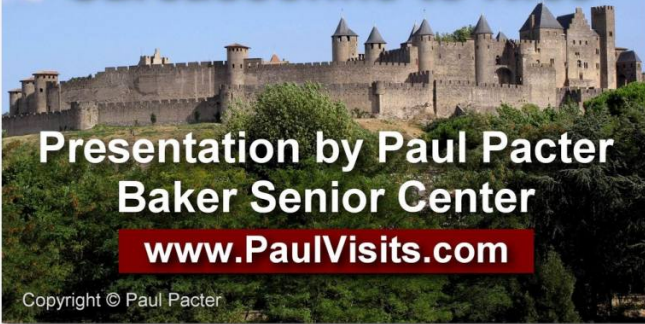


# Southern France from Carcassonne to Nice



Presentation by Paul Pacter  
Baker Senior Center

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

Copyright © Paul Pacter

**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)



Basilica of St Nazarius

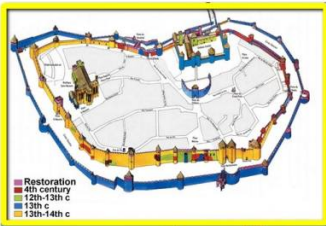
Inner and outer walls

Comtal Castle

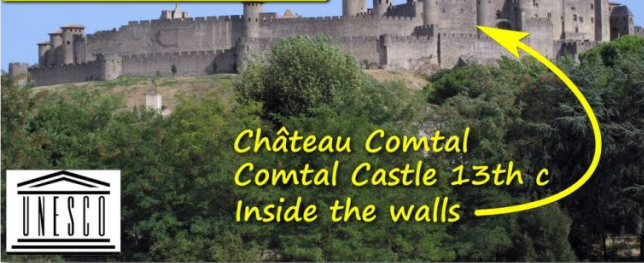
Old Bridge over Aude River – 14th c.  
Pedestrians only.



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

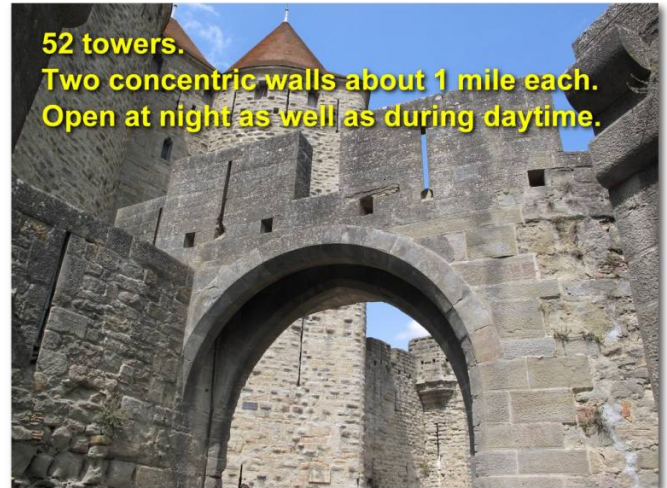


Carcassonne  
Château Comtal (Count's Castle)  
and 13th c walls

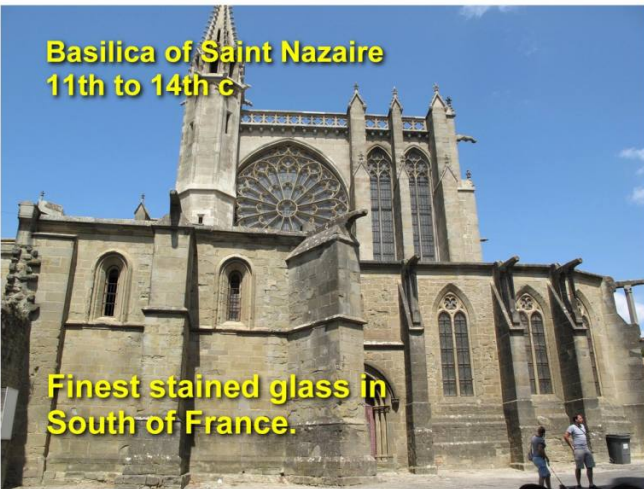


Carcassonne  
Main Entrance  
Inner Walls  
13th-14th c

No admission charge to old city.  
But ticket required for Comtal Castle.



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

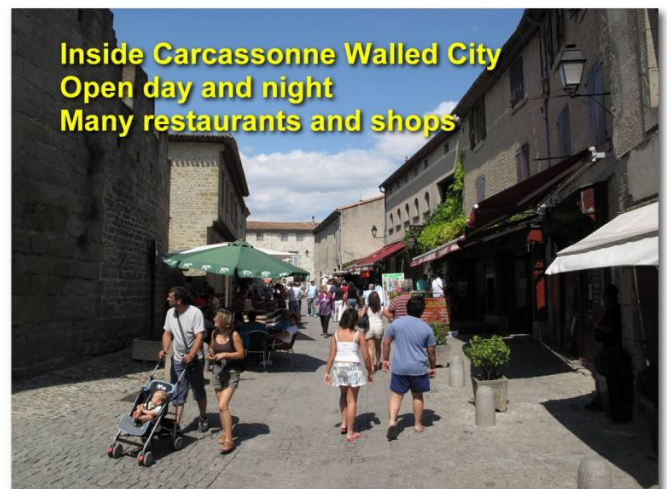
Finest stained glass in  
South of France.



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

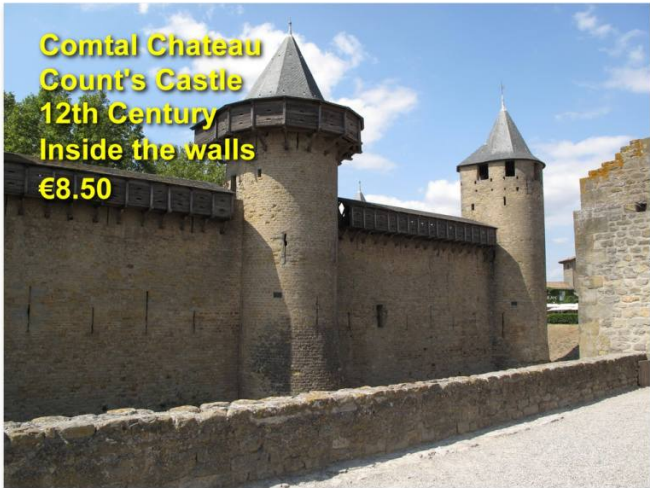


Set meal €12-24  
Kids' meal €7  
"Entrees" = Starter UK  
=Appetizer USA €7-10  
Main course €12-24  
Omelets €5-7  
Meal-sized salads €12-15

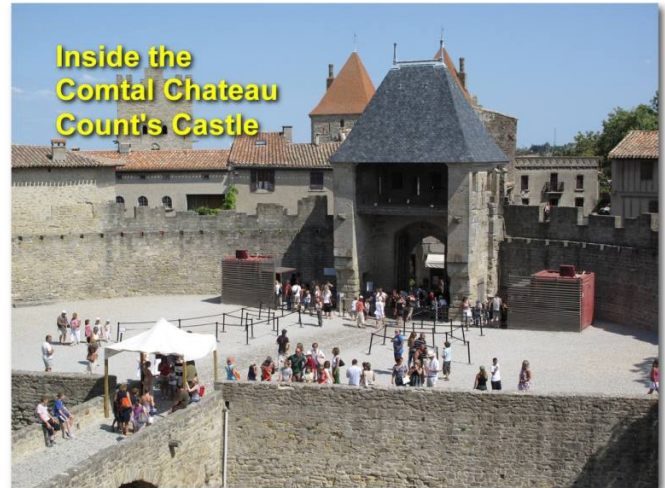


Orillettes - Sweet, orange-flavored  
fried dough  
€1 per piece

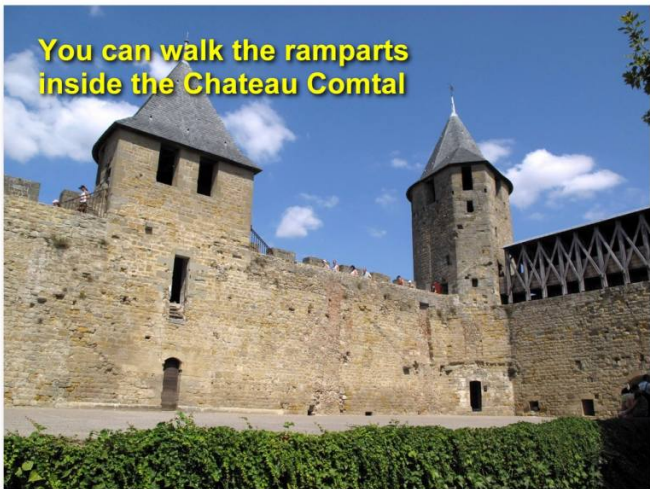
South of France specialty



Comtal Chateau  
Count's Castle  
12th Century  
Inside the walls  
€8.50



Inside the  
Comtal Chateau  
Count's Castle



You can walk the ramparts  
inside the Chateau Comtal



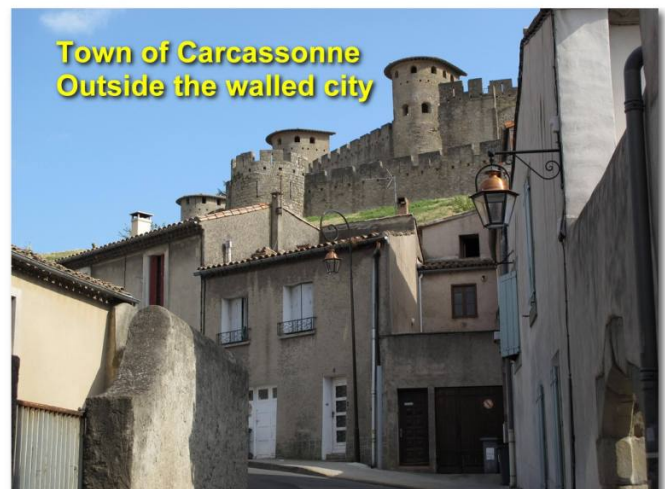
View of Carcassonne from the  
walls of Comtal Castle

Saint Gimer  
Church  
1859



Just outside the Medieval city  
Cimetière Saint Vincent  
St Vincent Cemetery

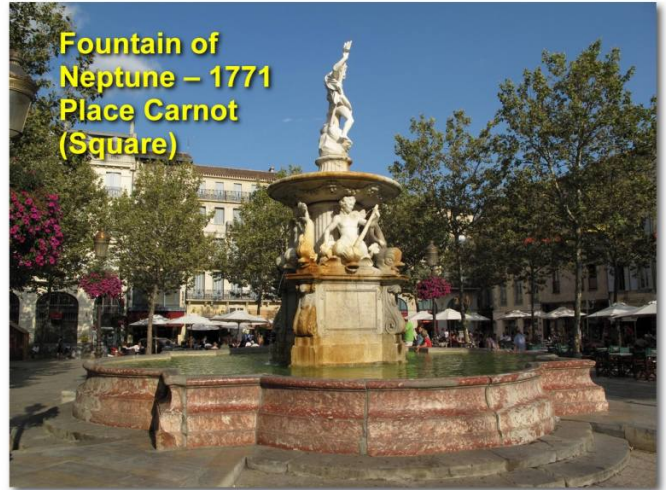
Graves from 19th c to today.



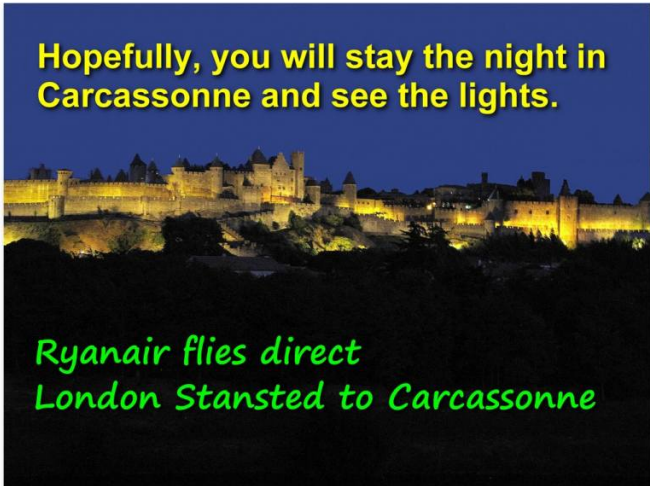
Town of Carcassonne  
Outside the walled city



**Carcassonne town**

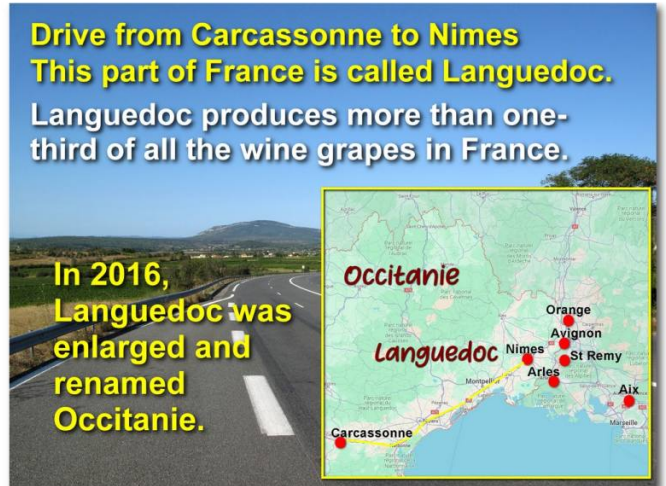


**Fountain of Neptune – 1771  
Place Carnot  
(Square)**



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

*Ryanair flies direct  
London Stansted to Carcassonne*

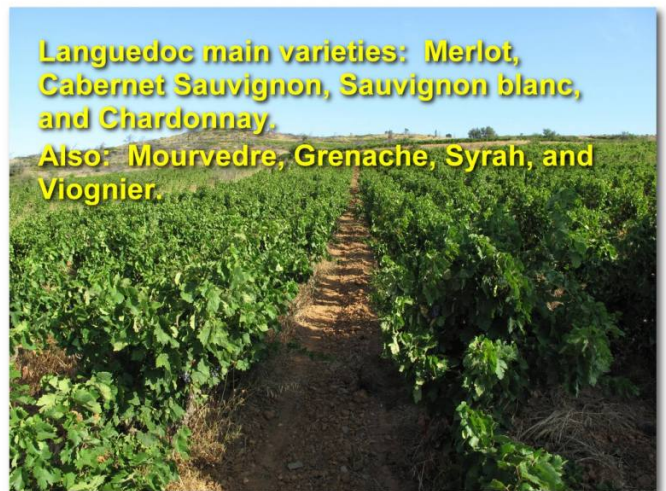


**Drive from Carcassonne to Nimes**  
**This part of France is called Languedoc.**  
Languedoc produces more than one-third of all the wine grapes in France.

**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.



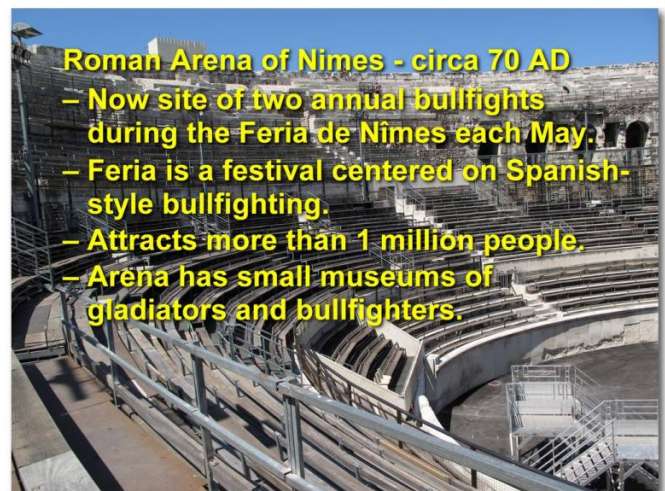
**Languedoc main varieties: Merlot, Cabernet Sauvignon, Sauvignon blanc, and Chardonnay.**  
**Also: Mourvedre, Grenache, Syrah, and Viognier.**



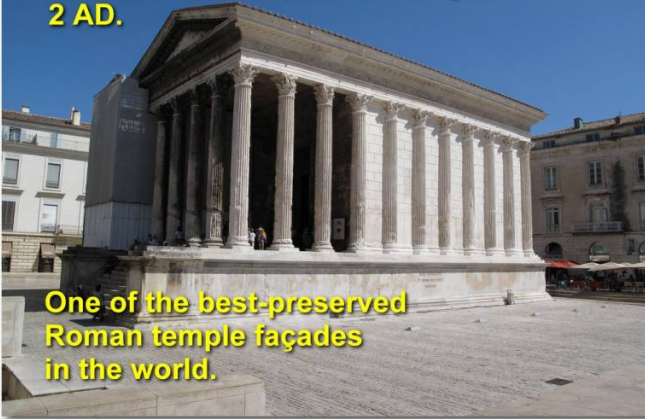
**Languedoc vineyard**



**Enhance your French vocabulary:**  
– l'embouteillage.  
– le bouchon.  
**(Traffic jam)**

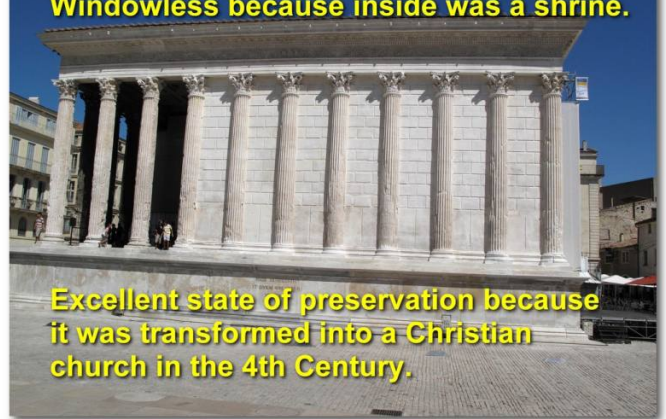


**Maison Carrée – Roman Temple  
2 AD.**



**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.**

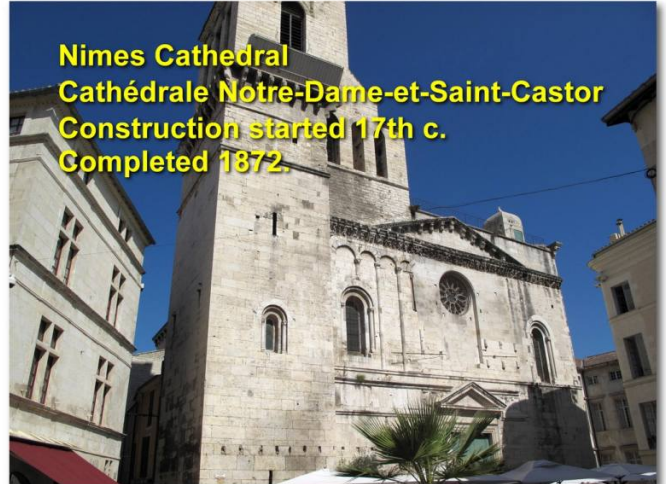
**Thomas Jefferson was American  
minister to France in 1785. He was  
given a model of the Maison Carrée.  
From 1786-89 Jefferson designed  
the Virginia State Capitol Building.**



**Maison Carrée**

**Virginia Capitol**

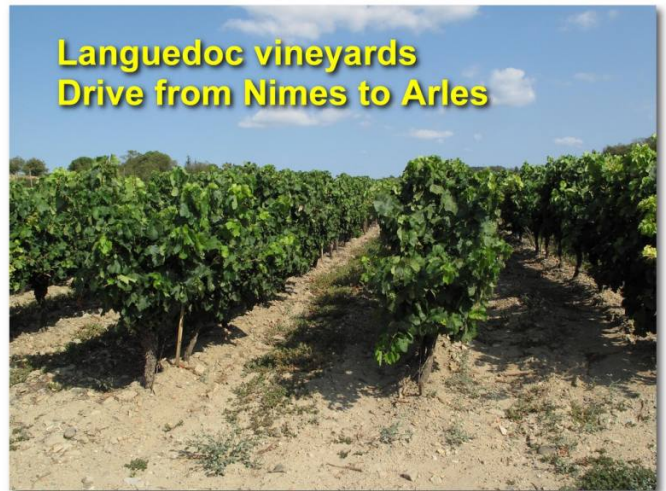
**Nîmes Cathedral  
Cathédrale Notre-Dame-et-Saint-Castor  
Construction started 17th c.  
Completed 1872.**



**Nîmes Cathedral  
Interior**



**Languedoc vineyards  
Drive from Nîmes to Arles**

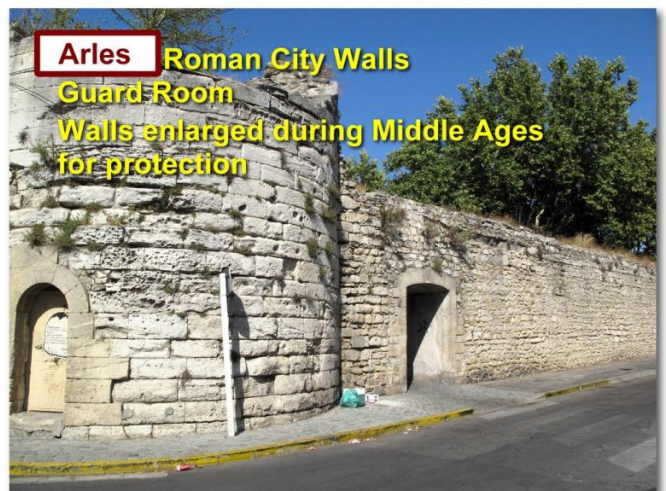


**Languedoc has 22,000 wine-growing  
estates.**



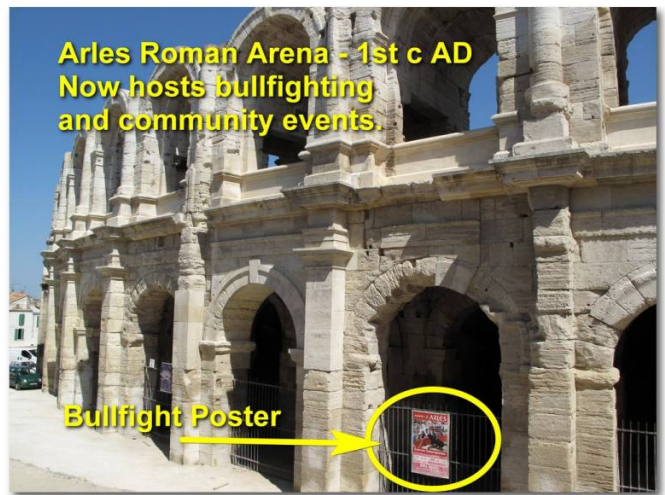
**Languedoc produces more wine than  
Australia or Chile or South Africa!**

**Arles Roman City Walls  
Guard Room  
Walls enlarged during Middle Ages  
for protection**



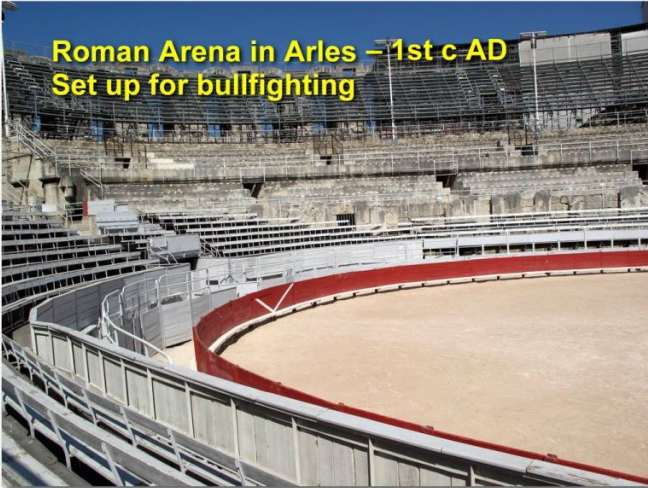


Amphithéâtre  
Arena of Arles  
Two-story  
Roman  
1st century AD  
Seated 21,000



Arles Roman Arena - 1st c AD  
Now hosts bullfighting  
and community events.

Bullfight Poster

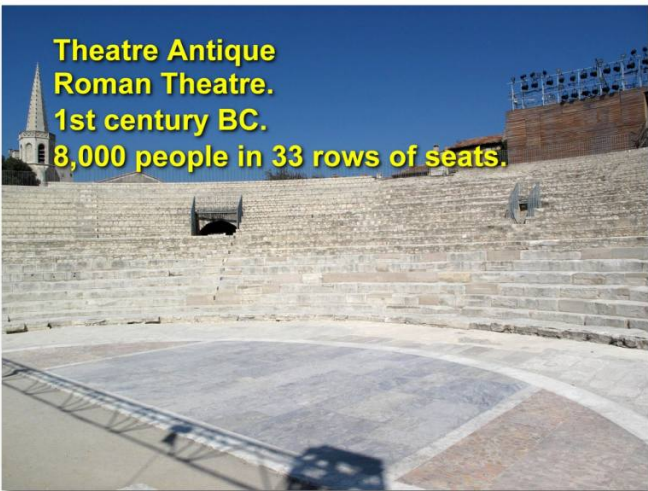


Roman Arena in Arles – 1st c AD  
Set up for bullfighting

**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.

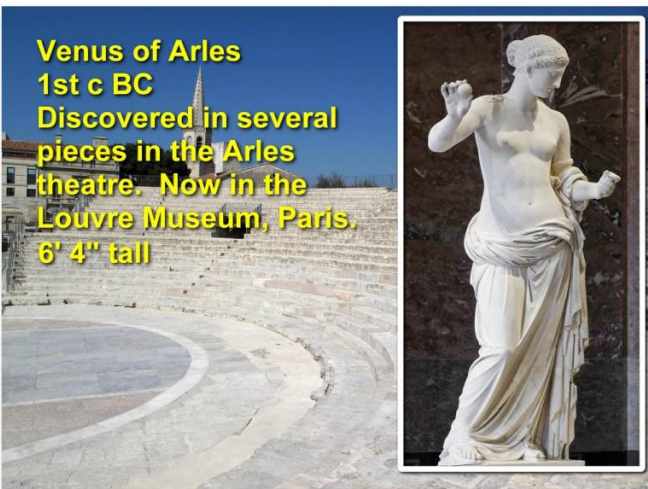
**Season:** April to October.



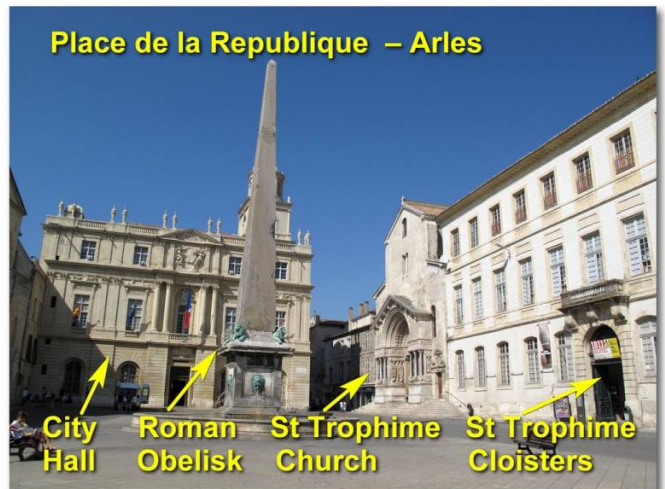
Theatre Antique  
Roman Theatre.  
1st century BC.  
8,000 people in 33 rows of seats.



Arles Theatre  
1st c BC  
Only these two  
columns remain  
of what was the  
backstage wall.



Venus of Arles  
1st c BC  
Discovered in several  
pieces in the Arles  
theatre. Now in the  
Louvre Museum, Paris.  
6' 4" tall



Place de la République – Arles

City Hall    Roman Obelisk    St Trophime Church    St Trophime Cloisters



**Obélisque d'Arles**  
Arles Obelisk  
4th-century  
Roman obelisk.  
Originally in the  
Arles Arena.  
Moved here  
1676.



**Eglise St Trophime**  
Church of St Trophime (Trophimus)

1080 apse and transept  
12th c nave and belltower



**West Portal – Story of the Apocalypse**  
Seated Christ with symbols of  
Evangelists (lion, bull, angel, eagle)

Chosen  
Christians  
going to  
Heaven

Apostles  
seated  
below  
Jesus

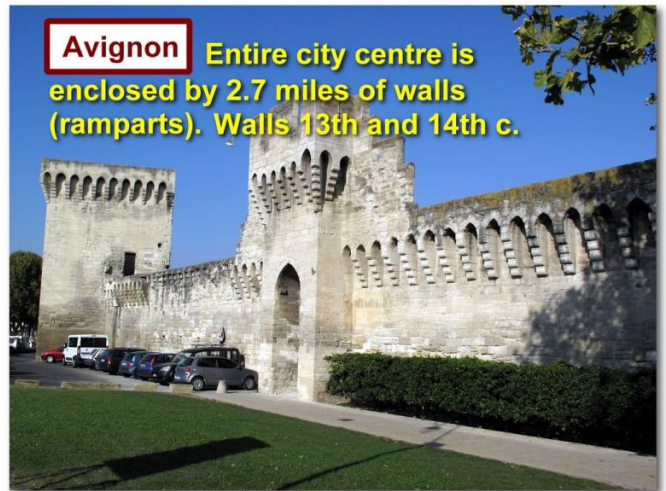
Sinners  
going to  
Hell



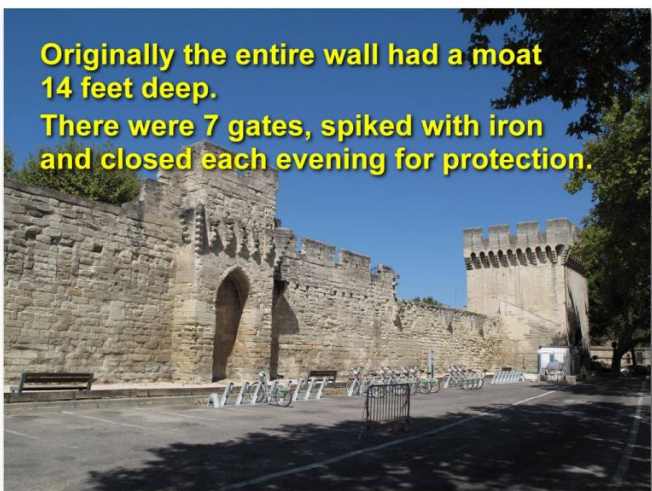
**St Trophime Church Interior**  
Gobelin tapestries  
16th c



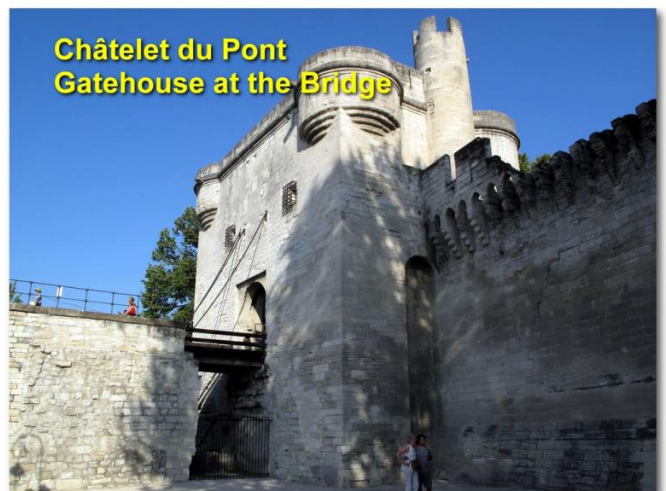
**Arles Town Hall – 1676**  
Hotel de Ville  
Place de la République



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



Originally the entire wall had a moat  
14 feet deep.  
There were 7 gates, spiked with iron  
and closed each evening for protection.



**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.**

## **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 the old Papal Palace and built the 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 two popes continued to claim themselves to be the true pope.**

**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.**



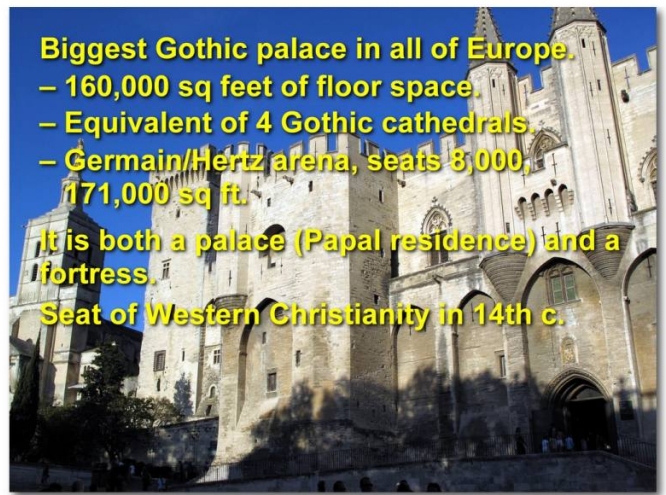
**Papal Palace at Avignon**  
**Constructed in two parts**  
**1335 to 1355**



**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.**

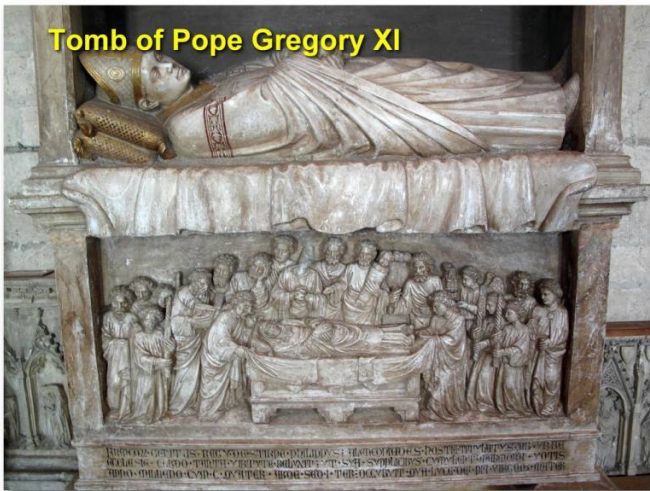
**Seat of Western Christianity in 14th c.**



**Religious statue beheaded during the French Revolution 1789-1799.**



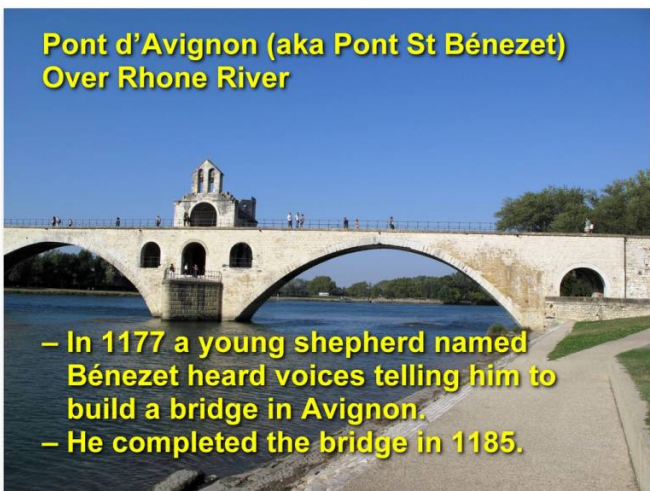
**The Passion of Christ  
Sculpture in the Consistory**



**Tomb of Pope Gregory XI**

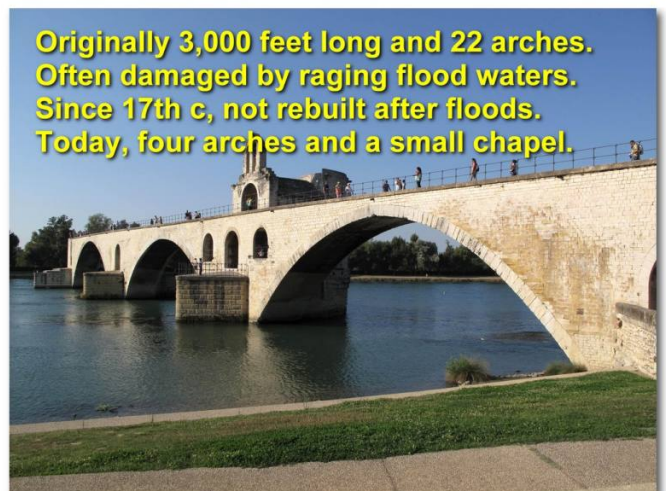


**9 Popes reigned from Avignon**

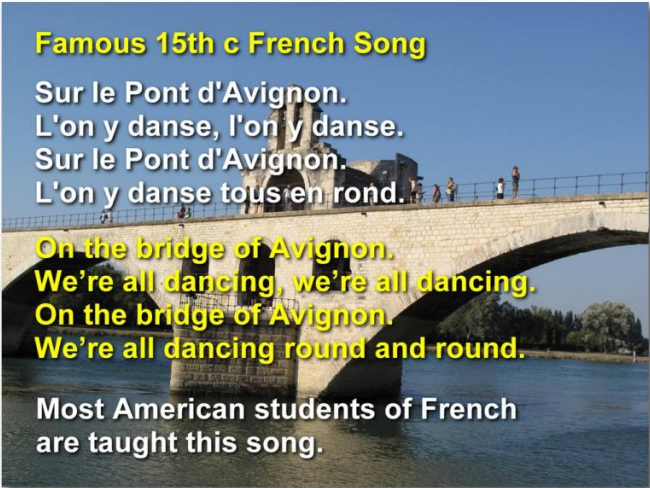


**Pont d'Avignon (aka Pont St Bénézet)  
Over Rhone River**

- 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.**

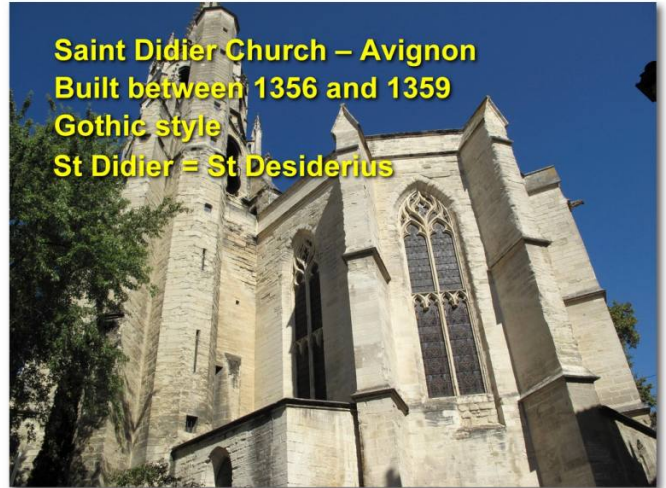


**Famous 15th c French Song**

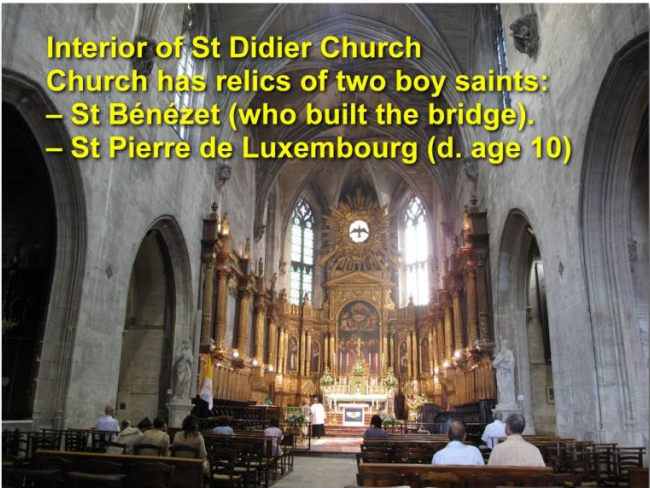
Sur le Pont d'Avignon.  
L'on y danse, l'on y danse.  
Sur le Pont d'Avignon.  
L'on y danse tous en rond.

**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-Agricol  
Saint Agricola  
1321



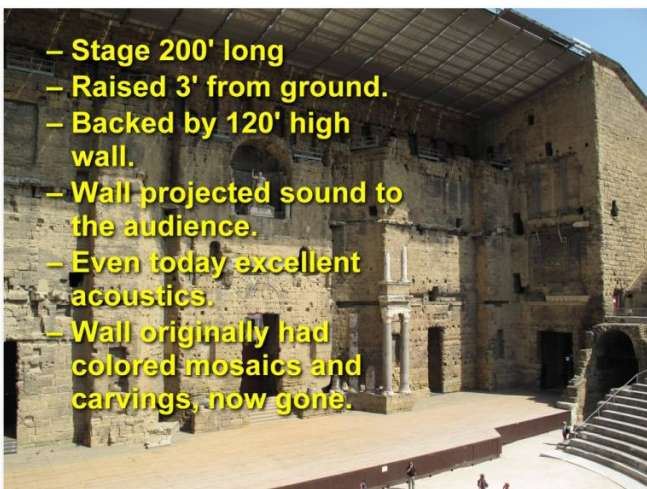
What city are we in now?  
Hint

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.



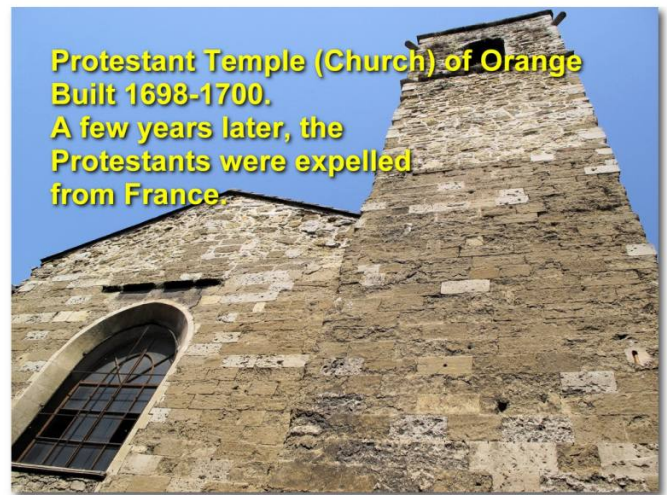
- Stage 200' long
- Raised 3' from ground.
- Backed by 120' high wall.
- Wall projected sound to the audience.
- Even today excellent acoustics.
- Wall originally had colored mosaics and carvings, now gone.



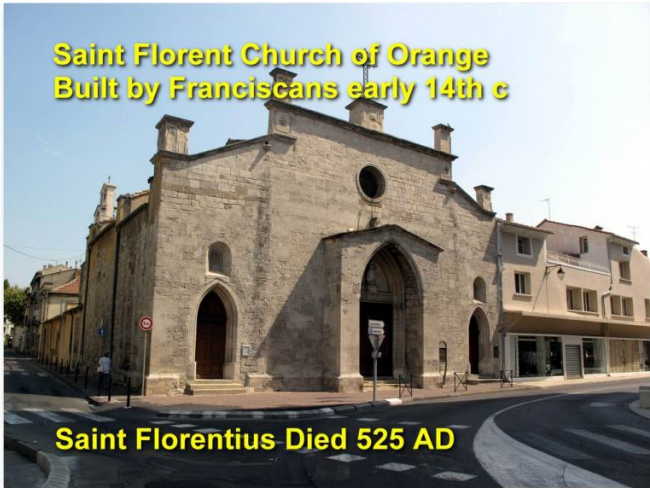
Art and History Museum of Orange  
In a 17th c mansion



**Art and History Museum of Orange**



**Protestant Temple (Church) of Orange**  
Built 1698-1700.  
A few years later, the Protestants were expelled from France.

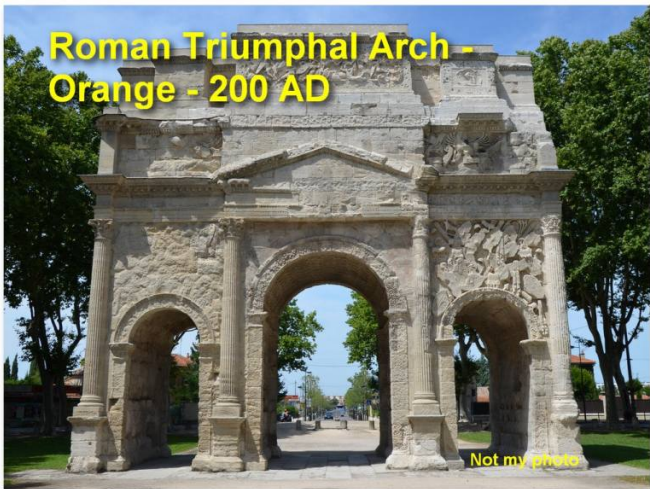


**Saint Florent Church of Orange**  
Built by Franciscans early 14th c

**Saint Florentius Died 525 AD**

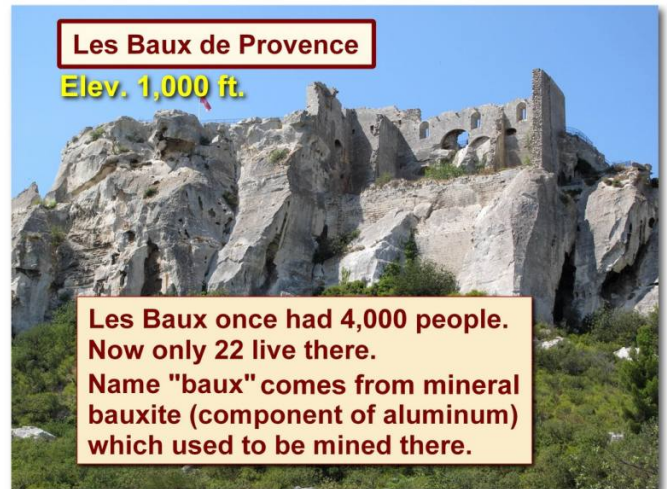


**Roman Triumphal Arch - Orange**  
Around 200 AD  
Under repair



**Roman Triumphal Arch - Orange - 200 AD**

Not my photo



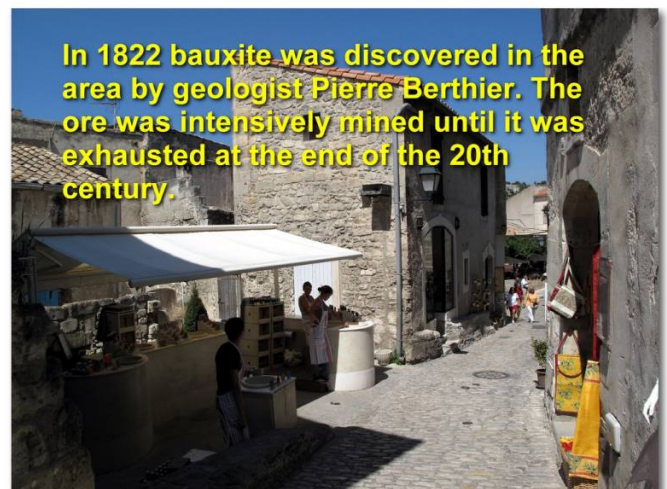
**Les Baux de Provence**  
Elev. 1,000 ft.

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.



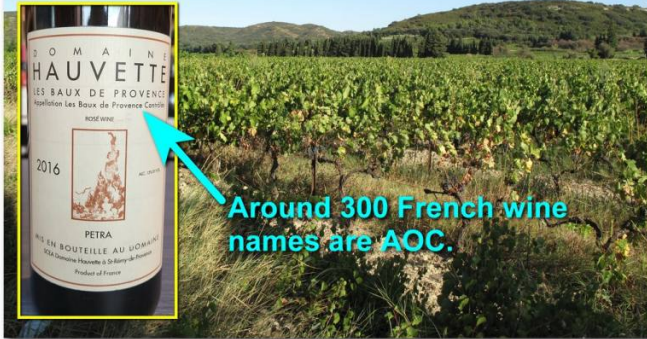
**Les Baux is now 100% tourism**  
Over 1.5 million visitors per year.

*Park your car on road below and walk up.*



In 1822 bauxite was discovered in the area by geologist Pierre Berthier. The ore was intensively mined until it was exhausted at the end of the 20th century.

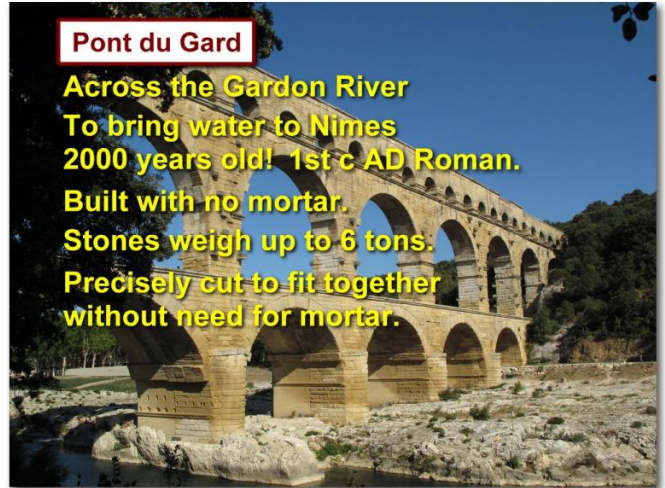
The name "Les Baux de Provence" is AOC.  
AOC = Appellation d'Origine Contrôlée.  
Trademarked wine name under French law.



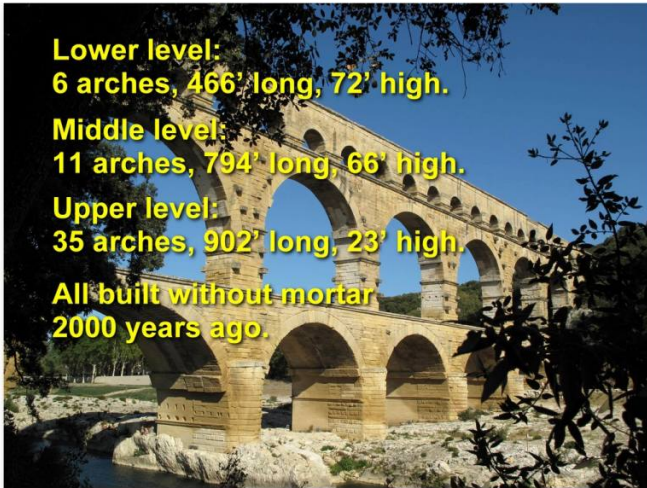
Around 300 French wine names are AOC.

### Pont du Gard

Across the Gardon River  
To bring water to Nimes  
2000 years old! 1st c AD Roman.  
Built with no mortar.  
Stones weigh up to 6 tons.  
Precisely cut to fit together  
without need for mortar.

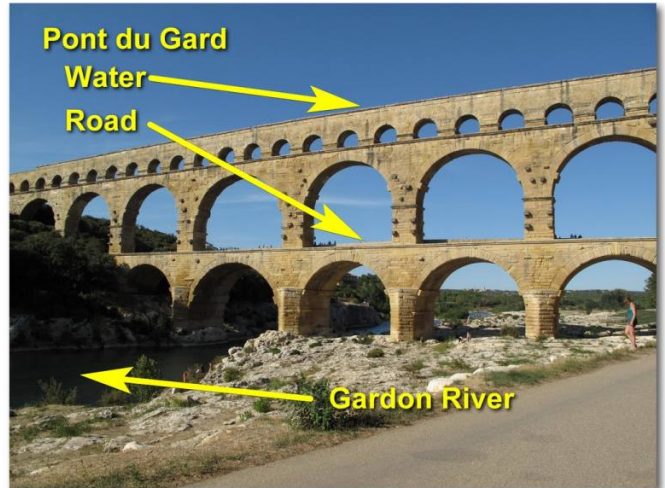


Lower level:  
6 arches, 466' long, 72' high.  
Middle level:  
11 arches, 794' long 66' high.  
Upper level:  
35 arches, 902' long, 23' high  
All built without mortar  
2000 years ago.



### Pont du Gard

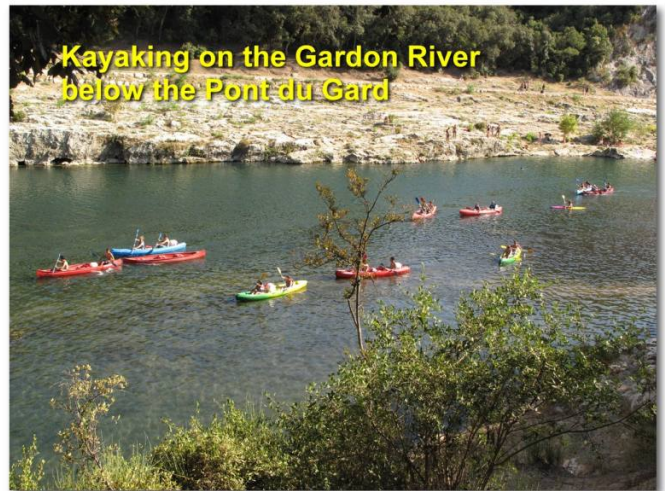
Water  
Road  
Gardon River



Pont du Gard  
One of France's  
top 5 tourist attractions.  
Tickets €8.50.



Kayaking on the Gardon River  
below the Pont du Gard

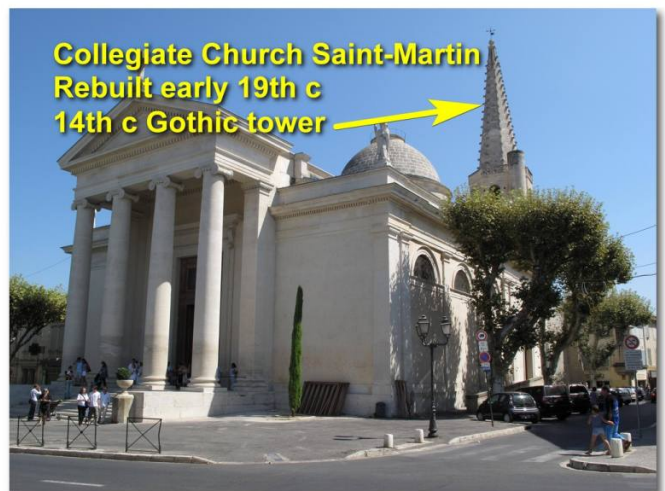


### Town of St Remy

St Paul's Gate – 1747



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





**St Remy**



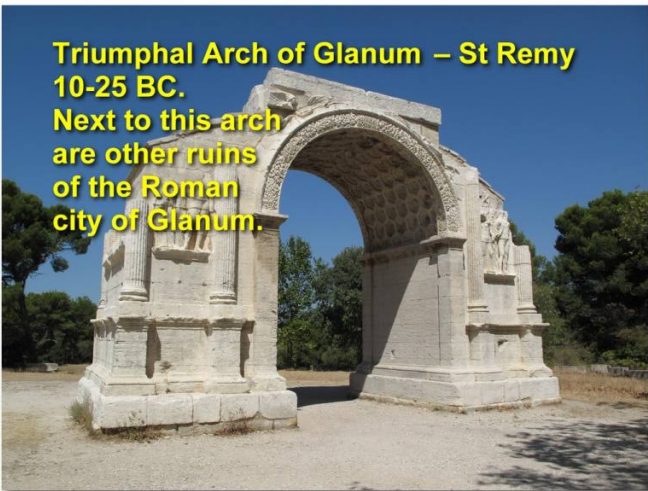
**Vincent Van Gogh painted "The Starry Night" while in a psychiatric hospital in St Remy. 1889.**



**Roman Mausoleum of the Julii  
40 BCE  
St Remy**



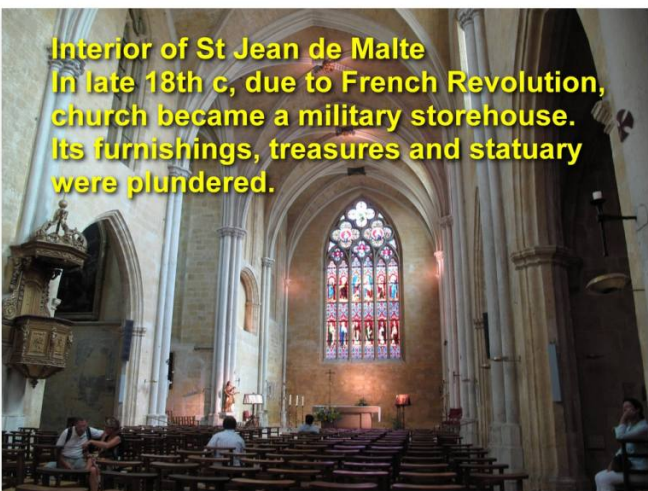
**Roman Mausoleum of the Julii  
Carvings tell different battle stories  
40 BC**



**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**



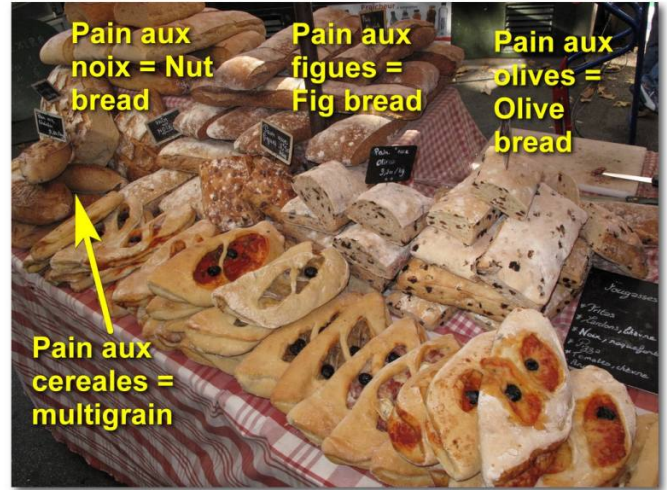
**Interior of St Jean de Malte  
In late 18th c, due to French Revolution, church became a military storehouse. Its furnishings, treasures and statuary were plundered.**



**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**



**Olives Figs Nuts**

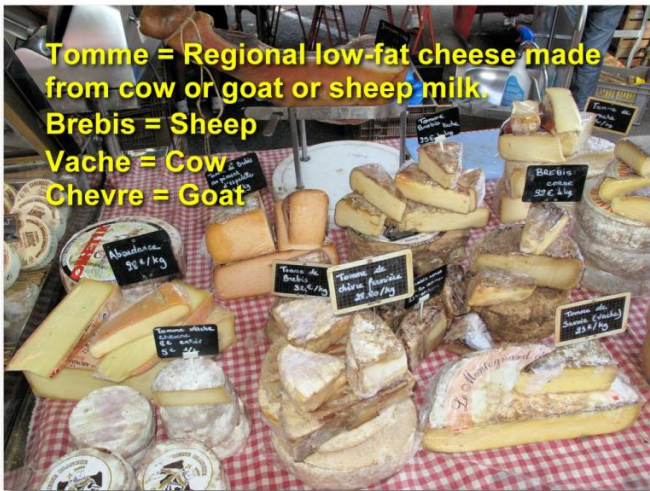
**Beef Pepper Provence herbs Thyme Dried Smoked**

**Many Kinds of Sausage (Saucisson)**

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



**Aix en Provence Market**



**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 € kilo**

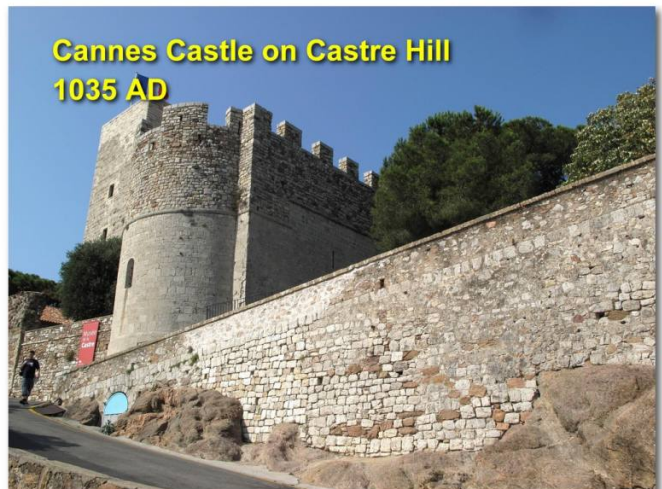
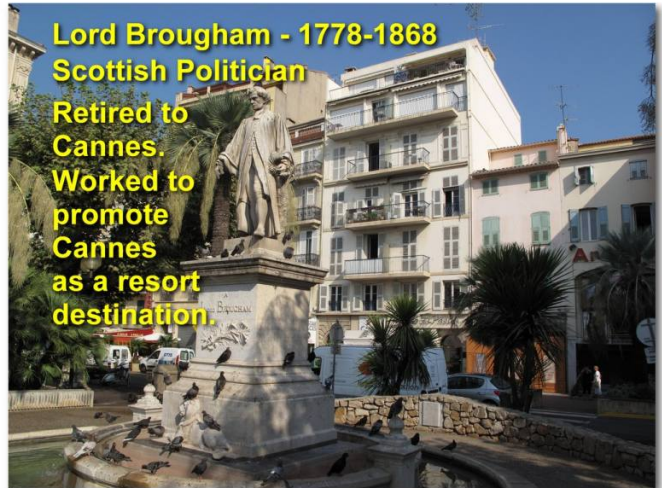
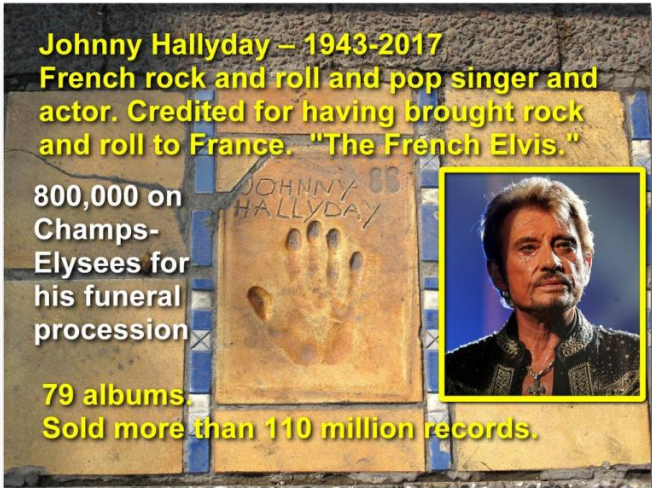


**Fraise = Strawberries  
Framboise = Raspberries**

**FRAISE 3,50 € la kilo**

**FRAMBOISE 3,50 € la kilo**





**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)**



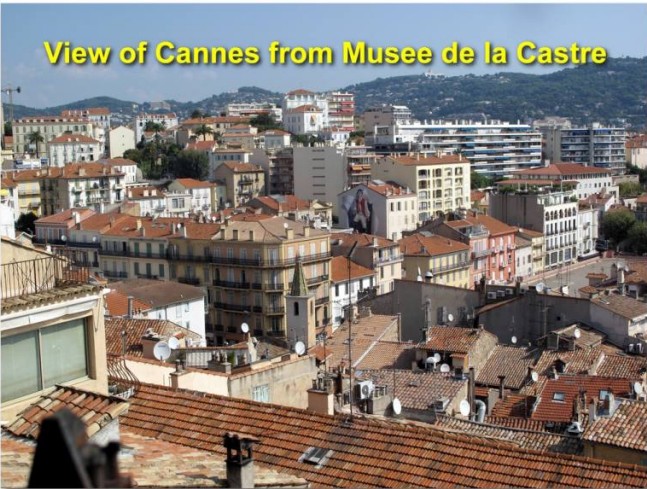
**Museum of Castre (Musee da la Castre)**



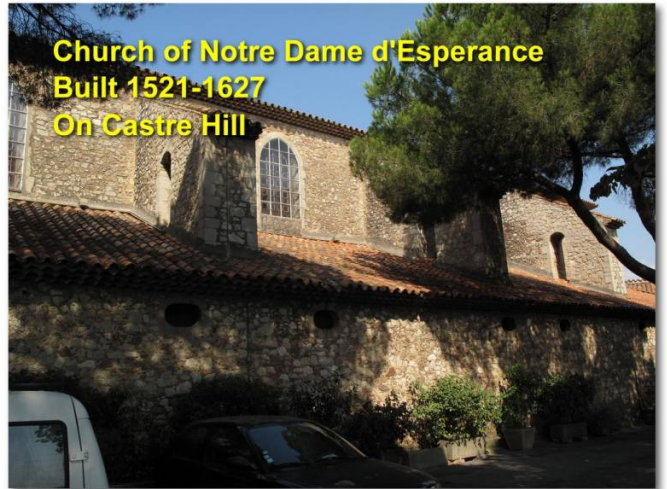
**Examples of Artworks  
Castre Museum**



**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**

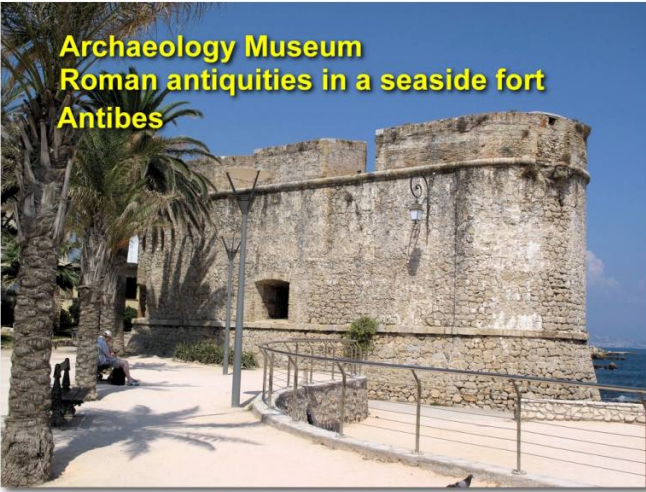


**Cannes Beach**



**Antibes** – Mediterranean Resort  
On the Côte d'Azur between Cannes  
and Nice

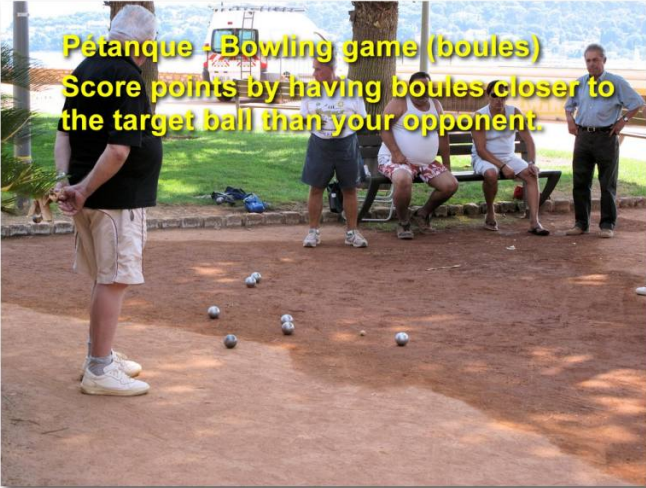
**Archaeology Museum**  
**Roman antiquities in a seaside fort**  
**Antibes**



**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"**

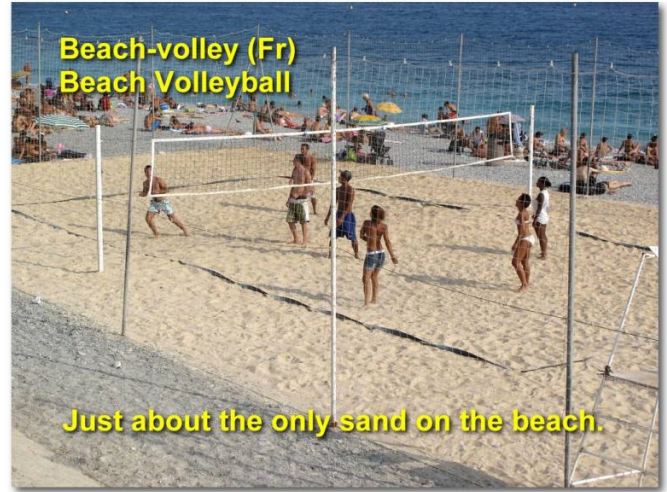


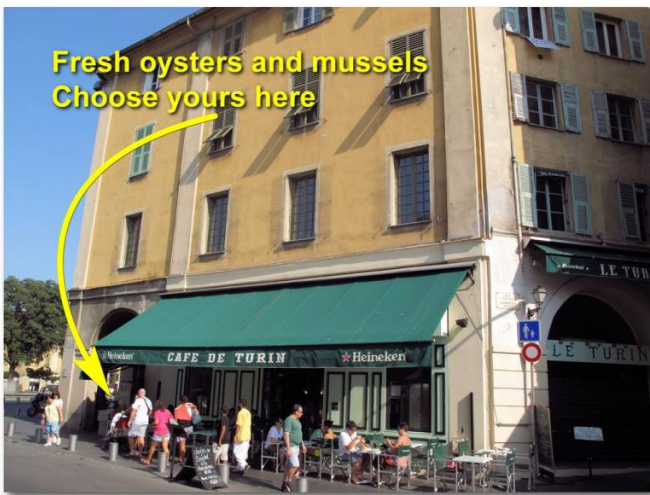
**Unlike Florida, some of the beaches in Nice are private.**



**And some hotel beaches can get very crowded**





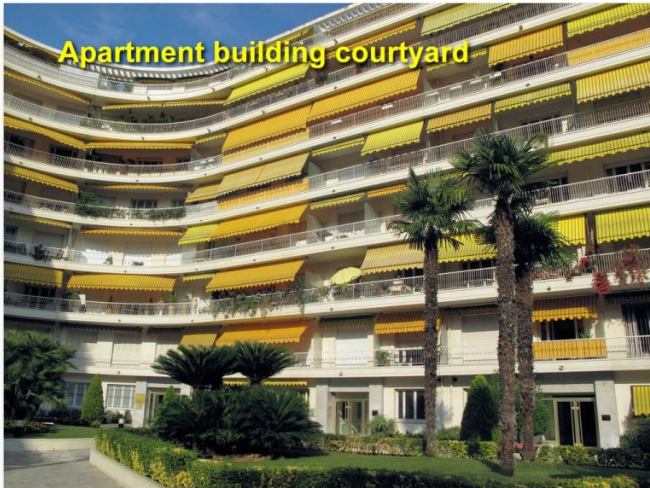


Fresh oysters and mussels  
Choose yours here

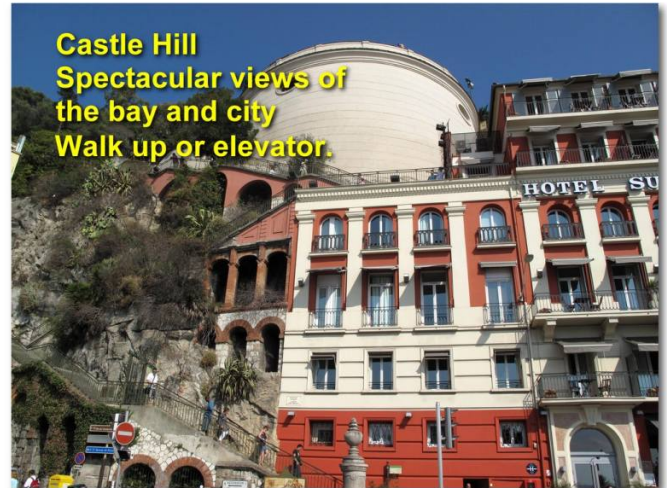


Fine de claire are famous oysters from  
South of France grown in salt pods

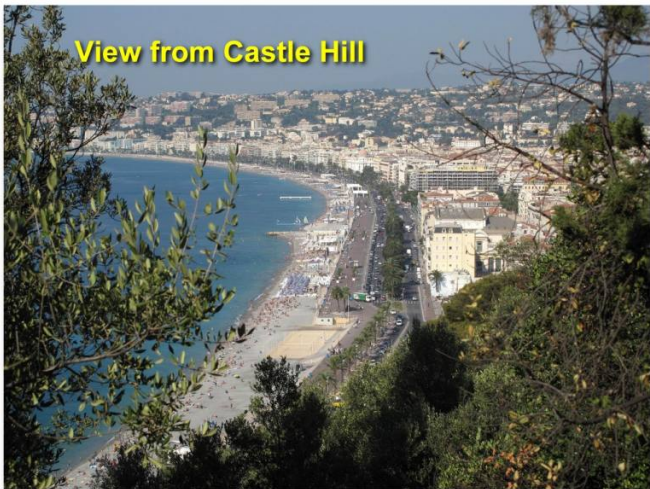
€7.35 a dozen  
(little over US\$8)  
Moyennes = average size



Apartment building courtyard



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



View from Castle Hill



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**



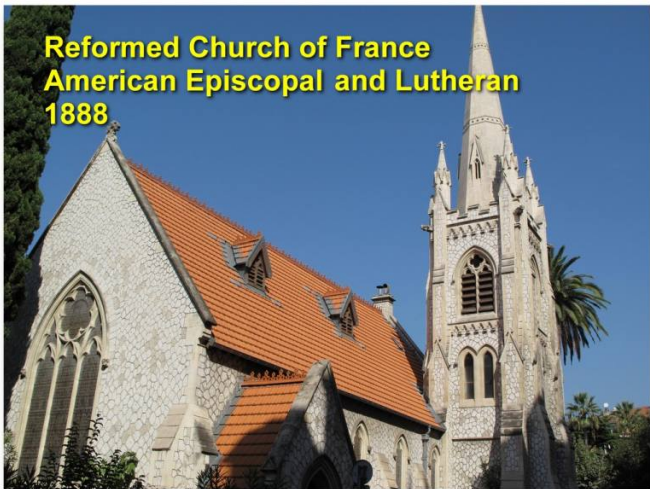
**Market at Cours Saleya  
Shallots (Echalotes) and Garlic (Ail)**



**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**



**Palace of Justice  
Law Courts  
1892**

On a beautiful square near the beaches

**Coming Up in 2024 - All 3 to 4 pm**

<del>Italy: Tuscany</del>	<del>Thurs Jan 18</del>
<del>Southern Japan</del>	<del>Mon Feb 5</del>
<del>Estonia</del>	<del>Mon Mar 4</del>
<del>Southern France</del>	<del>Mon Apr 1</del>
Rome Part 1	Mon May 6
Rome Part 2	Mon Jun 3

PDFs of Slides Posted at [www.PaulVisits.com](http://www.PaulVisits.com)

**LA FIN  
THE END**  
of our visit to the  
South of France  
[ppacter@gmail.com](mailto:ppacter@gmail.com)  
Copyright © Paul Pacter  
[www.PaulVisits.com](http://www.PaulVisits.com)