

An aerial photograph of the Verdon Canyon, showing a winding river with turquoise water flowing through a deep, rocky gorge. The canyon walls are steep and covered with green vegetation. The text 'VISIT THE VERDON CANYON' is overlaid in large, white, bold letters with a teal shadow effect.

VISIT THE VERDON CANYON

Activities, landscapes,
villages and local
recommendations to
fully enjoy our
beautiful region.

OUR ADVICE

Make sure to book the most popular activities before your arrival. The service providers will confirm the schedules, conditions and required skill levels with you directly.

LES MAISONS DU
VERDON

MUST-VISIT PLACES



THE VERDON HIGHLIGHT

THE ROUTE DES CRÊTES

23 km scenic road along the edge of the Canyon. Explore it by car or ride an electric bike. Stop at all the viewpoints and allow plenty of time for photo stops. CAREFUL - IT IS A ONE WAY ROAD !

Verdon E-Bike · 06 88 10 91 73

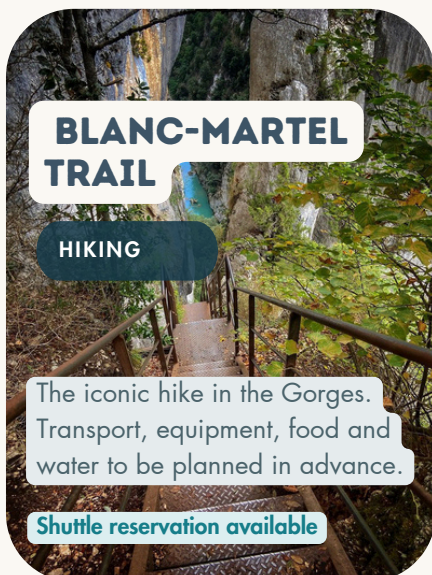


LAKE SAINTE-CROIX

TURQUOISE WATER

Pedal boat, canoe or electric boat rentals from the Galetas Bridge.

Allow half a day



BLANC-MARTEL TRAIL

HIKING

The iconic hike in the Gorges. Transport, equipment, food and water to be planned in advance.

Shuttle reservation available



MOUSTIERS-SAINTE-MARIE

VILLAGE

Earthenware, charming streets, local shops and walk up to Notre-Dame de Beauvoir chapel.

A beautiful half day

23 KM

ROUTE DES CRÊTES

80 KM

HIKES FROM THE VILLAGE

1 GUIDE

TO ADAPT YOUR
HOLIDAY SCHEDULE



INTERACTIVE MAP

Hikes, mountain bike, view points, shops, museums and local recommendations.

FYI. Some sites accessibility depends on the weather, water levels and dam water releases. Always checks the conditions with the guides/activities providers.

FOR ALL LEVELS

From a peaceful walk to intense canyoning, choose your level and make sure to confirm age restrictions and safety requirements beforehand.

Pedal boat, canoe and electric boat

Lake Sainte-Croix : Entrance of the Verdon Canyon from the Galetas Bridge or rental possibilities from Les Salles-sur-Verdon. Also some possibilities in the "Basses-Gorges".

Base de l'Etoile - Galetas Bridge : no reservation needed
→ **To go up the Canyon : the most famous !**

Surf Center · surfcenter.fr · 07 62 61 06 24

At Les Salles-sur-Verdon - farther away from the Canyon

Basses-Gorges – Yannick · 06 08 54 50 02

→ **To visit the beautiful Baudinard Gorges**

Thinking outside the box

An adrenaline filled descent of the Verdon River, or a packrafting adventure for more experienced and active visitors.

Ride the Verdon · ridetheverdon.com · 06 77 93 69 89

Secret River · secret-river.com · 06 60 22 56 63

Sailing

Enjoy the lake in a whole new way with sailing, rowing, or a supervised watersports activity.

Surf Center · 07 62 61 06 24

Base loisir de La Cadeno · 07 69 76 06 76

Rafting, hydrospeed & "water-hiking"

Guided activities available depending on the dam releases and other weather conditions.

Buena Vista · buenavistarafting.com · 04 92 83 77 98

Aboard Rafting · rafting-verdon.com · 04 92 83 76 11

Fishing in the Verdon

A guided outing to discover the best fishing spots and the right techniques.

Yohann · 06 50 42 82 05

Christophe · 06 07 14 51 14

Canyoning

Fun or intense circuits to choose from, with a guide according to your experience and the season

Guides Aventure – Bruno · 06 85 94 46 61

Aventures & Nature – Pascal · 06 46 33 35 31

Vertical Verdon – Roman · 06 37 98 25 83

Les Canyons du Verdon – Mathieu · 06 37 75 88 20



Safety. Regarding rafting, canyoning, packraft and "water-hiking" make sure to mention the age of all participants, their fitness and health levels and how comfortable they are in the water as soon as when booking your activities.

BREATHE BIG

CLIFFS · VIEW POINTS · TRAILS · WILD LIFE

Hikes

Around 80 kms of trails starting from the village, all in a variety of levels. Plan your hike on "Chemins des Parcs" or "Visorando".

cheminsdesparcs.fr · Visorando

Hiking guide – Karine Benoldi · 06 07 47 44 91 · karine.rocvol@gmail.com

The Verdon vultures

Observe these large birds of prey and learn more about their reintroduction, their flight and lifestyle.

With RAOUL · 06 21 36 61 96

Route des Crêtes on an electric bike

A silent and spectacular way of discovering the view points. Rent your bike and ask for advice about its battery autonomy and the road's difficulty.

Verdon E-Bike, La Palud · 06 88 10 91 73

Tree top adventure circuits

To live a great adventure in the pine trees and on top of the river !

Adventure Forest · www.adventure-forest.fr
04 92 83 03 00

Mountain bike to Moustiers & Lake Sainte Croix

Rentals from Moustiers-Sainte-Marie to build an adventure adapted to your group.

Moustiers Bike Services · 06 42 18 58 86



LAVENDER FIELDS

ONLY FROM MID-JUNE TO MID-JULY - ON THE VALENSOLE PLATEAU

PRO TIP : DRIVE ON ROAD D111 BETWEEN MOUSTIERS-SAINT-MARIE & SAINTE CROIX DU VERDON OR AROUND VALENSOLE VILLAGE AND CLOSE TO THE GROWERS ANGELVIN & TERRAROMA

VILLAGES, MARKETS & CULTURAL HERITAGE



TAKE THE TIME

CHARMING VILLAGES

Between cliffs, lakes and provençal plateaus, each stop has its own personality : pottery, citadels, ruins, fountains, markets and small panoramic roads...

VILLAGES WORTH DISCOVERING

- **Moustiers-Sainte-Marie** — pottery, museums, narrow streets and Notre-Dame de Beauvoir. One of France's most beautiful villages - definitely not to be missed !
- **Castellane** — The Gorges gate, overlooked by the "Roc" and the remains of Petra Castellana.
- **Rougou** — A small village with a gorgeous view over the Canyon.
- **Châteauneuf-lès-Moustiers** — An abandoned village with ruins and a wonderful view, accessible after a short hike. You will feel like the last people on earth !
- Villages around the Sainte Croix Lake :
 - **Sainte-Croix-du-Verdon** — Provençal village by the lake with a breathtaking view.
 - **Bauduen** - On the Var side, a calm and peaceful side of the lake.
 - **Aiguines** - Village higher up, with a panoramic view on the lake and the Valensole plateau.

MARKETS IN THE AREA

Forcalquier **Monday** | Sainte-Croix **Tuesday** | Aups **Wed. & Sat.** | Castellane **Wed. & Sat.**
Gréoux-les-Bains **Thursday** | Moustiers **Friday** | Riez **Wed. & Sat.** | La Palud **Sunday**

MUSEUMS & CULTURE

Maison des Gorges in La Palud ·
Faïence Museum in Moustiers ·
Woodturners museum in Aiguines ·
Prehistoric Museum in Quinson ·
Alexandra David-Néel in Digne ·
Salagon et Château de Sauvan in Mane ·
L'Occitane in Manosque ·
Olive Tree Museum in Volx ·
Distillery in Barrême ·
Perfume makers of Grasse ·
Entrevaux Citadel ·
Colmars ·
Annot.

Verdon Secret

A fun experience in the shape of a 3D movie in Gréoux-les-Bains, to dive in the depth of the Canyon !

verdonsecret.com

Farms and "savoir-faire"

"Faucon" Zoo, Domaine de Valx workshops, educational farm in Sabot du Verdon & "Cheval & Soleil" ranch in La Palud for a horseback riding activity !

Domaine de Valx · parcduverdon.fr · 04 92 74 68 00

Sabot du Verdon · 06 87 09 55 98

Cheval & Soleil · 06 30 22 87 31

 Paragliding

An unforgettable view of the Verdon landscape. Service providers will accompany you based on the air conditions and your level of experience.

Roc'n'Vol · rocnvol.com · 06 89 30 75 74

Verdon Passion · verdon-passion.com · 04 92 74 69 77

Aerogliss · aerogliss.com · 04 92 89 11 30

 Rock Climbing

Introductory, advanced, or multi-pitch climbing with a professional to discover the legendary cliffs of the Verdon.

Maison des Guides · escalade-verdon.fr · 04 92 77 30 50

L'Instant Verdon · linstantverdon.com · 06 14 05 40 63

Verdon Escalade · verdonescalade.com · 06 83 09 44 14

Guides Aventure · 06 85 94 46 61

Aventures & Nature · 06 82 18 45 71

 Bungee Jumping

On the Artuby bridge, for a strong and intense experience ! Tallest Bungee Jump in Europe !

Latitude Challenge · latitude-challenge.fr/elastique

 Tree Top Adventure Circuits

Adventure circuit in the trees on the road to Castellane.

Adventure Forest · adventure-forest.fr

**WITH CHILDREN****FUN AND SIMPLE IDEAS**

- The abandoned village of Châteauneuf-les-Moustiers and the "chappel/cave".
- The Tusset bridge from the Lézard Trail.
- Vultures observation on the Routes des Crêtes.
- Saint-Maurin (guide mandatory) · 04 92 77 30 50.
- L'Art en Jouet, Playmobil museum in Bauduen.
- Age appropriate "water-hiking" or canyoning, with a guide.
- Farms visits.
- The Pirates Game, escape room in Castellane · 07 63 47 37 12.
- Tree Top Challenge on the road to Castellane.



Advice for families. Always make sure to inform the service providers of the exact age of the children. The age and height limits can vary depending on the circuit.

HOW TO BE WELL PREPARED

Be accompanied

To discover the region's history and create a custom made circuit with a local guide :

Anne de Provisito · 06 82 93 88 72 ·
contact@provisito.fr

Lunch pack

We can prepare take away lunch packs for you. They are to be ordered at reception the day prior and picked up in the morning at breakfast.

Wellness

Massages and facials can be booked at Hôtel & Spa des Gorges du Verdon (Spa by Cinq Monde).

Réservation · 04 92 77 38 26

Tourism offices

To get updated schedules, events, road accesses and any last minute information.

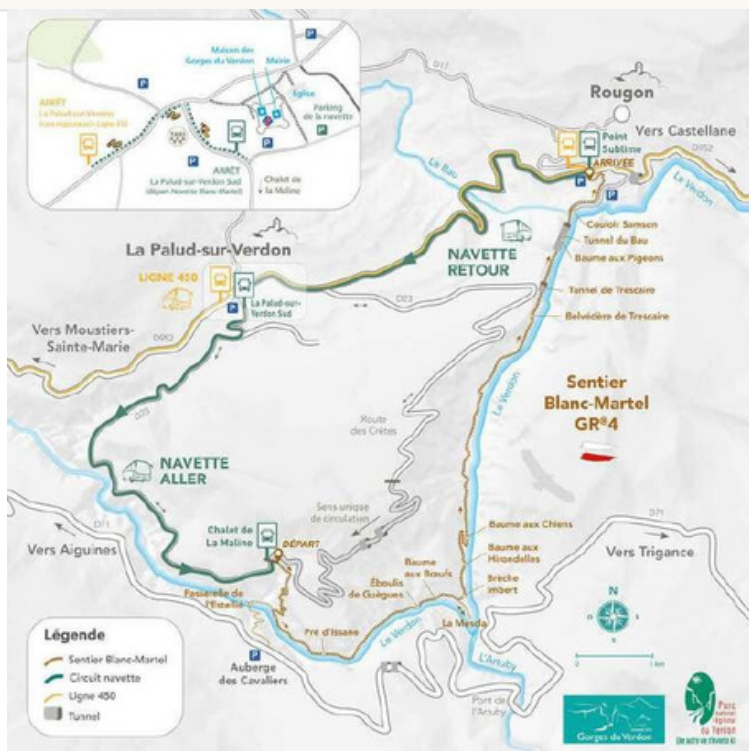
La Palud-sur-Verdon · verdontourisme.com · 04 92 77 32 02
Moustiers-Sainte-Marie · moustiers.fr · 04 92 74 67 84

BLANC-MARTEL TRAIL & SHUTTLE

Book the shuttle on :
navette.parcduverdon.fr

BEFORE YOU GO

- ✓ Around 14kms and several hours long : choose this hike according to your skills.
- ✓ Book the shuttle in advance, timetables vary depending on the time of year.
- ✓ Make sure to have good shoes, a flashlight, sunscreen and enough water.
- ✓ Don't forget your picnic which you can order the day prior at the hotel.
- ✓ This trail includes challenging passages, stairs and tunnels.



Taxis

THE SHUTTLE IS FULL OR NOT RUNNING ? THERE IS ALWAYS A PLAN B !

The local cabs can be booked (in advance just like the shuttle) to help you get to the start or the trail. In the morning, park your vehicle at the Couloir Samson parking lot (situated at the END of the trail) then meet up with your driver who will take you to the START of the trail. You will then be able to hike at your own pace and come back to the village in your own vehicle once you're done !

Taxi La Palud · 06 68 18 13 13

Taxi Verdon · 06 20 32 87 47

Our role. This is a non-exhaustive selection. We do not receive any type of commission on your bookings : we are only sharing ideas and addresses to help you be as prepared as possible for your stay !

ADDRESS BOOK

Water & sailing

Surf Center · surfcenter.fr
07 62 61 06 24
Basses-Gorges – Yannick
06 08 54 50 02
Voile Verdon · voileverdon.fr
04 92 77 76 51

Rafting & adventure

Buena Vista · buenavistarafting.com
04 92 83 77 98
Aboard Rafting · rafting-verdon.com
04 92 83 76 11
Ride the Verdon · ridetheverdon.com
06 77 93 69 89
Secret River · secret-river.com
06 60 22 56 63

Biking & hiking

Verdon E-Bike
06 88 10 91 73
Moustiers Bike Services
06 42 18 58 86
Karine Benoldi
06 07 47 44 91

Canyoning & climbing

Guides Aventure · guidesaventure.com
06 85 94 46 61
Aventures & Nature
06 82 18 45 71
Vertical Verdon
06 37 98 25 83
Les Canyons du Verdon
06 37 75 88 20
Maison des Guides
04 92 77 30 50
L'Instant Verdon
06 14 05 40 63
Verdon Escalade
06 83 09 44 14

Paragliding

Roc'n'Vol · rocnvol.com · 06 89 30 75 74
Verdon Passion · 04 92 74 69 77
Aerogliss · aerogliss.com · 04 92 89 11 30

Guide & transports

Provisito – Anne
06 82 93 88 72
contact@provisito.fr
Taxi La Palud · 06 68 18 13 13
Taxi Verdon · 06 20 32 87 47

Tourisme & réservations

Verdon Tourisme · verdontourisme.com
04 92 77 32 02
Office de Moustiers · moustiers.fr
04 92 74 67 84
Verdon Secret · verdonsecret.com
Navette Blanc-Martel · navette.parcduverdon.fr

**LA
BOUL
ANGE**
*Artisanal
Bakery*

in La Palud sur Verdon

HÔTEL&SPA DES GORGES DU VERDON****



RESTAURANT - LE 938



50 chemin de Boulogne
04120 La Palud-sur-Verdon
04 92 77 38 26
info@hotel-des-gorges-du-verdon.fr

Le 938 - de 19h à 21h
Open only for dinner
Closed on Mondays

HÔTEL LE PROVENCE ***



RESTAURANT - LE STYX



95 route de la Maline
04120 La Palud-sur-Verdon
04 92 77 38 88
info@hotel-provence-verdon.com

Le Styx - Lunch from 12pm to 2pm
Dinner from 7pm to 8:30pm
Closed on Thursdays (all day) and
Fridays (for lunch only)