



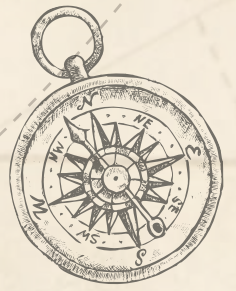
# *Saint - Cyprien* TRAVEL DIARY





It's decided, this year it will be Saint-Cyprien in the South of France!

Nestled between Spain, the mountains and the sea, Saint-Cyprien awaits us. The holiday program? Swimming, sailing and fine sandy beaches in the morning... a quick lunch... a nap... sports galore, cultural tours and nature walks at the end of the day... dinner to discover the local specialties and evening entertainment.



Day 1

Time for  
us to let go...



Day 2

Breathing  
deeply...



HAVE A COFFEE AT SUNRISE



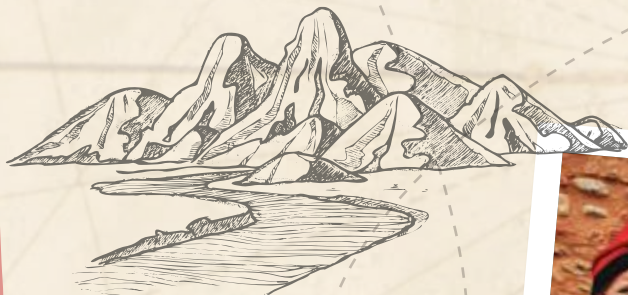
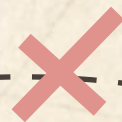
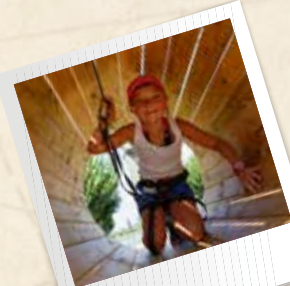
DISCOVER NATURE



DO AS  
ONE PLEASES

Day 3

Taking care of  
our bodies...



Day 4

We take full  
advantage...



UNLIMITED TASTES AND FLAVOURS!









Day 1

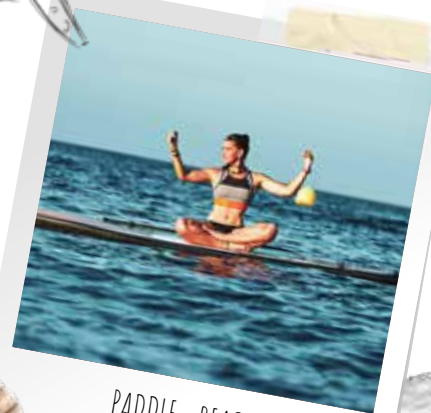
Ontspannen

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# The Beach and the Port

## HAVE A COFFEE AT SUNRISE

Rising early to enjoy the morning freshness, head to the port to wait for the return of the fishermen and have a coffee at sunrise. Then we are gone strolling along the quays and the seafront. We gather information on proposed activities: jet-ski, kite surfing, boat rental, scuba diving, paddle board... after discovering the underwater life we then decide to bask in the sun and admire the breathtaking views... the light is magical in the evening, we'll enjoy the last rays with a cocktail in a beach club in a friendly atmosphere to end the evening.



PADDLE - BEACH

A MEDITATIVE END  
TO THE DAY



6 km of beach with the background of Mount Canigou, the emblem of the Catalan countryside, also the Albères, the end of the Pyrenees mountain range as it reaches the Mediterranean.







Day 2

Breathing  
deeply...

# Relaxation and Green Spaces

BAMBOOS

PALM TREES

ROSES

After a well deserved breakfast we have bikes rented from the day before to go exploring... We begin along the kilometres of cycling paths to the Jardin des Plantes des Capellans. Once there what an astonishment to discover this magnificent Botanical Garden spread over more than 5 hectares and where one can admire rich and varied plant life with some specimens more than a century old!

## DISCOVERING SAINT-SYPRIEN

## DURING THE AFTERNOON

Still on two wheels we discover the pathways of Parc de la Prade encountering motivated joggers, visitors taking a stroll and families seeking the cool under the tree branches bordering the landscaped areas. A final tour to a local producer to select some tasty items to enjoy in the evening before continuing this beautiful day listening to an acoustic concert.

Jardin des Plantes des Capellans



JARDIN DES PLANTES



BALADE ENTRE AMIS









Day 3

Taking care of  
our bodies...

# Sports and Activities



## CHOOSE YOUR SPORT!

A light breakfast, and after a quick swim we lounge for a moment on the beach for another snooze... Then we're off to the golf course for a stretch on the greens. Nestled in the heart of a pine forest and bird sanctuary, the 27-hole golf course has delighted enthusiasts since 1976. After something small to restore our energy we discover the sports complex «Grand Stade les Capellans» with its tennis courts, Paddle tennis, squash, weights and fitness rooms and an outdoor pool. A nice discovery where one can finish their sporting day by hitting a few balls in a verdant setting close to the Jardin des Plantes! In the evening, a visit to the funfair and festive music near the water's edge.

GOLF

TENNIS

DIVING

YOGA

CYCLING...



Catalan boats



TENNIS TIME



TEAM YOGA







*Correfocs (fire-run)  
performance at the Festa Major*



Day 4

We take full advantage...



# Culture and Heritage

## TO SAVOUR AS ONE PLEASES!

This morning we are going to the large market located by the beach, its colourful stalls will wake up all our senses. With noon arriving we retire to the heart of the resort to settle comfortably in one of the restaurants offering Catalan specialties: escalivada, pan con tomate, aioli, platter of fish caught that morning and of course the famous chicken with prawns, not to mention the gourmet Catalan crème brûlée and mel i mato. Next a siesta calls for a short moment of pleasure, then a tasting of wines from the region famous for their grape varieties. To be enjoyed in moderation! At the end of the afternoon we go to visit the Collections of Saint-Cyprien, created in 1972 by François Desnoyer, this exceptional collection is the setting for beautiful exhibitions every year. After dinner we'll stroll among the stalls of the night craft market to enjoy our last evening...



*It's decided, we'll come back with family and friends! Saint-Cyprien will always be a very pleasant location where one will have a tranquil time in a resort on a manageable and human scale with thousands of possibilities!*





# Saint - Cyprien

## TRAVEL DIARY



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