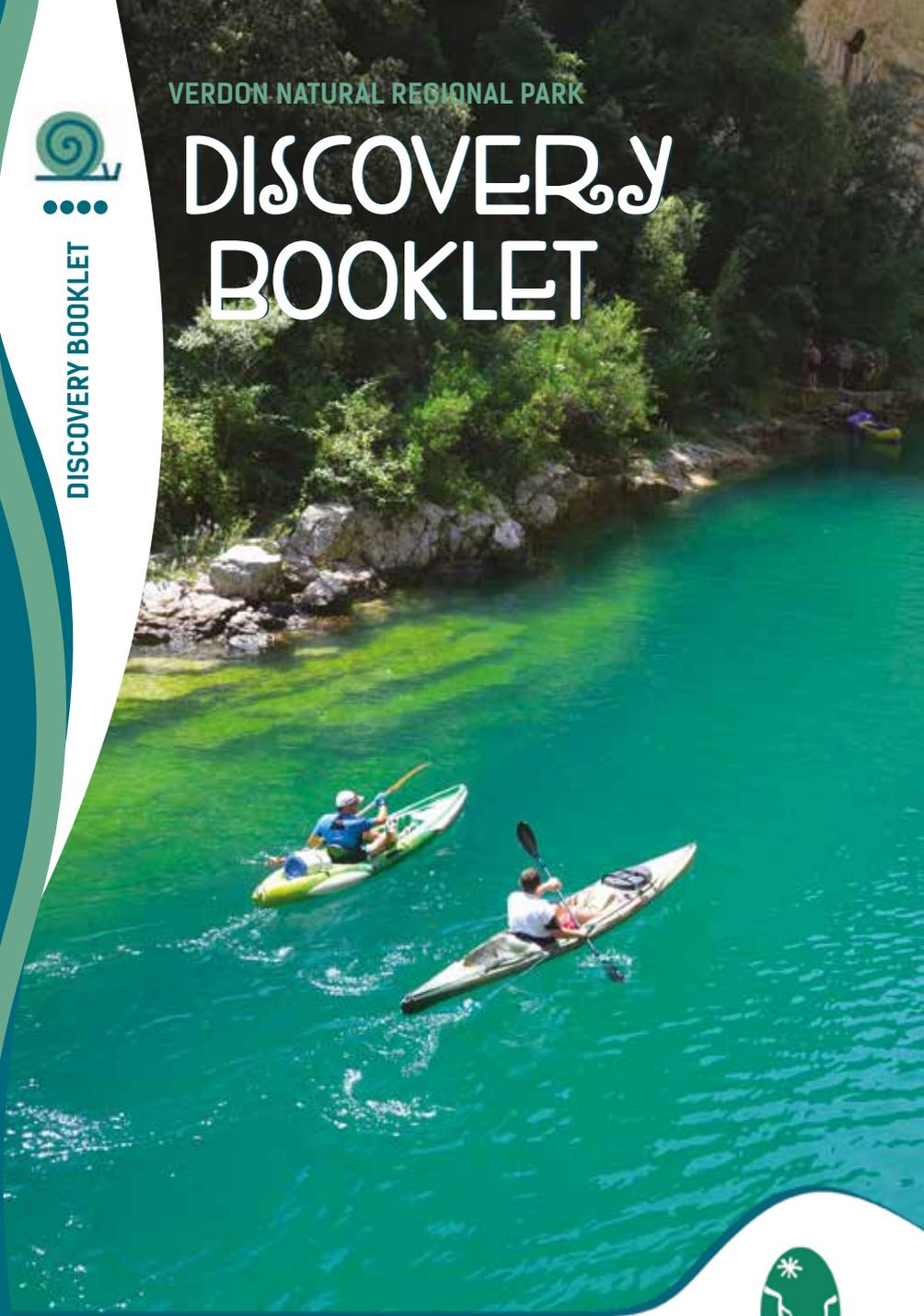


VERDON NATURAL REGIONAL PARK

# DISCOVERY BOOKLET



DISCOVERY BOOKLET



Région  
Provence  
Alpes  
Côte d'Azur



LE DÉPARTEMENT

ALPES DE HAUTE  
PROVENCE  
LE DÉPARTEMENT



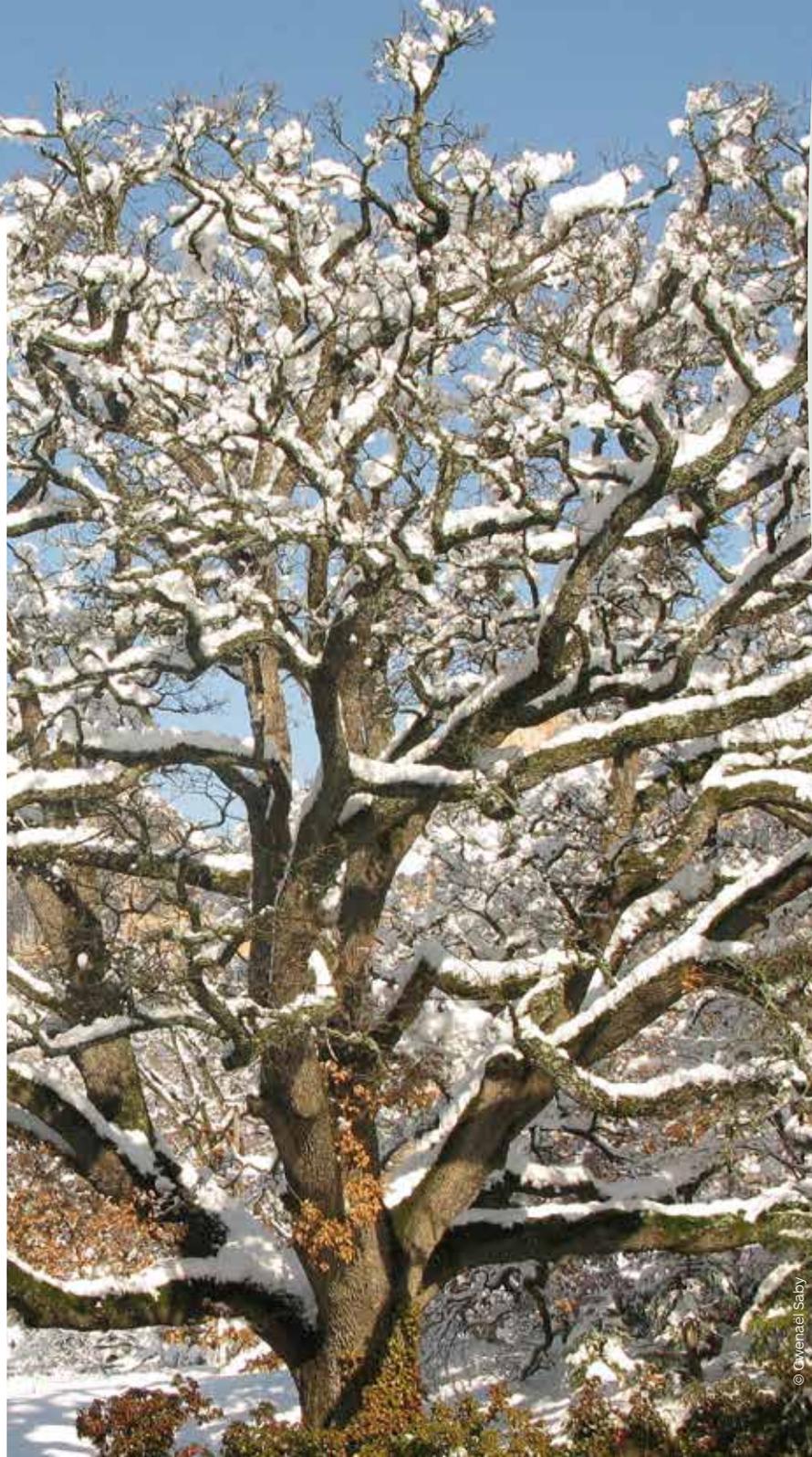
Parc  
naturel  
régional  
du Verdon  
Une autre vie s'invente ici

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## Welcome to the Verdon Natural Regional Park

The story of the Verdon starts with a river which rises in the southern Alps at an altitude of around 3,000 m to where it meets the Durance, covering the 165 km which will take it from being an Alpine torrent to a powerful river. Half-way along its course, as it goes through the Gorges, the Verdon carves its way through its meanders, using the slightest faults of the Pre-Alpine limestone mountains. Major development projects have used the river's energy to regulate its flow by building dams. **Water then becomes precious** as it is a source of energy and a reservoir of drinking water for the whole region. It is also the basis of leisure and relaxation activities. The alternating white waters, big lakes and Gorges are perfect for a number of different sports.

Since 1997, the Verdon Natural Regional Park has joined up with the river's fate by uniting **46 municipalities** of its catchment area and the Alpes-de-Haute-Provence and Var departments. The Park is first and foremost founded on a territorial project which has made it possible to enhance the exceptional character of its landscapes and offer **its inhabitants opportunities for a good life**.

The Verdon is also **agricultural land** where lavender, wheat and olive trees grow on the wide stretches of the Valensole plateau and the hills of the Haut-Var. A land where the spirit of pastoralism is well and truly alive.

**A land of history** which saw great ancient cities grow in its hills. Between the Mediterranean and the Alps, a multitude of cultural influences cross and mix.

**An attractive land** with enormous touristic fame where the visitor can become an inhabitant during his stay.

**The contents of this booklet will guide you in your adventure to discover the many facets of the Verdon!**



# LIFE-SIZED NATURE!

The geological diversity of the Verdon, along with the climatic influences of the Mediterranean and the Alps, and the strong variations in altitude explain the rich environments to be found in this transition territory.

© Gwenéa Sabay

© David Allemand

## Along streams and rivers,

Willows, poplars, alders and ash are home to the **White-throated dipper**, the **Grey Heron** and the **Kingfisher**.

If you are looking for **Beavers**, you will find them in the Durance and the lower Verdon.

## The garrigue

is covered with **small shrubs** and **aromatic plants** (thyme, rosemary, fine lavender, etc.).

## On the ridges,

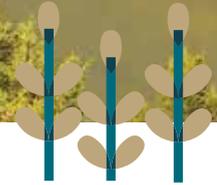
the grasslands are home to a multitude of high-mountain plants such as the **Alpine Aster**, the **Alpine Anemone** or the **Common Peony**. Patient, early risers can see **marmots** and **chamois**.

## For adequate protection of all this wealth,



**9 Natura 2000 sites** are currently identified on the Park's territory, and represent 60% of its surface area.

These sites are designed for the **protection** of a large number of animal and plant species and the maintaining of many original and rare environments or environments which are threatened on a European scale.



## In the Gorges,

A cool and confined area, several endemic plants can be seen such as **Verdon spleenwort** or **Asplenium Jahandiezii**, a little fern which occupies the cliff walls.

With a few rare exceptions, all the birds of prey to be seen in France come to the Verdon Park: 25 species have been listed, including the **Short-toed Eagle**, the **Golden Eagle**, the **Griffon Vulture**, the **Peregrine Falcon** and the **Eagle Owl**.



© Philippe Chauveau

# THE VERDON'S PRECIOUS WATER

In the Verdon, water is precious because it is a limited, fragile and useful resource – a lifeline which irrigates each valley and helps nature and people.

© Gwenaél Saby



© C. Guin

## The Verdon, a river of Haute-Provence

From where it rises in the heart of the massif of the Trois Évêchés at an altitude of around 3,000 m to where it meets the **Durance**, the Verdon covers 165 km. Along its course it meets a number of tributaries (**Jabron, Artuby, Colostre**) which will take it from being an Alpine torrent to a powerful river.

Half way along its course it becomes more secret, carving its way in meanders and using the slightest faults of the Pre-Alpine limestone relief.

During the second half of 20th century, twenty-five years of work began in 1948 with the impoundment of the **lake of Castillon** downstream of Saint-André-les-Alpes and ended in 1974 with the building of the Sainte-Croix dam. These developments tamed and channelled the river to provide water and electricity for the whole Provence-Alpes-Côte d'Azur region.

As it leaves the Gorges and meets up with the terraces of the Valensole plateau, the Verdon seems to have made itself at home, spreading over a fertile valley to make room for the **lake of Sainte-Croix**. Its 2,200-hectare surface area liken it to a small inland sea and its management is influenced by the *Loi Littoral* in the same way as the coastal lands.

Downstream of the **Sainte-Croix dam**, the river once again meets the mountains as it goes through the narrow pass of the Basses Gorges. This portion takes the Verdon to the **lake of Esparron**, a stretch of water which is a beautiful conclusion to the succession of lakes and Gorges which rhythm the Verdon's course.

Today, the Verdon is at the heart of the challenges which founded the territorial project of the Verdon Natural Regional Park. The presence of protected species such as the **Apron fish** (a critically endangered fish which is endemic to the Rhône), and the targets of protecting the good ecological condition of the river whilst integrating its economic functions, organise the water planning and management scheme operated by the Park over the whole catchment area of the river.



© Christian Peugnet

# MEETING THE VERDON AND LIVING THERE

A little house silhouetted on the Valensole plateau, a shepherd's hut nestling on a slope, a fountain in a village square - these are all links that the territory maintains with those who once lived here or live here today. This story which is old or recent also tells us how the landscape was born and was transformed, which is proof enough that here, men and nature have always known how to weave a marriage of convenience as time goes by.

© M. Economides



© M. Grange



The first Regional Parks saw the light in **1967**. Created in March 1997, the Verdon Park celebrated its **20th** anniversary in 2017.

For the occasion, the Park edited a collection which favours the heritage, the inhabitants, the history of the Verdon and the particular characteristics which make it an exceptional territory.

The "**Almanach du Verdon**" offers you a unique 12-month visit: you will discover the landscapes of the Verdon in a beautiful collection of photos, testimonials by men and women who mobilised or are mobilising to protect this territory, important dates, the great actions led by the Park, the wealth of an out-of-the-ordinary natural and cultural heritage, tips, recipes, portraits...

208 pages, €18

Order it on-line at [parcduverdon.fr](http://parcduverdon.fr)

Or buy it at the Maison du Parc



Even though every inch of the territory of the **Verdon Regional Natural Park** is a land of encounters, some places are more specifically identified as Park's places or moments.

Each of the territory's **33,000 inhabitants** and each of its **million visitors** is at home here.

## From season to season

The Verdon's inhabitants are livening up their region. Autumn, winter, spring or summer... There isn't a time of year without festivities or friendship.

See the festive moments of the Verdon on the website: [mescla-portailculturel.com](http://mescla-portailculturel.com)

**LA MESCLA**  
Le portail culturel du Verdon



© David Tatin

# ON THE VERDON'S TRAILS

## THE GREAT HIKES IN THE VERDON

Several Grande Randonnée itineraries make it possible to organize a stay in the Verdon Park. GR®4 links the Mediterranean to the Atlantic and is charged with energy as it crosses the Gorges du Verdon. GR®406 Route Napoléon crosses the Préalpes on foot or on horseback. GR®49 and GR®99 link the Var coast and the Gorges du Verdon.

## THE TOURS DU VERDON COLLECTION

A hiking network made up of loops each offering a walking trip of 3- 5 days. This hiking network which is under development will make it possible to discover the remarkable landscapes of the Verdon.

On 23rd September, the Tour du lac de Sainte-Croix will be inaugurated.

## THE PARK'S HIKING CARDS

The Park has a collection of cards where you can see maps, illustrations and information on the heritage revealed on the trails. They are on sale at the tourist offices and the Park welcome areas.

UNIT PRICE: €0,90.

## CHEMINS DES PARCS | cheminsdesparcs.fr

The hikes of the Parks in the Provence-Alpes-Côte d'Azur on line | On foot, by bike, mountain-bike or on horseback, "Chemins des Parcs" is a web site which describes around a hundred hikes adapted to several modes and levels of difficulty. From the Mediterranean to the Alps, "Chemins des Parcs" highlights the rich heritage of the parks of Provence-Alpes-Côte d'Azur.

HIKES TO DISCOVER  
www.cheminsdesparcs.fr



## THE VERDON BY BIKE AND MOUNTAIN BIKE

### VÉLO LOISIR PROVENCE

A network of keen professionals grouped under the **Accueil Vélo** label. Accommodation providers, restaurant owners, tourist offices, rental companies, guides, cultural and leisure activity sites are at your disposal to guarantee a quality welcome and allow you to cycle serenely. With the Park and the Alpes-de-Haute-Provence and Var departments, the association is considering the creation of a **Grand Tour du Verdon**. This hike of over 200 km will choose roads and trails suited to discovery by bike and make it possible to link and admire the emblematic sites and landscapes of the Park.

06 79 39 49 02 | 04 92 82 20 13  
veloloisirprovence.com

Discover itineraries on roads or trails suited to all types of cycling. Chemins du Soleil or Grande traversée des Préalpes à VTT  
| grande-traversee-alpes.com



### THE TRANSVERDON

Long-distance hiking trail across the Alpes-de-Haute-Provence  
| vtt.alpes-haute-provence.fr



## FFC MOUNTAIN BIKING SITES

### ESPACE VTT PROVENCE VERDON

((pending approval):

1,050 km of trails for all and on all terrains, from the Valensole plateau, to the Basses Gorges du Verdon, the lake of Esparron and the Haut Var. 3 large loops to ride (60-140 km). All GPX traces available on:

sitesvtt.fcc.fr/trace-vtt/verdon-des-collines-6

### VERDON AND HAUTES VALLÉES DE L'ASSE MOUNTAIN BIKING AREA

Around Castellane, la Palud-sur-Verdon, Saint-André les Alpes, Barrême and Tartonne, 20 loops for more than 300 kilometres of itineraries | cc-moyenverdon.fr

## ADVICE FROM THE ECOGUARDS FOR SAFE HIKING IN THE VERDON

The Verdon ecoguard operation is made up of around 15 field agents whose mission is to be in contact with the public to alert, welcome and advise them in their discovery of the heritage of the Verdon.

- For your safety and to protect the sites, please stay on the paths!
- In the mountains and in the Gorges, the weather changes very fast. Watch out for storms. For all information on the weather in the Alpes-de-Haute-Provence: 08 99 71 02 04 | in the Var: 08 99 71 02 83

### Remember to take:

- Suitable hiking boots,
- 2 litres of water per person (at least ),
- Sun protection (hat, sun cream, etc.),
- A map or itinerary to guide you,
- A bag for your waste,
- A torch (a must for the Blanc Martel trail).

The publication of a map showing **23 itineraries suited to different publics** corresponds to an expected enhancement of the hiking offer on the 7 municipalities which make up the Opération Grand Site de France of the Gorges du Verdon. The map is on sale in the tourist offices of the territory and at the Maison du Parc Price: €4. (Includes €1 participation to the **1% for le Verdon** fund to support operations for the development and upgrading of the sites visited.)



# THE VERDON FOR ALL

## TOURISM AND HANDICAPS

### Accommodation



📍 **CASTELLANE:** Camp-site La ferme de Castellane | 04 92 83 67 77

📍 **GRÉOUX-LES-BAINS:** Furnished. Campagne La Palud | 04 92 78 05 33

📍 **LA PALUD-SUR-VERDON:** Hôtel des Gorges 4 \* | 04 92 77 38 26

📍 **LES SALLES-SUR-VERDON:** L'Auberge des Salles (VAR ACCESSIBLE) | 04 94 70 20 04  
Résidence Plein Voile (VAR ACCESSIBLE) | 04 94 84 23 95

📍 **MOUSTIERS-STE-MARIE:**  
Hôtel Les restanques de Moustiers | 04 92 74 93 93  
Group gîte Monastère de Ségriès | 04 92 74 64 12

📍 **QUINSON:** Stopover gîte L'Escargot | 04 92 74 09 73

📍 **SAINT-ANDRÉ-LES-ALPES:**  
Camping Les Iscles | 04 92 89 02 29

📍 **VALENSOLE:** Gîte rural  
Lou coquelicot | 04 92 74 91 43  
Les Grandes Aires | 04 92 74 92 88

### Restaurants

📍 **LES SALLES-SUR-VERDON:**  
Restaurant Le Mille Pâtes (VAR ACCESSIBLE)

📍 **MOISSAC:**  
Bistrot Le Bellevue (VAR ACCESSIBLE)  
La Bastide du Calalou (VAR ACCESSIBLE)



Approaches targeting the Improvement of the quality of reception and the accessibility of all types of structures to all.

### Activities

📍 **CASTELLANE:** Launch system | 04 92 83 60 07

📍 **ESPARRON-DE-VERDON:**  
Club nautique | 04 92 77 15 25

📍 **LES SALLES-SUR-VERDON:**  
Tiralo and hippocampe chairs available for launch | 04 94 70 21 84

📍 **MONTAGNAC-MONTPEZAT:** Aquattitude canoe and kayak outings | 06 79 21 03 77

📍 **QUINSON:** Musée de Préhistoire des Gorges du Verdon | 04 92 74 09 59

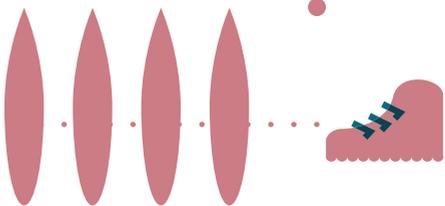
📍 **SAINT-ANDRÉ-LES-ALPES:** Launch system available with Tiralo and hippocampes | 04 92 89 13 60 | Tandem paragliding flight | 04 92 89 11 30

📍 **ESPACE VTT/FFC DU VERDON ET DES VALLÉES DE L'ASSE:**  
All-terrain chair, Joëlette

📍 **VÉNASCLE VERDON PARAMOTEUR** | 06 77 42 52 80

To find specific information for people with visual, hearing, mental and motor disabilities and make it easier to prepare your stay, see all the activities in the Alpes-de-Haute-Provence, the Var and even in the Provence-Alpes-Côte d'Azur region.

alpes-haute-provence.com | 04 92 31 57 29  
visitvar.fr | 04 94 18 59 60  
handitourismepaca.fr | 04 91 56 47 18



# NATUREL REGIONAL PARK VALUES

The Valeurs Parc brand is a sincere commitment by reception professionals and farmers who, through their activities, have chosen to defend the values of the Natural Regional parks.



PARC NATUREL RÉGIONAL DU VERDON



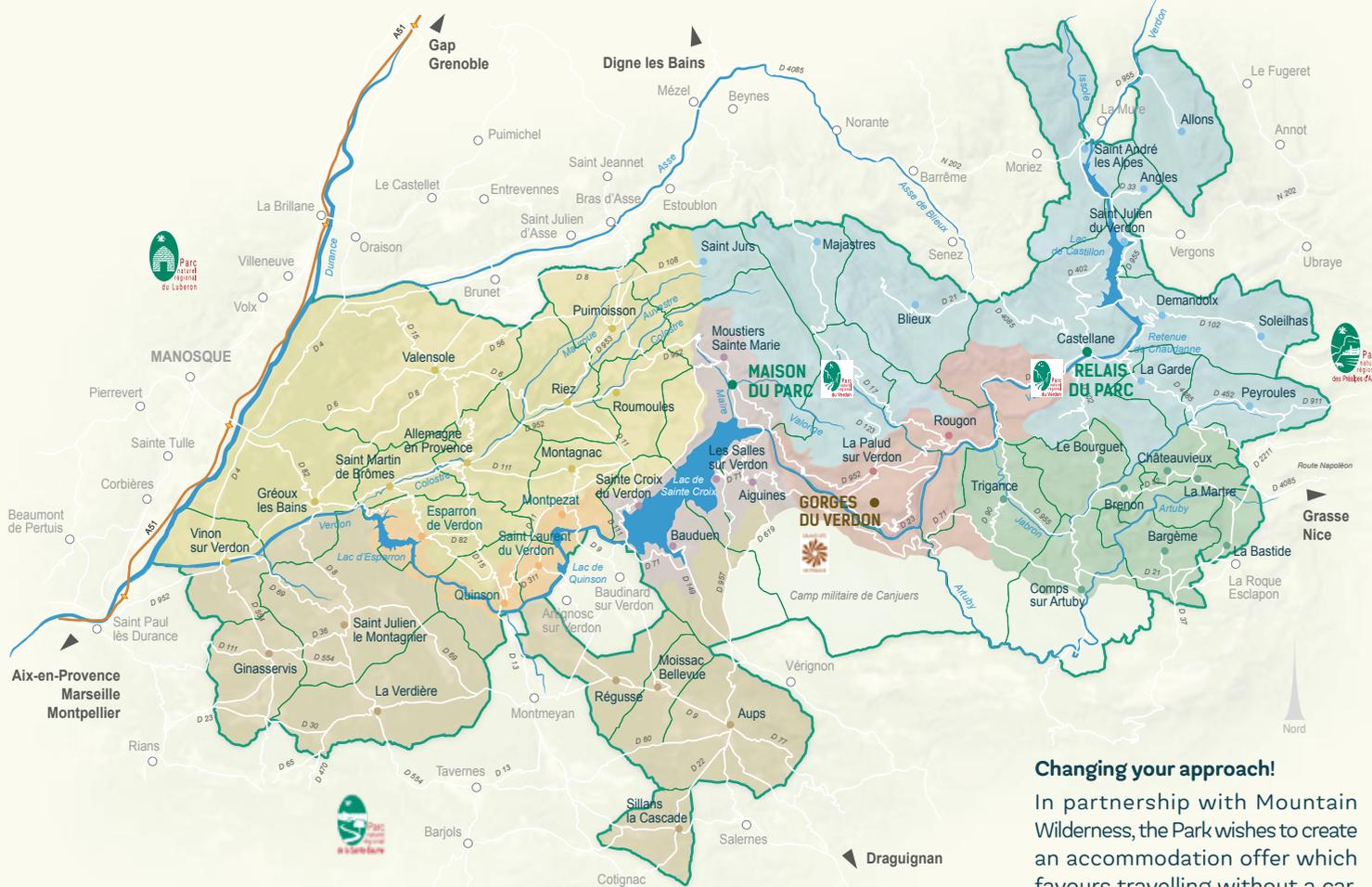
All the offers in the booklet, approved by the **Valeurs du Parc naturel régional du Verdon brand**, are identified by the "Valeurs Parc" logo. See all the products and services with the Valeurs Parc brand: [consommer-parc.fr](http://consommer-parc.fr)



The development of the Parc brand is hosted by the network of Natural Regional Parks of Provence-Alpes-Côte-d'Azur and supported by the Region.

# COMING TO THE VERDON AND GETTING AROUND

The Verdon is not on easily accessible roads and this certainly protects its beauty. There is not a wide variety of means of transport but an alternative to using your own car is possible.



## Key

	Valensole Plateau p.16		Bas des Gorges p.25		Gorges du Verdon p.34
	Lakes and mountains p.40		Lake of Sainte-Croix p.30		Artuby p.45
	Hills of the Haut Var p.21				

## Changing your approach!

In partnership with Mountain Wilderness, the Park wishes to create an accommodation offer which favours travelling without a car. Discover this offer of excursions in the Verdon: [mountainwilderness.fr/verdon.changerdaproche.org](http://mountainwilderness.fr/verdon.changerdaproche.org)

 mountainwilderness

## BUSES

Alpes-de-Haute-Provence department  
[mondepartement04.fr/deplacements/transports-collectifs.html](http://mondepartement04.fr/deplacements/transports-collectifs.html)  
Var department | [varlib.fr](http://varlib.fr)

## TRAINS AND REGIONAL EXPRESS LINES

### SNCF 3635 - Closest stations:

Manosque (04) | Les Arcs-Draguignan (83)

### TER Trains Express Régionaux

08 91 70 30 00 | [ter-sncf.com/paca](http://ter-sncf.com/paca)

### LER Lignes Express Régionales

08 21 20 22 03 | [info-ler.fr](http://info-ler.fr)

### Chemin de fer de Provence

04 97 03 80 80 | [trainprovence.com](http://trainprovence.com)

Nearest access to the Verdon:

Saint-André-les-Alpes station



See our complete regional transport network offer: [pacamobilite.fr](http://pacamobilite.fr) | You can also see PACA Mobilité on your Smartphone, download the Android and iPhone applications from the web site.

## IN THE GORGES

To make your trip as comfortable as possible, use the shuttles in the Gorges and the taxi to be found in many villages in the Verdon.

The Conseil Départemental's des Alpes-de-Haute-Provence's **Gorges du Verdon shuttle** operates at weekends, on public holidays and long weekends From 1<sup>st</sup> to 30<sup>th</sup> June and from 1<sup>st</sup> to 15 Sept. ; during the summer from the beginning of 1<sup>st</sup> week in July to 15<sup>th</sup> September inclusive. Stops at St-André-les-Alpes and St-Julien du Verdon only from 13/07 to 20/08.

## INFORMATION

Office de tourisme de Castellane | 04 92 83 61 14

Office de tourisme de La Palud | 04 92 77 32 02

[mondepartement04.fr/deplacements/transports-collectifs.html](http://mondepartement04.fr/deplacements/transports-collectifs.html)

## ON THE "ROUTE DES CRÊTES"

This 23 km road, from La Palud-sur-Verdon, is one-way from the jas d'Aire to chalet de La Maline.

PAR ARRÊTÉ DÉPARTEMENTAL, THIS ROAD IS PARTLY CLOSED FROM 1<sup>ST</sup> NOV TO 15.

# THE VALENSOLE PLATEAU



A huge sea of pebbles, the Valensole plateau is the realm of durum wheat and lavandin. The geometrical alignment of the plantations, the fields lined with almond trees and the villages sheltering from the mistral in the dales all paint a picture of a formal garden which stretches as far as the eye can see.

© Fabien Cervais

## DID YOU KNOW?

Lavandin flowers from mid-June and harvesting begins in mid-July. It began to be cultivated only fairly recently and the history of lavender-growing goes back to the first part of 20th century.

## ANOTHER ASPECT

In February the almond trees in flower tell us that spring is here.

## ADVICE FROM THE ECOGUARDS

When lavandin is in flower, the plateau is an attraction for people from all over the world. The roads are very busy and there are more and more accidents. Please be careful to park in the marked areas. Lavandin is an agricultural production, please do not pick it without being authorised.



## Regional products

### Honey from flowers, garrigues and mountains

#### ALLEMAGNE-EN-PROVENCE

Christophe Botta sells in the markets from June to September: Thursday in les Salles-sur-Verdon. Location: Maison des produits de pays d'Allemagne-en-Provence | 06 01 98 87 35 | christophe.botta@neuf.fr

### Saffron

#### ROUMOULES

Bruno Carron sells in the market in Riez (Saturday), Valensole (Wednesday) and at the Maison des produits de pays in Allemagne-en-Provence, Le Panier du Verdon in La Palud-sur-Verdon. | 06 22 40 65 24

## GUIDED OUTINGS



### Cathy Versini

You love wide open spaces and remote places? Me too. That's why I'm a regional guide. From the Basses Gorges to the Valensole plateau, get off the beaten track and discover villages of unimagined wealth. Walking in the footsteps of past generations, of those who built in the most improbable places and shaped the landscapes with their life of labour, you will be able to marvel at the treasures of this land. | 06 83 77 95 58 | cathyversini@gmail.com

### SECRET HERITAGE IN PUIMOISSON

Who would ever have thought that the Palace of the Commanders of the Order of Malta once stood here? Wander down the little cobbled streets and see the remains of this past. You will be surprised by this village which is well off the tourist track, with its traditional crops of lavandin, durum wheat and almond trees, its amazing past and its famous people, its hidden chapels and its dovecotes.



LOCATION: PUIMOISSON | LENGTH: 2H  
PRICE: €5  
FREE FOR CHILDREN UNDER 12



## COLLECTIVE POINTS OF SALE

### Maison de produits de pays

#### ALLEMAGNE-EN-PROVENCE

This house is one of the best places for the sale and promotion of local agri-food and crafts productions.

04 92 77 40 24

produits-de-pays-du-verdon.fr

OPEN FROM 15 FEBRUARY TO 31 DECEMBER

OPEN: 9.30 AM - 12 AND 2 - 7 PM | JUNE TO SEPTEMBER  
9.30 AM - 8 PM | CLOSED IN JANUARY

### Couleurs paysannes

#### VALENSOLE ET MANOSQUE

Producers' shops with a wide range of local products: fruit and vegetables, meat, fish, dairy products, cheese, organic country-style bread, juices, wine, honey, olive oil, almonds, natural cosmetics, etc., direct from the farms. 04 92 72 14 96 | couleurs-paysannes.fr

OPEN: MONDAY-SATURDAY, 9AM-7PM (7.30 PM IN SUMMER)  
| VALENSOLE: LES QUATRE CHEMINS, AS YOU LEAVE MANOSQUE, ON THE ROAD TO VALENSOLE  
| MANOSQUE: 5 PLACE DU TERREAU, IN THE TOWN CENTRE



© L.Courtill





### Geneviève Vallart

I've been a Regional Guide for ten years and this is an invitation to discover the hidden treasures and the life of the territory of the Lower Verdon region on short family walks along trails or through villages. For coach trips, this excursion can also be accompanied by a commentary and guided visits. 06 74 49 48 09 | [www.genevieve-guide-provence-verdon.fr](http://www.genevieve-guide-provence-verdon.fr)

#### 2000 STEPS FOR 2000 YEARS OF HISTORY

It only takes 2000 steps through the little streets of Riez to go back in time and follow our heritage from Roman times to the present day. But as we want to discover more, I will take you gently up to the Chapelle St-Maxime with its view over the pink roofs of the town, the valleys which all end at the foot of the hill, the Valensole plateau, and the mountains of the Verdon in the distance.



**LOCATION:** RIEZ | **TIME:** 3H

**PRICE:** €6 / ADULT € 4 UNDER 16.

**MEETUP:** AT ENTRANCE TO PRÉ DE FOIRE CAR PARK



## PARTNER ACCOMMODATION



### VAUVENIÈRES [gîte]

SAINT-JURS

La ferme de Vauvenières is a large farming property which welcomes you to its organic farm where lavender, lavandin, oats and durum wheat, almonds, seasonal fruit and vegetables, along with saffron and truffles, are grown.

Claire Levilain Castel

04 92 74 44 18 – 06 50 74 37 11

[ferme.de.vauvenieres@gmail.com](mailto:ferme.de.vauvenieres@gmail.com)

### HÔTEL DES COLONNES [chambres d'hôte]

RIEZ

At the entrance to the village of Riez, this mansion which dates back to the end of 17th century has 3 large rooms, including a suite with a charming mix of old materials and contemporary comfort.

Downstairs there is a summer room which is always cool, a colourful shop, a pergola covered with a generous vine and a charming little garden.

Here, there is a good atmosphere and the breakfasts, or "planches gourmandes" are opportunities for happy shared moments [www.hoteldescolonnes-riez.fr](http://www.hoteldescolonnes-riez.fr).

Géraldine Manivet | 0618293902  
[contact@hoteldescolonnes-riez.fr](mailto:contact@hoteldescolonnes-riez.fr)

### CHÂTEAU LAVAL - VACANCES BLEUES [village vacances]

GRÉOUX-LES-BAINS

A green escapade at the domaine de Château Laval, a village club\*\*\* in Haute-Provence. The 91 rooms and 40 apartments open onto 30 hectares of grounds with an outdoor heated swimming pool. The village club has an archery trail in the forest and an educational farm. The art of reconciling respect for the environment and pleasure for holidaymakers.

| 04 92 70 23 00

[chateaulaval@vacancesbleues.com](mailto:chateaulaval@vacancesbleues.com)



### Écociné du Verdon

GRÉOUX-LES-BAINS

With the film Verdon Secret, dive into the Verdon canyon without leaving your cinema seat! Breathtaking 3D images on the giant screen of the Écociné Verdon cinema. Several showings everyday. | For times:

[verdonsecret.com](http://verdonsecret.com) | 04 92 79 82 18





## FFC MOUNTAIN BIKING AREAS

ESPACE VTT  
PROVENCE VERDON  
(pending label)

1,050 km of trails for all and all kinds of terrain, between the Valensole plateau, the Basses Gorges du Verdon, the lake of Esparron and the haut Var. 3 large loops to ride (from 60 to 140 km). All GPX traces available on:

[sitesvtt.ffc.fr/trace-vtt/verdon-des-collines-6](https://sitesvtt.ffc.fr/trace-vtt/verdon-des-collines-6)

## SITES TO VISIT

### The castle of Allemagne-en-Provence

#### ALLEMAGNE-EN-PROVENCE

From 1<sup>st</sup> April to 1<sup>st</sup> November: Saturday, Sunday and public holidays. From 1<sup>st</sup> July to 16 September: every day except Monday.

Visits at 4 pm and 5 pm | 04 92 77 46 78

### Visits of the village

#### ALLEMAGNE-EN-PROVENCE

Tuesday at 4 pm, all year round min. 5 people.  
| 04 92 77 46 92 | 06 81 65 54 56

#### RIEZ

With the leaflet published by the tourist information office. All year round.

04 92 77 99 09

HIKES TO DISCOVER  
[www.cheminsdesparcs.fr](http://www.cheminsdesparcs.fr)



# THE HILLS OF THE HAUT VAR

From forests to cultivated areas with their quiet villages, the hilly Haut Var stretches as far as the eye can see. Its economy, which was for a long time a farming economy, is now famous for truffles and olive oil.



## DID YOU KNOW?

The villages of the Haut Var are often grouped together on the heights, which no doubt made the inhabitants feel safe, but also helped to protect the farming lands on the plains and in the dales.

## ANOTHER ASPECT

The lands of the Haut Var are home to a treasure with a jealously guarded secret - the black truffle, also known as *Tuber melanosporum*, whose cultivation is associated with the downy oak. The Maison de la Truffe in Aups will unveil part of this mystery for you.

## ADVICE FROM THE ECOGUARDS

The forests of the Haut Var are characteristic of Mediterranean forests and are therefore very sensitive to fire risks, particularly in the summer season and in heavy wind. We advise you to be particularly careful.

## Regional products



**Saffron** - Harmony Guis - Safran et arômes du Verdon: direct sale - saffron farm in Vinon-sur-Verdon, on Manosque road, visits and talks by appointment.

06 86 71 65 04 | [safran-provence.eu](http://safran-provence.eu)



**Les bistrots de pays**  
[bistrotsdepays.com](http://bistrotsdepays.com)

#### MOISSAC-BELLEVUE:

Le Bellevue | 04 94 85 87 45

#### SILLANS-LA-CASCADE:

La Cascade | 04 94 04 77 00

## Know-how

### Discovering fine arts and crafts in the haut Var Verdon

A network made up of craftsmen and artists who invite you to meet them in their workshops and offer "specific rendez-vous" (discovery visits, mini workshops, courses...) on dates. PROGRAMME SUR [visitvar.fr](http://visitvar.fr)



## PARTNER ACCOMMODATION

### LA BASTIDE DE L'ESTRÉ [gîte]

#### AUPS

A stone's throw from the village of Aups, La bastide de l'Estré awaits you in an unspoiled sunny dale. In this farmer's house with its rich history, you can discover rural life among the olive trees, the donkeys and saffron. Françoise and Jean-Claude open the doors of their gîte all year round. | Jean-Claude MARIE 04 94 84 00 45 | [estre.net](http://estre.net)

### LA GARONNE [gîte]



#### GINASSERVIS

In an old 18th century building, a self-catering gîte and comfortable bed & breakfast rooms await your visit in natural surroundings. Sibylle and Joël will tell you about the region and the hikes to discover an unspoiled part of Provence in the middle of a forest of downy oaks which are typical of the Haut Var.

Sibylle de MAISONSEUL and Joël NICOLAS 04 94 80 14 00 | 07 89 03 55 71 [gitelagaronne.fr](http://gitelagaronne.fr)



### LA VINCENCE [gîte]

#### LAVERDIÈRE

The gîte is on the edge of certified organic farming land and a huge forest. A discovery trail helps you to see the interaction between man and nature. Swimming, water sports and hikes in the Verdon 20 min away.

Jean-Paul DAUPHIN and Franck POURRIERE 09 88 18 31 94 | [gite-panda-la-vincence.fr](http://gite-panda-la-vincence.fr)

### LA BASTIDE DES PIGNES [bed & breakfast]

#### RÉGUSSE

On the edge of the village of Régusse, la bastide des Pignes has 4 beautifully decorated rooms and refined resident meals. Ideally located a few kilometres from the Gorges du Verdon, the Basses Gorges and the lake of Ste-Croix, it's a perfect place to stay and discover the heritage of the Verdon Park. The house opens onto beautiful terraces and a heated pool in season. For breakfast, our orchard provides delicious, original jams and a large vegetable garden supplies vegetables for our resident meals in the summer.

Ghislaine Margotteau 04 94 70 50 52 | 06 83 28 66 98 [labastidedespignes.com](http://labastidedespignes.com)



## SITES TO VISIT

### Maison de la truffe du Verdon

#### AUPS

This multi-sensory area for discovering and tasting truffles welcomes you in the heart of the village of Aups, in a former 17th century hospice and offers people of all ages, amateurs or novices, to an entertaining and tasty discovery, in the subterranean atmosphere of the black diamond.

La Maison de la Truffe is a permanent exhibition, gourmet workshops and a service to understand the secrets of truffle-growing better while you discover the territory in a chosen tourist package (digging outings, visits of truffle fields).

04 94 84 00 69 | [maisondelatruffe-verdon.fr](http://maisondelatruffe-verdon.fr)

**OPEN:** SEPTEMBER TO JUNE 9AM TO 12PM AND 2-5PM. CLOSED ON SUNDAYS AND PUBLIC HOLIDAYS | MAY, JUNE AND SEPTEMBER 9AM-12 AND 2-5:30PM CLOSED ON SUNDAYS AND PUBLIC HOLIDAYS | 15 JULY - 14 AUGUST 9AM-12 AND 2.30-6.30 PM CLOSED ON SUNDAYS AND PUBLIC HOLIDAYS

#### PRICE:

**AUDIO GUIDE** (ENGLISH, GERMAN, FRENCH) €4 | **UNGUIDED VISIT:** ADULT € 2.50 | GROUPS (MIN 4 ADULTS) €2.00 | REDUCED PRICE: VISITORS FROM 13 TO 17, JOB SEEKERS...) €1.50 | CHILDREN (UP TO 12 INCLUSIVE) FREE OF CHARGE

**FREE VISIT WITH TASTING:** ADULTS €9.00 | GROUPS MIN 4 PERS. - ADULTS ONLY) €5.00 | REDUCED PRICE: VISITORS FROM 13 TO 17, JOB SEEKERS...) €4.50 | CHILDREN (UP TO 12 INCLUSIVE) FREE OF CHARGE



### Former Chapelle des Ursulines

#### AUPS

In this former chapel, you can see the

Musée d'Art contemporain Simon Segal which combines 3 painting schools from Bourges, Paris and Toulon, an exhibition on the Resistance in France and in the region of the Haut Var and temporary art exhibitions of sculptures and paintings. | 04 94 70 00 07

MUSEUM OPEN EVERY DAY EXCEPT TUESDAY, FROM 1<sup>ST</sup> JUNE TO 3<sup>RD</sup> SUNDAY IN SEPTEMBER FROM 11 AM TO 1 PM AND 4 TO 7 PM. OPEN BY APPOINTMENT FOR GROUPS THE REST OF THE YEAR.

### Windmills

#### RÉGUSSE

Guided visit of two wheat-grinding windmills which date back to the times of the knights templar and were restored in 1995. One of them houses a collection of farming tools, and the other whose mechanism has been entirely restored, is one of the last in the region capable of producing flour. The association les Amis des moulins de Régusse offers guided visits, on the history, restoration and operation. 04 94 70 19 01

FREE OF CHARGE INDIVIDUAL OR GROUP VISITS DURING OPENING TIMES, OR BY APPOINTMENT. | **TIMES:** MAY, JUNE AND SEPTEMBER: SUNDAYS AND PUBLIC HOLIDAYS FROM 10.30 AM TO 12.30 | JULY AND AUGUST: MONDAY TO SATURDAY FROM 6PM TO 8 PM SUNDAYS FROM 10.30AM TO 12.30



© A. Goubely

## Cascade de Sillans



### SILLANS

A 42-metre high waterfall is fed by the Bresque river which falls into a pool of turquoise water. Classified an Espace Naturel Sensible, the site is remarkable for its wildlife and lush vegetation. It can be admired from two viewpoints: "Le belvédère" and "Le panorama". Map available at the Tourist Information Point in Sillans-la-Cascade.

| 04 94 86 15 35

## Château de La Verdière

### LA VERDIÈRE

The imposing castle of La Verdière, classified on the French supplementary historic monument list, was built at the end of 10th century by one of the most powerful families of Provence: the Castellane family. | 06 22 78 65 80

chateaudelaverdiere@gmail.com

**PRICES:** €10 | FREE OF CHARGE FOR ALL CHILDREN UNDER 5

**TIMES:** CASTLE OPEN TO VISITS FROM 1ST JULY TO 31 AUGUST | GUIDED VISITS BY A SPEAKER EVERY DAY EXCEPT MONDAY. START AT 2 PM, 4 PM AND 6 PM

## Village visits

### SILLANS LA CASCADE

Circuit available from the Tourist information point. | 04 94 86 15 35

### MOISSAC BELLEVUE

All year round on request. | 04 94 60 15 97

### RÉGUSSE

With the guide book published by the municipal tourist information point, all year round. | 04 94 70 19 01



© Fabien Gervais

# BASSES GORGES

The Basses Gorges were dwelling places very early on. Prehistoric man settled there in a multitude of caves and secret gardens. The water which has since been tamed cuts a luminous narrow trench through the plateau, dotted with a chain of little lakes and their welcoming and peaceful bays.



## DID YOU KNOW?

The former Verdon canal, which the canal keeper's trail now follows into the Basses Gorges, supplied the town of Aix-en-Provence with water up to 1969. It was built during 19th century. This structure has now been replaced by the Canal de Provence.

## ANOTHER ASPECT

Of the first inhabitants of the Verdon, with a visit to the Baume Bonne cave and the Museum of Prehistory in Quinson.

## ADVICE FROM THE ECOGUARDS

The Basses Gorges site is perfect for canoeing or electric boating. Downstream of the hydroelectric dams, the waters of the Verdon are cold and the current can be quite strong in some places. Please be very careful and use a life jacket.



## Regional products

**Aromatic plants** - Isabelle Rufo in Montpezat: sale in the markets of Riez and Moustiers-Sainte-Marie and the Maison de Produits de Pays in Allemagne-en-Provence. | 04 92 77 52 48 | 06 38 58 26 79

**Saffron** - Guy Mombel in Esparron de Verdon, sale in the markets of Riez, Gréoux and Esparron-de-Verdon. Guy will take you to visit his saffron farm by appointment. (Accompanied visit accessible to persons with reduced mobility). | 06 81 15 22 38

**Wine - Cave coopérative de Quinson**  
After having converted to organic farming, the wine-growers of Quinson under the Pierrevert denomination wished to enhance their links with their land by labelling their production. Since 2015, the organic wines of the terroir de Quintius, the pinson des Gorges and Éclat d'été ranges (red, rosé and white) have been recognized by the Valeurs Parc naturel régional du Verdon brand.

04 92 74 40 44 | cave-pierrevert.com

SALE IN THE CELLAR SHOP AND AT THE MAISON DE PRODUITS DE PAYS D'ALLEMAGNE-EN-PROVENCE.



## PARTNER ACCOMMODATION



### LE MOULIN DU CHÂTEAU [hôtel \*\*\*]

SAINT-LAURENT-DU-VERDON

This charming hotel which used to be an oil mill welcomes you and guides you in your discovery of the Park, the Verdon and the nearby Basses Gorges. 10 rooms, Mediterranean cuisine fresh from the market based on organic and local products reserved for our guests. Classified Clef Verte and a member of the group Hôtels au Naturel.

| Édith and Nicolas STAEMPFLI  
04 92 74 02 47 | moulin-du-chateau.com

### LA PETITE BASTIDE [gîte]

QUINSON

A natural 17th century sheepfold | Fred, a heritage craftsman, has restored a sheepfold in ruins on a wine property and an organic olive grove using ecological materials: lime, hemp, waste material (wood, terracotta...) and carefully made a little cocoon where you feel at home. Sensitive to agroecology, he will share his garden on a raised bed of mulch, his aromatic plants and his old varieties of vegetables, and the chocolate-coloured eggs of his Marans hens with you... At La Petite Bastide, respect for biodiversity and the life of the soil are all important. The motto of the place: "What is real generates beauty." Fred and Christine invite you to an enchanting stay. | Christine and Frédéric ROSSO

frederic-christine@hotmail.fr  
06 71 89 98 92 | 06 15 39 11 48



### L'ESCARGOT [gîte]

QUINSON

Alain and Monique, former craftsmen and wooden toy makers, have transformed this family house, which started life as a tile factory before becoming a farm, to make a stop-over gîte. The house opens on to the garden and has covered terraces, courtyards and a shared kitchen. The family vegetable garden and the chicken run are fun for all ages. Tourism and handicap approved.

Monique and Alain MARCOTTE  
04 92 74 09 73 | giteescargot.com

### LE RELAIS NOTRE DAME [hôtel \*\*\*]

QUINSON

The Relais Notre Dame is Quinson's former post house. It is in the middle of the village, close to the Museum of Prehistory and a stone's throw from the site of the Basses Gorges du Verdon. The spacious rooms are filled with light and decorated with care. The floors and furniture are old Provençal. The large, very simply arranged garden is a calm haven with an unspoiled view of the mountains and the Basses Gorges. The restaurant offers Provençal family food made with the fresh products of the region and the Parc labelled wine from the Cave des Vignerons de Pierrevert.

Danielle BERNE | 04 92 74 40 01  
relaisnotredame04.com  
relaisnotredame@orange.fr



### Relaxing discovery cruise on the lake of Esparron

Commented cruise in an electrically-propelled boat with La Perle du Verdon.  
04 92 77 10 74 | laperleuverdon.fr

### HIKES TO DISCOVER

www.cheminsdesparcs.fr



## GUIDED OUTINGS



### Christophe Trémeau

Hi, I'm Christophe. Come and have a good time in my beloved Gorges! Our activities are for all the family (children from the age of 4) and for different members of the public: people with disabilities, whether you're scared, keen or shy, let's go! Follow me for a safe human adventure in a natural and magnificent setting!

06 79 21 03 77 | aquattitude.com

### CAVES AND DAMS: THE RIVER'S SECRETS

The only way to get to this very private part of the Verdon is on the water (canoe or kayak): an exceptional setting for paddling and discovering the natural history of the little canyon of the Verdon (wildlife, geology, prehistory...)



LOCATION: MONTPEZAT

LENGTH: 4H/4½H | PRICE: €35 (UNDER 10S: €20; 10/17 €30)

LENGTH: 2-3H | PRICE: €25 UNDER 10S: €15; 10/17S €20)

### GO BACK IN TIME ON THE WATER

Sailing back through time! This is what Christophe has to offer in the Basses Gorges du Verdon to discover the history of this site and the river while you learn navigation techniques in a canoe or a kayak



LOCATION: QUINSON

LENGTH: 4-4 ½H

PRICE: €35 (UNDER 10S €20; 10/17 €3)

LENGTH: 2½-3H | PRICE: €25 (UNDER 10S: €15; 10/17: €20)

### ON THE TRAILS OF THE BASSES GORGES

From the lake of Saint-Laurent-du-Verdon, set off on a mountain bike discovery ride between the fields and the Verdon river to see the farming landscapes of the Basses Gorges du Verdon. Time of year: spring, autumn and winter preferably for groups (but not only)



LOCATION: SAINT-LAURENT-DU-VERDON

LENGTH: 2H | PRICE: €25

CHILDREN FROM 12 (MOUNTAIN BIKE RENTAL AND HELMET INCLUDED)

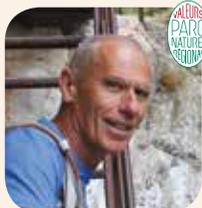


## GUIDED OUTINGS



## Gaëtan Hemery

If the Verdon means beauty, tranquillity and respect to you then we're really going to have a good time sailing, chatting, stopping off and discovering the setting that the Verdon offers. Parents, children, couples, persons with reduced mobility, I've tried everything. Sailing in the daytime and at night. | 06 77 08 68 42 | [canoe-verdon.com](http://canoe-verdon.com)



## Gérard Marignane

A keen enthusiast of the Verdon and its wide-open spaces, I have been a mountain leader for over 20 years. Come and let me share what I have discovered of the region I live in with you, in small multilevel family or athletic groups. It will be a pleasure to adapt my hikes to people with disabilities. | 06 03 56 54 59 | [errances@orange.fr](mailto:errances@orange.fr)

## WATER STORIES

Starting from the village of Quinson, let Gérard take you to discover the Basses Gorges du Verdon, a magnificent, sensitive and fragile site. With its developments and the importance of protecting its water, its protected wildlife, the former Verdon canal and its tunnels, along with the mysterious Chapelle Sainte-Maxime... an exciting cocktail to share without moderation!



**LOCATION:** QUINSON (SENTIER DU GARDE CANAL)

**TIME:** DAY: 4 ½ HRS WALKING (1/2 DAY ON REQUEST)



**DAYS:** WEDNESDAY ON RESERVATION (MINIMUM 48 H BEFORE) OTHER DAYS FOR GROUP ON REQUEST

**RDV:** 9.30 AM PARKING DU MUSÉE DE PRÉHISTOIRE DE QUINSON (ALL SEASONS) | **PRICES:** €20 AND €7 CHILDREN UNDER 12, BRING YOUR PICNIC, FREE COCKTAIL

## CANOEING IN THE MOONLIGHT

A magical trip on the water to the rhythm of light: As your canoe drifts along on the water, the sun goes down over the cliffs and Gaëtan invites you to plunge into nature as it gets ready for night. At the half-way point, he will offer you a Provençal cocktail. Make the most of this excellent moment!



**LOCATION:** IN THE BASSES GORGES

**LENGTH:** 5H | **PRICE:** €35 UNDER 12S: €30

## SITES TO VISIT

## Museum of Prehistory of the Gorges du Verdon in Quinson

## QUINSON

The museographic circuit of one of the biggest museums of Prehistory in Europe, tells the story of a million years of Mankind's history in Haute-Provence. It is livened up by the permanent exhibition of original archaeological objects, explanatory panels, interactive consoles, videos and dioramas: spectacular 3D reconstructions. Final touch to the visit: an exceptional life-size prehistoric herd of animals. The Museum of Prehistory of the Gorges du Verdon is also a reconstructed prehistoric village, activities, the Baume Bonne cave, a major archaeological site, which you can reach on a footpath, the days of Prehistory on 21st and 22nd July.

**RICE:** €8 | CHILDREN 6-17: €6 | PASS OFFER €6

**OPEN:** FEB-MARCH - OCT - NOV - DEC: 10AM-6PM, CLOSED TUESDAY | APRIL-JUNE - SEPT: 10AM-7PM, CLOSED TUESDAY | JULY-AUGUST 10AM-8PM, EVERY DAY. | OPEN ON TUESDAY DURING FRENCH ZONE B HOLIDAYS

04 92 74 09 59 | [www.museeprehistoire.com](http://www.museeprehistoire.com)

[MuseePrehistoireGorgesduVerdon](https://www.facebook.com/MuseePrehistoireGorgesduVerdon)  
[contact@museeprehistoire.com](mailto:contact@museeprehistoire.com)



© Stefano Blanc

## Temporary exhibition 2018

**Mastodons, a family story.** The mastodon: a prehistoric animal everyone has heard of without actually knowing that it is a remote cousin of the mammoth. Since the first Proboscidea (animals with trunks) which appeared in Africa over 50 million years ago to the current-day elephant and the emblematic woolly mammoth, the exhibition traces the history of this little-known family which is so familiar to us.

## Visits of the village

## QUINSON

During school holidays and by appointment all year round for groups. | 04 92 74 01 12

# LAKE OF SAINTE-CROIX

The Verdon has its big lake: a turquoise sea of 2,200 hectares: a huge mirror of the sky on one side and a drowned farming valley on the other. The artificial lake of Sainte-Croix was impounded in 1974 to supply water to a large part of the inhabitants of Provence.

## DID YOU KNOW?

The lake of Sainte-Croix is one of the great Alpine lakes, its surface area brings it under the *loi Littoral* and justifies the intervention of the *Conservatoire du littoral*.

## ANOTHER ASPECT

From the Plein Voir site on the heights of Moustiers-Sainte-Marie you can see where the lake of Sainte-Croix meets the Gorges.

## ADVICE FROM THE ECOGUARDS

The beaches of the lake of Sainte-Croix are filled with people in summer, perhaps more so than elsewhere in the Verdon. It is important to be careful and respect the area. Do not light fires, leave waste, go wilderness camping or relieve yourselves in the natural surroundings. In October 2017, a violent fire broke out on the banks of the lake.



© Jean Darot

## "One site - one story"

### LES SALLES SUR VERDON

Plunge into the history of a valley, and above all a village whose customs and economy where upset by work on the Sainte-Croix dam and the lake.

04 94 70 21 84 | verdon83@club-internet.fr

ITINERARY AVAILABLE AT THE TOURIST OFFICE OF LES SALLES SUR VERDON

## Visits of the village

### MOUSTIERS-SAINTE-MARIE

May, June, September and October: Thursday at 3 pm Easter and Autumn holidays: Tuesday at 10 and Thursday at 3 pm.

July and August: Tuesday at 10 am and Thursday at 5pm. Guided visit possible in English and Italian, on Wednesday from April to the end of October. For groups, all year round (except July-August) on reservation.

**More information:**

04 92 74 67 84 | www.moustiers.fr

## GUIDED OUTINGS



### Geneviève Vallart

I have been a Regional Guide for around ten years, and this is an invitation to discover the hidden treasures and the life of the region of the Bas Verdon on short family walks, on trails or through villages. For groups travelling by coach this discovery can also be done with on-the-road commentary and guided visits.

06 74 49 48 09 | genevieve-guide-provence-verdon.fr

### ON THE TALES TRAIL

On the botany trail of the Domaine de Valx in Moustiers-Sainte-Marie. A path, beautiful trees, a little stream... And more than anything the desire to wander between a real and an imaginary world. In July-August, on Wednesdays if there are a minimum of people, and on request all year round for groups of 6 or more.



**PRICE:** €6 (ADULTS) | €4 (UNDER 16)

**LOCATION:** MOUSTIERS | **TIME:** 2H

**RDV:** DOMAINE DE VALX



### Roc'n'vol

Paragliding school and multi-activities open all year round; we have a cocktail of activities for you to enable you to

discover the territory of the Verdon Natural Park from the sky, the cliffs or on the paths.

06 89 30 75 74 | 04 92 72 54 08

rocnavol.com

## FLIGHT TO DISCOVER THE ROMAN ROAD

After a short walk (access on foot to take off area), and the magic of thermal flight, feel as free as a bird and discover the landscape contours of Moustiers: its cliffs, plateaus, canyons and valleys where the traces of past civilisations are nestled (Ligurian, Roman, medieval)...



**LOCATION:** MOUSTIERS-SAINTE-MARIE

**LENGTH:** 4H - (½ DAY), FLIGHT TIME AROUND 20 TO 30 MIN | **PRICE:** €80



## Association Voile et Nautisme

Christine, our skipper dropped anchor in Sainte-Croix-du-Verdon. She will take you on two outings on

board her schooner to search for blue gold. She will teach you the secrets of the wind and the birds and tell you the story of the valley before the lake.

The École française de voile de Sainte-Croix-du-Verdon is her home port. She offers water activities all year round: courses, maiden sails, sailing or rowing, schooner, stand-up paddle...

04 92 77 76 51 | voilverdon.fr

## SUNSET

The lake just for you, lit by the exceptional light on the cliffs of the Gorges du Verdon. When the breeze becomes lighter and is loaded with the scents of Provence, you will sail from one bank to the other.

## FROM ONE VILLAGE TO THE NEXT

Sailing along at a natural rhythm, we will imagine exchanges in the valley of yesteryear and the great structure of this dam.



NO TECHNICAL LEVEL OR PHYSICAL CAPACITY REQUIRED.

**LOCATION:** SAINTE-CROIX DU VERDON



**LENGTH:** 2H | **PRICES:** € 20 | €15 (CHILDREN UNDER 12)



## PARTNER ACCOMMODATION

### CAMPING LES RESTANQUES [campsite]

#### BAUDUEN

We invite you to a protected area of 20 hectares of downy oaks and olive trees in the middle of the Park. A family property which includes a natural campsite, a generous pizzeria and an olive oil production. In a friendly atmosphere with our helpful and available team ... An authentic place for a family stay and a relaxing holiday with leisure activities and discovery. | Alix and Marc PRIETO BAGARRY | 04 94 70 08 58 [camping-gorge-verdon.com](http://camping-gorge-verdon.com)



### LE PETIT SÉGRIÈS

[gîte 14 pers. and bed & breakfast]

#### MOUSTIERS-SAINTE-MARIE

For lovers of wide open spaces, at the foot of the Serre du Montdenier, Le Petit Ségriès is located in 18 hectares of moors and woods with a magnificent view of the Montagne Sainte-Victoire and the Grand Margès. You can go hiking or mountain biking from the house. | Sylvie VOYER | 04 92 74 68 83 | [chambre-hote-verdon.com](http://chambre-hote-verdon.com)

### LA FABRIQUE

#### MOUSTIERS-SAINTE-MARIE

An industrial building on the banks of the Adou, which has been successively dedicated to activities using the driving force of water (paper mills, varnish mills, hydroelectric plant and lastly a porcelain workshop, the Fabrique now has 5 bed & breakfast rooms, soberly designed according to their industrial past. A comfortable stop a stone's throw from the village, but facing the valley, it has an organic vegetable garden and an orchard both of which are organic to supply the resident meals (minimum 4 people), and areas left wild for the birds to feel at home in. The next task will be to restore a turbine to make the Fabrique independent from the point of view of energy. Florence and Christian ALLÈGRE | 06 95 36 08 31 | [lafabrique04360.com](http://lafabrique04360.com)

### LA MAISON DES LACS [group gîte]

#### LES SALLES-SUR-VERDON

La Maison des Lacs is a centre for accommodation and environmental education. A few hundred metres from the banks of the Lake of Sainte-Croix, enjoy the bewitching landscape of one of the biggest artificial lakes in France and its activities (pedalo, paddle, sailing...) along with all the hiking trails to discover this immense territory in the best possible way.

04 94 84 22 83 | [maison-des-lacs.com](http://maison-des-lacs.com)



### LE MONASTÈRE DE SÉGRIÈS

[group gîte]

#### MOUSTIERS-SAINTE-MARIE

This former monastery, 6 km from the village, blends friendliness and peace and quiet. The 16 rooms and 5 suites, the chapel with its piano and the cloister offer accommodation for groups: seminars, art courses, weddings, themed stays. You will enjoy the cuisine which changes with the seasons with produce from the vegetable garden.

Anne-Marie and Dhruv BHANDARI-DESMET | 04 92 74 64 12 | [monastere-de-segries.com](http://monastere-de-segries.com)



## SITES TO VISIT

### Musée de la faïence

#### MOUSTIERS-SAINTE-MARIE

Presentation of faïence materials and techniques from 16th century ceramics to the production of 17th and 21st century Moustiers faïence, i.e. current crafts productions. The permanent collection is completed by a temporary exhibition of contemporary creation.

04 92 74 61 64 | [musee@moustiers.eu](mailto:musee@moustiers.eu)

**OUVERTURE: OPEN:** MARCH TO JUNE AND OCTOBER: 10AM - 12.30 AND 2-6PM | NOVEMBER AND DECEMBER: WEEKEND AND FRENCH ZONE B SCHOOL HOLIDAYS, 10AM - 12.30 AND 2-5PM JULY AND AUGUST: 10AM - 12.30 AND 2-7PM | CLOSED ON TUESDAYS | CLOSED EVERY YEAR FROM 1ST JANUARY TO 28TH FEBRUARY | **PRICES:** FULL PRICE: €3

**REDUCED PRICE:** €2 | FREE FOR CHILDREN UNDER 16. | **N.B:** ACCESSIBLE TO PERSONS WITH REDUCED MOBILITY, SHOP-BOOKSHOP, AND GUIDED VISIT ON RESERVATION

### La Maison des Lacs

#### LES SALLES-SUR-VERDON

Offers an animated slide-show on how the Sainte-Croix dam was built and its impoundment, a discovery of the historical and naturalist itinerary of Les Salles-sur-Verdon | Groups only, paying | 04 94 84 22 83 | [maison-des-lacs.com](http://maison-des-lacs.com)

### The association "Culture, Loisirs et Patrimoine"

#### SAINTE-CROIX-DU-VERDON

"Mémoire de la vallée" exhibition: with a number of documents on the valley drowned by the lake of Sainte-Croix, and possibility of projection of films of the time. | 04 92 77 81 51

### At the intercommunal tourist office of the lakes and Gorges du Verdon – Tourist information bureau of Les Salles-sur-Verdon

#### LES SALLES-SUR-VERDON

A video, a model of the former village and a photo exhibition tell the story of the village. | From 15th January to 15th November on the days the tourist information bureau of Les Salles du Verdon is open and the rest of the year by reservation. | 04 94 70 21 84



# THE GORGES DU VERDON

Not so long ago, the only people to venture into the Gorges were the intrepid box-cutters from the villages around who hung from the cliff on ropes and defied the vertigo of the Grand Canyon. Today climbers and hikers crisscross the trails of this mineral monument listed in the French heritage.



## DID YOU KNOW?

Since 2009, the Park and 7 municipalities attached to the Gorges bear the Opération Grand Site approach which aims at obtaining the Grand Site de France label for the Gorges du Verdon. This label is a recognition which bears witness to a quality of reception and a good management of the frequented sites.

## ANOTHER ASPECT

In the Gorges, the vegetation stages are reversed which can be seen by the presence of beautiful specimens of deciduous trees, including majestic beech trees, at the bottom of the Gorges.

## ADVICE FROM THE ECOGUARDS

The course of the Verdon is regulated by dams; the flow of the river varies according to releases. This sometimes unpredictable variation means that you have to be very careful and bathing is strictly forbidden. In the Gorges, there is sometimes a lot of traffic and progress may be difficult. Please be careful and do not stop outside the parking areas.



## Regional products

### Flower, garrigues and mountain honey

- Marie-Hélène Ribière, direct sale on the farm in La Palud-sur-Verdon. | 06 83 52 27 78
- Manu and Felizia Pozzoni. Sale on the markets of Riez, La Palud-sur-Verdon or in summer at the sales point *Le panier du Verdon*. | 06 81 37 64 15

### Le Panier du Verdon in La Palud-sur-Verdon

Collective producers' sales point, in the village's main street. Local products: honey, essential oils, goats' cheese, vegetables, biscuits, meat, wine... . OPEN FROM APRIL TO OCTOBER

### Les bonnes tables du Pays gourmand

[paysgourmand.com](http://paysgourmand.com)

**ROUGON:**  
L'Auberge du Point Sublime  
| 04 92 83 60 35

**LA PALUD-SUR-VERDON:** L'hôtel des Gorges du Verdon | 04 92 77 38 26

**LA PALUD-SUR-VERDON:**  
Lou Cafetié | 04 92 74 41 65



## GUIDED OUTINGS



### Andréa Bacher

I have been a mountain leader for over 20 years in the Verdon, and I am keen on geology, local history and nature. Originally from Austria, I speak both German and English fluently. I also offer outings for people with disabilities (motor, visual, hearing, mental).

06 88 63 26 38 | [abacher1212@yahoo.fr](mailto:abacher1212@yahoo.fr)

### SEE THE BIRTH OF THE ROCK

The creation of the Gorges, the creation of the earth, how tuff and waterfalls were formed: a walk to help you discover and understand the geological phenomena of our planet... in the magical surroundings of the reserve of Saint-Maurin. See the marriage of water and rocks unfold.



**LOCATION:** LA PALUD-SUR-VERDON (YOU CAN VISIT THE ÉCOMUSÉE DES GORGES DU VERDON, 2€/PERSON) | **MEETUP** AT 10AM ON THE SPOT (OR AT 9AM AT THE MUSEUM IN LA PALUD IF YOU WANT TO VISIT IT) | **LENGTH:** 4H



**WALKING TIME:** 2H | **PRICE:** €17; CHILDREN: €12

### FULL MOON OUTING

This walk under the moonlight will project you into a mysterious atmosphere which is perfect for discovering the abandoned village of Châteauneuf-les-Moustiers. In a magical landscape, Andréa will tell you about the past of the village's inhabitants.



**LOCATION:** CHATEAUNEUF-LES-MOUSTIERS  
**MEETUP** AT 9PM IN PALUD-SUR-VERDON



**LENGTH:** 3H | **WALKING TIME:** 1½H  
**PRICE:** €15; CHILDREN: €10



### Julien Saelens

Julien, a mountain leader, has been walking the trails of the Verdon for many years. Keen on the nature around us and also the history of the men who lived on the territory, he shares his knowledge during hikes or "nature" interpretations with all members of the public in the framework of his activity in the association « La Maison des Lacs » in Les Salles-sur-Verdon.

04 94 84 22 83 | [maison-des-lacs.com](http://maison-des-lacs.com)

### A 360° VIEW OF THE VERDON

Starting from the Col d'Illuire at Aiguines, the climb towards the Grand Margès (1577 m) goes progressively up the GR® 99 with many views of the lake of Sainte-Croix, the Gorges du Verdon and the great plain of Canjuers. In the pine forest or on high grasslands, many traces of human activity are still to be seen (box harvesting, ice-houses...) and help you to imagine what the local landscape used to look like.



**LOCATION:** AIGUINES | **LENGTH:** 6H  
7.6 KM FOR 600 M HEIGHT DIFFERENCE  
**PRICE:** €20/PERS. | MAXIMUM 20 PEOPLE



## GUIDED OUTINGS



VERDON  
NATUREL  
RESERVE

### William Michel

Hello, my name is William, but I'm known as 'Willy' and I'm a keen white water sport enthusiast, particularly in the Verdon that I met over 25 years ago. I invite you to discover the Gorges in an unusual activity, "floating". With specific equipment (Float bag, wet suit and wet shoes, helmet), you will swim down the Verdon and see the most extraordinary landscapes. When we have finished preparing and giving instructions on how to go along the riverbed, we will glide on the water from rapids to counter-flow and we will discover the geology and the history of the area with the traces left by the first inhabitants of the Verdon (dolmen, ancient bridge). River-swimming will also enable you to feel and understand the fragile nature of this environment which needs special attention.

William: 06 86 08 03 16 | [lesverdoniens.com](http://lesverdoniens.com)

### RIVER-SWIMMING FROM THE CARAJUAN BRIDGE TO THE COULOIR SAMSON

Follow an itinerary which blends all the ingredients of a cocktail of adrenaline and discovery.



**LOCATION:** ROUGON - STARTS FROM PONT DE CARAJUAN  
**LENGTH:** 3H  
**PRICE:** € 50



## Expertise

### The Escoulen wood-turning school

#### AIGUINES

Once famous for wood-turned studded bowls, the village now hosts its wood-turning school. It offers courses all year round for beginners and the more advanced, conferences and demonstrations. Its vocation is to share techniques and expertise in these very well-equipped premises (workshops, materials, accommodation, docu-

ment library, etc.). The establishment receives trainees all year round and can accommodate them on the spot. Every year a complete wood-turning training programme is set up for beginners or advanced participants, whether as a leisure activity or with a professional target.

04 94 76 55 24 | [escoulen.com](http://escoulen.com)



### "AIGUINES, ENTRE NATURE ET PATRIMOINE" DISCOVERY ITINERARY

Let us guide you through the little streets of the village and discover its history and its natural and cultural heritage. | 04 94 70 21 64  
INFORMATION LEAFLET AVAILABLE AT  
TOURIST OFFICE IN AIGUINES

### OUTINGS TO DISCOVER VULTURES IN ROUGON

Guided by an ornithologist, these outings will enable you to discover the life and habits of these giants of the sky. (July-August). Info and registration Le Piaf: 06 26 47 50 00

### GUIDED CIRCUIT OF THE GORGES

To discover the Gorges in a different way, without the stress of driving and with explanations, commented minibus outing with Provisito.

Anne SIAUDEAU  
06 82 93 88 72 | [provisito.fr](http://provisito.fr)

### THE ROUTE DES CRÊTES WITH AN ELECTRIC BIKE

A 23-km loop from La Palud-sur-Verdon, dotted with a number of viewpoints where you look down on the Verdon from heights of up to 700 m, to see the vultures, watch the climbers hanging on the cliff and admire the surrounding mountains.

Verdon-e-Bike | 06 88 10 91 73  
[verdonebike.pagesperso-orange.fr](http://verdonebike.pagesperso-orange.fr)

HIKES TO DISCOVER  
[www.cheminsdesparcs.fr](http://www.cheminsdesparcs.fr)



## NATURE PHOTOGRAPHY COURSES

Stéphanie and David Allemand offer half-day, whole-day or 2-day photography courses on the theme of griffon vultures and remarkable landscapes. They will accompany you and help you to discover the different faces of the Verdon, its aquatic, mineral and plant worlds and the wildlife which live there. | The courses are offered on particular dates or by request for groups of minimum 6 people. | Stéphanie and David Allemand are professional photographers who publish regularly in the European press and are often on the front page of magazines such as *Terre Sauvage*. | 06 22 85 52 17  
[shop.david-allemand.com](http://shop.david-allemand.com)

**PRICES:** €99 FOR 1/2 DAY OR €250 PER PERSON FOR 2 DAYS (THIS PRICE COVERS THE PHOTOGRAPHY TRAINING BUT NOT TRANSPORTATION FEES, MEALS AND ACCOMMODATION).

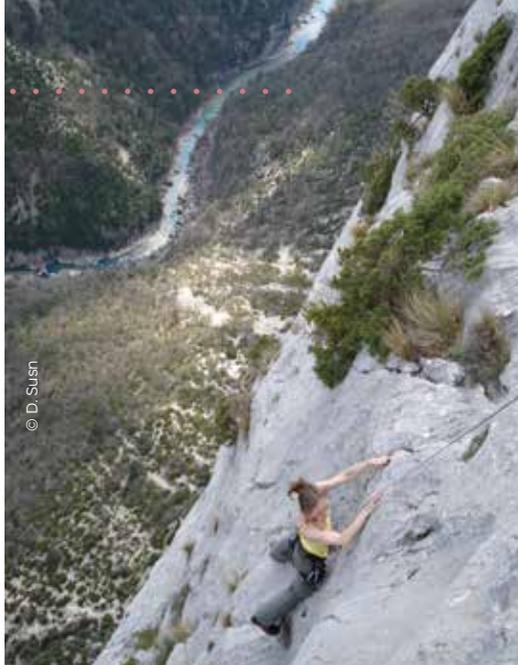
### Maison des Gorges du Verdon

#### LA PALUD-SUR-VERDON

On the 1<sup>st</sup> floor of an 18th century castle, in a surprising eco-museum, you can follow the emerald river and discover the different aspects of the Verdon and its grand canyon; from the summits to the depths of the Gorges, you will learn all about wildlife, geology, hydrology, the history of Mankind, arts and professions, explorations, the early days of tourism... An educational trip for all the family where you will see the different presentation panels, picture wall, a historical film, showcases and original stagings; Very useful as a starting point to understand this territory which is the only one of its kind in the world better... Information, events, guided nature outings, temporary exhibitions, conferences, specialized bookshop. [04 92 77 38 02](tel:0492773802) | [lapaludsurverdon.com](http://lapaludsurverdon.com)

**PRICE:** €4 | **PASS OFFER AND REDUCTIONS:** €2

**OPEN** APRIL AND OCTOBER: EVERY DAY EXCEPT SUNDAY AND MONDAY FROM 9AM TO 12 AND FROM 2 TO 6PM. MAY, JUNE, AND SEPTEMBER: EVERY DAY EXCEPT SUNDAY AND PUBLIC HOLIDAYS FROM 9AM TO 12 AND FROM 2 TO 6PM JULY AND AUGUST: EVERY DAY FROM 9 AM TO 1 PM AND FROM 2 TO 6.30 PM.



© D. Sush

### Visits of the village

#### AIGUINES

All year round on reservation for minimum 5 people. | [04 94 70 21 64](tel:0494702164) [ot@aigunes.com](mailto:ot@aigunes.com)



### Partner accommodation

#### HÔTEL & SPA DES GORGES DU VERDON [Hôtel \*\*\*\*]

##### LA PALUD-SUR-VERDON

Perched on its hill overlooking the whole valley, the 4\* hotel with its 30 rooms will be an ideal starting point for all your hikes in the depths of the Gorges du Verdon. Cuisine by a Maître-restaureur. Château & hôtel Collection. European ecolabel. Swimming pool, hammam, jacuzzi, sauna, fitness room, Technogym, balneotherapy. | Spa Cinq Mondes with 2 massage rooms. Famille Bogliorio | [04 92 77 38 26](tel:0492773826) [hotel-des-gorges-du-verdon.fr](http://hotel-des-gorges-du-verdon.fr)



© FCarbone

### Musée des tourneurs-sur-bois

#### AIGUINES

The Musée des Tourneurs sur Bois (Wood-Turning Museum) invites you to discover its history through its collections labelled "Musée de France" which represent a rare heritage. In the middle of the village, it is open all year round and has 250m<sup>2</sup> of permanent and temporary exhibitions. The building was built with ecology in mind and is perfectly integrated into the landscape. Inside, modern scenography helps you to discover the history of the village, the evolution of wood-turning, how studded bowls (the ancestors of our current "pétanque" bowls and which were the village's speciality for almost a century) were made and contemporary interactive and educational creation for all ages. With its rich history, its wood-turning museum and its contemporary art school, Aiguines has some unavoidable sites which enhance the value of the roots of this beautiful region and bear witness to its opening onto the future. [04 94 70 99 17](tel:0494709917)

[museedestourneurssurbois.com](http://museedestourneurssurbois.com)

**OPEN:** JULY & AUGUST: OPEN EVERY DAY FROM 10.30AM TO 6.30PM

CHILDRENS WORKSHOPS EVERY WEDNESDAY

AFTERNOON: 2-6PM

MAY, JUNE & SEPTEMBER, OCTOBER:

OPEN EVERY DAY FROM 10 AM TO 6 PM EXCEPT FRIDAY: CLOSED AT 4 PM.

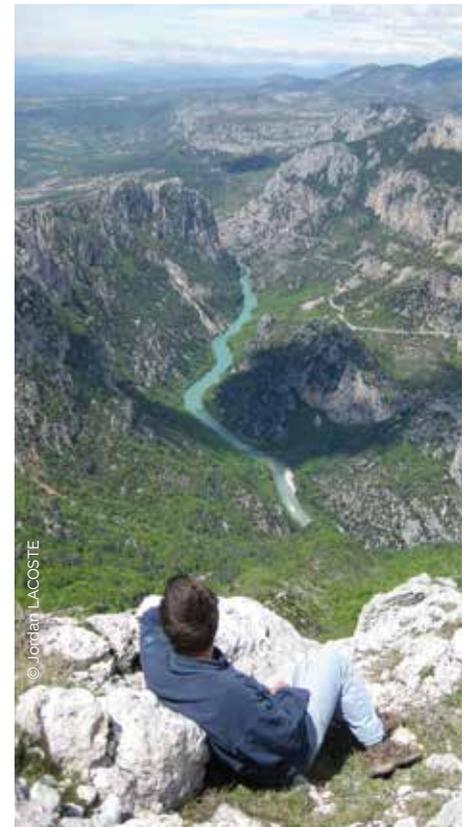
CLOSED ALL DAY SATURDAY.

NOVEMBER TO APRIL: OPEN TO THE PUBLIC ON REQUEST (BOOK ON: [04 94 70 21 93](tel:0494702193)).

LAST ENTRANCE: 1 HOUR BEFORE CLOSING TIME.

**PRICE:** €3.50

**GROUPS** (MINIMUM 12): €2.50



© Jordani LACOSTE

**CHILDREN UP TO 10:** FREE OF CHARGE

"LUDO-BOIS" CHILDRENS WORKSHOP FROM 6 TO 10 YRS:

€3.50 GROUPS: GUIDED VISITS ON RESERVATION: €3/

PERS IDEAS OF DAY CIRCUITS (EXCEPT JULY/AUGUST)

DOSSIER ON REQUEST BY EMAIL.

SCHOOLS: EDUCATIONAL VISITS ON RESERVATION:

€1.50/PERS.

IDEAS OF ACTIVITIES AND WORKSHOPS TO ADD TO THE VISIT.

DOSSIER ON REQUEST BY EMAIL.

# LAKES AND MOUNTAINS

The Verdon marks the transition between Provence and the Alps, and certain peaks reach altitudes of around 2000 metres. The valleys, surrounded by vast pastoral mountains, are dotted with little villages. This is the realm of the stars and one of the last places far from light pollution where the stars can still be seen.

## DID YOU KNOW?

Mont Chiran is a special site for observing the night sky with a small observatory and a hut at the top.

## ANOTHER ASPECT

The mountains of the Verdon host Alpine pastures where the transhumance of the sheep is done on foot.

## ADVICE FROM THE ECOGUARDS

The mountains of the Verdon are a major location for pastoralism. During the last few years, the wolf has made its comeback, forcing breeders and shepherds to strengthen the surveillance of flocks. Guard dogs such as the Patou or the Anatolian shepherd are in charge of preventing wolf attacks. These dogs are not aggressive towards hikers if you stay at a reasonable distance from the herd.



© S. Blanc

## Regional produce



Les bonnes tables du Pays gourmand  
paysgourmand.com

- CASTELLANE: ô Délices | 04 92 83 58 38
- SAINT JULIEN DU VERDON: Le Pidanoux  
| 04 92 89 05 87
- SOLEILHAS: Lou Jas | 04 93 60 43 54



## The Pays Gourmand label

From resident meals to the gourmet restaurant, the chefs

of the Pays gourmand get their supplies from local producers and craftsmen or from their own gardens and will introduce you to the flavours of a cuisine which is both Alpine and Provençal.

## GUIDED OUTINGS



### Laurent Pichard

I was a geographer and nature guide for 10 years. I became a mountain leader in 2013, to be able to introduce the exceptional territory of the Verdon Park to visitors. I put all my passion into sharing my knowledge of geology, botany, cultures and the valley life with great pleasure.

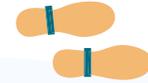
06 82 23 21 71 | verdon-nature.com

### LE TOUR DU SERRE IN CASTELLANE

This 3 km hike invites you to discover the landscapes of the pays de Castellane, shaped by natural phenomena and the action of mankind. Starting from the centre of Castellane, visitors walk along the old ramparts and discover the tower gardens. Landscape interpretation during the walk will enable you to discover the geology, history of the town, its architecture and its implantation, reforestation, farming land, botany and its uses. | 06 82 23 21 71  
verdon-nature.com



LOCATION: CASTELLANE | LENGTH: 3H00  
WALKING TIME: 1H30  
PRICE: € 15



### Partner accommodation



L'OUSTAOU [gîte d'étape - ch. d'hôtes]

CASTELLANE

Stopover gite and bed & breakfast, L'Oustaou is on the trails and itineraries of hikes, cycle rides and horseback rides: GR 4, Chemins du Soleil and Transverdon (Mountain biking area), Route Napoléon imperial way. Near open air activities and white water, Catherine and Christian welcome you in a warm, friendly atmosphere.

Catherine et Christian

04 92 83 77 27 | oustaoucastellane04.fr



© C. Peygret

## SITES TO VISIT

### The Sirenians trail at the col des Lecques

📍 CASTELLANE

Refurbished in 2017, with a promenade-museum in the open-air and free, you will see the bones of manatees some 35 million years old manatee bones preserved on the spot.

| Guided outings on reservation.

Maison Nature & Patrimoines

04 92 83 19 23

### The sundial route and the passage of time

An itinerary to discover a territory through its sundials. The "witnesses of the passage of time" conjure up the wealth of the municipalities and show a reflexion led by the inhabitants on their heritage and their identity.

INFORMATION LEAFLET AVAILABLE FROM TOURIST OFFICES

### Maison Nature & Patrimoines

📍 CASTELLANE

Maison Nature & Patrimoines

Open from 14th April – 4th November, from 10 am to 1 pm and from 3 to 6.30pm.

Easter and Autumn holidays and from 16 June to 16 September: every day.

May, June, September, October: Wednesdays, weekends and public holidays.

04 92 83 19 23

| [maison-nature-patrimoines.com](http://maison-nature-patrimoines.com)

DETAILS ON FOLLOWING PAGE.

### Discover the other Secrets de Fabriques sites:

📍 BARRÊME

Musée de la distillerie de lavande

📍 LA MURE-ARGENS

Musée de la Minoterie

[secrets-de-fabriques.fr](http://secrets-de-fabriques.fr)



### Discover the starry sky of the Verdon

At 1,905 metres, observation of the night sky with a competent astronomer from the observatory of Mont Chiran. Hikers will also get a warm welcome at the hut.

04 92 74 70 85 | 04 92 34 23 93

06 89 45 03 19 | [astro-blieux.fr](http://astro-blieux.fr)

### Discover the Chalvet site

📍 SAINT-ANDRÉ-LES-ALPES

At over 1,600 m, in Saint-André-les-Alpes Viewpoint finders, botany trail and discovery of free flight sights. In July and August, every Wednesday at 9 am On reservation. | Shuttle leaves from in front of the tourist office. | All year round for groups on reservation.

04 92 89 02 39



© D. Chavy

### Secret de Fabriques: a label to enhance the industrial and crafts heritage

📍 SAINT-ANDRÉ-LES-ALPES

With the Musée de la Minoterie in La Mure-Argens, and the Musée de la Distillerie de plantes à parfum in Barrême and two mobile apps on the draperies of the Haut-Verdon and the windmills of Entrevaux, discover the eye-witness accounts of this little known industrial and artisan past. All year round, a programme of events offers visits, workshops, exhibitions and conferences in the museums and outside.

Discover the "Secrets de Fabriques" sites: [www.secrets-de-fabriques.fr](http://www.secrets-de-fabriques.fr) | 06 79 01 78 25

**DISTILLERY OPEN:** 1/04 TO 30/06: WEEKENDS, PUBLIC HOLIDAYS AND LONG WEEKENDS | 1/07 TO 16/09: EVERY DAY | 17/09 TO 30/09: WEEKEND

**OPENING TIMES:** 10AM TO 1 PM AND 2.30 TO 6PM

**PRICES:** FULL €5, REDUCED: €3, FREE FOR CHILDREN UNDER 7

**MILL OPEN:** 31/03 TO 30/06: WEEKENDS, PUBLIC HOLIDAYS AND LONG WEEKENDS - 1/07 TO 16/09: EVERY DAY - 17/09 TO 30/09: WEEKENDS

**PRICES:** FULL €5 REDUCED: €4, FREE FOR CHILDREN UNDER 7 | CARTE "MUSÉE À VOLONTÉ 2018": €12



### Les draperies du Verdon is... an application for tablet and Smartphone

At home or as you go around the six villages of the Haute Vallée du Verdon, dive into the local history of the second half of 19th century: breeding, manufacture of woollen cloth, and budding tourism. Postcards, videos, events and games for all ages will weave this tale for you.

### Visits of villages

📍 CASTELLANE

On Thursdays at 5 pm in July and August.

04 92 83 61 14

📍 SAINT-ANDRÉ-LES-ALPES

In July and August, on Tuesdays at 9.30 am, on reservation. All year round for groups on reservation. | 04 92 89 02 39



### Espace VTT du Verdon et des hautes vallées de l'Asse

📍 CASTELLANE

Around Castellane, Saint-André-les-Alpes, Barrême, Tartonne and La Palud-sur-Verdon 20 loops for over 300 kilometres of itineraries. | [www.ccapv.fr](http://www.ccapv.fr)

## MAISON NATURE & PATRIMOINE RELAIS DU PARC

### The museums in Castellane

#### CASTELLANE

Go back 40 million years in time with **the museum of Sirenians and Fossils**, to a time when the region of Castellane was under the sea. Sirenians, peaceful aquatic mammals of the Manatee family swam in the lagoons. They could be the origin of the mermaid myth and their story is told with the help of full-scale models of animals, video films and landscape reconstruction.

Discover local heritage and traditions with **the musée du Moyen Verdon**, Arts et Traditions populaires. This museum, which strives to remain close to the region and the people, offers temporary exhibitions which are renewed each year. Everyday objects, photos, and people's words illustrate the chosen themes.

**PRICE:** €4 | **PASS OFFER:** €3  
INFORMATION, RELAIS DU PARC, EVENTS,  
TEMPORARY EXHIBITIONS, SHOP...

### Temporary exhibitions 2018

#### Stories of dams

In 20th century, the Verdon valley underwent considerable changes with the building of the dams on the Verdon. Eye-witness accounts, objects, photos and archive documents trace this national-scale task.

### Free exhibitions

14 April - 6 May | "Les Délires d'un stylo Bic!"  
by **Aric Leroy**

10 May- 10 June | "En cercles ou en boules"  
par **Pierre Galleano**

16 June - 9 September | "On s'installe!" by the  
**Museum of Prehistory in Quinson**

15 September - 4 November | "Le monde  
de l'enfance et le folklore enfantin" by the  
association **Petra Castellana**



Made up of valleys hemmed in by sometimes high rocky mountains, the Artuby leaves a lot of room for the forest which is fundamental to most of its activities. Pastoralism is still a practice which is very much alive. It marks the territory and rhythms the seasons.



### DID YOU KNOW?

The Artuby was an important place in the history of the Knights Templar, and many traces of this can be seen in place names such as the Commanderie de Saint-Mayme on the heights of Trigance.

### ANOTHER ASPECT

The Artuby is also a land of creation which inspires a group of fine artists and craftsmen. Some of the artists have spread their work to the four corners of this territory. You can discover them on the Route de l'histoire et des légendes.

### ADVICE FROM THE ECOGUARDS

The forests which cover the Artuby are home to a wealth of mushrooms, especially in autumn. However, mushroom picking is regulated and many forests are privately-owned.

### Regional produce

#### Flower, garrigue and mountain honey

Georges Huet, Brenon, sale at the shop in Comps-sur-Artuby and Logis du Pin and on the markets in Castellane | 06 10 79 10 28



#### Les bistrots de pays

bistrotsdepays.com

#### COMPS-SUR-ARTUBY:

Café de France | 04 94 76 91 59

LA MARTRE: La Mérenda | 04 93 60 77 05

LA BASTIDE: Chez Zaza | 04 83 11 13 88



#### Les bonnes tables du Pays gourmand

paysgourmand.com

#### TRIGANCE: Le Moulin de Soleils

| 04 94 76 92 62

#### LA BASTIDE: L'Hôtel du Lachens

| 04 94 67 14 43

### ROUTE GOURMANDE

An appetizing escapade to meet the producers of Dracénie...

Information at the tourist information point in Comps-sur-Artuby:

04 94 50 87 82 – compstourisme@dracenie.com

**TRIGANCE INTERPRETATION TRAIL**

This imaginary itinerary is the result of the work of the schoolchildren of Trigrance. Dotted with modules, it shows another aspect of the village and its inhabitants through a subtle mix of discovery, sensitivity and poetry.

**CONFERENCE WALKS**

The association du patrimoine de Trigrance has guided historical visits of the village on request of the village of Trigrance.

**PARTNER ACCOMMODATION****LA FERME SAINT-PIERRE [gîtes]****BARGÈME**

In an enchanting setting below the listed village of Bargème and its medieval castle, the family-style welcome of the farm invites you to a multitude of hikes, mountain bike rides, with a pony, a donkey or Lindo the lama, and also activities on the farm (looking after and feeding the animals, organic vegetable garden...). The farm breeds ponies and miniature donkeys. For original nature holidays, with the family or in groups, different types of accommodation are offered: gîtes, yurts, wigwams, gypsy caravan, eco-buildings and bed& breakfast.

M and Mme MARCELIN-GABRIEL  
04 94 84 21 55 | fermesaintpierre.net

**LA COMMANDERIE [gîte]****TRIGANCE**

At the entrance to the grand canyon of the Verdon, the gîte is located in a former commandery of the knights templar with its typical architecture in the middle of 80 ha of grounds. Ninon the she-donkey and a few goats bred here will welcome you. You will be able to appreciate the silence, go for walks and share a pleasant time with owners and discover the sculpture workshop.

Maguy AUDIER | Dominique MERCY  
04 94 76 91 23 | 06.79.09.96.72  
http://saintmaymes.free.fr

**CIRCUIT: LA ROUTE DE L'HISTOIRE ET DES LÉGENDES**

Linking the 9 municipalities of the Artuby, this circuit is based on local history and legends and associates the artists of the territory through 9 representative sculptures.

04 94 50 87 82  
compstourisme@dracenie.com

A BOOKLET IS AVAILABLE FROM THE TOURIST INFORMATION POINT OF COMPS SUR ARTUBY

**NEW:** CULTURAL AREA AT THE POINT RELAIS MÉDIATHÈQUE IN COMPS SUR ARTUBY - 04 94 50 87 82

**LE CHÂTEAU [hôtel\*\*\*]****TRIGANCE**

Built on the ridge of a rocky spur, this history-filled 11th century fort was made into a hotel-restaurant by the Thomas family. The rooms are all different with 4-poster beds and open onto a wide panoramic terrace overlooking the village and the valley. Gourmet cuisine with regional produce is served in the dry-stone vaulted former armoury.

THOMAS family  
04 94 76 91 18 | chateau-de-trigrance.fr

**HIKES TO DISCOVER**

[www.cheminsdesparcs.fr](http://www.cheminsdesparcs.fr)

**FINDING OUT MORE**

To go further in your discovery of the territory or to understand the Park's action better, we offer:

**A direct welcome at the Maison du Parc****MOUSTIERS-SAINTE-MARIE**

Domaine de Valx | Monday to Friday 9 am to 12.30 and 2 – 5.30 pm  
04 92 74 68 00 | Fax: 04 92 74 68 01  
info@parcduverdon.fr | parcduverdon.fr

**At the Relais du Parc****CASTELLANE**

Place Marcel Sauvarelli. | Open from April to October from 10 am to 1 pm and from 3 to 6.30 pm. April-May-June-September: weekends, Wednesdays and public holidays. | July-August: every day except Saturday.  
04 92 83 19 23 | 04 92 83 60 07

**Events**

See Agenda du Parc on our site [parcduverdon.fr](http://parcduverdon.fr) and on the Park's Facebook page.

**Books and guidebooks**

On sale at the Maison du Parc, at the relais du Parc or in the tourist offices.

**The Park's newsletter**

The newsletter which talks about the life of the territory and the Park's actions is available on Internet registration or can be downloaded from the web site: [parcduverdon.fr](http://parcduverdon.fr)

**On the air**

Listen to information, announcements and programmes on **Radio Verdon**: 96.5 MHz (for the lower Verdon) AND 91 MHz (For the Préalpes and the Artuby)..

**On the web**

The site [parcduverdon.fr](http://parcduverdon.fr) gives extensive information and all the news.

The territorial information system [geo.pnrpaca.org](http://geo.pnrpaca.org) enables access to information on the territory (administrative, geographic, regulatory, naturalistic, cultural, touristic, socio-economic data).

Join us on Facebook

*La Mescla*, the cultural portal to the Verdon, lists the events and cultural actors (portraits an directory), and offers resources for everyone's projects (directory, documents, ads).

## WHAT IS THERE TO DO?

### Some "discovery" advice from the Park

\* CES CONSEILS NE SONT PAS EXHAUSTIFS

#### ... if it rains

- See the film *Verdon Secret* | p.19
- Listen to Radio Verdon | p.47
- Visit a museum or a themed house

#### ... with the family

- Go canoeing in the Basses Gorges with an instructor | p.27 & 28
- Do the sentier des contes | p.31
- Sail in a schooner on the Lake of Ste-Croix | p.31

#### ... for nature-lovers

- Discover the vultures with an ornithologist | p.37
- Visit the open-air museum of the Sirenian trail | p.42
- Understand how the Gorges were formed with the Maison des Gorges | p.38

#### ... to visit the Gorges without a car

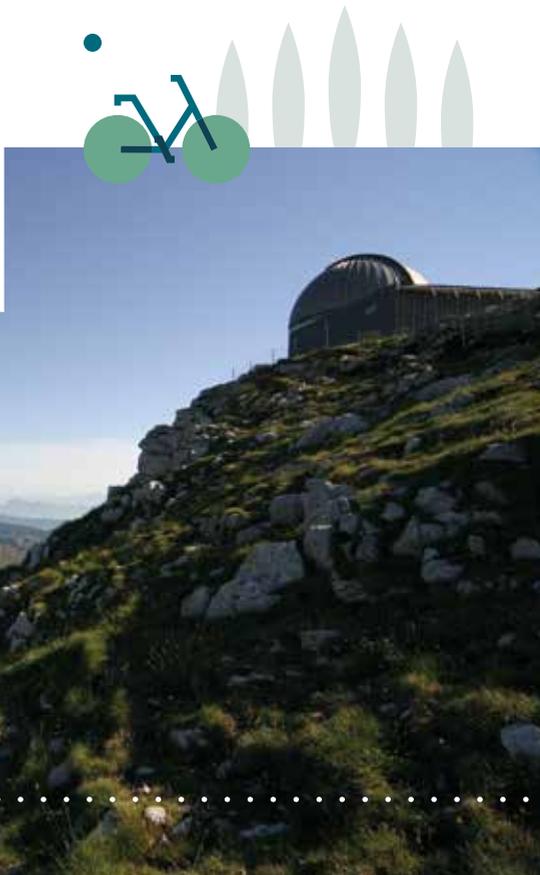
- Ride the route des crêtes on an electric bike | p.37
- Do your maiden paragliding flight | p.31
- Follow the itineraries of Vélo loisir Provence | p.10

#### ... in the Verdon by night

- See the star-filled sky at the Mont Chiran observatory | p.42
- Discover the ruins of Cha-teauneuf-les-Moustiers in the moonlight | p.35
- Go canoeing a night falls | p.28

#### ... for foodies

- Buy your fresh seasonal products in a market | p.49
- Go to a local producers' collective sales point
- Have a meal in a Bistrot de pays or at a pays gourmand table



## YOUR MARKETS



© Bruno Vacherand

The weekly or summer rendez-vous for the inhabitants and visitors, the market is a friendly and unavoidable moment. It's a joyful bustle of noises, smells and warmth where you can find local and seasonal products.

### Year-round markets

**MONDAY:** Saint-Martin-de-Brômes

**TUESDAY:** Gréoux-les-Bains | Aiguines

**WEDNESDAY:** Riez | Castellane  
St-André-les-Alpes | Aups

**THURSDAY:** Gréoux-les-Bains | Les Salles-sur-Verdon | Montagnac

**FRIDAY:** Esparron-de-Verdon  
Moustiers-Ste-Marie

**SATURDAY:** Riez | Castellane | Aups  
St-André-les-Alpes | Valensole

**SUNDAY:** Vinon-sur-Verdon  
Régusse | La Palud-sur-Verdon

### Markets only in summer

**MONDAY:** Les-Salles-sur-Verdon

**TUESDAY:** Ste-Croix-du-Verdon

**WEDNESDAY:** Moustiers-Ste-Marie (nocturne)

**THURSDAY:** Riez (nocturne)

**FRIDAY:** Gréoux-les-Bains (nocturne)

**SUNDAY:** Quinson | Bauduen  
Régusse | La Palud sur Verdon

### The farmers' markets of the Verdon

These **exclusively group together producers of the Verdon** in poultry, honey, goats' cheese, lamb, fresh vegetables, beer, saffron and syrups, olive oil... Usually in **unusual places** (roadside, beaches, etc.)

**In Moustiers** every Sunday from 1st July to 9th September, every day in the middle of the village in partnership with the flavours markets.

**In Moissac-Bellevue** every Sunday morning, in Les Blaquets-Bas all year round and on Thursday mornings from April to December on the Cours.

### Regional Producers' Markets

From 17/07 to 28/08 on Monday evenings in Les Salles-sur-Verdon | 17/07 and 06/08 in Aups | 14/08 in Trigance | 20/08 in Aiguines.

### Truffle markets

**Truffles have always grown naturally in our hills and on our plateaus.** The region of the haut Vary and Valensole are recognized as "grands crus" of black truffles in France. From November to March, truffle markets and events are organised in the villages of Aups, Montagnac and Riez.

TO KNOW THE DATES, ASK AT THE TOURIST OFFICES AND LA MAISON DE LA TRUFFE IN AUPS





## Tourist information points

### Office de tourisme intercommunal de la Dracénie (Artuby and Hills of the Haut Var)

<http://www.tourisme-dracenie.com>  
tourisme@dracenie.com

### Point d'information tourisme de Comps-sur-Artuby

04 94 50 87 82  
compstourisme@dracenie.com

### Point d'information tourisme de Sillans-la-Cascade

04 94 86 15 35  
sillanslacascade@dracenie.com

### Office de tourisme communautaire Durance Luberon Verdon Agglomération (Valensole plateau and Basses Gorges)

Bureau d'information touristique de Gréoux-les-Bains  
04 92 78 01 08  
greouxlesbains@tourisme-dlva.fr

Bureau d'information touristique de Quinson  
04 92 74 01 12 | quinson@tourisme-dlva.fr

Bureau d'information touristique de Riez  
04 92 77 99 09 | riez@tourisme-dlva.fr

Bureau d'information touristique de Vinon-sur-Verdon (bureau saisonnier - mai à sept.)  
04 92 74 04 39  
vinonsurverdon@tourisme-dlva.fr

### Bureau d'information touristique de Valensole (ouvert de mai à septembre)

04 92 74 90 02  
valensole@tourisme-dlva.fr

### Office de tourisme intercommunal Lac et Gorges du Verdon (Lake of Sainte-Croix, Gorges du Verdon, Artuby)

accueil@cclgv.fr  
<http://www.lacs-gorges-verdon.fr>

Bureau d'information touristique d'Aiguines  
04 94 70 21 64

Bureau d'information touristique d'Aups  
04 94 84 00 69

Bureau d'information touristique de Bauduen (ouvert d'avril à octobre – permanence durant les vacances scolaires)  
04 94 84 39 02

Point d'information touristique de Moissac-Bellevue (ouvert d'avril à octobre)  
04 94 60 15 97

Bureau d'information touristique des Salles-sur-Verdon  
04 94 70 21 84

Bureau d'information touristique de Régusse  
04 94 70 19 01



### Office de tourisme intercommunal Verdon Tourisme (Lakes and mountains, Gorges du Verdon)

contact@verdontourisme.com  
<http://www.verdontourisme.com>

### Bureau d'information touristique de Castellane

04 92 83 61 14  
castellane@verdontourisme.com

### Bureau d'information touristique de La Palud-sur-Verdon et Rougon

04 92 77 32 02  
lapaludsurverdon@verdontourisme.com

### Bureau d'information touristique de Saint-André-les-Alpes-Barrême

04 92 89 02 39  
saintandreesalpes@verdontourisme.com

### Office de tourisme de Provence Verte (Hills of the Haut Varr)

contact@provenceverte.fr  
[www.la-provence-verte.net](http://www.la-provence-verte.net)

### Bureau d'Information Touristique de Saint Julien Le Montagnier (ouvert juillet et août)

04 94 77 20 95  
saintjulien@provenceverte.fr

### Office de Tourisme Provence Alpes Digne-les-Bains (Lake of Sainte-Croix, Valensole Plateau, lakes and mountains)

info@ot-dignelesbains.fr  
<https://www.dignelesbains-tourisme.com>

### Bureau d'information touristique de Sainte-Croix-du-Verdon

04 92 77 85 29  
info@stecroixduverdon-tourisme.fr  
[www.stecroixduverdon-tourisme.fr](http://www.stecroixduverdon-tourisme.fr)

### Office de tourisme de Moustiers-Sainte-Marie

04 92 74 67 84  
info@moustiers.fr  
[www.moustiers.fr](http://www.moustiers.fr)

### Agence de développement des Alpes-de-Haute-Provence

Tél. : 04 92 31 57 29 | Fax: 04 92 32 24 94  
info@alpes-haute-provence.com  
[www.alpes-haute-provence.com](http://www.alpes-haute-provence.com)

### Agence de développement touristique du Var - Var Tourisme

Tél. : 04 94 18 59 60 | Fax: 04 94 47 08 03  
info@vartourisme.org | [www.visitvar.fr](http://www.visitvar.fr)





**MAISON DU PARC NATUREL  
RÉGIONAL DU VERDON**

Domaine de Valx  
04 360 Moustiers-Sainte-Marie  
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