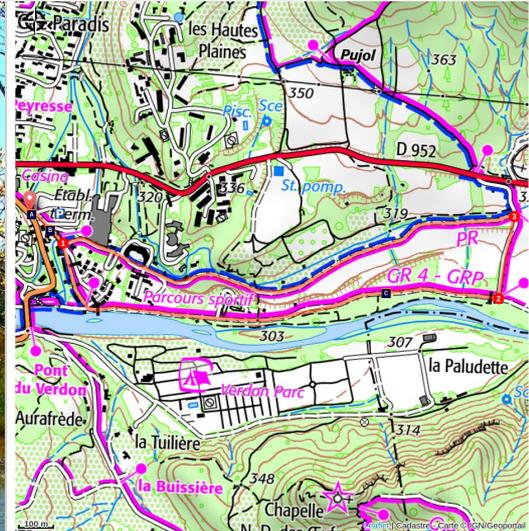


A walk along the Verdon

Gréoux-les-Bains



Automne au bord du Verdon (©Stefano Blanc - PNR Verdon)

A walk filled with charm and peace during all seasons.

Enjoy a bucolic stroll along the Verdon river flowing at the bottom of Gréoux les Bains. If you follow the adapted routes along the waterfront (wide path accessible to all) it is possible to discover the bird species and the typical flora of the wetlands and with a little bit of luck, at the end of the day, to see the beaver.

Useful information

Practice : WALKING

Duration : 1 h

Length : 3.5 km

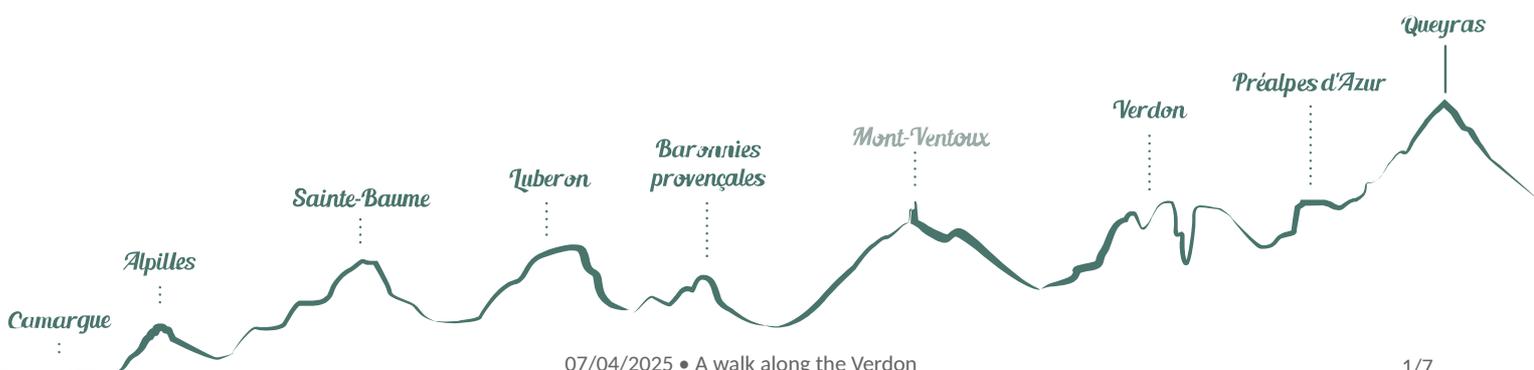
Trek ascent : 30 m

Difficulty : Very easy

Type : Boucle

Themes : Fauna, Heritage and history,
Waters and rivers

Accessibility : Disabled person, Stroller



Trek

Departure : Car park of the Spa, Gréoux les Bains

Arrival : Car park of the Spa, Gréoux les Bains

Markings :  GR®  PR

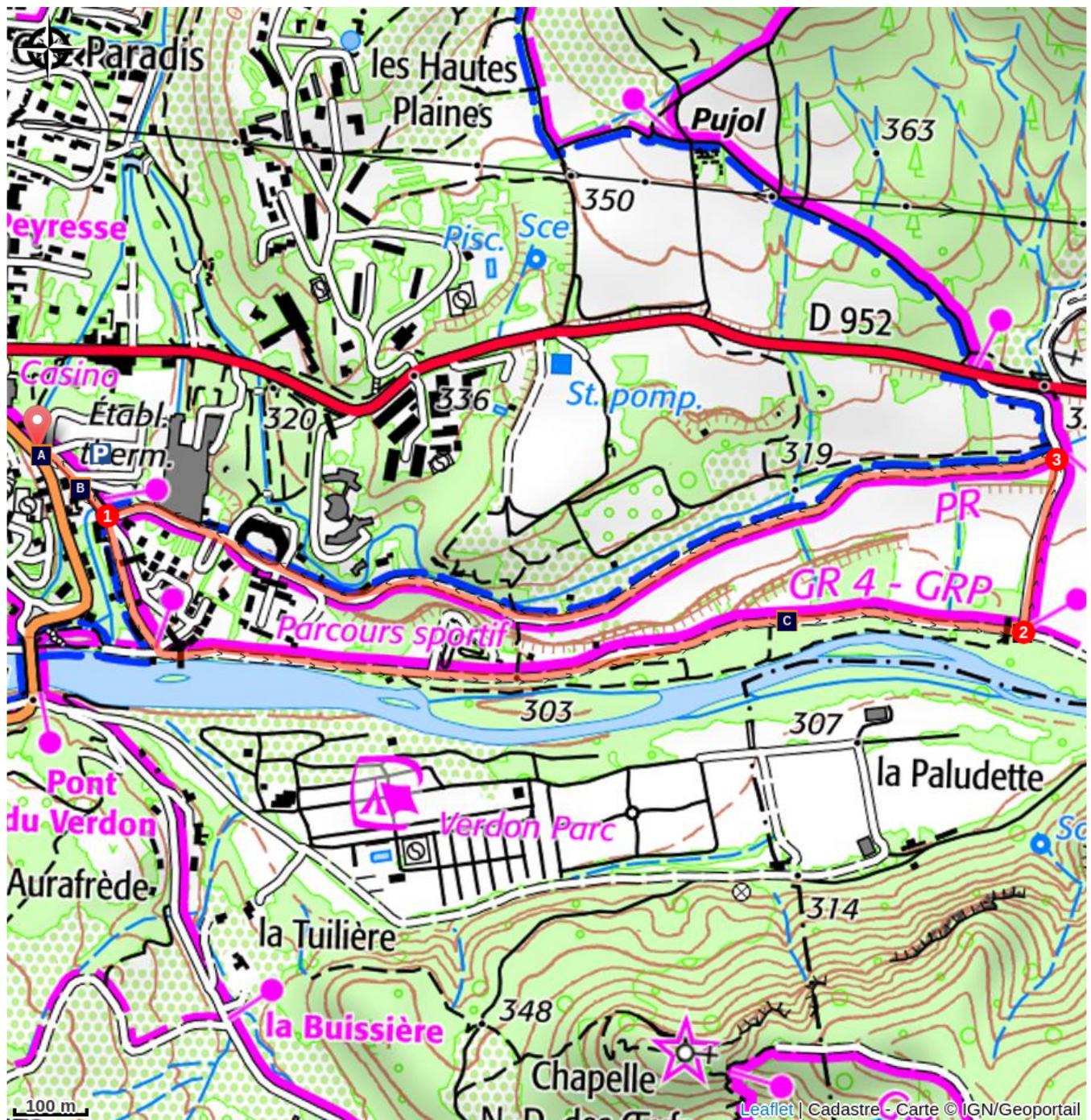
At the entrance of the Spa's car park, go down to the right until the Verdon through the Rue des Eaux Chaudes (follow the signs of the GR® 4 white and red) and pass a small bridge.

1 - Leave to the left the Babaou path (taken when returning) and continue straight. At the edge of the Verdon go left, through the gate and follow the route of the fitness trail. Go up along the Verdon following the stabilised for about 1.2km / less than a mile.

2 - Having reached the end of the path (gate), take the small road going up to the left (steep portion and some stony passages; we would suggest to the disabled people to return to Gréoux by this same route!).

3 - After 275m, exit the road and the GR® 4 to follow the dirt road to the left (Babaou path; yellow marking). Go along a small canal, and pass in front of old dry stone walls and come out at the Spa of Gréoux les Bains, after 1km / less than a mile. After the spa buildings, reach the alley of the starting point and follow it on the right to the car park.

On your path...



 You would like to lend a book? (A)

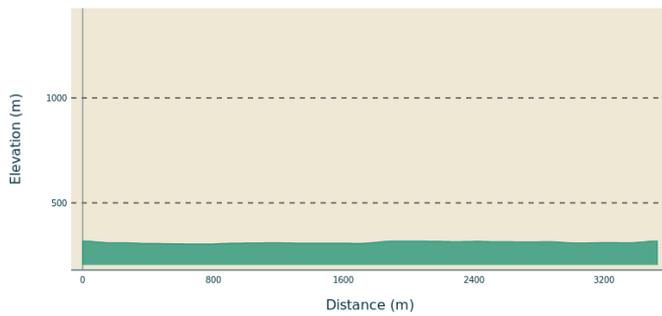
 Beaver lodge (C)

 Thermal baths of Gréoux (B)

 Emergency water (D)

All useful information

Altimetric profile



Min elevation 304 m
Max elevation 318 m

Transports

Limitons les déplacements en voiture, pensons aux transports en commun et au covoiturage. Tous les transports en commun sur www.pacamobilite.fr

Access

From Gréoux les Bains, take the D8 to the car park of the Spa.

Advised parking

Car park of the Spa.

Information desks

House of the Verdon Regional Nature Park



Domaine de Valx, 04360 Moustiers-Sainte-Marie

info@parcduverdon.fr

Tel : +33 (0)4 92 74 68 00

<http://www.parcduverdon.fr/>

OT Gréoux-les-Bains

7 place de l'hôtel de ville, 04800 Gréoux-les-Bains

greouxlesbains@tourisme-dlva.fr

Tel : +33 (0)4 92 78 01 08

<http://www.greoux-les-bains.com/greoux-les-bains/fr/40/office-de-tourisme.html>

On your path...



You would like to lend a book? (A)

There's nothing like a walk along water edges to read a book, to share a story with family and friends. Novels, comics, newspapers, etc... are waiting to be borrowed at the Lucien Jacques de Gréoux library. This is without taking into account its fine collection of regional works, then this may be the opportunity for you to learn a little more about the Verdon?

Attribution : Stefano Blanc - PNR Verdon



Thermal baths of Gréoux (B)

Called "Romantic Oasis of Verdon" by Jean Giono, this spa, nestled in a multifaceted and generous nature at the gates of the Verdon Nature Park, is a great place for your family fun. Gréoux is known since Antiquity under the name of Nymphis Grisélidis, in relation to the hot springs (nymphs are the deities of springs), converted in thermal baths by the Romans. After a long period of neglect, the baths were revived at the end of the 17th century.

Attribution : Stefano Blanc - PNR Verdon



Beaver lodge (C)

More typical of wetlands, semi-aquatic mammals such as the Eurasian beaver (*Castor fiber*) are present in the water stream of the Verdon. The beaver, with its nocturnal habits, and sometimes coming out at dusk if it is not disturbed is a discreet animal. Its presence is easily detected due to the many tracks left: fallen and eaten-away trees, tree branch barks, it builds a large hut made of branches with submerged entries. National protection of the species and its habitat.

Attribution : Stefano Blanc - PNR Verdon



Emergency water (D)

The Verdon bank is colonized by a particular and rare flora in Provence, that of wetlands. Willows, poplars represent the majority of the trees present. At the waterfront, a procession of rushes and sedges. At the bottom of the Verdon itself, aquatic plants line it in quieter areas. This vegetation threatened by trampling, shoreline development and deterioration of water quality are some of the current challenges of preserving the natural heritage.

Attribution : Stefano Blanc - PNR Verdon



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- Cependant, nous comptons sur vous pour signaler toutes contradictions importantes entre cette fiche et le terrain.
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Ce projet partenarial rassemble également le Comité Régional du Tourisme, les agences départementales de développement touristique, les offices de tourisme et les syndicats d'initiative.

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- We count on you to point out any inconsistency between this content and the field itineraries
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- Please don't litter

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This project was developed in partnership with the Regional Tourism Committee, the departmental tourist development agencies, and tourist offices.

www.cheminsdesparcs.fr

*Tours et détours dans les Parcs naturels régionaux
de Provence-Alpes-Côte d'Azur*

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