



RUGBY  
WORLD CUP  
FRANCE 2023

HOST REGION



PROVENCE-ALPES-CÔTE D'AZUR

# RUGBY WORLD CUP 2023 LET'S GO!

#RWC2023

#VisitSouthofFrance



SEPTEMBER  
2022

#PROVENCE  
#ALPES  
#COTEDAZUR



# RWC 2023

## PROVENCE-ALPES-CÔTE D'AZUR REGION IN THE SCRUM

**P**rovence-Alpes-Côte d'Azur will be welcoming ten of the Rugby World Cup matches in 2023, in a fitting tribute to the region's dynamism and team spirit, from the host cities of Nice and Marseille to the tiniest village in the Luberon...

Coming to France from September 8<sup>th</sup> to October 28<sup>th</sup>, 2023, the Rugby World Cup is the world's third largest sporting event in terms of spectators (outside the Olympic Games), with economic spinoffs estimated at 3.2 billion euros. The Provence-Alpes-Côte d'Azur region will be hosting the lion's share of the meetings, with 10 out of 48 matches including two quarter finals. An impressive 500,000 spectators are awaited, along with hundreds of journalists from 175 countries.

**The Provence Alpes Côte d'Azur Regional Council, Regional Tourist Board** and host cities of **Marseille and Nice**, together with our partners the **Toulon Provence Méditerranée Metropolitan Area, Aix-en-Provence, Antibes Juan-les-Pins and the Luberon**, are working together as a pack to bring our "**region of happiness**" to rugby fans and encourage them to linger longer after the event.

Home to two iconic stadiums - in **Nice-Côte d'Azur** and in **Marseille-Provence**, seating 35,000 and 67,000 fans respectively - the region promises to offer a dazzling stage for the 2023 Rugby World Cup.

Nice, the base camp for Scotland, will be hosting four matches, with six in Marseille including two quarter finals. Located within easy reach of each other, the two host cities are connected to the entire world thanks to their international airports and offer extensive regional public transport networks.

Privileged partners to the event: the **Toulon Provence Méditerranée Metropolitan Area**, an historic temple of rugby and the base camp for South Africa; **Aix-en-Provence**, home to an innovative rugby campus; **Antibes Juan-les-Pins**, clocking up high-level sporting achievements; the **Luberon in the heart of Provence**, an ode to slow tourism.

Experts in the art of entertaining, the Côte d'Azur and Provence are delighted to unveil their many assets to an international clientele avid for powerful travel experiences: an endless variety of scenery, wine & gastronomy, lifestyle, major festivals and a plethora of events... Not forgetting our gentle, sunny climate. The months of September and October are ideal for Mediterranean water sports and hikes in the Southern Alps alike. **Welcome to the region of happiness!**

**#RWC2023**

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**PARTNERS** 42


→ [General Photo Library](#)

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# PROVENCE ALPES CÔTE D'AZUR

## ACCESS FROM PARIS

 Marseille Provence Airport > 1h  
Nice Côte d'Azur Airport > 1h30  
Toulon Hyères Airport > 1h

 Avignon TGV Station > 2h50  
Aix-en-Provence TGV Station > 3h10  
Marseille > 3h20  
Toulon > 4h  
Nice > 5h50

 Avignon > 7h15  
Marseille > 8h  
Toulon > 8h30  
Nice > 9h30

-  TGV (High-Speed Train)
-  TER (Regional Express Train)
-  Highway
-  Main road
-  Secondary road
-  River
-  Airport
-  Main port
-  TGV train station
-  Host City
-  Partner



MEDITERRANEAN SEA

50 km



# MATCH & BASE CAMPS

## MARSEILLE

STADE VÉLODROME

- POOL D** ENGLAND v ARGENTINA  
Sat, 9 Sept
- POOL B** SOUTH AFRICA v SCOTLAND  
Sun, 10 Sept
- POOL A** FRANCE v NAMIBIA  
Thurs, 21 Sept
- POOL B** SOUTH AFRICA v TONGA  
Sun, 1 Oct
- QF1** WINNER POOL C v RUNNER-UP POOL D  
Sat, 14 Oct
- QF3** WINNER POOL D v RUNNER-UP POOL C  
Sun, 15 Oct

## NICE

STADE DE NICE

- POOL C** WALES v QUALIFIER WINNER  
Sat, 16 Sept
- POOL D** ENGLAND v JAPAN  
Sun, 17 Sept
- POOL A** ITALY v URUGUAY  
Wed, 20 Sept
- POOL B** SCOTLAND v TONGA  
Sun, 24 sept

## BASE CAMPS



SOUTH AFRICA  
TOULON



SCOTLAND  
NICE



URUGUAY  
AVIGNON

# PROVENCE ALPES CÔTE D'AZUR TOP TEN



# CRUISING

**D**iscovering the Provence-Alpes-Côte d'Azur region from the sparkling waves is a dream that came true for around three million cruise passengers in 2019. Over half disembarked at Marseille-Provence, France's leading cruise terminal and a favourite call for passengers lured by a choice of more than 150 excursions or the simple pleasure of sipping a coffee on one of the sunny café terraces lining the city's Old Port. In 2019, travel experts elected Villefranche-sur-Mer and Cannes as the Western Mediterranean's best destinations. Antibes' Picasso Museum is right at the end of the gangway, while Nice's Port Lympia is just next to the city's historic quarter and Promenade des Anglais. Often qualified as "Europe's Most Beautiful Bay", sheltered from the gusting Mistral and prevailing winds, Toulon welcomes premium and luxury cruise ships and mega yachts. The port is within easy reach of the vineyards lining the Maures plain, around Sanary, Bandol and Saint-Tropez. Rugby fans take note: Toulon's maritime shuttle service can also drop you off by the city's Mayol Stadium or Toulon Rugby Club merch shop.



## DIVING

**F**rom the Rhône Delta to Menton, 835 kilometres of shores unfurl intimate bays, secret coves and beaches gazing out over the big blue.

From a simple dip to freediving, scuba diving, stand-up paddle boarding and adrenalin-packed water sports such as kite-surfing, wing foiling or fun boarding at Almanarre beach in Hyères, the region promises watery fun for everyone. From eFoil to eSurf and high-tech craft, every year brings its crop of new and evermore innovative sporting challenges. Meanwhile, the hinterland rivers offer a fabulous playground for white water rafting and canyoning. Dozens of emerald green inland lakes welcome waterskiing, water cycling, rowing, canoeing and stand-up paddleboarding aficionados, together with catamarans propelled by thermal breezes. Skippers taking part in the 2024 Olympic Games are already gearing up to train on Serre-Ponçon lake before battling it out in the Bay of Marseille. Our water sports map lists the top hotspots per sport, plus the region's "France Station Nautique" water sports resorts and Clean Ports distinguished for their eco-friendly initiatives.

→ [Water Sports Hotspots](#)



# GASTRONOMY

**P**anning out under sunny skies or nestling in food halls, the local markets are a feast for the eyes and taste buds. From Nice to Embrun, Avignon, Toulon and Saint-Rémy-de-Provence, fresh garden flowers and sun-kissed fruit rub shoulders with just-picked vegetables and farm cheeses. Tourtons, Pissaladière and other regional delicacies magic every aperitif into a foodie's dream... Our talented street food pros and Michelin 3-star chefs alike love to play with the never-ending possibilities of the very-healthy Mediterranean diet. Olive oil exalts just-caught fish and shellfish, grass-fed meat from the high pastures, vegetables and sometimes even fruit from the local orchards. Not forgetting the region's wines of course, offering an array of prestigious appellations and confidential cuvées, curated with indigenous grapes varieties. Rosé wine was born on this soil and Provence dedicates 90% of its production to this iconic pink elixir redolent with summer vibes. Here in Provence-Alpes-Côte d'Azur, we celebrate gastronomy every single day.

→ [Taste: Wine & Gastronomy](#)





# NATURE

**L**egend tells that after the world was created, mountains, shores, water and hills were scattered here and there. Put them all together and "aco sara lou paradou" as we say in Provençal: it would be paradise! The figures say it all. With altitudes ranging from 0 to 4,102 metres at Barre des Ecrins, the Provence-Alpes-Côte d'Azur region boasts the greatest biodiversity found on the mainland. It is also home to the largest number of nature reserves in France and around half of the country's National Parks are located here, including Port-Cros, Europe's oldest land and sea reserve. Following on from the latest additions – the Sainte-Baume hills and Ventoux area - our reserves are gaining ground every year. In all, protected natural areas cover 60% of the region. The words "Southern Alps", "Provence" and "Côte d'Azur" conjure up vivid images of coastal fjords, the stunning Alpilles, wild Camargue, old hilltop villages, exotic islands, the verdant Maures hills, flaming red rocks of the Estérel, Verdon Canyon, Valensole plateau, green and fertile Mercantour and jutting peaks of the Ecrins. And that's not all by a long stretch... But we'll let you enjoy filling in the blanks!

→ [Get inspired: Natural Areas](#)

# CYCLING

**P**rovence-Alpes-Côte d'Azur is a paradise for cyclists too. If you have a penchant for pedalling, you'll find plenty of iconic hotspots here including Mont Ventoux, Col du Galibier, Col de l'Izoard, Col de la Madone and Col de la Bonnette... On certain days, the local mounts are reserved for cyclists and it's easy to get hold of a bicycle or electrically-assisted bike from the local rental firms. And as anyone who's ever been on a bicycle knows, there are no big or small cycling adventures – every foray is an experience unto itself. Our town and city centres are bicycle-friendly, while slow tourism fans appreciate the region's hundreds of cycling routes, perched over the Mediterranean shores or criss-crossing the valleys of the Southern Alps. Three unique long-distance trails plus France's largest mountain bike domain promise freeriders, X-Country, All Mountain, Downhill, BMX and Gravel Bike fans a ride to remember. Cycle touring is very popular here too, with trails such as the ViaRhôna – the French portion of the Eurovelo 8 route - linking Camargue to the Southern Alps, Mediterranean and Italian border.

- [Cycling along the Mediterranean](#)
- [Cycling along the River Rhône](#)





## GOLFING

**P**rovence-Alpes-Côte d'Azur has been a kingdom of golfing for over 130 years, when the Old Course golf course in Mandelieu-la-Napoule was inaugurated. Most of the region's 74 links courses are located near the Med. Some famous names? Terre Blanche, Manville, Roquebrune and Pont Royal, designed by Severiano Ballesteros, to list but a few. You'll find magnificent high-altitude fairways here too, such as Golf de Gap-Bayard. The "Route des Golfs" platform offers a complete list of regional courses, plus the Provence Côte d'Azur Golf Pass and après-golf must-dos including fine dining, hikes, culture and relaxation. So what will it be: an ancient spa ritual in Gréoux-les-Bains, Digne-les-Bains or Berthemont-les-Bains, or Mediterranean health food and sea spray at the thalassotherapy centres of Bandol, Hyères, Fréjus, Antibes and Les Issambres? Unless of course you'd rather opt for a spot of pampering at our spa institutes dotted from the Gulf of Saint-Tropez to Serre-Chevalier, offering treatments redolent with the herby scents of garrigue or high-altitude larch forests.

→ [Tee-Off: Golf courses](#)

# INSPIRATION

**T**he charcoal paintings found in Cosquer Cave date back an incredible 30,000 years, while the stone carvings in the aptly-named "Valley of Marvels" were forged 5,000 years ago: proof of the pudding that Provence-Alpes-Côte d'Azur has been inspiring artists from time immemorial. The region's scintillating sunlight has seduced and challenged many master painters, including Van Gogh, Picasso, Cézanne, Matisse and Chagall, captivated by our inimitable lifestyle and endless palette of scenery. Vineyards, remarkable gardens and private foundations alike invite visitors to step inside and contemplate the works of top names on the contemporary scene, from Jaume Plensa to Louise Bourgeois. The region's workshops, private collections, art walks and magical venues – such as Porquerolles Island or the fortified village of Mont-Dauphin – are an ode to inspiration and creativity. The Modern & Contemporary Art Route offers a compelling voyage through our foremost art hubs. Street art is making its mark too, with exciting new works adorning the quarters of Nice, Toulon and Marseille every year. And people flock here from the world over to admire "The House of She Who Paints" adorned with ceramics, or Le Corbusier's "Madman's House", now a UNESCO World Heritage Site.

→ [Admire: Modern & Contemporary Art Routes](#)





## PERFUME

**W**elcome to a land of a thousand fragrances... Winter on the Mediterranean shores offers up a firework display of powdery yellow mimosa. At the start of Spring, tiny purple violets burst into flower on the heights of Cagnes. Then, little by little, jasmine, roses and tuberose unfurl their petals in the fields around Grasse, the perfumery capital. The world's top perfumers all have a pied-à-terre in this hilltop town set between the Prealps and Mediterranean. Its perfumery know-how, developed since the Middle Ages, is now part of UNESCO's Intangible Cultural Heritage. You can even opt for a perfumery workshop there and take your creation home with you. Scents of citrus fruit and orange blossom water, used to perfume the local brioche, waft through the air. The arid garrigue exhales heady scents of thyme, rosemary, pistachio and myrtle, while the high plateaux are swathed in blue lavender flowers swaying in the breeze. Higher up, in the mountain forests, the air is instilled with invigorating woody scents of larch resin...

→ [Experience: International Perfume Museum](#)

# VILLAGES

**P**rovence-Alpes-Côte d'Azur harbours scores of iconic villages – proud holders of the "France's Most Beautiful Villages" label – bedecked with ancient ramparts jutting against azure skies.

A legacy from the tumultuous Middle Ages, they stand clinging to rocky outcrops or teetering on the edge of dizzy cliffs. Their main squares and ruined castles offer breathtaking panoramic vistas over the sparkling Mediterranean waters or surrounding peaks. The region is also home to two European champions, set 200 km apart as the crow flies: Sainte-Agnès, Europe's highest coastal village, gazes down over Menton, while Saint-Véran in the Queyras area, perched at an altitude of 2,040 metres, is Europe's highest town inhabited year round. Other famous names? Les Baux-de-Provence, Ménerbes, Entrevaux, Colmar-les-Alpes, Bargème, Tourtour, Peille, Bonnieux and Coaraze... Their only common denominator is that no two are alike. Criss-crossed by a maze of narrow, winding lanes, they invite visitors to step into a bygone age steeped in ancient know-how, paced by the murmur of old fountains and local chatter. Artists, craftsmen, gallery owners, boutiques and welcoming cafés await you there.

→ [France's Most Beautiful Villages](#)





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# HERITAGE

**W**hat do the palaces of Nice and the Citadel of Mont-Dauphin – the Riviera’s elegant city and Vauban’s ancient fortifications - have in common? They’re both UNESCO World Heritage Sites! The same goes for three of the region’s towns bordering the Rhône River: Avignon the city of Popes, Romanesque and Roman Arles, and Orange. Two thousand years separate Orange’s superbly-preserved Roman theatre and Le Corbusier’s Radiant City, in the heart of Marseille. 2,000 years but under 2 hours’ drive... Be sure to pause awhile to contemplate these world-unique architectural feats: Provence-Alpes-Côte d’Azur overflows with sacred constructions, such as the Cistercian abbeys of Sénanque, Silvacane and Thoronet, nicknamed the "three sisters". Our 222-km pilgrim’s trail invites you to walk in the footsteps of Saint Mary Magdalene, starting out from the beaches of Camargue and ending at the cave that sheltered her in Provence. A few feet further up, the summit of the Sainte-Baume hills proffers sublime views all the way to the Mediterranean Sea.

→ [Follow: In the Footsteps of Saint-Mary-Magdalene](#)



**FROM MARSEILLE PROVENCE**  
TO NICE CÔTE D'AZUR





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# MARSEILLE PROVENCE

Welcoming 6 matches including 2 quarter finals, Marseille, the host town for the 2023 Rugby World Cup, promises to pamper supporters with 57 kilometres of stunning Mediterranean shores, 111 villages and endless memories to take back home!

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

## A VILLAGE SPIRIT AND ODE TO ARCHITECTURE

Home to an extraordinary 111 villages, coastal fjords, a towering basilica, azure waters glittering with pink and gold, and renowned for its refreshingly brazen character and thirst for life, Marseille continues to attract evermore visitors every year. World acclaimed architects such as Le Corbusier, Tadao Ando, Norman Foster, Zaha Hadid and Jean Nouvel have all been marked by the city's sizzling spirit and people come from far and wide to admire their work today.

→ [Get Inspired: Marseille](#)

## CALANQUES NATIONAL PARK

Twenty kilometres of splendour! White chalk cliffs peppered with thyme and arbutus, pines clinging to the rock face and coves lapped by crystal-clear waters. Europe's first suburban national park stretching from Marseille to Cassis is lined with fjords worshipped by swimmers, walkers and rock climbers alike. Just take your pick: Sormiou, Morgiou, Sugiton, En-Vau or Port Pin – they all merit a long walk redolent with scents of rockrose and rosemary... And under your feet, Cosquer Cave adorned with seals and penguins painted 36,000 years ago, is part and parcel of this mythical coastline.

→ [Calanques National Park](#)



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## A GRAND TOUR OF MARSEILLE!

Nothing could be easier thanks to the City Pass. Your first steps in Marseille begin with a sun salutation facing the Med – perhaps in front of the Mucem museum designed by Provençal architect Rudy Ricciotti, next to Fort Saint-Jean. The view embraces the Frioul islands and Château d'If (of Count of Monte Cristo fame), La Joliette port and the Estaque mountain range... Simply magnificent!

Fort Saint-Jean, set opposite Fort Saint-Nicolas, stands guard over the entrance to the Old Port (Vieux-Port), founded in 600 BC by Greek mariners. You can walk round it on foot, admiring the old "pointu" fishing boats and yachts on the way, or hop on the world's smallest cruise ship – the Ferry Boat – linking the left and right banks. Whatever your preference, you're in safe hands under the watchful eye of Notre-Dame-de-la-Garde Basilica, locally nicknamed "La Bonne Mère" (The Good Mother). Built under Napoleon III,

Pharo palace gazes out solemnly over the sea. The Corniche coast road starts a few hundred metres further on at Plage des Catalans. Lined with a handrail that also serves as a bench, this three-kilometre promenade runs from the city's historic quarter to the more-recent Plage du Prado beach quarter.

Basking in a semi-circle of white hills dotted with arid garrigue, the vast Bay of Marseille pans out next to the city's racecourse and the village set to welcome the 2024 Olympic sailing events. In the distance, you can glimpse Le Corbusier's "Radiant City" built between 1947 and 1951: a vertical town of raw concrete, stilts and multicoloured loggias. If you want to admire the Velodrome stadium - Marseille's second most iconic venue after "La Bonne Mère" – simply head up Avenue du Prado.

→ [Marseille City Pass](#)

**THE TREASURE OF THE CALANQUES FJORDS: COSQUER CAVE**

An archaeological treasure lying deep underwater in Marseille's Calanques fjords, Cosquer Cave shelters 500 world-unique cave paintings. Its discovery in 1985 by the diver Henri Cosquer was an adventure in itself. The brand-new replica of the original cave offers a full immersion in the depths of this magnificent gem and its works of art, with a close-up view of the depictions of Mediterranean seals and penguins etched between 19,000 and 33,000 years ago. The reconstruction also features a pontoon, diving boat and diving club, plunging visitors even further into Cosquer's thrilling exploit. The tour ends with a breathtaking view over the Bay of Marseille.

→ [Cosquer Cave](#)

©Stefano Boeri

**MARSEILLE, THE BLUE, GREEN & WHITE CITY**

The founder of the world's very first suburban national park – Calanques National Park - , Marseille watches zealously over its privileged environment.

You'll find plenty of zero-waste activities here such as the Eco Calanques hybrid boat with its hull designed to leave no wake, electric bicycles perfect for touring the city's many quarters, biodiversity trails and tours of the Parc du Roy d'Espagne – 74 acres of pine woods set around an old house, located just 7 kilometres from the Old Port.

To the North of the city, various factories still produce genuine "Savon de Marseille" soap made with "72% vegetable oil", while urban farms grow fruit & vegetables sold on organic and farmers' markets throughout the city.

Foodies and Instagrammers alike adore the show of freshly-caught fish every morning on the Old Port. Just nearby, the new "Grandes Halles du Vieux Port" food hall also exalts local fare. Various Marseille restaurants such as Le Présage, kitted out with a solar-powered oven unique in France, now bear the "Eco-table" label.



©CRT PACA

**MARSEILLE, WORLD CUISINE**

Of course, we all love Bouillabaisse, the fish soup seasoned with saffron and traditionally served in two courses. The official list of fish varieties and ingredients for the accompanying rouille sauce are laid out in the strict "Charte de la Bouillabaisse", adopted by many local restaurateurs. But Marseille is a hub of innovative cuisine too, as shown by the three Michelin stars swept up by two of the city's chefs. With its countless little communities, the city can also lay claim to the title of French capital of street food.

→ [Things to do: Wine & Gastronomy, Bouillabaisse de Marseille recipe](#)

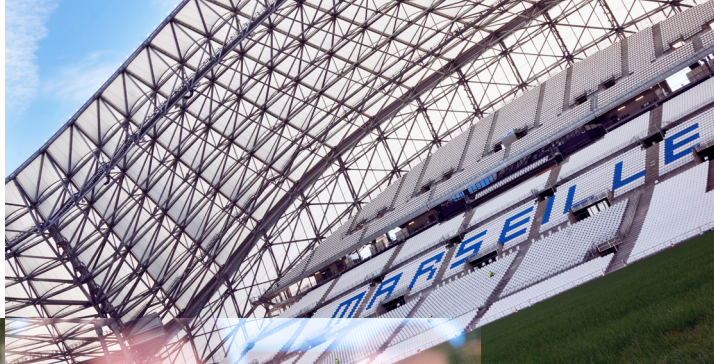


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## PHOTOGENIC MARSEILLE

A star of the big and small screen alike! In 2020, Marseille was France's second most-filmed city, welcoming no less than 385 shootings – a fitting exploit for this photogenic and authentic city, situated just a stone's throw from the cradle of cinema in La Ciotat, where the Lumière brothers created the very first moving picture!

The diversity of Marseille's many little quarters, inimitable quality of light and maritime setting have forged blockbusters: À Bout de Souffle, Taxi, the Netflix Marseille series, Stillwater with Matt Damon and the unforgettable French Connection, starring Gene Hackman.

## PÉTANQUE

More than just a sport, pétanque (or boules) is a genuine social integration tool – just like rugby! It was born in La Ciotat, near Marseille, in 1907. The predecessor of pétanque was a game called "La Longue". One day, an ageing player was unable to stand on one foot to throw his ball as the rules required, so decided to keep both feet anchored on the ground ("pieds tanqués"), hence the name pétanque. The sport has gone on to conquer the world! Marseille is home to around 60 clubs and 200 courts, many overlooking the sea. Over 12,000 players take part in the "Mondial de la Pétanque" held every year in July – the world's largest pétanque competition.

→ [Things to do: Leisure & Relaxation Weekend in Marseille](#)

## THE "OLYMPIQUE DE MARSEILLE", IN BLUE AND WHITE

People here are mad about football and their beloved Olympique de Marseille (OM) football club... But that's not all! The city's vast bay will be the venue for the 2024 Olympic sailing challenges. The Vélodrome stadium is also the second home of the Rugby Club de Toulon during the Top 14 championships. Marseille welcomed the Rugby World Cup in 2007 and will be the venue for the 2023 World Cup African qualifiers and EPCR finals.

## THE VÉLODROME STADIUM, A GOLDEN WAVE

Seating 67,000 people, the Stade Vélodrome is France's second-largest stadium and venue for all of the Olympique de Marseille's home matches. When the stadium opened in 1937, it was initially a cycling track – hence the name velodrome – and was a traditional departure point for the Tour de France stages in Marseille. Rugby has always been played there too and football arrived with the creation of the OM team in 1899, turning pro in 1932. The stadium's capacity doubled in under a century. In 2016, the stands were topped with a "wave" in the shape of a conch shell, towering 65 metres above the field. The Vélodrome is the first stadium to be awarded the ISO 20121 certification for its self-sufficiency in water and power. The OM Stadium Tour allows visitors to stroll around the changing rooms, admire the trophies and walk on the hallowed ground.

→ [Velodrome Stadium](#)

## DID YOU KNOW?

Jonah Lomu, a planetary star in Marseille: On June 18th, 1995, the youngest ever All Black scored four tries at a World Cup match in Cape Town South Africa. Jonah Lomu, the number 11, was the first player to be paid one million French Francs, i.e. 150,000 euros a year. In 2009, he signed up with the Marseille-Vitrolles club (3<sup>rd</sup> division) where he proudly sported the number 8 to the end.

## THE SMUC, A CENTURY OF SPORT

Many inhabitants of Marseille got their first taste of sport at the "Stade Marseillais Université Club" (SMUC). Founded in 1923 by a rugby man from Toulouse, this multisport club comprises 15 sections including athletics, football and rugby.

→ [SMUC](#)

## "LE CERCLE DES NAGEURS"

Standing proudly over Plage des Catalans, "The Circle" as its members like to call it, is THE city's must-see swimming pool. In fact, the club is home to three pools, including one Olympic size used for competitions. Here, club members rub shoulders with swimming and water polo champions alike. You can access the pool thanks to the pass issued by certain partner hotels.

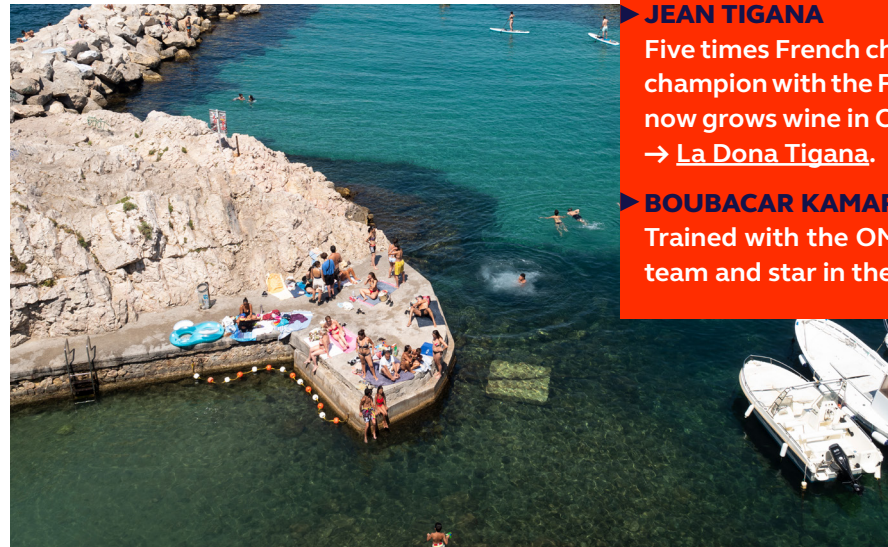
→ [www.cnmarseille.com](http://www.cnmarseille.com)

## MARSEILLE-PROVENCE AIRPORT: AT THE BEATING HEART OF THE REGION

Clocking up France's 2<sup>nd</sup> highest number of passengers in 2021, Marseille-Provence airport offers 17 daily flights to Paris. In 2021, it served 104 destinations in summer and 80 in winter. The airport runs shuttle services to Marseille City Centre every 30 minutes, plus train services.

Located right in the city centre, the TGV high-speed railway station offers direct services to Paris, Brussels, Frankfurt, Milan, Madrid and Barcelona. It is also linked to the city's metro network and coach station.

→ [Marseille Airport](#)



## THE CHAMPIONS' CORNER: THEY'RE ALL FOOTBALLERS OF COURSE!

### ▶ ZINÉDINE ZIDANE

A genuine French sporting legend, "Zizou" was World Champion and Golden Ball in 1998.

### ▶ BASILE BOLI

The man behind the OM's winning goal in the 1993 Champions League finals.

### ▶ ERIC CANTONA

A Manchester United legend (nicknamed "The King"), four times winner of the English League Championship and 2001 Player of the Year.

### ▶ JEAN-PIERRE PAPIN

Quadruple French champion with the OM (from 1989 to 1992), Golden Ball and second highest goal scorer in the history of the OM, where he remains a genuine icon.

### ▶ JEAN TIGANA

Five times French champion and European champion with the French team in 1984. He now grows wine in Cassis, near Marseille at → [La Dona Tigana](#).

### ▶ BOUBACAR KAMARA (22 YEARS OLD)

Trained with the OM, captain of the junior team and star in the making!



©C.Chillio CRT Sud

# AIX-EN-PROVENCE

Basking at the foot of Sainte-Victoire mountain, lined with elegant bastides and prestigious vineyards, Cézanne's home town is also a fervent rugby fan!

→ [www.aixenprovencetourism.com](http://www.aixenprovencetourism.com)



©T. Lупpo



©Lucas V.



©Le Roy René

### THE AIX-EN-PROVENCE CITY PASS, PROVENCE AT A FRIENDLY PRICE!

This tourist pass gives access to a bus network serving 36 towns, including Le Thoronet, Vauvenargues where Picasso is buried and Silvacane Abbey. Users also benefit from a great choice of original guided tours of the town's elegant old mansions and artists' studios.

→ [Aix-en-Provence City Pass](#)

### SAINTE-VICTOIRE MOUNTAIN, A SPORTY & ARTY CHALLENGE

The climb to the Cross of Provence adorning the 1,011 metre Sainte-Victoire mountain is a must! This whitelimestone spur standing proudly at the centre of Provence, now an official "Grand Site de France", offers exciting challenges for sports aficionados and artists alike. 250 kilometres of signposted trails allow adventurers to explore the mount by bike, mountain bike, on horseback or on foot. One of the trails leads to Bibémus quarry, often depicted by Paul Cézanne, who painted the mythical Sainte-Victoire no less than 87 times.

→ [Get Inspired: Natural Areas,  
Sainte-Victoire Mountain](#)

### THE CALISSON CANDY, A BITE OUT OF PROVENCE!

Aix-en-Provence is the historic capital of the almond and birthplace of the legendary Calisson candy: a blend of ground almonds, Provence melon and candied orange peel nestling on a bed of rice paper and topped with a thin coat of royal icing. At La Confiserie du Roy René, for example, you can get a close-up view of the utensils used to carefully craft each Calisson.

→ [Confiserie du Roy René](#)





©A. Pattman

## CHÂTEAU LA COSTE: UNIQUE IN PROVENCE AND FRANCE!

Musician and Nobel prize winner Bob Dylan is the latest top name to grace this exceptional venue – a vineyard, palace, contemporary arts centre, oasis of wellbeing and temple of gastronomy alike – with a permanent sculpture. A French first for Dylan, the installation now stands proudly on the Art & Architecture walk snaking its way through the vines and dotted with around forty major works. There's always something to do at this 495-acre estate tucked away in the gorgeous Provençal countryside, a few kilometres from Aix-en-Provence. Don't miss the pavilion designed by the late great Brazilian architect Oscar Niemeyer. Erected between 2010 and 2013, the project was his last gift to France. Also in the news: the arrival of Chef Hélène Darroze as part of a culinary offering also featuring grills by the extraordinary Francis Mallmann, the Argentinian master of the fire pit. Opt for an overnight stay to make the most of it all!

→ [Château La Coste](#)

## DID YOU KNOW?

Provence is the birthplace of Pinotage! This South African grape variety - a cross between Pinot Noir and Cinsault - originates from Provence. Cinsault grapes are referred to as Hermitage in southern Africa, hence the name "Pinotage".

## THE TIMELESS CHARM OF OUR BASTIDES

A temple of Provence wines and especially rosés, Aix-en-Provence is surrounded by no less than 80 vineyards, all worth going out of your way for. Set at the gateway to Aix, Château de la Gaude pans out around a magnificent 18th-century bastide. Natural springs bubble up in one of its three restaurants, also boasting an exceptional choice of fine wines. Villa Baulieu, a former property of the Counts of Provence, hosts 4x4 wine safaris in the crater of an ancient volcano, while Hôtel de Fonscolombe invites guests to savour exquisite dishes in its lounges – ranked as historic monuments - before enjoying a stroll around the 13-acre grounds.

→ [Culture Heritage: Bastides & Châteaux](#)

## LE CAMPUS, A UNIQUE RUGBY VENUE

Provence Rugby has been one of France's ProD2 rugby clubs since 2018. Its main shareholder is Voyage Privé, Europe's first independent e-tourism group. Still in its early days, the Provence Rugby initiative aims to federate the area's 21 rugby clubs and provide them with a unique ecosystem called Le Campus, bringing together the Voyage Privé head office, Provence Rugby and École des XV school, dedicated to helping youngsters conquer learning difficulties using the values of rugby.

→ [Provence Rugby](#)



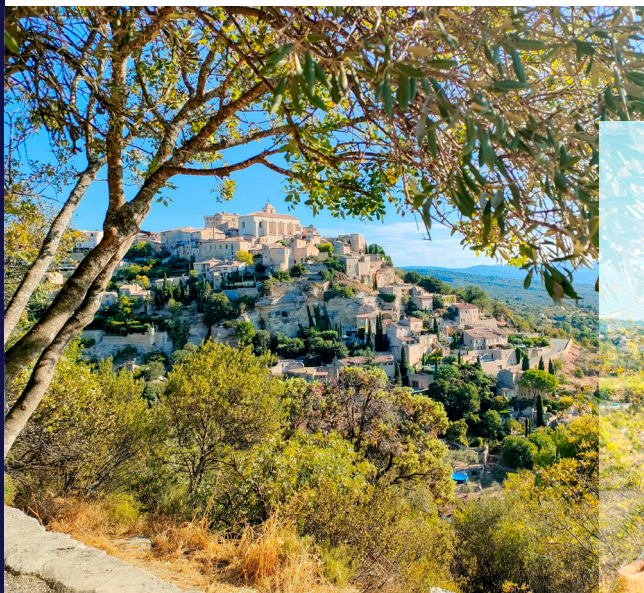
©S. Spiteri



# LUBERON PROVENCE

Panning out around a gentle mountain adorned with cedar trees and exceptional villages, the Luberon Regional Nature Reserve is an ode to Provence's inimitable lifestyle.

→ [luberonceurdeprovence.com](https://luberonceurdeprovence.com)



©OT LMV



©OTLCDP



©Cabanel.J - CRT Sud

## DID YOU KNOW?

You can savour truffles in the Luberon nearly all year round. The "tuber melanosporum" - the queen of truffles - grows mainly in south-eastern France and sells for up to 1,200 euros a kilo! The "black diamond" season runs from mid-November to late March. But the light and airy soil of the Luberon is also perfect growing ground for the white summer truffle, increasingly appreciated for its finesse and slightly more affordable price. You'll find plenty of truffle hunting experiences in the area, together with truffle tasting sessions and truffle & wine pairing.

→ [The Black Diamond of Vaucluse](#)

## THE LUBERON, A PROVENCE POSTCARD!

The Massif du Luberon lies at the heart of the Luberon Regional Nature Reserve, a proud bearer of the UNESCO Biosphere Reserve and Geopark labels. More than just a simple hill range, the Luberon epitomizes Provence's simple yet refined lifestyle. From humble "bories" – shepherd's dry stone huts – to glorious chateaux swathed in vines, the Luberon's stunning architecture seduces artists and celebrities alike. Gordes, Ménerbes, Oppède, Bonnieux, Lourmarin and Lacoste feature among its best-known villages.

→ [Luberon Cœur de Provence](#)

## AN ODE TO THE OLIVE...

The Luberon is famed for its very high-quality olive oil, rewarded at various contests every year. In 2022, the Moulin Bastide du Laval won no less than 5 gold medals at the Concours Général Agricole. On site, you can enjoy strolling through the olive grove, set gazing out over the Massif du Luberon. Alternatively, opt for an oleology (olive oil appreciation) course at La Ferme des Callis, enjoy olive picking at Mas Honorat from October onwards or visit one of the world's finest museums dedicated to olive growing in Oppède, exhibiting around a thousand ancient farming tools and objects.

→ [Luberon Olive Oil Museum](#)

## LUBERON WINES ON THE UP AND UP

The AOP Luberon appellation, forming part of the Côtes du Rhône, spans around sixty vineyards characterized by a light chalky-sandy soil, producing personality-packed red, white and rosé wines increasingly appreciated by connoisseurs. Ridley Scott's film "A Good Year" prompted numerous wine buffs to push open the door to the area's many remarkable chateaux. So don't hesitate: a proud holder of the "Vignobles et Découverte" wine & discovery label, the Luberon welcomes visitors with open arms.

→ [Luberon Wines](#)



©OTLCDP

### A CYCLIST'S PARADISE

With its picturesque villages perched at modest altitudes, promising gorgeous views without the slog, the Luberon is a coveted cycle touring destination. Discreet lanes wind their way between cherry orchards and vineyards, offering welcome stop-offs at magnificent old houses and private gardens. The region is home to an impressive 1,800 km of signposted trails and cycle paths, together with 400 accommodation providers and rental services bearing the "Accueil Vélo" (Cyclists Welcome) label. You'll find charging stations for electrically-assisted bikes everywhere too. Last but not least, the Luberon is situated near Mont Ventoux, a temple of cycling and star stage on the Tour de France.

**Sport Resort:** Unique in Provence, the five-star La Coquillade Resort & Spa features a BMC Cycling Center with a 55 km track. Cyclists benefit from professional instruction and can even opt for a "Cycling & Spa" break.

- [Coquillade Cycling Center](#)
- [Provence By Bike](#)



©ACHeraud

### A TASTE OF HAPPINESS

Boasting a plethora of top notch eateries, the Luberon is also home to the queen of allergy-friendly food. The daughter of female Chef Reine Sammut – a genuine icon of Provencal cuisine - Nadia Sammut has hoisted Auberge La Fenière to the rank of world's first allergen-free Michelin-starred restaurant.

- [Auberge La Fenière](#)



©C. Chillio

### ISLE-SUR-LA-SORGUE, THE ANTIQUES CAPITAL

You'll find everything you've ever searched for in vain elsewhere here, plus plenty of unexpected goodies ranging from 20th-century designer creations to Art Deco jewellery, 18th-century paintings and handmade ceramics. Home to 300 antiques dealers, Isle-sur-Sorgue is France's unrivalled capital of bric-à-brac, antiques and design, ranked third in Europe. And the town never ceases to innovate, with a packed events programme including the crowd-pulling Easter and All Saints fairs (April and November).

- [Isle-sur-la-Sorgue](#)



# TOULON PROVENCE MÉDITERRANÉE

A port, beaches, a cable car and Mayol stadium... Home to the legendary Rugby Club Toulonnais (RCT), the dynamic city of Toulon - part of a metropolitan area comprising 12 towns - is Provence's unrivalled kingdom of rugby!

→ [toulontourisme.com](https://www.toulontourisme.com)

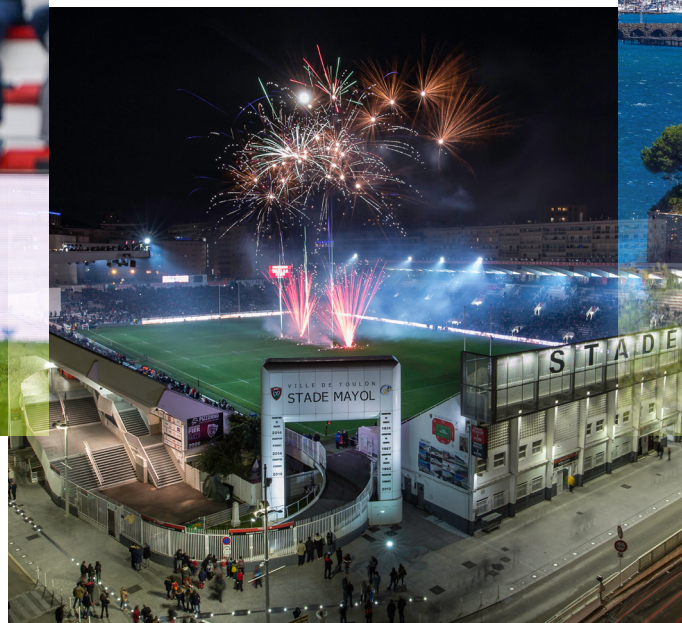


©RCT

### **THE RUGBY CLUB TOULONNAIS: RED & BLACK RULE!**

Born in 1908, the Rugby Club Toulonnais (RCT) has dazzled the rugby world by sweeping up the French Cup no less than four times and the European Cup three times, in 2013, 2014 and 2015! Today, some of the foremost international giants come here to play: Cheslin Kolbe, Tana Umaga, Bryan Habana, Ali Williams, Drew Mitchell and Eben Etzebeth, together with Andrew Mehrtens, George Gregan and the English rugby legend Jonny Wilkinson. The RCT is now kitted out with an ultra-modern training centre called the RCT Campus. And like every big club with a strong identity it has its very own songs, chanted by supporters at each meeting: the "Pilou-Pilou" and "Coupo Santo", a hymn to Provence.

→ [Rugby Club Toulonnais](#)



©Julien Mauceri

### **MAYOL STADIUM AT THE HEART OF THE CITY**

On match days, the voices of 17,000 spectators rise up from the stadium, vibrating through the air all the way to the top of Mont Faron. The Stade Mayol – one of France's most mythical rugby stadiums -, occupies a central position in the city centre, near the Port of Toulon and marina. You can enjoy a tour of this temple of the oval ball to discover its esplanade and plaques commemorating the great players who have flown the flag of Toulon's legendary "Rouge et Noir" red and black shirt.



©Julien Mauceri

### **SEE TOULON FROM THE SEA**

Toulon has been home to France's largest naval base since the 16th century. If you want to learn all about the city, start off with a guided boat tour of the bay lined with military installations, French Navy ships, ancient forts built by Napoleon's engineer Vauban, the magnificent 19th-century villas of Tamaris, Saint-Mandrier peninsula and typical little fishing harbours. A little further out to sea, you'll glimpse the wooden shacks off the coast of La Seyne-sur-Mer, where mussels and oysters are farmed.

→ [Things To Do: Seaside Toulon](#)



©Julien Mauceri



©Robert Palomba

### SEE TOULON FROM THE HEIGHTS

The only one of its kind on the Mediterranean coast, the city's cable car is an emblem of Toulon, whisking you away to the summit of Mont Faron in just five minutes. Spanning 1,000 acres, the mount is a genuine greenbelt swathed in evergreen forests. The breathtaking view from the top embraces the Bay of Hyères and Golden Islands (Porquerolles, Port Cros and Le Levant) to the East, and La Seyne-sur-Mer and Six-Fours to the West.

While you're there, don't miss a visit to the Memorial commemorating the 1944 Allied Landings and Liberation of Provence.

### TOULON IN THE HEART OF NATURE

Kissed by 300 days of sunshine a year, the Toulon Provence Méditerranée metropolitan area boasts an exceptionally well-preserved natural heritage spanning both land and sea. Measuring over 47 kilometres, the coastal footpath running from Six-Fours to Hyères winds its way along secretive coves, beaches, forests and herby Provençal garrigue in a celebration of the omnipresent Mediterranean Sea.

→ [The Experience: Go Green](#)



©T.Honnorat



©F. Launette

## TOULON HERITAGE & CULTURE, A VOYAGE FROM PAST TO PRESENT

Standing witness to the area's rich history, the Olbia Greek archaeology site in Hyères, medieval castles, forts and citadels, 19th-century villas and the modernist architecture of Villa Noailles, form a stunning backdrop to the city's packed cultural offering of museums, galleries, concept stores, an arts quarter in the old town, Design Parade and numerous festivals.

Did you know that the prestigious Centre Georges Pompidou in Paris exhibits its designer furniture collections in Toulon every year, in partnership with the Toulon Art Museum?

→ [Quite a Story](#)

## SCUBA DIVING: IN THE WAKE OF CAPTAIN COUSTEAU

Modern diving was born in the Bay of Toulon with the invention of a diving suit later perfected by the oceanographer, diver and innovator extraordinaire Jacques-Yves Cousteau. The Toulon-Provence Méditerranée metropolitan area is surrounded by exceptional sea beds. Spanning both land and sea, Port-Cros National Park is in charge of protecting the unique marine biodiversity that thrives around the Golden Islands.

Saltwater fans enjoy a plethora of water sports here too, including windfoiling, funboarding, kitesurfing, stand-up paddleboarding and kayaking...

### **Dive into the past!**

How about snorkelling above 150 amphoras lying at a depth of 5 metres? Unique in Europe, the Olbia snorkelling trail invites history fans and curiosity-seekers alike to swim over the remains of an ancient Greek port. A defiantly immersive experience!

→ [The Experience: in at the deep end](#)





©Julien Mauceri



©L. Perrier

## TOULON, AN ODE TO PROVENCE LIFESTYLE

Steeped in the inimitable atmosphere of Provence, the food market on Cours Lafayette offers up a delicious palette of colours and flavours. In keeping with tradition, be sure to pick up some olives and cade (a chickpea pancake cooked over a wood fire) while you're there, to be savoured at a terrace on one of the city's shaded little squares, cradled by the sound of murmuring fountains and washed down with a glass of Côtes de Provence AOC rosé wine... Welcome to Provence's magical lifestyle à la Toulon!

→ [At a Provençal Market](#)

## NOTE TO BE MISSED: LES HALLES

Located right in the city centre, this gorgeous old food hall has been restored to its original vocation, pacing the life of locals with fresh, healthy and delicious local produce: fruit & vegetables, bread, meat, charcuterie, grilled meats, cheese, fish, shellfish and wines. You'll find something here for every taste, topped with the hall's fabulous Art Deco architecture. The rooftop offering beautiful views over the town centre is well worth a visit too.

→ [Halles Biltoki](#)



©J. Bayle

# ANTIBES JUAN-LES-PINS CÔTE D'AZUR

Experience the 2023 Rugby World Cup at the water's edge, between medieval ramparts, yachts and strolls on Cap d'Antibes, to the sizzling sounds of jazz...

→ [antibesjuanlespins.com](https://antibesjuanlespins.com)



©Office de Tourisme d'Antibes Juan-les-Pins

## ANTIBES AND JUAN-LES-PINS, THE DYNAMIC DUO

Its ancient ramparts gazing out over the Med and maze of little lanes dotted with arts & crafts boutiques have captivated painters such as Picasso and Nicolas de Staël... Sit back and watch the world go by in the shade of the hackberry trees on Place du Safranier, a little quarter that for many years declared itself an independent Republic!

Belle Époque villas, luxuriant gardens, nightclubs and golden sandy beaches... Plus a pine wood bordering the bay, where the world-famous Jazz à Juan festival is held every year. Set within walking distance of the historic town of Antibes, Juan-les-Pins is an ode to glitz and glamour, steeped in summer holiday vibes. While you're visiting, don't forget to hop down the road to visit the remarkable peninsula of Cap d'Antibes.

→ **Must-Sees:**  
**Antibes and its Ancient rampart**



©Office de Tourisme d'Antibes Juan-les-Pins

## ALL ABOARD FOR THE CAPE

The Antibes locals simply call it "Le Cap!" Laden with trees and divine villas, and lined with cosy little coves, the Cap d'Antibes peninsula stretches lazily out onto the waves. And everyone can make the most of it thanks to the "Tire-Poil" coastal footpath, inviting strollers to enjoy a dip in the translucent waters or simply relax on a terrace facing the Med.

→ **Must-Sees:**  
**Cap d'Antibes Coastal Footpath**



©Office de Tourisme d'Antibes Juan-les-Pins

## MUSICAL MED!

Juan-les-Pins has hosted the Jazz à Juan festival every summer since 1960. Following in the footsteps of Juliette Greco and Ray Charles, Gilberto Gil and Diana Krall invite today's audiences to get into the swing in the gorgeous setting of Gould pine wood. Other not-to-be-missed summer events: Dans les Rues d'Antibes (In the Streets of Antibes) created by clarinetist Sidney Bechet for his wedding and the traditional Notre-Dame-de-Bon-Port celebrations in early July.

→ **Jazz à Juan**



**DID YOU KNOW?**

Coco Chanel first launched her luxury pyjamas in Antibes, while Brigitte Bardot was busy bringing the bikini (or nothing at all) into fashion in Saint-Tropez. Both items are now essentials for your Côte d'Azur closet!

**SPORT IN ANTIBES-JUAN**

Antibes and Juan-les-Pins' summer festivities and glamorous party atmosphere are part and parcel of the Côte d'Azur's legendary image. But they are havens for sports fans too, with treats including waterskiing and the Mouratoglou Academy, **the number one Tennis Academy in Europe, shaping champions since 1996.**

**Waterskiing was born 90 years ago.** In 1931, Nice-born Léo Roman, a former French boxing champion who went on to become an alpine skiing instructor, came up with the idea of skiing on water, towed by a boat. Léo and his Norwegian friend Emil Petersen began training in the bay of Juan-Les-Pins. They often set out from the pontoon of the five-star Hôtel Belles-Rives, where the American writer Scott Fitzgerald wrote his masterpiece "Tender Is the

Night". The first World Championship for the new discipline was held in Juan-les-Pins in 1949. Serena Williams' former coach, Patrick Mouratoglou, is the founder and CEO of the Mouratoglou Academy & Resort located between Nice and Antibes. During your visit, you might just come across Stefanos Tsitsipas on one of the 33 courts! Don't miss the on-site restaurants too: savour creative, seasonal cuisine at the Emblème or try out the new Japanese eatery while admiring the exceptional sporting amenities including tennis of course, plus paddleboarding, a spa and iconic swimming pool in the shape of a tennis racket.

→ [Mouratoglou Tennis Academy](#)



©Inrae

**EXCEPTIONAL PARKS & GARDENS**

Basking in Cap d'Antibes, Villa Thuret – awarded the "Remarkable Garden" label - is an oasis of veteran trees and rare plants. In 1868, author Georges Sand described it as "The most beautiful garden she had ever seen..." Associated with France's first private research laboratory devoted to botany, it is also a hub of learning. Graced with a mild climate, the Côte d'Azur offers up a genuine firework display of exotic blooms and is home to over 75 public parks and gardens, including 14, such as Villa Thuret, bearing the "Remarkable Garden" label. It is also a world-acclaimed hub of perfumery and perfume flower know-how.

→ [Parks & Gardens: Thuret botanical Gardens](#)

**AND WHAT ABOUT RUGBY?**

**Founded in 1968, the Rugby Club Antibes Sophia Antipolis is now the proud holder of the 2020 Provence-Alpes-Côte d'Azur Honorary Championship Cup.**

→ [Antibes Rugby](#)



©J. Kelagopian

# NICE CÔTE D'AZUR

Nice Côte d'Azur, the host town of the 2023 Rugby World Cup and venue for 4 matches, is celebrating the centenary of rugby along with the 200th anniversary of the city's magnificent Promenade des Anglais. The dynamic Queen of the Côte d'Azur is also one of the gateways to the Southern Alps.

→ [www.explorenicecotedazur.com](http://www.explorenicecotedazur.com)

## AND GOD CREATED THE RIVIERA...

People only started bathing in Nice Côte d'Azur a century ago! In the 19th century, wealthy aristocrats came here during the winter months to breathe in the pure air and make the most of the city's gentle climate and beautiful scenery. In 1765, Scottish doctor and novelist Tobias Smollett noticed he caught less colds in Nice than in his home town. Shortly after, Britain's high society began to flock to Nice and its vicinity in winter, marking the birth of modern tourism. On the advice of her doctors, Queen Victoria herself stayed here frequently - in 1819, 1837 and 1901 - leaving extraordinary memories and magnificent monuments in her wake. In 1821, her fellow countrymen financed the construction of a seaside walk, later baptized the Promenade des Anglais.

Various quarters built by overseas visitors sprang up from 1860 to 1914, endowing Nice with new customs, recreational activities, architecture, places of worship and consulates.

Stéphen Liégeard first launched the term "Côte d'Azur" in 1887, embodying both the beauty of this stretch of the Mediterranean coast and the golden age of its holiday resorts, coveted by royals and nobles alike.

It was the Americans who brought a new leisure activity into fashion in the Twenties, referred to as sporty bathing. A new "Summer on the Riviera" season was born. Formerly closed in July and August, the city's hotels now welcomed sun and fun lovers with open arms. The entire world discovered that the greatest thing about seaside resorts was actually the sea... And not any old sea - the Mediterranean no less!

→ [Get Inspired](#)



©Ville de Nice



©J. Kelagopian

## PART OF UNESCO WORLD HERITAGE: CONGRATULATIONS NICE!

Nice overflows with palaces, early 20th-century villas, shaded walks and exotic gardens cherished for the last 200 years... The city centre was listed a UNESCO World Heritage site in 2021, under the name "Nice, Winter Resort Town of the Riviera". Its rich architectural heritage "of exceptional universal value" spans 1,290 acres, nestling in 10,500 acres of magnificent landscapes.

→ [City of Nice, UNESCO World Heritage](#)

## NICE, CITY OF ARTISTS

"When I realized that every morning I would see this light, I could not believe my luck. I decided not to leave Nice and I remained practically all my life there", wrote Henri Matisse. The city attracted many artists and the Nice School, encompassing a variety of artistic movements, became a driving force in the mid 20th century. Top names such as Ben and Yves Klein were dazzled by the azure skies of Nice too. In addition to the city's twenty or so museums and major galleries dedicated, among others, to Matisse, Chagall and naive painting, contemporary creation has crept into all walks of life in recent years, in particular along the city's tramline. The Association Galerie Botox(S) invites visitors to enjoy contemporary art walks every weekend.



©RWC2023



©J. Kelagopian

### THE FRENCH RIVIERA PASS, LEISURE GALORE!

This city card allows visitors to explore both Nice and the adjacent Côte d'Azur. It features a great choice of activities, including city tours, boat trips across the Bay of Angels and entry to Nice's main monuments: Stade de Nice, the National Sport Museum, Renoir Museum in Cagnes, Oceanographic Museum in Monaco and the Ephrussi de Rothschild villa and gardens. The card gives access to an exciting leisure selection too, such as stand-up paddleboarding and snorkelling at Cap Ferrat, entry to the Valvital Spa at Espace de Berthemont, and even 4 tokens and a glass of champagne at the Casino Ruhl!

→ [French Riviera Pass.com](https://www.frenchrivierapass.com)

### NICE CUISINE: HEALTHY AND AUTHENTIC

Nice has its very own gastronomic fare too, with local culinary specialities including "pan bagnat" (a tuna, egg, salad and olive roll), succulent "farcis niçois" stuffed vegetables, tasty ratatouille and the tender and crunchy "tourte de blettes" (a pie made with Swiss chard). These must-have dishes are today listed as part of France's intangible heritage and curated in strict accordance with the "Cuhina Nissarda" official charter.

And that not all: this incredible city is also home to no less than two AOP (Protected Designation of Origin) products: AOP Olive de Nice (Nice olives, olive oil and olive paste) and AOP Vin de Bellet, white, rosé and red wine. Don't miss a visit to these gorgeous estates in the heart of town!

→ [Gastronomy  
Made in Nice Côte-d'Azur](#)

### **JEFF TORDO: "AN EXTRAORDINARY REGION"**

The Captain of Nice's Racing Rugby Club then the XV de France squad, Jeff Tordo is a fervent fan of his region!

"You can swim in the morning here and climb to over 3,000 metres in the afternoon. The region is simply extraordinary! The Côte d'Azur is one of the most beautiful places on earth, home to Porquerolles island, Le Lavandou and Saint-Tropez... And for just one euro you can hop on a bus to the nearby ski resorts, explore high-altitude villages such as Roubion and Bouchanières, and savour mountain specialities like ravioli stuffed with marrow. There are tons of superb B&Bs and eateries here run by small organic producers – real little gems. Mercantour National Park is home to France's largest concentration of endemic plant and animal species and has something for everyone, from a one-hour stroll to a 3,000-metre climb and bivouacking in the mountains. I really encourage supporters who travel here to see it all. It would be a shame to waste your time sitting in a bar!"



©J. Tordo



©Agence Media

## A DESTINATION MADE FOR COMPETITIVE SPORTS

The Côte d'Azur – including its capital Nice, lined with 7.5 km of beaches – is often associated with simply lazing around. But that's a very narrow vision. The region is a high-level sporting hub too and training ground for champions, where the Southern Alps literally drops down into the Mediterranean Sea. The summit of the Mercantour mountain range rising to over 3,100 metres, and bay of Villefranche-sur-Mer with abysses plunging to depths of 500 metres, are just sixty kilometres apart as the crow flies, offering a stunning playground for cyclists (one-third of France's professional cyclists live here), mountaineers, divers and trail runners alike. Hiking remains the favourite local sport, with a fabulous choice of trails gazing out over the Med or winding their way through the mountains. You'll find plenty of refuges too if you fancy making a holiday of it. What's more, 60% of the region is composed of protected areas, in particular Mercantour National Park.

→ [Explore Mercantour National Park](#)



## NICE STADIUM, "STADE DE NICE"

With its unique wood and steel frame shaped like a wave, this stadium is a genuine feast for the eyes. Its undulating lines, reminiscent of the flight of a bird, are the work of architect Jean-Michel Wilmotte. The stadium is topped with 13,600 m<sup>2</sup> of 100% recyclable canvas and solar panels providing it with electric power. Inaugurated a decade ago, in 2013, the stadium nestles at the heart of the new "Éco Vallée de la Plaine du Var" quarter. Seating 35,000 spectators, it welcomes international matches, conventions and major meetings alike.

→ [Stade de Nice](#)

## DID YOU KNOW?

The trophy awarded to the winner of the Rugby World Cup is called the William Webb Ellis Trophy. This reverend (1806-1872), often acclaimed as the inventor of modern rugby, is buried in Menton. His tombstone is engraved with these words: "William Webb Ellis, who with a fine disregard for the rules of football, as played in his time, first took the ball in his arms and ran with it, thus originating the distinctive feature of the rugby game". Not to be missed too: the panoramic views over the Med from the Vieux Château cemetery.

→ [Menton Discovery Walk](#)

## TOUCHDOWN

Nice is celebrating the 100<sup>th</sup> anniversary of rugby! The oval ball first disembarked in the Bay of Angels in 1912, under the banner of the Racing Rugby Club de Nice, which handed the torch over to the Nice Université Club in the late 1990s. Nice regularly hosts prestigious Top 14 matches, including the June 2022 semi-finals.

→ [Nice Stadium](#)



## A MAJOR HUB

Nice-Côte d'Azur airport is France's second-largest international airport, serving New York, Dubai, Istanbul and many more. The 2022 summer schedule features 104 destinations, including 89 direct flights to 39 countries. All Rugby World Cup European capitals and host cities benefit from direct flights too, and Nice's city centre is within easy reach on the tram.

Nice also runs several trains per hour to Monaco, the Italian border and other Côte d'Azur towns, with direct services to Marseille and Paris. The city is equally home to two picturesque scenic train routes inviting visitors to explore the gorgeous hinterland, and an extensive and very inexpensive bus network (€1.50 per trip).

→ [Nice Airport](#)

## IN THE SCRUM AT THE NATIONAL SPORT MUSEUM

Don't miss a visit to the National Sport Museum, set inside the Nice stadium. The largest of its kind dedicated to sport, the museum overflows with medals, shirts and film archives, totalling an impressive 45,000 objects and 400,000 documents. From the 1999 Rugby World Cup semi-final between France and New Zealand, to the 1998 FIFA World Cup and epic Tour de France performances, it is a genuine ode to the splendours of sport. The museum layout is designed around 4 challenges: personal, one-to-one, team and beyond the limits...

→ [Musée National du Sport](#)

## OUR CHAMPIONS' CORNER

### ▶ GUILLAUME NÉRY

Two-times deep freediving world champion (team in 2008, individual in 2011), quadruple world record holder (-126 metres on his last dive in 2015).

### ▶ HUGO LLORIS

International footballer, 2018 French world champion.

### ▶ FABIO QUARTARARO

Motorcycle champion, first ever MotoGP world championship holder in 2021 aged 23 years!

### ▶ MATHIEU FAIVRE

Downhill skier, twice world champion (giant slalom and parallel slalom) in 2021. Bronze medal at the 2022 Beijing Olympic Games (giant slalom).

©Chemin de fer de Provence



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## CHÂTEAU LA GORDONNE / CÔTES DE PROVENCE

In Pierrefeu-du-Var, one of the largest vineyards in Provence combines quality and quantity. From the first Roman winemakers to one of the major players in the wine producing regions of France, the history of Château La Gordonne is particularly rich. The estate covers a contiguous area with some 330 hectares of vineyard planted on an exceptional, seaward-facing amphitheatre of shale which enjoys a special microclimate. If it has often changed hands, it has rarely changed course: that of good wine! In the past, the Château housed a superb chapel. The original bell from 1654, piously preserved at the château, can be found on the label of the cuvée Chapelle Gordonne. The rose garden, a must-see of any visit to the Château La Gordonne, has been designed as a natural laboratory for the cellar master. The 1652 rose bushes that thrive across the domain vibrates with dozens of color variations, going from the softest to the strongest pink.

→ [www.lagordonne.com](http://www.lagordonne.com)

## FRAGONARD PERFUME

**Maison Fragonard has been cultivating the art of smelling good since 1926.** Their 18<sup>th</sup> century Historic Factory in Grasse invites visitors to hone their senses and even **create their own perfume**. Under the impetus of the great granddaughters of the brand's founder, Fragonard now offers a Lifestyle home range, plus fashion collections inspired by the South of France and distant climes alike. They have just opened a gorgeous B&B in Arles, where a new Provencal Costume Museum is also in the pipeline in addition to their Perfume Museum in Paris, showcasing 5,000 years of perfumery.

→ [www.fragonard.com](http://www.fragonard.com)

## EMIRATES

Emirates is the award-winning global airline that serves over 130 cities on six continents through its hub in Dubai. It operates the world's largest fleet of modern wide-body Airbus A380 and Boeing 777 aircraft that are fitted out with the latest comforts in the sky. Emirates has shown a strong commitment to rugby throughout the years. The airline is one of rugby's most prominent and active supporters, as a committed partner of every men's Rugby World Cup since 2007 and proud sponsor of the Dubai and Cape Town rounds of the HSBC World Rugby Sevens Series. This year, Emirates proudly extended its partnership as a Rugby World Cup Worldwide Partner. As the Official Airline of Rugby World Cup France 2023 and Australia 2027, Emirates is delighted to bring its leading expertise in customer experience on its daily Nice-Dubai service to help deliver a truly world-class tournament for fans traveling in France or Australia, the host nations.

→ [www.emirates.com](http://www.emirates.com)

# PARTNERS

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## RESTAURANT LES TROIS FORTS - SOFITEL VIEUX PORT - MARSEILLE DOMINIQUE FRÉRARD

Maître cuisinier de France and executive chef, Dominique Frérard was born in the North-East of France and fell in love with the south of France over 30 years ago. He scours the planet, constantly creating and innovating and is nurtured by constant exchanges. He teaches his know-how in countries all over the planet where he exports the Provençal flavours of his creations. After having worked for famous tables since the beginning of his career, he has been the Chef of Les Trois Forts restaurant in Marseille since 1994. "I make a point of highlighting my passion for Les Trois Forts and how proud I am to belong to this restaurant in all my dishes. My vocation is to enhance all the products of our beautiful Provençal region to satisfy all those who love food and creative cooking. The Provençal terroirs are a fundamental source of inspiration: olive oil, aubergines and tomatoes have pride of place on the menu of Les Trois Forts. I want to showcase them by combining recipes from Provençal tradition with a different way of cooking them and new elements for a gourmet result".

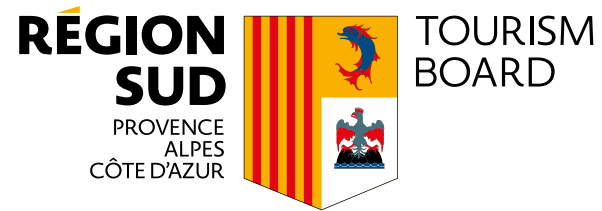
→ [www.sofitel-marseille-vieuxport.com](http://www.sofitel-marseille-vieuxport.com)



## SENSÔRIEL - NICE NOËLLE & DAVID FAURE

A creative duo at the heart of French & international gastronomy. Pastry cook at the age of 19 and Chef at 23, David Faure finds inspiration on the Côte d'Azur and in Nice, the town where his heart is. A pioneer of molecular gastronomy, in 2007 he created the « R » menu which has become a reference in molecular cuisine. He is currently one of the 11 greatest molecular chefs in the world! Awarded a star by Michelin in 2010, he joined the international scene in 2011 with his wife Noëlle, a passionate graduate of an Agrifood Higher Business School and food sociologist who has moved into gourmet food and completed her training at the Michelin-starred Aphrodite restaurant. They still work together under the name Sensôriel for great private and elite events and renowned international brands in the most prestigious venues in the world. An out-of-the-ordinary creative duo bubbling over with creative ideas which offers exclusive creations of recipe creations and unique world show cooking events.

→ [www.sensorielbynoelleetdavidfaure.eatbu.com](http://www.sensorielbynoelleetdavidfaure.eatbu.com)




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## PROVENCE-ALPES-CÔTE D'AZUR

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