

LES SAINTES-MARIES-

DE-LA-MER

25 km

37 km

90 km

111 km

61 km

15 km 98 km 99 km 46 km 71 km 42 km

Arles 0 km

44 km

및 Nîmes-TGV | 33 km | 44 km | 35 km | 120 km | 52 km | 0,5 km | 52 km | 48 km | 26 km | 96 km | 52 km | 12 km | 47 km | 47 km |

★ Avignon-Caumont 46 km 10 km 25 km 88 km 105 km 53 km 80 km 39 km 29 km 69 km 102 km 58 km 0 km 11 km 47 km

38 km

30 km

87 km

20 km 80 km 96 km 50 km

58 km

17 km 18 km

35 km

80 km 32 km 37 km

13 km

Salin de Giraud Tourist Information

Saint Martin de Crau Tourist Information

Saintes Maries de la Mer Tourist Information 🔑 🔏 🖰

FRAGRANT HEATH

A Heath trail **为病常士**

Stroll amongst thyme, rosemary and broom. You have a choice of two trails: the Payan heath trail and Draille de l'Anelier trail. Look out for Provençal farmhouses nestled deep in the heath. Soak up the fabulous views of the Alpilles with Les Opies, their highest peak, in the background.

> Payan heath: 4.5 km - Signposted > Draille de l'Anelier : 9 km - Signposted

B La Montagnette 片十 **Boulbon** > Saint Michel de Frigolet Abbey

Saint Michel de Frigolet Abbey's impressive crenelated towers loom in the Montagnette mountain range's cliffs, Aleppo pines, oak heaths and rosemary.

Once you reach Les Pins car park, head for Boulbon, a lovely little village with a feudal castle and its little Saint-Marcellin Chapel where there's the socalled "bottles" procession every year on June 1st.

No pain, no gain! Take time out on Saint-Mi<mark>chel de Frigolet Abbey's</mark> grounds and go on an intimate tour of its stunning Neo-Gothic abbey whose interior is filled with polychrome decorations. Hit other trails on your next hikes and head for the plateau from Tarascon or Boulbon.

> 14 km - Medium - Signposted



GO WITH THE FLOW

■ Water world 💰 Saint-Martin-de-Crau

Trail on foot

💰 Trail on bike Trail on horsebac -- Signposted trail

Eyguières

SALON-DE-PROVENCE MARSEILLE

Mer

Méditerranée

Conservatoire du Littoral (coasta) protection

Must see

Salt marshes

Cycling route

Saint-Jacques de Compostelle route

ViaRhôna Eurovelo

cycling route EV17

Mediterranean Eurovelo cycling route EV8

Delve into the Coussouls de Crau, a semi-arid natural steppe, before its irrigation. La Crau Verte sprang from fertile silt from the Durance that saw the appearance of meadows. Arboriculture flourished with irrigation. The canals powered the mills, like the one in Chambremont. Cycle on the path devoted to a thousand years of the Crau Plain's evolution in relation to irrigation.

> 28 km - Unmarked

G Les Aulnes Lake 💰

Les Aulnes Lake is a protected 300 ha site just outside Saint-Martin-de-Crau. The centre is home to an artist residence, the journey to the lake is a great way to soak up La Crau's myriad landscapes, from meadows to arid stretches. A path runs along the lake making for a lovely stroll.

> 35 km - Flat and easy - Unmarked

Craponne landscapes around Arles 💰

Craponne Canal links the Durance to the regal Rhône. The illustrious Renaissance structure is the central theme of this trail that takes you on an adventure around the Arles countryside with its canals, marshes, sluices and rice fields.

> 31 km - Easy - Unmarked

From seawall to sea 🏌 💰

A dirt path hovering between the sky. sea and marsh: the seawall, built to protect the Rhône delta from the tides and waves, has a wealth of staggering untamed stretches and beautiful lagoons. Brackish and sea water birds live in the national reserve: gulls, sterns, seagulls, herons, waders. It's an incredible natural area where you'll feel very small and very impressed by the sheer number of birds It's their playground and pantry. Grab your binoculars!

> 12 km to La Gacholle lighthous 24 kilometres there and back Flat - No shade - Unmarked

Camargue Tour 💰 🕂

Keep your ears peeled and eyes riveted on the horizon for several minutes. As the minutes tick by, you'll spot this unspoilt site's signature species. A walk along Vaccarès Lagoon is your chance soak up a perfect combination of amazing views and diverse flora and fauna in the Camargue.

> 64 km - Easy - Signposted > Mountain bike, all-terrain bike

AMONG HILLS AND VINEYARDS

C Provençal countryside 💰 Tarascon > Saint-Pierre-de-Mézoargues

Stroll among orchards and olive trees as you breathe in the sweet scent of dazzling nature between the Rhône and its fertile plain. Venture through the village of Boulbon and gaze at its exceptional built heritage.

Hit the Grands Champs plain between the Alpilles and La Montagnette where you can enjoy the peace and quiet on its lush paths. Every village you go through has its fair share of surprises.

> 39,5 km - Easy - Unmarked

D Mistral's Homeland 💰

Hop on your bike from Saint-Martin-de Crau to explore Les Baux Valley and its château, the village of Maillane where the poet Frédéric Mistral was born and Saint-Michel-de-Frigolet Abbey whose monastery was founded in 1133, making it a spiritual landmark for almost a millennium.

End your adventure in the medieval village of Boulbon nestled at the foot of Montagnette's hills, and Tarascon, the homeland of Tartarin (famous character by the novelist Alphonse Daudet) where you'll find King René's château, one of the most beautiful medieval châteaux in France and the best-preserved in Provence.

> 80 km and 400m elevation. NB: it has steep ascents and descents **Athletic circuit**



The Roman Saint-Gabriel Chapel stands by the D33 between Tarascon, Fontvieille and Saint-Étienne-du-Grès. It's the start point for hikes deep into the Alpilles mountain range. The vegetation alternates between pine forest and heath. There are incredible views of La Crau Plain

> 5,1 km - Very easy - Signposted

and the Camargue.



The "Cabanes" (huts) path on the site of Marais du Vigueira

UNIQUE CAMARGUE

K Flamingos and salt 🏂 💰 Salin-de-Giraud

It has grey feathers when it's born in the marsh then the carotene in its food turns it pink. The iconic Greater flamingo has its own observatory between the Fangassier, Galabert and Grand Rascaillon lagoons. It's a great excuse to visit the village of Salin-de-Giraud where salt production is a major part of its history.

> 29 km - NOT SUITABLE IN RAIN - Unmarked

M Albaron marsh in Saliers 💰

Learn all about rice growing in the northern Camargue between Albaron, Saliers and Saint-Gilles. Meet the Camargue bull herds that are known as "Biou".

The bulls are bred for the traditional "Course Camarguaise" bull race and return to their pastures once the fun is over, unlike the corrida. Venture through Lauricet forest, the only woodland in the Camargue and a dream observatory for the wild animals that seek shelter here.

> 20 km - Unmarked > Mountain bike, all-terrain bike



Bull and vineyard trail 💰 🕆

Set off from Arles towards Trinquetaille and Saint-Gilles to visit the Provençal farmhouses, manades and wineries peppering a lovely trail nestled between the Rhône and Petit Rhône. The route gives you an insight into traditional farming and a sense of history as it goes past Saliers where there's a memorial for the gypsies imprisoned in the German camp between 1942 and 1944.

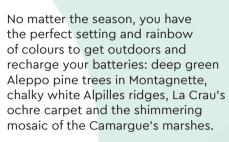
> 31 km - Signposted

NATURAL PAINTINGS **IN A VARIETY OF COLOURS**

Create your natural haven, slow down the tempo and soak up the Provence's diverse scenery.

On foot, by bike, on horseback, in a carriage... go for "green" transport to hit the roads in the Alpilles Crau Camargue Montagnette region. Routes that connect each geographical area through a smart network of roads, paths and loops. They whisk you away to explore unspoilt nature and its residents.

The Camargue Crau Montagnette region is home to two regional nature parks, three French nature reserves, two regional nature reserves and six Natura 2000 sites plus the Domaine de la Capelière, Marais du Vigueirat marsh and the Coussouls de Crau French Nature Reserve managed by the Conservatory of Natural Areas. They unite to form a real golden triangle for biodiversity.











A BESPOKE DESTINATION,

A DESTINATION AT YOUR PACE - YOUR KIND OF HOLIDAY

Stretch your legs, saddle up or be carried away!

It all comes together to make your break in Provence a source of wellness and good times. Explore at your own pace and take a break to gaze at the flora and fauna in the Alpilles, La Crau, Camargue and Montagnette. Feast your eyes on fabulous views or grab your binoculars to spot hundreds of bird species. Keep your eyes and

ears open, or join a guided tour.

That means the region's scenic, natural and historical mosaic is packed with opportunities for you to make colourful

Let's not forget people who love the Camargue and Provence culture and want to share their trades, expertise and traditions with you: rice growers, manade owners, millers, shepherds, kitchen gardeners, arborists, farmers and breeders.

Naturally, a mouth-watering path unfurls. It leads to Provence's delicious food and drink: olives and incredible olive oils, salt, PGI rice and PDO Camargue bull meat, lamb, wine and herbes de Provence, colourful markets and their fruit and vegetable stalls.

NATURAL TREASURES, **BIODIVERSITY AND INCREDIBLE SETTINGS**

LA CRAU

Vast Mediterranean steppe called Le Coussoul, the Durance's fossil delta, La Crau Plain has inherited a hodgepodge of stony deserts and woodlands. Farmers produce La Crau Hay in the meadows, an agricultural product with the protected designation of origin since 1997. La Crau is the bastion of Provence pastoralism

The UNESCO-listed Camargue Biosphere Reserve is lined by the Rhône and Petit Rhône. Freshwater and salt marshes, pools, lagoons, dunes, beaches and reed beds live together on a 140,000 ha area in the heart of the Delta. Welcome to the realm of rice fields, vineyards and farms breeding Camargue bulls and horses.

MONTAGNETTE and **ALPILLES**

Montagnette lets its Aleppo pine-covered hills run on the banks of the Rhône. Cliffs form the leafy area. The plains are home to farms, olive and fruit orchards. The heaths teem with almond trees, holm oaks and rosemary. The limestone Alpilles ridges loom a few miles away peaking at 498 meters. The white stone valleys burst with legendary olive orchards and famous







from the seawall

to the sea









HOME OF RICE



15 minutes from Arles, experience the Rozière family's passion for rice! La Maison du Riz works in two areas: farming and education

The tour includes a trail with small rice fields, an exhibition room, rice blanching demonstration and product tasting on request. Pick up unusual local produce at the

"gricery" such as rice beer and candles.

CAMARGUE MUSEUM



The museum has an immersive permanent exhibition about "water and time in the Camargue" in a former

sheepfold. Display items, panels and audio surround visitors in the Delta from its geological formation to its current challenges: irrigation, protecting nature, flooding and farming. Delve deeper into the subject on the 3.5 km footpath. It runs along the canal and rice fields up to the marsh and via the gardian's hut.



HUNTING AND NATURE CENTRE

This former coaching inn houses an exhibition. It presents the mosaic formed by the landscape, flora and fauna in this unique land. Temporary exhibitions by nature lover artists take pride of place.

Pick up the Crau-Camargue PASS!

MARAIS DU VIGUEIRAT



On foot, carriage, horseback, paddle or kayak! Pick the perfect transport method to explore the 1,200 hectares protected nature site in between the Rhône Delta and La Crau Plain. 2,000 animal and plant species live together with 6 Camargue bull and

horse farms that graze here all year.
Pick up

the **Crau-Camargue PASS!**

DOMAINE DE MÉJANES

This 600 hectares estate was designed by Paul Ricard over 80 years ago between both arms of the Rhône with a little train that takes you to visit the marshes. A free footpath showcases all the Camargue's flora and fauna. Activities in the estate's private arenas and ferrades present the Camargue's bull legacy. Natural areas devoted to growing rice, durum wheat and alfalfa line part of the site.

The Écomusée stands in a former sheepfold in central Saint-Martin-de-Crau and gives visitors the chance to explore La Crau's natural and cultural heritage through a fun-filled experience with educational animated films. Have fun and hunt down treasure with the help of free booklets.

CRAU ECO-MUSEUM

Pick up the Crau-Camargue PASS!

"LE JARDIN DE GASTON" ARBORETUM

The arboretum in Saint-Martin-de-Crau is a 4 hectares leafy haven outside town. Count the myriad ducks waddling in the shade of 150 species of trees and shrubs! Smile at the elegant swans and proud peacocks. A perfect place to have a family stroll, unwind on the lawn and have a picnic.

Guided tour for groups on reservation at the Tourist Information of Saint-Martin-de-Crau.



PONT DE GAU ORNITHOLOGICAL



RESERVE

Explore this perfect site for spotting and taking photos of the many bird species here including hundreds of Greater flamingos in their natural

habitat! This bird haven founded by one of the Camargue's nature lovers has several trails with observation towers and themed panels covering over 60 hectares. A treatment centre tends to wounded birds. Not open to the public.



Welcome to the mouth of the Rhône at Domaine de la Palissade, property of the "Conservatoire du Littoral" coastal protection agency. This protected nature site covers almost 700 hectares south of the Camargue with 3 trails ranging from 1.5 to 8 kilometers. You can watch Greater flamingos, stilts, ducks and seagulls from 4 observatories, including 2 with telescopes.

DOMAINE DE LA PALISSADE

LA GACHOLLE LIGHTHOUSE

First there are the dunes. They protect the Camargue coast from the Mediterranean's onslaught. Then there's the seawall built in 1859 to protect the marshes from the tides and waves. Make your way through the flat terrain where land and water meet towards the 17 meters high La Gacholle lighthouse. You can walk or cycle along the seawall from Saintes-Maries-de-la-Mer or Salin de Giraud.

LA CAPELIÈRE- NATIONAL **CAMARGUE NATURE RESERVE CENTRE**

Sitting on the edge of Vaccarès Lake, Mas de la Capelière presents the Camargue's diverse landscapes: woodland, "sansouïre" biotopes, grass and reeds. The variety of habitat ideal for birdwatching, attracts over 200 species of birds. The site has 4 observatories, 2 screening rooms, a nature shop and footpath (Entrance fees).

USEFUL INFORMATION

The Camargue museum

04 90 97 10 82



2, place Léon Michaud 13 310 Saint-Martin-de-Crau ecomusee.crau@cen-paca.org www.cen-paca.org 04 90 47 02 01

The Hunting and Nature Centre Mas de la Samatane, Rn 113 13 310 Saint-Martin-de-Crau www.saintmartindecrau.fr 04 86 52 03 43

Chemin de l'Étourneau 13 104 Arles

Domaine de Méjanes

ALPILLES REGIONAL NATURE PARK CENTRE



La Cloutière farmhouse in the heart of Saint-Rémyde-Provence has been fully renovated to become the Alpilles Park Centre. This lively

multi-functional site is open to the general public, home to the Park's team and has a reception area, exhibition rooms and an educational garden. It is a heritage resource centre encouraging visitors to explore all 16 of the Park's towns and villages.

Pick up your Crau-Camargue PASS to explore the environmenta identity of these areas with trips to 3 signature sites: Écomusée de la Crau, la Maison de la Chasse et de la Nature

and **Marais du Vigueirat**



Camargue regional nature park
Pont Rousty
13 200 Arles
musee@parc-camargue.fr
www.museedelacamargue.com

The Crau eco-museum

Marais du Vigueirat

camargue@mejanes.fr www.mejanes-camargue.fr 04 90 97 10 10

Route de la Mer – RD36D 13 129 Salin-de-Giraud www.palissade.fr 04 42 86 81 28

The Domaine de la Palissade

The Pont de Gau ornithological reserve
Route Arles – Quartier Pont de Gau
13 460 Saintes-Maries-de-La-Mer
contact@parcornithologique.com
www. parcornithologique.com 04 90 97 82 62



La Capelière C 134 De Fielouse - Route Fiélouse 13 200 Arles camargue-rn@espaces-naturels.fr

13 210 Saint-Rémy-de-Provence