

- The **network** of Emblematic Mediterranean Mountains consists of **nine** complex living **mountains** located around the **Mediterranean Sea**, in **France, Greece, Italy, Spain** and **Albania**. The respective territories are working together on common **challenges**:
- Preserving **patrimonial values** from endogenous and exogenous threats
    - Sharing **positive experiences** and good practices
    - Increasing **international recognition**



**EMbleMatiC Ecojourneys** are nine routes of **experiential slow tourism** across **hinterland areas** of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to **explore** the areas' **singularities** and the **activities** offered by local providers. These are journeys where **nature** and **culture** meet, and the experience with **body** and **soul** is such that it generously conveys the **emblematic character** of the territory.



Project co-financed by the European Regional Development Fund



SAINTE-VICTOIRE • IN THE MOOD FOR SAINTE-VICTOIRE



In the mood for  
**Sainte-Victoire**



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Credits

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[www.emblematic-med.eu](http://www.emblematic-med.eu)



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## Introduction

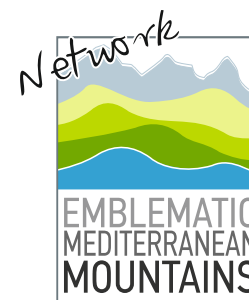
## Emblematic Mediterranean Mountains



Dear reader,

What you have in your hands is not only a tourist guide of « Dans l'esprit de Sainte-Victoire », but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Sainte-Victoire belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience. You can enjoy these experiences through 9 different *Ecojourneys* (see map above), which lead you to discover with all senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin.

Each *Ecojourney* offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas' singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.



But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that...

- Is located in hinterland areas that are outside of the usual (and over-crowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of participatory processes with local stakeholders who are aware of environmental good practices related to water and energy consumption, waste management, fostering local and seasonal products, and obtaining ecolabels;
- Is conceived to favour interaction with local people and producers;
- **Will allow you to live for a while the essence of a Mediterranean mountain area, its nature, its culture and its people and traditions. Go for it, it's waiting for you!**

*Your EMbleMatiC Hosts*



## Nine EMbleMatiC ecojourneys

Once you will have enjoyed the ecojourney of this guide, you will be very welcome to carry on visiting the others 8 slow tourism routes located across the hinterland areas of the territories of the EMbleMatiC Mediterranean Mountains network. More information available on the network website [www.emblematic-med.eu](http://www.emblematic-med.eu) and below:

### Canigó, France

#### *The foothills of the Canigó*

Come to explore, to taste and be amazed whilst enjoying everchanging views over the Sacred mountain of Catalans! The foothills of Canigó, the promise of a slow and curious walk full of natural scents.

[www.canigo-grandsite.fr](http://www.canigo-grandsite.fr)



### Çika, Albania

#### *From Çika highlands to the beach*

A scenic route running in parallel to Çika crest, enriched with a bouquet of 5 extending paths to balconies and paysages, natural & cultural heritage and welcoming people, is the heart of this journey.

<http://himara.gov.al/>



### Pedraforca, Spain

#### *The seven faces of Pedraforca mountain*

The seven faces of Pedraforca is a new tourist experience that will take you to discover all the secrets hidden by this magical mountain. From one day up to seven days to impregnate yourself!

[www.elbergueda.cat](http://www.elbergueda.cat) / [www.visitbergueda.cat](http://www.visitbergueda.cat)



### Gran Sasso, Italy

#### *The Gran Sasso, a mountain of Saints and Warriors*

Ascend from the Tirino Valley to the Gran Sasso, the highest peak of the Appennini Mountains. Enjoy an emotional journey through nature, ancient traditions, landscapes and tasty local products.

[www.galgransassovelino.it](http://www.galgransassovelino.it) / [www.yesgransasso.com](http://www.yesgransasso.com)



### Olympus, Greece

#### *"Olympios Zeus", Cultural Route*

A mythical route that combines grandiose environment with remarkable historical monuments in a unique harmony. Organized infrastructure and services offer experience that really worth the visit!

[www.pieriki-anaptixiaki.gr](http://www.pieriki-anaptixiaki.gr)



### Etna, Italy

#### *An ecojourney through pathways of Etna "Ginesta" and "Vineyard" flowered fields*

Discover traditions that have not changed for hundred years. Live with the locals, experience their culture and everyday lifestyle whilst falling in love with this very special part of the world.

[www.galetnaalcantara.org](http://www.galetnaalcantara.org)



### Serra de Tramuntana, Spain

#### *The route of Comte Mal*

Under the shelter of the majestic Mount Galatzó, that rises above the sea, you will wander on a land of legends, through an outstanding cultural landscape, shaped over centuries by proud local people.

<https://caminsdepedra.conselldemallorca.cat/en/-/la-ruta-del-comte-mal>



### Mnt (Psiloritis) Ida, Greece

#### *On the Paths of Myth*

Through the ecojourney of Mt Ida (Psiloritis) visitors could discover the Paths of Myths, History, Cultural Heritage and Natural Wealth in order to meet the original side and timeless value of Crete.

[www.psiloritisgeopark.gr/Home/2/1.html](http://www.psiloritisgeopark.gr/Home/2/1.html)

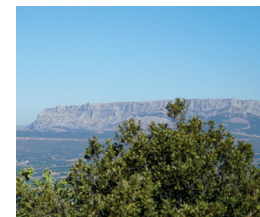


### Sainte-Victoire, France

#### *In the mood for Sainte-Victoire*

We want you to enjoy the unexpected Sainte-Victoire and share it's authentic mood. Experience our local way of life and meet people who embody the spirit of our living territory.

[www.fuveau-tourisme.com](http://www.fuveau-tourisme.com)







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## Introduction of the area





## Sainte-Victoire: the closer you get, the less you see

*Sainte-Victoire – everyone has their own feelings about this mountain.*

*For some, it's a weather vane, for others a challenge, a reservoir of nature, Cézanne's muse, a playground. The truth is that this mountain is all of these things.*

Resembling crumpled paper in the autumn or spring sunshine, a white dihedron when viewed from the TGV station, the closer you get, the more it changes shape. Now a triangle, now a sphinx, its north face is mineral and merciless, while its south face unfurls in waves the intense green of its curves.

It is colour.

Following the Petite Route du Tholonet, as Cézanne must have called it, no sooner have you left the town than you find yourself in Tuscany, winding your way between pines and superb abodes with elegant cypress trees. The landscape is magnificent, but of the mountain there is no sign. Suddenly you round a bend and there it is. The vision is fleeting, but it strikes you in the face. It continues its game of hide-and-seek as far as Le Tholonet, where it comes out into the open more or less permanently. Depending on the day or the time, as well as on the weather, the sides may be an intense pink or orange at dusk, brilliant white in the summer sun, and on rainy days indisputably black and white. Nothing else. Just black and white.

In the north valley, whatever the season, the light can be honey-coloured, or the sky tinted in dragee shades. Girl or boy, it never decides, blue flirting with pink. Forever. When the sun is at its highest, the north face



rolls out its valleys, where you can distinguish the nuances of green of oak and pine.

Wherever you are in the Pays d'Aix area, there is some point where the mountain is visible, and everyone reads it in their own language. Walkers, climbers or runners love to ascend it and measure themselves against it, but close as they get, they do not see it. It is from the surrounding heights – the mountains of Concors, Etoile or Régagnas – that it offers up its silhouette, its profile, from start to finish of the trail. Once the trophy has been won, these are the places from which the most enamoured ramblers will get the best view of the beautiful Sainte-Victoire.







## Sainte-Victoire Grand Site de France

The Grand Site of Sainte-Victoire is an unspoiled region of nearly 35,000 hectares on the footsteps of Aix-en-Provence and Marseille, bordering on the Verdon and Luberon regional nature parks.

It is well-known to the general public thanks to the fame of the mountain of Sainte-Victoire, a rocky monument celebrated by the painter Cézanne. But for the whole of the Aix basin and beyond, for the entire Bouches-du-Rhône département, Sainte-Victoire is a kind of signal, visible from far and wide in fine weather. Like the River Durance, it is a natural monument to which all the people of Provence are deeply attached. For the locals, its rocky slopes are part of the landscape.

A landscape ensemble typical of the Mediterranean region, it is closely protected, with two listed sites, and its rich natural habitats have led to its inclusion in the European Natura 2000 network.

Sainte-Victoire is one of the four first regions to have been awarded the Grand Site de France label, back in 2004.

The awarding of this label is a consecration of the management of these "Grand Sites", emblematic geographical areas which attract a broad range of visitors. Their national importance is recognised in that a significant part of the territory they cover is listed by the State. It is the State which awards the Grand Site de France label, a distinction that attests, for example, that the managing authority conserves the site's typical landscape features and natural and cultural characteristics, maintains and manages it on an everyday basis, supports activities compatible with the territory's heritage, integrates local economic de-

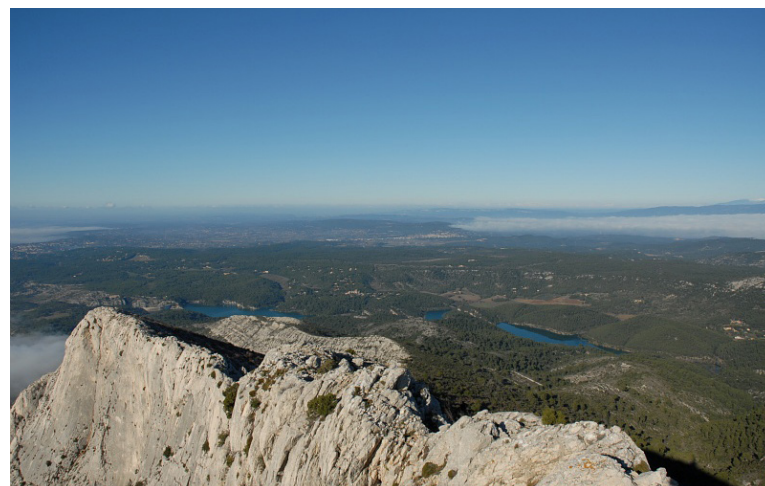


velopment into the site project, ensures that tourist frequentation remains compatible with the heritage character of the localities and the inhabitants' living conditions and, lastly, works in a concerted fashion with its partners.

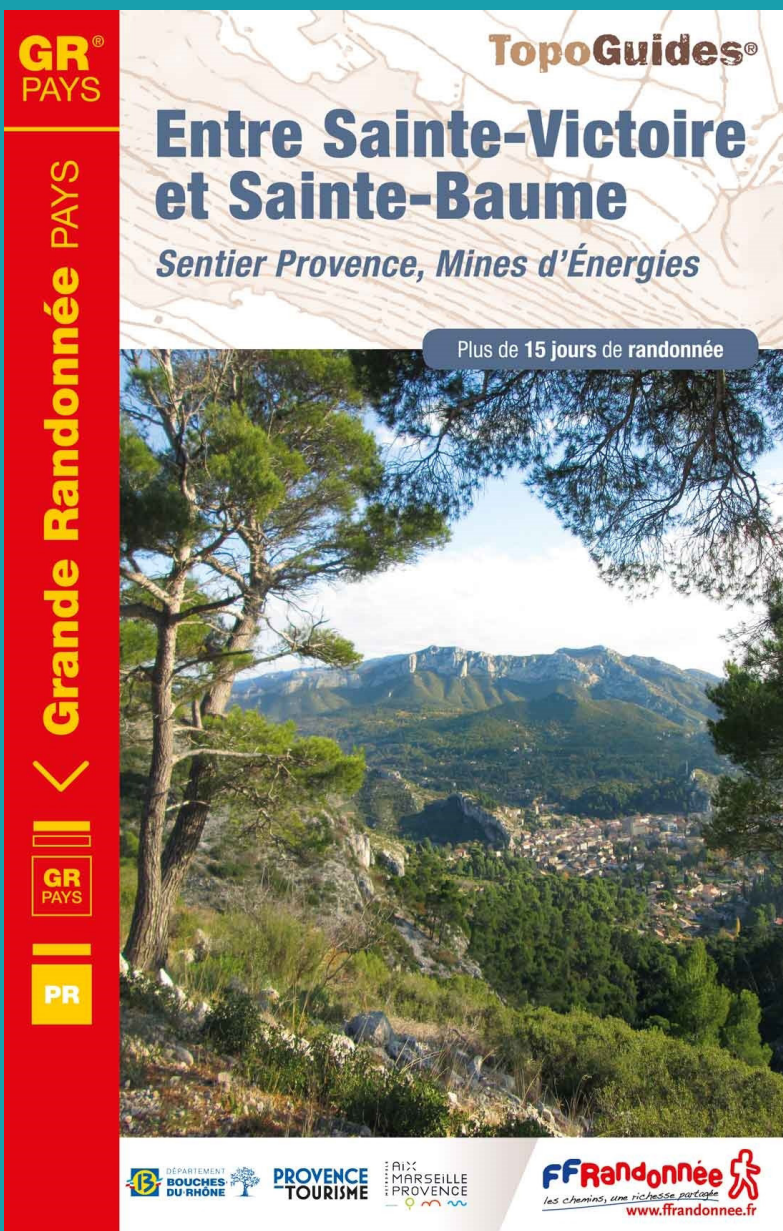
More on this topic:

Grand Site Sainte-Victoire : [www.grandsitesaintevictoire.com](http://www.grandsitesaintevictoire.com)

Réseau des Grands Sites : [www.grandsitedefrance.com](http://www.grandsitedefrance.com)







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Eco-itinerary  
presentation



## In the mood for Sainte-Victoire



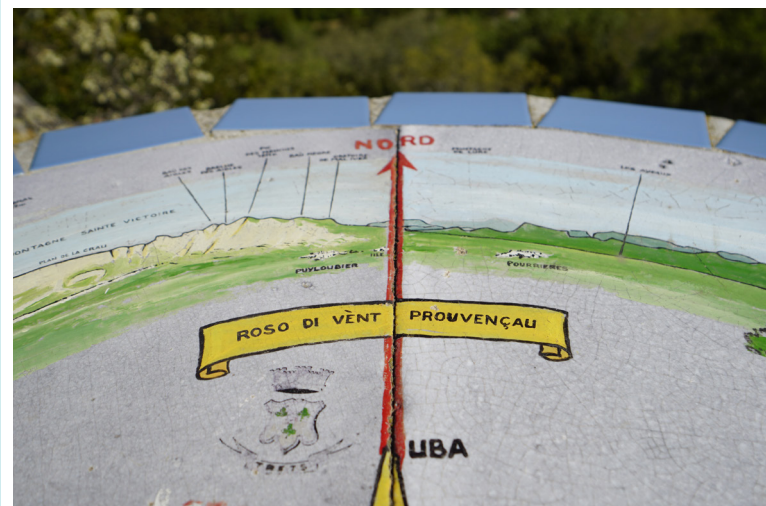
Formed 15 million years ago, the mountain of Sainte-Victoire with its imposing white limestone cliffs dominates the Arc Valley.

A patchwork of villages, farmland, industry and hills, presented here is an itinerary of some 90km along which to discover the Provençal way of life, its colours, scents and savours, always overlooked by the solitary figurehead of Sainte-Victoire.

The itinerary follows the plain from east to west and offers some unique panoramas of the mountain.

The climate is Mediterranean: hot and dry in summer, sunny and cool in winter, mild in autumn and especially spring, and regularly accompanied by the Mistral wind, the “cleaner of the heavens”, which ensures 300 days of sunshine a year. The vegetation has adapted to these tough climatic conditions and to the calcareous soil, consisting of evergreen oak, Aleppo pine, garrigue (Mediterranean scrubland), thyme and rosemary. There is a huge diversity of landscapes: elevations with commanding views, thickly wooded slopes alternating with plains that are still cultivated mainly with vines and olive trees and, close to the River Arc, cereal and legume crops.

At the heart of this territory, seven Provençal villages have retained their traditional character and colour the landscape. Having developed in the nineteenth century thanks to the mining industry, they have in common the gentle Mediterranean way of life: alleyways shaded by generous trellises, fountains to cool you, a square fringed with plane trees, a pétanque pitch.



This guide takes you to the heart of this landscape. It will initiate you into everyday Provence, that of the inhabitants, artisans, producers (of cheese, honey, wine, saffron and cereals), restaurant and guest-house owners anxious to share their love of and respect for this place.

The itinerary is based on the GR de Pays© (regional hiking path) entitled Provence, Mines d'Énergies (Entre Sainte-Victoire et Sainte-Baume), marked in yellow and red. It covers only the northern and north-eastern loops of this regional hiking path. Ranging from easy to fairly easy, it is accessible by public transport from each village (for bus links, cf page 71), and can therefore be done section by section, from one village to another.







## Be properly equipped

Whether you're a hiker, cyclist or horse-rider, every kind of activity demands the proper equipment and responsible behaviour.

Whatever your activity, let others know when you leave and where you are going.

Should a problem arise, the emergency number is 112.

For the itineraries, use the French Hiking Federation guidebook (topoguide), Entre Ste-Victoire et Ste-Baume Sentier, Provence, Mines d'Énergies® topo n°1300, as well as the IGN (Institut Géographique National) ordnance survey map Top25 Randonnée et Plein air 3244ET, and don't hesitate to check with the Bouches-du-Rhône Hiking Committee (Comité Départemental de la Randonnée Pédestre des Bouches-du-Rhône): **[paca.ffrandonnee.fr](http://paca.ffrandonnee.fr)**

For walks and hikes supervised by a qualified professional:

One single point of contact:

**[randoportail.fr](http://randoportail.fr)** or  
**[aixenprovencetourism.com](http://aixenprovencetourism.com)**





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# A common history





In the fifteenth century, the peasants of the Arc Valley discovered coal, which provided more heat, and for longer, than wood.

Over the years, lignite mining developed into a trade in its own right, which intensified in the nineteenth century and made the surrounding villages prosper. It paved the way for the region's economic development, the permanent presence of heavy industry (an aluminium factory, an electric power station, cement factories) and the integration of populations of diverse origins.

When the final pit closed in Gardanne in 2003, the municipalities developed other activities, including photovoltaic power (on the mine dumps) and biogas production as a way of exploiting the former mining sites.



## Fuveau

Fuveau is a typical Provençal village perché – a hilltop village – with its steep streets, roads shaded by plane trees and its imposing neo-Gothic church, largely inspired by the Italian Baroque style. With a surface area of nearly 3,000 hectares and nearly 1,000 inhabitants, the village is built around a mediaeval core on a rocky outcrop that dominates the nineteenth-century streets and boulevards. From the orientation table on Rue Rondet and from numerous points of view within the municipality you can enjoy magnificent panoramic views of the Pays d'Aix region, Mount Sainte-Victoire and the Cengle Plateau, and on the opposite side, the hills of Mimet. Although the history of Fuveau dates back 2,000 years, written documentation of the name appears only from the late eleventh century. Having originally settled on St. Michael's hill, where a superb Romanesque chapel still remains, in the tenth century the inhabitants of Fuveau colonised the rock called Rocaoudo, where the village church stands today. The oldest parts of the village are clustered around it and the ancient castle of Peysonnels, the abode of the principal lords of Fuveau. If you take the time to stroll through the narrow, winding streets, you can observe evidence of its history, including Bassac Gate (almost perfectly conserved), St. Roch Chapel (dedicated to the saint who is said to have protected the village from the great plague epidemic of Marseille in 1720), and Cercle St. Michel, Rue du Figuier and Rue Barthélémy Niollon, where scenes from the film *Le Boulanger de Valorgue* starring the famous French actor Fernandel was filmed. With its broad boulevards shaded by plane trees, the lower part of the village dates mostly from the nineteenth century. At that time, the entire village made its living from mining.



## Gardanne

A unique locality in Provence, Gardanne stands out by virtue of its astonishing industrial landscape set in a natural landscape of outstanding beauty. A bright town with a turbulent past and an extremely rich but little-known heritage, Gardanne boasts two millennia of history. Famous for having served as a model for Paul Cézanne's celebrated paintings and for its emblematic characters such as King René and the Gueydan family, it has a heritage which is both rich and diverse.

In this ochre-red locality with its generous wooded areas, more than 20,000 inhabitants live more of a village life than that of a town.

Surrounded by unspoiled nature, Gardanne is ideal for outdoor activities and has several hiking paths that will delight the more athletic visitors.

Visitors come from all over the world to the heart of this former mining basin with its renowned, busy market, in search of the magic of a unique place immortalised forever by Cézanne.

If you're passing through Gardanne, visit the old town centre with its historic gates, bell tower and three windmills; the Colline des Frères (Brothers' Hill) with its shady walks, where the famous painter Paul Cézanne liked to come to paint the village; the Valabre quarter with its hiking paths, the Pavillon des Quatre-Tours (Four Towers Pavilion), the Forest Ecomuseum and the Boissy Tilery. Lastly, you can meet local experts by taking advantage of the company tours organised by the Tourist Office, such as Pâtisserie Riederer, Pôle Morandat business incubator or the Alteo factory.



## Gréasque

Built on land formerly owned by the Abbey of St. Victor, Gréasque is a small village located on the northern face of the Étoile massif at an altitude of 340m. Ideally situated at the centre of the intercommunal structure of Métropole Aix-Marseille-Provence, between the mountains of Sainte-Victoire and Sainte-Baume, it offers nature-lovers a chance to discover numerous walking trails and landscapes.

Over the centuries, Gréasque has built up a rich and varied architectural heritage, such as its castle, built by the Ollières family in the seventeenth century. Surrounded by forest, it provides numerous opportunities for hiking, horse-riding and cycling.

At the heart of the former Provence mining basin, the town has one of the largest mining sites still extant: the Hély d'Oissel pit, a listed historical monument. It houses the Mining Museum, which shows important vestiges from its period of operation (1919-1962), including the former mine headframe and the engine room. Numerous vehicles and tools, as well as an above-ground reconstitution of a mine gallery, are also presented. This historic centre traces the history of the region and the men and women who lived here, miners and farmers from generation to generation through five centuries.





## Meyreuil

Meyreuil consists of three main hamlets:

The central hamlet is the historic village which is still the municipality's administrative centre. In the peace and quiet typical of old Provençal villages, it holds the town hall, church and cemetery, surrounded by a few beautiful farmhouses and the traditional Provençal country mansions known as bastides.

Plan de Meyreuil is the economic centre of the village. Here, you will find the public services, cafés and shops. It is also here that the fetes, fairs and traditional markets are usually held.

Le Canet de Meyreuil is situated not far from the old village and in 1902 consisted of no more than around three houses. Today, it has hotels, traditional restaurants and an ultra-modern technology park, Europarc Sainte-Victoire. Since 2013, the municipality has been home to a project unique in France: the first ever positive-energy business park, Arteparc.

It was thanks to the industrial era that Meyreuil was for a long time a place of coal production, the coal feeding the thermal power plant between Gardanne and Meyreuil. This mining activity played an important role in the town's development for many years. Coal mining stopped in 2003. Today, coal is imported from South Africa and in recent years a transition has made to biomass (wood).

Several companies have opened on the site of the mine, now converted into a community-interest industrial estate, ZAC du Carreau de la Mine. They include the factory which since February 2019 has extracted and marketed the natural spring water Eau 808, which is pumped from the Ballon quarter of the town from a depth of 800 metres.



## Mimet

The history of Mimet begins around 2,000BC. In 124BC, the oppidum of Teste de l'Ost lay facing the "recumbent giant".

At an elevation of 500m, Mimet is the highest village in the Bouches-du-Rhône and boasts a rich architectural heritage: the "old" castle and the church facing it date from the early eleventh century; the latter houses the oldest santons de Provence, traditional Provençal nativity scene figurines, dating from 1644. On the southern slope of the Étoile massif, the hermitage of Notre Dame des Anges – Our Lady of the Angels – offers a breathtaking view of the bay of Marseille. Two former wash-houses can still be seen, one of them in a cave housing a reproduction of a historical nativity scene. The site of the former mine workings is now an industrial estate. Constructed in 1642-46 to produce refreshing ice for the people of Marseille, the Glacière, or ice house, is one of the village's principal monuments. The Château-Bas, which has a magnificent, wooded park and a recently restored pigeon cot, hosts music concerts and a theatre festival on summer evenings. Hikers enamoured of vertiginous views can follow the trail from Saint Sébastien to Mimet, along the ridge. On the northern slopes, they will find prealpine vegetation, consisting of holly and Scots pine, a species endemic in Mimet. The Tête du Grand Puech, peaking at 766m, is the highest summit in the massif and offers a 360° view across seven different départements. As you cross the ridge, you can admire the Sainte-Baume massif, the foothills of the Alps, Sainte-Victoire, the Lure Mountain, Mount Ventoux, and Marseille and its islands.



## Peynier

A small, Provençal village at the heart of the Upper Arc Valley, Peynier covers an area of 2,476 hectares between Sainte-Victoire to the north and the Regagnas massif to the south-east. The plain is rich farmland, where today vines, wheat, maize, melons and other crops are grown. Around the village, olive growing has begun to develop in recent years.

In the countryside, numerous almond and mulberry trees, formerly cultivated, can still be seen. The forests are spread mainly over the southern two-thirds of the municipality. Pines are numerous, as are oaks (mainly downy oak, and sometimes evergreen oak) and the Mediterranean scrubland vegetation called garrigue.

The village, which has remained clustered around the castle (sixteenth century) and the church (seventeenth century), has a population today of around 3,000. As you stroll through the streets, you can observe numerous vestiges dating from the Middle Ages.

The name's etymological roots are *puium neroni* (1008), *podium nigrum* (1020) and *castrum de Puei-nier* (thirteenth century), meaning "black well" or "black mountain" in reference to the outcropping strata of lignite on the hills to the south-west of the village.

A former demesne of the viscounts of Marseille and the abbots of Saint-Victor who prospered there until 1357, Peynier was owned by several successive families before becoming a marquise for the Thomassin family in 1743. Peynier suffered the backlash of the Wars of Religion and was sacked in 1591. Always proudly independent of its neighbours, the village was again put to the test in the winter of 1709: in that year of severe frosts, the cold temperatures killed the pines, and the vines and olive trees disappeared from the landscape.



## Trets

The historic origins of Trets appear to date back to an ancient market selling the wheat that was harvested there. After the Roman conquest in 124BC, the Romans firmly established the great grain market in Trets, which surely explains the name of the town, *Triticum*, meaning wheat in Latin. Today, its past is visible in a number of places.

For example:

The parish church is built on the remains of a Paleochristian temple dating from the fourth century. Notre-Dame de Nazareth – Our Lady of Nazareth – is a magnificent edifice mainly in the Romanesque style but also presenting Gothic and Baroque parts. Its prime feature, the Baroque high altar built by Christophe Veyrier, is exquisite. The town walls with two mediaeval gates flanked by square towers. After the French Revolution, some towers were turned into houses. Trets remained within its walls until the eighteenth century. An ancient Romanesque-style house is said to have served as the synagogue of the former Jewish quarter of Trets. The emblematic monument is the seigneurial castle dating from the twelfth and thirteenth centuries and known as *Château des Remparts*. This was originally a fortress defended by battlements and machicolations, the remains of which can still be seen. This thirteenth-century construction is a massive edifice which was transformed over the centuries into a prestigious place of residence by the lords of Trets. This castle, with its cultural and tourist symbolic value, can serve as a starting point from which to discover the historic town centre and its picturesque passages such as the *Trou de Madame Lion* (an arched passage with a chicane layout). You can ask for a leaflet at the Tourist Office to guide you through these vestiges from times past.





**Discover the unexpected**



## Sainte-Victoire, a tower of inspiration



We are in 1885-1886. Cézanne is 46 years old. He has made several stays, some protracted, with his Impressionist friends in the Paris region: Auvers sur Oise, Pontoise, Médan ...

He is married to Hortense but no longer lives with her; his father is dead. He pursues his artistic career through the meanders of a chaotic love life and returns to his home region. Although he painted numerous canvasses at L'Estaque between 1861 and 1886, now he needs villages, countryside, nature, Sainte-Victoire. In a letter dated 11 May 1886 to Victor Choquet, an art collector and militant defender of Impressionism, he writes: " ... To close, I tell you that I am still involved in painting and that there are treasures to be taken from this country, which has not yet found an interpreter worthy of the richness it deploys."

Some say that the 15 months he spent in Gardanne mark a turning point in his work.

He paints three canvasses of the village which are unusual for his work, then, from this respectable distance, before the approaches to the Château Noir or Bibémus quarry, he begins to paint the landscape, his mountain, Sainte-Victoire.

Although this mountain had already appeared in a small number of paintings, especially Provençal, with the recognition of Cézanne's talent and the fame that ensued both its name and its outline, like a stone ship in the Pays d'Aix landscape, took on emblematic status. Painters, illustrious (with the exception of Picasso) or amateur, photographers, film-makers and authors continue to recount Sainte-Victoire – their Sainte-Victoire. Origins.



*Gagée très feuillue*

## Open and wooded environments in constant evolution

*A collection of Mediterranean species in the heart of Provence*

On Sainte-Victoire as elsewhere, the forests of evergreen and downy oak have since time immemorial been places where fruit has been gathered, animals grazed and timber felled. Let us not forget that until the middle of the twentieth century, wood was found in numerous sectors of the economy, such as shipbuilding, pine resin extraction, coal production, bread-making and domestic heating. In certain areas, the forest has left behind a heritage of garrigue, scrubland with kermes oak and rosemary, that latter having gradually been replaced, in the pastures, by dry grass. Parallel to the farming activities that created these open spaces in the first place, the co-existence of uses created these diverse habitats. Today, with the fall in the number of animal herds and timber felling reduced almost exclusively to wood for heating and paper pulp, the process is being reversed. The grassland and garrigue are being recolonised by Aleppo pine, the only tree capable of growing in full sunshine. Then, in the shelter of the pines, evergreen oak is able to germinate and re-establish itself progressively. Much later, taking advantage of the death of the old pine trees, the oak forest will reclaim possession of the land. This vast jigsaw of forests, garrigue and grassland, each home to its own, varied host of animals and plants, characterises the Mediterranean hinterland.

*Grassland*

## Grassland

More or less dense depending on soil thickness, in the springtime it is carpeted with pretty flowers: purple and yellow irises, blue aphyllanthes, and pink heather. Other plants, such as wild orchis, are more discreet in their occupation. On these poor pastures, the sheep closely graze the low-lying lucerne, clover and other legumes.

These hot, sun-soaked grasslands form the hunting reserve for numerous reptiles, such as the Montpellier snake, or the sand lizard.

*Proserpine*



Garrigue

### *Garrigue*

Whether home to kermes oak or rosemary, this thorny scrubland is typical of the Provençal landscapes. Though uniform in appearance, it conceals numerous riches. As early as January, the delicate flowers of the rosemary and thyme scent the scrubland. In the springtime, it explodes into colour, with cottony rockrose in pink and white, the yellow of the gorse (*Ulex parviflorus*) and broom blossom, not forgetting the purple of the lavender.

Impenetrable, the garrigue is a refuge for tens of thousands of birds, such as partridges, hawks or black-eared wheatear.

Other garrigue-loving inhabitants include insects such as the saga pedo, a species of bush cricket.



Traquet oreillard



Forest

### *Evergreen oak forest*

This slow-growing forest is capable of regenerating by putting out new shoots from old stumps, which is an advantage after a fire. This characteristic has also facilitated its exploitation by humans. However, its thick foliage makes these forests relatively poor habitat. Only a few birds, such as the Eurasian jay or the Northern goshawk, and large mammals, such as wild boar or deer, find refuge in it. At its edges, the oak shares its territory with other plants, such as viburnum tinus, mock privet or juniper.

As in most exploited forests, the stands of old oak play an extremely important role. The old branches serve as nests for insect larvae, such as the stag beetle or the great capricorn beetle.



Lucane Cerf-volant





## Mediterranean forests, a treasure for safekeeping

Unchanging for the walker simply passing through, the landscapes nevertheless tell a story, reflecting human activity and the evolution of technology through the centuries.

Today, the forest dominates vast, homogenous expanses in which the attentive eye can distinguish wet valleys, the banks of watercourses, and woods of pine and deciduous trees.

But it was not always so. For centuries, the forest was the principal resources of the inhabitants.

In those times, before the advent of other sources of energy, wood was as vital as bread or water. It was used for heating, to produce stakes for the vines, or fencing, was a support for silkworm breeding. It was also the sole resource for industry and construction: no species escaped the axe. For example, the kermes oak was used to make faggots to heat the ovens of the bakers of Aix and the surrounding area; the evergreen oak served to make charcoal for the tileries, while pine charcoal was reserved exclusively for the goldsmiths and fetched a high price. Lastly, one specifically local use: huge quantities of wood were used to support the galleries of the lignite mines.

Today, the functions of the forest have changed greatly. This heritage is protected by structured management aimed at conserving resources. The oak coppices are cut to produce wood for heating for the local inhabitants and those of neighbouring départements; the Aleppo pines mainly supply the paper pulp mill in Tarascon and the wood energy sector. At the same time, there are plans to develop sawmills.



Side by side with some traditional activities which continue to be practised, such as mushroom gathering and, of course, hunting, numerous other forms of recreation have developed. Walking, mountain-biking, pot-holing and hang-gliding have replaced the old activities. The forest has become a coveted place of recreation, but is as fragile as ever. We must protect it.







## From livestock herding to gastronomy

12,000 years! Since humans became sedentary 12,000 years ago, goats have sculpted the Provençal landscape. A bit too much for some people's liking.

Goats, those capricious acrobats with golden eyes and as cute as can be, have a gift for triggering passions. "Wherever they go, they create a desert! They're impossible to control!". False. Well-managed, a herd of goats creates clearings in forests where sun-loving plants and animals can thrive. Sometimes, on weed-choked land, the return of goats fosters the development of light-hungry species that had disappeared with the decline of farming.



On the steep hills and along the most improbable paths, these scrub-munching mountaineers track down the tiniest tuft of thyme, the smallest bouquet of rosemary and the most meagre sprig of savory. No wonder their cheeses are redolent of these scrubland scents. Don't hesitate to go out and meet the goat farmers!

And let us not forget that goats are freedom-lovers, as Alphonse Daudet recounts in *Monsieur Séguin's Goat*. If only the good man had been wise enough to teach her what freedom is...







## Nectar Nectar of the gods

Let's claim the cliché for our own! Yes, Provence is rosé, and there's a whole history behind the wine\*.

It began 2,600 years ago with the Greeks who planted vines at Marseille, after which the Romans disseminated it all over France during the conquests – but that is another story.

At the beginning, there was no red wine, or only very little. It was looked down upon to the point that it was referred to as "black wine". Reputedly invigorating, it was reserved for serfs and manual labourers. White wine did not exist at all. To make wine, the grapes were briefly crushed and the juice quickly filtered before it turned too red.

This technique of rapid crushing and short maceration is still used today. The rest – the aroma – is done by the soil. Sandy, clayey, deep, dense or stony, each of these characteristics plays a role in the complexity of the taste, but they are not the only ones! Let us not forget the sometimes brutal, tireless generosity of the sunshine, and the vital creativity of the wine growers.

Such as it was made up until the sixteenth century, this light wine, called "clairet", enchanted the most discerning palates of the aristocracy of France and England. It is also said that it was the delight of good King René. On his table, he wanted to see "no other wine than the rosé of Puyloubier".



Legend has it that the first vine plant grew from a single drop of blood of the gods. Dionysos is said to have found it. What a magnificently whimsical god was this Dionysos! He preferred to wander alone than live on Olympus, where he was entitled to live although his mother was a mortal, never became involved in the disputes of the twelve other gods and was the patron of the Lenaia and the City Dionysia.

With so much humanity in these paradoxes, what else could he be than the god of wine?

\*To be consumed in moderation







## Olive oil, an age old heritage

Homer referred to it as “liquid gold” – a sign of just how much it is part of Mediterranean heritage.

But it would be a mistake to talk about olive oil without talking about olive trees. The story goes that Poseidon and Athena were competing to offer the most precious gift to humanity. Poseidon chose to give them a horse, Athena an olive tree... Athena won.

Supplying shade, heating wood, food, perfumes and remedies, the olive tree – for which no soil seems too arid or hard – resists all drought. Frost might kill its branches, but what matter: it grows back from the stump.

Symbolising immortality, olive branches were depicted on tombs – and coins. If the tree is a venerated treasure, what about its fruit!

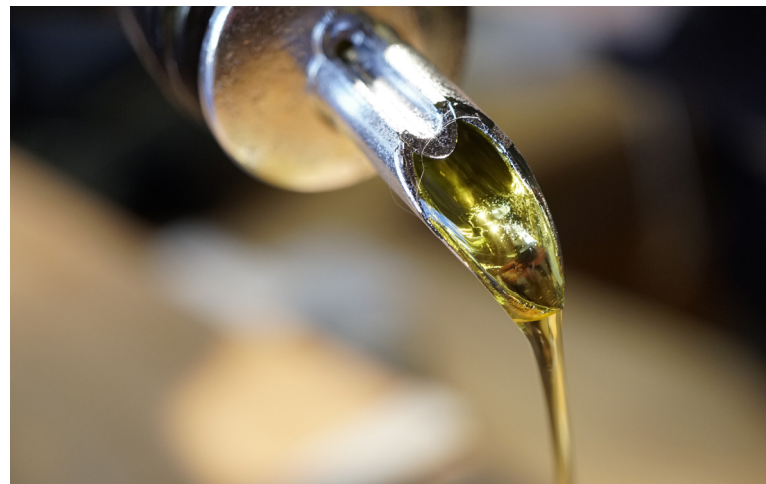
The oil, which is extracted simply by crushing, was used as a salve for the skin and hair. It was drunk as a health tonic, but also as a part of sacred rites. It was used in oil lamps, for christenings, or more convivially as the basis for the gibassié, a cake which forms one of the 13 desserts that in Provence are customarily shared on Christmas Eve.

But beyond the legend, olive oil forms an essential part of the Cretan diet, reputed for its health effects.

Depending on whether the harvest is early or late, or whether the olives were matured slightly before being pressed, the oil will be either fiery, with young flavours, or softer and milder. Oil made from ripe olives is highly aromatic. The flavour is round and long, and the fruit aromas, complex and almost heady, predominate.



A wonderful combination of a gift of nature and human labours, olive oil is one of the healthiest foods around. It has been part of the UNESCO Intangible Cultural Heritage List since 2012. Wait no longer – go and meet the producers who will teach you how to taste it.







## Provence, a tailor-made beekeeping paradise

Do you spontaneously classify bees as livestock? You're part of a small minority...

Did you ever imagine that 1,000 species of bee live in mainland France?

And can you believe that 900 of them are in Provence?

And do you know why?

Because 36% of the flowering plants in France grow here!

Talking about bees means talking about flowers and their reproduction. Because clever nature deploys gems of ingenuity to implement one of the fundamental laws of living things: to protect oneself and one's species.

When you're a plant and it's vital to reproduce, a capacity for inventing ways of getting help is crucial. This is how nature comes to develop amazing strategies to attract pollinators – but that's another story.

Among the 900 species of bee, most of them are wild, and also referred to as solitary bees. Most have no queen and work only for themselves. Consequently, they produce no honey and, having nothing to defend, often do not even have a sting. It has been observed that wild bees, who might build their nests in the soil or hollow branches, forage more in semi-natural environments, leaving the domesticated bees, which beekeepers place close to cultivated areas, to forage the "domesticated" flowers.



So, when farming offers them fields of lavender, irises or aromatic plants close to a hill where thyme, rosemary and wild mint abound, when huge lime trees in front of the bastides provide welcome shade, you can imagine the powerful flavours you are going to find in the honey.

If you've never tried the experience, meet a beekeeper and ask to sample the different honeys. You'll understand even better what Provence is all about.







**Where to sleep,  
where to eat**





## Environmentally responsible players

The eco-tourist routes in the EMBléMatiC project are aimed at promoting the local know-how of restaurants, guest houses, artisans and producers committed to sustainable development.

To guarantee eco-friendly practices by the socio-professionals promoted under this programme, the not-for-profit association based in Marseille, Citoyens de la Terre, an approved “solidarity-based enterprise of social utility”, has put forward an innovative territorial intelligence policy.

This consists of mobilising these socio-economic players in favour of sustainable development, then proposing a joint assessment of their practices based on simple indicators (natural and cultural heritage, waste, water, energy, transport, purchasing policy, etc.), resulting in a qualification for them. But the process does not stop there: all are invited to pursue their efforts as part of a continuous improvement process.



## Where to sleep

### Les Rajols de Fuveau

#### Cottage

Mail : [gythakruse@yahoo.fr](mailto:gythakruse@yahoo.fr)

Tel : +33 6 16 84 73 99

Address: Lieu dit les Rajols - Fuveau

Url: [www.lesrajols.wixsite.com/gite-les-rajols/](http://www.lesrajols.wixsite.com/gite-les-rajols/)



### Argelas et Romarin

#### Cottage

Mail : [sophiegaugier4@gmail.com](mailto:sophiegaugier4@gmail.com)

Tel : +33 6 10 81 09 74

Address: 75, ch. de la Carraire des arlésiens - Fuveau

Url: [www.bienvenue-en-provence.com](http://www.bienvenue-en-provence.com)



### La Tuveliere

#### Cottage

Mail : [yanyan3@wanadoo.fr](mailto:yanyan3@wanadoo.fr)

Tel : +33 6 62 14 51 79

Address: 17, rue du Tuve - Fuveau



### Villa La Roque

#### Guest House

Mail : [laroque.info@gmail.com](mailto:laroque.info@gmail.com)

Tel : +33 6 14 09 65 13

Address: 21, chemin des Pradels - Fuveau



### La Feraude

#### Guest House

Mail : [laferaude@gmail.com](mailto:laferaude@gmail.com)

Tel : +33 4 42 51 44 42

Address: 1095, chemin du Moulin du fort - Gardanne

Url: [www.laferaude.com](http://www.laferaude.com)



### Villa Victoria

#### Guest House

Mail : [villavictoria.greasque@gmail.com](mailto:villavictoria.greasque@gmail.com)

Tel : +33 4 42 69 90 21

Address: 111, route de St savournin - Gréasque

Url: [www.villa-victoria-provence.com/bb](http://www.villa-victoria-provence.com/bb)



## Where to sleep

### Domaine de Valbrillant

#### Guest House

Mail : [reservation@ledevancon.fr](mailto:reservation@ledevancon.fr)

Tel : +33 4 42 58 46 76 / 6 87 28 39 46

Address: Route de Valbrillant, D58J - Meyreuil

Url: [www.domainedevalbrillant.com](http://www.domainedevalbrillant.com)



### Cabanon de Charme

#### Cottage

Mail : [sabisa3@yahoo.fr](mailto:sabisa3@yahoo.fr)

Tel : +33 6 63 45 45 35

Address: 249, route de Gréasque - Meyreuil



### Le Laou

#### Cottage - Guest House

Mail : [contact@lelaou.com](mailto:contact@lelaou.com)

Tel : +33 4 42 68 40 04 / 6 22 24 43 31

Address: 138, chemin de Gardanne - Mimet

Url: [www.lelaou.com](http://www.lelaou.com)



### La Bartavelle

#### Guest House

Mail : [info@labartavelle.com](mailto:info@labartavelle.com)

Tel : +33 4 42 58 85 90 / 6 09 53 46 68

Address: 348, chemin des amandiers - Mimet

Url: [www.labartavelle.com](http://www.labartavelle.com)



### Le Grand Puech

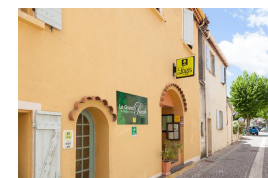
#### Hotel

Mail : [restaurantgrandpuech@gmail.com](mailto:restaurantgrandpuech@gmail.com)

Tel : +33 4 42 58 91 06

Address: 8, rue St Sebastien - Mimet

Url: [www.legrandpuech.fr](http://www.legrandpuech.fr)



### Le Devançon

#### Camping

Mail : [reservation@ledevancon.fr](mailto:reservation@ledevancon.fr)

Tel : +33 4 42 53 10 06

Address: Chemin de Pourrachon - Peynier

Url: [www.ledevancon.fr](http://www.ledevancon.fr)





## Where to sleep

### Le Mari Jas

#### Guest House

Mail : [info@lemarijas.com](mailto:info@lemarijas.com)

Tel: +33 4 42 53 58 46 / 6 12 16 13 78

Address: 154, chemin du Mari Jas - Peynier

Url: [www.lemarijas.com](http://www.lemarijas.com)



### Terre de Rose

#### Cottage

Mail : [contact@terre-de-rose.fr](mailto:contact@terre-de-rose.fr)

Tel: +33 6 22 09 48 73

Address: Domaine le Gien, rue de la Chapelle - Peynier

Url: [www.terre-de-rose.fr](http://www.terre-de-rose.fr)



### Suite Ste Victoire

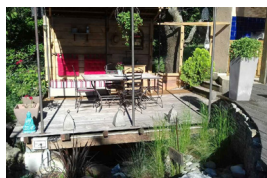
#### Guest House

Mail : [suitesaintevictoire@free.fr](mailto:suitesaintevictoire@free.fr)

Tel: +33 6 62 80 14 85

Address: 15 lot. Cabassud - Trets

Url: [www.suitesaintevictoire.com](http://www.suitesaintevictoire.com)



### L'Amistat

#### Guest House

Mail : [lisaphael@yahoo.fr](mailto:lisaphael@yahoo.fr)

Tel: +33 6 16 16 64 13

Address: 603, chemin de la Sérignane - Trets



### Le Saint Lodge

#### Cottage

Mail : [info@lesaintlodge.com](mailto:info@lesaintlodge.com)

Tel: +33 6 22 42 39 06

Address: 55, rue du Regagnas - Trets

Url: [www.lesaintlodge.com](http://www.lesaintlodge.com)



### Le Mas du Biaou

#### Guest House

Mail : [info@mas-du-biaou.fr](mailto:info@mas-du-biaou.fr)

Tel: +33 4 42 29 20 29 / 7 89 21 66 98

Address: 543, chemin du bout de Nice - Trets

Url: [www.mas-du-biaou.fr](http://www.mas-du-biaou.fr)



## Where to sleep



### Hotel de la Vallée de L'arc

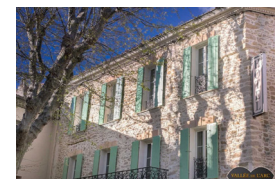
#### Hotel

Mail : [contact@hotelvalleedelarc.com](mailto:contact@hotelvalleedelarc.com)

Tel: +33 4 42 61 46 33

Address: 1, avenue Jean Jaures - Trets

Url: [www.hotelvalleedelarc.com](http://www.hotelvalleedelarc.com)



### La Maou Brustide

#### Cottage - Tente lodge

Mail : [patricia.laget@wanadoo.fr](mailto:patricia.laget@wanadoo.fr)

Tel: +33 6 44 17 95 13

Address: Rte de Grisole, quartier Pierre Grosse - Trets

Url: [www.lamaoubrustide.com](http://www.lamaoubrustide.com)



### Le Paradis de Clarisse

#### Guest House

Mail : [leparadisdeclarisse@gmail.com](mailto:leparadisdeclarisse@gmail.com)

Tel: +33 4 42 29 42 06 / 7 70 00 94 46

Address: 21, chemin de Clarisse - Trets



### La Tuiliere

#### Guest House

Mail : [clarisse816@gmail.com](mailto:clarisse816@gmail.com)

Tel: +33 6 19 58 40 44

Address: 816, chemin de Clarisse - Trets





## Where to eat



### Le Frelon d'Or

#### Fuveau

Mail : [lefreondor@lefreondor.fr](mailto:lefreondor@lefreondor.fr)

Tel: +33 4 88 41 55 98

Address: 1, avenue Alexandre Philippe

Url: [www.lefreondor.fr](http://www.lefreondor.fr)

### Pizza-Caffé Village

#### Fuveau

Mail : [herve.demeret@gmail.com](mailto:herve.demeret@gmail.com)

Tel: +33 4 42 68 08 82

Address: Rond-point gare routière

Url: [www.pizzacaffe.fr](http://www.pizzacaffe.fr)

### Pizza-Caffé St Charles

#### Fuveau

Mail : [herve.demeret@gmail.com](mailto:herve.demeret@gmail.com)

Tel: +33 4 42 65 01 95

Address: Zone d'Activités Saint Charles

Url: [www.pizzacaffe.fr/stcharles/](http://www.pizzacaffe.fr/stcharles/)

### Les Rois MAJ

#### Meyreuil

Mail : [contact@lesroismaj.com](mailto:contact@lesroismaj.com)

Tel: +33 4 42 94 19 42 / 6 25 26 47 42

Address: 100, route des houillères

Url: [www.lesroismaj.com](http://www.lesroismaj.com)



## Where to eat



### Le Grand Puech

#### Mimet

Mail : [restaurantlegrandpuech@gmail.com](mailto:restaurantlegrandpuech@gmail.com)

Tel: +33 4 42 58 91 06

Address: 8, rue Saint Sébastien

Url: [www.legrandpuech.fr](http://www.legrandpuech.fr)

### Restaurant Les Michels

#### Peynier

Mail : [miam@restaurantlesmichels.fr](mailto:miam@restaurantlesmichels.fr)

Tel: +33 4 42 26 28 56

Address: Le hameau des Michels - 7, rue du  
Chêne de Louiset

Url: [www.restaurantlesmichels.fr](http://www.restaurantlesmichels.fr)

### La Ferme de Noé

#### Trets

Mail : [noer@club-internet.fr](mailto:noer@club-internet.fr)

Tel: +33 4 42 61 40 59 / réservation obligatoire

Address: 630, chemin de Verlaque

Url: [lafermedenoe.wordpress.com](http://lafermedenoe.wordpress.com)







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**Where to meet local producers  
and craftsmen**



## Local producers and craftsmen



### Casalini

Fuveau

Organic ice-cream

Tel: +33 4 42 59 49 26

Address: Av. de la Ste Victoire ZA St Charles

Url: [www.casalini-artisan-glacier.com](http://www.casalini-artisan-glacier.com)



### Le Pastier de Provence

Fuveau

Honey, old cereals flour and pasta

Tel: +33 6 09 87 18 39

Address: 279 CD6

Url: [www.facebook.com/Miellerie-Sainte-Victoire](https://www.facebook.com/Miellerie-Sainte-Victoire)



### Créabeille

Fuveau

Honey

Tel: +33 6 28 07 09 86

Address: 43, chemin des ventilateurs

Url: [www.facebook.com/creabeille/](https://www.facebook.com/creabeille/)



### Le Safran d'Émilie

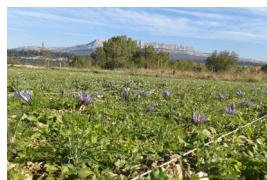
Fuveau

Saffron

Tel: +33 7 60 21 31 90

Address: 36, chemin des amandiers, La Barque

Url: [www.facebook.com/Le-Safran-dEmile](https://www.facebook.com/Le-Safran-dEmile)



## Local producers and craftsmen



### Tuilerie Bossy

Gardanne

Art craftsmen grouping

Tel: +33 4 42 50 25 22

Address: 1285, Chemin du Moulin du Fort

Url: [www.tuileriebossy.com/](http://www.tuileriebossy.com/)



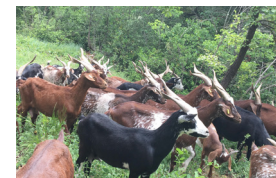
### Lou Miss

Meyreuil

Goat cheese

Tel: +33 6 16 27 24 12

Address: Chemin de la Simone



### Ferme de La Roquette

Meyreuil

Fruits and vegetables

Tel: +33 6 50 94 8138

Address: Hameau des Lagiers

Url: [www.facebook.com/Ferme-de-la-Roquette](https://www.facebook.com/Ferme-de-la-Roquette)



### Le Grain de Selle

Mimet

Leather craftsman

Tel: +33 4 42 58 95 04 / 6 08 22 63 03

Address: 5, rue Saint Sebastien

Url: [www.legraindeselle.com](http://www.legraindeselle.com)





## Local producers and craftsmen

### Les Chèvres de Mimet

Mimet

Goat cheese

Tel: +33 6 17 98 42 12

Address: 873, rte de Gardanne, domaine Fontbelle

Url: [www.facebook.com/LesChevresDeMimet](http://www.facebook.com/LesChevresDeMimet)



### Les Gourmandises du Grand Puech

Mimet

Craft jam

Tel: +33 6 11 70 40 76

Address: 16, av du Pigeonnier, le Chateau bas

Url: [www.facebook.com/gourmandisesdugrandpuech](http://www.facebook.com/gourmandisesdugrandpuech)



### La Bergerie

Peynier

Eggs, saffron

Tel: +33 6 08 03 05 24

Address: Les Vanades, chemin des Michels

Url: [www.sainte-victoire.eu](http://www.sainte-victoire.eu)



### Terre de Rosé

Peynier

Wine

Tel: +33 6 22 09 48 79 / 6 03 25 59 84

Address: Domaine le Gien, rue de la Chapelle

Url: [www.terre-de-rose.fr](http://www.terre-de-rose.fr)



### Cellier Lou Bassaquet

Trets

Wine

Tel: +33 4 42 29 40 78

Address: Chemin du Loup

Url: [www.loubassaquet.fr](http://www.loubassaquet.fr)



### Pastorale du Regagnas

Trets

Goat cheese

Tel: +33 6 10 23 22 21

Address: Hameau de Kirbon, 5553 Rte de St Zacharie



## Local producers and craftsmen



### Maison du miel

Trets

Honey, vegetable ice-cream

Tel: +33 6 24 46 01 68

Address: Hameau de Kirbon, Rte de St Zacharie

Url: [mieldujardindabondance.net](http://mieldujardindabondance.net)



### Le Chaudron des Fées

Trets

Soap and herbal tea

Tel: +33 6 24 46 01 68

Address: Hameau de Kirbon, Rte de St Zacharie

Url: [www.le-chaudron-des-fees.com](http://www.le-chaudron-des-fees.com)



### Savonnerie du Regagnas

Trets

Natural soap

Tel: +33 6 79 22 00 22

Address: 13, avenue Mirabeau

Url: [www.savon-naturel-regagnas.com](http://www.savon-naturel-regagnas.com)





## Continue to explore

### Musée Provençal des Transports

#### Fuveau

#### Provençal transport museum

Tel: +33 6 10 39 24 22

Address: Gare SNCF de la Barque

Url: [www.cppva.com](http://www.cppva.com)



### Chef and the city

#### Fuveau

#### Cooking lessons

Tel: +33 6 28 95 02 64

Address: 1300, chemin de Rousset

Url: [www.chefandthecity.com](http://www.chefandthecity.com)



### Écomusée de la forêt

#### Gardanne

#### Forest museum

Tel: +33 4 42 65 42 10

Address: RD7 - 20, chemin de Roman

Url: [ecomusee-foret.org](http://ecomusee-foret.org)



### Musée Gardanne autrefois

#### Gardanne

#### Provençal traditions museum

Tel: +33 4 42 51 02 73

Address: 21, rue Courbet

Url: [gardanneautrefois.wix.com/musee](http://gardanneautrefois.wix.com/musee)



### Musée de la mine

#### Gréasque

#### Mine museum

Tel: +33 4 42 69 77 00

Address: Puits Hély d'Oïssel Montée de l'ancien trainage

Url: [museeminegreasque.fr](http://museeminegreasque.fr)



### Brasserie Artisanale de Provence

#### Rousset

#### Craft brewery

Tel: +33 6 66 42 49 95 / 9 70 92 50 09

Address: La Marnière, av. Olivier Perroy, ZI de Rousset

Url: [www.bap-13.com](http://www.bap-13.com)



## Continue to explore

### Terre de Mistral

#### Rousset

#### Winery

Tel: +33 4 42 29 14 84

Address: Route de Peynier

Url: [www.terre-de-mistral.com](http://www.terre-de-mistral.com)



### Kitchen Garden

#### Rousset

#### Nursery and restaurant

Tel: +33 4 42 59 54 74 / 6 28 06 64 07

Address: Avenue de la Bégude, La Bégudette

Url:



### Le Deffend Vieux

#### Trets

#### Guesthouse

Tel: +33 6 83 95 49 40

Address: 3282 Route de Saint Maximin

Url: [www.chambre-hotes-deffend-vieux.fr](http://www.chambre-hotes-deffend-vieux.fr)



### La Place

#### Puylobier

#### Sustainable pub

Tel: +33 4 42 66 35 51

Address: 10, avenue Pierre Jacquemet

Url: [www.la-place-puylobier.com](http://www.la-place-puylobier.com)



### Le Cézanne

#### Puylobier

#### Campsite

Tel: +33 4 42 66 36 33 / 6 80 32 11 10

Address: Chemin Philippe Noclercq

Url: [www.le-cezanne.com](http://www.le-cezanne.com)



### Maison Ste Victoire

#### Saint-Antonin-sur-Bayon

#### Restaurant

Tel: +33 4 13 31 94 70

Address: Route Cézanne CD17

Url: [www.facebook/Rest.msv](http://www.facebook/Rest.msv)







## Continue to explore

### Pearl

**Saint Savournin**

**Restaurant**

Tel: +33 4 42 73 80 76 / 6 34 49 58 10

Address: **Grand' route**

Url: [www.facebook.com/pearltraiteur](http://www.facebook.com/pearltraiteur)



### Bee's

**Le Tholonet**

**Electric bike rental**

Tel: +33 7 81 64 47 34

Address: **Parking des platanes Allée Louis Philibert**

Url: [www.stationsbees.com/](http://www.stationsbees.com/)



### Villa les Chênes

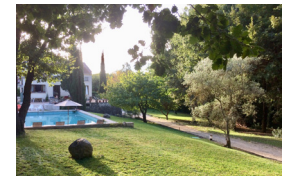
**Le Tholonet**

**Lodge and table d'hôte**

Tel: +33 7 86 33 85 54

Address: **195, chemin du vallon des gardes**

Url: [www.villaleschenes.com](http://www.villaleschenes.com)



### Secrets d'Ici

**Guided tour**

Tel: +33 7 82 22 68 65

Url: [secretsdici.fr/](http://secretsdici.fr/)



### Aix en Provence Outdoor

**Le Tholonet**

**Guided hiking**

Tel: +33 6 70 21 16 30

Address: **195, chemin du vallon des gardes**

Url: [aixprovenceoutdoor.com](http://aixprovenceoutdoor.com)



### Van Loc

**Gemenos**

**Combi VW rental**

Tel: +33 6 65 75 75 91

Url: [www.vanloc.fr](http://www.vanloc.fr)







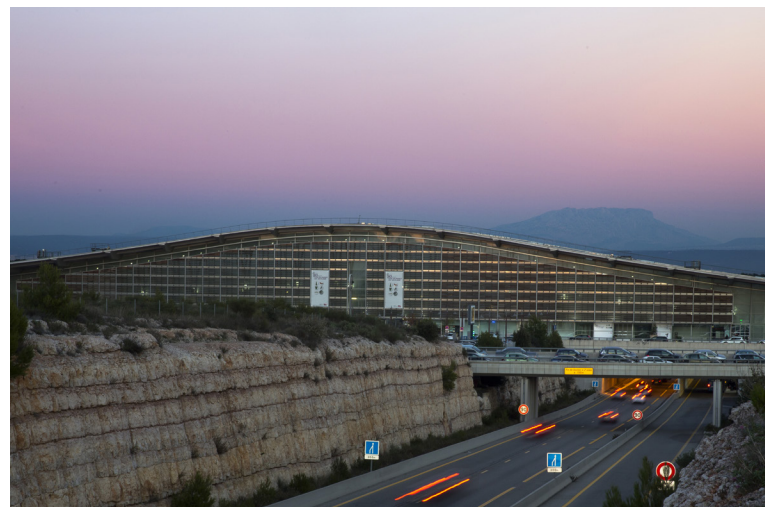
**How to come**





*Travelling responsibly in times of climate change? Yes, you can! Just offset your CO2 emissions...*

- Reaching our mountain areas from other parts of Europe or the world would be not possible without air travel. However, aviation is one of the largest emitter of greenhouse gases and, therefore, contributes to the anthropogenic climate change **in a decisive manner**.
- Fortunately, you can **offset the generated carbon footprint on a voluntary basis** in one of the existing carbon offsetting initiatives. These initiatives usually offer a web tool with a calculator so that everyone can calculate the price of their own carbon offsets. By purchasing the emitted CO<sub>2</sub>, you can mitigate your own greenhouse gas emissions from transportation (e.g. your flight), but also from using non-renewable energy sources during your stay.
- The purchased offsets are usually dedicated to **on- or off-site forest management projects, but also to conservation of biodiversity** in collaboration with local managers. You can contribute to these projects with small amounts. For instance, the offsets from a flight from Berlin to Thessaloniki (round trip) cost less than 20 Euro, and from Stockholm to Catania, about 30 Euro.
- You can offset your emissions wherever you like. We suggest using **"Atmosfair"**, being one of the most well-known and reliable platform. Just have a look at [www.atmosfair.de](http://www.atmosfair.de)!
- **Thank you for making responsible and sustainable travel possible!**



## How to get here

### From Aix-en-Provence TGV station

Regular shuttle service to the city centre [www.lepilote.com](http://www.lepilote.com)

### From Aix-en-Provence

Preferably, use the existing park-and-ride facilities and public transport services.

#### By bus :

Pays d'Aix Mobilité, the interurban transport network of Métropole Aix-Marseille-Provence covering the Pays d'Aix area, comprises more than 20 regular services, including:

**160** linking Aix-en-Provence to Peynier and Trets

**161** to Trets, Peynier and Gardanne

**170** from the Krypton park-and-ride car park in Aix-en-Provence to Fuveau and Gréasque

**172** linking Gréasque, Fuveau and Gardanne

**180** from the Krypton park-and-ride car park in Aix-en-Provence to Meyreuil and Gardanne

**290** from the Krypton park-and-ride car park in Aix-en-Provence to Gardanne and Mimet

Obtenez toutes les infos sur vos déplacements avec :

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

N° Azur **0 810 00 13 26**

#### By car:

The unsupervised car parks are easily accessible and close to the start of hiking trails. Do not leave anything of value in your vehicle.










**Responsible behaviour**



## Responsible behaviour

*Being a responsible traveler and minimizing the impact your visit creates is important for the sustainability of the area. After all, sustainable tourism is a way of traveling and exploring a destination whilst respecting its culture, environment and people.*

### General Rules

-  Respect **nature (flora, fauna and land)** and don't introduce alien species of flora and fauna
-  Stay on the **paths** and trails waymarked and **camp** only in those authorized places
-  Do not drop any of your **litter**, bring it back.
-  Keep **pets** always **on a leash** and under the control of the owner
-  Circulate and park **motorised vehicles** only in authorised **road/** areas

### Further Rules

- When entering into a protected area, follow the rules and the instructions from the staff
- Take care of not damaging any signaling and other itinerary facilities
- Respect any kind of private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and any other constructions)
- Be polite and fair with locals and other users, including hikers, riders and cyclists
- Respect the peace and calmness of the place

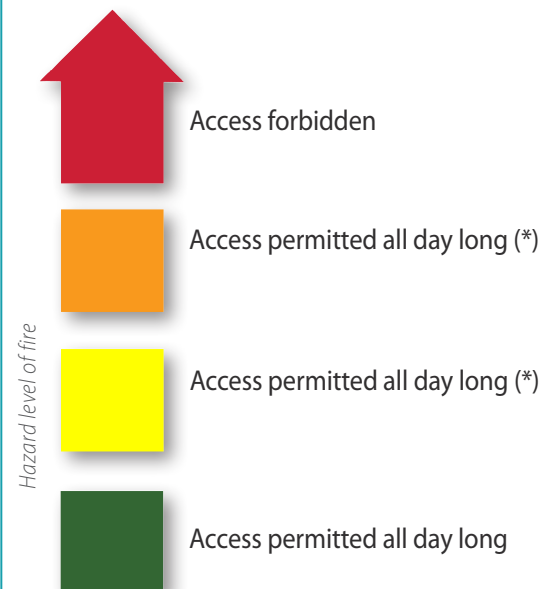
### Recommendations before you start

- If you walk alone, tell someone of your itinerary.
- Don't overestimate yourself and choose it according to your physical abilities.
- Choose the appropriate clothes and equipment
- Check the weather forecast before leaving and adapt your route according to the weather conditions
- Remember to take enough water.
- Report any breach to the corresponding authority

## Restrictions on access to open countryside

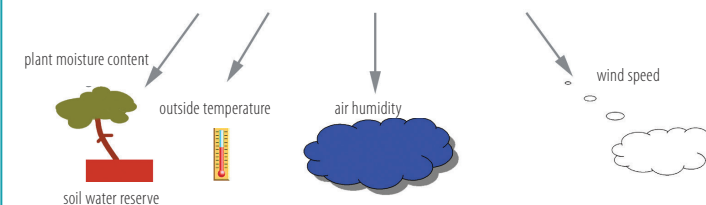
In Provence, fire is a real hazard for the forest and users. This is why the following are prohibited in the open countryside: camping, lighting fires, smoking.

Access to the open countryside is subject to restrictions from 1 June to 30 September. To find out the latest information on a daily basis, call 0811 20 13 13 or go onto the Provence Tourisme website at: [www.myprovence.fr/enviedebalade](http://www.myprovence.fr/enviedebalade) or that of the Prefecture: [www.bouches-du-rhone.gouv.fr](http://www.bouches-du-rhone.gouv.fr)



(\*) NB : Works are restricted in yellow level and prohibited from the orange level

The prediction of the meteorological fire hazard depends on several factors



It determines access to open countryside.





## Thanks

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The regional hiking trail (GR de Pays© "Provence, Mines d'Énergies") is managed, marked, monitored and maintained by the Bouches-du-Rhône Hiking Committee with financial support from Métropole Aix-Marseille-Provence and the Bouches-du-Rhône Conseil Départemental.

The topical articles on the villages were written by the respective municipalities and tourist offices.

The shared articles were written by members of the Emblematic Mediterranean Mountains network, EmbleMatiC.

Many thanks to the municipalities of the Provence mining basin and to all the socio-professional stakeholders involved in this project.