



MY LOVE GUIDE

From Provence

MAGALI FLEURQUIN BONNARD

MARSEILLE



LISTEN

Avé l'accent



MARSEILLE

In **Le Panier**, one of Marseille's many village-like neighbourhoods, I wander aimlessly through the narrow streets. I open my ears wide and listen to the lively chatter of the Marseillais. They speak loudly, gesturing with their hands, teasing each other and laughing.

Humour is an integral part of the Marseille way of speaking. In Le Panier, residents sit outside their front doors, laundry hangs from the windows, and you can still catch a glimpse of the Marseille of days gone by. Only the street art covering the walls brings us back to the 21st century.



THE LAPPING OF THE WAVES

If Marseille had an ultimate end point, it would certainly be **Les Goudes**, the final stretch of road, the last little harbour before the arid landscape, the rocky wilderness of the Calanques.

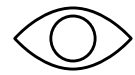
This incredible corner of the world is home to places that exude such beauty that I am dazzled every single time. The Calanques bunker transports us to the Cyclades, with its dazzling white walls and the deep blue sea as a backdrop. Its outdoor spaces can be hired for events and film shoots.



Another gem is the **Tuba Club**, whose five rooms/cabins open out onto the water. You can stay there, but you can also dine at its waterside restaurant overlooking the calanque. I enjoy a 'lunch and a dip' here! Between courses, I go for a swim... Isn't that the purest expression of happiness?

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04 91 25 13 16

SEE



MARSEILLE

Marseille as seen from the sea

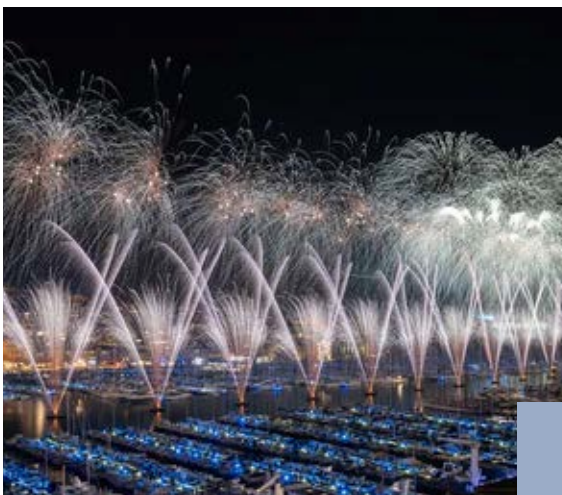
As my favourite book is "The Count of Monte Cristo", whenever I feel the need to escape, I take the shuttle to the Old Port, heading for **Frioul** with a stop at the Château d'If. I open the book at random, gather my children round, and off we go, immersing ourselves in the life of my superhero: Edmond Dantès.

After this imaginary journey, we take the boat back to spend the day on Frioul with a lovely picnic, a parasol and, most importantly, sun cream (there aren't any trees on this rocky outcrop). The hours fly by as we gaze out at Marseille, looking so peaceful in the distance.



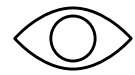
For a perfect day out, place an order at Kif, specialists in aperitifs and takeaway picnics: jars of truffle-flavoured cashew nuts, sandwiches made to order, natural or non-alcoholic wines. They've got everything you need for a treat!

If you fancy bringing a little piece of the Mediterranean home with you, pop into the Azul boutique, a concept store dedicated to the Mediterranean way of life with a carefully curated selection of homeware, guidebooks and cosmetics, right next to the Vieux Port!



One truly spectacular moment I experienced out on the water, off the Old Port, was **the 14 July fireworks display** ! Something you simply must see at least once.

SEE



MARSEILLE

Marseille as seen from the sea

THE ISLANDS AS SEEN FROM THE CORNICHE

Sit on one of the longest benches in the world on **the Corniche Kennedy**. An incredible moment, gazing out to sea, watching the divers and reflecting on the way of the world. Runners, cyclists, walkers, strollers – the whole of Marseille gathers here at the weekends.

Life for the people of Marseille goes on, unabashedly, amidst such beauty!



A wonderful stroll that I always recommend to visitors: head to the **Mucem** and wander around its grounds. The view (again!) is breathtaking.

You could also take a pack of belote cards and sit facing the blue horizon to play a game, Pagnol-style. For book lovers like me, the Mucem bookshop is inspiring – be sure to pop in for a look.



SEE



MARSEILLE

Marseille as seen from the sea

OUR BEAUTIFUL BONNE MÈRE

From the A55 at the entrance to Marseille, looking up from beneath the canopy of the Vieux-Port, the constant comings and goings of ferries and cruise ships, **the Bonne Mère** from every angle, sitting on the longest bench along the Corniche to gaze out at the sea, crossing the Vieux-Port on the 'ferry boate', a single euro to travel from the left bank to the right bank and back again and Le Corbusier's genius at the Cité des Fadas.



AN INCREDIBLE PANORAMA

To enjoy one of the most beautiful views of Marseille, head up to Notre-Dame de la Garde, affectionately known as 'la Bonne Mère'.

From the Vieux-Port, there are several options available to you. For the more adventurous, the climb can be done on foot: head towards Boulevard Notre-Dame, then continue towards the basilica along the streets that gradually wind their way up the hill. The climb is quite a workout, but it allows you to discover Marseille along the way and enjoy several panoramic views of the city.

For a more leisurely ascent, you can also take the little tourist train, which takes you right to the foot of the basilica, passing through some of Marseille's most iconic neighbourhoods. Once you arrive, all you have to do is climb the few steps leading up to the basilica.

At the top, the view is well worth the effort: **a 360° panorama of Marseille, the Vieux Port, the Frioul Islands, the Mediterranean and the city's rooftops.** It's one of the best places to take in the full splendour of Marseille.

Rose and Marius are honoured to create a fragrance for **La Bonne Mère**, with a detour through the Calanques: a fragrance with marine and iodine notes, where salty sea spray mingles with the brisk breeze of the mistral, like an invitation to breathe in the Mediterranean to the full.

TASTE

Such delicious specialities



MARSEILLE



It's easy to find the 'Four des navettes' bakery thanks to the scent of orange blossom that fills the whole neighbourhood. Whenever I visit Saint-Victor, I simply have to buy a bag of 12 freshly baked navettes and breathe in the scent, with my nose buried in the paper bag.



MY ROUTINE

I sit on the low wall just below the shop and savour a navette whilst taking in this magical view: the entrance to the Vieux Port, Fort Saint-Jean, and, in the distance, the Côte Bleue and its railway bridges carved out of the limestone.

A MUST TRY

Hot panisses and chichis from the stalls in L'Estaque, a pastis or a 'pac à l'eau' in a bar in Le Panier, fresh grape juice at France's last 'uvale' station on Cours Pierre Puget, and bouillabaisse – a cliché, but so delicious!



Then, head down La Canebière to Noailles, a unique spot teeming with stalls laden with spices, olives and dried fruit, as well as restaurants.



CHEZ YASSINE



SAUVEUR

L'ÉPICERIE L'IDÉAL

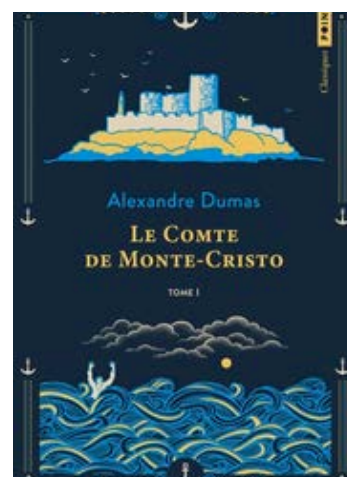
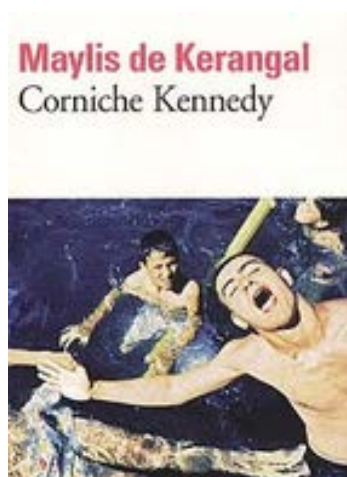
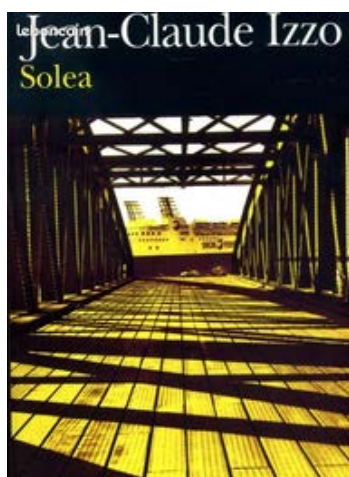
L'ÉPICERIE L'IDÉAL

READ

Sitting facing the sea



Jean-Claude Izzo's crime novels, "Corniche Kennedy" by Maylis de Kérangal, and Alexandre Dumas's famous "The Count of Monte Cristo" - my favourite novel.



Ah, Marseille! I have so much to write about this city, which doesn't let you love it at first sight: a little aloof, very rebellious, unconventional and truly chaotic. The people of Marseille have this excuse that rolls off their tongues when they don't feel like justifying themselves or explaining away a certain attitude: 'It's Marseille, baby'

I think you need to be prepared for your encounter with Marseille - prepared for its sheer size (you'll need to break your visits down by neighbourhood), prepared for its turbulence and its beauty. I've chosen itineraries that appeal to the senses and I mix up the neighbourhoods.

The Phocaean city is a call to travel (in the plural). Here, it's a fusion of Mediterranean cultures, with pleasure as the sole watchword.



LA VIE EN ROSE ... ET MARIUS

from Marseille



WE PERFUME LA BONNE MÈRE

Rose et Marius is honoured to create a fragrance for La Bonne Mère with **"Une Escale dans les Calanques"**, a scent inspired by the wild landscapes of the Mediterranean. A breath of mistral, salty sea spray, the freshness of the open sea and rocks warmed by the sun... A true olfactory journey between the sea and the calanques.

And to carry this memory with you far beyond Marseille, **"Une Escale dans les Calanques"** is also available in our body care range: eau de parfum, liquid soap and bar soap. Everything you need to take a little bit of the Mediterranean breeze with you and keep Marseille close to your skin.

THE SCENT OF OUR FAVOURITE HOTEL

At the heart of the iconic **HÔTEL DIEU**, the **InterContinental** in Marseille - a historic gem overlooking the Old Port - Rose and Marius present **"Une Flânerie sous l'Oratoire"**.

A fragrance conceived as a tribute to the Bonne Mère, whose spiritual and elegant notes of incense evoke sacred places and the silhouette of Notre-Dame de la Garde watching over Marseille. An invitation to discover the Phocaean city in a different light, through fragrance.



THE SCENT OF THE MARSEILLE NAVETTES

If you've fallen in love with the delicious Marseille navettes and their sweet scent of orange blossom, Rose et Marius invites you to bring that memory home with its **Orange Blossom fragrance diffuser**.

A sunny, delicate and indulgent scent - like a little piece of Marseille to bring into your home.