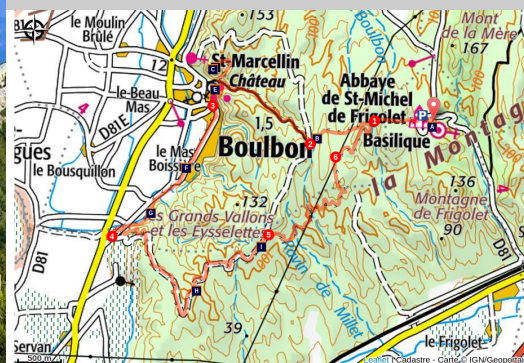


## Saint-Michel de Frigolet Abbey

Tarascon



Abbaye de Saint-Michel de Frigolet (©Rémi Sérange - PNR Alpilles)

*Come and discover Saint-Michel de Frigolet Abbey , in the heart of the Montagnette massif!*

It offers rocky escarpments, hillsides covered with herbs from Provence and hidden valleys where olive trees grow. You will also find, on its outskirts, a village where man has long worked the rich and irrigated land of the Rhone Valley to produce many fruits, including apricots ... You just want to chew them !!

### Useful information

Practice : WALKING

Duration : 4 h 30

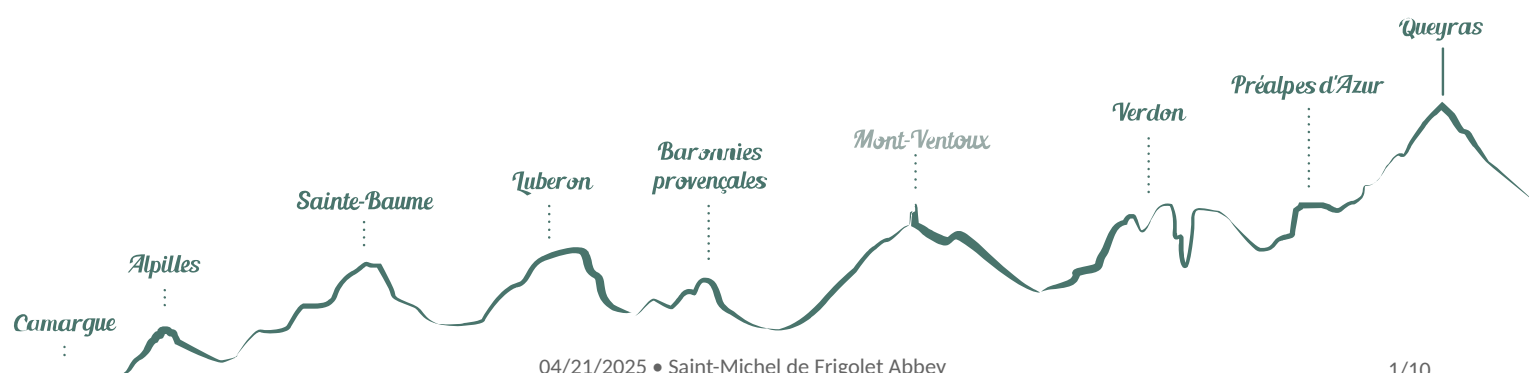
Length : 15.0 km

Trek ascent : 362 m

Difficulty : Medium

Type : Boucle



Themes : A lookout, a viewpoint,  
Heritage and history, Local products



# Trek

Departure : Saint-Michel de Frigolet Abbey, Tarascon

Arrival : Tarascon

Markings :  Non balisé  PR

From the car park, head for the Saint-Michel de Frigolet Abbey. Take the path on the right that goes along the wall. Follow the rocky track towards "Boulbon 1h", then 100 m after the trail on the left. At the next intersection, continue in the middle of the kermes oaks to the track to cross twice.

**1-** At the next crossing, follow the indication "Boulbon 50mn". After the small collar, go straight down, then climb a second hill. Shortly after, cross the drivable track at the end of the valley to go up on the hill opposite. Cross successively two other valleys. Continue, leaving the basin on the left. 100 m after, cross a track, then take the path towards a factory chimney visible in the distance.

**2-** Then descend to Boulbon, through the valley of Saint-Michel. At the end of this gorge, turn right and follow the marking of red dots to access the Bonnet mill and its panorama (30 min return trip). Once back at the foot of the gorges, reach the village by the Gaston de Raousset street.

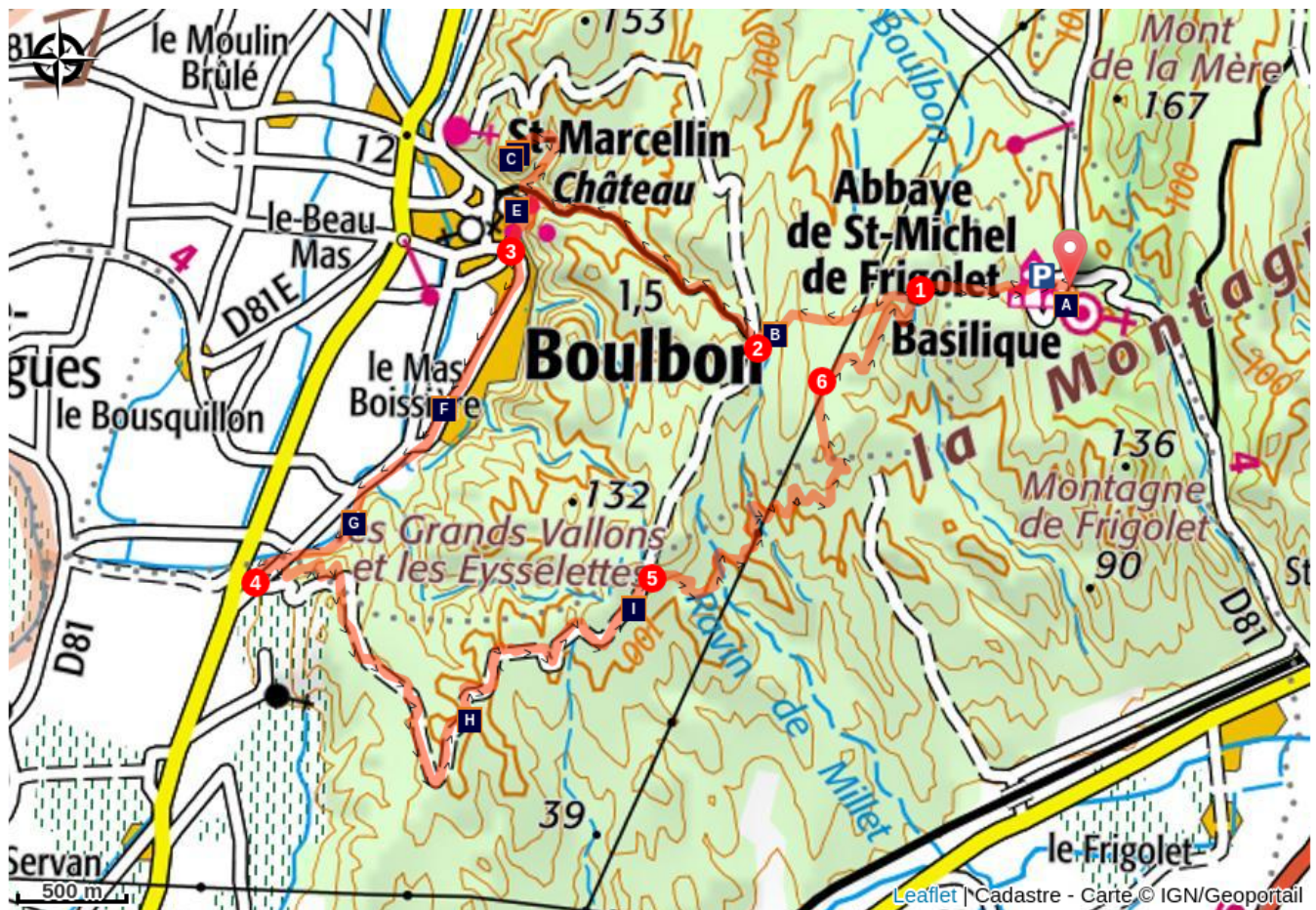
**3-** At the junction of the end of this street (fire hydrant), take the left for Barri street, then the second right on Météline street. Continue on the Breuil path, to the road. 250 m after the purification plant, turn on the road on the left marked PR (yellow), then find the road again on 100 m.










**4-** Take the intersection and follow "Pas de Bouquet" path. After 2 km, turn left towards "Saint-Michel de Frigolet abbey 1h40" by the San Salvador path. Continue for about 3 km.

**5-** At the highest point of the Montagnette (San Salvador, 161 m), dive by a small path on the right. At the crossing in "T" form then take a left. At the next two crossroads, always take the left.

**6-** Turn right on the track, then at the junction forming a triangle continue to the right. Find shortly after the departure path, "abbey of Saint-Michel of Frigolet 10mn".

## On your path...



- |  |  |
|--|--|
|  Saint-Michel de Frigolet Abbey (A)       |  The Montagnette (B)    |
|  Orientation table of the Bonnet mill (C) |  Bonnet Windsmill (D)   |
|  Boulbon Castle (E)                       |  Précoce de Boulbon (F) |
|  The olive tree (G)                       |  Alep pines (H)         |
|  View on the Alpilles (I)                 |  |

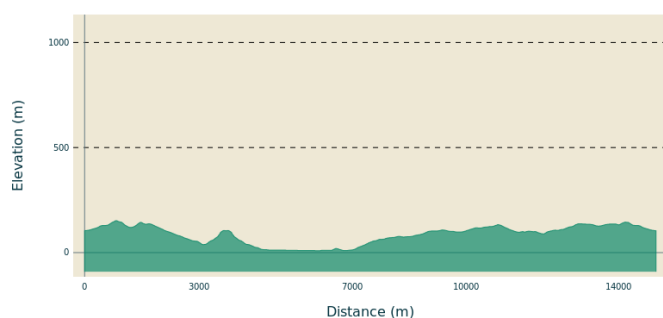


# All useful information

## **Advices**

For your safety, and for the preservation of forest areas, access to natural areas is regulated from June to September. Inquire during the summer period on 08 11 20 13 13 (price of a local call) or on [www.bouches-du-rhone.pref.gouv.fr](http://www.bouches-du-rhone.pref.gouv.fr) Download the application for free MYPROVENCE ENVIE DE BALADE (available on Appstore and Android Market).

## **Altimetric profile**



Min elevation 9 m  
Max elevation 152 m

## **Transports**

Look for public transport on the website [www.lepilote.com](http://www.lepilote.com) in the town of Tarascon.

## **Access**

18 km north-west of Graveson by the D570N, D970 and D81.

## **Advised parking**

Parking de l'abbaye de Saint-Michel de Frigolet, Tarascon

## **Source**

Bouches-du-Rhône Tourisme

## Information desks

Bureau d'information touristique (BIT) de Tarascon en Provence



62 rue des Halles, 13150 Tarascon en Provence

[tarascontourisme@agglo-accm.fr](mailto:tarascontourisme@agglo-accm.fr)

Tel : +33 (0)4 90 91 03 52

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

House of the Alpilles Regional Nature Park

2, boulevard Marceau, 13210 Saint-Rémy-de-Provence

[contact@parc-alpilles.fr](mailto:contact@parc-alpilles.fr)

Tel : +33 (0)4 90 90 44 00

<http://www.parc-alpilles.fr/>

# On your path...

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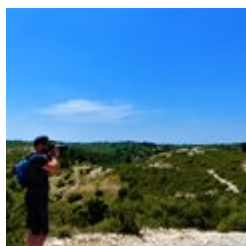


## Saint-Michel de Frigolet Abbey (A)

The Saint-Michel de Frigolet Abbey is located near Tarascon inside the Montagnette massif. Isolated in a wild valley in the middle of pines, it takes its name from "ferigoulo", thyme in Provençal language. The abbey hosts a community of Prémontrés canons since the twelfth century. In the past, it was abandoned several times, or used outside its ecclesiastical setting. Thus between 1831 and 1841, the site became a college frequented by Frédéric Mistral.

Attribution : ©Rémi Sérage - PNR Alpilles

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## The Montagnette (B)

The Montagnette is a 6 000 ha massif whose relief is of low altitude (150 m approximately), but relatively abrupt. Dating from the Neocomian secondary era, 70 million years ago, it is marked by a series of hills and valleys essentially oriented north-west / south-east, parallel to the axis of the mistral. With a significant agricultural and pastoral activity, the Montagnette massif has a relatively low afforestation rate (30%), mainly composed of Aleppo pines.

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## Orientation table of the Bonnet mill (C)

This orientation table was installed in 2002, at the initiative of the children of the primary school of Boulbon, a few meters below the Bonnet windmill. It offers a magnificent panorama with on the left the Boulbon village and Montagnette, on the right the Rhone and the outskirts of the Gard department, and in the center the lowland cultivated by many fruit trees and the city of Beaucaire in the background.

Attribution : ©Rémi Sérage - PNR Alpilles

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## Bonnet Windmill (D)

Located in the Montagnette, Moulin windmill, was created in the eighteenth century, the golden age of windmills. The Rhône valley, swept by the Mistral, is an ideal site for mills. In operation until the 19th century, they were supplanted by industrial mills. In 2002, the Bonnet windmill is the subject of a complete restoration : the tower has a roof and wings. It is the first windmill in Bouches-du-Rhône to have been put back into operation.

Attribution : ©Rémi Sérage - PNR Alpilles



### Boulbon Castle (E)

This feudal castle, above the Rhone valley, has long been a sentinel of the county of Provence facing the Kingdom of France. Dating from the 11th century, it belonged to different owners, some of whom have left their names in history, like Raymond de Turenne or King René. The last Count of Boulbon, Gaston de Raousset, died in Boulbon without direct descendants in 1956. The castle is classified on the list of Historical Monuments since a decree of January 2nd, 1976.

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### Précoce de Boulbon (F)

Précoce de Boulbon is an apricot tree that has almost disappeared. Around 2010, some trees were found in Boulbon, which saved the variety of the disappearance. It is a variety with early flowering that must be placed near other varieties, mainly Roussillon red apricot, if we want to ensure optimal pollination. The fruit is big and oblong. It has orange-yellow skin, carminated in the sun with small red spots.

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### The olive tree (G)

Emblematic culture of the territory of the Alpilles, the olive tree is the symbol of the dry Mediterranean climate. Its multiple trunks are the result of a release at the strain level following a significant frost in 1956. Today, some of the olives and oils produced in the Alpilles are recognized nationally and internationally, benefiting from the Protected Designation of Origin (PDO).

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### Alep pines (H)

The Alep pine is very present in the Alpilles. He appreciates the low altitudes (below 900 meters) and the Mediterranean regions (warm climate, dry soils, sunshine). It has the particularity to grow very quickly. It is observed therefore repel after the passage of fires, because it is the first essence which reconstructs the landscape. Highly flammable, its bark was previously used for tanning skins or dyes.

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## View on the Alpilles (I)

The Alpilles massif is a low altitude mountain range, made up of limestone white rocks. It stretches from west to east between Tarascon and Orgon over an area of ??50,000 hectares and sixteen municipalities. It is one of the emblematic reliefs of the Bouches-du-Rhône, dominating in the north the gardening lowland of Saint-Rémy-de-Provence and in the south the Crau lowland. The Opies, to the east of the massif, constitute its culminating point, with 498 meters of altitude.

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Le projet Chemins des Parcs est financé par la Région Provence-Alpes-Côte-d'Azur et les Parcs naturels régionaux des Alpilles, de Camargue, du Luberon, du Queyras et du Verdon.

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

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