

irresistible
ALPES DE HAUTE PROVENCE

PRESS KIT
« I'm off now »



ALPES DE HAUTE PROVENCE

2020

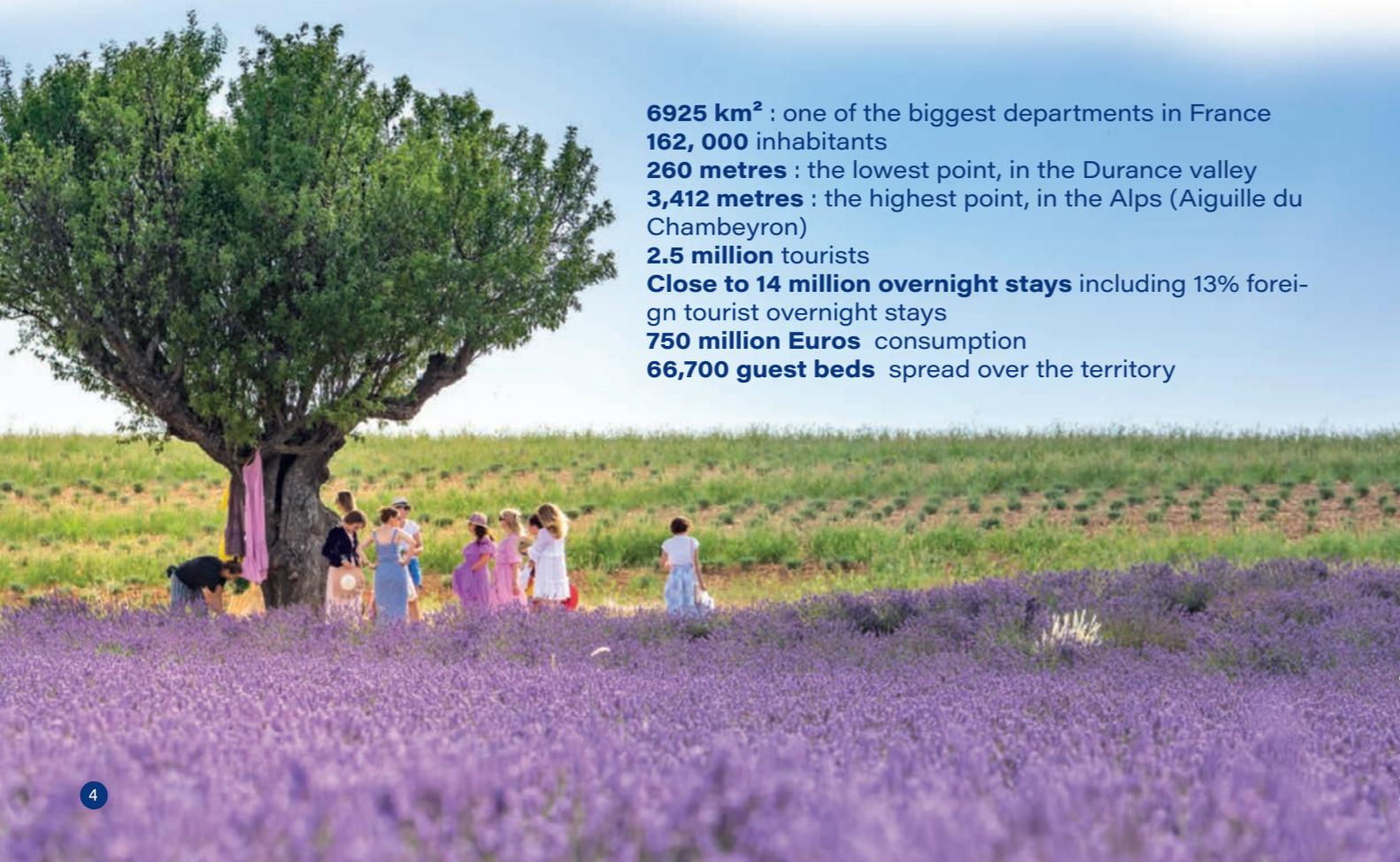
irresistible
ALPES DE HAUTE PROVENCE

« *The day you set off is the day the sun shines bright* ».
Jean GIONO

Health, nature, culture, quality of life and exceptional landscapes : tourism is a key strategic sector for the department. It generates a large number of jobs, incomes and added value for the other economic sectors. It plays an important role in the spatial planning of the Alpes de Haute Provence.

In the heart of the Région Sud – Provence-Alpes-Côte d'Azur ! We are at a crossroads... less than one hour from the Mediterranean, the French Riviera, Nice, Marseille, Avignon, Briançon and a stone's throw from Italy... We are located in the Alpes-Maritimes, Var, Bouches-du-Rhône, Vaucluse and Hautes-Alpes departments !

And people even like to say that the sky seems so near that we can touch the stars.



6925 km² : one of the biggest departments in France
162, 000 inhabitants
260 metres : the lowest point, in the Durance valley
3,412 metres : the highest point, in the Alps (Aiguille du Chambeyron)
2.5 million tourists
Close to 14 million overnight stays including 13% foreign tourist overnight stays
750 million Euros consumption
66,700 guest beds spread over the territory

The Alpes de Haute Provence is all of these :

Hiking

6,600 km of marked trails

Thermalism and well-being

Gréoux-les-Bains : **35,000** spa clients
Digne-les-Bains : **6,000** spa clients

Winter Sports

9 alpine ski resorts and **6** Nordic skiing sites
16.5 to 18 million Euros ski lift turnover (average over last 5 years)

An exceptional natural heritage

The largest canyon in Europe,
The biggest high mountain lake in Europe,
Biggest Natural Geology Reserve in Europe,
300 days of sunshine per year

Protected Areas

1 national Park,
2 Regional nature parks,
27 Natura 2000 sites,
A sky which is one of the purest in Europe

Unesco Heritage

Luberon Nature Regional Park
Haute Provence Geopark
Vauban fortification heritage
Roman bridges in Annot and Céreste
Roman bridges in Lurs and Ganagobie

A reference territory for fragrances

Cosmetics
33 firms, 770 salaried workers and an internationally famous leader, **L'Occitane en Provence**

A reference territory for flavours

The agri-food industry represents **160 firms and 1,500 jobs.**
Export: 80 million Euros of products (60% agricultural products and 40% products processed by the agri-food industry) - 15% of departmental exports.

Organic farming

5th department in France for organic farming
400 organic farms

Biomass - Fuelwood

1st wood-producing department in PACA and **3rd** in terms of forested land.

2020 Giono Year

FIFTIETH ANNIVERSARY OF JEAN GIONO'S DEATH

The celebration of the fiftieth anniversary of Jean Giono's death, on 9th October 1970, started a little early with the opening on 30th October 2019 of the exhibition-event presented at the Mucem in Marseille.

A large number of publications, exhibitions and events are already planned all over France, including 3 international symposiums. A number of cultural players are working with the Association des Amis de Jean Giono and the cultural services involved in the programming of this « 2020 Giono Year »: associations, institutions, departmental and territorial authorities, and of course the Sud Provence-Alpes-Côte d'Azur region. The regularly updated programme of events and publications can be seen on

www.centrejeangiono.com

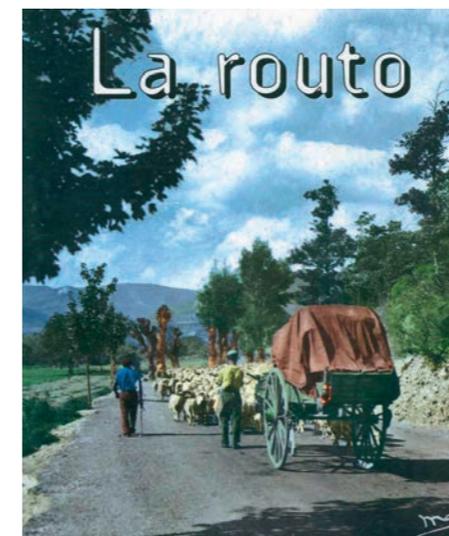


Highlights: 15th RENCONTRES GIONO 2020

« ENFANCES DE JEAN GIONO » MANOSQUE 5th-8th AUGUST

This is a real « Giono festival » which has been organised and programmed every year by the association **Les Amis de Jean Giono** since 2006. The 2020 edition of this major literary event of the cultural summer in Haute-Provence will take place in Manosque and on the territory of the *Agglomération Luberon Durance Verdon*. Different art disciplines and forms of intervention will meet around a theme inspired by the life and work of the writer: conferences, round tables and debates; literary cafe, readings of works by Giono: concerts, films, theatre and exhibitions. Each edition is sponsored by a writer whose name has not as yet been revealed.

www.rencontresgiono.fr

La Routo,
On the Transhumance Trail

Cover of the publication «La Routo. On the transhumant roads between the Alps and the sea». G. Lebaudy and D. Albera (Ecomuseo della Pastorizia / Primalpe, 2001).

This 520 km-long cross-border itinerary links the Plaine de la Crau (Bouches du Rhône) to Valle Stura (Italy) and goes through a number of places on the 250 km covered by the trail in the Alpes de Haute-Provence, **follows the traces of the herds of sheep** which took part in the **great summer transhumance** from the plains of lower Provence to the alpine valleys of the Piedmont up until the middle of the 15th century. Large groups of transhumants left the dry plains of Provence in the spring to « do the road » (far la Routo, in Occitan) and reach, via the Col de Larche, the mountain pastures of Valle Stura in a search for new high pastures which became necessary as the size of herds increased.

Transhumance was a human and physical adventure. In the region, the herds from La Crau moved up to the high mountain pastures of the Alps. But with the progressive disappearance of herds being moved to mountain pastures on foot, the paths were abandoned. The *Maison des Transhumances* in Salon de Provence has decided to renovate the itinerary followed in yesteryear by the shepherds and their herds to make it a long-distance hiking trail. The ambition of La Routo is to set up and animate a **walking itinerary**, the GR® 69 (patent pending), with sections suited to riding, mountain biking and electric biking.

With 33 provisional legs from Arles, in the Rhône delta and the Plaine de la Crau, and through the Var department, the itinerary reaches the Alpes de Haute Provence via Gréoux-les-Bains, the Valensole plateau, Digne-les-Bains, Seyne-les-Alpes and Barcelonnette to continue on to the Col de Larche and into Italy to Cuneo, in Valle Stura.

An opportunity to discover the practices which still strongly mark the identity and landscapes of the territories from Provence to the Alps. On the walls of the sheepfolds, huts and wells which are still used today, the shepherds have left hundreds of engravings and graffiti as a testimonial to most of the mountain people; Alpine people who spoke the Occitan language and came from regions as far removed from the plains of the coast as the Vercors, the Oisans, the Dévoluy, the Embrunais, the Ubaye and, of course, the Piedmontese valleys (Valle Stura, Valle Grana and Valle Maira), ...



- Legs 1 to 9:** : Arles jusqu'à Vinon
- Leg 10 :** Vinon – Valensole
- Leg 11 :** Valensole – Riez
- Leg 12 :** Riez – Saint-Jurs
- Leg 13 :** Saint-Jurs – Bras d'Asse
- Leg 14 :** Bras d'Asse – Le Chauffaut-St-Jurson
- Leg 15 :** Le Chauffaut-Saint-Jurson – Digne-les-Bains
- Leg 16 :** Digne-les-Bains – La Javie
- Leg 17 :** La Javie – Le Vernet
- Leg 18 :** Le Vernet – Seyne
- Leg 19 :** Seyne – Vallon du Laverq
- Leg 20 :** Vallon du Laverq – Méolans-Revel
- Leg 21 :** Méolans-Revel – Barcelonnette
- Leg 22 :** Barcelonnette – La Condamine
- Leg 23 :** La Condamine – St Ours
- Leg 24 :** St Ours – Larche
- Legs 25 to 33 to Cuneo (Italy)**

This ambitious project is financed under a *Plan Intégré Thématique* for outdoor tourism in the ALCOTRA Interreg Crossborder European Programme. www.larouto.eu



« Les Terres de Jim »

The biggest open-air agricultural fair in Europe
Corbières from 11th to 13th September

« Les Terres de Jim » is the biggest open-air agricultural fair in Europe organised every year by Les Jeunes Agriculteurs. The aim : to show the general public what goes on behind the scenes of agriculture and enhance our region.



The event is organised in a different department each year: after La Moselle in 2015, Vendée in 2016, l'Oise in 2017, l'Ille et Vilaine in 2018 and Haute-Loire in 2019, this time the 2020 edition will take place in the Région Sud Provence Alpes Côte d'Azur and more specifically in the Alpes de Haute-Provence. Over 100,000 people are expected for this festive and friendly event, where farmers, families, the young and the general public all get together.

This large-scale event is dedicated to all ages, whether they know about the farming world or not: more than 100 activities will be

presented to the public, including a Ferris wheel, horse-riding shows, tastings, a national tilling competition, all spread over around a hundred hectares and thematic evenings and an educational day for school children.

A whole territory will be mobilised around Les Terres de Jim, with 1,000 volunteers and participation by a large number of firms, agricultural players and local authorities, who support and give life to this event, the second largest after the *Foire Agricole de Paris*.

www.jeunes-agriculteurs.fr

L'AVENTURE GÉOLOGIQUE

Welcome to l'Aventure Géologique

L'Aventure Géologique (Geology Adventure) is a European project which stems from the ALCOTRA Interreg Programme and is led jointly with our Italian neighbours. Its aim is to diversify the tourist offer in the cross-border area by offering the general public a journey back to the origins of the formation of the Alps. The entire project is estimated at approximately 2.3M Euros and is financed to 85 % by the European Regional Development Fund.

Six remarkable geosites

Six developed Alpine geosites: four located in the Alpes de Haute-Provence, and two in Italy

- **La Dalle aux ammonites (Digne-les-Bains)** dated at around 200 million years, this site groups together nearly 1,550 ammonites spread over around 320 m².
- **Les Siréniens (Castellane)** this geosite offers a 4 km out-back walk to discover the fossilized remains of sirenians, ancestors of the manatee.
- **Le Sentier des Pénitents (Les Mées)** were formed by the erosion of pudding-stone, which has revealed these conical cliffs with their evocative silhouette.
- **Le belvédère d'Esclangon (La Robine-sur-Galabre)** this site offers an exceptional panoramic view of the Vélodrome, which is the result of the successive modellings of the Alpine topography for close on 50 million years.
- **La Grotte de Bossea (Frabosa Soprana)** is particularly notable for its large size, the many torrents and recipices it hides, and by its extraordinary scientific and natural character.
- **Le Rio Crosio (Cherasco)** the passage of small rivers (rii) over the Cherasco plain has formed a number of valleys which have unique environments and micro climates favouring the unconventional cohabitation of plant species.

A large number of immersive digital tools

The ambition of L'Aventure Géologique goes well beyond development work, because this project also aims at linking the geosites to the overall history of the Southern Alps and making everything accessible to the general public. A website dedicated to the L'Aventure Géologique will soon be online to allow tourists to prepare their visit. Eight touch pads will be installed in different symbolic places in the department to allow everyone to make the most of a free access to the site's resources. A Smartphone application will also soon be publicised. It will offer visitors sixteen tourist loops which highlight the natural and cultural wealth of the cross-border space. So everyone can organise their visits as they want: well-being, geology... Lastly, this application will allow families to discover recreational itineraries, in the form of treasure hunts, one in Digne-les-Bains and the other in Barcelonnette. Because the game will integrate the technologies of virtual and augmented reality, it will be all the more immersive and will take visitors on a real trip back in time. A 3-minute animated film, which can be viewed on the application and the website, will tell you the incredible story of how the Alps were formed geologically.

Who are the heroes of l'Aventure Géologique ?

You are the hero of the Geology Adventure! And to accomplish your mission in the best possible way, you will be accompanied by three exemplary figures of the territory of l'Aventure Géologique.

▪ **Federico Sacco (1864-1948)** Federico Sacco was born in Fosano, in Italy, and was keen on geology and science from an early age. A true explorer of the past of the Piedmont, he was a researcher and a prolific author who wrote over six hundred scientific books.

▪ **Édouard-Alfred Martel (1859-1938)** Passionate about natural science, Martel was an adventurer at heart and is considered to be the founder of modern spelunking. In 1905, his exploration of the Gorges du Verdon gave birth to the emblematic Sentier Blanc-Martel.

▪ **Alexandra David-Neel (1868-1969)** Considered to be one of the greatest women explorers of the 20th century, Alexandra David-Neel was an adventurer and writer who travelled through many countries. She spent the last years of her life in Digne-les-Bains before her death at the age of 100.

A family adventure to the origins of geological time

In Spring 2020 : Two games of which you will be the heroes will allow you to discover the natural and geological heritage of Digne-les-Bains and Barcelonnette.

It's easy to play: once you have downloaded the « L'Aventure Géologique » application on your mobile phone, a succession of treasure hunts and stimulating riddles will take you back to the geological origins of the Alps, in the company of the two emblematic figures of the scientific history of the Alps, Federico Sacco and Édouard-Alfred Martel, Alexandra David-Neel will also be on the Digne itinerary to help you all along in your adventure! ...

See you in the spring for a whole host of surprises to enjoy on your own or with the family !

www.mondepartement04.fr/territoire/cooperation-transalpine/laventure-geologique.html



10 Irresistible...Experiences

1. On the Steam Train des Pignes



This takes us back to the early **1900s**. On the « Train de la Belle Epoque », you'll get a feel for the voyages of yesteryear in carriages more than a hundred years old pulled by a steam locomotive which is a historical monument. People in period costumes, military or town clothes: hats, tails, dresses and finery for the ladies, to the sound of the accordion.

TO FIND OUT MORE

Tél. +33 (0)4 97 03 80 80
www.trainprovence.com

2. Climb an urban cliff : the Rocher de la Baume in Sisteron

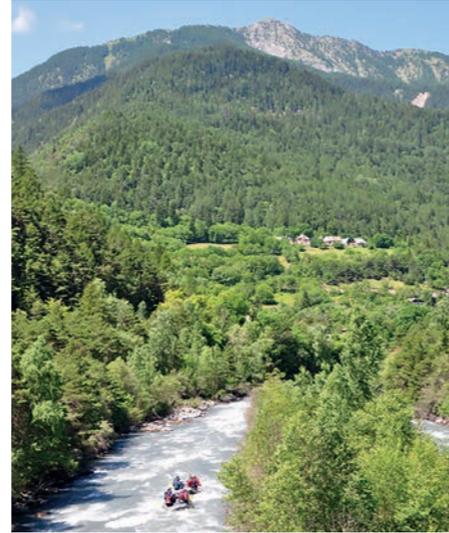


Just opposite the Citadel, you can climb the **Clue de Sisteron**. The two slabs inside the fold (one inclined, the other sloping) are spectacular and well worth a visit. Especially as the approach from the car park is a mere 30 seconds: this must be a record! There is also a little climbing shop just next door... and of course the old town and the Citadel to visit...

TO FIND OUT MORE

Club d'escalade de Sisteron :
Roc & Falaise
sites.google.com/site/rocetfalaise/home

3. Trail running to La Mère des Fontaines



The last river with a natural flow, the Ubaye River is famous for its rapids. It runs along the valley for around 80 km, from the Italian border to the Lake of Serre-Ponçon and offers calm or athletic passages for all white-water sports: rafting, kayak, hydrospeed, canyoning, fun water hiking and stand-up paddle. Whether you love thrills or wild nature, this mythical river is an invitation to cover the valley from one end to the other. Over 50 rapids with imaginative names trace the Ubaye River's itinerary: Rouleau de printemps (Spring roll), Hollywood, la Dent de Requin (shark's tooth), le Plat de résistance, le Petit bois (little wood), le Trou normand, Champagne, Pop-corn, la Machine à laver (washing machine), la Cuisine (kitchen)...

TO FIND OUT MORE

www.ubaye.com/bases-de-raft-rafting.html

4. Trail running to La Mère des Fontaines



In a wild atmosphere, this trail itinerary offers wide viewpoints over the Prealps. Starting from Forcalquier, the 12.7-km loop itinerary follows the trail No 4 marking (ascent 434 m). Running time is estimated at 2 hours for trail running, 3 ¾ hours for hiking. The final goes through the surprising Espace Naturel Sensible of Les Mourres and its spectacular strange shaped limestone blocks. A unique, magical spot, the site is currently protected due to its ecological and geological wealth, its landscape value and its fragility. The rocks which make up the site of Les Mourres were formed in a lake around 25 million years ago. They are highly sensitive to erosion and we therefore recommend that you stay on the path.

TO FIND OUT MORE

<https://tracedetail.fr/fr/forcalquier-lure>

5. « L'Alpes-Provence » Mountain bike Grande Traversée

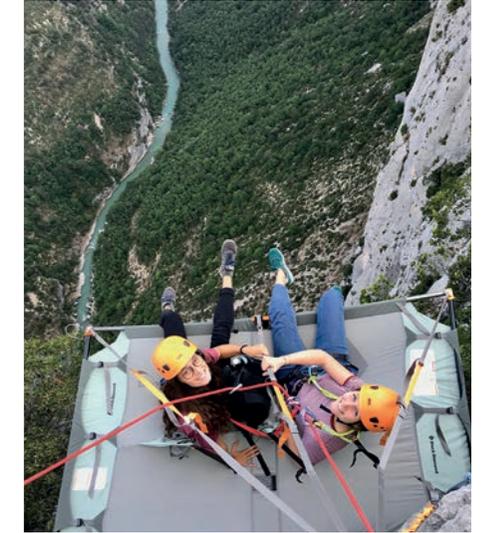


From the Italian border to the Luberon, this great crossing is designed for regular cyclists who wish to alternate sometimes physical climbs with fluid and technical descents. The itinerary is great for making the most of the diversity of landscapes of the Alpes de Haute-Provence: the Ubaye valley, the Lake of Serre-Ponçon, the mythical site of Les Terres Noires (located on the territory of the largest geology reserve in Europe), the Montagne de Lure and the Pays de Forcalquier, before your arrival in Manosque after 300 km of sheer pleasure. Approved by the *Fédération Française de Cyclisme*, « L'Alpes-Provence » is one of the 11 longest mountain bike crossings in France.

TO FIND OUT MORE

www.vtt.alpes-haute-provence.fr/grandes-traversees-vtt/grande-traversee-vtt-alpes-provence/

6. Fancy a dinner hanging over the Grand Canyon ?



Looking for thrill? With **l'Instant Verdon**, spend a crazy evening hanging in a portaledge and get a bird's eye view of the Verdon river some 300m below and its cliffs. You will have the best seat to admire the sumptuous flight of the vultures. A guaranteed unusual dinner! You will reach the portaledge from the top of the cliff and will be secured right through your evening with professional equipment. 2 Ledges maximum

TO FIND OUT MORE

<https://instantverdon.com>

10 Irresistible...Experiences

7. A literary hike around Banon



From November 2019 to October 2020 – day (6 hours): €20
From **Regain to the Horseman on the Roof**, the landscapes of the Hautes Terres were a major source of inspiration for Jean Giono. The Centre Jean Giono's literary guides offer hikes on carefully chosen itineraries with stops for reading extracts from Jean Giono's books

TO FIND OUT MORE +

<https://centrejeangiono.com>

8. A moment of pure gentle pleasure in the spa thermal of Gréoux les Bains



Kaolin Bath
In the pool, **kaolin**, a fine, pure white clay mixed with the thermal water will place your body in a state of weightlessness, help your muscles to relax and leave your skin soft and velvety.

TO FIND OUT MORE +

www.chainethermale.fr/greoux-les-bains/forme-et-spa

9. « Cosm'Ethics » in Mane en Provence

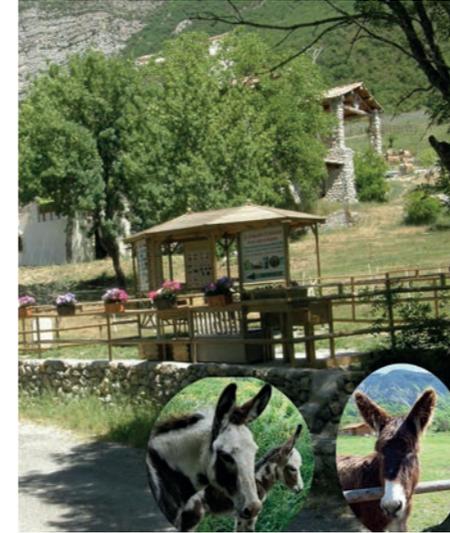


At **Ciel d'Azur Labs**, a pioneer in organic cosmetics made in France, you will learn about the overall ecological and societal approach of the firm from the cultivation of the raw materials to the finished products and the sustainable energy installations, the manufacturing processes and even the good trade and social practices. The virtues of Aloe Vera and even clay will be explained.

TO FIND OUT MORE +

www.cieldazur.com

10. Visit Marie, a keen peasant farmer in Entrepieres



Marie, a peasant farmer, has developed over the years this extraordinary educational farm to share her passion for her job and raise awareness to organic farming, nature, environment, health and even the essential role of animals: come and see the cows and chickens in the enclosures and the donkeys: laughter, cuddles and hugs guaranteed. Discover the Ecomusée «Au pays des ânes» (donkey museum) and don't forget to taste the farm's organic products and particularly the red fruit of the sea buckthorn.

TO FIND OUT MORE +

www.domainearagon.com

10 Irresistible...Experiences



Hiking



Hiking is a family affair round here. 6,600 km of marked trails which criss-cross the territory... Roaming, base camp or themed hikes which can be everything from appetizing, literary, sensory and inspiring to initiating, etc. All difficulties, all distances all year round to choose from...

Put on your hiking boots to walk the Way of Saint James of Compostella and Rome, the GR®653D. Topoguide GR®653D / Sentier vers Saint-Jacques de Compostelle

The track takes you very near the Domitian Way. From the first centuries of our era, this large route dotted with remarkable sites and monuments has seen pilgrims walking to Rome or Saint James of Compostella in Spain.

Walk it in 8 legs from Venterol to Céreste :

La Motte-du-Caire-Saint-Geniez-SisteronPeipin-Peyruis-Forcalquier-Saint-Michel l'Observatoire-Céreste. Chemin de St Jacques de Compostelle leaflet.

Topoguide FFR 653D Chemin de St Jacques de Compostelle.

GR®4 « le Provençal » : Another hiking monument

The GR®4 gets the nickname above because it takes you through some of the most beautiful landscapes of Provence. This 410 km-long trail crosses the deserted plateaus of the back country of Grasse, joins up with the Verdon River and goes through the Grand Canyon via the famous Blanc-Martel trail. It then goes through the vast fields of lavender on the Valensole plateau before winding through the hills of Manosque and the Luberon Regional Nature Park.

Further to the west, the GR®4 crosses Mont-Ventoux before joining up with the Rhône valley.

Topoguide FFR Réf. 401 Profile and practical information



Trails

HAUTE PROVENCE - DIGNE-LES-BAINS TRAIL RUNNING STATION®

4 trail-runs, 2 workshops and 2 skyrunning trails.

In the **UNESCO Geopark** of Haute Provence, you will get a complete change of scene as the heady scent of lavender takes you to the historic capital of the blue flower...

Trail running stations :

stationdetrail.com/fr/stations/haute-provence-digne-les-bains

IDEA FOR A SUBJECT

Trail de Haute Provence 6 ITRA points for L'Ultra de Provence finishers: 150 km and 7 000 m D+, to be run in a two-person team

2 races will count towards the Challenge des Trails de Provence : Marathon de Lure and Les Bories

JABRON - MONTAGNE DE LURE TRAIL RUNNING STATION®

5 trail-runs and 3 workshops Discover the Jabron Valley between Provence and the Alpes Dauphinoises, at the foot of the Montagne de Lure (1,826 metres). The Jabron Valley and the Montagne de Lure are characterized by successive small reliefs which are ideal for trail running.

Station de trail :

www.lure-provence.com/trail-jabron-montagne-de-lure

FORCALQUIER - LURE TRAIL RUNNING AREA

6 itineraries to discover the most exceptional natural sites. The natural site of Les Mourres is amazing for its beautiful geological shapes and its wildlife. The Montagne de Lure, which peaks at 1,826 metres, offers one of the most beautiful viewpoints over the Southern Alps.

Trail running stations :

tracedetail.com/fr/forcalquier-lure



Trails

UBAYE VALLEY TRAIL AREA

6 permanent itineraries of 1,130 m to 2,682 m and 1 City Trail

6 permanent itineraries from 1,130 metres to 2,682 metres will take you high up into the pure, clean air of the mountain peaks of the Ubaye. From Barcelonnette : 3 routes of 12, 23 and 42 km. From Pra Loup : 3 routes of 12 and 17 km and a 5-km City Trail.

Trail area :

www.ubaye.com/activites-ete/parcours-trail.html



ESPACE TRAIL DU HAUT-VERDON

5 itineraries and one skyrunning trail

5 itineraries through natural surroundings, from 7 to 23 km with 3,600 metres uphill gradient from Villars-Colmars, Hameau de Chasse or Colmars-Ratery over a total of 43 km and a skyrunning route from the Beauvezer.

Trail running area : www.colmarslesalpes-verdoutourisme.com



VAL DE DURANCE TRAIL AREA

4 permanent routes, including 3 which start from the square in L'Escale : 25 km, 12 km and 6 km. The Trail des 2 Tours starts at the square in Volonne : night running possible with headlamp, reflectorized markers on the terrain: 10 km. Val de Durance Tourisme :

Digne les bains Val de Durance Tourisme : www.dignelesbains-tourisme.com



Horse-trekking



Riding on the Route Napoléon à Cheval©

The territory has 840 km of blazed and signposted riding trails in the Provence part and also in middle and high mountains, offering a wide range of trails from the easiest to the steepest. Some of the trails are only accessible to experienced riders and horses. Your level and the weather conditions must not be overlooked. Help from the professionals of your destination will be precious when preparing all sorts of riding holidays.

Napoleon landed at Golfe Juan on 1st March 1815 with a thousand or so armed men and only a few horses and cannons, but the troops were to grow as they made their way along the route. The 50-km long Route Napoléon à Cheval©, is an approved « Grand Itinéraire Equestre » and goes through 4 departments from Grasse to Vizille.



For lovers of wide-open spaces : 2 mythical rides

La Route du Hussard

A three, six or nine day-circuit in the Pays de Forcalquier-Montagne de Lure in the heart of Giono country.

Le Tour des Monges

A 5-day circuit in the Massif des Monges in the National Natural Geology Reserve of Haute Provence.

In the Alpes de Haute-Provence, the itinerary goes through the municipalities of Peyroules, La Garde, Castellan*, Senez, Bireme*, Chaudon-Norante*, Entrages, Digne-les-Bains*, Le Chaffaut-St-Jurson, Mallemoissson, Mirabeau, Malia*, L'Escale, Volonne*, Château-Arnoux-St Auban, Aubignosc and Peipin - Salignac - Entrepierres - Sisteron* (*points Napoleon stopped off at in March 1815 to sleep or eat)

www.crte-region-sud.fr/comite-departemental-tourisme-equestre/04-cdte-alpes-de-haute-provence

Water sports

Floating gently along the water: canoeing in the Gorges de Baudinard.

Starts from the lakes of Montpezat, Quinson or Esparron to discover wild and protected landscapes. Outings start at €23 per person.

Tél. +33 (0)6 79 21 03 77

www.aquattitude.com



Launch onto a 2,200-ha playground: the lake of Sainte Croix

Choose your activity with the Voile et Nautisme association : catamaran, dinghy, windsurf, stand-up paddleboard or schooner before launching onto the water. A multitude of possibilities : courses, introductory sail, maiden sail ... for you and for your kids ... The hardest thing will be to choose which one !

Tél. +33 (0)4 92 77 76 51 - www.voileverdon.fr



Escape to a desert island with a taxi-boat

Feel like playing at Robinson Crusoe ? No problem with Biké Beach who can drop you on a desert island ... but don't worry, they'll be back to fetch you whenever you want !

Tél. +33 (0)6 76 48 79 71/ +33 (0)6 58 65 53 59

www.bike-beach.com



Electric boats, ideal for a family sail

Easy to steer, these 5- to 7- seat boats which you do not need a licence for are good for boat outings in complete safety on all the lakes and in the Gorges du Verdon. For example, from April to September, Lac loc has a variety of rental formulas from one hour to a whole day. Your programme: sail on turquoise waters at a temperature of 25°C, find yourself a beautiful, wild creek, stop off for a swim, and relax: pure pleasure... Outings start at €30 per person.

Tél : +33 (0)6 72 70 69 95

www.lacloc-saintecroix-verdon.com



White Water



This is a must for experienced enthusiasts

The Verdon rises at the entrance to the Mercantour National Park and flows into the Durance 200 km downstream. This internationally famous river goes through a variety of stages as a mountain torrent, a Grand Canyon, the Basses Gorges and the 5 artificial lakes which have earned it the title of «water reservoir» for the towns on the Mediterranean coast to the Alpes de Haute-Provence.

See the film « Verdon Secret » in 3D ! An outstanding screening to show a revival of the first total descent of the Gorges du Verdon by Edouard-Alfred Martel in 1905.

http://verdonsecret.com/



A boost of adrenalin on a raft in the 60 km of rapids on the Ubaye River

Float along on a raft on this magnificent mountain torrent which rises on the Italian border and flows into the Lake of Serre-Ponçon 60 km further downstream. The Ubaye River has 60 km of rapids spread over 9 routes to choose from according to the season and your level. Anaconda Rafting is one of the unavoidable professionals for a rafting, hydro speed, kayak air, hot dog canoeing or canyoning adventure. We'll see you in Le Lauzet s/Ubaye. All these ½ day activities can be combined to make up one day or several day programmes. Outings start at €32 per person.

Tél. +33 (0)4 92 85 55 20

www.anacondarafting.com



River descent on a stand-up paddle

Discover white water stand-up paddle on the Durance River between Oraison and Manosque over 8km in around 3 hours. Relatively easy class 2 rapids allow all levels to get a good feeling of navigation : staying upright and getting your balance, piloting your craft, stopping off, ferry (traverse) the rapids ...

Tél. +33 (0)6 63 31 46 54

www.what-is-sup.com

Beautiful rocks

Climbing can be done all year round ; thanks to the large number of sunny days we get in all seasons. 3 via ferrata and over 2,500 climbing ways for all levels of difficulty, some of them reaching heights of 300 metres, are open. The cliffs of the Mercantour will be for the more agile but about a hundred of them in Méolans-Revel are accessible to all.

Climbing the rocky walls of the Grand Canyon



« Le 6e élément », « le Poker à 5 As », « le chant des soleils » : 3 exceptional ways among the 1,500 on the cliffs of the Gorges du Verdon with the guides of Escalade Verdon.

Tél. +33 (0)4 92 77 30 5
www.escalade-verdon.fr

The sandstone boulders in Annot



Sandstone is to Annot what limestone is to the Verdon. At the entrance to the Mercantour, the cliffs can reach heights of around one hundred metres. Three kilometres from the village, huge boulders are spread over 12 kilometres. In all, there are around 150 ways from 4C to 8C on this sandstone island to discover according to your level and expectations with the Bureau des Guides of the canyon .

Tél. +33 (0)4 92 83 05 64 /
+33 (0)6 61 44 50 54
www.procanyon.com

Tackling the Grande Fistoire Via Ferrata



Adrenalin and complete safety on this via ferrata which is one of the most popular in France! This varied, athletic itinerary is marked out in the rocky overhang above the village of Le Caire, in the Hautes Terres de Provence. Follow 1,500 metres of cable and cross a 60 metre-long bridge before reaching a 2 metre-long Nepalese bridge and then the 50-metre «Grande Muraille» (Great Wall) overhang. Continue on an impressive recreational descent: 3 Tyrolean traverses of 150, 130, and 220 metres. 2 days/1 night starts at €90 per person in the guided formula (based on a minimum of 4 people, in double rooms). Stays start at €60 per person (based on a minimum of 4 people, in double rooms) 04250 Le Caire.

Tél. +33 (0)4 92 68 40 39
www.viaferrata-alpes.com



Le Rocher de Neuf Heures in Digne-les-Bains



Get a breathtaking view of the town of Digne les Bains, Haute Provence and the Massif de l'Estrop. Incredible sensations with a Nepalese bridge more than 50m above the ground, beams and a monkey bridge. Guided outings start at €35 per person.

Via ferrata de La falaise de Meichira in Prads-Haute-Bléone



The cliff looks down over the village and overhangs the Riou de l'Aune, with a height difference of over 300 metres. To the south, the valley of the Bléone river, a tributary of the Durance, will give you a glimpse of the landscapes of Haute Provence. To the north, the Massif and Tête de l'Estrop which is the highest point in the Pays Dignois at almost 3,000 metres gives you a real feeling of being in the Alps. Guided outings start at €35 per person.

www.dignelesbains-tourisme.fr



Cycling

The Alpes de Haute-Provence will be in the limelight on 29th and 30th June

Sisteron, host-city

The peloton of the Tour de France will go through Sisteron in 2020. With an arrival of the 3rd stage in Sisteron on 29th June, this is an opportunity to discover the Route Napoléon in a different way,

Nice > Sisteron

29/06/2020 - Stage 3 - 198 km - Flat
Commentary by Christian Prudhomme

"The riders will be inspired by the scents of Grasse as they leave the backcountry of Nice. They will then follow the Route Napoléon, but with a lot less obstacles than the Emperor on his return from the island of Elba. The flat finish in view of the Citadel of Sisteron shouldn't upset the plans of the teams of sprinters. The 4th stage on 30th June will be between the citadel town and Orcières-Merlette."

Sisteron > Orcières-Merlette

30/06/2020 - Stage 4 - 157 km - Rugged
Commentary by Christian Prudhomme

« A finish at high altitude so early on in the Tour de France is extremely rare. The Great Start will take us off rapidly into the exceptional landscape of the Hautes-Alpes. The day's programme with a gently strenuous in the Dévoluy should not scatter the favourites too much. But the climb up to Orcières-Merlette at 1.800 metres should give us precious insight into the condition of the riders. A 157-kilometre race in the Alpes-de-Haute-Provence, starting from Sisteron and crossing the mountains of the Dévoluy and a first high finish at 1.800 metres after the climb up to Orcières-Merlette (11 km climb at 5.9%). An Alpine warm-up for the riders ! »

www.letour.fr



Map © Maxppp - Sisteron, France



The Route des Crêtes... really easy on an electric bike

With Verdon-e-bike, ride the 23 km of the mythical Route des Crêtes by electrical-assisted bike or mountain bike. Enjoy the sheer fascination of this exceptional tourist itinerary and the many viewpoint finders dotted along it which offer panoramic views at up to 700 metres above the Verdon River: 2½ hour outing from €22 per person.

Tél. +33 (0)6 88 10 91 73
verdonebike.pagesperso-orange.fr



Mountain Bike

We adore « L'Alpes-Provence »

3 of the 7-mountain bike Grandes Traversées currently approved nationally by the FFC are in the Alpes de Haute Provence: the Chemins du Soleil, the Transverdon and l'Alpes-Provence. L'Alpes-Provence goes from east to west across the department from the French-Italian border. For the 7 days/6 nights formula at €490 / person (based on a minimum of 4 people) ... Ride through mountain pastures, alongside the Mercantour National Park and the river until you reach the lake of Serre-Ponçon. After your climb up one last Alpine pass to discover high mountain lakes, plunge down into the valley of La Blanche Serre-Ponçon. Go on a 600 km-ride through the Unesco Geopark and the mythical «Terres Noires» in the Pays Dignois, along the single tracks of the Val de Durance, the Montagne de Lure and the Pays de Forcalquier before arriving at the entrance to the Luberon Regional Nature Park. Pure pleasure! 7 days / 6 nights formula €580 per person (based on a minimum of 4 people).

Tél. +33 (0)4 92 49 61 48
www.cap-liberte.fr



A must for experienced riders... The Evo Bike Park in Digne les Bains

The EVO Bike Park in Digne les Bains is managed by Homies Connection and aims at the promotion of athletic mountain biking. On the spot, bike lift in vehicles equipped with bike trailers, trails for Descent, Enduro and Dirt as well as a Pump-track and an AirBag.

Tél. +33 (0)6 26 63 43 93
www.evobikepark.com



Golf

Three golf courses and a Pitch and Putt for green enthusiasts in three very different atmospheres: in Digne-les-Bains, the Golf des Lavandes has been laid out following the natural decor of its 70-hectare site. The 18-hole course is organized in loops to make it possible to return to the clubhouse. The second is in Pierrevvert, near Manosque. With a few drop-offs and water obstacles, the Golf du Luberon will require a little more expertise. In the Ubaye, Le Bois Chenu golf course in Barcelonnette - Pra Loup welcomes golfers. At the confluence of the Bachelard and Ubaye rivers, the course combines the serenity of the setting and nature.

The Ugolf in Digne-les-Bains

Nestled in the Prealps, its 74 hectares associates pine trees and oaks in a blend of vegetation which is both Mediterranean and alpine.

<http://jouer.golf/digne-les-bains/>

The Golf du Luberon in Pierrevert

The Luberon Nature Park provides a majestic setting for this golf course with its very Provençal colours and superb 18 holes. Make the most of a game of golf in Pierrevert to visit some wine-cellars and taste the best AOC vintages.

www.golf-du-luberon.com

The Golf du Bois Chenu in Barcelonnette

In a magnificent setting at an altitude of 1,000 metres, this 9-hole course is in serene, natural surroundings dotted with waterfalls, an artificial lake and clearings.

www.golf-bois-chenu.fr

Domaine des Sources - Provence Golf Resort à Niozelles

9-hole Pitch and Putt near Forcalquier. Open 7 days a week, from 8 am to 8 pm.

www.domaine-des-sources.eu



Great Flying

The thermal updraughts triggered by the difference in temperature between the ground and the air mass are well-known among the gliding enthusiasts who take off from one of the 5 platforms in Barcelonnette, La Motte du Caire, Sisteron/Vaumeilh, Puimoisson and Château-Arnoux/Saint-Auban. 5 airfields offer outings, introductions to flying or maiden flights on motorized or non-motorized machines. Maiden flights and free flight courses are offered on around fifty take-off and landing areas.

And what about a maiden paragliding flight in St-André-les-Alpes ?



This is an ideal destination for families (with children) or friends looking for thrills due to the perfect aerological conditions. It is internationally renowned and regularly hosts events of the world paragliding championships. With Club Aérogloss, in a group, as a couple or with the family, dare to fly above the Verdon and safely over the lake of Castillon. Discovery flight from age 4 ...

www.aerogloss.com

Try a panoramic flight in a gyrocopter in Haute Provence



Flying over Moustiers-Sainte-Marie in a balloon



Fly in a machine which is not particularly affected by aerology conditions - you won't feel airsick. With a helmet, earphones and a micro, you can communicate with your pilot. The aircraft can fly at speeds from 30 to 160 km/hour, skim along the ridges, up into the sky, do a 360° descent: a moment of pure pleasure and fantastic contemplation which will take you over the Gorges du Verdon, Castellane, Moustiers Sainte Marie, the Valensole plateau and the Pays Dignois.

www.haut-les-mains.fr

An amazing balloon flight above Forcalquier country



From April to October, have an amazing adventure with this flight over the magnificent hilltop villages of Provence. Fields of lavender and sage - an explosion of scents and colours seen from above! Week-day ticket adult starts at €191. Tandem ticket (weekday or weekend).

www.franceballoons.com

Motorcycle rides



There are a large number of itineraries which take you through the most beautiful landscapes of south-east France: the Routes de la Lavande, through the Verdon via the Route des Crêtes or the 112 km-long route of the Hautes Terres de Provence. The Domitian Way which was designed to conquer the south of Gaul, the Route Napoléon to ride in the footsteps of the emperor and the Route des Villages et Cités de Caractère of Haute-Provence in a 195km loop. On your way, there are many establishments which specialize in biker welcome: closed bike parking area, room to dry your outfits and the possibility of washing your bikes on the spot, information on the nearest dealers, the refuelling points... for a good motorcycle ramble.

Road book, apps and practical information on : www.mototourismepaca.fr

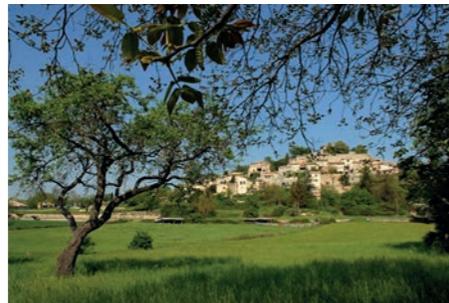
Testing your bike on the Route des Grandes Alpes

Opened in 1920 by the Touring Club de France, « La Route des Grandes Alpes » links Lake Léman to the Mediterranean via Barcelonnette in the Ubaye, where it crosses the famous passes of the Col de Vars (2,109 m) and the Col de la Cayolle (2,352 m) along the Mercantour National Park.



Off to the hilltop villages of Haute-Provence

Dauphin, Mane, Lurs, Cruis and Simiane la-Rotonde have all received Villages et Cités de Caractère approval. We invite you to take this initiation route which links the memorable villages of fewer than 2,000 inhabitants on a loop in unknown country. Keep your eyes wide open and you're off on the roller-coaster.



Rambling and leisure activities

Les Routes de la Lavande



« Les Routes de la Lavande » is the symbolic route of Haute Provence which takes you on a trip to discover its territory, history, landscapes, men and women and their savoir-faire, all indelibly marked by this « little » mountain plant whose fame has taken it all over the world over the centuries. A quality welcome for stays, rich and varied activities, workshops, sales points and treatment centres will introduce you to the virtues of this magical plant which remains an emblem of the south and Provence and from which an essential oil is extracted, an oil which, has had its AOC (Appellation d'Origine Contrôlée) like the great wines, since 1981. www.routes-lavande.com

The Villages et Cités de Caractère...

to discover as you wander around This approval is specific to the Alpes de Haute Provence for 12 typical villages with reception objectives (restaurants, inns, gites, welcome bureau) for entertainment and leisure (artisanal production, cultural shows, exhibition venues and guided visits), for a quality environment (flowering, restored facades, etc.): Annot, Castellane, Colmars-les-Alpes, Entrevaux, Moustiers-Sainte-Marie, Riez in the Pays du Verdon, Seyne-les-Alpes in the Blanche Valley and Simiane-la-Rotonde, Cruis, Dauphin, Lurs, Mane in the Pays de Forcalquier. These villages host events, cultural festivals, markets, etc, all year round.



Tourist and literary itinerary : La Route Jean Giono :

The touristic and literary «Route Jean Giono» itinerary takes you through the landscapes in the novels written by the author of the Horseman on the Roof along a 152-kilometre itinerary around the Montagne de Lure. Giono, who called himself «le voyageur immobile» (the static traveller), lived in «Lou Parais» above Manosque and never ceased to walk across this superb territory of Haute-Provence from the Durance valley to the plateau du Contadour that he was to rechristen «Plateau de Grémone». This medium, which is the fruit of a collaboration with Mr Jean-Louis CARRIBOU, presents the literary route created by the association «Route Jean GIONO»

Along the itinerary :

- A selection of **7 sites** and **6 hikes** which particularly inspired author Jean GIONO, from the book « Marcher un livre à la main. 2ème tome Montagne de Lure. » by Mr Jean-Louis Carribou, with photographic illustrations by François-Xavier Emery.
- A natural and architectural heritage of great quality (magnificent landscapes, picturesque villages, castles, etc.) –practical information so that all can cover this itinerary at their own rhythm : (hotels, gîtes, restaurants and Bistrots de Pays, etc.) This document is available from the tourist offices of the territory and by request from Agence de Développement des Alpes de Haute Provence.



The Train des Pignes

The tourist Train des Pignes runs all year round between Digne-les-Bains and Nice. During your train ride, you can see the picturesque villages of the Alpes de Haute Provence and you can stop when you want for a hike, a visit or a break... Discover around thirty picturesque villages in the Alpes de Haute Provence and stop when you want in one of the ten stations on this 151-km circuit for a hike, a visit or a break ...

Chemins de Fer de Provence Tél. +33 (0)4 4 97 03 80 80 - www.trainprovence.com



The Sundials Route

Through a circuit of discovery, the sundials, these «witnesses of the passage of time» will help you discover the riches of the heritage of 17 villages in the Verdon area. On the dials are symbols of the heritage and identity of each locality. Created in the summer of 2007, these dials are the fruit of the meeting between the people's perspective of their identity and the imagination of a team of five artists. All the themes are developed on explanatory tablets. These works are also at the crossroads of two disciplines, art and science. Erudite calculations certify, at any time of the year, accurately marked time, which were a prerequisite for the first brushstrokes.

Tél. +33 (0)4 4 92 83 68 99 - www.castellane-verdontourisme.com



L'Espace Lumière : Skiing in the sunny southern Alps

White powder

One of the biggest ski areas in France which links the ski resorts of **Pra Loup** and the **Val d'Allos** in a panoramic setting which culminates at 2,675 m with 180 km of runs and 50 ski lifts. A vast ski area for all: Space and height difference ! The runs twist and turn through the larches and curve through the valleys in pristine, unspoiled areas. Welcome to l'Espace Lumière... great skiing in bright sunshine !



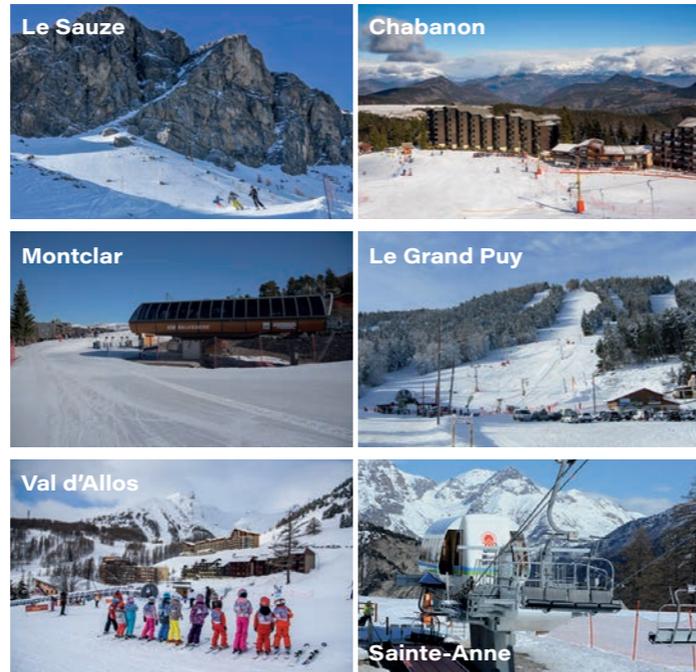
Village-resorts

Our mountain villages have kept their original authentic charm. Their ski resorts are ideal for enjoying winter sports with the family. A whole range of activities is provided, and 700 km of alpine ski runs for all levels.

- **Le Sauze /Super Sauze in the Ubaye valley**
www.sauze.com
- **Saint Jean Montclar in the Blanche Serre-Ponçon valley**
www.montclar.com
1st Qualité Tourisme de France approved resort
- **Allos 1500 (le Seignus)**
www.valdallos.com

Les Stations-Nature

- **Chabanon-Selonnet in the Blanche Serre-Ponçon valley**
www.chabanon-selonnet.com
- **Le Grand-Puy in the Blanche Serre-Ponçon valley**
www.blancheserreponcon-tourisme.com
- **Sainte-Anne in the Haute-Ubaye**
www.haute-ubaye.com



An avalanche... of Good Plans

Sainte-Anne in the Ubaye, the inexpensive Great Skiing resort !

A family resort at 1,830 metres in a vast, incredibly beautiful area: the dream ski area for powder snow skiing. Starting price for adult ski passes €14.50/day on Wednesdays outside French school holidays Speed Riding, freedom! Speed riding has taken over our 3 massifs and can be done in the Val d'Allos and at St Jean Montclar for the Blanche Serre-Ponçon valley. Alternate between skiing and flying as you sail down the snow-covered runs with a pair of skis, a harness and a small canopy. Sainte-Anne is a Speed Riding spot that offers wide open spaces with no obstacles and provides different levels of slope and difficulty. The Speed Riding site is open to fully autonomous people who have a justified level and a ski pass.

+33 (0)6 6 63 21 27 82
www.sainte-anne.com

Your first Tracks in the Val d'Allos : Magical and free !

The mountain's awakening for a lucky few! While everyone is still asleep, early morning skiers get a treat: they are the first to cover the ski area with the ski patrolmen with, at the end of the adventure, a friendly snack together in the first rays of the sun. For a lucky few, it's a unique opportunity to ski on perfectly groomed runs and share part of the day-to-day life of mountain professionals. Prior booking.

+33 (0)4 92 83 80 70
www.valdallos.com

IDEA FOR A SUBJECT

An unusual holiday in the Haute-Ubaye in a Yurt

The Haute-Vallée look a bit like Mongolia: Carole decided to set up a yurt in this magnificently wild place for a real change-of-scene holiday. Just imagine eating a meal in the yurt in front of the wood fire and spending a night in a round room which gives a real feeling of comfort. In the morning, you can even feed the sled dogs. Starts a €110 per person
Tél. +33 (0)4 92 81 05 97 / +33 (0)6 49 95 00 75
www.yourte-ubaye.fr



The Gorges du Verdon

As the « hyphen » between the Alps and Provence, the Pays de Verdon is centred on the river with its emerald-green water and which is famous for its gorges and its Grand Canyon. There is a whole range of sports activities (climbing, white water sports, water sports, aerial sports) and culture to discover. Dominated by the Valensole Plateau, the Pays du Verdon is home to a few prestigious towns such as Riez la Romaine, Moustiers Sainte Marie, Castellane and not far away, the village of Annot and the citadel of Entrevaux.

The Lake of Sainte Croix

The lake, which covers 2,200 hectares, is the biggest on the Verdon : its vast beaches make it a must for swimming and non-motorized water sports and it attracts thousands of tourists of all nationalities who sail on it in canoes, kayaks, windsurfers, catamarans or electric boats...

<http://stecroixduverdon-tourisme.fr>



Les Mourres in Forcalquier

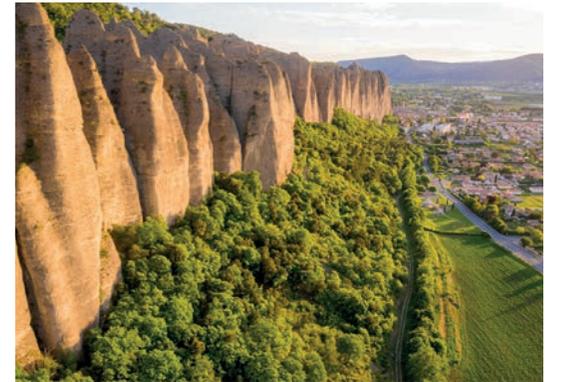
The Mourres plateau is populated by strange limestone concretions which sometimes look like faces, hence the name « Mourres » which means face in Provençal. The soil of the Mourres site which stretches north of Forcalquier is made up of sedimentary rock several metres deep and marl which is rich in limestone. Over the centuries, rainwater and wind have washed out the soil, taking with them grain by grain part of the more friable marl. The harder limestone parts have resisted this erosion better and they now top and protect the softer parts. Over time, the lower parts have disappeared, leaving only the top of the rock standing on the ground.

The Rochers des Pénitents in Les Mées

The village of Les Mées owes its fame to the tall, narrow rocks which look down over the town from a height of just under 100 metres in the town. They are called the « Pénitents des Mées » because of their silhouette. Legend has it that they are the monks of the Montagne de Lure who were turned into stone by Saint Donat during the Saracen invasions because they dared to ogle the beautiful young Moorish women that a lord had brought back from a crusade. The rocks do actually look like a procession of monks «with their pointed hoods» who, if you know the legend well enough you can only imagine ashamed of their desire...

The viewpoint finder of the Vélodrome in the Pays Dignois

The « Vélodrome » of the Geology Reserve of Haute-Provence is a world-famous fold which has formed what looks like two-thirds of a banked cycle racing track. Its spectacular geometry attracts curious visitors every year. The viewpoint is on the little summit (1,151m) overlooking the village of Vieil Esclançon in the pays Dignois.



The carillon in Forcalquier is chiming out again over the valley



The carillon of Forcalquier at the top of the Citadelle hill is the only 37-bell exclusively hand-operated carillon in Provence. It is played using the traditional «fist» technique and is the only one of its kind for its history and location. It is also one of the rare concert carillons in France, and one of the only ones where you can see the carillonneur play without having to climb up into a belfry or a steeple. The carillon is ringing out once more thanks to the mobilisation of the association du Renouveau Campanaire Provençal. The first bells were blessed in 1925 by the missionaries of Provence who gave spiritual life to the Citadelle hill and remind the millennium of the arrival of the relics of Saint Mari in Forcalquier from Sisteron, in 925.

<http://carillondeforcalquier.fr>

The Ubaye and Mexico - Jausiers and the Americas



The Arnaud brothers, who initiated the emigration movement to Louisiana and Mexico in 1805, were born in Jausiers. Louisiana was at the time an old French land where coffee, sugar, cotton and tobacco were grown. Jacques Arnaud founded the town of Arnaudville to the north of La Fayette. This link was embodied by a twinning with Jausiers which celebrated its 20th anniversary in 2015. The « Mexican villas » in Barcelonnette. The link between the history of the Ubaye and Mexico was not an obvious one, but Mexico is still very much part of the day-to-day life of the inhabitants of Barcelonnette. « Mexican » Barcelonnette actually boasts the magical history of an unprecedented adventure which was shared by 2,500 inhabitants of the Ubaye who left the valley to make their fortune in Mexico in the 19th century. Some of them met with extraordinary success and contributed to the economic and industrial development of the country. Because they were strongly attached to their birth valley, they returned to the Ubaye and had magnificent villas built - symbols of success and social advancement. Today the links are still strong... Since 1995, the Musée de la Vallée in Barcelonnette has regularly welcomed its American cousins. They are the descendants of the valley's emigrants and the witnesses of an incredible story.

These meetings are precious for the Musée de la Vallée which is working on the memory of the emigration to the Americas and they provide important information on a common memory and heritage. For example, some of those who have disappeared from the Valley are still very much alive in Mexico! Collections, photos and personal objects but also items from popular art continue to enrich this gem of our heritage.

Tél. +33 (0)4 92 81 27 15
www.barcelonnette.com

Chapelle Notre Dame de Beauvoir in Moustiers-Sainte-Marie,



A steep path dotted with the stations of a Way of the Cross leads to the narrow promontory between high rock cliffs on which the Chapelle Notre Dame de Beauvoir stands. The building has a 12th century Romanesque part with a two-span single nave with broken barrel vaulting and two Gothic spans which were added in the 16th century.

Tél. +33 (0)4 92 74 67 84
www.moustiers.fr

Cathédrale Notre Dame du Bourg in Digne-les-Bains : a masterpiece of Romanesque art



This Cathedral is one of the most important single nave Romanesque buildings in south-east France. It was built between the 12th and 14th century on the remains of earlier churches, one of them dating back to the 4th century. The refurbishment of the liturgical space is a contemporary creation by David Rabinowitch. This is a rare example of a church whose interior design (stained-glass windows, furniture, objects of worship) has been carried out by one artist alone.

Tél. +33 (0)4 92 36 62 62
www.dignelesbains-tourisme.com

The Archaeological Crypt



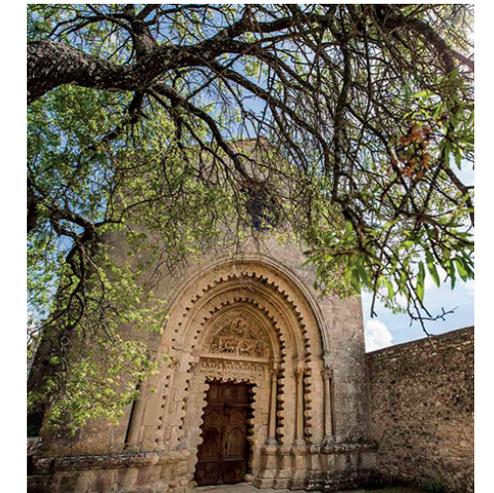
Open to the public since 1st July 2010, the archaeological crypt holds the fabulous discoveries from three successive digs conducted by Professor Gabrielle Démians d'Archimbaud. The town of Digne-les-Bains now knows the exact location of its origins through the presence of ancient walls dating back to the 1st century AD which correspond to an urban area and the installation of three religious edifices dating from the 5th to the 11th centuries. The whole ensemble is in the vicinity of and under the current Cathédrale de Notre-Dame du Bourg whose restoration was carried out by the head architect, Francesco Flavigny. It took thirty years of research and work to consolidate the 13th century building and develop this museum on an 870-square metre site. A superb result for a mammoth undertaking. Well worth visiting !

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

The Benedictine Abbey of Ganagobie

An exceptional site hanging in the sky above the Durance valley. There are a few remains of the buildings which date back to Roman times (church, cloister, convent buildings). The abbey is remarkable for its early 12th century mosaic which covers 72 m² of the Choir in the priory church and which is a major element in the history of the art of mosaics in France. It is in the form of richly decorated carpets, laid side by side and linked by braids which complete a harmony of black, red and pink. This composition shows a rare balance for the period and portrays a fabulous bestiary of monsters destined to combat the forces of Satan and the ideal of chivalry in the form of two helmeted and armed riders: courage and virtue. The church did not have stained-glass windows but nine by Father Kim en Joong - several years' work - have been added recently. The monks of the Community of Sainte Marie Madeleine live a full monastic life in Ganagobie and also organize retreats.

Tél : +33 (0)4 92 68 00 04
www.ndganagobie.com



Citadelle de Sisteron in the Durance Valley



Fortified since antiquity due to its ideal position, the rock which looks down over the Durance gap first hosted a Celto-Ligurian oppidum followed by a Roman castrum and a wooden ch[^]teau in the early Middle Ages, but they have all since disappeared. The present Citadel is a group of structures from various periods which starts with the Chemin de Ronde and the powerful keep built in the 13th century, continues with the bastioned structures built during the religious wars and lastly developments by Vauban. On his arrival in Sisteron in January 1692, Vauban planned to start on series of structures to defend the avenues and occupy the dominant heights. For the fortress itself he recommended elevating the curtain walls, strengthening the access gates and ordered the building of a «Poudri[^]re» (powder magazine) to act as a shelter from low-angle firing. This structure was the only one to be built and is still there, in very good condition. In the 19th century, the citadel was «updated» and fortified, and the magnificent underground staircase linking it to the north gate of the town was constructed. The Chapelle Notre-Dame du Ch[^]teau, built in the 15th century, is also part of the Citadel site.

+33 (0)4 92 61 12 03
www.citadelledesisteron.fr

Forts of Colmars les Alpes in the Haut-Verdon

The upper part of the Verdon valley was detached twice from France, in 1381 and 1599 to become part of Savoie and Colmars became a border town ensuring the safety of Provence. Fran[^]ois 1er had its defences strengthened by walls flanked by square towers into which the parish church was incorporated. In 1693, Vauban developed the project of two «machicolated redoubts» and entrusted their construction to Richerand, the director of fortifications for the Dauphin[^]. Richerand had two forts built in Colmars between 1693 and 1696, including the Fort Saint-Martin. From the mid-18th century, the Fort Saint-Martin was known as the «Fort de Savoie» and then, by ministerial decision in 1887, as «Fort Desaix». In 1819, the round tower was closed and attached to the upper fort, and two new bartizans and a drawbridge were built. Around 1843, pillboxes were built in the barracks.

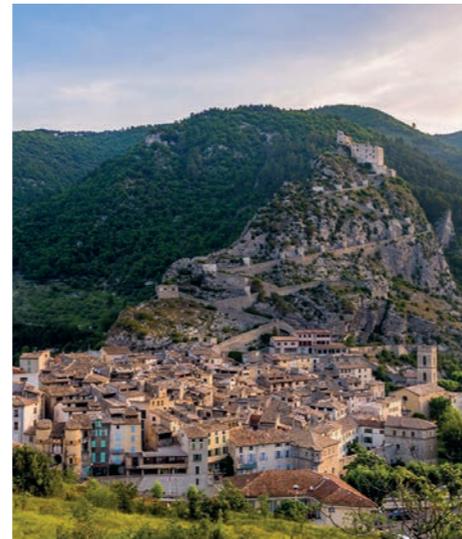
T[^]l : +33 (0)4 92 83 41 92
www.colmarslesalpes-verdontourisme.com



Citadel of Entrevaux in the Verdon

A border town with the county of Nice up until 1860, the town nestling in a loop in the Var River was, on Vauban's instructions following the Piedmontese invasion in 1690, fortified by Niquet, the director of fortifications in Provence, Vauban having been unable to go there. Using the extraordinary possibilities of the rocky spur barring the Var River in the most efficient way, Vauban had the Puget-Th[^]eniers gate strengthened with hornwork. He completed these fortifications with two bastioned towers. In the 18th century, the defence was completed by two batteries placed half-way up the path leading to the castle, which was protected from enfilade fire by parapets, giving the ensemble a striking appearance. In 1704 the town help up particularly well to a siege by the Savoyards. It still has its three gates in their original 18th century condition, with their drawbridges and its cathedral and most of its streets.

T[^]l : +33 (04) 92 05 46 73
tourisme-entrevaux.fr



Museums

Museum of Prehistory of the Gorges du Verdon in Quinson



Sir Norman Foster's contemporary design of the Museum building establishes a strong link with the physical environment of the village of Quinson. The complex covers a surface area of 4,300 m² and is one of the main museums of prehistoric times in France. Its creation was inspired by the rich archaeological heritage found on the banks of the Verdon which were occupied for more than a million years by prehistoric man. The major deposit is the «Baume Bonne» cave. The permanent exhibition traces one million years of the history and evolution of mankind in Provence. A variety of media rhythm the visit for a striking immersion into prehistoric times: 3D reconstructions, educational panels, audio visual aids, interactive terminals, a multimedia show, etc. Objects which are mainly original items from the digs carried out in the region give it an emotional dimension (cut stones, tools, pottery, bones, decorations, etc.). Inside the museum, a multimedia projection brings the history of the Baume Bonne cave to life, from its formation several million years ago to its more recent occupation by shepherds.

T[^]l : +33 (0)4 92 74 09 55
www.museeprehistoire.com

Ch[^]teau de Simiane la Rotonde



The rotunda, one of the most beautiful and oldest monuments in the region, is a huge chapel-keep and is all that is left of the former castle of Simiane. Originally a hexagon on the outside and a regular dodecagon inside, with a crypt under a magnificently decorated floor, it was restored in 1875. The interior has a cupola with 12 capitals on which human masks have been sculpted. The central lantern and the beautiful Romanesque door used to lead from the chapel to the castle buildings. Every summer, the Rotunda hosts a classical music festival « Les Riches Heures Musicales de la Rotonde ».

T[^]l : +33 (0)4 92 75 90 47
www.simiane-la-rotonde.fr

« Maison d'Histoire et de M[^]moire » in Ongles: The Harki Museum

Ongles was the first village to take in the families of the Harkis (native Muslim Algerians) from 1962 to 1971. On 6th September 1962, the life of the population of this rural village was radically changed by the arrival of twenty-five families of Harki refugees - 133 people. The permanent exhibition, «Ils arrivent demain» (They'll be here tomorrow) is a tribute to the former Harkis and their families and to Lieutenant Durand who accompanied them and also the inhabitants of Ongles.

T[^]l. +33 (0)4 92 74 04 37
mhem.ongles@orange.fr

Ch[^]teau de Sauvan in Mane : a Petit Trianon in Provence



With a layout and dimensions similar to the art of l'Île de France, this more audacious castle is the only one of its kind in Haute-Provence. It was built almost three centuries ago in the pure classical style of the 18th century; its cut-stone facades and terrace face the county town of Forcalquier. Its north facade almost magically reflects a mirror of water on which water birds float serenely. Several films have used it for their setting, the most famous being « La Maison Assagn[^]ee », adapted from a novel by Pierre Magnan.

T[^]l : +33 (0)4 92 75 05 64
www.chateaudesauvan.com



Artemisia Museum in Forcalquier

An interactive and immersive scenography will plunge you into the fascinating story of the harvesting and cultivation of the perfume, aromatic and medicinal plants of the Montagne de Lure, a site listed by Unesco for its biodiversity. The permanent itinerary will take you along the herbalists' trails to discover local biodiversity, lavender and alcohol distilleries and cosmetics and perfume manufacturers in 7 exhibition areas.
www.artemisia-museum.fr



IDEA FOR A TOPIC

The gatherers' trail as an extension of the visit to Artemisia Museum in the heart of the Montagne de Lure
The GR6® is known as the «herbalists' trail» and is closely linked to the story of the herb-pedlars of the Montagne de Lure. 3 interpretive areas identified as bearing strong historical and/or floristic elements are linked to the GR6 and can be accessed from the road. They will help you to discover the Montagne de Lure and understand its cultural and natural wealth.

On the site of Les Graves

Picking is allowed and will enable visitors to get near the plants.

Site of Notre Dame de Lure

A loop to discover the plants by the identification of species specific to the environment, with the help of educational and interactive installations on the spot to relate to other areas.

The ridges of Lure

On this site which is listed as a Biosphere Reserve, Natura 2000 and Espace Naturel Sensible because of the need to protect it, the approach is to communicate on the history of the herb-pedlars, on what they were looking for, the evolution of the environment and on the protected species which absolutely need protecting; an alternative discovery of plants via educational and interactive media on the spot in relation to the previous areas.

Prieuré de Salagon (Ethnobotanical Museum) in Mane

Built in the middle of Haute Provence, the medieval priory is not only a historical site but also the image of a rich culture. Open to visitors all year round, the site has been occupied since Gallo-Roman times and is one of the most remarkable medieval monumental complexes in Haute Provence. A former Benedictine priory and listed historical monument, it is made up of a 12th century church, a 15th century prior's residence and 16th and 17th century farm outbuildings. Remains uncovered by archaeological digs bear witness to the different forms of occupation of the site from the 1st century. Salagon has 6 themed gardens which tell the story of the link between plants and society here and elsewhere. The various gardens are currently home to 2,000 species and varieties of native and exotic plants.

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



Le Musée Promenade de Saint Benoît in Digne-les-Bains



The tree-filled garden with its waterfalls and paths lined with artistic creations is a place to meet up and walk around in. Inside the buildings with their hundred-year old history, artists and scientists orchestrate a vision of our planet's past with memories of oceans, memory of plants and fossils and memories of landscapes.

Tél : +33 (0)4 92 36 70 70

www.geoparchauteprovence.com/le-musee-promenade/

Le Musée Gassendi à Digne-les-Bains



It was founded in 1889, in a former hospice. It is both a Natural History Museum and an Art Museum. Its objective is to give the public a new insight into the collections where there is no break between natural and sometimes unusual objects, scientific collections and works of art.

Tél : +33 (0)4 92 31 45 29

www.musee-gassendi.org

Samtem Dzong « Résidence de la réflexion » (Pavilion of Contemplation) - Alexandra David-Neel



Even though Alexandra David-Neel spent 25 years of her life in Asia and was the first European woman to set foot in the forbidden city of Lhasa, her journeys did not make her an explorer: they nourished globally recognized a work of a density and considerable strength. She opened to the Western thinking of the early 20th century totally innovative perspectives and we now can see how they are anchored in a growing need for spirituality and the continuing emergence of Buddhist philosophies. The 150th anniversary of her birth in 2019 was an opportunity to pay homage to her with the overall refurbishing of Samtem Dzong, which is both the «Résidence de la Réflexion», and the place where she lived and wrote and where she chose to die.

1300 m2 of gardens

- Natural garden

- Oriental garden / rose garden

- Vegetable garden - New garden

Over an area of 380m2, 14 exhibition rooms filled with 930 objects and around 4200 books give an account of the formidable diversity and the modernity of this out-of-the-ordinary work, to grasp the striking news and understand better how it projects us into a future that she wanted filled with freedom, knowledge and wisdom, in the image of a life that she chose for herself with courage and obstination.

Tél. +33 (0)4 92 31 32 38

www.alexandra-david-neel.fr

L'écomusée de l'Olivier in Volx



In an unusual place, a former 20th century lime kiln, the Olive tree is revealed to the five senses. Thanks to interactive and audiovisual tools and fun sensory activities, visitors of all ages can discover the civilisation of the olive tree. From the biology of the tree to its mythology, from the traditional making of soaps to the use of oil as a lighting fuel, from the pruning of the olive tree to the harvesting of the fruit, and from the making of olive oil to the formal exercise of tasting, each step in the visit is an invitation to travel, see and taste Provence and the Mediterranean.

On a large screen, the pickers of Provence, Spain, Greece and even the Lebanon harvest their fruits and take them to the mill. Once the film is finished, you can wander around the showcases where objects conjure up the past and present culture of this mythical tree. Or just sit on a bench and listen to the music of the words that the tree conjures up, travellers' and poets' stories. A permanent exhibition and temporary contemporary art exhibitions at this venue all year round. Closed in January and February

Tél. +33 (0)4 86 68 53 15

www.mb-1830.com/fr/ecomusee-olivier

Astronomy in Saint Michel

L'Observatoire - The CNRS Observatoire de Haute-Provence

The mission of the Centre d'Astronomie in Saint-Michel-l'Observatoire which is a mere stone's throw from the Observatoire de Haute-Provence is to promote scientific culture. It welcomes adults and school groups all year round. Every summer, from July to September, the Centre d'Astronomie organizes the traditional Été Astro festival with sun observation during the day, stargazing or telescope viewing in the evening, planetarium sessions, visits of the Observatoire de Haute-Provence, conferences, and events!

Tél. +33 (0)4 92 70 64 00 - www.obs-hp.fr



The Été Astro



Activities are spread over 3 sites in Saint-Michel-l'Observatoire :

- The exhibitions and planetarium sessions in the old village.
- Observation activities and event- evenings at the Centre d'Astronomie.
- Visits of 1.93 metre telescope dome, and conferences at the Observatoire de Haute-Provence.

Tél. +33 (0)4 92 76 69 69

www.centre-astro.com

Artistic circuits of Haute Provence

The pays de Forcalquier has a very dense network of artists and fine craftsmen who live there all year round: jewellery, painting, wood carving, graphic arts, art glasswork, instrument making and ceramics are all media for the imaginary and freedom, expression and creation.

www.haute-provence-arts.com



The Faïence Museum in Moustiers Sainte Marie

In the time of Louis XIV, the faïence produced in Moustiers had the reputation of being « the finest in the kingdom ». Discover 5 centuries of masterpieces in the museum in a collection enriched by the donation of the patron of the arts Pierre Jourdan-Barry. More than 300 extremely rare pieces of remarkable quality are presented there. The faïence production of contemporary Moustiers can also be seen there.

Tél. +33 (0)4 92 74 61 64



Biennial 2020 « Savoir-faire & Métiers d'Art »

So it's quite natural that the biennial « Savoir-faire & Métiers d'Art » in the framework of the European Artistic Craft Days takes place on the first weekends in April every even years: two days in which over 70 high-level fine craftsmen from all over France work in front of the general public and demonstrate their savoir-faire.



Route des Saveurs et des Senteurs Tastings, factory visits, shops and workshops www.routedessaveursetdesenteurs.fr

Créée en 2011, la **Route des Saveurs et des Senteurs** est une initiative portée par des entreprises locales de Haute Provence. Implantées dans le pôle d'excellence Saveurs et Senteurs du territoire, leur volonté première est de faire découvrir leur savoir-faire.

Un itinéraire mêlant découvertes culturelles et plaisir des sens

Cet itinéraire s'adresse au voyageur curieux et le transporte dans tous les sens : il va toucher, sentir et savourer des savoir-faire souvent ancestraux !

Il va découvrir des sites touristiques étonnants, comme le prieuré de Salagon à Mane, le plateau de Valensole et ses champs de lavande, les gorges du Verdon, le prieuré de Ganagobie, la citadelle de Sisteron, les pénitents des Mées, ou la citadelle et la cathédrale de Forcalquier ...

Une démarche pour partager et échanger avec le consommateur

Cet accueil dans les boutiques de vente directe et par le biais des visites d'usine va permettre également aux entreprises de se rapprocher de leurs consommateurs, de mieux connaître leurs besoins et leurs attentes.



Apior - www.apior.fr

Fromagerie de Banon - www.fromagerie-banon.fr

Les Comtes de Provence - www.comtes-de-provence.fr

Collines de Provence - www.collinesdeprovence.com

Manon chocolatier confiseur - www.manonchocolat.fr

Doucet confiseur - www.francois-doucet.com

Distilleries et Domaines de Provence - www.distilleries-provence.com

Maison Telme - www.maisontelme.com

Ciel d'Azur Labs - www.puraloe.com

Cueilleur de douceurs - www.cueilleurdouceurs.fr

Lothantique - www.lothantique.com

Perl'Amande - www.perlamande.com

Richaud & fils - www.etsrichaud.com

Terre d'Oc - www.terredoc.com

UESS - www.artemisia-museum.fr



Lothantique is celebrating its 100th anniversary

The story of the firm started in Châteauneuf-Val-Saint Donat in the 1920s at the foot of the Montagne de Lure... At the time, it was covered with fields of lavender. Joséphine, the energetic ancestor with a well-tempered character created a perfume plant distillery there: Mourançon Frères. Nestor, the great-uncle, went up to the capital to be a «nose»... Gradually, the essential oil-based products were completed by lavender in canvas bags, along with soaps and toilet waters.



In 1987, the grandchildren of Joséphine, Domy and Denis Vogade took over the family firm to give birth to LOHANTIQUE, a name inspired by a book by Pagnol where they want to grow a plant which only grows in books.

Vitality and savoir-faire were the recipe for success and soon the company was to open in 1998 a subsidiary in the United States, LOHANTIQUE INC.

At the turn of the century, LOHANTIQUE moved to new premises in Peyruis. Strengthened by its past, it defends a philosophy where the past is revisited by modernity, which means that there is no generation conflict, but rather the enhancement of an authentic savoir-faire using modern technology.

In this company which has thirty salaried workers, savoir-faire, savoir-vivre and the environment are respected. It is for this reason that the products are carefully formulated, for the purpose of effectiveness, safety and pleasure. Packaging in recyclable materials, energy saving, respect for nature and animals, here we are in a world where humans have their place and that's all to the good!

In 2015, Lothantique signed two licences with :
- Marcel Pagnol's heirs

Since its creation, Lothantique has been steeped in the world of Pagnol... Today, this association is an obvious one. As he wrote so well : « lothantiques are plants which only grow in books... » and now in our savoir-faire.

- The perfumes Miller et Bertauxx

Behind the names of Francis Miller and Patrick Bertaux is an explorer's brand... Their perfumes express the eclectic nature of their vision and their voyages, perfumes of nature and perfumes of art.

www.lothantique.com

Les Alpes de Haute-Provence are so gourmet

The Forcalquier market

The weekly Monday market in Forcalquier is an institution. It is the biggest market in the Alpes de Haute Provence department and surely one of the most beautiful markets in Provence. The tradition of the Forcalquier market goes back at least to Antiquity. Under their awnings, the tradesmen's stalls occupy the Place du Bourguet in the middle of the town on either side of the RN 100 which goes through the town and are spread widely around the old town and the adjacent streets and squares. People come from far and wide to wander around between the stalls on the Forcalquier market and you are quickly tempted by the variety of products exhibited: local produce, fabrics, earthenware items, clothing, and many others



La Bonne Etape Jany Gleize

« A cuisine of scents in the land where the sun changes colours into perfume. » Awarded a star in the MICHELIN guide, La Bonne Étape is a delicious address in Haute Provence. In an old country mas, Jany Gleize concocts a refined local cuisine which varies according to the seasons and his vegetable garden. Here, Sisteron lamb which is highly appreciated in the region - is prepared in a variety of ways. Thyme, savoury, oregano, lavender... La Bonne Étape's menu embraces all the scents of the garrigue to transcend his dishes. And for dessert, try his ice cream with lavender honey.

On the route Napoleon took across France, La Bonne Étape is a plush restaurant between Manosque and Sisteron. Smart but muted, the establishment gives the best of the Provençal repertoire. Guests can also stay the night and use the swimming pool. A gourmet address in Château Arnoux, La Bonne Étape has a lovely wine cellar. Local produce blends happily with the chef's creations. Wines from the Rhône and elsewhere also have their place on the table.

Tél. +33 (0)4 92 64 00 09
www.bonneetape.com



The Truffle of Haute-Provence: The Black Diamond

France is the world's leading truffle producer and gets its truffle reputation from the south-east (and not the west, as you might think) which supplies 80% of national truffle production. In Haute-Provence the «rabasse» (truffle in local dialect), a rough and rasping word, conjures up the image of a terroir with a strong character. Despite the fact that the botanical variety is the same as the variety harvested in the Périgord Quercy, the truffle of Haute Provence has a few intrinsic qualities which are due to the particular climate and the sandy, stony soil. The truffle-producing region of the Alpes de Haute Provence is to be found in two very different areas: the Valensole Plateau in the Verdon and the Pays de Forcalquier in Haute Provence. In 1997, the Association des trufficulteurs de Haute Provence filed an application for the granting of an AOC.

Tél : +33 (0)6 74 18 81 96

Les Manifestations

Events Truffle market in Montagnac from the 3rd Sunday in November. Truffle market in Riez, every Wednesday from mid-November.

Selection of tables where you can eat truffles

La campagne de Pètre in Entrevennes

Tél. +33 (0)4 4 92 82 22 41
<http://lacampagnedepetre.com>

Sens et saveurs in Manosque

Tél. +33 (0)4 4 92 75 00 00
www.sensetsaveurs.com/

Le relais de la lavande in Montagnac

Tél. +33 (0)4 4 92 71 09 74

Le Relais Notre dame in Quinson

Tél. +33 (0)4 4 92 74 40 01

O'Resto in Quinson

Tél. +33 (0)4 4 92 74 02 81

Le jardin de Céline in Valensole

Tél. +33 (0)4 4 92 74 83 35
<https://lejardindecelina.com/>



IDEA FOR A SUBJECT +

The black truffle of Villedieu

<https://latruffenoiredevilledieu.jimdo.com>

Season: November to the end of February, The BARBE family invites you to come and discover the family truffle farm and tell you the story of the profession passionately; they will give you a demonstration of «cavage» with their truffle-hunting dogs, followed by a tasting in the domaine shop. Guided tours: Monday, Wednesday and Saturday at 2 pm Duration: 1½ hours

latruffenoiredevilledieu.jimdo.com
 Tél. +33 (0)4 92 78 01 08

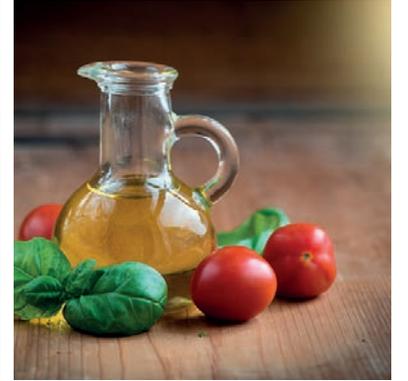
Nine Approved Agricultural Products

4 AOC/AOP

Olive oil from Haute Provence
 Banon goat's cheese
 Coteaux de Pierrevert wines
 Haute Provence fine lavender essential oil

5 IGP

Sisteron lamb
 Small spelt
 Apples from Provence
 Lavender honey
 Herbes de Provence



The Alpes de Haute Provence offer a wide range of well-known products made according to local tradition... «Just per la taste» (just for the taste).

Reference territory for flavours

The agrifood industry is represented by 160 firms and 1,500 jobs. It must be noted that the industrial firms in the agrifood sector exported 78 million Euros of products in 2014. (62% agricultural products and 38% products processed in the agrifood industry) representing 15% of departmental exports. Costed sectoral data sheet for the agrifood sector.

Firms which have chosen the Alpes de Haute Provence :

- Agro'Novae (Peyruis): development and manufacture of fruit-based food specialities
- APIOR (Valensole): Provence honey confectionery
- Biscotte Faissole SA (Annot): biscottes and toasted buns
- Biscuiterie de Forcalquier (Forcalquier): Provençal biscuits
- Distillerie et Domaines de Provence (Forcalquier): spirits and aperitifs, pastis...
- Dufour SA (Sisteron): multi-meat firm (sheep production with over 7,000 lambs slaughtered per week)
- François Doucet confiseur (Peyruis): coatings, fruit jellies and pralines
- Fromagerie de Banon (Banon): fresh and matured goats' cheeses
- La Pizza de Manosque (Manosque): frozen pizzas cooked over a wood fire
- Maison Telme (Peyruis): terrines and artisanal preparations
- Manon et cie (Peyruis): chocolate, confectionery
- Miellerie Chailan (Thorame basse): honey, confectionery and beauty products
- Oliviers & Co. (Mane): all the flavours of the Mediterranean based on the olive tree
- Per'Amade (Oraison): confectionery, spreads, marzipan, nougat, energy bars...
- Maison Brémond 1830 (Peyruis): Provençal groceries (olive oil)

Maison Telme

2 chefs for 5-star terrines

Chef Edouard Loubet, 2 stars in the Michelin, 5 toques in Gault et Millau...of the Domaine de Capelongue has cleverly married the olive of Bonnieux, the immortelle and caraway with bay and candied lemon to perfect a new recipe. The same goes for Emmanuel Renaut 3* at Flocons de Sel - Relais & Châteaux and Meilleur Ouvrier de France.
Tél. +33 (0)4 65 69 00 50 - <http://maisontelme.com/>



NEW ! Confiserie Leblanc in Banon



This confectionery opened its doors in Banon in 2019. From the shop, you have a view of the different production workshops and you can taste the Maison's chocolate-coated delicacies, spreads, cocktail almonds and many other specialities !
Tél. +33 (0)4 65 69 00 50



Agritourism and organic productions

The Alpes de Haute-Provence one of the top pupils in the class

Like its landscapes, organic farming in the department is rich and varied. Cereals, legumes, aromatic, medicinal and perfume plants, olive oil, meat and ewe's cheese, etc.

The latest figures published by the regional observatory for organic farming ILLUSTRATE the dynamic development of organic farming in the Paca region, and more particularly in our department.

With 136,888 hectares cultivated in organic farming at the end of 2017, the Paca region can be proud of remaining in the lead of French regions in rate of organic UAL (utilized agricultural land). And not just a little!

Whereas the national average levels off at 6.6 %, the regional average exceeds 23 % and covers 7.7% of all the national organic farms of which 450 are located in the Alpes de- Haute-Provence. In terms of total organic UAL, the Alpes de Haute-Provence have been, since 2017, the leading department in the region with 36,879 ha cultivated in organic, in front of the Bouches-du-Rhône (36,073 ha), «essentially due to a large increase in forage crop areas», within a region at the forefront in the development of organic farming.

Regional data « a growth which is accelerating ».

Données régionales « une croissance qui s'accélère ».

A rate of growth generalized at a regional level and which concerns all the plant sectors. The wine growing sector is recording a lower rate of growth but is still sustained, due to the fact that this sector is nevertheless the sector which has the most surface areas committed to organic with 17,454 ha, followed by the field crops, with 10,987 ha.

From the breeding point of view, there is a significant rate of growth for suckling cows as well as goats. Organic sheep breeding is progressing in terms of the number of farms for a herd which remains stable. The sow herd also strongly progressed between 2016 and 2017 as well as that of broilers. Laying hens have also grown in excess of 6%.

have also grown in excess of 6%

The number of organic producers tripled in the last 10 years to reach 3,246 Organic surfaces (OF+ conversion) reached 136,888 ha at the end of 2017.

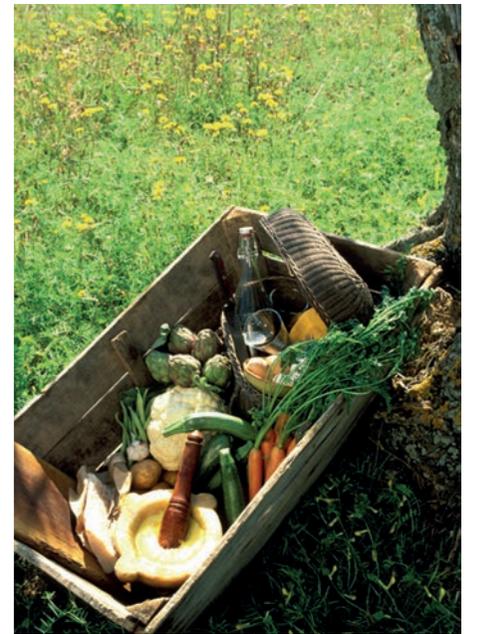
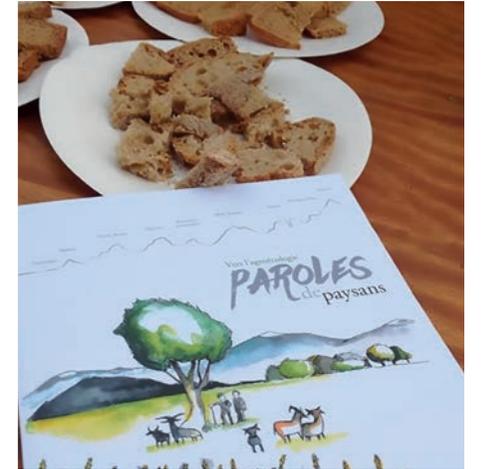
Source: Observatoire régional de l'agriculture biologique

Firms specialised in organic production :

- LOU BIO (biscuits),
- TOSSOLIA (tofu and cooked vegetable specialities),
- MOULIN PICHARD (flour),
- CEREALPES (cakes)...

The sector's players

- **L'Université Européenne des Saveurs et Senteurs** : (European University of Scents and Flavours): the UESS provides professional and public training courses in Forcalquier.
- **Pôle de compétitivité Parfums Arômes Senteurs Saveurs** : (Perfume, Aroma, Flavour and Fragrance Competitive Cluster): An international showcase, an undisputed economic bounty and a real potential for scientific and technological development.
- **Terralia**, European cluster for Innovation in Fruit and Vegetables - fresh and processed.
- **The CRITT Agro-alimentaire** : Centre Régional d'Innovation et de Transfert de Technologies Agro-Alimentaire a tool for agrifood innovation and technology transfer.
- **AgriBio 04** : a national association grouping organic producers from the Alpes de Haute Provence



Green energy. New technologies

The Vallée des Energies is home to tomorrow's «energy mix»! It stretches from Gap to Pertuis and is mostly concentrated in the Val de Durance.

Photovoltaïque les Mées



The valley is forward-looking and has a strong economic dynamic. Located along the motorway, it directly serves the Commissariat à l'Énergie Atomique et aux Energies Alternatives (French Atomic Energy and Alternative Energy Commission) in Cadarache, the site of the ITER nuclear fusion project and also the hydraulic dams on the Durance and towns in the territory from Manosque to Sisteron. In addition to this, the Val de Durance offers firms in the Energy sector an economic and service network and a high-quality protected natural environment.

- **La Vallée des énergies** is also all the energy produced on this territory from renewable sources (solar, hydraulic, fuelwood/biomass).

- **The SMART Alpes de Haute Provence project** : a study of the specific issues facing rural territories in the field of smart networks capable of integrating user behaviour. Applications in fields such as energy storage, tourism, mobility or telemedicine could well emerge.

- **L'EcoCampus Provence Formation in Sainte-Tulle** offers sandwich training courses adapted to the professions of carbon-free energy. Specific teaching and technical equipment.

- **La Cité de l'Énergie – Cadarache** A platform devoted to innovation in the field of alternative energy sources. Its ambition is to combine research and industry and become an indispensable cluster for the development of new energy sources (solar, Mediterranean habitat and bio-fuels).

Hydroelectric Dams

EDF: One river, one territory



The Une Rivière Un Territoire Durance Méditerranée agency targets encouraging sustainable economic development in our region. A national investment fund has been set up to take part in the growth

of new projects which create jobs in the sectors of water, energy and the environment. This financial support can take the form of equity investments or equity loans. Download institutional-leaflet Competitive cluster: Capénergies

Biomass - Fuelwood



The Alpes de Haute Provence is the leading wood-producing department in the Région Sud Provence Alpes Côte d'Azur and the 3rd department in terms of forest area. In the Alpes de Haute Provence, the forest is spread over 393,000 ha, i.e. 56% of the territory. The forest area therefore plays a decisive role at economic (employment), social, cultural (relaxation, tourism), and environmental (protection of habitat, air, soil, water, etc.) levels. In 2013, an annual harvest of approximately 234,000 m3 made this department the leading wood producer in the Sud Provence Alpes Côte d'Azur Region. A prevalence of softwood forest trees (Scots pine, larch, black pine). 40% of forests PEFC certified 53% of the forest is private with high fragmentation.

Logging companies in the department: Wood chips (valorisation of softwood)

Taking difficulty of access and the fragmentation of both public and private forests into consideration, the department's potential has been evaluated at 112,000 tonnes per year. Overall the production of softwood in the forests of the department (724,000 m3/ year) :

- 394,000 m3 / year are exploitable for industry
 - 160,000m3/ year are exploitable for fuelwood
 - The remainder is used for timber (frame).
- In the Alpes de Haute Provence, 41 % of softwood is exploited (much more than in the other departments, with an average of 24% for the Région Sud Provence Alpes Côte d'Azur).

The price of woodchips is 2.5 cts KWh for 75% of the mobilisable resource. Waste (valorisation of wood from brush clearing) In the Alpes de Haute Provence the available source of waste wood is not considerable.

Related sawmill products (wood from scrap)



1,800 tonnes/ year (decrease related to problems of access) The closing down of sawmills in the department is resulting in a decrease in sources of wood from scrap. However, the territories in the Ubaye Val-

ley and the Verdon Valley are initiating wood cluster projects: primary and secondary processing sawmills, installation of artisans, etc. Woodchip: 2,390 Tonnes of CO2 avoided, 760 TEP substituted and 2.3 FTP of employment.

In the Alpes de Haute Provence, there are 56 collective wood-fired heating plants using 13,658 tonnes of wood chips. They accumulate 1.7 MW and for every 10,000 tonnes used in heating plants, 9 jobs were created. Thus, the heating plants to be found on the territory of the Alpes de Haute Provence cover 12.3 FTP.

Investing in the younger generation

**IUT Aix marseille
Eco campus Ste tulle
Eco Campus Provence Formation**

Eco Campus Provence Formation is a training campus devoted to energy transition in Sainte-Tulle with a remarkable synergy between all the economic players grouped together with a will to build a technology park focusing on carbon-free energy. The project is part of the framework of the Programme d'Investissement d'Avenir. It benefits from the funding of a third of the total envelope which is in the region of 10 Billion Euros. The campus offers sandwich training courses adapted to the professions of carbon-free energy. Teaching and specific techniques offer three additional themes:

- The installation, maintenance and dismantling of carbon-free production devices,
- Mastering the energy demand in the building industry / flow economy,
- Marketing of goods and services in energy and environment

IDEA FOR AN ARTICLE +

Meeting with one of the actors in the energy sector

Hygreen Provence 2023



This ambitious project to produce hydrogen from renewable and energy and storage in very large saline cavities will help to self-finance the Plan Climat-Air-Energie (Air-Energy-Climate Territorial Policy) of a conurbation via an innovative economic model with no subsidy and outside the call for tender process by the Commission de Régulation de l'Énergie (Energy Regulation Committee). Thus, « HyGreen Provence » will contribute in the building of a local renewable electricity production system, based on a local solar resource which is among the most competitive in France, enhancing the electricity produced either directly from the energy purchasers, or in a production chain of green hydrogen stored massively and for local use.

Getting to the Alpes de Haute Provence



Multimedia platform of the Agency

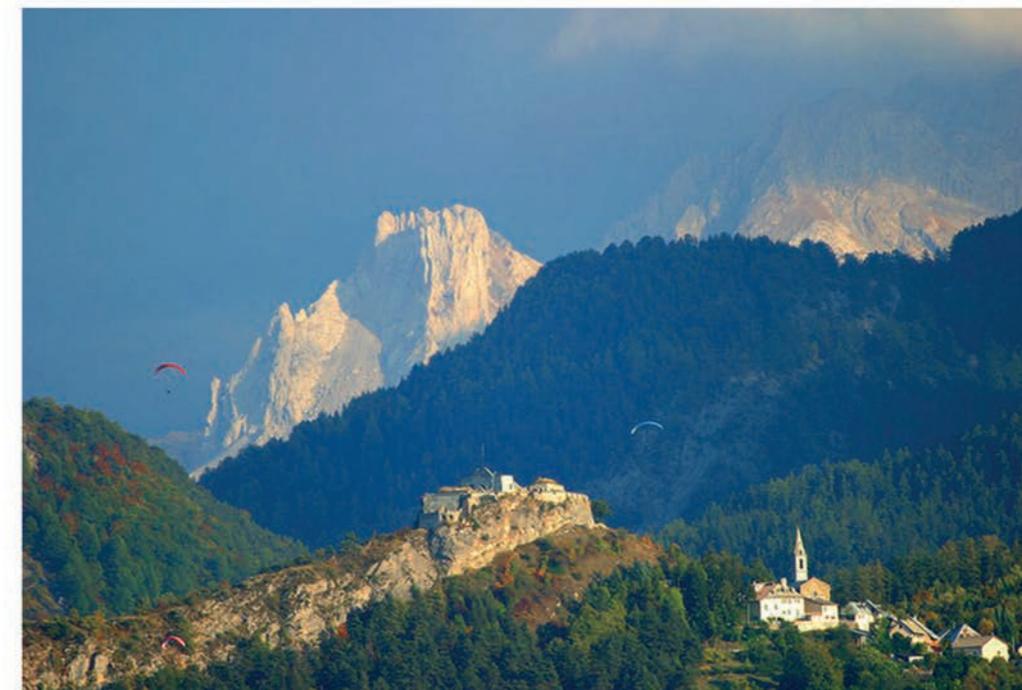
Geographical localisation

746 km from Paris
 282 km from Lyon
 279 km from Turin
 180 km de Grenoble
 112 km from Marseille
 150 km from Nice



Connect to

<http://medias.alpes-haute-provence.com>



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ALPES DE HAUTE PROVENCE



Press contact

Isabelle Desbets : +33 (0)4 92 31 82 17 / +33 (0)6 20 60 95 75
isabelle.desbets@ado4.fr

www.alpes-haute-provence.com

Avec le soutien de

