



La Capelière

The Camargue National Preserve was created in 1927 by the French National Society for Nature Protection, which is active in protecting endangered wildlife and environments. The Preserve covers 13,117 ha, of which a large part is occupied by the Vaccarès Pond. La Capelière is a tourist information center managed by the National Preserve. You will find there discovery trails, exhibitions, documentation.

Mosquitos

There are 40 different species of mosquitos, but only 10 species bite. The females find in human blood the proteins they need for their eggs to reach maturity. Mosquitos are a problem for humans but they are useful for many other species : fireflies, fish, swallows, bats... which feed on them. They are thus an important link in the bio-diversity of the Camargue.



Migrating birds

Because it is a peaceful environment rich in nutrients, the Camargue is an important stop-over for migrating birds. There are two major migrating seasons each year. In September the birds coming from northern and eastern Europe stop over before crossing the Sahara to Africa. In March, those who spend the winter in Africa return. Certain species, such as ducks and songbirds, spend the winter in the Camargue.

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

Lodging

- Check at the Tourism Offices for information about lodging depending on your departure point.
- Hostel at Salin de Badon (reservation and key pick-up at La Capelière : +33 (0)4 90 97 00 97

Bar and restaurant

- The Mazet du Vaccarès : +33 (0)4 90 97 10 79
- L'Hostellerie, at the Domaine de Méjanes : +33 (0)4 90 97 10 51
- Les Salicornes (Villeneuve) : +33 (0)4 90 54 18 76
- Bars and restaurants in Les Saintes-Maries-de-la-Mer, Le Sambuc, Salin-de-Giraud.

Rent a bike

- Le vélociste (Saintes-Maries) : +33 (0)4 90 97 83 26
- Le Vélo Saintois (Saintes-Maries) : +33 (0)4 90 97 74 56
- Domaine de Méjanes : +33 (0)4 90 97 06 17
- Hôtel Longo Mai (Sambuc) : +33 (0)4 90 97 21 91
- Mas Saint-Bertrand (Salin-de-Giraud) : +33 (0)4 42 48 80 69

Don't miss

- The Vaccarès pond
- Domaine de Méjanes
- La Capelière : +33 (0)4 90 97 00 97
- The Gacholle lighthouse
- The Sea dike (« Digue à la mer »)
- Guided tour of the former Camargue salt pans from April to September. Reservations necessary call : +33 (0)4 42 86 89 77

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
E-mail : info@saintesmaries.com
Website : www.saintesmaries.com









Trekking Mountain bike/trekking bike 8

The Vaccarès


A two-day trip around the pond



	mountain bike 		
	trekking bike 		
	city bike 		
2 days			

 **Starting point :** Saintes-Maries-de-la-Mer Tourism Office

 **Distance :** 50-km minimum, loop

 **Extensions :**
• Salin-de-Giraud : + 9 km
• Le Sambuc : + 7,5 km


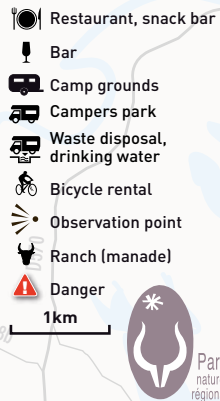
 **Take note**
• Heavy traffic on certain roads (D37)
• Trek to be avoided on a rainy day and difficult in the mistral wind



Photo credits : M. Mercier, Vinzi Studio / Parc de Camargue

Légende



8 The Vaccarès A two-day trip around the pond

Continue straight ahead on Route D37 for 8 km along **the Vaccarès Pond**. Stop at the Mas Neuf du Vaccarès Observation deck, built by the Camargue Regional Nature Park. **5** At the Villeneuve crossroads turn right on Route C134 "De Fiélouse" toward the Vaccarès Pond and La Capelière. After 5 km, you can take the track on the left that leads to La Capelière **6** where you can find information about the Camargue National Preserve. If not, continue straight ahead, go by the **Mas de Fiélouse** then **Salin-de-Badon** (to have access to the discovery trail get permission from La Capelière, 04.90.87.00.97). **7** At the next crossroads, go straight ahead toward the sea dike ("digue à la mer"). Continue along this track to **the flamingo observation post 8**. Take the sea dike toward **the Gacholle lighthouse**, the track is only open to bikers and hikers. You are in the Camargue National Nature Preserve. Go by the lighthouse and continue on for 3 km on the marked trail. **9** You can reach the beach by taking the path on your left near the old customs house. Otherwise continue on the sea dike to the **Pertuis de Rousty 10**. The village of Les Saintes-Maries-de-la-Mer is 6 km further on.

How to get there

- In Les Saintes-Maries-de-la-Mer : Start from the Tourist Information Center, Avenue Van Gogh.
- You can leave from anywhere on the tour depicted on the map. The tour takes two days, so remember to reserve a lodging depending on the distance you want to travel the first day. Park your car in a safe spot.

1 In Les Saintes-Maries-de-la-Mer, leave from the Tourist Office on Avenue Van Gogh and cross the village toward the **Cacharel road (Route de Cacharel)** (D85a). **2** After 4 km, just before reaching the Mas de Cacharel, take the Méjanès trail on your right. This 11-km long dirt track will take you to the **Domaine de Méjanès 3**. Go by the Domaine de Méjanès and continue to Route D37. **4** At the "Yield" sign turn right on D37 (⚠ be careful, this is a dangerous road with a lot of traffic).

Extensions

- **Le Sambuc extension (+7.5 km)**. When you reach the Mas de Fiélouse, turn left on Route C136. At the junction with Route D36, go left until you reach the hamlet.
- **Salin-de-Giraud extension (+9 km)**. At the crossroads (7) turn left on Route D36c toward the Mas Saint-Bernard, then follow signs for Salin-de-Giraud.