

La Belle Vie

European Excursion

September 2016

Part I - Stockholm and Paris



Stockholm

Paris

Amalfi Coast

Naples

Ponza

Rome

.....

Thursday, September 8 - Los Angeles

Arrive LAX before noon, flight leaves at 2pm

Norwegian Air, Flight DY7088 to Stockholm, non-stop, arrive next day

Leaving from Terminal B, 10 hours, 35 minutes

I will check us in. Bring your passport, credit card and another ID.

We have seats reserved, but no meals. We can bring food on the plane. Drinks cannot be brought through the TSA inspection, so all drinks must be bought at the airport, after TSA check. You can also buy food on the plane, if you like. While we wait in the airport, we can order Sunday morning's breakfast in Paris online at www.sophielaparisienne.com.

Get in your seat and take a deep breath. It took a lot for each of us to get to that seat and we are finally on our way! It is such a blessing to do a trip like this with friends! I just can't believe it!

Something to think about... 2pm is a kind of hard time to leave LA. It would be great to sleep on the plane, but we might not be tired. I recommend taking a sleep aid. Hopefully we all at least get a nap. Don't forget your motion sickness pills and contraptions (if you are prone) for all of our planes, trains, automobiles AND boats. Anyway, I hear Stockholm has great coffee!



Friday, September 9 - Stockholm

Arrive Stockholm, Sweden, 9:35 am

Woo-hoo! We made it! Stop in the airport to get some SEK. If you get out 1000 SEK, that is about \$120, which should be enough for today's and tomorrow's food and public transport. Challenge for the day... stay awake until night.

Taking a taxi and taking a train are about the same price...

Taxi

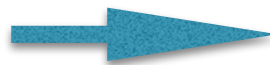
There are several Taxi companies operating around the city. Most offer fixed fares between the city and Arlanda Airport that are much better than the meter rate.

WARNING: Be sure to ask the driver for the fixed price to your destination before getting into the taxi. Some companies target foreign visitors and demand ridiculously high fares. It is the customer's responsibility to check the price.

- Duration: ~30-45 minutes. Follow signs at arrivals to taxi stands outside.
- Companies: It is recommended to choose one of the larger companies. Taxi Kurir tends to have slightly lower fixed prices from Arlanda. Other major companies include Taxi 020 and Taxi Stockholm.
- Cost: ~520 SEK (~60 Euro) Arlanda - Stockholm (Taxi Kurir).

So..... we will take a taxi!!!!!!!!!!!!!!!

See how cute Stockholm is?



I think it is everyone's first time, so YAY!



For our first night in Europe, we are boarding the Malardrottningen Boat Hotel located at Riddarholmskajen, 111 28 Stockholm, Sweden. A large breakfast is included tomorrow morning. We reserved on [booking.com](https://www.booking.com) and pay on arrival (#249693305) with monies already collected. It's moored in still water.

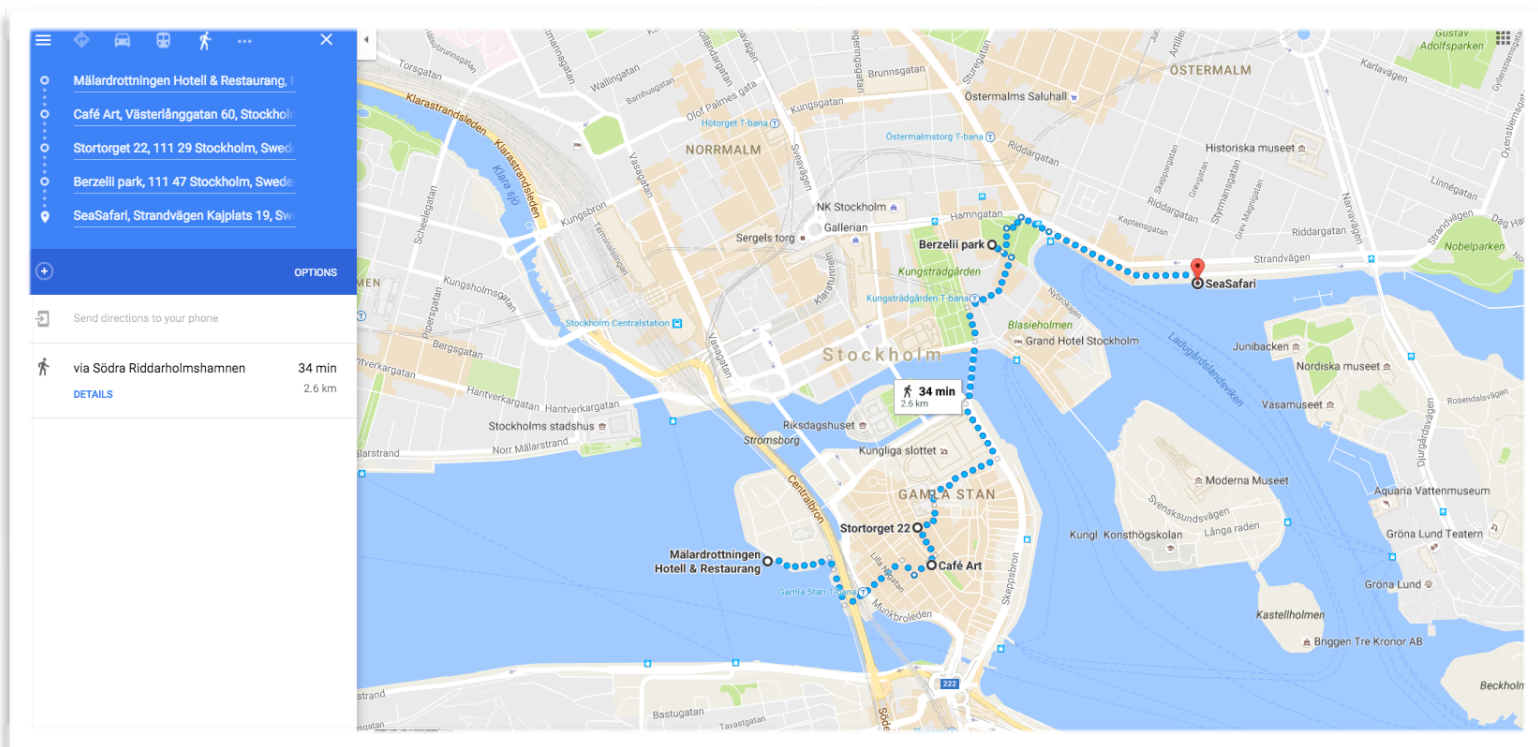
We have water-view cabins and we each have our own little bed, so we can ease into the sleeping together thing!

On our walk and boat trip bring:

- \$ and ID
- motion sickness stuff
- jacket
- comfortable shoes
- also, drop a pin in Google maps



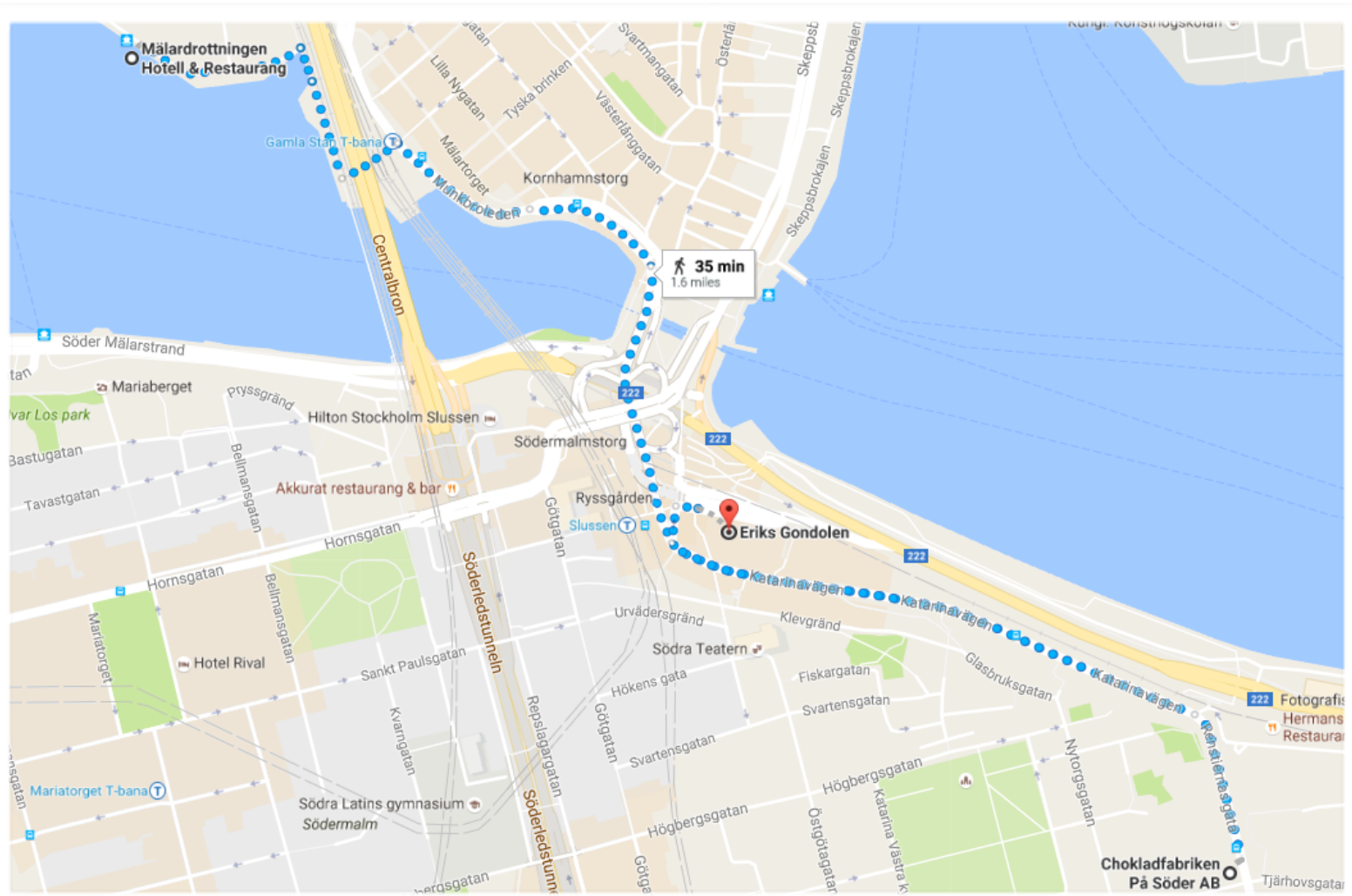
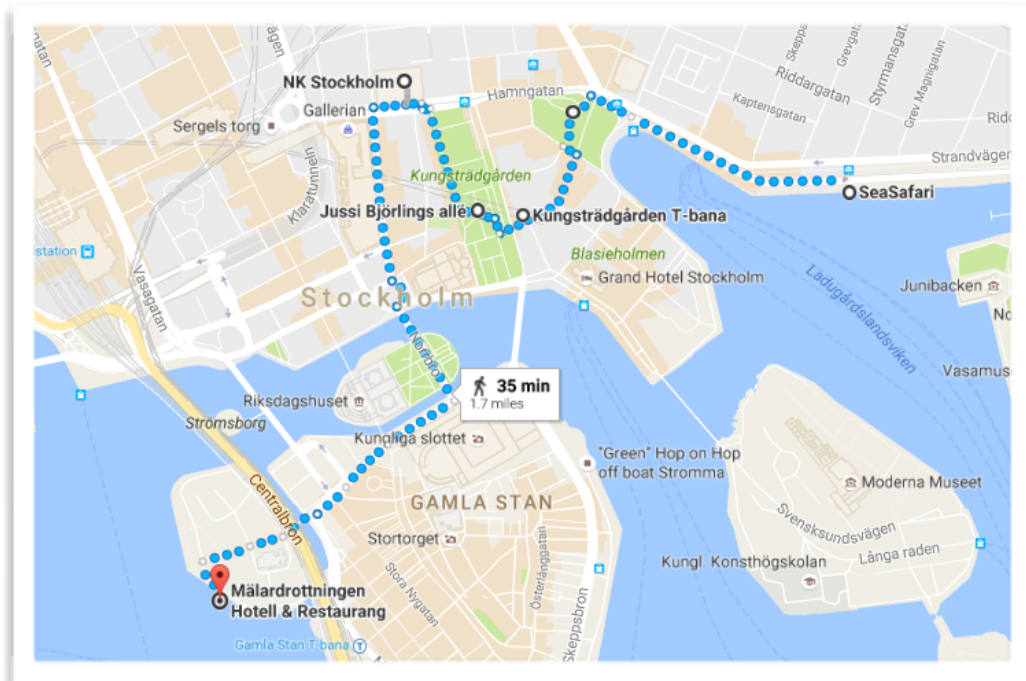
First, we can head to our hotel to drop off our luggage (got the okay), then take a look around Gamla Stan and visit the old church, stopping at Cafe Art for lunch and Stortorgetts Kaffestuga for hot chocolate and a pastry. Next we can start walking toward our next adventure, stopping at Berzelii Park for a rest, if we want. In the afternoon, we will catch a boat out to the archipelago towards the Baltic Sea on a RIB boat with Sea Safari, Strandvagen Kajplats 19. Sea Safari is a 30 minute walk from our hotel. We have a 2pm reservation for 6. Pay upon arrival with monies already collected.



After this excursion we will meander back to our hotel, making a few stops along the way. Let's get some quick food, stop at the Kungsträdgården metro stop, walk through

Kunstragården to NK
Stockholm for a peak inside
and then head to our boat
for a total of 2 miles of
walking.

Next, we get cleaned up and
head out to our first rooftop
bar! Erik's Gondolen is a 15
minute walk... no
reservations available,
open 4pm to midnight, but
on the way we might stop at
the best chocolate store in Sweden! (The chocolate shop closes at 6:30pm) Sunset is
about 7:20pm.



We should try to stay awake until at least 9 and then take a PM medication! I will take one even if I'm super tired in hopes that I won't wake up in 3 hours. If you can't sleep, you could head to the Swedish sauna on the boat, then jump in the harbor! Just kidding. Maybe.

.....
Saturday, September 10 - Stockholm to Paris

Wake up in Stockholm, go to sleep in Paris! We get to start with a lovely, free, Swedish breakfast... that probably means coffee (lots of it!) and meat and salted fish and cereal and yogurt. I think (I hope) (I saw a picture) there might be eggs and Swedish pancakes! Eat up ladies and don't forget to stuff your purses with dried fish! We can eat as late as possible and take our time this morning. Breakfast is served from 7:30 to 10:30. Check-out is at noon.



We are checking out this morning, bring:

- luggage- pack and leave it at the front desk for the day
- a purse or backpack
- ID and \$
- walking shoes
- also, drop a pin in Google maps before we

After breakfast, we can go back to my room for “début du matin”, which means, “start of the morning” in French. It's our fancy name for devotions and daily information. Let's take turns hosting. I'll go first.



Début du Matin, September 10, Julie

Prayer: Today let's pray specifically for our families and for Stockholm

Scripture for the day: Colossians 3:15-17 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Historical fact(s) for the day: Christianity did not fully arrive in Sweden until the 800s. Today, only 34 percent of Swedes believe in God. The oldest church in Stockholm (1279) is a Lutheran church close to our hotel. It is also the oldest surviving building. Stockholm is known as the World's Smallest Big City.

Today's happenings: give a run-down and go over opening a map for the day and dropping a pin in Google maps.

When to Go Warmest June - August Midnight Sun May - July Northern Lights Sept - March	tipping 5% Waitstaff None Porters per bag Round up Taxi Drivers None Tour Guides Round up Bartenders	Be prepared for plenty of toasts. Keep eye contact during speech. Hands should be out of pockets when speaking to someone.
sauna etiquette 1. Disrobe & Shower 2. Enter Sauna Naked (Towel is OK) 3. Cool Off in the Snow or Shower 4. Repeat 2-3 as Desired In hotels, a washing women may clean you during your sauna.	foods to try Smörgåsbord Pickled Herring Swedish Meatballs Sunströmming Herring Swedish Pancakes Lingonberry Jam Open-Faced Sandwich Glögg Mulled Wine	
BASIC SWEDISH		
 Greet others with a handshake or a simple hello. Friends may hug.	HELLO hej (hey) GOODBYE hej då (HAY doh) PLEASE tack (tak); follows the request THANK YOU tack (tak) YOU'RE WELCOME var så god (VAHR soa good) PARDON ME ursäkta (OO-shehk-ta) ENGLISH? engelska (AYN-ghel-ska)? YES ja (yah) NO nej (nay)	 When dining, keep your knife in your right hand & the fork in your left. Only bread is eaten with hands.
 Be on time. Punctuality is highly valued throughout Scandinavia.		 Swedes are reserved. Avoid affectionate touching & emotional displays in public.

Today we will take a self-guided tour of the city today (made up by me) with a few shopping stops along the way.

1. Our first stop is Rosendals Tradgard. This is just a cute cafe and nursery I want to see as well as a great starting point for a beautiful day of strolling. We will have just eaten, so maybe we can look around and have a “fika” or get some snacks for the day. (From scandikitchen.com: To Fika’ is a good old Swedish word that basically means to ‘meet up, have a coffee and a chit-chat’. We Scandinavians love nothing more than to meet up for a Fika. This can be done at any time – and a Fika can take anything from 10 minutes to several hours, depending on how good you are at Fika-ing.)

2. Next we will walk to Kastellholmen for a nice view of Stockholm. This walk is a mile and a half and involves a ferry (#82). From here we will take a short walk to the Moderna Museet. Restaurants abound if we are hungry, but it looks like the Moderna Museet has a nice little cafe where we can get something yummy for \$10-15 with a beautiful view. They also have a coffee bar, pastries and free water, so sounds good!

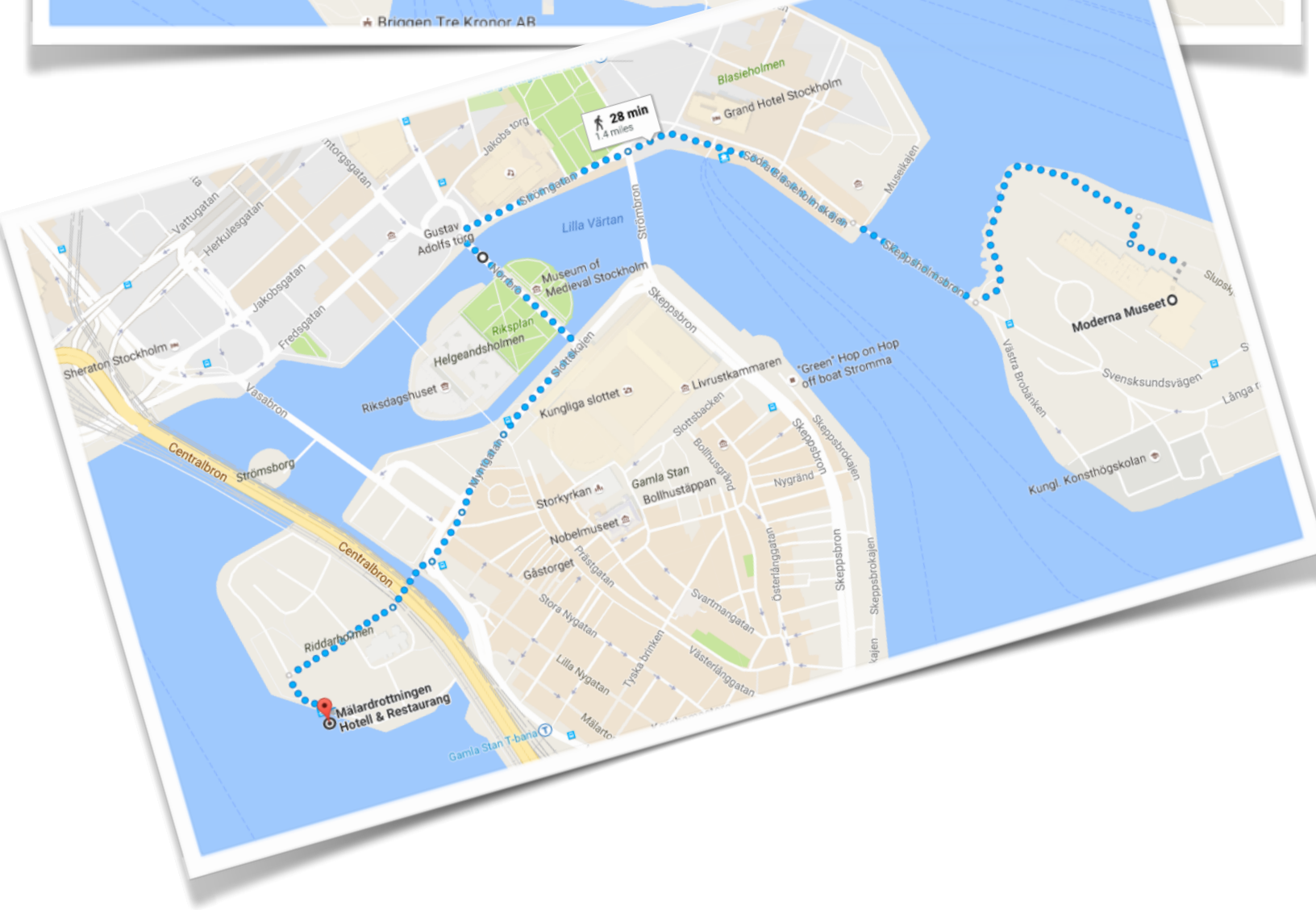
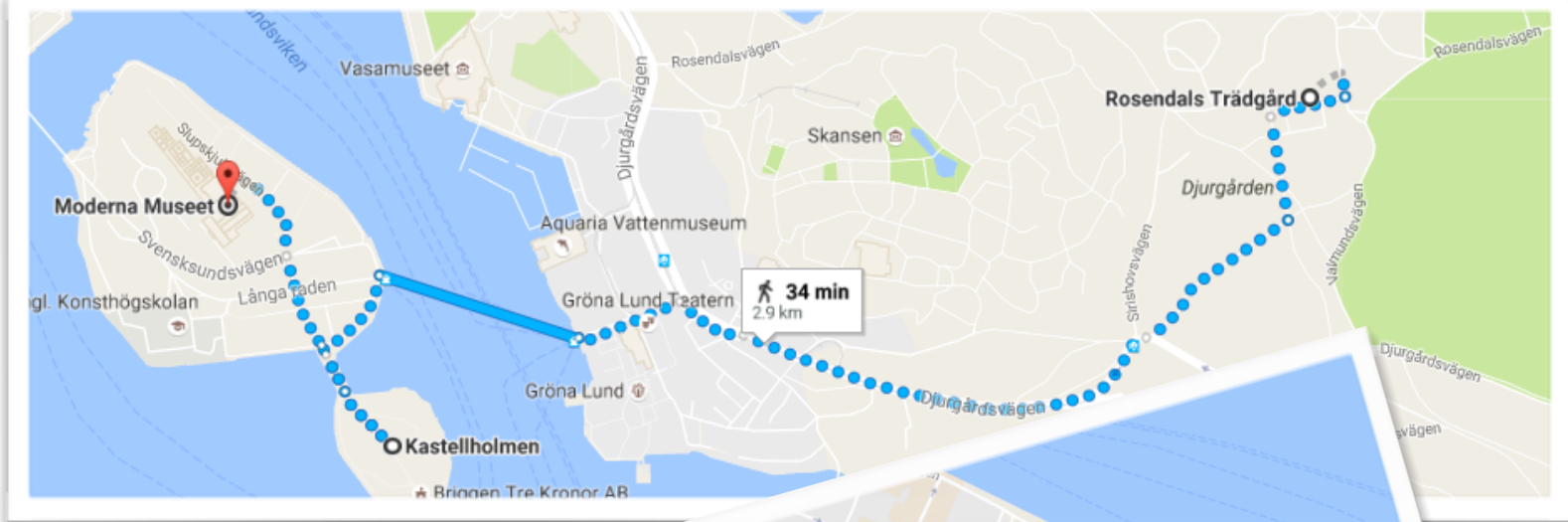


All is pretty.

Andy Warhol



**Moderna Museet,
Stockholm Sweden
10/2-17/3 1968**



3. Walking back to the hotel will take less than 30 minutes. We need to get back by 4pm (4:30 at the latest) to pick up our luggage. If we have enough cash left over (about \$20? each) we will ask the hotel to call us a taxi. If not, we can walk to Central Station and take the Line Express, Intercity to Arlanda Norra. It leaves every ten

minutes and costs about \$12. A taxi drive takes half an hour and the train will take more than an hour with the walking, etc. I can also check Uber. Goodbye Stockholm! Depart Stockholm, Arlanda for Paris, Charles de Gaulle on Air France AF1063, non-stop, 7:25 pm, pre-paid \$80 each, 2 hours 40 minutes, arrive at 10:05pm.

We are being picked up at the airport and taken to our apartment in central Paris on the Ile de la Cite, near Notre Dame for a total of 80 euros taken out of our group \$. Hello Paris!

The apartment address is 14 Rue du Cloitre Notre Dame, Paris, Ile de France, 75004, France (in case your family wants to mail you a care package, jk), which is next to Notre Dame Cathedral on Ile de La Cite smack dab in the middle of the Seine River.

The house rules, in full, are “no smoking,” so I guess we are good there.

Our apartment was reserved on Airbnb with Evelio Antonio for \$80 per person per night, 5 nights, for 4 people (we have room for 6). Kitchen, laundry and internet provided! We reserved from Saturday, September 10 to Thursday, September 15, reservation code 5FWQYE. We will arrive to our place around 11:30pm, which might feel especially late!

What is an arrondissement?

- a subdivision of a department in France, for purposes of local government administration
- there are 20 in Paris, each with it's own style



History of Ile de Cite (The little island we are staying on)

First settled by the Parisi Tribes, the Île de la Cité is probably the oldest settlement in the city of Paris, set up around the third century BC. In 52 AD, after being plundered by the Romans, the settlement was rebuilt as the Roman city of Lutetia. During the latter days of the Roman Empire residents of the city sought refuge at the island from attacks by Nomadic tribes like the Huns.

Later, from the sixth through the fourteenth centuries, the kings of France lived on the Île de la Cité. A palace, constructed during Merovingian times (5th to 8th century A.D.), was built at the western end of the island, allowing the island to remain an important political center through the Middle Ages.

In the tenth century, a cathedral - one that would be the predecessor to the famous Notre Dame - was erected on the island.

Île de la Cité has always been linked to the Right and Left Banks of Paris by two bridges, the first ones made of wood and later rebuilt from stone. The Pont Neuf (New Bridge) still remains, having been constructed by the order of Henry IV in 1607. It is now the oldest bridge in Paris. Visitors will find an equestrian statue of Henry on the island near the bridge, first erected in 1618. It was destroyed in the French Revolution and then rebuilt in 1818.

The most famous landmark on the island and undoubtedly its focal point is the magnificent Notre-Dame Cathedral. Built between 1163 and 1345, it is the cathedral of Paris and the seat of the archbishop of the city.

Visitors will probably also want to check out the Palais de Justice, Palais de la Justice, Ile de la Cite, Paris.

The Conciergerie was built in the eighteenth century to house the French equivalent of the Supreme Court. At this same site sat the early seat of Roman government as well as the palace from the Gothic period. Part of the Palais contains a structure known as the Conciergerie, a former prison that housed Marie Antoinette before her execution.

Inside the new courtyard of the Palais de Justice is another magnificent church, Sainte-Chapelle. Completed in only five years, Sainte-Chapelle boasts some of the most magnificent stained glass windows in the world, depicting the entire history of Christianity from Genesis to the crucifixion of Jesus. The Rose Window, added later, is thought to be a perfect example of the Flamboyant Gothic style. The church was built by order of Louis IX to house religious relics, including what the king thought to be Christ's crown of thorns that he wore on the cross.

Often overlooked by visitors is the oldest remaining residential quarter on the island, known as Ancien Cloître Quartier. Only partially intact, some of it was demolished in the 1860s. It's also a treat to visit the small, uncrowded residential park known as the Place Dauphine. The small park is surrounded by expensive residences and a few shops and bistros.

.....
Sunday, September 11

9:00 am - Have breakfast delivered to the apartment. www.sophielaparisienne.com

Début du Matin, September 11, Deb

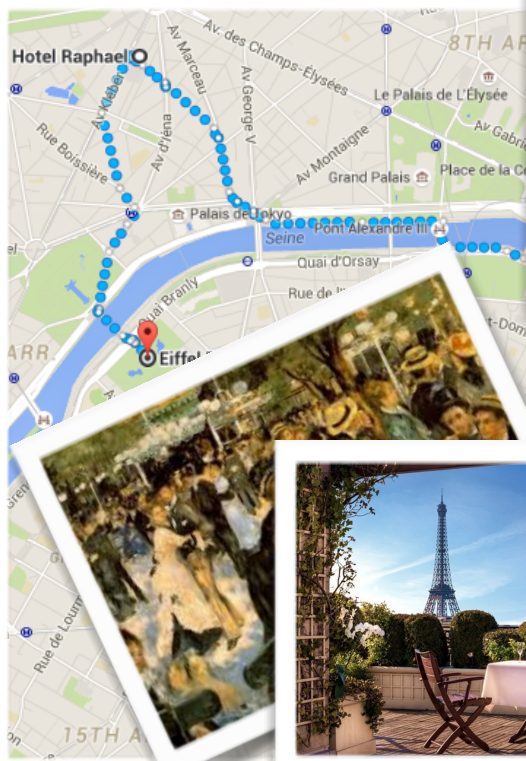
Prayer:

Scripture for the day:

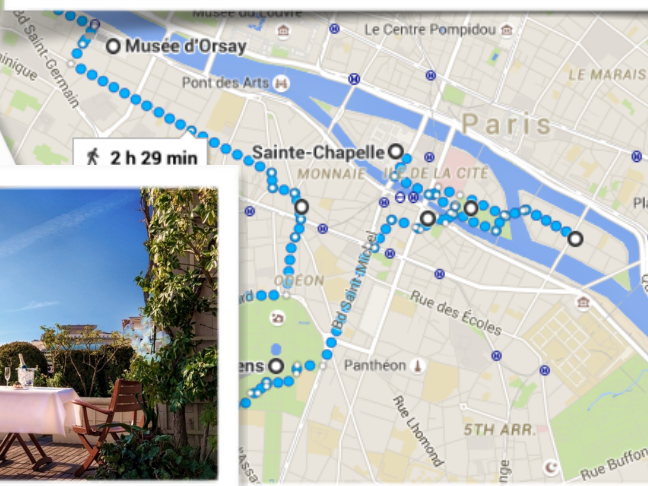
Historical fact(s) for the day:

Today's happenings:

- Around 10 we can leave our apartment and walk to Sainte Chapelle Church to see an outline of Christian history in stained glass. Let's see how many Bible stories we can recognize in the glass. Next we will head to the Concierge with our dual ticket to see where Marie Antoinette was held. A quick walk through Notre Dame is next. We can spend a bit of time exploring our island and Ile Sainte Louis, stopping for what is touted as the best ice cream in France. If we see a market, we can get some food for the apartment and run it back up.
- Heading off the islands, we will visit Shakespeare and Company, a bookstore with an interesting history.
- Next we walk to Luxembourg Gardens. Let's look for the statue of Marguerite of Navarre (Angoulême) in the garden. Who was she? What was her role in the Reformation? Who died at her house? On the next page there is a bit of info and an excerpt from her poem, Mirror of the Sinful Soul.
- If we are hungry, we can have French onion soup at Le Precope, the oldest cafe in Paris. It was frequented by Napoleon (!), Hemingway, Picasso, Sartre and more. We have a 3pm reservation, just in case.
- We need to get to Musee d'Orsay by 5pm. If we can't, we can go Wednesday, if necessary.
- Off to our first rooftop bar at Hotel Raphael... it's expensive! We can just get a glass of wine, if we want. Sunset is about 8:10. No reservation necessary.
- How to end our first day in Paris? A night trip up the Eiffel Tower! (17 euro to the top)



DAILY	LIFT	STAIRS
From mid-June to early September	9 a.m. to 12:45 a.m. Last lift midnight (11p.m. for the top)	9 a.m. to 12:45 a.m. Last admission : midnight*
The rest of the year	9:30 a.m. to 11:45 p.m. Last lift 11 p.m. (10:30* p.m. for the top)	9:30 a.m. to 6:30 p.m. Last admission : 6 p.m.*



Mirror of the Sinful Soul: On July 7, 1530, Marguerite de Navarre (Margaret of Navarre) -- queen consort of King Henry II of Navarre; sister of the King Francis I of France; mother of French Huguenot Jeanne d'Albret; grandmother of the King Henry IV of France -- gave birth to a son, Jean. He died less than six months later, on December 25. The following year, as an expression of her grief, Marguerite wrote and published a poem called *Mirror of the Sinful Soul*. This poem, in which the humbled soul magnifies the grace of God, incurred the wrath of the Sorbonne, which declared the work to be heretical and added it to the Index of Prohibited Books. A French college put on a play mocking Marguerite, which John Calvin described, and Marguerite was personally threatened with death by one Franciscan prior, who called for her to be put in a sack and thrown into the River Seine, but ultimately Francis (to whom Calvin dedicated his Institutes, although he was no friend of the gospel) was so offended by the Sorbonne's actions that he threatened in fact to execute the prior in the same manner by which he desired to put Marguerite to death. To him, Marguerite was the "Pearl of Valois," distinguished for her virtue, and impeachable in her life and conduct. She, however, interceded for the prior, and his life was spared; he was stripped of his ecclesiastical office and sent to the galleys for two years. Marguerite's tenderness to her enemies was uncharacteristic of her age, and reflects the humility found in her poem. The poem was later translated into English prose by princess (later Queen) Elizabeth I, in 1544, at the age of 11. The extracts given below were particularly cited in the Sorbonne's condemnation of the work as teaching assurance of pardon, a Reformed doctrine anathema to the Roman Catholic Church.

*Jesus, true fisher thou of souls!
My only Saviour, only advocate!
Since thou God's righteousness hast satisfied,
I fear no more to fail at heaven's gate.
My Spouse bears all my sins, though great they be,
And all his merits places upon me...
Come, Saviour, make thy mercies known...
Jesus for me was crucified:
For me the bitter death endured,
For me eternal life procured.
...
Satan, where is now thy tower?
Sin, all withered is thy power.
Pain or death no more I fear,
While Jesus Christ is with me here.
Of myself no strength have I,
But God, my shield, is ever nigh.
...
Not hell's black depth, nor heaven's vast height,
Nor sin with which I wage continual fight,
Me for a single day can move,
O holy Father, from thy perfect love.
...
How beautiful is death,
That brings to weary me the hour of rest!
Oh! hear my cry and hasten, Lord, to me,
And put an end to all my misery.*

The Jardin du Luxembourg is a 60 acre park in the 6th arrondissement of Paris. Founded in 1611 by Marie de' Medici, with a palace for her home, it is an oasis in the heart of Paris and a premier example of Renaissance garden design. The garden has over a hundred fountains, statues and monuments, many dedicated to Queens of France, mythological figures, artists and female saints. The first model of Bartholdi's Statue of Liberty can be found in the Jardin du Luxembourg.

.....
Monday, September 12

Début du Matin, September 12, Lisa

Prayer:

Scripture for the day:

Historical fact(s) for the day:

Today's happenings:

- Fat Bike Tour - Meet near the Eiffel Tower at 10:30 am.
- World famous hot chocolate at Angelina
- Covered Passages
- Galleries Laffayette (to the top)
- Taxi to Montmartre for dinner... history on the next page
- After resting in our apartment and cleaning ourselves up a bit, it's time for a night out at Le Caveau des Obliettes Jazz Club near our apartment. I read we should get there about 8:30 pm. If we can't get in, we can go to Rosa Bonheur.



"In this bizarre land swarmed a host of colorful artists, writers, painters, musicians, sculptors, architects, a few with their own places but most in furnished lodgings, surrounded by the workers of Montmartre, the starchy ladies of the rue Bréda, the retired folk of Batignolles, sprouting up all over the place, like weeds. Montmartre was home to every kind of artist." Penned in 1882 by the writer Félicien Champsaur, these words describe the diverse audience of the Chat Noir, a cabaret that epitomized the raucous and irreverent popular entertainment for which the Parisian neighborhood of Montmartre was known. Artists, intellectuals, and writers flocked to this bohemian district, frequenting its vibrant performance halls



and celebrating them in their paintings, literature, and poems. But while Montmartre's popularity as a brash amusement district reached dizzying heights in the 1890s, the area itself had rather humble beginnings.

Perched atop a hill to the north of Paris's city center, Montmartre was initially a rural village dotted with vineyards and windmills. The area's picturesque appearance and its views of the metropolis below had long been popular with artists, such as the landscape painter Georges Michel (1763–1843), who captured the area's rustic beauty around 1820 in *The Mill of Montmartre* (25.110.8). Forty years later, Montmartre would lose its agrarian nature when it was officially annexed into Paris's rapidly expanding city limits. Despite its eventual urbanization, the neighborhood retained its distinct characteristics, such as the old buildings, steep and narrow streets, and rustic windmills, some of which are still in existence today.

Known for its revolutionary politics and underground culture, its liberal reputation lured students, writers, musicians, and artists to the area in the early 1880s. The more affluent lower slopes, which Vincent van Gogh referred to as the "grands boulevards," housed the apartments and studios of established painters such as Edgar Degas (1834–1917), Auguste Renoir (1841–1919), and Gustave Moreau (1826–1898). Rents dropped steadily as one mounted the precarious streets to the top of the hill, called the "butte," and the population became increasingly working class. It was in this area—Van Gogh's "petits boulevards"—that young avant-garde artists such as Henri de Toulouse-Lautrec (1864–1901), Vincent van Gogh (1853–1890), Émile Bernard (1868–1941), and Louis Anquetin (1861–1932) lived and worked.

Replacing the Latin Quarter as the locus of the city's intellectual and artistic community, Montmartre boasted a thriving bohemian culture that was driven by its critique of decadent society. Its raucous café-concerts and cabarets featured satires and crude, often subversive, performances that mocked the Third Republic's bourgeois morality and increasingly corrupt politics. Cabarets and café-concerts were favorite spots for avant-garde artists such as Degas, who sought to capture their celebrated performers, hazy atmospheres, and artificial stage lighting in his paintings, pastels, and prints.

By the last quarter of the nineteenth century, the appeal of the cabarets and café-concerts extended well beyond the borders of Montmartre. Its performance halls provided a rare opportunity for the mixing of social classes, particularly between bourgeois men and working-class women, whose interactions were often based on prostitution.

Strategically located on the class divide at the bottom of the "butte," the Moulin Rouge offered a wide range of entertainments to attract a more upscale clientele, from clowns, acrobats, and tightrope walkers to singers and donkey rides in its outdoor garden. The dance floor featured local stars performing the latest crazes, such as the particularly erotic version of the popular cancan called le chahut.

The nuns of the church of Le Sacré Coeur made wine here and, being outside the city limits of Paris, Montmartre was exempt from city taxes, and so the modest-earning art lovers of Paris would flock to this hill, where a pleasant view of the city was offered alongside inexpensive wine.



.....
Tuesday, September 13

Début du Matin, Lori

Prayer:

Scripture for the day:

Historical fact(s) for the day:

Today's happenings:

- **Versailles, meet near our apartment at 8:45 and get back around 5:30. We have a reservation with Bike About Tours, #RGAIHBQ.**

Some Info: The town of Versailles sits about twenty kilometers outside of Paris. The first mention of the town and estate was in 1038, when the name appeared in a charter of the Abbey of Saint-Père de Chartres. By the end of the eleventh century, Versailles was a country village enveloping a castle and the church of Saint-Julien, remaining prosperous until well into the thirteenth century. After the Hundred Years War, however, only a handful of people lived there.

In the sixteenth century, the Gondi family became the rulers of Versailles and the town began to gain acclaim when future King Louis XIII visited and became enamored with the site. He purchased land in the area and proceeded to build a small brick and stone lodge there in 1622. Ten years later, he became the lord of Versailles and began enlarging his lodge. Soon, he purchased more land as well as Gondi's estate. Louis XIII dies in 1643.

In 1662, the new king - Louis XIV - took an earnest interest in Versailles. Louis XIV, also known as The Sun King, distrusted the Parisians and wanted to move his Royal Residence away from the Louvre Palace, which was at the heart of constant political turbulence. The Sun King was largely responsible for the expansion that resulted in the building that still stands today. He hired architect Louis Le Vau along with artist Charles Le Brun to carry out the work on this Baroque masterpiece, which became the quintessential model for all palaces in Europe. Famed gardener André le Nôtre was responsible for the unequalled Versailles Garden.

After Le Vau's death, Jules Hardouin- Mansart was commissioned to triple the size of the palace. Under his watchful eye, the northern and southern wings, the Orangerie, the Grand Trianon (a chateau) and the Royal Chapel were constructed. During the French Revolution, the incredible collection of paintings, antiques, and other works of art that had been amassed at Versailles were transferred to the Louvre and other important items went to the National Library and Conservatory of Arts and Crafts. Most of the furniture, historians say, was sold at auction. After the Revolution, Napoleon spent his summers at Versailles until he abdicated. Later, it was Louis-Phillipe who, in 1830, transformed the chateau into a grand museum, dedicated to "the glory of France." The Chapel, the Opera, and the Hall of Mirrors were preserved but many smaller apartments were destroyed to make room for spacious exhibition halls. In the 1960s, however, curator Pierre Verlet was responsible for getting some of the furnishings back and restoring a number of the royal apartments.

Today, visitors to Versailles can visit much of the interior of this spectacular palace, as well as its world-famous garden.



- Slow night near the hotel.
 - Possible activities include: Parc des Buttes Chaumont for food and music, sunset picnic on the Seine, middle eastern street food near our apartment, nice dinner out. We have a rooftop bar reservation tonight and tomorrow at the same place, so we can decide which night to go.

.....

Wednesday, September 14

Début du Matin, Julie

Prayer:

Scripture for the day:

Historical fact(s) for the day:

Today's happenings:

- Today we wander. Possible activities... boating on the canal, Parc des Buttes Chaumont, shopping at boutiques in Marais, going to the Roman amphitheater from 100 AD, Pere Lachaise Cemetery, Bateau Mouche or anything else we want to do, maybe our fancy dinner before the Louvre?
- At night, we go to the Louvre! About 8pm should be a good time, but if a different time works out better, we will do that. Deb will lead us to the greats. It closes at 9:45pm.
- After the Louvre, we head to Le 43 Cocktail Bar... on a rooftop. We have a 9:30 reservation.

