

# MOUSTIERS<sup>★</sup>

*Sainte-Marie*







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# INTRODUCTION



Situated in the heart of Provence, between the **Gorges du Verdon**, **Lac de Sainte-Croix** and the **Plateau de Valensole**, Moustiers-Sainte-Marie is a picturesque village steeped in history. In the Alpes-de-Haute-Provence region, it has been listed as one of the Most Beautiful Villages in France since 1981, thanks in part to its star-shaped structure suspended between two rocks, overlooking the village and giving the place the appearance of a Provencal cot.

It's a great place to visit in summer. The village offers a wide range of daytime and evening entertainment. The nearby Lac de Sainte-Croix also offers a host of activities, including swimming, pedal-boating, canoeing and kayaking, or simply relaxing by the water.

**The Gorges du Verdon** offer a superb range of sporting activities: white-water sports and climbing, of course, but also plenty of hiking and the chance to go paragliding, like a vulture, in the **Parc Naturel Régional du Verdon**.



# OUTDOOR ACTIVITIES



## WALKS STARTING FROM THE VILLAGE

**Moustiers Sainte Marie** is an ideal sports destination, thanks to its location, relief and climate. Depending on the season, the time of day and the side of the mountain, there's always something to do. There are 15 hiking trails around Moustiers-Sainte-Marie to suit all abilities. In the Gorges du Verdon, there are more than twenty routes to choose from.

### «ESTELLO HIKES» FOR CHILDREN



The Tourist Office has set up **a free discovery game for children**. The idea is to have fun discovering the village and its heritage. In the form of a treasure hunt, children have to answer riddles at each stop that **Estello**, the village's magic star, invites them to make. The answers are then used to find the «mystery word», the result of the fun trail.

### TRÉGUIER DISCOVERY TRAIL



From the chapel of Sainte-Anne, the route winds its way through the restanques (terraces planted with olive trees) on an **easy-access path** dotted with themed information panels. The end of the route crosses the Courchon ravine beneath the limestone cliffs without difficulty, then climbs to a promontory overlooking the spectacular **Angouire valley** and the **Sainte-Croix lake**.

## SENTIER DE LA CHAÎNE



Take a closer look at the **famous star of Moustiers** on the Chemin de la chaîne, which takes you to the platform where the famous chain and star are anchored. This **short, athletic and aerial trail** offers great views over the whole village and the **Chapelle Notre-Dame de Beauvoir**, located below the star.

## TOUR OF THE VILLAGE VIA LES CLAUX



This one-hour walk will take you through **centuries-old olive trees**. A very easy walk that will give you a panoramic view of the village of Moustiers-Sainte-Marie.

## WALKS AROUND MOUSTIERS

Our website lists **all the footpaths** starting from our village. They are classified by length, so that both novice and more experienced walkers can easily find the walking routes that best suit their level of experience!

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



# HIKING IN THE VERDON GORGES

The **Gorges du Verdon** are well known to hikers, with the GR®4 and GR®99 routes in particular. The trails take in a variety of crest, summit, balcony and canyon floor routes.

## SENTIER DU BASTIDON



The Bastidon trail can be done as a loop (around 16km and a 6? hour walk) or as a shorter return trip. The trail starts in the village of La Palud-sur-Verdon and leads to the **Belvedere de Mayreste**. At the belvedere, you can either turn back (for the return version) or head back up to La Palud-sur-Verdon on the GR®4 (for the full hike).

## SENTIER BLANC MARTEL



The Blanc-Martel trail takes you as close as possible to the Verdon, and is a one-way trip: **around 14km and 7 hours' walk** from the Chalet de la Maline to Point Sublime. During the summer season, **shuttle buses** are available. These must be booked in advance online (<http://navette.parcduverdon.fr>). This transport service, provided by the **Parc Naturel Régional du Verdon**, gives hikers access to this trail and links the start and finish points in the heart of the Verdon gorges.



## SENTIER DU PLEIN VOIR



The **Col de Plein Voir** trail via the Col de l'Âne takes **4 hours to complete, covering around 8km** and with a significant difference in altitude. This trail is both sporty and aerial. It's **one of the most beautiful trails** in the Verdon, offering views of the Gorges and Lake Sainte-Croix. This loop starts from the Félines car park in Moustiers, heading towards La Palud-sur-Verdon.

**Warning:** this trail is not recommended for people who suffer from vertigo, as there are aerial passages, although these are equipped with a handrail.

## SENTIER DU GRAND MARGÈS



The ascent of the Grand Margès starts from the **village of Aiguines** and is a challenging out-and-back route of around **10 kilometres, with 800 metres of ascent** and 5:30 hours walking. Park in the car park on the right as you enter Aiguines and walk through the village to the Saint-Pierre chapel. Take the **GR°99** to the right and follow the signs up to the summit of Grand Margès. Return along the same path.



## THE LAKE OF SAINTE-CROIX



A number of beautiful routes 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® hiking trail has enabled walkers to cover **74 kilometres around the lake in 4-5 days**. The villages around the lake are the stage villages: Moustiers- Sainte-Marie - Sainte-Croix du Verdon - Bauduen - Les Salles-Sur Verdon - Aiguines.

## THE VALENSOLE PLATEAU



Depending on the season, you'll discover the colours of almond trees in bloom, lavender, sunflowers, sage and immortelle...

From Moustiers-Sainte-Marie, the hike **Lac de Sainte-Croix par les Plaines** (Sainte-Croix Lake via the Plains) offers hikers magnificent views of Sainte-Croix Lake while covering a portion of the Plateau de Valensole.



A person stands triumphantly on the peak of a large, craggy rock formation. Their arms are raised in a 'V' shape. The rock is covered with small green shrubs. In the background, a vast landscape unfolds under a soft, hazy sky of sunset or sunrise. A large, calm lake is visible to the right, surrounded by rolling green hills and distant mountains. The overall mood is one of achievement and natural beauty.

MUST-DO  
OUTDOOR  
ACTIVITIES

## MOUNTAIN BIKE TRAILS

The village of Moustiers-Sainte-Marie is an invitation to discover an extraordinary spot for cycling and cycle tourism! **7 routes of varying levels and distances** have recently been created and signposted in our area.

Whether you ride an electric mountain bike or a muscle bike, this rich array of itineraries is aimed at both novices and regular cyclists of a good level. So if you're equipped with a small device or a GPS watch, you can pick up the GPX tracks of the routes you want to follow on our website, free of charge.

**Please note:** the routes «La Saint-Jursienne» and «Le Montdenier» are relatively long and steep, with several technically demanding sections, and are for experienced hikers only!

The Moustiers Office - which is one of the «Accueil Vélo» service providers in the Parc du Verdon sector - offers **free use of a battery charger for your VAE\* (electrically assisted bicycle)**, sells a range of maps and topographical guides, and also offers you the chance to pick up some of the leaflets and brochures produced by our partner «Vélo Loisir Provence», the specialist in cycling (cycling & mountain biking) in our area, free of charge!

## & CYCLO

When it comes to cycle touring, there are **two not-to-be-missed routes** starting from Moustiers-Sainte-Marie. On our website, you can find a presentation of the route and characteristics (distance covered | approximate time taken | altitude difference) of these two magnificent medium-distance itineraries: **Tour du lac de Sainte-Croix** and the **Boucle du Grand Canyon!** As a bonus, the GPX tracks for these two routes are available to download free of charge.



## HORSE RIDING



**In the hills above Moustiers-Sainte-Marie** via the route de Vincel, on the village plain or around the Lac de Sainte-Croix, a number of riding centres offer a wide variety of horse-riding opportunities. Half-day or full-day rides **on horseback or ponyback** are a magical way to discover the region, including riding through lavender fields and swimming in Lac de Sainte-Croix with your horse.

## CLIMBING

Photo Credit : La Cordillère



The Gorges du Verdon and its cliffs offer almost **1,500 climbing routes** for all levels! Great sport routes, adventure areas, couennes or artificial climbs to heights of several hundred metres. **The diversity of the routes** and the unique atmosphere of the Gorges make it one of the world's top climbing sites! Whether you're a solo climber, a couple, a family or a group of friends, whether you're a beginner or an experienced climber, a climbing instructor can supervise you for just a few hours or as part of a course.

## NORDIC WALKING

Photo Credit : Feelsingtrack



Moustiers is a veritable sports playground, and **Nordic walking is a great way to explore the local trails**. Whether you're a seasoned walker or a beginner, our trails are perfect for this activity. You can be accompanied by a partner from the Tourist Office to get you started!







## SAILING



The first two kilometres or so of the Gorges du Verdon, or **Grandes Gorges**, can be explored by kayak, canoe, pedalo or electric boat. **The Base Nautique de l'Étoile** is just a few metres from the Galetas bridge, at the mouth of the Gorges. Not far from there, on one of the most charming beaches on Lac de Sainte-Croix, is the **Base de Loisirs La Cadeno**. A real haven of peace, where you can eat and drink cold beverages. Both bases offer pedal boats, canoes, kayaks and paddles for hire.

**Activities subject to weather conditions. Please enquire beforehand.**

### Family idea

Most boats are equipped with **life jackets** for young children **from 10kg upwards**. So you and your family can enjoy the lake and the turquoise waters of the Verdon in complete safety.

## FISHING



The Sainte-Croix lake, just a few minutes from Moustiers-Sainte-Marie, offers fishing enthusiasts an unrivalled playground. **More than 2,200 hectares of turquoise water**, to fish in, in a heavenly landscape. You'll find roach, perch, pike and bleak. Trout are found in the Verdon. You can buy your fishing licence online or directly from the Tourist Office.

## AIR SPORTS

Photo Credit: Roc'N'Vol



**Take to the skies** to discover the multi-coloured checkerboard of the Valensole plateau, the sheer drop of the gorges and the vast blue expanse of Lake Sainte-Croix...

**Paragliding** is the perfect way to experience the sensation of total freedom!

Our partners offer tandem discovery flights and complete training to become autonomous.

## TRAIL

Photo Credit: VCC Thibault Vergoz



Situated in the heart of the **Alpes-de-Haute-Provence** and to the south of the **UNESCO Géoparc de Haute-Provence**, Moustiers offers a **wide variety of trail** areas where enthusiasts will find fairly technical and demanding sections, routes with plenty of relaunch, but also more accessible sections that are nevertheless great fun. Route suggestions: Information sheets to consult & GPX tracks to download from our website.





# SPORTING EVENTS

### *Saturday 11 May - Relay of the Flame*

Photo Credit : Relais de la Flamme



On Saturday 11 May 2024, Moustiers-Sainte-Marie will welcome the **Olympic flame and its torchbearers** for a moment that will go down in the village's history. Sports events will be held throughout the day, including a skateboarding competition, music, demonstrations and introductions to martial arts, dance and archery, and a face-painting stand for children. This day will bring together young and old to celebrate the Olympic Flame and sport!

### *From 22 to 24 June - « Étoiles du Verdon » multi-sports raid*

Photo Credit : Raid des Étoiles



The 4th edition of the **Raid Les Étoiles du Verdon** will be held from 22 to 26 June 2024. An extraordinary 100% female sporting experience in the Parc du Verdon, with water sports, running, mountain biking, orienteering and lots of other surprises!



### *29 and 30 June - Verdon swim experience*

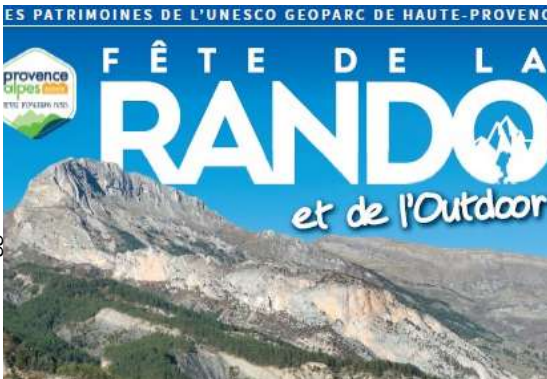
Photo Credit : Verdon Swim Experience



Les 29 et 30 juin 2024, le lac accueille **le Verdon Swim Experience**, des courses de nage en eau libre dans un cadre magnifique. Plusieurs courses sont organisées avec des nageurs du monde entier pour cette expérience sportive peu commune.

### *Sunday 22 September - Hiking and Outdoor Festival*

Photo Credit : Provence Alpes Agglomération



For the 2nd year, the **Fête de la Rando et de l'Outdoor** returns to Moustiers on Sunday 22 September 2024. Now in its 20th year, this sporting event organised by Provence Alpes Agglomération is an opportunity to discover accompanied sports in and around the commune. If you're looking for a mountain bike outing or a nature hike accompanied by our partners, now's the time!







# MOUSTIERS



*Sainte-Marie*




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