



LOOKING FOR NATURE

OUR HIKING TRAILS



Hiking : Around Lake Peïroou in St Rémy

This route takes you on a journey of discovery to Lake Peïroou, an artificial lake located in the Alpilles mountains in Saint-Rémy-de-Provence. Its name comes from Provençal, referring to the natural cavities in the rock caused by erosion. Initially, the lake was intended to supply water to the ancient town of Glanum.



Practical information:

Departure: in front of Les Antiques on Avenue Van Gogh

Parking: Les Antiques car park or behind the Glanum site (south side)

Duration: 3½ hours

Distance: 7 km

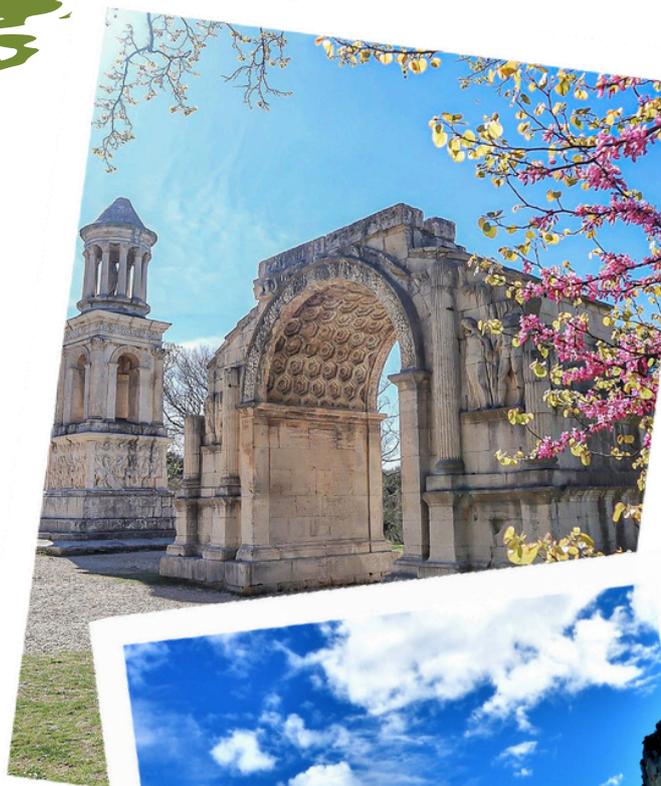
Elevation gain: 256 m

Level: difficult

Heritage to discover: Les Antiques, the archaeological site of Glanum, Lake Peïroou, the dam, the aqueduct, the orogenesis of the Alpilles and the garrigue.

Number of people: 1 to 30 people per guide

Important information: more difficult variant with a ladder section: 1 hour walk with 55 m elevation gain (not suitable for people who are afraid of heights).



Hiking: The Rock of Two Holes in St Rémy

This route takes you on a journey of discovery to the Rocher des Deux Trous, a delightful excursion through the magnificent hills of the Alpilles. Following a path lined with wild flowers and pleasant passages through the mountains, you arrive at the picturesque rock, long frequented by famous artists. From its natural windows, you can see the Provençal horizon stretching all the way to Mont Ventoux.



Practical information:

Departure: in front of Les Antiques on Avenue Van Gogh

Parking: Les Antiques car park

Duration: 2½-3 hours

Distance: 7 km

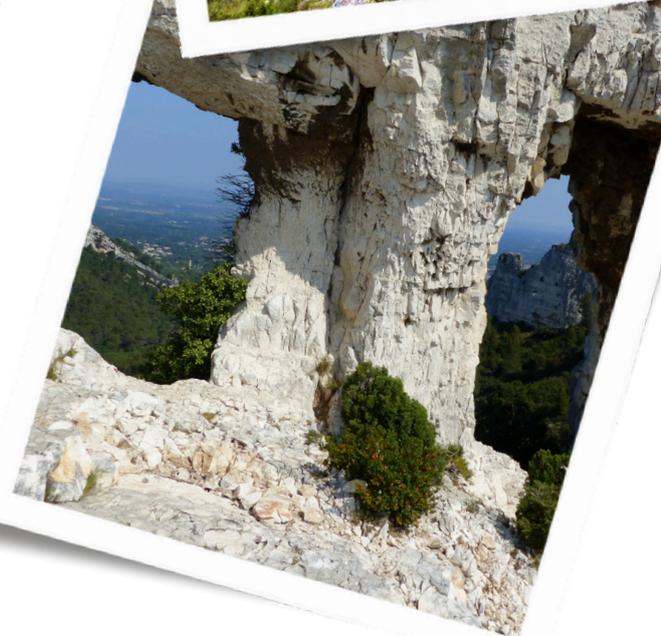
Elevation: 251 m

Level: moderate to difficult

Heritage sites to discover: Les Antiques, the archaeological site of Glanum, Saint Paul de Mausole Monastery, Cabestan, Carrière, the botanical trail, Vallon St Clerg, St Clerg Chapel

Number of people: 1 to 30 people per guide

Important information: steep climb to reach the viewpoint, difficult terrain to avoid in strong winds. Walking sticks strongly recommended.



Hiking: Birdwatching in St Rémy

This itinerary takes you on a journey to discover the birds of Lake Barreau with Cécile. In the Alpilles mountains, Lake Barreau is a remarkable wetland that is home to a rich biodiversity. Birds can be observed there in all seasons: summer visitors, such as the colourful European bee-eater, and sedentary species such as the kingfisher, grey heron, blackcap and blue tit.

There are also many butterflies. In spring and summer, the flower-filled meadows are home to remarkable species such as the Diana fritillary, the orange tip and the Provence lemon. It is a very pleasant place offering exceptional views of Mont Ventoux and the Alpilles.



Practical information:

Departure: Lac de Barreau in St Rémy

Parking: Lac de Barreau car park

Duration: 2½ hours

Distance: 3 km

Elevation: 0 m

Level: easy

Heritage to discover: flora and fauna

Number of people: 1 to 15 people per guide



Hiking: Dodecatheon of the Alpilles (school groups)

This route takes you on a journey of discovery through Greco-Roman mythology: Zeus, Apollo and Daphne, Dionysus... are among the 12 deities we will encounter during our walk in the forest of Saint-Rémy-de-Provence, embodied by the oak, laurel and ivy trees. They are all around us! The garrigue allows us to see or revisit our classics and get to know these beings of nature.



Practical information:

Departure: in front of Les Antiques on Avenue Van Gogh

Parking: Les Antiques car park

Duration: 2 hours

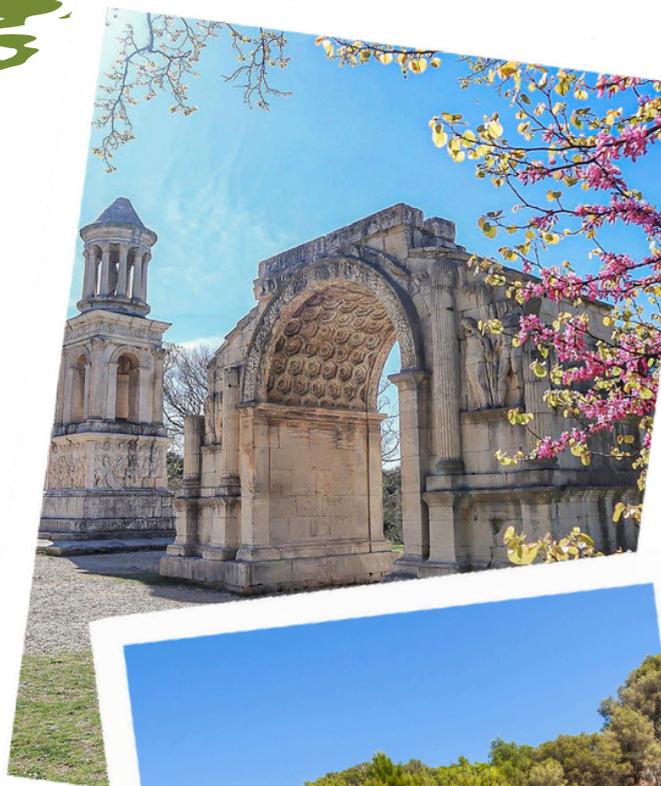
Distance: 3 km

Elevation: 35 m

Level: easy

Heritage to discover: Les Antiques, the garrigue, Greco-Roman deities, Saint Paul de Mausole Monastery, the quarry, the botanical trail, the archaeological site of Glanum and Saint Clerg Chapel.

Number of people: 1 to 30 people per guide



Hiking: The Barbegal Aqueducts in Fontvieille

This route takes you on a journey of discovery through a place steeped in history. The aqueducts and mill of Barbegal are a Roman complex dating from the 1st century BC and 2nd century AD.

The arches of two aqueducts are still visible. One brought water from the Alpilles mountains to the city of Arelate (Arles), and the other powered the mill, which can still be seen on the hillside.



Practical information:

Departure: in front of the Fontvieille Tourist Office

Parking: Avenue Jean Moulin in Fontvieille

Duration: 3 to 3½ hours

Distance: 8 km

Elevation: 90 m

Level: easy to moderate

Heritage sites to discover: Alphonse Daudet's mill, the Barbegal aqueducts, the Barbegal mill, the Via Aurelia and Montauban Castle

Number of people: 1 to 30 people per guide



Hiking: Les Caisses de Jean-Jean in Mourières

This route takes you on a journey of discovery through the ancient fortified Gallic village of Alpilles, in the municipality of Mourières.

The archaeological site of Caisses de Jean Jean reveals the remains of the Celtic-Ligurian oppidum built on the southern flank of the Alpilles massif between the 7th century BC and the end of the 3rd century AD. The oppidum is located at the top of a rocky spur, in a basin surrounded to the north and south by steep limestone cliffs, which meet in the east to form an acropolis.



Practical information:

Departure: West car park for the short route / East car park for the long route

Car park: West car park (reserved for light vehicles) and East car park (accessible for coaches)

Duration: 2 hours for the short route / 2½ hours for the long route

Distance: 4 km for the short route / 5.5 km for the long route

Elevation: 86 m

Level: easy short route / moderate long route

Heritage to discover: the ancient Gallic oppidum, Orogenesis of the Alpilles, the garrigue, landscape interpretation

Number of people: 1 to 30 people per guide



Hiking: Eygalières along the water

This route takes you on a journey of discovery through the village of Eygalières, focusing on the themes of water and the garrigue. After crossing the village, we head north on the pretty road that takes us from the village fountain to the 18th-century wash house, passing by the Alpines canal. We then walk through the garrigue to the panoramic viewpoint, before crossing the old fortified village.



Practical information:

Departure: School car park - Stadium

Parking: School car park - Stadium

Duration: 1½ hours for the short route / 3 hours for the long route

Distance: 3 km for the short route / 5 km for the long route

Elevation: 90 m for the short route / 135 m for the long route

Level: easy for the short route / moderate for the long route

Heritage to discover: the water of the Alpilles, the orogenesis of the Alpilles, the hilltop village of Eygalières, the Neolithic cave, the Alpines canal, the wash house and the plants of the garrigue

Number of people: 1 to 30 people per guide

Important information: this hike is accessible all year round, even when access to the Alpilles massif is restricted.



Hiking: The Val d'Enfer in Les Baux-de-Provence

This route takes you on a journey of discovery through landscapes reminiscent of Dante's Inferno as you travel through the Val d'Enfer! Over the years, erosion has given the limestone rocks around Les Baux-de-Provence shapes, each more original than the last, which have inspired many beliefs. The village's omnipresent minerality creates breathtaking landscapes and an exceptional heritage, such as troglodytic constructions.



Practical information:

Departure: Carrières des Lumières car park

Parking: Carrières des Lumières car park

Duration: 3-3½ hours

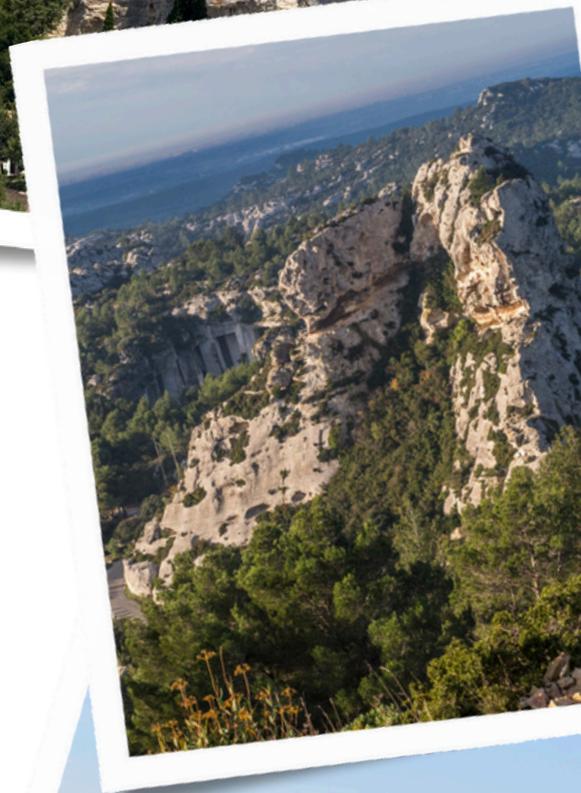
Distance: 5.2 km

Elevation gain: 184 m

Level: moderate to difficult

Heritage sites to discover: troglodyte houses, Sarragan quarry, Château des Baux-de-Provence, erosion eye, Alpilles orogenesis, geology of Les Baux-de-Provence, tales and legends of Les Baux-de-Provence, Gallic oppidum, lords of Les Baux, Queen Jeanne's pavilion,

Number of people: 1 to 30 people per guide



Rando Vino des Alpilles: walk, learn, taste

An easy hike in the heart of Mas de Gourgonnier, a wine estate where organic farming, wild plants and family history are the order of the day. You will taste a selection of three wines from the estate while enjoying an aperitif featuring spreads from the shop.



Practical information:

Departure: Mas de Gourgonnier

Parking: Mas de Gourgonnier

Duration: 2 hours

Distance: 2.2 km

Elevation: 0 m

Level: easy

Heritage to discover: the Mas de Gourgonnier wine estate, vineyards, almond trees, scrubland, pine forest and limestone cliffs.

Number of people: 6 to 20 people per guide

Important information: Times may be adjusted in hot weather.

Remember to bring water, a hat and closed-toe shoes.

A gourmet experience in nature to share.

