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The demand for nature sports and leisure, synonymous with well-being, freedom and respect for the environment, is growing today. With its rich natural heritage, Aix has plenty to satisfy a growing desire for leisure and outdoor sports, equivalent to well-being, freedom and respect for the environment. It offers a wide range of outdoor activities all year long. It is the perfect... way to discover this area with its wealth of traditions.

Sainte-Victoire, a Grand Site de France and the emblematic landscape of the Aix Region, promises all not only a spectacular environment but also the most suitable one for the practice of gentle or long strides, aerial flights, speed and vertical sports. On foot, by bike or on horseback, all can play to their heart’s content!

This press kit is designed to present the varied range of outdoor activities and recreation in the Aix Region and the means to explore its treasures.
Majesty of Sainte-Victoire mountain

A «Grand Site de France»

Sainte-Victoire’s long silhouette (18 km) against the skies of Provence is a landmark recognisable from anywhere. Its south side is steep and rocky, lit with a thousand and one shades of colour, while its north side is gently sloping and lush with greenery. At the summit of this Janus-faced mountain (1,010 metres altitude), rooted in the rock, is a Provençal cross that has withstood the mistral since 1875!

Sainte-Victoire mountain, inseparable from the Aix landscape, is a «Grand site de France». Its appeal is manyfold indeed. Be it in geology,...and of course esthetic... It was the artist Paul Cézanne, tirelessly painting the reflections of light on its folds of stone, who made her famous worldwide. Its rock folds of Concors and Sainte-Victoire area also contain a rich mosaic of landscapes, as diverse as the mountain is unique, as secret and unknown as it is monumental and famous.

The most way to get to know these remarkable landscapes is to take the Tholonet road and then leave your car, put on your walking shoes and follow one of the many paths!

The site offers a huge choice of marked paths for riding and walking. But it is also the place to go for other sports: hang-gliding, mountain-biking and climbing near the Croix de Provence, and the Bimont dam, the Zola lake and the Roman aqueduct of Roquefavour are popular with sport and nature enthusiasts!

TWO INFORMATION POINTS FOR THE GRAND SITE

At Vauvenargues, on the north side of the mountain, the Maison du Grand Site is in the heart of the village, on Rue Centrale. In this welcoming exhibition area you will find information about walking trails and places to visit. All about the environmental actions and the like taken by the Grand Site in the area. The shop sells local products, souvenirs, and books on nature and the mountain. Free entry. School and other groups by appointment. Open April to September: weekends and public holidays during term time, every day except Monday during school holidays.

Place de Verdun | 13126, Vauvenargues
☎ 04 42 26 67 37
www.grandsitesaintevictoire.com

At Le Tholonet, the Grand Site information stall is on the Infernets parking, in the centre of the village. Pick up leaflets and publications on walking and the Grand Site. Open from Easter to the end of October. The stall is open on weekends and public holidays only during school terms and every day except Monday during school holidays.

3275, route de Cézanne | 13100, Le Tholonet
☎ 06 70 74 97 78
www.grandsitesaintevictoire.com

USEFUL ADDRESSES...

Maison de Sainte-Victoire
Chemin départemental 17
13100 Saint-Antonin-sur-Bayon
☎ 04 13 31 94 70
msv@cg13.fr

Groupement des accompagnateurs en Provence (Tourist Guide Association)
10 avenue des Bannettes
13790 Rousset
☎ 06 83 44 33 63

Ecomusée de la Forêt méditerranéenne
(Mediterranean Forest Eco-Museum)
Chemin de Roman, RD 7
13120 Gardanne
☎ 04 42 65 42 10
www.ecomusee-foret.org

© JC Carbonne
**Sport activities**

**WALKING**
To discover the hidden treasures of the region, choose from a host of footpaths, each one lovelier than the last! For walking and hiking in the Grand Site Sainte-Victoire area there is a network of nearly 250 km of marked itineraries. More than a million visitors walk here every year. There is also a whole range letting you explore subjects such as fauna and flora, there heritage and culture, or ocal products.

- All tours and tourist itineraries can be viewed or downloaded [www.cirkwi.com](http://www.cirkwi.com)
- The «eco-balades» a new way to experience, a walk in nature [www.ecobalade.fr](http://www.ecobalade.fr)
- Hiking tours and visits for all with the sites labeled "Tourism & Handicap” [www.aixenprovencetourism.com](http://www.aixenprovencetourism.com)

**HANG-GLIDING**
Nature-lovers can choose from a wide range of activities. Whether you’re an experienced vol-bivouac hiker, a long-distance cross-country cyclist, a top-level racer, an able mountaineer, a delta-plane enthusiast, a thrill-seeker coming for acroflight, speed-riding or speed-flying… or a fan of contemplative flying, you’ll have a wonderful time!

William Kolarovic made the first hang-gliding flight at Sainte-Victoire in 1984, and the club was founded in 1988. Today it has more than 100 licensed pilots.

**Club Parapente de Sainte-Victoire**
Rue de Meyne, Puyloubier
T 04 42 66 34 17
06 08 35 35 57
[www.parapentesaintevictoire.blogspot.fr](http://www.parapentesaintevictoire.blogspot.fr)

**CLIMBING**
From simple climbing for children to more daring feats for adults (with fixed, pendulum or rappel ropes), meet the challenge and discover this vertical world.

- Daniel Gorgeon Climbing monitor & low mountain range guide
  Impasse Figuier, Puyloubier
  T 04 42 66 35 05
daniel.gorgeon@free.fr
  [www.gite-dgorgeon.com](http://www.gite-dgorgeon.com)

- Sylvie Bazin Low mountain range guide & climbing instructor (state certificate)
  Climbing and hiking supervision | groups and individuals | possible activities as soon as 6 years
  T 04 42 57 28 44

Many others clubs:
[www.aixenprovencetourism.com/sports/](http://www.aixenprovencetourism.com/sports/)

**MOUNTAIN-BIKING**
The General Council has produced free booklets describing its 12 marked itineraries, from very easy (3 km) to really long or challenging, covering up to 35 km.

**BIKE**
The Relaxing bike with a feeling good intention.
The sporty bike can also be practiced along challenging trails, or demanding intense physical effort following the 150 km route around the Grand Site Sainte-Victoire.

- Bee’s cyclo planet
  Possibility of escorted tours in the vineyards, the villages and the Sainte-Victoire
  (Location / Road Book)
  T 04 42 63 24 71
  06 07 37 19 04
  [www.cycloplanet.com](http://www.cycloplanet.com)

**E-BIKE**
- MCF du Aix Region
  Jean Luc André
  1/2 day formula | biker | child and private lesson
  T 06 19 53 58 45
  [ecolecfpaysdaix@orange.fr](mailto:ecolecfpaysdaix@orange.fr)
  [www.moniteurcycliste.com](http://www.moniteurcycliste.com)
SWIMMING

Want to cool down? The Plantain lake on the edge of the Durance, at Peyrolles, is a former quarry that has been developed into a leisure and watersports centre. Swimming is supervised from mid-June to the beginning of September, from 11am to 7pm. You can also enjoy canoeing, pedal-boating or surf-biking (available for hire). The Nautical Club of Aix welcomes you for a rowing initiation.

- The outdoor swimming pools in the Aix Region
Find all the pools on the site of the Aix community: www.agglo-paysdaix.fr

GOLF

Many European golf courses have been created in the heart of Provence, surrounded by fields and pine-clad hills at the foot of the mythical Sainte-Victoire.

Decation village, mini garden golf course
Train at your own pace on the 20,000 m² practice green. After a short introductory session, based on a new ball concept, you can practise golf on the 9-hole pitch & putt green. From age 6.
- Golf course for use unaccompanied or with lessons, practice green, 9-hole pitch & putt green
- Golf School with our State-qualified teacher
- Individual or group lessons
- Courses
- Beginners' lessons by appointment
04 42 94 03 05
06 72 18 73 38
La Petite Bastide, RN 8 | avenue des chabauds
Bouc Bel Air

Aix Golf
Aix Golf is a friendly club for beginners and experienced players, just 5 minutes from the centre of Aix. 6-hole course. Practice green with 30 bays including 6 covered, 300-m² Putting green, approach green.
255, route de Valcros | Aix-en-Provence
04 42 59 91 90
www.aixgolf.com

Golf Club Aix - Marseille
10 minutes from Aix-en-Provence and 5 minutes from Aix TGV station, 15 minutes from Marseille-Provence airport. 18-hole course (architect Peter Cannon), practice green, putting green and approach green.
Domaine de Riquetti | Les Milles
04 42 24 20 41
www.golfaixmarseille.com

Le Set Club
A few minutes from the centre of Aix-en-Provence, the Set Golf Club boasts one of the loveliest leafy sites of the Aix countryside. Architect Ronald Frean, 18-hole course, green fee (9 and 18 holes), practice green, individual lessons, courses, golf school (from age 7).
1335, chemin de Granet | Aix-en-Provence
04 42 29 63 69
www.setgolf.fr

Golf du vallat des Pinchinats
Golf school for adults and children from age 7, in the Pinchinats valley, offering individual or group golf lessons at all levels, in French and English. Also on site: practice green open to non-members, putting green, 6-hole compact golf course.
Chemin de la Fontaine des Tuiles | Aix-en-Provence
06 59 26 98 52
www.golf-aixenprovence-vallatpinchinats.com

Sainte-Victoire Golf Club
The Sainte-Victoire Golf Club is ideally located 15 minutes from Aix-en-Provence in a majestic setting. Its 18-hole course offers magnificent views of Sainte-Victoire mountain and a 17th-century castle, the Château l’Arc. In these unforgettable surroundings the Sainte-Victoire Golf Academy, created in 2003, is the ideal place to begin golf or improve your game, with formulas designed for players of all levels. All types of practice area are available: putting green, approach green, synthetic or grass practice green.
Chemin Maurel | Fuveau
04 42 29 83 41
www.golfsaintevictoire.fr

La Cabre d’Or
The Practice Green, which comprises 36 bays including 18 covered, offers a unique panorama of the Aix region. Two floors are available and many targets have recently been set up to make your sessions even more enjoyable. You can also play on an approach green with bunker and a very large putting-green.
All types of course: beginner, intermediate, advanced and junior. Different formulas for different budgets throughout the year. La Cabre d’Or also offers a golf school for children.
04 42 50 46 72 | Cabriès
contact@golflacabredor.com
www.golflacabredor.fr/index.php/fr/homepage/le-practice
Discover the region as you walk along the paths of history...

Stretch your legs, breathe in the scents of the garrigue scrub, listen to the sounds of nature, marvel at the spectacular landscapes of Provence while you discover new places steeped in history! 10 walking itineraries have been created in the heart of the Aix Region, in partnership with the French Popular Sports Federation. Accessible to everyone, these marked walks of 10 to 12 km, lasting between 2½ and 4 hours, will lead you on the paths of history, between vineyards and charming villages, over mountains and through the Mediterranean forest, to discover the treasures of the area.

HERE ARE A FEW EXAMPLES...

LA ROQUE D'ANTHÉRON, Nature trail between garrigue and pines along the paths of Manon des Sources. At La Roque, settled by the Waldensians, is the Cistercian Abbey of Silvacane.

ROGNES, is unmissable: the black truffle capital, with its narrow streets winding below the ancient castle and its old hospital, it is one of the most beautiful villages in the Aix Region. Taking in the pheasant farm and Brégalon goat farm, this walk among the Rognes vineyards is a great introduction to the flavours of Provence.

LAMBESC, the little Versailles of Provence. This route reveals the rich architectural heritage of the town of Lambesc and its countryside, passing vineyards, orchards, pines and oak woods.

Online information: www.aixenprovencetourism.com/sports/

Festive events are also organised along these routes, on themes as varied as cherries, scarecrows and wine!

MARCH
- Mining Museum walk, Gréasque

APRIL
- «Wine-growers trail», Puyloubier

MAY
- Walk of the scarecrows, Saint-Cannat
- Walk of the plants, Les Pennes Mirabeau

JUNE
- Corso flower walk, Pertuis
- From Cezanne’s steps to the balconies of Aix-en-Provence, Aix en Provence
- Walk of the Cherry, La Roque d’Anthéron

AUGUST
- 6 hills walk, Cabrières

SEPTEMBER
- Popular biking of the Blue Mountain « La recampado de Fuveau », Fuveau

OCTOBER
- Soup trail, La Roque d’Anthéron
- Walking in the Provençal Canyon, Simiane-Collogne

NOVEMBER
- Pumpkin walk, Rognes

DECEMBER
- Provençal Christmas walk, Lambesc
OUTINGS AND LEISURE

Outings to discover the finest local produce

On foot or by car, visit traditional workshops to see age-old crafts that are rare today – and sample the goods too!

OLIVES AND LAVENDER...

Olive oil and essential oil of lavender are produced on site at the St-Vincent mill in Jouques. This is the last surviving distillery of lavender and essential oils in the Bouches-du-Rhône. Visit it in operation during August.

Moulin distillerie St-Vincent
Chemin de la Grenouillère, Jouques
04 42 63 75 35
www.jouques.fr

OLIVES AND WINE...

An association of local producers, Terre de Mistral offers direct sales and tasting of the wine and olive oil produced at the mill. The producers invite you to discover their work and products in fun ways: tour of the cellar and mill, tasting through games, creation of wines and even a wine casino!

Many original events are also held throughout the year (circus and magic days, mediaeval days, wine casino and photo exhibition, to name but a few). And to crown your visit, the centre also has a farm restaurant serving fine and imaginative cuisine.

Terre de Mistral
Chemin du Pavillon, Rousset
04 42 29 14 84
www.terre-de-mistral.com

LIQUORS...

The Liquoristerie de Provence at Venelles, awarded the «Living Heritage Company» label, perpetuates the centuries-old tradition of herbalist-distillers. Free tasting sessions, an 8-minute film on the history, production and drinking of Versinthe absinthe, and the garden with its collection of absinthe plants are offered during your visit. Even infused, these plants still hold surprises...

Liquoristerie de Provence
Liquoristerie de Provence
36, avenue de la Grande Bégude, Venelles
04 42 54 94 65
www.liquoristerie-provence.fr

SOAP...

This factory shop came up with the original idea of teaching people «eco-friendly soap-making». Come and learn how to make your own soap from oils, natural exfoliants and ochres of your choice.

The workshops are designed for groups of 6 maximum, and are open to everyone from age 6 upwards. Simply book by phone or email.

Savonnerie de Meyrargues
Eco-savonnerie d’Antan
Meyrargues
06 42 63 43 14
www.eco-savonnerie.com

POTTERY...

Potter’s workshop. In the village centre of Saint-Paul-lez-Durance is the Atelier d’L, a place of inspired and creative craftsmanship. Stoneware, enamelware and ceramic are lovingly worked by the potter. She also enjoys meeting people and offers lessons and courses.

Energy Terre Céramique
poterie artisanale
18 bis, rue Jules Horowitz, ZAC du Castelet
Saint-Paul-lez-Durance
06 88 90 41 10
www.monpetitartisan.com
Downtown walk
« In the steps of Cézanne »

Walk in the steps of Cézanne and visit the city as he experienced it. A pedestrian route marked by studs stamped with a “C” leads you from the house where the painter was born to his last resting-place in Saint-Pierre cemetery. Discover the landmarks of his early years (the houses where he lived as a child, his schools, etc), the places that marked him, the addresses of his family and acquaintances, the cafes where he met his friends and other artists... And you can follow « in the steps of Cézanne » outside the city too, visiting the 3 Cézanne sites associated with the painter’s life and art.

To the west, towards Jas de Bouffan, is the 18th-century house of the same name, which was owned by the artist. To the north is the Studio on the Lauves hill, which Cézanne purchased in 1901 and where he came to work every morning, in all seasons, from 6am to 10.30am. Finally, to the east, are the Bibémus Quarries, a wild, fragmented landscape full of colour where the painter spent most of his time between 1895 and 1904, when he worked on the motif.

Paper guide:
Cézanne Pocket Guide from the Tourist Office

Online information:
Download the pocket guide at:
www.aixenprovencetourism.com/documentation/

More ideas for outings:
Guided tours of the historic centre of Aix-en-Provence (from Aix-en-Provence Tourist Office)
www.aixenprovencetourism.com/visites-guidees/
The 3 Cézanne sites
www.aixenprovencetourism.com/les-sites-cezanne/
OUTINGS FOR CHILDREN AND FAMILIES

Outstanding parks and gardens

...IN THE HEART OF THE CITY

**Parc RAMBOT**
In this urban park of 13,000 m² the shrubs and flower beds are mostly around the perimeter, while large sandy areas around the lawns in the centre are perfect for strolling and relaxing, and ideal places for children to play and enjoy the many amenities provided for them: sand pits, swings and see-saws, slides and a paddling pool.

_Cours des Arts et Métiers_

...a return to the Golden Age at Pavillon VENDOME
Standing in French-style gardens, Pavillon de Vendôme displays the style and interior decor of an 18th-century Aix residence. Small play area for children.
32 rue Célony

...For a feel of the country the Torse Walk
A walk along the Torse stream, between the Cézanne road and the Nice road, in the eastern districts of the city. The entrance is on the Cézanne road (Route du Tholonet). The pedestrian path and fitness trail follow the stream, sometimes crossing it on wooden footbridges, until it reaches the Nice road. A huge lake of 2,500 m² has been created, with aquatic plants and fish, ducks and swans. The existing vegetation has been supplemented by hardy trees and shrubs selected from the surrounding vegetation to preserve the natural feel of the countryside.
Route du Tholonet

...Or something romantic
**Parc Saint MITRE**
The entrance to the estate is on Route de Berre. An imposing gate opens on to two avenues, lined with ancient chestnut trees and box shrubs, which circle a meadow and meet on the other side, enclosing a pond with a waterfall, on an esplanade planted with leafy trees. In the centre of the esplanade stands a mansion built in 1875. On the west side of the park is a huge meadow with a stream running through it, surrounded by play and rest areas. The rest area overlooks the stream where it widens into a small lake. The main features of this part are an old covered wash-house, and a large pond and the stream which contain aquatic plants, fish and frogs. To the east is an arboretum containing a fine collection of trees. Dutch greenhouse and rose garden.

**Parc JOURDAN**
Open-air entertainment is held in the park during the summer. Bowls ground and children’s play area. Open from 9am to 30 minutes before sunset.
Avenue Jules Ferry

**Parc de la colline de CUQUES**
This park has been created on areas of hillside recolonised by the natural vegetation of pines, viburnums and rosemary, linked by paths winding through the pine woods. Wide lawns have been laid, and there are play areas and a paddling pool.
Chemin Gilles Borel

More information on outdoor recreation offer: forest parks, water park, mini-golf
www.aixenprovencetourism.com/activites-et-loisirs/

**Parc Georges VILLERS**
An unfenced park in the Jas de Bouffan district, adjoining Avenue Saint John Perse. Magnificent view of Sainte-Victoire mountain to the east. Lake, open-air theatre. Plantations of groves and trees chosen from regional species, and lawns accessible to the public.
Avenue St John Perse
Les Jardins d’Albertas / Albertas Gardens

These magnificent French-style gardens, laid out in 1680, are open from May to October. Each year, during the last week in May, the Gardens host the three Rare and Mediterranean Plants. Come and admire these gardens which are listed as a historical monument, enjoy musical interludes, poetic walks, workshops for children, garden stories and guided tours, get advice, eat in the country restaurant… Whether you’re a garden expert or simply want a pleasant outing, alone or with family or friends, this event is for you!

Bouc Bel Air
+ 33 (0)4 42 22 94 71

Les Jardins de la Bastide de Romégas

Archetype of a mid-seventeenth century bastide: sleek façade, four-sided roof, Genoese, adjoining farm, threshing, eighteenth century French Garden with a traditional boxwood parterre, multi-shaded pine trees, all this ending with a typical tèse of the time. Also, chapel, basins, wash, fountain, labyrinth laurel stood. View of Mont Sainte-Victoire. Everything is perfectly preserved and maintained. Country house built in 1660 by the family of Romegas, family belonging to the Aix Seneschal. The gardens of the country house can be visited between April 1 and September 30 by appointment.

3992, chemin De Saint Donat | Aix-en-Provence
+ 33 (0)4 42 23 17 53

Le Jardin d’artiste de Max Sauze

Max Sauze Artist’s Garden

The Artist’s Garden of plastic artist Max Sauze, near Aix-en-Provence, is an integral part of his artistic creation consisting of sculptures, “closed books”, design items, lamps, furniture, jewellery and “derivative products”; his preferred materials are books, paper, metal, steel wire, snails, pebbles… The Eguilles Gardens has been awarded the “Outstanding Garden” label by the Ministry of Culture and Communication and is open to visitors all year round by appointment.

Having exhibited in many countries (including Germany, Holland, Sweden, Italy, the former Upper Volta, Switzerland and Portugal) and widely in France (in Paris at the Palais de la Découverte, the Grand Palais and the Musée des Arts Décoratifs, in Nice at Art Junction, and in Lyon, Rodez, Toulouse, etc), Max Sauze is also recognised in Provence where his work is exhibited regularly (including at the Edgar Mélik Museum in Cabriès, and Parc Jourdan, Cité du Livre, and Cézanne’s Studio in Aix-en-Provence).

105, rue Paul Magallon | Éguilles
+ 33 (0)4 03 77 67 40
+ 33 (0)6 16 57 08 64

Le Jardin des 5 sens et des formes premières / Garden of the 5 Senses and Primary Shapes / Sensory and Primary Shapes Garden

Set within the Grand Site Sainte-Victoire area, the Garden of the 5 Senses and Primary Shapes makes an unusual outing. Surrounded by the Mediterranean garrigue scrub, spaces have been created where the senses are aroused by the plants and water, the scented garden stimulates the sense of smell. Closely interlinked, the primary shapes add to the symbolic character of the place. The itinerary also introduces visitors to works of art, some permanent and others the creations of an artist invited for the summer period.

Open from 1 June to 10 July and from 15 to 30 September: Saturday, Sunday and Monday. From 10 July to 15 September: every day except Wednesday. Entry free. A participant in the National Garden Days and European Heritage Days.

220, chemin de Repentance | Saint Marc Jaumegarde
+ 33 (0)4 42 24 95 11
+ 33 (0)6 84 10 20 17
cinqsensaintmarc@yahoo.fr
Games, movement, laughter and amazing surprises!

An educational farm where you can learn gardening, a secure, magical elf park, an acrobatic activity forest, and an animal park where children can feed the animals: there are endless fun, interesting and sports activities for kids!

See also: press kit Oenotourism