

## Toulon, France

Toulon is on the Mediterranean coast east of Marseille. The cruise port in Toulon is located in France's Provence region. The port is across the bay from the city, in the La Seyne-sur-Mer area. The port provides a shuttle bus service that runs every 20 minutes, taking you to the center of Toulon.

Toulon's sister city is Norfolk, VA.

### About Toulon

Circa 200 BC, this port is currently an important naval center featuring industry in construction, fishing, wine making, and the manufacture of aeronautical equipment, armaments, maps, paper, tobacco, printing, shoes, and electronic equipment.

At a height of 1,916 feet, Mount Faron dominates the city of Toulon. The top can be reached by cable car from Toulon or by a narrow road that ascends from the west side and descends on the east side.

Does "Toulon" sound familiar? In *Les Misérables*, Jean Valjean spends nineteen years in the infamous prison, the Bagne of Toulon.

### Local Flavors

- Chichi Frégi - fried dough, a bit like a donut.
- Smash Sandwiches - common sandwich available from street vendors, akin to a panini.
- Bouillabaisse - fish stew, flavored with saffron and served with a garlic rouille sauce.
- Tourte de Blette - savory pie made with Swiss chard, raisins, pine nuts, and a sprinkling of sugar.
- Panisses - deep-fried chickpea flour fritters; crispy on the outside, soft on the inside, served with a garlic aioli.
- Anchoïade - dip made with anchovies, garlic, olive oil, and vinegar, often plated with fresh vegetables.
- Daube Provençale - beef stew marinated with red wine, herbs, and orange zest.
- Tian - layers of sliced vegetables, typically including zucchini, eggplant, tomatoes, and onions; baked until soft and fragrant.



### Unique Animals

European Brown Hare, North Wolves, European Mink, Greater Flamingo, Corsican Brook Salamander, Lynx Boréal, Marbled Newt, Alpine Marmot, Musaraigne Pygmée, Loir Gris, and Chamois.

### Unique Plants

There are dozens! Most popular are: Wild carrot, Cape leadwort, Evergreen Honeysuckle, Oleander, Mediterranean spurge, Rosemary, Sage-leaved Rock-Rose, Sweet Alyssum, Japanese pittosporum, Narrow-leaved mock privet, Laurustinus, Montpellier cistus, Grey-leaved cistus, Garden thyme, and Red Valerian.



## Language

French, with small areas speaking Maritim. English is spoken by many locals in the tourist areas.

## Currency

Euro

## Driving

Your US driver's license is valid - as long as you are over 18yo, no one under 18 can drive in France! Children under 10yo must be in the back seat. Drive on the right side of the road.

## Sites to See

- Téléphérique du Mont Faron - a mile from the old city, take one of the oldest cable cars in Europe to the top of Mont Faron, 584 metres above sea level.
- Museum of the French Navy
- Museum of Old Toulon
- Museum of Asian Arts
- Museum of Art
- Memorial Museum to the Landings in Provence
- Museum of Natural History of Toulon and the Var
- Hôtel des arts
- Jardin d'acclimatation du Mourillon
- Tour Royale

## Guided Tours

This port lacks guided tours for single travelers or couples, most require a minimum of 6 people.

The two top activities here are:

Petit Train - comes right to the cruise terminal to pick up passengers. This is a hop on, hop off route, taking 45 minutes to ride the entire circuit. The route includes beaches, Old Town, and Hasussman Quarter. It includes commentary in English and French. Cost is 10€, payable directly to the driver.



Téléphérique du Mont Faron - a mile from the old city, take one of the oldest cable cars in Europe to the top of Mont Faron, 584 metres above sea level. Hail a taxi or summon an Uber at the port to take you to the base of the mountain a mile away. Cost is 18€ per person.

