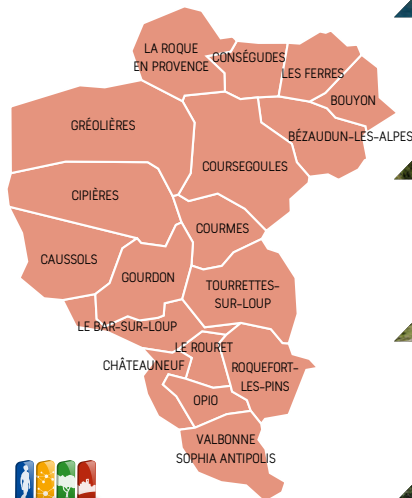


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Outdoor activities

Welcome to one of the most beautiful areas in France! It is a known fact that we do not exaggerate in the South... come and see for yourself. The Mediterranean coastline in Antibes and up to the great plateaus of the hinterland, the "Villages et Vallées d'Azur" region, which stretches from Valbonne to the perched villages of the Préalpes d'Azur, has a great difference in level. It makes the leap between the Mediterranean and mountainous levels, offering you an incredible variety of landscapes. It is not uncommon in winter to see the plateaus of Saint-Barnabé or Calern covered in snow while tourists have lunch on a terrace in Valbonne. And this geographical situation offers magnificent photo opportunities: the sunny hills in the foreground, with the snow-covered mountains of the Mercantour in the background. This sometimes confusing climate is what makes the region so special. Where else but here can you find so much difference in climate in an hour's drive? But that's not all: as if to enrich this already remarkable natural heritage, small coastal rivers have traced their way through this geographical amphitheater, sometimes in a masterful way, like the Loup, which has carved spectacular gorges. And all this space is mainly occupied by wooded areas with urbanized sectors in the south and karstic landscapes in the north. Notice to all budding sportsmen: here is a magnificent area to discover or rediscover for nature lovers, which we present without further delay!



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.....NATURAL HERITAGE





Department: Alpes-Maritimes.

Number of municipalities: this guide features 18 communes of the middle and high country of the Sophia Antipolis Agglomeration Community

Surface area: 391 km².

Most populated commune: Valbonne Sophia Antipolis.

Least populated commune: la Roque-en-Provence.

Lowest point: 20 meters altitude in Roquefort-les-Pins.

Highest point: the Cheiron peak at an altitude of 1,778 meters, located in the municipality of Gréolières. The mountain resort of Gréolières-les-Neige is located at an altitude of 1,450 meters.

2 Natura 2000 sites: the Préalpes de Grasse (which includes part of the communes of Bar-sur-Loup, Caussols, Cipières, Courmes, Coursegoules, Gourdon, Gréolières, Le Rouret, Roquefort-les-Pins, Tourrettes-sur-Loup, la Roque-en-Provence) and Rivière et Gorges du Loup site (which follows the course of the river Loup)

1 natural area of wildlife, ecological, floristic and geological interest: the Caussols embut (the only one in the Alpes-Maritimes).

1 Regional Natural Park: the Préalpes d'Azur Regional Natural Park, made up of 48 municipalities, 12 of which are located in the CASA territory.

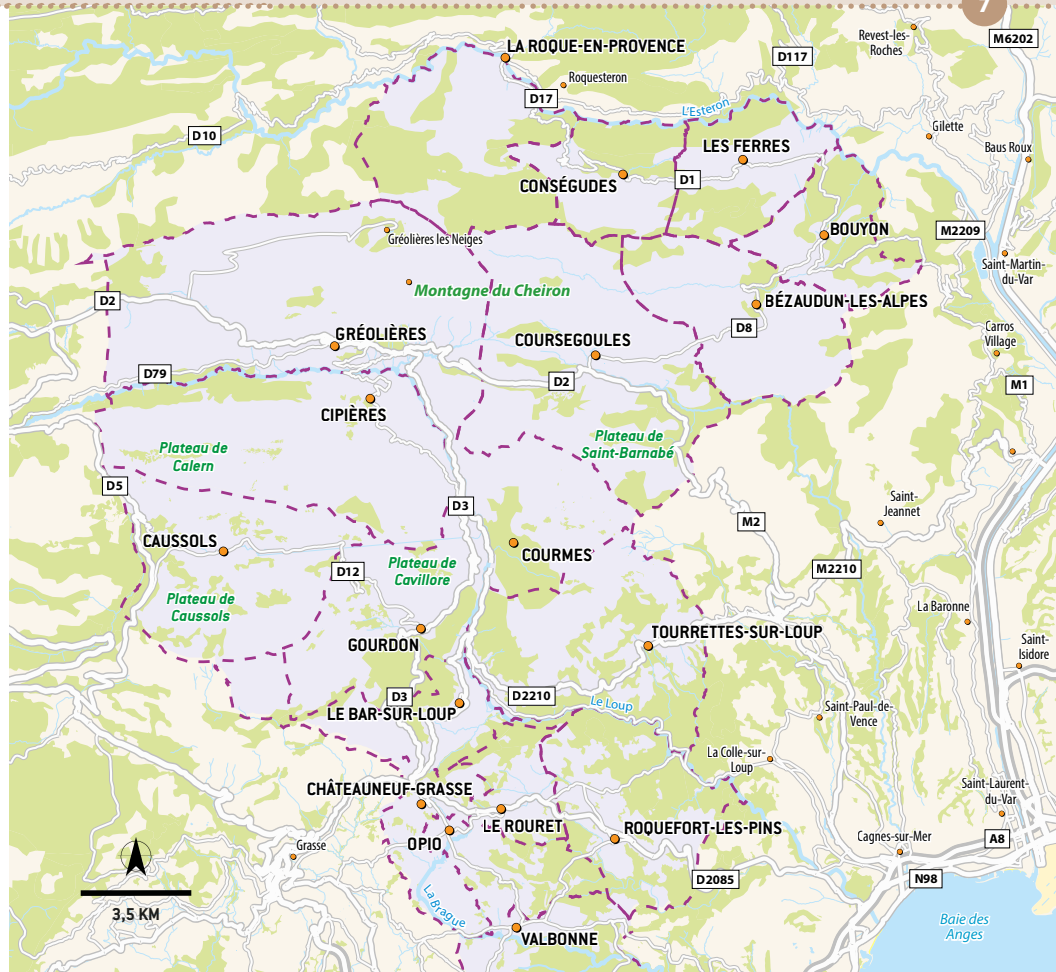
4 departmental parks: the Brague and Valmasque parks (Valbonne Sophia Antipolis), the Sinodon park (Roquefort-les-Pins) and the Estéron park (la Roque-en-Provence).

1 exceptional coastal river: the Loup river, which is 49.2 km long, from its source in Andon at an altitude of 1,217 meters to its estuary in Villeneuve-Loubet.

1 exceptional river labeled "Wild River Site": the Estéron, 66.7 km long.

3 municipalities labeled "Villes et Villages Etoilés": Tourrettes-sur-Loup, Cipières and Gourdon for their actions to ensure a better quality of night skies.

1 label "International Starry Sky Reserve" which includes the Préalpes d'Azur Regional Park and rewards an exceptional quality of night sky.





NATURAL HERITAGE

Climate

The region enjoys almost 300 sunny days a year and the sun, present in all seasons, makes the winters very pleasant. Indeed, the very mild winter (an average of 10 °C) attract thousands of tourists every winter. In summer, temperatures rise strongly, and it sometimes becomes suffocating on the coast. It is then advisable to go for the coolness of altitudes. Fortunately, rain refills the groundwater and the water reservoirs that are the karstic massifs. The supply of village fountains, rivers and coastal streams depends on this mass of water stored in the mountains.

THE WIND ROSE

The Mediterranean plays its part in the local weather. Apart from a few rare winter storms, the winds in the region are rather moderate, with the mountains of the high country and the Esterel massif playing a protective role. The prevailing winds are from the east or west, and sometimes from the south:

The east wind: Comes from the Gulf of Genoa, it is usually a sign of bad weather.

The Mistral: Synonymous with good weather, it blows strongly in the Rhone valley, but its effects are largely attenuated in the extreme south-east, protected by the Alps and the Esterel mountains which divert it towards the open sea and Corsica. Its violence is feared in the south. In periods of drought, the Mistral stirs up the slightest forest fire, which then becomes uncontrollable in the steep massifs.

The Sirocco: This is the south wind. It blows from Africa, bringing soft air and sometimes sand from the Sahara which covers the snowy summits in winter...



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NATURAL HERITAGE

Plateaus

From the Antibes coastline, you need only look north to see the amphitheater of hills and, just behind, the rocky bars of the Baous and the plateaus of the high country. To the west, the Calern and Caussols plateaus, in the middle the Cavillone plateau, and to the east the Saint-Barnabé plateau form a group with very rich biodiversity (Natura 2000 sites). The minerality of these austere plateaus contrasts with the green hills of the high country. Only the Loup has succeeded in cutting through this rocky mass, which took a long time! To admire these sites from Nice, you need to take the road to the Col de Vence to join the plateau of Saint-Barnabé, where you then go up to the Ecre pass to arrive at the Caussols plateau. This back country offers immense landscapes of karstic mountains, full of dolines and avens. The plateaus also offer magnificent views of the hills and villages, all the way to the sea. These exceptional landscapes, shaped for centuries by nature, have been preserved over the years by agricultural and pastoral activities. The herds thus make it possible to maintain the open environments and to accommodate an exceptional biodiversity. Without these pastoral activities, the forest would have completely taken over these areas today.

© GASA



THE CAVILLORE PLATEAU

The limestone plateau of Cavillone dominates the village of Gourdon. It is a typically Provencal *garrigue* (a heath) landscape, dotted with green oaks and conifers. From the top of the plateau, the view on the village of Gourdon below, and the sea is magnificent. The site is appreciated by hikers.

There are also vestiges of ancient human activity: remains of a Roman road and oppida, as well as an ancient troglodyte fortress, built into a 200-meter high cliff. In some places you can see the constructions left over the years by the pastoral activity, which still today allows to maintain the richness of these natural environments. This area presents strong contrasts between steep cliffs and plateaus, wetlands and drylands, as well as remarkable biodiversity.

THE SAINT-BARNABÉ PLATEAU

Between the col de Vence and Coursegoules, the plateau of Saint-Barnabé unfolds a magnificent karstic landscape, offering a striking contrast when you arrive from the green hills of Vence. The limestone rocks sculpted by erosion give the plateau a lunar aspect. Dolines, mineral blocs chiseled into lapiaz (karrens), dry valleys where green oaks grow... Sandwiched between the massifs of Puy Subert to the north and Puy de Tourrettes to the south, it escapes the maritime influences and opens widely towards the west. The charming oasis of the hamlet contrasts with the austerity of the surrounding pastures, where flocks of sheep perpetuate a pastoral tradition. There is a rustic chapel, as well as a natural geological formation from prehistoric times: the Champ des Idoles.



THE PLATEAUS OF CAUSSOLS AND CALERN

Located north of Grasse, the limestone plateaus of Caussols and Calern form a rugged karstic landscape composed of limestone rocks sculpted by water. At an altitude of 1,000 to 1,400 meters, the area is dominated to the north by the summit of Calern (1,458 meters), site of the Astronomical Observatory of the French Riviera, and to the south by the Haut-Montet equipped with a radar of the Civil Aviation. The village of Caussols is the highest of them all in this guide, with an altitude of 1,130 m. Shaped for centuries by the uplift of the Alps and followed by the work of water, the Caussols plateau is full of hundreds of chasms and sinkholes, these collapses of the ground which leave a gaping hole on the surface, but also dolines, basins clogged by sediments, which punctuate this lunar landscape with green spots.

© GASA



A complex network of underground galleries that drains rainwater, feeds the streams, springs and fountains of the Grasse region. Some of the sinkholes can reach more than 400 meters deep, as shown by the Embut de Caussols, a giant funnel that can be seen before reaching the hamlet of Saint Lambert. This natural cavity is a funnel-shaped abyss, in which rainwater disappears. The whole area is a preserved natural site, with a landscape shaped over the centuries by pastoralism. Witnesses of this pastoral past, the bories, enclosures, sheepfolds, and watering places are scattered throughout the landscape. There is a rich and diversified flora and fauna. You can get there by a nice picturesque road, above Gourdon.



NATURAL HERITAGE

Hills and terraces

The hilly landscape that characterizes the area stretches between the sea and the plateaus, at an altitude varying from 200 meters [Valbonne, Roquefort-les-Pins] to 300 meters [Opio, le Rouret, le Bar-sur-Loup] and 400 meters [Tourrettes-sur-Loup, Châteauneuf].



© SOPHIE BODLET

The ancestral culture of olive trees and perfume plants has left a landscape of terraces, dominated by woods on the hilltops. Historically, it is estimated that the hills began to be covered with restanques around the 16th and 17th centuries. For the farmers, the construction of terraces for cultivation made it possible to retain the earth, as well as the water for irrigation. These terraces helped to use the most interesting land closest to the villages to plant vines, olive and fruit trees and market garden crops, cereals and perfume plants. The land retained by the low stone walls was no longer subject to gully during the periods of torrential rains that the region sometimes experiences.

The restanques became cultivable at the price of a titanic work of construction and permanent maintenance of these dry stone walls. In Bar-sur-Loup, Opio, Tourrettes-sur-Loup, the restanques welcomed floral cultures such as the bitter orange tree flower, violets, roses and jasmine, as well as vine cultures and olive trees.

Nowadays, many of these restanques remain. The most remarkable ones are in Valbonne, Opio, Châteauneuf, Bar-sur-Loup, and Coursegoules. Some of them disappeared, won over by the forest, as in Courmes or Le Rouret. On the other hand, on a large part of the area, the restanques have been invested since the middle of the 20th century by residential urbanization. The hillsides, which used to be home to olive groves, orchards and market gardens, are now home to villas, commercial activities and golf courses. Urbanization has been established between the valleys of the Loup and the Brague, in the sectors of Valbonne, Le Rouret, and Roquefort-les-Pins. The large agricultural plots have given way to urbanization that is more or less dense depending on the sector. But rest assured, nature is still present in this beautiful region thanks to agriculture, which sees a beautiful resumption of activity and reconquest of abandoned lands!



NATURAL HERITAGE

Rivers and streams

The rivers that shape the landform are continuities of the topographic reading of this territory. The best known of them, the Loup, is a small river which has its source in Andon and crosses the whole territory, structuring a remarkable landscape. Shorter than the Loup, the Brague has its source in Châteauneuf and runs for 20 km before reaching the sea in Antibes. The streams of Valmasque and Bouillides which drain the Valbonne plateau are its main tributaries. Finally, let's also mention the Esteron which, even though it has its source in the Alpes-de-Haute-Provence, crosses part of the territory and offers beautiful landscapes as well as numerous activities.

THE LOUP RIVER

This 48 km long coastal river has its source in Andon, at an altitude of 1,217 m. It crosses the whole territory by digging its way in the limestone massif of the Préalpes, cutting its way between the plateaus of Calern, Cavillone and Causols in the west, and the plateau of Saint-Barnabé in the east to form magnificent gorges. It ends its course in the Baie des Anges, at the limit of the municipalities of Cagnes-sur-Mer and Villeneuve-Loubet.

The course of this coastal river, rather peaceful in its upper course, accelerates in the Gorges du Loup, to find a calm course near its mouth. In its upper course, the Loup flows from Andon to Gréolières, at the foot of the Audibergue and Cheiron massifs. South of Gréolières, the gorges of the Loup represent the tumultuous section of the river. They extend over about 5 km from the crossroads of Bramafan to the Pont du Loup. Waterfalls, rapids and siphons are the joy of canyoning enthusiasts accompanied by their guides. Its bed widens momentarily at the foot of Bar-sur-Loup to sink again into the plateaus of the middle country and finally emerge on the narrow plain of its mouth.

The Loup keeps a good flow in all seasons, because it is fed by an underground circulation of resurgent water coming from the karstic plateaus of the high country. This flow can become torrential when snow melts, or in periods of strong storm activity.

The river forms a line that marks the territory, by cutting deeply into the limestone plateau at the gorges, and further down, by offering a natural cut in the urban areas. Towards the mouth, the steepness of the valley allows this space to serve as a refuge for many animal and plant species. After the Pont du Loup, the river takes a calmer course, winding between less steep wooded slopes. It passes at the foot of Bar-sur-Loup, then skirts Roquefort-les-Pins and La Colle-sur-Loup before joining the Mediterranean at Villeneuve Loubet. Once there, the Loup becomes calm and ends its course in the departmental natural park of the Rives du Loup. The Loup and its gorges are classified Natura 2000.



THE ESTÉRON, AN EXCEPTIONAL RIVER

The Estéron river has its source on the slopes of Mount Teillon, at an altitude of 1,160 meters. Fed by various tributaries, its course leads it from west to east, to the Var river in which it ends its course, 20 km from the Mediterranean. Its banks have been inhabited from the Neolithic to the Iron Age, then in Roman times. In 1760, following the Treaty of Turin, the Estéron became the border between the kingdom of France and the kingdom of Piedmont-Sardinia (County of Nice). With a length of 67 km, the Estéron benefits from a gentle slope on most of its course, which contributes to make it a privileged place for fishing or swimming. In some places, however, the slope is steeper and the river has dug clues (the local name for gorges) over the centuries, some of them very deep like the Clue de Saint-Auban (700 m). These clues are frequented by canyoning enthusiasts.

With its free course, crystal clear water and reserved landscapes, the Estéron appears to everyone as an exceptional river. It is the only river in the Alpes-Maritimes on which no dam has been built. Since October 2018, and for 5 years before a new evaluation, the Estéron is labeled Wild River Site. Various criteria have prevailed such as biodiversity, the absence of dams, the low impact of withdrawals or discharges. It is a remarkable and fragile environment, hence the importance of respect for everyone by avoiding sites and days of over-population in summer.

The Estéron departmental nature park, which covers 20 hectares in the municipalities of La Roque-en-Provence and Roquesteron, has been created to allow access to the river in a sector designed for this purpose. A fishing course allows amateurs to fish trouts or bleaks.

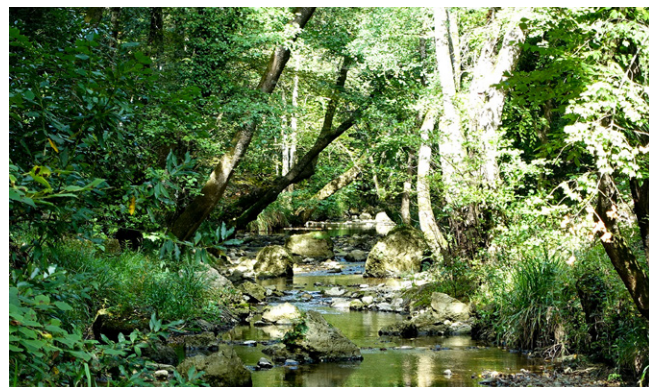
THE BRAGUE

It has its source in Châteauneuf, at an altitude of 340 meters, and flows for 20 km before reaching the sea in Antibes. The Brague crosses five municipalities from upstream to downstream: Châteauneuf, Opio, Valbonne, Biot and Antibes.

With an average slope of 1.7% upstream and 0.4% in the lower valley, the Brague is generally a quiet river... But it should not be forgotten that floods can occur during periods of heavy rainfall, as in October 2015 when a violent storm caused the Brague to leave its bed with catastrophic consequences in the downstream villages.

In summer, the river suffers from too many withdrawals, due to pumping to water gardens, swimming pools and golf courses. The crossing of the park of Sophia Antipolis between Valbonne and Biot constitutes the wet sector of the middle valley of the Brague. While crossing the limestone plateau, the river has dug a deep valley that widens on the marl soil of Valbonne. This wetland constitutes an ecological corridor where protected species are present. The area is quite frequented by people from the departmental natural park of la Brague. A path, along the river, allows to link Biot to Valbonne on foot. All along this 9 km walk in the woods, you can enjoy the shade of alders, ashes, hornbeams, hazel trees, laurels and walnut trees.

The 630 hectares of Brague park extend to the north and west of Sophia Antipolis technology park, in the municipalities of Antibes, Biot and Valbonne. The lower valley of the Brague is home to some of the last wet meadows of the coastal area of the department, with a remarkable wealth of protected species, which makes it a nice green break. Many migratory birds use this site, which is also particularly rich in insects, as a resting area during their migrations.





You have to go to the back country to have the chance to see wild animals. On the Estéron part, it is not rare to surprise a wild boar, a doe, a roe deer or a stag around a corner. More rarely, you can observe chamois, foxes or a few hares, who are shy.

The fauna of Caussols and Calern plateaus also includes more than 150 species of birds, including some rare species such as the southern shrike or the ortolan bunting. Insects are also very numerous, with more than 130 species of butterflies and many locusts and grasshoppers, including the very rare hedgehog cricket and the serrated magpie. The plateau of Calern is one of the last places where one can still observe the rare Meadow viper.

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THE RED DEER

The red deer is the most imposing of the wild species that live in the mountains of the Alpes-Maritimes. Today, it is present in 85 municipalities of the department and largely around the Cheiron. Listen to its bellowing, a call made by adult males during the reproduction period in autumn.

© PABLO ESCOBAR CANO - ISTOCKPHOTO.COM



GRIFFON VULTURES

Griffon vultures have been reintroduced in the Verdon and are now present above the Cheiron.

© WALTER PHOTOS - SHUTTERSTOCK.COM



THE MEADOW VIPER

The region is also home to a large number of rare, protected or endemic animal species. This is notably the case of the Meadow viper, a rare species in France, only present in the southern region. The perimeter of the Préalpes d'Azur (Calern, Caussols, Audibergue) is home to the Meadow Viper of the Alpes-Maritimes, which is the most important population at the national level.

NATURA 2000 INVENTORIES

The ecological inventories carried out within Natura 2000 park have made it possible to identify more than a hundred remarkable species on a European scale and in danger of extinction:

137 species of birds, including a large majority of sedentary and summer breeding species, but also many migratory species: 27 are protected at the European level: the peregrine falcon, the golden eagle, the eagle-owl, the woodlark, a species in decline, etc.

15 species of amphibians and reptiles are protected at the European level: the meadow viper, the agile frog, the Aesculapian snake, etc.

15 species of bats protected at the national and European level: the great and lesser rhinolophus (threatened species), the western barbastelle, etc.

13 species of butterflies of heritage interest, 2 of which are protected at the European level: the marsh fritillary and the Jersey Tiger.

3 aquatic species protected at the European level: the white-clawed crayfish, the southern barbel and the souffia.



The region that stretches from Valbonne to the Préalpes d'Azur offers nature with enchanting colors and delicious smells. Whether you are a hiker, an amateur botanist or a simple tourist, everyone will find on these lands the pleasure of smelling a bouquet of lavender, crossing a fragrant garrigue, or admiring the hills covered with broom or olive trees. The ecological inventories carried out within the framework of Natura 2000 have made it possible to identify 76 species of flora protected on local, national, and even European levels: Bertoloni columbine, French snowflake, turban lily, etc.

TREES AND PLANTS

Typical plants from the French Riviera are lemon and orange trees, the Judas tree, wisteria, nerium oleander, euphorbia, acanthus, agapanthus, valerian but also cypress, hackberry, rockrose, arbutus, rosemary, lavender... In the forests in particular, the vegetation will vary according to the soil and the altitude:

In the garrigue or the maquis shrubland: Thyme as well as many medicinal and aromatic plants find here a favorable ground to their blooming. In summer, they perfume the garrigue paths.

In the forests: You will find pines (maritime, Aleppo, Scotch, black), oaks (green, white or cork), hornbeams, hops and beeches.



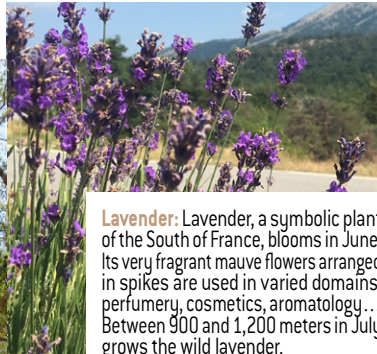
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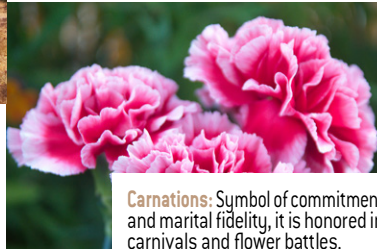
In the hills: You will find all varieties of pine (maritime, Aleppo, umbrella...), fig trees, arbutus, a tree whose trunk molts. Also present in the region are aloes, cacti, prickly pears and agaves are invasive exotic plants.

On the squares and roadsides: The plane tree brings the coolness of its shade to village squares during the hot season and creates real tunnels of greenery on the roads. Cyresses decorate parks and avenues.



© CASA

Lavender: Lavender, a symbolic plant of the South of France, blooms in June. Its very fragrant mauve flowers arranged in spikes are used in varied domains: perfumery, cosmetics, aromatology... Between 900 and 1,200 meters in July grows the wild lavender.



© ANINA SHUTTERSTOCK.COM

Carnations: Symbol of commitment and marital fidelity, it is honored in carnivals and flower battles.



© CASA

Victoria Violet: Still cultivated by a few farmers in Tourrettes-sur-Loup, the Victoria Violet has been honored for more than 70 years during the Violet Festival every first weekend of March.



© CASA

Centifolia rose: Roses perfume the markets and gardens of the region, mainly in Opio.

The bigaradier or bitter orange tree: neroli essence, very appreciated in perfumery, is produced from its flower. This tree is experiencing a very good recovery in the area, especially in Bar-sur-Loup and Vallauris.



© CASA

Jasmine: There was a time when people used to get up at dawn, with their families, to pick the precious flower in the early morning dew at the time when its slightly damp petals exhaled the quintessence of their perfume... Jasmine is a shrub native to India. It has adapted well to the Mediterranean region, so much so that of all the cultures of perfume plants on the French Riviera, jasmine was for a long time the most important. In our region, Opio grew the most jasmine, with 40 tons per year.

As with the orange flower, the jasmine flower was picked at dawn and by hand. It was then necessary to deliver the flowers to the factory within 24 hours. To obtain one kilo of absolute jasmine essence, it is necessary to collect approximately 7 million flowers! Natural jasmine is expensive, reserved for luxury perfumes, most of which prefer to use now a synthetic version.



© SHABANETHEBOOKS.COM



Two natural sites classified Natura 2000 are present, as well as many departmental or regional natural parks. And because the magic continues also at nightfall, one of the most beautiful starry skies in the world is here. The landscapes you will discover have unique diversity. But beware, these exceptionally rich spaces are particularly fragile: it is crucial to respect them!

During your walks, stay on the marked paths, respect the breeding and pastoral activities, do not approach the herds and the dogs, remain discreet for the quietude of the wild fauna and take your waste with you...

Night and day, we can never say it enough: it is very important to be a responsible visitor, concerned about preserving the authenticity of the wild beauty offered by Mother Nature.

NATURA 2000: TWO REMARKABLE NATURAL AREAS

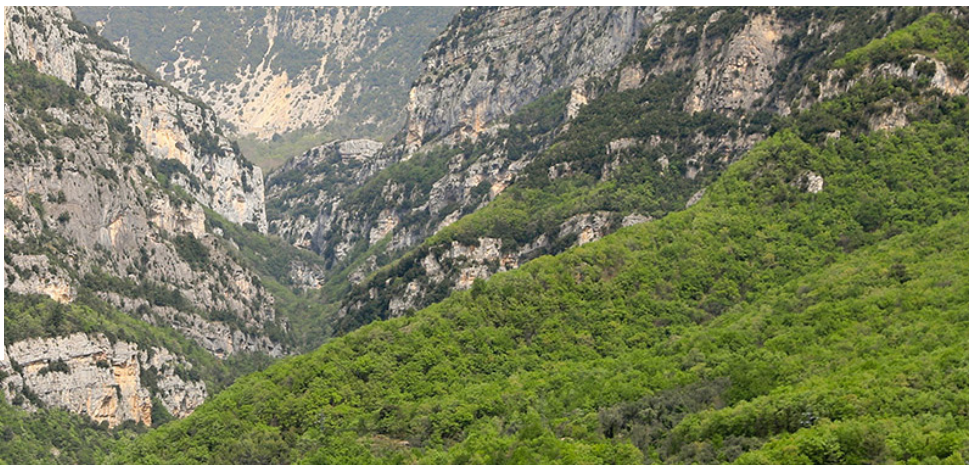
The European Natura 2000 network is the result of the United Nations Convention on Biological Diversity adopted at the "Earth Summit" in Rio de Janeiro in 1992. The objective is to stop the continuous loss of biodiversity while enhancing the territories.

There are two Natura 2000 land sites between the Mediterranean and the Préalpes d'Azur: the Préalpes de Grasse, as well as the Rivière and Gorges du Loup. With a total surface area of 24,000 ha, they are classified in the European ecological network as remarkable natural sites to be preserved. Natura 2000 is a fundamental tool of the European policy for the preservation of natural heritage and aims to better take into account the challenges of biodiversity in human activities. These sites are thus designated to protect a certain number of habitats and animal and plant species representative of European biodiversity.



© BERNARD CHUISE

The Rivière and Gorges du Loup: The site extends from the source of the river Loup at Andon to its mouth at Villeneuve-Loubet. The gorges of the Loup, very steep, separate the plateaus of Calern, Caussols and Cavillone, in the west, from that of Saint-Barnabé, in the east. These gorges, renowned for the beauty of their imposing vertical walls, are home to unique habitats: rocky cliffs, annual grasslands, as well as green oaks and flowering ash forests. The variety of this relief, favorable to the development of a great biological and landscape diversity, allows the Loup and its banks to develop a very rich fauna and flora... of great interest, because bio-indicators of the quality of the environment and the water! The ecological inventories carried out within the framework of Natura 2000 have thus enabled the identification of more than a hundred natural habitats and species that are remarkable on a European scale and in danger of extinction.



The Préalpes de Grasse: Imposing and majestic, they constitute the first important relief dominating the coast of the French Riviera. The great variety of environments represents an ecological richness between the different plant coverings, dry grasslands of the plateaus, forest environments, riverbank vegetation. Indeed, the Préalps of Grasse are part of the sub-alpine chains, formed by limestone massifs, plateaus and cliffs resulting from the geological evolution of the territory. The site is made up of 3 entities: to the north, the upper part of the Cheiron state forest; to the west, it extends from the Gorges du Loup to the plateaus of Cavillone, Calern and Caussols, as far as the mountain of Thieu; to the east, from the Gorges du Loup to the municipal boundary of Saint-Jeannet.

INTERNATIONAL DARK SKY RESERVE

The Alpes-Maritimes Department has partnered with the Mercantour National Park, the Préalpes d'Azur Regional Nature Park and the Alpes d'Azur Community of Municipalities to obtain this International Dark Sky Reserve (RICE, Réserve internationale de ciel étoilé) label, awarded in December 2019 by the International Dark Sky Association. It rewards an exceptional quality of night sky: more than 3,000 stars can be observed in the best preserved areas.

Indeed, the "Alpes Azur Mercantour" territory of the International Dark Sky Reserve is a land of exceptional astronomy, recognized as such since the late 19th century. And the site still welcomes today many astronomers, professionals, amateurs or simply curious visitors, who find ideal conditions for their activities of research, discovery, awareness and education.

In the Préalpes d'Azur, the Astronomical Observatory of Calern, installed on the karstic plateau of the same name, is a research site which depends on the observatory of the French Riviera. It is one of the last astronomical observation sites dedicated to research still active on the French metropolitan territory, and is now protected as an "exceptional astronomical observation site". This label also commits the territories to carry out actions to reduce light pollution and protect their night sky.

THE REGIONAL NATURAL PARK OF THE PRÉALPES D'AZUR

ID card: Created in 2012, the Préalpes d'Azur Regional Natural Park occupies a geographical area of transition between the Alpine and Mediterranean environments. It is an area of nature, culture and life, covering more than 90,000 hectares and grouping 48 municipalities.

Managing resources in an exemplary way: The environments are rich and varied, and some, such as the Calern plateau or the Cheiron mountain, present strong conservation challenges. With its rivers and karstic relief, the Regional Natural Park is the water tower of the Côte d'Azur. It is important to preserve this resource in quantity and quality. The same goes for the air and the forests. This park is also one of the largest pastoral areas of the Maritime Alps. It is therefore clear that a Regional Nature Park is not a sanctuary: it is an inhabited and living space, which seeks to build a development model where people, nature and culture live together harmoniously. Thus, the 48 communes of the Préalpes d'Azur wish to promote life in the villages based on the preservation and enhancement of their natural, historical and landscaped heritage.

Promoting responsible development: Agriculture in small towns helps to maintain employment and life. It is also necessary to safeguard the pastoralism which allows to maintain landscapes and to preserve the exceptional biodiversity of this territory. But to this development, we add a control of the development, to make sure that the territory evolves while preserving its landscapes, its natural spaces and its agricultural lands. To promote the Park, the leisure activities and stays that can be take place there, while channelling the frequentation in the fragile environments, and by sensitizing the visitors to the respect of nature. Craft products, accommodation, tourist services, the "Valeurs Parc" brand is the guarantee of traditional and innovative, but above all committed know-how.



Sheepfold of Coursegoules seen from Mont Vieriou.

© CSA



Haut Montet.

© CSA

DEPARTMENTAL NATURE PARKS

Departmental natural parks are areas acquired by the department, which ensures their management and organizes the reception of walkers.

The Estéron Departmental Natural Park: located downstream from the town of La Roque-en-Provence, it covers an area of 20 hectares, along the river, downstream from the Pont de France. A parking area on each bank of the Estéron allows access to the park, which offers facilities on both sides of the river (picnic area, games). During summer, beaches and natural basins allow the summer visitors to refresh themselves in the waters of the Estéron (swimming is authorized in the departmental natural park). A fishing course to fish trouts or bleaks.

The Brague Departmental Natural Park: the 633 ha of the Brague park extend to the north and west of the Sophia Antipolis technology park, in the communes of Valbonne and Biot. Situated on a limestone plateau cut by valleys, this park, whose altitude varies from 40 to 245 meters, offers a haven of greenery 6 km from the sea. Following the river Brague, along a 9 km path, you will find an abundance of vegetation (alders, ashes, hornbeams, hazel trees, laurels and different types of oaks and pines). Warblers, blackbirds, cuckoos, little owls, jays, have taken up residence in this park. The Brague is populated by chubs and eels, water birds such as moorhens, herons, ducks and woodcocks.

The Departmental Natural Park of Valmasque: 450 hectares on the communes of Valbonne and Mougins, and is divided into 3 sectors: the Fugueiret, Fontmerle and Carton. The park is composed of three wooded hills alternating with gently shaped valleys that stretch between the small tributaries of the Brague, the Valmasque and the Bouillide.

The Sinodon Departmental Natural Park: located in the commune of Roquefort-les-Pins, it offers, on a surface of 30 hectares, vast spaces of forests crossed by tracks and paths, making its access easy for hikers and sportsmen. Wooded areas of holm oaks, Aleppo and maritime pines, adjoin clearings and valleys, home to many species (bats, tree frogs and toads, lizards, snakes, turtles) and flora.

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360° ACTIVITIES.....

Now that you know all the specificities of this region, it's time to venture out!
And for a sporty escape, we have chosen a presentation associated with the traditional elements of nature! So, what will you choose: paragliding or discovering the magnificent starry skies? Dive into the hidden pools of water down a canyon, or fish trout in an idyllic setting? Or would you rather discover the joys of the land, from hiking to caving? Only the fourth element, fire, will not be honored... But don't forget the heat of the sunshine that will be present in your activities!



Colle de Rougiès, Colern plateau.

© SWANWING - SHUTTERSTOCK.COM



Above and below ground

The area of the “Villages & Valleys of the French Riviera” reveals itself little by little to those who’ll take the time to explore it. For one or several days, this territory offers a lot of possibilities: on foot, by bike, on skis or on horseback, around meetings and tasting local products. So, no doubt that you’ll enjoy practicing activities on land... or even underground, with the possibility of caving!

HIKING

You can discover, at your own pace and according to your desires, the landscapes and heritage of the territory.

The sites www.cheminsdesparcs.fr and <http://randoxygene.departement06.fr> highlight several hiking routes marked out by the Department 06.

For example: discover or rediscover the paradise trail from Bar-sur-Loup to Gourdon, or the Circuit du Loup which

links Gréolières to Cipières! Or cross the Préalpes d’Azur Natural Park between Saint-Auban and Vence or Grasse during 5 days.

The departmental natural parks of Estéron, Valmasque, Sinodon or Brague also offer multiple hiking trails. A network of forest tracks and paths provides a very pleasant landscape for relaxing and walking.

We have selected some beautiful itineraries to allow you to widen and complete your discovery!

THE MARALPINE: 5 DAYS IN THE PRÉALPES!

Discover the rich Regional Natural Park of the Préalpes d’Azur in this 5-day itinerary. From a wild river to an ancient Roman city, passing by the roof of the Préalpes with the Cheiron mountain to the perfumed balcony of the Mediterranean Sea, the Maralpine will transport you through an adventure rich in emotions, where everything is done to fill you with the wealth of an authentic and preserved territory. You will progress on marked paths along the Esteron river, then you will contemplate cliffs sheared by the work of the water while passing by the pastoral constructions. Finally, you will go from a mountain environment with green and humid north-facing slopes to lunar plateaus inhabited only by a few shepherds and their flocks...

Itinerary divided into 5 days and 4 nights for almost 80 km of hiking, with **2 possible arrivals**: Grasse or Vence, starting from Saint-Auban.

16 municipalities crossed, for a potential of a hundred tourism professionals involved (accommodation providers, restaurant owners, producers, guides, transporters...).

3 long-distance hiking trails upgraded: GR510, GR4, GR51.

Find the Maralpine route on: cheminsdesparcs.fr

Above and below ground



The Cheiron mountain seen from Collem plateau.

DOMAINE DES COURMETTES

Route de Courmettes
Tourrettes-sur-Loup

☎ 04 92 11 02 32

www.courmettes.com

courmettes@arocha.org

Open all year round, every day from 8am to 8pm. Organization of various stays: weddings and receptions, retreats, youth camps... And many other events.

The Courmettes estate is above all a magnificent site, located at 800 m, at the foot of the Courmettes peak. The nature is beautiful, with marked paths for quiet walks or more sporty hikes. For individuals, bed and breakfast or dormitories are available. But that’s not all, because the association “A Rocha” which manages the estate also offers many workshops

or courses open to all. Do not hesitate to follow the program on their website and to participate, as a simple curious visitor or volunteer.

LA BRAGUE À LA LOUPE

Valbonne

Get your headphones ready for an immersion in the ecosystem of La Brague! To do so, download the free application “La Brague” on your smartphone, and take off on one of the three specially designed trails between Biot and Valbonne. The games proposed along the path give points to obtain an eco-citizen diploma. Become a guardian of the water, fauna, flora or the heritage of La Brague, and receive your diploma by mail! With friends or family, the application is designed for all for a friendly moment.

LIST OF BIKE RENTALS AND REPAIR COMPANIES

BIKE SHOP OPIO

12 route de Cannes
Opio

Sale, rental, repair.

LOISIBIKE CÔTE D'AZUR

Place du Cap-civatte
Roquefort-les-Pins
www.loisibike.fr

Repairs, rental of electric mountain bikes.

TOUR'RENT BIKE

1689 route de Vence
Tourette-sur-Loup
www.tourrentbike.fr

Rental of £-bikes.

MAIRIE DE BOUYON

☎ 04 93 59 07 07
www.bouyon.fr

£-bikes rental from the beginning of April to the end of September.

STATION DE GRÉOLIÈRES

☎ 07 63 52 49 89
stations@smga.fr

Mountain bike and electric mountain bike rental.

PARC FORESTIER DE LA BRAGUE

Valbonne

Link Valbonne village to Biot for a bucolic stroll along the seafloor. A 9 km walk (3h20 one way) between the forest and the border. You can take The Envisub line n° 10 bus to return to the starting point.

BIKE HIKES

ON THE ROAD

Road bike lovers will find happiness on the small departmental roads, whether in the Loup and Esteron valleys, or higher on the plateaus around Gourdon and Gréolières.

From the perched village of Tourrettes-sur-Loup, city of arts and violets, ride towards Saint-Paul de Vence and La Colle-sur-Loup (about 35 km). Along the river Loup, you will cross Pont du Loup, gateway to the Gorges du Loup, known for the Florian confectionery... An opportunity to have a sweet treat!

Around the Col de Vence, you can go through the villages of Bouyon, Bezaudun les Alpes, Coursegoules and even go to Gréolières or Gourdon (between 40 and 70 km). The cliff roads, above the limestone cliffs, will make you go through desert plateaus crossed by a wilder vegetation.

The Route des Balcons d'Azur crosses the territory between Grasse and Vence, and vice versa, following the traces of the ancient Chemin de Fer de Provence. This magnificent bicycle itinerary can be found on the website of the department06.fr This Route des Balcons d'Azur is also on the Véloroute V65, an itinerary designed to join Aigues-Mortes to Nice by bicycle.

CROSS-COUNTRY

Mountain bikers, you have a very large choice! Nature is all around you, whether on forest tracks or on more technical routes:

From Caussols and its lunar plateau, the history of an exceptionally geological, natural and historical heritage is revealed. The itinerary is ideal for family walks, on small communal roads, little frequented and a portion of a departmental road.

In Gréolières les Neiges, at the Peyron plan, on the western side of the Cheiron, you will have 300 m to ascend through the forest to make the most of a viewpoint set up on the side of the road offering an exceptional panorama with in foreground, the Estéron valley.

ALPINE AND NORDIC SKIING

Gréolières-les-Neiges is a family resort located on the northern slope of the Cheiron massif, at an altitude of 1,500 meters, and 21 km as the crow flies from the Mediterranean! The northern exposure of the Cheiron limits the melting of snow and the resort has good snow coverage, despite its southern location and the low altitude of the slopes. The resort is equipped with an automatic snowmaking system on 4 km of slopes. From the top of the Cheiron, you can contemplate a circular panorama, which includes the coastline and the Mediterranean to the south as well as the Mercantour peaks to the north! And all around, the Préalpes d'Azur covered with snow in winter, leaving your imagination as the only limit for various snowshoeing or cross-country skiing excursions in the snow. And in addition to its ski lifts, the resort of Gréolières-les-Neiges offers 30 km of cross-country ski trails, 60 km of mountain bike trails labeled by the French Cycling Federation and many thematic guided walks accessible all year round.

CENTRE NORDIQUE – LA MAISON DU FONDEUR

900, boulevard du Grand Pré
Gréolières les Neiges
Gréolières
☎ 07 63 52 49 89
www.stations-greolieres-audiberge.com

Day or half-day rental of cross-country skis, snowshoes and sleds.

The Centre Nordique covers 30 km of trails that wind between 1,400 and 1,540 m altitude, in a conifer forest on the northwestern side of Cheiron. The green, blue or red cross-country ski trails are for the classic practice as well as skating, while benefiting from a generous amount of sunshine. Two recreational trails are for children to learn while having fun. The Maison du Fondateur also offers an equipment rental area.

You can get information on the snow condition at the resort, advice on Nordic skiing or the choice of snowshoeing circuits... Finally, it also houses the restaurant La Maison du Fondateur.



© J. ARON/RESEDA - GETTY IMAGES



Célia Krzmic

Célia is part of this new generation of dynamic entrepreneurs in search of meaning. After graduating as an agricultural engineer, she moved to Nice to start her career... But very quickly, the desire to set up her own equestrian center became obvious!

Can you explain us this transition?

I've been a rider since I was very young, and I thought I would always be able to be in this environment that I love. But when I started working as an engineer, I didn't have time to ride anymore... Feeling this need growing, I decided 5 years ago to buy the equestrian center of Coursegoules to offer new equestrian activities to the public.

Did you start this adventure alone?

At the beginning yes, then very quickly my mother came to join me. My brother has also been part of the adventure for 1 year... Without forgetting Milo, our dog and real guardian of the domain!

How is your equestrian center organized, and what are its specificities?

I take care of all the horse activities (lessons, rides...), while my mother and my brother are more in charge of the management of the site and of the pensions (keeping horses for individuals).

And all three of us put our energy in common for our main and original activity: arranging the camping.

Tell us more about the camping!

For groups of 3 to 8 people, we suggest to leave for two full days on horseback (or two half days), and spend one night in a tent. We choose among known sites

where we can camp safely, but it is always in the middle of nature. The idea is really to disconnect.

Once arrived, our assistance joins us in 4x4 with all the gear for horses, tents... And the food!

I also understand that you have put a lot of effort into this?

Oh yes, this is my agricultural engineer side that expressed itself and made me want to share the specialties of my region! So, for the meals, I always offer fresh and local products for those who are not from the region to discover our specialties. The immersion is total, and gives rise to passionate discussions under our beautiful starry sky.

RANCH EL BRONCO

Col de Vence
Coursegoules

☎ 06 08 03 37 96

www.ranchelbronco.com
ranchelbronco@gmail.com

Tuesday to Sunday, from 10am to 6pm.
Pony or horse rides upon reservation.
Camping from 170 €.

Horse riding, pony rides, for a great family day out in nature. To get away from it all, there are hundreds of horse riding paths, some of which offer breathtaking views in the heart of the protected area of the Préalpes d'Azur natural park. Whether you are truly passionate about horses or just looking for an activity to share with children and adults, the ranch offers a nice and joyful interlude in a timeless place. Célia, Françoise, Guillaume and of course Milo, the dog, are ready to welcome you. Ready?

DOMAINE DE SKI ALPIN

Winter sports resort

Gréolières

☎ 04 93 59 70 12

www.stations-greolieres-audibergue.com
stations@smga.fr

Gréolières-les-Neiges was created in 1963 at an altitude of 1,450 meters and only 60 km from Antibes. This family resort has 10 lifts, 1 chairlift and 30 km of slopes including 4 green, 5 blue, 14 red and 2 black. The resort is equipped with an automatic snow-making system spread over 4 km of slopes allowing the production of quality snow and ensuring the opening of the ski lifts and the beginners' area. Numerous free parking lots

facilitate parking. Note: the Huskies chairlift is also open during the summer.

HORSE RIDING

Whether for a moment of escape or a simple desire to go for a ride in the mountains or in the forest with your favorite animal, outdoor horse riding will bring you a moment of pure relaxation and change of scenery. If you know the basics of this sport, and in order to discover the alpine traditional rural heritage, you can directly consult the departmental board Randoxygène guide dedicated to horse riding. Otherwise, for an initiation with professionals, this is the place to be with the main providers of the area!



© SOPHIE BOUTET



Frédéric Bonacossa is an engineer with a passion for caving. For more than 20 years, he has been the secretary of the departmental council of caving. And when he talks about this sport, we want, without hesitating, to rush down into one of the 3,500 caves of the Alpes-Maritimes.

Caving is not a very common activity, how did it come to you?

As far back as I can remember, I used to dream in front of the Saturday TV shows that showed me magnificent limestone caves full of rivers and stalactites. So, I first visited alone some caves near my home... Then I met experienced cavers, who introduced me to this group activity. Because yes, this confidential activity, hidden underground, also has a very friendly aspect!

Can you tell us more about this sport?

Caving is a journey under the horizon, a timeless experience: the discovery of an unknown underground environment, almost extreme since there is no noise, no light, no heat, no vegetation and very little wildlife. It is often associated with a simple sporting activity, but this is a mistake, geology, water, pollution, topography and especially exploration are part of it. It is one of the rare spaces on our planet where there are still places unexplored by man.

Or even go back in time...

Yes, in half of the newly discovered caves, there are paleontological remains. In fact, not so long ago, I was part of the team that discovered, in Sophia Antipolis, a cave with water collecting pottery as well as 5 skeletons dated from 4500 BC.

So it's a very varied activity, do you think it's suitable for all ages?

Of course, but it is better not to be claustrophobic! But caving is not only crawling from one cave to another: most of the time, I am standing. And you don't even have to be roped up. In short, I would say that caving is as like hiking: with very big ascents, or simple discovery walks.

And what is the role of the Committee you are part of?

The CDS is the place where the fifteen or so clubs of the department exchange and build on the projects, share their worries, their needs for partners or financing, the organization of the underground rescue that we assume for the State, the depollutions of caves, the discovery outings for the large public or for schools, centred on the protection of the environment and the events to promote this superb activity.



Embut du Debram, Roquefort-les-Pins.

CLUB HIPPIQUE DE LA BRAGUE

727, chemin du Ranch
Châteauneuf-Grasse
☎ 04 93 60 16 10
www.la-brague.com
info@la-brague.com

Secretariat open Tuesday and Friday from 2:30 to 8:30pm, Wednesday and Saturday from 10am to 12am and from 1:30 to 6:30 pm. Sunday from 9am to 12pm.

The horse club of la Brague offers riding lessons, rides, beginners as well as advanced courses. It is currently composed of an arena, a riding school and about thirty boxes. Its charm? It is located in an exceptional green setting of more than 11 hectares in the commune of Châteauneuf de Grasse, including a river, a forest and fields. The Club's cavalry is composed of 9 horses and 10 ponies. Trotting tracks and a gallop track are already operational, other infrastructures will be added in the future.

FORT APACHE

Col de Vence
Coursegoules
☎ 04 93 58 91 43
www.fortapache.fe.com

Open every day from 10am to 5pm. Pony: 9€ for a 30-minute ride, 16€ for 1 hour. Horse: from 23€ per hour.

If one had to define the main quality of Fort Apache, it would be generosity. Indeed, this is how they select their horses, and they also take care to educate them in this sense. So, whatever your level, your height or your ambition, you will find here the adequate mount: from the horse for beginners to the competition pony, there will always be a mount which will make its rider progress. Fort Apache offers discovery rides or adventure courses.

RANCH DES BAOUS

1295, caïro road
Tourrettes-sur-Loup
☎ 06 27 71 72 44
www.ranchdesbaous.com
ranchdesbaous@gmail.com

Open every day except Sunday. Reservation necessary. Prices: 15€ for a 45-minute ride, 55€ for a private lesson, 350€ for a card of 10 lessons in a group, 50€ for a 1h30 ride and 60€ for 2 hours in small groups of 2 to 4 riders. Family rates and gift cards.

The Ranch is located above the village and extends over 3 hectares. A remarkable starting point to enjoy magnificent rides with a view of the sea, the Esterel massif and the Southern Alps. The club offers a very complete range of equestrian services: courses for all levels in small groups from 5 years old, training courses, dressage, jumping, hunter, cross-country, work on foot on the site, long reins, rides in the Natura 2000 park... The team speaks English and has 3 qualified instructors.

CAVING

The hinterland of Nice and Antibes is full of underground hidden treasures, thanks to the geological particularity of its limestone territory. Just one hour away from the sea, come and discover the wonders of the underground world in ideal conditions. Beautiful landscapes, a pleasant temperature, here is the perfect place to start a new adventure... And don't worry, by choosing this sport supervised professionally, you won't get stuck in a hole! The idea is an initiation to discover the environment rather than to be afraid. So, even if you can go through narrower passages to play or for the challenge, there is no question of staying down there!

PLANÈTE SPÉLÉO

Coursegoules ☎ 06 14 88 82 37
 contact@planetespeleo.com

Open during summer. The meeting place will be given to you when you book. Half day: 50 €.

Have you always dreamed of travelling through time? To discover a sixth continent? To see landscapes that are invisible everywhere else? Well, this is the place! Leave your fears at home, Vanessa, passionate about caving for almost 25 years now, will take you into the depths of an extraordinary world! She offers several options: from the half-day discovery to the big race, for the avowed sportsmen in search of strong sensations and emotions! Caving is her life, and she transmits her passion!

FUNTRIP

11-13, route de Grasse, Pont du Loup
 Tourrettes-sur-Loup
 ☎ 06 19 66 03 65 - www.funtrip.fr
 contact@funtrip.fr

DISCOVERING NATURAL CHASMS

The natural caves and chasms dug by the waters of the Caussols and Calern plateau, the Cheiron massif or the Baous offer numerous possibilities for underground exploration for cavers. On the Caussols plateau, more than 200 caves are listed. The region has a certain number of deep caves, nearly 500 meters deep. Here are the main ones:

In Cipières, the Calernaum cave: 481 m, the Enclos cave: 117 m, or the Cipier-naum cave: 112 m.

In Gourdon, the Cappuccino cave: 400 m or the Claude network: 338 m.

In Bar-sur-Loup, the Bois de la Malle cave: 275 m or the Inter cave: 143 m.

In Caussols, the Chardons Bleus cave: 160 m, or the Marthe cave: 135 m.

In Gréolières, the Dégoutai cave: 138 m, or the Faille de la Bouissière: 104 m.

But let us remind you that the practice of caving must be supervised, so it is recommended to join a club or to use the services of a guide.

Labeled Valeurs Parcs – PNR des Préalpes d'Azur.

Funtrip is a team of professional guides and a range of services for half a day, a day, a weekend or even longer, which provide a range of sporting activities in nature: canyoning and water trekking, as well as caving, adventure trekking, scuba diving, via ferrata, wilderness adventure courses and rock climbing. With FunTrip, there's no better way to discover a new activity. Whether you're out with friends, relaxing with your family or discovering new things as a group, the choice is yours!

KARTING

Feel like piloting a small one-seater on a track while competing with your friends? The idea is good, and the choice will be simple... Because we won't lie: there is only one karting track on the French Riviera! But what a track! Located in the middle of the mountains and not far from the perched



Baume des Caranques, Gourdon.

village of Gourdon, the drive up to the top will surely give you some nice ideas for walks to liven up your day. Just be careful on the way back, on the mountain roads: your car is not a single-seater anymore and the drivers are not competitors that you have to overtake at all costs!

FUN KART

Plateau de la Sarrière
 Route de Gourdon
 Gourdon
 ☎ 04 93 42 48 08
 www.fun-karting.com

Open all year round. Every day from 9:30am to 6:30pm. Closed on Mondays and Tuesdays from November to March.

Looking for big thrills? Fun Kart is the only karting track in the Alpes-Maritimes. There are different formulas for people over 15 years old, whether you are an individual or a company. Choose your time, there is an electronic timing system and mechanical assistance to practice karting safely [helmets, suits and winter gloves provided – equipment to European safety standards] on an entirely privatized 650-meter track. Ready, steady? Go karting!



TAKES OFF WITH A PARAGLIDER TO REDISCOVER HERSELF

Céline Plousey

We had the chance to have some very nice exchanges with Céline. A psychotherapist who is very passionate about her job, she decided to go even further, with her husband Cédric Bouzin, to open a paragliding school that combines sport, nature, health & and well-being.

How did you get the idea to create a paragliding school?

I am a psychotherapist, and I practised for a long time in an office. My husband is a paragliding instructor, and we decided to start a new professional adventure together that would bring our two worlds together. With our children, we left everything to open the Voyageurs du ciel paragliding school in the village of Gréolières, at the foot of the Cheiron mountain. For me, it was like pushing the 4 walls of the office to start a work in the wilderness!

What are the specificities of your school?

The school offers tandem flights with an instructor or training for piloting with 5-day courses. The emphasis is on the mental preparation of the pilot and on autonomy. We also organize themed days or weekends, tailor-made, for company committees, for example.

Tell us how these themed weekends are organized.

Hosting groups allows me to use my psychology skills, by organizing workshops in the middle of nature, in addition to paragliding. Depending on the theme chosen, I offer workshops on stress management, meditation, burnout prevention, emotional intelligence... Paragliding invites you to change your perspective and brings the group together in a good mood.

In short, it is an innovative but very integrative approach.

The idea is to combine sport with well-being, while immersing in nature. Paragliding becomes a tool to put into practice what we have discovered during the weekend, to surpass ourselves with joy, to discover our own resources or to reinforce our self-confidence.

How do you see the future?

Today, I am more dedicated to missions outside the purely paragliding activities managed by my husband and the team of instructors. I offer psychological support courses to specific groups, such as people suffering from trauma. These courses are an incredible human adventure for all of us, by being invited to rediscover our dreams and to fly high.

VOYAGEURS DU CIEL - ÉCOLE DE PARAPENTE

59, Route Font Rougière
Gréolières

☎ 04 83 93 98 25

www.voyageursduciel.com

voyageursduciel06@gmail.com

*Tandem flight at any age, from 70 €.
Discovery day from 12 years old, 185 €.*

This paragliding school is located on the mythical spot of the Provençal village Gréolières, at the foot of the Cheiron mountain, less than an hour from Nice or Cannes. Tandem flight: From discovery flight, to panoramic flight, to aerial trekking; Different flight formulas in all seasons. Friendly and professional atmosphere.

Discovery day: The privilege of an initiation to piloting and aerology on a training slope, with an educational Tandem.

360° ACTIVITIES

In the air



We now suggest to take you to the skies and discover the sky from another angle. Will you choose to explore the sky by flying with an ultra-light glider without motorization, or simply explore it during beautiful starry nights?

FREE FLIGHT

Free flight can seem a little scary, and there's a reason for it: being in the air, depending on the winds and our technical ability to understand it, is not a situation that most of us do every day. However, the feeling of flying is a dream for most of us... A dream that can come true in this area! So come and fly to the skies with a paraglider and enjoy the updrafts that rise from the sea to the plateaus to glide for a long time above the villages and valleys, with the Mediterranean in

the background. Moreover, the area has two absolutely unique and internationally renowned spots for paragliding: Gourdon and Gréolières. From their take-off sites, schools offer courses and two-seater flights. The southern exposure of Gréolières and the slopes of the Cheiron make the town a paragliding Mecca. Flights last from 15 to 20 minutes and are accessible to all. In case of great stress or panic, a psychologist is even there to help you overcome your demons. We explain everything here, for you to fly away safely!



Paragliding over Gréolières.

© DASA

ASCENDANCE 06

Auberge de Gourdon
Route de Caussols
Gourdon

☎ 06 61 42 08 64

www.ascendance06.com

contact@ascendance06.com

Open all year round. Low season: every day from 9:30 am to 5 pm. High season: every day from 9 am to 6 pm. Flight according to weather conditions. First flights: two-seater sensation 90 € (15 minutes); two-seater plus 120 € (30 minutes); discovery day: 140 € (first sensations on the ground + a first flight). Other services and rates available on the website.

Ascendance 06 is a professional paragliding school of the French Riviera, which

has been based in the village of Gourdon for over 30 years. And paragliding is an outdoor, fun and... peaceful activity, as the owners say! So, if you feel like it, you can treat yourself to a first day, do a training course or take lessons. Connect with the birds and take off from the cliffs that dominate Gourdon, which well protected from the wind, for unforgettable sensations.

CLIMBING

With the difference in elevation, the region is full of climbing sites. The cliffs of the Gorges du Loup offer about 70 listed climbing routes, with heights up to 45 meters. The Déversé area is the most difficult, but it offers the advantage of pleasant temperature, even in summer, as the cliffs are cooled by the waters of the Loup river which flows below.

In Gréolières, you won't be outdone either thanks to the baous... Unless you prefer adventure parks with your family! Its circuits allow you to move from one tree to another in a forest, using monkey bridges, footbridges or zip lines, rope ladders or lianas, almost like Tarzan himself!

LES BAOUS BESSON

Gréolières

☎ 04 89 87 73 34

www.greolieres.fr/activites/escalade

9 climbing routes, from 4 to 6b. Approach walk of 45 minutes.

This very beautiful site has a nice rock to climb surrounded by the calm of nature. The rock is idyllic, the blocks full of holes and the equipment not too tight... To get there: leave the village in the direction of Gréolières les Neiges. Four hundred meters after the ruins of the Vieux Gréolières, take



Voyageurs du Ciel.

© VOLCAN DES BAUS DE GRÉOLIÈRES, VOYAGEURS DU CIEL



Mur d'escalade quartier Sainte-Anne.

© EMANUEL JAPPAY

the small path on the right and park after the small chapel. Continue on foot and go up a path on the left in a scree, until the sign 193 where you take the direction of St-Pons on the right. 5 min further, on the plateau you will see on the left the two "twin" baous.

MUR D'ESCALADE - QUARTIER SAINTE ANNE

Gréolières

☎ 04 89 87 73 34

www.activroc.com

contact@activroc.com

In the shade of some two-hundred-year-old oaks, a place for a picnic with the family and to discover climbing.

The department, with the help of state-qualified climbing instructors from Activ Roc (www.activroc.com), has made it possible to provide visitors with a climbing wall for children and to equip an easily accessible rock for budding climbers under the supervision of their parents or instructors.

ROCHER & ESCALADE CHOUCHOU PLACE

Gréolières ☎ 04 89 87 73 34

www.greolieres.fr/activites/escalade
mairie.greolieres@orange.fr

The parking is behind Sainte-Pétronille chapel, above Gréolières village.

Thirty-five climbing routes on the south face of Cheiron ranging from 6c to 8a, a paradise for the experienced climber who comes down from the Northern Alps to train in winter. In summer, the rock is much too exposed to allow climbing in good conditions.

ASTRONOMY

Thanks to the purity of the sky, an observatory has been set up on the Calern plateau, which depends on the Observatory of the French Riviera (part of the *Réserve Internationale de Ciel Étoilé*, the International Starry Sky Reserve). From there, some providers offer guided tours organized mainly during summer.



Observatoire du plateau de Calern.

OBSERVATOIRE DE LA CÔTE D'AZUR - SITE DE CALERN

2130, route de l'Observatoire
Caussols
☎ 04 93 40 54 54
www.oca.eu - cil@oca.eu

Visits every Sunday from May to September at 3:15pm. Without registration. Rates: 6 € (adults), 3 € (children and students), free for under 6-year-olds. Credit card and AMEX not accepted.

Created in the 1970s on the Calern plateau at an altitude of 1,200 m west of Nice in the direction of the Parc des Préalpes d'Azur, this observatory specializes in advanced fields of astronomy. It has notably allowed the discovery of numerous asteroids. Since 1988, it is part of the Observatoire de la Côte d'Azur (Observatory of the French Riviera). The site is spectacular and wild and justifies a detour in itself. Because of the high altitude, plan warm clothes, drinks, and sun protection.

MARCHE OU RÈVE

Valderoure
☎ 06 61 93 10 51
www.marche-ou-reve.com
contact@marche-ou-reve.com
Tour guides on the Préalpes d'Azur territory.

Labeled Valeurs Parcs – PNR des Préalpes d'Azur. Hiking, night observation, snowshoeing walks ... Rates and reservation on request.

Jean-Maurice is passionate about nature, and especially about astronomy. He offers hikes, snowshoe outings, but above all also to guide you through the starry sky. We particularly appreciate his night themes: night walks or observation evenings. For the latter, he can come to your place with all his observation gear (binoculars, telescope), or he can take you to certain places in the department for you to spend an evening with your head in the stars!



There is no shortage of water sports in this area, whether you are in the mood for thrills or tranquility! In the high season, however, the large number of tourists may interfere with your desire for peace and quiet. As much as possible, we therefore advise you to take advantage of these activities in spring or autumn... Especially since the weather will most likely allow you to do so!

CANYONING

You'll jump into green water pools, go down slides that have been smoothed by centuries of gullies, take showers under waterfalls, and discover an unknown mineral and aquatic world. However, it is important to respect the fragile environment in which you evolve, which is inhabited by a discreet fauna.

The interference of humans in this natural habitat inevitably has consequences on the environment, so try to minimize it as much as possible. Call on professionals, who will guide you in your canyon discovery.

The Estéron valley and the upper Loup valley offer several beautiful canyons, some with a succession of long reaches interspersed with short walking areas.

To discover other routes: the Alpes-Maritimes department has published a Randoxygène Clues et Canyons guide.

Among the service providers organizing outings in the area, two offer a local reception point.

FUNTRIP

11-13, route de Grasse
Pont du Loup, Tourrettes-sur-Loup
☎ 06 19 66 03 65

See page 36.



LES GECKOS

3366, chemin départemental 503
Courmes
☎ 06 75 24 93 40
lesgeckos.fr
contact@lesgeckos.fr

Les Geckos offers half-day canyoning trips in the Gorges du Loup or in the Gours du Ray (Gréolières). Canyoning consists of swimming and walking down a river, equipped with a neoprene suit, a harness, a helmet and a good pair of shoes. In short, it is an aquatic hike with jumps in the water, natural slides or when necessary abseiling. The activity is fun and sporty, and can be practiced in family, in group or with friends.

BATHING

The municipal swimming pools or the more isolated rivers will allow you to spend great moments with your family or alone. The more athletic will most likely be attracted by the large Nautipolis complex, which combines relaxation activities around water, in addition to its swimming pools... and a large fitness center!

PISCINE MUNICIPALE DE BOUYON

Complexe sportif municipal
Rue du Noyer
Bouyon
coach@coach-nage.fr

Open during the summer. Price: 2,20 € (free for children under 4).

This sports complex in Bouyon has an open-air swimming pool, a large swimming pool (19 meters long, 9 meters wide) and a solarium. And since the after effort comes comfort: there is a bar with a terrace for you to eat on the spot. A fresh stop recommended during your visit to the village.

PARC DÉPARTEMENTAL DE L'ESTÉRON

231, route de Conségudes
La Roque-en-Provence

An integral part of the Préalpes du Sud, this beautiful departmental natural park covers an area of more than 20 hectares, and is characterized by unique architectural and historical heritage, linked to the proximity of the two villages of Roquestéron and la Roque-en-Provence. The atmosphere of the site is largely due to the presence of the Estéron river, which takes its bed in the park, allowing bathing and sometimes offering the (unfortunate) chance to see... eels!

NAUTIPOLIS

Complexe aquatique communautaire
150, rue du Vallon
Sophia Antipolis
Valbonne
☎ 09 71 00 21 30
www.nautipolis.fr

Open all year round. Schedule of the pools on the website. Entrance fee: 8,60 €. Restaurant. Fitness area.

This is a superb multi-activity facility (3,700 square meters indoors and 10,000 outdoors) that will delight everybody with the quality of its services and the choice of activities. This superb setting is entirely dedicated to sport, relaxation and well-being. The aquatic complex has a sports and learning pool, a leisure pool (aquafitness, aquagym, aquabiking), a splash pool (children's and adults' classes), a paddling pool (baby swimming classes) and an outdoor leisure pool. The fitness area is ideal for cardio-training, weight training, fitness, pilates, zumba or sh'bam while the wellness area includes a relaxation room, two saunas, two hammams, two

whirlpools, a caldarium and a sensory shower, an ice cellar and a salt cave! A private terrace facing south welcomes you to rest. Please note that this area is forbidden to children under 18 years old. Prepare your swimsuits (shorts are forbidden) and go quickly to discover this exceptional site, which is worth the detour. And if all these activities have opened your appetite, all you have to do is sit down at the Bistro by Nautipolis. Three dining areas are available, the restaurant and its terrace, as well as the pergola. On the menu, a classic cheeseburger, grilled bass à la provençale, various poke bowls or the Chef's suggestions... All served with a smile in a contemporary brasserie atmosphere.

FISHING

The contemplation brought by fishing will bring you in front of extraordinary landscapes here, perhaps even more than elsewhere.

The Gorges du Loup offer unmissable spots, especially upstream of the Saut du Loup where the fario trout comes for reproduction. After the Pont du Loup, you will find rainbow trout and even eels.

The Estéron river also offers beautiful fishing courses, alternating flat parts and deep holes, all in a beautiful environment. Easily accessible, the Roquestéron discovery course offers an ideal setting to easily have a nice time.

Important: to fish on this territory, the purchase of a fishing permit is mandatory. The variety of cards (daily, weekly, the Discovery card for children under 12 years old...) allows to adapt according to practice. Check the Alpes-Maritimes Federation for Fishing and Protection of the Aquatic Environment website on www.peche06.fr

PISCICULTURE DU CHEIRON

4850, route de Grasse
Gréolières
☎ 06 24 39 38 80
www.truitesducheiron.fr
truitesbiodycheiron@gmail.com

High season: open from Tuesday to Sunday from 10am to 6pm. Branded Valeurs Parcs – PNR des Préalpes d'Azur. Catering. Angling. Products on sale at the farm as well as in some local producers' stores such as the Marché de nos Collines in Rouret.

The Cheiron fish farm is above all an organic trout farm at the foot of the southern side of the Cheiron mountain. The trouts are farmed in basins watered by the Foulon spring. Settled for several years now in the gorges du Loup, Pierre opens each summer to visitors and makes them discover his profession through unforgettable family fishing days. At the end of the day, you will enjoy tasting the rainbow or Fario trout that have been caught. A nice address for a playful moment in the open-air.



Pisciculture du Cheiron.



© GASA

GOURDON

D3

☎ 04 93 09 68 23

www.galimard.com

source.parfume@gmail.com

MARIE'S LAVENDER FIELD

La lavandaie de Marie is a garden suspended above the sumptuous setting of the Gorges du Loup, a few minutes from the village of Gourdon. La Source Parfumée offers guided tours of the flower fields: you will discover a diversity of aromatic plants to breathe in! It's also a nice place to have a picnic, with a beautiful view on all the gorges. A real journey of the senses!



© SAPHIRE BOULET

CAUSSOLS

2130, route de l'Observatoire

☎ 04 93 40 54 54

**OBSERVATORY OF THE FRENCH RIVIERA**

See page 42.

© GASA

GOURDON

Route des Gorges – Pont du Loup

☎ 04 93 70 51 55

<https://cascades-sautduloup.com/>

cascades.sautduloup@gmail.com

Open all year round. Free visits. Every day and on public holidays from 10am to 7pm. Single price: 1 €. Catering (restaurant in season from 12 to 3pm; Saut du Loup snack from 10am to 7pm). Shop. Groups welcome. Car park.

**THE SAUT DU LOUP WATERFALLS**

The Saut du Loup site allows you to contemplate the Loup river and the waterfalls. Discover the Grande Marmite formed by the erosion of the river, the Demoiselles waterfalls, as well as the Pétrifiantes from the belvedere perched on a rocky peak, which offers a panorama from which you can admire them all. A quick and pleasant stop that you can extend by visiting the store open from July 14 to September 30 to discover the production of local essential oils, floral waters, and many other souvenirs.

GRÉOLIÈRES MOUNTAIN RESORT

Famous as a ski resort, Gréolières is also a mountain resort offering the practice of many activities throughout the year and especially during the school vacations. Find all the activities on www.stations-greolieres-audibergue.com



© ROMANUELLI/UPPELUX

THEMED HIKES

Make the most of the good weather to discover themed hikes such as the "Trappeur à Poney" hikes. Unless you prefer to discover the Cheiron forest with your family during an Escape Game in the middle of nature!

MOUNTAIN BIKE AND VTAAE

With free access, the 60 kms of trails offer seven different levels for families for initiation or reserved for athletes.

MOUNTAIN BIKES AND VTAAE

can be rented. ☎ 07 63 52 49 89
Mail: stations@smga.fr
The Huskies chairlift

Open weekends in June, and every day in July and August.

The chairlift allows you to easily access the Cheiron crest to admire the panoramic view on the resort of Gréolières, the Préalpes d'Azur and the Mercantour massif. Then, a nice walk, colored by wild lavenders in July, will allow you to reach the top of Cheiron with a magnificent view on the sea and the coastline as a reward.



GRÉOLIÈRES

☎ 06 64 66 64 16
www.manneveau.fr

© JEAN-LUC MANNEVEAU

PLANT MUSIC & GEOCACHING

For an unforgettable natural interlude, enjoy a sensory discovery of botanical curiosities through the "music of plants". The sessions take place on small circuits in the forest, where you will hear the "invisible" sound of nature... Geocaching is a fun leisure activity that uses the technique of Global Positioning System (GPS) to search for or hide "geocaches" in various places. The courses have been created especially for the resort of Gréolières-les-Neiges, to discover this forest differently!



GRÉOLIÈRES LES NEIGES

Boulevard du Grand Pré ☎ 07 63 52 49 89
www.stations-greolieres-audibergue.com
stations@smga.fr

Open from 10 am to 6 pm. Open weekends and holidays in May and June. Open every day in July and August. Open all year round for groups on reservation. Bambino's: 2€, Minicosto's: 10€, Maxicosto's: 18€.



© SWICK

PARC GRÉO'BRANCHES

Looking for a breath of fresh air with your family at the Cheiron mountain? Young adventurers will be able to invest the Gréo Parc for the following activities: tree climbing, bouncy castle, trampoline, geocaching. You can also rent electrically assisted mountain bikes. A program of activities is also available on the resort's website.

© PISCICULTURE CHERON



GRÉOLIÈRES
4850, route de Grasse
☎ 06 24 39 38 80

CHEIRON FISH FARM

See page 45.

© MARIE DE VAL BONNE



VALBONNE

**THE BRAGUE UNDER
THE MICROSCOPE**

See page 29.

ORGANISE YOUR STAY



© BERNARD ODRISE

**WHERE TO EAT****LA MAISON BARNOUIN €**

12, place de la Mairie
Bouyon ☎ 06 72 86 08 60
www.maison-barnoin.com
maisonbarnoin@gmail.com

This former hotel-restaurant, located opposite the town hall, has been renovated by the commune of Bouyon. The commune offers, as a stopover gîte, single or double rooms. Dominique Arnoux is in charge of the cooking at the restaurant and offers a menu of generous suggestions to be enjoyed on the spot or taken away (on order). The cuisine is just as friendly as the welcoming atmosphere. Daube provençale, homemade lasagna burgers, homemade brochettes and homemade desserts. Good choice of wine and a nice terrace for when the weather is good.

LE BISTRO DU GOLF €€

761, chemin des Picholines
Châteauneuf-Grasse
☎ 04 93 77 70 09

Open all year round. Open 7/7 days from dawn to dusk. Open in the evening only upon reservation for groups. Single menu at 34 € (3-course meal). Menu: 19 € (per dish). Garden. Terrace.

A chic and bucolic bistro, located in the heart of the magnificent Grande Bastide golf course. The restaurant is managed by the Château de la Bégude catering team. It serves a bistro menu, prepared with fresh homemade products only. A cuisine full of freshness, simplicity, creativity and know-how. What more can we say? A country setting to decompress at the foot of the hills of the hinterland. During summer, you can enjoy à la plancha cuisine.

LA MARMITE ENCHANTÉE €€

20, route de Gourdon
Châteauneuf-Grasse
☎ 04 93 09 08 22
https://la-marmite-enchantee.fr/
marmiteenchantee@gmail.com

Open all year round. Tuesday to Saturday from 10am to 2pm and from 7pm to 10pm. Reservation recommended. Menu: around 15 € (for one dish). Terrace. Takeaway. Click & collect ordering service.

La Marmite Enchantée a gem that serves up Asian fusion cuisine that will delight lovers of flavors from around the world. On the menu, you'll find all the great classics and specialties such as BoBun, Pho soup, not forgetting the timeless egg rolls and the very trendy Poke Bowl. As for desserts, the sweet teeth are spoiled by the wide choice of homemade with fresh, local and quality products and are sure to add a few takeaway dishes to their order. For a change of scenery for the taste buds, the small very pleasant terrace and the adorable welcome.

L'ATELIER GOURMAND €€

Place de la Clastre
Coursegoules
☎ 06 22 11 06 96

Low season: open from Friday to Tuesday for lunch and dinner. High season: every day for lunch and dinner. Menu: 25 € approximately (dish + dessert). Groups welcome. Terrace. Pizzas to take away.

L'Atelier Gourmand is located on the pretty Clastre square in the heart of the village. The cuisine is varied and generous, based on fresh and seasonal products. While waiting for your dish, you can also enjoy one of the "aperitifs" proposed by the Chef: Socca, Chacha, homemade

Anchoïade, Chorizo, Soubressade... The restaurant has two terraces, one, with colorful furniture, under the lime tree, the other sheltered under a veranda, with a beautiful view on the Cheiron massif. Amélie also offers home-made products: terrines and jams.

CUISINER SOUS LES ETOILES €€

In the middle of nature, RD12
Quartier Les Greilles
1238 Route de Caussols
06620 Gourdon
☎ 06 44 00 15 27
cuisiner.ses.reves@gmail.com

"Cuisiner ses rêves sous les étoiles" (Cook your dreams under the stars) is a gastronomic foodtruck concept. Fred, the chef, concocts dishes based on products from organic, local and sustainable agriculture. The menu varies according to the seasons. The cuisine is inspired by French tradition, with dishes such as duck stew or entrecôte with oyster mushrooms. The desserts are homemade: organic chocolate mousse, French toast with honey... A real treat!

LA BARRICADE €

14, place de la Fontaine
Gréolières
☎ 04 93 59 98 68
labarricade06620@gmail.com

Open Tuesday to Saturday from 10am to 2pm and from 4:30pm to 10pm; Sunday from 10am to 2pm and from 5pm to 10pm. Starters around 10 €, dishes from 15 to 20 €.

Located on the Place de la Fontaine, in the heart of the village, La Barricade is a small family restaurant appreciated for its friendly welcome and generous cuisine. In the cozy room or on the shaded

terrace, enjoy a menu offering a choice of starters, pasta and dishes as tasty as well presented, with an emphasis on local products. The suggestions evolve with the seasons. The restaurant also offers a menu of delicious pizzas cooked in a wood-fired oven. A pleasant address, in the heart of the village of Gréolières.

LA MAISON DU FONDEUR €

900, boulevard du Grand Pré
Gréolières-les-Neiges
Gréolières
☎ 07 63 52 49 89
www.stations-greolieres-audibergue.com
maisondufondeur@gmail.com

Open from Wednesday to Sunday for lunch. The Fondeur restaurant offers two places to eat: the Petit Chalet in a warm and quiet atmosphere, with a fireplace crackling in the corner, or the more lively and relaxed Cafét, shared with the Bar and the ski rental. Here, everything is home-made. The cuisine is simple and of high quality, and the prices are reasonable. You will enjoy a local cuisine, concocted with local products.

L'ÉCOLE DES FILLES €€

380, avenue Amiral-de-Grasse
Bar-sur-Loup
☎ 04 93 09 40 20
www.lecoledesfilles.wixsite.com
lecoledesfilles@orange.fr

Open from Friday to Tuesday for lunch and dinner. Menus from 35 € to 45 € (menus with appetizers and mignardises). Lunch menu: 26 € (dish of the day + dessert of the day + coffee [except on Sundays and public holidays]). Starter + main course: 35 €, Starter + main course + dessert: 39 €, Starter + main course + cheese + dessert: 45 €. Terrace.

Seasonal products, original recipes, homemade cuisine: the Ecole des Filles has it all! Transformed into a restaurant of choice, this former school for girls, built in 1929, now offers dishes made with fresh and seasonal products. The dishes change every week with two starters, two main courses and two desserts on the menu. For the anecdote, after your meal, take the time to visit the old classrooms, with their small wooden desks. A real trip back in time while enjoying delicious food.

LE CLOS SAINT-PIERRE €€

Place de la Mairie
Quartier Saint-Pons
Le Rouret
☎ 04 93 77 39 18
<http://le-clos-saint-pierre.com/>
contact@le-clos-saint-pierre.com

*Maitre Restaurateur. Open all year round. Annual holiday in February. Thursday to Monday from 9.30am to 3pm and from 6.30pm to 11.30pm. Reservation recommended. *Market menu* at 60 € or 75 €. Lunch menu: 42 € [except Sundays and public holidays]. Checks not accepted. Freshness and flavor are the order of the day! We have to admit that Catherine and Daniel Ettlinger (Michelin-starred in 2003) know how to share and sublimate the Provençal and Italian cuisine that is too often rushed. Several times a week, the chef goes to the market and prepares, according to his mood and the seasonal products, two unique menus that change every day. Gorgeous dishes to discover in the recently renovated dining room or on the charming terrace with a view of the village.*

Note the special menu with the Alba and black truffles in season.

SHIVA €€

74, route de Nice
Le Rouret
☎ 04 93 77 77 37
<http://shivalerouret.fr/>

Open Tuesday to Sunday from 12pm to 2:30pm and from 6:30pm to 11:30pm. Open on Monday for lunch. Lunch menu: 12,50 €. Terrace. Take away possible.

If you like spicy and colorful dishes, go to Shiva, a restaurant serving traditional Indian cuisine. If the decoration remains elementary, everything is about the savor! The portions are generous, tasty with flavors that please those who like mastered spices. Guests are warmly welcomed, the cuisine is based on fresh products and the takeaway service is very practical. A safe bet for a change of scenery for your taste buds. The terrace, although facing the road, remains very pleasant when the weather is nice.

AUBERGE SAINT-MICHEL €€

60 Route du Mont st Michel
Les Ferres
☎ 04 93 58 80 87
auberge-st-michel@alsatis.net
Rural bistro.

In the heart of the perched village of Les Ferres, this inn offers a breathtaking panoramic view of the Cheiron and Marc's good traditional cooking. The dishes are simple but the quality/price ratio is excellent, with copious portions that are greatly appreciated. There is a regional newspaper deposit, free Wifi access, computer with internet access, bread and local products, and board games. A few family-friendly rooms which all customers are welcome to rent, whether they are passing through or regulars. A nice little address.

KOH SUSHI €€

31, route de Cannes
Opio
☎ 04 93 60 87 76
Open all year round.

Sushi and Asian cuisine lovers will be delighted by this well-known address in Opio. Delicious and original sushi and sashimi to enjoy on the spot (terrace and air-conditioned room) or to take away or to be delivered. Thai and Japanese flavors complete the menu. We particularly appreciated the woks which are declined to suit everyone's tastes, from vegetarian to chicken, shrimps, scallops or tuna. The yakitoris (small Japanese skewers) are also delicious. A good address that we highly recommend.

LA SOURCE €

1, chemin San-Peyre
Opio
☎ 04 93 77 23 21
www.lasource-opio.fr
lasourceopio@orange.fr

Open Monday to Saturday from 7am to 8pm. Single menu at 15 € [gluten-free menu or vegetarian menu]. Wine by the glass. Terrace. Tobacco shop.

It is a real smart address which offers a family cuisine, traditional and fresh homemade dishes. The service is efficient, and the terrace offers a beautiful sunny or shady area depending on the season. It is pleasant, decorated with flower boxes and surrounded by low dry stone walls which isolate it from the main road. A loyal clientele likes to come here for the relaxed atmosphere, the bilingual and competent team that provides information on the good things to do in the region, and the excellent value for the money.

AUBERGE DES GORGES DU LOUP €€

4, route de Grasse – Le Pont du Loup
Tourrettes-sur-Loup
☎ 04 93 59 38 01
www.auberge-gorgesduloup.com
info@auberge-gorgesduloup.com

Closed from mid-November to mid-December and from mid-January to mid-February. Open from Tuesday to Saturday lunch and dinner and Sunday lunchtime. Menus from 20 € to 40 €. Carte: around 35 € [dish + dessert]. Garden. Terrace.

This restaurant offers a tasty carte inspired by Provençal and Tahitian flavours, with marinated fish or a Tahitian vanilla crème brûlée. The Chef's wife is originally from Polynesia, where they lived for a few years, which explains their taste for this cuisine from the other side of the world. Every summer, they organize a Tahitian evening in July with a musical welcome and a dance show. Their charming inn also has 10 rooms.

CHEZ L'AMI PAUL

4, place Maximin-Escalier
Tourrettes-sur-Loup
☎ 06 43 49 63 07

Open every day for lunch and dinner. A la carte: about 30 € [main course + dessert]. Terrace. Facebook: @ChezAmiPaul.

The restaurant is located in the medieval village. The room is rustic, beautifully decorated, with its wooden oven in large stones to cook dishes under fire. Since January, the institution has changed ownership. We always prepare the kitchen that made its success, traditional and Provençal, grilled and skewers, but also fresh homemade pasta. In the beautiful days, you can sit on the shaded terrace at the foot of the castle. Friendly and delicious.

SPELT €€€

6, Grand'Rue
Tourrettes-sur-Loup ☎ 09 86 26 63 79
www.spelt-restaurant.com
spelt.lrestaurant@gmail.com

Open all year round. Wednesday to Saturday, lunch and dinner.

It is the rising star of the village, and for good reason, the two founders, Chef Raphaël and the pastry chef Marion have serious references. The cuisine is creative without being too sophisticated. It is prepared only with local products. At lunchtime, the menu is more bistro-like and in the evening the atmosphere is more intimate and the cuisine more gastronomic. Two menus, two atmospheres! We love the small terrace and its superb view of the hills. Note that the eponymous pastry shop offers a selection of delicacies to take away.

LE BISTRO BY NAUTIPOLIS & €

Nautipolis, Complexe aquatique
de Valbonne Sophia Antipolis
150, rue du Vallon
Valbonne ☎ 09 71 00 21 39
www.nautipolis.fr

Open all year round. Every day from 12pm to 2pm. Snack open every weekend from April to the end of October, and every day during school vacations (Easter, Summer and All Saints' Day). Reservation recommended. Daily starter + daily dish = 19 €. Groups welcome (on reservation every day of the week). Garden. Terrace.

Le Bistro is first of all the restaurant of Valbonne's Pool Complex. Lunch is served in a bright room with a view on the outdoor swimming pool, and the pleasant feeling of being in a holiday club. On sunny days, the Bistro also has a lovely terrace. Most of the customers are people working at Sophia Antipolis district and have a limited

lunch time. So the chef made it practical: the formula dish + dessert + coffee is simple and quick. As a starter, you have hearty salads, burgers or club sandwiches. For the dishes, fish (cod steak), meat (minced duck breast, chicken wok) and pasta (penne du Bistro). The vegans aren't left out, with a vegan starter or a veggie burger. The Bistro also offers a snack formula on certain days of the week, as well as on Thursday evenings (late opening day of Nautipolis).

LE BOIS DORÉ & €€

265, route d'Antibes
Valbonne ☎ 04 93 12 26 25
https://restaurant-leboisdore.fr/
le.boisdore@orange.fr

Maitre Restaurateur. Open all year round. Every day for lunch and dinner. Carte: about 40 €. Garden. Terrace.

An unmissable address for its absolutely magnificent setting, whether inside or in the beautiful garden. Whether with family or friends, you'll appreciate the welcome given by the charming and attentive waiters. A warm atmosphere that underlines the quality of the dishes, prepared with taste and high quality products. A local cuisine, elaborate and accurate. A very reliable and pleasant address, offering a menu with very good value!

LA PIGÉOT €€

16, rue Alexis-Julien
Valbonne ☎ 04 93 12 17 53
www.restaurant-lapigeot.com
contact@restaurant-lapigeot.com

Open Tuesday to Sunday evenings; Wednesday to Friday and Sunday for lunch. From mid-June to mid-September open every evening. Reservation recommended. 25 € approximately (for one dish). No menu, à la carte only. Terrace.

The two small rooms inside are decorated with an oriental style, lit with lanterns and candles. You will quickly feel at ease in this intimate and warm setting to enjoy tajines, pastillas, brochettes, without forgetting the inevitable lamb couscous, etc. Copious dishes, perfectly cooked, garnished with vegetables and semolina at will. You will also find all the delicious North African pastries. Quick service and friendly atmosphere. When the weather is nice, bean bags and low tables are set up outside and the street becomes a comfortable terrace.

LE CISTE ET LA BEGUDE & €€

Château de la Béguide
Route de Roquefort-les-Pins
Valbonne ☎ 04 93 12 37 00
www.chateau-begude.com
restaurant@chateau-begude.com

Open all year round. Sunday and Monday from 7:30am; Tuesday to Saturday for lunch and dinner. Reservation recommended. Menus from 34 € to 59 €. Lunch menu: 19 €. Wine by the glass. American Express, Diners Club. Groups welcome. Garden. Terrace. Free parking.

La Béguide brasserie now displays a new style of cuisine: outdoor livecooking, summer cooking à la plancha. It is more oriented towards "Bistronomy" than gastronomy. The suggestions à la carte change every 15 days and the chef works with fresh products: sea bream ceviche, prawn brochettes or "fresh" burger are to be enjoyed in a bucolic setting. The desserts are generous for our greatest pleasure: chou bun with speculoos and peanut chips, lemon meringue pie. A pleasant interlude.



Valbonne market.

WHERE TO SLEEP

LE MAS DES CHARDONS €€

164, chemin des Chardons
Caussols

☎ 04 93 09 29 93

www.lemasdeschardons.fr
pierre.dorge1@orange.fr

5 rooms. Room from 60 € for one person, 75 € for 2 persons. Breakfast included. Dinner at the table d'hôte.

It is an ideal stopover, both comfortable and tasty, that hikers (in particular) will enjoy. In the middle of nature, situated in a restful garden, this farmhouse is a haven of peace a little away from the village. It offers 5 well-equipped rooms, in all simplicity. In the evening, you can choose to dine at the table d'hôtes, where Mrs. Dorge serves an excellent family cuisine. To get the day off to a good start, breakfast consists of freshly squeezed orange juice, bread and pastries with a variety of jams.

AUBERGE DE COURMES €€

3, rue des Platanes
Courmes

☎ 04 92 60 08 17

aubergedecourmes@orange.fr

5 bedrooms. Single room 65 €; double room from 75 €. Half board: 20 € (per person). Breakfast included. Extra bed: 10 €.

The Auberge de Courmes has recently reopened, and this is good news. It welcomes tourists and hikers in 5 comfortable rooms, in the heart of the village. We recommend this unpretentious address for the fresh and local products cooked with a lot of talent, from the starters to the desserts. The cuisine is generous, and you'll be frankly and warmly welcomed

by the owner and his wife. A moment of simple happiness in a relaxing setting! A pretty terrace completes this inn of rare authenticity.

VILLA REGAIN €€

440, route de Gentelly
Gréolières

☎ 04 89 24 66 94

www.villa-regain.fr
stas.daniel@neuf.fr

Labelled "Qualité Tourisme". 4 rooms.

The Villa Regain offers 4 guest rooms for a stay of relaxation, in harmony with nature in the Provencal back-country. Labelled Quality Tourism, this address guarantees the respect of 400 norms for the comfort of its customers. A "table d'hôtes" dinner is offered upon reservation. The hotel offers a Zen area, with a whirlpool bath, massage, spa and boutique. A complete break in the fresh air in a pleasant and welcoming place. New service: electrically assisted bike rental.

LE CABANON DE GOURDON

164, Chem. du Colombier
Gourdon

☎ 07 87 00 51 05

truffesetmorillesdegourdon06@gmail.com

Take a little height and treat yourself to an admirable view of the sea, while staying in the middle country! This is the promise of this completely renovated stone cottage, built in an old sheepfold. It has a private room with bathroom opening on a garden. The guest room is equipped with a flat screen television. Towels and bed linen are included. Continental breakfast is available every morning. It is close to the village and ideal for hiking trips.

DREAMS BUBBLE €€

Pont de Loup
183, chemin du Figueret
Gourdon

☎ 06 61 86 22 52

www.dreamsbubble.com
contact@dreamsbubble.com

4 bubbles, some with private spa + 30-minute duo massage. Night for 2 people: from 159 € to 299 €. Catering (various menus to choose from 28 to 38 €).

If you've always dreamt to sleep under the stars (but all the same with some comfort!), the bubbles are a good compromise. Here, there are 4 in total, with evocative names: temptation, serenity, mystery and cherry bubble. Installed in a domain of the Pont du Loup, these bubbles will allow you to admire the starry sky at night and to see the sun rising in the morning... They are composed of a transparent bubble for the bedroom and a second opaque bubble for the bathroom and the toilet. Escape guaranteed!

LA MAISON DU LOUP €€

3417 Rte d'Andon
Gréolières

☎ 07 87 00 51 05

www.la-maison-du-loup.com
info@la-maison-du-loup.com

Open all year round.

A charming guest house nestled in the forest a few kilometers from the slopes. An ideal stay to disconnect from the hectic life and enjoy the mountain hikes. Four comfortable bedrooms, cozy living rooms and above all a warm welcome from the British owners. They have very good suggestions and give good advice. You can also choose the package including catering as your host Nik is also a chef.

HOTEL PARTICULIER DES JASMINS €€

938, avenue des écoles

Bar-sur-Loup

☎ 04 93 60 42 05

www.lesjasmins.fr

hotelparticulier@lesjasmins.fr

Open all year round.

This host house which overlooks the Loup valley has been restored with authenticity while preserving all its charm from the past. It marvelously combines luxury and simplicity. It is both a bed and breakfast and a restaurant. The cuisine uses products from the market, it is inventive and sober at the same time. The menu honors local products. We like the welcoming hospitality, the intimate and discreet setting of this beautiful and particular address. All in all, a very nice interlude.

LOCATIONS 06 - GÎTES DE CHARME €

614, chemin de saint jean

Bar-sur-Loup

☎ 06 32 75 51 07

www.locations-06.fr

pascale.codera@wanadoo.fr

Open all the year. Furnished Tourism accommodation from 2 to 4 ****. Cleavances 5 keys. From 199 € to 849 € the week according to season. Rental per night from 50 € per night. Animals accepted.

Located within walking distance from the shops, 800 m from the river and 30 min from the sea, 6 charming agritourism cottages in the Grasse area await you. Nestled in the heart of lavender fields, orange and olive trees and an organic vegetable garden, the accommodations are spread over several sites and differ in size and layout (apartment, villa with or without swimming pool). However, they all have in common their excellent quality-price ratio and the warm welcome they offer.

AUBERGE SAINT MICHEL €

60, mont Saint-Michel road

The Ferres

☎ 09 88 66 48 11

aubergelesferres@gmail.com

Four bedrooms. Double room from 50 € to 60 €. Half-board: 65 € [excluding drinks]. Breakfast: 5 € [from 5 to 7 €].

Go up the road of Mont Saint-Michel, and you'll arrive in the heart of the perched village Les Ferres, and discover this beautiful in which offers a marvelous panoramic view on the Cheiron. The kitchen prepares good traditional cooking. The inn offers 4 rooms as country lodge, for a total of 10 beds. Its ideal location on the mountain road makes it mainly a choice stopover for experienced cyclists. The Inn also offers picnics, ideal for hikers and all sportsmen!

AUBERGE DES GORGES**DU LOUP** ♥ €**

4, route de Grasse – Le Pont du Loup

Tourrettes-sur-Loup

☎ 04 93 59 38 01

www.auberge-gorgesduloup.com

info@auberge-gorgesduloup.com

Closed from January 15th to February 15th and from November 15th to December 15th. 10 rooms. Low season: double room from 72 €. High season: double room from 82 €. Breakfast: 10 € [continental and 18 € American]. Closed parking (free). Half-board formula for adults optional: 42 € per night and per person. Animals accepted. Receptions and weddings. Catering.

At the entrance to the Loup Gorges, this inn offers a magnificent setting for lovers of beautiful landscapes. An ideal starting point for visitors wishing to explore a rich and preserved natural territory. The hotel is a warm and comfortable refuge. The

establishment has ten recently renovated rooms with authentic Provençal decoration. The restaurant room has a resolutely rustic and cosy atmosphere for a lunch or a dinner by the fire in winter.

CAMPING LA CAMASSADE €

523, route de Pie Lombard

Tourrettes-sur-Loup

☎ 04 93 59 31 54

www.camassade.com

courrier@camassade.com

Pitch + car + 2 people.

A family campsite, nestled in the heart of an olive grove that is more than a hundred years old. A privileged location, the natural environment is ideal for travelers in search of tranquility and rest... But also for those who want to move: swimming pool on the spot, grocery store and many leisure activities! This campsite is also and above all a perfect starting point for activities in the surroundings: via ferrata, canyoning, medieval village tours, museums, beaches... You can ask almost everything to Anne and José, who will be happy to advise you!

LES RIVES DU LOUP* & €**

2666 bis, route de La Colle

Tourrettes-sur-Loup

☎ 04 93 24 15 65

www.rivesduloup.com

D6 between Colle-sur-Loup

and Le Pont-du-Loup.

Open from April to the end of September. 116 pitches [and 8 hotel rooms]. High season: pitches from 196 € per week. Mobile homes and apartments from 615 € per week. The Club-house offers a family cuisine in the morning, noon and evening. Snacks, sandwiches, desserts, salads, pasta, omelets... Internet connection. Wifi.

The site is on the riverbank and you can enjoy the many sporting activities nearby as well as visiting the surrounding Provençal villages. The coastline remains nearby at about 20 minutes by car. Three formulas are proposed: a hotel part, a hundred mobile homes from 2 to 6 persons and the classic camping where you put your tent or your caravan for an open air stay. A beautiful swimming pool is available to customers plus a multi-sports ground. Catering on site and activities for children in July and August.

LA BASTIDE DE VALBONNE* € €**

107, chemin Font de Cuberte

Valbonne

☎ 04 93 12 33 40

www.bastidedevalbonne.com/home/fr
bastide-de-valbonne@wanadoo.fr

Open all year round. 30 rooms. Buffet breakfast. Breakfast is free for children under 4 years old. Wifi.

This *bastide* is a charming address which has been renovated with taste and harmony in Provençal tones. There are 30 rooms in light colors, perfectly equipped, some with

a balcony or a terrace overlooking the pool and the flowered garden with palm trees and aromatic herbs. Breakfast is served as a buffet, in the dining room or outside on sunny days. A haven of peace, ideal for recharging your batteries. Snacks available in high season.

LE SEVENTEEN € €

241, Chem. de Font de Cuberte,

Valbonne

☎ 04 93 12 37 70

www.seventeenhotel.com

contact@seventeenhotel.com

Open all year round.

A brand-new address, located a few minutes drive from Valbonne. The architecture is modern and trendy, and is in perfect harmony with the typically Mediterranean outdoor setting: a garden planted with olive trees, laurels, thyme and rosemary. The rooms and apartments are bright and spacious, with contemporary decor and impeccable comfort. We appreciate the space of the private terrace or balcony. Each room has a kitchenette. A large swimming pool invites you to relax on sunny days.



TOURIST INFORMATION OFFICES

The "Villages et Vallées d'Azur" territory is particularly dynamic and the Tourist Information Offices (BIT) are real gold mines to know everything about the places to visit. The teams are dynamic and constantly highlight the beauty of the territory with good advice. Moreover, the Intercommunal Tourist Office offers free guided tours of the villages of Gourdon, Gréolières, Le Bar-sur-Loup, Tourrettes-sur-Loup, Valbonne, Cipières, Châteauneuf and Coursegoules. Reservations are required at the offices. Don't hesitate to visit them during your wanderings!

BUREAU D'INFORMATION TOURISTIQUE DE GRÉOLIÈRES

Located in the Village, 17 km from the resort of Gréolières les Neiges
Route de Font-Rougière
Gréolières ☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.greolieres@agglo-casa.fr

This Tourist Information Office has lots of information to help you make the most of the mountains in summer and winter. Personalized advice will help you to find the hike adapted to your level. The Intercommunal Tourist Office offers free guided tours of the village of Gréolières and the surrounding villages all year round (upon reservation).
More information on the activities of the commune on www.greolieres.fr

BUREAU D'INFORMATION TOURISTIQUE DE GOURDON

1, place Victoria
Gourdon ☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.gourdon06@agglo-casa.fr

Open all year long from 9:30 am to 12:30 pm and from 1:30 pm to 5:30 pm. Every day during the summer and from Monday to

Saturday the rest of the year. Closed on public holidays except July 14 and August 15.

Here you will find lots of information with a wide range of documentation at your disposal as well as personalized advice. The inter-communal tourist office offers free guided tours of the village of Gourdon and the surrounding area all year round (reservation required).

More information about the village on www.gourdon06.com.

BUREAU D'INFORMATION TOURISTIQUE DU BAR-SUR-LOUP

Located in the City Hall
Place de la Tour
Bar-sur-Loup ☎ 04 93 42 72 21
www.villagesvalleesdazur-tourisme.fr
tourisme.bsl@agglo-casa.fr

From June 1st to September 30th, Tuesday to Saturday from 9:30am to 12:30pm and from 1:30pm to 5:30pm.

The Intercommunal Tourist Office offers free guided tours of the village of Bar-sur-Loup and the surrounding villages all year round (reservation required).

More information on the municipality and its events on the website: www.lebarsurloup.fr

BUREAU D'INFORMATION TOURISTIQUE D'OPIO

Located in the new Médiathèque d'Opio
2, route de Nice
Résidence Cœur de village
Opio ☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.opio@agglo-casa.fr

Open all year long from Monday to Friday from 9:30 am to 12:30 pm. Closed weekends and public holidays.

The new Tourist Information Office of Opio will help you to gather information about the activities and all the unmissable spots.

The Intercommunal Tourist Office offers free guided tours of the surrounding villages all year round (reservation required).

More information on the leisure activities and festivities of the commune on www.mairie-opio.fr

BUREAU D'INFORMATION TOURISTIQUE DE TOURRETTES-SUR-LOUP

2, place de la Libération
Tourrettes-sur-Loup ☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.tsl@agglo-casa.fr

Open all year long from 9:30 am to 12:30 pm and from 1:30 pm to 5:30 pm. Every day during the summer and from Monday to Saturday the rest of the year. Closed on public holidays except July 14 and August 15.

The Tourist Information Office staff will guide you through a wide range of documentation, maps, guides and detailed agendas. You'll find everything you need to organize your stay in town. The Intercommunal Tourist Office offers free guided tours of the village of Tourrettes-sur-Loup and the surrounding villages all year round (upon reservation).

You'll find the events and exhibitions organized in the commune at www.tour-rettesurloup.com

BUREAU D'INFORMATION TOURISTIQUE DE VALBONNE

Located near the Place des Arcades in the heart of the village
14, rue de la Fontaine
Valbonne ☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.vsa@agglo-casa.fr

Open all year long from 9:30 am to 12:30 pm and from 1:30 pm to 5:30 pm. Every day during summer and from Monday to Saturday the rest of the year. Closed on public holidays except July 14 and August 15.

You will find here complete information on the city and the many events organized by the municipality, as well as on the local transportation networks. The Intercommunal Tourist Office offers free guided tours of the village of Valbonne and the surrounding area all year round (reservation required).

You'll find all the events organized by the municipality at www.ville-valbonne.fr.

LIST OF WEBSITES

For those who prefer internet research to the warm welcome of the Tourist Offices teams (BIT), here is the website reference list.

Beautiful and brand-new! The brand-new CASA website has been completely redone to be very complete and intuitive. It includes great information on outdoor activities: www.villagesvalleesdazur-tourisme.fr

The CASA territory is served by the ENVIBUS network with 20 regular bus lines, completed by ICILA, transport upon request service: www.envibus.fr

The Envibus Capazur application allows you to choose your trip by instantly calculating your journey on public transport, foot, by bicycle or by a combination of modes. In addition to calculating bus routes (Envibus, Sillage, Palmbus, and Azur lines), the application provides information on bicycle routes with facilities, as well as walking routes from bus stops.

To find out more about sports in the region, check out the very complete Randoxygène website: randoxygene.departement06.fr

Gréolières resort has its own website with all the available activities: www.stations-greolieres-audiberge.com

And finally, to find all about the Regional Natural Park of the Préalpes d'Azur, go here: www.parc-prealpesdazur.fr



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GETTING AROUND IN CASA BY BUS

With the **ENVIBUS** network, and **ICILA** its on-demand transportation service: www.envibus.fr

Or by **downloading** the Envibus Capazur app.