



## Emergency numbers

**SOS** European emergency number **112**  **Marseilles treatment center for poisoning 04 91 75 25 25**

 **15**  **18**  **17**  **3250**

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

## The Impériaux and Malagroy Ponds

The Impériaux and Malagroy ponds, acquired by the General Counsel of the Bouches-du-Rhone department in 1964, are part of the department preserve. The 2770 hectares were purchased in an attempt to protect these fragile natural landscapes which are home to many species of wading birds (sandpipers) and ducks (mallards, teals), attracted by the shellfish.

## The Méjanès ranch (Domaine de Méjanès)

The “Domaine de Méjanès” is an old 13th-century fortified lodging built by the Knights Templar. Some of the buildings date back to the 11th century. They were bought by Paul Ricard in 1939, and are now a farm and tourist ranch where you can discover all of the wealth of Camargue nature on foot, on horseback, on mountain bike or with a train on tires.

## The European bee-eater

Its back is brown with bluish-green breast, a yellow throat and a black collar ring, with olive green wings and tail – it looks like it escaped from an exotic bird cage! You can see this bird in the spring and summer, when it builds its nest in the banks along the roads and canals. Its name comes from its favorite food : bees or wasps.



The European bee-eater

Photo credits : Opus-Species, M. Mercier / Parc de Camargue, Hello@Vaningen

## Along the way

### Bar and restaurant

- Bars and restaurants in Les-Saintes-Maries-de-la-Mer
- The Mazet du Vaccarès – 04.90.97.10.79
- Le Méjanès, at the Domaine de Méjanès – 04.90.97.10.51

### Rent a bike

- Le Vélociste (Saintes-Maries) : 06.25.32.07.03
- Le Vélo Saintois (Saintes-Maries) : 04.90.97.74.56
- Domaine de Méjanès : 04.90.97.06.17

### Don't miss

- The Impériaux and Vaccarès ponds  
Typical Camargue countryside between Cacharel and Le Mazet du Vaccarès.
- Domaine de Méjanès
- The town of Les Saintes-Maries-de-la-Mer (Notre-Dame-de-la-Mer church and crypt)

### 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@visitprovence.com](mailto:ot-arles@visitprovence.com)  
Website : [www.arlestourisme.com](http://www.arlestourisme.com)

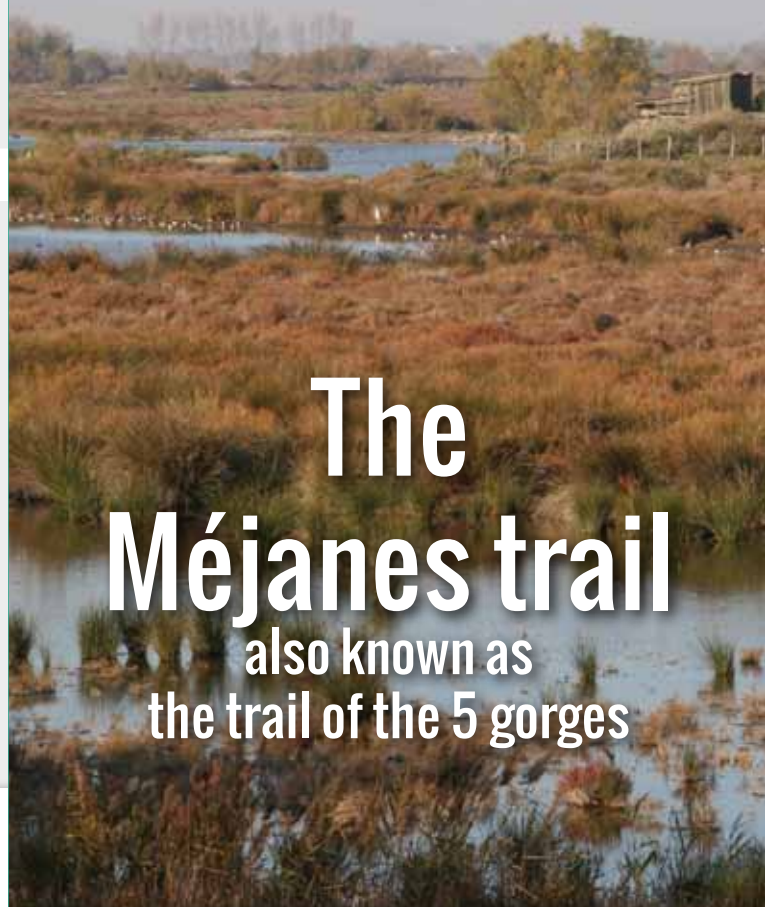
### SAINTES-MARIES-DE-LA-MER TOURISM OFFICE

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](mailto:info@saintesmaries.com)  
Website : [www.saintesmaries.com](http://www.saintesmaries.com)





 **Trekking Mountain bike/trekking bike /hiking**

**7**



# The Méjanès trail


also known as  
the trail of the 5 gorges

	mountain bike ✓		trekking bike ✓				
city bike				3h to 4h			
				6h to 7h			

 **Starting point :**

- Les Saintes-Maries-de-la-Mer Information Center
- Domaine de Méjanès

 **Distance :** 30 km round trip

 **Take note :**

- The trail is a dirt track for about 2/3 of the way
- To be avoided on a rainy day and difficult in the mistral wind

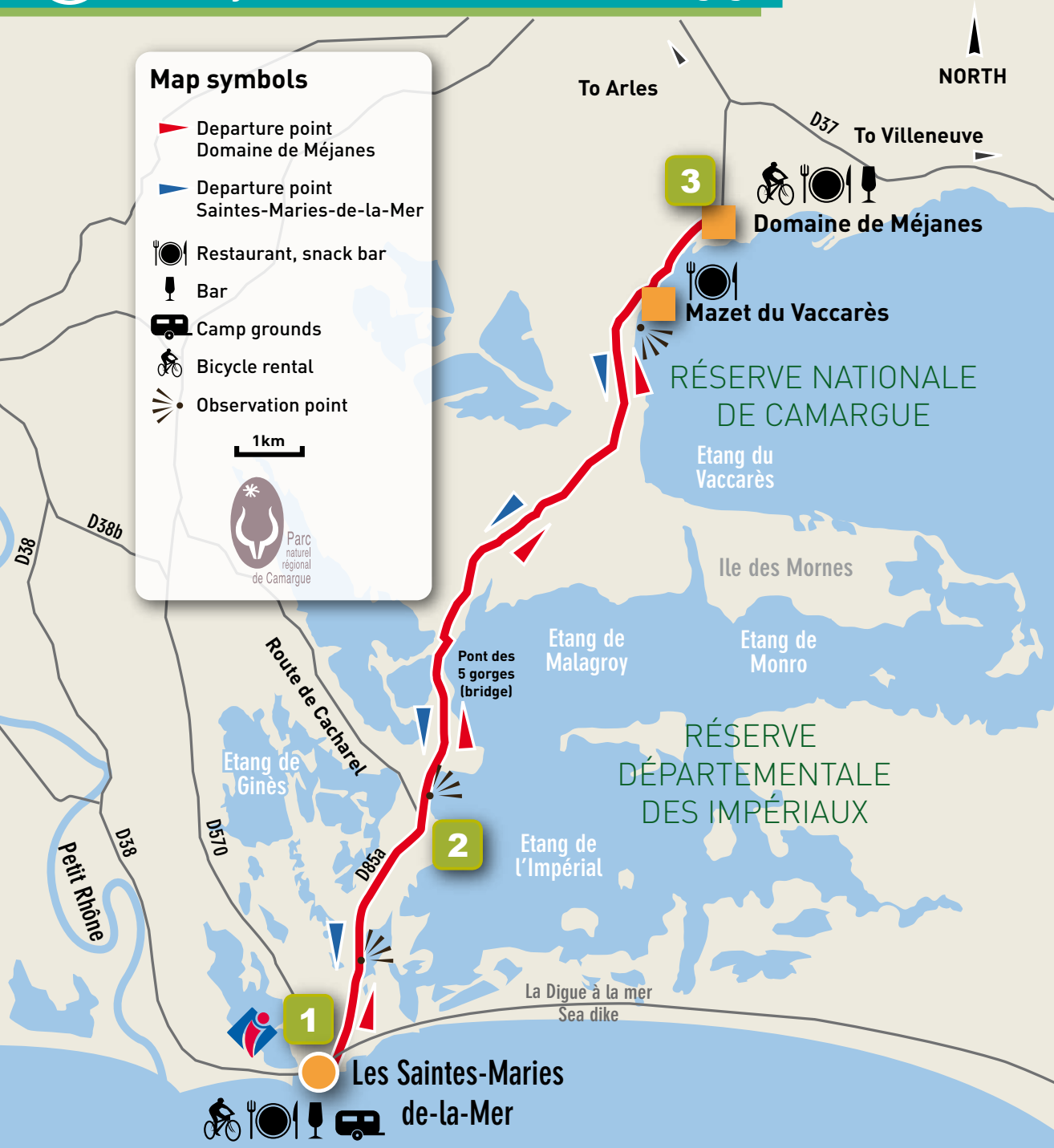


# 7 The Méjanes trail also known as the trail of the 5 gorges

## Map symbols

-  Departure point  
Domaine de Méjanes
-  Departure point  
Saintes-Maries-de-la-Mer
-  Restaurant, snack bar
-  Bar
-  Camp grounds
-  Bicycle rental
-  Observation point

1 km



## How to get there

- **In les Saintes-Maries-de-la-Mer** : Start from the Tourist Information Center.
- **At the Domaine de Méjanes** : to reach the Domaine de Méjanes, take Route D570 (the road from Arles to Les Saintes-Maries-de-la-Mer). At the Albaron crossroads, take Route D37 toward Salin-de-Giraud and follow the signs to the Domaine de Méjanes.



Les Saintes-Maries-de-la-Mer

## Starting from Les Saintes-Maries-de-la-Mer :

- 1** Leave the **Tourist Office** on Avenue Van Gogh and cross the village toward the Cacharel road (D85a).
  - 2** After 4 km, just before the Mas de Cacharel, take the “**Piste de Méjanes**” trail on the right. This 11-km long dirt track will lead you to the **Domaine de Méjanes** **3**.
- As you go along the Vaccarès Pond, you will be able to observe Camargue National Preserve wildlife and typical Camargue landscapes.

## Starting from the Domaine de Méjanes :

Take the same route in the opposite direction.