



Dunes

Dunes are the last rampart against the sea : they participate in reducing the sea swell and stopping sea water from flooding the land during storms. In spite of the aridness, animals and plants live on the dunes (lizards, beach grass, sea lilies ...) and help to protect them from erosion.



The sea dike

The sea dike ("digue à la mer") was built in 1859 to protect the Camargue from sea flooding. Water exchanged between the sea and the ponds now goes through sluice gates called "pertuis".



Lighthouses

Three lighthouses were built in Camargue to warn against shipwrecks -- sailors were afraid of the Camargue coastline because it is completely flat and constantly changing -- the Faraman lighthouse, visible from 55 km away, the Beauduc and Gacholle lighthouses. Gacholle is 17 meters high and produces its electricity with a wind turbine. Sailors recognize its green, white and red light.

Emergency numbers

SOS

European emergency number
112



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



15



18



17



3250



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

Along the way

Bar and restaurant

- Mas Saint Bertrand +33 (0)4 42 48 80 69
- There is no water or food on this route. Carry food and drinks with you.
- At the Gacholle lighthouse, bottled water is on sale and you can also borrow material to repair flat tires, but only on weekends and during school holidays from 11:00 AM to 5:00 PM.

Rent a bike

- Vélo Camargue - Réparation (Salin-de-Giraud) : +33 (0)6 25 14 85 96 ou +33 (0)6 70 09 68 77
- Mas Saint Bertrand (Salin-de-Giraud) : +33 (0)4 42 48 80 69
- Relais du Bois Sacré - Réparation (Salin-de-Giraud) : +33 (0)4 90 58 93 03
- Le Vélociste (Saintes-Maries-de-la-Mer) : +33 (0)4 90 97 83 26
- Le Vélo Saintois (Saintes-Maries-de-la-Mer) : +33 (0)4 90 97 74 56

Don't miss

- At the Gacholle lighthouse, the Camargue National Preserve has organized an exhibition about the Camargue coast on weekends and school holidays from 11:00 AM to 5:00 PM.
- The beaches
- The Camargue National Nature Preserve



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

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 / Fax : +33 (0)4 90 97 71 15

E-mail : info@saintesmaries.com

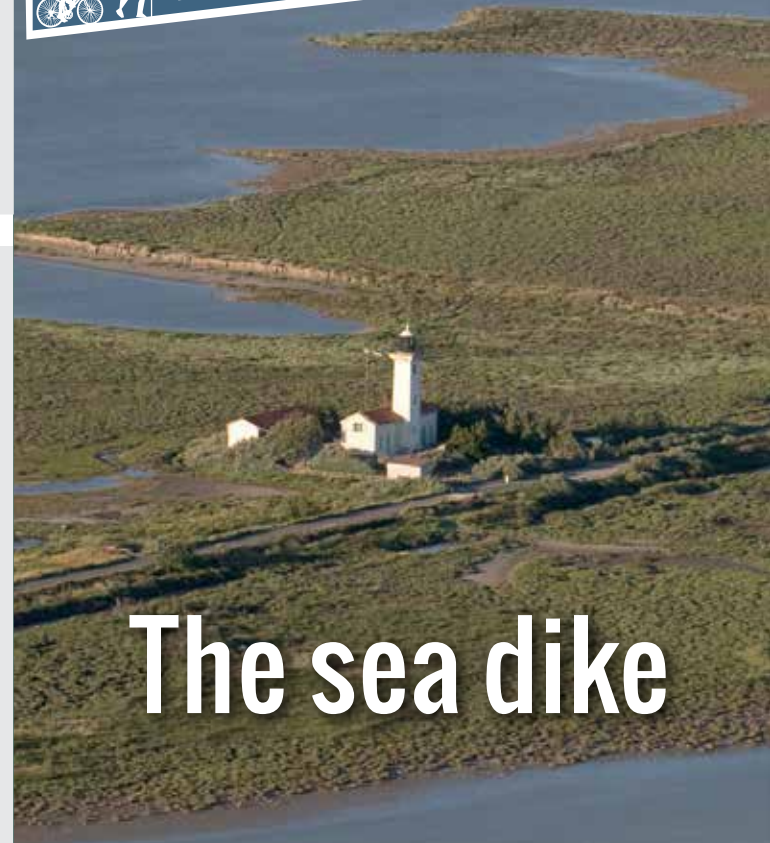
Website : www.saintesmaries.com



Edition 2019

Trek Mountain bike/trekking bike /hiking

1



The sea dike

mountain bike ✓
 trekking bike ✓
 city bike ✓
2h30 to 4h

4h to 5h



Starting points :

- Gacholle lighthouse parking lot
- Saintes-Maries-de-la-Mer Tourist Office



Distance : 24 km round trip



Extension Salin de Giraud : +34 km round trip



Take note :

- The tour follows a dirt path for about 2/3 of the distance
- The path is unfit for trekking in case of rain and difficult in the Mistral wind et difficile par temps de mistral



Parc naturel régional de Camargue

1

The sea dike

RÉSERVE NATIONALE DE CAMARGUE CAMARGUE NATIONAL RESERVE



Map symbols

Departure point at the Gacholle parking lot

Departure point in Saintes-Maries-de-la-Mer

Danger

Restaurant, snack bar

Bar

Camp grounds

Bicycle rental

Observation point

Campers park

Waste disposal, drinking water

Tour Extension

1km



Parc naturel régional de Camargue

NORD

How to get there

- **From Arles** : take route D570 toward Les Saintes-Maries-de-la-Mer, then turn left on D36 toward Salin-de-Giraud. At Peaudure turn left onto the "Chemin du Grand Badon". At the end of this road turn right on D36C to Mas Saint Bernard. After Mas Saint Bernard turn left to the sea dike ("digue à la mer"). Continue along the paved road and then the dirt track to the Gacholle parking lot, just before the lighthouse.

- **From Salin-de-Giraud** : Take route D36 toward Arles. After 2 km turn left onto D36C, then right toward the Mas Saint Bernard. After Mas Saint Bernard turn left to the sea dike ("digue à la mer"). Continue along the paved road and then the dirt track to the Gacholle parking lot, just before the lighthouse.

- **From Les Saintes-Maries-de-la-Mer** : start at the Tourism Information Center, Avenue Van Gogh.

From the Gacholle parking lot :

1 From the **Gacholle parking lot** follow the sea dike to the Gacholle lighthouse. Go by the lighthouse and continue for 3 km following the signs. You will be entering the territory of the Camargue National Preserve, land rich in wildlife but also very fragile. Please stay on the dike and the posted paths.

2 You can admire the beach by taking the lefthand path near the old customs house. Otherwise continue along the sea dike to the "Pertuis de Rousty" sluice gate.

3 From the "**Pertuis de Rousty**" you can reach Les Saintes-Maries-de-la-Mer by continuing along the dike. The village is about 6 km beyond the "Pertuis".

From Les Saintes-Maries-de-la-Mer :

Follow the above route in the opposite direction.

Extension to Salin de Giraud

34 km round trip (Mas St. Bernard at 9 km)

Turn left as you leave the lighthouse. Cross the lighthouse parking lot (Parking de la Comtesse) **1** and continue to the flamingo observation deck, turn left and continue along this track and then along the blacktop.

Continue to the D36b-D36c crossroads. Turn right toward Saint Bernard (please note : closed on Wednesdays and credit cards are not accepted), only possibility of food and drink before Salin-de-Giraud. Continue to route D36 **!**. Turn right to Salin-de-Giraud 2 km away.