# 2022 TOURIST BROCHURE OF THE TOURIST OFFICE OF VALLESPIR













Suggested trips

 $\triangleright$ 

Something for everyone!

his tourist guide takes you on a journey of discovery through Vallespir, a region renowned for its rich Catalan identity and its propensity to appeal to every VAL sense!

So, get ready to be amazed! There are plenty of suggested trips to «Vallespir» for you to get your teeth stuck into, whether you are travelling as a couple, as a family or with friends...!

We are confident that Vallespir will enable you to create memories that will last a lifetime!

Tech River Cover Page: ©Jaume Plensa Lou & Julia 2019 - Stainless steel Jaume Plensa Exhibition «Every face is a place» Céret Museum of Modern Art from 5 March to 6 June 20

# CULTURE, GASTRONOMY, HERITAGE, SHOPPING AND OUTDOOR ACTIVITIES.

So much to do and see in Vallespir.

A trip to Vallespir is like reading a history book in the open air. In much the same way that the events of history unfold with every turn of a page, you will discover the hidden secrets around every corner and relive the past with every step you take.

# INTER-COMMUNAL TOURIST OFFICE OF VALLESPIR

This category II tourist office is committed to service quality and has been awarded the Qualité Tourisme certification in recognition of the excellent visitor services it provides all year round.

Our aims:

Céret

- Customise its service
- Furnish reliable and up-to-date information adapted to individual needs
- Take on board your feedback to improve our offer so that it meets your expectations
- Ensure that information is universally accessible
- Spare no effort in helping you to organise your trip and activities
- Do you need to recharge your battery? We make available a guidophone charging station
- Answer questions about your bikes, racks and repair kits



allespir is located in a unique geographical setting. The territory is ideally located between the **sea and mountains** on the border with Spain. It includes **10 municipalities** whose tourism offer is able to cater to a wide variety of tourist experiences and needs:

**Are you looking to wind down?** Visit the thermal baths of Le Boulou and the lakes of Saint Jean Pla de Corts for the well-being and peace you crave.

The team at the Inter-Communal Tourist Office of Vallespir is on hand to answer your questions by SMS during our opening hours.

At + 33 (0)6 11 35 71 47

Are you a thrill-seeker? Delve deep into our famous canyons or even enjoy a paragliding trip with our licensed professional partners.

**Do you enjoy the great outdoors?** Hike along one of our many signposted trails or ride across our landscaped bicycle routes such as Voie Verte/Pirinexus/Méditerranée à Vélo, or if you are a more experience road cyclist, the Pyrénées-Méditerranée «Cyclosport» space of the French Cycling Federation might just be the thing for you.

**Would you prefer water sports?** You can take part in a whole host of activities on the lake such as water skiing, pedal boats, paddle and inflatable games on water.

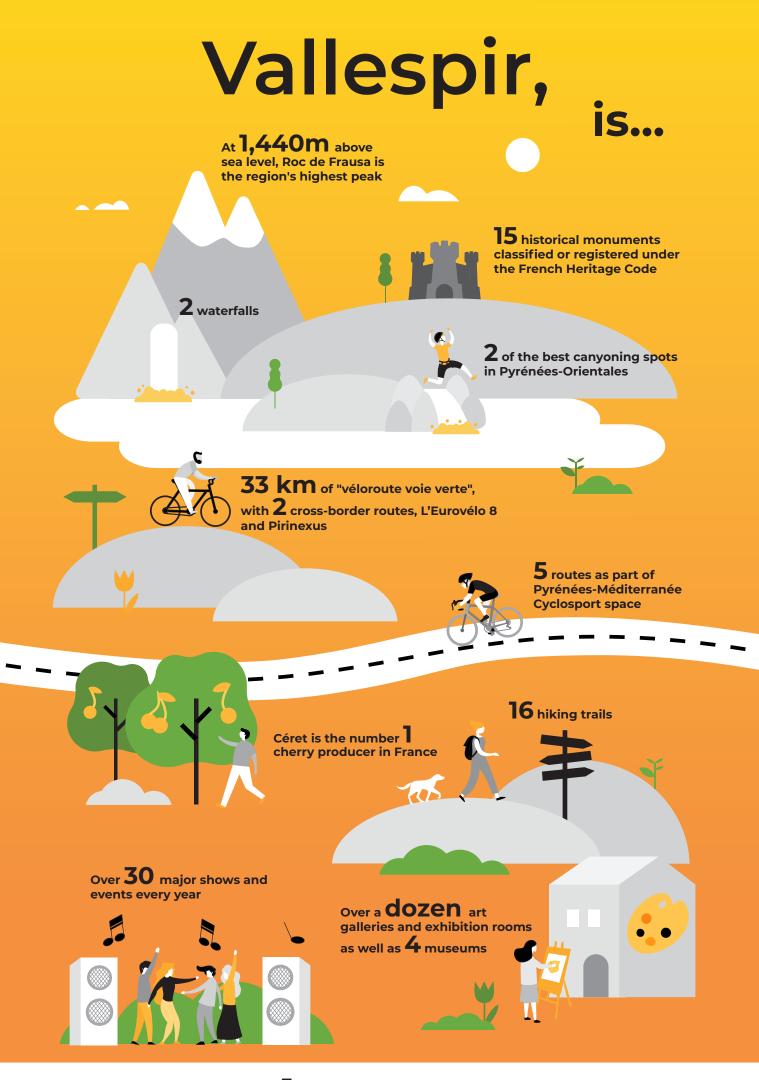
Are you seeking adventure? Test yourself on our adventure park course.

Are you looking for art and culture? Immerse yourself in the history of the region and visit its monuments, churches, etc. Explore the Roman influence across the region and discover the magnificent fortress steeped in history. Walk in the footsteps of Picasso, Soutine, Dufy, Matisse, Brune, Derain...Escape to the sound of the hautbois populaire (traditional wooden flute) and discover the absorbing world of cork!

Are you looking to get away from the hustle and bustle of modern life and experience local traditions? Discover our villages on foot to the beat of the bandas. Get up close and personal with the cherry: de-pip it, plant it and, most important of all, taste it! And the cherry on top: dance the sardana to the sound of local coblas.

There is so much more to discover...







# HOW TO GET HERE?

Whether you are travelling by sea or by air, or even through the mountains, urban areas or Spain...Vallespir is never far away!

2 hours from Barcelona, 2 hours 15 minutes from Toulouse, 2 hours from Montpellier



#### BY AIR

Airport **Perpignan - Rivesaltes** 40 minutes away. Information: **\\$ + 33 (0)4 68 52 60 70** 



#### BY TRAIN

Perpignan Train Station 30 km away (35 minutes). Information: www.scnf.com 📐



#### **BY CAR**

- From Perpignan 30 km away (35 minutes)
- From **Girona** (Spain) 80 km away (1 hours)
- From Argelès-sur-Mer 27 km away (30 minutes): Take D618 in the direction of D900 to Le Boulou. Take the exit for Girona / Le Perthus / Thermal Baths and come off at D618A.

#### **BY BUS**

- Regular line running from **Perpignan / Céret** no. 530 / 531 from Monday to Sunday (between 30 and 40 minutes)
- Regular line running from Argelès-sur-Mer / Céret no. 550 from Monday to Sunday (50 minutes) Information: (2+33 (0)4 68 80 80 90
- Cross-border line Figueres Le Boulou and then Le Boulou Céret Information: 🔇 +33 (0)4 68 85 82 92



#### **BY BIKE**

- From **Argelès-sur-Mer** 25 km away via **EuroVélo 8 / La Méditerranée** by bike (1 hour 40 minutes) :
- https://www.francevelotourisme.com/itineraire/la-mediterranee-a-velo
- From **Prats-de-Mollo-La Preste** 30 km away (1 hour 20 minutes) or from **Figueres** (Spain) 30 km away via the **Pirinexus** cross-border cycle loop (2 hours).
- https://www.viesverdes.cat/fr/caracteristiques-vies-verdes-pirinexus



# Do you like the great outdoors? Natural surroundings? Dipping your feet in water? Vallespir is the perfect destination for you!

Take a trip to the swimming lake and enjoy the activities offered by our trusted partners at the **lakes of St Jean Pla de Corts**. You can even visit the natural site of **«Baoussous waterfall» in Céret**, or venture up the **Ouillat Pass in Albère**. Ah! **The Bellegarde Fort in Le Perthus**! Leave the little ones to enjoy the experience of walking in the footsteps of a brave soldier while you explore this site steeped in history.

Discover the **animal and plant life** of Vallespir as you **picnic** at one of the many designated spots dotted around the area.

Would you prefer to be pampered? Our **restaurateurs** will take you on a culinary journey in

# $\mathbf{Q}_{-}$ What the locals think –

I love spending the day at the lakes! Having a nice picnic and with so many activities to keep the kids occupied... it's brilliant!







a warm and family-oriented atmosphere. Your **four-legged friends** are welcome in Vallespir! If you are travelling with your pet, you can request a special brochure with useful addresses, suggested activities, recommendations, etc. so you can plan your hair-raising trip to Vallespir!

# IN SAINT JEAN PLA DE CORTS

#### AQUAJUMP 66

Diving, jumping, trampolining, slides, diving boards and balancing activities. \$\$\\$+33 (0)6 71 36 93 98 \$\$\$ contact@aquajump.fun

www.aquajump.fun

#### **FUN NAUTIQUE**

#### LES AVENTURIERS DE SAINT JEAN

9 courses to tackle and a 170 m aquatic zip-line; Adventure Park course for children over the age of 3. ℃ +33 (0)6 71 60 37 44 ⊠ aventurier66@orange.fr klesaventuriers66.com

**TELESKI NAUTIQUE** 8 WATERJUMP obstacles for children over the age of 4, water skiing lessons available for children over the age of 7.

♥ +33 (0)6 67 83 56 62
♥ waterparktsj@gmail.com
♥ tsjwakepark.com

# **IN LE PERTHUS**



Bellegarde hill (423 m) dominates the passes of Le Perthus (271 m) and Panissars (335 m), the lowest in the Pyrenees.

Standing at the heart of the vast valley formed by these two passes, Bellegarde has played a major strategic role over the centuries.

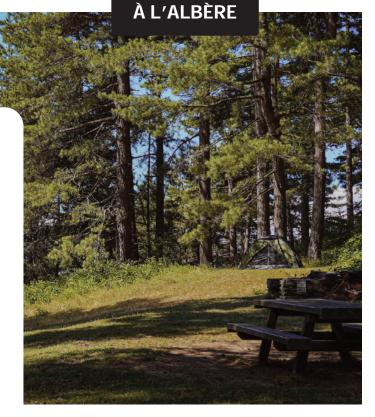
#### OUILLAT PASS

Also accessible by car! Prepare yourself for this breath of fresh air!

Make your way to the heights of Vallespir at Ouillat Pass in Albère and breathe in the fragrances of the surrounding forest. Take a stroll with the family and marvel at the wonders hidden in the woodland such as the black pines or beeches to feel at one with nature.

Head to the amazing «Reina de les Fonts» fountain designed in the 19th century by Manel, the Shepherd of Albère.

Enjoy the fantastic panoramic views of Vallespir from that vantage point and gaze into the distance at the sacred mountain of the Catalan people: the Canigou!



#### New!

Discover the heritage of Vallespir by walking, or even riding, in the footsteps of our mascot Galipan! Download the Baludik app for clues, missions and mini-games to explore the area in a fun-packed and original way. Go on, treat yourself!

Magnetic media for mobile telephones are available at reception in the Inter-Communal Tourist Office.







#### Art, nature, culinary delights, heritage or even local festivals... Vallespir caters for every cultural taste!

any famous artists have visited Céret such as **Picasso, Soutine, Dufy, Brune**...Would you like to follow in their footsteps? The museum of modern art organises **guided tours** to discover not only their works but also the places from which they drew so much inspiration. The museum's cultural activities team also organises creative workshops to keep the kids entertained.

As you hike through the **cork oak forests** of Vallespir, make a detour to the **cork museum in Maureillas**-**Las Illas** to discover the history of the cork industry and its importance to the region.

Admire the 12th century frescoes of the church of St Nazaire de la Cluse Haute and those of the chapel of St Martin de Fenollar in Maureillas-las Illas, which were a great source of inspiration to Picasso himself!

There can be no more pleasant experience than sitting down to a **meal on a terrace shaded** by twohundred-year-old plane trees, or in the tranquillity of a garden. The menus showcase **local produce and specialities**.

Adapt to the pace of life in Vallespir as you meander through its **quintessential streets and alleys**. Fill your evenings with **musical shows**, trips to **markets** and **local festivals** celebrating **typical Catalan music and dance**. Incidentally, on the subject of music, you can visit the **music museum in Céret** which houses a collection of more than **560 instruments**.

# IN CÉRET

#### THE MUSEUM OF MODERN ART

Extended in 2022, the museum houses a collection of modern and contemporary artwork reflecting the amazing artistic pedigree of the city since the time when it was visited by Braque and Picasso. The works of leading artists from the 20th and 21st century are represented: Gris, Soutine, Chagall, Miro, Tàpies, Viallat, Bioulès...

 8 Boulevard Maréchal Joffre, 66400 Céret

 +33 (0)4 68 87 27 76

 www.musee-ceret.com



Play the children's detective game so you can have fun while you learn about the town!

\*children's games pamphlet produced by Regional Arts and History Council available at Inter-Communal Tourist Office.

Léo, years old

# IN MAUREILLAS

#### CHAPEL OF SAINT MARTIN DE FENOLLAR

Discover the most important collection of 12th century frescoes preserved in Roussillon.







#### **CORK MUSEUM**

Founded by former cork-makers and inhabitants of the town, the museum takes visitors on a journey through the life of cork oak: its ecology, its harvest, and its development; and presents the numerous ways in which cork is used. It presents the equipment used and processes carried out to make corks, as well as the many, often overlooked, uses of oak.

Q 2, Avenue Maréchal Joffre, 66480 Maureillas Las Illas
+33 (0)4 68 83 15 41
www.maureillas.fr
museeduliege@orange.fr



# GUIDED TOURS

List of guided tours across the region coordinated by the Cross-Border Arts and History Council for the Catalan Valleys, the Tech and the Ter (PAHT):

- Secrets of the Old Town of Céret 🕕 🏶 曼
- Lives of artists in Céret 🕕
- Bridges of Céret 🅕

- Chapel of Notre Dame Del Roure

in Taillet \, 🗎 🗮

- Chapel of Saint Michel de Riunoguès in Maureillas 🕕 🖨

- Chapel of Saint Martin de Fenollar in Maureillas  ${\displaystyle \bigodot} \bigoplus$ 

- Village of Saint Jean Pla de Corts 🅕
- Ancient site and church of Saint Nazaire de Les Cluses Haute () 🤤
- Village and baroque church of Reynes 🅕
- Brick-making factory of Saint Jean Pla de Corts ()

- Village of Vivès 🕕

Please contact the Tourist Office for further information: +33 (0)4 68 87 00 53 accueiltourisme@vallespir.com



# IN LES CLUSES



# ANCIENT SITE AND CHURCH OF SAINT NAZAIRE DE LES CLUSES HAUTE

Les Cluses is a border town marked by the passage of time, from Antiquity to the present day. Running along the Rome tributary, the Via Domitia is dominated on one side by a Roman fort dating back to the 2nd century, and on the other, by Castell dels Moro, dating back to the 4th century, which is suitable as a station for a garrison. In between, the portorium was used to control of the cross-border movement of goods. These remains were classified as Historical Monuments in 2010.

In the Middle Ages, a castle and a church were built on the remains of the Roman fort. This church, dedicated initially to Mary and then to Saint Nazari, is a rare example of a structure built with three aisles and semi-circular apses inscribed in a fortified wall. The frescoes of the axial apse are a unique example of 12th-century murals in the territory and are very similar in style to those of the chapel of Saint-Martin-de-Fenollar (Maureillas).

Guided tours are organised by the Regional Arts and History Council for the Catalan Valleys:

www.valleescatalanes.org or +33 (0)4 68 83 99 49

Or scan the QR Code here

# ) \_\_\_\_ Did you know? .

Sardana is a traditional Catalan dance. Dancers or «colle» join hands to form a circle and perform a series of specific steps. The dance is accompanied by a musical ensemble called a Cobla.



MUSEUM OF MUSIC

If you are a lover of music and instruments, don't forget to visit the Museum of Music!

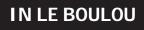
Visitors to the Museum of Music embark on a journey to discover traditional and popular instruments from around the world. The Museum places in the spotlight the musicians and manufacturers of oboes, flutes, stringed and percussion instruments. Located at the very heart of the cross-border Mediterranean territory, in which oboe traditions are deeply rooted, the Museum introduces its visitors to musical instruments and objects from Africa, the Middle East, Asia, Europe and the Americas with an emphasis placed on musical richness and diversity.

9 14 rue Pierre Rameil, 66400 Céret

🗘 +33 (0)4 68 87 40 40

www.museemusiqueceret.com





#### LA MAISON DE L'EAU ET DE LA MÉDITERRANÉE

Join us on a unique journey as we plunge into the depths of the world of water.

Immerse yourself in our five interactive and recreational spaces to learn about water in all its states. You will discover how important it is to preserve and safeguard water resources for the future of our planet. Whatever your age and/or level of expertise, you are welcome to join us on our global, historical and scientific discovery of water.

#### MAISON DE L'HISTOIRE - CASA DEL VOLÓ

One of the architecture and heritage interpretation centres of the Regional Arts and History Council for the Catalan Valleys for anyone that wants to delve into the past of Le Boulou, this is an absolute must-visit. It covers every period of the town's past, from the Palaeolithic to the modern age, and also explores the history of the cork industry and water in Le Boulou. This journey through time is also brought to life by the important «Battle of Le Boulou» collection and the magnificent reproduction of a Celtiberian sword (on loan from Aspavarom), the reproduction of the frieze of the Maître de Cabestany and the model of the suspension bridge. The panels of this permanent exhibition are translated into Catalan. Temporary exhibitions and events are also organised throughout the year at Maison de l'Histoire - Casa

♀ 4 Rue Arago, 66160 Le Boulou
 ♀ +33 (0)4 68 87 50 10
 ♀ www.mem-leboulou.com/en/home



del Voló. This place bridges the gap between generations and promotes inter-cultural exchange, especially given that our municipality sits on the border between two countries. Free entry.

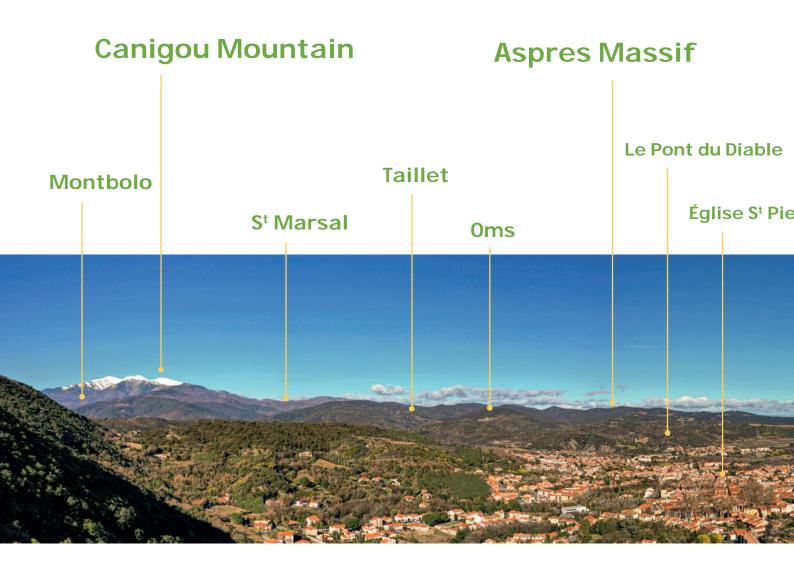
💡 Espace Culturel Teresa Rebull,

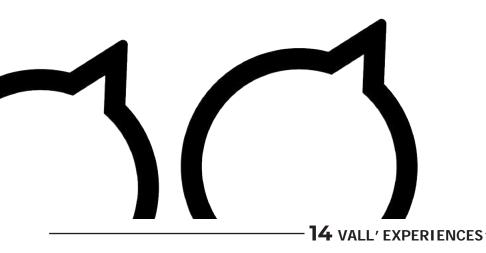
Avenue Léon-Jean Grégory, 66160 Le Boulou



# THE PEAKS...

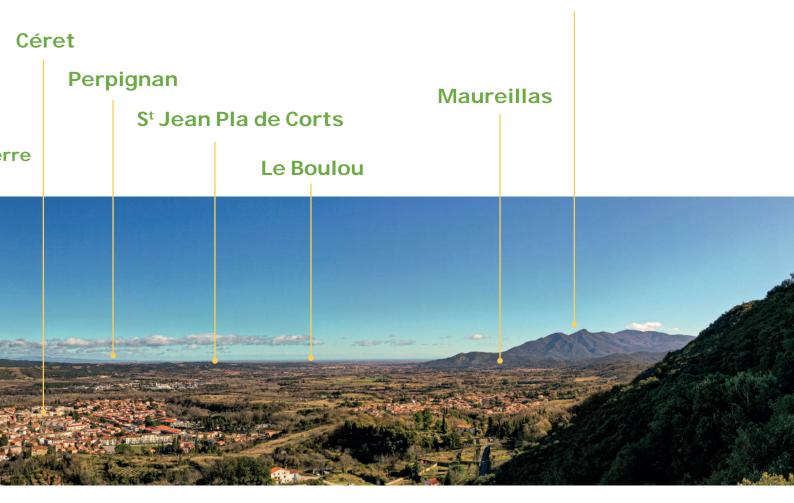
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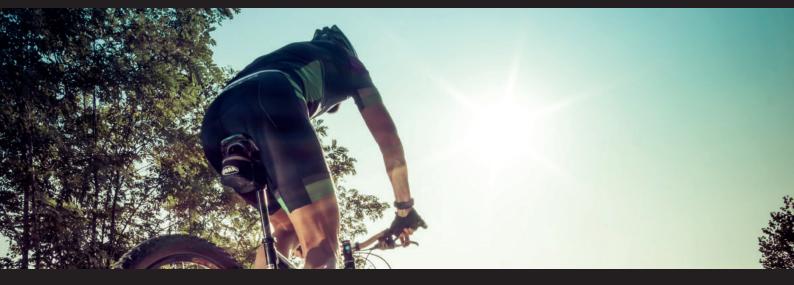




# **Albères Massif**



Would you like to admire this stunning view in person? You can, from the viewpoint indicators on the heights of Céret (Jean Caball route).



# Lovers of the great outdoors will be in their element!







- 16 VALL' EXPERIENCES -

or fans of natural surroundings and monuments, this will be their idea of heaven! The pathways mapped out by the Community of Vallespir Municipalities will guide you into the very heart of the wondrously diverse environment and sites of interest. The region is teeming with animal and plant life and boasts an abundance of historical heritage: Romanesque chapels, bridges, ice wells, dolmens, etc. landscapes whose beauty is reinvigorated with every passing season

## Happy hiking!!!

Get your hiking guide from the Tourist Office for € 3. Download it at: Nwww.vallespir-tourisme.fr/en



Le Petit Guide Rando

Randonnées en Vallespir...

## $\mathbf{P}_{\mathbf{Q}}$ What the locals thinks -

Our favourite spot is the Ouillat Pass in Albère. The views are breath-taking! It's ideal for a picnic in the middle of a forest! A real breath of fresh air for the entire family.

Christine, 43 years old

**17** VALLESPIR-TOURISME.FR/EN



# Sitting ideally between the sea and the mountains, Vallespir is the perfect getaway or holiday destination!

Set off on one of the many hiking trails with or without a guide; take a ride along the véloroute voie verte and/or «Cyclosport» space; venture down into the famous canyons; take to the skies with our licensed paragliding partners; or try your hand at the water sports and activities at the lakes of Saint Jean Pla de Corts.

Share a special meal with those closest to you in **restaurants** whose menus showcase the very finest **local produce and specialities**.

Top off your evening by taking in a **musical show** or concert with friends.



<image>



Would you like to get some fresh air? With the activities offered by our trusted partners, you'll make memories that will last a lifetime!

#### **PARAPENTE 66**

Would you like to celebrate a paragliding baptism or learn to take the plunge by yourself?

Paragliding 66 is open all year round (mother nature permitting, of course). Coordinated by Benjamin Boutellier.

+33 (0)7 69 29 61 05
 contact@parapente66.com
 www.parapente66.com

#### ADVENTURE TOUT TERRAIN

Adventure Tout Terrain will make your wildest thrill-seeking dreams come true to really spice up your holiday!

Explore the canyons of Pyrénées Orientales for an absolutely unforgettable experience.

If you like to try new things, explore the unknown and embark on an adventure, the multiple outdoor activities organised by the Adventure Tout Terrain team may be just the thing for you (canyoning, physical fitness, swimming, trail biking, hiking). Coordinated by Julien Ribuigent.

+33 (0)6 87 59 92 23 / +33 (0)6 84 45 71 41
 www.adventuretoutterrain.com
 contact@att66.fr

#### AQUACANYON

Bastien, our canyoning and climbing instructor, will take you on a tour to discover the most beautiful natural sites around Céret and Vallespir.

It is his job to make sure that your experience of these natural wonders is absolutely unforgettable, whether you are with family or friends. Beginners from the age of 8 are welcome to take part. Places in excursions must be reserved. Coordinated by Bastien Rivière.

# +33 (0)4 13 33 10 00 infos@aquacanyon.fr www.aquacanyon.fr



#### CANYONING CÔTÉ SUD

Half or full-day guided canyoning trips. We welcome all levels of experience, from beginner to advanced, to join us on this sensational summer adventure! Coordinated by Alain Laffont.



C +33 (0)6 07 43 41 42
 ∞ montagne.canyon.66@gmail.com
 www.canyoningcotesud.com

#### **CANYONS DES TERRES CATALANES**

Half-day, full-day or weekend canyoning and water excursions; hiking trips in summer and winter across the various massifs of the region...

Coordinated by Jean Guitard. ♥ +33 (0)6 08 68 95 58 ♥ jeanguitard@wanadoo.fr www.canyons-catalans.com



#### **INEXTREMIS AVENTURA**

Inextremis Aventura organises full-day, half-day, weekend and weekday outdoor activities.

Hiking with or without a guide, Canyoning, Mountain Biking, Cycling tourism, Climbing, Via-Ferrata, Sea Kayaking, Riverboarding, Rafting, Scuba Diving, Forest Adventure Course, Caving.

Coordinated by Sabrina and Jean Vilallongue.

**C** +33 (0)6 29 56 40 36

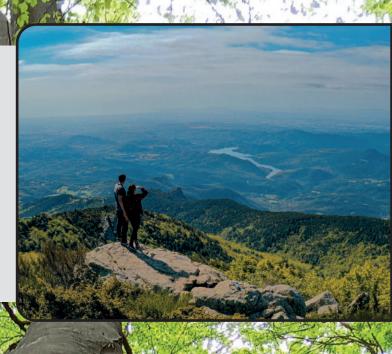
- info@inextremis-aventura.com
- www.inextremis-aventura.fr



#### **EN CHEMIN**

EN CHEMIN takes you on a tour of the vast expanse of historic Catalonia to discover the pronounced contrasts of the land: high altitude pastures and remote villages on both sides of the Pyrenees; the gorges and limestone cliffs of Southern Catalonia; the orchards, vineyards, and olive groves of the plains; county towns and picturesque villages; as well as the bays, wild coves and jagged capes of Côte Vermeille and Costa Brava. Coordinated by Christian Piguemal.

+33 (0)6 21 66 42 15
 enchemin@mail.com
 www.enchemin.com



#### Acquaint yourself with the forest in this unique way...

#### RANDÔTREMENT

organises forest bathing and hiking activities for those who wish to take time to reconnect with nature and recharge their batteries. Join our guides as they introduce you to the natural heritage of magnificent trees and unique species...

Coordinated by Vanessa Guérin.

+33 (0)6 03 91 28 52
randotrement@yahoo.com
www.randotrement.com

#### FROM CASTELL TO CASTELL

The Maçanet de Cabrenys route in Reynes, known as «From Castle to Castle», is a 19 km route that crosses the Salines massif on its way to Collada dels Pous and Roc de Fraussa (1,450 m).

On both sides of the border, you will discover rugged landscapes and sites of cultural and historical interest such as Cabrera Castle, Les Salines Sanctuary, the Church of Sant Vicenç and Reynes Castle.



#### **CÉRET MARKETS**

- TRADITIONAL MARKET Saturday Morning Town centre With more than 170 stalls!

NIGHT CRAFT MARKET
 «LES VESPERALES»
 **Tuesday Evening** On Boulevard Maréchal Joffre et Jean Jaurès (July and August)

- MARKET CELEBRATING LOCALLY-SOURCED PRODUCE **Wednesday Morning** Arcades Place Picasso

# $QQ_-$ Sounds like a plan ! —

To see the stalls come alive in a sea of red, visit the market during the cherry season! In the months of May and June...

#### MAUREILLAS-LAS-ILLAS MARKET

Thursday and Saturday Mornings
 Place de la République

#### SAINT-JEAN-PLA-DE-CORTS MARKET

Tuesday MorningPlace de la Mairie

#### LE BOULOU MARKET

 Thursday and Sunday Mornings
 Place de l'ancienne Mairie et Rambla, rue des Pyrénées

#### **REYNES MARKET**

Friday MorningPont de Reynes



# LOCALLY-SOURCED PRODUCTS ... OF VALLESPIR

BIO

BIO

BĨO

# PRODUCE

#### ALEXANDRE ARNAUDIES – DOMAINE 3A Wines, Cherries, Almonds, Table grape

Q Mas Bellevue, 66400 Céret

+33 (0)6 50 09 76 82

alexandre.arnaudies@orange.fr € Sold directly on the farm at 5 rue de la Tuilerie in Céret

#### PATRICK BRICAULT **ORGANIC** cherries and eggs

Q Chemin de la pave, 66490 Saint-Jean-Pla-de-Corts 📞 +33 (0)6 04 07 33 29 🗷 bricaultp@gmail.com

€ On the farm

DOMAINE CASANOVE / DOMAINE DES **HELIANTHEMES – OLIVIER CONTION** 



BIC

- Las Bourguères, 66480 Maureillas Las Illas +33 (0)6 77 34 39 74 Ō 🗴 domaíne.he@gmail.com
- € Sold on property

#### LE ROUX BIO-RONAN FRANQUE

Pigs raised in Roussillon, on the heights of Vivès, «Roux bio» is a guarantee of quality, 100% organic and antibiotic-free meat.

Cave du Château d'Aubiry, 66400 Céret +33 (0)7 62 72 52 29



€ At Céret market (Saturday mornings), Biocoop Le Boulou, Le Pressoir in Céret.

#### CAN GALY – PHILIPPE GALY

- Cherries, apricots, market gardening.
- 31 rue des évadés de France, 66400 Céret

#### +33 (0)6 10 83 35 00 Ğ

🕱 cangaly.ceret@gmail.com € On the farm by appointment only, Céret market on Saturday mornings from April to December.

#### SÉBASTIEN GODET

#### Organic Fruits (Cherries, Apricots), Jams, Juices

- 0 Mas de Syries, 66400 Céret
- +33 (0)6 48 51 54 38 Q
- 🗴 sebgodet@hotmail.com € On the farm







#### PASCAL GUILLEMAND CAN MADERN

Route la Montagnole, 66400 Reynes 🔇 +33 (0)6 83 19 74 23

pascal.guillemand@orange.fr € Céret market (Saturday) / BioSud Céret / Sale at Pont de Reynes (Tuesday, Wednesday and Friday mornings)

#### MANU JACOMET CAN MANEL MAS TAURIACH Free-range pig farming, cooked meats, meat, boxed vegetables

💡 Chemin de Riu Cerda, 66400 Céret

#### Ō +33 (0)6 82 84 63 01

- manel.jacomet@orange.fr
- www.facebook.com/canmanel € On the farm (direct sale and delivery)
- LES CERISES DES CAPUCINS CHRISTIAN JEAN-PIERRE
- Cherries, cherry juice, cherry brandy, cherries in brandy, cherry jams
- 💡 23 rue des Capucins, 66400 Céret 🗳 +33 (0)6 09 25 64 68
- cerisesdeceret@sfr.fr
- € At Panier Gourmand in Céret and on the farm.

#### LA BELLE EPOQUE – BRICE ET SANDRA MICHAUX Organic eggs

Q 224 Route de Manrell, 66480 Maureillas-Las-Illas 📞 +33 (0)6 38 93 29 29 / +33 (0)6 19 28 49 48



BIO

Iabelléepoque66@gmail.com € Céret market / Maureillas market / Biosud Céret / Intermarché Céret / Biocoop Le Boulou / Résobio Le Boulou

#### LES JARDINS DE PAILLE - CÉCILE PAULE

Our aromatic plants, medicinal plants and fruits are cultivated and processed according to certified organic farming practices in Le Mas. Amansio (an original creation of crushed almonds roasted with garlic, cumin or a mixture of thyme/rosemary «garrigues»), spiced jams, plant syrups, infusions and culinary mixes, essential oils, hydrolats and natural

- Mas Sobraqués, 66400 Taillet **3 +33 (0)4 68 68 74 21 / +33 (0)6 81 33 55 25** 
  - BĨO
- Iesjardins.depaille@gmail.com

www.lesjardinsdepaille.com € On the farm / BioSud Céret / a number of fairs and

exhibitions taking place throughout the year

- ENTRE LES ARBRES SI MON REDONDO Jams, cherry juice, pickled vegetables, pickles, lactofermentation, syrup, jelly
- Mas Syries, 66400 Céret
   +33 (0)6 04 50 11 56
- 🕱 redondosimon@aol.com
- www.entre-les-arbres.com



€ Céret market (Saturday) / Sale at farm (May and June) for cherries and apricots / on the website www.kuupanda.com/store/simon-redondo

# LE CARRÉ GOURMAND – LAURENCE RIBEIRO

ο 1 Chemin du Moulin, 66400 Reynes +33 (0)6 21 05 36 30 / +33 (0)4 48 89 33 87 Ō pl.ribeiro@lecarregourmand.eu € Céret market and events/ Le Panier Gourmand Céret / Les Jardins de Saint Jean-Saint Jean Pla de Corts

DOMAINE SAQUÉ

Wines, Fruits (Cherries, Apricots, Peaches, Table grapes), Fruit juices, Vegetables

Q 19 avenue Maréchal Foch, 66400 Céret +33 (0)6 11 57 50 97 Ô 🗴 domainesaque@gmail.com € In store (from Monday to Saturday 10 a.m. - 12.30 p.m. / 4 p.m. - 7 p.m.)

#### MICHEL SAQUE

Fruits, vegetables, fruit juices, jams

Chemin San Pluget, 66400 Céret

+33 (0)6 22 81 45 53 Ō

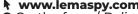
🙇 michelsaque66@gmail.com

€ Céret market (Saturday morning) and on the farm

#### LE MAS PY

Monovarietal and blended extra virgin olive oil, Dried cherries, Iberian pork available in verrines and salted meats, Fresh Iberian pork, Lamb and Goat, Dry hot water bottle (cherry pits), Mas Py soap

Route de Llauro, 66400 Céret +33 (0)4 68 87 45 25 / +33 (0)6 76 86 80 09 Ö 🕿 info@biopy.com



 www.lemaspy.com
 € On the farm / Deliveries and shipments / Le panier gourmand Céret / Vrac & Bio Céret. Farm store: organic produce from Le Mas and elsewhere. Opening times: 9 a.m. - 12 p.m. and 2 p.m. - 5 p.m., in high season 9 a.m. - 12 p.m. and 3 p.m. - 7 p.m



 MIEL DU VALLESPIR – ETIENNE ARNAUDIES Honey

ο Le Moulin 66400 Reynes

#### 🗳 +33 (0)6 31 14 02 21

etienne.arnaudies@outlook.fr

€ Ma Coop' Céret / Directly by phone

#### ERRE LAURENT

Honey

5 rue Delaparre, 66480 Maureillas-Las-Illas

+33 (0)6 29 63 46 72 € At Maureillas market (Thursday and Saturday mornings)

#### MIELLERIE CÉRÉTANE

Honey and hive-related products

💡 Rue des Salines, ZI Oulrich Mas Villelongue 66400 Céret 😋 +33 (0)6 10 59 46 84 christopheescamez@orange.fr € At farm store

#### GAËTAN LE BER – MAS FALGUEROLES Honey and hive-related products

#### Chemin de Falgueroles, 66400 Céret

- +33 (0)6 77 76 44 26
- € On farm by appointment / Céret market (Saturday)



BREWERY

# • BRASSERIE L'ALBÉRICAINE - KEVIN WHITING ET DIDIER ALEJSKI

Q 22 Avenue de France, 66480 Le Perthus
 +33 (0)6 74 58 18 36 / +33 (0)6 40 42 17 15 brasserielalbericaine@gmail.com € Sold directly on site 7 Maison Brière (Céret), Le Pressoir (Céret)

#### BRASSERIE DE TÔA

BIO

Production of organic craft beers

3, Rue Du Tres Vents, ZI Oulrich, 66400 Céret BIC Ō +33 (0)6 10 66 32 76

#### nathalie.weill11@gmail.com

£ Sold at Céret market (Saturday morning) place Pablo Picasso / Sold at brewery by appointment.

# BRASSERIE ARTISANALE BLAOBLANK

- Q 11 rue del Trouil, 66480 Maureillas-las-illas
- +33 (0)6 16 27 21 13 0
- 🖾 brasserie@blaoblank.eu
- www.facebook.com/blaoblank

€ Open to public and sold on site (Tuesday, Friday and Saturday afternoons 2.30 p.m. - 7.30 p.m.)

# BRASSERIE LE TRAQUENARD - MATHIEU RENARD

- Allée du Château d'Aubiry, 66400 Céret
   +33 (0)6 65 76 94 24
- 🕱 mamat.renard@gmail.com
- € Sold directly on site (phone ahead) / Céret market





**23** VALLESPIR-TOURISME.FR/EN

# HIGHLIGHTS... IN 2022



# Relaxing after a long, hard day!

Soak up the local atmosphere, its festivals and traditions, live to the rhythm of the bandas and why not learn about «the Castells» (the human pyramid).



# **KEY EVENTS**

#### MARCH:

- Ronde de Reynes (running event)
- Carnivals of Vallespir (Céret Maureillaslas Illas – Le Perthus)

#### MAY:

• Céret Cherry Festival and Bandas

#### JUNE:

• Basket festival in Reynes

#### JULY:

- Water festival in Le Boulou
- Déferlantes Sud de France in Céret (music festival)
- Sardana Feria and Festival in Céret

#### SEPTEMBER:

Ronde Cérétane (running event)

#### **OCTOBER / NOVEMBER / DECEMBER:**

• Vallespir Autumn Music Festival in 10 municipalities of the region

#### **NOVEMBER / DECEMBER:**

- Christmas Markets (Saint Jean Pla de Corts Maureillas-Las Illas)
- Christmas Market and Foire au Gras (local delicacies fair in Céret)
- Festa de la Llum (Festival of Lights) in Céret

# LOCAL FESTIVALS

#### **JANUARY**:

- Festival of Saint Antoine in Le Boulou
- Festival of Saint Vincent and of Saint Paul in Reynes
- Festival of **Saint Sébastien** in Saint Jean Pla de Corts

#### **FEBRUARY**:

- Festival of Calçots in Saint Jean Pla de Corts
- Saint Valentine's in Taillet

#### **APRIL:**

- Sant Jordi (Céret Saint Jean Pla de Corts)
- Sant Jordi and Book Festival in Maureillas-Las-Illas

#### JULY:

- Festival of Saint Nazaire in Les Cluses
- Festa Major in Maureillas-Las Illas

#### AUGUST:

- Roser Festival in Albère and Saint Jean Pla de Corts
- Festival of **Saint Louis** in Le Perthus
- Festa Major in Las Illas (Maureillas-Las-Illas)
- Festival of Our Lady of the Snows in Reynes

#### **SEPTEMBER:**

- Festa Major in Vivès
- Festival of Saint Ferréol in Céret

#### **OCTOBRE :**

- Autumn Fair in Céret
- «L'Ollada i canço Catala» in Saint Jean Pla de Corts
- Chestnut and New Wine Festival in Reynes
- Craft and Gourmet Fair in Maureillas-Las Illas



# THE «DÉFERLANTES SUD DE FRANCE» MUSIC FESTIVAL... IN VALLESPIR

# Form 7 to 10 July 2022, a Château d'Aubiry in Céret

This festival, headlined every year by some of the biggest international acts, needs no introduction. As it has had to be cancelled in the past 2 years in light of the pandemic, the 2022 edition is eagerly anticipated!

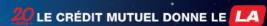
Lovers of rock, pop and rap music will be thrilled to learn that Céret will be hosting the «Les Déferlantes» festival at Château d'Aubiry: With **5 stages**, **9** hectares, **3 villages**, **1 campsite**, **60 artists**, **40,000 festival-goers**...the festival is getting bigger and bigger all the time!

How about this for a plan...visit the numerous sites of interest around Vallespir by day before making your way to the heights of Aubiry park in the evening, where you will have great views of the château and the perfect vantage point from which to enjoy your favourite artists!

#### www.festival-lesdeferlantes.com

#### This year's line-up includes! : Muse, Black Eyed Peas, Simple Minds, Ofenbach, M, Angèle, Clara Luciani, Queens of the Stone Age...









# **CYCLING...** IN VALLESPIR

### Discover the wonders of our cycling routes! Journey across the «Cyclosport» space!

**R**oad cycling enthusiasts will be in their element in Vallespir because, since February 2020, the Pyrénées-Méditerranée region has been classified as a «Cyclosport Space» by the French Cycling Federation.

The routes are ranked by degree of difficulty, from **beginner to advanced**, and wind their way across a number of municipalities, enabling cyclists to explore various sites of interest and acquaint themselves with the **heritage**, **lifestyle**, **hospitality**, etc. of the region. There are more than 20 routes in the Pyrénées-Méditerranée region alone!

# GUIDED MOUNTAIN BIKE RIDES

#### ALOHA AVENTURE

EXPLORE THE REGION BY ELECTRIC BIKE WITH A PROFESSIONAL INSTRUCTOR

Passionate about his discipline, instructor Thierry takes you on a themed mountain bike tour of Vallespir. This ride in the company of a local guide is an original and fun-packed way to explore the region and its heritage. Level 1 to 3 - Various starting points in Vallespir

Min. height of 1 m 45 cm From: € 30/person

Departure every Saturday or on a specific weekday on demand. Instructor is a member of the Catalan Cycling Association (www. lepayscatalanavelo.com)

+33 (0)4 68 39 43 12
www.aloha-aventure.com
info@aloha-aventure.fr



# Get to know the 5 cycling routes in Vallespir:

#### **Vallespir Plains**

22 km and 217 m of elevation gain
 Departure in Céret / Le Boulou
 Level of difficulty 0

#### **Pic Néoulous**

 $^{\prime}$  65 km and 1,600 m of elevation gain

- 🞗 Departure in Le Boulou
- Level of difficulty ★★★★

#### **Between Aspres and Vallespir**

 $^{\prime}$  68 km and 1,500 m of elevation gain

- **Q** Departure in Céret / Le Boulou
- O Level of difficulty ★★★★

#### Haut Vallespir

- $\cancel{1}$  80 km and 1,680 m of elevation gain
- Departure in Céret / Le Boulou
- O Level of difficulty ★★★★★

#### **Aspres Foothills**

- ✓ 85 km and 1,485 m of elevation gain
- Departure in Le Boulou / Thuir
- O Level of difficulty ★★★★

Go to the website of the Inter-Communal Tourist Office of Vallespir for further information:

www.vallespir-tourisme.fr/en

# **BIKE RENTALS**

**Aloha Camping Club** Bicycle and electric mountain bike rentals

electriques

Domaine Al Camp Roig – la Forge de Reynés – 66400 Reynes **C**+33 (0)4 68 39 43 12 www.aloha-camping-amelie.com/accueil/vtt-

Accueil Vélo certification, recognised nationwide, has been awarded to the Inter-Communal Tourist Office of Vallespir. It recognises the high standards that the office maintains both in the services it provides, and the special equipment it makes available to cycling tourists.

For further information about Accueil Vélo, go to: www.tourisme-pyreneesorientales.com/accueil-velo

allespir boasts 33 km of specially adapted traffic-free cycling routes and pedestrian paths (Véloroute Voie Verte)! More than enough for sports/nature enthusiasts to discover the region in all its magnificent diversity...

Pirinexus, the cross-border loop covering a

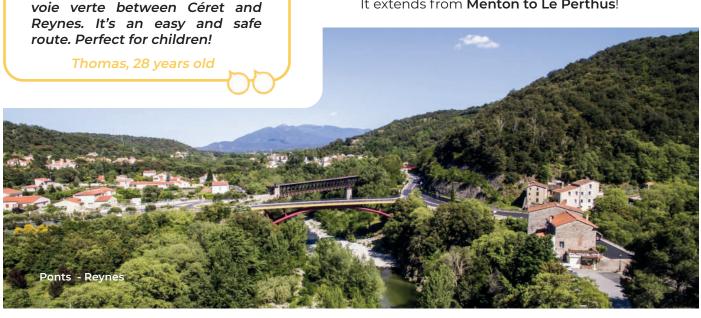
## What the locals think

We often take a stroll along the

distance of more than **350 km**, passes through the Véloroute Voie Verte of Vallespir ! It connects our region to Southern Catalonia.

The guide is available for € 5 in the stores of the Regional Council (Maison de la Catalanité, Château Royal de Collioure, Prieuré de Serrabonne, Palais des Rois de Majorque).

The Méditerranée à Vélo / Eurovélo 8 cycle route covers a distance of 850 km and also passes through Vallespir via the Véloroute Voie Verte! It extends from Menton to Le Perthus!





# MY ADDRESSES... CULINARY DELIGHTS



#### Are you feeling peckish? Check out our mouth-watering suggestions below!

# **BRASSERIE / BUFFET**

#### CHEZ GRAND-MÈRE

Visitors to our restaurant are made to feel comfortable and relaxed as they sit down to enjoy a meal. You can find us in the centre of Le Perthus (village on border between France and Spain). Our chef's menus showcase the very finest local dishes and familyfriendly recipes in the form of a midday buffet and evening sit-down service. Get together with family, friends, your better half or even colleagues to enjoy a pleasant meal in this fine setting.

You won't want to miss our «home-made» dishes, always made with fresh, quality produce and reasonably priced !

- +33 (0)6 66 17 80 31 / +33 (0)4 68 67 35 77
- www.chezgrandmere-leperthus.com
- 🖄 chezgrandmere.leperthus@gmail.com
- 5, rue de la Redoute 66480 LE PERTHUS

#### LA SOURCE

Bar Brasserie - Specialising in Home-made Food. Friendly and family-oriented atmosphere. Food served all day. Pretty south-facing terrace. Air-conditioned room. Themed evenings. Wine and beer bar. Tapas-Oysters

#### +33 (0)9 82 21 21 55

27, Avenue du Général de Gaulle 66400 CÉRET

#### I F FRANCE

Treat yourself to our bistro-style dishes which celebrate fresh produce, or even take the weight off your feet and enjoy a cocktail or home-made ice cream under the 200-year-old plane trees.

lefrance.ceret@orange.fr Q 35, Boulevard Maréchal Joffre 66400 CÉRET

LE RELAIS D'OULRICH

Our team are ready to take your lunch order from Monday to Saturday in this warm and friendly setting. We serve traditional, home-made dishes. Beautiful shaded terrace and private car-park.

# € +33 (0)4 68 39 17 28 ∞ elisabeth.vinaja@sfr.fr

ZA TECH OULRICH Rond point des Pyrénées 66400 ĈÉRET

#### PABLO RESTO-BAR

The dishes served at Pablo are both authentic and generous! Our Neapolitan «squadra» offers unique pizzas or «VERA», salads, tapas and desserts whose concepts are based on local tastes and styles. How could you pass up this opportunity to have a drink, sit down to a meal or enjoy a social experience at the heart of the historical centre of Céret.

- +33 (0)7 86 72 11 94 www.pablo-restobar.fr
- 🖉 contact@pablo-restobar.fr 오 1 Place Picasso, 66400 CERET

 RESTAURANT GUY MOLAS Grilled food and salad bar. Banquet room available. Very large dining room with stunning views of Céret. Enclosed terrace, prompt service and car park.

- 😋 +33 (0)4 68 21 84 62
- www.molas-traiteur.com
- guy.molas1@orange.fr
- ZA TECH OULRICH 4 Rue de Batère 66400 CÉRET

# SEMI-GOURMET CUISINE

#### L'ATELIER DE FRED

Savour the «inspired», nuanced and imaginative menus that showcase the very finest local and seasonal produce. For those partial to a glass of wine, our wine list prioritises the best selections of the region. L'Atelier de Fred, run by culinary enthusiasts, is the perfect setting in which to create lasting memories, enjoy gastronomic delights and relax in a friendly atmosphere.

#### 🗘 +33 (0)4 68 95 47 41 atelierdefred66@gmail.com 12, rue St Ferréol 66400 CÉRET $\times$ 0





# TRADITIONAL/ MEDITERRANEAN CUISINE

#### 66 SUR VINS

This home-made gourmet menu blends local, fresh, first-class and seasonal produce. Through this harmonious combination of simplicity and refinement, colours and flavours, the idea behind Maud and Remy's concept is to take you on a journey in which authenticity and passion take centre stage.

#### 🗘 +33 (0)4 68 81 66 69

- 🖄 66sur20@gmail.com
- www.66survins 10, place de la République www.66survins-ralavara.sitew.us
- 66480 MAUREILLAS LAS ILLAS

#### AL CATALA

Al Català offers a Catalan menu of innovative and gourmet dishes. You choose whether to eat in the elegant and discreet air-conditioning room or in the bamboo-shaded garden. In the kitchen, Sandrine Vicens works exclusively with fresh produce, while Joël receives visitors with a natural and easy-going charm

#### 🗘 +33 (0)4 68 87 07 91

- 🖾 al.catala@orange.fr
- restaurantalcatalaceret66.com
- 9 15, avenue Georges Clémenceau 66400 CÉRET

#### AN JORI

Traditional grilled (a la planxa) fish and meat dishes of outstanding quality. Tasteful and tasty burger menu. Home-made desserts. Multiple dishes with Céret truffle as their centrepiece are served in winter.

- +33 (0)4 68 87 71 75 **O** X
- jordifouga@live.fr
- Q 10, boulevard Jean Jaurès 66400 CÉRET

With a shaded terrace in summer, this first-floor restaurant is located in the living quarters of the bishop

# 🗘 +33 (0)4 68 87 00 85 🖄 bisbe@club-internet.fr

#### • 4, place Chaim Soutine 66400 CÉRET

#### HOSTAL DELS TRABUCAYRES

As you enter Vallespir, at the foot of Albères lies the tiny village of Las Illas, where Nolwenn will be waiting to welcome you after your hike or car journey, and treat you to the finest local produce. Home cooking and craft beers available in this relaxed setting.

#### 🗘 +33 (0)4 68 66 55 38

#### trabucayres@outlook.fr

Placeta de la libertad-Las Illas 66480 MAUREILLAS LAS ILLAS

#### • LA DULCINE

The menu showcases local seasonal produce and includes traditional and innovative dishes bursting with flavours from around the world. Clémencia and Chislain draw inspiration from national and international sources to produce a menu whose ingredients are very carefully selected.

#### +33 (0)4 68 87 02 22 +33 (0)4 68 87 02 22 www.ladulcine.com

contact@ladulcine.com 1, route de Céret 66400 REYNES 👫

#### LA GUINGUETTE DU LAC

The cooking reflects the region's rich diversity of flavour and produces simple, generous, crowd-pleasing and finely-balanced dishes. The menu promotes the locally-sourced fresh produce. «Apéo-mix» in the high season and «brochettes vieux vinyles» with Select Aioli every Monday evening in July and August.

- 😋 +33 (0)4 68 37 58 70
- www.laguinguettedulac.com
- 🗷 guinguettedulac@orange.fr
- Plan d'eau de baignade 66490 SAINT JEAN PLA DE CORTS

#### LE CHALET DE L'ALBÈRE

This restaurant, nestled in among the mountains, marks the starting point of many hiking, rambling or walking trails. Historical location in the Catalan region. Chalet de l'Albère prepares traditional cuisine and has a terrace that affords panoramic views of the Pyrenees. It is a pleasure to see you.

- +33 (0)4 68 83 62 20
- www.chalet-de-lalbere.fr
- lechaletdelalbere@hotmail.fr Q Col de l'Ouillat 66480 L'ALBÈRE

Traditional restaurant with weekdav menu showcasing the very finest seasonal and local produce. Considerable selection of wine.

- 🗘 +33 (0)7 83 55 84 82
- www.le-court-bouillon-restaurant.eatbu.com
- bertrand.cyril@icloud.com
- Route D115,66400 REYNÈS

#### LE JARDIN

Traditional dishes based on French regional specialities. The menu is updated every season and only uses fresh produce.

- www.lejardinceret.eatbu.com
- $\mathbf{X}$ contact@lejardin-restaurant-ceret.fr
- **9** 7, rue de la République 66400 CÉRET

#### • LE PIED DANS LE PLAT

Located at the heart of Céret's old town, our restaurant specialises in buckwheat pancakes and crepes. But that is not all: we also offer salads, moules frites and traditional dishes

+33 (0)4 68 87 17 65

- lepieddansleplat@orange.fr
- 9, place des 9 jets 66400 CÉRET

#### LE QUATTROCENTO

Try our wood-fired pizzas or more traditional Catalan specialities, or even the unique 'Pizzaïolo's hot pie" dessert. As soon as the nice weather sets in, you will be served on the terrace in the shade of 100-yearold plane trees and against the backdrop of the 9-jet fountain

- 📞 +33 (0)4 68 87 15 60
- Iequattrocento.net
- lequattrocento@orange.fr
- **Q** 3, place des Neuf Jets 66400 CÉRET

#### RESTAURANT LES 9 JETS

Our restaurant, situated on the most elegant square in Céret, serves traditional dishes showcasing the finest seasonal produce of the region. In summer, we serve our visitors on the square against the backdrop of the central fountain and a magnificent tree-lined garden. 🔇 +33 (0)6 20 81 35 32 / +33 (0)6 27 10 92 74

les9jets@hotmail.com  $\times$ 

Q 2, place des 9 jets 66400 CÉRET



# **FAST FOOD**

#### **BELLA PIZZA**

Bella Pizza prepares food to eat in or take away. Our menu includes pizzas, hot food, salads and sandwiches (bread made with pizza dough, a speciality of the house)

- +33 (0)4 68 87 70 26
- 13, Avenue Michel Aribaud 66400 CÉRET

#### CHEZ MERCÉ

In this warm and friendly atmosphere, we serve a wide variety of kebabs on skewers, pizzas, salads and sandwiches. Our diners can even tuck in on the bambooshaded terrace.

- +33 (0)4 68 37 83 95
  7, Avenue d'Espagne 66400 CÉRET

#### RESTAURANT TSJ WAKEPARK

Come and enjoy a delicious meal on our 300 m2 terrace which overlooks the lake and its activities (wake board, water jump, etc.). Order a salad, a tapas platter, one of our home-made burgers, a combined dish, a grilled duck breast or a panini.

+33 (0)6 67 83 56 62

www.tsjwakepark.com

💡 Base de loisirs – Chemin du Mas Chambon 66490 SAINT JEAN PLA DE CORTS



#### **RECEPTION**/ **EVENTS ROOM**

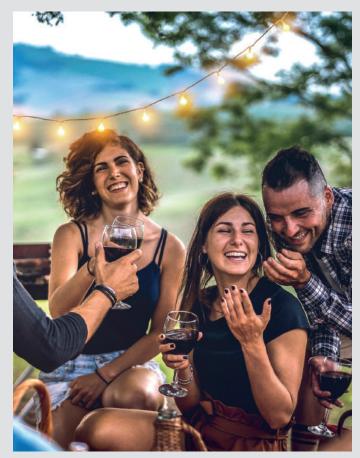
Mas Py is located 15 minutes from Céret. It is opposite the hermitage of St Ferréol and lies nestled among cork oaks and olive trees. It boasts panoramic views and makes for the perfect natural setting. Venue located in the countryside for groups, parties and events. Specialising in biological agriculture. (Olive oil, roasted piglet, lamb, kid, etc.) +33 (0)4 68 87 45 25 / +33 (0)6 76 86 80 09

www.lemaspy.com info@biopy.com Route de Llauro 66400 CÉRET

You and your guests will be constantly amazed by the splendour of this unique setting: from the oak door adorned with studs to the marble mosaic, and everything else in between. Enjoy the site with your family (christenings, weddings, important events) or colleagues (conferences, meetings, workshops, taster sessions). You can choose the areas and rooms best suited to your occasion (workshop, gallery, rosace room, cloister, etc.).

+33 (0)6 09 44 23 68

- www.les-arbousiers.fr
- lesarbousiers.ceret@gmail.com
- 28, rue des Baoussous 66400 CÉRET



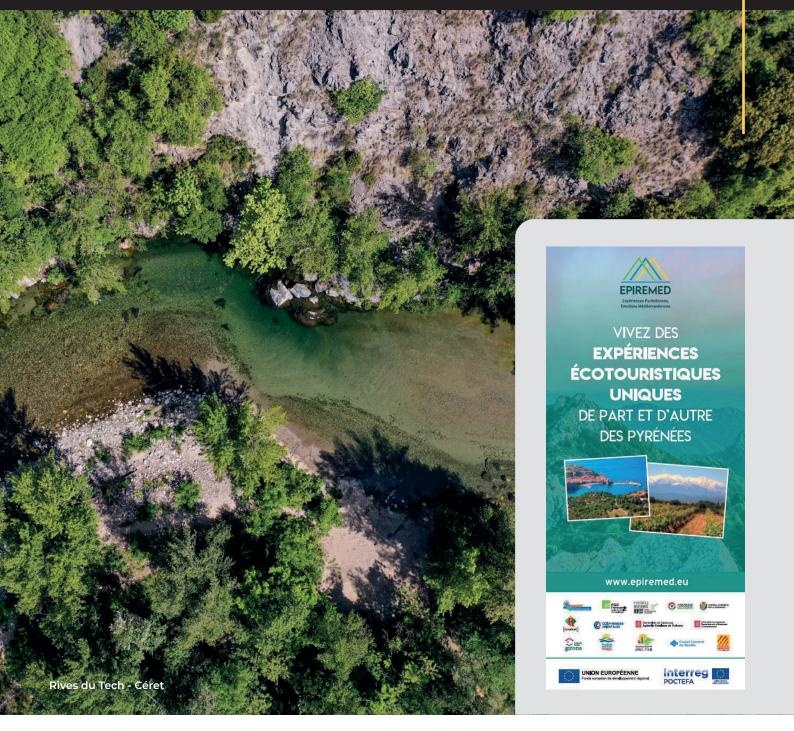
While the restaurants, accommodation options and activity coordinators listed above are all approved by the tourist office, an additional list of «unapproved» options is also made available on demand at the tourist office or on our website. 🕨

#### «Les Rives du Tech»: nature area protected under Natura 2000

The site covers approximately 75 km and extends from Argelès-sur-mer and Elne to Prats-de-Mollo.

These banks were classified as a Natura 2000 site as they are home to habitats and animal species of community interest. The riparian woodland brimming with black alders, elaeagnus willows and narrow-leaved ash trees combine to form a mosaic of habitats. This plant diversity co-exists alongside animal life that is no less staggering. The area is home to the otter and the Pyrenean desman, as well as a number of mammals dependent on the aquatic environment. This Mediterranean river also provides hunting grounds for seven species of insectivorous bats. Its waters, and those of its tributaries, whose quality is classified from "very good" to "good", are the preferred habitat of the southern barbel and the white-clawed crayfish. This watershed is such an important heritage site as it is one of the few areas in France that is home both to the Mediterranean turtle and the Pyrenean brook salamander.

Source : Syndicat du Tech



# CATALAN... DELICACIES

# **Bon appétit!**

# **BUNYETTES RECIPE**

# INGREDIENTS

- Ikg of flour
- 500g of caster sugar
- 125g to 200 g of butter
- 6 to 8 eggs
- Zest of 3 lemons / 3 oranges
- 9cl of orange blossom water
- 2l of frying oil
- 1 cube of baker's yeast
- I pinch of salt

# \_\_\_\_ Did you know?

Bunyettes are typically eaten around Palm Sunday and during Easter Week.

At a time of the year when the family, neighbours and/or friends come together to make mountains of Bunyettes to fill large baskets decorated with cloths.

# METHOD

Dilute the yeast in a glass of lukewarm water. Soften the butter.

Beat the eggs with the orange blossom water, zest and salt.

Make a flour fountain and place all the ingredients in the centre.

If the dough is a little dry, add more butter; if it is too sticky add flour.

After approximately 30 minutes' kneading, you will get a yellow, smooth, and supple dough.

It should not stick to your hands or the sides of the bowl. Wrap it in a flour cloth, place it in a large container near a heat source and sheltered from drafts.

Allow it to rest for 2-3 hours. It should at least triple in volume.

Cut the dough and shape it into balls of about 4/5 cm in diameter.

Place a tea towel on your lap... Yes, you traditionally stretch out Bunyettes by hand over your lap!

# COOKING

Put the oil into a frying pan.

When it is very hot, gently place your first Bunyette on the surface.

When the first side is golden-brown, turn it over with a fork to cook the other side.

Place the Bunyette on a dish and coat it with sugar. Repeat until you run out of dough.

Before you taste them, use a «Porró» to add a few drops of water, anisette and orange blossom to your Bunyettes. Enjoy!



# PA D'OUS RECIPE (FLAN)

## METHOD

Caramelise the baking tin (make sure it does not brown off too much!) and allow it to cool.

Add sugar to the milk as it boils and then pour it over the beaten eggs, whisking briskly.

Add the anisette or vanilla pod.

Pour the cream into the cold caramelised mould. Bake in the oven and bain-marie for 40 minutes at 200 °c.

# QQ\_ Did you know? \_\_\_

Pa d'ous (literally egg bread) is a delicacy with a simple, authentic flavour. As there are so many ways to prepare them, you'd be hard pressed to find two cooks who used the same method! But all Catalans would agree that the dessert is synonymous with the treats we enjoy together as a family on Sundays.

# INGREDIENTS

- 1L of full-fat milk
- 200g of caster sugar
- 80g of sugar to caramelise the baking tin
- 6 whole eggs, beaten
- 3 tablespoons of anisette or 1 vanilla pod



# **PANELLETS RECIPE**

## INGREDIENTS

- 3 eggs + 1 yolk
- 370g of almond powder
- 350g of caster sugar
- 300g of pine nuts
- I pinch of salt

#### \_\_\_\_ Did you know?

Panellets are a Catalan speciality typically eaten on the eve or the day of All Saints' Day as part of a good «Castanyada» (chestnuts grilled over a wood fire) and washed down with a new wine!

## METHOD

Separate the yolks from the egg whites.

Beat the whites in a bowl until you form a very frothy mixture.

Add the sugar and almond powder.

Mix together until you produce a consistent paste that is easy to shape.

Whist the 4 egg yolks with a pinch of salt.

Take some of the paste and shape it into balls the size of a walnut.

Dip each ball into the egg yolk and then roll them the pine nuts.

Place the Panellets onto a baking tray covered with parchment paper.

Brush the tops of the Panellets with what remains of the egg yolks.

Bake for 20-25 minutes at 160  $^{\circ}\mathrm{C}$  and then allow them to cool on a rack.



# INTER-COMMUNAL TOURIST OFFICE OF VALLESPIR

From 1 July to 18 September:

From Monday to Saturday: **9 a.m. – 7 p.m** (Closed between 12.30 p.m. and 2 p.m. after 31 August) Sunday: **9 a.m. – 1 p.m.** 

From 19 September to 31 October and from 1 May to 30 June: From Monday to Saturday: 9 a.m. – 12.30 p.m. / 2 p.m. – 6 p.m.

From 1 November to 30 April:

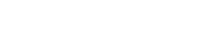
From Monday to Friday: **9 a.m. – 12.30 p.m. / 2 p.m. – 5 p.m** Saturday: **9 a.m. – 1 p.m.** (and 9 a.m. - 12.30 p.m. / 2 p.m. - 5 p.m. in April)

Closed on 1 May, 1 November, 11 November, 25 and 26 December, 1 January

# EMERGENCY NUMBERS EMS 15 FIRE DEPARTMENT 18 POLICE 17 EMERGENCIES 112 For the deaf or hard of hearing EMERGENCIES 114 Poison control centre O5 61 77 74 47

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MY NOTES...



VALLESPIR THE NEW CATALAN SENSATION













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