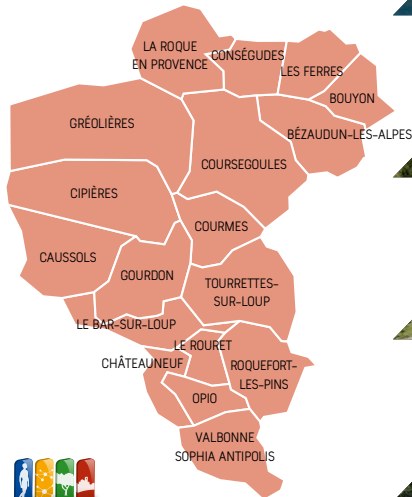


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- 4 LOCAL NATURE PARKS
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Agriculture in the CASA



An area rich in contrasts

24 towns and villages from sea to mountain

Mountain area with wild open spaces where sheep and goat roam

Hill country with diversify mix of agriculture

A coastal area with vegetable and flower farms



A few facts

292 farmers, which represents **15.6% of all farmers in the Alpes-Maritimes**, broken down in six segments :

38 % are breeders in which :
17% breed cheese and meat
11% breed horses and donkeys
10% breed belong to other categories (fish farming, beekeepers)

32 % of horticulturists cultivating traditional crops (roses, carnation...)

16% of vegetable farmers

7% of flower and fruit growers (perfume plants, citrus fruits, red fruits)

6% of olive farmers

2% of winemakers



A land of future and innovation

Local companies and training centers like the INRA are engaged in research and agricultural development (INRA, Horticultural and agricultural school of Antibes - Vert d'Azur).



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in lower case followed by @petitfute.com

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Food and agrotourism

At times when the impact of food on our health and the environment has become a major concern, this guide highlights all the agricultural and gastronomic wealth of the "Villages et Vallées d'Azur" region. Along the *restanques*, at the foot of the Cheiron, through the gorges and balconies of the Loup, more than a hundred good addresses of producers, farmers, craftsmen are listed... All of them are committed to having a neutral or even positive impact on the environment. To be included in this guide, each of these talents had to meet one of our three norms: welcoming the visitors on the spot; product tasting; regular presence in shops or on markets. We also wanted to give preference to restaurant owners who were committed to responsible cooking by favoring local and quality supplies... which we have succeeded in doing! Essential addresses to meet producers and buy directly or on local markets, places to visit and taste... Everything is there! All that's left is to wish you to enjoy your getaway, for a weekend or during a vacation with family or friends, without leaving a single crumb!



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This guide covers the 18 towns and villages of the Sophia Antipolis Agglomeration Community, stretching from Antibes backcountry to the villages along the Estéron River. Just a stone's throw from the sea, the hills that make up the area echo the peaks of the Cheiron mountain, creating a territory that is inhabited and preserved. A fertile land valued by its farmers and local producers encouraging the establishment of short circuits and respectful of the environment, essential to the proper development of these areas. Between the high mountains and the coastline: the summits, plateaus, forests, gorges, restanques and picturesque villages will surprise you. Not to mention the culinary discoveries revealed by a gastronomic heritage as rich as it is diverse. Discover this territory through its local products and those who make them!



Livestock, market gardening, beekeeping, aromatic plants and perfume plants, olives: the farmers and their crops bring the territory's landscapes to life with the rhythm of the seasons. A resourceful region where the sustainable agriculture is rich and varied and short food supply chains are highly appreciated.



PASTORALISM

A major agricultural activity in the region, the breeding of sheep, goats, and cows has left its mark on the landscapes and the biodiversity of the environments. Between high altitude pastures and Mediterranean rangelands, this widespread ancestral practice allows the breeders to offer high quality meats and cheeses.

OLIVE GROWING

In the 18th century, olive growing was one of the most important economic activities in the region. Nowadays, "caillietier" olives, a variety of olives typical of the south of France, flourish on all the terraces of the well exposed hillsides.



© CAPRICORN STUDIO - ISTOCKPHOTO.COM



© BERNARD ECKHART

MARKET GARDENING

Fruit and vegetable crops are mainly grown on the terraces of the hillsides or in the mountains. And if the production is spread out over the year in the communes marked by a favorable Mediterranean climate, a seasonal harvest is required in the mountains where the climate is more rigorous.

HORTICULTURE

Orange trees, violets, roses, jasmine flowers, aromatic plants... The "Villages & Vallées d'Azur" region is more than ever conducive to the gathering of perfume, aromatic and medicinal plants. Dried, in herbal teas or in syrups, they flavor dishes and can even be used in the creation of natural cosmetics.



© JULIEB - SHUTTERSTOCK.COM



© ALEXANDRUAGREAN - ISTOCKPHOTO

BEEKEEPING

The quality of the land and committed beekeepers: the territory benefits from a privileged environment and passionate beekeepers. A Protected Geographical Indication for all the honeys of Provence marks this quality approach.

Gastronomic heritage



Rich in contrasts and agricultural traditions, the gastronomic heritage of the middle and high country is sometimes traditional mountain cuisine based on natural products, sometimes perfumed with Mediterranean touches that promise exceptional flavors. A colorful culinary invitation full of sunshine.



© MARCOULLAT PHOTO - SHUTTERSTOCK.COM

PAN BAGNAT

The pan bagnat, often mistakenly called "pain bagnat", is a sandwich with tuna, fresh vegetables and olive oil recognizable by its round shape. A snack intended to feed the fishermen, from simple and cheap ingredients at the beginning, the best pan bagnat of the French Riviera is today to be found at the Dutto bakery of Châteauneuf de Grasse.

TAPENADE

No apéritif is complete without tapenade, a dip made of black olives, capers, anchovies, garlic and olive oil, served with croutons. There are many variations, with green olives in particular, which you can find at the Moulin d'Opio.



© MARGRUIJLAPHOOT - SHUTTERSTOCK.COM



© JACQUES VAN NIEBERG - ISTOCKPHOTO.COM

SWEETS

Candied fruits and fruit jellies covered with chocolate (or not) or crystallized flowers from the Confiserie Florian, violets from Tourrettes, produced by the Coche family at the Bastide aux Violettes, or nougats and gingerbread from Gourdon... Sweet teeth will have something to enjoy!

FOUGASSE

You can find this small brioche in all the bakeries and markets of the region. Depending on your taste, you can enjoy it in a savory version, filled with olives, onions or bacon, or in its sweet alternative with orange blossom: "la fougassette". Stop by the bakery Les Gourmandises de Tourrettes in Tourrettes-sur-Loup to try it!



© BERNARD COBBRE



© DESSAINTERIKIA SHUTTERSTOCK.COM

ORANGE WINE

It is made by macerating dried bitter orange peels in an excellent Provence rosé. The result: a fresh, fragrant, moderately alcoholic apéritif that is very pleasant in summer. To learn more about this wine and to get some advice, go to the Orange Festival in Bar-sur-Loup: Easter Monday.



DISCOVERY Labels



DISCOVERY Regular markets



VALEURS PARC

The "Valeurs Parc" brand serves sustainable development and is based on 3 strong values: human values, environmental preservation and attachment to the territory. Craft products, accommodation, tourist services, the "Valeurs Parc Naturel Régional" brand is a guarantee of traditional and innovative know-how, but above all, of commitment.

For more information: www.parc-naturels-regionaux.fr
www.parc-prealpesdazur.fr

06 ROUTE DES OLIVIERS

On the olive tree route, meet the olive growers, millers and confectioners, producers of PDO Nice olive oil, table olives and olive paste through a gastronomic journey rich in flavors. A unique opportunity to discover or rediscover the region through 99 municipalities in the Alpes-Maritimes department.

For more information: www.olivedenice-aop.com



FIERS DE NOS AGRICULTEURS

Go local in the Alpes-Maritimes with the "Fier de nos agriculteurs" label ("Proud of our farmers"). Created in 2016 by the department, this label aims to promote the worth of local production and short food supply chains. Therefore, to get to know local producers who have won awards, or are committed to quality approaches with local products, better.

For more information: www.departement06.fr

Whether you're visiting the area on vacation or are a local, discovering the local markets is a real treat. Buzzing with life, bursting with flavors and colors, the markets of the mid and high country are places where you'll find some of the best local products.



© ROMED PHOTO - SHUTTERSTOCK.COM

The small **Bouyonnais** market, local products and clothing, the first Sunday of each month from April to December, from 8am to 1pm.



© BERNARD OROSE

Provencal market, food, textiles, jewelry, various, every Wednesday morning from 9am to 1pm, Place de la Libération.



© ANKLUSE HAGEVI - SHUTTERSTOCK.COM

Pré du Lac market, food products every Monday morning until 1pm, place de Pins.
Marché Paysan, food producers, every morning from Tuesday to Saturday from 9am to 12:30 pm and Friday afternoon from 3pm to 7pm, on the D3 in the direction of Opio.



© ART MARE - ISTOCK PHOTO.COM

Marché de nos collines, direct sale from local producers, Tuesday to Saturday from 8:30am to 7pm, Sunday from 9am to 12:30pm at the Maison du Terroir, 9 route d'Opio.

25th Truffle Market, truffle sales and tasting, January 17, 2022, from 9am to 5pm on the village square.

© CÉCILE MARAIS - LA SIBOITE



GRÉOLIÈRES

Local producers and craftsmen market, local products and crafts, on Saturdays from 9am to 12pm.

© JULIE NOBLE ET



COURSEGOULES

Farmers' market of Cheiron, food products.

© JULIE NOBLE ET



GOURDON

Marché des Artisans et des Producteurs, food and craft products, from 10am to 3pm on Sundays from April to October on the boules parking lot.

Gréolières

Local producers and craftsmen market, local products and crafts, on Saturdays from 9am to 12pm.

© FLEGERE - SHUTTERSTOCK.COM



OPIO

Direct sale by local farmers with Rémi Lefebvre – Wednesdays, Thursdays and Fridays morning, parking of the Font neuve roundabout - and Max, according to his production, in front of the Parc des Loisirs.

© BRINA WILMAK - SHUTTERSTOCK.COM



CAUSSOLS

Farmers' market, direct sale from local producers, Monday to Saturday from: 9am to 12:30pm and 4pm to 6:30pm, 56 place Deregnacourt.

© ECRIB - SHUTTERSTOCK.COM



LE BAR-SUR-LOUP

Local producers' market, food products, every second Thursday of the month, Square Seytre.

Italian market, Italian food products and crafts, only the third Saturday of the month, Square Seytre.

© PK-PHOTOS - SHUTTERSTOCK.COM



ROQUEFORT-LES-PINS

Provençal market, food, textiles, jewelry, various, every Wednesday morning, from 8am in the village center.

Notre-Dame market, local vegetables and Italian charcuterie/cheese, every Thursday morning, starting at 8am, on Notre-Dame parking lot.

© MARIE-REVALEONNE



VALBONNE

Provençal market, food, local producers, textiles, jewelry, various, every Friday from 8am to 2pm, Place des Arcades and streets of the village in Valbonne village.

Producers' market and short circuit sales, local and seasonal products, organic products, every Friday from 8am to 1pm, place de l'église in Valbonne village.

Producers' market Domaine de Peijejan, fruits and vegetables, honeys and products of the hive, olive oils... Saturdays from 4pm to 7pm at Chèvrerie de Valbonne, in front of the Simone Veil high school.

Goat cheese sale on Wednesdays, Thursdays and Fridays from 4pm to 7pm and on Saturdays from 10am to 12pm and from 4pm to 7pm at the Chèvrerie.

Garbejaire market: 9am-1pm on Saturday mornings, place Méjane, with fruit and vegetables.



January

February

March

April

LE ROURET

© OSTELL - ISTOCKPHOTO.COM

LA FÊTE ET LE MARCHÉ DE LA TRUFFE (TRUFFLE FESTIVAL AND MARKET)

A real tradition that takes place during the month of January, it is a day full of flavors with a Provençal market on the village square where you can buy truffles and taste them during demonstrations of truffle-based recipes. Without forgetting the workshops, conferences and demonstrations of truffle dogs.

GRÉOLIÈRES

© TIMAHI - SHUTTERSTOCK.COM, APFS

FÊTE DE LA TRUFFE (TRUFFLE FESTIVAL)

Every last weekend in January, truffles are honored in the heart of the village! This black diamond is celebrated around a conference by the truffle growers' union and the sale of truffle products and local products, without forgetting the truffle dog demonstration which is not to be missed.

VALBONNE

© MARIÉ DE VALBONNE

FÊTE DE LA SAINT BLAISE

Every last weekend of January, and for the past sixty years, the village of Valbonne has paid tribute to the grape that is exclusively produced in its commune and celebrates wine and local products with a producers' market, cooking demonstrations, a visit to the communal vineyard, and numerous activities for all.

TOURRETTES-SUR-LOUP

© BERNARD DROUZE

LA FÊTE DE LA VIOLETTE (VIOLET FESTIVAL)

Violets are THE specialty of Tourrettes-sur-Loup which dedicates a big festival to them every year on the first weekend of March at the end of its harvest. A real event, it gives place to a flower parade and a flower battle in which everyone can participate before tasting the flower in the restaurants' plates.

LE BAR-SUR-LOUP

© BERNARD DROUZE

FÊTE DE L'ORANGER (ORANGE TREE FESTIVAL)

A fragrant Easter Monday, that's what this traditional festival promises, honoring the know-how of the craftsmen who exhibit there, the bitter orange tree and the famous bitter orange wine. Animations, demonstrations, guided tours, games and workshops for children, are waiting for you... and of course the orange to taste in the whole village.

CHÂTEAUNEUF

© MARIÉ DE VALBONNE

FÊTE AGRICOLE DU BRUSC (BRUSC AGRICULTURAL FESTIVAL)

If its vocation was to bring rain for the crops, the agricultural and pastoral festival of Le Brusco now represents a great opportunity to discover the local traditions, appreciate the local products and enjoy various entertainment during a giant picnic under the olive trees of the gardens of the Notre-Dame-du-Brusc chapel, during the month of April.

May

June

July

August

September

October

November

December

LE ROURET

© BERNARD COURSE

FESTI'BIO

Activities for all ages, workshops, an organic and local market with producers and craftsmen, organic meals and a refreshment bar to design the future of humans and the environment. A 100% organic day to live with your family at the beginning of June, place de la Libération.

Pistou
x 1 = 6€
AB x 3 = 17€

CAUSSOLS

© DEETERHAWLAN - SHUTTERSTOCK.COM

**FÊTE DU TERROIR ET DE L'ÉLEVAGE
[LOCAL AND LIVESTOCK FESTIVAL]**

Every last Sunday of July, the traditional fair of the Pré des Loisirs gives way to livestock, local products and other craft creations, for the pleasure of food enthusiasts of all ages who will appreciate the presence of an educational farm. Free entrance, refreshment bar and barbecue.

**CHÂTEAUNEUF**

© SYDA PRODUCTIONS - SHUTTERSTOCK.COM

**FÊTE DE LA COURGE
[PUMPKIN FESTIVAL]**

Organized for the benefit of one or several humanitarian associations, this beautiful autumnal and family festival honors pumpkins in all their forms. Animations, local products, crafts are on the program. Rendezvous every third Sunday of October in the heart of the village.

GOURDON

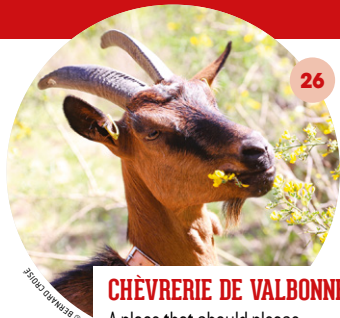
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**MARCHÉ DE LA TRUFFE
[TRUFFLE MARKET]**

Truffle, local and craft products sale from 9am to 5pm in the heart of the village in December. There is lots on the program: truffle sale by the Truffle Union of the Alpes-Maritimes, and by Thomas Bousckri, a truffle grower and morel producer in Gourdon. Truffle oaks sale, take-away of truffle-based dishes, local producer and craftsmen market, whose products are certified home-made, demonstration of truffle dogs and free tasting of hot chestnuts.

If you have only one day to organize your gourmet tour, the sites highlighted in this tour going from Valbonne to Tourrettes-sur-Loup should give you a glimpse of the gastronomy and agricultural traditions of the region. Between chefs and local producers, there are lots of gustatory treasures to discover through an easy access itinerary that will delight you!

UNMISSABLES IN ONE DAY



26

CHÈVRERIE DE VALBONNE

A place that should please children and adults alike for its educational visit to the goat farm and the delicious products available for direct sale.



53

CONFISERIE FLORIAN

A paradise for sweet teeth! Visit the workshops where sweets and chocolate are hand made, and visit the shop before leaving.



37

MOULIN D'OPIO

In the heart of the small Provençal village of Opio, the eponymous mill offers quality olive oils for sale as well as various other recipes.



54

BACHO

Discover locally brewed craft beers in a cozy atmosphere. Brewing workshops and direct sale at the shop and online.



27

VALBONNE VILLAGE

Beautifully preserved, the old village of Valbonne has kept all of its authenticity. A pleasant walk to stroll through the charming streets, sip a cocktail in the sun on a terrace or have lunch in one of the charming restaurants of the city.



48

THE BASTIDE AUX VIOLETTES

The temple of violets in Tourrettes-sur-Loup! To know everything about this emblematic plant.



38

DOMAINE DE PIÉCHAL

An olive farm, passionately run by Annette and Erwan. Visit upon appointment.



75

FISH-FARMING AT THE CHEIRON

Organic trout farm that opens in the summer to visitors curious to discover an exploitation.

Want to discover the back country of the French Riviera you've heard so much about? Along the restanques between Valbonne, Opio and Rouret, discover the biodiversity of the Mediterranean flora that can be seen all along the route. A gourmet journey between reliable restaurants and committed producers. And if you feel like it, complete your excursion by passing through Châteauneuf or Roquefort-les-Pins.

STROLLS ALONG THE RESTANQUES



⌚ RECOMMENDED DURATION: ONE DAY

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





A true postcard, the original historical village is now closely linked to the Sophia Antipolis technology park. Valbonne has one more particularity: its old town was built according to a very precise grid plan, with the streets all having the same width and perpendicular to each other. Articulated around the "Place des Arcades", where the arches once served as shelter for merchants, Valbonne offers visitors a setting conducive to relaxation and enjoyment.

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@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 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 organized 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.

SIGHTSEEING

LA CHÈVRERIE DE VALBONNE

1382, route de Biot
☎ 06 86 52 38 47
cheverriedevalbonne@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 producers come to sell their products.

DOMAINE DE PEYREBELLE

880, Chemin de Peyrebelle
☎ 06 13 67 46 35
antonin0613@gmail.com

*Visit of the olive grove by appointment.
Sale on the estate.*

Run by the Streitz family since 1947, the 800 centuries-old olive trees of the Peyrebelle estate correspond in every way to the typicality of the Nice olive oil appellation. On the 06 Routes des Oliviers, this estate is maintained without any pesticides and welcomes the public every day by appointment for a visit followed by a tasting that makes you want to go home with some oil, tapenade or jam made with the fruits of the farm. Visit of the olive grove by appointment only.

LES JARDINS DE LA VALLÉE DE LA SIAGNE

1382, route de Biot ☎ 04 92 28 09 39
<http://lesjardinsdelasiagne.net/>
contact.associationjvs@gmail.com

"You need vegetables, they need to work: together let's cultivate solidarity". More than ever, the principle of this farm is to consume in a useful way, helping men and women in precarious situations to return to work. Organic vegetables and eggs, soups, spreads, coulis are all solidarity products sold to members in baskets, local distributors and at Valbonne market on Friday mornings.

OLIVERAIE COMMUNALE

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

Valbonne, historically being a rural commune, 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.

VALBONNE VILLAGE

Place de l'Hôtel-de-Ville
☎ 04 93 12 31 00
mairie@ville-valbonne.fr

At the end of the Middle Ages, the black plague, the great drought and the barbarian incursions led to the desertification of the region which was ruined and abandoned. In 1519, with the idea of Prior Don Antoine Taxil and the goodwill of Augustin de Grimaldi, Bishop of Grasse commendatory of Lérins,

the village of Valbonne was built around the abbey thanks to a deed of habitation which granted people the right to develop the heritage of the parish church. Vallis Bona, the "good valley" along the coastal river of La Brague was then repopulated by communities coming from neighboring hamlets and the high country. The old village, unlike most Provençal villages, was built according to a rectangular checkerboard plan, referred to as "orthogonal", based on the model of Roman cities, associating the main street, the perpendicular street and the central square. The high and narrow houses, true defensive ramparts, did not have doors on the outside. You will appreciate the pretty facades with pastel shutters, covered in vine or bougainvillea, the doors decorated with the emblems of penitents and companionship, the town hall and its 9th century belfry, and of course the small restaurants which border the central square and where it is nice to laze around sitting at a terrace...



Domaine de Peyrebelle.

Worthy of a Provençal postcard, Valbonne has an irresistible charm! Magnificently preserved, the village has managed to keep its authenticity over the centuries by developing itself outside the old center.

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 DE SA VIE €€€

1360, route d'Antibes

☎ 04 93 12 29 68

restaurant.desavie@gmail.com

Maître Restaurateur. Open Tuesday to Saturday from noon to 1.45pm and from 7.30pm to 9.30pm. Wine by the glass. Groups welcome. Garden. Terrace. Catering. Private events.

Formerly working for Roger Verger, Chef Daniel Desavie offers gourmets an elegant and refined setting in his restaurant, De Sa Vie. To satisfy different wishes, the chef offers a gastronomic and a bistro section, a "cuisine from the heart" using fresh products with an impeccable technique. Without ostentation, you'll appreciate his recipes with impeccable flavors accompanied by a fine selection of wines, to be discovered by the glass if you wish. A safe bet that fits all budgets.

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



© BERNARD CRUISE

trade, will help you discover the amazing well-stocked wine list, with 200 wines, including about 20 by the glass, at very reasonable prices.

A LA MAISON €€

2030, route de Cannes

☎ 04 92 98 97 13

Open from Tuesday to Saturday for lunch and dinner. Terrace.

The establishment offers an original and original concept to lovers of vintage and good food. A retro atmosphere with a vintage decoration that appeals to all generations. Formica furniture and antique objects make up the large dining room with about sixty seats. There is even a bed and a corner with a table football! A large terrace is also open as soon as the fine weather returns. In the dining room, the lady of the house offers a warm welcome, while in the kitchen, the chef proposes a

fusion cuisine that varies according to the season.

LE BOIS DORÉ ♥ & €€

265, route d'Antibes

☎ 04 93 12 26 25

https://restaurant-leboisdore.fr/

le.boisdore@orange.fr

Maître Restaurateur. Open all year round. Every day for lunch and dinner. Carte: about 40 €. Garden. Terrace.

An unmissable address for its absolutely magnificent setting, whether inside or in the beautiful garden. Whether with family or friends, you'll appreciate the welcome given by the charming and attentive waiters. A warm atmosphere that underlines the quality of the dishes, prepared with taste and high quality products. A local cuisine, elaborate and accurate. A very reliable and pleasant address, offering a menu with very good value!

LE CISTE ET LA BEGUDE & €€

Château de la Béguide
Route de Roquefort-les-Pins
☎ 04 93 12 37 00

www.chateau-begude.com
restaurant@chateau-begude.com

Open all year round. Sunday and Monday from 7:30am; Tuesday to Saturday for lunch and dinner. Reservation recommended. Menus from 34 € to 59 €. Lunch menu: 19 €. Wine by the glass. American Express, Diners Club. Groups welcome. Garden. Terrace. Free parking.

La Béguide brasserie now displays a new style of cuisine: outdoor livecooking, summer cooking *a la plancha*. It is more oriented towards "Bistronomy" than gastronomy. The suggestions à la carte change every 15 days and the chef works with fresh products: sea bream ceviche, prawn brochettes or "fresh" burger are to be enjoyed in a bucolic setting. The desserts are generous for our greatest pleasure: chou bun with speculoos and peanut chips, lemon meringue pie. A pleasant interlude.

L'AUBERGE PROVENÇALE & €€

Place des Arcades
☎ 04 93 12 29 73

www.auberge-provencale-valbonne.fr
aubprov@orange.fr

Open all year round. Every day for lunch and dinner. Menu: about 30 €. Wine by the glass. Terrace.

In the heart of Valbonne since 1965, it occupies the first floor of an old listed house on the Place des Arcades, and if the floor tiles and the fireplace are certainly authentic, the setting is warm and contemporary. Resolutely Mediterranean and Provençal, the cuisine offered by the

chef is also influenced by other parts of the world, with inventive recipes and seasonal products. The friendly service and the reasonable prices will encourage you to discover this address and its beautiful terrace, if it is not already done...

LITTLE GREEN CAFÉ €

14, Rue du Rocher
☎ 06 08 52 21 91

Open all year round.

A nice little place located in the heart of the old village of Valbonne. We like the interior decoration and obviously the pretty terrace which opens on the alley. The café adapts to the hours of the day: breakfast and brunch in the morning, lunch then tearoom service in the afternoon. Here everything is fresh, prepared with local products and the cuisine is very healthy. Note that the Little Green Café offers exclusively vegetarian cuisine. Enjoy vegetable quiches, fresh fruit juices or excellent salads. To be highly recommended, even for non-veggiés!

TRATTORIA QUATTRO & €€

1288, Route de Cannes
☎ 04 93 75 12 56

www.trattoriaquattro.com
contact@trattoriaquattro.com

Open all year round. Tuesday to Sunday, lunch and dinner. Reservation recommended. Wine by the glass. Special diets: Vegetarians welcome, vegan choices. Terrace. Take away. Online ordering.

A warm, family atmosphere, so characteristic of the Italian art of living: this is the promise kept by Trattoria Quattro. On the menu, the great transalpine classics compete with the pizzas, all as generous as the dishes. Simple dishes, but of high quality: a commitment carried out by the

managers, four brothers and sisters, Italian, of course. Family is sacred! Victim of its success, the restaurant and its terrace, very pleasant on sunny days, are quickly packed. We therefore advise you to book.

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.

365 FROMAGES

22, rue Eugène Giraud
☎ 04 93 75 36 96

www.365fromages.com

At the corner of rue du Pontis
and rue Eugène-Giraud.

Open Tuesday to Thursday and Saturday from 9am to 1pm and from 3.30pm to 6pm; Friday from 8.30am to 1.30pm and from 3pm to 6pm; Sunday from 9am to 12.30pm.

Quality cheese enthusiasts, you will be delighted by the choice of cheese of great tradition, farmhouse, local producers and foreign. The shop also sells dairy products such as milk, butter, fresh cream, yogurts, and even some charcuterie. All the cheeses are sold by the traditional cut or in the form of classic or apéritif platters prepared according to the seasons and to be shared with family or friends! Small bonus: meal plates can be taken away for lunch.



Créations Boselli - Boutique L'Olivieroi.

CHOCOLATERIE CHRISTIAN CAMPRINI

11, Rue de la République
 ☎ 04 93 75 03 61
<https://christian-camprini.fr/>
 contact@christian-camprini.fr

Open Tuesday to Saturday from 10am to 1pm and from 2:30pm to 7pm.

Christian Camprini, Master pastry chef and chocolate maker, is a native of the region. Born in Nice, this professional, who was awarded the title of *Meilleur Ouvrier de France*, worked in several prestigious hotels on the French Riviera before opening his own stores (in Cannes and Valbonne) to the delight of lovers of chocolate and other delicacies (confectionery, pastries, frozen desserts). At the head of his own laboratory, he devotes his energy to the development of new tasty recipes.

LE FOURNIL D'EUGENE

19, Rue de la Fontaine
 ☎ 06 12 60 21 92

Open Tuesday to Sunday from 7am to 1pm.

The future belongs to those who get up early, and so does the delicious bread of Le Fournil d'Eugène in the heart of Valbonne Village! A traditional bakery like no other. It is located just opposite the old town hall and has existed since 1873! A small part of local heritage, and it is so crispy and tasty that many regulars go there as soon as it opens because note that to enjoy the famous "Valbonnais" bread you have to be there before 11am. The welcome is warm and friendly, the baker takes great care of his customers.

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.





COUP DE CŒUR Caffé César

Two chef's hats are better than one, and this goes without saying! For the pleasure of your taste buds, it is not one, but two excellent chefs who officiate in this undeniably smart favorite address in Opio: the Caffé César. Thierry Molinengo, a native of the area, whose starred career with Guy Martin in Paris and abroad, and his accomplice Frédéric Bogé, who arrived from the north of France some fifteen years ago, and who used to work for Frédéric Buzet and Alain Lorca, to name but a few, offer an innovative concept here, combining the chic bistro formula with a gastronomic table. One room, two different atmospheres, separated by the

open kitchen, a real "show kitchen". This "instinctive and instantaneous cuisine", as they call it, showcases the best of local products with a "Menu Retour du Marché" ["Menu from of the market"] that changes every week according to the season. To go with these carefully prepared dishes, a fine selection of wines from small producers is served by Guillaume, the maître d'hotel, who always gives good advice. Fresh, local, of top quality, and last but not least, talented, are all adjectives that you will use after having tried this gustatory marvel. We are ready to bet that once you have taken a look at the light bill, it will become your favorite place!



Je ne sers pas un menu, je sers mon âme...



STROLLS ALONG THE RESTANQUES

Opio

Its particular location, in the heart of a region covered in pines, arbutus and cork oaks, makes it a privileged place to stay. The microclimate of Opio has allowed the culture of the rose centifolia [hundred leaves], in reference to its large number of petals. The activities of the village have long been based on the production of flowers for the perfumers of Grasse, as well as the production of olive oil. Thus, the landscape around Opio has been shaped for the cultivation of roses and jasmine. The winding road leads you to the tiny village that overlooks the plain and the former vegetable lands, now occupied by the Grande Bastide golf course. From the small square next to the church of Saint-Trophime, you can admire the green landscape of the Opio plain, with the tiled roofs of the houses in the foreground and the peaks of the Esterel in the distance.

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 9:30 am to 12:30 pm. Closed weekends and 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

KNIFE & FORK

CAFFÉ CÉSAR ♥ €€
2, route de Nice
☎ 04 93 36 09 03
cafe-cesar@orange.fr

Open from Thursday to Monday from 9am to 10.30pm. À 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.



Opio.

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.

L'ORÉE D'OPIO 🍷 €€

30, route de Nice

☎ 04 93 09 45 91

<https://oreedopio.eatbu.com/?lang=fr>
oreedopio@gmail.com

Open all year round. Mondays, Tuesdays and Thursdays to Saturdays from noon to 2pm and from 7pm to 9:30pm; Sundays from noon to 2pm. Groups welcome. Terrace. Take-away. wi-fi. Car park. Animals accepted.

Chef Erik Bernard likes working French cuisine. Among the must-try dishes: the tartuffo pizza (with truffles) or the pasta. As for the desserts, the strawberry soup with Provencal scents and lemon sorbet or the peach cocktail with green tea and rasperry. The welcome to the customers is very cordial. The restaurant has a large covered veranda in a semicircle, very bright

and nicely furnished with plants. This friendly setting is ideal for enjoying a good meal. The restaurant can accommodate your private events.

LE MAS DES GÉRANIUMS 🍷 €€

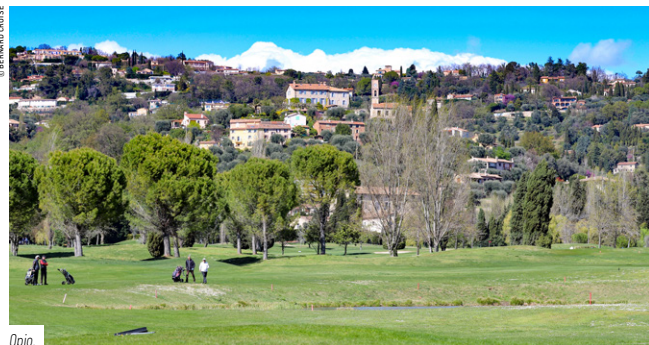
7, route de Nice

☎ 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.



Opio.



Moulin d'Opio.

LA SOURCE €

1, chemin San-Peure

☎ 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'OPIO ❤️

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 (7 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!



A few kilometers from Grasse, Châteauneuf is one of the small perched villages of the region built in the Middle Ages in strategic locations on the peaks and slopes of the mountains. Châteauneuf is a dynamic village of the middle-country with a tradition of agriculture and horticulture. It has kept its charm intact with cobbled streets, village houses, a wash-house shaded by hundred-year-old plane trees and chapels overlooking the Opio plain with an incredible view of the Mediterranean.

SIGHTSEEING

DOMAINE DU PIECHAL

1082, chelmin du Camp de Tende
 ☎ 06 65 59 65 68
 www.piechal.fr

Annette and Erwann Le Negrate are at the head of the Piechal estate, with 5 hectares of olive trees. Their farming methods are organic and respectful of their land. Located on the "06 Routes des Oliviers", the estate benefits from the Protected Designation of

Origin Nice olive oil and Nice olive paste. By appointment, come and visit the farm, and leave with a green fruity olive oil from their Châteauneuf and Grasse olive groves. For your apéritifs, the caillotte olive paste is simply perfect.

KNIFE & FORK

CHALPIE NATUR'O PATE €€

ZAC des Mousquettes
 46, route d'Opio
 ☎ 04 92 60 48 86
 www.chalpie.com

Open Monday to Saturday from 9am to 2pm and from 4pm to 7.30pm; Sundays and public holidays from 9am to 2pm. Lunch formula: 15 € (starter + main course or main course + dessert). Daily special at 12 €. Starter + main course + dessert: 18 €. Terrace. Takeaway. Caterer.

Three activities in one place! A fresh pasta factory prepared on the spot and sold with delicious home-made sauces. Also caterer, it offers the restaurant's dishes to take away, and a small restaurant! Apart from the pasta, you can enjoy traditional French and Provençal cuisine. Every day, two suggestions are displayed as well as pasta. Settled in Châteauneuf 10 years ago, Pierre Chalvin has created a very pleasant all-in-one space with a pretty terrace under an olive tree, very much appreciated by regulars.



Domaine du Piechal.

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!

LE PETIT CABANON €€

17, Chemin du Cabanon
 ☎ 09 84 58 27 05
 https://le-petit-cabanon.fr/

Open Tuesday and Wednesday for lunch; Thursday to Saturday for lunch and dinner. Terrace. Takeaway.

A lovely setting, a sunny tiny terrace, a friendly welcome and affordable prices: at first sight, the little cottage has it all! This is confirmed a soon as you see the dishes, which are both copious and carefully prepared, with fresh products. The suggestions on the slate go quickly, you should arrive early and don't forget to make a reservation to make sure you can taste the entire menu, which changes according to the arrivals. As the chef is

a fishmonger, we can only recommend the seafood dishes. The desserts are home-made.

SHOPPING

BOULANGERIE DUTTO

10, place des pins
 ☎ 09 67 15 32 46

Open Tuesday to Saturday from 6:30am to 8pm; Sunday from 6:30am to 1pm.

Fougasses, olive breads, the inevitable Châteauneuvoise baguette, generous breadsticks, hearty salads, various sandwiches, not forgetting the pastries: the Dutto shop window on Place des Pins will tempt your taste buds for sure! A dynamic and passionate team to serve you and a lovely terrace to enjoy your pastries. Don't pass by without tasting the pan bagnat, awarded as the best pan bagnat on the French Riviera! We can even attest that the pissaladière is also worth the detour!

MARCHÉ PAYSAN DE PRÉ DU LAC

Salle du Maset
 309, route d'Opio
 www.le-marche-paysan.fr
 marchepaysan.chateauneuf@gmail.com

Open Tuesday, Thursday and Saturday from 9am to 12:30pm; Wednesday and Friday from 9am to 12:30pm and from 3:30pm to 7pm.

From now on, the farmers' market in Maset, opposite the former Intermarché, offers vegetables, fruit, honey, meat and fresh products from local producers and organic or sustainable agriculture. An attentive and helpful team will advise you about the seasonal products, as some products vary according to the harvest. A real guarantee of freshness and quality for you to appreciate.



Buy less, but better, while enjoying yourself, this is Marie-Alix Delmotte and her husband Pierre's principle, both cheesemongers installed Place des pins.

Tell us the story of la Nouvelle Crèmerie ...

It is a professional transition for Pierre and me. I wanted to work in the food industry and to highlight the products of our region. I trained in Paris with a MOF (Meilleur Ouvrier de France, Best worker of his category in France) with whom I worked for 2 years, then I worked at Le Coin du Fromager in Monaco before wanting to set up my own business. I grew up here in Châteauneuf and when we came back from Paris, we were pleasantly surprised by the dynamism of the town, which had changed a lot since I left.

What does your daily work consist of?

We select the cheeses from farmers before receiving them at different stages of maturation. We then take care of them in order to reach an optimal quality for tasting, and then we sell them. In the store, our role is to advise and share our love of the product.

How do you integrate the notion of sustainable development into your work?

It's very important, and that's why we chose to work with French agricultural products. We buy directly from small producers to be able to pay them the best. We try to reuse all the packaging we receive, we sort our waste, we use the least amount of chemical household products. It is important to us not to produce any waste, and we refuse to discard consumable products. We prefer to give rather than to throw.

LA NOUVELLE CRÈMERIE

40, place des Pins
 ☎ 09 52 37 34 35
 lanouvellecremerie@gmail.com

Open Tuesday to Saturday from 8:30 am to 12:30 pm and from 3:30 pm to 7:30 pm; Sunday from 8:30 am to 12:30 pm. Trays and boxes can be customized according to your tastes, budget your appetite!

Whether it is smoothy, creamy, moldy or firm, we love the cheese that Marie-Alix and Pierre offer. In their little store, you will find mature, farmhouse, raw milk cheeses, all carefully selected; mixed platters (raclette, fondue), wine to go with it and some confits and olive oils (the man's speciality). The problem is that you will have to choose between the French classics and the seasonal creations... Fortunately, the tasting advice is precious. Catering also on demand.



© SOPHIE BOULET



© SOPHIE BOULET

Saveurs Provençales de la Bastide.

PAPILLA

14, Place des Pins
 ☎ 07 77 23 19 04
 www.papilla.fr - contact@papilla.fr

Open Tuesday to Saturday from 10.30am to 7pm; Sunday from 9.30am to 12pm. Closed on Sunday afternoon and Monday.

At Papilla you'll melt with pleasure! Every day, they prepare delicious ice creams with fresh local products of great quality (orange blossom from Vallauris, lemons from Rouret, raspberries from Caussols, etc.) and without preservatives, which can be eaten in small pots or cones, but also milkshakes, vacherins or Norwegian omelettes. Ice creams, sorbets, frozen pastries in compostable trays to take away: all the good reasons to stop at this little ice cream shop!

SAVEURS PROVENÇALES DE LA BASTIDE

277, Chemin des Picholines
 ☎ 04 92 60 33 47

*commercial.chateauneuf@afpjr.org
 Open Tuesday to Saturday from 9:30 am to 1 pm and from 3 pm to 6 pm.*

La Bastide sells its fresh and canned vegetables and has been practicing sustainable agriculture since 1989. Seasonal fruits and vegetables, picked the same morning, but also sweet and savory preserves, condiments, sauces, soups, tapenades, olive pastes and spreads for a southern apéritif, without forgetting vegetables in oil. All these specialties will delight you. La Bastide also sells products from other employment centers (ESAT) such as wine, charcuterie, etc.



Between dolce vita and absolute calm, Le Rouret is a classic example of a typical Provencal village with a rich agricultural past. Jasmine, roses, orange trees, violets... The plants grown here were destined for the distilleries of Grasse, the world perfume capital, and vines were even grown here. An authentic village. Le Rouret is also the "departmental capital of truffles" in the Alpes-Maritimes. A delicate black gold, which thrives on its land to the delight of its inhabitants and passing food lovers.

SIGHTSEEING**L'OLI D'AQUI**

25, chemin de Pei Pellegrin

☎ 06 21 87 21 67

Visit of the grove, sale on the farm.

Located on the 06 Routes des Oliviers, Oli d'Aqui is Jean-Philippe's Frère pride. He is a talented olive grower who has won many medals at the Concours Général, notably for his PDO black olives with a gold

medal. This should be enough to convince you to go and visit this orchard, taste his southern local products, and of course, to leave with some olive oil and other olive pastes to share for apéritif. You can also find all his range of products at the marché des collines, at the Maison du Terroir a few blocks away.

KNIFE & FORK**LE BISTRO DU CLOS ☽ €€**9, route d'Opio
☎ 04 93 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.



L'Oli d'Aqui.



Église Saint-Pons.

LE CLOS SAINT-PIERRE €€Place de la Mairie
Quartier Saint-Pons

☎ 04 93 77 39 18

<http://le-clos-saint-pierre.com/>
contact@le-clos-saint-pierre.com

Maitre Restaurateur. Open all year round. Annual holiday in February. Thursday to Monday from 9.30am to 3pm and from 6.30pm to 11.30pm. Reservation recommended. "Market menu" at 60 € or 75 €. Lunch menu: 42 € [except Sundays and public holidays]. Checks not accepted.

Freshness and flavor are the order of the day! We have to admit that Catherine and Daniel Ettlinger (Michelin-starred in 2003) know how to share and sublimate the Provencal and Italian cuisine that is too often rushed. Several times a week, the chef goes to the market and prepares, according to his mood and the seasonal products, two unique menus that change every day. Gorgeous dishes to discover in the recently renovated

dining room or on the charming terrace with a view of the village. Note the special menu with the Alba and black truffles in season.

SHOPPING**LE MARCHÉ DE NOS COLLINES**Route d'Opio
☎ 04 93 77 34 21lemarchedenoscollines.fr

Tuesday to Saturday from 8am to 7pm. Sunday from 9am to 12.30pm.

Created in October 2004 by 21 local producers, this cooperative is a direct sales outlet where consumers are invited to try regional products. Local quality products, respectful of the environment, are all commitments held here by the producers. Farm visits, demonstrations, tastings: the cooperative regularly organizes festive events with the aim of creating, if not preserving, a friendly link with the beautiful French Riviera region.



STROLLS ALONG THE RESTANQUES

Roquefort-les-pins

Located at the gates of the Valbonne Sophia Antipolis technology park, Roquefort-les-Pins offers a succession of hamlets or green estates. Around the Roquefort forest, a protected area suitable for walks and hikes, the peaceful and green commune comes alive with weekly markets, shows and exhibitions all year round. A pretty residential village which continues its development both in terms of urbanism and culture in a dynamic way.

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. Menus 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.



Roquefort-les-Pins.



STROLLS ALONG THE RESTANQUES

Accommodation

HÔTEL DU CLOS*** €€€

3, chemin des Ecoles

Le Rouret

☎ 04 93 40 78 85

www.hotel-du-clos.com

contact@hotel-du-clos.com

Open all year round. Double room from 169 €. Half board: 38 €. Breakfast: 15 €. Animals accepted.

There is a good reason why the Hôtel du Clos is a charming stopover loved by many travelers passing through Le Rouret. Located in the heart of a 5,000m² green park planted with century-old olive trees and fruit trees, the establishment has 12 tastefully decorated rooms that combine authenticity, comfort and modernity. The luckiest few will further appreciate the panoramic superior room with private terrace. The icing on the cake: a hearty continental breakfast can be served in your room or on the terrace overlooking the park.

CHATEAU

DE LA BÉGUDE**** 禁T€ €€€€

Route de Roquefort-les-Pins
Valbonne

☎ 04 93 12 37 00

www.chateau-begude.com

info@chateau-begude.com

Open all year round. 41 rooms. Wifi. Restaurant (bistro de la Grande Bastide, Brasserie "La Béguide", La Terrasse). Golf course.

For golf lovers: located on the Opio Valbonne golf course, the Hotel Golf Château de la Béguide is an invitation to relax and enjoy the green setting. Housed in a 17th century country bastide, the Provencal-style rooms and suites offer a view of the park and the golf course. With a swimming pool, a tennis court and a wide range of restaurants, the place is a welcoming leisure complex; a "mini resort" ideal for a sporty family holiday, a relaxing weekend for lovers or a romantic wedding.

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

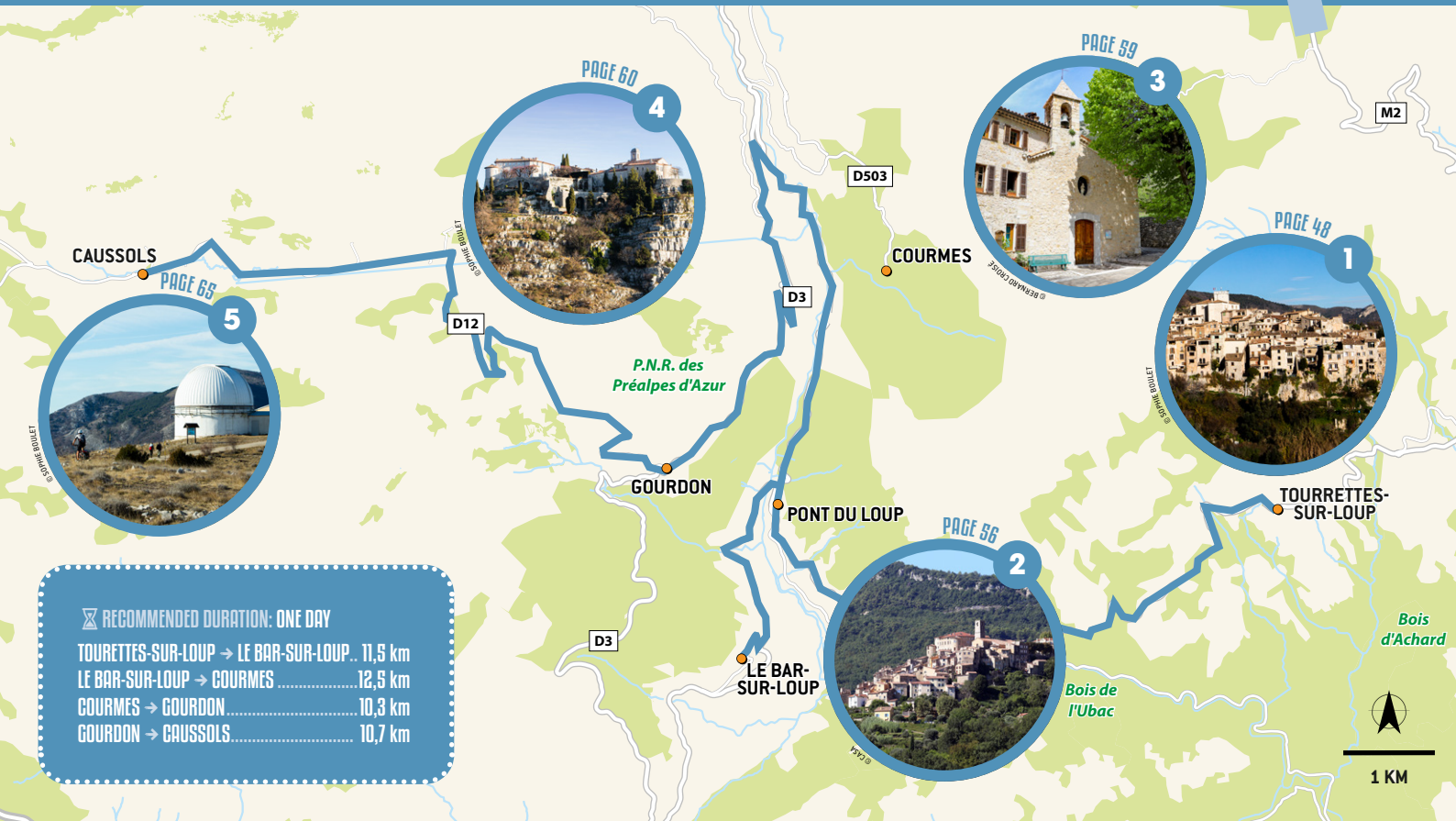
lerochervalbonne@gmail.com

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.

Particularly appreciated by hikers, the Loup gorges are full of pretty little villages overlooking the Mediterranean Sea from their rocky spur. Among them, Tourrettes-sur-Loup, or Gourdon listed as some of the "Most Beautiful Villages of France", are the first foothills of the Alps where olive trees gently give way to valleys, plateaus and forests. A very generous region to be discovered.

THE GORGES DU LOUP AND LUNAR PLATEAUS



⌚ RECOMMENDED DURATION: ONE DAY

TOURRETTES-SUR-LOUP → LE BAR-SUR-LOUP.. 11,5 km
 LE BAR-SUR-LOUP → COURMES12,5 km
 COURMES → GOURDON10,3 km
 GOURDON → CAUSSOLS..... 10,7 km





In a very picturesque setting surrounded by hills and wooded valleys, Tourrettes-sur-Loup, “the city of violets” has an attractive medieval center. It stretches along the cliff top of a rocky outcrop that once served as a natural defensive wall against possible attacks. Narrow streets and old stone buildings give this village a picturesque charm, with views of the surrounding countryside. Don't miss the beautiful view of the village from Pont du Loup.

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 Vence 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.

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



Aqueduc du Moulin.

delicate perfume. A beautiful and warmly welcoming place.

LA FERME DES COURMETTES

Route des Courmettes

☎ 04 89 05 87 21

gabelierb@aol.com

It is preferable to visit in the morning, when the farm working [to witness the transformation of milk into cheese]. Visits from February to November. Workshops by appointment.

This beautiful farm has about 80 alpine chamois goats which graze on the hills of the domain, facing the Mediterranean Sea, at 800 m of altitude. Several discovery workshops are organized regularly. Upon reservation, you can visit this place to see the animals and watch the whole process of cheese making. Taste or buy award-winning cheeses from numerous competitors. The shepherd, Bruno Gabelier, is also a poet and delights visitors with his charming texts.

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.

BISTROT GOURMAND CLOVIS €€€

21, Grand'Rue ☎ 04 93 58 87 04
www.clovisgourmand.fr
info@clovisgourmand.fr

Maitre Restaurateur. Open Sundays, Mondays, Thursdays and Fridays for lunch and dinner; Saturday evenings. Single menu at 54 € (starter + main course + dessert). Menu: 45 € (main course + dessert).

The first thing we like about this address is the guarantee of being able to taste fresh products from local organic agriculture. In his gourmet bistro, the chef serves French home cooking where refinement rhymes with creativity. The menu changes regularly according to the season's products around meats, fish or a noble vegetable declined as starter or in dish. We also like the wine list, because Le Clovis is also a wine bar.

LA CAVE DE TOURETTES €

8, rue de la Bourgade ☎ 04 93 24 10 12
lacavedetourettes@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!

RAVIOLETTE

7, route de Vence ☎ 04 93 24 03 21

Closed on Monday and Tuesday.

An air of Italy floats through the village of Tourettes-sur-Loup thanks to this new sign that smells nicely of pasta!

Alessandra and Matteo, originally from Rome and Turin respectively, work daily to concoct delicious fresh pasta for you to enjoy on the spot or to take away. In the restaurant, the menu changes every week and offers a culinary journey through all the Italian provinces, putting fresh pasta in the spotlight. The shop offers a range of flavors and local products (olive oils, honey, pastries) for the greatest pleasure of your taste buds! Beautiful outdoor terrace to enjoy these wonders in the sun!

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.lerestaurant@gmail.com

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

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Fleurs cristallisées.



Cristallisation des fleurs.

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

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 sublimates 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.

DES FLEURS À CROQUER

864, chemin Saint Martin
 ☎ 06 62 89 62 94

www.fleurs-a-croquer.com

Love is a bouquet of violets and this bouquet comes from "Des fleurs à croquer", a company specialized in the production, transformation and sale of crystallized flowers, and thus, in reasoned organic agriculture. Located in Tourrettes-sur-Loup, the Coche family grows violets in a greenhouse, but also roses, mint and verbena to be enjoyed with all kinds of sauces. Sweets, syrups and other bouquets can be found on their online store and at the Bastide aux Violettes. Pre-order click & collect possible on the website.



Domaine Saint-Joseph.



BACHO BREWERY

Robin Polimeni

A native of the area, Robin Polimeni has brought back from his travels a certain taste for the world of craft beer that he now shares with his customers at Bacho.

Tell us the story of Bacho...

Bacho is a project that I set up with a friend by chance. It all started with a brewing kit that was given to us and some random brewing experiments. Before starting, I trained at the IFBM in Nancy and when I came back, I decided to open Bacho to welcome the public and make them discover the product directly. We have developed a range of craft beers made only with good products, without artificial flavors, as well as an ephemeral range that changes every month. In a participative approach to educate the consumer, we also organize workshops where you can brew your own beer.

How do you make a good beer?

To make a good final product, you need quality raw materials and rigor. We stick to strict specifications, and when the quality is not there, we do something else with our beers, gingerbread, etc.

How does sustainable development fit into your work as a brewer?

We recycle and compost our waste when we don't compact it to make biofuels that we use to heat our houses. We are very careful with water, in a brewery you need 10 liters of water for 1 liter of beer, we have managed to reduce it to 6 liters. Finally, we cook everything on the spot, with fresh products from the garden whenever possible; it's better to keep things simple but good.

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.



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THE GORGES DU LOUP AND LUNAR PLATEAUS

Tourrettes-sur-Loup

55

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 TOURNESOL

7, Grand'Rue ☎ 04 93 59 35 62

<http://poterie-tournesol.fr/>
plaques@tsfr.fr

If you are looking for authentic and original handmade ceramics and potter in clay, terracotta, ceramic or stoneware, here's the right place. Since 1973 in the heart of the village, the potters of Poterie Tournesol have been designing and making unique personalized house plaques in their workshop. Beautiful plaques to offer or for yourself to keep a colorful and joyful souvenir of Tourrettes. You can order your house plaque (with number or name) online.

TOM'S GLACIER

25, Grand'Rue

☎ 04 93 24 12 12

Open every day from 11am to 8pm in July and August. Closed from November to February except for the weekends in December.

This address will delight the taste buds of sweet teeth, with its artisanal ice creams and sorbets. If the violet ice cream, a speciality of the house, is a must try, there is also the rose ice cream or the Provençal ice cream made with orange blossom and honey. Of course, if you are not yet ready to unleash the adventurer in you, there are less daring flavors. A generous moment that will be appreciated on the small tables arranged on both sides of the street.

LE TRAVAIL DU BOIS D'OLIVIER

4, Grand-Rue

☎ 06 24 34 29 35

www.boisdolivier.fr
dubosqguillaume@yahoo.fr

Open every day from 2pm to 5.30pm. From June to September open from 10am to 8pm.

Guillaume Dubosq, the craftsman, makes all sorts of creations with olive wood: salad bowls, fruit bowls, trays, cutlery, sculptures, furniture...

VIOLETTES DE TOURETTES

2, Tour de l'Horloge

☎ 04 93 59 33 83

Open every day from 10am to 7pm.

Located under the clock tower, this small charming store honors violets, flowers that are beautiful enough to eat, declined in all almost all sorts of forms! Crystallized flowers, candies, syrups, jellies, soaps, creams, perfumes, without forgetting the bouquets and even many more other specialties! The toughest part will be to choose what you want to take with you to keep a nice, if not tasty, souvenir of your visit to Tourrettes. Do not hesitate to ask for advice, the welcome is very pleasant.



Le Bar-sur-Loup

Le Bar-sur-Loup

Le Bar-sur-Loup is a medieval village which is partially pedestrian, with picturesque stone houses along narrow streets. A charm that visitors appreciate, just like the orange wine that is the pride of its inhabitants. And for good reason, Bar-sur-Loup carries the flag of the city of orange trees. And more exactly of the bitter orange bigaradier tree, of which the small white flower was formerly used in perfumery to manufacture the Neroli essence or in pastry as orange blossom.

BUREAU D'INFORMATION TOURISTIQUE DU BAR SUR LOUP

Located in the City Hall
Place de la Tour
☎ 04 93 42 72 21
www.villagesvalleesdazur-tourisme.fr
tourisme.bsl@agglo-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

KNIFE & FORK

HOTEL PARTICULIER DES JASMINES €€

938, avenue des écoles
☎ 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.

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.



Ruelle du village.

PIZZERIA LA FAMIGLIA

50 All. du Dr Maffet
☎ 09 81 63 53 72
<https://lafamiglia-bsl.business.site>

Here is an address which is unanimously appreciated in the village! The reasons for this success? Undoubtedly, the unparalleled know-how of the pizza chef! He prepares a unique blend of dough fermented for 72 hours, with fresh organic ingredients from Italian and local producers. He only uses organic Italian flour and the fresh vegetables are organic and cooked on site. The result? The dough is crispy and light and the tomato sauce is excellent. You'll end up asking for more without leaving one single bite.



Le Bar-sur-Loup.



THE GORGES DU LOUP AND LUNAR PLATEAUS

Courmes

This site is ideal for hikers and outdoor enthusiasts as it offers breathtaking views. Courmes is a very small village located on the side of the mountain above the eastern part of the Loup gorges. A starting point for many hikes, Courmes is appreciated for its typical wonderfully restored yellow stone houses, its wash-house and its impressive wooden doors built during the Renaissance.

© SOPHIE BOULLET



Sundial in Courmes.

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.



L'Auberge de Courmes.

© SOPHIE BOULLET

COURMES → GOURDON 🚗 20 min 🚲 45 min



It is labeled as one of the “Most Beautiful Villages in France”. It rises to an altitude of 760 meters, from where there is a breathtaking panorama of the Loup valley and beyond to the Mediterranean. A breathtaking view, from Nice to Théoule, to be appreciated from the Victoria square. Gourdon is a small village with a main street and a few adjacent medieval streets lined with beautiful houses and craft shops. The 11th century castle with its gardens designed by André Le Nôtre forms a beautiful architectural ensemble, but is only visible from the outside because it is private.

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@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 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 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.

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.

LES GRANDS HOMMES

2, rue Armand-Fallières

☎ 04 93 77 66 21

www.restaurant-lesgrandshommes.fr

accueil@restaurant-lesgrandshommes.fr

Closed for annual holidays in December.

Open every day for lunch. Reservation recommended. Single menu at 29 €. Terrace.

On the menu: the “assiette Napoléon”, “velouté Louis XV”, “salade Garibaldiennne”, “poule au pot au temps d'Henri” and “crumble Reine Victoria”. In order not to overshadow these great men, the powerful Queen Victoria [who visited Gourdon in 1891 as attested by the plaque affixed to the castle] is qualified as “Honorary Great Man”. The cuisine is traditional, prepared with fresh products and the dishes beautifully presented. Enjoy your meal on the roof terrace, which offers a panoramic view of the village and the coastline.



In the streets of Gourdon.

LA TAVERNE PROVENCALE & €€

Place de l'Eglise

☎ 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.

AU VIEUX FOUR €€

4, Rue Basse

☎ 04 93 09 68 60

audevieuxfourgourdon@orange.fr

Open all year round. Carte: around 40 €.

A tasty address for a delicious break in the old village. They like fresh products, preferably local. The suggestions are presented in menus on the slate with two starters, two main courses (generally fish and meat) and two desserts which change according to the seasons and the market. The food is homemade, simple, tasty, proof that with accessible products (and talent) you can make very good food. To top it all off, the setting is intimate, and the owner has good sense of humor! What more could you ask for?

SHOPPING**LES COLLINES D'ALIENOR**

☎ 07 80 30 97 35

www.lescollinesdalienor.com

lescollinesdalienor@gmail.com

Behind Les Collines d'Aliénor is the desire to preserve the ancestral role of plants, whether they are aromatic or medicinal. The ones you will find in the infusions of Les Collines d'Aliénor have been produced with love and respect for nature. You can buy their selection of herbal teas, and many other beautiful handcrafted creations on the local farmers' markets, at the farmers' market of Caussols as well as at the farmers' market of Châteauneuf, but also on the website store.

DISTILLERIE DU SAUT DU LOUP

Le Saut du Loup

☎ 04 93 77 09 64

millopierre06@gmail.com

Open from July 14 to September 30, every day from 10am to 6pm.

Settled in Gourdon for 3 generations now, this distillery sells essential oils and floral waters with multiple virtues. The production is home-made and can be visited every day between July 14 and August 30 at 11 am. In the store, the saleswomen will

advise you about the use of these products based on lavender, but also rose, thyme or orange blossom, depending on the harvest. Possibility to order online.

EPICERIE SAINTE CATHERINE

Rue de l'École ☎ 04 93 09 68 89

www.sainte-catherine.com

contact@sainte-catherine.com

Open every day from 9:30am to 7:30pm.

A delicatessen nestled in the former chapel of the Château de Gourdon. A family affair which manages the production and sales of their delicious local products: honey, home-made jams, goat's cheese, sausages, flavored oils, mustard and vinegar, terrines and aromatic herbs... This charming shop also offers craft products from the region of Nice such as basketry, olive wood objects, pottery... A summary of Provençal culture.

LE GLACIER DE GOURDON

Rue basse ☎ 06 11 59 10 76

Open every day from 11am to 6pm.

Food lovers of all ages alike will not be able to resist the call of this Gourdon ice cream maker, Master Ice Cream Maker, and his ice creams as original as they are local. In addition to the traditional flavors of salted butter caramel or Nutella chocolate chip, there are surprising suggestions such as lavender, lemon pie and violet; a delight in a jar or in a cone. Milkshakes and waffles are also available. The prices are very reasonable for an artisanal ice-cream of such quality and welcoming staff.

LE GOURDONNAIS GOURMAND

19, rue Principale

☎ 06 12 73 77 50

Open every day and on public holidays from 11am to 5pm.

It is a must-do in the village, and for good reason, Francis Saunier, and now his son-in-law Guillaume have been making soft and fragrant gingerbread, without any coloring or additives of any kind here for about thirty years. In his small shop, you will find gingerbread with orange, fig, walnut, apricot and almond, but also nougat with a choice of hard white nougat with lavender honey or soft black with honey and almonds. There is something for everyone! The hardest thing to resist will be all these terribly addictive home-made sweets.

LE RUCHER DE GOURDON

At the exit of the village of Gourdon, towards Caussols

☎ 06 45 94 08 83

Hervé, the beekeeper of the Rucher de Gourdon, is an atypical character who only swears by artisanal work in the purest respect of the beekeeping tradition. A true passionate, he will make you discover and taste his different honeys of lavender, thyme, wild flowers, each one as delicious as the other, in his small hut located on a hiking trail at 1 km at the exit of the village of Gourdon, towards Caussols. If you wish, he will even show you his beehives, but to be sure, please call him before you come.

TRUFFES MORILLES DE GOURDON

Thirteen years ago, Thomas Bouscrici had the intuition to plant his first truffle tree, and today he is at the head of a 3 hectares farm. Three years ago, he decided to add morels to his truffle culture to become the only producer of this mushroom in the whole department. These products certified without chemical treatment can be found on regional markets and on the truffle markets referenced by the truffle growers' union.



Gourdon.



THE OLIVIER BAKERY

Ludovic Grosjean

Freshly arrived in Caussols, Angela and Ludovic Grosjean have taken over Les délices de Caussols which has become the Boulangerie l'Olivier. A childhood dream for the baker, pastry chef and cook who loves his job.

Can you tell us the story of the Olivier bakery?

We arrived in Caussols by chance, after seeing an advert on the SDS Villages website, which puts buyers and shopkeepers from all the villages of France in touch. We quickly decided to leave Paris to raise our 18-month-old son, Olivier. There is everything here for us to feel at peace professionally and personally.

What do you recommend?

The bread of Calern, it is rather specific bread like a very big pain de campagne, which can be kept very well because it is entirely made with leaven.

How do you put into practice your devotion to short food supply chain and sustainable development in your activity?

I make it a point of honor to choose naturally grown raw materials, fresh and quality French cereals. We use controlled, sustainable flours. To fill our sandwiches, we buy as much as possible locally by going to the local farmers' market, respecting the seasons as best we can. I am part of this beautiful dynamic where we have refocused on quality rather than quantity. I don't have a lot of bread, but it's always quality bread, without chemicals.

BOULANGERIE L'OLIVIER

141, place deregnacourt
☎ 04 93 60 27 62

Open Tuesday to Friday from 6:30am to 2pm and 3:30pm to 7pm; Saturday from 6:30am to 7pm; Sunday from 7am to 6pm.

Ludovic Grosjean, the new baker in Caussols, is fulfilling a lifelong dream: to set up his own bakery in the purest respect of the baking tradition. Without chemicals, with sustainably cultivated flour, natural leavening and know-how learned between Nice and Paris, he makes breads, pastries and other high quality bakery products every day. In the window shop, there are few references, but the guarantee of eating only good food. Angela, his wife, welcomes you with a smile and is at your service.



© SOPHIE BOULET



THE GORGES DU LOUP AND LUNAR PLATEAUS

Caussols

Calm, preserved, shaped by the still active Pastoralism, Caussols is a small hamlet of a few inhabitants located at about 1,100 m altitude. A geographical situation and a tranquility favorable to welcome the Astronomical Observatory of the French Riviera, which contributes to its fame. The plateau of Caussols is quickly covered in snow in winter, but becomes a very pleasant place to walk when the weather is fine. Trails criss-cross the adjacent summits, and the GR4 long-distance hiking trail crosses the plain from north to south.

SIGHTSEEING

LA GALINIÈRE

La Celle
4172, RD12

☎ 06 13 69 09 99 - blancmuriel@sf.fr

Closed from November to March. Open Monday to Friday from 10am to 7pm; weekends from 11am to 7pm. Groups of 9 to 19 children: 15 € per child. Groups of 20 children and more: 7 € per child. Additional charge according to the workshops. Animations.

Settled in the preserved nature of the Caussols plateau, in the heart of the regional natural park of the Préalpes d'Azur, the Galinière farm specializes in breeding ornamental animals. Miniature ponies, dwarf goats, Ouessant sheep, curly geese, colorful hens, and even giant rabbits! All of which will delight the children during a guided tour with Muriel. La Galinière opens its doors to school groups or holiday centers to discover the diversity of farm animals, from March to November, depending on the weather.

KNIFE & FORK

L'AUBERGE DE CAUSSOLS €

4313, Route Départementale 12
☎ 04 83 26 39 15
aubergedecaussols@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).



Astronomical Observatory of the plateau of Caussols

© SOPHIE BOULET



Le Marché paysan.

SHOPPING

MARCHÉ PAYSAN

56, place deregnacourt
☎ 06 79 99 87 31

Open Monday to Saturday from 9am to 12:30pm and from 4pm to 6:30pm.

All that was missing was a small market to complete the gastronomic offer of Caussols. A great initiative signed by Séverine and Jean-Paul who contribute to making the village dynamic. On the stalls, fruits, vegetables, eggs, honey, condiments, wine, a nice selection of beers... In short, all the good local products from local producers, from the Alpes-Maritimes, the Hautes-Alpes and Var, more exactly. The market also offers baskets of seasonal

vegetables and delicious orange blossom *fougassettes* on Mondays only.

LE RUCHER DE CAUSSOLS

☎ 06 82 40 15 55

Resulting from a traditional know-how, the honey of lavender or the honey of wild flowers of the mountains of Caussols will enchant you with their greedy and aromatic notes. A marvel of nature, harvested with the greatest care to preserve its flavors and all its qualities. As a passionate beekeeper, Steve Alleaume transforms this precious nectar into a complete range of home-made quality products. Confectionery, gingerbread, cosmetics... can be found on the markets of Provence and can also be ordered by phone.

Accommodation

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'hôte, 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.

LOCATIONS 06 -

GÎTES DE CHARME €

614, chemin de saint jean

Bar-sur-Loup

☎ 06 32 75 51 07

<https://www.locations-06.fr>

pascale.codera@wanadoo.fr

Open all the year. Furnished Tourism accommodation from 2 to 4 ****. Cleavacances 5 keys. From 199€ to 849€ the week according to season. Rental per night from 50€ per night. Animals accepted.

Located within walking distance from the shops, 800 m from the river and 30 min from the sea, 6 charming agritourism

cottages in the Grasse area await you. Nestled in the heart of lavender fields, orange and olive trees and an organic vegetable garden, the accommodations are spread over several sites and differ in size and layout (apartment, villa with or without swimming pool). However, they all have in common their excellent quality-price ratio and the warm welcome they offer.

AUBERGE DES GORGES

DU LOUP** 🍷 🍷 🍷 🍷 €

4, route de Grasse – Le Pont du Loup
Tourrettes-sur-Loup

☎ 04 93 59 38 01

www.auberge-gorgesduloup.com

info@auberge-gorgesduloup.com

Closed from January 15th to February 15th and from November 15th to December 15th. 10 rooms. Low season: double room from 72€. High season: double room from 82€. Breakfast: 10€ [continental and 18€ American]. Closed parking [free]. Half-board formula for adults optional: 42€ per night and per person. Animals accepted. Receptions and weddings. Catering.

At the entrance to the Loup Gorges, this inn offers a magnificent setting for lovers of beautiful landscapes. An ideal starting point for visitors wishing to explore a rich and preserved natural territory. The hotel is a warm and comfortable refuge. The establishment has ten recently renovated rooms with authentic Provencal decoration. The restaurant room has a resolutely rustic and cosy atmosphere for a lunch or a dinner by the fire in winter.

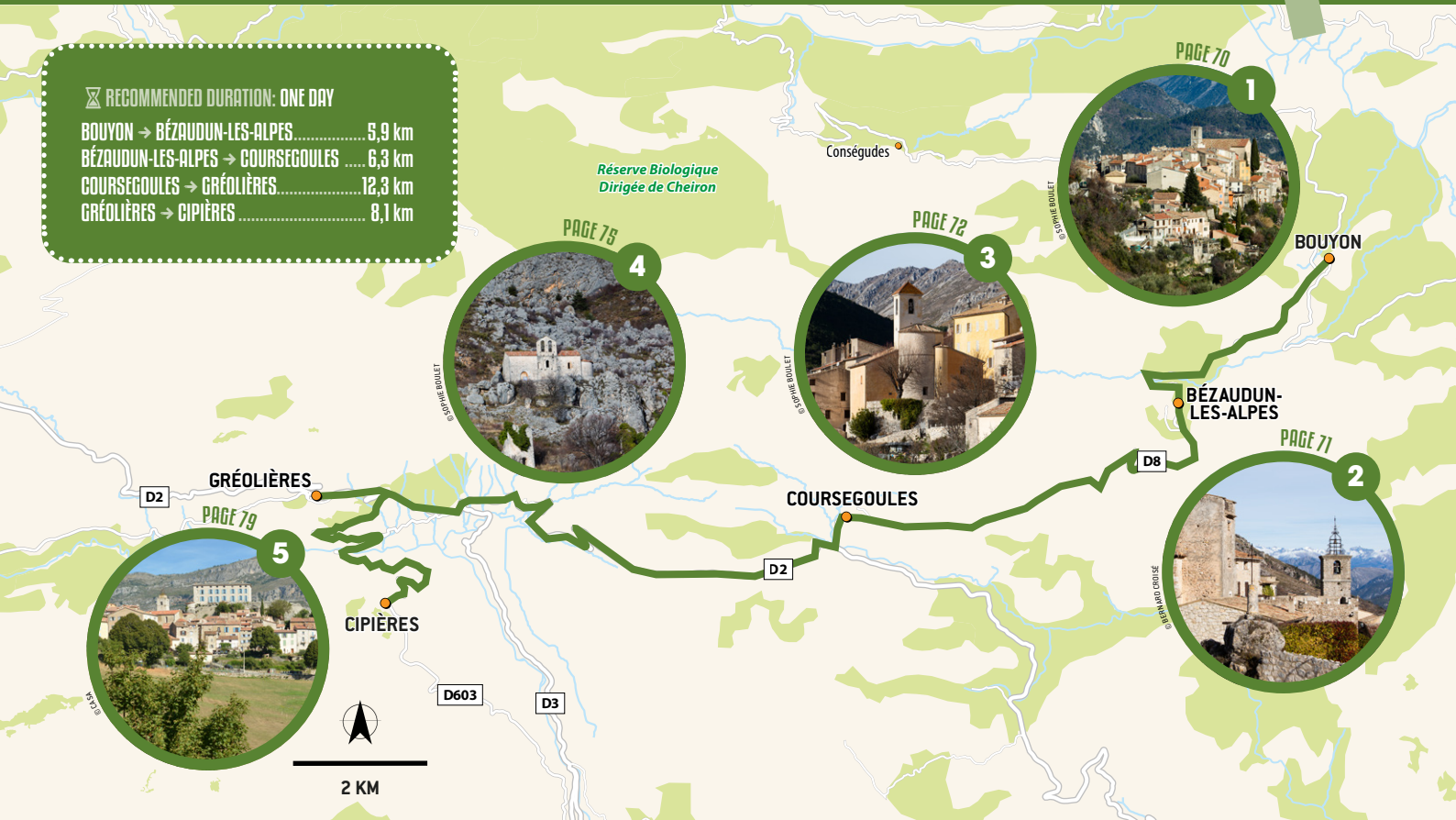
From mountains to rivers, there is no doubt that you will be impressed by the breathtaking views and the warm welcome you will receive from the inhabitants and producers of the perched villages you will cross along this itinerary. Bouyon, Bézaudun-les-Alpes, Coursegoules, Cipières, Gréolières are all territories that lend themselves to farming and pastoralism promising authentic and tasty discoveries.

VILLAGES NESTLED AT THE FOOT OF THE CHEIRON



⌚ RECOMMENDED DURATION: ONE DAY

BOUYON → BÉZAUDUN-LES-ALPES 5,9 km
 BÉZAUDUN-LES-ALPES → COURSEGOULES 6,3 km
 COURSEGOULES → GRÉOLIÈRES 12,3 km
 GRÉOLIÈRES → CIPières 8,1 km





VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

Bouyon

Bouyon occupies a prime location on a belvedere, at the confluence of the Var and Estéron rivers. Today this picturesque village offers charming cobbled streets, restored squares, refreshing fountains, and Romanesque and Baroque chapels. This small belvedere village is definitely full of charm... And of gastronomy, there is no doubt that you will not be able to resist the delicious smell of good bread as in the past coming, not from the communal oven closed for a few years already, but from the fournil de la Fontaine bakery close by!

KNIFE & FORK

LA MAISON BARNOUIN ♥ €

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

www.maison-barnoin.com
maisonbarnoin@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.

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.

FROMAGERIE DE LA CHÈVRE BLANCHE

1139, chemin de Berdine
☎ 06 07 50 28 06

Jean Cassar, his wife Marie and his son Mathieu have been farming goats and pigs since 1989. They invite you to discover their family farm and the products they make from goat's milk (faisselle, fresh or mature cheeses, logs, brousse), as well as yogurts, salted meats and meat packages. The products are available from March to November. The rest of the time, the goats are on "maternity leave". The cheese dairy also offers visits.

BOUYON → BEZAUDUN-LES-ALPES 🚗 10 min 🚲 30 min



VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

Bezaudun-les-Alpes

Take the time to stroll through this small and discreet village built in the heart of the ramparts of which there are still some remains, discover old houses or discover rough and preserved landscapes between the summits and the plateaus of the Alps: Bezaudun-les-Alpes is a concentrate of authenticity. A real invitation to live at a different pace, to slow down and appreciate simple moments such as admiring an old wash-house or an arched passageway. A moment out of time.

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. À 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 Bezaudun-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.



Bezaudun-les-Alpes.

© SOPHIE BOUTET

BEZAUDUN-LES-ALPES → COURSEGOULES 🚗 12 min 🚲 30 min



Coursegoules

Coursegoules is a harmonious village, nestled on a promontory, with the austere bar of the Cheiron mountain in the background. This postcard image summarizes the situation of the village. Its facades face south and the sun [we are 20 km from the sea as the crow flies] and the Cheiron behind, with its 1778 m at its highest point, which provides the village with pure and vivifying air, reminding it of its presence all year round. Half Mediterranean, half mountain, Coursegoules proudly displays this score. Half of the commune is a classified site! Coursegoules is also a remarkable site part of the Natura 2000 network, which aims to improve the consideration of biodiversity issues in human activities.

SIGHTSEEING

LA FERME D'ALAIN

220, route de Saint-Barnabé
☎ 06 60 14 97 80
wetta.egly@wanadoo.fr

Open every day from 10am to 6pm. Adult: 13 €. Children: 13 €. Picnic area and games available on the site.

Horses, goats, ponies, cows, chickens, rabbits, geese... Alain Baudino takes you to discover his farm through a visit animated with explanations on cattle

breeding, milking demonstration or herd dog work. A fun and educational activity to share with your family. On the spot, Alain also sells his production (eggs, products of his dwarf goats and donkeys, vegetables). It is also the ideal place if you are looking for an authentic setting to celebrate a wedding or a birthday!

LE MOULIN À GRAIN

Route du Moulin

Located below the village, near the bridge of the Cagne when you arrive at Coursegoules,



Coursegoules.

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.

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.

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 Anchoïade, 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.



Coursegoules.

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 BISCUITERIE DU CHEIRON**

149 Rte de la Colette,

☎ 06 25 46 09 59

<https://biscuiterie-du-cheiron.fr>

Food lovers of all ages will these cookies, especially the artisanal ones. From the traditional *navette* with its exquisite shortbread dough, to the cookie and the financiers, they are all entirely handmade with quality ingredients, without additives or preservatives. Cookies on sale at the mini-market of Cipières and on the online store. You can also find them at the local markets.

GAEC DU CHEIRON

1280, route de l'Ourmeau

☎ 06 16 50 27 99

Every day from April to September.

Serge, Sylvie, Steve and Mickaël Maurel are the 4 members at the head of this

family farm. On the farm, sheltered by the Cheiron mountain, there are several breeding workshops for cows, ewes, goats and pigs for the production of meat and cheese, but also forage crops. Various productions and a commitment to the respect of nature in the good development of each of them, since the farm benefits from the label Valeurs Parc. It is possible to buy lamb, kid, beef and goat cheese on the spot.

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* du païs on sale in Grasse, at the Potager du Peyloubet, a farm.

**Gréolières**

You may know the winter sports resort, Gréolières les Neiges, particularly appreciated by families for its friendly atmosphere, but do you know Gréolières village? Overlooking the Loup valley on the southern slopes of the Cheiron mountain, the village is situated at an altitude of 840 m and has a medieval charm. It is a stopover of choice for nature lovers looking for a breath of fresh air. A small peaceful village, with authentic charm, where life is definitely peaceful in summer and winter.

**BUREAU D'INFORMATION
TOURISTIQUE DE GRÉOLIÈRES**

Located in the Village, 17 km from the resort of Gréolières les Neiges

Route de Font-Rougère

☎ 04 89 87 73 30

www.villagesvalleesdazur-tourisme.frtourisme.greolieres@aggllo-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 Intercommunal 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**PISCICULTURE DU CHEIRON**

4850, route de Grasse

☎ 06 24 39 38 80

www.truitesducheiron.frtruitesbiodulecheiron@gmail.com

High season: open from Tuesday to Sunday from 10am to 6pm. Branded Valeurs Parcs – PNR des Préalpes d'Azur. Catering. Angling. Products on sale at the farm as well as in some local producers' stores such as the Marché de nos Collines in Rouret.

The Cheiron fish farm is above all an organic trout farm at the foot of the southern side

of the Cheiron mountain. The trouts are farmed in basins watered by the Foulon spring. Settled for several years now in the gorges du Loup, Pierre opens each summer to visitors and makes them discover his profession through unforgettable family fishing days. At the end of the day, you will enjoy tasting the rainbow or Fario trout that have been caught. A nice address for a playful moment in the open-air.

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.

**LE RELAIS €€**

1, rue du Ribas
☎ 06 11 05 08 03

Open from Tuesday to Sunday from 7:30am to 8:30pm. Carte: about 15 €. Complimentary limoncello or coffee. Free WiFi.

In the heart of Gréolières, the Relais is always busy! Its terrace with a view of the mountain is an invitation to relax. Inside, the room is decorated in red tones for a warm atmosphere. Enjoy regional cuisine with Provençal flavors in your plate. We particularly like the copious café gourmand. The Corsican chestnut beer on draft is also very popular. An address to which one has pleasure to return. And to be sure to have a table on weekends, it is better to book.

RESTAURANT LE CHALET DU PARC €€

3141, Bd du Grand Pré
☎ 04 93 59 70 75
valentinbogho@gmail.com

Open every day from 8am to 8pm.

This restaurant has been an unmissable in the resort of Gréolières les Neiges since 1985. It has a family atmosphere and serves generous cuisine. In the dining room by the fire or on the sunny terrace, you will appreciate the daily dishes presented on the menu and the pancakes with an unbeatable value. And moreover, it is served with a smile! A nice place to warm up and enjoy yourself after skiing down a few slopes.

LA VIEILLE AUBERGE €€

7, place Pierre-Merle
☎ 04 93 59 03 02

Single menu at 23 € (starter, main course and dessert of your choice in the menu). Average price à la carte: 25 €.

La Vieille Auberge is centrally located in the village of Gréolières on the main square. The restaurant welcomes you in the pretty room or on the shaded terrace on sunny days. The menu smells good like Provence, you will find specialities from the south, such as the small stuffed vegetables.

SHOPPING**ÉPICERIE DES PATOUS**

587, Route de Font Rougière
☎ 04 93 59 98 51

Open everyday from 7:30am to 8:30pm during the summer and from 7:30am to 8pm the rest of the year.

The Gréolières resort is home to a grocery snack store offering local products and bread. Whether you need fresh products or something sweet to nibble on, the Snack grocery store has it all! An almost indispensable and practical stop. The store is open non-stop throughout the day.

LA GRIGNOTE

23, Rue de la Mairie
☎ 06 31 51 83 12
c.marcus@hotmail.fr

Open on Wednesdays from 8:30am to 12pm; Fridays from 4:30pm to 7pm.

If you are passing through Gréolières, you must stop at La Grignote! Here, the bread is made with only natural leaven and baked in a traditional stone oven after a slow fermentation. It takes time and a good hand to prepare the bread (plain, with olives, with nuts, etc.), brioches and biscuits which are 100% homemade and organic, that you can see in the window. Not forgetting the pretzels, michettes and the amazing khorasan with its powerful flavors that you can find in the bakery on Wednesdays only.



LE JAS DES ROCHERS

Emmanuelle Poulain

You will find it in the dishes of local starred chefs or in pastries made by Emmanuelle Poulain herself: the saffron from Jas des Rochers in Cipières opened up our appetite.

Can you tell us the story of the Jas des Rochers?

The Jas des Rochers is a small hut in the woods that my husband Claude, a native of the village, bought in the year 2000. As for me, I do not come from a farming background, but together we wanted to go back to the land. As we had neither water nor electricity on the spot, we chose to grow saffron because in a temperate climate, watering is in principle unnecessary and the bulb is buried deep in the ground to protect it from the cold. We started with a trial plot of 3,500 bulbs, we realized that our soil was rich and that it gave us beautiful flowers.

How do you integrate sustainable development into your work?

We'll have the organic label in March, but our way of life has always been sustainable. We are careful with the water we have thanks to the rainwater retention lake we built to feed our crops. We don't use fertilizers or pesticides, it's sometimes difficult, but it's a state of mind, we have to adapt and be happy with what the earth offers us.

What is the best way to enjoy the saffron of Cipières?

Saffron goes wonderfully well with oranges, an orange tea with a saffron pistil, it's simple and it's excellent.

Where can we find your last harvest?

We sell our products on the spot and on the local markets. All our news (markets, open days, brunch days) can be found on the website and on Facebook, follow us!

LE JAS DES ROCHERS

Chemin du Plan
☎ 06 60 63 47 32
www.lejasdesrochers.com/
saffron.dr@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.



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VILLAGES NESTLED AT THE FOOT OF THE CHEIRON

Cipières

Facing the village of Gréolières from the other bank of the Loup, Cipières offers a breathtaking view of the Cheiron massif and the Loup valley below. Somewhat isolated, the village is today a guarantee of tranquility and authenticity for visitors, tourists, and people looking for a quiet place to stay in the middle of nature. Colorful, charming, the heart of the village has something to seduce the numerous walkers and hikers, at the crossroads of the GR4 and GR51 hiking trails.

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

CHEZ CAMILLE

143, La Place
☎ 09 81 97 67 17

The fine grocery store of Cipières has opened recently. Chez Camille is a true window for local producers in the Loup Valley. The honey of Cipières from the Ruchers de Cipières, the meat from the Gaec de Calern, the potatoes from Caussols are all on sale in this shop.

LES RUCHERS DE CIPICIÈRES

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).



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Acomodation

AUBERGE DE COURMES €€

3, rue des Platanes

Courmes

☎ 04 92 60 08 17

aubergedecourmes@orange.fr

5 bedrooms. Single room 65 €; double room from 75 €. Half board: 20 € (per person). Breakfast included. Extra bed: 10 €.

The Auberge de Courmes has recently reopened, and this is good news. It welcomes tourists and hikers in 5 comfortable rooms, in the heart of the village. We recommend this unpretentious address for the fresh and local products cooked with a lot of talent, from the starters to the desserts. The cuisine is generous, and you'll be frankly and warmly welcomed by the owner and his wife. A moment of simple happiness in a relaxing setting! A pretty terrace completes this inn of rare authenticity.

CHALET ALPINA AQUA RELAX

HÔTEL AND SPA** & €€

2985, boulevard du Grand Pré

Gréolières

☎ 04 92 11 07 07

alpinahotel-greolieres.fr

contact@alpinahotel-greolieres.fr

Open from mid-July to mid-August, and from February to the end of April. 10 rooms. Double room from 150 €. Half board. Breakfast: 12 €. Animals accepted (small

animals allowed. 10 € extra fee per night). Whirlpool bath, sauna.

The hotel's 10 rooms are carefully equipped and offer a privileged location in the resort of Gréolières. To start the day well, the breakfast is composed of Alsatian delicatessen, fresh bread, omelette, or pastries, jams and fruit juices. The bistronomic restaurant, l'Alsace en Provence, facing the slopes, is in the pure style of an Alsatian Winstub. Relaxation area with a Finnish sauna and a whirlpool bath as a bonus!

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 Provencal 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.



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.