

Emergency numbers



European
emergency number
112



Marseilles treatment
center for poisoning
+33 (0)4 91 75 25 25



15



18



17



14



**Caution! Consult the weather forecast before starting :
the Camargue is regularly exposed to the mistral wind**

Along the way

To eat and drink

- Bars and restaurants in Les-Saintes-Maries-de-la-Mer
- Le Mazet du Vaccarès : +33 (0)4 90 97 10 79
- La Bergerie de Méjanes : +33 (0)4 90 97 16 65
- Le kiosque de Méjanes : +33 (0)4 90 97 06 17

Rent / repair a bike

- Le Vélociste (Saintes-Maries-de-la-Mer) : +33 (0)6 25 32 07 03
- Le Vélo Saintois (Saintes-Maries-de-la-Mer) : +33 (0)4 90 97 74 56
- Trot' Nalex (Saintes-Maries-de-la-Mer) : +33 (0)6 62 39 39 74

Don't miss

- Typical Camargue....
- The Impériaux and Vaccarès ponds
Typical Camargue countryside between Cacharel and Le Mazet du Vaccarès.
- Domaine de Méjanes (horse ride, Paul Ricard museum)
- The town of Les Saintes-Maries-de-la-Mer (Notre-Dame-de-la-Mer church and crypt)

The Impériaux and Malagroy Ponds

The Impériaux and Malagroy ponds, acquired by the General Council of the Bouches-du-Rhône department in 1964, are part of the department preserve. The 2770 hectares were purchased in an attempt to protect these fragile natural landscapes which are home to many species of wading birds (sandpipers) and ducks (mallards, teals), attracted by the shellfish.

The Méjanes ranch (Domaine de Méjanes)

The "Domaine de Méjanes" is an old 13th-century fortified lodging built by the Knights Templar. Some of the buildings date back to the 11th century. They were bought by Paul Ricard in 1939, and are now a farm and tourist ranch where you can discover all of the wealth of Camargue nature on foot, on horseback, on mountain bike or with a train on tires.

The European bee-eater

Its back is brown with bluish-green breast, a yellow throat and a black collar ring, with olive green wings and tail – it looks like it escaped from an exotic bird cage! You can see this bird in the spring and summer, when it builds its nest in the banks along the roads and canals. Its name comes from its favorite food : bees or wasps.

The European bee-eater

Photo credits : Opus-Species, M. Mercier / Parc de Camargue, Heliob&Vaningen



ARLES CAMARGUE TOURISM OFFICE

Downtown Arles Information Center : Bd. des Lices - +33 (0)4 90 18 41 20
Salin-de-Giraud Information Center : Rue Tournaire - +33 (0)4 42 86 89 77
E-mail : ot-arles@arlestourisme.com
Website : www.arlestourisme.com



SAINTES-MARIES-DE-LA-MER TOURISM OFFICE

5 Av. Van Gogh – 13460 Saintes-Maries-de-la-Mer
Tel : +33 (0)4 90 97 82 55
E-mail : info@saintesmaries.com
Website : www.saintesmaries.com



Trekking
Mountain bike/trekking bike
/hiking

7

The trail of the 5 gorges also known as the Méjanes trail



mountain bike
city bike

3h to 4h



6h to 7h



Starting point :

- Les Saintes-Maries-de-la-Mer Information Center
- Domaine de Méjanes



Distance : 30 km round trip



Take note :

- The trail is a dirt track for about 2/3 of the way
- To be avoided on a rainy day and difficult in the mistral wind



7 The trail of the 5 gorges known as The Méjanes trail also



How to get there

- **In les Saintes-Maries-de-la-Mer** : Start from the Tourist Information Center.
- **At the Domaine de Méjanes** : to reach the Domaine de Méjanes, take Route D570 (the road from Arles to Les Saintes-Maries-de-la-Mer). At the Albaron crossroads, take Route D37 toward Salin-de-Giraud and follow the signs to the Domaine de Méjanes.



Starting from Les Saintes-Maries-de-la-Mer :

- 1 Leave the **Tourist Office** on Avenue Van Gogh and cross the village toward the Cacharel road (D85a).
 - 2 After 4 km, just before the Mas de Cacharel, take the "**Piste de Méjanes**" trail on the right. This 11-km long dirt track will lead you to the **Domaine de Méjanes** 3.
- As you go along the Vaccarès Pond, you will be able to observe Camargue National Preserve wildlife and typical Camargue landscapes.

Starting from the Domaine de Méjanes :

Take the same route in the opposite direction.