

A GOURMET ESCAPE



THE ACTUAL BIRTHPLACE OF ROSÉ!

And Provence is now also reputed for its white and red wines, so give them a try...

Two famous appellations to be found in our domains:

- Côtes de Provence
- Coteaux Varois en Provence and their Wine House in La Celle

Professionals from the Vignobles & Découvertes label, 1st national label for wine tourism, welcome you for your stays and activities.

EVENTS

- **Art & Wine** (May to October): artists install their works or perform in cellars, wineries, or in the middle of the vineyards in the Southern Region.
- **Vineyards on Stage** (mid-October): unusual activities in the heart of vineyards and Vignobles & Découvertes destinations throughout France.

A WHOLE REGION OF WONDERS & DELIGHTS

Goat's cheese, oils & olives, Provençal honey, local beer, aromatic herbs.



Flowering or production of our emblematic products or plants

SPRING

Goat's cheese (March-June)
Poppies (May-June)
Lavenders and lavandin (mid-June to mid-July)

SUMMER

Goat's cheese (July-Sept)
Purple Perdrigon, the plums from Brignoles (August)
Grape harvest (August-Sept)

AUTUMN

Goat's cheese (Oct-Nov)
Saffron (Oct-Nov)
Quince (Oct-Nov)

WINTER

Olive oil (Nov-Dec)
Truffles (Jan-Feb)



A NATURE ESCAPE



The hinterland of the Var is a perfect setting for breathing deeply in green surroundings and enjoying outdoor activities, ideally off-season.



THREE PARKS AND WORLD-FAMOUS NATURAL SITES!

- **Sainte Baume Regional Nature Park**
- **Verdon Regional Nature Park**
- **Grand Site de France Concors-Sainte-Victoire**

YOU ENJOY...

Hiking ?

Ask for our hiking map, to see 65 walks at a glance and find inspiration. For more details:

- The special hiking map "Around the Sainte Baume mountain"
- Individual sheets of the main hikes
- For sale in our tourist office or online



Cycling ?

Ask for our Cyclotourism & Mountain bike map, to see 45 rides according to your level. For more details:

- A 45 km stretch of the Mediterranean by Bike-EV8, between Rians and Pontevès.
- The Provence Verdon mountain bike base, and its 52 routes between plateaus, lakes and the Verdon gorges.
- Professionals with the Accueil Vélo label welcome you with bicycle shelters, reception and adapted services.



And think of our individual hiking & cycling sheets, available for free download on our website or for sale in our tourist offices.

Swimming and boating?

- **Water sports bases** await you from Correns (canoeing), from the lake of Esparron to Saint Julien Plage (canoeing, paddleboarding, electric boats), from the Quinson lake to Montmeyan (canoeing, paddleboarding, electric boats, pedalos)

- Keep in mind the Aquavabre **aquatic centre** in Brignoles or the municipal **swimming pools** in Barjols, Ginasservis, Rians and Saint Maximin La Sainte Baume.



- **The Vallon Sourn** between Chateauvert and Correns: Sensitive Natural Area. Pebble beaches in a green setting and swimming in the Argens. Caution: it is extremely busy in summer, closed in case of fire risk, and parking is limited. Check in advance. It is best to visit outside of peak hours or off-season.

Note also in Correns, a nice and free spot on the Argens awaits you at Parc de la Roquette.

- Find a spot on one of our **many rivers**. But make sure beforehand that it is authorized at the relevant town hall or tourist office. Please note: access to rivers is not monitored for safe swimming.



Fishing?

Our region is a Mecca for freshwater fishing, with a large lake in Carcès, with the Fishing House, more modest ponds and top-notch wild rivers.

Remember your permit. There are all kinds available: for amateurs, experts, ladies and children, for a day or the whole year. On sale in our tourist offices. Rods at the ready!

Climbing?

5 spots and nearly 400 routes, from beginner to expert. Le Vallon Sourn & Val Obscur between Chateauvert and Correns, Les Béguines in Plan d'Aups, La Roquette in Correns, la Falaise de Brauch in Carcès and Sous la roche in Saint Julien le Montagnier Topoguide for sale in our tourist office or online



AND ABOVE ALL, ADOPT THE RIGHT ATTITUDE AND BE RESPECTFUL OF NATURE!

First of all, check the closure of natural sites in summer at www.meteo.provenceverteverdon.fr

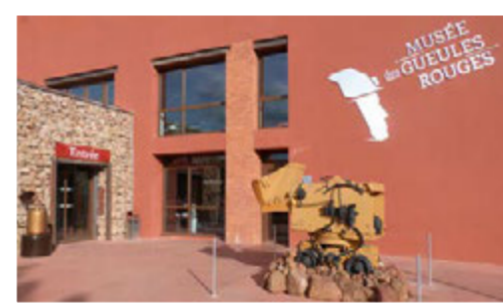
HAVE A GOOD TIME!

WITH OUR LEISURE GUIDE

Looking for something fun to do?

Choose from 80 offers of things you can do on foot, on horseback, on 2 wheels, by boat, under the stars, with butterflies, exploring our villages and museums, tasting wines or olive oil, a visit to Porquerolles or to the Calanques.

An exclusive offer from the Tourist Office: we take care of everything and give you gifts with discounts, bonuses and exclusive offers galore.



baludik

WITH OUR DIGITAL TRAIL GAMES

On your screens, ready? Play! With family, as a couple or with friends, set off on an adventure with **Nine**, our intrepid gecko!



Discover the treasures of our region with FREE treasure hunts you can download to your mobile phone. Along each route, follow the clues and complete the challenges to explore the heritage around you.

HOW TO INSTALL BALUDIJK ?

- Scan the QR Code with your smartphone



- Install the **FREE** Baludik application
- Select your route. Once downloaded, internet access not required
- See you at the starting point!

GAMES AVAILABLE

- **The Sanctuary through the ages** Cotignac
- **The Treasure of the Templars** Montfort-sur-Argens
- **Sacred hike in Sainte Baume** Plan d'Aups Sainte Baume
- **Strange discovery of the Basilica** Saint Maximin la Sainte Baume
- **Panic at the Mine** Tourves

A SPIRITUAL ESCAPE

Are you a fan of architecture and history? Do you like visiting cultural sites? Whatever the season, you can visit the three shrines and experience all their richness.

SAINT MARY MAGDALENE BASILICA

📍 Saint Maximin La Sainte Baume

The biggest Gothic edifice in Provence has looked down over the city since the 13th century. This secret refuge of treasures and history is considered the 3rd most important Christian tomb. It contains the relics of St Mary Magdalene.

- ➕ : Go down the few steps leading to the Crypt and live a unique experience in the presence of the saint's relics.

SAINT MARY MAGDALENE GROTTTO

📍 Plan d'Aups Sainte Baume

After arriving in Provence, Mary Magdalene chose to spend the last 30 years of her life in Sainte Baume. A 45-minute pilgrim's walk takes you to a natural cave dug out of the cliff.

- ➕ : Continue along the path as far as the summit and Saint Pilon chapel. At an altitude of over 1000 meters, look down over the sea and the much-loved hills of Provence.

SANCTUARY OUR LADY OF GRÂCES

📍 Cotignac

The village of Cotignac looks like a Provençal nativity scene. Two apparitions took place here: of the Virgin Mary in 1519 and Saint Joseph in 1660. Today, it is called the Village of the Holy Family.

- ➕ : Just as King Louis XIV did when he visited, you can follow the pilgrim's path through the pine forest and walk up the King's Steps to the esplanade.



7 TOURIST OFFICES AT MY SERVICE

📍 BARJOLS

Boulevard Grisolle | 04 94 77 20 01
barjols@provenceverteverdon.fr

📍 BRIGNOLES

Carrefour de l'Europe | 04 94 72 04 21
contact@provenceverteverdon.fr

📍 CARCÈS

11 place Bramadou | 04 94 04 59 76
carces@provenceverteverdon.fr

📍 COTIGNAC

Pont de la Cassole | 04 94 04 61 87
cotignac@provenceverteverdon.fr

📍 NANS LES PINS

2 cours G^d de Gaulle | 04 94 78 95 91
nanslespins@provenceverteverdon.fr

📍 PLAN D'AUPS SAINTE BAUME

Hostellerie de La Sainte Baume
04 42 72 32 72
plandaups@provenceverteverdon.fr

📍 SAINT MAXIMIN LA SAINTE BAUME

51 rue G^d de Gaulle | 04 94 59 25 89
saintmaximin@provenceverteverdon.fr



AND OUR RELAYS

Tourist Information Points, for a local welcome in the villages

- Espace Tourisme & Découverte in Le Val
- Germain Nouveau Media Library in Pourrières

AT THE TOURIST OFFICE, I CAN BOOK MY:

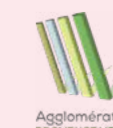
- Theme weekend
- Group tour
- Tickets for a show
- Leisure activities

www.ProvenceVerte.co.uk

Follow us on



Provence Verte Verdon





JANUARY

Saint Marcel's Day (traditional feast)
Barjols
Saint Vincent's Day (winegrowers' festival) - Saint Maximin La Sainte Baume

FEBRUARY

Les Boucles du Haut-Var (bike racing)

APRIL

Mad Jacques (discovery trek)
Bras → Rians
Exhibition-fair - Brignoles
Medieval Fair
Saint Maximin La Sainte Baume
The Var nature week

MAY

Var Provence Verte Marathon
Brignoles
Civil Security Open Days
Brignoles

JUNE

Les Printemps du Monde Festival (world music) - Correns
Les Trans-Piades (MTB ride)
St Julien le Montagnier or Ginasservis

JULY

Jazz Festival - Brignoles
Néoules Festival (world music) - Néoules
St. Mary Magdalene's Feast
Saint Maximin La Sainte Baume

JULY-AUGUST

Les Toiles du Sud Festival (outdoor cinema) - Cotignac
Musical Evenings of Abbey (classical) - La Celle
Musical Nights (classical) - Mazaugues
En Voûtes music concerts (classical)
Saint Martin de Pallières

AUGUST

Les Médiévales (medieval festival) - Brignoles
Cotignac Rock Village - Cotignac
Saint Eloi Feast (traditional feast) - Nans les Pins
The Bouchon de Tourves (reconstruction of the famous traffic jam on the National Road 7)
Tourves - Every second year (odd years)

SEPTEMBER

Sausage Fair - Le Val
Chickpea Fair - Rougiers

OCTOBER

Chestnut and Local Produce Fair
Camps la Source
Quince Festival - Cotignac
Pumpkin Feast - Rians
Santon Fair - Brignoles
La Ruée des Fadas (obstacle race)
Brignoles
Vineyards on Stage

NOVEMBER

Santon Fair - Saint Maximin

DECEMBER

The Provence Pastoral
Nans les Pins and Le Val



MARKETS



TUESDAY

Cotignac (80)
Garéoult (100)
Tourves (20)

WEDNESDAY

St Maximin La Ste Baume (110)

THURSDAY

La Roquebrussanne (5)
La Verdrière (5)
Néoules (5)
Tavernes (7)
Varages (2)

FRIDAY

Entrecasteaux (15)
Forcalqueiret (5)
La Celle (3)
Le Val (15)
Montmeyan (12)
Pourrières (9)
Rians (3)

SATURDAY

Brignoles (140)
Carcès (25)
Garéoult - Farmers' market (10)
Plan d'Aups Ste Baume (7)
Rians (15)
St Julien le Montagnier (25)
Saint Maximin la Ste Baume
Farmers' market (5)

SUNDAY

Barjols (27)
Bras (6)
Méoules Les Montrieux (10)
Nans Les Pins (30)
Rocbaron - Fray Redon District (40)
Rougiers (10)
St Maximin La Ste Baume (5)



(X) maximum number of exhibitors
This figure may be lower in winter or in bad weather.

KEY

- Monuments
- Museums
- Vestiges
- Wine House / Fishing House
- Rock-climbing spots
- Orientation circuits
- Swimming pools open all year round
- Watersports base
- Golf
- Bowling
- Karting
- The best markets
- Baludik : Digital Tracking Games
- Plus beau village de France
- Village de caractère
- Tourist offices
- Tourist information points
- Cycle rail

Wivisites: Your FREE virtual guide

Use your smartphone to discover the major sites and the hidden gems around you. Let yourself be guided by the tours of our 43 villages in French and English.

www.wivisites.provenceverteverdon.fr

