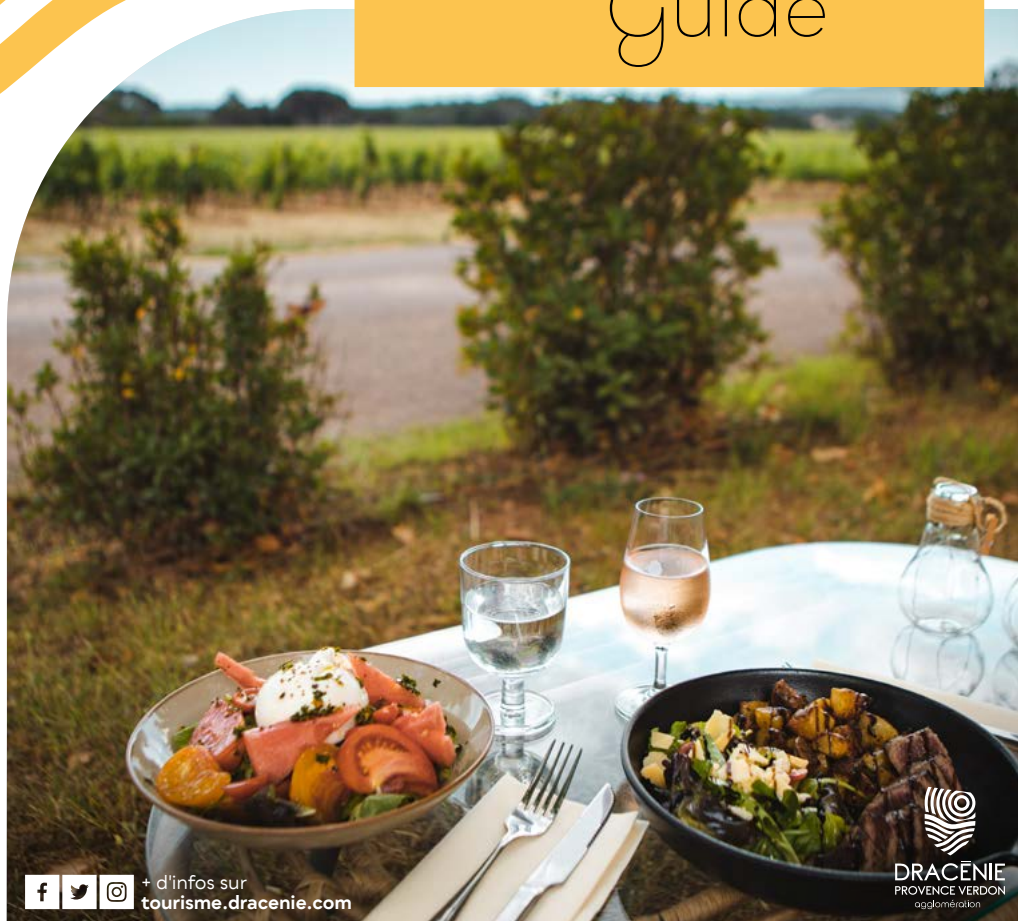




DESTINATION
DRACÉNIÉ PROVENCE
VERDON

*Come once,
you will come
back*

LOCAL TERROIR & GOURMET Guide



+ d'infos sur
tourisme.dracenie.com



DRACÉNIÉ
PROVENCE VERDON
agglomération

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



Hilltop perched villages

p.10-15

Upper Var region

p.40-46

Fairy Valley

p.32-39

Upper Var region

BARGÈME

COMPS-SUR-ARTUBY

LA BASTIDE

LA ROQUE-ESCLAPON



GORGES DU
VERDON

PLATEAU DE CANJUEURS
Camp militaire non visitable

Comps-sur-Artuby

Our coup
de cœur

Christelle & Esther

Tour of the chapels
in Comps sur Artuby

An unusual walk with
breathtaking views. Don't forget
to ask for keys at the tourist office

**Our coup
de cœur** 

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.



**Our coup
de cœur** 

Marie-Hélène
& Esther

Bargème

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



**Our coup
de cœur** 

Cécilia

"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





Georges Huet



Hameau de la Souche

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 proteges 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 Thibaut

☎ 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

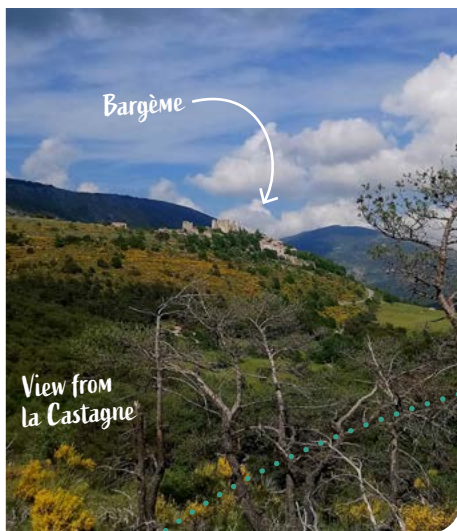
"When I come to Castagne, I first take a deep breath. Then I get overwhelmed by space and the beauty of stunning sceneries."

— 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 ever since: Now I am starting up my own business, I wanted to pay tribute to him.

Bélugue means "spark".

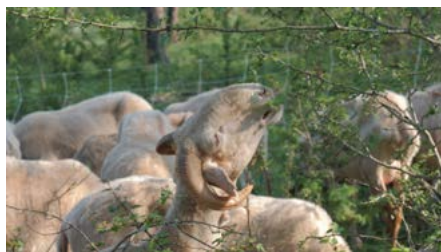
Farming... Animal breeding... Has it always been a vocation?

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, sheep 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.





View from Belhomme Mountain Pass

Our coup de cœur



Yannick

Mountain Pass Col du Bel Homme, Bargemon

Nestled above Bargemon, the so called "Pearl of the Upper Var Region", Col du Bel Homme Mountain Pass unveils a breathtaking panoramic view on the Var Hinterland and even Corsica.

Holiday stroll idea

Le Plateau de Favas, Bargemon

Tourist feedback...

"Beautiful relaxing spot, where younger and elderly people would meet. Woodland stroll, playground for children and great spaces... And in the neighborhood, a little chapel, restored... Unmissable."



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

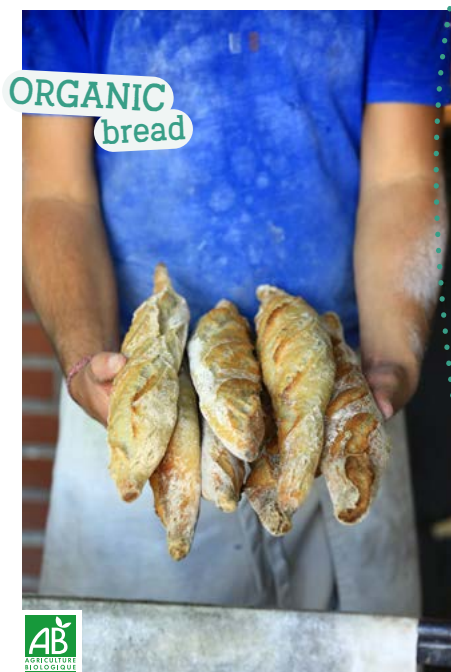


Maison Oudard

📍 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!.

📍 68 chemin des Clots RD562 - 83830 - Callas
☎ 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**
Vinaigrierie 📍 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 Terrissole - Figanières
☎ 06 50 12 96 75

📍 **Pico Brasserie Bozzzale**
📍 14, place du Caou - Figanières
☎ 07 68 12 01 05

Hilltop perched villages

AMPUS CHÂTEAUDOUBLE MONTFERRAT

Our coup de cœur

Michelle



The small market in Ampus, Sunday morning

Bio vegetables are just delicious!

Our coup de cœur

Marie-Hélène



Apier d'Ampus, well known for its mountain honey



D71
Route de la Corniche Sublime

PLATEAU DE CANJUIERS
Camp militaire non visitable

COMPS-SUR-ARTU

L'ARTUBY

Vérignon

D49

Ampus

D51

Gorges de la Nartuby

D49

Col de La Grange
616 m

Châteaudouble

D57

D955

Le Malmont

FLAYOSC

DRAGUIGNAN

D57



**Our coup
de cœur**

Stéphanie



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.

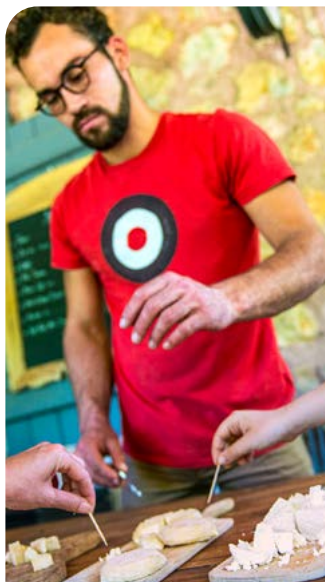


Holiday stroll idea

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 produces 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

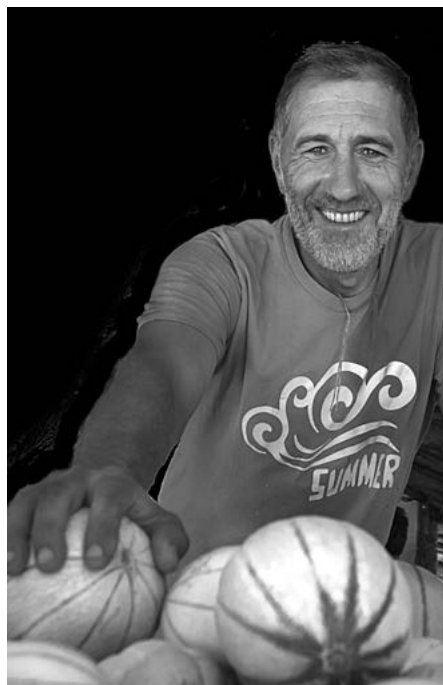
La ferme des Vergelins

AMPUS

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"

📍 AMPUS

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.

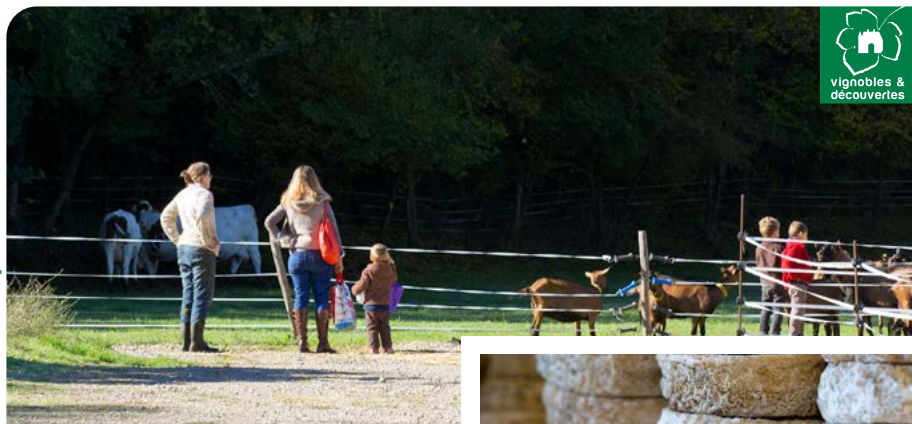
Michelle:

Our coup
de cœur



"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.

© Fonteyre - 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



Les gorges de
Châteaudouble

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 **Pilippe Auda**.

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



© Marie Tabacchi

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

🐔 **Apier 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

“Lou Sausson”

Domaine Lamanois recipe

Ingédients :

- 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



Zucchini millefeuille Goat cheese and fresh basil

Sarah recipe

Ingredients for 4 persons:

- 4 round zucchinis
- 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





Visit of Lisandre chocolate factory in Salernes

Our coup
de cœur 
Stéphanie

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**.

📍 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 Braque 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.



📍 717, route de Mappe - Saint-Antonin-du-Var
☎ 04 94 04 46 74



Enchanted hills

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



Our coup
de cœur



Carole et Yannick

Friday mornings, from May to October

Holiday stroll idea

St Ferréol site in Lorgues

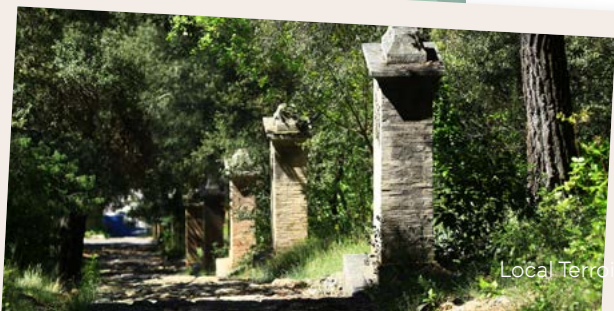
Culminating at 320 meters, Saint Ferréol hill is rich of a long history. You find in Saint Ferréol woodlands shaded hiking trails, picnic tables and a fitness trail.

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 specialties**: 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 skeep, 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 Daurant

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 Clavières 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.mediterraneeavelo.com - [f @lamediterraneeavelo](https://www.facebook.com/lamediterraneeavelo)



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** 
 @ 4005 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 Vausière - Quartier des Omèdes - Lorgues
 ☎ 04 94 67 69 17

 **Le Cellier des Lorguains**
 @ 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 MUÿ
LA MOTTE

Our coup
de cœur



Carole

Julien Bertin exquisite
goatcheese, in Taradeau

Our coup
de cœur



Tina

Les Vignerons de Taradeau

Wines, delicatessen and a wide
range of alcohols.

A motivated and smiling team.

📍 204 avenue des Arcs - Taradeau

☎ 04 94 73 02 03

A8

Le Luc

D97

Le Cannet
des Maures

A57

Les Mayons

Sanfaron

PARC
LOISIRS
practical
practical

D17

SORTIE
N°13



Réserve Naturelle
PLAINES DES MAURES

D558

D75

D48

D74

D72

Cascades
de l'Aille

D72

D74

D75

D76

D77

D78

D79

D80

D81

D82

D83

D84

D85

D86

D87

D88

D89

D90

D91

D92

D93

D94

D95

D96

D97

D98

D99

D100

D101

D102

D103

D104

D105

D106

D107

D108

D109

D110

D111

D112

D113

D114

D115

D116

D117

D118

D119

D120

D121

D122

D123

D124

D125

D126

D127

D128

D129

D130

D131

D132

D133

D134

D135

D136

D137

D138

D139

D140

D141

D142

D143

D144

D145

D146

D147

D148

D149

D150

D151

D152

D153

D154

D155

D156

D157

D158

D159

D160

D161

D162

D163

D164

D165

D166

D167

D168

D169

D170

D171

D172

D173

D174

D175

D176

D177

D178

D179

D180

D181

D182

D183

D184

D185

D186

D187

D188

D189

D190

D191

D192

D193

D194

D195

D196

D197

D198

D199

D200

D201

D202

D203

D204

D205

D206

D207

D208

D209

D210

D211

D212

D213

D214

D215

D216

D217

D218

D219

D220

D221

D222

D223

D224

D225

D226

D227

D228

D229

D230

D231

D232

D233

D234

D235

D236

D237

D238

D239

D240

D241

D242

D243

D244

D245

D246

D247

D248

D249

D250

D251

D252

D253

D254

D255

D256

D257

D258

D259

D260

D261

D262

D263

D264

D265

D266

D267

D268

D269

D270

D271

D272

D273

D274

D275

D276

D277

D278

D279

D280

D281

D282

D283

D284

D285

D286

D287

D288

D289

D290

D291

D292

D293

D294

D295

D296

D297

D298

D299

D300

D301

D302

D303

D304

D305

D306

D307

D308

D309

D310

D311

D312

D313

D314

D315

D316

D317

D318

D319

D320

D321

D322

D323

D324

D325

D326

D327

D328

D329

D330

D331

D332

D333

D334

D335

D336

D337

D338

D339

D340

D341

D342

D343

D344

D345

D346

D347

D348

D349

D350

D351

D352

D353

D354

D355

D356

D357

D358

D359

D360

D361

D362

D363

D364

D365

D366

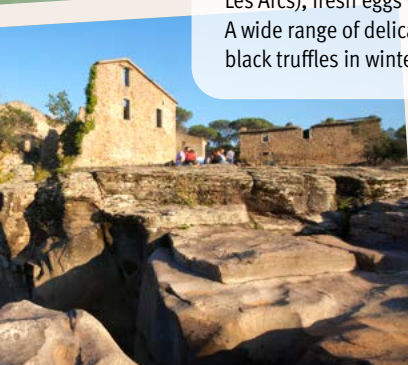


**Our coup
de cœur**

Tina

Chez Sissi, delicatessen in Les Arcs sur Argens

Local products (Les Oréliades),
wines and olive oil (Callas and
Les Arcs), fresh eggs (Taradeau).
A wide range of delicacies and
black truffles in winter.



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 Belvèzes - 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.
📍 249 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

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 Santa Rainette**
 1144 route de Bagnols - La Motte
 ☎ 04 94 70 28 25

 **Domaine de la Maurette**
 Lieu-dit Bastide du Miton - La Rimarde et Gauthier - La Motte
 ☎ 04 94 45 51 54

 **Domaine de L'Eouve**
 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

 **Celier 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 Apiès**
 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 Tasquiers - RD 48 - Vidauban
 ☎ 04 94 73 67 46

 **Domaine des Terres Rouges Kiberry**
 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 72 - 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

☎ 1610-1706, 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 Cœur: "Cru artisan"
red wine, bottled at the property.

☎ 1178 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 "Bièr 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

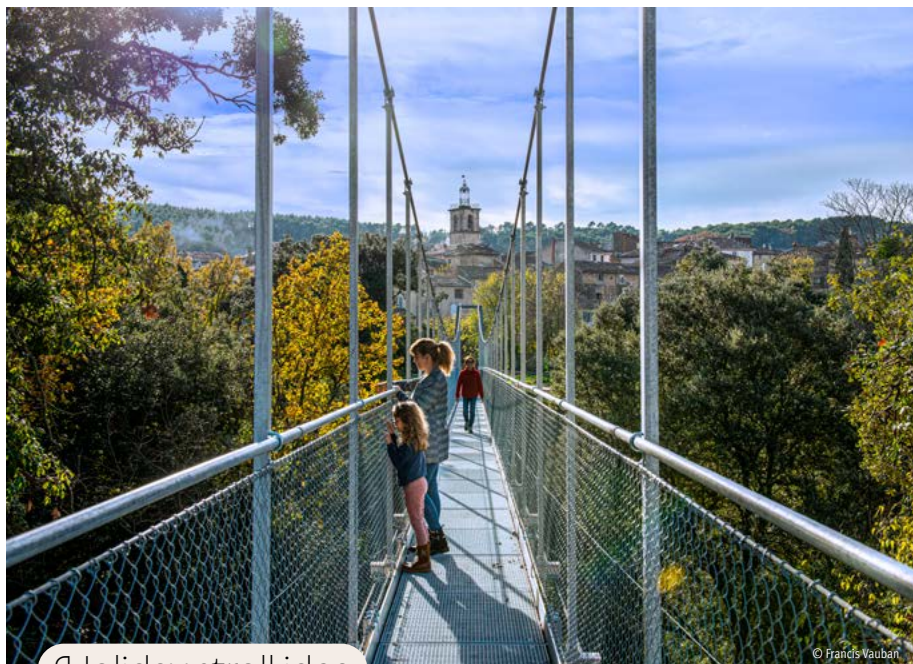
Later on, their daughter and son in law, a fishman, took over the business. In 2008, they bought a commercial premise in Draguignan city centre... And embarked on a new adventure: take

aways, food trays and food tasting.

Tiphaine uge 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



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 Cousines de Camille, Tourtour
- Domaine Monte Verdi, Tourtour

📍 259, chemin de la Gardète - 83780 - Flayosc
☎ 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**.

📍 14, 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**
📍 449 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'Airar - 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
☎ 04 94 70 41 45

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 Recampado - 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 Escarilles - Trans-en-Provence
☎ 06 03 86 31 44



Markets in Dracenie region

FROM 8 AM TO 12.30 AM

Monday	Flayosc
Tuesday	Callas ⁽¹⁾ , Figanières, Lorgues
Wednesday	Draguignan, Saint-Antonin du Var ⁽²⁾ , Salernes
Thursday	Bargemon, Le Muy, Les Arcs sur Argens, Draguignan
Friday	La Motte, Lorgues ⁽³⁾
Saturday	Callas ⁽¹⁾ , Clavières, Draguignan, Montferrat, Taradeau
Sunday	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



Venez,
*vous reviendrez**

**Come once,
you will come back*

tourisme.dracenie.com



[@dracenie.provence.verdon.tourisme](https://www.instagram.com/dracenie.provence.verdon.tourisme)
[@dracenie.agenda](https://www.facebook.com/dracenie.agenda)

DESTINATION
DRACÉNIÉ PROVENCE
VERDON



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