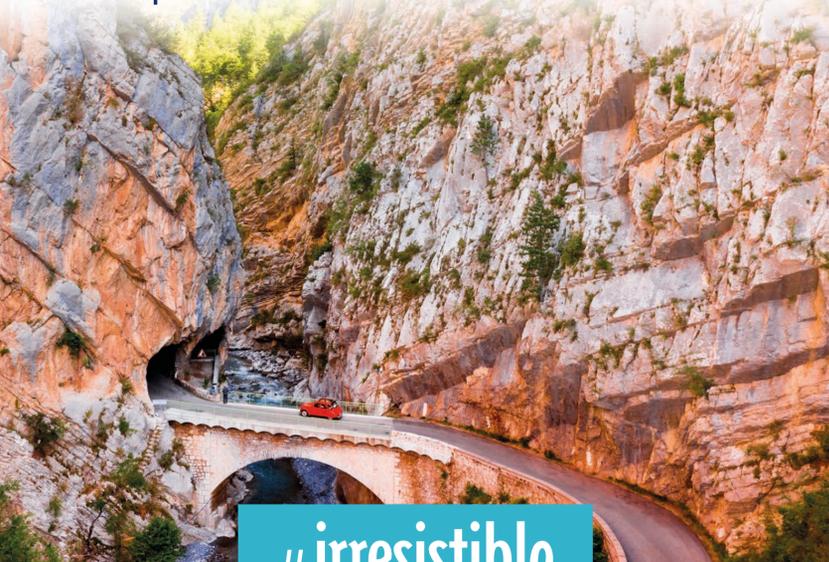


ALPES DE HAUTE PROVENCE

Tourist map



#irresistible
ALPES DE HAUTE PROVENCE

www.alpes-haute-provence.com

Vallée de l'Ubaye - Serre-Ponçon



An exceptional valley

On the Route des Grandes Alpes which goes from Lake Léman to the Mediterranean, the **Ubaye Valley** is bordered by the **Lake of Serre-Ponçon**, one of the biggest artificial lakes in France and by the **Mercantour National Park**. A territory which is a recognized « Pays d'art et d'histoire » (land of art and history), and in particular for its **Vauban fortifications** and the museum which traces the saga of the « **Barcelonnettes** » who emigrated to Mexico. It is also a fabulous place for **hiking, cycling and biking**, with its 7 passes, the highest road in Europe on the **Col de la Bonette** and the **Chambeyron**, the highest peak in the department at **3400 metres**.

The resorts of **Pra-Loup, Le Sauze** and **Sainte Anne** or the Nordic skiing site of **Val d'Oronaye Larche** offer a wide range of activities both in summer and winter. It is also the valley of multiple events such as the **Festival des Enfants du Jazz**, the **Trail Ubaye Salomon** and the **World Telemark Championship** to name but a few.

Ubaye tourisme - Tél. +33(0)4 92 81 04 71
www.ubaye.com

Alpes Provence Verdon Sources de Lumière



From where the Verdon river rises to its gorges

The territory, which is crossed by the RN 202 and RD 4085 roads (also known as the **Route Napoléon**), is also served by the Chemins de Fer de Provence railway line and its famous « **Train des Pignes** » which links Digne-les-Bains to Nice.

Its wide open natural spaces, the **Gorges du Verdon** for hikes along the **Sentier Martel** or white water activities, **Saint André les Alpes** and paragliding, the **Trans-Verdon** for mountain bikers and the **Val d'Allos** and its resorts, make it a paradise for everyone.

Thanks to the **UNESCO Geopark of Haute-Provence**, the **Verdon Naturel Regional Park** and the **Mercantour National Park**, residents and visitors enjoy an unspoiled, protected environment. Villages et Cités de Caractère » such as **Entrevaux, Annot, Castellane** and **Colmars les Alpes**, give the territory a remarkable cultural heritage.

Verdon tourisme - Tél. +33(0)4 92 83 61 14
www.verdontourisme.com



Confiseries Chocolatées & Pâtes de Fruits Gourmandes

depuis 1969

françois
DOUCET
CONFISER EN PROVENCE



Vente directe d'usine à Oraison

CS 30100 - ZA - 04700 Oraison
+ 33 (0)4 92 78 63 61
magasin@francois-doucet.com

Ouverture du Lundi au Samedi
de 10h à 12h30 et de 13h30 à 18h00



et sur www.francois-doucet.com

Durance Luberon Verdon



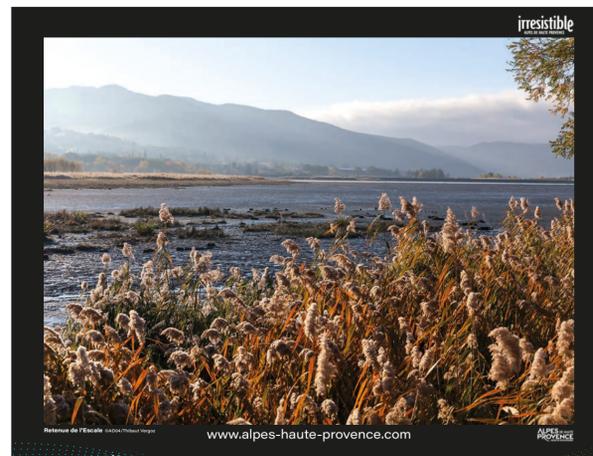
From Haute-Provence to the Verdon

From **Manosque**, hometown of author Jean Giono, to **Pierrevert**, well-known for its wine-growing and from **Oraison**, the capital of almonds to **Gréoux-les-Bains** and its spa / thermal baths, the territory is also one of the entrances to the **Gorges du Verdon**, that will lead you to the lakes, the **Valensole Plateau and its fields of lavender**, the Route des Saveurs et Senteurs (Taste and Fragrances Road), hilltop villages and the **Museum of Prehistory of the Gorges du Verdon**...

Located in **Haute-Provence**, in the **Luberon** and **Verdon** Parks, the territory is just half an hour from the Verdon lakes and one hour from ski and seaside resorts. It is also the birthplace of famous economic leaders such as **l'Occitane en Provence, Proman** and **SIMC** and has attracted large groups such as the **Chaîne Thermale du Soleil**.

Durance Luberon Verdon Tourisme
Office de tourisme et des congrès - Tél. +33(0)4 92 78 01 08
www.durance-luberon-verdon.com

Provence Alpes Digne les Bains



A land of pure emotion

this land is located in **Haute-Provence** in the middle of the department surrounding **Digne-les-Bains**.

Spa / thermal activity in Digne-les-Bains, winter sports in **Le Grand Puy, Chabanon** or **Montclar**, the Lake of **Sainte-Croix** and **Moustiers-Sainte-Marie** make it an exceptional territory and a « playground » for all kinds of outdoor activities and particularly for mountain bikers who are very keen on riding the **Alpes-Provence**, the great MTB route from the Alpes to Provence.

The **UNESCO Geopark of Haute-Provence** has left its mark on the landscape along with an exceptional cultural heritage.

The **Pénitents des Mées**, the **Priory of Ganagobie**, the **Ornithological Reserve of l'Escale** and the **Gliding and Soaring Centre in Château-Arnoux Saint Auban** in the **Val de Durance** are also examples of this incredible wealth.

Office de tourisme Provence Alpes Digne les Bains - Tél. +33(0)4 92 36 62 62
www.dignelesbains-tourisme.com
www.stecroixduverdon-tourisme.fr - www.blanchesserreponcon-tourisme.com



Pays de Forcalquier-Montagne de Lure

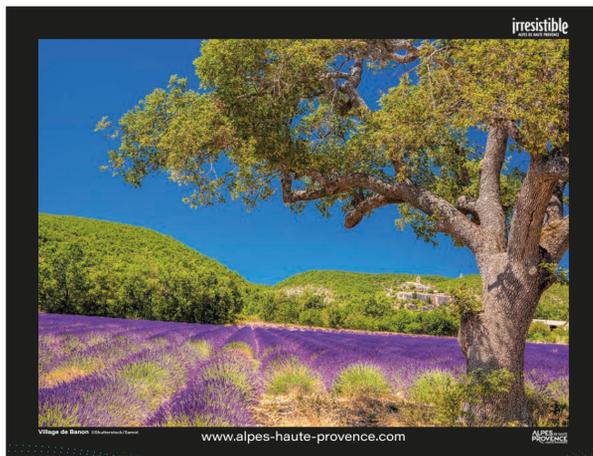


The emblem of Haute-Provence

To the south of the **Lure mountain**, this territory located in the **Luberon regional natural park** is perfect for practising outdoor activities all year round. Scrubland, forests and minerality of monuments such as the **citadel of Forcalquier** or villages such as **Cruis** or **Lurs**, both patented « Village and City of Character », are typical of the area. The famous Monday market in Forcalquier is an open window on the very dynamic **scents and flavors sector**. Many local companies are performing well in the value creation they give to processed products coming from this land. An interactive and immersive staging of **Artemisia Museum** will allow you to dive in the footsteps of the herbalists : You will be explained why and how the perfume, aromatic and medicinal plants of the Montagne de Lure – a biodiversity listed Unesco site – have always been grown and picked. This territory is also an outstanding adoptive land for **cultural or sporting events** such as the **Cooksound Festival**, the **Trail de Haute Provence**, the **agricultural fair in Ongles** or the **Rencontres Musicales de Haute Provence**.

Office de tourisme Pays de Forcalquier - Montagne de Lure - Tél. +33(0)4 92 75 10 02
www.haute-provence-tourisme.com

Haute Provence - Pays de Banon



From Luberon to Lure

In the middle of **Haute Provence** and in the **Luberon Natural Regional Park**, the territory unfolds from the southern slopes of the Montagne de Lure as far as the Plateau d'Albion. From **Simiane-la-Rotonde** to **Mane** and **Dauphin**, both villages et cités de caractère, a multitude of sports and cultural activities abound, such as cycling or browsing the **Le Bleuët** bookshop. The gardens of **Salagon** and its museum are among the most renowned ethnobotanical conservation centres. The **CNRS** chose the territory to set up its astronomy observatory and the department was chosen for the development of the **Centre d'Astronomie de Saint-Michel-l'Observatoire**.

The Taste and Fragrances sector has found itself an ideal terroir with products such as Banon goat's cheese, fine lavender, chestnuts...

Office de tourisme Haute-Provence Pays de Banon - Tél. +33(0)4 92 72 19 40
www.hauteprovencepaysdebanon-tourisme.fr

Sisteron-Buëch



The gateway to Haute-Provence

On the **Route Napoléon**, in a bend in the **Durance River**, the territory is dominated by **Sisteron** and its **citadel**. This is the **UNESCO approved Geopark of Haute Provence**.

This is the land of **apple and pear orchards, fields of lavender** and sheep breeding. The « **Hautes Terres de Provence** » are home to middle mountain villages and hamlets at altitudes ranging from 600 to 1,200 metres.

A multitude of activities have developed here: climbing, free flight and flying at the **Vaumeilh** aerodrome, mountain biking and excellent hiking with the highest point in the **Prealps**: the **sommet des Monges** at 2,115 metres, and the **Via Ferrata de la Grande Fistoire**. And, believe or not, we even have **Talking Rocks** for a novel discovery of our cultural heritage.

Office de Sisteron Buëch - Baronnies Provençales - Tél. +33(0)4 92 61 36 50
www.sisteron-buech.fr

Jabron Lure Vançon Durance



From Lure to the Durance

Shaped by the **Jabron** and **Vançon** rivers, this rural territory is a special place for open-air activities, and especially **fishing**. The **Montagne de Lure** and the **Massif des Monges** are famous sites for hiking or **watching protected wildlife**.

In these valleys which are irrigated by the **Durance river**, many emblems of these local terroirs are produced: **apples, pears, vines, perfume plants, truffles, honey, cheese** and **lamb**. Crossed by the **Way of Saint James of Compostella**, the **Via Domitia** and the **Route Giono**, it also offers cultural discoveries such as the **Musée de Salignac** which makes paleontology accessible to all.

Syndiat d'Initiative Pays de Lure en Haute-Provence - Tél. +33(0)7 86 40 63 86
www.lure-provence.com

- ### Remarkable natural sites
- The sandstones of Annot (E4)
 - Demoiselles coiffées (D1)
 - The Pénitents in Les Mées (C4)
 - Gorges du Verdon (D5)
 - The Mourres rocks (B4)
 - The lac d'Allos : largest high mountain lake in Europe (E3)
 - The Valensole plateau (C5)
- ### Scents & Flavours
- Olive oil from Haute-Provence / AOC
 - Banon goat's cheese / AOP
 - / AOP Piervert / IGP Alpes de Haute Provence
 - Sisteron lamb / Label rouge / IGP
 - Alpes de Haute-Durance apples Label rouge / IGP
 - Einkorn / IGP
 - Herbes de Provence / IGP
 - Brasserie
 - Chestnut
 - Almonds
 - Lavender honey / IGP
 - Lavender producer / Distillery
 - Essential oil of lavender / AOC
 - Lavender site
 - Farmer's market
 - Maison de Produits de Pays (Local Produce)
 - Route des Saveurs & des Senteurs de Haute Provence
- ### Places to visit / museums
- Museum of Prehistory of the Gorges du Verdon (C5)
 - Ammonite slab and Museum of the Geology Reserve of Haute-Provence (C3)
 - Siréniens Trail (D4)
 - Museum and gardens of Salagon (B4)
 - Jean Giono Centre (B5)
 - The Mexican villas (E2)
 - Moustiers-Sainte-Marie (C5)
 - Alexandra David-Neel Home (D3)
 - L'Occitane en Provence Museum (B5)
 - Priory of Ganagobie (B4)
 - Villages and Towns of character
 - Museums
 - Contemporary art sites
 - Remarkable cultural heritage

- ### Fortified heritage (Vauban, Maginot...)
- Sisteron Citadel (B3)
 - Entrevaux Citadel (F4)
 - Seyne-les-Alpes Citadel (D2)
 - Fort de Savoie in Colmars-les-Alpes (E3)
 - Fort of Tournoux (E1)
- ### Outdoor leisure activities
- Bike Park
 - Mountain biking site
 - Cycle stations
 - Golf
 - Animal park
 - Riding centre
 - Race course
 - Via ferrata
 - Climbing
 - Treetop adventure playground
 - Station trail
 - Hot air ballooning
 - Free flight site
 - Aérodrome/Gliding
 - Lake/bathing lake/swimming
 - White water sports
 - Planétarium
 - Astronomical Center/Observatory
 - Winter sports resort
 - Spa resort
 - Thermal station
 - Randoland
- ### Hiking
- Hiking in the Alpes de Haute-Provence : 6300 km of marked paths among which 19 GR® and GR® de Pays, over 550 of day-hiking trails, 200 mountain bike trails, 3 mountain bike long-distance trails and 4 equestrian routes.
 - Peaks
 - Grande Randonnée hiking trails
 - Hut

- ### Protected areas
- Mercantour national Park
 - Verdon natural Park
 - Luberon natural Park
 - Natural geology reserve of Haute-Provence
 - Unesco Géoparc of Haute-Provence



TOURIST INFORMATION

Communes		
UBAYE TOURISME		
E2 Barcelonnette	+33 (0)4 92 81 04 71	www.barcelonnette.com
E2 Jausiers	+33 (0)4 92 81 21 45	www.jausiers.com
E2 Pra Loup	+33 (0)4 92 84 10 04	www.sauze.com
E2 Sauze super Sauze	+33 (0)4 92 81 05 61	www.haute-ubaye.com
F1 Val d'Oronaye	+33 (0)4 92 84 33 58	
VERDON TOURISME		
E4 Annot	+33 (0)4 92 83 23 03	www.verdontourisme.com
D5 Castellane	+33 (0)4 92 83 61 14	www.verdontourisme.com
E3 Colmars-les-Alpes	+33 (0)4 92 83 41 92	www.praloup.com
F4 Entrevaux	+33 (0)4 93 05 46 73	www.verdontourisme.com
D5 La Palud-sur-Verdon	+33 (0)4 92 77 32 02	www.verdontourisme.com
E4 Saint-André-les-Alpes-Barrême	+33 (0)4 92 89 02 39	www.verdontourisme.com
E3 OT Val d'Allos	+33 (0)4 92 83 02 81	www.valallos.com
DURANCE-LUBERON-VERDON TOURISME		
B5 Gréoux-les-Bains	+33 (0)4 92 78 01 08	www.greouxlesbains.com
C5 Riez	+33 (0)4 92 77 99 09	www.durance-luberon-verdon.com
C5 Quinson	+33 (0)4 92 74 01 12	www.durance-luberon-verdon.com
C5 Valensole	+33 (0)4 92 74 90 02	www.durance-luberon-verdon.com
B4 Oraison	+33 (0)4 92 78 60 80	www.tourisme-manosque.fr
B5 Manosque	+33 (0)4 92 72 16 00	www.tourisme-manosque.fr

Communes		
PROVENCE ALPES DIGNE LES BAINS		
D3 Provence Alpes Digne les Bains	+33 (0)4 92 36 62 62	www.dignelesbains-tourisme.com
B4 Les Mées	+33 (0)4 92 34 36 38	www.dignelesbains-tourisme.com
D2 Blanche-Serre-Ponçon	+33 (0)4 92 35 11 00	www.blancheserrepoucon-tourisme.com
B3 Val de Durance	+33 (0)4 92 64 02 64	www.dignelesbains-tourisme.com
C5 Sainte-Croix-du-Verdon	+33 (0)4 92 77 85 29	www.stcroixduverdon-tourisme.fr
OT Moustiers-Sainte-Marie	+33 (0)4 92 74 67 84	www.moustiers.fr
PAYS DE FORCALQUIER - MONTAGNE DE LURE		
B4 Forcalquier	+33 (0)4 92 75 10 02	www.haute-provence-tourisme.com
B4 St-Etienne-les-Organes	+33 (0)4 92 73 02 57	www.haute-provence-tourisme.com
A4 St-Michel-l'Observatoire	+33 (0)4 92 76 69 09	www.haute-provence-tourisme.com
HAUTE-PROVENCE - PAYS DE BANON		
A4 Banon	+33 (0)4 92 72 19 40	www.hauteprovencepaysdebanon-tourisme.fr
A4 Simiane-la-Rotonde	+33 (0)4 92 73 11 34	www.simiane-la-rotonde.fr
A4 Reillanne	+33 (0)4 92 76 45 37	www.reillanne-en-provence.com
SISTERON BUECH - BARRONNES PROVENÇALES		
B3 Sisteron	+33 (0)4 92 81 36 50	www.sisteron-buech.fr
C2 OT Hautes Terres de Provence	+33 (0)4 92 68 40 39	www.vialaferrata-alpes.com
PAYS DE LURE EN HAUTE-PROVENCE		
A3 Vallées du Jabron - Montagne de Lure	+33 (0)7 86 40 63 85	www.lure-provence.com

0 3 6 km

Légende

- Motorway
- Main roads
- Secondary roads
- Distance from Digne-les-Bains
- Railway
- Chemins de Fer de Provence
- Train des Pignes
- Digne-les-Bains/Entrevaux/Nice
- Napoleon road