

## Emergency numbers

**SOS**

European  
emergency number  
**112**



Marseilles treatment  
center for poisoning  
**04 91 75 25 25**



**15**



**18**



**17**



**3250**

## Recommendations

- Carry water and sun protection (cream and head-covering).
- Bring mosquito repellent.
- Do not litter.
- Remain on the path, do not open fences (respect private property).
- Dirt trails are difficult when wet.
- The best times of day for visiting are early in the morning or at the end of the afternoon.
- During hunting season (mid-September to mid-January) do not go out before 9:30 AM.
- Do not leave objects of value in your vehicle.
- Most tours will only take a few hours. Nevertheless we recommend spending a half-day or even a whole day to take full advantage of all the Camargue has to offer.



**Caution! Consult the weather forecast before starting and avoid the mistral wind.**

## Acknowledgements

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These brochures are printed on un-chlorinated paper from forests managed for sustainable development.

## CAMARGUE REGIONAL NATURE PARK

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Website : [www.parc-camargue.fr](http://www.parc-camargue.fr)



### ARLES 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

Mailing address : BP 21- 13633 Arles Cedex

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Région  
Provence  
Alpes  
Côte d'Azur



ARLES  
UNION TOURISTIQUE



Les Saintes Maries de la Mer  
Capitale de la Camargue

€8.50  
VAT INCLUDED

Trek  
Bike - Car / Hiking



# Trekking in the Camargue Regional Nature Park



Parc  
naturel  
régional  
de Camargue

# Camargue

## 14 tours to discover the Regional Nature Park



### Mer Méditerranée

The Camargue Regional Nature Park, created in 1970, covers 100,000 ha of land in three towns, Arles, Les Saintes-Maries-de-la-Mer and Port-Saint-Louis-du-Rhône, with a Park population of 10,000 inhabitants. Its main mission is to conciliate the development of human activities and nature conservation. The Park works in favor of "responsible" tourism, and accompanies tourism professionals who are looking for quality services ("Parc" label, European sustainable-tourism charter...), and by encouraging tourists to use alternate means of transportation other than the car.

The tours presented in the brochures will allow you to discover all of the different Camargue landscapes. From the vineyards in the north to the beaches in the south, through the "sansouires" (saltwort plains) and the salt marshes, go in search of the emblematic Camargue animals, pink flamingos, bulls and Camargue horses. Have a good trip but remember that you also have your role to play in the preservation of the beauty of this land.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	The sea dike	The marshes from Albaron to Saliers	Bulls and vineyards	Discovering the Vaccarès pond	Camargue horses and rice paddies	Between the Bac du Sauvage ferry and Cacharel ranch, Les Saintes-Maries-de-la-Mer	The Méjanas trail (also known as the trail of the 5 gorges)	The Vaccarès : a two-day trip around the pond	Pink flamingos and salt pans	Discover a southern factory town : Salin-de-Giraud	Along the banks of the Rhône : from Salin-de-Giraud to Port-Saint-Louis-du-Rhône	The city surrounded by water, Port-Saint-Louis-du-Rhône	From the Van Gogh bridge to the Vigueirat swamps	Alpilles, Crau, Camargue : the diversity of our natural landscapes
	2h30 - 4h	1h30 - 3h	3h - 4h	2h30 - 4h	3h - 4h	2h30 - 4h	3h - 4h	2 days	3h30 - 5h	0h30 - 1h	1h30 - 3h	1h	3h - 4h	4h - 7h
	2h30 - 4h	1h30 - 3h	3h - 4h	2h30 - 4h	3h - 4h	2h30 - 4h	3h - 4h	2 days	3h30 - 5h	0h30 - 1h	1h30 - 3h	1h	3h - 4h	4h - 7h
		1h30 - 3h	3h - 4h		3h - 4h	2h30 - 4h				0h30 - 1h	1h30 - 3h	1h		
		1h	1h30 - 2h		1h - 1h30	1h30						0h20		
	4h - 5h						6h - 7h		5h - 6h	1h30	3h - 4h	2h		

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