

MOUNT AUDIBERGUE

*** Time 3 - 4h**

Distance: 9 km - Elevation: 350m

A magnificent hike on the mountain Audibergue, a barren peak at 1642m altitude which contrasts well with the shaded forest of conifers, the summit offers a 360° view over the Esterel spanning to the Mercantour. The summit can be reached by foot or chairlift, open in the summer months. From the Mouliere ski resort which joins the nearby ridge, continue to the east climbing to the first summit at 1602m. Continuing in the same direction and descending slightly until reaching a wide opening which rises along the top of Audibergue's ski slopes and



arriving to see an amazing panoramic view, from the west the Mourre of Chanier which overlooks the gorges of the verdon, to the north the mountain of Estrop, the mountain range of Coyer, St Honorat and Mounier, to the east the Mercantour and to the south the Mediterranean coastline. From the top head down to the north under the ski lifts to rejoin the marked sign 173 at 1421 altitude. Then, leave the slopes following a footpath rising slightly to the north, among pine and broom trees. The footpath leads towards the west, where the vegetation changes to firs and peonies brightening the landscape. Once crossed the ski lift of the Charbonnière, the track can easily regain access to the Mouliere ski resort via the ski slope sign 174.



CHAPEL NOTRE DAME DU ROC

*** Time 2h - 2h30**

Distance: 5 km - Elevation: 310m

Dominating the town of Castellane and perched on its rock, The Chapel of Notre Dame, discovering from the top a magnificent 360° panoramic view of Castellane and beyond. Park at the swimming pool or the car park La Boudousque opposite, just after the bridge today mainly used for camping cars. Pass through the side street



“Lieutenant Blondeau” which leads into the church square with the church on your right.

Two paths exist; straight up in between the church and the estate agents this path has very steep steps but is a more direct path or via a less steep path can be found just further on through the beautiful side street of Rue Mitau, passing the Tourist office and the car park of St Michel, a little further on you will see a sign on your right, the footpath climbs quickly and runs along the side of the ramparts, passing through the Pentagonal tower and the fourteen stations of the cross it then splits; either to the old village ruins of “Petra Castellana” or continue up to the chapel. You can loop back to the car park Boudousque by continuing past the ruins and rejoining the path by the river below.



BLANC-MARTEL TRAIL

*** Time: 6 à 7 hours**

Distance: 15 km - Elevation: 600m -

*Marking: Red and White. **GR4***

The Blanc – Martel Trail enters the depths of the Verdon gorges and follows the course of the river. This Hike is more suitable for experienced hikers who are not prone to vertigo. On the way you will pass through tunnels of 660m in length, a rope bridge, steep metal steps, the ladders of the Breche Imbert, reaching 80m of elevation and in total eighteen ladders and 274 steps. Encountering on the delicate passages' sections of gravel and amazing viewpoints.

This is a one-way hike, starting at the Chalet de la Maline and ending at Point sublime in Rougon.

Make sure to arrange two vehicles one at each end or a taxi ride to the start. From the chalet de la Maline make your way down to the bottom of the gorges. At the intersection keep

to your left in the direction of point sublime, leading on to a difficult passage the Breche Imbert passing through the steep metal steps, reaching the edge of the Verdon. Continuing through the tunnels, make sure to bring a torch. Then head on up to the lookout at the Samson Corridor crossing over the road to continue the foot path to Point Sublime approx. 150m above.



Information: 00 33 4 92 83 61 14

FISHERMEN TRAIL

*** Time: 2h - 3h**

Distance: 6 km - Elevation: 250m

Marking: panels and yellow lines

The Fisherman's path is a beautiful hiker's loop. It is one of the few walks which enables us to discover the gorges and approach the river. This hike like all the gorge's footpaths requires a good physical condition and is not suitable for pregnant women or small children. There is no access for swimming on this walk and the descent down to the Verdon River is quite technical and can be slippery. Steel cables are present as handrails helping you through the delicate passages. From the road of the Gorges, park your car at Col de Olivier. From here, leave the path in the direction of St Maurin. Continue to your left and follow the Fisherman's trail which descends quickly to the bottom of the valley.

The path is on a balcony overlooking the Verdon. After another descent, you will discover the up-stream river. The footpath splits, follow towards the left descending to the Mayreste Ford, following the path to your right. The footpath follows on down to the Verdon lunging the banks for approximately two kms in the shade of oak and boxwood trees. The trail then goes up the hillside and reaches a small ledge. It continues climbing and reaches the meadow of Saint Maurin. Turn right on to a difficult section which is 20m from the road. The itinerary passes just below the road, descending slightly for 400m and then leads back to the carpark – starting point.



EQUIPMENT

- ✓ *Good hiking footwear*
- ✓ *Take at least two litres of water.*
- ✓ *A sun hat / cap*
- ✓ *A suitable rucksack*
- ✓ *Sunglasses*
- ✓ *Warm clothes (for passages in the shade)*
- ✓ *A picnic and /or snacks*
- ✓ *Take an IGN map*

HIKER CHARTER

- Respect the layout of the trails and do not take shortcuts.
- Please be discreet and thoughtful to the nature.
- Do not leave any litter or footprints of your passage.
- Do not light fires.
- Don't forget to close all the gates behind you.
- Keep dogs on a lead.
- Check with authorities with regards to the hunting seasons.
- Be aware of the regulations that allow access to the nature reserves and national parks.
- Know your fitness capability and choose your excursion accordingly, Drink little and often to keep hydrated.
- Do not try to go beyond your own limits.