

# *WhatToDoWhen*

*Take a stroll through  
peaceful places*

Presented by L'Atelier





## My opinion

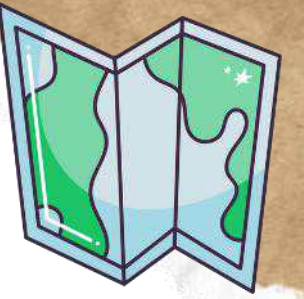
How about a  
little peace and  
quiet?

“ In the imagination, Provence is also the land of siestas, long summer nights, endless moments of relaxation, and slow living. In short, Provence is the ultimate place to unwind. Here, quality of life was invented.

This gave us the idea of sharing with you our most peaceful places in the region. There are, of course, religious sites, but also a village, a river, ponds, landscapes, and walking trails. All that's left to do is chill out!

## WhatToDoWhen

Take a stroll through peaceful places



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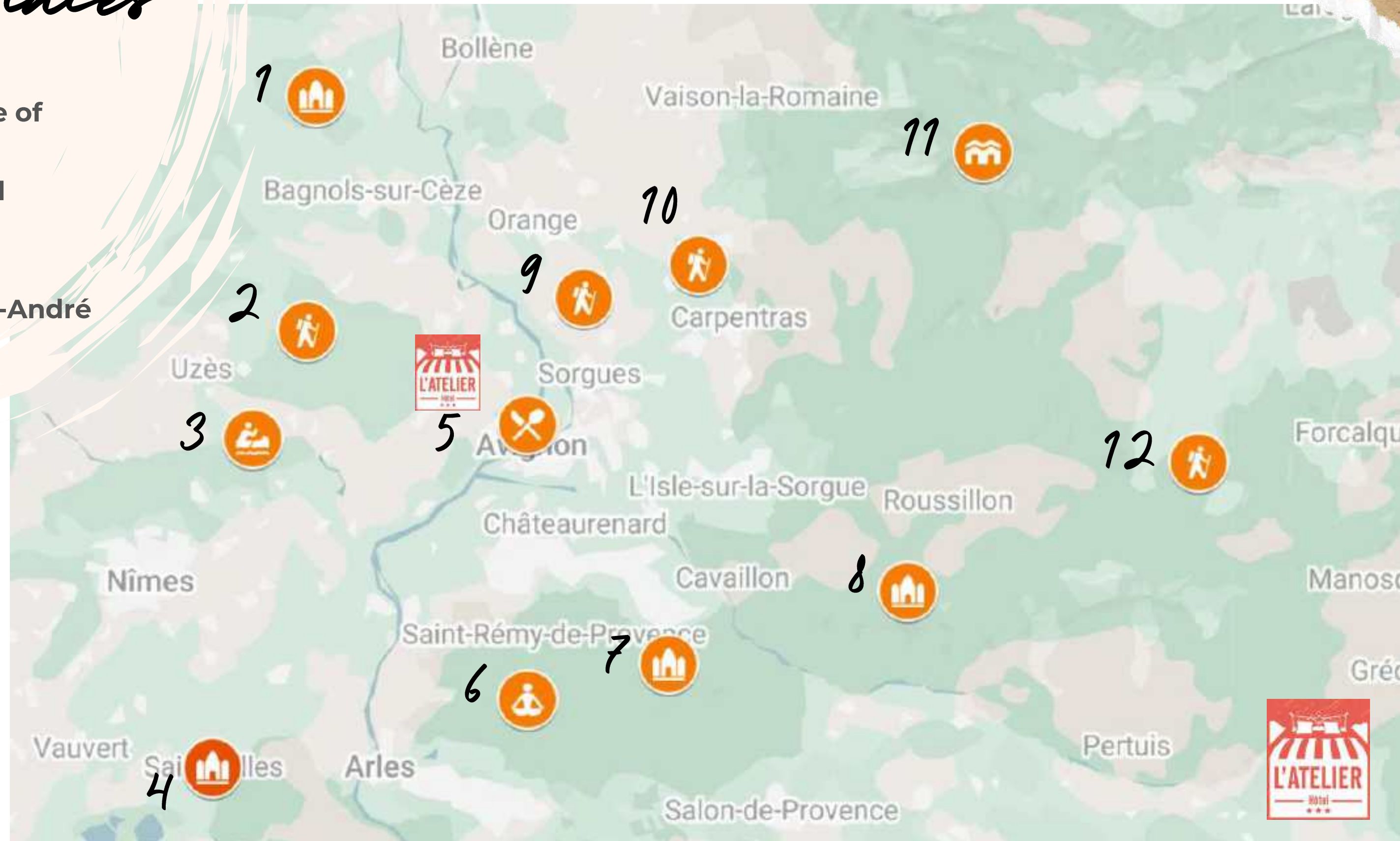


# The Map of Soothing Places

1. Walk around the Chartreuse of Valbonne
2. Capelle-et-Masmolène Pond
3. Down the Gardon river
4. Saint-Gilles Abbey
5. Hortus Café/ Abbey of Saint-André
6. Spa of Domaine de Manville
7. Chapel of Saint-Sixte
8. Abbey of Saint-Hilaire
9. Salted Pond in Courthézon
10. Belle Île Pond in Aubignan
11. Village of Brantes
12. Gorges of Oppédette

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## Soothing stroll

# Walk around the Chartreuse de Valbonne

The thousand-year-old forest of the Chartreuse de Valbonne is an invitation to linger. A two-hour loop trail winds around the religious site, between dense forest and oak groves. A small stream crosses your path to complete the scene.

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La Chartreuse is also worth a visit, particularly for its Burgundy-style glazed tiles. The place is enchanting and authentic, regularly brought to life by wine-making activities and cultural events (concerts).



### Soothing ponds

## 3 ponds far from everything

Provence is arid, yet there are still pockets of freshness, popular with birds. I highly recommend a (short) walk around one of these ponds or marshes. Allow between 20 minutes for Belle-île and 1 hour for the salt marsh. The hustle and bustle of civilization will seem far away.



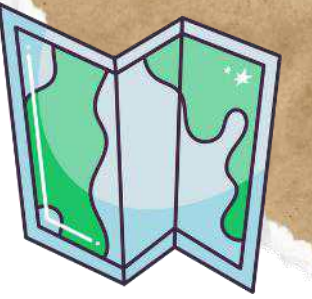
Capelle-Masmolène  
Pond



Belle-Île Pond in  
Aubignan



Courthézon Salt  
Marsh



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Take a stroll through peaceful places

A calming adventure

## Down the Gardon River

It has become a tradition for our family and friends. Every summer, like pilgrims, we head to Collias to paddle down the Gardon River. We prepare a picnic (one for the books), board Kayak-Vert, and paddle down the Gardon River (gorges), taking care to go as slowly as possible. We have time. We stop for a swim, jump off beautiful rocks, and take our time. The main thing is to arrive in time for the last bus back around 5 or 6 p.m. By evening, all the stress has melted away.



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A peaceful place of pilgrimage

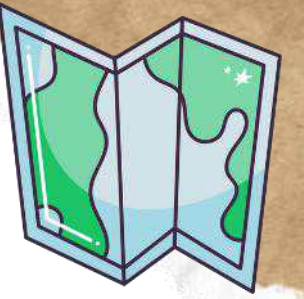
# The soothing beauty of Saint-Gilles Abbey

This abbey church is a marvel, a religious monument of great importance in the Middle Ages. It was nothing less than the fourth most important place of pilgrimage in the Christian world after Jerusalem, Rome, and Santiago de Compostela. The façade of the portal is a veritable book of stone for pilgrims, who did not always know how to read.

The Palace of the Popes is often at the top of your list, but don't forget this abbey church. It is a major monument in the South of France, bringing great serenity to its visitors.

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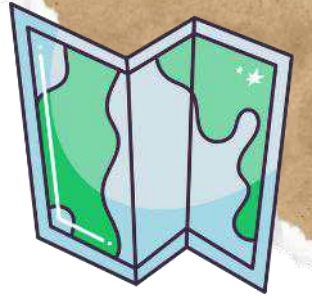
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### Relaxing restaurant

Step out of time  
at Hortus

If there is one peaceful place to discover, it is undoubtedly Saint-André Abbey (a 5-minute walk from the hotel). I can't stop talking about it. Hidden within the abbey gardens is another treasure, Hortus Café.



Yum  
Yum!



The location is simply incredible. The most beautiful view in the region can be seen from this café, located under the arches of the old abbey. What's more, Alexia prepares high-quality homemade sweet and savory snacks using local products. You will remember this moment of absolute tranquility for the rest of your life.



## Soothing spa

Recharge your  
batteries at the  
Domaine de  
Manville Spa



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We tested it a few months ago, and it was undoubtedly one of the most relaxing experiences we've had in recent years. In a charming, luxurious yet cozy setting (thank you to the Saut family for welcoming us so warmly), the house has a lovely indoor spa overlooking a magnificent large swimming pool.



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Indoor pool with jets, whirlpool, steam room, ice fountain, sauna... Everything you need to enjoy a moment out of time. Complete your experience with a massage. Top notch!



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Soothing landscape

# The landscapes of the Chapel of Saint Sixtus



The Chapelle Saint-Sixte is the ideal place to admire the unusual landscapes of the Alpilles. Your photos will look like paintings. A major pilgrimage site every Tuesday during Easter since the 12th century (still today). Take the time to soak up the atmosphere and take some photos. This is one of the best-selling postcard images of Provence. The cypress trees play their part...



Resembling paintings



A place steeped in eternity



Absolute calm



**THINGS TO DO:** Village of Eygalières, vineyards, restaurants, hiking...



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### Soothing abbey

## L'abbaye de Saint-Hilaire

A secret place by definition. While most visitors head for the beautiful village of Ménerbes, other curious travelers stumble upon this charming spot, which is both rural and religious. You'll leave feeling serene. Sounds promising, doesn't it?



“Saint-Hilaire, you come here by chance, you return here out of love.” That says it all.

One of the unique features of this former Carmelite convent is that it has managed to preserve almost all of its buildings over the course of its eight centuries of existence. All the more reason to feel privileged and “lose track of time,” as one visitor aptly wrote in the guestbook.





## Peaceful village

# Visit the most relaxed village in Provence

**Brantes** is located north of Mont Ventoux, giving it an undeniable advantage for our KoiFerKan. It is both off the beaten track and ideally positioned to admire the famous Giant of Provence. Time has stood still in Brantes. The narrow streets are more like paved paths where nature is gradually reclaiming its rights. Here there are no shops (or very few), just the beauty of a village perched between Provence and the foothills of the Alps.



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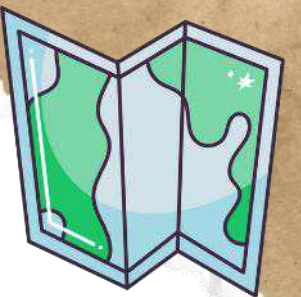
Randonnée apaisante

Paradise is  
located in the  
Oppédette  
Canyon!

Ah Oppédette, a name that evokes Provence, a picture-postcard village, a canyon offering one of the most beautiful hikes in the region (about 3 hours). This little paradise is tucked away at the end of the Luberon. A secret to share with your loved ones. Isolation and wonder guaranteed!

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## WhatToDoWhen

### Practical information

*A peaceful vacation  
requires a little  
organization...*

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### Practical guide to our relaxing locations:



**Abbey of Saint-Gilles** Open from 9 a.m. to 12:30 p.m., 2 p.m. to 6:30 p.m. (Sundays: 2:00 p.m. to 6:30 p.m.).



**Abbey of Saint-Hilaire** Open from 10 a.m. to 6 p.m., every day from Easter to November 11.



**Gardon River/ Kayak vert** Open from April 5 to October 26, from 8:30 a.m. to 7 p.m., every day.



**Hortus Café** Open from 10 a.m. to 5:30 p.m. Tuesday through Sunday from April to September.



**Spa of Domaine de Manville** Open from 10 a.m. to 7 p.m. every day (Friday/Saturday until 8 p.m.).



**Saint-Sixte Chapel** Open from 9:15 a.m. to 12:15 p.m. and from 2:15 p.m. to 6:30 p.m., every day except Sunday.

