

seawall during the festival is like a trip back in time. Just a few blocks inland from the harbor is a charming market that springs up every Tuesday and Saturday morning in a city park. The market has a healthy mix of fancy and local, with the produce section featuring local farmers selling their crops.

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Côte d'Azur is undoubtedly one of the world's great sailing destinations. French sailors know and love this coastline and their love of sailing here is felt all over the world. There are French adventurers cruising on their sailboats in every corner of the world and they all got their start right here.

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### LOCAL DISH

*Of note on this southern coast is the fisherman's stew. This is not the Bouillabaisse that is a staple of French cuisine but a more provincial creation simply called soupe de poisson, which is a lot more like being served a big bowl of gravy. Salty and thick, you can see how this would be a favorite of the hardworking early-rising fishermen from the region. On the side you'll get a plate of shredded Gruyère and toast baked hard like croutons but not broken up. To enjoy it like a local, put the cheese on the toast and float it in the stew until it soaks in soft and the cheese starts to melt.*

