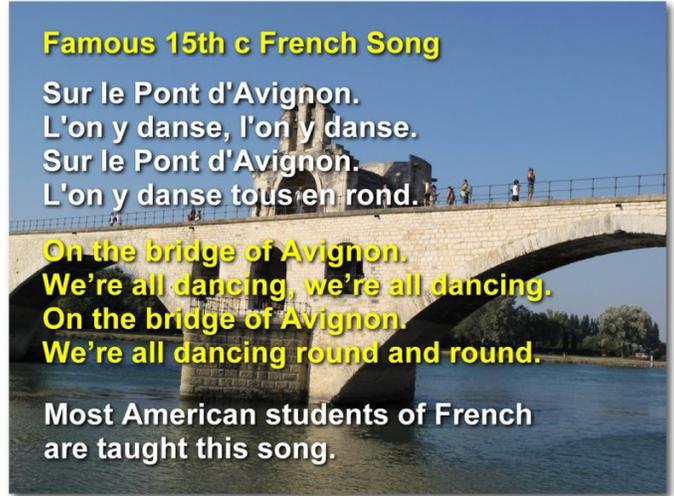


Pont d'Avignon (aka Pont St Bénézet) Over Rhone River

- In 1177 a young shepherd named Bénézet heard voices telling him to build a bridge in Avignon.
- He completed the bridge in 1185.



Originally 3,000 feet long and 22 arches. Often damaged by raging flood waters. Since 17th c, not rebuilt after floods. Today, four arches and a small chapel.

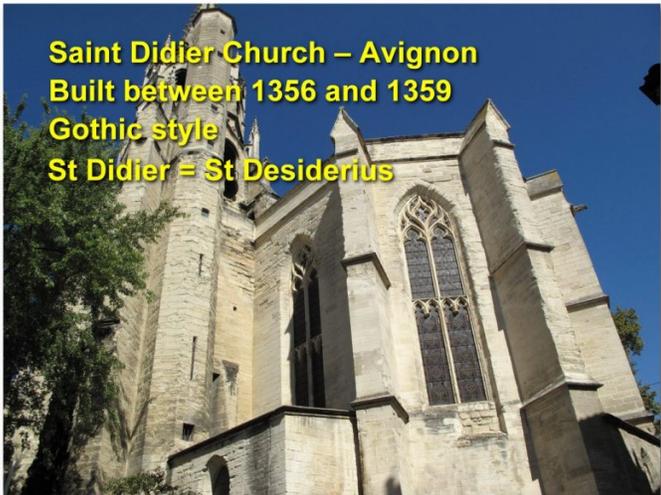


Famous 15th c French Song

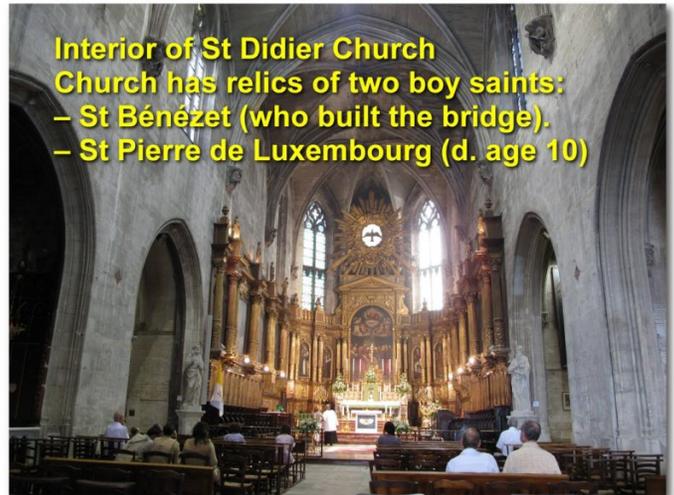
Sur le Pont d'Avignon.
L'on y danse, l'on y danse.
Sur le Pont d'Avignon.
L'on y danse tous en rond.

On the bridge of Avignon,
We're all dancing, we're all dancing,
On the bridge of Avignon,
We're all dancing round and round.

Most American students of French are taught this song.



Saint Didier Church – Avignon
Built between 1356 and 1359
Gothic style
St Didier = St Desiderius



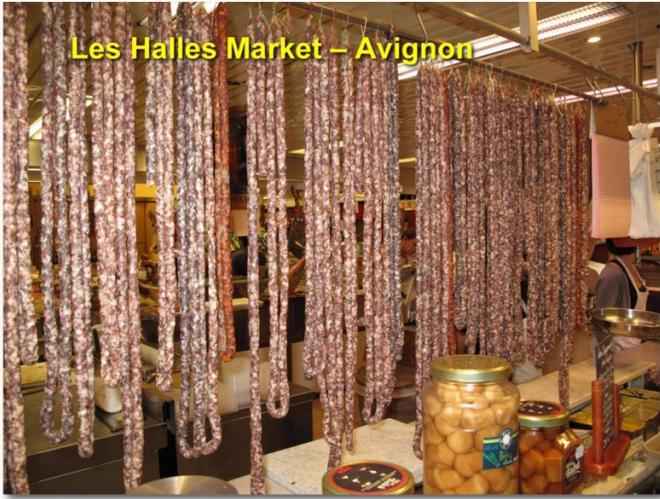
Interior of St Didier Church
Church has relics of two boy saints:
- St Bénézet (who built the bridge).
- St Pierre de Luxembourg (d. age 10)



Les Halles Food Market
Vegetables, breads, pastries,
cheeses, fruits, flowers, spices,
olive oil, wine.



Les Halles Market
Tuesday through Sunday
6am to about 2pm



Les Halles Market – Avignon



Les Halles Market – Avignon



Les Halles Market – Avignon

Langoustine (Prawn) Tails

Whelk



Les Halles Market – Avignon

Salmon

Perch

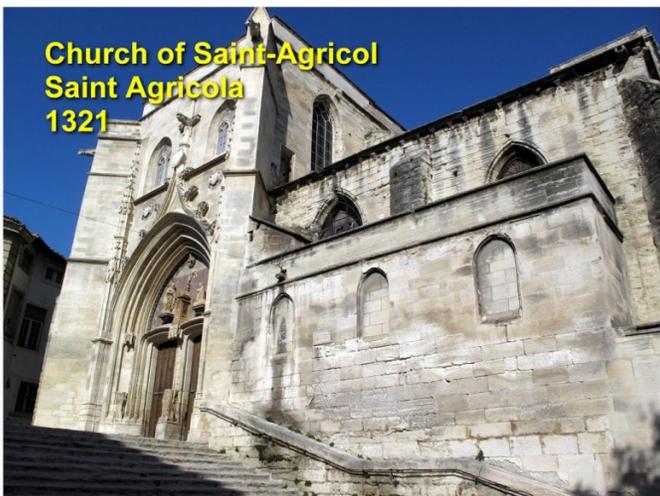
Ling Fish



Avignon City Hall
Hotel de Ville
1846



Avignon Opera House
Built 1846-1847



Church of Saint-Agricola
Saint Agricola
1321

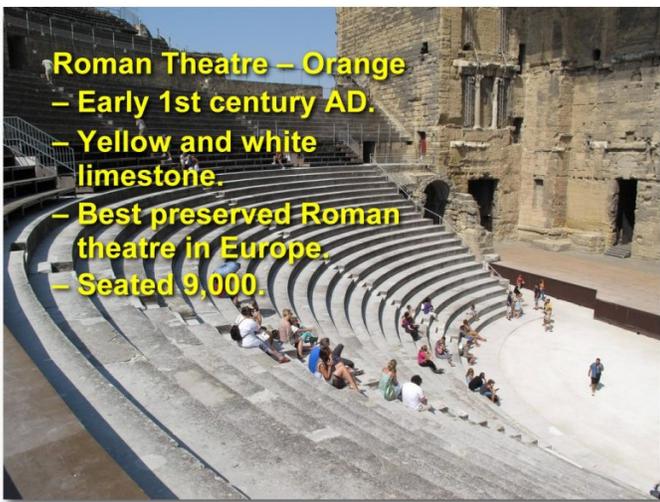


What city are we in now?
Hint

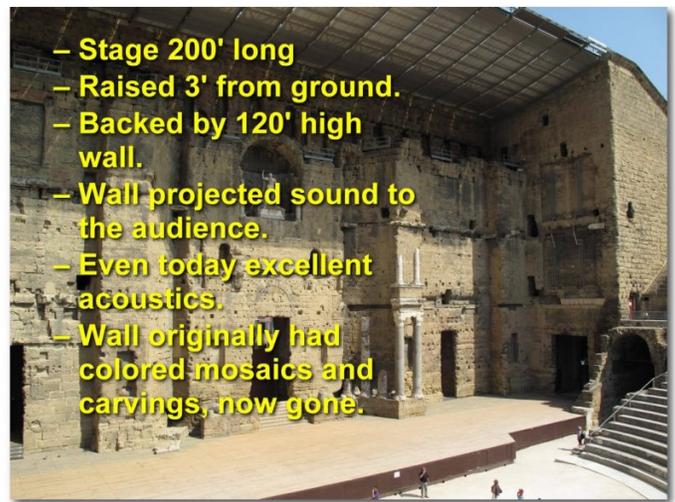
Orange

Roman Theatre Exterior
1st c AD





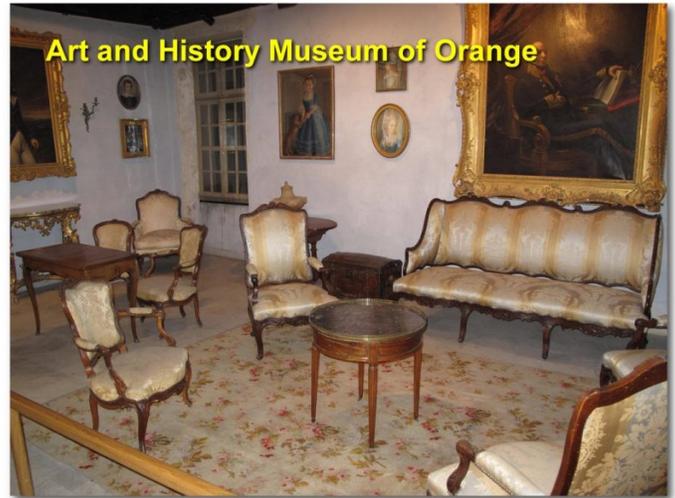
- Roman Theatre – Orange
- Early 1st century AD.
- Yellow and white limestone.
- Best preserved Roman theatre in Europe.
- Seated 9,000.



- Stage 200' long
- Raised 3' from ground.
- Backed by 120' high wall.
- Wall projected sound to the audience.
- Even today excellent acoustics.
- Wall originally had colored mosaics and carvings, now gone.



Art and History Museum of Orange
In a 17th c mansion



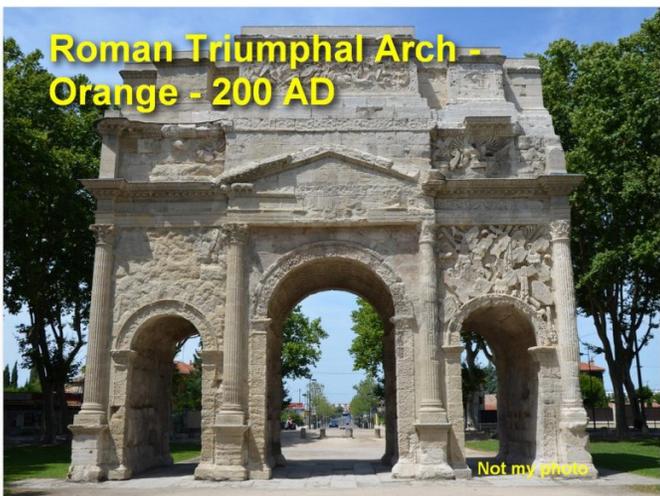
Art and History Museum of Orange



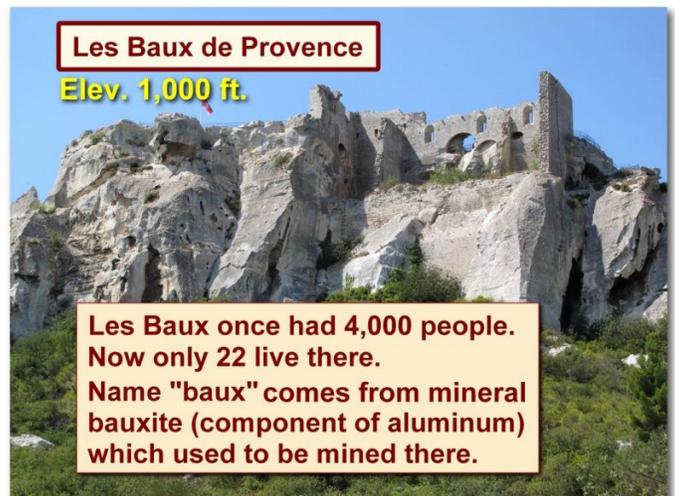
Protestant Temple (Church)
Orange, France
Built 1633.
In 1685, Louis XIV Expelled
the French Protestants
(Huguenots) from France.



Roman Triumphal Arch - Orange
Around 200 AD
Under repair

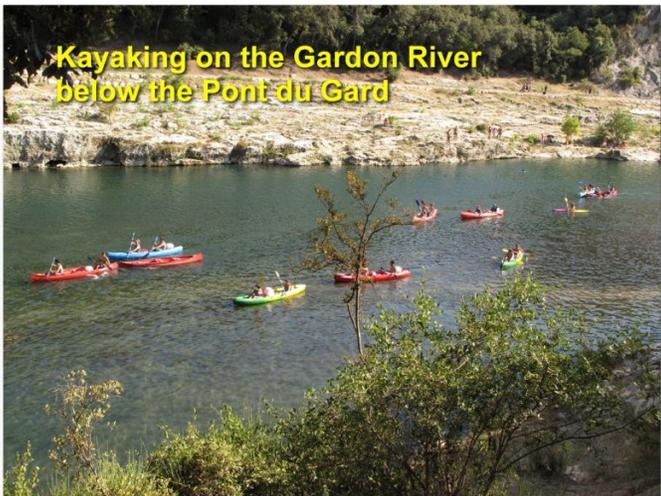
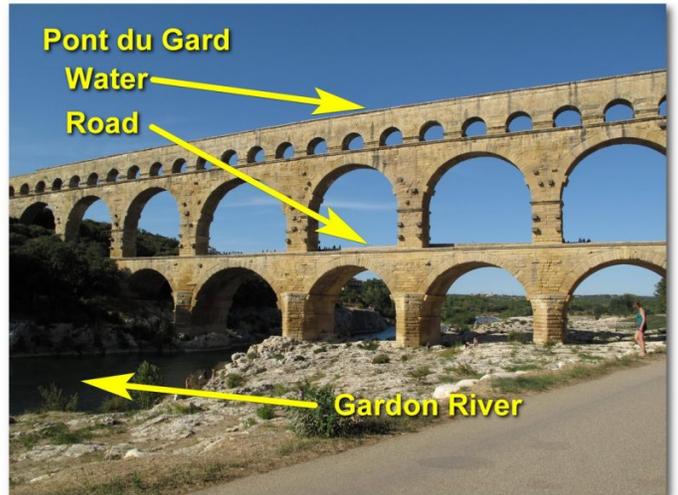
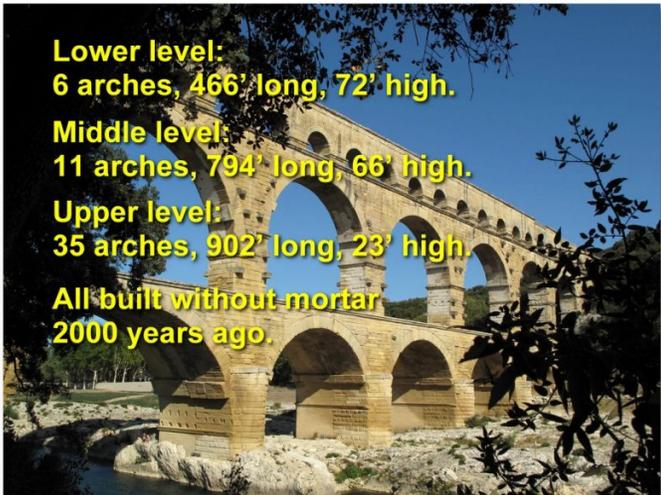
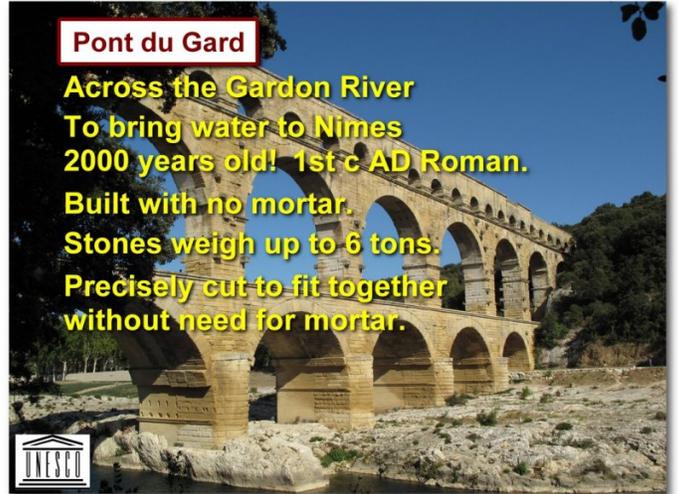
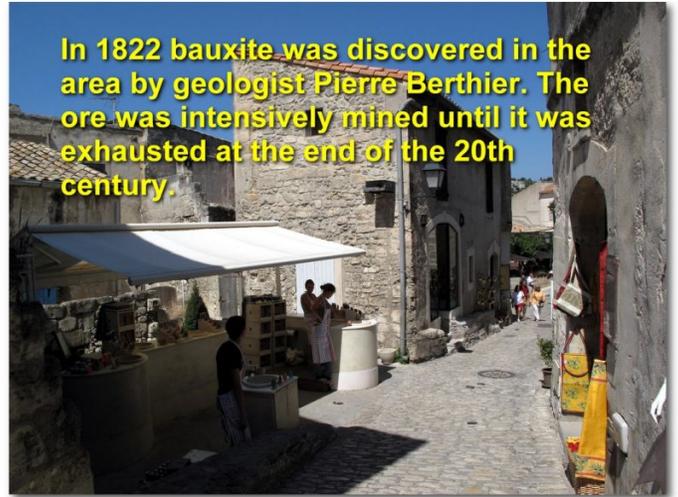


Roman Triumphal Arch -
Orange - 200 AD

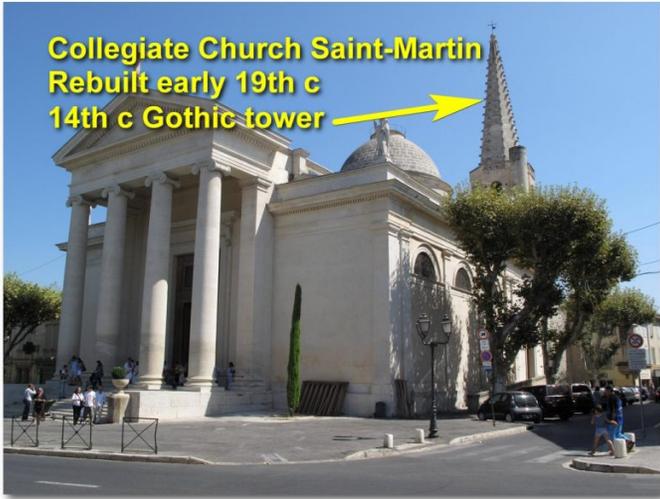


Les Baux de Provence
Elev. 1,000 ft.

Les Baux once had 4,000 people.
Now only 22 live there.
Name "baux" comes from mineral
bauxite (component of aluminum)
which used to be mined there.



Collegiate Church Saint-Martin
Rebuilt early 19th c
14th c Gothic tower



St Remy



Vincent Van Gogh painted "The Starry Night" while in a psychiatric hospital in St Remy, 1889.

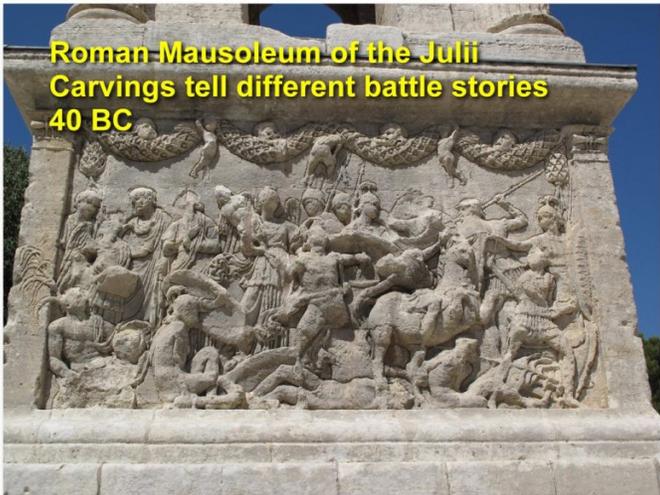


Roman Mausoleum of the Julii
40 BCE
St Remy

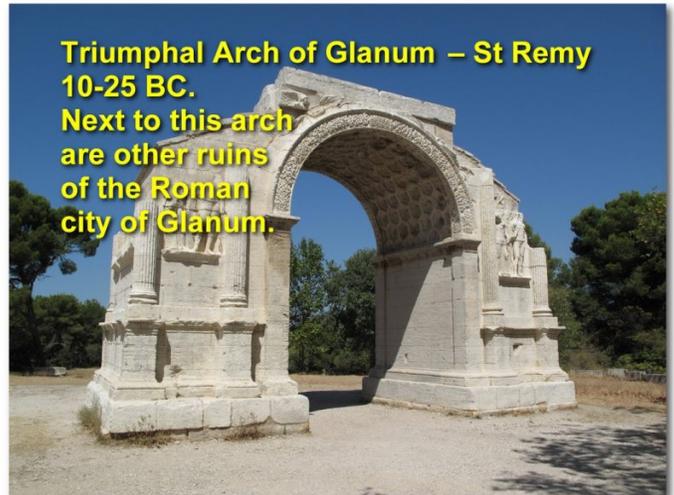


The Julii were a prestigious Roman family

Roman Mausoleum of the Julii
Carvings tell different battle stories
40 BC



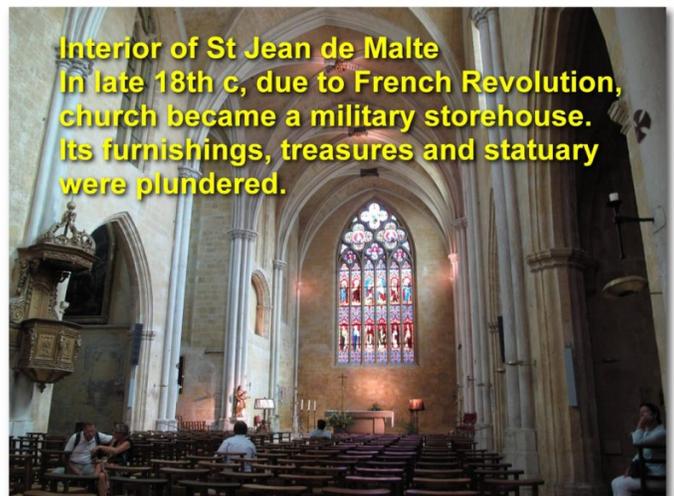
Triumphal Arch of Glanum – St Remy
10-25 BC.
Next to this arch are other ruins of the Roman city of Glanum.

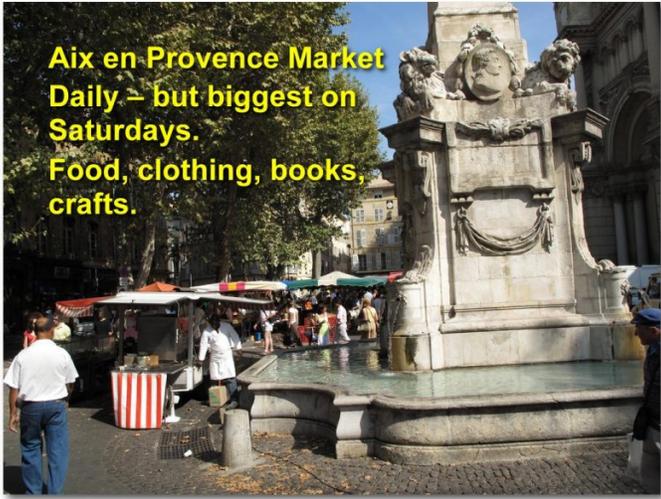


Aix en Provence (pronounced Eks)
Church of St Jean de Malte
Maltese Church
Built 1270s



Interior of St Jean de Malte
In late 18th c, due to French Revolution, church became a military storehouse. Its furnishings, treasures and statuary were plundered.





Aix en Provence Market
Daily – but biggest on Saturdays.
Food, clothing, books, crafts.



Aix en Provence Market



Pain aux noix = Nut bread
Pain aux figues = Fig bread
Pain aux olives = Olive bread

Pain aux cereales = multigrain
Fougasse = specialty bread of Provence



Beef
Roquefort
Pepper
Smoked
Olives
Provence herbs
Thyme
Figs
Nuts
Dried

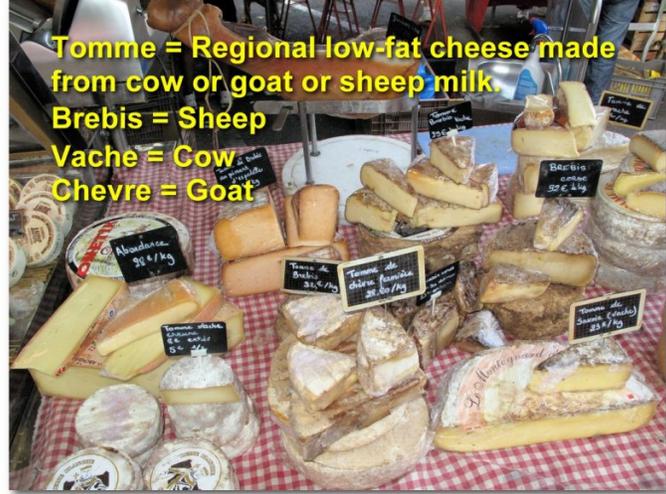
Many Kinds of Sausage (Saucisson)

Goat's cheese sticks
Extra lean
Pork & beef
Boar
Blueberry
Dried



Aix en Provence Market

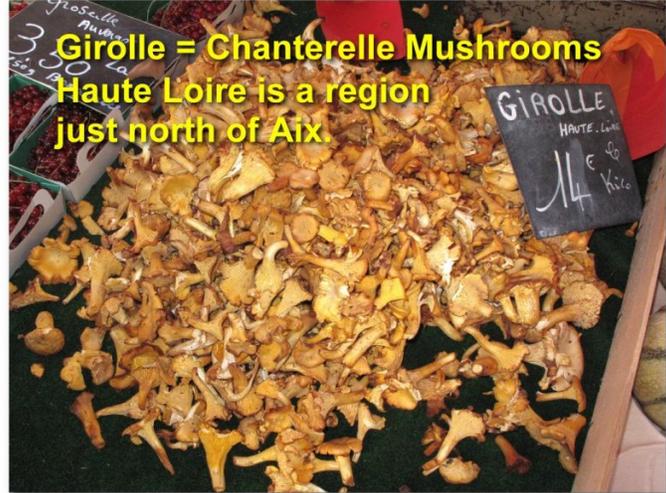
TOMATE
1.40 € Price
FRIMA kg



Tomme = Regional low-fat cheese made from cow or goat or sheep milk.
Brebis = Sheep
Vache = Cow
Chevre = Goat



Long sweet green peppers from Provence
Eggplant from Provence



Girolle = Chanterelle Mushrooms
Haute Loire is a region just north of Aix

GIROLLE
HAUTE-LOIRE
14 € Kg



Fraise = Strawberries
Framboise = Raspberries

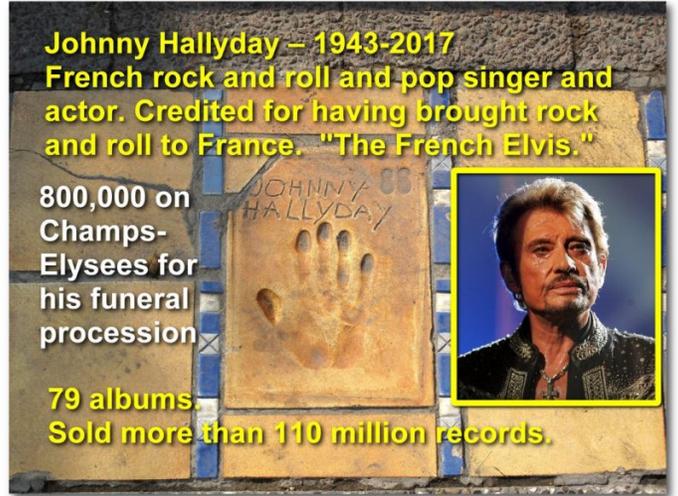


True French Cuisine!

"Real New York Bagels"



Cannes Exhibition Palace
Cannes Film Festival annually in May
Showcase mainly European films
Most prestigious award: Palme d'Or
(Golden Palm) for the best film.



Johnny Hallyday – 1943-2017
French rock and roll and pop singer and actor. Credited for having brought rock and roll to France. "The French Elvis."

800,000 on Champs-Elysees for his funeral procession

79 albums
Sold more than 110 million records.

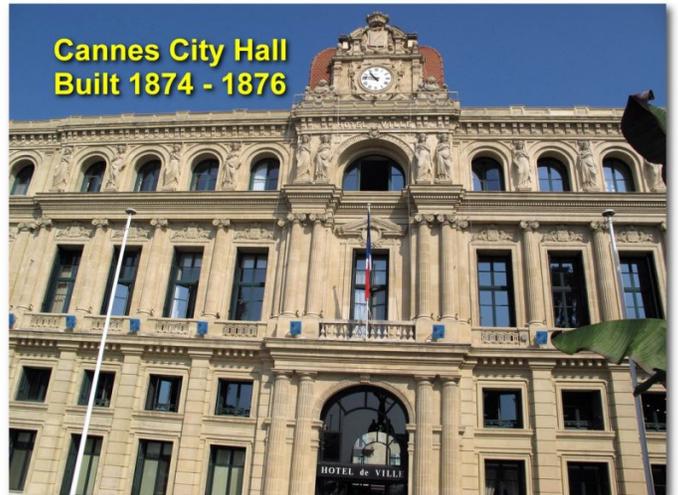


Yes, you can get an Egg McMuffin in Cannes.
Or you might try:

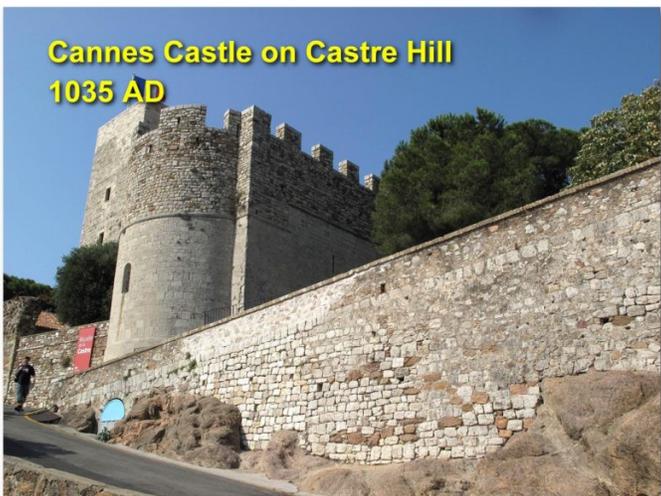
LE CROQUE McDo™

Or:

Le Muffin Sucré



Cannes City Hall
Built 1874 - 1876



Cannes Castle on Castre Hill
1035 AD



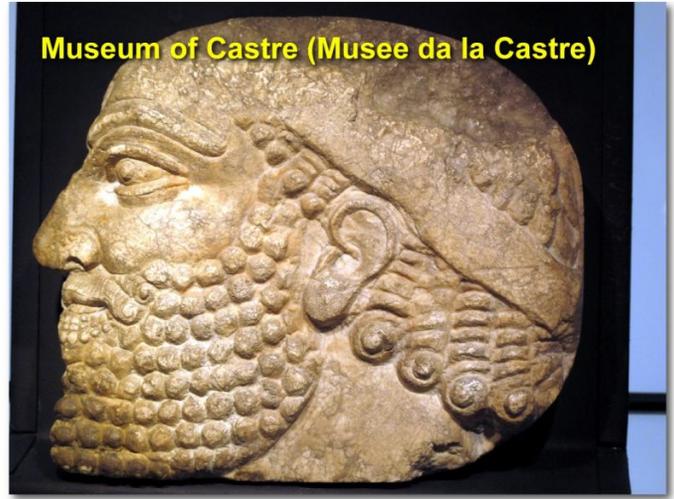
Museum of Castre (Musee de la Castre)
Varied collection:
– Primitive arts of Himalayas, Arctic, pre-Columbian America, Oceania.
– Mediterranean antiques
– Musical instruments of Asia, Africa, Oceania, America.
– 19th century landscape painting of Provence.

Museum of Castre (Musee da la Castre)



**Name recently changed to
Musée des explorations du monde**

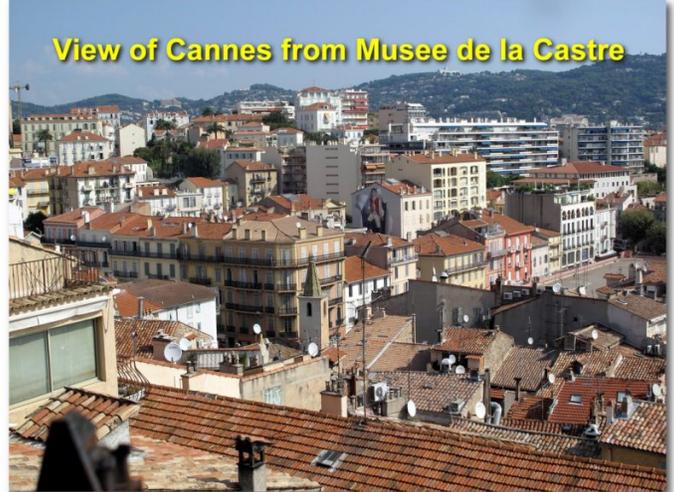
Museum of Castre (Musee da la Castre)



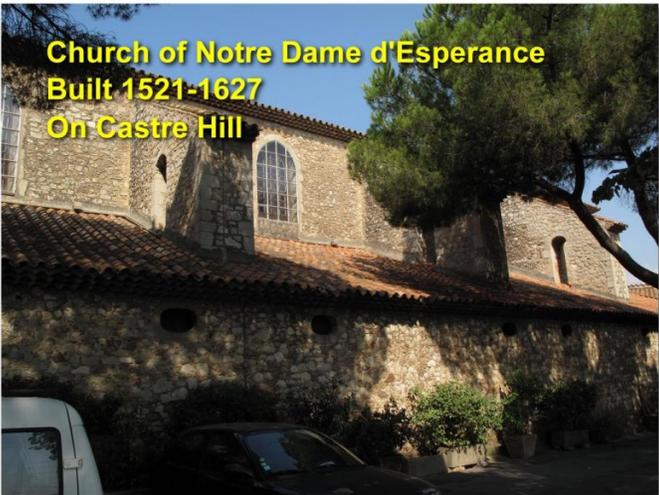
**Examples of
Artworks
Castre Museum**



View of Cannes from Musee de la Castre



**Church of Notre Dame d'Esperance
Built 1521-1627
On Castre Hill**



**Church of Our Lady of Esperance
Gothic - Built 1521-1627
Next to Museum of Castre**



Cannes



**Marché Forville
Forville Market
Cannes**





Marché Forville
Huge Covered Market
Daily except Mondays
7:00am to 1:00pm



Marché Forville
– Fruit.
– Vegetables.
– Meat.
– Fish.
– Local delicacies.



Marché Forville
Local sausage.
Hazel-nut Walnut Smoked Natural
Duck Dried



Cannes Waterfront **Notre-Dame d'Esperance Castle Museum**



Cannes Marina



Cannes Beach



Antibes Mediterranean resort
On the Cote d'Azur Between Cannes and Nice

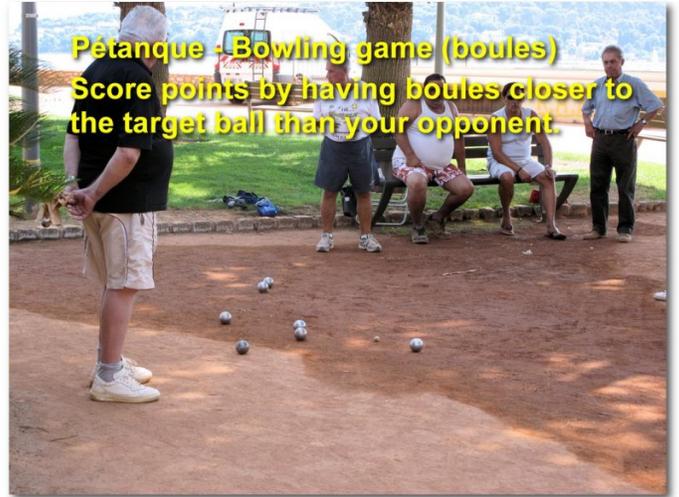


Archaeology Museum
Roman antiquities in a seaside fort
Antibes

Antibes



Pétanque - Bowling game (boules)
Score points by having boules closer to the target ball than your opponent.



Pétanque at Antibes



Nice French Riviera
Stunning views
But don't expect a sandy beach!



A mat to lay on is a good idea
This kind of beach is called a
"shingle beach".



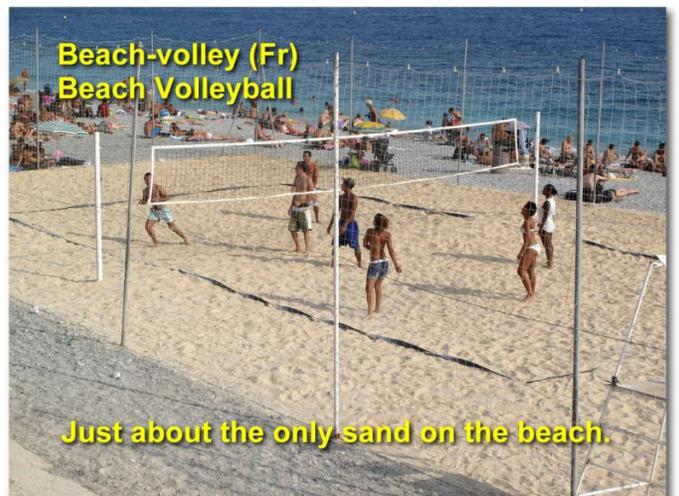
Unlike Florida, some of the
beaches in Nice are private.



And some hotel beaches can get
very crowded



Beach-volley (Fr)
Beach Volleyball



Just about the only sand on the beach.



Nice
Population 350,000



Nice



Street Sign in French and Niçard.
Niçard (closer to Italian than French)
is a second language to a substantial
minority of residents of Nice.

Ruelle du Malonat
Carreirou dou Malounat



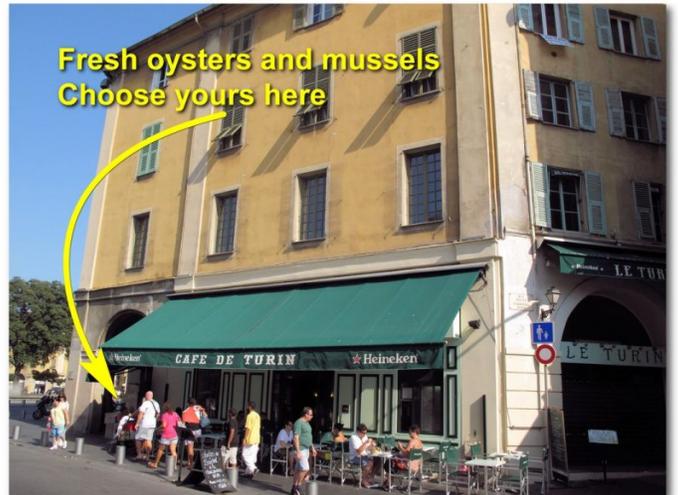
Nice



Nice has several respected museums:

- Musée Matisse.
- Musée des Beaux Arts.
- Musée Marc Chagall
- Musée d'art moderne et d'art contemporain (MAMAC).
- Asian Arts Museum.

On my list for my next visit.



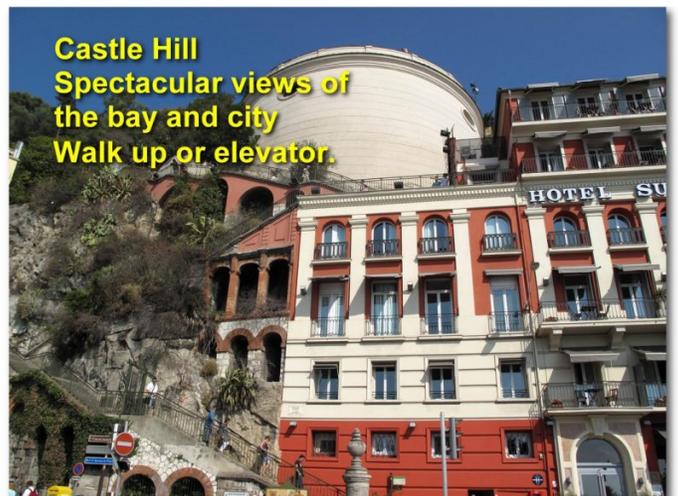
Fresh oysters and mussels
Choose yours here



Fine de claire are famous oysters from
South of France grown in salt pods

€7.35 a dozen
(little over US\$8)

Moyennes = average size



Castle Hill
Spectacular views of
the bay and city
Walk up or elevator.



View from Castle Hill

Cours Saleya Market (our next stop)



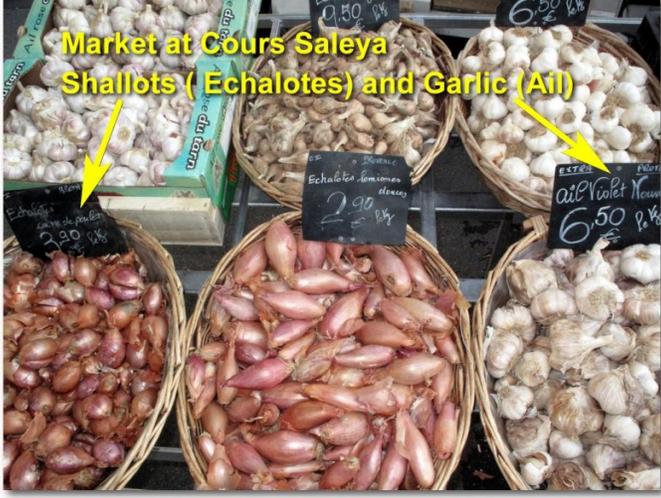
Market at Cours Saleya
Fruit and veg daily except Mondays.
On Mondays it is antiques.



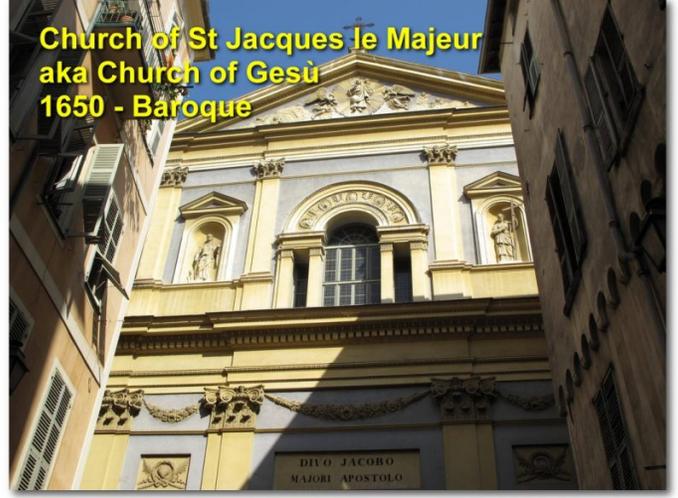
Market at Cours Saleya



Zucchini Flowers
Market at Cours Saleya



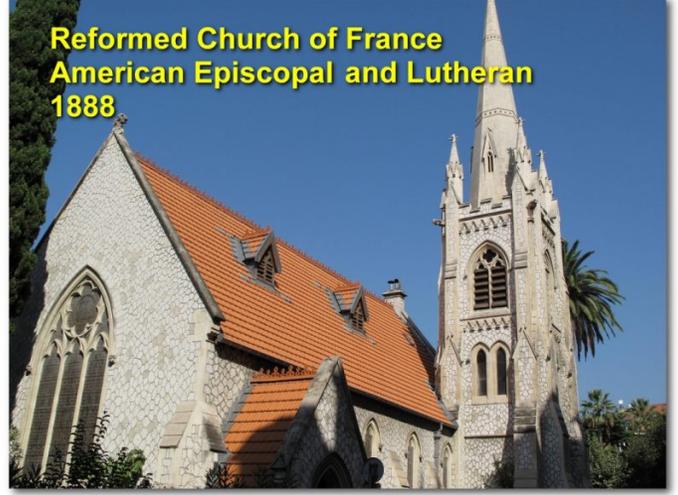
Market at Cours Saleya
Shallots (Echalotes) and Garlic (Ail)



Church of St Jacques le Majeur
aka Church of Gesù
1650 - Baroque



Church of St Rita
aka Church of the Annunciation
Nice



Reformed Church of France
American Episcopal and Lutheran
1888



LA FIN
THE END
of our visit to the
South of France
ppacter@gmail.com
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