

Trip to Provence and La Côte d'Azur at 71 Summer 1999: Travel Journal and Travel Tips for Senior Travellers

By Eugenia Weinerek

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Trip to Provence and La Côte d'Azur is a spirited and engaging account of Eugenia Weinerek's travels in the South of France at age 71. The diary format lends a personal touch to her narrative and the book is brimming with lively enthusiasm and refreshing candor. The book is richly illustrated and the visual values so important in a travel book go hand in hand with splendid writing.

This book is not written for seasoned, intrepid travellers who have "**seen it all**", "**done it all**". It is primarily directed at senior travellers, with an eye for both art and natural beauty, who like hiking and fresh air, who perhaps worked hard all their lives, bringing up children, putting them through university and who, on retirement wished to "see the world" and in particular the South of France region. However, in the words of one of the author's friends:

"Although you have written this book as a diary and guide for female senior travellers, age and gender are no barriers for the traveller young at heart with energy to spare. I, as a woman a bit more than half your age, would enjoy being your travelling companion at any time. No doubt that one day I will walk along the same paths as you suggest."

The author selects Nice as her home base and undertakes daily trips to destinations like Cannes, Antibes, Grasse, Saint-Paul/Vence, Entrevaux, Monaco/Monte-Carlo, Menton, Saint-Tropez, Beaulieu, Cap Ferrat, Biot as well as scenic trips to the Gorges of Verdon, the Roya Valley, Gourdon/Gorges du Loup and the lavender fields around Digne.

In her own words: "This book is largely concerned with ferreting out museums, art galleries and cathedrals in and around Nice. Add to this walks along the shores of the Mediterranean, visits to lively local markets, enchanting gardens, and places known for their scenic beauty and panoramic views, and the list is complete."

The author imparts great details to the places of interest visited and pays a special attention to acquainting the reader with the travelled terrain. For example she tells the reader that the walk along the shore in Antibes is in a populated area, that the climb to the "Garoupe" chapel is steep and slippery and that Bus #4 will take the traveller up to Monte-Carlo directly from the train station obviating an arduous climb.

She also advises the reader that there is no need to hire a car for travelling by train or by bus in Provence is a pleasure - convenient, comfortable and inexpensive.

In conclusion: This book is informative, well- written and - beyond that - interesting!

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Editorial Review

Review

"The book provides sufficient detail that takes any fear the traveller might have in touring a strange country. Also, the pictures in your book breathe life to paper as one can almost touch, smell and feel the ambiance of quaint villages, cool, blue coastal waters and marketplaces overflowing with an abundance of fresh fruits and vegetables and colourful flowers. You entice one to follow in your footsteps to a dream vacation. "

Anna Traer (Toronto, Ontario)

From the Author

Eugenia Weinerek is 86 years old and lives in a seniors' residence in Toronto. She came to Canada in 1948 as a landed immigrant on a Government Domestic Program Scheme, becoming a Canadian citizen in 1953. She attended night courses at the Garbutt Business College in Calgary, Alberta and on completing her Domestic Contract worked firstly as a filing clerk and later as a legal secretary. She moved to Toronto in 1957. While working as a legal she attended the Ontario College of Arts as a part-time student graduating in 1989 at the age of 60. After graduation she took part in several group and solo exhibitions.

From the Inside Flap

A few months ago I attended a Seminar held at the North York Main Library on the subject of "How to Publish a Book". One of the panel members indicated that before attempting to publish a book the author should pose three questions: (1) Does it have Energy? (2) Is it Interesting? and (3) Is it Necessary? I can only assume that this particular book possesses the required energy ingredient and that it is interesting; however, I am convinced that it is necessary. It is true that this book, in essence, is a very personal journal describing a trip to Provence and La Côte d'Azur at age 71, but its main purpose is to serve as a detailed travel guide for older, cautious female travellers, who perhaps, like myself, had taken various organized tours but wished to explore in more detail one particular area, yet had no idea how to go about it.

This travel guide has not been written for intrepid travellers like Alexandra David Neel who crossed Nepal on foot; or Robyn Davidson who trekked some 1,700 miles across Australia accompanied by four camels and a dog; or Ysenda Maxton Graham who ventured bravely on the Tonto trail into the Grand Canyon in August although she was told that no one had been on that trail for a month, that the creek was dried out and that there was no ranger checking service; or for that matter, Susan Musgrave, who dauntlessly travelled for two years through "dark and uncharted" parts of South America in the company of a smuggler. This travel guide is written for the gentle traveller, who has an eye for both art and natural beauty, who likes hiking and fresh air, and who, after having been tossed about on the waves of the "cruel sea of life", now wishes to enjoy the calm, safe and peaceful shores of travel destinations such as the coast of La Côte d'Azur, and the scenic beauty of Haute de Provence.

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