



Alpes de Haute-Provence



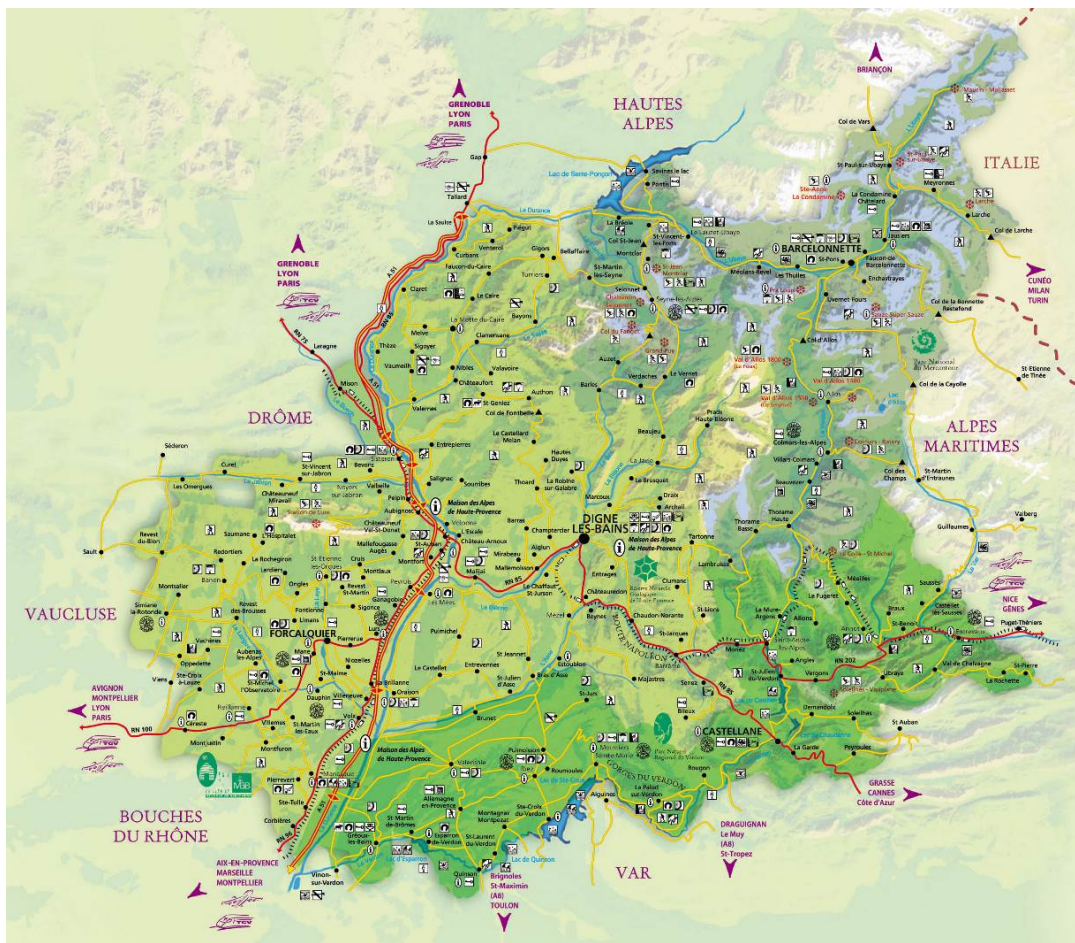
Here your desires take over!



www.alpes-haute-provence.com

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A unique and contrasted Place

The Alpes de Haute-Provence are located in the heart of the Provence Alpes Côte d'Azur region, on the Italian border and in the middle of the Marseille-Nice-Grenoble triangle. The « 04 » as it is called, between the Alps and Provence, is rich in spectacular and contrasting landscapes. A splendid light-filled natural environment blessed with an exceptional Provençal climate, three typical touristic areas each with their own features and traditions.

It is one of the vastest French departments (6925 Km²) with quite small population density: 160 000 inhabitants. Most important towns are Digne-les-Bains, Manosque, Forcalquier, Sisteron, Barcelonnette, Gréoux-les-Bains, Oraison, Castellane, Moustiers-Sainte-Marie, Saint-André-les-Alpes, or Banon

146 mountain lakes

Among them, the well-known Lac d'Allos, the biggest lake in Europe at this altitude (2226 m) as well as a fisherman's paradise.

6 big lakes and reservoirs with a total surface area of approximately 6000 hectares, perfect for all kinds of water activities

1. The lake of Chaudanne (70 ha)
2. the lake of Quinson, (160 ha)
3. the lake of Esparron (328 ha),
4. the lake of Castillon (500 ha)
5. the lake of Sainte Croix de Verdon (2 200 ha),
6. the lake of Serre Ponçon (2 800 ha).

800 km of rivers and torrents: Despite Mediterranean climate influences, the Alpes de Haute-Provence are rich of water "L'aigo d'or": "Blue Gold" as it is called locally. Not only The Verdon, Ubaye, Durance, Bléone rivers...allow all kinds of wild or recreational water activities, which is essential for tourism

But also The Durance and Verdon supply the area of Marseille Provence Métropole in drinkable water. Indeed, The Durance and Verdon waters run through unspoilt and preserved territories which ensure a high quality level and enable the inhabitants of Marseille. Besides, an hydraulic system made up with dams and canals ensures Provence important stocking capacities and supplying potentialities that are unequalled in France. As one can imagine what is at stake is to preserve this treasure at all costs.

6 000 km of marked paths among which 19 GR® and GR® de pays, over 550 of day hiking trails, 200 mountain bike and 3 Mtb long distance trails and 4 equestrian routes



Three major destinations

Haute-Provence Luberon



The pays de Forcalquier and montagne de Lure, dear to Giono, between the Luberon and the Contadour, where the rural architecture of the market towns, farms and sheepfolds bears witness to a pastoral peasant life which is still thriving, is one of the jewels of this land. Manosque, Sisteron and Digne-les-Bains have made of these two valleys the main population economic activity and tourism centres of the department. Festivities and cultural events are held from spring to autumn.

Banon	+33 (0)4 92 72 19 40	www.village-banon.fr
Céreste	+33 (0)4 92 79 09 84	www.cereste.fr
Forcalquier Montagne de Lure	+33 (0)4 92 75 10 02	www.forcalquier.com
St-Etienne-Les-Orgues	+33 (0)4 92 73 02 57	
Reillanne	+33 (0)4 92 76 45 37	www.reillanne-en-luberon.com.fr
Digne-Les-Bains Pays Dignoïis	+33 (0)4 92 36 62 62	www.ot-dignelesbains.fr
Manosque	+33 (0)4 92 72 16 00	www.manosque-tourisme.com
Les Mées	+33 (0)4 92 34 36 38	www.lesmees-tourisme04.com
Pays De La Motte-Turriers	+33 (0)4 92 68 40 39	www.hautesterresprovence.com
Oraison	+33 (0)4 92 78 60 80	www.oraison.com
Sisteron	+33 (0)4 92 61 12 03	www.sisteron.fr
Val De Durance	+33 (0)4 92 64 02 64	www.valdedurance-tourisme.com

Verdon



The Pays du Verdon, where the Alps meet Provence, is organised around the emerald-green river famous for its gorges and its deep canyon. It offers a selection of sports activities (climbing, white water sports, water sports, aerial sports) and cultural discovery. Dominated by the Plateau de Valensole, the Pays du Verdon numbers several prestigious towns such as Riez-la-Romaine, Moustiers-Sainte-Marie, Castellane and a little further, Annot or the Citadel of Entrevaux.

Annot	+33 (0)4 92 83 23 03	www.annot.com
Castellane	+33 (0)4 92 83 61 14	www.castellane.org
Entrevaux	+33 (0)4 93 05 46 73	tourisme@entrevaux.info
Esparron-De-Verdon	+33 (0)4 92 77 15 97	www.esparrondeverdon.com
Gréoux-Les-Bains	+33 (0)4 92 78 01 08	www.greoux-les-bains.com
La Palud-Sur-Verdon	+33 (0)4 92 77 32 02	www.lapaludsurverdon.com
Moustiers-Sainte-Marie	+33 (0)4 92 74 67 84	www.moustiers.eu
Quinson	+33 (0)4 92 74 01 12	www.quinson.fr
Riez	+33 (0)4 92 77 99 09	www.ville-riez.fr
Saint-André-Les-Alpes	+33 (0)4 92 89 02 39	www.ot-st-andre-les-alpes.fr
Sainte-Croix-Du-Verdon	+33 (0)4 92 77 85 29	www.saintecroixduverdon.com
Valensole	+33 (0)4 92 74 90 02	www.valensole.fr

Alpes-Mercantour



The Blanche-Serre Ponçon, Ubaye and Allos valleys unfold along the raging rivers of this wide mountain area of the Southern Alps. The resorts and the snow area around them are ideal for skiing and winter sports activities in winter. In summer, these high valleys have kept their authenticity and Provencal pastoralism and provide open air activities, relaxation and an opportunity to recharge one's batteries. Mountain sheep, chamois and roe deer still come to drink from the clear water of the mountain streams. You don't have to be a confirmed sportsperson to leave the beaten track and discover all the attractions of the mountain in the warmth of our Mediterranean climate.

Val d'Allos	+33 (0)4 92 83 02 81	www.valdallos.com
Colmars-Les-Alpes	+33 (0)4 92 83 41 92	www.colmars-les-alpes.fr
Vallée de la Blanche Serre-Ponçon	+33 (0)4 92 35 11 00	www.valleedelablanche.com
Vallée de L'Ubaye	+33 (0)4 92 81 04 04	www.ubaye.com
Barcelonnette	+33 (0)4 92 81 04 71	www.barcelonnette.com
Jausiers	+33 (0)4 92 81 21 45	www.jausiers.com
Larche	+33 (0)4 92 84 33 58	larche@haute-ubaye.com
Pra Loup	+33 (0)4 92 84 10 04	www.praloup.com
Sauze / Super Sauze	+33 (0)4 92 81 05 61	www.sauze.com
Ste Anne La Condamine	+33 (0)4 92 84 30 42	www.sainte-anne.com
Pays De Serre-Ponçon	+33 (0)4 92 54 41 18	www.ot-serreponcon.com

The Alpes de Haute-Provence are natural



NATURAL PARKS cover more than 50% of the territory in protected areas,

Parc Naturel Régional du Luberon. A vast 140 000 hectare territory covering 2 departments set up in 1977, this Natural Regional Park has 66 communes 18 of which are in the Alpes de Haute-Provence. In 1998 it was admitted into the UNESCO world network of biosphere reserves thanks to its exceptional biodiversity with its little villages perched on ochre cliffs, lavender fields dotted with dry-stone bories and ridges where sheep graze. This natural environment is however sometimes threatened.

Contact: +33 (0)4 90 04 42 00

www.parcduluberon.fr

Parc Naturel Régional du Verdon. Created in 1997, made up of 44 communes on 180 000 hectares, of which 25 are in the Alpes de Haute-Provence and stretches from the lavender-clothed plateau de Valensole to the Prealps and the Lake of Sainte Croix and the high cliffs of the Grand canyon hollowed out by the river over thousands of centuries.

Contact: +33 (0)4 92 74 68 00

www.parcduverdon.fr

Parc National du Mercantour. Created in 1979 this National Park protects 6 valleys in a vast mountain area of 68 500 hectares from the Mediterranean to the Ubaye Valley. In 1998, it joined up with the « il Parco Naturale delle Alpi Marittime » on the other side of the Italian border to create the first transalpine park.

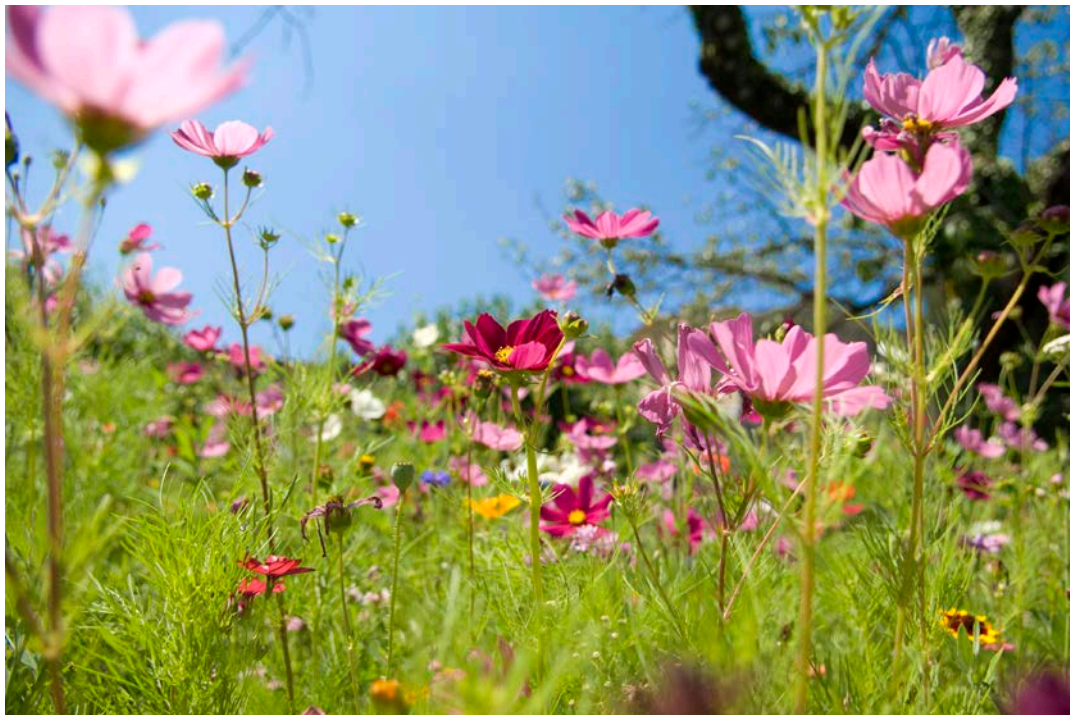
Contact: +33 (0)4 92 83 04 18 / +33 (0)4 92 81 21 31

www.parc-mercantour.eu

Réserve Géologique de Haute-Provence. This national natural geology reserve, created in 1984 stretches over a varied territory of over 190 000 ha. has 18 listed Natural Reserve sites. 47 communes have chosen to join forces for the protection of rocks, fossils and a countryside which has a 300 million year-old story to tell. The reserve can be visited like an open-air museum thanks to the territory which has been equipped to help the visitor learn how to read the Earth's mysteries. A trip through time.

Contact: +33 (0)4 92 36 70 70

www.resgeol04.org



Lavender is the Haute-Provence's emblematic plant. Gathering and distilling aromatic plants has left its mark on the landscapes, history, society and economy of Haute-Provence. First exploited wild, lavender began to be cultivated from the end of 19th century. Just after First World War, the cultivation of lavandin (a hybrid of true lavender and spike lavender) spread widely and even supplanted lavender in its traditional cultivation areas.

Today the Haute-Provence is represented by the cultivation of quality lavender. True lavender, which used to grow wild, is now harvested here and benefit with an appellation of origin (AOC) the « Haute-Provence lavender Essential oil» since 1981.

Between July and August, the smoking chimneys of the distilleries indicate the distilling of the plants. **Many of these distilleries, whether private or as cooperatives, can be visited.**

Festivals celebrate lavender during the harvest period

- ❑ Fête de la lavande in Valensole
- ❑ Lavande en fête in Esparron-du-Verdon
- ❑ Fête de la lavande et du miel in Riez (lavender and honey fair)
- ❑ Le mois lavande in Digne-les-Bains

The Lavender Roads

Tourist circuits go through the Pays de Forcalquier, Valensole and Digne-les-Bains. They are an introduction to the rural, agricultural and cultural environment. Tourist stays are organized around the venues of exhibitions and reception places. From the plateau de Valensole to the pays de Forcalquier, distilleries, perfume plant cooperatives, ethno botanical gardens and sweeping fields of lavender give everyone an opportunity to

discover the secrets and properties of lavender. They can also be driven in the Hautes-Alpes, Drôme, or Vaucluse.

Contact: +33 (0)4 92 52 35 74
www.routes-lavande.com

Gardens

Jardins de Salagon in Mane

an open-air guide book and an aesthetic creation. Installed on the site of a former Gallo-roman farm, the Priory of Salagon houses the Ethno botanical Conservatory of Haute-Provence. The gardens are filled with fragrances and memories: the medieval garden, **the knot and ruderal garden, the garden of fragrances and lastly the garden of modern times** that give the visitors a chance to (re)discover the forgotten aromatic properties of herbs. These gardens are also a privileged place for studying the links between plants and society.

Contact: +33 (0)4 92 75 70 50
www.musee-de-salagon.com

The garden of the Couvent des Cordeliers in Forcalquier

In the middle of Forcalquier, the couvent des Cordeliers, which is now devoted to the University of Scents and Flavours, has opened a garden filled with trees and beds of perfume, aromatic and medicinal plants to the public.

The listed cemetery of Forcalquier

It is remarkable for the particular pruning of its yew-trees which make it look like a vast garden. They are pruned into the shape of arches and each "gateway" formed in the vegetation leads to a tomb. As you come into the cemetery, this abundance of natural elements gives you the feeling of entering a maze. These groups of trees are the biggest surface area of yew-trees in France.

Abbaye de Valsaintes in Simiane-la-Rotonde:

The blaze of colour of this most splendid rose-garden is the backdrop for the Abbey of Valsaintes, built on a historical and cultural site several thousand years old, This Provencal Cistercian abbey, rebuilt during XVIIth century, is delightful to discover in a charming garden of over 700 varieties of old and modern roses.

Contact: +33 (0)4 92 75 94 19
www.valsaintes.org

La Thomassine in Manosque: A Biodiversity centre and a quest for forgotten tastes.

With its 4-hectare orchard and its 5 000 m² vegetable garden, la Thomassine is a living museum of forgotten plants and the place to discover wild and domestic biodiversity. Its collection includes a 12 000-tree orchard-conservatory with 290 old fruit-tree varieties and a vegetable garden with dozens of varieties which have all but disappeared.

Contact: +33 (0)4 92 87 74 40
www.parcduluberon.fr

Jardin des papillons in Digne-les-Bains: Butterfly Garden unique in France.

This garden is entirely devoted to butterflies and the public can see over half of the species listed in France flying free in ideal natural surroundings. From April to September, a naturalist-guide takes visitors around for an introduction to the fascinating and interrelated world of plants and butterflies.

Contact: +33 (0)4 92 31 83 34
www.proserpine.org

Jardin botanique des Cordeliers in Digne-les-Bains

The Cordeliers botanical garden which is part of the routes de la lavande circuit, has 350 species of aromatic, medicinal and food plants all from the plant heritage of Haute-Provence.

Contact: +33 (0)4 92 31 59 59
www.mairie-dignelesbains.fr

Parc Saint Benoit in the Réserve Géologique of Digne-les-Bains

The Saint-Benoît park is a meeting-place and a museum-walk. Walk through the tree-filled park with its waterfalls and paths scattered with works of art to get to the museum.

Contact: +33 (0)4 92 36 70 70
www.resgeol04.org

The gardens of Château Arnoux castle

The parc du Château has always been a recreational area which is manifest in the exotic plants and trees which were introduced as early as 18th century. The cool, shady walk to the ferme de Font Robert takes us back to an era where time had a very different meaning from today. The "jardin des Alpes" project resulted in the park being restructured and embellished to enable visitors to discovery a wide variety of little-known themes along 10 explanatory stations.

Contact: +33 (0)4 92 64 02 64
www.valdedurance-tourisme.com

The Scents and flavours Complex at the European University of Scents and Flavours in the Couvent des Cordeliers (Forcalquier)

The gathering of medicinal and aromatic plants and their use in cooking, pharmacopeia or in making liqueurs belong to the centuries-old traditions of Haute-Provence. A large network of enterprises has developed over the years and makes up the "Senteurs-Saveurs" complex.

Founded in XIIIth century on the site of a former Benedictine priory, the couvent des Cordeliers is one of the oldest Franciscan convents in France. The UESS has installed 2500 m² of rooms on 6 levels, distributed in different areas: training, meeting and exhibition rooms, offices. The originality of the place resides in its sensory analysis auditorium which is unique in the PACA region. Created in a former chapel annex of the Convent, which hosts, apart from a professional cookery laboratory, 20 sensory analysis desks and makes it possible to carry out both sensory analysis and consumer tests on liquids (wine, oils, etc.), food (foodstuffs, ready meals, etc.), perfumes and aromatic compositions. Equipped with perfume organs, this area enables the creation of scent products (eau de toilette, shower gels, home fragrances). The promotional activity of the Scents and Flavours sector is carried out mainly through amusing,

recreational days and workshops devoted to awakening the senses and discovering scents and flavour products. Various initiation courses enable a wide range of people, and particularly children, to discover the worlds of taste and smell.

Contact: +33 (0)4 92 72 50 68
www.uess.fr

The perfumer's workshop in L'Université Européenne des Senteurs et Saveurs in Forcalquier

Designed by Lucien Ferrero, a great Grasse perfumer, this workshop enables beginners to acquire or the more advanced to improve their olfactory knowledge. The aim is to learn the bases of the composition of a perfume through practice, and create, like the professionals, a personalized and unique perfume.

The UESS has installed 2500 m² of rooms on the site of a former Benedictine priory, the couvent des Cordeliers, one of the oldest Franciscan convents in France. The originality of the place resides in its sensory analysis auditorium which is unique in the PACA region. Amusing, recreational days and workshops devoted to awakening the senses.

Contact: +33 (0)4 92 72 50 68
www.uess.fr

L'Occitane in Manosque

L'OCCITANE was created in 1976 by Olivier BAUSSAN. As a fragrance merchant and master-soap maker, its vocation is to make the colours, scents and traditions of Provence come alive in its skincare, beauty products and home products. The factory is located in Manosque and L'Occitane has a great number of shops all over the world. Factory visits are organised on a regular basis.

The L'Occitane Museum in Manosque

In addition to the factory visits that it has been organizing since 2004, L'Occitane now has a place which tells its story and its evolution. Video modules retrace the history of the firm from its launch in 1976 to its present international position via interviews of its founder, Olivier Baussan or of former employees. The plants which are representative of the brand are presented and highlighted by fragrance diffusers, and lastly a bouquet of films pays homage to the work done by producers all year round.

Free self-guided tour from Monday to Saturday 10 am to 7 pm
Contact: +33 (0)4 92 70 19 00

www.loccitane.com

Terre d'Oc Créations in Villeneuve

This young company is entirely dedicated to the creation of home fragrances and well-being products. Since it was set up in 1995, the company has been growing fast and regularly. Unconventional and with a majority of women, everything here is made and packaged by hand and the 65 employees are all proud of the final product and of their own work. The key collection: "Memory of a moment", a range of fragrances delicately borrowed from collective memory ... Nature after the rain, Siesta under the fig tree, Dance under the lime trees etc....

Contact: +33 (0)4 92 79 40 30
www.terredoc.com

2 Spa Resorts: Digne-les-bains and Greoux-les-bains

2 of the 3 spa resorts of the PACA region are in the Alpes de Haute-Provence and the proximity of the mountains must certainly have something to do with the remedial properties of the springs which gush from the rock in Digne-les-Bains and Gréoux-les-Bains. The healing properties of their spa establishments have an excellent reputation and their health treatments are as popular as the actual spa therapies. Come and make the most of the benefits of hydrotherapy in the gentle climate of Provence.

thermesdignelesbains.com
www.chainethermale.fr/greoux-les-bains

Collines de Provence" in Mane

In 1990 Monsieur Rossi, then a cabinet-maker, decided to set up in fragrances. He created "la Luberonne" in Saint Michel l'Observatoire, a small enterprise of 5 people inventing home fragrances. In 2003, the company was bought up by the Provence Nature Développement group, moved to Mane en Provence and became "Collines de Provence" with 17 salaried workers. The quality and authenticity of the 300 creations stems from this region of Provence and a unique age-old know-how in the universe of natural and organic fragrances and cosmetics. (paraben-free, phenoxyethanol-free, PEG-free). These creations come in various ranges with evocative names such as "Secrets d'Armoire", "Ambiance Bastide", "Douceur d'Olivier"...

In addition to the factory shop, 45-minute factory visits of a fragrance workshop are organized every week, and in July and August on Tuesdays and Thursdays.

Contact: +33 (0)4 92 76 57 62
www.collinesdeprovence.com

Laboratoire d'Aromathérapie in Simiane la Rotonde

In the heart of the lavender fields, between Ventoux and Luberon, the Laboratoire Sainte Victoire has found refuge in the recently restored rooms of the medieval castle of Simiane la Rotonde. A specialist in aromatherapy introduces the visitors to the benefits of this age-old medicinal technique: introduction to the distillation of seasonal medicinal plants and the uses and properties of essential oils. Workshops for perfume and massage-oil making are organized during the summer.

Contact: +33 (0)4_92 75 98 90
lsv@wanadoo.fr

The Alpes de Haute-Provence are tasty, full-flavoured



Honey, olives, truffles, Banon cheese, Sisteron lamb, fruit juice from Entrevaux, cured meat from the Ubaye, these original and quality products from the region which contribute to the image of the good life in the Alpes de Haute-Provence.

The AOC products

Specifications which respect the manufacturing traditions and the authentic character of raw materials have enabled the producers of the Alpes de Haute-Provence to obtain Appellation d'Origine Contrôlée for:

- **Olive oil from Haute-Provence**, Appellation d'Origine Contrôlée, has found fame with the return of healthy eating. The aglandau olive from the Alpes de Haute-Provence, a truly natural product, has flavours of artichoke and tomato. A good bottle of olive oil is well worth the expense just to enjoy the pleasure of Provencal flavours of in one's plate.
- **Banon cheese** is above all the exceptional quality and taste which has made it so well-known. The cheese must be freed of its chestnut-leaf wrapping before it can be appreciated. It is the last word in goats' cheese and European demand is constantly growing.
- **Les Côteaux de Pierrevert**: The Alpes de Haute-Provence also have an AOC in the field of wine with the « côteaux de Pierrevert ». Most of the vineyards are spread over 5 communes of the Luberon around Manosque. The most renowned estates are la Blaque, Régusse, Château Rousset...
- **Essential oil of lavender from Haute-Provence**, the only AOC essential oil of lavender

Bistrots de Pays

The « Bistrots de Pays » sign means:

- ❑ A friendly family atmosphere and a warm welcome from owners who are proud of their region.
- ❑ A showcase for local produce (regional and crafts)
- ❑ The pleasure of typical cuisine
- ❑ Tourist information

Contact: +33 (0)4 92 77 68 86

www.bistrotdepays.com

Itinéraires Paysans

Or how to learn about the identity of a region on peasant routes across the lands of those who make and undo the landscape. These trails each have sites conducive to understanding landscapes, buildings or cultural buildings which bear witness to an ancient agro-pastoral life and farming activity directly linked to local economy and the region. A circuit which leaves from the farm is an easy family walk with the farmer and in some cases accompanied by a regional guide.

Contact: +33 (0)4 92 87 58 81

www.cpie04.com

Route des Saveurs et des Senteurs

“If you wish to seize the essence of its soul; you must partake of the products of its soil, delight in its scents and get drunk on the pleasures it procures”
Jean GIONO

The Route des Saveurs et des Senteurs which winds through Haute Provence from workshops and factories, eco museums, cookery lessons to visits and tastings. Discover and share the know-how of this territory: cosmetics, scented or food products.

"Essentielles" or learning to cook with essential oils in Mane.

The idea developed by Christian and Dominique is to make the use of essential oils in cookery accessible. The approach is to create 100% natural and organic products which meet food standards. They are designed especially for cooking and are very simple to use.

Dominique organizes **free culinary workshops on reservation for groups (10 people max)**. Green olive tapenade with lemon and ginger, Creamy courgette soup with basil and lemon-flavoured whipped cream, apricot sorbet with lavender, dishes where perfectly dosed essential oils make it possible to restore the strength of taste of the original plant.

Ateliers culinaires gratuits sur réservation pour des groupes de 10 personnes maximum

Contact :+33 (0)9 65 31 69 39

www.essentielles.fr

Mountain gastronomy tradition

Genepy is a reference for quality and taste in traditionally m-made liqueurs and “fumeton” for traditional charcuterie. This oakwood smoked nut of leg of a mutton is a specialty of the Ubaye valley

The Alpes de Haute-Provence are recreational (loisirs), athletic (sportives)



White water sports in torrents and rivers

The Verdon, Ubaye, Durance, Bléone and Var rivers make the department a favourite place for those who are keen on water sports.

The Ubaye is a mountain torrent which rises on the Italian border to flow 60 km further down into the Lake of Serre-Ponçon.

The Verdon rises at the gateway to the Mercantour National Park and joins the Durance 200 km downstream. An internationally famous river which offers a course of a rare diversity: Mountain torrent, Grand Canyon and Lower Gorges. The Verdon is dotted with 5 artificial lakes which give the Alpes de Haute-Provence the title of water-reservoir for the towns on the Mediterranean coast and offers tourists exceptional landscapes.

To these two white-water giants we must add the rivers or sections of rivers which are worthy of interest: The Durance, the Var, the lower Buech, the Jabron, the Asse and the Bléone in high water, not forgetting a real network of narrow gorges (around fifty courses) which make it possible to descend canyons or hike; abseiling and swimming all along the water.

Water sports in the lacs du soleil

The different natural and artificial lakes in the Alpes de Haute-Provence offer a great number of areas for nautical activities. On the Verdon river, Castillon, Chaudanne, Sainte-Croix-du-Verdon, Esparron-de-Verdon, Quinson and Serre-Ponçon in the Ubaye.

Sailing remains the most important activity on all of the artificial lakes and almost all forms are represented: optimists, sailing dinghies, catamarans and windsurfers, to name but a few.

Nautical trekking: Discover wild and preserved landscapes in canoes on unaccompanied or guided nautical treks from the lakes of Montpezat, Quinson or Esparron.

Electric boats are perfect for a family outing and to do nautical treks safely on the lakes or in the Gorges du Verdon.

Rowing: the Esparron-du-Verdon sailing club launched rowing in the department, and you can learn to row, either solo in a skiff or with 2, 4 or 8 oarsmen on a C-boat.

Water-skiing is authorized on the Lake of Serre-Ponçon and part of the Lake of Castillon, in the Touron creek at Saint-Julien-du-Verdon.

Relaxing on the artificial lakes

The Vannades in Manosque and the Buissonades in Oraison in the Val de Durance, the water sports bases of Allos, Sisteron and Digne-les-Bains represent over 6 000 hectares for all sorts of water sports.

Seen from above

The aerology of the Alpes de Haute-Provence is well-known all over the world. Experienced professionals offer excursions, introductory or maiden flights on 12 different take-off areas and 5 airfields aboard motorized or non-motorized machines. Free flight is an original way to discover the landscapes: the Verdon, the lakes or the Durance valley reveal their exceptional beauty. Admire the panoramas of the Alpine valleys, the Montagne Sainte-Victoire or the Mont-Ventoux *from a paraglider or a glider.*

A unique experience at an altitude of 1000 metres: a maiden flight in a hot-air balloon for a panoramic view of the hilltop villages, fields of lavender and a bird's eye view of an explosion of colours!

Hiking

From Giono to Magnan, many writers have boasted the charms and poetry of hiking in Haute-Provence. walking, on horseback, riding a bike, on snowshoes, out of the ordinary hiking circuits. There 6000 kms of marked paths among which 19 GR® and GR® de pays, over 550 of day hiking trails, 200 mountain bike trails and 4 equestrian routes

The rando bistrot en Haute Provence: walks to suit every gourmet.

Circuits for experienced walkers or gentle walks down lanes, with the « Randos Bistrot », the Pays de Haute Provence offers you a selection of **15 themed itineraries** (among which one on a horseback and one to be discovered on a bicycle) combine discovery and food. A local guide or a middle mountain guide will take you on a (re)discovery of olives, wild plants, cheese or even pastoralism, on the paths and in your plate! And your « just desserts » await you: each formula has a menu specially concocted by the Bistrots de Pays de Haute Provence for walkers seeking regional flavours.

Contact. + 33 (0)4 92 77 68 86
www.bistrotdepays.com

On the Way of Saint James of Compostella and Rome: This « pilgrim's progress » in the Alpes de Haute Provence links Arles to Italy, following the « Domitian Way »

Contact: +33 (0)4 92 31 82 18

www.alpes-haute-provence.com

Refuges d'Art by Andy Goldsworthy:

Refuge d'Art is a ten-day walking itinerary designed by the Scottish artist Andy Goldsworthy near Digne, in the Réserve Géologique of Haute Provence. The artist has installed three Sentinelles in cut stone at intervals along a long 150 km of ancient pathways that wind their way through the mountains, past vestiges of once-flourishing agricultural activity. The project has also involved the renovation of old edifices that had fallen into ruins, including farm buildings and a chapel, in which visitors can stay overnight. Each Refuge d'Art is home to a specific, enduring work. Since 1999, and with the support of the Musée Gassendi and the Réserve Géologique, seven Refuges have been created, and there are others to follow. They bring together, in a distinctive way, contemporary art and the protection of the rural heritage

Contact: +33 (0)4 92 31 45 29

www.musee-gassendi.org

Horse-trekking

A number of riding centres offer treks and riding courses as well as accommodation to suit all tastes (gites, hotels, furnished accommodation) welcoming riders of all levels and ages, groups and individuals. "A cheval dans les Alpes de Haute-Provence" is the association which groups together all the riding activity professionals and is the special contact to answer an increasing demand for information from the public.

- ✓ **La Route du Hussard à cheval:** Riding itineraries in Haute Provence, inspired by local author Jean Giono's famous novel " Le hussard sur le toit" which takes you along Angelo's route from Manosque to the Montagne de Lure and through Forcalquier.
- ✓ **Aux sources du Verdon on horseback:** beautiful rides from the sunny lakes to the high mountains where the Verdon rises and over the beautiful Valensole plateau famous for its fields of lavender.

Biking

Mountain-biking: The greatest mountain-biking events such as the Tour de France, the French Championships, the World Cup, etc. follow the trails of Alpes de Haute-Provence. Today, the department is known as the « mountain-biker's paradise". Riding in these lands is a pleasure for all with over 1 300 km marked trails.

Alpes de Haute Provence, the « mountain-biker's paradise ». There are rides for all levels in this region with over 105 mountain-biking itineraries, 2500 km of marked trails. There are 7 welcome bases approved by the FFC and FFCT with all the services you need for mountain-bike riding.

Les Chemins du Soleil: 2 permanent itineraries to go through the Alpes de Haute Provence; from the Rhône Valley to the Southern Alps and from the Vercors to Provence. 850 km of perfectly marked trails.

Maison de la montagne 04 76 44 67 03 www.chemins-du-soleil.com

La Transubayenne : a long mountain-bike marked route which goes through the Ubaye Valley, a distance of 106 km from the col de Larche to the lake of Serre Ponçon.

Contact: +33 (0)4 92 81 04 04
www.ubaye.com

Les Tours de la Montagne de Lure: a network of 600 km of trails for 2 to 4-day tour-circuits.

Agence de Développement Touristique
Contact: +33 (0)4 92 31 82 18
www.alpes-haute-provence.com

Cycle-touring

The Alpes de Haute-Provence department is particularly well-adapted to cycle-touring. From the Alpine passes to the tourist roads of Haute-Provence, there are many circuits for all levels and types. You can discover the Pays de Forcalquier, the Gorges du Verdon or even tackle Alpine peaks individually or with the cycle-touring clubs of the department which regularly organize group excursions.

Electric Bike

Available at the Tourist Office, you can rent an electric bike and freely discover Gréoux-les-Bains and its surroundings! If you want to, you can also opt for a discovery ride with Damien who will accompany you to explore nearby areas.

Contact: +33 (0)4 92 78 01 08
www.greoux-les-bains.com

Le Luberon à Vélo

A 150 km marked cycle-touring itinerary which follows quiet little roads between Cavailon and Forcalquier. All along the itinerary, the association "Vélo Loisir en Luberon" looks after everything for you, hiring bikes, transporting your luggage from one stopover to another, preparing the picnic and of course booking accommodation in friendly establishments.

Contact: +33 (0)4 92 79 05 82
www.veloloisirluberon.com

GOLF

Three golf courses which are well integrated into the surrounding landscape

Le Bois Chenu Golf-Club in Barcelonnette

Installed in a superb setting at an altitude of 1000 m, this nine-hole course is a combination of the serenity of the place and the natural surroundings: waterfalls, bathing lake and clearings.

golf-du-bachelard@orange.fr
www.ubaye.com

Le Garden golf in Digne les Bains, nestled in the Préalpes with an 80-hectare course surrounded by pine trees and oaks in a Mediterranean/Alpine setting.

Contact: +33(0)4 92 30 58 03

www.ngf-golf.com/gardengolf-digne

Le golf du Luberon. Pierrevert golf club is hidden away in the hilly pine forest setting of the Parc du Luberon.

Contact: +33 (0)4 92 72 17 19

www.golf-du-luberon.com

The Alpes de Haute-Provence are also recreational (loisirs), athletic (sportives) in winter



Quality snow under the Provençal sky is one of the privileges granted to those who come and stay in one of the three departments of the Provence Alpes Côte d'Azur region. Between the Hautes Alpes and the Alpes Maritimes, the Alpes de Haute-Provence offers all the advantages of the southern Alps in their winter sports resorts.

Snow and sun: explaining the paradox

The name Alpes de Haute-Provence is a contradiction which suits the area as, from the « Alps » point of view, the high altitude of the mountains guarantees plentiful and good snow, and the "Provence" aspect gives it a maximum of sunny days throughout the winter. And lastly, the very low rainfall and the cold nights make the snow last right through the season. These two exceptional advantages enable holidaymakers to make the most

of the optimum conditions and enjoy the pleasure of the mountains and winter sports in the Alpes de Haute-Provence.

700 km of runs for all levels

The Alpes de Haute-Provence ski area is made up of 720 km of runs in 9 alpine ski resorts some with the label "Ptit Montagnards" or "Village de Montagne" and 7 "France Ski de Fond" accredited Nordic ski resorts

With altitudes of over 3 000 metres, it offers a wide variety of sites and landscapes. Well away from major industries, the department has no big towns so you can discover a multitude of charmingly discreet villages.

3 alpine valleys in the Southern Alps

The **Val d'Allos** is on the edge of the Mercantour National Park where the Verdon rises. It highlights the complementary sites of Val d'Allos 1 500 le Seignus and Val d'Allos 1 800 La Foux, sister-resorts 7 km apart.

The **Blanche Serre Ponçon Valley** is located between Digne-les-Bains and the lake of Serre Ponçon. The action of Mankind is ever-present in the structure and development of 3 family resorts: Saint Jean Montclar, Chabanon Selonnet and Le Grand Puy. The atmosphere is rural, spontaneous and the population demonstrates its need to participate.

The **Ubaye Valley**, with its peaks which march along the Italian border in the north of the Alpes de Haute-Provence. With the resorts of Praloup and le Sauze, it has been able to maintain its tradition of a warm welcome and develop at the same time its new infrastructures (half pipe, snow Adventure Park) which are indispensable for the different types of snow sports which attract clients nowadays. Barcelonnette, a small mountain town, beats to the rhythm of the resorts around it and adds its after-ski possibilities to the attractions of the valley.

9 resorts... to suit all tastes

In the Alpes de Haute-Provence, 3 valleys have developed the infrastructures necessary for the satisfaction of keen winter sports enthusiasts and have managed to keep their traditional character.

L'Espace Lumière



The large ski areas of Pra loup and the Val d'Allos 1800 La Foux linked by the Vallon des Agneliers present the skier with 180 km of runs in the Espace Lumière area, the biggest ski area in the Southern Alps.

Pra Loup en Ubaye

www.praloup.com

Allos 1800 (La Foux)

www.valdallos.com

"Village Resorts «

The dimension of the village resorts is ideal to share the pleasures of family winter sports. Discover our 4 stations labeled Stations Villages of the Southern Alps to spend a ski in preserved ski areas and unbeatable price. These stations are primarily villages ... unless it is otherwise, guarantee you the best facilities and services in an authentic mountain village to the delight of the whole family .



- Sainte Anne www.sainte-anne.com
- Larche www.haute-ubaye.com/
- Montclar www.montclar.com
- Chabanon-Selonnet www.chabanon-selonnet.com
- Le Sauze www.sauze.com
- Val d'Allos - Le Seignus www.valdallos.com
- Le Grand Puy Tél.+33 (0)4.92.35.19.19
- Soleilhas-Vauplane Tél +33 (0)4 92 83 67 63
- Montagne de Lure Tel. +33 (0)4 92 79 59 48

6 cross-country skiing sites

In the Southern Alps, the Italian border is very near and generations of customs officers have been able to cover their enormous areas on cross-country skis. This very ancient Nordic tradition is particularly present in the Alpes de Haute Provence with its 6 "Nordique France" label sites which all obey a very precise charter.

In the Ubaye Valley

www.haute-ubaye.com

Maljasset-Maurin

Larche

In The Val d'Allos

www.valdallos.com

Allos Le Seignus

Colmars Rattery

La Colle Saint Michel

In The Blanche Valley

www.valleedelablanche.com

Le Col du Fanget

Snow.... For children

The advantage of the resorts of the Alpes de Haute-Provence is the mild climate which allows children to make the most of the snow without having to worry about the cold. The resorts do their utmost to provide activities at favourable prices for children.

The "P'tits Montagnards" label.

Nurseries, day care centres children's homes managed by certified staff, specific children's activities and products are the advantages that the resorts who have this label offer holidaymakers.

For the very small

In the Val d'Allos, la maison des P'tits montagnards

From 6 months to 6 years of age: from nursery to day care centre, games, walks and workshops are provided and also the first contact with snow and skiing.

In the resort a room equipped with toys and games will be made available to the families so that the little ones can have fun while mum and dad watch.

Contact: +33 (0)4 92 83 02 81

In Le Sauze,

From 6 months to 6 years of age: "Les Bons Petits Diabes" day care centre from 8am to 5.30 pm meals possible

For 3 to 6 year olds, in the alpine garden, a world tailored to their needs: figurines, ski lifts, teaching based on games and instinctive movements, all by ESF ski instructors to guarantee their safety: a top quality service for children and parents. In association with the day care centre, the relay between the snow garden and the day centre, children can play and ski all day long with their new friends while their parents have a full day's skiing. A real holiday for everyone!

For the 4 to 12 year olds, the tourist office workshops are free of charge after skiing. They can discover the winter sky and star-gazing with an astronomer, practical work, discovering myths, building rockets etc. with the winter theme "P'tits montagnards à la découverte des étoiles"

Contact: +33 (0)4 92 81 05 61

In Praloup

From 6 months to 6 years old day care centre, a real mountain chalet in the middle of the resort.

A must: Every Wednesday a free evening from 7 pm to 10 pm so that parents can enjoy an evening together. Pushchairs lent in the day care centre. "La piste Mauve Milka" a fun educational course on the plants and wildlife of the Alps. Follow the cow!

From 6 to 12: a programme available each week offering a variety of free of charge activities. Enrol with the TOURIST OFFICE

Contact: +33 (0)4 92 84 10 04

Other snow fun

Apart from alpine skiing and cross-country skiing, the Alpes de Haute-Provence offers a number of snow-linked activities which make it possible to try a bit of everything during the holidays according to whether you are looking for excitement or peace and quiet.

With snowshoes

More and more people are becoming keen on this sport. Now guides with a snowshoe speciality offer unusual itineraries and you can follow them safely from one exceptional site to another and observe wildlife and respect the environment at the same time.

In dog-sleds

A style which has developed over the last twelve years in the Alpes de Haute-Provence and particularly on the cross-country sites.

On skidoos

This activity is for when the runs are closed and it enables you to discover the resorts from another point of view and do some superb rides under the stars.

Driving on ice in the Val d'Allos: safety first

The main aim of the ice driving school of the Val d'Allos is to participate in road training. The lessons which are great fun take place on a frozen lake with curved sides like a velodrome which provide optimum safety conditions and no risk of damage.

Contact: +33 (0)4 92 83 01 89

Parachuting

Those who need excitement can try a tandem jump with a parachute instructor.

Contact: +33 (0)4 90 26 41 83

Paragliding

The blue skies and calm aerology are the best conditions that are to be found in winter. They make it possible to discover the pleasures of aerial sports and the snowy landscapes « seen from the sky ». From the mountain peaks to the bottom of the runs, an instructor guides your flight, with skis on your feet, for some marvellous sensations.

Contact: Tel: +33 (0)4 92 89 13 26 - Tel: +33 (0)4 92 81 34 93

Ice climbing.

When the very cold weather comes, the water running over a rocky cliff becomes an ideal climber's playground. Fans of this activity must be accompanied by a high mountain guide and have adequate equipment.

Snow shuttles

Will convey you directly from the Marseille Provence airport or Aix TGV to your ski resort

Informations / Réservation

Au 0821 202 203 (prix d'un appel local)

Sur le site www.info-ler.fr

www.navettesblanches.com

The Alpes de Haute-Provence are rich of their cultural heritage



The Villages et Cités de Caractère

A label which is specific to the Alpes de Haute-Provence for 11 typical villages with reception (restaurants, inns, gîtes, reception bureau) events and leisure objectives (traditional production, cultural shows, exhibition venues, guided visits), of quality surroundings (flowers, restored facades...): Annot, Castellane, Colmars-les-Alpes, Entrevaux, Moustiers-Sainte-Marie, Riez, in the pays du Verdon, Seyne-les-Alpes in the Vallée de la Blanche and Simiane-la-Ronde, Dauphin, Lurs, Mane in the pays de Forcalquier, these villages are the stage for events, cultural festivals, markets, etc. all through the year.

Contact: +33 (0)4 92 30 08 74

La Route Napoléon

This starts in Golfe Juan where the Emperor, on his return from Elba, landed on 1st March 1815 on his way to Grenoble over the col Bayard. This 325-km road goes through Castellane, Barrême, Digne-les-Bains, Malijai and Sisteron in the Alpes de Haute-Provence. Accompanied by a professional guide, you will discover the sections used at the time and which have been renovated.

Contact : +33 (0)4 93 40 04 34

www.route-napoleon.com

La Route des Grandes Alpes

Opened in 1920 by the Touring Club de France, " La Route des Grandes Alpes " links Lake Léman to the Mediterranean. It goes through Barcelonnette in the Ubaye, over the col de Vars (2109 m) and the col de la Cayolle (2352 m), and along the edge of the Parc National du Mercantour.

Contact : +33 (0)4 76 42 08 31

www.route-grandes-alpes.com

La route des cadrans solaires

Sundials, the witnesses of the passage of time, will help you discover the wealth of the heritage of 17 communes in the Verdon all along a discovery trail. You will see the symbols of the heritage and identity of each locality on each sundial. The inhabitants were also consulted for the finalizing of the themes which are developed on explanatory panels. Created in the summer of 2007, these sundials are the fruit of an encounter between the the inhabitants' idea of their identity and the imagination of a team of five artists. These works are also at the crossroads between art and science: two subjects which are often in contradiction. But before the first brushstroke, shrewd calculations certifying the exact time marked at any moment in the year were necessary.

Contact : +33 (0)4 92 83 68 99

www.cc-moyenverdon.fr

The Train des Pignes

An original way to cover the 151 km from Nice to Digne-les-Bains is to take the famous train des Pignes which runs on a unique narrow track (1 m gauge). It goes through around thirty communes and some fifteen station stops are organized. The hiker can nevertheless make the most of one of the sixty halts indicated by a sign on the side of the track to jump off and continue his journey on foot.

On 14th August 1891, the (steam) train known as Le Train des Pignes, made its first trip from Digne to Mézel. This world famous hundred-year old train now covers a distance of 151 km on a narrow gauge track going from Digne to Nice at a speed of under 70 kph.

The train goes through tunnels, over viaducts and bridges and climbs to a height of 1022 metres. It makes 70 stops which enable travellers to discover the splendours of the Mediterranean back country at their own speed. Hilltop villages, steep gorges, fields of lavender, you will travel from the palm trees of the Côte d'Azur to the thyme of the dry mountain areas of the Alps.

Take your ticket in advance by visiting the Train des Pignes website, the doors close, the stationmaster blows his whistle and you're off with the chemins de fer de Provence :

The line's 100 anniversary was celebrated on 30th July 2011. Several events and exhibitions took place along the path of this train which legend tells that it used to go so slowly that passengers would get off to pick up "pignes" (pine cones).

Provence railways organize combined railcar and steam train trips on Saturdays and Sundays in July and August departing from Nice.

Contact: +33 (0)4 92 36 62 62

www.trainprovence.com

M

The Alpes de Haute-Provence are traditional, genuine CULTURE AND HERITAGE



Musée de Préhistoire des Gorges du Verdon in Quinson

Sir Norman Foster's design for the Museum of Prehistory creates a solid link with the physical surroundings of the village of Quinson preserving at the same time the contemporary character of the building. The Museum covers a surface area of 4300 m² and is one of the major museums of prehistory in France. Its creation was motivated by the wealth of the archaeological heritage on the banks of the Verdon which were prehistoric Man's privileged territory of for over a million years. The most important deposit is « la Baume Bonne » in Quinson.

Contact: +33 (0)4 92 74 09 55
www.museeprehistoire.com

Musée de l'Olivier in Volx

The region, culture, olives and also the making of oil is demonstrated by old mills, tools and utensils dating back to older times in this modern structure which uses all the latest audio-visual and interactive techniques. From the biology of the tree to its mythology, from traditional soap-making to the formal exercise of tasting, each step is an invitation to travel, see and taste the Mediterranean. It is also a place where olive producers can meet artists.

Contact: +33 (0)4 92 72 66 91
www.ecomusee-olivier.com

Prieuré de Salagon (Ethnobotanical Museum) in Mane

Built in the heart of Haute Provence, this medieval Priory is not only a historical site but also the demonstration of a rich culture;

A former Benedictine prior, and listed historical monument, Salagon is made up of a 12th century church, a 15th century prior's lodging and 16th and 17th century farm outbuildings. Remains discovered during archaeological digs show the different types of occupation of the site from 1st century to our time.

In 1998, the church was endowed with five stained glass windows created by Aurélie Nemours « whose lines, crossing points and mesh immediately build a highly organized moving and calm rhythm in a balanced dissymmetry » Salagon has 6 theme gardens to tell the story of the link between the vegetable kingdom and society in the region and far away. To date, the different gardens have been planted with 2000 species and varieties of native and exotic plants.

Contact: +33 (0)4 92 75 70 50
www.musee-de-salagon.com

Château de Sauvan in Mane: a petit Trianon in Provence

With a layout and size more appropriate to the Ile de France region, this castle with its somewhat daring design is unique in Haute Provence. Built nearly three centuries ago, in the pure classical style of 18th century, its sandstone facades and terrace face the town of the counts of Forcalquier. Its north facade is magically reflected in a mirror pond where majestic swans float peacefully by. It was used in the making of several films of which the most famous is «The murdered house» based on a novel by Pierre Magnan.

Tel: +33 (0)4 92 75 05 64

«Maison d'Histoire et de Mémoire » d'Ongles : Le musée des Harkis

Ongles was the first village to welcome the families of harkis from 1962 to 1971. On 6th September 1962, the life of this rural village of 237 inhabitants was transformed by the arrival of twenty-five families of harki refugees, 133 people.

The permanent exhibition "They'll be here tomorrow..." pays homage to the harkis and their families, to lieutenant Durand who accompanied them and to the inhabitants of Ongles.

MHeMO +33 (0)4 92 74 04 37

The Abbaye Bénédictine of Ganagobie: an exceptional site overhanging the Durance Valley

There are a few remains of the buildings which date back to Roman times (church, cloister, convent buildings) The Benedictine abbey is remarkable for its early XIIIth century mosaic, a capital element of the history of mosaic art in France and which covers 72 m² of the Choir in the main church. The community of Sainte Marie Madeleine leads a normal monastic life in Ganagobie and retreats are also possible.

Contact: +33 (0)4 92 68 00 04
ste.madeleine@ganagobie.com

The archaeological crypt of Notre dame du Bourg in Digne les Bains

Open to the general public since 1st July 2010, the archaeological crypt reveals the fabulous discoveries made during the three successive campaigns of archaeological digs led by professor Gabrielle Démians d'Archimbaud. The town of Digne-les-Bains now knows the exact location of its origins with the presence of ancient 1st century BC walls which

correspond to an urban area and the siting of three Christian buildings dating from Vth century to XIth century. And all of these are in the same area under the present cathedral of Notre-Dame du Bourg whose restoration was carried out by the Head Architect, Francesco Flavigny. Thirty years of work and research were necessary for the consolidation of the XIIIth century building and the development of this museum site which covers a surface of 870 m². A monumental task with a superb result. A must!

Contact: +33 (0)4 92 61 09 73
crypte@musee-gassendi.org

Musée-Promenade Saint-Benoît in Digne-les-Bains is a meeting-place and a museum-walk. As you walk through the tree-filled garden with its waterfalls and paths scattered with works of art you come to the museum buildings with their secular past, where artists and scientists have set up a view of the past of our planet with memories of oceans, plants, fossils and landscapes.

Contact: +33 (0)4 92 36 70 70
www.resgeol04.org

Musée Gassendi in Digne-les-Bains

Installed in a former alms-house, the museum was founded in 1889. It is both a Natural History Museum and a Museum of Fine Arts. Its ambition is to present a new understanding of the collections to the public with no discrimination between often out-of-the-ordinary natural objects, scientific collections and works of art.

Contact: +33 (0)4 92 31 45 29
www.musee-gassendi.org

Alexandra David Néel Fondation in Digne-les-Bains

Alexandra David Néel (1868-1969), the world-famous adventurer, journalist and orientalist was the first European to enter Lhasa in 1923, a town which had been forbidden to westerners until then. In 1927, aged 60, she chose Digne-les-Bains as a place to meditate and write. The beautiful bourgeois house surrounded by trees beside the Nice road that she bought, transformed, extended and renamed Samten Dzong, « meditation fortress », was to become a venerable Orientaly-focused residence in 1997 when a foundation devoted to the erstwhile owner was set up in its walls. The house can be visited under the authority of Alexandra's former secretary, and Tibetan monks come to conduct ceremonies and teach. A visit which will interest all those who love Tibet, Buddhist philosophy or all those that Alexandra David-Neel's stories delight.

Contact: +33 (0)4 92 31 32 38
www.alexandra-david-neel.org

La Maison des Gorges du Verdon in La Palud-sur-Verdon

This environment house installed in the castle of la Palud-sur-Verdon dates back to 16th century. The castle was restored to house the information and tools necessary for the knowledge and respect of a territory which is unique in the world: the Gorges du Verdon.

Contact: +33 (0)4 92 77 32 02
www.lapaludsurverdon.com

Château d'Allemagne en Provence: a monument which is also a family home in the heart of the Verdon!

Half-way between Manosque and Moustiers Sainte Marie, in the village of Allemagne en Provence, this castle, a listed Historical Monument is among the most important 16th century castles in Provence, and without a doubt one of the most prestigious. It was built over a period of 50 years between 1495 and 1545 and commanded by the powerful Castellane family. Its overall structures, apart from an older dungeon integrated into the new building, are of Gothic style whereas part of its decoration is clearly Renaissance. This magnificent castle is lived in all year round and has 5 finest bed & breakfast rooms for those who like the life of luxury.

chateau-Allemagne-en-provence@wanadoo.fr

La Maison Musée in Colmars les Alpes

Opened in 2003, it has constantly grown over the years to present the general public with sixteen exhibition venues which highlight the heritage of the Haut-Verdon; It is managed by the association "Maison-Musée et Forts Vauban du Haut-Verdon". The entrance is in the middle of the village through an old notary's house which has kept its cachet; You can see the kitchen the bedroom, the leisure activities, the school and on the second floor, the middle-class drawing room opens on both sides onto the Round Path, very characteristic of Vauban's time. These Ramparts are studded with towers, some of which date back to the Middle Ages : you can wander around on a large part of the walls which surround the houses of Colmars, huddled tightly together.

The different rooms present the many aspects of day-to-day life around 1900, holy items, the work of peasants and artisans, etc. At the foot of the imposing Bell tower, the Tour de la Sacristie houses a Vauban area, which has recently been developed and where the shadow of the great man is ever present.

To finish your tour, stop off in the "petit jardin" with its mixture of local vegetables and flowers, on the model of jardins de curé (cottage gardens) and you will have filled your afternoon with surprises and nostalgia for the "good old days" of our ancestors.

Mairie
04370 COLMARS

www.haut-verdon-musee.org

Musée de la Vallée in Barcelonnette

Alexandre Raynaud, father of Paul Raynaud, the French statesman, was one of the first to build an elegant villa whose proportions and symmetry are reminiscent of the big classical bourgeois residences in Barcelonnette, known today as the « Mexican villas ». Made into a museum (Musée de la Vallée), the rich parquet floors, the sitting-room-library of Alexandre Reynaud, and his elegant bathroom entirely decorated in tiles which date back to 1910 have been kept intact.

www.ubaye.com

The Fortified heritage from VAUBAN to MAGINOT, 3 centuries of military architecture:

VAUBAN, a leading personality of military architecture, left his mark on many sites in the Alpes de Haute-Provence.

Barcelonnette's « Mexican Villas »

Spread over half a century from 1880-1930, the building of villas in Barcelonnette and Jausiers gave around fifty buildings which encouraged new town planning similar to that of contemporary spa towns where the parks and gardens are more important than the buildings. The result is a holiday spirit and mode which characterized the emergence of this new style of architecture more common to the Mediterranean coast or the seaside resorts of the Atlantic coast than a mountain village.

Sisteron in the Durance valley: Built by Jean Erard, Henri IV's engineer, Sisteron's fortifications controlled the access to the lower Durance Valley. In January 1692, on arriving in Sisteron, Vauban immediately started planning a long series of structures to defend the fortress and occupy its heights.

Seyne-les-Alpes in the Blanche Valley: The Citadel of Seyne overlooks the little town. It was built at Vauban's request by the engineers Niquet and Creuset de Richerand, in 1693.

Saint-Vincent-les-Forts at the gate to the Ubaye Valley: Located on the "front line" on the Italian border, the Fort of Saint Vincent was built in 1693 by Monsieur de Richerand, the King's engineer, based on a project by Vauban dated 25th December 1692.

Colmars-les-Alpes in the Haut-Verdon: Colmars was a border town which ensured the safety of Provence. Sent by Louis XIV, Vauban drafted a project in Nice and consulted Niquet's plans. He ordered more powerful towers because he believed that artillery could be brought near the fortress.

Entrevaux in the Verdon In a loop of the Var river, under a pinnacle on which the castle is perched, Entrevaux was a border fortress (with the Comté de Nice). In 1691, Niquet the director of fortifications in Provence, had the gates reinforced and, on advice from Vauban, built a « horned structure » at the gates of Puget-Theniers.

MAGINOT built an out-of-the ordinary military heritage. Visits to these fortifications located in the middle of magnificent larch forests or at the edge of alpine pastures make very interesting walks and are all accessible by means of often long but never difficult former military roads.

The fort of Tournoux in the Ubaye Valley This edifice, built into the cliff, looks like a giant gruyère cheese. Several levels connected by means of galleries cover a height of 700 m.

The forts of Haut-Saint-Ours and Roche-la-Croix in the Ubaye valley The first was built between 1930 and 1936 and the second between 1931 and 1940, and they are the two most important structures on the Maginot line in Haute-Ubaye. They were run like mountain submarines. Formidable and efficient, they were the bolt that resisted perfectly in June 1940.



Festivities

Share the traditions and customs of the Alpes de Haute-Provence



February FÊTE DE LA TRUFFE

This truffle-festival offers demonstrations of « truffle-hunting » by truffle dogs, a traditional truffle « brouillade » (eggs delicately scrambled with truffles) competition and different activities.

April LA FÊTE DE L'AGNEAU PASCAL IN DIGNE LES BAINS

Demonstration of sheep-shearing, demonstration of sheepdogs, peasants' market and grilled lamb for lunch are the main activities on this festive day.

May LA FÊTE DÉPARTEMENTALE DE L'OLIVIER

This tenth issue highlights the cultural and festive aspects of the olive tree. An olive area will offer pruning demonstrations, the crushing of olives with mini-mills, tastings, a flavour market, activities for children and last but not least the Confrérie des Chevaliers de l'Olivier's swearing in ceremony.

May LA FÊTE DU FROMAGE IN BANON

Under the trilogy of wine, bread and cheese, this event always welcomes large numbers of visitors. The competition for the best Banon (little goats' cheeses wrapped in chestnut leaves) gives the public the opportunity to voice its opinion on the quality of the products. Banon obtained the AOC in 2003.

May LA FÊTE DE LA SAINT FORTUNAT IN ANNOT

The Bravadiers of Annot dressed in the costumes of Napoleon's army march through the medieval streets of the village for this Patron Saint's feast-day, accompanied by the fanfare, sappers, gunners, infantrymen and cantinieres.

June LA FÊTE DE LA TRANSHUMANCE IN RIEZ

Around 2000 sheep go through the village on their way up to Alpine pastures, accompanied by a local folk group. It is also an opportunity to revive traditions and discover regional products.

July LA FÊTE DE LA LAVANDE IN VALENSOLE

This festival demonstrates different aspects of lavender right in the heart of the plateau. On the shady village promenade, exhibitors and producers propose activities, the sale of essential oils and surprising produce, the visit of fields or even distilleries every day to the sound of the folk groups and the scents of this most Provençal of flowers.

August LE CORSO DE LA LAVANDE IN DIGNE-LES-BAINS

Complete festival for all with 2 processions with floats decorated and perfumed with lavender, majorettes and musicians from all over Europe.

Contact: +33 (0)4 92 36 62 62

August LA FÊTE DES MOISSONS IN SELONNET

Reviving traditions of time gone by in a friendly rural day. Exhibition of old tools, making a rope in the traditional way, demonstration of sheaving, demonstration of an old-fashioned harvesting machine, a binder, transporting the sheaves on a sled pulled by four horses from the region, crushing, threshing with a thresher for the 30s, some of the day's activities.

Contact: +33 (0)4 92 35 11 00

September JOURNÉE PROVENCALE IN SAINT ANDRÉ LES ALPES

A market which offers regional produce and the scents of the Alpes de Haute Provence and in particular lavender derivatives, as this year it is the theme of this Provençal day. A folk group, street events, a street show and Provençal menus in all the restaurants will complete this festival so that all can discover Provence and its lavender.

Contact: +33 (0)4 92 89 02 39

Festivals



SUMMERY AND FESTIVE, the Alpes de Haute-Provence offer cultural events in most of the remarkable sites and monuments. Every year, the programme is renewed with great attention to quality which guarantees its durability.

July LES FESTIVES DE FONTROBERT A CHATEAU-ARNOUX

In a 16th century open-air amphitheatre, this festival offers concerts of modern music with pop, rock, blues and rap.

Contact: +33 (0)4 92 64 02 64

July LE FESTIVAL DES ENFANTS DU JAZZ A BARCELONNETTE

During 15 days, trainees from all over France come to learn jazz with resident artists of the emerging jazz generation: lessons, brass band, street shows, public concerts... a programme rich in experience for all these young people which finishes in style: original encounters (« master-class ») with the guest artists of the festival, with discussions on music and the life of professional jazz artists. Magical moments for budding jazzmen but also for all members of the public.

Contact: +33 (0)4 92 81 02 70

July/August LES NUITS DE LA CITADELLE IN SISTERON

Nights of plays, dancing and music. For over forty years, the " Arts, Théâtre et Monuments " association has been organizing quality shows with as a backdrop, the imposing ramparts of the Citadel of the Counts of Provence.

Contact: +33 (0)4 92 61 06 00

August LES RICHES HEURES DE SIMIANE-LA-ROTONDE

This international festival of early music offers vocal or instrumental chamber music concerts in the Rotonde, a medieval tower dating back to the end of 12th century. Decorated with 12 niches and a ribbed cupola the Gothic hall on the first floor has an exceptional acoustic quality which is perfect for concerts.

Contact: +33 (0)4 92 75 90 14
www.festival-simiane.com

August LES FÊTES LATINO-MEXICAINES DE BARCELONNETTE

In the Southern Alps, the Ubaye valley is branded by history: the emigration of half its population to Mexico, between 1812 and 1950. Strong links still remain between the Ubaye, a valley in the Southern Alps and this faraway country on the other side of the Atlantic.

The Latino Mexican festival celebrates this connexion with Mexico and bands and dancers take over the streets of Barcelonnette to celebrate the music of Latin America with its swaying and heady rhythm: Brazilian samba, Argentinean tango, Cuban salsa, Mexican mariachis... a marvellous show and a great change of scene!

Contact: +33 (0)4 92 81 04 71
www.barcelonnette.com



8 European "Best Of "

THE BIGGEST MOUNTAIN LAKE IN EUROPE

The lac d'Allos at an altitude of 2228 metres and covers a surface area of 54 hectares, in the Mercantour National Park.

THE BIGGEST CANYON IN EUROPE

The Grand Canyon of the Verdon which covers 30 kilometres, has the most magical and amazing landscapes the Earth has to offer

THE BIGGEST GEOLOGY RESERVE IN EUROPE

The Haute Provence Geology Reserve is spread over 145 000 hectares. With the Museum-Walk in Digne-les-Bains, the Sirenian and fossile museum in Castellane and the Route du temps, a real introduction to time-travel.

THE HIGHEST ROAD IN EUROPE

The Bonette-Restefond road winds up the Ubaye Valley reaching its highest point at the col de Restefond (2802 metres). It is 30 metres higher than the Col de l'Iseran and the only road to go through a national park, in this case the Mercantour.

THE BIGGEST ARTIFICIAL LAKE IN EUROPE

The lake of Serre-Ponçon in the Ubaye covers a surface area of 3000 hectares. It is a pretext for a number of activities in enchanting surroundings under exceptionally pure skies.

THE PUREST SKY IN EUROPE

The sky of the Alpes de Haute-Provence is the least light-polluted in Europe and this is what encouraged the Observatoire National of the CNRS to set up in Saint Michel l'Observatoire to study the stars.

THE LONGEST VIA FERRATA BRIDGE IN EUROPE

The 60m-long swinging footbridge of the Grande Fistoire in la Motte du Caire is an exceptional landmark on an acrobatic course which is accessible to enthusiasts of all ages.

THE BIGGES MUSEUM OF PREHISTORY IN EUROPE

The Museum of Prehistory of the Gorges du Verdon in Quinson opened in 2001. In terms of surface area it is the biggest museum of prehistory built in a small village with 500 inhabitants in the heart of the Verdon in a resolutely modern architectural style.



How to come to The Alpes de Haute-Provence

ROAD:

From the North: A7 Motorway to Avignon then nationale 100 through Apt and Forcalquier
A7 Motorway to Grenoble then Nationale 75 over Lus La Croix Haute to Sisteron

From the South A51 Motorway from Aix-en-Provence

TRAIN:

From the North T.G.V. to Aix en Provence or Marseille
From the South Train des Pignes from Nice

PLANE:

Marseille Provence Airport
Nice Côte d'Azur Airport

L'AGENCE DE DEVELOPPEMENT TOURISTIQUE DES ALPES DE HAUTE-PROVENCE

Tel: +33 (0)4 92 31 57 29

www.alpes-haute-provence.com

Photos can be downloaded on:

www.flickr.com/photos/alpesdehauteprovence-tourisme/



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