

Summer pleasures



Sports and wellness



Culture and heritage

Events



Hand-crafted

Between Ventoux, Lure & Luberon
Le Pays de Sault

Tourist Office of the Sault Country

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LOCAL PRODUCTS – MARKETS – EDUCATIONAL FARM

The Lavender

As each summer arrives the long awaited for Lavender starts to flower sending its soothing fragrance to the furthest corners of the Sault countryside. As the landscape turns to a carpet of blues and purples, tourists and locals each year marvel at its beauty! The lavender of Sault has been used for medicinal purposes for centuries and is now used in many other forms. Local restaurants have menus on offer during the summer using the lavender in local dishes, even lavender ice-cream can be found.

Weekly markets (8.30 to 12.30 am)

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

The little farm in Villes-sur-Auzon, 06.77.56.63.49, 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

July	1 st Sunday	Lavender festival in Ferrassières
	2 nd week-end	Saint Patron feast in Monieux
	July 14 th	Fireworks and outdoor dancing played by a music band in Sault
		Outdoor countryside meal in Saint Christol d' Albion
	3 rd Wednesday	Second-hands goods (boot-sale) in Sault
August	3 rd week-end	Saint Patron feast in Aurel
	4 th week-end	Saint Patron feast in St Christol d' Albion
	1 st Sunday	Lamb festival in Saint Christol d' Albion
	2 nd Sunday	Harvest festival in Revest-du-Bion
	August 15 th	Horse Trotting at the Defends race-course in Sault
Monthly	2 nd week-end	Lavender bicycle tours organised by the Vélo club Saltésien
	The Wednesday after the 15 th	Lavender festival at the Defends race-course in Sault
	During the first 2 weeks	Saint Patron feast in Sault
		Notre Dame fair in Sault
		Ancient music festival in Simiane-la-Rotonde
	Guided visits of the old village of Sault, cinema every Tuesday at 9pm, market of local products every Thursday from 5.30pm to 8.00 pm, hand-crafted, exhibitions of paintings.	
	Lagarde d' Apt : conference on astronomy and observations by night at Sirène Observatory	
	Villages around : exhibitions of paintings, games of bowls, circus, second-hand trade, concerts, theatre.	

OPEN-AIR SPORTS – 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, click on Tourist Office.

Accompanied hikes, *Passion Montagne / Plongée* to 06.83.89.23.96, daniel.villanova@lesaem.org or vlndan@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, 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 free of access.

Swimming-pool in Sault, *route de Saint Trinit, tel. 04.90.64.07.18, open in July and August from 10am-12.30am / 2.30pm-7.30pm*

Paddling-pool, playground, swimming lesson, aqua-gym.

ASPA - Accueil Spéléologique du Plateau d'Albion à Saint Christol d'Albion, *tel. 04.90.75.08.33, contact@spanet.net, www.spanet.net*

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

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

For beginners or advanced horsemen : 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.

Climbing, canyoning and dizzy trail in Montbrun-les-Bains, *04.75.28.83.71, gitedevergol@orange.fr, 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, open 1.30 pm to 7.00 pm every day.*

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*

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*

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, more information on www.saultenprovence.com, click Activities and sport, open from Monday to Friday 10am-12am / 3pm-7pm.*

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

Town museum, *tel. 04.90.64.02.30, open from Monday to Saturday 3pm-6pm*

Founded in 1859 by Henri Chrestian, this museum is one of the oldest country museums and contains prehistoric, gallo-roman, medieval, mineralogical and Egyptian remains and also ancient books including the Diderot encyclopedia, also a fantastic exhibition of ancient coins on display.

The Vallon distillery in Sault, *tel/fax. 04.90.64.14.83, vallon-des-lavandes@wanadoo.fr, open every day from the 25th of July to the 25th of August from 8am-12am / 2pm- 6pm (except on Sundays and the 15th of August).*

Free visit of this friendly traditional family run distillery. Explanatory signs of the distillation process of the lavender. Farm products for sale.

GAEC Aroma'Plantes distillery in Sault, *tel/fax. 04.90.64.04.02, aroma-plantes.gaec@orange.fr, 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.

Lavender farm in Sault, *tel. 04.90.64.00.24*

On booking, visit the lavender fields of the exploitation and the lavender botanical conservatory with numerous varieties of lavender to be discovered.

Truffle museum in Monieux, tel. 04.90.64.16.67, musee.de-la-truffe@orange.fr, open from Tuesday to Saturday
Exhibition of truffle pictures, explanation about its history, objects, harvest and truffle in the kitchen. Truffle harvest with a professional man and his dog. See also the fabulous collection of 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, www.musee-marceau-constantin.com, open every day except on Tuesday 2.30pm-6.30pm, WE 10.30am-12.30am/2.30pm-6.30pm

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

SIRENE observatory in Lagarde d'Apt, tel. 04.90.75.04.17, 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, tél. 04.92.73.11.34, contact@simiane-la-rotonde.fr, www.simiane-la-rotonde.fr open 10.30am-1pm / 1.30pm-7.00pm 7/7

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, open 10.30am till 6.00 pm

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 be all around elaborate by 500 classic and old rose-woods, numerous varieties of tress, shrubs, conifers and plants.

Lavender exploitation « Ho! Bouquet de Lavande » in Ferrassières, tél. 06 74 61 84 28, hobouquetdelavande@orange.fr, open from 9am to midday/3pm till 7pm everyday except Sunday pm and the last week of August

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, www.saultenprovence.com rubric Local products and gourmet, open from June to September 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, feuillas.jerome@yahoo.fr, open 7/7 10am-12am/2pm-6.30pm

The Aulan castle has undergone several changes since its construction in the Middle Ages. It has been part of the Suarez d'Aulans patrimony since 1635. Take a visit to this fascinating chateau to learn its full history.

HAND-CRAFT FACTORIES

Bulles d'Arôme - La Savonnerie en Provence in Sault, route de Saint Trinit, tel. 04.90.64.17.99, info@lasavonnerie.com, www.lasavonnerie.com, open from Monday to Saturday

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

The nougat Boyer factory in Sault, place de l'Europe, tel. 04.90.64.00.23, infos@nougat-boyer.fr, www.nougat-boyer.fr
Visit the workshop with a detailed explanation about the nougat manufacturing process, every Tuesdays and Fridays at 3.00 pm.

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