



Pays de Forcalquier Montagne de Lure



We love it here
and so will you!

OFFICE DE TOURISME INTERCOMMUNAL





"Cabanon pointu"

Words from a local

I discovered this region 15 years ago and decided quite simply to stay here, and how lucky I have been in my choice! I had a variety of different reasons, as varied and diverse as the inhabitants of this little region, whose wealth is to be seen more in their day-to-day enthusiasm and the desire to share than in appearance.

First and foremost, food is good here because very good produce can be obtained from small producers at reasonable prices. I hope that there will be even more: to my mind, the future lies in eating local!

There are a large number of artists and fine craftsmen and all sorts of associations liven up local life: exhibitions, theatre, concerts... something for everyone! Conferences and events around « living better differently » regularly bring vitality to the region.

There are outdoor activities all year round such as hikes, pony-trekking, cycling and even hot-air ballooning!

La Maison des métiers du livre, publishers and associations on the theme of books who give the Pays de Forcalquier-Montagne de Lure (a bit long as a title, but that's its name) a slightly « intellectual » touch, but one which is accessible to all and which is far from boring, also complete the artistic landscape.

Here the accent is laid on diversity, a social, cultural and artistic melting-pot and the differences are not a source of conflict but actually complement each other. This is what makes this little Pays de Forcalquier... Montagne de Lure so rich.

Jean-Pierre, from Lurs.

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Nature & Outdoors

Walks and hikes, riding, cycling or mountain-biking

700 km of marked trails for hiking, riding, cycling or mountain-biking
From the family walk to the more athletic 6-hour hike, follow the markings and discover the charm of the pays...

Nature surrounds us here. Far from the big towns, the Pays de Forcalquier-Montagne de Lure offers its visitors vast areas of freedom to recharge their batteries on a land with a thousand years of history.

A land filled with light, where the sun shines almost 300 days a year, and a land of contrasts with a wide variety of landscapes and an exceptionally rich wildlife and heritage.

Walk down a path through the garrigue, zigzag through the undergrowth of an oak forest, discover a hidden Romanesque chapel, visit a hilltop village, admire a field of lavender... come and meet this pays and its inhabitants!

■ Hiking

50 marked Petite Randonnée (PR) trails – day hikes
4 Grande Randonnée (GR) trails – long hikes
1 GR de pays – local hiking trail

■ Pony-trekking or hiking with pack-donkeys

250 km of riding trails
On your own or in a group, beginner or skilled, for horse or pony rides or treks, the Pays de Forcalquier-Montagne de Lure is heaven to ride in!
Pack-donkeys can be hired for unaccompanied hikes on the montagne de Lure, by the day or touring.

■ Mountain-biking

200 km of marked circuits criss-cross our territory
11 marked mountain-biking circuits, for all levels, from the family ride to the more athletic ride!

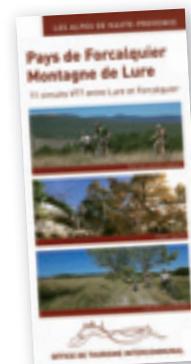
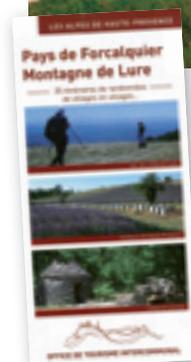
■ Cycling

2 marked touristic itineraries follow generally quite quiet little roads open to traffic, chosen for the beauty of the sites and villages they go through.

- Le Pays de Forcalquier et Montagne de Lure by bike: 78 km
- Around the Luberon by bike: 236 km

■ On your own or with a guide?

What a choice! On foot, on horseback, by bike? Discover the local heritage, nature observation, astronomy, climbing, tree-climbing? All our outdoor activities and the excursions and hikes with professionals who love their Pays are listed here!





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www.bastidesaintgeorges.com



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The Montagne de Lure

Who am I?

« A mountain for all seasons, a mountain for all passions, I am there in summer and in winter, for those who love open spaces, freedom, solitude and escape.

I stretch over 50 km, from East to West. My altitude ranges from 700 m to 1 826 m at my highest point.

In times gone by, pedlar-herbalists picked and transported on donkeys my medicinal and aromatic plants to dry and sell all over Provence and beyond.

There are still a large number of paths and trails to walk, ride, cycle or mountain-bike over my slopes.

And I am home to Notre-Dame de Lure, a XIIIth century abbey of the Chalaisian order of monks just off the GR6. A haven of peace, calm and contemplation, this remarkable site with its three-hundred year old trees can be visited all year round.

In summer, the cool shade of my paths and undergrowth is a real breath of fresh air!

In winter, my micro-resort is ideal for discovering skiing, tobogganing and snowshoeing: the perfect place for a warm, friendly family stay!

After the snow, my slopes turn green again, and my exceptional wildlife awakens.

I offer my pastures to a pastoralism which is very much part of the area, and you can still see the old dry-stone sheepfolds sheltered the herds in days gone by.

I was a source of inspiration for local author Jean Giono who nicknamed me « the Blue Mountain ». As a mountain of yesteryear, today and tomorrow, I wish to share my unspoiled beauty through the seasons with those who know how to take the time to discover it. »

The montagne de Lure



■ Lure cycle challenge: rise to the challenge!

A timed and interesting cycling ascent of the montagne de Lure over 18 km and with a height difference of 1 000 metres which is accessible all year round with a smartphone application. Flash QR code to download the Challenge de Lure application for free!

Hire of smartphone in the office de tourisme of St-Étienne-les-Orgues:
Tel. +33(0)4 92 73 02 57
www.challenge-lure.com





Astronomy

Orion Nebula

As you go through the Pays de Forcalquier-Montagne de Lure which is renowned for the purest sky in Europe, you will see the 13 domes of the astronomy observatory which lend a futuristic note to the landscape.

St-Michel-l'Observatoire

■ The Observatory of Haute-Provence

In 1937, the Centre National de la Recherche Scientifique (CNRS) set up a big modern observatory on the site of Saint Michel l'Observatoire which studies had shown to be the purest sky in France.

With over 250 nights of observation per year, it is one of the best European sites and the Observatory carries out research in astronomy, atmospheric science and ecology. Its big 1.93m telescope (can be visited) discovered the first exoplanet (extrasolar planet, revolving around a star which is not the sun) in 1995.

Today it is still an internationally recognized site for astronomy, and its geophysical station, one of the biggest in the world, scans the sky every night to check the state of the atmosphere and the ozone layer.

Informations

Tel. +33(0)4 92 70 65 40 - www.obs-hp.fr

See practical information insert for times and prices of visits.



Big 1,93 m telescope

Nature & Outdoors

St-Michel-l'Observatoire

■ The Centre d'Astronomie

The Centre d'Astronomie is an establishment for cultural, scientific and technical mediation which was created in 1998 by the department of the Alpes de Haute-Provence. It ensures the dissemination of knowledge in the field of astronomy to a wide public.

With a reception and accommodation centre (70 beds), it offers school stays all year round (from primary school to 1st form scientific), holiday stays for « juniors », stays for already-formed groups (families, works committees, etc.), observation sessions by day (sun) and observation evenings with instruments. Every summer, it programmes the now-famous traditional event: l'Été Astro.

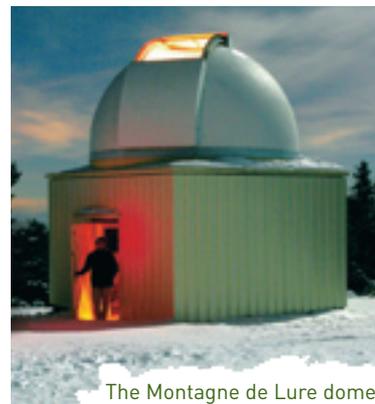
Information

Tel. +33(0)4 92 76 69 69 - www.centre-astro.fr

St-Etienne-les-Orques

■ The Société Astronomique de la Montagne de Lure

With the telescopes of the Observatoire Marc Bianchi, next to the ski resort of Lure (altitude 1 600 m), the association proposes regular observation open to the general public every month. Every summer, in July and August, there are public conferences generally followed by an observation.



The Montagne de Lure dome

Information

Tel. +33(0)4 92 73 17 98 - www.astrosurf.com/saml



Hot-air ballooning is a gentle aerial sport which reveals nature without disturbing it. Lighter than air, the hot-air balloon imprisons a bubble of hot air and floats on the early morning winds. The balloonist's philosophy is to accept weather conditions as it is impossible to control the speed of the balloon or to pilot it! The charm of ballooning is therefore never knowing beforehand where you will be landing. Adventure right to the finish!

A unique magical experience, hot air balloon flight is accessible to all, with no particular conditions attached. You don't even feel the movement, or the air, or vertigo...

There are hidden treasures which can only be revealed during a hot-air balloon flight!

Hot-air ballooning

■ Your flight programme from Forcalquier:

The adventure you are embarking on will last about 3 ½ hours. You will meet up at the Forcalquier tourist office at sunrise, be taken to the take-off area, prepare and inflate the balloon with your active participation, then take off on a flight which will last an average of 1 ¼ hours. After landing, the balloon is put away, you are served a country breakfast, given a flight certificate and taken back to the place you left from.

Information and booking at the tourist office

Tel. +33(0)4 92 75 10 02



Heritage & Culture

Take time to discover... As you go from one famous village to the next, stop in the ones on your path. Even the most discreet, the humblest have an authentic charm and each offers the clear waters of a fountain or an architectural detail: heaven!

■ Lure and its plain

The village of **Banon** gave its name to an AOC goat's cheese (see pages 25). The middle of the village is filled with places where you'd like to stop and just take your time: artists' workshops, restaurant, tea rooms, art gallery, wine-bar, a famous bookshop... The steep walk up to the top of the village is a must - it would really be a pity to miss the ramparts, the machicolated gateway and other medieval remains, and there's always something interesting going on in the *église haute* when you reach the top!

Tourism office +33 (0)4 92 72 19 40 - www.village-banon.fr

Cruis is one of the Villages & Cités de Caractère. The church of Saint-Martin houses, among other artefacts, a mysterious VIth century sculpted stone, Historical Monument-listed santons (crib figurines), a gilt wood altar-piece dating back to XVIIth century and a work by the young Monticelli. On the village square, there was once an abbey. The courtyard of the cloister (where you can still see the tomb niches) has been restored. Many marked trails take you on the discovery of the dry-stone *jas* scattered over the slopes of the *montagne de Lure*.

Fontienne, between Forcalquier and Saint-Etienne-les-Orgues, on the Mourres road, is a charming village: the priory, the castle, the « stone-cutter's » house with its beautiful sculpted lintel are all there waiting to be discovered, along with the family walk in the Vallon de l'eau salée. At the fork with the road to Sigonce, the Fontaine de Diane (Fountain of Diana) is said to have given its name to the village.

La Rochegiron is a succession of hamlets: Rochegiron, Saint-Pancrace, Jonquet. The road continues up to the entrance to the coomb leading to the ridges where you can see the old site of Vière (abandoned village).

The little village of **L'Hospitalet** is overlooked by the ridges of Le Contrás. A peaceful atmosphere reigns over the pretty peasant houses linked by covered passageways and there are many hikes which take you past dry-stone sheepfolds.

The village of **Lardiers** is built around the church and the former leper-colony. In the same way as Saint-Etienne-les-Orgues, it also took its resources from the aromatic plants of the *montagne de Lure*. The church of Sainte-Anne, which dates back to XIIIth century, has a porch with columns and capitals around a beautiful walnut-wood door. The heart of the village is the *Bistrot de Pays*, the first one to have obtained the label!

See practical information insert for times and prices of visits.

In **Montlaux**, at the beginning of XXth century, the Lauzon river drove seven flour mills of which only one remains today (at the bottom of Lurs, now an oil mill). The painter Monticelli, a forerunner of impressionism, stayed here often and painted the surrounding landscapes many times.

Montsalier is a pleasant group of houses and dovecotes. A short walk will take you to the old Montsalier, an impressive ghostly site. Be careful! These « vières » (abandoned villages) are fragile sites to be appreciated with caution

Ongles is dominated by the primitive site of Vière where you can see the ruins of the Romanesque church of Saint-Barthélémy and the abandoned medieval village. In the central hamlet, the *Bistrot de Pays* livens up the village and around! This is also the site where the **Maison d'histoire et de mémoire d'Ongles** was created which recalls through the « Ils arrivent demain... » exhibition, that the first village to accommodate the families of harkis was built in Ongles, from 1962 to 1971.

Redortiers-le-Contadour is the end of the world. An extraordinary place at an altitude of 1100 metres. Traditionally, it was where the sheep were counted (hence its name) arriving from basse Provence and leaving for the summer pastures in the Alps. There are a number of hikes in which you can see the dry-stone sheepfolds which are among the most beautiful on the territory. The name of Le Contadour is closely associated with the author Jean Giono who stayed here with his companions in writing and Utopia.

The village of **Revest-des-Brousses** has many testimonials from the Renaissance or the Middle Ages (the Mourres gate, machicolated and with portcullis). Near the Post Office, a stone with sculpted cobbler's tools shows the profession of an erstwhile owner of a house. And with the *Bistrot de Pays*, a welcome place to have a meal!

On the plateau d'Albion, **Revest-du-Bion** still has traces of fortification and particularly the monumental Portissol gate. Huge, beautiful old trees: secular chestnuts, horse-chestnuts and lime trees (even, it is said, a Sully elm!) line the Aires where people meet for a chat.

Revest-Saint-Martin is a group of 3 separate hamlets (le Revest, Saint-Martin, La Blèche). Each one is admirable for its beautifully built stone houses and of which some have kept their slate roofing. In Le Revest itself, the lovely Romanesque church of Saint-André-du-Revest was recently restored.



 Banon

Saint-Étienne-les-Orques is the gateway to the montagne de Lure and where the road leaves for its summit. Many of the houses show the erstwhile affluence of the old families of apothecaries and herbalists: beautiful doors, lintels, entablatures, several rows of eave tiles. For centuries the villages of the foot of Lure made a living from the gathering, processing and sale of the medicinal and aromatic plants which bloom on the slopes of Lure. It is an active village, energized by a dense social fabric which has its own « community house »: the media-library which houses one of the branches of the intercommunal tourist office. Tourism office +33 (0)4 92 73 02 57 www.forcalquier.com

Saumane is one of the miniature villages along the foot of Lure which has some of the most beautiful dry-stone jas (Chapellanne, la Gardette). A jas is where the animals « jassent », where they « lie down ».



 Saint-Étienne-les-Orques

Heritage & Culture

■ Between Lure and Luberon

Aubenas-les-Alpes is a pleasant discrete cosy nest with its tiny square and where the doors of its church are always open. Near the church, a stone with a niche and three hearts. A pretty path takes you round the castle which is well-protected in its splendid shady park.

Céreste is the gateway to the Vaucluse and the western part of the Luberon. The northern part of the village has welcoming little squares and very interesting medieval remains.

Tourism office +33 (0)4 92 79 09 84 – www.cereste.fr

Limans, overlooking the vallée de la Laye, has magnificent XVIth century dovecotes, and one in particular which is known as the « curé Martin's », with four levels and which dates back to 1553 (date of birth of Henri IV!). Its church of Saint-Georges has a tympanum with a marble chancel (Paleochristian) in salvage material. The Bistrot de Pays welcomes you for a refreshing drink and a meal!

Lurs (Villages & Cités de Caractère) is a lovely harmonious village, perched on a rocky promontory overlooking the Durance to the east, and the pays de Forcalquier to the west. It was the bishops' residence until 1789. The Rencontres internationales de Lure make Lurs the annual meeting place for the cream of graphic designers and typographers. This vocation was strengthened in 2010 by the setting-up of a « chemin des écritures » (writing path) which takes the visitor on discovery walk through the village along with the history of writing. At the foot of the village, the chapel of Notre-Dame-des-Anges, built on the remains of the antique Alaunium, on the Domitian Way.

Tourism office +33 (0)4 92 79 10 20
www.forcalquier.com

Montjustin is the watchtower of the Luberon, whose restored ramparts and towers bear witness to its strategic position. Beautiful sturdy, fortified farmhouses complete the picture and a very pretty path takes you to Céreste.

Between Forcalquier and La Brillanne, **Niozelles** wisely set up away from the main road to live in peace and quiet and allow its children to play in the square. The solid building along one side of the square is the « castle », in which you can see a magnificent XVIth century fireplace decorated with plasterwork and a fountain dating back to the same period in the courtyard.



Oppedette

Oppedette, a perched sentinel, seems to grow out of the cliff and protect the hiker intent on tackling the famous gorges where the Calavon river runs. Stone is the master in this delightful miniature village where the buildings have been discreetly restored to retain their authenticity.

Bathing in the sun, the village of **Pierrerie** stretches along main streets lined with pretty houses and flower-filled gardens, trellises and covered terraces. In the hamlet of Saint-Pierre, the delightful little Romanesque chapel of Saint-Pierre-de-Viviers welcomes the walker with a green meadow and two lovely lime trees for a reviving stop. A Bistrot de Pays, a nice organic farmer's market on Saturday morning and a church which hosts high-quality concerts bring life to the village.

Saint-Maime is the simplicity of an agreeable village which doesn't take itself too seriously. The walk to the chapel of Sainte-Agathe and the ruins of the dungeon offer an exceptional 360° view! The **museum of mining** presents the activity of mining through the stories of former miners, photographs and objects for discovering the day-to-day life, work and social of these workmen, who were often foreigners and put down their roots in the region and to whom this museum bears homage.



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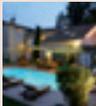
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Heritage & Culture



Along with its vocation as an astronomy site (see pages 6 and 7), **Saint-Michel-l'Observatoire** is also a delightful village to be discovered along the « chemin des étoiles ». Stop off at the cellars of the Château d'Agout which house exhibitions. The heritage of the village and that of **Lincel**, which is attached to it, includes many Romanesque buildings: the église haute, the chapels of Saint-Paul, Saint-Jean-des-Fuzils, the Porchères tower. At the top of the plateau of the same name (plateau du moulin à vent) the windmill has recently been restored.

Tourism office +33 (0)4 92 76 69 09
www.saintmichelobservatoire.com



In the middle of **Sigonce**, the church of Saint-Claude, behind a vineyard, has a remarkable slate slab roof. In front of the church, the old mill is easily identifiable thanks to the miller's head with its bonnet and grain measure with the scales and the flour measure above them. Part of the economic and human history of Sigonce ended in the late 1960s with the closing down of the lignite mines.

Simiane-la-Rotonde (Villages & Cités de Caractère) is certainly one of the most sumptuous hilltop villages in Haute-Provence. The walk through the tiered village takes you from one rich house to another with a cool stop in the covered market which dates back to the XVth century. At the top, the castle of the Simiane-Agout family (see page 15) and its magnificent rotunda. 4 km from the village, the abbey of Valsaintes offers the visit of its gardens and the rose-garden with its 400 varieties.

Tourism office +33 (0)4 92 73 11 34
www.simiane-la-rotonde.fr

Vachères has covered passageways, ancient medieval stalls or Renaissance facades and a stop in the Bistrot de Pays. **The Pierre Martel Paleontological and archaeological museum** exhibits fossils, carved flintstones, ancient remains and casts of two exceptional items found on the spot: the Warrior of Vachères (Gallo-Roman statue dating back to 1st century BC) and a 30 million year-old bacterium.

Above **Villemus** the primitive site still has the remains of the fort which was destroyed during the Revolution. However, the church and its presbytery were spared. A splendid panorama over the Largue and Enchrême valleys, the Forcalquier basin and the montagne de Lure. Happy hiking in the Luberon!



Villeneuve, overlooking the Durance plain, is also the gateway to the Luberon chain, which stretches from east to west as far as Cavaillon. Its Sunday morning Provençal market and its **archaeological and ethnological museum** await you there. The museum, set up in 1985 by « les Amis de Villeneuve », houses the results of archaeological digs carried out on the site of la Roche Amère and exhibits artefacts from the Bronze Age, Roman occupation and the medieval period to today: carved stones, earthenware, coins, various tools...

And if you haven't had time to see everything, well, there's always next year!



The county town of Forcalquier

Forcalquier

■ Altitude 550 metres, 4 722 inhabitants, sous-préfecture

Here the inhabitants and visitors can enjoy unspoiled quality of life... no hoardings, no red lights or traffic jams (except on Monday, day of the great weekly market!), a number of local services, and infrastructures suited to all. Surrounded by an abundant natural environment which offers a variety of different landscapes and a privileged climate, which is rural but also on the roads which link it to large urban centres, Forcalquier is a welcoming and inventive country sous-préfecture. Alongside farming, a network of enterprises in the « scents and flavours » sector have developed (see pages 24 to 27). The tourist activity is essential and its future closely-linked to the notions of quality and sustainable development.



Fountain of Saint-Michel

Forcalquier is also an old town centre which is coming to life again, with, in the cool shade of its little streets, fountains and squares, cafés, restaurants, shops, boutiques, artists' and fine craftsmen's workshops.

And in the middle of it all, a bustling associative life provides get-togethers, outings, shows, sports or cultural events... A town which is lively all year

round, which welcomes, creates, transmits and develops in a spirit of sharing between inhabitants and visitors!



Notre-Dame du Bourguet

■ The name of Forcalquier...

In the early Middle Ages, our town was called « Font Calquier »: the fountain of the rock in Occitan. It owes its name (which was to become rapidly Forcalquier) to the spring which used to gush below the citadel rock and which has now almost entirely dried up.

Heritage & Culture

■ Brief history

The Pays de Forcalquier was to know human occupation very early when the Celts and Ligurians settled here as early as Xth century B.C. These tribes settled on the highest points, as a number of oppida shows.

With Roman colonisation, on the other hand, the plains and major communication roads were privileged.

At the fall of the Roman Empire, battles flared up again and the inhabitants again took shelter in the heights where the former Celto-Ligurian oppida were to form the heart of our medieval villages. For over a century, the counts of Forcalquier were to make their town the capital of an independent state, with its own sovereigns, laws and currency. The XIIth century was to be the golden age of the Pays de Forcalquier, as can be seen in the many Romanesque buildings in the region. A marriage finally allied the houses of Forcalquier and Provence. After the demographic and economic crises of XIIIth century, the following century was to be marked by the great epidemics of the plague. Since King René, the last Count of Provence had no heirs, Provence was finally reunited with the crown of France in 1481. In XVIth century, the Wars of Religion caused havoc here as they did elsewhere. After the Revolution, Forcalquier became a sous-préfecture. In 1851, Forcalquier and, beyond it, the Basses-Alpes, had the main actors in the resistance against the coup d'état by Napoléon III among their ranks and repression was fierce. Today Forcalquier still retains a large role as the cultural capital of the pays.

■ The four queens

Our town was, in XIIth and XIIIth centuries, the capital of a powerful county, to such an extent that one of our earls, Raymond Bérenger V, married his four daughters to kings: the eldest, Marguerite, married the King of France Louis IX (Saint-Louis); the second, Eléonore, married the King of England Henry III; the third, Sancie, became the wife of the brother of Henry III, Richard of Cornwall, who bore (even if only for a short time) the title of king of the Romans; as for the youngest, Béatrice, her marriage to the brother of Louis IX, Charles d'Anjou, king of Naples and Sicily, afforded her the title of queen. But let's get the facts straight historically: as the daughters of a count of Forcalquier with very widespread possessions, our four queens probably never set foot in our town...

■ The markets

All year round, every Monday morning, the biggest market in the region takes place: 400 stands offer local produce and specialities, clothing and accessories, fabrics, linen, fine arts from here and abroad... Everything you need for a pleasant wander and a good time!

Every Thursday afternoon, a farmer's market groups together the producers who follow an organic or at least reasoned farming approach. It has become the must for those who love quality, local and seasonal produce.

■ Les Mourres

After a short and easy walk of 2 ½ hours from the middle of the town of Forcalquier, and one of the most characteristic of the territory, discover a landscape of rocks in the shape of heads, mushrooms, arches or bridges overlooking the Forcalquier area, the Durance and the Valensole plateau. Les Mourres, in their sub-desert surroundings with their fantastic aspect have often inspired local authors. Listed a « sensitive natural area », let's try and keep it as it is to be able to enjoy it for a long time!

Discover the old centre with its citadel, its hand-bells... and its listed cemetery!



Rue Sainte-Mary



Place Jeanne d'Arc



Les Mourres

■ Guided visits of the old town

The cathedral, walk up to the citadel, old town.

Visits in July – August once a week on registration (minimum 5 people).

All year round by request for groups.

Informations

Tourism Office, +33(0)4 92 75 10 02



Priory of Salagon

The main monuments

■ Priory of **Salagon** ^{MH}

The priory, which belongs to the department and which is an ethnological conservatory, is made up of a XIIth century church, a prior's lodging dating back to XVth century and agricultural outbuildings which today house exhibitions. Archaeological digs have made it possible to trace 2000 years of history. It is surrounded by themed ethno botanical gardens. Every year, exhibitions, workshops, conferences and concerts liven up the site.

Created in 1983 by the association Alpes de Lumière, the departmental ethnological museum of Salagon collects, and holds collections (ethnographic objects, iconographic documents, photographs) and oral testimonials which are valorised in permanent or temporary exhibitions which give you the keys to understanding Haute-Provence and its inhabitants from XIXth century to nowadays.

Access ► Mane. As you leave Mane on the road to Apt (D4100), on the right.

Tel. +33(0)4 92 75 70 50 - www.musee-de-salagon.com

■ **Notre-Dame-du-Bourguet** ^{MH}

Notre-Dame-du-Bourguet was known as early as 1155. Later, it was to become a co-cathedral with the cathedral of Sisteron. Built on a site which is both a crossroads and the site of an age-old market, it was part of the defence system of the town and one of its gates opened next to the porch. Its primitive layout as a Latin cross, with a barrel-vaulted central nave, a Romanesque transept and a Gothic apse, was modified during XVIIth century with the addition of the lateral naves, the upper part of the bell-tower and the campanile. The organ, whose earliest pipes date back to 1629, is a remarkable instrument, used during masses and famous concerts.

Access ► Forcalquier. In the middle of Forcalquier, on D4100.

www.forcalquier.com

Heritage & Culture

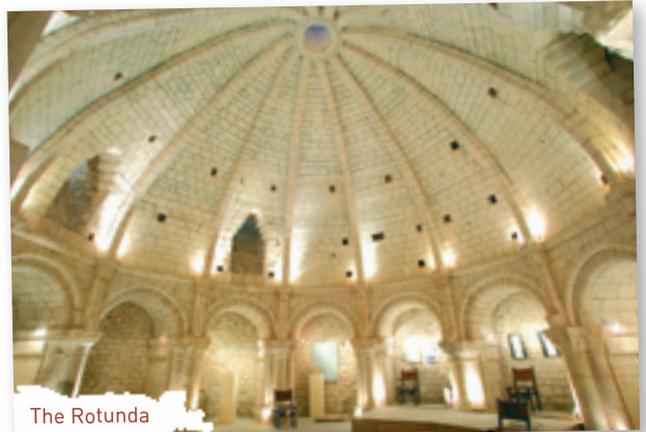
The medieval Castle and its Rotunda

MH

The medieval castle of the Agoult-Simiane family is perched at the top of the village. Its centrepiece is the Rotunda, a dungeon which dates back to the late XIIIth century. On the first floor there is a superb Romanesque room with 12 arches forming niches whose capitals are decorated with rich sculptures. Topped by a cupola, this masterpiece is unique in Provence. The rooms of the Château house exhibitions and the Sainte-Victoire aromatherapy laboratory, where you can discover the secrets of plants and their essential oils.

Access ► Simiane-la-Rotonde. On D51, at the top of the village of Simiane-la-Rotonde.

Tel. +33(0)4 92 73 11 34 - www.simiane-la-rotonde.fr



The Rotunda

The Château of Sauvan

Built in 1720, this « little Trianon in Provence » is one of the rare examples of classical architecture in Provence. Perfectly restored by its present owners, with vast shady grounds and a large pond with black swans, this entirely furnished residence is open to visitors..

Access ► Mane. 2 km from Mane on the road to Apt (D4100), on the left.

Tel. +33(0)4 92 75 05 64 - www.chateaudesauvan.com



Château of Sauvan

Priory of Carluc

Located on the line of the Domitian Way which linked Italy to Spain and on the Way of St. James of Compostella, Carluc was a Christian place of worship and pilgrimage as early as IVth century. A necropolis carved out of the rock holds several dozen tombs and the chapel, all that remains of a XIIIth century priory, overlooks the site in a haven of lush vegetation.

Access ► Céreste. 4 km from Céreste on road to Forcalquier.

Tel. +33(0)4 92 79 09 84 - www.cereste.fr



Priory of Carluc

Priory of Ganagobie

MH

Built towards the middle of Xth century on a vast plateau planted with holm oaks. The XIIIth century church, which is all that can be visited on the site, has a beautifully worked doorway and houses magnificent Romanesque mosaics in its apse. The buildings and the cloister are occupied at present by a community of Benedictine monks.

Access ► Ganagobie. Via the little road to Lurs (D330) or the D4096.

Tel. +33(0)4 92 68 00 04 - www.ndganagobie.com



Priory of Ganagobie

See practical information insert for times and prices of visits.

Volez en Montgolfière

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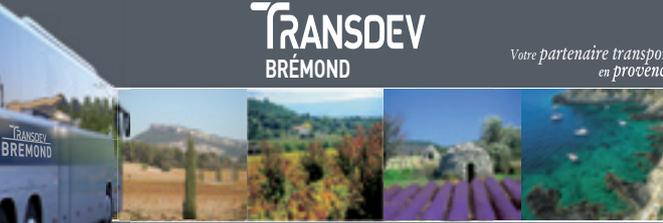
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Heritage & Culture

Land of books & writing

Maison des métiers du livre

A home to literature and poetry since the Middle Ages, the Pays de Forcalquier-Montagne de Lure has kept this cultural and literary tradition going with a multitude of bookshops, publishers, graphic designers... along with a variety of book professions such as binders, illuminators, calligraphers, restorers....

A number of writers and poets have put down their roots in our pays. Some, such as Pierre Magnan were born here.

Every year, local associations propose a number of events around books and writing: les Journées du Livre Jeunesse in May, the Apéros du livre in June, the Rencontres Internationales de Lure in August, Rentrée Nouvelles in September, the Fête du livre d'Artiste in October...

Aware of the wealth offered by this book chain, the Pays de Forcalquier-Montagne de Lure communauté de communes is committed to a strategy of support for the stakeholders, both professionals and associations who are its links. It was awarded, the classification as a « Pôle d'excellence rurale, Pays du livre et de l'écriture » (Rural excellence cluster, Land of books and writing) in June 2006, which enables it to promote these activities through:

- the creation of a business service centre in Forcalquier, the Maison des Métiers du livre et de l'écriture, with adapted and pooled work areas,
- the setting up of the « chemin des écritures », a discovery circuit on the history of writing and typography, which winds through the village of Lurs which has hosted for over 60 years the Rencontres Internationales de Lure (well-known typographic events)
- the conversion of a hamlet house on the commune of Ongles to receive writers in residence.

Communauté de communes Pays de Forcalquier-Montagne de Lure
Tel. +33(0)4 92 75 33 21 - www.forcalquier-lure.com



Les Apéros du livre

Fine crafts

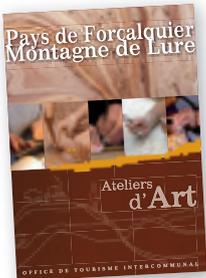
The Pays de Forcalquier-Montagne de Lure has seen a denser and denser and more diversified network of art workshops spring up over time. Creators continuously choose our territory whose wild and peaceful aspects appeal to their creative spirit.

■ What is a fine craftsman?

A fine craftsman has knowledge which is often long and difficult to acquire and which engenders both pride and humility and possesses high-quality know-how. A fine craftsman is a man or a woman open to others who creates useful or decorative objects using traditional know-how that has been enriched by their own personal experience. Fine crafts is a profession where research is constantly progressing. These are men and women who have chosen to work off the beaten track, despite all the difficulty involved. They are real enthusiasts and professionals who take part in the restoration of the heritage.

■ What is a fine crafts profession?

A profession where each item created is unique or in very small series, and which bears an aesthetic concept - A creative art. Fine crafts also have a living heritage: meeting, sharing of know-how and exchange which all generate new prospects and widen the field of possibilities. Meeting and sharing are an important part of this profession.



The professional sectors represented in the Pays de Forcalquier-Montagne de Lure:

Popular arts & traditions, Graphic arts, Jewellery, Wood, Leather, Decoration, Instrument making, Metal, Stone, Earth, Textile, Glass.

For many years, the office de tourisme intercommunal has been striving to create links, a dynamic and solidarity network of about forty craftsmen with common and innovative projects.

The association pARTage proposes, by means of weekly lessons for inhabitants of the pays and random courses for holiday-makers, initiation or advanced courses in the art of stained-glass, earth and raku, drawing, and different book or interior decorating professions.



Wood-turner



Decoration and costumes



In a restaurant, a ferme-auberge (farm-inn), a Bistrot de Pays or in a local market, your gourmet ramble will certainly, according to the season, take you to a goat's cheese, a truffle brouillade, a soupe au pistou, a rack of lamb or a small spelt soup...

At cocktail-time, there will always be a welcoming terrace in the shade of the plane-trees, lime-trees or chestnut trees, for a local aperitif.

Lavender, thyme, sage, savoury, rosemary, cotton-lavender, peppermint... even in the middle of winter, the powerful scent of aromatic plants is always there. The many activities and enterprises in this sector have allowed the Pays de Forcalquier-Montagne de Lure to be recognized as a « Pôle de compétitivité, Parfums Arômes Senteurs Saveurs ».

■ The Itinéraires Paysans (Peasant itineraries) du C.P.I.E.

(Centre permanent d'initiatives pour l'environnement): farmers, lavender-farmers, beekeepers and truffle-growers will take you for a walk over their farms and share their love of their profession with you.

Tel. +33(0)4 92 87 58 81 - www.itineraires-paysans.fr

■ Les Bistrots de Pays®



This concept saw the light in the Pays de Forcalquier-Montagne de Lure in 1992 and has now been adopted in other regions in France. As a multiservice village café, the aim of a Bistrot de Pays is to participate in maintaining a social and economic life of a little village. It offers quality local cuisine.

Fédération nationale des Bistrots de Pays :

Tel. +33(0) 92 77 68 86

www.bistrotdepays.com

■ Les Rando Bistrot®

Rando Bistrot, is a blend of 3 treats: the pleasure of being shown around the landscapes of Haute-Provence, on a gentle walk with a local guide or a hike with a middle mountain guide; the pleasure of discovering this territory in sharing and friendliness with those who live here, thanks to meetings with local producers; the delight of tasting all the flavours of this territory with its wealth of real, typical products in a meal in a Bistrot de Pays, the true stage director for these products in the plate. To be enjoyed without moderation!

Information and booking : office de tourismeintercommunal du Pays de Forcalquier - Montagne de Lure,
Tel. +33(0)4 92 75 10 02.

Scents & Flavours

Our local produce

■ **Aperitifs from Forcalquier with aromatic plants**

The most famous is Pastis Henri Bardouin, a traditional Provençal preparation whose present recipe is elaborated with over 50 aromatic plants and spices. The Distilleries et Domaines de Provence, based in Forcalquier, also concoct a number of aperitifs and liqueurs, particularly plant-based ones, like Gentiane de Lure, la Farigoule (thyme liqueur), Absente (wormwood liqueur), Rinquinquin (peach wine) and many others!

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Tel. +33(0)4 92 75 00 58 - www.distilleries-provence.com

■ « Banon » (AOC)



Banon is made according to the old recipes elaborated in the farms of Haute-Provence.

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first have to « undress » it: released from its setting of leaves and raphia, it appears in its creamy goat's milk robe. To be enjoyed!

Syndicat interprofessionnel de défense et de promotion du Banon: Tel. +33(0)4 92 87 47 55 - www.banon-aoc.com

■ **Écomusée de la Fromagerie de Banon**

An invitation to discover how AOC Banon cheese is made. Visit with tasting, direct sale, groups welcome by appointment, paying visit according to formula.

Tel. +33(0)4 92 73 25 03 ou +33(0)6 86 41 90 65
www.fromagerie-banon.fr

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« Fête de la Châtaigne ».

Association pour la valorisation de la châtaigneraie de Revest-du-Bion et sa région, Tel. +33(0)4 42 06 25 60 ou +33(0)4 92 77 21 86 - www.fetedelachataigne.com

■ **Olive oil AOC from Haute-Provence**



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■ **Moulin de Gouvan, in Forcalquier**

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■ **Moulin artisanal de la Cascade (traditional oil-mill), in Lurs.**

During the winter months you can see real traditional manufacture where the olives are crushed to extract a fruity, black oil which decants slowly at its own rhythm, without the help of a centrifuge.

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■ **Ecomusée l'Olivier, the gift from the Mediterranean in Volx**

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www.ecomusee-olivier.com

■ **Small spelt from Haute-Provence**

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Syndicat de l'IGP Petit Épeautre de Haute-Provence :

www.petitepeautre.com

■ **The truffle of Haute-Provence**

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Association des trufficulteurs de Haute-Provence, Maison du patrimoine à Mane : www.truffe-haute-provence.fr

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Association des producteurs d'huile essentielle de lavande AOC de Haute-Provence :

www.lavande-provence-aoc.com

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■ Salagon et ses Jardins ethnobotaniques, (ethnobotanical gardens) in Mane

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Tel. +33(0)4 92 75 70 50 - www.musee-de-salagon.com

■ The « Routes de la lavande » (Lavender Roads)

Lavender has marked the Pays de Forcalquier-Montagne de Lure. It is difficult to imagine the region in the heat of summer, without the infinite waves of blue undulating on the horizon and perfume the villages and countryside. Set out on a discovery of the different activities on the theme of lavender: farms, aromatherapy laboratory, perfume plant farm co-operatives ...

Tel. +33(0)4 76 42 08 31 - www.routes-lavande.com

■ Université Européenne des Saveurs et des Senteurs, in Forcalquier

A training, research and exchange centre, the UESS offers not only specialized courses for professionals but also educational activities for the general public to promote the taste and olfactory wealth of the territory. The Atelier du parfumeur (perfumer's workshop) is a real must! Learn the history of perfume and create your own: book before at the tourist office of the Pays de Forcalquier-Montagne de Lure, 04 92 75 10 02.

Tel. +33(0)4 92 72 50 68 - www.uess.fr

■ Garden of the Abbey of Valsaintes, in Simiane-la-Rotonde

4 km from Simiane-la-Rotonde, discover an important historical site with a marvellous garden full of plants of every kind and maintained completely naturally.

Tel. +33(0)4 92 75 94 19 - www.valsaintes.org

■ Laboratory of aromatherapy Sainte Victoire, in Simiane-la-Rotonde

Learn the uses and properties of essential oils: plunge into the world of lavender, aromatic plants and well-being and visit the Laboratoire d'aromathérapie Sainte Victoire inside the medieval castle. Simiane is the capital of essential oils of lavender and hybrid lavender with the biggest farmer's cooperative of Provençal perfume plants in France.

Tel. +33(0)4 92 75 98 90

www.laboratoiresaintevoir.com

Factory shops

a pleasure to go around and perfect for finding presents...

■ Oliviers & Co, in Mane

Olive oils and Mediterranean specialities.

The adventure began in 1996, thanks to men who shared a common passion: the olive tree.

Oliviers & Co values include an immense respect for men and their know-how, high quality, a desire for authenticity and sharing, meaning and respect for tradition. They manufacture and package many types of olive oil and olive-based products: unexpected tastes and aromas to discover!

Tel. +33(0)4 92 70 83 32 - www.oliviers-co.com

■ Collines de Provence, in Mane

Collines de Provence is specialized in the creation, manufacture and marketing of cosmetics and home fragrances. Collines de Provence makes these fragrances in different forms: home fragrances: fragrances for the wardrobe and linen, toilet waters, natural and organic cosmetics... Respect for the environment, the quality and authenticity of their creations stem directly from this exceptional Provençal territory and a unique craftsmanship. Factory visit by appointment:

Tel. +33(0)4 92 76 57 62 - www.collinesdeprovence.com

■ Terre d'Oc, in Villeneuve

Terre d'Oc was born in 1995 from inspiration guided by olfactory memory, meeting, journeys, a desire to discover the traditions and cultures of the world, to meet women from all over the world, hear their beauty secrets... and above all the desire to fairly share the riches of nature.

Home fragrances, ecological and organic cosmetics, accessories, world makeup, hospitality teas...

Tel. +33(0)4 92 79 40 20 - www.terred'oc.com



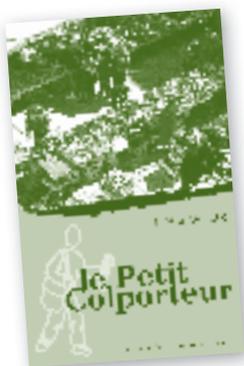
A land which is alive all year round

From the music festival to the astronomy evening and the patron saint's day in the village or agricultural fairs, there is something for everyone, and even something to surprise you from the multitude of events this lively pays has to offer all year round!

Program...

Open air and Sport

- **January:** Fête nationale de la raquette à neige (snowshoeing event), in the micro-resort of Lure (1st weekend)
- **March to November:** Hot-air balloon flights (at sunrise)
- **April:** Fête de la Randonnée (Hiking Festival) in the Pays de Forcalquier-Montagne de Lure (last weekend)
- **May:** Boucle des 4 Reines (foot race) in Forcalquier
 - La Foulée Cruissienne (foot race) in Cruis
- **May-June:** L'abbaye en roses in the Abbey of Valsaintes (Simiane-la-Rotonde)
- **June:** « Rendez-vous au jardin » (1st week-end)
 - Y a du jeu dans ta roue, unicycle get-together in Forcalquier
- **July-August-September:** L'Été Astro (astronomy festival) in Saint-Michel-l'Observatoire
- **September:** Fête de la Nature et des Traditions (Nature and Traditions Festival) in Saint-Michel l'Observatoire (last Sunday)
- **October:** Roues Libres en Luberon (cycling - every two years)
- **December-January-February:** opening of the micro-resort of Lure, initiation to skiing and snowshoe outings
- **All year round:** accompanied walks and hikes to be found in « Alone or with a guide? ».



What is there to do today?

Ask for « Le Petit Colporteur » at the tourist office. You will find pages of events all year round in the Pays de Forcalquier-Montagne de Lure (concerts, theatre, exhibitions, visits, saint's days, jumble sales, events, etc.) with a ticket office in the tourist office.

On the Heritage and Culture

- **March:** Femmes en Scène (theatre) in Forcalquier
- **April:** Biennial of Savoir-Faire & Métiers d'Art (know-how and fine arts) in Forcalquier (1st week-end)
- **May:** L'Art de Mai (art exhibitions)
 - Croq'Livres (festival of children's books) in Forcalquier
 - Festi'loups (events for children from 0 to 4) in Forcalquier
 - Fête de la Saint-Pancrace in Forcalquier
- **June:** Fête départementale de la Musique in Cruis (music festival - last weekend)
 - Festival Apérilivres - Impressions d'Arts in Forcalquier
 - Journées du Patrimoine de Pays (local heritage - 3rd weekend)
- **July:** Rencontres Musicales de Haute-Provence (chamber music) in Forcalquier and Mane (last week)
 - Nuits de Carluc in Céreste
- **July-August:** Lurs sous les Étoiles (classical music and theatre) in Lurs
 - Open-air cinema in Forcalquier (every Sunday)
- **August:** Riches Heures Musicales de la Rotonde (ancient music) in Simiane-la-Rotonde
 - Cruis en Jazz
 - On Sundays organ concerts in Forcalquier cathedral
 - Festival Rentrée Nouvelles (literary festival devoted to novels) in Forcalquier
- **September:** European Heritage Days (3rd week-end)
- **October:** Forcalquier Book Festival
- **November:** Chamber Theatre days in Forcalquier (1st week-end)
- **Christmas to February:** Ronde des Crèches (Christmas cribs) in the Pays de Forcalquier-Montagne de Lure

Scents and Flavours

- **March:** Les Olivades in Lurs (1st Saturday in March)
- **May:** Fête du fromage (Cheese Festival) in Banon
- **July:** Foire à l'herboristerie (Herbalism Fair) in Saint-Étienne-les-Orgues (14th)
- **August:** Foire aux produits de Haute-Provence (Local produce fair) in Forcalquier (1st Thursday)
 - Fête des moissons (Harvest Festival) in Revest-du-Bion (1st weekend)
 - Foire agricole (Agricultural Fair) in Ongles (2nd Sunday)
- **September:** Biennale Week of Scents & Flavours
- **October:** Fête de la Châtaigne (Chestnut Festival) in Revest-du-Bion (last week-end)
 - Journées fermières Paisalp (farmers' days) in Forcalquier
- **December:** Christmas markets in Banon, Forcalquier, Saint-Étienne-les-Orgues



Children will also adore it here as they can run around in the countryside, cross fields, paddle in a little stream or play hid-and-peek on the picturesque paths...

Discovery or creative workshops, courses, observations of the sun and the star-filled sky, visits of the Observatoire de Haute-Provence and initiation to sports are available especially for children!

■ **Musée départemental ethnologique de Salagon (ethnological museum) in Mane**

Discovery and creative workshops relative to plants and their many uses (3 hours). Children from 6 to 15 unaccompanied.
Tel. +33(0)4 92 75 70 50 - www.musee-de-salagon.com

■ **Centre départemental d'astronomie (astronomy centre) in Saint-Michel-l'Observatoire**

Observation of the sun in the afternoons (time: 1½ hours) and observation of the sky in the evenings (3 hours). Children from 8 accompanied.
Tel. +33(0)4 92 76 69 09 - www.centre-astro.fr

Planetarium events

Children from 4 accompanied (45 min).
Tel. +33(0)4 92 76 69 09 - www.centre-astro.fr

■ **Observatoire de Haute-Provence (Observatory) in Saint-Michel-l'Observatoire**

Commented visit of the biggest telescope, film, exhibition (1 hour). Children from 8 accompanied.
Tel. +33(0)4 92 70 64 00 - www.obs-hp.fr

■ **Université Européenne des Saveurs et Senteurs (UESS) in Forcalquier**

« A l'éveil des sens » course (awakening of the senses)(9 am to 4 pm). Children from 5 to 12 unaccompanied
Tel. +33(0)4 92 72 50 68 - www.uess.fr

■ **Ecole de parapente Haut les mains (Paragliding school)**

Discovering the movements of paragliding (2½ hours)
Children from 12 unaccompanied

Maiden flight (½ day)
Children from 3

Tel. +33(0)6 62 21 69 33 - www.haut-les-mains.fr

■ **Bergerie des abeilles in Saint-Etienne-les-Orgues**

Visit of the bee house, the glass hive and the saffron plantation (1 hour). Children of all ages accompanied.
Tel. +33(0)6 17 13 74 95

■ **Pony-rides and treks**

Pony club, horse-riding, « Poney Circus », a number of riding centres offer children's activities!
In July and August, educational walks commented by guides and middle-mountain guides for families (rando Pitchouns, petites bêtes, serpents, vie dans les rivières, etc.).

■ **But also the leisure facilities available:**

Cinema in Forcalquier, municipal swimming-pools in Céreste, Forcalquier and Saint-Étienne-les-Orgues; tennis courts in Forcalquier and Saint-Étienne-les-Orgues; day-centre in Saint-Étienne-les-Orgues open to the younger holiday-makers; salle OxyJeunes in Forcalquier for young people between 11 and 17; skate paths in Cruis, Forcalquier and Saint-Étienne-les-Orgues.

Access



Cartographie illustrée : ©Joseph Michalski

How to come ?

By road

- A7 Motorway, Avignon Sud exit then RN100
- A 51 Motorway, La Brillanne exit then RN100

By train

- TGV Paris/Avignon then link with Forcalquier by coach from the coach station.
- TGV Paris/Aix-en-Provence then link with Forcalquier by coach from the coach station or link with Manosque by coach from the TGV station.
- TGV Paris/Marseille then link with Forcalquier by coach from the coach station.
- Train Marseille/Aix-en-Provence/Briançon La Brillanne stop (11 km from Forcalquier).

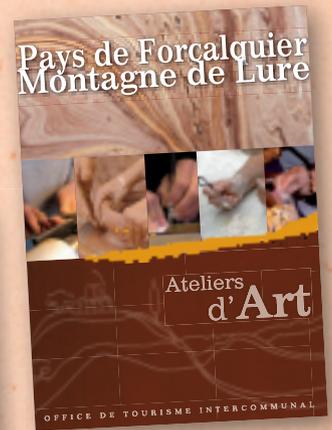
By plane

- Marseille-Provence Airport
- Avignon-Caumont Airport

Where to sleep and eat?

Our guidebooks (available on request or for download on www.forcalquier.com) :

- Holiday rentals
- Hotels, camp-sites, holiday centres, stopover and holiday gites, bed & breakfasts and unusual accommodation
- Restaurants
- Bistrots de pays



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