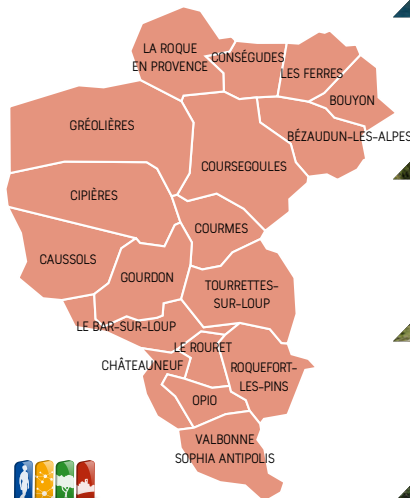


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Heritage and traditions

From Valbonne to the foothills of the Alps, discover the hilltop villages of the middle country, cradled by Mediterranean and mountain influences. Stroll among the fountains, wash houses, churches, chapels, mills, and other treasures of the past in these authentic villages. Huddled behind their ancient walls, their cultural and architectural heritage is rich, just as the plant species and the landscape are diverse. Shaped by Man and nature, they fervently cultivate their traditions of yesteryear and enjoy peaceful days. What a pleasure to discover them between the sea and valleys, nature and culture, far away from the turmoil of the coast. From the Valbonne hills to the villages of the middle country, the land that stretches from the Cheiron Mountain to the sea is rich with a cultural, historical and natural heritage of great beauty, remarkably preserved. Whether you are alone, with your family, a History enthusiast or a simply curious visitor, we have selected a series of tailor-made itineraries for you to discover this unique heritage.



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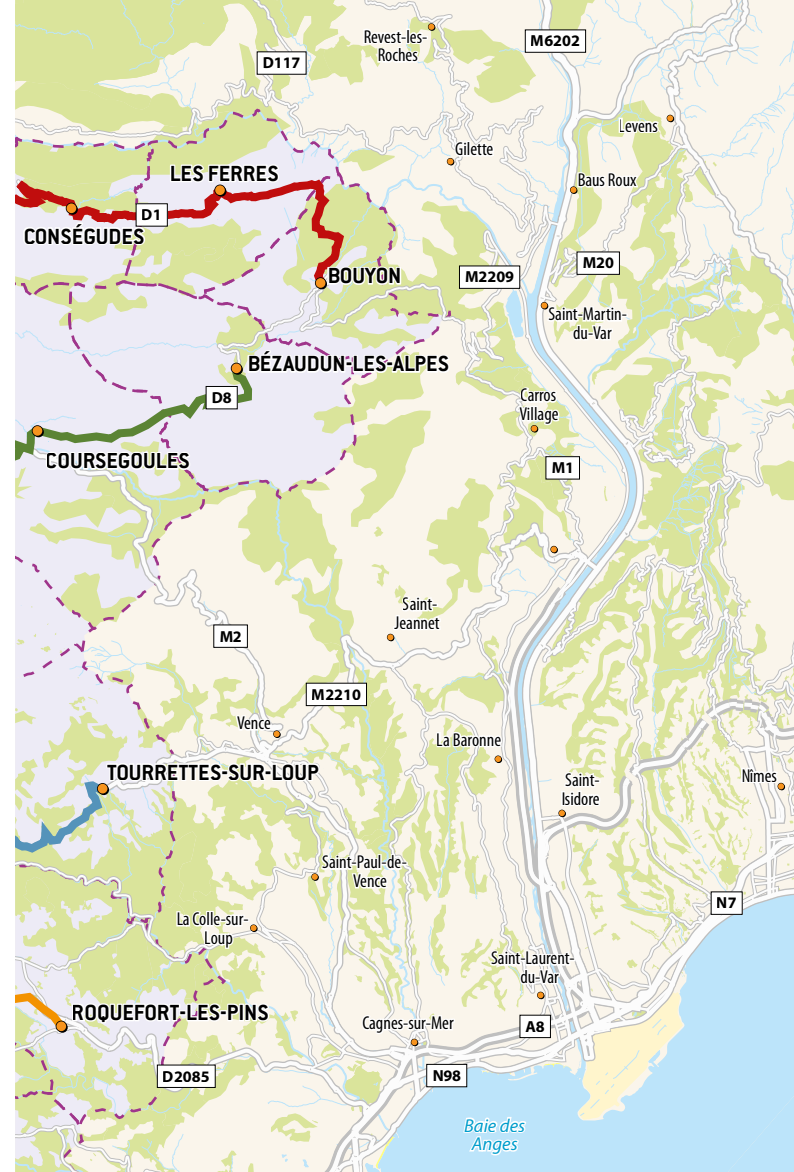
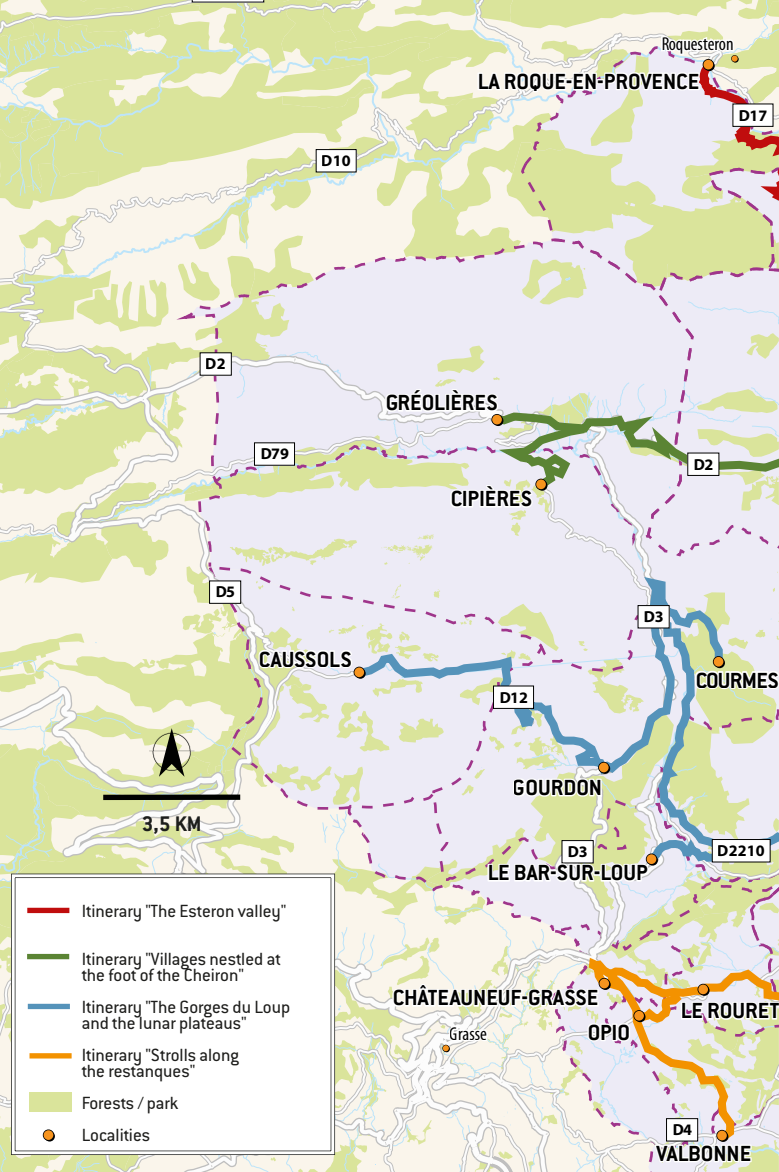
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Department: Alpes-Maritimes.

Number of municipalities: this guide features 18 communes of the middle and high country of the Sophia Antipolis Agglomeration Community

Area surface: 391 km².

Most populated commune: Valbonne Sophia Antipolis.

Least populated commune: la Roque-en-Provence.

Lowest point: 20 meters altitude in Roquefort-les-Pins.

Highest point: the Cheiron peak at an altitude of 1,778 meters located in the municipality of Gréolières. The mountain resort of Gréolières-les-Neige is located at an altitude of 1,450 meters.

2 Natura 2000 sites: the Préalpes de Grasse (which includes part of the communes of Bar-sur-Loup, Caussols, Cipières, Courmes, Coursegoules, Gourdon, Gréolières, Le Rouret, Roquefort-les-Pins, Tourrettes-sur-Loup, la Roque-en-Provence) and Rivière et Gorges du Loup site (which follows the course of the river Loup)

1 natural area of wildlife, ecological, floristic and geological interest: the Caussols embut (the only one in the Alpes-Maritimes).

1 Regional Natural Park: the Préalpes d'Azur Regional Natural Park, made up of 48 municipalities, 12 of which are located in the CASA territory.

4 departmental parks: the Brague and Valmasque parks (Valbonne Sophia Antipolis), the Sinodon park (Roquefort-les-Pins) and the Estéron park (la Roque-en-Provence).

1 exceptional coastal river: the Loup river, which is 49.2 km long, from its source in Andon at an altitude of 1,217 meters to its estuary in Villeneuve-Loubet.

1 exceptional river labeled "Wild River Site": the Estéron, 66.7 km long.

3 municipalities labeled "Villes et Villages Etoilés": Tourrettes-sur-Loup, Cipières and Gourdon for their actions to ensure a better quality of night skies.

1 label "International Starry Sky Reserve" which includes the Préalpes d'Azur Regional Park and rewards an exceptional quality of night sky.



Unmissable and outstanding hot spots



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VALBONNE VILLAGE

This is one of the most popular places in the Alpes-Maritimes. We have to admit that the atmosphere here is absolutely unique, both very chic and authentic. Valbonne has managed to preserve the charm of its authenticity while merging with Sophia Antipolis.



55

LE BAR-SUR-LOUP

Built on a rocky spur at an altitude of 320 meters, Bar-sur-Loup occupies a strategic position at the outlet of the Gorges du Loup, between Grasse and Vence. The maze of old steep streets lined with high stone houses brings you into a journey through time that continues with the countless shelters, covered passages, ancient ramparts, lintelled doors that remind us that this village has proudly crossed time.



50

TOURRETTES-SUR-LOUP

Perched on a rocky outcrop, the medieval village of Tourrettes-sur-Loup is one of the must-sees of the middle country. Tourrettes-sur-Loup has always attracted artists and is known as the City of Arts, but also as the "City of Violets".



60

GOURDON

It is nicknamed the Balcony of the French Riviera. Labelled "Most beautiful village in France", perched on its rock, this eagle's nest, a former place of refuge and defense, seems to be suspended in the air. Its imposing castle framed by round towers stands proudly at the top of a vertiginous cliff, at an altitude of 760 meters.



48

GORGES DU LOUP

With a length of 49.2 km, the Loup river has its source in the Audoubert massif, at an altitude of 1217 meters, and flows into the Mediterranean Sea at Villeneuve-Loubet. Over time, it has carved its bed in the limestone of the Pre-Alps, cutting its way between the plateaus of Calern, Cavillone and Caussols and the plateau of Saint-Barnabé to form these sumptuous gorges. Its journey leads through wild and fresh gorges, natural cavities called marmites that time has polished.



40

COURSEGOULES

Perched on its promontory, at an altitude of 1,000 meters, with the Mont Cheiron in the background, the fortified village of Coursegoules has a strong personality. Formerly surrounded by ramparts, the village has beautiful architectural unity with its tortuous lanes, its secret vaults, its quiet stone houses and charming stairs.



75

CHÂTEAUNEUF

Preserved and picturesque, the actual heart of the old village jealously guards its flowered alleys, beautiful houses settled around the church, its vaulted passages and cultivates its authenticity. Châteauneuf has opened up to new economic activities by welcoming craftsmen and shopkeepers at the Pré du Lac.



63

THE PLATEAU OF CAUSSOLS

On this plateau, the limestone rocks sculpted by erosion offer a lunar landscape aspect. The history of an exceptional geological and natural heritage is revealed: the karst plateau of Caussols, hollowed out by about fifty underground cavities. To the north, it is dominated by the summit of Calern (1,458 meters above sea level), site of the Astronomical Observatory of the French Riviera, and to the south by the summit of Haut Montet. Situated at an altitude of 1,130 meters, the village of Caussols has been gently shaped by climatic elements and pastoralism.



Protohistory (2000 to 700 BC)	First settlement traces in the Alpes-Maritimes.
700 BC	Populations begin to gather in fortified villages, living in oppida.
4th century BC	Antipolis (Antibes) is founded.
Until 2nd century BC	The area is occupied by agro-pastoral tribes, the Vedianti, the Decaeates, the Nerusi of Vence, the Massalotes on the coast and the Ligures, who, little by little, settle down and regroup inside fortified villages, in oppida, located at the top of hills or rocky spurs.
From 150 BC	The Romans begin to pacify the region. They used the tracks created by the native peoples for their exchanges, the three main ones being the Via Aurelia (Julia Augusta for part of its course) from Rome to Tarascon, the Via Domitia linking northern Italy to southern Gaul in the direction of Spain, and the Via Ventiana which linked Vence to Digne (via Coursegoules and Gréolières).
13 BC	Trophy of the Alps or trophy of Augustus: the conquest of the Maritime Alps is completed and the names of the defeated peoples are inscribed on a trophy raised to the glory of Rome.
1st and 4th century AD	This was the era of the "pax romana", a period of prosperity and warlessness during which the Romans continued to develop trade and agriculture in this area.
496	Fall of the Western Roman Empire. Barbarian tribes (the Ostrogoths, the Franks, the Alamans, the Burgundians, the Vandals) begin their incursions into Gaul. The coastline is depopulated, and the inhabitants abandon their habitats located in the plains to take refuge in ancient perched oppida.
536-563	Reconquest of Provence by the Franks.
8th century	Charles Martel repels the Muslim invasions and regains power over the Burgundian and Provençal dukes.
9th century	Creation of the first kingdom of Provence. Christianity spreads rapidly throughout the region which is covered with chapels, fortified churches, convents and monasteries.
11th century	Beginning of feudalization: the lords take control of the populations and encourage their regrouping around their castles.
12th-13th century	The Counts of Provence take control of the eastern part of Provence. Nice, Opio and Châteauneuf fall into the hands of the Counts of Provence.

Until the 15th century	Provence becomes successively the property of the Catalan Counts and then of the Angevins. CASA territory is divided into two bishoprics: Vence (which includes la Colle-sur-Loup, Courmes, Saint-Paul, Tourrettes-sur-Loup, le Gaudelet /Villeneuve), and Antibes-Grasse (Antibes, Biot, Roquefort, le Loubet, la Garde, le Rouret, le Bar-sur-Loup, Gourdon, Caussols, Opio, Châteauneuf, Vallauris). Most of the villages developed around their castles: Tourrettes, Gourdon, Bar-sur-Loup, Châteauneuf, Opio and Rouret.
1419	The County of Nice is attached to the States of the House of Savoy.
1481	Provence, bequeathed by the last Angevin count, Charles III, to Louis XI, officially becomes French.
1519	Valbonne is created under the impulse of the prior of the abbey of Valbonne, Dom Antoine Taxil, according to a checkerboard plan around a central square. The 16th century was marked by the rebirth of abandoned villages: Le Rouret, Courmes, Caussols and Roquefort-les-Pins.
1524	Charles Quint's troops invade Provence. Instability reappears.
1560 - end of XVIIth century	Beginning of the religious wars, confrontations between Protestants and Catholics are in full swing.
1760	The Treaty of Turin is signed. The County of Provence joins the Kingdom of France: the Estéron River materializes the border between France and the County of Nice.
1793	Bezaudun is attacked by the Sardinians.
1794	The county of Nice becomes French again but comes under Sardinian authority in 1814, following the defeat of Napoleon.
1814	The department of Var loses the canton of Grasse and the river Var, which no longer flows in the eponymous department.
1860	La Roque-en-Provence becomes officially French again.
February 23, 1887	An earthquake of which the epicenter is located in Liguria strikes Estéron valley and partially destroys several villages, notably Bouyon.
1890-1891	The Pont du Loup viaduct, on which passes the train line linking Nice to Meyrargues is built.
August 24, 1944	The Pont du Loup viaduct is destroyed by the German army.
1969	The Sophia-Antipolis technology park, today the first technology park in France and Europe, is created under the impetus of Pierre Laffitte, thought of as a city of science and wisdom.

Historical and cultural heritage



In addition to its exceptional landscapes and biodiversity, the region houses a particularly rich cultural heritage and bears the traces of the presence of Man, who settled very early in the area.

HISTORICAL HERITAGE

Because of their historical and remarkable character, many architectural buildings in this region are listed, classified and therefore protected.

Traces of the past

Traces of Prehistory exist in the Alpes-Maritimes, as attested by the shelters, caves, probably used since the Neolithic period (between the 6th and the 3rd century BC), and, later (from the 2nd century) with dolmens, which shelter collective burials, and menhirs, stone blocks with a symbolic purpose. The territory which goes from Valbonne to the first alpine mountains was occupied from the 11th century BC by the Ligures, a tribe who took refuge in the transalpine Alps to escape the Celtic invasions. From 700 BC onwards, these populations began to settle down and to gather around fortified sites: oppida, which characteristic of this region. This is the type of habitat that will develop in the Middle Country during all Antiquity, made of small hamlets fortified around farms and enclosures for pastoral purposes. From the middle of the first century BC, the Romans settled in the area, thanks to Julius Caesar's victories in Gaul. The Roman legions used the network of roads built by the native peoples to facilitate their exchanges, notably in our area, the Via Domitia linking northern Italy to southern Gaul in the direction of Spain, the Via Aurelia which goes from Rome to Tarascon or the Via Ventiana from Vence to Castellane.

FOLLOW THE GUIDE!

Whether they are passionate about history, gifted with storytelling talents or simply in love with their village, the guides of the middle country villages will take you on exciting and entirely free tours to discover their heritage. These guided tours are organized in eight villages: Châteauneuf, Cipières, Coursegoules, Gourdon, Gréolières, le Bar-sur-Loup, Tourrettes-sur-Loup and Valbonne. The dates are regular in summer, but free visits can be made throughout the year UPON reservation. These guided tours are offered by the Office de Tourisme Intercommunal de la Communauté d'Agglomération Sophia Antipolis (Intercommunal Tourist Office of the Sophia Antipolis Agglomeration Community).

Reservations and contact can be made at the Tourist Information Offices (Bureaux d'Information Touristique) on 04 89 87 73 30 or on the website: www.villagesval-lesdazur-tourisme.fr

Historical and cultural heritage

DISCOVERING THE WONDERS OF ROMANESQUE ART

Are you a Romanesque architecture enthusiast? Here is a small summary of the most beautiful structures of Romanesque art in the Préalpes d'Azur region. Most of them are preserved in their "original medieval state". Others are, unfortunately, in ruins, but they still wonderfully embody the prowess of this sober architecture. Only some places can be visited, by asking for the key in the town hall beforehand. Here are some of them: the parish church of Saint-Lambert in Caussols; the parish church of Saint-Marie-Madeleine and the chapel of Saint-Michel de Lagnes in Coursegoules; the parish church of Saint-Pierre and the chapel of Saint-Etienne in Gréolières (listed); the church of Saint-Vincent and the chapel of Saint-Pons, without forgetting the ruins of the chapels of Saint-Vincent and Saint-Ambroise in Gourdon; the Church of Saint-Jacques-le-Majeur in Bar-sur-Loup; in Tourrettes-sur-Loup, the parish church of Saint-Grégoire and Saint-Martin de Pelote (ruins); in Bézaudun-Alpes, the parish church of Notre-Dame de la Nativité and Notre-Dame du Peuple; and finally, in la Roque-en-Provence, the parish church of Sainte-Pétronille.

Numerous remains dating from the Roman period are still visible, in particular the Roman bridge in Roquefort-les-Pins, the Aqueduct of Valmasque in Valbonne, the old Roman road from Vence to Castellane which crosses Coursegoules.



Roman bridge in Roquefort-les-Pins.



The chapel of Saint-Michel in Coursegoules.

The relative peace that characterized the Roman period disappeared with the Middle Ages when the region experienced several unstable episodes, in connection with the Saracen invasions and the wars of influence between lords. Castles flourished all over the region, invading the summits. With the coming into force of the feudal system, the lords took judicial and fiscal control of the populations that they grouped around their castles. From this feudal period, one can still see the remains of the Castellans in Roquefort-les-Pins, and the enclosure of the Serre de la Madeleine in Courmes.



Basse Gréalières and the castle.



Pountis, Coursegoules.

In the 12th century, the inhabitants began to reclaim the habitats located in the mountains, usually sheltered behind ramparts and surrounding a castle and a religious building. It is at this period that the villages of the middle country begin to be structured around their castles. This is the case of the castles of Tourrettes-sur-Loup where one can still admire the 12th century belfry tower, Châteauneuf where the original castle has disappeared, replaced by a 17th century building, and Le Bar-sur-Loup, an important town at this time, where the Château des Comtes de Grasse has seen its moats filled in (13th century) and its dungeon reduced. In Coursegoules, the 13th century castle was altered several times, just like in Cipières. In Roquefort-les-Pins, Bezaudun, Caussols and Bouyon, the old castrums have disappeared. As from the 16th century and the integration of Provence into the kingdom of France, Antibes and Vence appeared as border towns that had to be equipped with important fortifications. The area was in fact divided into two bishoprics, whose territorial limit was marked by the Loup River: – the bishopric of Antibes-Grasse, which includes Caussols, Gourdon, Bar-sur-Loup, Roquefort-les-Pins, Le Rouret, Châteauneuf, Opio, Antibes, Biot, Le Loubet, La Garde, Valbonne and Vallauris; – the bishopric of Vence, made up of Courmes, Tourrettes-sur-Loup, La Colle-sur-Loup, Saint-Paul, Le Gaudelet (Villeneuve). In the north of the territory, the Estéron river became the natural border between France and the county of Nice. Formerly built around a medieval castrum, and left in the shadow of other more important villages, Le Rouret and Roquefort-les-Pins became more structured. They became the modern villages as we know them today. This is also the case of Valbonne, which was built at the beginning of the 16th century.

RELIGIOUS HERITAGE

In the Middle Ages, Christianity gradually spread throughout Provence. All around the region, flourishing places of worship dedicated to this religion.

In the area of Antibes and Grasse, there are many churches and chapels, considered as secondary places of worship, especially the simple and modest country chapels, built near the roads or at the entrance of the village. There are also oratories, with niches decorated with a statuette, a fresco and a small painting, often built at crossroads and intended to protect passers-by and shepherds.

Several architectural styles characterize these religious buildings.

First, there is the first Mediterranean Romanesque art (11th-13th century), a style originating from Lombardy, which finds its sources in pre-romanic art, especially Carolingian. Barrel vaulting, round arches, capitals, cul-de-sac apses, carved corbels, sculpted tympanums and portals, Lombard bands are some of its characteristics. This style can also be recognized by the massive volume of the buildings, by its refined architecture, its sober decorative style and by its plan based on a single nave. Notre Dame du Brusuc in Châteauneuf or the Abbaye de Sainte Marie de Valbonne are perfect examples.



The chapel of Notre-Dame du Brusuc.

© BERNARD BOISSE

The second Mediterranean Romanesque art appeared at the end of the 11th century and continued during the 12th and 13th centuries. It appeared as an improvement of the Romanesque style, with stones cut with scissors, and especially an extension of the buildings to face the increase of faith. The single nave plan remains very common: the Church of Saint Vincent in Gourdon, the chapel of Saint-Etienne in Gréolières, the Church of Sainte-Marie Madeleine in Coursegoules, the Church of Saint Trophime in Opio and the Church of Saint Lambert in Caussols.



The church of Saint-Vincent in Gourdon.

© SOPHIE BOULET

At the end of the 15th century, Gothic art appeared, with the addition of a floor and a tripartite plan with a flat chevet, as can be seen in the Church of Saint-Jacques le Majeur in Bar-sur-Loup which was modified at this period.



Bar-sur-Loup.

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From the 17th to the 18th century, Baroque architecture developed, especially around Nice, while the highlands of the Alpes-Maritimes continued in Romanesque art. Apart from a few rare exceptions – with the church of Saint-Martin de Châteauneuf rebuilt in 1627 and the church of Saint-Mayeul in Cipières redesigned in the 16th century – the majority of religious buildings from Valbonne to the Alps belong to Romanesque art. The latter could be defined as a fight against the light in order to offer recollection and serenity to the faithful. This is undoubtedly why it is so common in the South of France, particularly in remote perched villages.

VERNACULAR HERITAGE

The bastides, mills, fountains, wash-houses...

It is called "small heritage" or vernacular heritage because it is used in everyday life. But there is nothing small or secondary about this heritage. On the contrary, it is very present, often in connection with the agricultural past of the region which goes from Valbonne to the foothills of the Alps, in these villages where crops were essential. This agricultural past has left many traces: farms, bastides, oil mills, bories... This heritage is also the memory of human work, spaces and buildings that testify the history of previous generations, and industrial work (lime kilns...).

THE BORIES

They are dry stone huts, igloo-shaped, with a domed roof. It is especially in the 18th and 19th centuries, when pastoralism was in full swing, that these rough shelters were built. The bories were used as temporary dwellings for shepherds and farmers, who stored their tools and seeds there. It is in the southern part of Caussols that the majority of bories can be seen, in the sector of Les Claps. About forty have been counted. There are also some near Cipières.



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THE JAS AND THE SHEEPFOLDS

The sheepfolds were used as shelters for the flocks and the shepherds. Again, it is in the vicinity of Caussols, an area dedicated to pastoralism, that we can see beautiful examples of sheepfolds: that of Les Claps and that of Pierre Haute. A "jas" is a large sheepfold. Three jas, in ruins, but of which the walls are still 2 meters high, are still visible north of Tourrettes-sur-Loup, at an altitude of 900 meters: the Jas de l'Éouvière, the Jas Vieux and the Jas des Bouirades.



Jas des Rochers.

© SOPHIE BUILLET



© CASA

THE BASTIDES

Built in the 17th and 18th centuries, these rural residences were organized around a farm, with agricultural outbuildings, and looked more like private mansions. Some of them can be admired: In Opio, the Bastide de la Louisiane (18th century), the Grande Bastide, which housed one of the largest olive groves in the department, replaced by the Grande Bastide golf course, and the Château de la Bégude, once a large agricultural estate, transformed into a large tourist complex famous for its golf course. In Châteauneuf, the Magnanerie, dedicated to the breeding of silkworms, once surrounded by mulberry plantations until the 19th century. Olive trees have now replaced the mulberry trees. In Valbonne, the Sylviane estate dating from the 16th century, which has been faithfully restored according to the buildings of the time, and the Bermond Farm, now transformed into a youth and cultural center.

Old silkworm farm in Châteauneuf.

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THE MILLS

There are two types of mills: the flour mill with the horizontal "rotating" millstone system that moves on the "dormant" millstone, and the "defici", the oil mill. The mill was generally located at a certain distance from the village, often below, near the river or an aqueduct of diversion. It was part of the life of the village. Other mills, often placed on the first floor of houses, were pulled by animals (mules, horses): the "blood mills". But most of them, the oil mills, used a better technology thanks to the power of water with their large paddle wheels and spinner turbines; they generally belonged to the communes or to cooperatives, under the responsibility of a manager. While the flour mill pulverized strictly weak seeds, requiring only a small water supply with a small wooden turbine, the crushing of olives required the use of a heavy millstone driven by a powerful driving force, with the use of large hydraulic wheels.

In Valbonne, seven wheat or oil mills existed along the Brague and Bouillide rivers. One can still see some remains of the Abry, Ange, Gabres and Eganaude mills.

In Roquefort-les-Pins and Rouret, there used to be three oil mills, which have now disappeared.

In Tourrettes-sur-Loup, there are remains of a mill in the rue de la Bourgade. Partially transformed into a house, the mill has kept the big iron wheel and the aqueduct.

In Courmes, the mill of Bramafan was created in 1900 following the disuse of the mill of Gourdon. It was a flour mill made up of two millstones with a washer and a sorter (a modern mill at the time). The wheat was transported by mule or on carts from Courmes, Coursegoules, Gréolières, Cipières and Gourdon. It stopped working in the early 60's.



The oil mill of Opio: it is one of the rare mills still producing olive oil. It is made up of two oil mills, one is water-powered and the other blood-powered (the millstones were driven by animals). Today it is powered by electricity.

© SOPHIE BOUTET

fountains, wash-houses and troughs of the middle country



Bar-sur-Loup: place de La Fontaine, the wash-house with a wooden bar to drain the laundry, with a fountain and a drinking trough in cut stone next to it, also the fountain of the Seytre square;

Bezaudun-les-Alpes: the fountain place des Tilleuls;

Bouyon: a lovely four-sided fountain in the heart of the village;

Caussols: numerous fountains and drinking troughs in the area, notably a 1933 drinking trough at Les Gleirettes, an old sheep's trough at Caussols embut, and an old cistern in the Claps area;

Chateauneuf: three wash-houses and three fountains in the village, and a wash-house and a fountain at the Brague.

Cipières: a nice fountain from 1893 under the lime trees in the central square of the village, as well as a wash-house near the tennis court;

Conségudes: on the town hall square, a nice fountain with lions heads;

Courmes: below the village, some wash-houses and fountains in cut stone;

Coursegoules: a covered fountain and wash-house;

Les Ferres: a lovely fountain from 1893 facing the Saint-Jacques church;

Gourdon: a lovely fountain from 1852 surmounted by human heads and a wash-house from 1870 with the old metal bar which was used to drain the linen;

Gréolières: a wash-house and a fountain at the entrance of the village;

La Roque-en-Provence: a nice covered wash-house;

Opio: one small simple fountain from 1894 near the town hall and a nice renovated fountain-wash-house;

Roquefort-les-Pins: one fountain dating from the end of the 19th century in front of the town hall;

Le Rouret: the Troussane wash-house dates from the 18th century and was transformed into a fountain in 1959;

Tourrettes-sur-loup: on the Liberation square, a fountain and a drinking trough, with another fountain dug in the rock just next to it; 1 km from the village, the Font Luègne wash-house (the distant fountain), which suggests that the washerwomen used to kneel down to wash their clothes;

Valbonne: one fountain dating from 1835, facing the old town hall and, on rue Gambetta, the Old Fountain, for a long time the only one to supply the village. There are also several fountains in the village.



A wash-house in Courmes.

THE BREAD OVENS

Until the 20th century, bread ovens were of great importance for the villages. They worked daily. People contributed to heat the fireplace, each providing their share of wood. It thus used to be a strong element of the life of the villages of the middle country.

In Valbonne, there are remains of a bread oven from the 18th and 19th centuries in the hamlet of Clausonnes. This oven worked regularly until the last world war. There was also one in rue du Pontis (its chimney can still be seen).

In Coursegoules, the bread oven is still in activity, and the village baker uses it daily, as well as in Courmes.



The bread oven in Coursegoules.

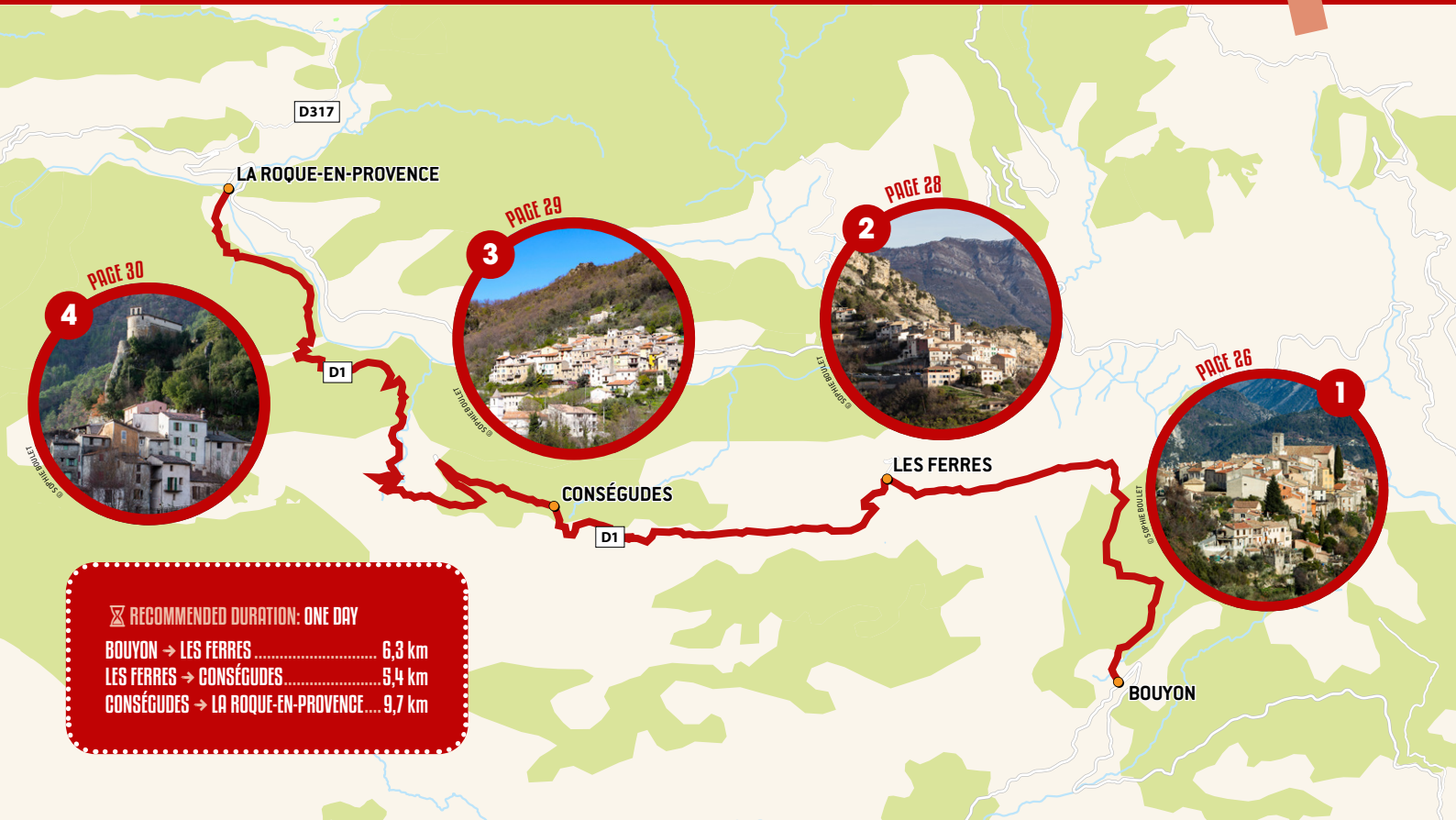
FOUNTAINS AND WATERING HOLES

In a hot and dry region, water plays a capital role. The search for water has always been a determining factor in the choice of settlement. In order to keep an eye on the surroundings and to protect themselves from potential enemies, the villages of the middle country were often located on peaks and rocky outcrops far from the waterways. It was therefore necessary to be inventive and to install ingenious systems to collect water for drinking, feeding animals, wells, wash-houses and fountains. The fountains and wash-houses were thus unifying elements of village life. Women and children met there and had to bring water back to their homes. The animals, for their part, went to quench their thirst in the various troughs. It was not until the middle of the 20th century that running water arrived in the villages. The preponderant role that fountains and wash-houses once played has gradually lost its splendor. They have now become decorative elements.

At the border of the Nice back country, the Estéron valley owes its name to its river of emerald green color. It takes its source in the Alpes-de-Haute-Provence, and winds through the heart of a valley that has kept its wild and picturesque soul, a valley with sculpted reliefs, dotted with grandiose landscapes where the omnipotence of nature is expressed.

In addition to its natural heritage of peaceful and wild beauty, the valley is home to many villages perched on their rocky outcrops, steeped in history. Their singular charm contrasts with the majestic nature of this mysterious valley.

THE ESTÉRON VALLEY



RECOMMENDED DURATION: ONE DAY

BOUYON → LES FERRÉS 6,3 km
 LES FERRÉS → CONSÉGUDES 5,4 km
 CONSÉGUDES → LA ROQUE-EN-PROVENCE 9,7 km



From the heights of its belvedere, Bouyon, from the Celtic word “bud” which means promontory, marks the great difference between valley and mountain. The area of the commune, which currently rises from 173 meters to 1,224 meters at the Perrière ridge, switched several times between the county of Provence and the duchy of Savoy, before becoming officially French in 1760. In 1887, an earthquake, of which the epicenter was located in Liguria, devastated the entire region and partially destroyed the village and all its buildings. All the buildings were restored, such as the Saint-Trophime church, which was completely rebuilt, and the chapels of Saint-Roch and Saint-Bernardin.

Surrounded by a circus of wooded hills, the remains of the old castrum are still visible, now transformed into an open-air amphitheater where concerts are held during summer. Behind its apparent austerity, Bouyon is a lively village. You'll discover it by walking through the streets, from the square of the old communal oven with its colorful facades, the vaulted passages, squares and fountains that brighten up the village. All around, the terraces planted with olive trees, fig trees and aromatic flowers contribute to the charm of this village full of history.

Altitude of the commune: from 173 to 1,224 m

Altitude of the village: 640 m

To see: Sainte-Trophime church, the Saint-Bernardin-des-Pénitents Blancs chapel, Saint-Roch chapel, the orientation table and the amphitheater on the old castle square.

SIGHTSEEING

LA CHAPELLE ST BERNARDIN DES PÉNITENTS BLANCS

6, place du Tilleul

It has an open facade, with a pretty grid. The chapel is relatively new, and occupies the place of an older church.

LA CHAPELLE ST ROCH

3, place Saint-Roch

Built in 1714 at the entrance to the village to ward off the plague epidemic then raging in the region, it was restored in 1988. You can admire a painting depicting God sending the plague to St-Roch. The altar has a walnut wood facing from 1731 and a bronze tabernacle.



Chapelle Saint-Bernardin des Pénitents Blancs.



Viewpoint indicator in Bouyon.

L'ÉGLISE SAINT TROPHIME

3-5, place de l'Église

It was rebuilt in 1890 after its total destruction during the terrible 1887 earthquake. It has a 15th century altarpiece. Its bell tower is attached to the church. When it was rebuilt, the bell tower had a pointed roof with 4 slopes, but nowadays, it is flat, with a wrought iron campanile. Ask for the key at the town hall to visit it.

SHOPPING

LA CUEILLETTE PROVENÇALE

Route de l'adrech
☎ 06 32 75 07 89
spiral.sof@hotmail.fr

Calendula officinalis, thyme, lavender, linden, dandelion roots, savory... The plants Sophie grows are certified organic and for good reason, they are collected from the wild and cultivated in the wild! According to the seasons, she transforms what she has hand-picked into syrups, aromatic salts, herbal teas, vinegars but also natural cosmetics, massage oils, etc.

You can find the products of the harvest on the spot, at the Marché de nos collines in Le Rouret and at the l'Instant Présent workshop in Coursegoules.

KNIFE & FORK

LA MAISON BARNOUIN €

12, place de la Mairie
☎ 06 72 86 08 60

www.maison-barnouin.com
maisonbarnouin@gmail.com

This former hotel-restaurant, located opposite the town hall, has been renovated by the commune of Bouyon. The commune offers, as a stopover gîte, single or double rooms. Dominique Arnoux is in charge of the cooking at the restaurant and offers a menu of generous suggestions to be enjoyed on the spot or taken away (on order). The cuisine is just as friendly as the welcoming atmosphere. Daube provençale, homemade lasagna burgers, homemade brochettes and homemade desserts. Good choice of wine and a nice terrace for when the weather is good.

Les Ferres



Surrounded by the Cheiron forests, this fortified village combines austere mountain influences with a more colorful Mediterranean atmosphere. The history of Les Ferres has long been shared with that of Conségudes, whose lord is said to have commissioned the first castle dating from the 12th century, now in ruins. From the 14th century, the village came under the domination of the House of Savoy and changed lords several times until 1760.

The visit of the village leads to the square of Saint-Jacques church, recently renovated. It is here that the villagers meet and chat. From the square on, a labyrinth of narrow streets lined with Provençal houses winds through the village, revealing a small square with a fountain, terraces with breathtaking views, lintels in perfect condition, and elegantly sculpted doors. From Les Ferres, many hikes to the Estéron Gorges are possible.

Altitude of the commune: from 180 m to 1,278 m

Altitude of the village: 640 m

SIGHTSEEING

In the streets of the village. Some doors are curiously sculpted with patterns from the Basque Country! A lintel carved with floral motifs, at 17 place François Audibert. Beautiful door at 29 place François Audibert.

The Ste-Julie oratory (18th century). A small building with an open front. Sainte Julie is the patron saint of Les Ferres.

The ruins of the old castle. Some rectangular ruins remain on a rocky spur, above the parking lot of the castle square.

The Notre-Dame du Brec oratory. On the track leading to the Estéron gorges, you'll come across the moving oratory of Notre-Dame-du-Brec, a stone construction more than 3 meters high.

The rural St-Valentin chapel. Located west of the village, on the Fournets road, it dates from the 17th or 18th century. It has a single nave, like many chapels in the region.

L'ÉGLISE PAROISSIALE SAINT JACQUES APÔTRE

The building dates from the 16th century. Recently renovated, the church of Saint-Jacques now has new stained-glass windows, which lets light enter. It is a church with a single nave. Its massive, three-storey bell tower is typically mountainous.

KNIFE & FORK

AUBERGE SAINT-MICHEL €€

60 Route du Mont st Michel

☎ 04 93 58 80 87

auberge-st-michel@alsatis.net

Rural bistro.

This inn offers a breathtaking panoramic view of the Cheiron and Marc's good traditional cooking. The dishes are simple but the quality/price ratio is excellent, with copious portions that are greatly appreciated. A few family-friendly rooms which all customers are welcome to rent, whether they are passing through or regulars. A nice little address.

Conségudes



Around this steep village, which rises from 256 to 1,464 meters, the forest is sovereign, surrounded by oaks, pines and fir trees. Founded by the Templars in the 12th century, Conségudes has a harmonious medieval architectural setting, perfect for a stroll. The village is crossed from the bottom to the top by flowered staircases lanes, along which the houses, connected by transversal lanes and covered passages, are spread out.

The lordships of Conségudes and Les Ferres remained linked for a long time. In 1388, with the attachment of Nice to the House of Savoy, Conségudes as well as several neighboring villages left the county of Provence until the rectification of the borders in 1760.

On the main square, lined with colorful facades, a pretty fountain decorated with lions' heads makes a refreshing murmur, under the watchful eye of the town hall which boasts a bell tower topped by a campanile.

Above the village, a path climbs to Saint-Paul chapel, offering a magnificent view of the Estéron valley and the Cheiron massif.

Altitude of the commune: from 256 to 1,464 m

Altitude of the village: 640 m

To see: Saint-Paul chapel, Sainte-Marguerite chapel, the Pascaline oak (400 to 500 years old!).

SIGHTSEEING

ÉGLISE SAINT GEORGES

At the junction of the D1 and the D 501 the church of St-Georges is curiously located at the foot of the village, on the road leading to Conségudes, as if to welcome travelers. With a classical structure, this 17th century building has the simplicity of mountain churches. A square bell tower is attached to the south of the nave. It contains an equestrian statue of St George slaying the dragon. At the end of April, on Saint-Georges day, the patron saint of the village, this statue is carried in procession through the steep streets of Conségudes.



Église Saint-Georges.



The history of La Roque-en-Provence, gateway to the Estéron Natural Park, is closely linked to that of its neighbor, Roquesteron. Initially located on the right bank of the Estéron, the village has expanded over time on the left bank. A bridge was built to link the two banks. But during the alliances and wars, the village was cut in two. On the right bank, remains today the Roque-en-Provence, and on the left bank, Roquesteron. Dominated by the church perched since the 12th century, La Roque-en-Provence is a pretty medieval village clinging to its rocky outcrop with a defensive architecture. It is one of the rare villages in France to have changed name several times throughout history: the site was first called the "Rocca" (a "rocky mound" in Provençal) then in 1760, when the borders were redefined between the kingdoms of France and Sardinia, the suburb was named "Rocca Sterone" and remained in the county of Nice while, on the French right bank, the village took the name of Roquestéron-Grasse, then, in 2015 La Roque-en-Provence.

The steep streets on the mountainside lead to the path to Sainte-Pétronille church, a small jewel that looks like a castle. From there, the view over the Estéron valley is magical. A metal footbridge over the emerald waters of the river offers a beautiful view of the village. The Pont de France is a must-see. Don't miss the reproduction of an old border marker.

Altitude of the municipality: 330 m

Altitude of the village: from 330 m to 1,575 m

To see: Sainte-Pétronille church and the panorama on the Estéron valley, the Pont de France (admire the reproduction of an old border post).

THE PRÉALPES D'AZUR REGIONAL NATURE PARK, 47 MUNICIPALITIES BETWEEN SEA AND MOUNTAINS

Created in 2012, the **Préalpes d'Azur Regional Nature Park** is located on the foothills of the western part of the Alpes-Maritimes, between the coast and the high mountains. And this is the specificity of this geographical area which includes 47 communes, spread out from 300 to 1,800 meters of altitude and which covers a total surface of 96,284 hectares. A true balcony overlooking the Côte d'Azur, this remarkable territory at the crossroads of Alpine and Mediterranean influences brings together **municipalities in the Estéron and Loup valleys** as well as the Grasse and Vence areas.

The Préalpes d'Azur form indeed a rich and diverse area, home to one third of French biodiversity! The member municipalities have signed a charter aimed to combine environmental protection and human activities. In concrete terms, this means developing their economic activities, while committing to preserving and enhancing their natural wealth by managing their resources in an exemplary manner, promoting life in the villages and encouraging green and sustainable tourism (outdoor activities, ecotourism...)

SIGHTSEEING

L'ÉGLISE SAINTE PÉTRONILLE Route de Conségués

Dating from the 12th century, it dominates the village. The original building was dedicated to Saint Arge. With the extension of the village, a new church was built in 1735, but on the other side of the Estéron. The new church receives the cult objects of the former one, as well as the name of Saint-Arge. The old church then took the name of Sainte-Pétronille. It was fortified from 1760 (Treaty of Turin), its dominant position allowing it to observe the border towards the Sardinian side, on the left bank of the Estéron. Sainte-Pétronille still looks like a fortified castle, but its double-span bell tower reveals its true function.

LE PARC NATUREL DÉPARTEMENTAL DE L'ESTÉRON

It covers an area of 20 hectares, along the river, downstream from the Pont de France. A parking area on each bank of the Estéron enables access to the park. You'll find, on both sides of the river, picnic areas and games. During the summer, you can enjoy the beaches and natural basins to refresh yourselves. A fishing trail for amateurs to fish trouts or bleaks.

LE PONT DE FRANCE

It is the historical link between the two banks of the Estéron. In 1760, the Treaty of Turin marks the attachment of Savoy to France. Since then, the bridge of France built in the 18th century materializes the border between the kingdoms of France and Sardinia. Nowadays, the bridge links La Roque to Roquestéron. At that time, border markers symbolized this separation. They were marked on one side with the French Fleur de Lys and on the other with the Savoy Cross. Do not miss the reproduction of one of these milestones on the bridge.



© BERNARD CHAISE

Parc naturel départemental de l'Estéron.

KNIFE & FORK

LE VIEUX MOULIN €€

Rue Fortuné-Raybaud

☎ 04 93 02 71 89

www.restaurantlevieuxmoulin.com

levieuxmoulin06910@hotmail.com

Open all year round. Open every day except Tuesday. A la carte: about 25 €.

Located on the banks of the Estéron, the Vieux-Moulin is our favorite address! The owners fell in love with this remarkable site. The sound of water here is in perfect harmony with the authentic setting of the terrace. The room inside has a large bay window to admire this natural relaxing scenery. The chef offers local and foreign specialties on the menu, with different suggestions every week. A small hidden treasure that is really worth the detour!

At the foot of the Cheiron mountain, you'll discover a succession of geological and floral surprises, a landscape facing the Alps and the Mediterranean. The villages that have settled on this massif have taken advantage of the sloping land, using it as a unifying element and a strong identity for the surroundings. The rocky landscapes of Gréolières contrast with the agricultural restanques around Cipières and Coursegoules, gradually taken over by the forest, and the ancient castellaras and oppidum which recall the ancestral presence of Man on these fertile lands. These villages, rich in a thousand-year-old history, cultivate their gentle way of life, away from the hustle and bustle.

VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

CIPières

BÉZAUDUN-LES-ALPES

⌚ RECOMMENDED DURATION: ONE DAY

CIPières → GRÉOLIÈRES 7,8 km
 GRÉOLIÈRES → COURSEGOULES 12,3 km
 COURSEGOULES → BÉZAUDUN-LES-ALPES 6,3 km

Réserve Biologique
Dirigée du Cheiron

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BÉZAUDUN-LES-ALPES

GRÉOLIÈRES

COURSEGOULES

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1



CIPières

3



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2 KM

D2

D1

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D8

D603

D3

D2

RD 101

RD 101

RD 101

RD 101



THE MEMORY OF CIPières

Jean-Claude Ruas

He is one of the contributors of the guided tours of the middle country villages. In love with Cipières, where his ancestors grew up, Jean-Claude Ruas even became its mayor from 1983 to 2001. He remembers his commune, to which he is still very committed.

Did you dream of becoming mayor of Cipières?

Originally, I used to come here at the weekends and during the holidays. I was born in Nice, but part of my family was originally from Cipières, so I came here very often. Little by little, the people of the village convinced me to run for mayor. I love my village, so I went ahead! And I have served four terms.

Caussols and Cipières have long had closely linked destinies...

For a long time, Caussols was administered by Cipières. Caussols took back

its independence only during the 18th century. There were 1,033 inhabitants in Cipières back then. It was one of the most important villages of the middle country.

Behind this apparent tranquility, Cipières is very much alive...

It is true! Cipières has always welcomed many hikers because the village is at the heart of many walks and long-distance trails (GR). In the last century, there were big festivals which attracted many inhabitants of the neighboring villages. It was the case of the Saint Claude festival and especially for the Harvest Festival in August, which was a major event in Cipières. The elders used to wear their Provençal costumes, the village square was covered with wheat. And people came from far away to attend.

Cipières indeed has a very strong agricultural tradition....

Yes, the village used to be surrounded by wheat threshing areas and all the land around was cultivated. Even now, we can see a hundred bories, shelters in which the shepherds took refuge, as well as hutches, which are also called "épierréments". These are piles of stones that people used to make in the fields in order to clear them of the most massive rocks and thus favor the agricultural qualities of the soil. This is one of the singularities of Cipières. Similarly, there are currently one thousand sheep, the same number as at the beginning of the 19th century. The elders used to say that these were small flocks that had to be watched over so that they would not eat the crops. This shows the importance of agricultural production of Cipières over the centuries!



© SOPHIE BOULET



VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

Cipières

Located on a belvedere, at 750 meters of altitude, Cipières offers a breathtaking view of the Cheiron massif, its neighbour Gréolières and the Loup valley below. Once you arrive in the village square, where a fountain flows, framed by lime trees, you'll be struck by the calm that reigns in these places. Don't be fooled. Indeed, Cipières is crossed by long distance hiking trails (the GR4 which crosses the Loup at the height of the "Roman" bridge rebuilt in the 18th century and the GR51) which attract many hikers. From the name "Cipus", which means "boundary" in Latin, the destiny of Cipières has long been linked to that of Caussols until the Revolution, which Cipières managed. Inhabited since the Stone Age, the site attracted the Celto-Ligurian tribes, who used the summits to build oppida and to keep an eye on their enemies. Later, Barbarians, Lombards and Saracens did the same. Dominated by an imposing private castle, the commune has developed concentrically, with different districts springing up as the population grew. Turned towards farming, Cipières was for a long time famous for the culture of wheat, as attested by the presence of the numerous threshing floors and dry stone huts where the farmers once stored their tools and seeds.

Altitude of the commune: 740 m

Altitude of the village: 459 m to 1,381 m

To see: Saint-Mayeul church, Saint-Claude chapel, remains of stone enclosures, shelters and "cargadou", U-shaped enclosures surrounded by stone.

SIGHTSEEING

LA CHAPELLE ST CLAUDE

Route de Grasse

Located at the exit of the village, in the direction of Gourdon, the Chapel of Saint-Claude was built in the first half of the 16th century at the request of Claude de Lascaris as a sign of gratitude for the healing of his son. It has a remarkable baroque choir, as well as a superb wrought iron gate. But it bears one particularity above all: its orientation has been changed. Initially small, its nave was oriented to the east. When it was enlarged, the new nave was oriented to the north according to the space available. The nave then became two side chapels. The Chapel of Saint-Claude is registered as a Monument historique (Historic Monument). In this chapel, Saint Claude is celebrated every June.



Chapelle Saint-Claude.

© SOPHIE BOULET

L'ÉGLISE ST MAYEUL

25, rue de l'Église

The original building dates from the 13th century, it was reshaped in the 16th and has been recently restored. The baroque bell tower in glazed tiles is surmounted by a wrought iron campanile, dating from the 18th century. Archaeological excavations have revealed the presence of an ancient necropolis dating from the 2nd or 3rd century. Three churches have succeeded each other on this site over the centuries. The church of Saint-Mayeul is registered in the inventory of historical monuments. Inside, it shelters vaults, relics of Saint-Mayeul, as well as a painting of Christ lying down.

KNIFE & FORK**LA CUISINE DE MARGARETA €€**

125, la Place

☎ 04 93 58 78 70

Open every day for lunch, and only upon reservation in the evening. Reservation recommended.

Nothing has changed, except the name (previously Les Ormeaux). This restaurant located in the village square is appreciated by hikers who venture around the area. The terrace is so charming that the number of seats in the sun is limited. The owners warmly welcome their guests while appealing to their taste buds with a local cuisine made of fresh products. Here everything is homemade, and the menu has only two or three daily dishes and desserts evolving according to the seasons. A guarantee of freshness that we can only appreciate.

SHOPPING**LE JAS DES ROCHERS**

Chemin du Plan

☎ 06 60 63 47 32

www.lejadesrochers.com

safran.jdr@gmail.com

In the heart of the Préalpes d'Azur park, accessible only by foot, the farm run by Emmanuelle and her husband offers an exceptional product to the most refined palates: saffron. Grown naturally and harvested by hand, this red gold is to be tasted during open days or brunches to reconnect with nature for a day. Each dish is home-cooked with organic products by "Emma", who will be happy to share her many saffron recipes. Sale on the spot.

LES RUCHERS DE CIPières

2235, route de Gréolières

☎ 06 16 47 78 06

www.lesruchersdecipieres.com

lesruchersdecipieres@gmail.com

Open Monday to Saturday from 9am to 7pm. Sale at the honey house.

Far away from pollution and pesticides, Philippe Coste's little bees gather and produce an absolutely divine honey that you can find at the Ruchers de Cipières. You will enjoy quality local honeys, harvested and packaged by the teams of the apiary, as well as fresh pollen, royal jelly, propolis, your 100% natural real health allies. Not to mention the sweets and other honey products according to the season. Sale in local distribution, also at local markets (every Friday morning at the market of Valbonne).

Gréolières

At an altitude of 850 meters, the perched village of Gréolières overlooks the upper Loup valley. Its name appears for the first time in 1033: it comes from the word "graula" which means "country of the crow". The name is known for the snowy slopes offered by the most Mediterranean of all southern Alps resorts, Gréolières les Neiges. Seventeen kilometers away, the lesser known village offers a rich architectural and religious heritage. In the 12th century, the castle of Gréolières Basses was built on the current site of the village, as well as the Church of Saint-Pierre. The site of Gréolières Hautes, which is no longer inhabited, was attacked several times in the 14th, 16th and 18th centuries. The 13th century chapels of Saint-Etienne and Sainte-Pétronille, dating from the 17th century, near the ruins of the castle, bear witness to this eventful past. Basses Gréolières is today the heart of the actual village, with narrow streets lined with stone houses, typical of the Provençal mountains.

There are several hikes starting from Gréolières: the circuit of the Loup Gréolières – Cipières (3h30 loop), the cime du Cheiron (5h return), the Crêtes du Cheiron (5h), the Croix de Verse (5h).

Altitude of the commune: 836 m

Altitude of the village: from 472 to 1,778 m.

GRÉOLIÈRES ESSENTIALS

The ruins of Hautes Gréolières, with the castle, the Saint-Etienne (13th century) and Sainte-Pétronille (17th century) chapels.

The ruins of the Notre Dame de Verdelaye chapel (9th century) located on the roadside of the old Roman road.

The Romanesque St-Pierre church (12th and 13th centuries), located in the village. It has been altered several times and has a bell tower on the side topped by a campanile.

The wash-house and the fountain, at the eastern entrance of the village.

The milestone, the type that marked the Roman road Ventiana. These milestones were placed every 1,482 m.

The heritage circuit. The tourist information office publishes an interesting leaflet, "Circuit du Patrimoine". It will take you only one hour around the village (1 km) to learn everything about 800 years of history in Gréolières. The circuit includes explanatory panels installed by the Gréolières Heritage Association.

**BUREAU D'INFORMATION
TOURISTIQUE DE GRÉOLIÈRES**

Located in the Village, 17 km from the resort of Gréolières les Neiges
Route de Font-Rougière

☎ 04 89 87 73 30

www.villagesvalleesdazur-tourisme.fr
tourisme.greolieres@agglo-casa.fr

This Tourist Information Office has lots of information to help you make the most of the mountains in summer and winter. Personalized advice will help you to find the hike adapted to your level. The Inter-communal Tourist Office offers free guided tours of the village of Gréolières and the surrounding villages all year round (upon reservation). More information on the activities of the commune on www.greolieres.fr

SIGHTSEEING**L'ANDRONE**

There is a strange curiosity in Gréolières: the androne, in Provençal "androuno", a very tiny street. This street crosses the Grand'Rue and is just a stone's throw from the restaurant La Vieille Auberge. The androne is a term for a narrow passage between two houses in Provence. According to the elders, this type of tiny street was used either to count the sheep one by one or to allow the rainwater to flow through the village. Either way, the passage is particularly narrow!

LE CHÂTEAU DE BASSES GRÉOLIÈRES

Chemin de la Roche

The ruins of this castle are in the heart of the village, and cannot be visited. It was built in 1070 by Rostang, Lord of Gréolières. The 13th century saw the Counts of Provence lead an offensive to take control of the upper Loup valley. Around 1230, Raymond

Bérenger de Provence took the stronghold of Gréolières, held by Bertrand d'Aigüines. In 1235, Romée de Villeneuve, baron of Vence, inherited the castle. The fief of Gréolières remained the property of the Villeneuve family until the Revolution. The Middle Ages saw conflicts aimed at attaching Provence to Charles VIII's France. Following attacks at the end of the 14th century, the castle's defenses were strengthened. From 1560, the religion wars broke out: in 1574, the castle was attacked by Protestants from Grasse, even though Claude de Villeneuve was himself a Protestant. They were rescued by an expeditionary force of Vence inhabitants, who feared that the Protestants would then attack their town. In 1592, the troops of the Duke of Savoy besieged the castle and partially destroyed it. The castle was rebuilt around 1600, then restored in 1712. In 1747, another troubled time with the War of the Austrian Succession, Austro-Sardinian troops bombed the castle. During the French Revolution, the castle of Gréolières was sold and fell into ruin. It was bought by a private individual at the end of the 20th century.

LE CHÂTEAU DE HAUTES GRÉOLIÈRES

Route de Gréolières les Neiges

The ruins of the castle can be seen above the village. In the 13th century, a dungeon was built on a rocky spur, north of the present village. The actual castle, in ruins, was built later, by the Count of Provence, after the capture of Gréolières. The fief of Hautes-Gréolières, kept for some time by the counts of Provence, was given to the family of Agout. In 1307, Raibaude de Caussols, married to Réforciat d'Agout, lived in the castle. The year 1368 saw the reunification of the 2 sites with the marriage of Bourgette d'Agout, lady of

SOLVE RIDDLES IN THE VILLAGE!

Discovering a city thanks to riddles is a more and more common practice to encourage children to playfully take an interest in the history of a place while having fun. Gréolières is no exception and offers a route of puzzles to solve through its village, within everyone's reach! Ask for the map at the Gréolières Tourist Information Office.

Hautes-Gréolières and Giraud de Villeneuve, lord of Basses-Gréolières and baron of Vence. The castle of Hautes-Gréolières was partially destroyed during the wars of religion. It was not restored and was abandoned. In 1787, Hautes-Gréolières ceases to be a parish, thus sealing its fate to become a village in ruins.

KNIFE & FORK**LA BARRICADE €**

14, place de la Fontaine

☎ 04 93 59 98 68

labarricade06620@gmail.com

Open Tuesday to Saturday from 10am to 2pm and from 4:30pm to 10pm; Sunday from 10am to 2pm and from 5pm to 10pm. Starters around 10€, dishes from 15 to 20€.

Located on the Place de la Fontaine, in the heart of the village, La Barricade is a small family restaurant appreciated for its friendly welcome and generous cuisine. In the cozy room or on the shaded terrace, enjoy a menu offering a choice

of starters, pasta and dishes as tasty as well presented, with an emphasis on local products. The suggestions evolve with the seasons. The restaurant also offers a menu of delicious pizzas cooked in a wood-fired oven. A pleasant address, in the heart of the village of Gréolières.

LA MAISON DU FONDEUR €

900, boulevard du Grand Pré

Gréolières-les-Neiges

☎ 07 63 52 49 89

www.stations-greolieres-audibergue.com
maisondufondeur@gmail.com

Open from Wednesday to Sunday for lunch. The Fondeur restaurant offers two places to eat: the Petit Chalet in a warm and quiet atmosphere, with a fireplace crackling in the corner, or the more lively and relaxed Cafét, shared with the Bar and the ski rental. Here, everything is home-made. The cuisine is simple and of high quality, and the prices are reasonable. You will enjoy a local cuisine, concocted with local products.



From the road between Gréolières and the Col de Vence, the fortified village of Coursegoules appears suddenly, at 1,000 meters of altitude, with the Cheiron massif in the background. Located on the Ventiana road, linking Vence to Castellane, the site has been inhabited since Antiquity, first by the Romans. In 1620, the Coursegoulois bought back the village, until then a possession of the Counts of Provence, and offered it to the King of France Louis XIII in exchange for his protection. Coursegoules thus became a royal town until the Revolution. From then on, the village never stopped asserting its autonomy and its identity. Today, its countless alleys, porches and wash-house offer visitors a lovely walk into the past, as the state of conservation of the buildings is striking. Most of the medieval houses are built in local stone and topped with round tiles, still defy time.

Once fortified, Coursegoules, whose name comes from the Celto-Ligurian *cor seg*, "pointed rock", still preserves some remains, as well as a beautiful Romanesque church, registered in the inventory of Historic Monuments, and a mill built by the Templars. Signposted paths lead, via the Roman road, to the ancient Roman site of Autreville and to the listed site of the hamlet of Saint-Barnabé. Climbing towards the Jerusalem peak on the Cheiron, twenty minutes from the village, the Saint-Michel chapel offers a striking view of the restanques where wheat was cultivated in the past, giving Coursegoules the reputation of being the "granary" of Vence.

Altitude of the commune: from 640 to 1,700 m

Altitude of the village: 1,002 m

To see: the house of Diane de Poitiers, the wash-house, the façade of the museum of children's art of the Freinet school, the roman church of Sainte-Marie-Madeleine, the Saint-Michel chapel, the ancient roman site of Autreville.

SIGHTSEEING

LA CHAPELLE DES PENITENTS BLANCS

Place du Cheiron

It is now used as a community hall and can no longer be visited.

LA CHAPELLE SAINT MICHEL

Parking above the church. Access on foot by a marked path.

It is located 1.3 km west of the village. It was probably built on the site of an ancient Gallo-Roman villa. There is a tombstone with the following inscription on it: "A Fuscus et à Favor, fils de Secundus, morts l'un à

19, et l'autre à 13 ans, fils de... Nicentus et Velia, fille de Favor, leurs parents, ont élevé ce monument" ("To Fuscus and Favor, sons of Secundus, who died at the age of 19, and the other at 13, sons of... Nicentus and Velia, daughter of Favor, their parents, have erected this monument"). The building probably dates from the end of the 11th century. It has a nave with two spans covered with barrel vaulting, probably built in the 13th century, to replace a frame. You enter the chapel through a portal with a pointed arch rebuilt in the 13th century. The Saint-Michel chapel is listed in the inventory of historical monuments. Ask for the access code at the town hall.

LA CUVE DE L'AUTREVILLE

There are numerous Celto-Ligurian remains, stone enclosures, oppidums, on the sites of l'Autreville, Camp Réou, Pater Noster, la Tour. These sites are located in the middle of nature, for some of them on the plateau of Saint-Barnabé. They can be reached by taking the hiking trails that crisscross the territory of the area. The tank of l'Autreville would have been a place of worship. Historians are not sure of its function: it would have been used either to crush grapes or to store water.

LA DEMEURE DE DIANE DE POITIERS

This beautiful pink building from the 17th century would have belonged to Diane de Poitiers, favorite of Henri II, King of France. The first floor of the house dates from the end of the 15th century, the second floor having been added in the 17th century. The house has a rare Gothic-style fireplace dating from the end of the 15th and beginning of the 16th century as well as a French ceiling painted with heraldic motifs. The two Saint-Val sisters of the Comédie-Française lived there in the 18th century.

LA FAÇADE DE L'ÉCOLE FREINET

Rue de l'Escaou

From beast to man is a fresco by Célestin Freinet. The latter was a pedagogue and precursor of the modern school movement. With his wife Elisa, also pedagogue and teacher, he opened in Coursegoules a museum of free art dedicated to children, a kind of annex of the Freinet School. Célestin Freinet had the children of the Vence school create a bas-relief on the façade (5 m x 3 m), showing all the trades of a mountain village. The fresco was heated and glazed in Vallauris by a ceramist.

LE LAVOIR DE LA PLACE

DU PLAT

Place du Plat

It was the social bond of the women of the village, who met there at dawn to wash their clothes, gossiping about various stories. Today there is still a wash-house and a fountain. Both are covered. On the walls, old photos of Coursegoules in the past.

L'ÉGLISE SAINTE MARIE MADELEINE

13, rue de la Clastre

This beautiful Romanesque church, in Provençal style, dates from the 12th century. In the 17th century, the church underwent a large extension. The façades were restored in 2007 and in October 2008, the bell tower received new bells, which were cast on site. Inside, you'll appreciate the sobriety characteristic to Romanesque art. Admire the copy of an altarpiece by Louis Bréa, representing Saint John the Baptist, between Saint Petronilla and Saint Gothard.

LE MOULIN À GRAIN

Route du Moulin

Located below the village, near the bridge of the Cagne when you arrive at Coursegoules, the grain mill dates from 1246. It was built by the Templars on a Phoenician model. For centuries, Coursegoules was famous for supplying Vence with wheat. Better still, the Coursegoulois were even nicknamed the "Estripans" by the neighboring towns, in other words, those who could afford to tear up the bread and stuff themselves with it. The Coursegoules mill stopped working at the end of the 19th century. Today it has been restored but cannot be visited.



THE LOCAL BOY

Alex Benvenuto

We know Alex Benvenuto, the strong defender of the Nice culture. But this man from Nice is also a passionate Coursegoulois. He has published a second book, *Coursegoules, Histoire & Histoires* [Coursegoules, History and Stories], in which he relates the customs and traditions of the Provençal backcountry.

Tell us about your story with Coursegoules.

It's my whole youth! I have walked over each stone and listened to the anecdotes of the elders. This made me want to compile the stories of the Coursegoules families before they disappeared. This is how *Coursegoules, le temps des veillées* ["Coursegoules, the time of wakes"] was published in 1983, with the aim of passing on certain traditions of the hinterland, such as, for example, making the "burgade" [the washing]. And then came the idea of telling about the history of the village, based on legends, images, and testimonies about

Coursegoules, with its own traditions. This is the purpose of this new opus, *Coursegoules, Histoire & Histoires*, which gathers more than 200 original photos lent by the oldest families and which explains how our ancestors have shaped this village over the centuries.

What makes Coursegoules so special compared to other villages in the hinterland?

It is a very well-preserved village, which has long-lived self-sufficiency. Until the 1850s, there was no road to get to Coursegoules. People came on foot or by mule. It was an important and above all very rich village, which was lucky enough to have a plethora of resources: coal [the mine remained open until 1954], water supplied by the surrounding springs and above all wheat. Coursegoules was nicknamed the granary of Vence, and the Coursegoulois were called the "estripapans", in other words "those who tear bread and fill their stomachs with it", proof of the prosperity of Coursegoules.

What are the places not to miss when in Coursegoules?

Start by visiting the old village, which begins at the church and spreads out like a snail around the lime tree, with the Penitents' chapel and the castle. Then find the courage to go down below to see the old barns where lime was once made. Then go up to Vieriou ["rue du ruisseau"], which was long occupied by the Romans. Continue your visit to Saint-Michel chapel, of which the apse was originally a Roman temple. Finally, take the route de la diligence ["the stagecoach road"] opposite the village, and climb the ridge. You will arrive at the Saint-Barnabé plateau, with its breathtaking view over the Mediterranean.



© SIMONE BOULET

VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

Coursegoules

THE STARS OF COURSEGOULES

Célestin Freinet, precursor of the modern school, created a museum dedicated to children. There are also the Saint-Val sisters, true divas of the *Comédie-Française*. Beaumarchais created the role of the Countess Almaviva in *The Marriage of Figaro* in 1784 for the younger sister. During the Terror, they had their title of nobility erased to escape the revolutionaries.

LA PLACE DU CHEIRON

Located at the highest point of the village, Place du Cheiron offers a beautiful panoramic view of the foothills of the eponymous mountain.

LA PORTE INFÉRIEURE DU POUNTIS

Below the rue de la Placette, the lower gate of Pountis offers a panoramic view of the valley of the Cagne, to the south, and the foothills of the St Barnabé plateau.

LES REMPARTS DU VILLAGE

Coursegoules was built on a rocky peak in a defensive plan with the construction of ramparts and three access doors to the village, to the north, to the south and to the east. The castle dates back to the 13th century, but it has undergone several alterations. It belonged to the Villeneuve family until 1620, when Coursegoules became a royal town and the castle passed into the hands of the White Penitents.

LE HAMEAU DE SAINT BARNABÉ

It is located south of the commune, on the plateau of St-Barnabé. You can get there by car on the road to Vence, by turning right on the D302 just before the pass, in the direction of St-Barnabé. The road winds nicely through the rough landscape of the plateau for 4 km to the

hamlet. There is a rustic chapel, as well as a curious pile of prehistoric stones, called the "Champs des Idoles". For the record, the plateau of St-Barnabé is supposed to be a high place of extraterrestrial manifestations. Encounters of the third kind are guaranteed!

KNIFE & FORK

L'ATELIER GOURMAND €€

Place de la Clastre
☎ 06 22 11 06 96

Low season: open from Friday to Tuesday for lunch and dinner. High season: every day for lunch and dinner. Menu: 25 € approximately [dish + dessert]. Groups welcome. Terrace. Pizzas to take away.

L'Atelier Gourmand is located on the pretty Clastre square in the heart of the village. The cuisine is varied and generous, based on fresh and seasonal products. While waiting for your dish, you can also enjoy one of the "aperitifs" proposed by the Chef: Socca, Chacha, homemade Anchoiade, Chorizo, Soubressade... The restaurant has two terraces, one, with colorful furniture, under the lime tree, the other sheltered under a veranda, with a beautiful view on the Cheiron massif. Amélie also offers home-made products: terrines and jams.

LE BISTROT DE SOPHIE €

37, place Neuve
 ☎ 04 93 59 11 19
 www.bistrotdepays.com
 contact@bistrotdepays.com

Open all year round. Upon reservation only. Thursday to Tuesday from 9am (last service at 7pm). Menus from 20 € to 29 € (during the week, starter/dish/dessert formula at 20 €. Weekend: starter/main course/cheese/dessert formula at 29 €). It is an institution in Coursegoules. At the entrance of the village, Sophie treats lovers of good food with her tasty typically Niçois home-made dishes, prepared exclusively with fresh and local products! An address labelled "Bistrot de pays" to be remembered! Homemade, authentic family dishes tinged with sunshine such as ravioli on Sundays, capoun terrine, small stuffed vegetables, local lamb... It's simple, without fuss, just the way we like it! Only on reservation. An address to remember!

LE PETIT CREUX €€

15-19, place de la Combe
 ☎ 06 21 62 35 10

Open Wednesday, Thursday, Saturday and Sunday from 10am to 7pm.

It's the ideal place to have a little break after a walk. Laurence Gourdon welcomes you into her charming tearoom and crêperie, which also sells bread and local products. On nice days, the sunny terrace is a great place to relax next to the village fountain. When the weather is cooler, you will prefer the cosy atmosphere and the old sofa, surrounded by old antique objects and other objects in the small room. A nice little stopover.

SHOPPING**LA BOUTIQUE**

15-19, place de la Combe
 ☎ 07 86 03 00 55

Next to Le Petit Creux, Magali has a charming boutique in which she offers her own creations, ceramic jewellery (necklaces, rings, bracelets) and clay objects, as well as a whole assortment of dresses and hats, which we enjoy trying on near the fountain of the village.

L'INSTANT PRÉSENT

1, place du verger
 ☎ 06 87 05 07 90
 francoisebl@free.fr

The showroom and workshop, l'Instant Présent, is a group of local designers who sell their unique creations: household linen, clothing, fashion accessories, all zero waste. Created by Françoise Blancher, the workshop also houses a charming guest house and a tearoom. A unique place, of a great conviviality!

LOU BARA DE PAÏS

Rue du Four ☎ 06 19 17 41 55

Open Tuesday to Sunday from 7am to 12:30pm.

Bread baked in the communal oven in the greatest tradition of the "old school" bakery. A traditional bakery that Xavier Rouxel is proud of perpetuating in Coursegoules after 10 years of inactivity. Brioche sausage with mustard, pissaladière pizza for some, brioche with sugar and chocolate chips for others, there is something for everyone! You can also find the crunchy gros pain di païs on sale in Grasse, at the Potager du Peyloubet, a farm.



The perched village of Bézaudun-les-Alpes seems to cling to the slope with, below, the peaceful Bouyon river. Surrounded by ramparts, Bézaudun has kept its medieval character. The old houses built in ocher stone stand on a steep slope, ready to defend themselves against invaders, as in the Middle Ages. At the top, a rectangular tower stands as a reminder of the past of this alpine village, resolutely turned towards the nearby mountains.

The remains of the ramparts and the medieval castle have been well restored. A beautiful and harmonious whole with the 12th century church Saint-Martin, its bell tower and its small cemetery overlooking the valley. During your tour, you will come across remains of medieval doors, the very picturesque Place des Tilleuls, and lintels, all of which are reminders of the strong historical roots of this perched village. Not far from there, an orientation table informs you about the panorama: to the west the Cheiron massif, to the east the Chiers mountains and the Montan d'Anou, to the south the baou of Saint-Jeannet, and behind it the Mediterranean.

Altitude of the commune: 560 to 1,340m.

Altitude of the village: 880m.

To see: the 12th century Notre-Dame-du-Peuple chapel, the orientation table.

SIGHTSEEING**LA CHAPELLE NOTRE-DAME DU PEUPLE**

Chemin de la Chapelle

Ask the town hall for the key
 (☎ 04 93 59 12 34).

It is located about 550 meters south of the village, at the end of the Chemin de la Chapelle. Romanesque in style, this former place of pilgrimage for the villages of the Estéron has been redesigned many times. Perfectly restored, it secretly preserves the altar piece of the Virgin of Mercy, whose author is none other than the famous Nice painter Louis Bréa (1450-1522), very active in the hilltop villages of Nice and Grasse backcountry.

L'ÉGLISE PAROISSIALE SAINT-MARTIN

Ask the town hall for the key
 (☎ 04 93 59 12 34).

The 12th century church, which has been altered, has a bell tower with a small campanile. A tiny cemetery is located there.



The tower of the church of Saint-martin.



La double chapelle.

LA DOUBLE CHAPELLE SAINT-ROCH ET SAINT-SÉBASTIEN

Rue des Jaines

The square building is located at a crossroads at the entrance of the village. The two chapels are superimposed. The lower chapel dates from the 15th century and would have been dedicated to Saint Sebastian. The upper chapel, more recent, would date from the 17th century, and would have been dedicated to Saint Roch. It seems that the lower chapel was abandoned and walled up after the construction of the upper chapel. The building seems to have lost its religious function after the Revolution.

KNIFE & FORK

LE BISTROT DE BÉZAUDUN €

Quartier des Ferrages

☎ 06 22 22 03 83

lebistrotdebezaudun@gmail.com

Open Tuesday and from Thursday to Sunday for lunch. Reservation required. A la carte: 20 € approximately (dish + dessert). Credit card not accepted.

Located at the entrance of the village, the bistro has a view on the valley from its terrace which, alone, is worth the detour... Enjoy traditional seasonal cuisine. Everything is home-made with fresh products. On the menu: seasonal specialties, local recipes or recipes inspired by foreign flavors. A charming address where you'll be warmly welcomed. You can have pizza on Friday evenings to stay in or take away. Themed evenings are regularly organized (burgers, tapas, disco, concert evenings).

SHOPPING

LA FERME DES CLAPIERS

2256, Chemin de Villeplaine

☎ 04 93 59 14 37

marcel.bauge@sfr.fr

Unfortunately, it is not possible to visit Marcel Bauge's farm in Bézaudun-les-Alpes, but this will not prevent you from tasting his delicious cheeses! Don't miss it, phone early to be sure he's there. Cow and goat cheeses are sold at the farm, among other farm products. The products of the farm can also be found at the Baous de Coursegoules cooperative and at various local markets and fairs that promote these local products.

CÔTÉ CHAPELLE €

1, Place du Verger

COURSEGOULES

☎ 06 48 30 19 61

https://cotechapelle.eu

contact@cotechapelle.fr

2 rooms (and 1 studio). Double room from 80 €; studio / apartment from 89 €. Vacation vouchers. Table d'hôtes from 16 to 22 € on reservation on Wednesdays and Thursdays evenings.

A delightful bed and breakfast nestled in the heart of the village with a superb view of the Cheiron massif. The building has evolved with the history of the village: formerly a prison, it then became a police station. Today, it is run with care by Françoise and Alain, who have transformed it into a very welcoming place to stay. They offer two double rooms and a fully equipped studio. There is a tearoom, and you can find some original gifts in a designer store. Wellness packages are also available to complete your stay.

MAISON D'HÔTES AUTHENTIQUE €

Rue de L'Iletta

COURSEGOULES

☎ 06 11 58 66 47

www.colardelle.fr

maisondhotest@colardelle.fr

In the heart of the village

Open all year round. Big family house in the authentic and peaceful medieval village of Coursegoules. Cosy guest house.

We love this guest house, run with great care by a friendly owner! She has welcomed guests for more than 12 years in the heart of the village. We appreciate the cozy decoration, the small outside terrace with a remarkable view and very pleasant living rooms. Family atmosphere guaranteed. It is possible to dine there, but only upon reservation. Please

note that a village house [68m²] located on the ramparts, is available for rent (only in summer). It can accommodate 4 people [www.calmabri.top]

AU PIED DU CHÂTEAU €

1 Esc. du Tricot

GRÉOLIÈRES

☎ 06 69 38 93 12

https://studiogreo.business.site

Arrival from 3pm. Double room from 65 €. Reservation from 2 nights minimum. Cleaning fee 20 €/stay. Animals accepted.

A studio of 30 m², fitted for 2 persons, located in the heart of the village of Gréolières. It is fully equipped: microwave oven, electric hot plate, raclette machine, coffee machine, refrigerator, television, Wi-Fi... The decoration is a bit rustic, but very authentic! It's an immersion in the village life with very good value for money if you want to discover the surroundings. The owners are very good at suggesting interesting off-the-beaten-track itineraries to complete the experience!

VILLA REGAIN €€

440, route de Gentelly

GRÉOLIÈRES

☎ 04 89 24 66 94

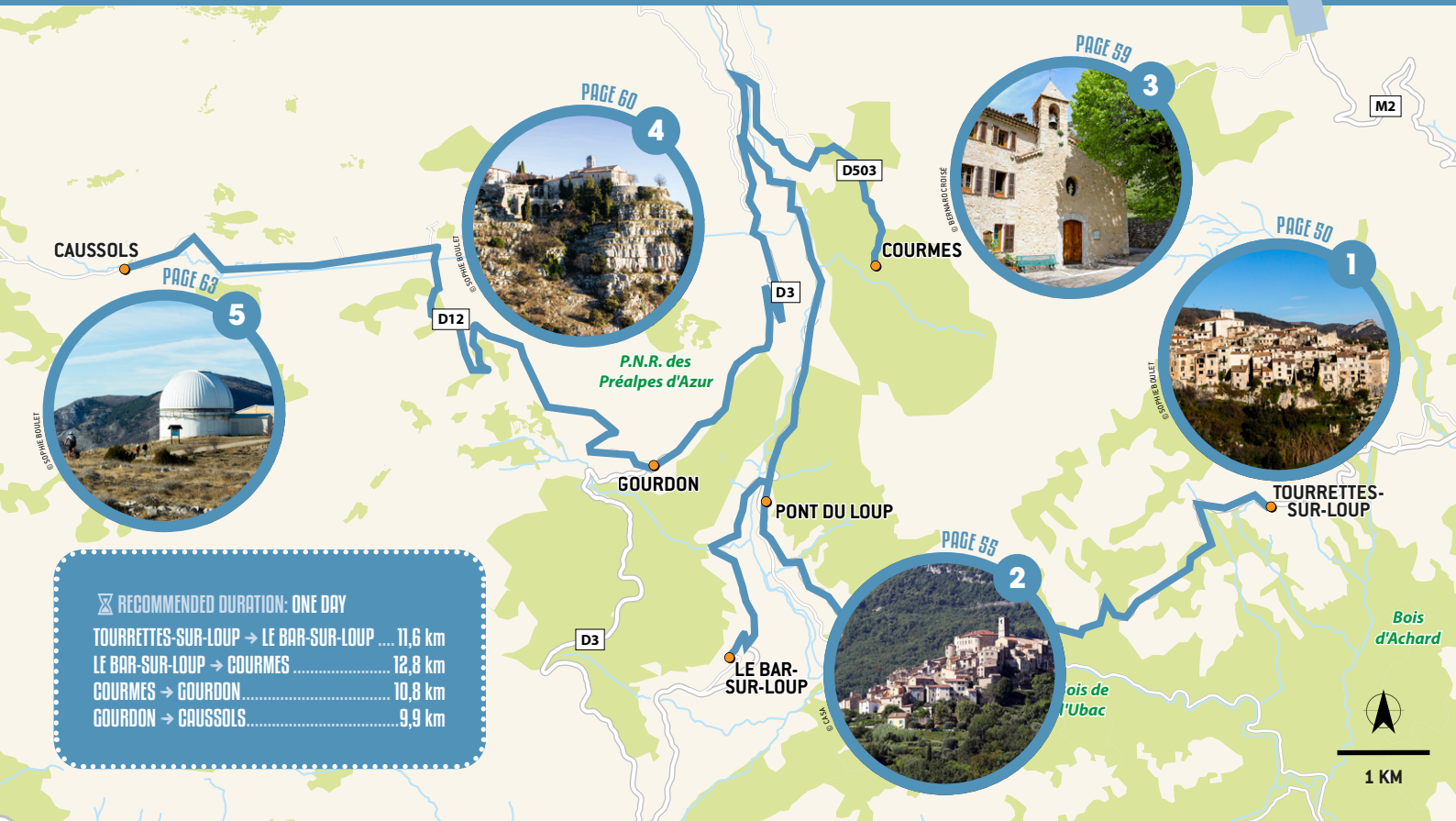
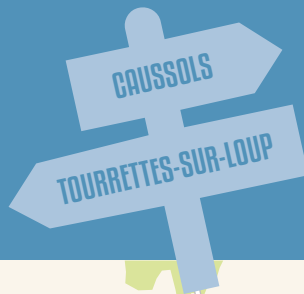
www.villa-regain.fr – stas.daniel@neuf.fr

Labelled "Qualité Tourisme". 4 rooms.

The Villa Regain offers 4 guest rooms for a stay of relaxation, in harmony with nature in the Provençal back-country. Labelled Quality Tourism, this address guarantees the respect of 400 norms for the comfort of its customers. A "table d'hôtes" dinner is offered upon reservation. The hotel offers a Zen area, with a whirlpool bath, massage, spa and boutique. A complete break in the fresh air in a pleasant and welcoming place. New service: electrically assisted bike rental.

It is one of the gems of the middle country. The gorges du Loup offer a range of breathtaking natural landscapes, between luminous cliffs, lush vegetation and turquoise waters. Once a popular destination in the thirties, the hamlet of Pont-du-Loup was served until the Second World War by the Chemins de fer de Provence. Charming villages with a rich built heritage follow one another: the perched village of Tourrettes-sur-Loup, city of "Arts and Violets"; the old defensive village of Bar-sur-Loup which has kept all its medieval charm; Gourdon, labeled "most beautiful village in France", offers one of the most stunning panoramas of the French Riviera: Courmes with its typical charm, and of course Caussols, where the lunar landscapes contrast with the mysterious underground world traced by the Loup river.

THE GORGES DU LOUP AND LUNAR PLATEAUS



⌘ RECOMMENDED DURATION: ONE DAY

TOURRETTES-SUR-LOUP → LE BAR-SUR-LOUP 11,6 km

LE BAR-SUR-LOUP → COURMES 12,8 km

COURMES → GOURDON 10,8 km

GOURDON → CAUSSOLS 9,9 km





With its flowery staircases, its vaulted passages, paved alleys and the arts and crafts workshops of the Grand-rue, Tourrettes-sur-Loup is a beautiful medieval village that has kept its charm of yesteryear. It is not by chance if, for decades, the village has been an inspiring place for painters, filmmakers, composers, attracting artists and craftsmen from all over. Jacques Prévert, Jean Cocteau, Franck Sinatra were not mistaken.

Tourrettes-sur-Loup can definitely take pride in its rich cultural and historical heritage. The journey through time starts at the wide Place de la Libération, bordered by the Romanesque Saint-Grégoire church. From the clock tower and the barbican, the cobbled streets lead to the old castle and town hall, winding through the craftsmen's stalls and flowery houses, and the orientation table with an unobstructed view of the Cassan viaduct and the coastline. Another highlight of the village are the still abundantly cultivated violets. Celebrated at the "Bastide aux Violettes", which recalls the horticultural past of the village, they are honored each year during the traditional Violet Festival in early March.

Altitude of the commune: from 47 to 1,246 m

Altitude of the village: 400 m

To see: the "Bastide aux violettes" to learn everything about this little flower, the castle, which hosts temporary exhibitions, the orientation table, the Saint-Grégoire church.

BUREAU D'INFORMATION TOURISTIQUE DE TOURRETTES- SUR-LOUP

2, place de la Libération

☎ 04 89 87 73 30

www.villagesvalleesdazur-tourisme.fr
tourisme.tsl@aggllo-casa.fr

Open all year long from 9:30 am to 12:30 pm and from 1:30 pm to 5:30 pm. Every day during the summer and from Monday to Saturday the rest of the year. Closed on public holidays except July 14 and August 15.

The Tourist Information Office staff will guide you through a wide range of documentation, maps, guides and detailed agendas. You'll find everything you need to organize your stay in town. The Intercommunal Tourist Office offers free guided tours of the village of Tourrettes-sur-Loup and the

surrounding villages all year round (upon reservation). You'll find the events and exhibitions organized in the commune at www.tourrettesurloup.com

SIGHTSEEING

L'AQUEDUC DU MOULIN

Rue de la bourgade

The aqueduct is located between the Madeleine car park and the medieval village. Made out of a single arch, it steps over the old road from Venço to Grasse, now rue de la Bourgade. The oil mill is now private, but its large iron wheel can still be seen. This aqueduct as well as the two other mills below, of which only the buildings remain, show the importance of the olive oil industry in the 19th century. A true local agricultural tradition.



Aqueduc du moulin.

LA BASTIDE AUX VIOLETTES

Chemin de la Ferrage

☎ 04 93 59 06 97 - bastide@tsl06.com

Open all year round. Free of charge. Guided tour for a fee for groups upon reservation. Visit of the greenhouses from November to March.

The Victoria violet, grown in Tourrettes-sur-Loup since 1880, blooms from mid-October to mid-March. La Bastide aux Violettes is beautiful and nicely preserved a place of memory, as well as buzzing with life.

You will discover the growing methods of the emblematic flower (in the ground and out of the ground), its uses (for the perfumeries of Grasse and in cooking in particular) and the craft products made such as crystallized flowers, ice creams, syrups, jams, etc. Guided tours, animations and workshops are available upon reservation. If you are here in winter, take the opportunity to admire and smell its delicate perfume. A beautiful and warmly welcoming place.

DISCOVERING THE LAUVES

Near the heart of the village, there is a unique geological site in France: the Lauves (or loves), a Provençal word for "flat stones" (or slabs). It is a geological formation spread over 3 hectares, formed of gullies called "dos d'éléphants" ("elephant backs") with fossils and other mushroom rocks. This site is protected because it shelters rare fauna and flora, as well as fossils which trace the geological history of this place. To get there, at the entrance of Tourrettes-sur-Loup, coming from Venço on the D2210, turn right. The place is indicated.

CHAPELLES ET ORATOIRES

Tourrettes-sur-Loup is surrounded by several chapels and oratories dedicated to the protection of people, livestock, and the village. Scattered throughout the countryside, they were intended to ward off epidemics and “evil spirits”. Around Tourrettes-sur-Loup, you’ll find the chapel of Saint-Antoine, which protected the winegrowers, the chapel of Saint-Jean, which protected the crops and herds, the chapel of Sainte-Marie-Madeleine, and the chapel of Saint-Arnoux. Several oratories are also scattered around the village.

CHÂTEAU-MAIRIE

Place Maximin-Escalier
 ☎ 04 93 59 40 78
 www.tourrettesurloup.com
 culture@tsi06.com

Low season: open Monday to Saturday from 10am to 1pm and from 2pm to 5:30pm. High season: Monday to Saturday from 11am to 1pm and from 2:30pm to 6:30pm; Sunday from 3pm to 7pm. Museum space. Free of charge. Credit cards and cheques not accepted.

The Villeneuve family built the present castle in 1430 and kept it until 1789. Abandoned in the 18th century, sold as national property, then looted, damaged and partly ruined, the castle has not much left of its former splendor. Today it serves as the town hall. Located in the heart of the old town and with a surface area of 400m² on the ground, it has three floors. The second floor houses three beautiful rooms where exhibitions are held throughout the year.

ÉGLISE SAINT-GRÉGOIRE

Place de la Libération
 The Lombard-style bell tower has one of the oldest bells in the department,

called “la Tourrettane”. Behind the main altar is a pagan one from the 3rd century BC, dedicated to the god Mercury. At the level of the first altar on the right, there is an altarpiece from the school of Bréa. In the choir, a carved wooden altarpiece (17th century).

KNIFE & FORK**AUBERGE DES GORGES DU LOUP €€**

4, route de Grasse –
 Le Pont du Loup
 ☎ 04 93 59 38 01
 www.auberge-gorgesduloup.com
 info@auberge-gorgesduloup.com

Closed from mid-November to mid-December and from mid-January to mid-February. Open from Tuesday to Saturday lunch and dinner and Sunday lunchtime. Menus from 20 € to 40 €. Carte: around 35 € [dish + dessert]. Garden. Terrace.

This restaurant offers a tasty carte inspired by Provençal and Tahitian flavours, with marinated fish or a Tahitian vanilla crème brûlée. The Chef’s wife is originally from Polynesia, where they lived for a few years, which explains their taste for this cuisine from the other side of the world. Every summer, they organize a Tahitian evening in July with a musical welcome and a dance show. Their charming inn also has 10 rooms.

LA CAVE DE TOURRETTES €

8, Rue de la Bourgade
 ☎ 04 93 24 10 12
 lacavedetourrettes@free.fr

Open every day from 10:30am to 3pm and from 5pm to 11pm. Carte: about 20 € [dish + dessert]. Terrace.

For wine lovers, this cellar and wine bar serves more than 250 carefully selected wines. You’ll love stopping here to enjoy a good meal while tasting grape varieties that go perfectly with the seasonal products on your plate. You’ll be warmly welcomed, the advice is professional, the dishes generous and the prices very affordable. What more? Regular new arrivals, suggestions on the menu to take away. Try it if you haven’t already!

LE SANSOT ♥ €€

700, Route de Grasse
 ☎ 04 93 59 03 94
 https://lesansot.com/
 contact@lesansot.com

Open all year round. Tuesday to Thursday and Saturday lunch and dinner; Friday evening; Sunday lunch. Booking recommended. Carte: about 30 € [dish + dessert]. Groups welcome. Terrace. Takeaway options. Shop.

A favorite for you to discover new tastes, with a breathtaking panoramic view of the village and the surrounding mountains, Le Sansot is an address that we love for its rustic and vintage setting, but also and above all for its cuisine. The chef, Stéphane Furlan, combines with talent French gastronomic recipes and a controlled budget. A lover of local products, he works exclusively with local producers, which will allow you to taste dishes that you will not find anywhere else.

SPELT €€€

6, Grand'Rue
 ☎ 09 86 26 63 79
 www.spelt-restaurant.com
 spelt.lrestaurant@gmail.com

Open all year round. Wednesday to Saturday, lunch and dinner.

It is the rising star of the village, and for good reason, the two founders, Chef Raphaël and the pastry chef Marion have serious references. The cuisine is creative without being too sophisticated. It is prepared only with local products. At lunchtime, the menu is more bistro-like and in the evening the atmosphere is more intimate and the cuisine more gastronomic. Two menus, two atmospheres! We love the small terrace and its superb view of the hills. Note that the eponymous pastry shop offers a selection of delicacies to take away.

SHOPPING**BACHO BREWERY**

4, Pont du Loup
 ☎ 06 62 78 11 72
 http://bachobrewery.com
 contact@bachobrewery.com

Open from Thursday to Sunday from 4pm to 11pm. Workshop on reservation only. The workshop lasts about 4 hours, it starts at 1pm and ends around 5-5.30pm. Artisanal brewery.

The name “Bacho Brewery” comes from a Native American language, in which “Bacho” means “Loup”, [which is French for “wolf”], in reference to the eponymous river (the Loup) which flows in the village where the brewery is located! A beautiful space of 160 m² integrates the store, the brewing workshop and the bar for tastings. Bacho’s beers are for everyone, as well as connoisseurs or amateurs.

Enthusiasts will love to smell the hints of hop that Robin selects with great care, while novices will learn to discover sweet, flowery or more bitter beers depending on the flavors.

CONFISERIE FLORIAN

Le Pont du Loup

☎ 04 93 59 32 91

www.confiserieflorian.com

High season: open every day from 9am to 7pm.

Without a doubt one of the region's must-see places, the Confiserie Florian, in the Gorges du Loup, specializes in the production of sweets and chocolates using traditional techniques and tools. Dedicated to local products, the confectionery sublimes the citrus fruits of the French Riviera and the flowers of Provence (rose, jasmine, violet) then transformed into delicacies in the same way for more than half a century, for the greatest pleasure of the sweet tooth. Guided tour of the workshops and sale on site. Possibility to buy online too.

DOMAINE SAINT-JOSEPH

160, chemin des Vignes

☎ 04 93 58 81 31

Open from Monday to Saturday. By appointment only.

At first, Julien Bertaina had not considered taking over the family estate. But when his father offered him the opportunity to take over the business, he didn't hesitate for long before accepting. He now looks after the 2.5 hectares of vines and 160 olive trees. Very sensitive to the environment, he cultivates his land organically but also biodynamically: he respects the lunar calendar and sprays natural products to regenerate the soil and strengthen the trees. You'll enjoy it whether you prefer red, rosé or white wines.

POTERIE LA BERGERIE

La Bergerie

67, Grand rue

☎ 04 93 59 35 17

www.vigroux.com

damien@vigroux.com

Open every day from 9am to 5pm.

The place is extraordinary and unique in the village. In the basement of a medieval rampart house with low ceilings and massive beams, Damien Vigroux perpetuates the skills of pottery and the art of faïence making in his workshop formed by impressive natural rock. The shelves display the delicate pieces turned, decorated and fired on site. It has been a family affair for some fifty years. Vases, bowls, jugs, cutlery, decorative objects, not forgetting the emblematic hedgehog, can be found on site or online.

THE WORK OF THE OLIVE WOOD - MASTER CRAFTSMAN OF ART

126, route du Caire

☎ 06 24 34 29 35

Guillaume Dubosq is a master craftsman who works with olive wood. He is a certified Entreprise du patrimoine vivant (EPV, "Living Heritage Company") and develops the family business he took over more than 20 years ago. His workshop and store, located in the village, offers a wide range of olive wood objects, used for tableware as well as decoration. Drop by this store to find a unique gift: salad bowls, bowls, cutlery, spatulas, cheese boards or cutting boards... He also produces custom furniture.

**Le Bar-sur-Loup**

At the entrance of the gorges, the perched village of Bar-sur-Loup has been proudly standing on its rock since the 13th century. This ancient medieval defensive village dominates the Loup valley with the imposing castle of the Counts of Grasse built between the 14th and 16th centuries. Because of its strategic position at the mouth of the Loup Gorges, between Grasse and Vence, the site has been occupied since antiquity. From the 13th century, the Grasse family established a seigniorship there. On the Place de la Tour, you can see the ancient keep of the 10th century castle and the statue of the Admiral of Grasse, born here in 1722. In addition to its medieval charm, Bar-sur-Loup offers a Provençal countryside on its outskirts: vineyards, olive trees, orange trees, and bitter orange trees are spread all around in terraces. The village is also known for being the city of orange trees, which they proudly celebrate every Easter Monday.

Altitude of the commune: from 100 to 1,312 m**Altitude of the village:** 320 m

To see: the church of Saint-Jacques le Majeur with the famous "Danse Macabre" inside, the old wash-house, the old castle of the Counts of Grasse, the statue of the Admiral of Grasse whose birth tercentenary will be celebrated in 2022.

BUREAU D'INFORMATION TOURISTIQUE DU BAR SUR LOUP

Located in the City Hall

Place de la Tour ☎ 04 93 42 72 21

www.villagesvalleedazur-tourisme.fr
tourisme.bsl@aggllo-casa.fr

From June 1st to September 30th, Tuesday to Saturday from 9:30am to 12:30pm and from 1:30pm to 5:30pm.

The Intercommunal Tourist Office offers free guided tours of the village of Bar-sur-Loup and the surrounding villages all year round (reservation required). More information on the municipality and its events on the website: www.lebarsurloup.fr

SIGHTSEEING**CHÂTEAU DES COMTES DE GRASSE**
6, Place Francis-Paulet

The castle is private and cannot be visited. The foundations of this castle date from the 13th century and belonged to the Counts of Grasse, Lords of Bar until the Revolution. In 1792, the dungeon, symbol of the lordly power, was razed and the castle looted before being requisitioned by the revolutionary commune, which sold it to the inhabitants in 1832. Today, the renovated cellars of the castle are used for exhibitions, seminars, concerts and community events.

© SOPHIE BOULET



Château des Comtes de Grasse.



A GUIDE LIKE NO OTHER!

Michel Ribero

In Bar-sur-Loup, Michel Ribero is famous for his talents as a storytelling guide but also for his humor and good mood. He knows the place like the back of his hand and offers guided tours to discover one of the most authentic villages of the Côte d'Azur.

Like the Admiral of Grasse, whose tercentenary will be celebrated in 2022, you are originally from Bar-sur-Loup...

Yes, I was born here in 1947, but I am not 2.03 meters tall like the Admiral, who came from a wealthy family in Bar-sur-Loup, and I did not push the British back to the West Indies either! On the other hand, I think I

am the only baby from Bar to have had the honor of meeting General de Gaulle: during his visit to the village on September 14, 1948, he stroked my cheek while I was in my father's arms.

How did your free guided tours come about?

I am a history enthusiast, but above all I love stories, especially those of my village! Even though I know the history of every stone in the village, I wanted to pass on something different from what you can read in various books, and that's how I started offering these tours. For two hours, I walk the visitors through the winding streets of Bar-sur-Loup, telling juicy anecdotes, true of course, and giving unusual historical details. My goal is to try to capture the public's attention by using humor, but not necessarily to fill them with theoretical knowledge. Above all, I want the visitors to have a good time, and I take great pleasure in doing so.

Bar-sur-Loup used to be a very important town in the past...

Yes, it was the chief town of the canton, there were taxes, a post office... In the Middle Ages, Bar-sur-Loup was one of the most important towns in the region. It had the right to issue money and was a major trading center, which shows its importance and prosperity. One can still admire the old ramparts, the Counts of Grasse castle, Saint-Jacques-le-Majeur church, the wash house and the countless testimonies of the past.

Later, Bar-sur-Loup became famous for its jasmines and orange trees, which are highly celebrated every year on Easter Monday. In short, it is a historical place that deserves to be known!



© SOPHIE BOUTET

THE GORGES DU LOUP AND LUNAR PLATEAUS

Le Bar-sur-Loup

ÉGLISE SAINT-JACQUES-LE-MAJEUR

Place de la Tour ☎ 04 93 42 70 11

Ask for the key at the town hall.

(☎ 04 92 60 35 70)

Listed as a historical monument, it was built between the 13th and 15th centuries. It has a gothic nave with a single aisle and a side bell tower, and superb gothic portal made by the Grasse woodcarver Jacotin Bellot. Behind the high altar, an altarpiece attributed to Louis Bréa is composed of fourteen paintings on a golden background. An extraordinary 15th century painting on wood by Honoré Alzine, *La Danse macabre*, depicts ten men and ten women dancing to the sound of musical instruments, all overcome by their sinful souls that leave them, no doubt to abandon them to their sad fate. Saint Michael weighs the souls on a small scale at the feet of Christ. Death sends his arrow. The devil buries a dead man in the mouth of hell. A poem in Provençal explains the details of this fresco and its origin: during a ball organized by the Count of Grasse in the middle of Lent in 1482, several guests fell down dead... The Dance of Death is a theme often taken up and illustrated in medieval churches. Its purpose was to incite the living to meditate on their last end and to dread the eventual fate that awaited them to punish them for their misconduct: the flames of Hell. At the back of the church stands a strange black marble basin, which is none other than the Countess's old washbasin saved from the looting and vandalism of the revolutionaries in 1792, and a baroque altar canopy, once gilded.

PLACE DE LA FONTAINE ET CHAPELLES

Place de la Fontaine

Water from the fountain comes from the Four spring. Above the trough, built in 1420,



Chapelle des Sœurs Trinitaires.

© SOPHIE BOUTET

there is a noticeable emblazoned stone whose coat of arms was unfortunately hammered in 1790. The pretty chapelle des Sœurs Trinitaires, built as an extension of the convent of Trinitarian nuns, is located on a small square at the entrance of the village. Several small chapels are scattered throughout the countryside of Baroise. Each of them is dedicated to a saint protector. The chapelle Sainte-Anne, located above the village, on the Terray way, is preceded by an awning. The chapelle Saint-Michel is located at the intersection of Saint-Michel and Sainte-Anne's Road. It is mentioned in an official document in 1475. The chapelle Saint-Claude is located at the entrance to the footpath running from Bar-sur-Loup in Gourdon. This is a chapel with a recently renovated awning.

The Chapelle Saint-Jean is located at the confluence of the Riou and the Loup, named "Saint-Jean-entre-Deux-Eaux" in ancient texts. It is dedicated to Saint John the Baptist, the patron saint of the village. A mass is celebrated on June 24th of each year, and this pilgrimage leads to rejoicing in the near neighbourhood of Papeterie.

KNIFE & FORK

L'ÉCOLE DES FILLES €€

380, avenue Amiral-de-Grasse
 ☎ 04 93 09 40 20
 www.lecoledesfilles.wixsite.com
 lecoledesfilles@orange.fr

Open from Friday to Tuesday for lunch and dinner. Menus from 35 € to 45 € (menus with appetizers and mignardises). Lunch menu: 26 € (dish of the day + dessert of the day + coffee [except on Sundays and public holidays]). Starter + main course: 35 €, Starter + main course + dessert: 39 €, Starter + main course + cheese + dessert: 45 €. Terrace.

Seasonal products, original recipes, home-made cuisine: the Ecole des Filles has it all! Transformed into a restaurant of choice, this former school for girls, built in 1929, now offers dishes made with fresh and seasonal products. The dishes change every week with two starters, two main courses and two desserts on the menu. For the anecdote, after your meal, take the time to visit the old classrooms, with their small wooden desks. A real trip back in time while enjoying delicious food.

HÔTEL PARTICULIER

DES JASMINES €€

938, avenue des écolos
 ☎ 04 93 60 42 05
 www.lesjasmins.fr
 hotelparticulier@lesjasmins.fr

Low season: open from Wednesday to Sunday for lunch and dinner. High season: Tuesday to Sunday lunch and dinner. Reservation recommended. Carte: around 25 € (dish + dessert). Double room from 80 €.

This mansion overlooks the Loup valley and has been restored with authenticity, retaining all its yesteryear charm. It marvellously combines luxury and simplicity. It is both a bed & breakfast and a restaurant. The cuisine, using products from the market, is both inventive and simple. The carte honors local products. We like the hospitality, the intimate and discreet setting of this beautiful and special address. All in all, a very nice interlude.

BISTRO LE DONJON

1, place Francis Paulet
 ☎ 04 93 77 98 99

Located in the heart of the village square, in the old dungeon, this bistro welcomes you from morning to evening. For lunch, a unique dish, renewed every day, is proposed on the menu. No restaurant in the evening, but you can enjoy the bar and tapas. Don't hesitate to come and relax in this pleasant place. On sunny days, enjoy the sunny terrace.



Nestled at the foot of Puy de Tourrettes (1,267 m), Courmes dominates the steep gorges of the Loup. The village, unperturbed, seems to be one with the surrounding nature. In deed, no one arrives here by chance. To reach Courmes, which is worth it, at the bend of a small road, the only path leaves the hamlet of Bramafan leading to the heights. In the Middle Ages, the village, where still some ruins remain, was located to the north of the current town at a hamlet called "Les Combes". Between the 14th and 15th centuries, wars and instabilities contributed to its depopulation. Its fate was then linked to that of Coursegoules, which Courmes depended on until the Revolution. The remains of a castle and the 17th century church of Sainte-Madeleine, very well restored, bear witness to this rich past. When you arrive in the village, you are greeted by an alley of plane trees that leads to the town hall. Next to the ochre-colored building, the small church square is surrounded by beautiful houses, where only the sound of the wind in the plane trees disturbs the reassuring torpor of the place. Crossed by the GR51, Courmes is the starting point of magnificent hikes to the Saint-Barnabé plateau, the Puy de Tourrettes and the Baous.

Altitude of the commune: from 260 to 1,263 m

Altitude of the village: 623 m

SIGHTSEEING

L'ÉGLISE SAINTE MADELEINE

74, place de l'Église

This 17th century church blends in with the village's old houses. Its architecture is classical, but it has a gilded wooden altar, and an interesting square bell tower, in the shape of a pyramid.

KNIFE & FORK

AUBERGE DE COURMES €

3, rue des Platanes
 ☎ 04 92 60 08 17
 aubergedecourmes@orange.fr

Open all year round. From October 1st to May 31: open from 9: 30am to 7pm. Dinner upon reservation. From June 1st to September 30th: open from 9: 30am to 10: 30pm. Closed on Monday. Reservation recommended. Credit cards not accepted. The inn welcomes both hikers and tourists lucky enough to discover this small family-friendly restaurant. You'll be pleasantly welcomed by the owner and his dishes. The recipes are entirely homemade, from the starters to the desserts, and are rather copious... A word to the wise! Note that the inn also has 5 guest rooms for a privileged stopover in a picturesque setting, away from the bustle of the coast. An authentic inn like few others.



On the Gorges du Loup circuit emerges Gourdon, a real eagle's nest, listed among the most beautiful villages of France. Built on a rocky spur, at an altitude of 760 meters, the village overlooks the Loup valley. Its incomparable panorama from Place Victoria, whose colors change with the seasons, extends over 80 kilometers, from Nice to Théoule. Only 10 kilometers as the crow flies from the Mediterranean, this isolated rock was a refuge and defense place in ancient times. The name Gourdon comes from the Latin word "Gord" which means "mountain". A true medieval fortress, the village has kept an authentic charm and offers a typical architecture, with its imposing private castle, registered as a Historic Monument since 1972, surrounded by gardens designed by Le Nôtre. Today, many craftsmen have chosen to live here, art glassmakers, perfumers, gingerbread makers, confectioners... They mingle with hikers, engaged in the vertiginous "Chemin du Paradis", an old mule track with a difference in altitude of more than 500 meters, cyclists, paragliders, and of course visitors who come to discover this highly touristic village.

Altitude of the commune: from 157 to 1,335 m

Altitude of the village: 760 m

To see: the panoramic view from Place Victoria, the Romanesque church Saint-Vincent, the wash-house, the Paradis path towards Bar-sur-Loup (GR 51) and the circuit of the Gorges du Loup.

BUREAU D'INFORMATION TOURISTIQUE DE GOURDON

Located at the end of the village

1, place Victoria
☎ 04 89 87 73 30

www.villagesvalleesdazur-tourisme.fr
tourisme.gourdon06@agglo-casa.fr

Open all year long from 9:30 am to 12:30 pm and from 1:30 pm to 5:30 pm. Every day during the summer and from Monday to Saturday the rest of the year. Closed on public holidays except July 14 and August 15.

Here you will find lots of information with a wide range of documentation at your disposal as well as personalized advice. The inter-communal tourist office offers free guided tours of the village of Gourdon and the surrounding area all year round (reservation required). More information about the village on www.gourdon06.com.

SIGHTSEEING

LA LAVANDRAIE DE MARIE

At the exit of the village Gourdon, going towards the Saut du Loup, is the lavanderaie (lavender plantation) de Marie, created by Chantal Roux, from the Source Parfumée in Gourdon. After the bend of the road, you will enter this little quiet site where various plants and aromatic essences bloom. The walk is very relaxing, among flowered terraces, benches placed here and there where it is good to laze. Above all, the site offers unique views of the Loup valley.

L'ÉGLISE SAINT VINCENT

5, rue de l'École

Free access.

Its style is romanesque-provençal, and it was built between the 10th and 12th cen-

turies. It houses a beautiful Romanesque stoup with an angel's head, as well as the reliquary busts of Saint Luce, Saint Juste, and Saint Vincent. This church is registered as a historical monument.

LA PLACE VICTORIA

It offers one of the most beautiful panoramas of the French Riviera, from Nice to the Esterel, and also the Lerins Islands. On a clear day and if you are lucky, you can even see Corsica! It is after a visit of Queen Victoria to Gourdon, in 1891, that the square was named after the British sovereign. Three orientation tables inform the visitors about the surroundings: breathtaking! You'll also admire the lucky paragliders right in front of you.

KNIFE & FORK

AUBERGE DE GOURDON €€

Route de Caussols
☎ 04 93 09 69 69

www.aubergedegourdon.com/
aubergedegourdon@gmail.com

Low season: open every day from 9am to 6pm. High season: every day from 9am to 7pm. Groups welcome (birthdays, seminars, receptions, etc.). Terrace. Car park.

The Auberge de Gourdon is a small restaurant that we like to recommend for its local cuisine which rich in flavors. The Chef offers suggestions on the menu according to the seasons and the market, all obviously made with fresh products. The dishes are copious and guests are warmly welcomed. And because everything is homemade, don't forget to save some room dessert, which the regulars particularly cherish. In the afternoon, the inn serves drinks, waffles, ice creams and sandwiches.

LA TAVERNE PROVENCALE € & €€

Place de l'Église
☎ 04 93 09 68 22

Closed at the end of November and beginning of December (2 weeks) and after the holidays in mid-January (3 weeks). Low season: open every day from 9am to 7pm. Bar in the afternoon. July and August: evening service as well. Reservation recommended. No menu. A la carte: about 30 €. Checks not accepted. Groups welcome. Terrace. Parking lot.

Created in 1933 by E. Reymond, this tavern installed in a century-old building is the oldest restaurant in the village. It has been run by the same family for 4 generations! Don't miss the vast terrace offering a superb panorama of the entire Côte d'Azur! A truly authentic place with quality Provençal products on the menu. Tearoom service with a homemade orange wine or a very good hot chocolate in winter and a shop with traditional products located Place Sainte-Catherine.

SHOPPING

L'ATELIER DE LA CIRE

5, rue de l'École
☎ 04 93 09 91 70

www.esprnaturegourdon.fr
latelierdelacire@gmail.com

The store is located in the heart of the village. It is a family business, the grandfather, at the time precursor, had created in Gourdon an artisanal factory of perfumes and toilet soaps with southern essences. The workshop-boutique produces today a large choice of natural candles, conceived with soy wax, more ecological and healthy, and has the particularity to release the perfumes incomparably. For the more passionate, the owner likes to share her creations and organizes creative workshops and also creates kits to make at home!

GALERIE DE PROVENCE

Place du château
☎ 04 93 09 68 64

A true Ali Baba's cave, where you will most certainly find an original gift! From chocolates to sweets, from handmade pottery to candles and knives... the range is immense. For example, you can find incredible masterpieces of tableware made by renowned local artisans. Their works combine classic designs with modern elegance. And if sweets are your thing, look no further than the tasty flavor of nougats and calissons.

LA SOURCE PARFUMÉE ♿

Galimard Perfumery
Rue Principale
☎ 04 93 09 20 00
www.galimard.com
info@galimard.com

Open all year round from 10am to 7pm in summer. Until 6pm in winter. Visit of the lavender plantations. Ask for more information at the shop. Parking for buses and cars.

More than a hundred years ago, Siméon Roux, a flower broker, grew orange trees in his garden. In 1946, his son, Joseph Roux, distiller-perfumer and his wife, Jeanne, owner of the ancient factory of the perfumed spring in Gourdon distilled the alpine flowers in their stills to collect the finest essences. Today, it is Chantal Roux, director of the Galimard perfumery in Grasse, who welcomes you to the old distillery. She will surely send you on a tour of Marie's lavender plantation.



La Source parfumée.

VERRERIE D'ART DE GOURDON

14, Rue Armand Fallière
☎ 04 93 09 68 34
www.verrerie-balembouis.com
verrerie.balembouis@wanadoo.fr

It is THE art glass factory of Gourdon, created by Charles Balembouis, recognized as a poet of transparency. Charly, as he is nicknamed, is a self-taught man and trained himself in the art of crystal. You can't go through Gourdon without stopping by his little workshop nestled in the main street. Like the glass artisans of Murano, all Charly's pieces are made of crystal. Take a look at his website, where you can order the pieces. A passionate artist who has handed the flame down to his son Stéphane. A unique know-how that has been passed on from generation to generation since 1956!



Located on a karstic plateau composed of limestone rocks sculpted by erosion, the village of Caussols seems to hesitate between the stars and the sea. Famous for its beautiful skies, the Astronomical Observatory of the French Riviera is located there. Caussols is a starting point for many hikes on the limestone plateau, and for cycling circuits. To the north, the arid and rocky karstic landscape of the Calern and Caussols plateaus offers a chaos of gray stones. Sculpted for centuries by the runoff of rain that rushes into the limestone, these lunar plateaus with an end of the world appearance, are full of hundreds of geological curiosities (sinkholes, dolines), collapses of the ground that leave a gaping hole on the surface: the Caussols' mouth, a deep abyss of about ten meters, a real funnel down which pours the water of the plateau streams, to reappear in the Gorges du Loup and on the Cannois basin. On these plateaus dedicated to pastoralism, large herds have been grazing for hundreds of years. Bories, enclosures, sheepfolds and watering holes still dot the landscape populated by rare and protected fauna (wolves, lynx, deer, birds of prey...) and flora.

Altitude of the commune: from 895 m to 1,458 m

Altitude of the village: 1,130 m

SIGHTSEEING**L'ÉGLISE SAINT LAMBERT**

Rue de l'église
Rebuilt in the 13th century over an ancient church, St-Lambert was renovated between 2000 and 2015 in order to recover its Romanesque style, which had disappeared under too many previous decorations. Its façade is topped by a bell tower and preceded by a porch.

**LA GROTTÉ-CHAPELLE
NOTRE DAME DE CALERN
GR4**

It is located on the GR4, about an hour's walk from Caussols direction Cipières, at an altitude of 1,300 meters. Inside a cave, an altar is surmounted by a statue of the Virgin Mary. The inhabitants of Cipières and Caussols meet there for a pilgrimage in August.

L'EMBUT DE CAUSSOLS

Route départementale N°12

An embut, in Provençal, is a funnel. A word quite adequate to designate the avens, which can reach 450 m deep, in which rainwater disappears. This water resurfaces in the Loup gorges and supplies the springs and fountains of the region. The "embut de Caussols" is a natural cavity, a 10 m deep chasm in which the rainwater of the Caussols plateau disappears. It is not really indicated, but it can be found about 1 km before the village, on the left when arriving from Gourdon.

**OBSERVATOIRE DU PLATEAU
DE CALERN CAUSSOLS**

2130, route de l'Observatoire
☎ 04 93 40 54 54
www.caussols.fr
marc.fulconis@oca.eu

From May to September, guided tour (mainly outside) every Sunday at 3.15pm (duration about 2.30h). Adult: 6 €. Child: 3 € (from 6 years old). Group visits on request. Shop. Animations. Free parking.

The observatory is located on the Calern plateau, in a semi-desert area of 20 km², north of the Caussols plateau. Inaugurated in 1974, the site was first conceived as a laboratory for the development and use of new instruments. Scientific life is active here, with the observation of the solar, stellar and intergalactic worlds. During the summer period, guided tours are possible, with presentations of telescopes.

KNIFE & FORK

L'AUBERGE DE CAUSSOLS €

4313, Route Départementale 12

☎ 04 83 26 39 15

aubergedcaussols@gmail.com

Open Wednesday to Saturday from 9am to 9pm; Sunday from 9am to 6pm.

For two years now, Sébastien and Arnaud have boosted this small inn that has all the makings of a big one. Starting with the dishes, beautifully presented and prepared with fresh products. A cuisine that is both refined and generous, and that the regulars (many of them) recommend as much as they like. A good choice of local wines as a bonus. We also appreciate the careful decoration of the room and the quick and smiling service. A nice surprise to discover, especially during the themed evenings organized each week (pizza and sushi on the menu).



Eglise Saint-Lambert.

SHOPPING

ATELIER DE LA VERRERIE GAMBIER

Chemin du Bois Beranger

☎ 06 45 55 58 48

www.verrieriegambier.site.com

Alexis Mathelin is one of the last glass-blowers, about a hundred remain in France. After his training at Cristallerie Lalique, he completed his knowledge with Mr Gambier, whose workshop he took over in Caussols. He creates unique pieces, sold in the workshop or in art galleries or shops, in France and Europe. He welcomes you to his intimate studio in Caussols, by appointment, to tell you about his art and his passion.

Accomodation

LE MAS DES CHARDONS €€

164, chemin des Chardons

Caussols ☎ 04 93 09 29 93

www.lemasdeschardons.fr

pierre.dorge1@orange.fr

5 rooms. Room from 60 € for one person, 75 € for 2 persons. Breakfast included. Dinner at the table d'hôte.

It is an ideal stopover, both comfortable and tasty, that hikers (in particular) will enjoy. In the middle of nature, situated in a restful garden, this farmhouse is a haven of peace a little away from the village. It offers 5 well-equipped rooms, in all simplicity. In the evening, you can choose to dine at the table d'hôtes, where Mrs. Dorge serves an excellent family cuisine. To get the day off to a good start, breakfast consists of freshly squeezed orange juice, bread and pastries with a variety of jams.

DREAMS BUBBLE €€

Pont de Loup – 183, chemin du Figueret

Gourdon ☎ 06 61 86 22 52

www.dreamsbubble.com

contact@dreamsbubble.com

4 bubbles, some with private spa + 30-minute duo massage. Night for 2 people: from 159 € to 299 €. Catering (various menus to choose from 28 to 38 €).

If you've always dreamt to sleep under the stars (but all the same with some comfort!), the bubbles are a good compromise. Here, there are 4 in total, with evocative names: temptation, serenity, mystery and cherry bubble. Installed in a domain of the Pont du Loup, these bubbles will allow you to admire the starry sky at night and to see the sun rising in the morning... They are composed of a transparent bubble for the bedroom and a second opaque bubble for the bathroom and the toilet. Escape guaranteed!

LES GÎTES DE GOURDON

Place du Château

Gourdon ☎ 04 93 09 68 02

www.gitesdegourdon.com

contact@chateau-gourdon.com

HOTEL PARTICULIER DES JASMINS €€

938, avenue des écoles

Bar-sur-Loup ☎ 04 93 60 42 05

www.lesjasmins.fr

hotelparticulier@lesjasmins.fr

Open all year round.

This host house which overlooks the Loup valley has been restored with authenticity while preserving all its charm from the past. It marvelously combines luxury and simplicity. It is both a bed and breakfast and a restaurant. The cuisine uses products from the market, it is inventive and sober at the same time. The menu honors local products. We like the welcoming hospitality, the intimate and discreet setting of this beautiful and particular address. All in all, a very nice interlude.

HÔTEL CAMPING RESTAURANT

LES RIVES DU LOUP***

2666 bis, Route de la Colle

Tourrettes-sur-Loup

☎ 33 04 93 24 15 65

www.rivesduloup.com

Hotel: room or apartment – Camping: mobile homes or pitches for tents, caravans and motorhomes. Free parking.

Located 20 minutes from the sea, between Vence and Grasse, on the banks of the river. The mobile home package has simple comfort for a one-night stopover, its location being its major asset. However, the ideal remains (as on any campsite) to try to find a place a little away from the hustle and bustle. This applies to those who have their tents in the trunk.

From Valbonne to the foothills of the Alps, the landscape appears less rugged and tormented, more harmonious and peaceful. The surrounding terraces planted with olive trees, cypresses and market gardens are a reminder of the agricultural past of this area, inhabited by Man for thousands of years. No wonder: the climate is mild, just like the landform. A sacred tree in Ancient Greece, the olive tree has spread everywhere here. Perched at more accessible altitudes, the villages of this area watch over the green valleys. They seem to cultivate their sweetness of life and their authenticity since ever. Witnesses of the past, their heritage is rich. Today, the area is rather chic and residential, and has developed a lot since the 1970s thanks to the neighboring Sophia-Antipolis technology park, but the villages remain attached to their identity and their history. You have to venture there to discover it.

STROLLS ALONG THE RESTANQUES

VALBONNE

ROQUEFORT-LES-PINS



PAGE 76

3

CHÂTEAUNEUF-GRASSE

D2085

D2085

LE ROURET

PAGE 77

4

ROQUEFORT-LES-PINS

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2

OPIO

D7

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5

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1

VALBONNE

D3

⌚ RECOMMENDED DURATION: ONE DAY

VALBONNE → OPIO	5,8 km
OPIO → CHÂTEAUNEUF	3,3 km
CHÂTEAUNEUF → LE ROURET	3,5 km
LE ROURET → ROQUEFORT-LES-PINS	3,5 km

700 M



Linked to the Sophia Antipolis technology park by its proximity, Valbonne remains an authentic village located a few kilometers from the coast, on the banks of the Brague. The first mentions of this "Bonne Vallée" appear in the 13th century when it was founded by the Order of Chalais, while the abbey of Valbonne was offered to the one of Lérins in 1346. Located below the main square, this abbey, which is nearly eight centuries old, was classified as a historical monument in 1984, and its imposing Romanesque silhouette still watches over the village. The historic heart of the village is structured around the Place des Arcades, the nerve center of Valbonne since the 16th century. Within it, five streets cross from north to south, and ten streets from east to west, their right angles forming a perfect chessboard that welcomes each year many visitors who come to discover this Provençal mosaic with ochre-colored facades. The market that takes place on the Place des Arcades every Friday is also a warm illustration of this Provençal village, whose sloping streets allow you to discover unforgettable colors, vegetation that joins the durability of the stone and also local flavors. The authenticity of Valbonne contrasts wonderfully with the Sophia-Antipolis technology park which is also part of the commune, giving the Provençal village an identity that is both forward-looking and proud of its heritage.

BUREAU D'INFORMATION TOURISTIQUE DE VALBONNE

Located near the Place des Arcades
in the heart of the village
14, rue de la Fontaine
☎ 04 89 87 73 30
www.villagesvalleesdazur-tourisme.fr
tourisme.vsa@agallo-casa.fr

Open all year long from 9:30 am to 12:30 pm
and from 1:30 pm to 5:30 pm. Every
day during summer and from Monday
to Saturday the rest of the year. Closed
on public holidays except July 14 and
August 15.

You will find here complete information
on the city and the many events orga-
nized by the municipality, as well as on
the local transportation networks. The
Intercommunal Tourist Office offers free
guided tours of the village of Valbonne
and the surrounding area all year round
(reservation required). You'll find all the
events organized by the municipality at
www.ville-valbonne.fr.



Valbonne.

SIGHTSEEING

ABBAYE DE VALBONNE

1, rue de la Paroisse

It was established in 1199 by the Order of Chalais, on the banks of the Brague river, in an isolated and wooded valley. In Romanesque-Gothic style, the abbey preserves a Romanesque altar and portal, and reliquary busts from the 18th century. The life of the monastery in the Order of Chalais was short. Poverty had led to anarchy that spread throughout the majority of the Order. Sainte-Marie-de-Valbonne was offered in 1303 to the Abbey of Lérins, which did not take real possession of it until 1346. Now a property of the municipality, it honors Saint Blaise.



Abbaye de Valbonne.

LA CHÈVRERIE DE VALBONNE

1382, route de Biot ☎ 06 86 52 38 47
chevrierevalbonne@gmail.com

Open from Wednesday to Friday from
4pm to 7pm; Saturday from 10am to
12pm and from 4pm to 7pm. Phone for
an appointment for an opening outside
these times.

La Chèvrerie is designed as an educational
place open to all for the promotion of quality
products. The building, partly carried out by
the municipal technical services, includes
the goat house, the cheese dairy, the hay
storage and the goatherds' accommodation.
The goatherds, Françoise and Emmanuel,
will warmly welcome you to show you
their installation and present you to their
lovely goats...

Note. On Saturday afternoon, other produ-
cers come to sell their products.

OLIVERAIE COMMUNALE

Bermond Farm
Rue de la Vigne Haute
www.ville-valbonne.fr/

Valbonne, historically being a rural com-
mune, the Municipality wishes to give back
its place to agriculture and agro-pastoralism.
A few years after the success of the Servan
grape, it did it again in 1998 by creating a
communal olive grove in the heart of
the technology park, planted with 150 to
200-year-old trees on a private estate.
The approach is identical: to preserve a
heritage and perpetuate an ancestral
tradition. The olive oil produced is served
at the restaurant des Anciens, managed
by the city, or tasted during apéritifs and
patronal celebrations.

VIGNES COMMUNALES DE RAISIN SERVAN

mairie@ville-valbonne.fr

Until the middle of the 20th century,
Valbonne was essentially an agricultural
village planted with olive trees, vines and
flowers for the perfume industry. The
culture of the Servan, a late white grape
imported from the southwest of France in
1910, was developed.

It could be kept fresh for several months by immersing the shoots in water, the containers being stored in a room commonly known as the *"chambre d'amour"* ("love chamber"). To safeguard and perpetuate the threatened culture and tradition, the municipality created in 1995 the communal vineyard of Servan. Three hundred vines were planted on a hillside well exposed to the Val de Cuberte. Every year, the municipal agents carry out the grape harvest. Part of the harvest (two thirds) is used to make wine, and the other part is for local consumption. The most beautiful bunches picked on the vine are sorted and kept in jars filled with water, where a piece of charcoal is inserted to prevent the grapes from rotting. It leaves its "love chamber" at the end of January and is offered to the population, who tastes it on Saint-Blaise day. The municipal olive grove, located in the heart of the technology park, is part of this same approach to safeguarding local products. The trees are between 150 and 200 years old.

KNIFE & FORK

LE BISTROT DU SOMMELIER €€

21, rue Eugène-Giraud
 ☎ 04 93 12 17 95
www.lebistrot dusommelier.fr
bistrot dusommelier@gmail.com

Master restaurateur. Open all year round. Open every day except Wednesday; closed Tuesday and Saturday for lunch. Reservation recommended. Single menu at 39 € (full menu). A la carte menu: 25 € approximately. Wine by the glass. Terrace.

A true safe bet! In their small restaurant nestled in the heart of the village's alleys, Eric and his wife Carine are restaurant professionals who know their trade inside

out. They use fresh market products, many flavors and originality in their daily dishes. With them, Eric, a sommelier by trade, will help you discover the amazing well-stocked wine list, with 200 wines, including about 20 by the glass, at very reasonable prices.

LE CAFÉ DES ARCADES €€

Place des Arcades
 ☎ 04 93 12 00 06
<http://cafe arcades.com/>
contact@cafe arcades.com

Open all year round. Closed only on December 25th and January 1st. Every day from 7am to midnight. Carte: about 27 €. Terrace.

Located on the beautiful place des Arcades in the heart of the village, this café is a real Valbonne institution, welcoming you all day long whether you want a drink, a snack, lunch or dinner. The inside room is beautifully decorated, but it is the well exposed open terrace that is the best. The service is continuous and the ballet of the waiters impressive. The atmosphere is that of a brasserie, the cuisine the same: simple, traditional and tasty. The terrace is crowded, especially in summer, so make sure to book in advance!

CAFÉ LATIN €€

Allée Vito Di Cairano,
 1, place de la Vignasse
 ☎ 04 93 12 04 80
<http://cafe latin valbonne.com>
cafe latin valbonne@gmail.com

Open all year round.

An unmissable address in Valbonne village, at all hours of the day. The sunny terrace is an undeniable asset for this unique café which is always full! The setting is friendly, shaded by olive trees, the welcome courteous and the cuisine is familial and tasty. The menu is simple and fresh with



Café des Arcades.

"mama's" eternal pasta and good pizzas. You'll also appreciate the choice of barbecue suggestions. The bill remains reasonable, considering the quality of the products.

GARINETTE €€

9, rue de la préfecture
 ☎ 09 54 43 95 62

Open Tuesday to Saturday from 11am and from 7pm. Sunday from 11am to 2pm. Reservation required. Groups welcome. Terrace.

This is THE perfect little gem for brunches and apéritifs! Charlène and Anaïs serve toast, muffins, waffles and pancakes [sweet and savory] that will ravish your taste buds at all hours. What we like most of all is that the brunches are not only at the weekends, but are served all week long. Not to mention the apéritif formula at the beginning of the evening which will surprise you... On the menu, the dishes are certified home-made with passion and fresh products. A small address which delights many food lovers, make sure to book!

LA PIGEOT €€

16, rue Alexis-Julien
 ☎ 04 93 12 17 53
www.restaurant-lapigeot.com
contact@restaurant-lapigeot.com

Open Tuesday to Sunday evenings; Wednesday to Friday and Sunday for lunch. From mid-June to mid-September open every evening. Reservation recommended. 25 € approximately (for one dish). No menu, à la carte only. Terrace.

The two small rooms inside are decorated with an oriental style, lit with lanterns and candles. You will quickly feel at ease in this intimate and warm setting to enjoy tajines, pastillas, brochettes, without forgetting the inevitable lamb couscous, etc. Copious dishes, perfectly cooked, garnished with vegetables and semolina at will. You will also find all the delicious North African pastries. Quick service and friendly atmosphere. When the weather is nice, bean bags and low tables are set up outside and the street becomes a comfortable terrace.

SHOPPING

CRÉATIONS BOSELLI –
BOUTIQUE L'OLIVIEROI

Boutique l'Olivieroi
Place des Arcades
☎ 04 93 12 22 91

Open Monday to Saturday from 10am to 12:30pm and from 1:30pm to 7pm.

Jean-Pierre Boselli, originally from Grasse, son and grandson of perfume plant producers, discovered wood by chance and began working with olive trees. His encounter with an importer of precious wood was decisive. He decided to combine his two passions, perfume and wood, and created his first perfume bottles in which a glass tank is hidden. These precious bottles are carved in different woods as a unique and certified piece.



Verrière et galerie d'art Ada Loumani.

MARCHÉ DE L'ANTIQUITÉ
ET DE LA BROCANTE

Place des Arcades

The first Sunday of the month all day.

The market gathers about forty professional exhibitors and attracts both tourists and finders of rare pieces. You will find everything: silverware, furniture, jewelry, knick-knacks, books...

MARCHÉ PROVENÇAL

Place des Arcades

Every Friday morning from 8am to 1.30pm.

Place des Arcades and in the streets of the village, the market invades the squares and streets of Valbonne in a festive atmosphere. You'll find local productions, fruit and vegetables, olive oil, honey as well as craft products and clothing.

VERRERIE ET GALERIE D'ART

ADA LOUMANI

Galerie Loumani Ada, Maître Verrier
Place de l'Eglise

☎ 04 93 12 97 04 - www.loumani.fr

Open Monday to Saturday from 10am to 1pm and from 3pm to 7pm; Sunday and public holidays from 2pm to 6pm.

Located in the old mill near the church, the glass factory houses the exceptional creations of Ada Loumani, a recognized master glassmaker who has exhibited in France, Germany, the United Kingdom, the United States... This artist masters the technique of creating a work of art in blown glass. An innovative spirit, he has developed a process where paintings and decorations are included between two layers of glass. He has received the Label Entreprise du Patrimoine Vivant (Living Heritage Company label), which distinguishes excellent craftsmanship.



"Perched" at 300 meters, Opio is nestled in a green setting. From the Romanesque church Saint-Trophime, the view of the surroundings and of this Provençal village is splendid. Once you enter the village, you can see an oak area and its 1920 shed where grapes were once stored to make the "marc" of Provence. Following the narrow streets lined with restored bastides, we reach the old Château des Evêques, next to the town hall. A funerary stele dating from the 2nd or 3rd century is sealed in a corner of the building. Going down a few steps, the house of Jacques-Henri Lartigues, world-famous photographer, is hidden. Everything in Opio recalls the agricultural vocation of the place.

Altitude of the municipality: from 154 to 361 m

Altitude of the town: 300 m

BUREAU D'INFORMATION
TOURISTIQUE D'OPIO

Located in the new Médiathèque d'Opio

2, route de Nice
Résidence Cœur de village

☎ 04 89 87 73 30

www.villagesvalleesdazur-tourisme.fr
tourisme.opio@aggllo-casa.fr

Open all year long from Monday to Friday from 9:30am to 12:30pm. Closed weekends and public holidays.

The new Tourist Information Office of Opio will help you to gather information about the activities and all the unmissable spots. The Intercommunal Tourist Office offers free guided tours of the surrounding villages all year round (reservation required). More information on the leisure activities and festivities of the commune on www.mairie-opio.fr

SIGHTSEEING

ÉGLISE SAINT TROPHIME D'OPIO

Route du Village

In Romanesque style, it has a panoramic view of the former farmlands now occupied by a golf course. It houses baptismal fonts from the 12th century, a 17th century

painting depicting saint Trophime (Bishop of Arles around 250 AD) and a reliquary of saint Floride, patron saint of Opio. In the 12th century nave, a half-column from the 4th century suggests that the church was built on the ruins of a pagan temple.

PIERRE COMMÉMORATIVE
DE LA MORT DE COLUCHE

Rond-point Coluche

It is on the RD3, next to the site of the accident where Coluche was hit by a truck while riding a motorcycle. On the occasion of the 30th anniversary of his death, a new stele was inaugurated in 2016.

KNIFE & FORK

CAFFÉ CÉSAR €€

2, route de Nice

☎ 04 93 36 09 03

caffe-cesar@orange.fr

Open from Thursday to Monday from 9am to 10.30pm. A la carte: around 45 € (starter, main course, dessert). Wine by the glass. L'Initial 5-course menu: 50 €, 7 courses: 70 €, 9 courses: 90 €. Terrace. Animations.

This is our favorite! The *Caffé Cesar* is the place to be for food lovers who appreciate the innovative "Bistro / Gastro" concept offered by chefs Thierry Molinengo and Frédéric Bogé. The bistro offers a menu back from the market which highlights raw local products in a high quality cuisine. On the gastronomic side, a "menu unique in the world for equally unique dishes" are reserved for the lucky few. Be assured that wherever you sit, you will enjoy exceptional dishes.

LE MAS DES GÉRANIUMS & €€

7, route de Nice

☎ 04 93 77 23 23

www.masdesgeraniums.com

contact@masdesgeraniums.com

Maître Restaurateur. Open Tuesday to Sunday from 9am to 11pm. A la carte: around 52 €. From 14€.

Formerly a family guesthouse, this farmhouse has been a restaurant for over 50 years and is a typical building of the middle country of the French Riviera. You can have lunch in the shade of olive and lime trees in a very pleasant green setting. The restaurant has a large terrace, a fountain for your apéritifs, a pétanque court, and a large garden for nice digestive walks. The chef Raphaël Castella and his team offer a modern and authentic Mediterranean cuisine. All dishes are home-made, using fresh products.

LA SOURCE €

1, chemin San-Peyre

☎ 04 93 77 23 21

www.lasource-opio.fr

lasourceopio@orange.fr

Open Monday to Saturday from 7am to 8pm. Single menu at 15€ (gluten-free menu or vegetarian menu). Wine by the glass. Terrace. Tobacco shop.

It is a real smart address which offers a family cuisine, traditional and fresh home-made dishes. The service is efficient, and the terrace offers a beautiful sunny or shady area depending on the season. It is pleasant, decorated with flower boxes and surrounded by low dry stone walls which isolate it from the main road. A loyal clientele likes to come here for the relaxed atmosphere, the bilingual and competent team that provides information on the good things to do in the region, and the excellent value for the money.

SHOPPING

MOULIN D'OPPIO

2, route de Châteauneuf

☎ 04 93 77 23 03

www.moulin-dopio.com

accueil@moulinopio.com

Open Monday to Saturday from 9:30am to 12:30pm and from 2:30pm to 6pm. Online shop.

Run by the same family for generations (? to be exact), at the foot of the old village, the mill of Opio has been running since 1848. Today, the waters of the Brague are no longer strong enough to activate the mill in the traditional way, so it works with electricity. It is one of the rare still active mills in the region. Free guided tour, introduction to the diversity of the vintages. The shop offers products from the region, decorative objects made of olive wood, and, of course, olive oil!



Châteauneuf is located at the crossroads of several touristic routes. Its strategic location was favored by the lords of Opio as early as the 12th century, who founded the castle on the sidehill. Today, the ancient lordship of Châteauneuf overlooks the centuries-old olive trees that surround its fortress. The historical heart of the village has a purely Provençal atmosphere, with many steep streets and buildings built in the stone of yesteryear. The Saint-Martin church is easily recognizable by its bell tower, and offers the visitor a perfect example of Provençal baroque style. The rest of the village has authenticity, with flowered alleys, its houses and wash-houses. Not to mention a most charming route: the "walls in poetry". On various buildings of the village [school, cemetery, pré-du-Lac, the town hall...], famous poems have been engraved: "Sensations" by Arthur Rimbaud, "Le ciel est par-dessus le toit" by Paul Verlaine, "Et un sourire" by Paul Eluard...

Altitude of the municipality: from 197 m to 662 m

Altitude of the village: 420 m

SIGHTSEEING

LE CHÂTEAU

Originally, a castellaras, a fortified compound dating back to Iron Age, existed at the top of the hill that houses the village today. In the 12th century, the lords of Opio decided to build a castle instead of this castellaras, this site being the highest in their fief. A first mention of the site is found in 1153. On the occasion of a reconciliation between the Bishop of Antibes and the Abbey of Lérins, Castello Novo is mentioned. Other mentions are made of Castrum de Castello or Castro Novo. Later, the Opio inhabitants settled on the site, seeking protection for the castle. The site became Châteauneuf d'Opio. During the twelfth and thirteenth centuries, the region is marked by the takeover of Provence, by the new Catalan counts. Nice, Opio, and Châteauneuf, fall into the hands of the Catalan counts. In 1257, Châteauneuf d'Opio was detached from Opio. The current building was built on the ruins of the old castle in 1625 by the Baron du Puget. The castle has all the architectural characteristics of the early

17th century: simplicity and sobriety. The building is composed of three floors and is articulated around a double facade. The castle cannot be visited.

ÉGLISE NOTRE DAME DU BRUSC

351, chemin de Notre-Dame-du-Brusc

Listed in the General Inventory of Historical Monuments.

The present church, in Romanesque style, dates from the 11th century. It was an important place of pilgrimage, linked to the existence of a miraculous spring, perhaps a resurgence. It was damaged during the wars of religion and was almost entirely destroyed, but was restored. In the 17th century Notre-Dame du Brusc was given a baroque decoration. The church stands in a delightful Provençal atmosphere, surrounded by olive trees and cypresses. A perfect place for meditation.

L'ÉGLISE PAROISSIALE ST MARTIN

Rue de l'église

The Saint-Martin church, dating from the 17th century, stands in the heart of the village. It has a bell tower and an altarpiece from the 18th century.

LE MUSÉE DES OBJETS OUBLIÉS

A l'entrée du village

☎ 06 10 53 03 15

Open every Thursday from 3pm to 6pm. Visits are possible by appointment.

This is a museum dedicated to objects from the past: everyday utensils (mortars, ravioli rollers, crank choppers, coffee grinders), models in traditional Provençal clothing, photos of Châteauneuf... The main room reminds the agricultural past of the region: vine growing illustrated by the wine presses, the still, but also flower growing and the perfume industry with its frames and bottles. On the first floor, you'll discover numerous hand tools and also the way animals helped with the field work.

KNIFE & FORK**LA LICORNE €€**

5, Chemin du Cabanon

☎ 04 93 42 74 40

<https://licorne.eatbu.com>

Open Monday, Tuesday, Thursday and Friday for lunch and dinner; Saturday evening. Menus from 25 € to 33 € [starter + main course or main course + dessert: 25 €. Starter + main course + dessert: 33 €]. Lunch formula: Starter + main course or main course + dessert: 12,50 €. Starter + main course + dessert: 16,80 €.

Located in the heart of the village of Châteauneuf, the restaurant La Licorne offers

delicious market cuisine. All the dishes are home-made, nicely presented and delicious, using fresh products. Whether you are vegetarian or gluten intolerant, the chef takes care by offering different recipes to satisfy you best. And if you don't have time to stop and enjoy a good meal on the terrace, you can order takeaway food by phoning the restaurant directly, which is very practical!

LA MARMITE ENCHANTEE €€

20, route de Gourdon

☎ 04 93 09 08 22

<https://la-marmite-enchantee.fr/>
marmiteenchantee@gmail.com

Open all year round. Tuesday to Saturday from 10am to 2pm and from 7pm to 10pm. Reservation recommended. Menu: around 15 € [for one dish]. Terrace. Takeaway. Click & collect ordering service.

La Marmite Enchantée a gem that serves up Asian fusion cuisine that will delight lovers of flavors from around the world. On the menu, you'll find all the great classics and specialties such as BoBun, Pho soup, not forgetting the timeless egg rolls and the very trendy Poke Bowl. As for desserts, the sweet teeth are spoiled by the wide choice of homemade with fresh, local and quality products and are sure to add a few takeaway dishes to their order. For a change of scenery for the taste buds, the small very pleasant terrace and the adorable welcome.

**Le Rouret**

Bordered by the town hall and Saint-Pons church, which became the parish church in the 19th century, the village is settled around a square planted with century-old plane trees. The hills of Le Rouret, which were early home to the "oppida", offer numerous cultural walks accessible to the greatest number of people, in particular the "Roman camp", classified as an archaeological site. The commune of Le Rouret was created in 1793 after the Revolution. Although the olive crops, vines, and perfume plants such as lavender, jasmine or rose have disappeared, Le Rouret has preserved its traditions and its land. The communal wood includes truffle oak plantations, a vineyard for educational purposes, almond tree plantations in terraces, olive trees and various species around a renovated sheepfold.

Altitude of the commune: 178 to 480 m.

Altitude of the village: 300 m.

SIGHTSEEING**LE CAMP ROMAIN ET LE BOIS COMMUNAL**

Chemin du Castellet

At the end of the Castellet path, the road becomes a track. You have to leave the car and walk up to the heights of Rouret to the Roman Camp to appreciate a magnificent panorama that stretches to the Mediterranean on one side and the Loup gorges on the other. A privileged place dedicated to walks, or to the contemplation of nature. At an altitude of 500 m, you will find the remains of the Roman Camp, which was once delimited by two walls in the shape of an arc.

LA GROTTÉ BEAUME ROBERT

Chemin de Beaume Robert

Among the hidden treasures of Le Rouret, speleology lovers will be surprised to discover an exceptional underground site. The Beaume Robert cave with its underground surface area that reaches 4 km² on 3 levels. The network of galleries extends over 4,600 m and includes a main river, with its 2 tributaries, numerous siphons, as well as a gallery decorated with magnificent

concretions. To discover the site safely, you can visit the blog of Christian Verduci, discoverer and explorer of the cave: <http://verduci-christian.e-monsite.com>



Eglise Saint-Pons.

L'ANCIENNE BERGERIE

It is probable that at the time of its creation in 1854, there were many sheepfolds in the region, but they disappeared with the scarcity of flocks in this area, and their stones were reused. This one is there to remind us of the agricultural past of the area, a period when wheat crops, rye and dried vegetables prevailed, followed by the development of livestock. Abandoned for many years, the sheepfold has recently undergone a beautiful restoration that gave it back its original character.

L'ÉGLISE ST PONS

8, chemin de Saint-Pons

Located in the heart of Le Rouret, St-Pons church was originally the chapel of the parish of Châteauneuf. It became the church of Le Rouret when the territory of Bergier became part of the township in 1830. The inhabitants had a bell tower built in 1852. The building, with a single nave and a flat chevet, is simple and typical of the time. The three-storey square bell tower, the vaults painted with starry frescoes, and the stained-glass window of Saint-Pons are remarkable. Events are organized on its forecourt throughout the year.

KNIFE & FORK**LE BISTRO DU CLOS ☺ €**

9, route d'Opio

☎ 04 97 05 08 34

<http://bistro-du-clos.com/>

contact@bistro-du-clos.com

Open Tuesday to Saturday from 8:30am to 11pm. Reservation recommended. Market

menu 26 € (3 starters, 3 main courses, 3 desserts to choose from). Children's menu: 8 €. Daily special: 13 €. Wine by the glass. American Express. Groups welcome. Terrace. Car park. Marché des collines.

The restaurant has a room, with a bar at the entrance, a terrace with a lounge area. The vintage decoration has retro posters, an old radio, coffee grinders, a peanut dispenser, coffee machine and kettle shaped lights... In the cuisine, the chef executes the menu imagined by Daniel Ettlinger around fresh, seasonal and local products. A daily special, a market menu, a new carte each season and a daily slate: this is the everyday offer.

SHIVA €€

74, route de Nice

☎ 04 93 77 77 37

<http://shivalerouret.fr/>

Open Tuesday to Sunday from 12pm to 2:30pm and from 6:30pm to 11:30pm. Open on Monday for lunch. Lunch menu: 12,50 €. Terrace. Take away possible.

If you like spicy and colorful dishes, go to Shiva, a restaurant serving traditional Indian cuisine. If the decoration remains elementary, everything is about the savor! The portions are generous, tasty with flavors that please those who like mastered spices. Guests are warmly welcomed, the cuisine is based on fresh products and the takeaway service is very practical. A safe bet for a change of scenery for your taste buds. The terrace, although facing the road, remains very pleasant when the weather is nice.



At the end of the 11th century, the princes of Antibes and lords of Grasse built a castle on the current site of the Castellans, which was later named Roc Fort. It was from this time on that the site, which had been inhabited since prehistoric times, really began to develop. In addition to the heart of the village, with a Provençal spirit, the place is striking for the omnipresence of intact pine forests which have survived the passage of time. Roquefort-les-Pins has subsequently grown around the Notre-Dame-de-Canlache church, built in the 17th century. Numerous walks offer you to discover hidden treasures such as a passage of the Saint Jacques de Compostelle path, a Roman stone bridge over the Miagne or the vestiges of a castle dominating the Loup. Not to mention the Sinodon Departmental Nature Park, a magnificent green setting for beautiful walks.

Altitude of the municipality: between 20 and 362 m

Altitude of the village: 200 m

SIGHTSEEING**NOTRE DAME DE CANLACHE**

Chemin de la Clauserie

☎ 04 93 77 28 33

<http://saint-pierre-du-brusc.org>

contact@saint-pierre-du-brusc.org

It is around this church, built in 1690 on the ruins of an old chapel, that the township developed. Already in the 17th century, the inhabitants liked to meet on the forecourt, and the first town hall was built just opposite. Notre-Dame de Canlache became a parish church around 1700 and was enlarged in 1862. It has a rather sober design and has a pretty bell tower with a campanile, framed by 2 magnificent palm trees. Away from the modern center, it is today a very peaceful site.

LE PARC NATUREL DU SINODON

Located in Roquefort-les-Pins in the Peis-saut district, the site has a large network of forest tracks and paths that offer a very pleasant landscape atmosphere predestined for relaxation and hiking. You can also discover the natural environment thanks to a forest and geological discovery

trail... And that's not all: it's also a leisure area that has 3 fitness trails and several picnic areas.

KNIFE & FORK**L'AUBERGE DU CLOS DES PINS €€**

35, route de Notre Dame

☎ 04 93 77 00 23

www.aubergeduclosdespins.fr

info@aubergeduclosdespins.fr

Open from Tuesday evening to Sunday noon, except Saturday noon from 12 to 1:30pm and 7 to 9pm (last order). Reservation recommended. Menu from 21,50 € to 31,50 €. Lunch menu: 16,50 € (daily specials and dessert or cheese). Baby chairs. Garden. Terrace.

We love everything about this inn, starting with the friendly welcome, the impeccable service, the cozy interior decor with its bar and fireplace, and the colorful outdoor garden terrace. In the cuisine, the chef masters the Mediterranean classics which he revisits according to his inspiration and his travels to South Africa, Tahiti, the Caribbean... A melting pot of flavors which is both surprising and delicious, all for very good value.



STROLLS ALONG THE RESTANQUES

Accommodation

TERRE DE RÊVE – MAISON D'HÔTES €€€

3, chemin des Poulinières
Le Rouret

☎ 04 93 09 10 66
www.terredereve.fr

We especially love this luxurious guesthouse, nestled in the heart of a private park of one hectare! Five suites decorated in particular refinement. They are all different and have different themes. Once there, it's hard to get going, with its large swimming pool [8×16 m] lined with palm trees, a whirlpool, a pétanque court... Electric bikes can be rented on site. Note that the house can be rented in its entirety.

LA BASTIDE

DE VALBONNE *** 禁烟€€€

107, chemin Font de Cuberte
Valbonne

☎ 04 93 12 33 40

www.bastidedevalbonne.com/home/fr
bastide-de-valbonne@wanadoo.fr

Open all year round. 30 rooms. Buffet breakfast. Breakfast is free for children under 4 years old. Wifi.

This bastide is a charming address which has been renovated with taste and harmony in Provencal tones. There are 30 rooms in

light colors, perfectly equipped, some with a balcony or a terrace overlooking the pool and the flowered garden with palm trees and aromatic herbs. Breakfast is served as a buffet, in the dining room or outside on sunny days. A haven of peace, ideal for recharging your batteries. Snacks available in high season.

DEMEURE D'HÔTES DU ROCHER €€

House in the heart of the old village of
Valbonne

2, pontis Street
Valbonne

☎ 04 92 28 17 45

www.lerocher-valbonne.fr
lerochervalbonne@gmail.com

Open all year round. 4 rooms. Double room 160 €; suite 170 €. Breakfast included.

Following complete renovation, the historically rich Rocher now enjoys a new life. Two rooms and two suites, decorated in a resolutely pure and contemporary style that art and design lovers will appreciate. A table d'hôtes is available upon reservation, with meals on the terrace or in the beautiful dining room around the fireplace. Out of season, thematic group stays are possible: golf, horse riding and hiking.



GETTING AROUND IN CASA BY BUS

With the **ENVIBUS** network, and **ICILA** its on-demand transportation service: www.envibus.fr

Or by downloading the Envibus Capazur app.