



SPORTS ACTIVITIES

MOUSTIERS

Sainte-Marie



2023

SUMMARY



3

INTRODUCTION

5

THE LAND



7

OUTDOOR
ACTIVITIES



13
OTHER UNMISSABLE
OUTDOOR
ACTIVITIES

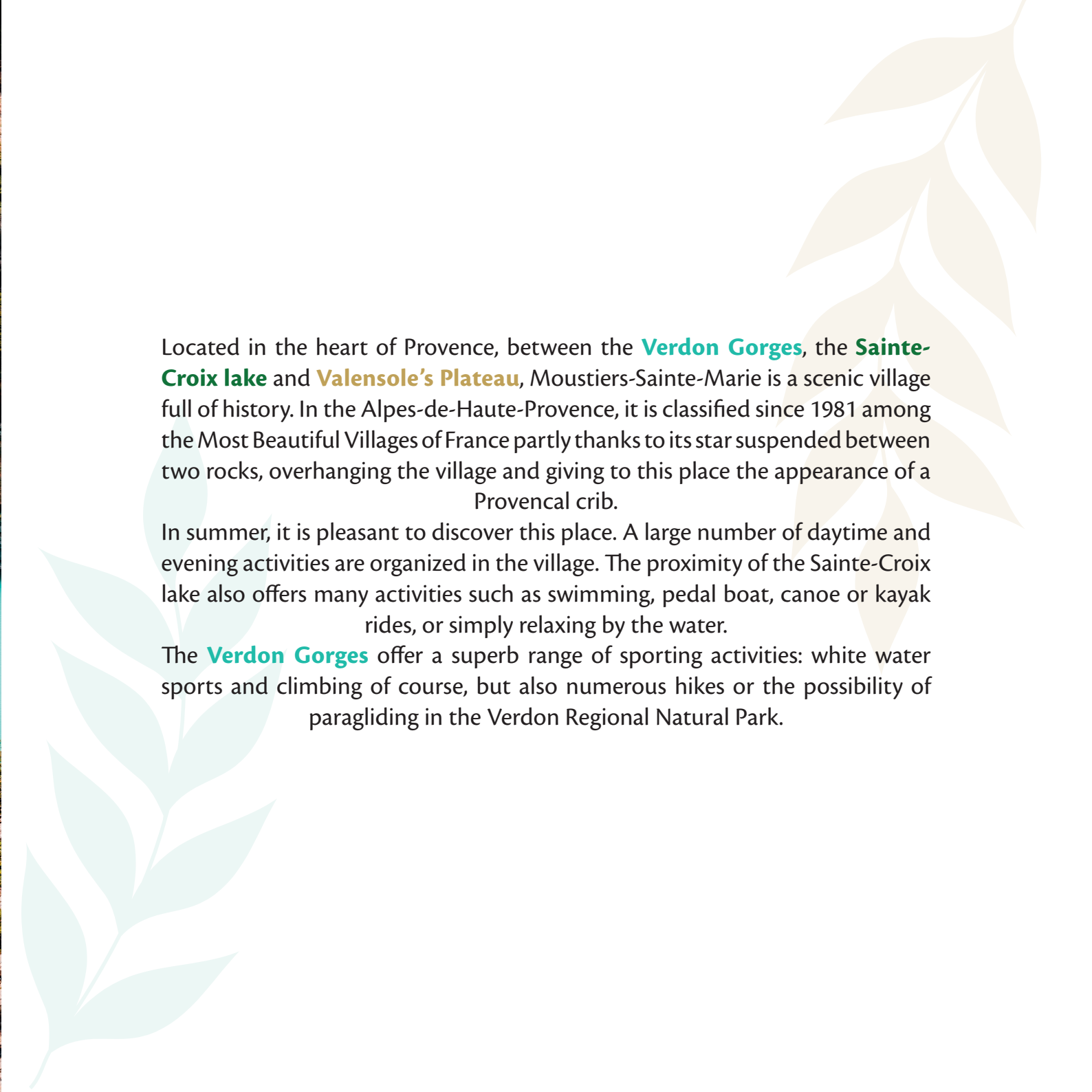


18
SPORTS
EVENTS

SUMMARY



INTRODUCTION



Located in the heart of Provence, between the **Verdon Gorges**, the **Sainte-Croix lake** and **Valensole's Plateau**, Moustiers-Sainte-Marie is a scenic village full of history. In the Alpes-de-Haute-Provence, it is classified since 1981 among the Most Beautiful Villages of France partly thanks to its star suspended between two rocks, overhanging the village and giving to this place the appearance of a Provençal crib.

In summer, it is pleasant to discover this place. A large number of daytime and evening activities are organized in the village. The proximity of the Sainte-Croix lake also offers many activities such as swimming, pedal boat, canoe or kayak rides, or simply relaxing by the water.

The **Verdon Gorges** offer a superb range of sporting activities: white water sports and climbing of course, but also numerous hikes or the possibility of paragliding in the Verdon Regional Natural Park.

THE LAND



Thanks to its great variety of landscapes, the area is a vast playground where many outdoor activities are practiced! In the center of the Provence-Alpes-Côte d'Azur region, the location of Moustiers-Sainte-Marie is ideal.

Crédit photo : Loïc Lagarde



VALENSOLE PLATEAU

Famous for its **lavender fields** beyond view, the Valensole plateau is a real painter's palette when the blue blends with the colors of wheat, sunflowers, poppies and truffle oaks.

Crédit photo : Lezbroz



VERDON GORGES

On about fifty kilometers between Castellane and the Sainte-Croix lake, the Verdon river has dug a **deep canyon** where vertiginous peaks rise above a turquoise water.

Crédit photo : Loïc Lagarde



SAINTE-CROIX LAKE

With its 2200 hectares, the Sainte-Croix Lake, created in 1973, is the largest of the five lakes on the Verdon area, and the **third largest water reservoir in France**.

OUTDOOR ACTIVITIES



HIKES STARTING FROM THE VILLAGE

Moustiers Sainte Marie is a destination of choice because of its location, its relief and its climate. Depending on the season, the time of day, the side of the mountain, there is always a hike to do. 13 hiking trails exist around Moustiers-Sainte-Marie for all types of levels.

Regarding the Gorges du Verdon, more than twenty courses await you.

TRÉGUIER DISCOVERY TRAIL

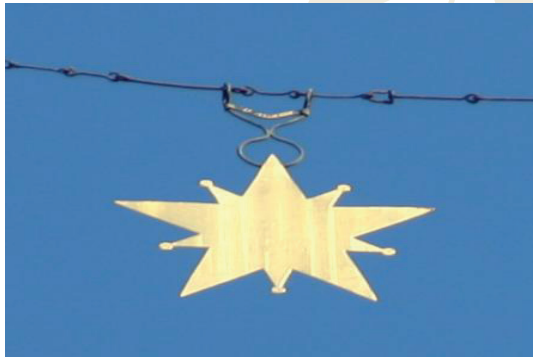
From Sainte-Anne's chapel, the itinerary evolves first through the restanques (terraces cultivated with olive trees) on a path of **easy access**, marked out by numerous didactic desks. The end of the route crosses without difficulty the Courchon ravine under the limestone cliffs, then climbs to a promontory overlooking the **spectacular Angouire valley** and the Sainte-Croix lake.

LA CHAINE TRAIL

Come and get closer to the famous star of Moustiers! According to the legend, it was hung up by the knight Blacas. The path of the Chain will lead you to the platform where the famous Chain is anchored, from which the **symbolic star of the village is suspended**. This **short, sporty and aerial** path will offer you beautiful views on the whole historical center of the village as well as on the Notre-Dame de



Crédit photo : Lezbroz



Crédit photo : Office de Tourisme

Crédit photo : Office de Tourisme



AROUND THE VILLAGE BY LES CLAUX

A one hour walk that will take you through the hundred year **old olive trees**. Very easy, it will allow you to have a panoramic view on the village of Moustiers-Sainte-Marie.

This walk breathes Provence.

Crédit photo : Office de Tourisme



HIKES AROUND MOUSTIERS

Our website references **all the hiking trails** starting from our village.

They are classified by length («small», «medium & long distances», and «itinerant»). This allows novice or experienced hikers to easily find the hiking itineraries that best correspond to all levels of practice!

Each hike is described in a precise manner with, as a bonus, the GPX route that the Internet user can freely download.

More information on our website in the «**Activities**» section.

HIKES IN THE VERDON GORGES

The Verdon Gorges are well known to hikers with the GR°4 and GR°99 routes. Trails take various ways in crest, summits, in balcony and at the bottom of the canyon. Some hikes are of medium level such as the Bastidon trail.

BASTIDON TRAIL

Bastidon trail can be done in a loop (about 16km and 6h30 of walking) or, in a shorter way, in a return trip. Departure is from the village of La Palud-sur-Verdon to reach the **Belvedere of Mayreste**. At the belvedere, you can either turn back (for the return version), or go back to La Palud sur Verdon by the GR°4 (for the complete version of the hike).

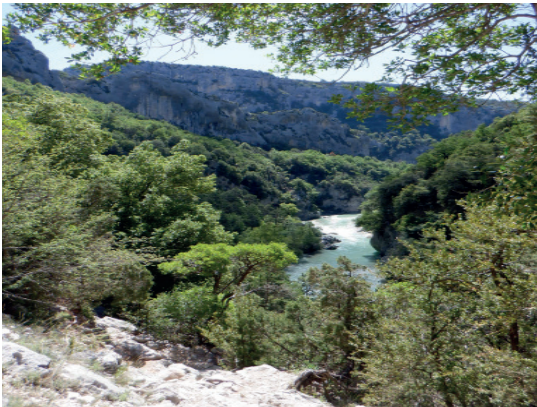
Other hikes, such as the Blanc-Martel trail, the Imbut trail, and the ascent of the Grand Margès are open to more experienced hikers.

LE SENTIER BLANC MARTEL

Blanc-Martel trail allows you to be as close as possible to the Verdon and is recommended as a one-way trip: **about 13.5 km and 6 hours of walking** from the Chalet de la Maline to the Point Sublime. During the summer season, shuttles are available upon reservation. This transportation service, offered by the Verdon Regional Nature Park, allows hikers to access this trail in the heart of the Verdon Gorges.



Crédit photo : Q. Daunay



Crédit photo : Q. Daunay

As this trail is not a loop, the **Blanc-Martel shuttle** allows you to connect the starting and ending points without having to use two cars!

Crédit photo : Office de Tourisme

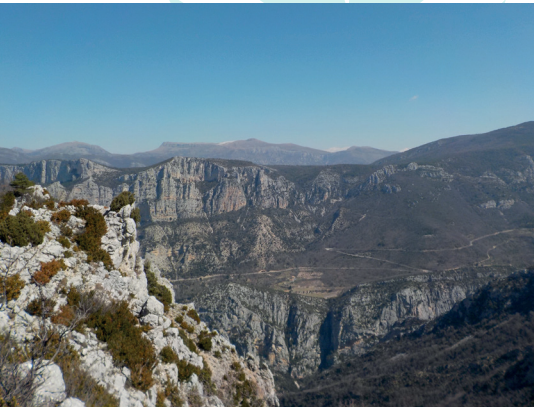


IMBUT TRAIL

The Imbut trail, of **difficult and sportive level** (about 10 km and 5 hours of walking) is one of the most beautiful trails of the Verdon Gorges area. The hike starts from the Auberge des Cavaliers, on the D71, a few kilometers after the high village of Aiguines, and leads to the beach of Baou Béni, where you have to turn back to finish the hike and «complete the loop» after the **vertiginous Vidal path**.

Please note: The trail has been closed **since July 2022**. Reopening likely in 2023. Please enquire before before going there.

Crédit photo : Office de Tourisme



THE GRAND MARGÈS ASCENT

The Grand Margès ascent starts from the village of **Aiguines** and consists of a 10 kilometer return trip for 800 m of positive difference in altitude and 5h30 of walking. Park on the parking lot located on the right when you arrive in Aiguines and cross the village to reach the Saint-Pierre chapel. Take the GR®99 on the right and follow the signs to go up to the top of the Grand Margès. **The return is done by the same path.**

Crédit photo : Lezbroz



HIKES AROUND SAINTE-CROIX LAKE

Beautiful trails take hikers to the ridges and peaks above the lake. Departures from Aiguines, Bauduen, Sainte-Croix or Moustiers- Sainte-Marie. Since September 2018, a GR de Pays® allows itinerant hikers **to walk around the lake in 4-5 days (over 74 kilometers)**. Villages around the lake are the stopover: Moustiers-Sainte-Marie - Sainte-Croix du Verdon - Bauduen - Les Salles-Sur Verdon - Aiguines.

Crédit photo : Loïc Lagarde



HIKES ON VALENSOLE'S PLATEAU

You will discover, depending on the season, the colors of almond trees in bloom, lavender or sunflowers, sage, everlasting flowers...

From Moustiers-Sainte-Marie, the **Sainte Croix lake hike by the Plaines** allows hikers to have magnificent views on the Sainte-Croix lake while hiking on a portion of the Plateau de Valensole.



OTHER UN-
MISSABLE
OUTDOOR
ACTIVITIES

Crédit photo : Lezbroz



MOUNTAIN BIKE TOURS

The village of Moustiers-Sainte-Marie, «star of Provence», is an invitation to discover an extraordinary spot for cycling & bicycle tourism! **7 routes of various levels and distances** have recently been created and signposted on our local territory.

Whether you ride an electric mountain bike or a muscular mountain bike, this rich little panel of itineraries is aimed at novices as well as regular riders with a good level... So, if you are equipped with a small device or a GPS watch, get the GPX Tracks of the itineraries you want to follow for free on our website.

WARNING : «La Saint-Jursienne» and «Le Montdenier» routes are only for experienced hikers and present a relatively important distance and difference in altitude as well as several technically portions!

The Tourist Office of Moustiers - one of the «Accueil Vélo» service providers of the Verdon Park area - **allows free use of a VAE* battery charger (*Electrically Assisted Bicycles)**, proposes the sale of various maps and topoguides; and also offers you the possibility to pick up free of charge in our premises some of the brochures and flyers of our partner «Vélo Loisir Provence», the specialist of the cycling activity (cycling & mountain biking) of our area!

...& CYCLO

In terms of cycle tourism, starting from Moustiers-Sainte-Marie, **two essential discovery routes** can be highlighted...

On our website, find the presentation of the route and the characteristics (route distance | indicative route time | height difference) of these two magnificent medium-distance routes: the “Tour du lac de Sainte-Croix” and the «Boucle du Grand Canyon»!

As a bonus, the GPX tracks of the two routes in question are of course free to download...

Crédit photo : Office de Tourisme



HORSEBACK RIDING

On the heights of Moustiers-Sainte-Marie via the road to Vincel, in the plain of the village or around the Sainte-Croix lake: equestrian centers propose a beautiful variety of horseback rides on our area. For half a day, the whole day or several days, **the discovery of the territory is magical**, with in particular the crossing of the lavender fields or the bathing in the Sainte-Croix lake with the horses.

Crédit photo : La Cordirelle



CLIMBING

The Verdon Gorges and its cliffs offer nearly **1500 climbing routes for all levels** on the limestone rock of the Verdon area! Great sport climbs, adventure pitches, single pitch crag or artificial climbs on several hundred meters heights... **The diversity of the routes** and the unique atmosphere of the gorges make it certainly one of the most unmissable climbing sites in the world!

Alone, as a couple, with family or friends, a climbing instructor can supervise you for a few hours only or as part of a training course. **Whether you are a beginner or a good climber**, the Tourist Office's partners can answer your request, from the first steps to the improvement!

Crédit photo : Lezbroz



NAUTICAL ACTIVITIES

The Verdon Gorges, known as the « Grandes Gorges », can be explored for the first two kilometers by kayak, canoe, pedal boat and electric boat. The Nautical **Base of L'Etoile** is located only a few meters from the bridge of Galetas, at the mouth of the gorges. Not far from there, on one of the most charming beaches of Sainte-Croix lake, is **La Cadeno Leisure Center**. A real haven of peace, where it is possible to eat and drink cold beverages. The Leisure Base also offers the rental of pedal boats, canoes, kayaks and paddles.

Activities subject to weather conditions. See information in advance.

FAMILY IDEA!

Most of the boats are equipped with **life jackets for young children from 2 years old**. You can therefore navigate safely with your family to discover the lake and the turquoise water characteristic of the Verdon.

Crédit photo : Aboard Rafting



WHITE WATER SPORTS IN THE VERDON GORGES

Canyoning, aqua-rando, rafting and cano-raft, floating, hydrospeed... The possibilities of white water sports are numerous in the Verdon Gorges! It's a good thing: nearly 20 of our partners specializing in « thrilling sensations » can meet all these requirements for a memorable experience in this exceptional setting.

Activities subject to weather conditions. See information in advance.

Crédit photo : Roc'N'Vol



AIR SPORTS

Go high to discover the multitude of colors of the Valensole plateau, the steep cut of the gorges and the blue expanse of the Sainte-Croix lake.

Paragliding is the perfect activity to experience the sensation of total freedom!

Tandem flights and complete training to be autonomous are offered by our partners.

Crédit photo : VCC Thibault Vergoz



RUNNING TRAIL

Moustiers offers a territory of trail of a great diversity where the fans will meet: rather technical and demanding portions, itineraries all in relaunchings, but also more accessible portions but however terribly ludic...

Located in the heart of the **Alpes-de-Haute-Provence and south of the UNESCO Geopark of Haute-Provence**, the «Cité de la Faïence» of Moustiers offers a privileged playground for runners of all levels!

Itinerary suggestions: Data sheets to consult & GPX tracks to download on our website.

LES ÉVÈNEMENTS SPORTIFS

LES « ÉTOILES DU VERDON » : MULTISPORTS



Crédit photo : Créasport

Les Étoiles du Verdon Raid will be held from June 18 to 22, 2023. An extraordinary 100% female experience (the teams are made up of 3 women who will awaken the adventurers within them!) & a memorable human adventure in the Verdon Park area!

On the program of this rich sporting event: canoeing, swimming and water events, mountain biking, run & bike, obstacle course, trail running, orientation (like a «treasure hunt»!)

NATUREMAN VAR EXPLORER



Crédit photo : NatureMan Var Explorer

From September 30 to 1st October, 2023 the NatureMan Var Explorer, a «triathlon raid» will involve participants (individually or in relay teams of 2, 3 or 4), to complete in less than 48 hours a distance of 374 km and 7261 m of altitude difference! From the sea to the mountains, from Sainte-Maxime to the Verdon Gorges, passing by our beautiful village of Moustiers...

Crédit photo : Lezbroz



MOUSTIERS

Sainte-Marie




PRESS CONTACT :

NOAT Adrien – Chargé de communication

Office de Tourisme de Moustiers-Sainte-Marie, Maison de Lucie – Place de l’Eglise
04360 Moustiers-Sainte-Marie

+33 (0)4 92 74 00 99 – webcom@moustiers.fr www.moustiers.fr

Follow us :

-  MoustiersSainteMarie
-  @Moustiers_Sainte_Marie
-  otmoustiers



Crédit photo couverture : Lezbroz & Loic Lagarde / Crédit Vecteur : Pikisuperstar

