



# MARSEILLE

Press kit 2020

# 2020

PRESS KIT  
>> SUMMARY



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# INTRO

After focussing much of 2019 on the Marseille Provence Gastronomie and the fascinating encounters, it's now time for **MANIFESTA** to come to Marseille.

Those who are passionate about contemporary art, as well as complete beginners, put these dates in your diary, from the 7<sup>th</sup> June to the 1<sup>st</sup> November!

The very exclusive, nomadic European Biennial of Contemporary Art was first created in 1996 in Rotterdam, and it has chosen to come to France for the 13<sup>th</sup> edition, to Marseille. This cultural 5-month long festival promises to bring a rich and dynamic programme of events to Marseille and the surrounding area.

Just like the city, it is multifaceted and eclectic – **MANIFESTA 13** with the catchy title: **Traits d'union.s (hyphen in French)**, shall bring a new perspective to the issue of "being together" and the reality of the social climate in Marseille, through three programmes (Trait d'union.s, Le Tiers Programme and Les Parallèles du Sud) which will all include contemporary art exhibitions, music, design, performances and theatre...

Marseille, the beautiful city, the glowing city, the nefarious city... It is known as one of the top European cities to visit, it is open to the world and plays on striking contrasts and intriguing paradoxes. The city has a rich heritage and deeply rooted traditions, but that doesn't necessarily make it less of a visionary and it is a place that is constantly evolving and developing.

Going beyond borders, the Phocaean city is a melting pot of cultures, colours, languages, history and strengths.

Due to the fact that there is a place in Marseille for people from all backgrounds and thanks to the international aspect of the city, there have been more and more sporting, cultural and festive events held here since 2013: European Capital of Culture, then, the host city for the football Euro 2016, European Capital of Sport in 2017, Capital of Love in 2018 to name but a few.

The city is becoming more and more significant and the locals prouder than ever of their city, with the MANIFESTA 13 festival in 2020, the Rugby World Cup in 2023, the sailing and football events for the Olympic Games in 2024.

## MARSEILLE >> IN FIGURES

FOUNDED  
**2,600 YEARS AGO**  
MARSEILLE IS THE MOST ANCIENT CITY  
IN FRANCE

**2<sup>ND</sup> BIGGEST  
CITY IN FRANCE**  
869,994 INHABITANTS IN 2019,  
AND 1.8 MILLION INHABITANTS FOR THE  
AIX-MARSEILLE-PROVENCE METROPOLIS

**57 KM  
OF COASTLINE**  
INCLUDING **20 KILOMETRES**  
OF THE CALANQUES

**300  
DAYS OF SUNSHINE**  
PER YEAR

**5 MILLION  
TOURISTS**  
IN 2019

**THE LEADING  
CRUISE  
PORT IN FRANCE**  
AND **4<sup>TH</sup>**  
IN THE MEDITERRANEAN

**2<sup>ND</sup>  
CITY IN FRANCE**  
FOR FILMING WITH 436 FILMS

**136  
HOTELS**  
OR **9,312 ROOMS**

**16  
ARRONDISSEMENTS,  
111  
DISTRICTS**  
ALL WITH A UNIQUE IDENTITY

**SEA WATER AT 24°  
IN THE SUMMER**



## >> MARSEILLE, A CONNECTED CITY

The Aix-Marseille-Provence Metropolis is an ideal location in terms of accessibility, from land, air or sea, making it a strategic French and international destination.

### MARSEILLE-PROVENCE AIRPORT

[www.marseille.aeroport.fr](http://www.marseille.aeroport.fr)

Marseille-Provence Airport is the main natural gateway to the Mediterranean with over 170 destinations served by scheduled direct flights, operated by 35 airlines and linking 33 countries, including:

#### **20 daily connections between Paris and Marseille**

(flight time: 1 hour 15 minutes)

**54 scheduled low-cost destinations** in France, Europe and Morocco

**8 long-haul destinations** in Canada, the Middle East, the Indian Ocean and Africa...

The airport's two terminals were used by over 10 million passengers in 2019:

**Terminal AMPI** - This premium terminal is reserved for traditional airlines and offers a high level of services: VIP reception, lounges, priority boarding, group services etc.)

**Terminal AMP2** - Europe's No. 1 low-cost air terminal reserved for economy flights

€1/2 billion in investments by 2026...including 220 million for an extension which will be built by Norman Foster between 2016 and 2026.

#### **Airport links to Marseille City Centre (30km)**

Airport shuttle service

(every 10 minutes from 3:30am to 0:10am)

By TER regional rail network (over 71 trains a day)

By hire car (the airport has 11 rental companies)

By taxi, with 86 vehicles available 24/7.

### MOTORWAY NETWORK

3 motorways linking Spain, Italy and Northern Europe meet in Marseille, providing extremely convenient access to some of the region's leading destinations:

**1 hour** to reach the Camargue and Avignon

**1 hour 30** to escape to Saint-Tropez

**2 hours** to bask on the French Riviera

**2 hours 30** to swish down the slopes of the top ski resorts

### BY TRAIN

Marseille is:

1hr40 from Lyon, 3hrs from Paris (17TGV high-speed trains per day), 3.5hrs from

Geneva, 5.5hrs from Brussels, 6.5hrs from London,

7.5hrs from Milan, 8hrs from Frankfurt ...

### GETTING AROUND MARSEILLE

#### **Urban Marseille:**

Marseille is easy to navigate by public transport, bike or car, with its 2 metro lines, 3 tram routes, 1,000 bikes distributed via 130 bike points, 88 bus routes and 15 car parks providing nearly 10,000 parking spaces. Since 2019, you can also get about on self-service electric scooters.

#### **Maritime Marseille:**

From spring to autumn, two maritime shuttles provide a service between Vieux-Port, Pointe-Rouge (then a shuttle service to Les Goudes Harbour) and Vieux-Port/Estaque.

The ferry, beloved by Marcel Pagnol, runs to and fro between the City Hall and the Place aux Huiles. This return journey is available 7 days a week, from 7:30am to 8:30pm, at a price of €0.50cents a crossing.



Movable tourist board during summer.



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MARSEILLE METROPOLITAN TOURIST OFFICE AND CONVENTION BUREAU  
Press contact: [presse@marseille-tourisme.com](mailto:presse@marseille-tourisme.com)  
Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)



## >> MARSEILLE, IN FRONT OF THE CAMERA

Marseille has advantages that nowhere else can offer: its own special photogenic quality, unparalleled musicality, and light effects that take your breath away. For as long as we can remember, authors, screenwriters and film producers have been taking inspiration from the streets of the Phocaean city, the Vieux-Port and the exceptional natural decor: the sheer cliffs and hills of Provence, not-to-mention the isles of Frioul, this place has it all!

Marseille is today the second most popular city in France for cinema, television, web series and adverts. In 10 years, the figures have tripled and in 2019, a whopping 436 films were filmed there.

Marseille has become known for a number of films including the Pagnol trilogy, the great "A Bout de Souffle" by Jean-Luc Godard or "Taxi", and more recently "La French". The Metropolis has actually become a regular destination for all kinds of filming. It is estimated that this brings 83 million euros per year to the area. A booming industry that brings with it huge potential in terms of culture, attractiveness and employment, perfectly illustrated at the Pôle Média de la Belle de Mai.

This media centre houses film sets, companies specialised in audio-visual, motion capture studios and special effects studios, and forms the perfect connection between the film and audio-visual industry and the digital world.

### MARSEILLE IS PLANNING FOR THE FUTURE

Over the last few years, Marseille has certainly been in the spotlight, but the city has also been developing its own screens to satisfy the new needs of the market and new cultural preferences.

From the very intimate cinema **La Baleine** to the innovative **EuropaCorp** La Joliette, not-to-mention the recently renovated cinema **Les Variétés**, Marseille is enjoying its very own booming trend!

In 2021, **Artplexe**, a new place dedicated to cinema will complete the collection of venues with 7 screens, a brasserie, a bar, a panoramic restaurant and various cultural shops. To top it all off, there are already plenty of events scheduled to liven up this future hotspot of Marseille.

**436 FILM SHOOTINGS**  
INCLUDING 15 FEATURE-LENGTH FILMS  
(GLORIA MUNDI, INSÉPARABLES, BAC NORD, BRONX, STILLWATER...)

**12 TV FICTION SHOWS**  
OR 289 EPISODES  
(PLUS BELLE LA VIE, CAÏN, LÉO MATTEI, ÉTAT D'URGENCE)

**19 SHORT FILMS**

**1,250 DAYS OF FILMING**  
OR +150 DAYS OF FILMING  
COMPARED TO 2018

**€21,900,000 INVESTED**  
IN EMPLOYMENT

**13,642 EXTRAS**  
FROM THE LOCAL AREA

**662 ACTORS AND ACTRESSES**  
FROM THE LOCAL AREA



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Notre-Dame de la Garde



## FACE THE WAVES AND THE WIND AND HOLD ON TIGHT

Marseille has the oldest harbour in Europe and is today the 4<sup>th</sup> biggest Mediterranean harbour and the number 1 boarding harbour in France.

On the port side is the Mediterranean; on the starboard side is Provence and the many places classified World Heritage Sites by UNESCO (Arles, Camargue, Baux de Provence).

Marseille has a double role, acting both as a port of call and a destination. Passengers regularly stop off here to cross the Mediterranean, and in 2019, 1.8 million cruise passengers walked the streets of Marseille.

### THE BLUE CHARTER

On both a local and international level, these huge and fascinating cruise ships are today the subject of environmental debates.

In 2019, Costa Group, MSC Group, Royal Caribbean Cruises Ltd and Ponant signed the “Blue Charter” at the Blue Maritime Summit Marseille Provence, a global first that promises the following initiatives by 2025:

- Connecting cruise ships while they are at the port
- The use of sulphur free fuel
- Priority will go to stopovers for vessels that are powered by liquefied natural gas and an associated local industry shall be created
- A reduction in speed when approaching the harbour

### MAJOR CRUISE COMPANIES AND OPERATORS THAT HAVE STOPPED AT THE PORT OF MARSEILLE...

Costa Croisières, MSC Croisières, Croisières de France, Royal Caribbean International Cruises, Holland America Line, Seabourn Cruise Line, Celebrity Cruises, Oceania Cruises, Silversea Cruises, Regent Seven Seas Cruises, Azamara Cruises, Sea Cloud Cruises, Ponant, Princess Cruises, Celestyal Cruises, etc.



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2017

1,600,000

CRUISE PASSENGERS  
STOPPED OFF IN MARSEILLE

2018

1,750,000

CRUISE PASSENGERS  
STOPPED OFF IN MARSEILLE

2019

1,800,000

CRUISE PASSENGERS  
STOPPED OFF IN MARSEILLE

2020

2,000,000

CRUISE PASSENGERS  
ARE EXPECTED

With 57km of coastline, 10,000 hectares of green and natural areas and 300 days of sunshine on average per year, Marseille has everything for an “easy-going” way of life. This quality of life suits just as well the needs of the locals as the tourists who come here looking for nature, outdoor activities, wide open spaces and the French countryside.

### “GREEN LIGHT”

*Marseille is changing... and reinventing itself!* The Aix-Marseille-Provence Metropolis is committed to improving the quality of life for the local people, while ensuring the city centre is revitalised, all the while taking into account its image throughout France.

In the city centre, the Metropolis is choosing to make more and more streets **accessible only for pedestrians** and the iconic Canebière, is transforming the public areas by planting more than 1,700 trees and working on the existing architectural heritage.

A new breath of fresh air for the city centre, making it a more pleasant place to go for a stroll!

### MARSEILLE, A PRESTIGIOUS DESTINATION

These advantages appeal to even the most demanding of tourists. Since 2013, when Marseille was named

European Capital of Culture, the city has become a new “**prestigious**” destination. This status has been well and truly confirmed with the arrival of new 4 and 5-star hotels, fashion designers, jewellers and designers choosing to set up shop here, exceptional cultural sites, the unique seaside environment and of course the great diversity of gourmet delights on offer.

Here, authenticity is and always will be the top priority. While looking for top-quality Michelin-starred restaurants, tourists come across the simple pleasures of the 100% Marseille lifestyle: Wacky and original places, picture-perfect fishing ports, hidden coves and so much more.

### INTERNATIONAL LUXURY TRAVEL MARKET

The **ILTM** trade show is the main event in the luxury industry and attracts professionals from the tourism sector every year: palaces, cruise operators, service providers and tourist offices all make sure they attend. The Marseille Tourist Office is present during the three-day event every year, to promote the “Marseille Experience”.



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# >> MARSEILLE, A BUSINESS CITY

If Marseille is today one of the top French and Mediterranean cities for the organisation of congress, seminars and trade shows, it could be explained by the exponential increase in the number of hotels - between 3 and 5 stars - over the last few years.

## MARSEILLE IN 2019, REPRESENTS:

**474,000 DAYS**  
**OF CONGRESS**

**942 EVENTS**

**77<sup>TH</sup> DESTINATION**  
**GLOBALLY**

**FOR BUSINESS TOURISM**  
(RANKING 2018 INTERNATIONAL  
CONGRESS AND CONVENTION  
ASSOCIATION).

**360 MILLION €**  
**IN ECONOMIC BENEFIT FROM**  
**BUSINESS TOURISM**

## THE KEY PLACES FOR BUSINESS TOURISM IN MARSEILLE:

- Palais du Pharo palace
- Marseille Chanot Congress and Exhibitions Centre
- World Trade Center + sky center

To ensure the needs and requirements of the national and international professional events' organisers, around sixty professionals work in partnership with the **Marseille Metropolitan Convention Bureau**.

Between the **11<sup>th</sup> and 19<sup>th</sup> June 2020**, all the teams get to work to welcome over 10,000 participants from all over the world, to the **IUCN Congress** (International Union for Conservation of Nature).

It is expected to bring together a number of Heads of State and Government, ministers, MPs, representatives of regional and local authorities, experts, scientists, researchers, various individuals from the civil society (NGO, associations, companies, etc.) and journalists.



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Coffee break in front of the Fort Saint-Jean

© ELAMY



# >> THE MUST-SEES

## NOTRE DAME DE LA GARDE

Forget about sat navs and compasses, just take one look and you'll recognise Vieux-Port, the Orange Vélodrome stadium, the Cité radieuse and even Point-Rouge and the isles of Frioul. From the hill of Notre Dame de la Garde, 154 metres up high, there's a breath-taking panoramic view of Marseille.

For the local people born and bred, those who've decided to call this city home, or just those passing through, this is known as the "Bonne Mère" (Great Mother) who watches over the city day and night.

Since the Middle Ages, this religious monument, considered a guardian for sailors and fishermen, has been fascinating people from all over, attracting over 2 million visitors every year.

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

## THE MUCEM, MUSEUM OF EUROPEAN AND MEDITERRANEAN CIVILISATIONS

### The J4

The Mucem is constructed on the port's former terminal J4, and has a "feminine, muscular" style of architecture, designed by the architect Rudy Ricciotti in association with Roland Carta. The 15,000 m² house two exhibition halls: There's a permanent collection charting the history of the great port cities of the Mediterranean, as well as an area for temporary exhibitions.

The J4 also houses a 355-seat auditorium (used to stage conferences, shows, concerts etc.), a room where audio-visual documentaries are shown (the "Médinathèque", in collaboration with INA), a children's area ("Odyssée des Enfants"), a bookshop, and also Le Môle Passédat, one of the restaurants run by the famous three-starred chef Gérard Passédat, with a panoramic terrace.

### Fort Saint-Jean

On the other side of the J4 is Fort Saint-Jean, with a village-like feel, with the bowed passageways, vaulted rooms, suspended gardens and panoramic views of Marseille and the Mediterranean. There is a second walkway that links this fortress to the Panier district, starting from the fort's Porte Royal gate and leading to the church of Saint-Laurent.

The walls of Fort Saint-Jean date back to the 12<sup>th</sup> century, but the public was only allowed to enter this historical building for the first time in 2013.

[www.mucem.org](http://www.mucem.org)



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Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)

## The Calanques

Calanques National Park, with its massifs studded with maritime pines and aromatic plants and its turquoise waters, is the perfect playground for keen walkers, divers, climbers and botanists. Visitors come to the Calanques for a walk, to take beautiful photos, to get a breath of fresh air and to visit some of the hidden gourmet establishments: At the end of the footpath you'll find freshly caught fish, baby squid, panisses (chickpea patties) and local pastis (aniseed-flavoured alcoholic beverage) served at Chez le Belge (Marseilleveyre), at La Grotte (Callelongue) or at Chez Paul (Les Goudes).

[www.calanques-parcnational.fr](http://www.calanques-parcnational.fr)

## Cité radieuse Le Corbusier

Le Corbusier, a genius of the avant-garde school, built the "Cité radieuse" between 1947 and 1951. The older inhabitants of Marseille called it "Maison du Fada" ("fada" is a regional word meaning a crackpot genius). It's a town within a town, formed of multicoloured rough concrete, piles and loggias and providing 337 superb apartments, a hotel, a restaurant, a school, shops, an art and design centre, and a roof-top terrace open to the public. Discredited for a long time, the area has become an icon for artists and trendy bobos from all over the world. The Cité radieuse has been included on Unesco's list of World Heritage since 2016.

[www.marseille-tourisme.com](http://www.marseille-tourisme.com)

## The Château d'If and the Frioul Islands

Marseille has retained some magnificent examples of military architecture, such as the Château d'If, built on the orders of King François I, between 1527 and 1529. Standing in the sea off the Marseille coast, this fortress, with its medieval curves, served principally as a State prison during its 400 years of official usage. Made famous by Alexandre Dumas's novel The Count of Monte-Cristo, this castle, a listed historical monument, is a visit that should not be missed.

[www.chateau-if.fr](http://www.chateau-if.fr)

Still in the port of Marseille, the Frioul Islands stand out, for their native wildlife, which has earned them the classification as a Natura 2000 area.

[www.marseille-tourisme.com](http://www.marseille-tourisme.com)

# >> 26 CENTURIES OF HISTORY: FROM MASSALIA TO MARSEILLE

## Prehistory

The city of Marseille bears witness to a heritage that goes back 26 centuries, the cave paintings in Cosquer Caves are proof of the very first human occupations, around 27,000 years B.C.

## 4<sup>th</sup> century B.C. - Phocaean legend

The creation of the Greek city Massalia was the fruit of a 4<sup>th</sup> century B.C. mythical love story between Princess Gyptis and the seafarer Protis who came from Phoea to present-day Turkey. Together, they set up a Greek trading post on the banks of the Lacydon (where Vieux-Port stands today). Twenty-six centuries later, this chance meeting, symbolising the values of openness to the world, is still the very essence of Marseille, "the Phocaean City".

## 5<sup>th</sup> - 6<sup>th</sup> centuries

Massalia, because of its position facing out to sea, played a role in introducing the culture of vines and olive trees, money and the art of writing, into Gaul. It quickly established itself an influential trading post between the Mediterranean areas and the Celtic world.

## 5<sup>th</sup> century

In the 5<sup>th</sup> century, the abbey of Saint-Victor was established outside the city, on the south bank of the port, and this allowed Marseille to extend its spiritual influence beyond Provence.

## 15<sup>th</sup> century

In 1481 Marseille was made part of France, thus becoming one of the major cities in the kingdom!

## 16<sup>th</sup> century

Another indication of the vigour of its trade is that Marseille was the site of the country's first Chamber of Commerce, created in 1599.

## 17<sup>th</sup> century

Marseille rebelled against the power of the king, but the city was conquered by Louis XIV's troops in 1660. The Sun King ordered the citadels of Saint-Nicolas and Fort Saint-Jean to be built to protect and watch the city. During his reign he started a major urban planning exercise, notably with the creation of the Grand Cours, a new city hall and the Hôpital de la Charité - designed by Pierre Puget.

Thus Marseille outgrew its medieval city walls and trebled its surface area, from 70 to 195 hectares.

## 19<sup>th</sup> century

In the 19<sup>th</sup> century, the city underwent a period of change and rapid expansion in economic and cultural terms, and also in its openness to the oceanic worlds. Its port acquired new harbour basins at La Joliette, and the railway, together with Saint-Charles station, came along to revolutionise transport. Industries developed, the maritime companies kept pace with the rapid growth of the colonial empire, the population grew by 3.5% and the city underwent an impressive urban transformation: Rue de la République was laid, water arrived via the canal from the river Durance to Palais Longchamps, and new buildings included the prefecture, Palais de la Bourse, Palais du Pharo, and also the cathedrals of La Major and Notre-Dame-de-la-Garde.

## 20<sup>th</sup> century

The Second World War had a huge effect on the city and on its architectural heritage. From then on, modern architects such as Le Corbusier or Fernand Pouillon were called upon to help with rebuilding the city, and they created some of the buildings that today, play a key role for Marseille.

## 21<sup>st</sup> century

With a rich historical and architectural heritage, the city of Marseille is today building for the future, with major urban-planning projects such as the Euroméditerranée, all the while striving to improve and renovate existing structures, to reflect the Ancient Port. This ruin from ancient times (600 B.C.) was discovered in 1967 and then restored in 2019, so that the local people can rediscover this site and pass on its history to future generations.

## Panier, the most ancient district of Marseille

In the Panier district, on the north bank of the Vieux Port, the Phocaean people settled and founded Massalia, choosing "Lacydon" due to its position high above sea level and close to the sea.

Even today, locals and tourists alike wonder at the narrow streets, cultural sites, creator stores, iconic restaurants and omnipresent street art in this district.

## For further information...

If you want to find out more about the secrets of the local heritage, the Metropolitan Tourist Office and Convention Bureau offers guided tours on the history of Marseille. There is one trail that takes you to the Cité radieuse, the Orange Velodrome stadium, Vieux-Port and the surrounding area, and also the Panier district, amongst other historic tours.

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



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Press contact: [presse@marseille-tourisme.com](mailto:presse@marseille-tourisme.com)  
Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)



## >> CALANQUES NATIONAL PARK

Calanques National Park covers 8,300 hectares and 20km of coastline. It's the first suburban park in France, stretching from Marseille to Cassis.

Here you'll find a combination of nature, culture and geology. The sheer biodiversity found in the Park is absolutely breath-taking: Altogether, there are 140 protected animal and plant terrestrial species and 60 national marine species, which contribute to the international recognition for the park.

Sheer cliffs, wild garrigue or hidden coves, there's always something new to discover for seasoned walkers and those looking to post about their new experiences on #instagram!

From Marseille to Cassis, **Marseilleveyre, Podestat, Sormiou, Morgiou, Sugiton, En-Vau, Port-Pin, Port-Miou...**

The places hiding crystal-clear waters, limestone rocks and marine species...

[www.calanques-parcnational.fr](http://www.calanques-parcnational.fr)

participative projects, etc. Thanks to this application, visitors can really get involved in the preservation of the Calanques!

### Blue sky, green initiatives

- **IUCN:** Marseille was selected by the Ministry of Ecology to host the IUCN (International Union for Conservation of Nature) congress in 2020, to promote the preservation of terrestrial and marine biodiversity in the area, including in the Calanques National Park.

- **Clean my Calanques:** This association was created 4 years ago and it brings together thousands of nature lovers, whether from Marseille or elsewhere, who are willing to give their time to clean up the hills and beaches of the Calanques, to help protect the national park.

- **Green Key:** This label is awarded to hospitality facilities and accommodation with the aim of promoting sustainable development, centred around 7 main pillars (e.g. water management, increasing awareness, responsible purchases, etc.).

### Useful information

A free map of the Calanques is available at the Metropolitan Tourist and Conventions Office.

In the summer, before setting off on a hiking trail, it is very important to find out about the access conditions beforehand, in case of risks of fire, call: +33 (0)811 20 13 13 (€0.06/min from a French landline). Public transport can be accessed from the main entrances to the Calanques.

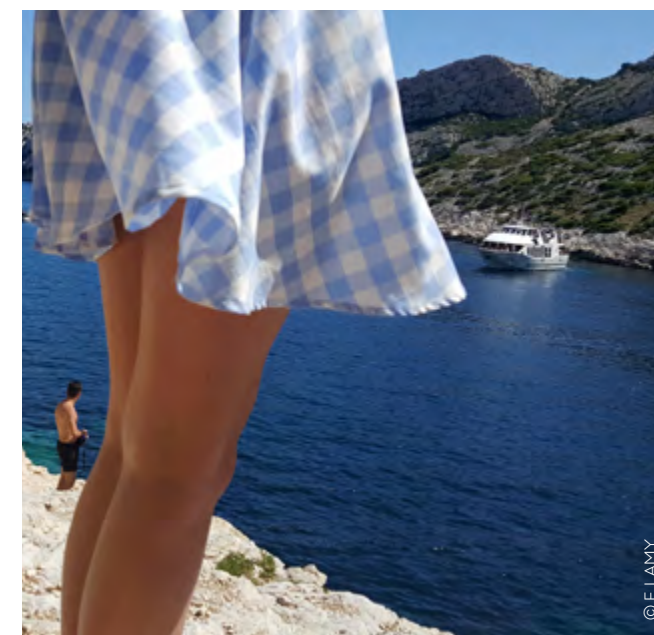
- Sugiton Calanques: Bus B1 from Place Castellane

- Calanques and Marseilleveyre Calanque: bus 19 + bus 20

- Or the RTM ferry-boat shuttle service between the Vieux-Port and the Pointe Rouge or Les Goudes during the summer season.

### "Mes calanques!" App:

The application was launched by the Calanques National Park and has all the information visitors to the site may need. Fires, pollution, information about the wildlife or



© ELAMY



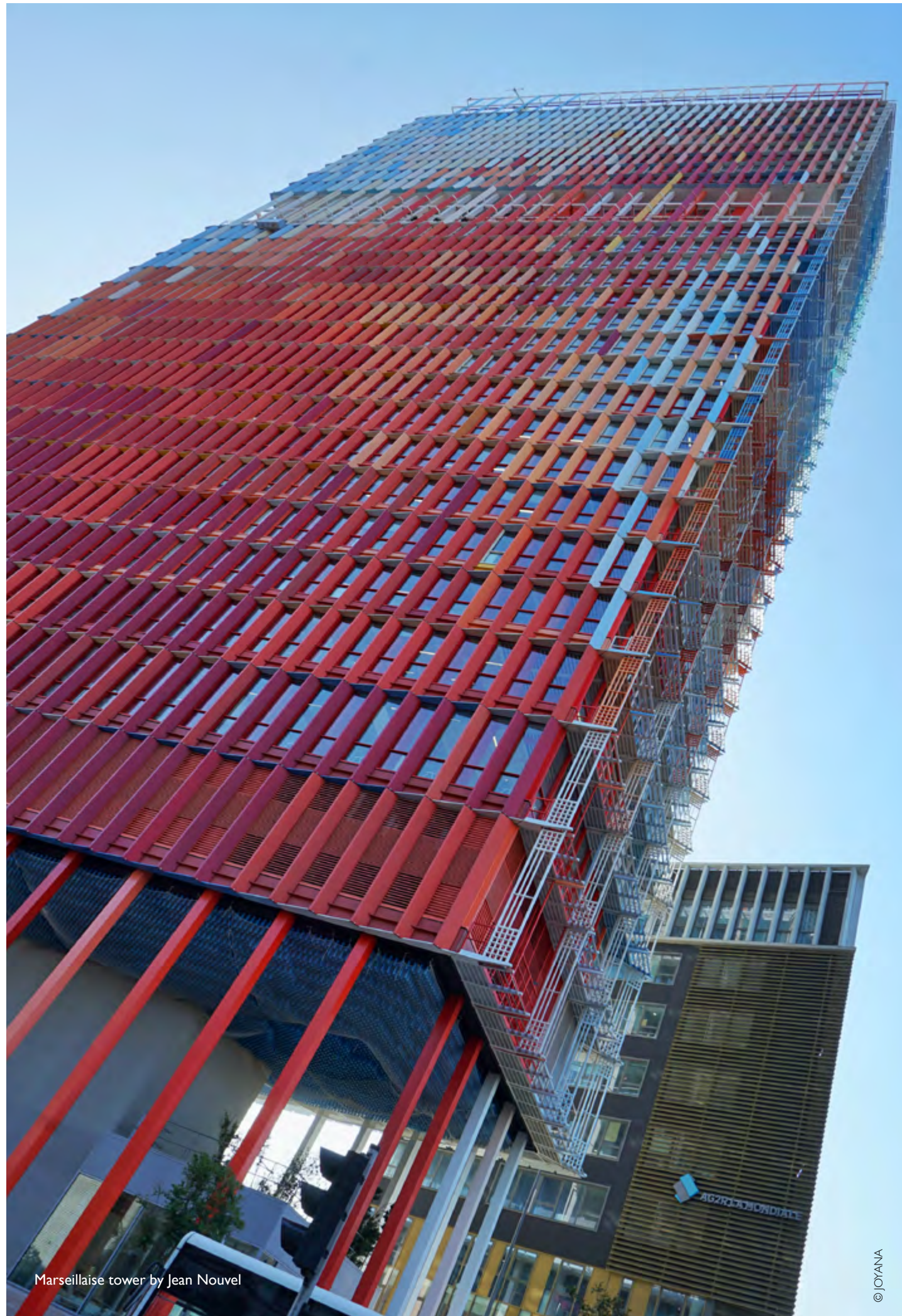
© Fotolia

Torpilleur – Calanque of Sugiton

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Marseillaise tower by Jean Nouvel

© JOYANA

Driven by the force of the Euroméditerranée project, the biggest urban regeneration project in Southern Europe, Marseille has undergone major changes since 1995.

The city-centre has expanded, developed and acquired new attractions, and the historic city of Marseille has gradually taken on a new face, a new skyline.

The Euroméditerranée redevelopment has created a new "town within a town" covering an area of 480 hectares in the metropolitan heart of Marseille, between the Port de Commerce, Vieux-Port and the TGV station, becoming a "smart city".

The project is centred around sustainable development, growth, respect for the environment, architecture which ensures a better quality of life, and the improvement, wherever possible, of existing heritage sites.

Not-to-mention the community life created by Euroméditerranée, with its restaurants, co-working spaces, residences, hotels, etc. In total, **5,300 companies**, in 7 different industries, all working under the banner "E10.10".

## MARSEILLE FROM A VERTICAL PERSPECTIVE

Some of the great names in architecture have brought with them a breath of fresh air with the modernity of the many prestigious projects in this new business district:

Zaha Hadid with the **CMA CGM**, Jean Nouvel on the Arenes Quays project with La Marseillaise, and Roland Carta with the **Balthazar**.

Other exceptional sites have appeared thanks to this project, such as the Mucem, designed by Rudy Ricciotti and the Villa Méditerranée created by Stefano Boeri.

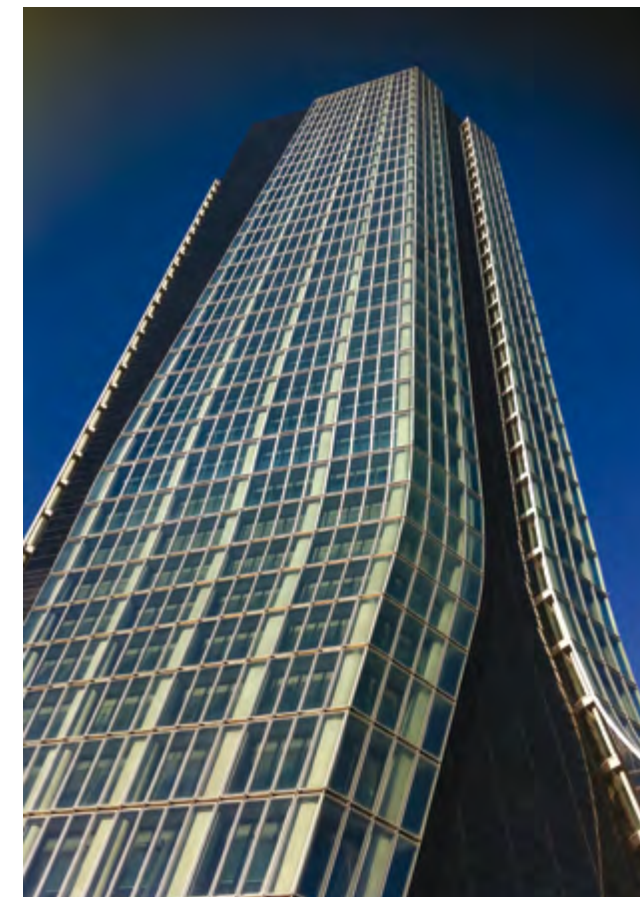
By 2025, new infrastructures will be added to this list within the Euroméditerranée:

- The **Porte Bleue**, a tourism facility, covering 13,000 m<sup>2</sup> with accommodation and shops, expected to be completed in 2022.

- The J1 will be transformed by 2023 with the "La Passerelle" project, a breath-taking viewpoint overlooking the harbour, with co-working spaces and events venues, a hotel and wellness area, as well as four gourmet establishments!

- At the Villa Méditerranée, by June 2022 there will be a replica of the famous **Cosquer Caves**, discovered by diver Henri Cosquer in 1991 off the coast of Cap Morgiou. It will be accessible to the general public so that visitors can discover the 500 prehistoric hand-painted illustrations. A cultural treasure dating back between 27,000 and 19,000 years before our time.

A cultural achievement available for the general public and the international scientific community that will really take pride of place in the city.







Marseille ancient and modern

©Yvan Navarro

The 17 museums in Marseille, including 11 with the label "Musées de France", as well as the 7 historical monuments, really put the national cultural heritage of the city firmly on the map, thanks to their eclectic collections and exhibitions! Every year, these artistic or historical establishments attract more and more art lovers, history buffs, those who are passionate about contemporary art, fashion lovers or inquisitive children.

## MARSEILLE HISTORY MUSEUM AND ANCIENT HARBOUR

Rue Henri Barbusse, 13001

This museum takes you on a fascinating living journey through the 26 centuries of history of the most ancient town in France. More than 4,000 items and around a hundred multimedia points contribute to making this a unique experience.

This visit, a stone's throw from Vieux-Port, is essential for everyone who is interested in learning about the origins and the secrets of Marseille.

To achieve the new look that the Ancient harbour of Marseille has today, the renovation work took one year. This archaeological site is considered to be the most important in the city, with an exceptional location right at the heart of Marseille. It was discovered in 1967 and is where the very foundations of Massalia were first laid, in around 600 B.C.

[www.musee-histoire-marseille-voie-historique.fr/fr](http://www.musee-histoire-marseille-voie-historique.fr/fr)

## THE VIEILLE CHARITÉ CENTRE AND THE ITS TWO MUSEUMS

Vieille Charité, Le Panier, 2 rue de la Charité, 13002

### - The Museum of Mediterranean Archaeology:

At this museum, on the first floor of the Vieille Charité centre, you can see France's second largest collection of Egyptian antiques after the Louvre, together with a collection of Greek and Roman pieces.

<http://culture.marseille.fr/>

### - Museum of African, Oceanian and Amerindian Arts

The MAAOA's mission is to display what Westerners call "works of art", from the African, Oceanian and Native American continents. In most cases these objects bear witness to cultures that have disappeared or are in the process of disappearing.

[culture.marseille.fr/les-musees-de-marseille/musee-d-arts-africains-oceaniens-amerindiens-maaoa](http://culture.marseille.fr/les-musees-de-marseille/musee-d-arts-africains-oceaniens-amerindiens-maaoa)

## THE REGARDS DE PROVENCE MUSEUM

Allée Regards de Provence, avenue Vaudoier, 13002

The Fondation Regards de Provence, established in Marseille's former sanitary post that was built by the architect Fernand Pouillon and renovated by Guy Daher, has assembled a major artistic heritage of more than 850 works with a Southern influence, dating from the 18<sup>th</sup> century to the present day.

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

## MUSEUM OF EUROPEAN AND MEDITERRANEAN CIVILISATIONS MUCEM

Esplanade du J4, 13002

Created by Rudy Ricciotti and Roland Carta, Mucem positions itself as a "museum of society" and is one of Marseille's must-sees. Over and above the collections on display, the site has established itself as a public space offering unrestricted free access to the impressive outdoor terrace with vegetable garden of Fort Saint-Jean. Absolutely not to be missed!

In total, more than 1.2 million people visited the Mucem in 2019.

[www.mucem.org](http://www.mucem.org)

## FRAC PACA (FOND RÉGIONAL D'ART CONTEMPORAIN)

20 boulevard de Dunkerque, 13002 Marseille

The mission of the Fond Régional d'Art Contemporain is to assemble and distribute a collection of contemporary art, to plan and organise temporary exhibitions, programmes of meetings/conferences and publications, and to run awareness-raising and educational events for various groups (school trips, students, adults).

[www.fracpaca.org](http://www.fracpaca.org)

## THE CANTINI MUSEUM

19 rue Grignan, 13006

This private mansion, built in 1694, houses one of France's richest public collections, devoted to the so-called "modern" period of the 20<sup>th</sup> century, covering the years from 1900 to the 1960s.

[culture.marseille.fr/les-musees-de-marseille/musee-cantini](http://culture.marseille.fr/les-musees-de-marseille/musee-cantini)

## MUSÉE DES BEAUX-ARTS DE MARSEILLE AT THE PALAIS LONGCHAMP

7 rue Édouard Stephan, 13004

Marseille's Musée des Beaux-Arts (Museum of Fine Arts) was set up in 1802. Established in one wing of Palais Longchamp since 1869, it displays a collection of paintings, sculptures and drawings from the 16<sup>th</sup> to the 19<sup>th</sup> centuries, by the greatest Italian and French masters and artists from the Northern schools. The display of art in Provence between the 17<sup>th</sup> and 19<sup>th</sup> centuries is one of the museum's special features.

The Longchamp estate celebrated its 150 years anniversary in December 2019. This anniversary was an opportunity to launch the official reopening of the 2<sup>nd</sup> floor of the Natural History Museum to reveal the transformed scenery, and for the Fine-Arts Museum who decided to unveil around fifty restored works of art that had been waiting in the museum's reserves.

[culture.marseille.fr/les-musees-de-marseille/musee-cantini](http://culture.marseille.fr/les-musees-de-marseille/musee-cantini)

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Press contact: [presse@marseille-tourisme.com](mailto:presse@marseille-tourisme.com)

Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)



**MUSÉE DES ARTS DÉCORATIFS DE LA MODE ET DE LA FAÏENCE (MUSEUM OF THE DECORATIVE ARTS, FASHION AND CERAMICS)**

Château Borély, a listed Historic Monument, is typical of the "pleasure residences" built on the outskirts of the city by Marseille's great families in the second half of the 18<sup>th</sup> century. Nowadays it is home to a selection of 2,000 works from a wide range of skills: furnishings, ceramics, glasswork, tapestry, objects of art, rare exotic objects, fashion and accessory collections from the 18<sup>th</sup> century to the present day.

**MUSÉE D'ART CONTEMPORAIN [MAC] (MUSEUM OF CONTEMPORARY ART)**

The [MAC] collection represents the essential output of the late 20<sup>th</sup> and early 21<sup>st</sup> centuries. It consists of works of the highest quality, from the New Realists, Supports-Surfaces, Arte Povera, Land Art and the Fluxus Movement.

The gardens adjoining the museum, which contain works by Jean-Michel Alberola, Julien Blaine, César, Erik Dietman and Fabrice Gygi, are also well worth a visit. The museum is currently being renovated and will reopen in September 2020.

# MAMO

Up on the 8<sup>th</sup> floor of the Cité radieuse Le Corbusier, the MaMo, Marseille Modulo, has restored the famous rooftop terrace back to its former glory. Here, Ora Ito launched a new open-air place for artistic creation in 2013, to welcome and really capture the essence and expression of young contemporary artists.

## NEW GENERATION ART

The new generation of gallery owners in Marseille know everything there is to know about art and are passionate about design, thus bringing a whole new vision of art to the table. **Emmanuelle Oddo (Pièce à Part)**, **Genie Bel (Maison Mirbel)**, **Diego Escobar (ArtCan Gallery)** and **Nicolas Veidig (Double V Gallery)** have all chosen to break the traditional codes to make art accessible, a bit wacky and with a touch of novelty, reflecting this new target market, which was not considered at all until now. They are always looking for fresh new talent and have already uncovered artists who have become icons today, such as Caroline Denervaud, Samy Rio, Studio MBAE, Zest, Alexandre Benjamin Navet or Nova Obiecta.

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Museum passes are issued to named individuals, valid for one year from the date of purchase, and give unlimited free access to permanent collections and temporary exhibitions in 15 major cultural centres in Marseille: the "Musées de Marseille", Mucem, FRAC PACA and Regards de Provence museum.

Where can Museum Passes be purchased? During opening hours, you can buy the pass directly from the ticket office at the MUCEM, the History Museum, the Natural History Museum, the Vielle Charité, Château Borély, the MAC, the Fine Arts Museum and at the Cantini Museum.



The "all inclusive" cultural and tourism passport. Valid for a consecutive period of 24, 48 or 72 hours (€27, €37, €43), this pass gives free admission to museums, tours, the boat for the Châteaux d'Ile, the tourist train, public transport, and other bonuses. Admission to Mucem is included in the pass. Special rates for children (€17, €20 and €23)

Download a free app to get the full benefit from your Marseille Pass.



## IN 2020...

In 2020, Marseille will be hosting the International Biennial of Contemporary Art, Manifesta, as well as the annual contemporary art exhibition **Art-O-Rama**, an artistic event at the heart of the Friche la Belle de Mai during the last weekend in August.

On the very same weekend, the **Paréidolie** festival, the international contemporary drawing fair will also be held in Marseille's galleries and museums and throughout the region!

www.manifesta13.org  
www.art-o-rama.fr  
www.pareidolie.net





## >> CITÉ RADIEUSE LE CORBUSIER

Created by the Swiss architect Charles-Edouard Jeanneret who was better known as Le Corbusier, La Cité radieuse, "the residential unit" or "vertical village", was built facing the sea, between 1947 and 1951.

This impressive construction, classified as a historic monument, is 165 metres long, 24 metres wide and 56 metres high, and has been included on UNESCO's World Heritage list since July 2016. This honour was granted to it (along with 16 other sites) in recognition of the outstanding contribution of Le Corbusier's architectural work to Modernism.

Built as a low-rise block on stilts, as a kind of "laboratory" for a new "residential system", the Cité radieuse consists of 337 flats of 23 different types, all of them comfortable, modern apartments of their era.

The individual accommodation was complemented by many "residential add-ons", designed to stimulate a new way of communal living, including: an internal street with shops, a bookshop and a publishing house, a bar and restaurant, and a 21-bedroom hotel.

On the top floor is a kindergarten and a gym converted into a centre of contemporary arts by the

French designer Ora Ito, dubbed the MaMo (from Marseille Modulor). Last but not least, the rooftop terrace, open to the public, provides a leisure area with a pool for the kids, playgrounds and a stage protected by a wall forming a windbreak, for open-air shows.

On the 3<sup>rd</sup> floor of the building, treat yourself to a glass of fresh fruit juice on the terrace of the Le Corbusier Hotel, it's the ideal location to admire the sea and the Isles of Frioul!

On Saturday mornings, why not try out a Swedish aerobics class on the rooftop of the Corbusier, for a combination of exercise and culture!

And before going up to the roof for a selfie, get yourself down to the Ibernou bookshop and publishers specialising in architecture, urban planning, the decorative arts and contemporary plastic arts, and bag a "smart" purchase!

**Cité radieuse Le Corbusier**  
280 boulevard Michelet - 13008

**Exclusive to the Metropolitan Tourist Office and Convention Bureau! Commented tour of the Cité radieuse, its communal areas, second street, rooftop terrace and listed apartment. Mondays to Saturdays at 2pm and 4pm and Saturdays of holidays at 10am in english.**

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



Cité radieuse le Corbusier



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## >> THE BEST PLACES TO SHOP, DISTRICT PER DISTRICT

With nearly 15,000 shops, Marseille has also become a real shopping destination. Stroll through the many historic districts in the city to hunt down the very best of local Marseille creations: Decoration, fashion, design, art and vintage, there's something for everyone, whatever your tastes, style and desires!

### The city centre, a leisurely stroll around the shops

From the Vieux-Port to the Panier district, not-to-mention Noailles, the paved streets of the city centre of Marseille are brimming with small shops that are a testimony to the sheer diversity of Marseille. Historical names (Père Blaize Herbalist Shop, Maison Empereur the most ancient hardware store in France, and many more) are found in amongst chic boutiques and the large gleaming windows reflect the weathered façades of the local arts and crafts shops!

The Centre Bourse is the oldest shopping centre in Marseille and this building has also been transformed to keep up with modern times, with vegetation, new shops, etc.

### La Joliette, shopping is serious business

After the opening of the Terrasses du Port shopping centre in 2014 and then Docks Village in 2015, comes the business district of La Joliette which is quickly becoming the new place to be for shopping. Right at the heart of the booming *Euroméditerranée* project, the Terrasses du Port shopping centre -62,000 m<sup>2</sup> of shops and restaurants overlooking the sea - and the Docks Village shopping centre, inside the Docks historic monument, have both attracted a brand new customer base and today have made this place very attractive for new shops, restaurants and co-working areas to set up shop nearby.

Venture over to the Rue de la République for even more shopping opportunities: **La Sélection** by Sophie Ferjani, the charming interior decorator from French TV channel M6 or **Maison Mère**, a trendy second-hand shop whose star product is vintage trainers!

### Rue Sainte, a sacred place

Rue Sainte is not-to-be-missed if you are an avid shopper, with trendy decoration, fashion and vintage furniture.

At the bottom of the street at Place Lulli, you'll find the more chic and sophisticated fashion boutiques. Further up Rue Sainte are **Kotai**, **Egg** and other trendy boutiques for those looking for street style clothing.

The road follows all the way up to Saint Victor, a mini village that has become just as iconic as it is trendy. Here, you'll find chic and elegant decoration at Honoré, a brand-new concept store **Sessún Alma** and the **Greg&Co** vintage workshop/boutique (Rue Neuve Sainte-Catherine), making this district a very popular area for decoration!

### Cours Julien, creators and street art

The narrow streets of **Cours Julien**, up on the hill overlooking the city centre, are home to a real mix of creator boutiques (*Le Bestiaire*, *Tata Zize*), of Ali Baba's caves full of vintage treasures (*L'entrepôt*, *les Puces en Ville*, *Lilou Vintage*) and trendy concept stores (*Coco&Nuts*, *La Petite Factory*, *Rock the Kasbah*...).

The streets of this lively district are covered in street art, making it the ideal place to take a stroll around the shops and markets in the day; and to come and taste the food while enjoying the music and electric atmosphere in the evening!

### Rue Edmond Rostand, hunt down a bargain

Flea markets, antiques dealers, booksellers, art galleries, cabinetmakers, etc. Since the 50s, the Antiques district has been the place to go and hunt down a bargain along Rue Edmond Rostand and venture through the doors of some of the most beautiful buildings in Marseille.

Four Sundays per month, the whole district is transformed into a huge open-air flea market, and around one hundred stalls put their treasures on display.

In recent years Marseille has established itself as a hotbed for designers in fashion, jewellery and home furnishings. Many of them have gone on to become highly successful, on a national and even international scale:

**Sessún**, **Jacquemus**, **American Vintage**, **Veja**, **Reiko**, **Jott**, **Pain de Sucre** as well as **Gas** and **Genette NY**.

Marseille is also the home of the *Maison Méditerranéenne des Métiers de la Mode* (MMMM), founded in 1988 by **Maryline Bellieud-Vigouroux**, which promotes and supports the region's designers!

[www.m-mmm.fr](http://www.m-mmm.fr)



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Whisper concept store made in le Panier



## >> THE MOST COMMON CLICHÉS OF MARSEILLE

The traditions of Marseille are passed on from generation to generation and can still be seen today. Some of them can be seen in the most prominent stereotypes of the people of Marseille, whereas others are traditional symbols that the locals wear with pride. Let's have a closer look!

### Savon de Marseille soap

Machines may have replaced manual processes, but four soapworks, true to tradition, still follow the original manufacturing charter. In cubes or in bars, coloured brown-green or white, authentic "savon de Marseille" must contain no more than six natural ingredients and always include 72% vegetal oil, and must bear an imprint on either side. This iconic local product is now well-known on a global scale!

[www.label-savon-de-marseille.fr](http://www.label-savon-de-marseille.fr)

### Santons

These little clay, coloured figurines are used in the nativity scene for Christmas and tell the story of the birth of Jesus, with all the traditional scenery and characters from the story (the Virgin Mary, Joseph, the donkey and the ox, the Three Wise Men, the shepherds, etc.). This tradition can be seen in homes throughout the area in the run-up to Christmas, as well as on the region's market stalls, where the tradition is for children to come and choose the new characters for their nativity scene themselves!

[www.foire-aux-santons-de-marseille.fr](http://www.foire-aux-santons-de-marseille.fr)

### Navettes biscuits

A true native of Marseille will be able to recognise the scent even a few metres away... Of all the gourmet delights on offer in Marseille, the traditional Navette is definitely the star of the show! This popular biscuit, flavoured with orange blossom, was originally made for Candlemas, 2<sup>nd</sup> February, but has lost all its seasonal connection. All year round, tourists and locals can treat themselves to this local speciality, on the hills of Saint-Victor or in the Panier district.

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

<http://www.les-navettes-des-accoules.com>

### Bouillabaisse

Bouillabaisse, a well-known speciality of Marseille, is a homely recipe that has become a gourmet dish, and occupies a truly regal position on the Marseille menu. In 1980, to preserve the recipe of this speciality made from fish, garlic croutons and rouille sauce, a group of Marseille chefs set up a Bouillabaisse Charter in 1980, to settle any argument! As the saying goes, "Quand ça bouille, tu baisse" - "When it boils, turn it down" - that is the origin of its name, and it also explains how it should be made.

But you can now find some variations of the traditional bouillabaisse and chefs enjoy being creative with this dish: Bouillabaisse milkshake by Lionel Levy (Alcyone), bouillabaisse burger by Sylvain Robert (l'Aromat), bouillabaisse dessert by Christian Buffa (le Miramar) to name but a few original variations.

If you want to make your very own bouillabaisse, the Metropolitan Tourist Office and Convention Bureau offers a Bouillabaisse cookery workshop, much to the delight of food lovers!

For more information and bookings:

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

### Panisses & chichi

Panisses are fried patties made from chickpeas and are today served at all the trendy bistros throughout the city, but if you really want to try the original recipe, come to the Estanque district and try them directly from the street vendors facing the harbour.

If you've still got some space left, then you must try the traditional 'chichi', a sweet doughnut that also originates from Estanque and has become an absolute must for those with a sweet tooth!

### Les 13 desserts

'Les 13 desserts' is a tradition from Provence that dates back several centuries. No Christmas meal is complete without it.

Mendiants chocolate disks with almonds, hazelnuts, walnuts, figs, etc., Muscat grapes, dates, apples, pears, oranges, melon, pompe à l'huile cake, nougat, mulled wine... Make sure you have them all!

### Pétanque

At first it was the province of the initiated few, then regarded as cliché of Marseille, but now pétanque has established itself in its own right and been adopted by the trending districts of Paris, London and other metropolises all over the world.

But while this variant of boules is attracting a new, hip following in all four corners of the globe, in Marseille it is still a family institution for everyone to enjoy, practised in the purest tradition. Playing this game is cool but not snobbish, retro but not uncool, and it brings every generation together around that sweet little jack.

Shoot or place... You'll quickly learn the rules and adopt this sport as naturally as the 'apéro' that goes with it!

[www.laboulebleue.fr](http://www.laboulebleue.fr)

### 'Apéro'

The sacred ritual of the Marseille 'apéro' is practiced as soon as the sun goes down, whatever the weather: The chairs in the local bistro are brought together; the clinking of glasses can be heard from afar as friends toast and the voices get louder!

Whether you are with your family, with friends or as a couple, this moment of the day has become a real institution, confirming the cliché, but anyone living in and around Marseille will adopt this tradition shamelessly!

### A round of the 'little yellow' liqueur!

Since the 20th century, the Pastis has been the true star of the 'apéro'. Also known as 'petit jaune' or 'pastaga', it can be enjoyed as a long drink with water or more concentrated, with mint syrup (en perroquet), with red fruit syrup (en tomate), or with orgeat syrup (en mauresque). This golden aniseed-flavoured drink is originally from the south of France and can now be found at every bar or friendly gathering.

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

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Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)





## >> ENJOY YOUR MEAL!

The deeply rooted values in the local cuisine of Marseille are sharing, blending and eating well! From the local products to those brought in across the Mediterranean shore, from gourmet establishments to places for a quick bite to eat, from simple but tasty food to fine dining... In Marseille, the delicious and flavoursome cuisine has just as much character as the local accent here.

### Street food, a popular concept in Marseille

The street food of Marseille began with the iconic pizza vans but now the pavements of the city are filled with all sorts of gourmet treats, much to the delight of the locals and tourists.

There are more and more food trucks taking to the streets (the most popular ones being **Disco&Tacos**, **Les Burger Brothers**, **On Mange Thai** and the **Kabanon à Boulettes**) and you can also find some popular dishes in large portions to share: 'sardinades', giant Aioli or 'anchoïades' take over the squares and small fishing ports throughout the city!

### FUN FACT

The 1<sup>st</sup> pizza van in the world was actually seen in Marseille!

The big wave of Italian immigration at the end of the 19<sup>th</sup> century brought with it the culinary tradition of pizzas served with Provence-style tomatoes, wood-fired in the cafes of the Vieux-Port.

In 1962, the pizza ventured away from the Italian district and started travelling... aboard the first ever pizza van, driven by Jean Meritan, a native of Marseille.

### A new breed of grocers

Very specific kinds of grocery stores have begun to pop up all over the city, bringing with them a welcome breath of fresh air. They give priority to top-quality, organic, good, local and original produce.

Right in the heart of the Noailles district, l'Épicerie L'Idéale (1<sup>st</sup> arrondissement) is a purveyor of top quality charcuterie, quinoa from Peru, and Grano Padano from Italy, along with other exciting spices and fricassees.

Around Vieux-Port, you can shop till you drop with the selection of Provençal, Mediterranean and Corsican deli products, tastings at the **Comptoir ô Huiles** (2<sup>nd</sup> arrondissement) and at Piou's (1<sup>st</sup> arrondissement) in Rue Grigna, where you can also buy trays of nibbles to take away with a selection of traditional appetisers!

Finally, you can find out about the concept of the Slow Food movement for good, clean and fair food, with the local products on offer at **La Bonne Épicerie** (6<sup>th</sup> arrondissement), a taste of Italy at **Fiorentina** (7<sup>th</sup> arrondissement) a taste of the Orient at **Balady** (1<sup>st</sup> arrondissement) and local baked delights at **Pain Pan** (6<sup>th</sup> arrondissement), a local bakery with a twist!

### Internationally inspired cuisine

Before becoming a traditional Marseille speciality, the local cuisine here is above-all, Mediterranean, and is a blend of traditions and spices from overseas. Marseille has always been a melting pot of exotic establishments, traditional trattorias and oriental cafés but today there's a whole new generation of gourmet delights appearing, taking inspiration from all over the world. **Yima**, the original and inviting restaurant opened by young chef Ella Aflalo, **Ouréa**, contemporary cuisine from the south of France with vegetarian inspiration or **Orphéon**, the latest gourmet bistro to set up shop in the city centre... These new generation, laid-back establishments combine the very best of traditions and the #instafood of the 21<sup>st</sup> century!





## Starred restaurants

To pay homage to Provence's local specialities, Marseille can rely on the skills of its starred chefs, whether they were born and bred on the Mediterranean coast or chose to call this place home.

**Gérald Passédat** has won three Michelin stars for Le Petit Nice which he took over from his father, and this has given him a place in the very closed circle of 26 French restaurants with three stars.

Chef Guillaume Sourrieu runs **L'Épuiette**, at the heart of Vallon des Auffes, which was awarded 1 Michelin star, just like **Alcyone**, the intercontinental restaurant run by Lionel Lévy, or **Saisons** with chef Julien Diaz, and **Une Table au Sud**, Lionel Lévy's former establishment, now run by Ludovic Turac.

The restaurant **AM** with Chef Alexandre Mazzia has also won two stars, thanks to the refined and instinctive style of cuisine.

[www.passedat.fr](http://www.passedat.fr) - [www.l-epuiette.fr](http://www.l-epuiette.fr) - [www.marseille.intercontinental.com](http://www.marseille.intercontinental.com) - [www.alexandremazzia.com](http://www.alexandremazzia.com) - [www.unetableausud.com](http://www.unetableausud.com)

## Gourméditerranée

Founded in 2012 by a group of Marseille chefs and caterers, the Gourméditerranée association has made it its mission to "promote know-how and the gastronomy of Marseille and Provence".

More than 70 chefs, pastry chefs and culinary geniuses from Marseille and the surrounding area, all fans of Provence-style cuisine, have joined Gérald Passédat and share the same idea: to promote this part of France through a love of the region's culture, produce and gastronomy.

[www.gourmediterranee.org](http://www.gourmediterranee.org)

## The best places for a traditional 'apéro'

There are so many iconic locations, local institutions and new venues on the block, the city is full of nooks that are perfect for indulging in this irresistible local pastime!

Those who love to breathe in the fresh sea air will prefer to head to the seaside for an early-evening drink, whatever the season. Deep in the lovely Vallon des Auffes, we make a beeline for the assorted cushions of **Viaghji di Fonfon**,

scattered around the little harbour to suit us: A 'picnic' atmosphere, chic and vintage in a unique setting... Another seafront institution is the **The Red Lion**, a British-style pub where the young folk gather every evening, tanned and thirsty after all the sunshine.

The bars of Cours Julien and the Plaine district are favourites with the locals and are always crowded, whereas those looking for a beautiful view will prefer to sit down for a drink in the heights of the city, on the romantic little balcony of **La Caravelle** or on the terrace of the **Café de l'Abbaye**, with a superb view.

Whether you prefer them dark, blonde, Belgian or Asian, beer enthusiasts will find what they're looking for at the popular establishment **Zoumaï**, and in Saint Victor, where the **143 Bar à bières** and **Victor** have hundreds of beers from all over the world on offer!

When you swap the beers for the cocktails from the greatest mixologists in town, and when you're surrounded by the great music of lively joints such as **La Ruche**, **Le Comptoir d'Endoume**, **Chez Gaspard** or **le Parpaing qui Flotte** and **les Trois quarts**, what more could you ask for.

## DIMANCHES DE LA CANEBIERE

Since 2017, on the last Sunday of every month, you can stroll through Canebière and discover artistic, cultural and culinary creations, with something for the whole family. Among other festivities, food is the real star of the show, with a varied selection of **food trucks**, **homemade delights** and **local producers**.



Alcyone restaurant, 1 star in Michelin Guide



## >> ALL NIGHT LONG

When it comes to night life, Marseille can hold its own with any of Europe's capital cities!

The trendiest of the younger generation in Marseille gather at the iconic places throughout the city, superb rooftop terraces or more intimate places...

At the **Son des Guitares**, an institution in the Opéra district, you won't find a DJ or decks, but a Corsican band who play rock classics from all over the world, live! Not far, over by the Vieux-Port, the **Trolleybus** is 3 clubs in one, with dancing at the Dame Noir, the Whisky bar and La Marquise Rive Neuve with a programme of up-to-the-minute underground music, which is a hit with Marseille's hip crowd.

In the summer, come to **R2**, for a total change of scenery, between the sky and the sea, up on Les Terrasses du Port, where internationally renowned DJs come to play on the rooftop. From the dancefloor, you have a panoramic view of the sea.

Over by the pine forest, **le Baou** is a new, trendy open-air night club that opened in 2019, bringing a breath of fresh air to the Marseille nightclub scene. Les Jardins Suspendus invested in this new club, found between the sea and the city with a panoramic view of the bay of Marseille from the Bonne-Mère all the way over to Estaque, offering the very latest of the eclectic music scene.

And to really ensure the people of Marseille have somewhere to strut their stuff, local groups are investing in original and unique venues: Among them, **Le Plaisir Collectif**, **Les Jardins Suspendus**, **IN'OUBLIABLES**, **Borderline**, etc.

When the weather starts getting warmer, festivals are held in these fantastic venues and on the most beautiful beaches in the city: **Delta Festival**, **Acontraluz**, **Marsatac**, **Jazz des Cinq Continents**, **Le Bon Air**, **Plan B** and many more.





## ARTY BREAK

### Leisure ideas?

**Cours Julien** with its street art, in the heart of the district where all the bobo, arty types hang out.

Art galleries and craft shops have moved into this area. **La Friche la Belle de Mai**, a unique place to stroll around, go to an exhibition or go to watch the riders who have signed up to the skatepark's graffiti-tagged ramp.

[www.lafriche.org](http://www.lafriche.org)

### A spot of shopping?

**318 Radiant City**, an exclusive concept store for everyone who loves beautiful things.

<http://318citeradieuse.tumblr.com>

**Les Puces de Fifi** - In the Capelette district, 9 antique dealers decided to create this trendy place for anyone looking for a fantastic bargain. A city-centre alternative to the Marseille flea market.

[www.lespucesdefifi.fr](http://www.lespucesdefifi.fr)

### Fancy going for a drink?

**Chez Gaspard**. A speakeasy atmosphere, where you can sample cocktails mixed by the greatest mixologists, in an arty atmosphere created by Honoré decoration.

[www.facebook.com/bargaspard/](http://www.facebook.com/bargaspard/)

**Deep**. You'll find a hip, New-Yorker style atmosphere in this café-coffee roaster in the Opéra district! An added advantage is that they regularly hold photo exhibitions here and they have a selection of art, photography and fashion books on sale.

### Looking for a bite to eat?

**Spok**. "Made in Marseille" concept, healthy and nutritious, with numerous outlets, featuring an eclectic playlist, back-to-basics decor and vintage furniture.

**Georges**. A local bistro with a neo-retro frontage, whose New Zealand chef serves French-style 'bistronomie' with one or two Asian-influenced dishes.

[www.facebook.com/Georges-337744599758015/](http://www.facebook.com/Georges-337744599758015/)

### Looking for somewhere to sleep?

**Hôtel C2\*\*\*\*\***. A small private hotel with 20 rooms, created by two architects, in tribute to a handful of the great contemporary designers.

[www.c2-hotel.com](http://www.c2-hotel.com)

**Mama Shelter**. The ultra-trendy MamaShelter hits the perfect arty balance for a place to stay in Marseille.

[www.mamashelter.com/fr/marseille/](http://www.mamashelter.com/fr/marseille/)

## A HEALTHY BREAK

### Leisure ideas?

**Marseilleveyre Calanque**. Stroll and/or power-walk in a magical setting where land meets sea in the very wild calanques around Marseille.

**Outdoor sports**. Come and try your hand at yoga on Malmousque rock or on the Catalans beach, and feel the sea spray on your skin, with **Gecko Yoga**.

For a spot of cardio fitness, head to the rooftop of the Cité radieuse with Massilia Fit.

### Take some time out

#### Hotel C2 spa

Come and relax at the spectacular Hotel C2\*\*\*\*\*, with the full body detox treatment, to really end your day in style!

[www.c2-hotel.com](http://www.c2-hotel.com)

**Thermes marins PROMICEA**. The perfect place to tone yourself and ditch the stress as you relax in the 32° seawater spa with made-to-measure treatments...

[www.thermesmarins.net](http://www.thermesmarins.net)

**Centre lo** - This city centre haven, ló, is the ideal place to take some time out for yourself. There are 3 different rooms with 3 very different atmospheres: Cool, Move or Break. Yoga, massages, cycling, bungee jumping, Pilates, or a healthy lunch on the patio!

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

### Looking for a bite to eat?

**Hippie Chic Café**. The 'le hippie chic café' restaurant is in the trendy, upcoming district of La Joliette, offering varied, modern and surprising dishes.

[www.facebook.com/lehippiechic](http://www.facebook.com/lehippiechic)

**L'Écomotive**. Just a stone's throw from Saint-Charles train station, treat yourself to a sweet or savoury snack at L'Écomotive, a café-canteen and co-working area. On the menu you'll find organic, home-cooked, primarily locally sourced and vegetarian dishes!

[www.lecomotive.org](http://www.lecomotive.org)

### Looking for somewhere to sleep?

**Hôtel 96**. For an invigorating break, you can't do better than the family owned Hôtel 96, situated at the gateway to the Calanques national park.

[www.hotel-96.hotelmarseille.org](http://www.hotel-96.hotelmarseille.org)

**La Pinède**. For a getaway in the great outdoors, come to this guesthouse, a cosy hideaway near the Calanques. Get a taste for an easy-going way of life in Léa and Tom's bohemian world!

[www.lapinede-marseille.com](http://www.lapinede-marseille.com)

## A FAMILY BREAK

The Metropolitan Tourist and Conventions Office awards the tourism label "Famille Plus" to tourist establishments throughout Marseille (hotels, restaurants, etc.) whose welcome and services bear in mind the needs of families.

[www.familleplus.fr](http://www.familleplus.fr)

[www.marseille-tourisme.com](http://www.marseille-tourisme.com)

### Leisure ideas?

The **Marseille Pass** for children means that the kids can now enjoy themselves too for 24, 48 or 72 hours!

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

**Pastré**. The Campagne Pastré is a great place for the whole family for some quality time out in the fresh air. A pony or horse ride with the children for a particularly magical experience.

[www.marseilletourisme.fr/parcs-et-jardins/campagne-pastre/](http://www.marseilletourisme.fr/parcs-et-jardins/campagne-pastre/)

**Skate Park at La Pointe rouge**. The top "hot spot" for your little skateboard fanatics, very Venice Beach. The bowl here is one of the most famous in Europe.

### A spot of shopping?

**OuiMum's**. Especially for mums and kids. Tea room, child minding, workshops and a fashion boutique, home decorations, toys... You need have no qualms about spending the whole day there.

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

**Le Petit Souk**. A city-centre Ali Baba's cave for parents looking for Scandinavian toys, colourful dishes or chic decoration.

[www.lepetitsouk.fr](http://www.lepetitsouk.fr)

### Looking for a bite to eat?

**Café Borély**. In the heart of Parc Borély, this supercool organic restaurant serving local produce is a little piece of paradise that's as kiddie-friendly as you could wish.

[www.cafeborely.fr](http://www.cafeborely.fr)

**Pouce!**. Home-cooked, good food in a very green setting in the city centre!

[www.pouce-concept.com](http://www.pouce-concept.com)

### Looking for somewhere to sleep?

**New Hotel le Quai**. There are several rooms available in this hotel overlooking the Vieux-Port with everything a family could possibly need: Extra beds, bottle warmer, gifted bath toys and even children's bath robes so the whole family can feel warm and cosy!

[www.new-hotel.com](http://www.new-hotel.com)

**La résidence du Vieux-Port**. 4-star kiddie-friendly accommodation in the style of the 1950s. The residence is on the Vieux-Port facing the 'Bonne Mère' (Great Mother) who seems to act as a guardian the whole family. Adjoining rooms and some suites available, to satisfy the needs of families.

[www.hotel-residence-marseille.com](http://www.hotel-residence-marseille.com)



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## >> MARSEILLE AND SO MUCH MORE BESIDES

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The area around Marseille is ideal for enjoyable getaways... Despite its proximity, there's no lack of diversity; sea, land and mountains combine to create a variety of landscapes that are never the same twice.

Heading South, at the foot of the Cap Canaille headland, the little port of **Cassis** will charm you with its authenticity, its colours and its amazing setting. And to get maximum pleasure from the moment, the restaurants by the port serve shellfish and local white wine. Before heading back to Marseille, we recommend you go inland and stop off in **Aubagne**: the hometown of French author Marcel Pagnol, famous for its pottery (Ravel Bernex...) with the Argila fair every year in August.

To the west of Marseille, on the banks of the Berre lagoon and the Caronte canal, discover **Martigues**, nicknamed "the Venice of Provence". Next, head north and let the metropolitan charms and the sophisticated elegance of Aix-en-Provence weave their magic on you.

You can pound the pavements on the culture trails - it has a multitude of museums - or stroll at your leisure, or do some serious window-shopping. This visit also gives you a chance to go through the scented garrigue scrubland of the Sainte-Victoire mountain, muse of the Pays d'Aix, and feast your eyes for as long as you like.

Follow the Côte Bleue, and after a few kilometres you'll come to the **Camargue Regional Nature Park** one of the most diverse in France. Wild, arid patches of land between salt marshes and sand dunes as far as the eye can see, can be explored at a walk, a trot or a gallop, on horseback only!

Finally, your tour of the region can end with a visit of the ancient monuments of **Arles** listed as historic monuments, or why not treat yourself to an arty experience at the new and inspiring **Luma** foundation, holding exhibitions, concerts and workshops.



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MARSEILLE METROPOLITAN TOURIST OFFICE AND CONVENTION BUREAU  
Press contact: [presse@marseille-tourisme.com](mailto:presse@marseille-tourisme.com)  
Tel.: + 33 (0)4 91 13 99 73 - [www.marseille-tourisme.com](http://www.marseille-tourisme.com)



# MARSEILLE >> PRESS CONTACTS

Marseille Metropolitan Tourist  
Office and Convention Bureau  
11, la Canebière  
CS 60340 - 13211 Marseille Cedex 01  
[www.marseille-tourisme.com](http://www.marseille-tourisme.com)

Silvie ALLEMAND  
Communication manager  
+33 (0)4 91 13 89 19 / +33 (0)6 73 86 09 80  
[sallemand@marseille-tourisme.com](mailto:sallemand@marseille-tourisme.com)

Marion FABRE  
Press officer  
+33 (0)4 91 13 99 73 / +33 (0)6 73 86 09 78  
[mfabre@marseille-tourisme.com](mailto:mfabre@marseille-tourisme.com)

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