

**COOK'S HANDBOOK TO THE
HEALTH RESORTS OF THE SOUTH
OF FRANCE AND NORTHERN
COAST OF THE MEDITERRANEAN**

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Cook's Handbook to the Health Resorts of the South of France and Northern Coast of the Mediterranean by Thomas Cook

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THOMAS COOK

**COOK'S HANDBOOK TO THE
HEALTH RESORTS OF THE SOUTH
OF FRANCE AND NORTHERN
COAST OF THE MEDITERRANEAN**

COOK'S HANDBOOK
TO THE
Health Resorts
OF THE
SOUTH OF FRANCE
AND NORTHERN COAST OF THE
MEDITERRANEAN,

INCLUDING
MARSEILLES, TOULON, CANNES, HYERES, NICE,
MONACO, BORDIGHERA, SAN REMO,
GENOA, AND PISA.

NEW AND REVISED EDITION.

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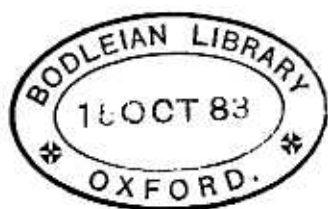
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1881—82.



PREFACE.

EVERY autumn at the first approach of frost, there sets in a general migration, like that of the swallows, from the colder lands of Northern and Central Europe to the sunny shores of the Mediterranean. Thousands of tourists—some prompted by pleasure, others seeking in the genial climate of Southern France restoration to health, or fleeing before the winter of their own colder latitudes—hurry southwards, to bask in the sunshine of the Riviera, to gather sweet flowers and delicious fruit in mid-winter, to bathe in the ultramarine waters of the Mediterranean; in short, to enjoy to the full the thousand charms and attractions of an earthly paradise.

Then it is that villages which during the summer have languished in dreamy torpor, deserted, hot and dusty, start into sudden life and activity. Active preparations are made for the coming harvest, and in a few weeks the patois of the province is lost amid the babel of civilised tongues.

The railway companies controlling the routes to these happy shores have profited largely by their popularity, and have kept pace with the constantly increasing demand for rapid and comfortable transport.

Express trains now run, during the season, from Paris to

Cannes in twenty hours, to Nice in twenty-one hours, to Monaco or Mentone in twenty-two hours, and to Bordighera or San Remo in twenty-four hours. Not only do the chief express trains contain sleeping cars, coupé-lits, or fauteuil-lits, but certain trains are entirely composed of these luxurious adjuncts to comfort in travelling.

A cheap, comprehensive, and accurate Handbook to the numerous health resorts of the Riviera thus becomes a public necessity, and the rapid absorption of the first edition of this handbook has clearly justified its issue. Descriptions of the localities exist, it is true, in many Guide Books to France and Italy, but the traveller who limits his tour to the Mediterranean coast does not care for long descriptions of Italian and French cities which he does not intend to visit.

This little work consequently contains :—

I. General information useful to all travellers to the South of France.

II. A concise description of all the principal towns on the Mediterranean between Marseilles and Leghorn.

III. Extracts from a series of articles upon the Riviera, specially relating to its *flora* and *fauna*.



CONTENTS.

	PAGE
GENERAL INFORMATION FOR TRAVELLERS, VIZ:—	
Coinage, Customs Examinations, Coupés, Climate, Hotels, Insurance Policies, Pass- ports, Pensions, Thermometer, Time- Tables, Weights, and Measures	7 to 11
ROUTES:—	
London to Paris, via Dover and Calais	12
" " " Newhaven and Dicppe	12
" " " Folkestone and Boulogne. . . .	13
" " " the Thames and Boulogne	13
" " " Southampton and Havre	13
PARIS, List of Public Buildings and Places of Interest in	14 to 17
ROUTE from Paris to Marseilles, via Lyons	17
" " Paris to Genoa, via Turin	25
MARSEILLES, HYERES, CANNES, NICE, MENTONE	27
VINTIMILLE, BORDIGHERA, SAN REMO, SAVONA	63
GENOA, SESTRI LEVANTE, SPEZIA, PISA, and LEGHORN	75
APPENDIX	89
INDEX	95

COOK'S

HANDBOOK TO HEALTH RESORTS.

General Information.

Coinage.—The coinage of France and Italy is practically the same, except that in France the unit is the Franc and in Italy the Lira. The following table of French coinage will be useful :—

Gold.—	20 franc piece	=	about 16s.
"	10 " "	=	" 8s.
"	5 " "	=	" 4s.
Silver.—	5 " "	=	" 4s.
"	2 " "	=	" 1s. 7d.
"	1 " "	=	" 9½d.
"	½ " "	=	" 4¾d.
Bronze.—	10 centime piece	=	" 1d.
"	5 " "	=	" ½d.

English.

1 Sovereign = 25 francs. or Italian paper lire.

1 Shilling = 1 f. 25 c.

Custom House Examinations.—Luggage registered through from London to Paris is examined in Paris. In returning from Paris to London by short sea route to Holborn Viaduct or Ludgate Hill, the examination is at Dover. Passengers for Victoria can register luggage through from Paris to be examined on arrival. All luggage registered ~~from~~