

# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT  
Photos, itineraries, lists and suggestions  
to help you put together your perfect trip

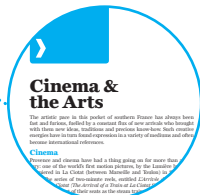
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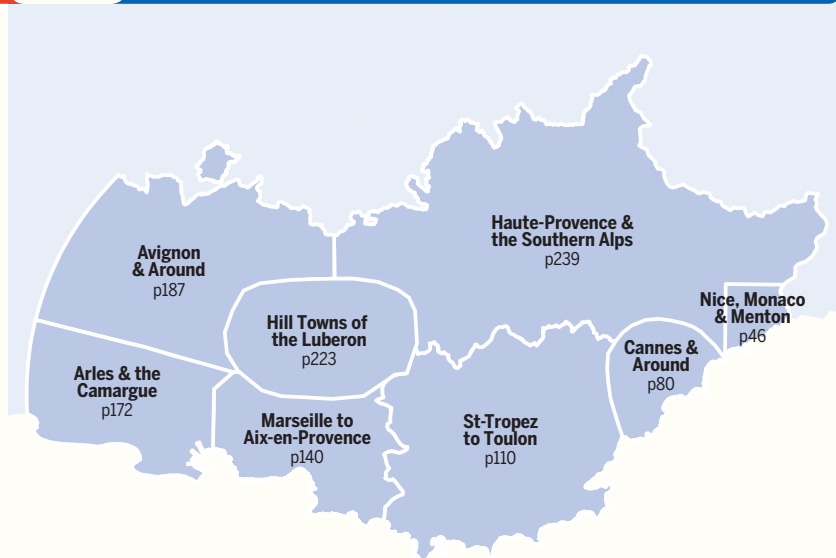


# UNDERSTAND PROVENCE

GET MORE FROM YOUR TRIP  
Learn about the big picture, so you  
can make sense of what you see

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# Top Experiences >

**Gorges du Verdon**  
Explore Europe's  
deepest canyon (p246)

## ROAD DISTANCES (km)

Note: Distances  
are approximate

Avignon	37					
Digne-les-Bains	183	197				
Forcalquier	154	94	50			
Marseille	94	104	138	110		
Nice	248	260	143	189	204	
St-Tropez	206	220	157	172	133	99

Arles	Avignon	Digne-les-Bains	Forcalquier	Marseille	Nice
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**Monaco**  
Gaze at this glam, hedonistic  
principality (p65)

Limone  
Piemonte

**The Three Corniches**  
View a trio of panoramic  
cliffhangers (p61)

**Vieux Nice**  
Mooch around the  
historic quarter (p50)

**St-Tropez**  
See celebrity hang-outs  
and fine beaches (p114)

## ELEVATION





# itineraries

*Whether you've got a week or a month, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.*



## Two Weeks Essential Provence-Côte d'Azur

Fly to **Nice**. On day two, mooch around Vieux Nice and amble along promenade des Anglais. On day three, catch a bus to stunning **Èze** to feast on views; head to **Monaco** for lunch and enjoy the rest of the day in the principality. Catch a train back to Nice. On day four, pick up a rental car and drive to the medieval wonder of **St-Paul de Vence** and its art galleries. On day five, drive to **Moustiers Ste-Marie** along the scenic N85, stopping in **Grasse** on the way for an insight into the town's perfume industry. Spend the following day in **Gorges du Verdon**.

On day seven, drive to the **Luberon**, stopping in villages on the way. Spend day eight enjoying the area and on day nine, head to **Avignon**. Enjoy the city for a day, and take a day trip to **Orange** or **Nîmes** on day 11. On day 12 and 13, head to the **Haut-Var** for hilltop villages and vineyards, before driving back to Nice on day 13, in time for your flight home.



- » (above) View of Èze (p63), Moyenne Corniche
- » (left) Les Arènes (p219), Nîmes



## One Week Cities & the Camargue

➤ Spend your first day exploring **Marseille**; its Vieux Port, the historic Le Panier quarter and discovering the city's art scene. Go to cours Julien for a night out. On day two, take a boat trip to **Les Calanques** or visit Château d'If before heading up to Basilique Notre Dame de la Garde for panoramic views of the city and the sea. Go for dinner at the picturesque Valon des Auffes. On day three, head to **Aix-en-Provence** to visit Cézanne's studio, family house and the Bibemus quarries where he painted. Treat yourself to dinner in one of Aix's fine restaurants.

On day four, head to **Arles** and discover the places that inspired Van Gogh. Book a table for dinner at one of Arles' Michelin-starred establishments. On day five, immerse yourself in the town's fine Roman heritage, the amphitheatre, theatre, baths and Musée Départemental Arles Antique to learn about life in Roman times. Take a day trip to **Camargue** on day six: hire bikes if you're game, and don't forget your binoculars for birdwatching. Head back to Marseille. This entire itinerary can be done by public transport.

## One Week Quintessential Provence

➤ Spend day one in **Avignon**, visiting Palais des Papes and ambling the atmospheric town. On day two, drive down to **St-Rémy de Provence** in Les Alpilles and put your bags down for a couple of nights. Explore the town's stupendous Roman site Glanum and visit the asylum where Van Gogh spent the last – but most productive – year of his short life. On day three, take a day trip to **Les Baux de Provence**: visit the ruined castle and go olive oil tasting around **Maussane-les-Alpilles** in the afternoon.

On day four, drive to the **Luberon** (where you'll spend the next three nights) in the morning and spend the afternoon exploring the classic trio of villages **Bonniex**, **Lacoste** and **Ménérbes**. On day five, visit **Gordes** and its Abbaye Notre-Dame de Sénanque (of postcard fame) and the ochre-coloured village of **Roussillon**. On day six, pack a picnic and set off to explore the gorges, forests and lavender fields around **Lourmarin**, **Vaugines** and **Cucuron**. Treat yourself to dinner at the gastronomic Auberge La Fenièrre. On day seven, drive back to Avignon or carry on to **Pays de Forcalquier** and the **Gorges du Verdon** for another three days.





» (above) Sailing boats, Les Calanques (p161)

» (left) View of Bonnieux (p233), the Luberon



## 10 Days Scenic Haute-Provence

Start in **Nice** – enjoy a day of urban delight in Vieux Nice, before hitting the road on day two. Drive to **St-Martin-Vésubie**. Visit wilderness park Alpha to learn more about the wolves inhabiting the mountains and plan your excursion in the **Vallée des Merveilles** the next day. On day three, discover with a guide the thousands of petroglyphs that have given the Vallée des Merveilles its name. On day four, drive to **Allos** through spectacular mountain scenery. Book for two nights at Alpine wonder La Ferme Girerd-Potin for a roaring fire inside and hot tub outside. On day five, hike around **Lac d'Allos**.

On day six, drive to **Digne-les-Bains**, stopping in **Barles** along the way for fossil hunting in the Réserve Géologique de Haute-Provence. Organise a lavender walk on day seven, and on day eight, drive down to **Castellane**, and take a scenic tour of the **Gorges du Verdon**. Explore the canyon in a different way on day nine: go rafting, canyoning or just trekking. On day 10, drive back to Nice or carry on along the Riviera.

## 10 Days Classic Riviera

The first five days of this trip can be done from Nice by public transport. Dedicate your first couple of days to the belle of the Côte d'Azur: **Nice**. Stroll in Vieux Nice and browse the market stalls of cours Saleya; visit Cimiez's wonderful Musée National Marc Chagall and Musée Matisse; and party till dawn in Vieux Nice's numerous bars.

On day three, take a day trip along the Corniche Inférieure stopping at **Villefranche-sur-Mer** and **St-Jean-Cap Ferrat**. On day four, head to hilltop **Eze** for sensational views of the Med; carry on to **Monaco** for the rest of the day. The following day, venture into **Ventimiglia** in Italy (try to aim for a Friday, market day) in the morning and hop back into France for an afternoon in **Menton**.

On day six, rent a car and head for the hills: stop in **St-Paul de Vence** and **Vence**, and spend day seven motoring around the beautiful **Gorges du Loup**. On day eight, visit **Grasse**, its museums and perfumeries; leave your last day for the pretty village of **Mougins**. Drive back to Nice on day 10 or continue in Haute-Provence or head west along the coast.

➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

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## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Emilie Filou

**Coordinating Author; Plan Your Trip; Nice, Monaco & Menton; Cannes & Around; Understand Provence & the Côte d'Azur**

Emilie was born in Paris but spent most of her childhood holidays roaming the south of France and the Alps. She left France when she was 18 to go travelling and never quite made it back. She studied geography at Oxford and took a grand total of three gap years to see more of Africa, Asia and the Pacific. She has now settled in London,

where she works as a freelance journalist specialising in development issues in Africa (she has also contributed to the Lonely Planet guides to Tunisia, West Africa, Africa and Madagascar). She still goes to the Côte d'Azur every summer. You can see more of Emilie's work on [www.emiliefilou.com](http://www.emiliefilou.com); she tweets at @emiliefilou.

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### Alexis Averbuck

**St-Tropez to Toulon; Marseille to Aix-en-Provence; Arles & the Camargue**

Alexis Averbuck first came to Provence when she was four and now makes any excuse to visit from her home on Hydra, Greece. Whether careening through hilltop villages in the Haut-Var, sipping wines in Burgundy or château-hopping in the Loire (she has also contributed to Lonely Planet's *France* guide), she immerses herself in all things French. A California native and a travel writer for two decades, Alexis

has lived in Antarctica for a year, crossed the Pacific by sailboat and written books on her journeys through Asia and the Americas. Also a painter, she's inspired by each trip to produce new work, both written and visual – see her paintings at [www.alexisaverbuck.com](http://www.alexisaverbuck.com).

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**Avignon & Around; Hill Towns of the Luberon; Haute-Provence & the Southern Alps; Survival Guide**

John A Vlahides co-hosts the TV series *Lonely Planet: Roads Less Travelled*, screening on National Geographic Channels International. John worked as a French-English interpreter in Paris, where he studied cooking with the same chefs who trained Julia Child. He's a former luxury-hotel concierge and member of Les Clefs d'Or, the international union of the world's elite concierges.

John lives in Northern California, where he sings tenor with the Grammy-winning San Francisco Symphony and spends free time skiing the Sierra Nevada. He looks forward to returning to Provence during tomato season. For more, see [johnvlahides.com](http://johnvlahides.com) and [twitter.com/JohnVlahides](https://twitter.com/JohnVlahides).

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