

## 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, 1<sup>st</sup> 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.
- **Fascinating weekend** (mid-October): unusual activities in the heart of vineyards and Vignobles & Découvertes destinations throughout France.

### A WHOLE REGION OF WONDERS & DELIGHTS

Fromages de chèvre, huiles & olives, miels de Provence, bières locales, herbes aromatiques...



### 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)



## 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, by bike, by boat, under the stars, with butterflies or goats, 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.



Navigate through the lower gorges of the Verdon



Visit Brignoles



Discover the goats in Saint-Martin de Pallières

## 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 PREFER...

#### Hiking ?

- Ask for our Hiking map, to see 50 walks at a glance and find inspiration. For more details:
- Topo de rando FFR with 31 walks, on sale in our tourist offices or online (€ 12.40)
  - Individual sheets available on our website or on your favourite platforms (Cirkwi, IGN rando)



#### Cycling ?

- Ask for our Cyclotourism map, to see all the possible routes according to your level.
- 40 bike rides on smaller roads and paths, available on our website or on your favourite platforms
  - A 45 km stretch of the Mediterranean by Bike
  - The Provence Verdon mountain bike base, and its 52 routes between plateaus, lakes and the Verdon gorges.



And professionals with the Accueil Vélo label welcome you for your touring stays. Cycle professionals and accommodation with bicycle shelters, reception and adapted services.



### 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.



- **There is only one natural site** where bathing is authorised in our destination: the Vallon Sourn between Châteauvert and Correns. As a result, it is extremely busy in summer and parking is limited. It is best to visit outside of peak hours or off-season.



### 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 Châteauvert 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. A topo-guide available from our tourist offices or online (€ 20)



### 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](http://www.meteo.provenceverteverdon.fr)

## 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 13<sup>th</sup> century. This secret refuge of treasures and history is considered the 3<sup>rd</sup> 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 GROTTO

📍 **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 metres, look down on the sea and the much loved hills of Provence.

### SANCTUARY OUR LADY OF GRÂCES

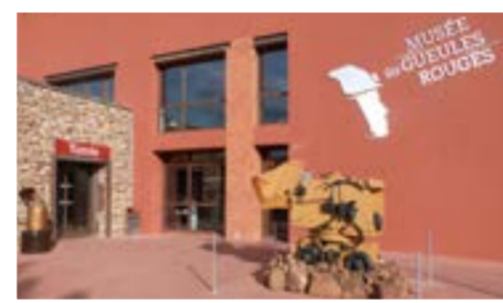
📍 **Cotignac**

The village of Cotignac looks much 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.



Montfort-sur-Argens Castle



## WITH OUR DIGITAL TRACK GAMES

**On your screens, ready? Play!**  
**With the family, a friend or 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 BALUDI?K

- 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



## 7 TOURIST OFFICES AT MY SERVICE

### BARJOLS

Boulevard Grisolle | 04 94 77 20 01 | [barjols@provenceverteverdon.fr](mailto:barjols@provenceverteverdon.fr)

### BRIGNOLES

Carrefour de l'Europe | 04 94 72 04 21 | [contact@provenceverteverdon.fr](mailto:contact@provenceverteverdon.fr)

### CARCÈS

11 place Bramadou | 04 94 04 59 76 | [carces@provenceverteverdon.fr](mailto:carces@provenceverteverdon.fr)

### COTIGNAC

Pont de la Cassole | 04 94 04 61 87 | [cotignac@provenceverteverdon.fr](mailto:cotignac@provenceverteverdon.fr)

### NANS LES PINS

2 cours G<sup>d</sup> de Gaulle | 04 94 78 95 91 | [nanslespins@provenceverteverdon.fr](mailto:nanslespins@provenceverteverdon.fr)

### PLAN D'AUPS SAINTE BAUME

Hostellerie de La Sainte Baume | 04 42 72 32 72 | [plandaups@provenceverteverdon.fr](mailto:plandaups@provenceverteverdon.fr)

### SAINT MAXIMIN LA SAINTE BAUME

Couvent Royal | 04 94 59 25 89 | [saintmaximin@provenceverteverdon.fr](mailto:saintmaximin@provenceverteverdon.fr)



### AND OUR RELAYS

**Tourist Information Points, for a local welcome in the villages**

- Espace Tourisme & Découverte in Le Val
- Café du Midi in Mazaugues
- Germain Nouveau Media Library in Pourrières

### AT THE TOURIST OFFICE, I CAN BOOK MY:

- Theme weekend
- Group tour
- Tickets for a show
- Activities

ProvenceVerte.co.uk

Follow us on



## HIGHLIGHT EVENTS

### SCAN ME!

Find all the events and festivities updated daily on [agenda.provenceverteverdon.fr](https://agenda.provenceverteverdon.fr)  
Ticket sales for the Tourist Office



#### JANUARY

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

#### APRIL

**Exhibition-fair** - Brignoles  
**La Quinzaine Medieval Fair** - Saint Maximin La Sainte Baume

#### MAY

**Marathon Var Provence Verte** - Brignoles  
**Civil Security Open Days** - Brignoles

**Festival Les Printemps du Monde** (world music) - Correns

#### JULY

**Jazz Festival** - Brignoles  
**Néoules Festival** (world music) - Néoules

**St. Mary Magdalene's Feast** - Saint Maximin La Sainte Baume

#### JULY-AUGUST

**Festival Les Toiles du Sud** (outdoor cinema) - Cotignac

**Musical Evenings of Royal Abbey** (classical) - La Celle

**Musical Nights** (classical) - Mazaugues

**Music concerts** (classical) - Saint Martin de Pallières

#### AUGUST

**Les Médiévales** (medieval festival) - Brignoles

**Cotignac Village Rock** - Cotignac

**Saint Eloi Feast** (traditional feast) - Nans les Pins

**The Bouchon de Tourves** (reconstruction of the famous traffic jam on the RN7) - Tourves  
Every 2 years (odd years)

#### SEPTEMBER

**Sausage Fair** - Le Val

**Chickpea Festival** - Rougiers

#### OCTOBER

**Chestnut and Local Produce Fair** - Camps la Source

**Quince Festival** - Cotignac

**Pumpkin Feast** - Rians

**Santon Fair** - Brignoles

#### NOVEMBER

**Santon Fair** - Saint Maximin

#### DECEMBER

**The Provence Pastoral** - Nans les Pins and Le Val



## MARKETS



#### TUESDAY

Cotignac (80)  
Garéoult (130)  
Tourves (23)

#### WEDNESDAY

St Maximin La Ste Baume (200)

#### THURSDAY

La Roquebrussanne (9)  
La Verdrière (2)  
Néoules (10)  
Rocbaron - Village (10)  
Tavernes (9)  
Varages (5)

#### FRIDAY

Entrecasteaux (15)  
Forcalqueiret (10)  
La Celle (4)  
Le Val (15)  
Montmeyan (4)  
Ollières (2)  
Rians (3)

#### SATURDAY

Barjols (3)  
Brignoles (140)  
Carcès (20)  
Garéoult - Farmers' market (10)  
Plan d'Aups Ste Baume (21)  
Rians (15)  
Saint-Julien-le-M. (5)  
Saint Maximin la Ste Baume  
Farmers' market (5)

#### SUNDAY

Barjols (45)  
Bras (2)  
Méoules Les Montrieux (15)  
Nans Les Pins (40)  
Rocbaron - Fray Redon district (30)  
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



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