

NATURAL PAINTINGS IN A VARIETY OF COLOURS

Create your natural haven, slow down the tempo and soak up the Provence's diverse scenery.

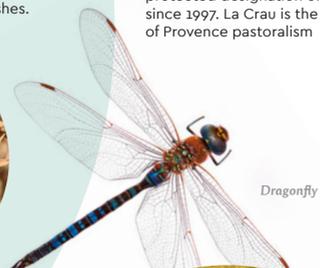
On foot, by bike, on horseback, in a carriage... go for "green" transport to hit the roads in the Alpilles Crau Camargue Montagnette region. Routes that connect each geographical area through a smart network of roads, paths and loops. They whisk you away to explore unspoilt nature and its residents.

The Camargue Crau Montagnette region is home to two regional nature parks, three French nature reserves, two regional nature reserves and six Natura 2000 sites plus the Domaine de la Capelière, Marais du Vigueirat marsh and the Coussouls de Crau French Nature Reserve managed by the Conservatory of Natural Areas. They unite to form a real golden triangle for biodiversity.

No matter the season, you have the perfect setting and rainbow of colours to get outdoors and recharge your batteries: deep green Aleppo pine trees in Montagnette, chalky white Alpilles ridges, La Crau's ochre carpet and the shimmering mosaic of the Camargue's marshes.



Rice field in Camargue



Dragonfly



Camargue bulls



Allium

Pied Avocet

A BESPOKE DESTINATION, A DESTINATION AT YOUR PACE – YOUR KIND OF HOLIDAY

Stretch your legs, saddle up or be carried away!

It all comes together to make your break in Provence a source of wellness and good times. Explore at your own pace and take a break to gaze at the flora and fauna in the Alpilles, La Crau, Camargue and Montagnette. Feast your eyes on fabulous views or grab your binoculars to spot hundreds of bird species. Keep your eyes and ears open, or join a guided tour.

That means the region's scenic, natural and historical mosaic is packed with opportunities for you to make colourful memories.

Let's not forget people who love the Camargue and Provence culture and want to share their trades, expertise and traditions with you: rice growers, manade owners, millers, shepherds, kitchen gardeners, arborists, farmers and breeders.

Naturally, a mouth-watering path unfurls. It leads to Provence's delicious food and drink: olives and incredible olive oils, salt, PGI rice and PDO Camargue bull meat, lamb, wine and herbes de Provence, colourful markets and their fruit and vegetable stalls.



Rove breed goat

Alpilles



Greater flamingo



Camargue horses



Boulbon's feudal castle



Merino sheep from Arles



Ayard asphodel



Spurge

Information board from the seawall to the sea



NATURAL TREASURES, BIODIVERSITY AND INCREDIBLE SETTINGS

LA CRAU

Vast Mediterranean steppe called Le Coussoul, the Durance's fossil delta, La Crau Plain has inherited a hodgepodge of stony deserts and woodlands. Farmers produce La Crau Hay in the meadows, an agricultural product with the protected designation of origin since 1997. La Crau is the bastion of Provence pastoralism

CAMARGUE

The UNESCO-listed Camargue Biosphere Reserve is lined by the Rhône and Petit Rhône. Freshwater and salt marshes, pools, lagoons, dunes, beaches and reed beds live together on a 140,000 ha area in the heart of the Delta. Welcome to the realm of rice fields, vineyards and farms breeding Camargue bulls and horses.

MONTAGNETTE and ALPILLES

Montagnette lets its Aleppo pine-covered hills run on the banks of the Rhône. Cliffs form the leafy area. The plains are home to farms, olive and fruit orchards. The heaths teem with almond trees, holm oaks and rosemary. The limestone Alpilles ridges loom a few miles away peaking at 498 meters. The white stone valleys burst with legendary olive orchards and famous wineries.

NATURAL TOURS NATURAL EXPERIENCES

HOME OF RICE

15 minutes from Arles, experience the Rozière family's passion for rice! La Maison du Riz works in two areas: farming and education. The tour includes a trail with small rice fields, an exhibition room, rice blanching demonstration and product tasting on request. Pick up unusual local produce at the "gricery" such as rice beer and candles.

CAMARGUE MUSEUM

The museum has an immersive permanent exhibition about "water and time in the Camargue" in a former sheepfold. Display items, panels and audio surround visitors in the Delta from its geological formation to its current challenges: irrigation, protecting nature, flooding and farming. Delve deeper into the subject on the 3.5 km footpath. It runs along the canal and rice fields up to the marsh and via the gardian's hut.

HUNTING AND NATURE CENTRE

This former coaching inn houses an exhibition. It presents the mosaic formed by the landscape, flora and fauna in this unique land. Temporary exhibitions by nature lover artists take pride of place.

Pick up the **Crau-Camargue PASS!**

MARAIS DU VIGUEIRAT

On foot, carriage, horseback, paddle or kayak! Pick the perfect transport method to explore the 1,200 hectares protected nature site in between the Rhône Delta and La Crau Plain. 2,000 animal and plant species live together with 6 Camargue bull and horse farms that graze here all year.

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DOMAINE DE MÉJANES

This 600 hectares estate was designed by Paul Ricard over 80 years ago between both arms of the Rhône with a little train that takes you to visit the marshes. A free footpath showcases all the Camargue's flora and fauna. Activities in the estate's private arenas and ferrades present the Camargue's bull legacy. Natural areas devoted to growing rice, durum wheat and alfalfa line part of the site.



CRAU ECO-MUSEUM

L'Écomusée stands in a former sheepfold in central Saint-Martin-de-Crau and gives visitors the chance to explore La Crau's natural and cultural heritage through a fun-filled experience with educational animated films. Have fun and hunt down treasures with the help of free booklets.

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"LE JARDIN DE GASTON" ARBORETUM

The arboretum in Saint-Martin-de-Crau is a 4 hectares leafy haven outside town. Count the myriad ducks waddling in the shade of 150 species of trees and shrubs! Smile at the elegant swans and proud peacocks. A perfect place to have a family stroll, unwind on the lawn and have a picnic.

Guided tour for groups on reservation at the Tourist Information of Saint-Martin-de-Crau.



Thistles in the Crau plain

PONT DE GAU ORNITHOLOGICAL RESERVE

Explore this perfect site for spotting and taking photos of the many bird species here including hundreds of Greater flamingos in their natural habitat! This bird haven founded by one of the Camargue's nature lovers has several trails with observation towers and themed panels covering over 60 hectares. A treatment centre tends to wounded birds. Not open to the public.



Pont de Gau bird sanctuary

DOMAINE DE LA PALISSADE

Welcome to the mouth of the Rhône at Domaine de la Palissade, property of the "Conservatoire du Littoral" coastal protection agency. This protected nature site covers almost 700 hectares south of the Camargue with 3 trails ranging from 1.5 to 8 kilometers. You can watch Greater flamingos, stilts, ducks and seagulls from 4 observatories, including 2 with telescopes.

LA GACHOLLE LIGHTHOUSE

First there are the dunes. They protect the Camargue coast from the Mediterranean's onslaught. Then there's the seawall built in 1859 to protect the marshes from the tides and waves. Make your way through the flat terrain where land and water meet towards the 17 meters high La Gacholle lighthouse. You can walk or cycle along the seawall from Saintes-Maries-de-la-Mer or Salin de Giraud.

LA CAPELIÈRE - NATIONAL CAMARGUE NATURE RESERVE CENTRE

Sitting on the edge of Vaccarès Lake, Mas de la Capelière presents the Camargue's diverse landscapes: woodland, "sansouire" biotopes, grass and reeds. The variety of habitats, ideal for birdwatching, attracts over 200 species of birds. The site has 4 observatories, 2 screening rooms, a nature shop and footpath (Entrance fees).



Eyed lizard

ALPILLES REGIONAL NATURE PARK CENTRE

La Cloutière farmhouse in the heart of Saint-Rémy-de-Provence has been fully renovated to become the Alpilles Park Centre. This lively multi-functional site is open to the general public, home to the Park's team and has a reception area, exhibition rooms and an educational garden. It is a heritage resource centre encouraging visitors to explore all 16 of the Park's towns and villages.

Pick up your **Crau-Camargue PASS** to explore the environmental identity of these areas with trips to 3 signature sites: : **Écomusée de la Crau, la Maison de la Chasse et de la Nature and Marais du Vigueirat.**

USEFUL INFORMATION

The Camargue museum
Camargue regional nature park
Pont Rousty
13 200 Arles
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www.museedelacamargue.com
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The Crau eco-museum
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04 90 47 02 01

The Hunting and Nature Centre
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04 86 52 03 43

Marais du Vigueirat
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Domaine de Méjanes
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13 460 Les-Saintes-Maries-de-La-Mer
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04 90 97 10 10

The Domaine de la Palissade
Route de la Mer - RD36D,
13 129 Salin-de-Giraud
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04 42 86 81 28

The Pont de Gau ornithological reserve
Route Arles - Quartier Pont de Gau
13 460 Saintes-Maries-de-La-Mer
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La Capelière
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"Piemanson" beach