

WELCOME TO OUR ‘VILLAGES & VALLEES D’AZUR’

On the very edge of the coastal region, close to nature, whether you are a fan of history, outdoor activities or local cuisine, this area will meet your expectations.



A UNIQUE NATURAL HERITAGE

1 mountain resort:
Gréolières 1400

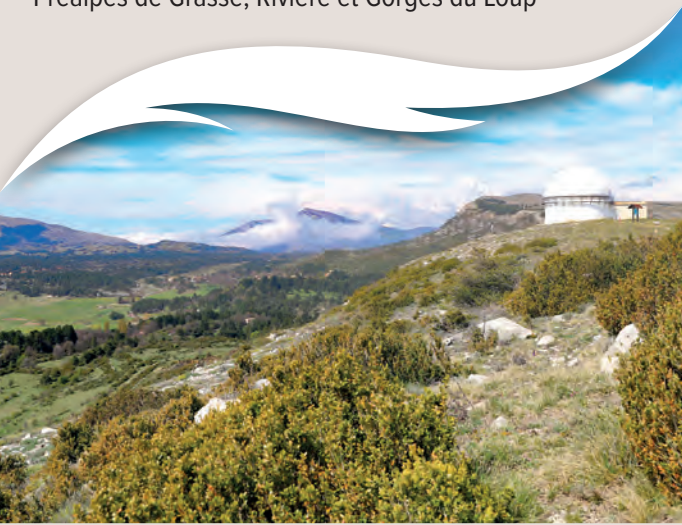
4 Departmental natural parks:
Brague, Valmasque, Sinodon, Estéron

12 rural districts of the regional nature park of the
Préalpes d’Azur

2 coastal rivers (Le Loup, La Brague) and **1 exceptional river** (L’Estéron)

4 limestone plateaux with lunar landscapes:
Caussols, Calern, Cavillone, Saint-Barnabé

3 Natura 2000 protected areas:
Préalpes de Grasse, Rivière et Gorges du Loup



AUTHENTIC VILLAGES TO DISCOVER

Top destinations include **Gourdon**, classified as ‘one of the most beautiful villages in France’ with a breathtaking 360° view; **Tourrettes-sur-Loup**, ‘City of Arts and Violets’, with its numerous arts and crafts shops; **Valbonne** with its chessboard layout and arcaded town centre.

History lovers will discover other medieval villages, most of which are perched on hilltops, featuring authentic remnants of ramparts and castles, winding alleys and old vaulted passageways: **Bézaudun-les-Alpes**, **Bouyon**, **Châteauneuf**, **Ciapières**, **Conségudes**, **Courmes**, **Coursegoules**, **Gréolières**, **La Roque-en-Provence**, **Le Bar-sur-Loup**, **Les Ferres**.

Closer to the coast, along terraces planted with olive and cypress trees, the Provencal villages of **Le Rouret**, **Opio** and **Roquefort-les-Pins** remind us of their agricultural past, while the village of **Caussols** reaches for the stars at an altitude of 1 200 m.



MEET UP



LOCAL MARKETS

A fertile region where we honour local farmers during regular market days.

Bouyon: «The little Bouyonnais market », on the first Sunday morning of each month from April to December

Châteauneuf: « The Pré du Lac market », every Monday morning

Coursegoules: « Cheiron Farmers’ Market », every Thursday morning

Gourdon: « The local farmers’ and crafts market », every Sunday morning from April to end of October

Gréolières: « The local farmers’ and crafts market », every Saturday morning

Le Bar-sur-Loup:

A weekly market, every Wednesday morning
The « Local Farmers’ Market », every second Thursday of the month

Le Rouret: « The local farmers’ market », every day from Tuesday to Sunday

Opio: « The local farmers’ market », every Wednesday, Thursday and Friday

Roquefort-les-Pins:
« The Provençal Market », every Wednesday morning
« The Notre Dame market », every Thursday morning

Tourrettes-sur-Loup: « The Provençal Market », every Wednesday morning

Valbonne Village: « The Provençal Market », every Friday morning

Valbonne Sophia Antipolis: « The Garbejaire market », every Saturday morning

www.villagesvalleesdazur-tourisme.fr/se-rencontrer/fetes-locales-et-marches



FESTIVALS AND TRADITIONS

Throughout the year, the villages celebrate the local agricultural and gastronomic heritage, through numerous emblematic festivals.

During January:

The Saint Blaise and Grape Festival: In Valbonne
The truffle market: In Gourdon, Gréolières and Le Rouret

During March:

The violet festival: In Tourrettes-sur-Loup

April and May:

The orange festival: in Le Bar-sur-Loup (each easter Monday)

The Brusc agricultural festival: in Châteauneuf

The Gorges du Loup agricultural festival: in Gourdon (every Ascension day)

During summer:

The lavender festival: in Gréolières 1400

The terroir and breeding festival: in Caussols

During October:

The squash festival: in Châteauneuf

End of year events and Christmas markets:

Bouyon, Caussols, Châteauneuf, Coursegoules, Ciapières, La Roque-en-Provence, Le Rouret, Opio, Tourrettes-sur-Loup, Valbonne Sophia Antipolis



LA BASTIDE AUX VIOLETTES



www.tourrettesturloup.com/la-bastide-aux-violettes-horaires-visites
Tél. +33 4 93 59 06 97 • bastide@tsl06.fr

The Victoria violet, cultivated in Tourrettes-sur-Loup since 1880, blooms from mid-October to mid-March. La Bastide aux Violettes is dedicated to this horticultural heritage: a place to discover the various methods to use and cultivate this symbolic flower. A showcase violet-growing greenhouse and a shop selling violet-related products is featured by local producers.

GET OUTDOORS



SPORTS ACTIVITIES

Nature lovers and outdoor sports enthusiasts can enjoy a wide range of activities with local professionals.

Canyoning: L’Estéron, Gorges du Loup

Horse riding: Plateau St Barnabé, Coursegoules, La Brague/ Valbonne...

Rock climbing: Gourdon, Gréolières

Golf Courses: Châteauneuf, Opio, Valbonne

Go-kart: Gourdon the only outdoor go-kart track in the Alpes-Maritimes

Paragliding: Gourdon and Gréolières, two internationally renowned spots

Angling: L’Estéron, Le Loup

Speleology: Caussols, Ciapières, Gourdon, Gréolières, Le Bar-sur-Loup...

Cycling: The Balcons d’Azur route crosses the area, linking Grasse and Vence along the old Provence railway line. www.departement06.fr



PROTECTED NATURAL AREAS

The **Préalpes d’Azur Regional Nature Park** raises awareness and promotes the importance of nature through the Préalpes d’Azur campaign, **j’aime, j’en prends soin** (I love it, I take care of it)

The trademark **‘Valeurs Parc’ (The Park’s Value)** is a guarantee of traditional, innovative and, above all, committed know-how. You will find tourism services, local labelled & certified products on: www.parc-prealpesdazur.fr

The **European Natura 2000** policy aims at preserving local habitat and species. In this area, **the river Loup and its Gorges** serve as a safe haven for many different species of fauna and flora, due to its situation.



THE HIKING TRAILS

For the day or longer, the area offers multiple possibilities by foot:

• **« The Maralpine »:** A five day hike, through The Préalpes d’Azur Regional Nature Park, certain parts of the itinerary follow the famous GR4 and GR51. www.cheminsdesparcs.fr

• **The Departmental natural parks** offer numerous itineraries!

• **Among the hikes that link two villages:** le chemin du Paradis (Gourdon to Le Bar-sur-Loup) ; le circuit du Loup (Ciapières to Gréolières) ; le sentier de la Brague (Valbonne to Biot)...

Discover other marked itineraries created by the ‘Département06’ on:

<http://randoxygene.departement06.fr>
www.villagesvalleesdazur-tourisme.fr/soxygener/balades-et-randonnees

Please find our hiking map in our tourist information centers.



MOUNTAIN RESORT

The resort is located on the northern side of Cheiron Mountain, which culminates at 1778 m. ‘Gréolières 1400’ is a place which offers numerous outdoor activities throughout the year, especially during school holidays.

Huskies chairlift is a practical way to reach the top of Cheiron mountain; you will be rewarded by a stunning view of the sea and the southern Alps

VTT : There are seven itineraries for both children and families

Gréo’Parc : There are multiple activities for children aged between 3 and 12 years old; games for all are also available thanks to the « Escape Game » of the Aspéra Chalet and the « Explor Game » on the Cheiron mountain

Alpin and Nordic skiing are also available within a homely atmosphere

www.stations-greolieres-audibergue.com

ORGANISE



GUIDED TOURS

Throughout the year, experience the local heritage of the villages in a different way through free guided tours.

Châteauneuf, Ciapières, Coursegoules, Gourdon, Gréolières, Le Bar-sur-Loup, Tourrettes-sur-Loup and Valbonne village will hold no more secrets for you. Please book with the tourist information centers:

www.villagesvalleesdazur-tourisme.fr/se-rencontrer/visites-guidees-parcours-thematiques



GET AROUND BY BUS

Thanks to the network **ENVIBUS** and **ICILA**, the transportation on demand service: www.envibus.fr or by downloading the **Envibus Capazur**.

Good to know:
The bus number 11 runs from Valbonne Sophia Antipolis to Le Bar-sur-Loup, via Châteauneuf, Le Rouret, Opio

The bus number 651 runs from Grasse to Vence, Tourrettes-sur-Loup, Le Bar-sur-Loup and Châteauneuf

The transportation on demand service ICILA:
+33 4 92 19 76 33
www.agglo-sophiaantipolis.fr/vivre-et-habiter/se-deplacer



USEFUL

No petrol station or cash machine in the upper country above the road D2210.

To draw cash, exist two possibilities: ‘The Patous Supermaket’ in Gréolières and the ‘Vival supermarket’ in Bouyon.

Charging points:
Bouyon, Châteauneuf, Ciapières, Coursegoules, Gourdon, Gréolières, Le Bar-sur-Loup, Le Rouret, Roquefort-Les-Pins, Opio, Tourrettes-sur-Loup, Valbonne Sophia Antipolis

www.villagesvalleesdazur-tourisme.fr/organiser



THE TOURIST OFFICE CENTERS

Our information centers welcome you all year in:

Gréolières: route de Font Rougière
tourisme.greolieres@agglo-casa.fr

Gourdon: 1 place Victoria
tourisme.gourdon06@agglo-casa.fr

Opio: résidence Cœur de Village, 2 route de Nice
tourisme.opio@agglo-casa.fr

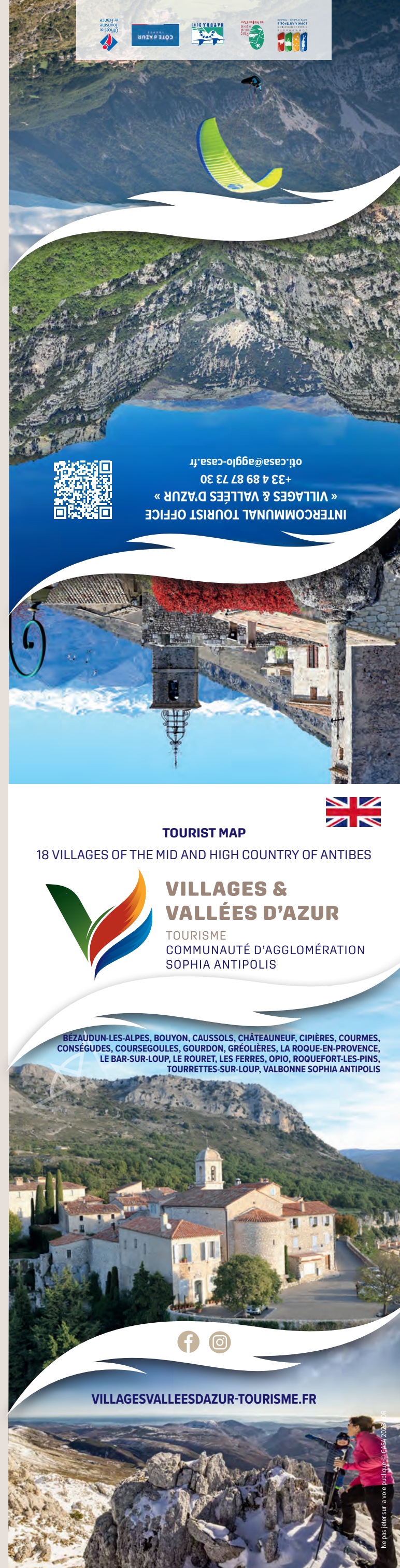
Tourrettes-sur-Loup: 1 place de la Libération
tourisme.tsl@agglo-casa.fr

Valbonne Sophia Antipolis: 14 rue de la Fontaine
tourisme.vsa@agglo-casa.fr

Le Bar-sur-Loup (during summer time): Chapelle des Sœurs Trinitaires, place de la Chapelle
tourisme.bs@agglo-casa.fr

Discover our 3 Petit Futé travel guides covering the following themes: **Tradition & Heritage, Outdoor Activities, Food & Agro-Tourism** available in our tourist information centers.

www.villagesvalleesdazur-tourisme.fr
+33 4 89 87 73 30





Legend

Communes	Intercommunal Tourist Office	Canyoning	Swimming	Local market
Territory CASA	"Villages & Vallées d'Azur"	Cycling	Golf courses	Chairlift
The « Maralpine » - GR4, GR51 et GR653A		Horse riding	Paragliding	View point
The « Route des Balcons d'Azur »		Go karting	Speleology	Interest
The river Brague		Fishing	Ski	Tourist Office
12 Communes in the regional natural park of the Prealpes d'Azur				

Approximate scale
0 1 2km