



Grand Orb
TOURISME

Avène - Bédarieux
Lamalou Les Bains



WELCOME



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Tourisme
de France



Grand Orb
TOURISME
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Lamalou Les Bains



Olivier Octobre ©



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THERMAL SPAS AND WELLNESS



GO!

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Offices de
Tourisme de France

THERMAL SPAS AND WELLNESS



AVÈNE & LAMALOU-LES-BAINS, TWO RENOWNED SPA RESORTS

Set in verdant countryside between the sea and the mountains, Grand Orb covers an area with an extraordinarily diverse geology and thermal springs with recognised properties.

Two spa resorts of national and international renown have developed here: Avène and Lamalou-les-Bains.



THE VILLAGE OF AVÈNE NESTLES IN THE ORB VALLEY.

Since its inception, Avène spa resort has always been dedicated exclusively to the treatment of skin disorders. It hosts more and more spa visitors every year from all over France and the rest of the world, adults, children and babies.

Avène's thermal water brings relief to patients suffering from atopic dermatitis, eczema and psoriasis as well as the after-effects of burns and cancer treatment, improving scarring.



A WELLNESS CURE : SENSICURE

Specially designed for sensitive skins, this two-three-or-six-day dermo-cosmetic cure is open to all. Whatever the spa programme, it will soothe and revitalise, allowing you to truly relax in quiet.

STATION THERMALE
Avène

LES THERMES D'AVÈNE

Les Bains d'Avène - 34260 AVÈNE - FRANCE

+33(0)4 67 23 41 87

www.avenecenter.com



LAMALOU LES BAINS



The exceptional springs made Lamalou-les-Bains one of the few French spa centres where both neurological and rheumatological complaints are treated. The resort now has also turned its attention to a whole new business activity: wellbeing and fitness.

THE THERMAL SPA

The spa offers à la carte treatments and half-day packages. Come to the spa and discover the wellness and relaxation treatments you can enjoy during your stay, while taking full advantage of the relaxing properties of the thermal water of Lamalou-les-Bains.

OTHER ACTIVITIES

Gym, aquagym, relaxation, musicotherapy, sophrology, qi gong, yoga, do-in, beauty salon.



CHAÎNE THERMALE
DU SOLEIL

LES THERMES DE LAMALOU LES BAINS

Avenue Clemenceau - 34240 Lamalou-les-Bains

+33(0)4 67 23 36 21

www.chainethermale.fr/lamalou-les-bains





Grand Orb
TOURISME
Avène - Bédarieux
Lamalou Les Bains



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GO!

HISTORY AND HERITAGE



Grand Orb's historical, cultural and architectural heritage is everywhere, in its towns and villages and on its highways and byways.

The area is bursting with noteworthy sites and monuments. A visit to Grand Orb is a chance to discover its hidden gems.

Here, castles, abbeys, mediaeval villages, churches, museums and more provide fabulous backdrops to your imagination!

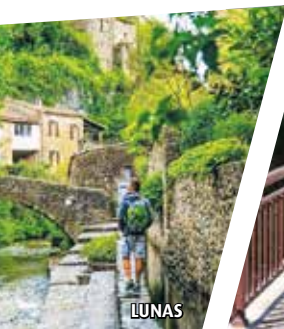
DISCOVER OUR MOST BEAUTIFUL VILLAGES



DISCOVERY TOURS

From valleys to hilltops, these tours show you how nature and history conspire for the enjoyment of all.

These discovery tours will take you to such places as Boussagues, Joncels, Ceilhes, Lunas, St Gervais-sur-Mare and Villemagne l'Argentière, where you can learn about their history, in some cases tinged with legend. A thousand and one wonders await you – here a secret passage, there an architectural detail, anecdotes or a historical fact. This unique heritage delivers up all its secrets. Enjoy your trip! Heritage and nature trails, tour guides...Ask the advisors at the Tourist Office for further information.



THE MUSEUMS

BELL MUSEUM



Housed in the former railway station building at Hérépian just off the Voie Verte cycle path, the Bell Museum tells the history of the Granier Bell Foundry. This former foundry reveals the secrets of the master founders and craftsmen, makers of bells large and small : how cow bells are hammered, coppered and tuned, the lost wax technique, the profile of the strickle board, on which depends the timbre and accuracy of a bell's note, and how the little steel balls are put in the small brass bells called grelots. This know-how is coveted as far afield as Rio, where the Carnival beats to the rhythm of grelots from the Granier Foundry!

Throughout your visit, you'll be accompanied by the tinkling and chiming of bells of all shapes and sizes. And get a chance to discover the museum's amazing big bell!



Espace Campanaire André Malraux, Avenue de la gare, 34600 Hérépian
+33(0)4 67 95 39 95

"THE LIGHTS OF THE MINE": EXHIBITION OF MINERS' LAMPS



This exhibition shows miners' lamps, old documents, tools and objects from the daily life of the miner. Information panels with texts, photos and reproductions of old postcards tell the story of coal-mining in the Graissessac mining area from the first mining concessions in the 18th century to their final closure.

2 chemin de St Martin, 34260 Le Bousquet d'Orb
+33(0)4 67 23 80 89

F5

EXHIBITION: "GRAISSESSAC IN DAYS GONE BY"

This exhibition is managed by the association Des Pierres et du Charbon. Numerous documents, tools, objects from former times and photos let you discover the work of the miners and the history of the Graissessac coal mines from 1770 to 1993.

4 Plateau Sainte-Barbe, 34260 Graissessac
+33(0)4 67 23 90 00



D6

MAISON DES ARTS MUSEUM AND ART GALLERY



Located in the former Royal Saint-Louis Hospice (a listed building), Maison des Arts houses the Heritage Museum and the Contemporary Art Gallery. The Heritage Museum presents the daily life of the inhabitants of the Hauts Cantons, as this rural and mining area in the northern Hérault is known, in the early 20th century. It comprises a number of themed rooms, including the Pierre-Auguste Cot room (19th-century painter), the Ferdinand Fabre room (19th-century French novelist), the Popular Traditions room and the Railway Museum.

The Contemporary Art Gallery shows exhibitions by contemporary artists throughout the year.

19 avenue Abbé Tarroux, 34600 Bédarieux - Tél. :
+33(0)6 78 11 72 56 or +33(0)6 74 38 50 92

F7

CURIOSITATS MUSÉU



This museum invites you to discover or rediscover some of Bédarieux's humbler heritage in three themed sections: the former wheelwright's workshop, with all the tools used in the production of wheels and illustrated by a fascinating period film, one room devoted to the manual trades and, lastly, on the first floor of the house, rooms showing temporary exhibitions.

15 Place Pasteur, 34600 Bédarieux

F7 +33(0)6 78 11 72 56 or +33(0)6 74 38 50 92

SAINT-GRÉGOIRE MUSEUM

The museum has a permanent and evolving exhibition entitled Villemagne, une aventure bimillénaire ("Villemagne, a two-thousand-year-old adventure"), which retraces the history of the Benedictine Abbey through the centuries. The Archaeological Society provides guided tours of the museum.

5 rue St-Grégoire, 34600 Villemagne-L'Argentière

+33(0)4 67 97 75 93



E7

MAISON CÉVENOLE: POPULAR ARTS AND TRADITIONS

Tools, information panels and brief, commented slideshows are an opportunity to discover former trades (hoopers, bellmakers, etc.) and the importance of chestnuts and coal in local culture. Another room presents the castrum of Neyran (11th-12th century), where six years of archaeological excavations have been carried out, and the pre-Romanesque church of Saint-Laurent de Féreyrolles. A final room hosts temporary exhibitions all year round.

12, rue du Pont, 34610 Saint-Gervais-sur-Mare

+33(0)4 67 23 68 88



CD6

TOY AND HISTORICAL OBJECTS MUSEUM

On 300m² of floor space, this museum is a chance to discover more than 13,000 collector's items. It takes you on a voyage of discovery from 1870 and 1970. The collections cover a variety of interests, from miniature vehicles, electric trains and old toys and games to dioramas, military objects, and more.

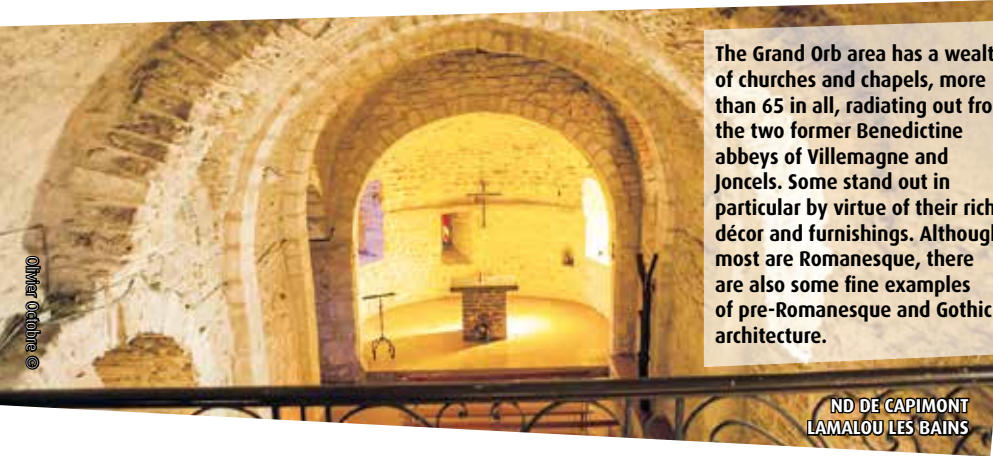
8 ter, rue St Alexandre 34600 BEDARIEUX

+33(0)6 23 96 30 08



F7

RELIGIOUS ARCHITECTURE



The Grand Orb area has a wealth of churches and chapels, more than 65 in all, radiating out from the two former Benedictine abbeys of Villemagne and Joncels. Some stand out in particular by virtue of their rich décor and furnishings. Although most are Romanesque, there are also some fine examples of pre-Romanesque and Gothic architecture.

ND DE CAPIMONT
LAMALOU LES BAINS

ST. JAMES OF COMPOSTELA WAY

THE ARLES OR VIA TOLOSANA WAY (GR 653)

Did you know ?

Nearly 50km of this legendary way from Arles crosses the Grand Orb area, via Joncels, Lunas, Le Bousquet d'Orb and St. Gervais, before continuing to the Tarn. Walkers following it cover the final Mediterranean stages before climbing the Espinouse, which marks the watershed between the Mediterranean and the Atlantic.



MUST-SEE MONUMENTS, the listed historical monument :

VILLEMAGNE ABBEY

Villemagne L'Argentière

The abbey enjoyed its heyday in the Middle Ages thanks to the silver deposits found on its lands. Don't miss : the 14th-century Gothic abbey church and the Miranda Tower, the last vestige of the old Romanesque belftower.



E7

CHURCH OF SAINT-PIERRE-DE-RHÈDES

Lamalou les Bains

A former parish church which became the priory of Villemagne Abbey, Saint-Pierre-de-Rhèdes is a typical example of early Romanesque art. Noteworthy for the originality of its exterior decoration, its outstanding features include two porches incrustated with basalt, one with mysterious inscriptions...

Keys available from Lamalou-les-Bains Tourist Office
+33(0)4 67 95 70 91



D8



SAINT GEORGE'S CHAPEL

Lunas

Located outside the village in a woodland setting, this largely ruined chapel is a rare example of pre-Romanesque architecture of Visigoth influence. Dated to the 9th or 10th century, its horseshoe arch and quadrangular chancel rank it among just seven buildings of this type to be found in Languedoc.

F5

CHURCH OF SAINT-LOUIS AND ITS ORGAN

Bédarieux

Dating from the early 19th century, the building was part of the former Royal Saint-Louis Hospice. The church is famous first and foremost for its Romantic organ, built by Cavallé-Coll and a listed historical monument. Every August, the Organ Festival provides the ideal opportunity to enjoy the sound of this venerable instrument.



F7



JONCELS ABBEY

Joncels

The former abbey of Saint-Pierre-aux-Liens has an impressive, fortified Romanesque belltower as well as a recently restored cloister, both dating from the 12th century. Inside, don't miss the numerous liturgical furnishings: Roman marble altar, statues, chasubles, etc.

Visits: information from the Town Hall,
+33(0)4 67 23 80 60

F4



Mined for nearly 200 years (from 1770 to 1993), firstly from outcrops, then underground and lastly in opencast mines, to supply the local glassworks, the Graissessac coalfield was an industrial centre of crucial importance for the area. A whole economy developed around lignite, the extraction of which changed the landscape. Numerous vestiges remain in the mining villages.

THINGS TO SEE AND DO

Graissessac : D6

- Two circular mine-themed walks starting from the Graissessac Autrefois (Graissessac in Times Gone By) exhibition space (ask for the leaflet); the Simon Mine (one of the most important sites in the history of the town, recently renovated). Guided tours by Association des pierres et du charbon (+33(0)4 67 95 66 51)
- **La Padène geological site** : Cliff from which coal was mined.
- **Saint Joseph Tunnel** : Railway tunnel that linked the pit head (now Plateau Sainte-Barbe) to the railway station of Graissessac-Estréchoux to transport the coal (1857).

Saint Etienne Estréchoux : D6

- The village's former railway station bears witness to its 19th-century industrial past. In 1858, the Graissessac-Estréchoux line to Béziers was built to transport the coal to destinations in the Hérault and elsewhere.

Plaisance, St Geniès de Varensal : C6

- Reconstitution of a mine entrance and memorial (facing the town hall) – the former pit head is the starting point for two short hiking trails (PR – petite randonnée): Mount Marcou and the Upper Mare Valley.

Les Nières and Castanet le Bas, St Gervais sur Mare : D6

- Former nailsmiths' houses and opencast mines (above the village).

Camplong : E6

- **Durand Pit Entrance** : After underground mining ended, this was retained during opencast mining. The coal extracted from the opencast mines was poured into it through a hopper and transported through a subterranean passage to the railway station at Le Bousquet d'Orb.

La Tour sur Orb : F6

- **Lime kiln** : This is the village's former lime kiln and one of the last industrial-scale lime kilns still in existence in the former Languedoc-Roussillon region. The site became a listed historical monument in March 2010. Guided tours by Les Amis du Four à Chaux association by appointment, +33(0)4 67 23 08 90



GRAND ORB IN MEDIAEVAL TIMES : POWERFUL LORDS



While the area now covered by Grand Orb has been occupied since antiquity, it was during mediaeval times, between the 9th and 13th centuries, that most of its towns and villages first came into being and then developed into the 16th century.

THE PRINCIPAL VESTIGES OF THAT PERIOD :

THE MEDIAEVAL VILLAGE OF BOUSSAGUES E7

La Tour sur Orb

This fortified village bears witness to the history of the region throughout the last millennium, with three castles, two churches, steep, hollowed-out rocks, streams, ramparts, fortifications and cobbled streets. The lords of Boussagues prospered thanks to the riches of the local mines and played a role in the development of the valley and the village itself. The seigneurie was one of the most powerful in the Upper Languedoc. These two listed castles, former seigneurial seats, and the 12th-century Maison de Bailli make Boussagues one of Grand Orb's most picturesque listed mediaeval villages.

Association des Amis du Vieux Boussagues
+33(0)6 21 71 65 53

CASTRUM OF MOURCAIROL E8

Les Aires

The castle perches high above the village like an eagle's eyrie. This fort controlled the former Roman road from Béziers to Cahors. Earliest records of it date back to 990. Its four hectares of fortifications housed up to 200 occupants and more – nobles and servants – prior to the Albigensian crusade. It was occupied by the knights of Mercoirol up to the 13th century, then annexed by the lord of Thézan du Poujol and played a defensive role during the Wars of Religion in the 16th century. Today, the site is a listed historical monument. Visitors can enjoy the breathtaking view from the orientation table.

Association Les amis de St Michel
+33(0)6 08 87 21 52



THE HOUSE OF THE
BAILLI BOUSSAGUES



ALLEYS OF BOUSSAGUES





Red earth of Dio

DIO CASTLE G6

Dio et Valquières

Standing at the foot of the Escandorgue overlooking the hills of red earth, or ruffes, the 11th-century castle was built on foundations dating from the Visigoth period. Those vestiges were left by a grandson of Clovis. During the feudal period right up to end of the 17th century, the castle was inhabited by the lords of Dio, including the famous Cardinal Fleury. Today, the castle is privately owned and a listed historical monument.

To visit: +33(0)4 67 23 23 47

LUNAS CASTLE F5

The village is overlooked by a rocky outcrop called the "Redondel", formerly the site of a famous fortified castle (1118) belonging to the Baron of Faugères, Viscount of Béziers, who let it be known to the Marshal of Montmorency that the castle of Lunas was impregnable. The castle, the scene of a drama

worthy of Shakespeare during the Wars of Religion, was razed in 1627 on Montmorency's orders. The heir, Henri de Narbonne, then built the present castle on the banks of the Gravezon in 1641. .

**To visit: Association Les Amis de Lunas
+33(0)4 67 23 76 67**

CASTRUM OF NEYRAN CD6

Saint Gervais sur Mare

The castrum is all that remains of a watchtower and semi-troglodytic, fortified habitation from the early 11th century. The site has a belltower dating from the 12th century and the vestiges of another, later seigneurial residence built in the 14th century. The castrum was gradually abandoned in the 15th century.

**To visit : information available at Maison Cévenole
+33(0)4 67 23 68 88**



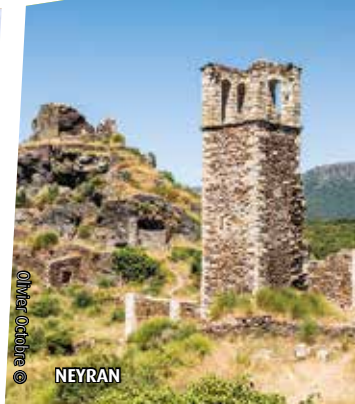
Oliver Octobre ©

DIO



Oliver Octobre ©

LUNAS



Oliver Octobre ©

NEYRAN



BÉDARIEUX F7

Perspective and Viaduct : Embellished by 37 two-hundred-year-old plane trees, the Perspective was originally a dyke, built in the 18th century. While strolling beneath the shade of the plane trees, you can admire the 37 arches of the viaduct built in 1856 for the railway line that linked Béziers to Graissessac.

Giant Ants : Three giant ants reign over the arid place left by former quarries. These monumental works created by artist Jean-Pierre Maurice and put in place by landscapist Claude Chazelle, are 3m long by 2m high and wide.

Railway station

canopy : This remarkable glass canopy in pure Eiffel style was completed in 1903 thanks to the generosity of Noémie Berthomieu, a benefactor of Bédarieux.

Balconies : At the time of Bédarieux's industrial heyday, every middle-class family

in the town made a point of opening the first floor of their apartments onto the street and decorating them with superb balconies

LAMALOU-LES-BAINS D8

Vestiges of the Belle Époque : The 19th century saw the birth and rise of Lamalou-les-Bains. A railway line was inaugurated in 1889, and a casino and theatre provided entertainment. The town became a favourite place of famous men (André Gide, Alphonse Daudet). From the grand hotels to the spa centre, theatre and casino, the whole eclectic architectural taste of the 19th century is represented here.

VILLEMAGNE-L'ARGENTIÈRE E7

Devil's bridge : About half a mile (1km) outside the village on the road to St. Gervais-sur-Mare, a listed monument of regional historical interest, this 18th century bridge was built to facilitate the transport of coal by cart from Graissessac to Hérépien glassworks. It is a hump-backed bridge supported by two arches.





Oliver Octobre ©

ROQUANDOUÏRE

Here, an incredibly rich and contrasting, enchanting natural heritage forged men and set the rhythm of history. From the Mediterranean shrubland to the red-soiled ruffles, forests and refreshing lakes and rivers and to the wild, authentic beauty of the limestone Causses, you journey through vertiginous landscapes and gentle, green mountains. Cradled in the Orb Valley, the area is criss-crossed by rivers and is recognised for the profusion and quality of its water. Springs renowned for their numerous benefits have been used for more than two centuries, notably in the thermal spa resorts of Avène and Lamalou-les-Bains.

THE ORB FROM E3 TO D8

A source of wealth and many pleasures – the River Orb: this 136km coastal river rises in the Escandorgue hills and flows into the Mediterranean at Valras Plage. Angling, canoeing and kayaking and the beauty of its banks are its principal attractions.

ORQUE CLIFFS C6

ST-GENIÈS DE-VARENAL

Rising up 200m, they form the highest limestone rock face in the Upper Languedoc Regional Nature Park – which is why Golden Eagles can often be seen flying over them.



Oliver Octobre ©

THE ORB



THE ORB



Oliver Octobre ©

ORQUE CLIFFS



RED EARTH OF DIO

MONT MARCOU C6
ST-GENIÈS DE-VARENSAL

This exceptional, geologically rich site is renowned among speleologists for its famous pothole and its aragonite geode (a green mineral), a pure gem but with restricted access.

THE FOREST OF FIGHTING WRITERS C8
COMBES

Following devastating floods in March 1930 in the Garonne basin, the association of "Fighting Writers" (Écrivains Combattants) and the Touring-Club de France undertook a reforestation campaign of symbolic intention to raise awareness of the major role of forests in preventing floods and to honour the memory of the writers who died in the war defending France (commemorative avenues and roundabouts, war crosses and stelae). Species of trees used: Atlas cedar and Corsican pine, as well as Scots pine, Douglas fir, chestnut trees and Northern red oak. The forest is criss-crossed by numerous footpaths for pleasant strolls or longer hikes and is equipped with picnic tables.

THE RED EARTH OF LAKE SALAGOU G6

DIO, VALQUIÈRES ET BRENAS

The municipalities of Dio et Valquières and Brenas are set in the red earth of the Salagou, at the foot of the Escandorgue volcanoes and sheltered by white limestone cliffs. But where does this red colour come from? The deposits of sandstone and clay, commonly known as ruffes, which built up gradually nearly 270 million years ago, get their red colour from the presence of iron oxide.



USCLADE PARK AND FOREST D8

LAMALOU LES BAINS

With its majestic cedar trees, Usclade Park is the «green lung» of Lamalou-les-Bains. This peaceful place attracts numerous strollers and includes a pretty little bandstand dating from the 19th century set against a backdrop of greenery. Leading on from the park is a superb pine forest, which is the starting point for numerous hiking paths.

MERQUIÈRE PASS G6

BRENAS

Several springs rise at Merquièr Pass, including the spring that runs into Lake Salagou. From there, it snakes between basalt rock and heath, which the broom turns a bright yellow in springtime.

THE CAUSSE F7

BEDARIEUX

It was the workers of Bédarieux who created this landscape of drystone walls and masetts (small stone cottages) with their own hands. This unique landscape of shrubland and orchards will inspire anyone willing to look and listen. Numerous trails start from the town centre up onto the causses, offering a variety of walks.

PIC DE TANTAJO F8

BEDARIEUX

A veritable observation post, Pic de Tantaajo, or Tantaajo Peak, rises to 518m and offers an outstanding panoramic view of the Orb Valley, the Béziers plain, the hills of Faugères, the sea, the foothills of the Larzac, and the Caroux.



FOREST OF FIGHTING WRITERS COMBES



PIC DE TANTAJO BEDARIEUX



USCLADE FOREST



CAUSSES

ESPAZE PALEBOTANICAL ARBORETUM E6

CAMPLONG

This site forms an 11km botanical hiking trail in the hills above the Orb Valley. You can admire the nearby scenery from an orientation table along the way.

MONTS D'ORB LAKE D3

AVENE

Monts d'Orb Lake, extending from Ceilhes to Avène over six kilometres, is the ideal place for an afternoon's angling. Various species of fish swim in its waters, including trout, pikeperch, perch and carp. Upstream, the river has a number of wild access points.

MONTS D'ORB DAM D3

AVENE

The Monts d'Orb dam was built by the Compagnie du Bas Rhône-Languedoc between 1960 and 1962. Its principal mission is to irrigate the plains of the Béziers region and supply drinking water to the western Hérault and southern Aude, especially in summer. It is equipped to produce electricity. The Monts d'Orb reservoir has the capacity to stock 30 million cubic metres of water.

BOULOC LAKE E3

CEILHES

Situated 100 metres outside the village, Bouloc Lake is ideal for water sports such as swimming

and windsurfing. The high quality of the water makes it a great place to bathe for young and old alike.

GEOLOGICAL VIEWPOINT G7

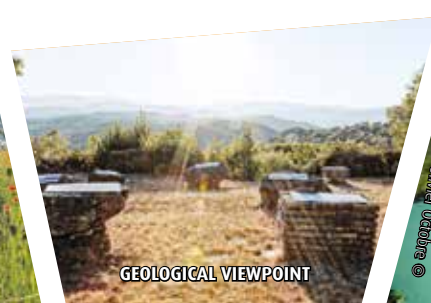
CARLENCAS

Situated halfway between Bédarieux and Lake Salagou overlooking a valley, the tiny village of Carlenças was established in the Visigoth period on the final extremity of a basaltic lava flow (black rock) at an altitude of 458m. This volcanic site with its curious well shafts covered by masonry domes huddles around the church of Saint Martin (11th century). 300m from the centre, a geological viewpoint and information panel on the edge of a natural slope explains the history of the region's rocks.

VERNIÈRE SPRING E8

LES AIRES

Naturally sparkling and enriched with numerous minerals and trace elements. On 4 February 2017, the list of award winners of the world's best mineral waters was unveiled: among 50 mineral waters from 20 different countries, Vernière water won the award in the premier category, ranking it as the best water in the world.



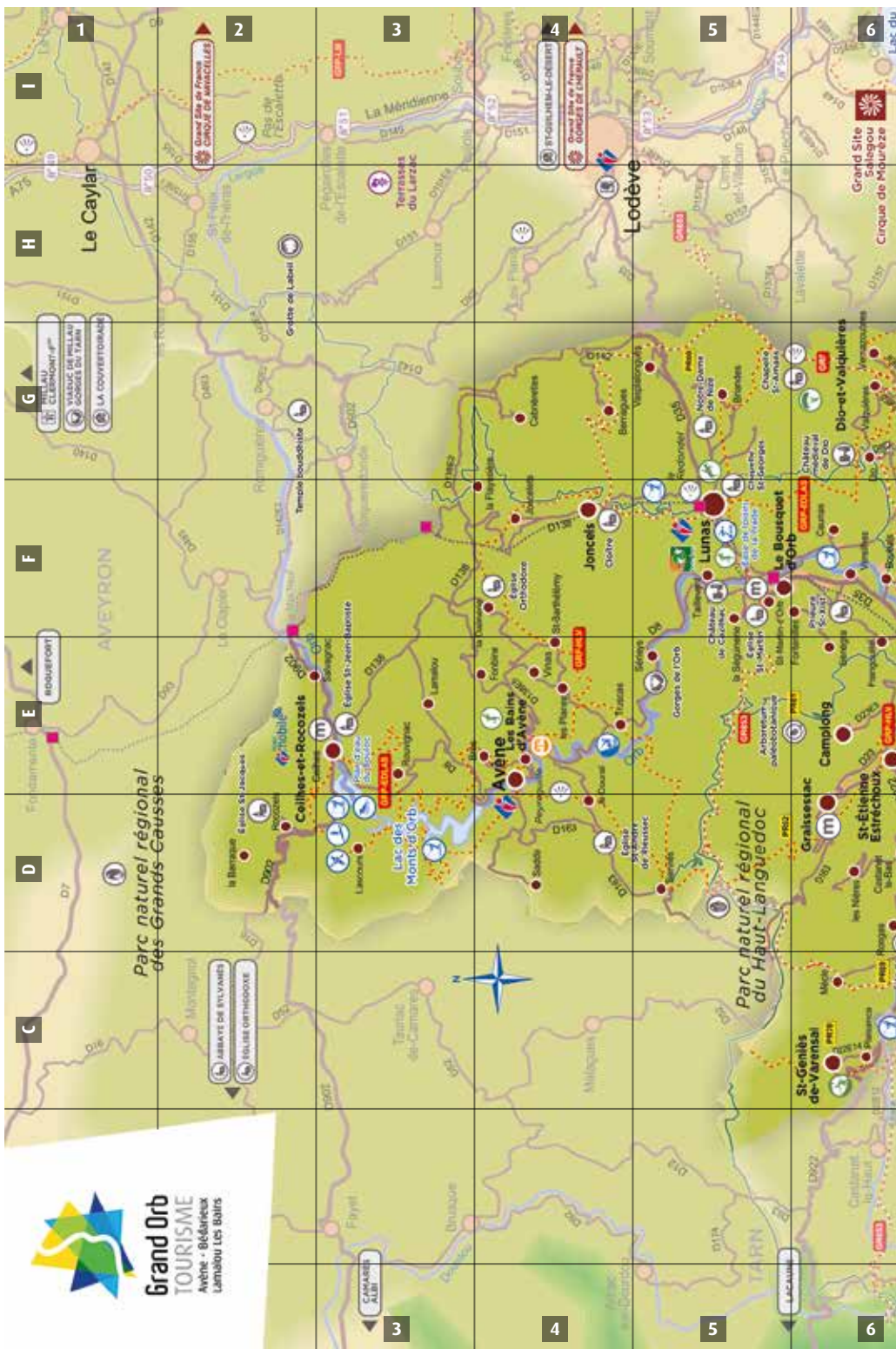
GEOLOGICAL VIEWPOINT

MONTS D'ORB LAKE

GRAND ORB

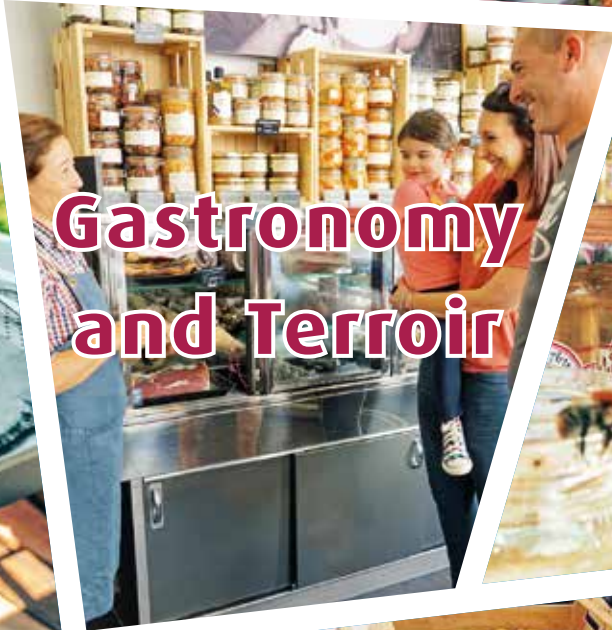


Grand Orb
TOURISME
Avenè - Bédarèx
Lambou les Bains





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Gastronomy and Terroir



GO!



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de France

GASTRONOMY AND TERROIR



Olivier Octobre ©

A STAY IN GRAND ORB IS ALSO A CHANCE TO DISCOVER THE LOCAL GASTRONOMY AND PRODUCTS.

The producers of local treasures – wine, honey, cheese, chick peas, jams, vegetables and aromatic plants – are many.

And you'll find this whole, diverse range of gastronomic goods at the markets of many of the municipalities that make up Grand Orb. In these outdoor markets at the heart of the towns and villages, the colours and fragrances of the local produce combine to create a festive, typically Mediterranean ambience.

A number of restaurants here in Grand Orb offer menus to set your tastebuds tingling in surroundings with character, where good food and beauty come together for a truly enjoyable experience.





MONDAY

Bédarieux

Traditional market – all year round

TUESDAY

Lamalou les Bains

Traditional market – all year round

WEDNESDAY

Avène

Traditional market – April to October

THURSDAY

Graissessac

Traditional market – all year round

Lamalou les Bains

Covered market – all year round

Le Poujol sur Orb

Traditional market – all year round

St Gervais sur Mare

Traditional market – all year round

SATURDAY

Bédarieux

Organic and farmers' market – all year round

Hérépian

Traditional market – all year round

Lamalou les Bains

Covered market – all year round

Le Bousquet d'Orb

Traditional market – all year round

SUNDAY

Ceilhes et Rocozels

Traditional market – July and August

La Tour sur Orb

Traditional market – all year round

Villemagne L'Argentière

Farmers' market – April to October

RESTAURANTS

AVÈNE

RESTAURANT EAU THERMALE AVÈNE L'HÔTEL

*Traditional, local, seasonal
cuisine.*

Les Bains d'Avène
avene.hotel@pierre-fabre.com
www.eauthermaleavene-lhotel.com
+33(0)4 67 23 44 45

RESTAURANT BOURREL

*Country inn: local specialities
(trout, crayfish, ceps, game).*

Truscas
sarlbourel@orange.fr
www.avene-hebergement.com
+33(0)4 67 23 40 35

L'AVENETTE GOURMANDE

Traditional, local cuisine.

18 Quai des Tanneries
+33(0)4 67 23 44 12

RESTAURANT LES MÛRIERS

*Bar-restaurant, homecooked
food. Music night every
fortnight.*

Les Bains d'Avène
lesmuriersavenois@gmail.com
+33(0)9 71 33 01 78

ALLÔ PIZZA

Fast food, pizzeria, snack bar.

43 Quai des Tanneries
acotime81@gmail.com
+33(0)4 67 23 44 35

BÉDARIEUX

AMEYOKO CORNER

Japanish specialities.

22 rue sur le Puits
<https://ameyokocorner.eatbu.com>
+33(0)9 51 47 23 24

Chai Christine Cannac

Wine bar – Bar-restaurant.

3 Square Robert Schuman
christine.cannac@gmail.com
+33(0)4 67 95 86 14
+33(0)6 62 03 89 16

FESTIN D'ASIE

*Restaurant avec terrasse,
Spécialités asiatiques sur
place, à emporter et livraisons*

80 rue Saint Alexandre
+33(0)9 87 19 52 65

FOOD BODY

*Restauration saine, Plats faits
maison*

16 rue de La République
nicolas.miralles@gmail.com
+33(0)4 34 79 98 70

LA FORGE

*Gastronomic restaurant,
shady terrace with parking in
courtyard.*

22 avenue Abbé Tarrowx
restaurantlaforge@sfr.fr
www.restaurantlaforgebedarieux.fr
+33(0)4 67 95 13 13

LA MARQUISE

Kebab / Tacos / Couscous

104 rue St Alexandre
nourysad@gmail.com
+33(0)4 30 40 46 09

LA PLACETTE

*Brasserie – Bar, traditional
cuisine, grills, tapas.*

4 place Roger ABBAL
didier.fulcrand@gmail.com
+33(0)6 36 07 68 46

LE CHANTIER

*Bar-restaurant, traditional
cuisine, grills, tapas.*

Next to La Tuilerie – Route de
Clermont Hérault
cammille.es@gmail.com
+33(0)4 67 95 67 92

LE LOCAL

*Grocery -bar-restaurant,
traditional cuisine made with
local organic produce.*

3 Rue de la République
lasaucelocale@gmail.com
+33(0)9 53 80 28 38
+33(0)6 52 29 81 44

LES CIGOGNES D'ORB

*Pizzas to take away or have
delivered (in Bédarieux),
paella and sauerkraut to order.*

92 avenue Jean Jaurès
eric.ildiss75@gmail.com
+33(0)6 86 62 67 27

LOUP'IZZA

Takeaway wood-fired pizzas.

53 Bis avenue de Lodève
j.saffon@orange.fr
+33(0)4 67 23 49 36

MCDONALD'S

Fast Food

Plaine de la Bastide
+33(0)4 67 23 45 14

CEILHES ET ROCOZELS

LE CAFÉ DU LAC

*Bar-restaurant, ice-creams,
pizzeria.*

Route d'Avène
+33(0)4 67 23 45 44

LE RELAIS DE CEILHES

Traditional cuisine made mainly from organic vegetables and local produce.

10 avenue du Lac
hotel.bessiere@wanadoo.fr

www.accueil-avene.fr

+33(0)6 86 91 09 51

+33(0)4 67 23 42 09

LE TIRE BOUCHON

Traditional cuisine, fast food, pizzeria, rotisserie.

13 Grand Rue
danoissandrine@yahoo.fr

+33(0)4 34 79 99 80

+33(0)6 47 51 50 02

LE VILLAGE DES SOURCES

Traditional restaurant.

8 bis Avenue de la Chapelle
contactlevillagedessources@gmail.com

www.levillagedessources.fr

+33(0)6 87 35 92 75

COMBES

AUBERGE DE COMBES

Country inn. Gastronomic restaurant. Local cuisine depending on the season and produce available, ceps, game, fish, etc.

Le Village
contact@aubergedecombes.fr

www.aubergedecombes.fr

+33(0)4 67 95 66 55

HÉREPIAN

LE GRAND GOUZIER

Cooked food delivered. Present on markets on Mondays (Bédarieux) and Tuesdays (Lamalou-les-Bains).

8 allée du Rieu Pourquidé
jacques.carayol@wanadoo.fr

+33(0)6 09 87 46 73

+33(0)4 67 23 04 00

CHEZ SERGIO

Pizzeria – Traditional cuisine.

18 avenue Marcellin Albert

+33(0)4 67 23 91 88

L'OCRE ROUGE

Gastronomic restaurant.

12 Place de la Croix
contact@loccrouge.fr

www.loccrouge.fr/

+33(0)4 67 95 06 93

L'ARTICHAUD

Bistro - Brasserie – Restaurant with a difference (vintage décor).

1 avenue de l'Espinouse

+33(0)4 67 23 64 38

LES PIZZAS DE CHRIS

Pizzas to take away, free delivery.

Route de Villemagne
christophe34600@hotmail.fr

+33(0)7 82 81 05 74

LAMALOU-LES-BAINS

LE BELLEVILLE

Hôtel - Restaurant - Brasserie

1 avenue Charcot
info@hotel-lamalou.com

<http://hotel-lamalou.com>

+33(0)4 67 95 57 09

RESTAURANT HÔTEL DES THERMES

Traditional cuisine.

6 rue Privat
reception@hoteldesthermes-lamalou.fr

www.hoteldesthermes-lamalou.fr

+33(0)4 67 95 63 11

LA PARENTHÈSE – RESTAURANT DU GOLF

Restaurant – Tapas bar – Brasserie.

Route de St Pons

+33(0)4 67 95 09 09

LE DIAMANTINA

Bar-restaurant - Brasserie.

19 avenue Charcot

lediamantina@orange.fr

+33(0)4 67 95 38 68

LA TERRAZA

Restaurant - Brasserie.

16 avenue Charcot
brasserielaterrazza@gmail.com

+33(0)4 67 95 46 57

LES MARRONNIERS

Gastronomic restaurant – cuisine prepared with care.

8 avenue Capus

contact@restolesmarronniers.com

<https://restolesmarronniers.com>

+33(0)4 67 95 76 00

LE GALIMAR

Hôtel-Restaurant

17 boulevard Saint Michel
hotel.galimar@orange.fr

www.galimar.fr

+33(0)4 67 95 22 99

LE PETIT PLAISIR

Wine shop, wine bar, tapas.

Avenue Clémenceau
lepetitplaisir34@gmail.com

www.lepetitplaisir.fr

+33(0)6 17 50 19 59

+33(0)6 60 85 71 61

LA PETITE ABBAYE

Pizzeria and traditional cuisine.

3 avenue Maréchal Joffre

+33(0)4 67 95 62 44

LE YUCCA

Pizzeria, Italian restaurant.

Résidence Le Verdale B
Boulevard Mourcairol

yucca@orange.fr

+33(0)4 67 95 28 78

LE LOUSTIC

Restaurant - Pizzeria

1 rue Duchenne de Boulogne
fouquet1968@gmail.com

+33(0)4 67 23 94 09



L'HEURE DES THÉS

Tea room – savoury tarts.
2 avenue Maréchal Joffre
heuredesthes@hotmail.fr
+33(0)4 67 95 83 67

LA CUISINE DE PITCHY

Caterer – delivery of cooked dishes.
+33(0)6 32 88 24 80

BARANGELO

Bar-restaurant – Ice cream parlour.
3 avenue Maréchal Joffre
geoffroyveronique63@gmail.com
+33(0)7 69 74 39 04

LE BOUSQUET D'ORB

CHEZ VALOU

Pizzeria
32 avenue Jean Jaurès
valerieboutieres@yahoo.com
+33(0)4 67 97 01 27
+33(0)6 63 85 45 05

TEAM FAST-FOOD

Fast food.
64 Avenue Lyon Caen
+33(0)6 67 94 99 41

LE POUJOL SUR ORB

LE P'TIT RESTO

Cuisine from here and elsewhere...
2 rue de l'Allée
+33(0)4 67 23 19 80

GUINGUETTE AU CHTIO VAR

Food to eat on the spot or take away (grills, salads, hamburgers, tapas, etc).
Rue de la Gare (just off the Voie Verte cycle path)
gotz.isabelle34@gmail.com
+33(0)6 17 89 42 47

VALENTINA PIZZA

Wood-fired pizza, dishes and desserts. Fresh products. To take away or have delivered.
+33(0)7 79 00 27 78

LE PRADAL

L'OSTAL VIEHL

CATERER - INN
La Blaquière
kristence.clamens@gmail.com
+33(0)6 01 43 87 47
+33(0)6 86 69 86 60

LES AIRES

AU FIL DE L'AIRE

Traditional, regional, bistro-style food.
1 place de l'Aire
+33(0)9 52 34 25 00

L'AIRE DU TEMPS CÉCILE CAYROL

Caterer – Events service.
5 La Placette
lairedutemps@gmail.com
+33(0)6 11 15 68 48

LUNAS

LE BOUCHON D'ORB

Traditional cuisine.
Place Mathieu Ciffre (next to town hall)
contact@restaurant-hauts-canton.fr
+33(0)6 67 72 89 24
+33(0)4 67 97 70 45

CHÂTEAU DE LUNAS

Restaurant: gastronomic and traditional cuisine, access via Promenade des Platanettes. Enjoy artisan ice creams by the river.
Pizzeria: access via Rue du Château
Rue du Château
chateaudelunas@live.fr
+33(0)4 67 23 87 99

L'AUBERGE GOURMANDE

Traditional food with an exotic touch from Réunion Island.

52 Grand' Route
aubergelunas@free.fr
+33(0)9 53 90 33 01
+33(0)6 12 05 29 97

Ô PETIT BAIGNEUR

Restaurant, snack bar, traditional cuisine.

Base de Loisirs de la Prade
lapalombagge@laposte.net
+33(0)7 57 67 75 22

SAINT GERVAIS SUR MARE

CAFÉ BRASSERIE LE SAINT GERVAIS

Café - Brasserie
4 place de l'église
+33(0)4 67 23 61 98

L'ORTENSIA DOMAINE DE LA PIÈCE

Quality cuisine, fresh produce, all food home-cooked.
rue du Château
contact@lortensia.fr
www.lortensia.fr
+33(0)4 99 42 00 91

LE CHRISTINA

Pizzeria, grills, salads, ice creams and refreshments. On prior request: trays of pizza, quiche, aperitif platters.
2 place du Quai
+33(0)4 67 23 97 88

SAINT ETIENNE ESTRECHOUX

ROUTE 34 CAFÉ

Fast food.
Le Village – 41 Grand Rue
mendes.jimmy@orange.fr
+33(0)4 30 40 31 28

SAINT GENIES DE VARENSEL

FOYER RURAL

Bar, snacks, groceries.
Plaisance
+33(0)4 67 23 69 04

VILLEMAGNE L'ARGENTIÈRE

AUBERGE DE L'ABBAYE

Traditional food, fresh, local produce.
4 Place de l'Abbaye
www.aubergeabbaye.com
+33(0)4 67 95 34 84

LE VILLEMAGNAIS

Traditional cuisine – wood-fired grills.
1 rue des deux porches
+33(0)4 34 79 01 49





Grand Orb
TOURISME
Avène - Bédarieux
Lamalou Les Bains



**AN AREA
MADE FOR
WINE**



GO!



Offices de
Tourisme
de France

AN AREA MADE FOR WINE



THE WINES PRODUCED IN GRAND ORB HAVE THE FRESHNESS TYPICAL OF VINES GROWN AT ALTITUDE

Planted at altitude, these mountain vineyards yield red, white and rosé wines that the growers craft with passion and pride. Which is why the wines of Grand Orb have everything to please.

The Upper Orb Valley PGI Wine Syndicate is made up of a dozen individual winegrowers and two cooperatives who between them farm 1,000ha of vines.

Growing numbers of tourists every year go to meet the growers at their wineries and take part in wine events. Wine tours, walks and tastings are also on offer in Grand Orb.



Three colours, dozens of flavours :

Whites : Mainly made from the Chardonnay grape.

Rosés : Numerous rosés made from Syrah or Syrah-Chardonnay blends.

Reds : Although there are plenty of varieties (Merlot, Syrah, Grenache, and others), the most characteristic reds are a blend of three grapes: Syrah (50%) and two others, e.g. Carignan, Merlot, Grenache, Cinsault or Pinot.

In recent years, numerous wines of the IGP Haute Vallée de l'Orb appellation have won awards from the different wine guides and in national and international competitions.

TO MEET THE WINEGROWERS



YOU CAN DISCOVER THE LOCAL WINES ON SALE DIRECTLY FROM VINEYARD SHOPS.

Ask the advisors at the Tourist Office for further information.



Did you know that Grand Orb has the Vignobles & Découvertes quality label for wine tourism ?

“Minervois, St. Chinian, Faugères and Upper Languedoc” is now a nationally recognised wine tourism destination thanks to Vignobles & Découvertes, one of 70 destinations to have received this invaluable designation. An acknowledgement of the quality of the vineyards in our area, this brand supports local wine tourism by promoting the region and savoir-faire, but first and foremost the men and women who, every day, work to make this destination what it is.

www.haut-languedoc-vignobles.com

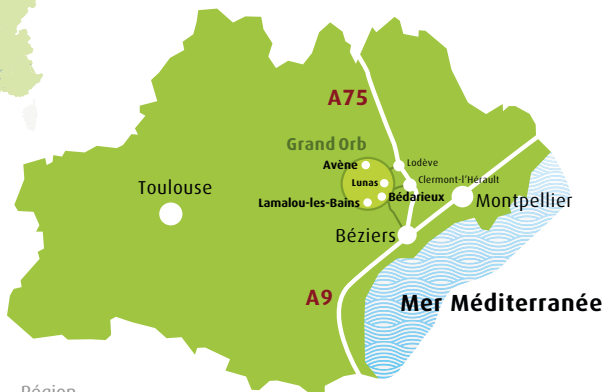
TOURIST OFFICE GRAND ORB

Avène, Bédarieux, Brénas, Carlenças-et-Levas, Camplong, Ceilhes-et-Rocozels, Combes, Dio-et-Valquières, Graissessac, Hérépian, Joncels, Lamalou-les-Bains, Les Aires, Le-Bousquet-d'Orb, Le Pujol-sur-Orb, La Tour-sur-Orb, Le Pradal, Lunas, Pézènes-les-Mines, St-Étienne-Estréchoux, St-Geniès-de-Varensal, St-Gervais-sur-Mare, Taussac-la-Billière, Villemagne-l'Argentière.

- ▶ Tourist Office Avène
10, quai des tanneries - 34260 AVENE
avene@tourisme-grandorb.fr
+33 (0)4 67 23 43 38
- ▶ Tourist Office Bédarieux
1, rue de la République - 34600 BEDARIEUX
bedarieux@tourisme-grandorb.fr
+33 (0)4 67 95 08 79
- ▶ Tourist Office Lamalou-les-Bains
1, avenue Capus - 34240 LAMALOU-LES-BAINS
lamaloulesbains@tourisme-grandorb.fr
+33 (0)4 67 95 70 91
- ▶ Tourist Office Lunas
Le Presbytère - 34650 LUNAS
lunas@tourisme-grandorb.fr
+33(0)4 67 23 76 67

www.tourisme.grandorb.fr

#tourisme_grandorb



Région
Occitanie
Pyrénées-Méditerranée



Carnet réalisé en étroite collaboration avec la Communauté de Communes Grand Orb et les partenaires de l'Office de Tourisme.

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