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3 QUESTIONS FOR MARTINE VASSAL
PRESIDENT OF THE BOUCHES-DU-RHÔNE AREA COUNCIL
PRESIDENT OF THE AIX MARSEILLE PROVENCE METROPOLITAN AREA

MPG2019 was your idea. What made you want to honour Provence’s gastronomy in 2019?
Our area attracts an increasing number of talented chefs and projects on the gastronomy theme. There is a genuine dynamic here around gastronomy, driven by all of the sector’s stakeholders. This fabulous movement expands the reach and attractiveness of Provence, and we need to accommodate and sustain it. Our producers, wine growers and iconic chefs are our finest ambassadors. This culinary wealth needs to be showcased by a major event like MPG2019. It is also an opportunity to unite national and international economic networks behind Provence’s living heritage.

What meaning do you want to give to the event?
First and foremost, a sense of sharing and generosity. What does gastronomy represent here? It calls on our senses, Provence’s gastronomy is a genuine heritage, a history dating back to Antiquity – our beautiful area boasts stunning landscapes, exceptional produce and a history dating back to Antiquity – Provence’s gastronomy is a genuine odyssey! It is an essential part of our identity, it is an intrinsic part of our heritage, just like our fabulous landscapes and lifestyle.

How will the event reach people?
Our professional, cultural and touristic stakeholders have got together to create a gastronomic voyage spanning towns and villages throughout the area. Various major events are scheduled to bring local inhabitants together, while other smaller events are designed to help people discover Provence’s exceptional riches. MPG2019 will combine a year of encounters with local chefs, gourmet markets, picnics and urban vegetable gardens with many cultural events on the culinary theme. Our exhibitions, festivals and concerts will be going gastronomic! The success of the event relies on our ability to play as a team. Together, we will make 2019 a capital year for Provence’s gastronomy!

3 QUESTIONS FOR DANIÈLLE MILON
PRESIDENT OF PROVENCE TOURISME
VICE-PRESIDENT OF THE BOUCHES-DU-RHÔNE AREA COUNCIL
VICE-PRESIDENT OF THE AIX MARSEILLE PROVENCE METROPOLITAN AREA, IN CHARGE OF TOURISM

What does gastronomy represent here?
Our beautiful area boasts stunning landscapes, exceptional produce and a history dating back to Antiquity – Provence’s gastronomy is a genuine odyssey! It calls on our senses, celebrates tradition, creativity, culinary customs, lifestyles and the joy of new discoveries. Provence’s gastronomic heritage is more popular than ever before. From the producer to the plate, it attracts thousands of people from the world over keen to “taste” our Provence!

Can we use the term “gastronomic tourism”?
Yes, absolutely! Gastronomic tourism is a growing sector, with a host of new activities such as production site tours, purchase of local produce, markets, culinary evenings, cookery classes and gastronomy walks. If you want to get to know an area, you need to meet the people who forge and uphold its know-how. Discovering the men and women who work passionately to defend their land and traditions is undoubtedly the best way for a tourist to experience our destination. Our mission is to preserve this know-how – it is an intrinsic part of our wealth. Our Mediterranean and Provencal cuisine is fabulous and very much alive and kicking. It is an essential part of our identity – the very spirit of Provence!

Tell me more about this collective adventure...
The only way of meeting this challenge launched by the Bouches-du-Rhône area is together, by uniting local stakeholders, accompanying projects, and throwing bridges between Provencal chefs and local culture and arts. MPG2019 is a genuine home-grown project. Everyone – both the public and private sector – stepped up and got down to work during the preparatory year and will be continuing to contribute and play a role in this participative event. It’s like every good recipe: the right ingredients make the best dishes and we hope MPG2019 will be one of them!

3 QUESTIONS FOR GÉRALD PASSÉDAT
3 STAR-RATED CHEF OF THE RESTAURANT «LE PETIT NICE» IN MARSEILLE

As honorary President of the Marseille Provence Gastronomy Year, what are you most looking forward to?
I love this initiative and I’m proud to be presiding it! I was born in Marseille and I’m passionate about my city. I hope the public will enjoy seeing the new face of Marseille. Marseille Provence Gastronomy 2019 is going to be a fabulous springboard for our area and for the new generation of talented and passionate chefs and producers people are about to discover.

Provence attracts more and more gastronomic talents. How do you explain this new impetus?
The Mediterranean has bathed and fed me since I was a little boy. Our sea, rocks and dry inland country are endless sources of culinary inspiration. 2,600 years of culture and culinary pleasures are truly something to remember. It would be senseless for us to lose ourselves in today’s globalized culinary world.

I set up the association «Gourméditerranée» in 2012 as a showcase for the cuisine of Marseille and Provence, Mediterranean gastronomic culture and the very healthy Mediterranean diet. The association aims to unite chefs and producers and attract new talents to Marseille and the region. Today, the dream has come to life, with over 60 top chefs flying the flag of our culinary wealth. Our cuisine is more alive than ever: the simplest ingredients continue to be magicked into life by our chefs, while respecting our time-honoured Mediterranean diet.

I believe every cook should portray his own vision of the region. Our cuisine should be the guardian of an essential part of our Mediterranean and cultural heritage, just like our fabulous landscapes and lifestyle.

I was born in Marseille and I’m passionate about my city. I love this initiative and I’m proud to be presiding it! I’m looking forward to...
Initiated by the Bouches-du-Rhône Area Council and steered by Provence Tourisme, Marseille Provence Gastronomy 2019 will be celebrating the popular art of gastronomy throughout the Bouches-du-Rhône. This year, we will also be celebrating the know-how of this crosswise and emblematic industry’s many and diverse stakeholders. From the field to the plate and the pan to the table, they all play a part in making us a flagship gastronomic destination.

Encounters with local chefs, gourmet markets, picnics with a view and urban vegetable gardens are just some of the ingredients of this gastronomic voyage through the area’s exceptional landscapes and produce. From March to December, the Bouches-du-Rhône’s towns and villages will be hosting a plethora of both prestigious and popular events, honouring the traditional flavours, recipes and produce of our local farmers and wine growers. MPG2019 will also be putting the spotlight on our finest chefs, restaurants, artisan producers, tableware artists and all those who strive to uphold and enhance Provence’s gastronomy.

Associating talent, passion and creativity, this new adventure aims to put «Made in Provence» produce in the limelight and bring our destination to the attention of visitors and holidaymakers seeking quality and authenticity. Presided by Michelin 3-star Chef Gérald Passedat, Marseille Provence Gastronomy 2019 is set to be a delicious event with plenty for everyone. In short, a generous, festive and truly fabulous year!
L’Art Mangé l’Art, exhibition at the Musée Regards de Provence, Marseille
March 2nd to September 29th
This contemporary art exhibition invites visitors to rediscover - from a sometimes offbeat angle - the simple pleasures of harvesting, cooking and eating. Part of the Eat Art movement reflecting on our consumer society and the food industry, it invites each artist to offer their own interpretation of food, nature, the soil, meals and togetherness...

Festival du 9ème Art et de la Gastronomie, Aix-en-Provence
April 6th to May 25th
A novel marriage of comic books and gastronomy. If you’re a fan of comic books and good food alike, you won’t have to choose between reading and eating any longer! For its 18th edition, the Comic Book Festival organized by the Aix-en-Provence Tourist Office is throwing a fun and offbeat spotlight on local gastronomy. A guest illustrator will be capturing the diversity, riches and specificities of Provence’s cuisine on paper.

Le plus grand cours de cuisine étoilé, Marseille
June 28th
A surprising event is going to happen. On stage, the starred chef Lionel Lévy left his kitchen at the InterContinental restaurant to challenge the gourmet public: the realization of the biggest<br>***<br>**special edition dedicated to**<br>**Lebanese Chef Kamal Mouzawak and his incredible specificities of Provence’s cuisine on**<br>**in the heart of the vineyards, it’s time to taste a glass of**<br>**wine while listening a concert. Classical music, jazz or**<br>**popular Pizzamania festival. The love story between Marseille and pizza dates back many years:**<br>**Pizzamania, a festival of pizza! There’s no need to travel**<br>**to Italy to savour a good pizza! In September, 20 pizza masters will be gathering on Marseille’s Old Port for the**<br>**Festival de la Soupe, participative event in Marseille and throughout the Bouches-du-Rhône**
December
Eat your soup! Just for kids? Not at all! Concocted with pistou sauce, truffles, baby onions, chestnuts and even strawberries, oranges and spicy caramel, soup will never be the same after the “Festival de la Soupe”! Throughout the Bouches-du-Rhône, chefs will be stirring up and revisiting traditional recipes in the street in XXL tureens, to ensure everyone gets a taste. Partnered by the Food Bank and National Market, this event is one of MPG2019’s largest meetings, bringing together the world of Provence gastronomy in Marseille. An impressive decor made entirely with plants will be transforming the pavilions into symbols of gastronomy in the Bouches-du-Rhône (cereals, wine, the sea, etc): each sector has its own village and each village has its own activities.

Les Rencontres Internationales de la Photographie – Tawlet, Arles and Marseille
July 1st to September 22nd
Les Rencontres d’Arles: Lebanese food beyond the clichés
Considered as the Cannes Film Festival of photography, the « Rienncouleurs Internationales de la Photographie d’Arles » is celebrating its 50th anniversary in gourmet style this year with a special edition dedicated to Lebanese Chef Kamal Mouzawak and his incredible specificities of Provence’s cuisine on paper. Their goal: to prepare a recipe of Lionel Lévy, ‘sostéplé, Marseille’ inspired by the chef's 1000 participants by team of 8 surprised by other chefs. Their goal: to prepare a recipe of Lionel Lévy. From 6:00 pm, the show begins. The purpose of this event is to show how powerful Marseille is on the gastronomic side, it is clearly the opportunity to set a new record in the Guinness Book.

La Grande Halle, Vieux-Port, Marseille
June 28th to 30th
An open-air food hall spanning the Old Port, instilling the quaisides with a farandole of flavours, scents and colours...
TOWN FESTIVALS

AIX-EN-PROVENCE
9TH ART COMICS AND GASTRONOMY FESTIVAL
July-September
The Festival will shine a fun and offbeat spotlight on the region’s gastronomy. A fully illustrated gourmet special edition will take a bite of the news and food and wine scene in Provence.

AUBAGNE
CULINARY MARQUEE
TOWN CENTRE
Saturday 21 – Sunday 22 September
The Friends of Escoffier are putting on demonstrations and tastings in connection with a farmers’ market, with artistic entertainment in a marquee. Dinner accompanied by music.

AURIOL
SAINT-PIERRE PIEDS-PAQUETS FESTIVAL
VILLAGE SQUARE
Friday 26 July, 8:30pm
A large outdoor banquet in the middle of summer serves up the ‘pieds-Paquets’ Provençal speciality par excellence, that is stewed sheep’s feet and ‘packages’ of stuffed sheep’s tripe. Local producers prepare the desserts. A show and night of dancing under the stars.

CASSIS
THE STARRY HARVEST
SQUARES AROUND THE TOWN
Friday 20-Sunday 22 September
On the programme of the 10th edition: opportunities to meet Michelin-stared and emerging chefs during free cooking shows and cooking classes... Farmers Market and Starring Night Harvest.

CASSIS
ART AND A WORLD FEAST
TOWN CENTRE
Friday 17-Saturday 18 May
Bringing people together for world solidarity: Artisanal shows, dance, music, street performances and cuisine. Every year around 10 artisans present their products, and almost 40 restaurants serve their specialties to more than 20,000 people.

CHÂTEAUNEUF-LE-ROUGE
MMM! GASTRONOMY IN PROVENCE FESTIVAL
VILLAGE SQUARE
Sunday 7 July
The festival makes gastronomic excellence available to everyone thanks to the renowned chefs taking part. Winemakers, brewers and producers each contribute their own vision of gastronomic culture. A moment untouched by time in the heart of a Provençal village.

CHÂTEAUNEUF-LES-MARTIGUES
PLEASURES OF THE MEDITERRANEAN
VILLAGE SQUARE
Saturday 28 June
Three cooking workshops will be held with chefs from the region. A gourmet meal with music draws out the delicate summer day.

LA COTIA
CINEMA AND GASTRONOMY EVENINGS
EDEN THEATRE
26 April, 5 July-30 August
Cinema takes great pleasure in exploring the world of cooking and gastronomy. The oldest cinema in France is putting on three Cinema and Gastronomy evenings. A film and entertainment followed by dinner. Over to the cooking show!

MARGINS
THE MARRIAGE OF MIRABEAU
TOWN HALL
September
A theatre performance is put in in the elegant 13th-century Château de Mirabeau, which is the town hall today. A dinner served in the château’s courtyard will continue the festivities.

MARSEILLE
MARSEILLE OCTOPUS WORLDWIDE
MACÉON, VARAELE, THE DOCK
Monday 26-Sunday 22 September
2nd edition of the gastronomic & multidisciplinary festival. The octopus is looked at in both its sprawling and culinary dimensions, in artistic, cultural and social forms.

MIRAMAS
PISTOU SOUP WORLD CHAMPIONSHIPS
PLACE JOURDAN
Saturday 6 July
An event based around an unmissable Provençal specialty, each soup having its own version and a little something extra. Fifteen teams compete for the title each year in a festive atmosphere for a jury of local chefs.

MÉLISANNE
OLIVE TREE AND OLIVE OIL CHAMPIONSHIPS
PLACE DU 14 JUILLET
Saturday 31 August
From lunch to dinner, in the shade of Berber tents on the Town Hall square, put your menu together from the products of the fair’s restaurateurs and pastry chefs.

MONTPELLIER
MEDIEVAL BANQUET
PLACE DES HALLES
Saturday 22 June
As part of the Tarasque medieval festival, right in the historic centre, the cooks of Escoffier’s disciples treat guests to a royal feast under the watchful eye of Roy René.

MIRAMAS
GASTRONOMY FAIR
PLACE DES HALLES
Saturday 31 August
From lunch to dinner, in the shade of Berber tents on the Town Hall square, put your menu together from the positions of the fair’s restaurateurs and pastry chefs.

The gastronomy will be celebrated all around Provence, from small villages to big cities. The programme is available on the official website www.mpg2019.com
Offer a firework display of events
MPG2019 aims to open up new culinary horizons for local inhabitants and visitors alike. On the menu: over 1,000 gourmet events in the local towns, villages and even in fields and exhibition centres. A plethora of festive moments designed to bring people together and encourage new encounters, value-sharing and Provencal know-how sharing. MPG2019 is an invitation to explore. So let’s taste, sample and savour!

Encourage participation – the event’s DNA
MPG2019 is designed as a popular event with a programme encouraging a «Proud to be Provencal» spirit and inviting visitors from outside Provence to join in. The meetings are participative and give centre stage to new encounters, friendliness and sharing.

Unite people around shared values
The event couldn’t be a success without the enthusiastic participation of its various players. To ensure MPG2019 wins popular acclaim, we have developed and reinforced our ties with restaurateurs, producers, cultural stakeholders and professionals from every sector, so that their enthusiasm for Provence’s legendary lifestyle spreads to the general public.

Ensure MPG2019 is open to all
There is nothing elitist about the event! Provencal gastronomy belongs to everyone, from master chefs to home cooks. The urban and country festivities are designed to encompass people from all walks of life: specialists, local inhabitants and visitors from all cultures and origins.

All hands on deck.
Nearly 30 directorates in the Département have been asked to take part in the event and put gastronomy on the menu of their initiatives. The Culture Directorate is at the heart of a pool of nearly 600 associations and cultural partners and is one that has initiated several projects. Gastronomy will give a delectable tone to events like the Lyric Art Festival of Aix-en-Provence and the Chants de Noël (Christmas Carols). The Youth & Sport Directorate is focussing on raising middle-school students’ awareness through a number of initiatives, including the Tourism Job Days with a focus on catering trades, a vegetable garden version of the Collèges Fleurs (Middle Schools in Flower) or a “middle-school student” gourmet pass. As for the International Affairs Directorate, it will be hard at work for Good France.

Explore the fields of the future
Gastronomy is an ever-changing sector. That is why MPG2019 will be focusing on traditional culinary know-how and innovation alike, while exploring the future of Mediterranean farming and what it will look like in the plate.

A QUESTION OF PRINCIPLES
The story of MPG2019 is one of conviction and five founding principles, drawn up to form a road map and mobilize the area’s crosswise resources.

PROVENCE, A HUB OF GASTRONOMY
Provence is characterized by its abundant, excellent-quality local production and world-acclaimed Mediterranean diet. Our gastronomy springs from a wide variety of produce and soils and the creative know-how of our men and women. MPG2019 is also an inventory of this legacy, unveiling our rich history and agricultural and cultural heritage and emphasizing the importance of preserving them to ensure the area continues to evolve harmoniously.
A nourishing land

From the foothills of the Alpilles to the Sainte-Baume hills and Sainte-Victoire mountain, Provence alternates vast, wild plains such as those of La Crau and wetlands such as Camargue and Etang de Berre. On the coast, the magnificent «Calanques» fjords rub shoulders with urban areas, whose outskirts continue to uphold local production. Each of these micro-territories has its own speciality. Our landscapes have carved our gastronomy and wines and painted the thousand and one flavours that characterize this generous and gourmet destination.

The Mediterranean diet of yesterday and today

This beautiful area has always cared for its natural and architectural treasures, but what makes Provence stand out in particular is the way it has adopted other cultures to carve its image and history. A cosmopolitan land, Provence is enriched with many foreign influences: Arab, Armenian, Italian, Greek, Comorian and African to name but a few. In parallel, Provencal cuisine of yesterday and today has travelled throughout the globe. Bouillabaisse, Aïoli or Navette biscuits... Its recipes have been handed down and enriched over the years. By opening up to the world, Provence's legendary lifestyle has sparked the imaginations of all. Cooking has pushed open the doors of opportunity. Appreciated for its inimitable flavours, the Mediterranean diet is also acclaimed for its healthy properties, at a time when eating well has become a priority focus.

Gastronomy that symbolizes our «art of living together»

Placing Provence on equal terms with such hubs of gastronomy as Bordeaux, Toulouse and Lyon implies a special and differentiating project. Provence boasts magnificent scenery, many culinary specialities and unique gastronomic know-how based on simple cuisine made with local produce. Provence and Marseille particularly stand out for their friendliness and hospitality and time-honoured eating customs focusing on traditional values and togetherness.

Provence is also a lifestyle... Time moves slowly here and with a smile – every moment is a moment to relish. Gastronomy is synonymous with sharing. Here, the table is much more than a place where you sit down to eat: it embodies the codes and customs of social mixing, abundance and seasonality. Cooking is all about exchanging, sharing and being together.
A RECORD-BREAKING AREA
Leading producer of:
- tomatoes with 137,358 metric tons/year
- courgettes with 25,753 metric tons/year
- peaches with 26,648 metric tons/year
- nectarines with 29,972 metric tons/year
- pears with 33,451 metric tons/year
- olives with 9,474 metric tons/year
- rice with 80,000 metric tons/year (98% of French production)
- olive oil

A GENEROUS LAND & SEA
- 37,000 acres of farmland
- 27,000 acres of vineyards
- 35,000 acres of orchards
- 35,000 acres of rice fields, including 10% organic
- 594,600 hectolitres of wine produced in 2017, including 336,300 hectolitres of red wine and 247,200 hectolitres of rose wine
- 10,000 acres of olive groves
- 228,000 ewes, 18,000 bovines and 14,200 beehives

GASTRONOMIC APPELLATIONS IN PROVENCE
- Fain de Crau (AOP – AOC)
- Huile d’Olive de Haute-Provence (AOC – AOP)
- Huile d’Olive de la Vallée des Baux-de-Provence (AOC – AOP)
- Huile d’Olive de Provence (AOC)
- Huile d’Olive d’Aix en Provence (AOP – AOC)
- Miel de Provence (IGP and Red Label)
- Olives Cassées de la Vallée des Baux-de-Provence (AOC – AOP)
- Olives Noires de la Vallée des Baux-de-Provence (AOC – AOP)
- Riz de Camargue (IGP)
- Taureau de Camargue (AOC- AOP)
- Brousse du Rove (AOC)

AN APPETITE FOR ORGANIC
- 7 organic farm markets
- 66,700 acres certified organic in 2017 (6% increase versus 2016-2017)
- 22.8% of Utilised Agricultural Land in the Bouches-du-Rhône is organic.

A HUB OF CHEFS
- 1,985 restaurants including 87 “maître restaurateur” establishments and 192 gastronomic establishments.
- 18 Michelin star-rated restaurants in 2018

VARIED FOOD MARKETS
- 85 fruit & vegetable markets
- 19 fish markets
- 38 farm markets

A KEY ECONOMIC SECTOR
- Agriculture represents €450 M gross production, including 70% fruit & vegetables
- 8,745 farmers and 18,000 farm employees
- 32,000 café and restaurant employees

A FLOURISHING INDUSTRY
- 584 companies working in the food industry, including such success stories as Ricard in Marseille and Les Crudettes in Cabannes.
MAIN DIRECT FLIGHTS TO MARSEILLE-PROVENCE AIRPORT

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PREPARING YOUR MPG2019 TRIP

MAIN RAILWAY HIGH-SPEED LINKS TO MARSEILLE

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HOW TO GET TO BOUCHES-DU-RHÔNE

YOUR TURNKEY STAY IN PROVENCE

A selection of must-do packages for savouring MPG2019 and enjoying the fabulous flavours of Provence.

THE NEW ARCHITECTURAL FACE OF MARSEILLE
Marsole, Aix-en-Provence, Arles – 4 days / 3 nights
A delightful and colourful break combining architecture, gastronomy and culinary discoveries, with wine and local produce tasting, an urban vegetable garden, top tables and promising young chefs...

We love:
- The combination of gastronomy and architecture
- Discovering the new face of Marseille

A FULL IMMERSION IN WILD CAMARGUE
Camargue, Saintes-Maries-de-la-Mer or Arles – 2 days / 1 night
A relaxing and invigorating country break for two, filled with Camargue gastronomy and traditions.

We love:
- The full immersion in nature and proximity to the local wildlife
- The Gypsy evening!

A TASTE OF THE MEDITERRANEAN ON A MAXI CATAMARAN
Marseille, Aix-en-Provence, Les Baux de Provence, Sausset-les-Pins – 2 days / 2 nights
Climb aboard your beautiful private maxi catamaran to savour a shellfish platter before enjoying a night moored at sea. The next day, you will head off for a Wine & Olive Oil day in the picturesque village of Les Baux-de-Provence, where you will tour 2 vineyards and an olive mill.

We love:
- The unique experience of staying on a maxi catamaran.
- The photo story sent at the end of the stay.

For additional touring ideas, check out the official MPG2019 website at www.mpg2019.com
ABOUT PROVENCE TOURISME

Provence Tourisme is in charge of developing and promoting tourism in the Bouches-du-Rhône, while respecting the area’s unique environment and the quality of life of its inhabitants. The Bouches-du-Rhône Area Council elected Provence Tourisme to steer MPG2019 thanks to its long-standing expertise in the gastronomy sector, and because this is a vital time to position ourselves as a major international destination and «shout out loud» – but with forethought.

Today, one-third of tourists visiting France come here first and foremost for our food and wine. Provence’s thriving and deeply-anchored fruit and vegetable growing traditions, unique culinary identity and large, well-structured food sector mean we have everything it takes to become a major gastronomic destination.

With nearly 41 million overnight stays, 8 million tourists and 50,000 direct and indirect jobs in tourism, the Bouches-du-Rhône area has been a key French destination for many years. Nevertheless, today’s ultra-competitive context requires the implementation of very high-performance actions and tools in order to help us seduce and conquer.

For many years now, the quality of our local land and sea produce has made gastronomy a key sector in Provence. Gastronomy and wine tourism have both benefited from numerous awareness and communication campaigns led by Provence Tourisme. Following on from the «Tables 13» and Wine Tourism Cluster initiatives also fronted by Provence Tourisme, Marseille Provence Gastronomy Year 2019 heralds the launch of a genuine Gastronomy Project for our destination.

Our Tips & Tricks

For Making the Most of MPG2019

Romance Kit
- Mint sweets to eat after a garlicky Aïoli
- A picnic hamper for an improvised country lunch, followed by a great Provençal tradition: the siesta!
- Lemongrass spray to stop the mosquitoes disturbing your nap

Family Kit
- The www.myprovence.fr website to keep up to speed with the latest events
- An all-terrain pushchair for making the most of the festivities
- A playlist with the latest hits by Soprano to convince your teenagers

Friends Kit
- The www.myprovence.fr website to keep up to speed with the latest events
- An infusion of thyme freshly picked in the hills for difficult day afters
- A large bag you can pack with local specialities to take home

Parisan Kit
- The “Parler Marseillais” dictionary (Jeanne Laffite Ed.)
- Sunscreen so you don’t burn
- Forget Mölkky at aperitif time – this is the land of pétanque!

Sports Fan Kit
- The “My Provence Envie de Balade” website
- Genuine “Savon de Marseille” soap made with olive oil to ease stiff muscles
- An efficient alarm because with 3 meals a day lasting an average of 3 hours each (without counting the siesta), you’ll have to get up very early if you want to cram in some sport!

Gourmet Kit
- A doctor’s certificate declaring you apt for gourmet marathons
- Detox herbal teas by Père Blaize for the digestion
- Head to L’Estaque for a feast of chichis and panisses
- Order a half-and-half pizza

Solo Kit
- You won’t be on your own for long!

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MPG2019 AND PARTNERS

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