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APRIL / MAY
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INSIDE 
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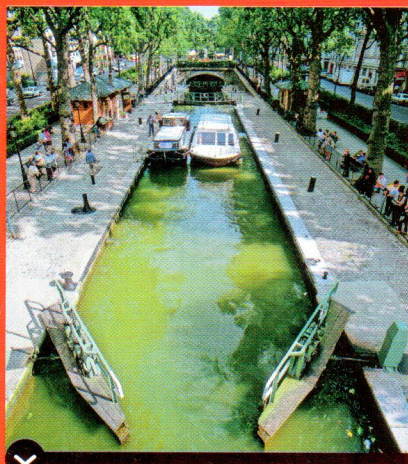


DARE TO BARE

UNCOVERING THE WORLD'S
LARGEST NATURIST RESORT...
IN PERPIGNAN!

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APRIL / MAY 2009



FRANCE PARIS

THE INSIDER... SUSIE HOLLANDS, a Scottish expat, runs a company highlighting the best in arts, culture and events for those moving to Paris (www.ivyparis.com).

HER TIPS...

▶ PICNIC AT THE PALAIS:

Indulge in pastries from Boulangerie Pâtisserie au Grand Richelieu (51 rue de Richelieu) eaten in the Palais-Royal grounds. Place du Palais-Royal.

▶ LE MEURICE HOTEL:

Rumoured to serve the best cocktails in Paris. www.meuricehotel.com

▶ CANAL SAINT-MARTIN

(above) is the place to wander along and stop off at a café.

FROM THE AIRPORT:

The airport is 23km north-east of Paris. Buses to Paris depart every 15 mins, from 6am to 10.30pm. Journey approx 45 mins; fare €8.40. Trains to Paris depart every 15 mins, from 5.24am to 11.58pm. Journey approx 35 mins; fare €8. Taxi fare €45. www.adp.fr



FRANCE PERPIGNAN

THE INSIDER... Jane Mann, a photographer from Cornwall, moved to Perpignan nine years ago. **HER TIPS...**

▶ THE ARAB MARKET:

Nowhere captures the town's Moroccan and Algerian influences more colourfully than the market at Place Cassanyes. Coriander, mint, Moroccan bread and halal meat are sold daily. www.perpignantourisme.com

▶ **LE GASTRO:** Run by a husband and wife team, this friendly rustic restaurant serves divine French-Catalan dishes. The Burgundy Beef is braised and tender and the fresh seafood is out of this world. 15 rue Jean Payra; tel: +33 (0) 4 6835 1938.

▶ **SERRAT D'EN VAQUER:** This magnificent fort on the highest hill of the plain of Roussillon has panoramic views to the sea; a breathtaking beauty spot for walking, bike riding and picnics. Serrat d'en Vaquer, Avenue Charles Deperet; tel: +33 (0) 4 6866 3048.

FROM THE AIRPORT: The airport is 5km north-west of Perpignan. A shuttle bus runs to the city railway station. Journey approx 15 mins; fare €5. Taxi fare approx €15. www.aeroport.fr/les-aeroports-de-l-uaf/perpignan-rivesaltes.php

TURN TO PAGE 40 and uncover all there is to know about a nudist colony near Perpignan!



CZECH REPUBLIC PRAGUE

THE INSIDER... Michelle Davies, an English teacher from Sydney, has been living in Prague and teaching Czech children their ABCs for two years. **HER TIPS...**

▶ **U SUDU:** The staircase at the back leads down to a maze of candlelit tunnels and caves, made for sipping cheap Czech beer into the night. Brave a shot of Becherovka (above), a local spirit, if you dare. www.usudu.cz

▶ **U PRINCE:** This medieval hotel nestled on the Old Town Square boasts a well-kept secret on a heavily-trodden tourist track. Take the lift to the roof terrace restaurant and sup cocktails and castle views over dinner; breathtaking by day or night. www.hoteluprince.cz

▶ **LETNA PARK:** Walk from Chechuv Bridge up the steps into the park. Turn right and meander with a backdrop of red roofs, spires and the river Vltava before visiting the beer garden. Letenské sady.

FROM THE AIRPORT: The airport is 19km north of Prague city centre. Catch the No 119 bus to Dejvicka metro station or the No 100 to Zlicín, and continue underground to the city centre. Journey approx 45-60 mins; fare CZK20. Taxi fare approx CZK600. www.csl.cz

TURN TO PAGE 32 for a look at the quirky side of Prague!



FRANCE TOULOUSE

THE INSIDER... Owen Peery has lived in Toulouse for a year as an English teacher and writes a website (www.franceales.com) dedicated to expat life in France. **HIS TIPS...**

▶ LE MARCHÉ ST AUBIN

(above), a Sunday morning farmers' market surrounding the church of St Aubin, has performances by Brazilian drum groups, Flamenco guitarists, gypsy dancers and puppet shows as well. www.uk.toulouse-tourisme.com

▶ LA CRI DE LA MOUETTE:

This venue on a small boat has no address other than Le Canal Brienne. Check out the music program online and allow time on the night to find the boat! www.lecridelamouette.com

▶ LE P'TIT SALON DE LA

PLACE DUPUY: A café with wifi, so you can eat as you log on or hang out for poetry readings, plays, music, talks and debates. 33 rue des Frères Lion; tel: +33 (0) 5 6113 9624.

FROM THE AIRPORT: The airport is located 6.7km north-west of Toulouse. Buses to the city leave every 20 mins daily, from 7.35am to 12.45am. Journey time approx 20 mins. Fare €4 single. Taxi €22 (day), €25 (night). www.toulouse.aeroport.fr/US pl

TURN TO PAGE 48 for a tale of a super commute – from Manchester to Toulouse!



Photography: Alamy