

# Spring time



Culture and heritage

Sports and wellness

Hand-crafted

Events



*Le Pays  
de Sault*

Between Ventoux Lure & Luberon

Tourist Office of the Sault country

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## LOCAL PRODUCTS - MARKETS - EDUCATIONAL FARM

Lamb and goat cheese from the Sault Country

Springtime arrives bringing with it new life and an abundance of colour, the countryside is bursting with the freshness of the wildflowers, fresh new grasses, the new lambs jump and prance in the sunshine. Lamb from the Sault Country is renowned for its flavour. Goats graze in the pastures on the lush grass and aromatic plants producing a milk used for the cheeses that has a flavour second to none. In the local restaurants your taste buds will soon let you know you are in the heart of Provence.

Weekly markets (8.30 am to 12.30 am)

- Banon on Tuesday,
- Sault on Wednesday,
- Revest-du-Bion on Friday,
- Montbrun-les-Bains on Saturday,
- Around the lake of Monieux, Saint Christol d' Albion and Séderon on Sunday.

The little farm in Villes-sur-Auzon, 06.77.56.63.49, [lapetite-ferme@laposte.net](mailto:lapetite-ferme@laposte.net)

Discovery circuits during one or several days on a donkey. Visit of the farm, presentation of the animals and daily activities.

## ENTERTAINMENTS

### April

1<sup>st</sup> Sunday of the month  
Wednesday before Palm Sunday  
A week-end in the month  
Last week-end of the month

April 30<sup>th</sup> and May 1<sup>st</sup>

Goat's cheese market in Montbrun-les-Bains  
Palm fair in Sault  
"Le goût des pages" in Brantes, publishers salon  
"La Drôme de ferme en ferme" meeting between local growers in their farms and consumers  
"Camerone", fete at the Koëinig barracks in Saint Christol d' Albion

### May

2<sup>nd</sup> week-end of the month

Middle of the month  
3rd Sunday of the month  
Last week-end of the month  
All the month

« Le printemps du Toulourenc » discovery walks on the Toulourenc Valley from Savoillans  
Nature festival around the lake of Monieux  
Cheese festival in Banon  
"Sons dessus de Sault" a live music festival in Sault  
Rose festival in Valsaintes Abbey in Simiane-la-Rotonde

### June

1<sup>st</sup> week-end of the month  
2<sup>nd</sup> Sunday of the month  
Wednesday before Saint Jean Day  
During the two first weeks  
On the 21<sup>st</sup>  
On the 24<sup>th</sup>  
On the last Sunday  
Last week-end of the month

Saint Patron feast in Saint Trinit  
Second hands goods selling in Sault  
Saint Jean fair in Sault  
Rose festival in Valsaintes Abbey in Simiane-la-Rotonde  
Music festival in all the villages  
Saint Jean fire in Brantes  
Second hands goods selling in Saint Christol d' Albion  
Saint Patron feast in Saint Jean de Sault

### Monthly

Guided visits of the old village of Sault, cinema on Friday at 6.00pm and 9.00pm, market by night of local products every Thursday from 5.30pm to 8.00 pm from mid June, exhibitions of paintings.  
Lagarde d' Apt : conference on astronomy and planet observation at the Sirène Observatory  
Villages around : exhibitions of paintings, games of bowls, circus, second-hand trade, concerts, theatre.

## SPORTS AND WELLNESS

Discover the countryside of Sault by foot, mountain bike, or road bike ... the choice is yours! In our Tourist Office you will find all the information you need to ensure your stay in this beautiful region. Guides on local hiking, on the Mont Ventoux, Lure and Luberon mountains, mountain bikes itineraries, road bike circuits on the area of Sault, Mont Ventoux and Vaucluse are all available. Please do not hesitate to contact the Tourist Office or to consult the website [www.saultenprovence.com](http://www.saultenprovence.com), click on Tourist Office.

Accompanied hikes from Sault, *Passion Montagne / Plongée* to 06.83.89.23.96, [daniel.villanova@lesaem.org](mailto:daniel.villanova@lesaem.org) or [vladan@yahoo.fr](mailto:vladan@yahoo.fr)

Daniel, alpine guide, suggests you to discover the country of Sault and its surroundings area. Thematic hikes : fauna, flora, Nesque canyon, geology, lavender for a day, half-day a few days .... Tell him what you want and he does it. He also learns you to improve your knowledge about security, first aid, maps reading, GPS, ...

Bicycle rental and repair service – Albion Cycles in Sault : *route de St Trinit*, 04.90.64.09.32, [contact@albioncycles.com](mailto:contact@albioncycles.com), [www.albioncycles.com](http://www.albioncycles.com), open from Monday to Saturday

Bicycle renting : tourism bicycles and cross-country bikes for both children and adults. Delivery and / or pick-up of bicycles at / from your stay or anywhere else (max. 20 km around for fees)

3 tennis hard courts in Sault, *route de St Trinit*

Court n°1 and n°2 : 12 € for 1h30 on booking at Café le Siècle in the village to 04.90.64.02.17. Court n°3 in free access.

Les Cavalières de la Nesque at St Hubert in Monieux, *tel. 06.37.28.73.98, opening in June*

For beginners or advanced horseman : tours in the forest (1h', 2h', half day, day) on horses and on ponies from 4 years old, 4 days trip, ½ discovery day for children, shaded picnic area, equestrian relay.

ASPA - Accueil Spéléologique du Plateau d'Albion à Saint Christol d'Albion, *tel. 04.90.75.08.33*, [contact@spanet.net](mailto:contact@spanet.net), [www.aspanet.net](http://www.aspanet.net)

8 supervised outdoor activities : potholing, dizzy trail, climbing, canyoning, orientation run, mountain bike, geology hike.

Climbing, canyoning and dizzy trail in Montbrun-les-Bains, 04.75.28.83.71, [gitedevergol@orange.fr](mailto:gitedevergol@orange.fr), [www.gitedevergol.montbrunlesbains.com](http://www.gitedevergol.montbrunlesbains.com)

Supervised sports by Eric LEININGER, qualified alpine guide

Thermal baths and spa centre in Montbrun-les-Bains, 04.75.28.80.75, [montbrun@valvital.eu](mailto:montbrun@valvital.eu), open 7/7 1.30 to 7.00 pm

This centre specialises in massages and sports injuries : jacuzzi, saunas, Turkish bath, aqua-gym in the thermal swimming pool with view on the medieval village and the mont Ventoux. Treat yourself to half a day, a full-day or even one week.

Paragliding in Mévouillon, 04.75.28.50.80 or 06.62.11.74.56, [info@provence-parapente.com](mailto:info@provence-parapente.com)

Paragliding tandem : full day or week-end courses available Baronnie School.

" Ecole Esprit Parapente " Mévouillon, 04.75.28.64.31 or 06.63.77.71.91, [delphinepille@yahoo.fr](mailto:delphinepille@yahoo.fr)

Tandem, initiation, stages, training, week-end.

## HERITAGE – MONUMENTS – MUSEUMS

Nature Discovery and Heritage Centre in Sault (Centre de Découverte de la Nature et du Patrimoine Cynégétique), *tel. 04.90.64.13.96*, [cd.nature@orange.fr](mailto:cd.nature@orange.fr), more information on [www.saultenprovence.com](http://www.saultenprovence.com), click on activities and sports, open from Monday to Friday 10am-12am / 2pm-6pm.

A wonderful opportunity to get to learn about the flora and the fauna of Sault region and the Mont Ventoux, something for all ages, exhibitions on the wildlife, plant-life, trees, reptiles etc.

GAEC Aroma'Plantes distillery in Sault, *tel/fax. 04.90.64.04.02*, [aroma-plantes.gaec@orange.fr](mailto:aroma-plantes.gaec@orange.fr), [www.distillerie-aromaplantes.com](http://www.distillerie-aromaplantes.com), open from Monday to Saturday

Free guided visits of the distillery. Products of the exploitation for sale : aromatic and medicinal plants, essential oils, floral water, spelt of the Haute Provence on organic agriculture, organic cosmetics.

Truffle museum in Monieux, tel. 04.90.64.16.67, [musee.de-la-truffe@orange.fr](mailto:musee.de-la-truffe@orange.fr), open from Tuesday to Saturday  
Exhibition of truffle pictures, explanation about history, objects, harvest and truffle in the kitchen. Display of truffle harvest by a professional man with his dog. See also a collection of some 3500 eggcups given by a local couple of globetrotters.

Marceau Constantin museum in St Christol d'Albion, tel. 06.84.37.96.76, [contact@musee-marceau-constantin.com](mailto:contact@musee-marceau-constantin.com), [www.musee-marceau-constantin.com](http://www.musee-marceau-constantin.com), open from mid-May from Monday to Friday 2.30pm-6.30pm (except Tuesday), WE 10.30am-12.30am/2.30pm-6.30pm

Exhibition of Marceau Constantin's works : drawing, painting, ceramic, picture, ...

Sirène observatory in Lagarde d'Apt, tel. 04.90.75.04.17, [sirene@obs-sirene.com](mailto:sirene@obs-sirene.com) ☐

This exceptional site is known as the place where the sky is the most beautiful in Europe as lighting pollution has not yet reached this point. Offers perfect conditions to observe planets and stars for all levels of astronomers.

Medieval Castle and Rotunda in Simiane-la-Rotonde, tel. 04.92.73.11.34, [contact@simiane-la-rotonde.fr](mailto:contact@simiane-la-rotonde.fr), [www.simiane-la-rotonde.fr](http://www.simiane-la-rotonde.fr), open every day 1.30pm-6.00pm except on Tuesday up to end of April, 7/7 10.30am-1.00pm/1.30pm-7pm from May

Visiting the castle of Simiane la Rotonde is dipping back into the thousand years old history of a monument which succeeded to a former Roman oppidum. The recent restorations enable the visitors to grasp more accurately the living area of this very ancient family. A very beautiful Romanesque room is dedicated to history, its main piece will fascinate you without fail : the ceremony room of the Rotunda (former donjon) with its magnificent helicoid vault opening on a zenithal oculus. The restored Renaissance flats now welcome exhibitions about the natural, agricultural or architectural local heritage. The Sainte Victoire aromatherapy laboratory also stands in the South wing of the castle and will introduce you to the benefits of the aromatic molecules of the essential oils.

Valsaintes Abbey in Simiane-la-Rotonde, tél. 04.92.75.94.19, [info@valsaintes.org](mailto:info@valsaintes.org), open every day except on Tuesday 2.00 to 6.00 pm up to end of April, 7/7 10.30am till 6.00pm from May

On this historic site, the Valsaintes abbey, the fourth cistercian abbey of Provence, a Sylvacane daughter and Sénanque sister, has been restored and is now open to the public. A superb garden all around elaborate by 500 classic and old rose-woods, numerous varieties of tress, shrubs, conifers and plants.

Lavender exploitation « Ho ! Bouquet de Lavande » at Ferrassières, tél. 06 74 61 84 28, [hobouquetdelavande@orange.fr](mailto:hobouquetdelavande@orange.fr), open from end of April

To get to know the lavender better, take a visit to this family run farm, where you can see how the sickle is used when cutting the bouquets, get to see the distillation process thanks to a scaled down distillery, a truly educational experience. (no charge for visit)

The boutique is also open to all visitors with a wide range of home grown products on offer, honey, lavender, essential oils, spelt, etc.

« La miellerie de Lulu » in Ferrassières, tel. 00 (33) 4.75.26.43.35 or 00 (33) 6.62.74.85.75, [jouvefrederic@gmail.com](mailto:jouvefrederic@gmail.com), [www.saultenprovence.com](http://www.saultenprovence.com) rubric Local products and gourmet, open in June every Monday and Thursday at 5.00 pm

Free visit of a honey traditional factory and a lavender farm. Tasting and direct selling of farm products : honey, lavender, lime blossom, spelt, hyssop, marjoram, etc

Aulan Castle, tel. 04.75.28.80.00 or 06.37.25.90.24, [feuillas.jerome@yahoo.fr](mailto:feuillas.jerome@yahoo.fr)

The Aulan castle has undergone several changes since its construction during the middle Ages. Take a visit to learn the full history of this fascinating chateau at 4.00pm and 5.00 pm on the week-end and bank holidays, or on booking during the week.

## HAND-CRAFTED FACTORIES

Bulles d'Arôme - La Savonnerie en Provence in Sault, route de Saint Trinit, tel. 04.90.64.17.99, [info@lasavonnerie.com](mailto:info@lasavonnerie.com), [www.lasavonnerie.com](http://www.lasavonnerie.com), open from Monday to Saturday

Explanation and demonstration about soap manufacturing on Wednesdays at 5.00pm in June and video displays. Factory shop : selling off soaps, cosmetic products made with essential oils selling.

Ask for list of artists, craftsmen and traders of Sault and its country.