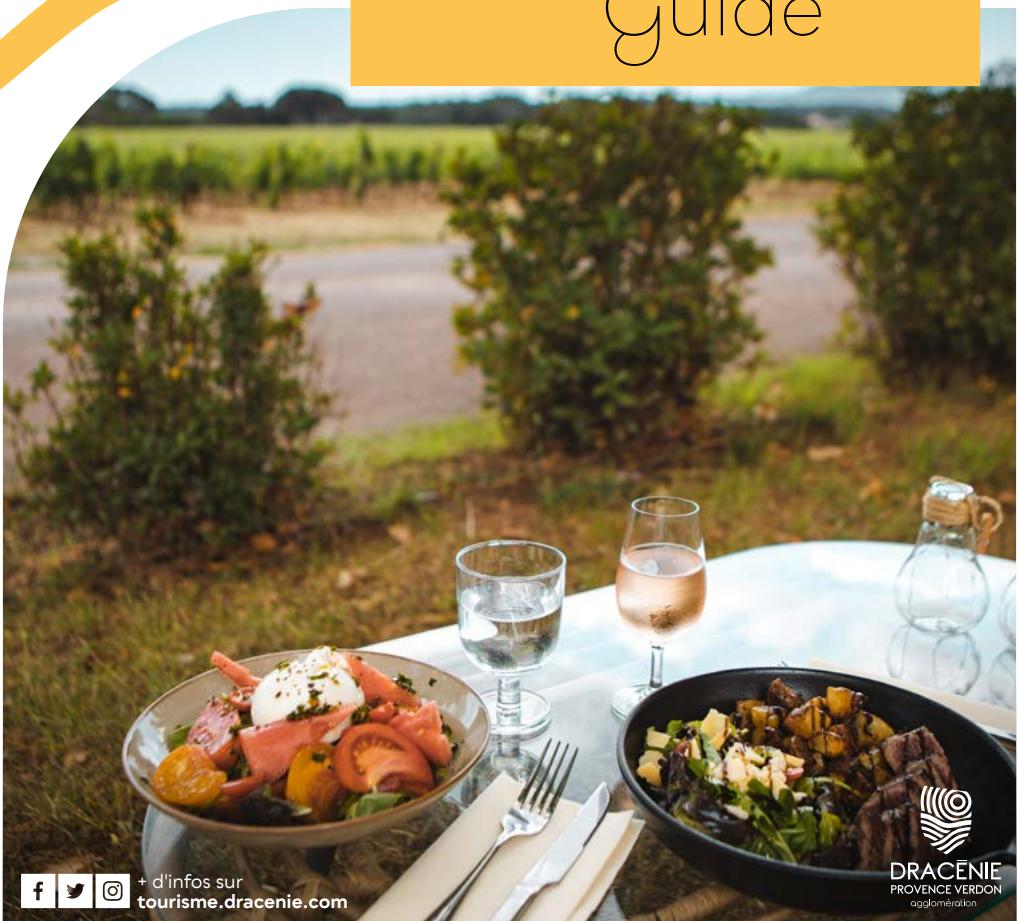




DESTINATION
DRACÉNIE PROVENCE
VERDON

Come once,
you will come
back

LOCAL TERROIR & GOURMET Guide



Summary

Upper Var region
p.4-9

Hilltop perched villages

p.16-21



Enchanted hills
p.26-31

Recipes
p.23-24

Markets
p.47



Upper Var region

BARGÈME COMPS-SUR-ARTUBY LA BASTIDE LA ROQUE-ESCLAPON





Cécilia

"Les Jardins de Bargème"

Restaurant with a panoramic view. A brasserie opened from Easter to All Saints Day. A seasonal cuisine elaborated with fresh regional produces: You can savour it inside or outside, on the terrace, and admire one of the most eye catching views.

06 98 36 05 66.



Bargème

Marie-Hélène & Esther

After sightseeing, have a picnic out, at the foot of the church, and catch a glimpse of the stunning panorama



"Val Ranch" at the Blacouas, in La Roque Esclapon

Newly settled, this farm welcomes you either for a visit or for leisure activities such as horse and poney riding.



Holiday stroll idea

Site de l'écluse

A shaded area arranged with picnic tables: ideal for fishing, for outings with family or friends, at the water's edge

COMPS-SUR-ARTUBY



Beekeeper

📍 COMPS-SUR-ARTUBY

Georges Huet, a sympathetic beekeeper, welcomes you with a smile at **Hameau de la Souche**: he talks about his bees like his little protégés and unveils his passion for beekeeping. Why not meet Georges and taste the golden liquid from his honey bees.
📍 Hameau de la Souche - 83840 - Comps-sur-Artuby
📞 06 10 79 10 28

Market gardening

📍 COMPS-SUR-ARTUBY

In the springtime, Comps village is embellished by colorful and fragrant flowery fields: You will fall under the spell. Come and meet **Michel Rouvier** who grows peonies, truffles, potatoes. His son, **Thibault**, produces squashes, ancient vegetables and breed cattle. Let your senses be transported, all year round.

Farmer Direct Selling, on appointment
📍 Clos d'Enterron - 83840 - Comps-sur-Artuby

Rouvier Michel

📞 06 81 93 66 69 - Products: flowers, plants and derived products, truffles, vegetable and derived products

Rouvier Thibault

📞 06 99 87 46 48 - Products: Meat and charcuterie, vegetable and derived products



GOOD TO KNOW!

All year round, you can find valley products at "Proxi" supermarket in Comps.





BARGÈME

La Ferme de La Castagne

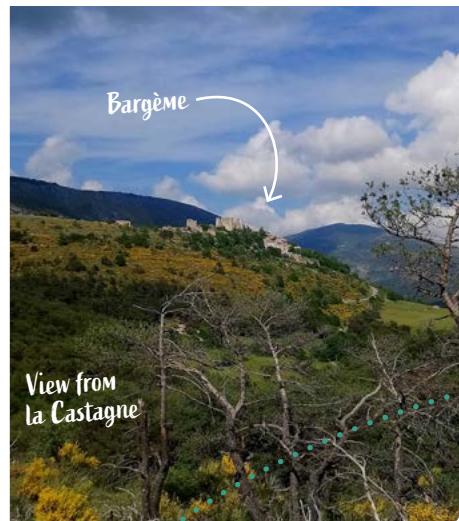
📍 BARGÈME

“When I come to Castagne, I first take a deep breath. Then I get overwhelmed by space and the beauty of stunning sceneries.”

— Robin

La Castagne is a rustic farm where animals are in total freedom. A nice vegetable garden with flashy colors. But above all, [Claude](#) and [Jeanine](#), the owners. These ones could be no other than Giono or Magnan characters. They are representative of Provence and this little corner of Upper Var Region. They reflect the perceived authenticity of the area.

📍 Campagne Castagne - 83840 - Bargème
📞 06 80 36 45 25





An encounter with...

LOUIS, SO CALLED "LE BÉLUGUÉ"

Ferme de la Bélugue

📍 LA BASTIDE

Your farm is called "Ferme de la Belugue" (quite nice actually). Where does it come from?

It comes from a nickname M. Bremond Gilles gave to me when I was an apprentice. I have kept this name eversince: Now I am starting up my own business, I wanted to pay tribute to him.

Bélugue means "spark".

Farming... Animal breeding... Has it always been a vocation?

Not at all. I studied boat mechanic! But since I have always been attached to my origins and my village, I decided to go for another job. I went through an apprenticeship for farming. And now, I have just set up my business in cheese processing.

Where do you think to sale your products. In markets or direct sales?

We would like to sale our products direct on the farm, in convenience stores and in summer fairs.

⌚ 16 chemin des faïsses - 83840 - La Bastide

⌚ 06 46 33 91 71



An encounter with...

Moutet cheese factory

📍 LA ROQUE-ESCLAPON

In our region, sheeps and goats are most seen.. What about cows?

Passion for cows, passed on from generation to generation has resulted in the creation of a cheese factory. Being very eager to perpetuate traditional methods of breeding and milk processing, it seemed obvious that we had to keep the rusticity of our business.

Which breed of cows do you raise?

8 different Montbeliarde cows. This is a rustic breed with a high propensity to adaptation. It is also known for producing good quality milk.

Which types of cheese do you make ?

We produce a wide range of different cheeses:

Lactic cheeses: Fresh cheeses with different flavours (Provence herbs, pepper, garlic...) cottage cheese, cooked pressed cheese.... Direct sales of raw milk are also available.

Where to find your products?

Direct on the farm. Every day, all year round, from 5.30 pm to 7 pm. And also, on La Bastide producers market, sunday morning, from June to August



And also...

Bargème

📍 Les Délices du Brouis

📍 Fouan Santo - Bargème - ☎ 06 59 43 91 69

La Roque-Esclapon

Holiday farm Rebuffel

Chickpeas and lenses on sale

📍 200 chemin de Riphle - La Roque-Esclapon
☎ 04 83 11 13 88

📍 **Fromagerie du Moutet**

📍 Le bas moutet - La Roque-Esclapon
☎ 06 58 85 76 23

📍 **GIE du Brouis**

📍 Campagne Le Carton - La Roque-Esclapon
☎ 06 60 24 31 94

 LA ROQUE-ESCLAPON

Hilltop perched villages

**BARGEMON
CLAVIERS
CALLAS
FIGANIÈRES**

Our coup
de cœur

Frédéric

Visit of the Garden of
scents, Figanières

You will fall under the spell
as soon as you enter this
charming place. Green space,
a gazebo and fragrances...
What makes up for an
authentic Provençal charm.



D71
Route de la
Corniche Sublime
D955

COMPS-SUR-ARTUBY

L'ARTUBY
D955

BOIS DE
FAVAS

AMPUS

D49

Gorges de
la Nartuby
CHÂTEAUDOUBLE

D51

MONTFERRAT

Figanières

Jardin des
senteurs

D54

Le Malmont

D955

DRAGUIGNAN

D1555

D59

D562



Holiday stroll idea

Garden of Scents in Figanières

You will be charmed as soon as you enter the Garden... An alluring path in the greenery shadow leads to a picturesque round square. Just climb the stairs: You reach an enticing terrace that overhangs the village. On the right side, you find a so called noria, a bucket conveying machine designed by Daniel Hug. The former lord chapel and the priest garden are hidden behind the rose garden

And also...

Do not miss the NFC tour guides: the water way and the heritage tour.

Open from May to September. 9 am to 6 pm
Entrance free.



FIGANIÈRES

Maison Oudard

📍 FIGANIÈRES

For the Oudard family, artisan baker is a family tradition passed **down from father to son**.
Julien, the son, is the living testimony of this tradition

📍 Quartier la Peiroua, RD54 - 83830 Figanières
📞 04 94 70 96 52





Callas Mill

In this little corner of Dracenie, halfway between the Mediterranean Sea and Verdon Gorges, **Berenguier Family** has been producing olive oils for about a century. A century-old traditional knowhow (4 generations) that has gone through several changes to adapt to environmental sustainability issues.

The produced oils, often rewarded at national contests, have rich **flavors, smells** and **colors**.

All year round, come and visit one of the most representative shops of the area. A video explaining the different production stages is also available.

⌚ Les Ferrages - 83830 - Callas ☎ 04 94 39 03 20

Clotilde Patisserie and Bakery

📍 CALLAS

Clotilde has always had a sweet tooth. That is why her career changed direction; Originally a philosophy graduate, she went through a bakery apprenticeship and started her own business in 2017: Clotilde Patisseries, **selling sweets** and **patisseries**.

In 2018, Clotilde and her husband opened up a new shop "La Boulangerie". Both sharing the same passion for home made products, they are now offering a large range of fresh bread, pastry, ice creams, sweets, chocolates... To be savoured all year long !

⌚ Place Georges Clemenceau - 83830 - Callas
☎ 04 94 60 16 91



CALLAS

An encounter with...
CAMILLE BERDUGO

Le Jardin des Clots

Camille, very much like
Manon des Sources...

📍 CALLAS

When we talk about herborists, we would usually think of elderly people. What made you choose to deal with plants?

I grew up at the family farm. Turning 16, I fell in love with plants. I feel an overwhelmingly sensation of happiness as soon as I am in a natural environment. Just the pleasure to watch plants grow, to smell their fragrances and to feel their texture... It is a kind of magic. Colours and fragrances of flowers keep me alive.

Let's talk about your job

I have a small and secret garden, overwhelmed by weeds... submitted sometimes to extreme weather conditions. But this contributes to make plant aromas even stronger. Hand harvesting allows us to have a better perception of fragrances... I can elaborate all sorts of odorant mixtures, with bright colors and therapeutic qualities.

What about the virtues of plants

I attended courses at Ecole Lyonnaise de Plantes Medicinales (Herbal medicine school in Lyon) and have an herbalist degree. My grandmother knows a lot about the traditional use of plants. She used to tell me lots of stories about their use. I am now perpetuating this knowledge.



It is a family and intergenerational collaboration

Not always... Whenever my grandmother comes to the garden, she wants to get rid of the weeds. So I need to explain her how important it is to keep them, since they are basic ingredients for my herbal teas. It is sometimes hard to convince her and keep these weeds safe from her weeder!.

⑨ 68 chemin des Clots RD562 - 83830 - Callas
⑨ 06 45 58 28 55

Pistou Land

CLAVIERS

At the foot of the village, on the banks of a bucolic water stream, **Pauline** and **Arnaud**, two nature passionates, have started to grow basil organically. "Seeds for direct sowing" the watchword for Pistouland.

I have spent myself a whole day and I have been overwhelmed by the calm, the serenity of the place and the smell of the fields. Basil is hand harvested. Drying methods are kept secret...

So I will not go there. The so called "nursery" where seeds (from previous year plantations) grow and are closely looked after. Pauline and Arnaud let nature take its course.

Try and turn the soil as little as possible and stop using the soil as such !

✉ La Viste - 83830 - Claviers ☎ 06 59 39 87 76



And also...

Callas

↳ **Domaine Bastide du Plan**
✉ 197 chemin du Plan - Callas
☎ 04 94 84 00 21



↳ **Domaine de Peron**
✉ 305 chemin de Peron - Callas
☎ 06 62 13 33 66

↳ **Ferme Christine**
✉ 68 chemin des Clots - Callas
☎ 06 44 98 34 05



↳ **Le Clos Saint Antoine**
Vinaignerie ✉ CD 25 - Callas
☎ 04 94 67 95 85



Spiruline de Callas - plantes

✉ 2 chemin des Issarts - Callas
☎ 06 82 53 54 21

Claviers

↳ **Domaine de Méaulx**
✉ D 55 - Claviers
☎ 04 94 76 60 06

Figanières

↳ **Cave du Château de Lagarde**
✉ D 54 - Figanières
☎ 04 94 70 39 05



↳ **Domaine de la Chênaie**
✉ Chemin de la Grangue - Figanières
☎ 04 94 84 58 50

Domaine Saint Pons

✉ Quartier Saint Pons - Figanières
☎ 04 94 67 90 28

Michel Jacky

✉ Quartier de Terrisolle - Figanières
☎ 06 50 12 96 75

↳ **Pico Brasserie Bozzale**
✉ 14, place du Caou - Figanières
☎ 07 68 12 01 05

Hilltop perched villages

AMPUS CHÂTEAUDOUBLE MONTFERRAT

The small market in Ampus, sunday morning

Bio vegetables are just delicious!

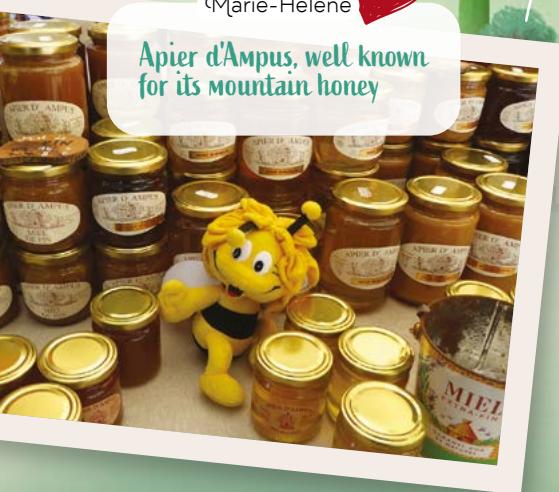
Our coup de cœur

Michelle

Our coup de cœur

Marie-Hélène

Apier d'Ampus, well known for its mountain honey



Véronon

D49

D77

D51

Tourtour

D51

Ampus

Col de La Grange 616 m

Châteaudouble

D49

D51

D57

D57

D955

D71

Route de la Corniche Sublime

D51

PLATEAU DE CANJUERS

Camp militaire non visitable

COMPS-SUR-ARTU

L'ARTuby

Route de la Corniche Sublime

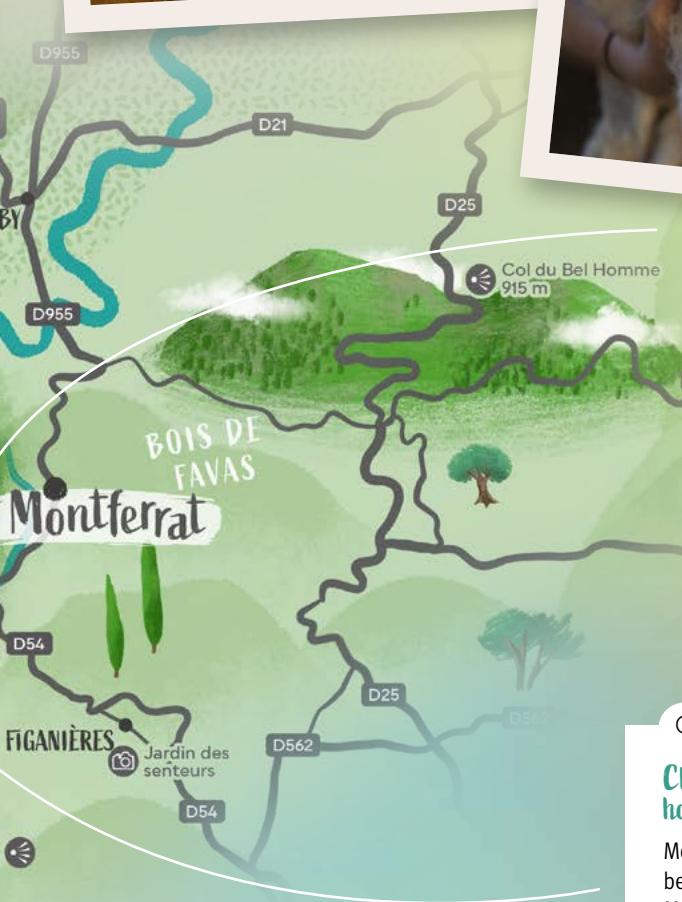
D51

Gorges de la Nartuby

Route de la Corniche Sublime

D51

D57



Pastourelle Farm in Chateaudouble

You can taste first choice cheeses, or observe farm animals and even go for a hike. From 6 pm onwards, younger and elderly people can also take part in the care of farm animals.

Holiday stroll idea

Chateaudouble, best climbing hotspots in Dracenie area

Most of Dracenie climbing spots can be found in this medieval village. Marinouns and Baou des Prannes spots on the right bank. Baume de Saint Jean and Roches des Malines (La Pale/Rebouillon) on the left bank.



Encounter with... THOMAS VANWEDDINGEN

La Bastide de Solliès

📍 AMPUS

Running the family business, what does it entail for you?

To me, it was a quite obvious and a logical way to keep the business. My grandfather bought the land and my father started to cultivate it in 1975. The family side and the intergenerational transmission are two aspects I highly value.

Has it always been obvious that one day you would work on the farm?

Of course! My father tried to convince me to do something different, to take another direction... But he failed! My passion for land was too strong!

Do you want to run the business just the way your father used to do it, or do you want to bring some changes?

Many changes have been brought to the original structure. First, squillas, then goats and eventually forage crops have been steadily introduced. The flock and herd size has increased (this includes milk production and meat). Milk production has been diversified: cheeses, goat yogurts and ice creams are on offer. Many other products will be eventually introduced, but I won't say anything just yet!!! My goal today is to keep the business going as long as possible... So I need to keep finding new ideas.

Come and see us in Spring, on Saturday morning market, in Draguignan.

📍 Chemin de Collefrat - Ampus

📞 04 94 70 97 42

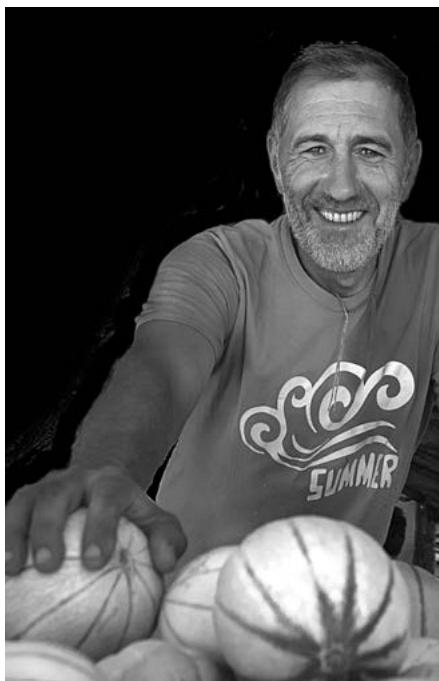
La ferme des Vergelins

AMPUSS

Basically, farming means to keep up with the seasons. Cultivating, harvesting, bee keeping and selling: All these activities are achieved in order to feed human beings properly. No chemicals, and high respect paid to the soil and living species. Their products are sold at agricultural associations "AMAP" in Figanières and Draguignan, as well as at the cooperative shop "Pot'Iront" in Draguignan and the Ampus market, on sunday mornings

The so called Gabinoille "animal cabin" in Provencal language, opens up in the summer time. A road side shop located on the way to Sainte Croix lake. You find there a wide range of bio products. You can also taste fresh fruit juices or savour delicious ice creams, sitting on haystacks.

⌚ les Vergelins - Route de Vérignon
⌚ 07 68 51 99 19



Bakery "Le Four"

AMPUSS

You come in, curious

You get out, arms full

You come back, quite excited

For tradition lovers, Ampus bakery is an unmissable stopover

Wood oven baked, all items are home made.

The most difficult part of it is to choose...
But you can't be wrong.. You will like it...
And of course, you will come back.

Michelle:



"I love driving up to Ampus, when sunflowers are blooming. And of course, taste one of these delicious pastries from the smiling baker!"

⌚ 5 place de la mairie - 83111 - Ampus
⌚ 06 16 12 83 42



Pastourelle Farm

CHÂTEAUDOUBLE

Around 30 different sorts of cheeses are produced, exclusively with dairy milk. Direct sales to individual buyers and restaurants have contributed to the success of the business for more than 30 years. Cheese production comes from the farmer's own herd: 72 ewes, 4 cows and 75 goats. Cows milking happen twice a day: Farmers are early birds, especially between february and march, when calving takes place.



About 60 young goats see the light of the day. Dairy production is processed and sold directly to consumers.

∅ Fonteye - 83300 - Châteaudouble

∅ 04 94 70 90 00

Milk reception process: evenings, from 6 pm in summer - from 5 pm in winter. The shop is opened from monday to sunday, 8 am-1 pm and 3 pm-7pm



Le Clos Pierrepont

MONTFERRAT

Julien Lepine, trained by the Head **Chef Philippe Da Silva** in Callas, took over this charming hotel with his wife. On sunny days, why not bask in the sun, on the terrace facing the green park. Savour the delicious egg parfait with Nizza pumpkin and spelt kromeskies or mackerel with a chickpea puree. In summer, delicious tomatoes from Philippe Auda.

56, route de Draguignan, Montferrat
04 94 50 21 30



Holiday stroll idea

Montferrat

A taste of the sweet life. At the foot of Notre Dame de Beauvoir Chapel, Montferrat is bathed by the soft luminosity and scents of Provence. Path of the oratories or coolness of Pierrepont site: A landscape conducive to contemplation and reverie. An easy stroll up to Notre Dame de Beauvoir Chapel, Hiking guidebook. p. 19



And also...

 **Amélie Bio** - légumes / volailles / œufs
Chemin des lones - Ampus
06 64 22 70 27

 **Aiper d'Ampus**
1601 route de Lentier - Ampus
04 94 67 03 14

 **Christophe Benvenuto**
Route de Verignon - Quartier Marète - Ampus
04 94 70 97 94



 **L'Agneau du Darnaga** - viande et charcuterie
Mourjai - Quartier du Plan - Ampus
06 13 31 08 55

 **Chèvrerie Sant Jan Batisto** - fromages / viande / volailles / œufs
Le Plan - Châteaudouble
07 52 03 08 24

 **Terres des Nus - Bruno Debon** - vin / pommes
Quartier Le Plan - Châteaudouble
06 08 04 51 25



Recipes



“La Barigoule d’artichauts”

Lili recipe

Ingredients :

- 16 small purple artichokes
- 1 white onion
- 3 garlic cloves
- salt pork - 200 g
- 175 ml white wine
- salt, pepper, parsley

- 1 Prep the artichokes: trim them, pull off leaves, cut off stems, remove the furry stuff and cut in halves.
- 2 Scorch the pulp of the onion and add the diced salt pork.
- 3 Add the artichokes, garlic, parsley. Gently salt and pepper.
- 4 Add white wine and freshly shelled peas. A real treat for the taste buds.



“La soupe au pistou”

Lili recipe

Ingredients:

- Flat green beans (750 g)
- Broad beans (750 g)
- Red beans (750 g)
- 2 potatoes
- 2 zucchinis, 2 tomatoes
- 1 bundle of carrots
- 1 basil stalk
- 5 cloves of garlic
- string cheese (50 g)
- grated parmesan cheese
- shredded purple cabbage
- 2 glasses of olive oil

- 1 Dice the flat green beans, zucchinis, potatoes and carrots. Add broad beans and red beans.
- 2 Boil the vegetable in 3 liters of salty water for about 1 hour 30 minutes.
- 3 Bring the 2 tomatoes to the boil, for about 2 minutes, and peel them. In the mortar crush the cloves of garlic and the basil stalk. Add tomatoes and a dash of olive oil until you get a creamy texture.
- 4 Let it simmer for about 20 minutes. Stir this mixture into the soup pot. Seasoning must be spicy.
- 5 Let it simmer.

Before serving, add string cheese. The soup must be creamy.



Eggplant caviar

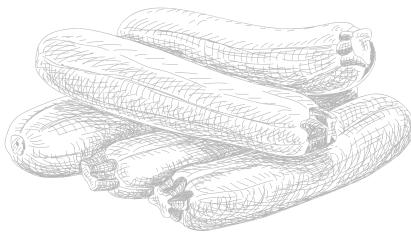
Marielle recipe

Ingredients:

- 3 globe eggplants
- 1 red pepper
- 3 or 4 garlic cloves (depending on how tasty the sauce must be)
- 1 lemon juice
- 1/4 liter of olive oil

- 1 chop the eggplant and red pepper together. Bake in the oven over a high heat for about 30 minutes.
- 2 Mix with crushed garlic cloves
- 3 Add lemon juice and olive oil.
- 4 Add salt, pepper and spices

Serve with croutons and vegetable



Zucchini millefeuille Goat cheese and fresh basil

Sarah recipe

Ingredients for 4 persons:

- 4 round zucchini
- 2 fresh goat cheeses
- 1 pinch of curry
- salt and pepper
- a few basil leaves
- A dash of olive oil

- 1 In a bowl, crush the fresh goat cheese with olive oil, salt, pepper and curry
- 2 Add the finely chopped basil. Mix
- 3 Cut zucchini slices (1 cm thick) and grill in a frying pan
- 4 Let it cool down. Build the millefeuille layers: one layer of cheese and one layer of zucchini

Let it cool down



“Lou Saussoun”

Domaine Lamanois
recipe

Ingrédients :

- 150 g blanched almonds
- 50 g anchovies in oil
- 3 or 4 garlic cloves
- Fennel stalks
- mint
- 150 ml olive oil

- 1 Crush the almonds.
- 2 Add the rest of the ingredients and mix.
- 3 Add olive oil.

Serve cool, with croutons



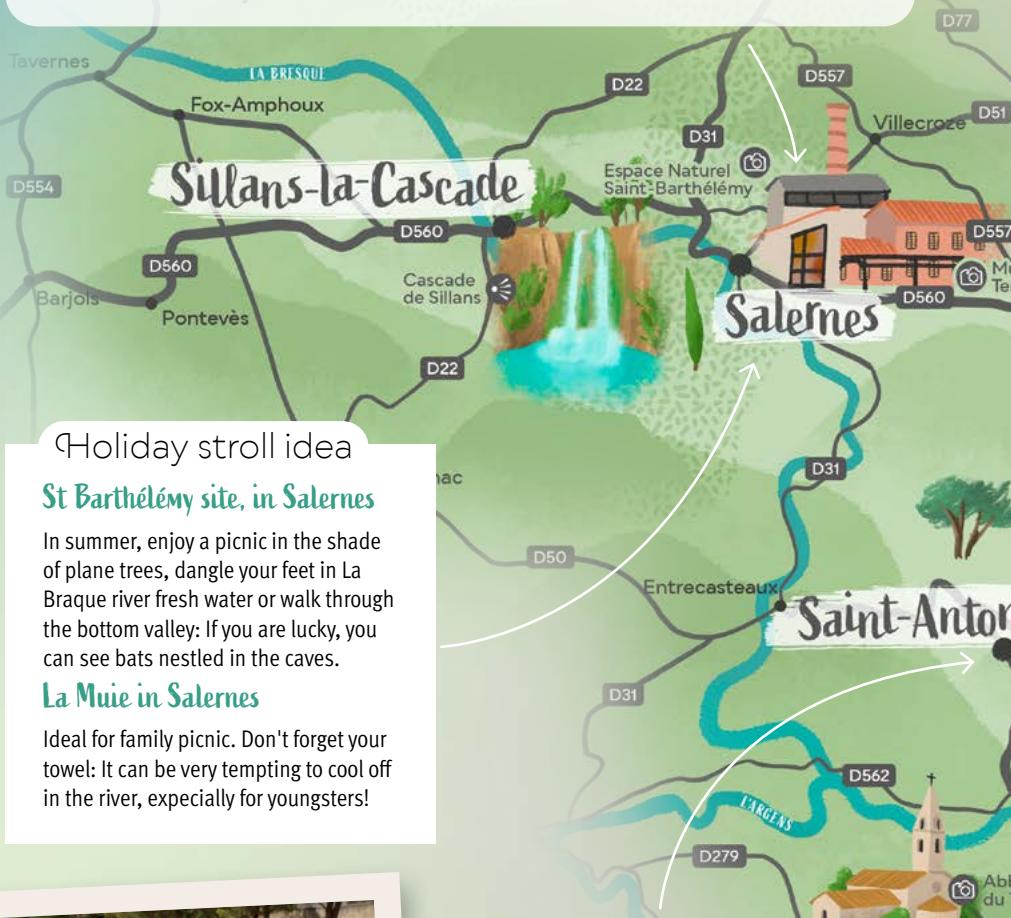


Our coup de cœur
Stéphanie

Visit of Lisandre chocolate factory in Salernes

For greedy persons, sweets - and sugar free sweets; This shop is a real feast for the eyes. Your taste buds will be delighted. Run by true passionates. After this gourmet break, a pleasant stroll through Saint Barthélémy Valley.

⑨ 1614 route de Draguignan - Salernes ☎ 09 53 26 29 80



Holiday stroll idea

St Barthélémy site, in Salernes

In summer, enjoy a picnic in the shade of plane trees, dangle your feet in La Bréque river fresh water or walk through the bottom valley: If you are lucky, you can see bats nestled in the caves.

La Muie in Salernes

Ideal for family picnic. Don't forget your towel: It can be very tempting to cool off in the river, especially for youngsters!



Domaine du Clos d'Alari, Saint Antonin du Var

Our coup de cœur
Émilie

Grand Clos rosé (2019) is a rosé with an atypical character, with a rose scented and wild blackberry flavour: To be enjoyed without restraint. Produced by a mother and daughter's tandem since 1998.



⑨ 717, route de Mappe - Saint-Antoine-du-Var
☎ 04 94 04 46 74

Enchanted hills

LORGUES SILLANS-LA-CASCADE SALERNES SAINT-ANTONIN-DU-VAR



Holiday stroll idea

St Ferréol site in Lorgues

Culminating at 320 meters, Saint Ferréol hill is rich of a long history. You find in Saint Ferreol woodlands shaded hiking trails, picnic tables and a fitness trail.

Family hiking

Distance: 4 kms

Duration: 2 hours

Ascent: 220 metres





From grand parents to
grand children,
Catrice Gourmet,
A family story...

📍 SALERNES

The family business has lasted across generations. Inspiration comes from Provence culinary tradition, imagination and greed: this leads to a subtle combination, the basis of original and flavoury recipes reflecting Provence art of living. A dizzying array of **regional specialities**: terrines, tapenades and food spreads.

The shop is opened all year round. Free visits of the workshops and free tasting available.

The shop is opened from monday to friday: 9 am to 12.30 am. 4 pm to 5.30 pm. (6.30 pm in June, July and August)

Closed on bank holiday and during the week end. Free visit of the workshops: please contact us, on 04 94 70 56 18 or email: boutique@catricegourmet.com
📍 Zone Artisanale La Combe - Salernes



Angèle Confiserie
Nice, tasty and organic food

📍 SALERNES

Indulge in a **gourmet break** at Angel Candy Shop.

A delightful sweet break including soft nougat, Provence calissons, almond paste, almond croquettes, candied fruits, biscuits. Black olive, Provence herbs and onion biscuits. For an enjoyable salty break.

Stephanie and **Guillaume** use their know how based on classics revisited or traditional recipes, and bring a special care in each of their culinary creation.

Meet these passionates in their workshop, monday to friday.

📍 ZA La Combe, 83690 Salernes
📞 04 94 50 69 25

Figuon, Lou figoun A treasure in Salernes

📍 SALERNES

A yellow and green striped skeen, a pink and sweet flesh: the famous Salernes white fig so much favoured by the french writer Frédéric Mistral and queen Jane.



Meant to be processed, this juicy fruit with thin skin is used for making delicious sweets, based on typical sweet and salty Provence recipes.

Example: fig confit with its juice, fig syrup, candied or dried figs: a wide array of traditional and savoury products. So come and taste this exceptional fruit.

📍 Lou Figoun association

Quartier de la Basse Mude - 83690 Salernes

⌚ 07 86 71 66 23

📍 Chocolaterie Lisandre - 614 route de Draguignan, 83690 Salernes

Le Jas du Vignal

SILLANS-LA-CASCADE



Ewes graze on green hills all year round: this allows for the production of a creamy, flavoured and delicate milk, ideal for character cheeses.

Place your order, twice a week, all year round.

📍 Chemin de Provence - Route de Barjols - 83690 - Sillans-la-Cascade"

⌚ 07 81 67 50 83

Holiday stroll idea

Saint Barthélémy Valley

📍 SALERNES

Classified as a Natural Sensitive Space, Saint Barthélémy Valley was dug by a river. The source of the Braque river rises from a spring at the foot of the cliff and forms a clear green water body. The large shaded park with tables and banks is an ideal environment conducive to relaxation in full nature.

Caves scattered throughout the valley are natural playgrounds for children.





© Emmanuel Dautant

Holiday stroll idea

EuroVelo8: The Mediterranean Route

EuroVelo8 french section linking Spain to Italy. It crosses the whole of Draceny territory and spans more than 70 kms, linking Sillans la Cascade to Flayosc, Draguignan, Figanières, Callas, Bargemon and Claviers through a network of side roads, former railway tracks and side roads.

The family friendly section between Salernes and Flayosc, 23 kms, is the easiest: it goes through wine estates, tunnels and sightseeing sites.

You find welcome zones for cyclists as well as cycle friendly accommodation (bed and breakfast, hotels, restaurants, tourist offices) that provide secure bike lockers, repair kits and battery recharging system for electric bikes

→ www.la.mediterraneavelo.com - [@lamediterraneavelo](https://www.facebook.com/lamediterraneavelo)



Urso Olive Grove Family and tradition

📍 LORGUES

Passion for olive trees was passed on by the inheritants of a famous french family. Olive growing: a family tradition and an ancestral know how since 1593. Rich of this savoir faire, we are thriving to perpetuate this long tradition that combines love for Provence region with passion for olive trees. Olive groves are the living testimony of a glorious agricultural heritage.

Hand harvesting contributes to preserve trees and olive flavours. During harvest times, olives are taken on a daily basis to the mill so as to preserve their characteristic fruity and slightly bitter tastes.

Markets: Tuesday: Lorgues
Friday: Producers market, Lorgues (May to August)
302 route de Draguignan - 83510 - Lorgues
06 70 67 54 49

LORGUES



And also...

Lorgues

Château La Martinette



9005 chemin de la Martinette - Lorgues

04 94 73 84 93

Château l'Arnaude



692 route de Vidauban - Lorgues 04 94 73 70 67

Château les Crostes



2086 chemin de Saint Louis - Lorgues 04 94 73 98 40

Château Roubine



4216 route de Draguignan - Lorgues 04 94 85 94 94

Château Sainte Béatrice

491 chemin des Peiroux - Lorgues 09 62 05 57 74

Daniel Plants - Sandrine Chauvier - légumes

2370 Chemin les pailles - Route de Draguignan - Lorgues 06 07 46 94 91

Domaine des Aumèdes

297 chemin des Pailles - Lorgues 04 94 73 70 32



Domaine des Mapliers

4108 route de Carcès - Lorgues 06 29 42 40 41

Domaine Estello



838 chemin de Bélinarde - Route de Carcès - Lorgues 04 94 73 22 22

Domaine La Rose Trémière

2230 route de Carcès - Lorgues 04 94 73 26 93

Domaine St-Marc des Omèdes

2222 chemin de Vaussiere - Quartier des Omèdes - Lorgues 04 94 67 69 17

Le Cellier des Lorguians

12 avenue des Quatre Pierres - Lorgues 04 94 73 70 10

Le Moulin de Lorgues

12 avenue des Quatre Pierres - Lorgues 04 94 73 70 59

Oliveraie des Aumèdes

807 chemin des Pailles - Lorgues 04 94 68 29 86

SCEA Chauvier Sylvain - légumes

Route des Arcs - Quartier Le Plan - Lorgues 06 79 08 33 05

Saint-Antonin du Var

Château Mentone



401 chemin de Mentone - Saint-Antonin-du-Var 04 94 04 42 00

Domaine de la Bastide des Prés

160 route de Mappe - Saint-Antonin-du-Var 06 71 26 96 62

Domaine des Sarrins

897 chemin des Sarrins - Saint-Antonin-du-Var 04 94 72 90 23

Les Ruchers de Brice Piarry

450 chemin des Plantades - Saint-Antonin-du-Var 06 87 43 88 94

Les Treilles d'Antonin

107 route d'Entrecasteaux - Saint-Antonin-du-Var 04 94 04 42 79

Salernes

Conserverie Provençale

Boulevard Paul Cotte - Salernes 04 94 70 62 06

Coopérative Oléicole La Salernoise - Moulin du Château

Rue du Château - Salernes 04 94 70 62 59

Les Caves du Commandeur

620 Route de Draguignan - Salernes 04 94 70 60 25

Moulin à huile Olivado

970 chemin du Défend - Salernes 04 94 70 35 55

Soléou - huile d'olive

ZA La Combe - Salernes 04 94 70 60 68

Sillans la Cascade

Brasserie la Gaudinette

8 rue de la mairie - Sillans-la-Cascade 04 94 72 55 52

Dolmetta Yannick

Producteur de Safran - Quartier les Colles - Sillans-la-Cascade 06 64 96 05 75

GOOD TO KNOW



Sillans La Cascade, a farming village: Most small farmers remain unknown since they do not have their own shops: As a result, it may sometimes resemble an obstacle course to find their products. On this basis, Jas de Vignal has launched Cagettes Paysannes initiative during the first covid 19 home confinement. contact : 07 81 67 50 83

Fairy Valley

TARADEAU
VIDAUBAN
LES ARCS
LE MUY
LA MOTTE



Julien Bertin exquisite goatcheese, in Taradeau



Les Vignerons de Taradeau

Wines, delicatessen and a wide range of alcohols.

A motivated and smiling team.

9204 avenue des Arcs - Taradeau
04 94 73 02 03



Picnic at Ailles waterfall in Vidauban





Holiday stroll idea

Endre sightseeing site in Le Muy

“Discover the natural wealth of our territory: a wide diversity of landscapes, from western great plains to african savanna. Ideal for little strolls or picnic”

— Anne-Marie

Aille Waterfalls in Vidauban

“Unusual landscapes, with the Maures Plain ideal for family strolls and picnics.”

“Our visitors feedback:

“An ideal spot to refresh and enjoy a picnic. We had an enjoyable family sharing time. No doubt we will return to this place.”

“On the way back, take a look at Léa workshop-shop: a small cabin in the back garden where Léa shares her passion, i.e. ceramics. Such a pleasure for the eyes, a soft sharing moment”

— Laetitia

Unusual

“After visiting Parage Quarter and Sainte Roseline Chapel, why not indulge in leisure activities such as visiting Les Arcs open air carbootsale. Every saturday morning.”

— Michelle



Provence Liquor Factory

A subtle combination of modernism and tradition

📍 TARADEAU

Provence Liquor Factory, whose flagship product is the famous "**P'tit bleu**", an azure blue liquid developed in 2018.

For **Renaud** and **Adeline de Barry**, the owners, it sounded obvious that this liquor should be produced at Chateau Saint Martin. The latters are

very eager to promote ancestral products, rich of history and authentic flavours. They have just set a new goal: Revisiting world's culinary classics, adding a **touch of Provence**.

📍 614 Route des Arcs - Domaine de Saint Martin - Taradeau
📞 04 94 99 76 76

↳ Holiday stroll idea

Embark on a historical quest: NFC tour guides

📍 TARADEAU

Starting either at the village center (confirmed sportsmen) or from Taradel tourist site (strollers), follow Oppidum path all the way up to discover the oldest celto ligurian hill fort of our region (get historical and cultural backgrounds, direct on your smartphone).

From the orientation table, get a dazzling view of Argens Plain. A noteworthy landscape rich of changing colors.



Bertin Cheese Factory

TARADEAU

Julien, a true passionate, keen on sharing his love for animals. Very eager to meet people as well as share his passion.

Well, I would say he is a kind of a goatherd 2.0... Yet, still very attached to **authentic** values and local terroir!

The cheese factory is open every morning, throughout the week, including bank holidays. No rest for cheese ! Special care needs to be taken every single day.

No fewer than **17 different sorts of goat cheese** are on offer: For the delight of connoisseurs. A wide range of cheese textures and flavours.

And grasp the opportunity to stop and contemplate the idyllic **scenery**.

Goats would usually graze from 9 am to 5 pm, high up in the mountains, so as to produce a good quality milk: In that time slot, you will not get the opportunity to meet them !



© Chem. de Belvèses - 83460 Taradeau

04 94 73 06 57

Open every morning. From 8 am to 2 am

Sales at Lorgues and Draguignan market





Encounter with...

**ADRIEN ET
SÉBASTIEN CIAPPARA**

L'Abeille de l'Estérel LE MUY

A family business with a year long sharing tradition.... When we were children, our parents passed on their passion for beekeeping.

2010, we bought our first beehive and 8 years later, we started our own business

With more than 250 beehives, our activities are focused on selling honey and derived products. We are true passionates and we make sure our bees can forage in exquisite natural environments. As a result, transhumances occur in Esterel Massif, Haute Provence and Isère Region. This moving process allows for the production of flavoured honeys.

Le Muy market, every sunday morning
Shops: Bergon, in le Muy and Hyper U, in les Arcs.
9249 chemin de Bonnefont - 83490 - Le Muy
06 58 40 45 64

Meeting people...

Wood turner Gérard Coulon

LA MOTTE

Gérard Coulon: quite a passionate artist, since all his items are one-of-a-kind pieces made on the wood lathe.

Since wood is a non uniform material, slight imperfections that may appear add to the charm of the items.

A wide variety of wood types are used: Walnut, plane tree, privet and cade wood.

You can meet Gérard Coulon in his workshop, discover his work and even participate in an active demonstration.

Do not hesitate to contact him either on the phone 04 94 70 27 10, or by email geraco83@free.fr

Château d'Astros

Orchards: 900 years of history



VIDAUBAN

Benefits of sustainable land management, which is a year long tradition, are quite obvious: more than 10 000 apple trees, of all sorts, (Golden, Reinette Belchard, Granny Smith, Pinova, Reinette Grise) and a wide range of vine plants.

During harvesting, grasp the opportunity to pick your own fruits. Seize the chance to stroll through the Domain which is dotted with **historic monuments** (chapels, aqueducts, chateaux) and even plan an enjoyable picnic in the undergrowth.

"Take your time and enjoy..." could well be the domain proverb.

Route de Lorgues - RD 48 - 83550 - Vidauban
04 94 99 73 00



Holiday stroll idea

Drop-In Dracénie

VIDAUBAN

In the heart of Dracénie Provence leisure park, that spans 8 hectares, a bunch of leisure activities, near Vidauban lake: A trampoline area, over 500 square meters, inflatable games and the Water Jump Parc, with 13 tracks for all levels. Discover the pleasures of slide sports. Strong sensations guaranteed.

From April to October
ZI de la Tuilerie - 06 82 23 74 96



Holiday stroll idea

Leisure base, from 0 to 77 years old

📍 LES ARCS SUR ARGENS

Brand new leisure base with new equipments, in a shaded area.

Pump track, bike park and a multigenerational playground with a **zipline**.

Just underneath, the **fresh water** of Argens river and Les Arcs boating centre.

Canoe down the river or enjoy a family fun day.

Small tip: you find the cooperative wine cellar just 50 meters down the road: So why not taste local wines!

From April to October. 7 days a week, from 9 am to 7 pm

📍 Rond-point des 4 chemins - ☎ 06 64 59 39 16



Maison des Vins Wine Institute

LES ARCS SUR ARGENS

An extensive wine room that includes a collection of more than **800 different wines**, with AOP brand names.

A team of wine experts will give you some good advice.

Free wine tasting based on 16 different wines is scheduled throughout the week.

Passionates can even attend oenology classes or wine pairing courses.

High quality **local products** are also on offer: good gift ideas !

📍 Route Départementale 7 - Les Arcs sur Argens
☎ 04 94 99 50 20

And also...

La Motte

Château de Valbourgès

Quartier Valbourgès - D91 - La Motte
04 94 60 14 69

Château des Demoiselles

2040 route de Callas - La Motte
04 94 70 28 78

Château d'Esclans - Domaines Sacha Lichine

4005 route de Callas - La Motte
04 94 60 40 40

Domaine de Canta Rainette

1144 route de Bagnols - La Motte
04 94 70 28 25

Domaine de la Maurette

Lieu-dit Bastide du Mitan - La Rirmarde et Gauthier - La Motte
04 94 45 54 54

Domaine de l'ouve

4 boulevard André Bouis - La Motte
04 94 70 27 80

Domaine de Meyas

1956 route de Trans - La Motte
04 94 70 25 87

Domaine du Jas d'Esclans

3094 route de Callas - La Motte
04 98 10 29 29

Les Ruchers du Col Fleuri

4 boulevard André Bouis - La Motte
04 94 70 27 80

Les Vignerons de Saint Romain

2738 route de Bagnols - Quartier la Maurette - La Motte
04 94 70 25 68

Le Muy

Caveau Saint Romain

200 route de Fréjus - Le Muy
04 94 45 10 42

Château du Rouët

Route de Bagnols en Forêt / RD 47 - Le Muy
04 94 99 21 10

Domaine La Roquette

Chemin de la Roquette - Le Muy
06 81 45 34 07

Les Arcs sur Argens

Cellier des Archers

Rond Point du Pont d'Argens - RDN 7 - BP 70022 - Les Arcs sur Argens
04 94 73 30 29

Château Clarettes

1195 route des Nouradons - Les Arcs sur Argens
09 52 19 33 65

Château Font du Broc

Chemin de la Font du Broc - Les Arcs sur Argens
04 94 47 48 20

Château Les Apïès

Chemin Saint Jean - Les Arcs sur Argens
06 30 44 16 14

Château Maïme

DN 7 - Les Arcs sur Argens
04 94 47 41 66

Château Saint Pierre

Route de Taradeau - Les Arcs sur Argens
04 94 47 41 47

Château Sainte Roseline

1854 route de Sainte-Roseline - Les Arcs sur Argens
04 94 99 50 30

Domaine Valette

300 route de Sainte Cécile - Les Arcs sur Argens
04 94 73 30 55

Ferme Oamaru - Légumes et produits dérivés, Volailles et oeufs

2025 chemin du Bac - Les Arcs sur Argens
06 50 20 63 95

Les Ruchers des Archers

Les Arcs sur Argens
06 72 55 55 47

Moulin à huile du Thélon

37 Rue du Thélon - Lieu dit Vieille Ville - Les Arcs sur Argens
06 16 49 89 37

Taradeau

Château de Saint Martin

614 route des Arcs - Taradeau
04 94 99 76 76

Château de Selle - Domaines Ott*

5093 route de Flayosc - Taradeau
04 94 47 57 57

Les Vignerons de Taradeau

204 Rte des Arcs D10, 83460 Taradeau
04 94 73 02 03



Château Rasque

2897 route de Flayosc - Taradeau
04 94 99 52 20

Ferme du Belveset

1800 chemin de Belveset - Taradeau
04 94 73 06 57

Miellerie Vassal

3118 route de Lorgues - Taradeau
04 94 73 02 39

Vidauban

Château Matheron

400 chemin du Domaine de Matheron - Vidauban
04 94 73 01 64

Château Saint Julien d'aille

5480 route de Saint Tropez - R 48 - Vidauban
04 94 73 02 89

Domaine de Jale

Chemin des Fenouils - Vidauban
04 94 73 51 50

Domaine de Mouresse

951 chemin des Grands Pins - Vidauban
09 61 59 27 23

Domaine des Féraud

3590 route de Saint-Tropez RD 48 - Vidauban
04 94 73 03 12

Domaine des Nibas

9130 chemin des Tasquier - RD 48 - Vidauban
04 94 73 67 46

Domaine des Terres Rouges Kiberny

1306 chemin de la Verrerie Neuve - Vidauban
06 88 83 19 27

Les Maîtres Vignerons de Vidauban

89 chemin Saint Anne - Vidauban
04 94 73 73 33

Miels Daval

1216 RD 7 - Vidauban
04 94 73 56 37

Vergers Simone & Boyer - Pommes - Fruits et Légumes

4721 RD 7 - Vidauban
04 94 73 03 80



Upper Var region

DRAGUIGNAN TRANS EN PROVENCE FLAYOSC



Our coup de cœur

Michelle

Gilles Ameodo fruit and vegetable
From garden to plate
91610-1706, D955 -
83300 Draguignan
04 94 25 08 92

Our coup de cœur

Isabelle

Encounter with Gérard Delus,
Wine grower and poet based
in Trans en Provence,

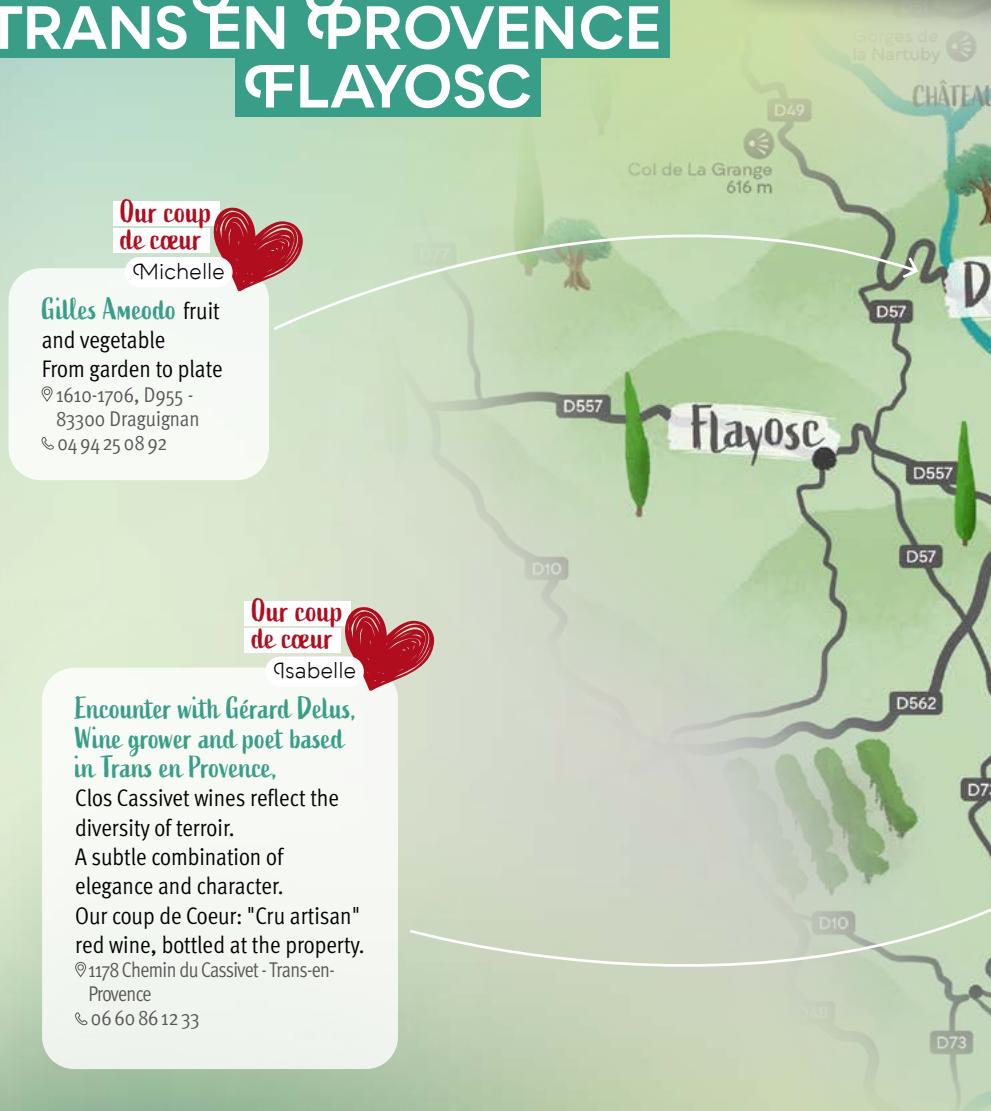
Clos Cassivet wines reflect the
diversity of terroir.

A subtle combination of
elegance and character.

Our coup de Coeur: "Cru artisan"
red wine, bottled at the property.

91178 Chemin du Cassivet - Trans-en-Provence

06 60 86 12 33





Holiday stroll idea

Malmont Hill

Either walking or cycling, Malmont Hill is a natural environment conducive to evasion. Get the most out of every hike and enjoy the dazzling view over the sea.



Our coup de cœur

Frédéric

Micro Brewery "Bière Dracénoise"

Take part to a training session and learn to make your own beer.

6 persons, maximum.

Rate: 150 euros per person. 6 hours training and the opportunity to take your beer back home: 30 to 50 cans, 33 cl each.

44 Boulevard Marx Dormoy -
Draguignan

06 14 16 08 24



Domaine Lamanois

📍 DRAGUIGNAN

Located on Draguignan heights, this **family business** has been cultivating vines and olive trees for more than 3 generations.

Remy and **Geraldine**, the owners, have made efforts to create environmental sustainability. This HVE classified domain has just undertaken a conversion to organic production.

As early as 2014, the owners felt a new approach was needed to further develop their business. They opened their own winery and started to vinify wines. Diversification of activity implied also the production of the golden liquid, i.e. olive oil.

Driven by the same passion, **Valentin** and **Clement**, their children, are now helping to run the family business.

Clement, aged 14, has started open air poultry farming. Besides, he is studying dairy production of milking ewes.

Wine, olive oil, fruit juices and eggs.... In your shopping basket !

📍 2020 chemin de la Pouiraque - Quartier Les Selves -
Draguignan
📞 04 94 67 44 05

Our Coup de Cœur 

L'Assistant Culinaire

📍 DRAGUIGNAN

Running out of time for cooking or shopping... Well, Assistant Culinaire is the perfect solution: you get healthy and tasty dishes, based on fresh and local products.

An home made cuisine, natural and savoury, elaborated with updated food recipes, accessible to everyone.

📍 22 Bd Maréchal Foch, 83300 Draguignan
📞 06 75 93 19 37

La Barque Bleue

Genuine locals!

DRAGUIGNAN

It all started in 1976. Mr and Mrs Sanchez, oyster producers, would sell their shellfish during the Christmas period in front of Continent Supermarket in Trans en Provence

Later on, their daughter and son in law, a fisherman, took over the business. In 2008, they bought a commercial premise in Draguignan city centre... And embarked on a new adventure: take

aways, food trays and food tasting.

Tiphaine's support led to the creation of a larger tasting room: A bigger shop, Barque Bleue, was set up on Place du Marché, while take aways were still available in Saint Hermentaire shopping area.

21 Place du Marché - 83300 - Draguignan

04 94 39 85 65



© Francis Vauban

Holiday stroll idea

Waterfalls and Calant Loop

TRANS EN PROVENCE

A suspension footbridge over the Nartuby Gorges and a river loop: a beautiful waterfall landscape unveils itself. Calant Loop NFC tour guide gets you acquainted with Trans en Provence natural and historical heritage.



Le Potager des Salles

DRAGUIGNAN



Baptiste Rhodius, a young farmer, has set up his business only 5 minutes from Draguignan city centre, at the foot of a Provencal Country house: open wednesdays, from 4.30 pm to 7 pm, from April to December: You find there locally grown and organic fruit and vegetable.

This family run business has developed organic farming with due regard being paid to soil condition. AOC vines, fruit orchards, hen house and organic fruit: This is what makes the reputation of Les Salles Domaine.

Attending Lorgues Friday Market from May to October.

📍 1350 Avenue de Montferrat - 83300 - Draguignan
📞 06 52 68 87 05

Natur'Halles

Quite unusual!

📍 DRAGUIGNAN

Local producers decided to pull their efforts together and create a **cooperative store**.

Production comes from local farms. Apart from walnuts which are produced in Hautes Alpes region. We got into organic farming. We not only sell fresh products, but we also maintain excellent contacts with producers. A wide variety of agricultural and seasonal products is on offer.

We are open every wednesday and friday, from 9 am to 7 pm and saturday from 9 am to 1 pm.

📍 Avenue Salvador Allende - 83300 Draguignan
📞 09 81 62 02 01



Oustaou en Provence

FLAYOSC

Could you tell us more about your experience

I am 38 years old, and yet, I have just started out as a craftsman. I have quite an unusual background: I have always been driven by a passion for clay and cooking... After many years, I have eventually understood that my vocation was "tapenade making".

Quite unusual. How did you come up with such a decision?

I love this ancestral recipe, which reflects Provence tradition.

What is your working methodology?

After year long research, i have come up with new recipes: a wide range of spreadables, tomato sauces and infused olive oil.

I have set up a laboratory with an optimal layout so as to control the processing of raw materials. It seems to me essential to optimize efficiency of fresh control and ecological quality (no chemicals and due respect for rhythm of seasons. In the same frame of mind, I rely on short circuit to make sure products are in sufficient quantities. Over the years, I have built successful partnerships with local producers.

Where are you established ?

I sell my products on markets, in the Var hinterland (Flayosc, Aups, Les Salles sur Verdon and Lorgues) or fairs (Truffle Fair or Wine fair in Draguignan)

I have also developed a website:
www.loustaouenprovence.com

Encounter with...

A CRAFTSMAN
AND A PRODUCER

Where to get my products?

- Le Cellier des 3 Collines, Draguignan et Flayosc
- Le Comptoir de Maurice, Draguignan
- Le Papillon, Bauduen
- Le Clos de Barbey, Bauduen
- Les Cousins de Camille, Tourtour
- Domaine Monte Verdi, Tourtour

⑧ 259, chemin de la Gardète - 83780 - Flayosc

⑨ 07 83 77 77 78



Girard Patisserie

DRAGUIGNAN

It took only 3 years for Girard Patisserie to become a reference gourmet address.

Guillaume Girard, a young pastry chef, has a rich professional background: Michelin rated hotels and best pastries. Born in Draguignan 30 years ago, he has always been convinced that one day he would open up his own business. All his pastry products are **home made**.

914, Boulevard Georges Clémenceau - Draguignan
Tuesday to Saturday: 7.30 am to 1 pm and 3 pm to 7.30 pm. Sunday: 7.30 am to 1 pm. Closed on Monday



And also...

Draguignan

Château Saint-Esprit

9449 route des Nouradons - Draguignan
04 94 68 10 91



Domaine Bois des Demoiselles

Chemin du Bois des Demoiselles - Draguignan
04 94 68 18 40



Domaine du Dragon

990 avenue Frédéric Henri Manhes - Draguignan
04 98 10 23 00



Domaine Rabiega

516 chemin du Cros d'Aimar - Draguignan
04 94 68 44 22



La Sirène et le Coq - Domaine des Tours

149 avenue J. Badord - Domaine des Tours - Draguignan
06 33 37 32 60



Le Cellier des 3 collines

139 avenue du 8 Mai 1945 - Quartier Chabran - Résidence l'Orée du Parc - Draguignan
04 94 68 04 60

Miellerie Mandard

564 chemin Saint Michel - Le Mas des Salles - Draguignan
04 94 68 05 10

Moulin à Huile de Foncabrette

2530 chemin de Villeneuve - D 57 - Draguignan
04 94 70 40 17

Moulin à Huile de Saint Cassien

3 bis rue de l'Observance - Draguignan
04 94 67 13 50

Moulin du Flayosquet

1227 chemin de Coulombe - Route d'Ampus - Draguignan"



Flayosc

Château de Berne

Chemin des Imberts - Flayosc
04 94 60 43 51

Domaine de Matourne

235 chemin des Plaines de Matourne - Flayosc
04 94 84 00 71

Miellerie des Clos

315 chemin des Clos - Flayosc
06 21 35 90 80

Le Cellier des 3 Collines

Rond-Point de Michelage - Route de Draguignan - Flayosc
04 94 39 61 09

Moulin à huile de la Combette

8 chemin des Moulins - Flayosc
04 94 84 63 69

Serge Millet

363 chemin le four - La Recampeado - Flayosc
06 34 22 24 68

Trans en Provence

Clos Cassivet

1178 chemin du Cassivet - Trans-en-Provence
06 60 86 12 33

Les Ruchers du Paradis

44 chemin de Trans au Puits du Bel Eouvé - 1 Quartier Le Paradis - Trans-en-Provence
06 76 74 24 89

Oliveraie La Colline

1522 route du Plan - Chemin des Escarbilles - Trans-en-Provence
06 03 86 31 44



Markets in Dracenie region

FROM 8 AM TO 12.30 AM

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Flayosc
Callas⁽¹⁾, Figanières, Lorgues
Draguignan, Saint-Antonin du Var⁽³⁾, Salernes
Bargemon, Le Muy, Les Arcs sur Argens, Draguignan
La Motte, Lorgues⁽³⁾
Callas⁽¹⁾, Claviers, Draguignan, Montferrat, Taradeau
Ampus⁽²⁾, Le Muy, Salernes, Trans en Provence⁽¹⁾, Vidauban

(1) small market - (2) July and August - (3) May to September

Guidebooks:

Vineyards and Discoveries



Hiking



Cycling



Family



DESTINATION
DRACÉNIE PROVENCE
VERDON



Venez,
vous reviendrez*

*Come once,
you will come back

tourisme.dracenie.com



@dracenie.provence.verdon.tourisme
@dracenie.agenda



Le Département

AMPUS | BARGÈME | BARGEMON | CALLAS | CHÂTEAUDOUBLE | CLAVIERS | COMPS-SUR-ARTUBY
DRAGUIGNAN | FIGANIÈRES | FLAYOSC | LA BASTIDE | LA MOTTE | LA ROQUE-ESCLAPON
LE MUY | LES ARCS-SUR-ARGENS | LORGUES | MONTFERRAT | SAINT-ANTONIN-DU-VAR
SALERNES | SILLANS-LA-CASCADE | TARADEAU | TRANS-EN-PROVENCE | VIDAUBAN