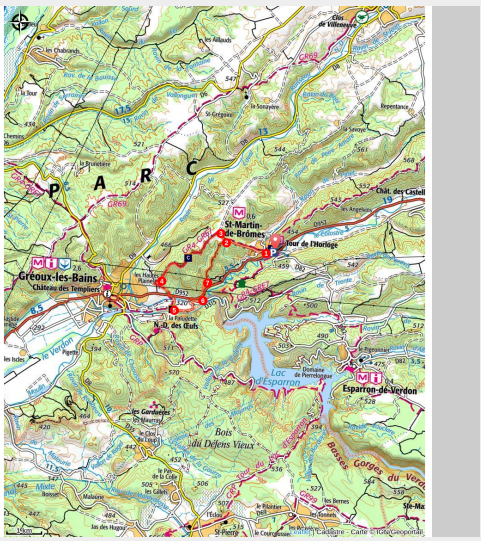
Buffe Arnaud Walk

Saint-Martin-de-Brômes



Le village dans son ecrin de verdure (©Stefano Blanc - PNR Verdon)

After strolling through the narrow streets of this typical village of Haute Provence, discover the landscapes and views of the dam and the Verdon valley.

From the hills with many views you can admire the Verdon, the dam of Greoux with the lake of Esparron-de-Verdon, the Colostre.

Useful information

Practice : WALKING

Duration : 3 h

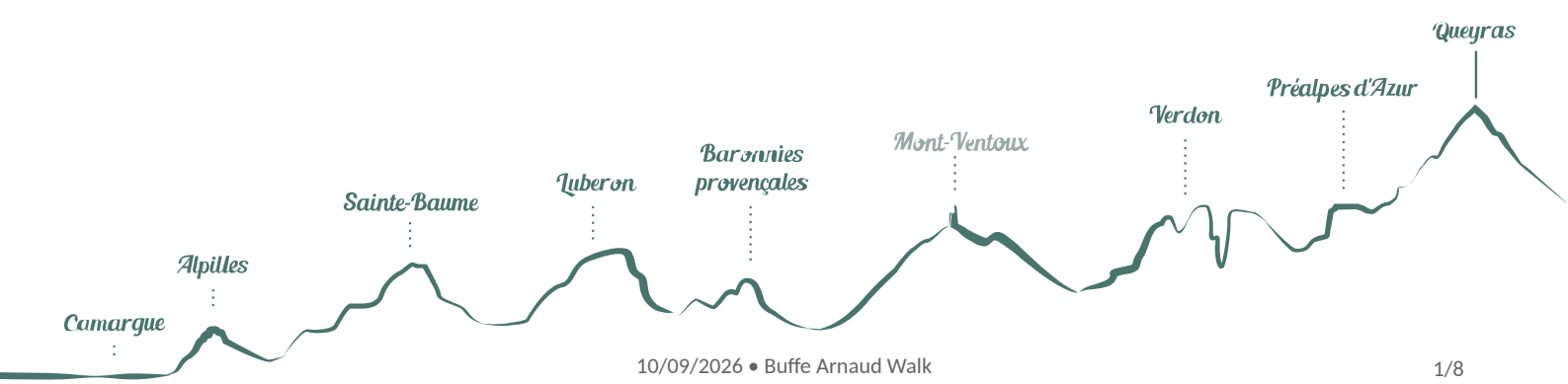
Length : 11.6 km

Trek ascent : 426 m

Difficulty : Medium

Type : Boucle

Themes : Fauna, Heritage and history, Waters and rivers



Trek

Departure : From the Place du Village
Arrival : From the Place du Village
Markings : GR® PR

From the village square follow the GR® 4 (red and white markings) up the alleys to the clock tower. Exit the village to the west and pass a small bridge.

1- Leave the road in a left turn to continue straight ahead past the campsite and follow the stone road which climbs quickly in the pines towards the plateau.

2- Leave the road on the left and continue straight on the GR® 4 and follow the direction Gréoux-les-Bains.

3- Turn left the GR® and cross old fields of lavender then continue in the forest. At the first crossroad, turn left. At the second, with a very large pine tree, turn right. Finally on the third, go left (south-west) towards Gréoux-les-Bains and the Verdon.

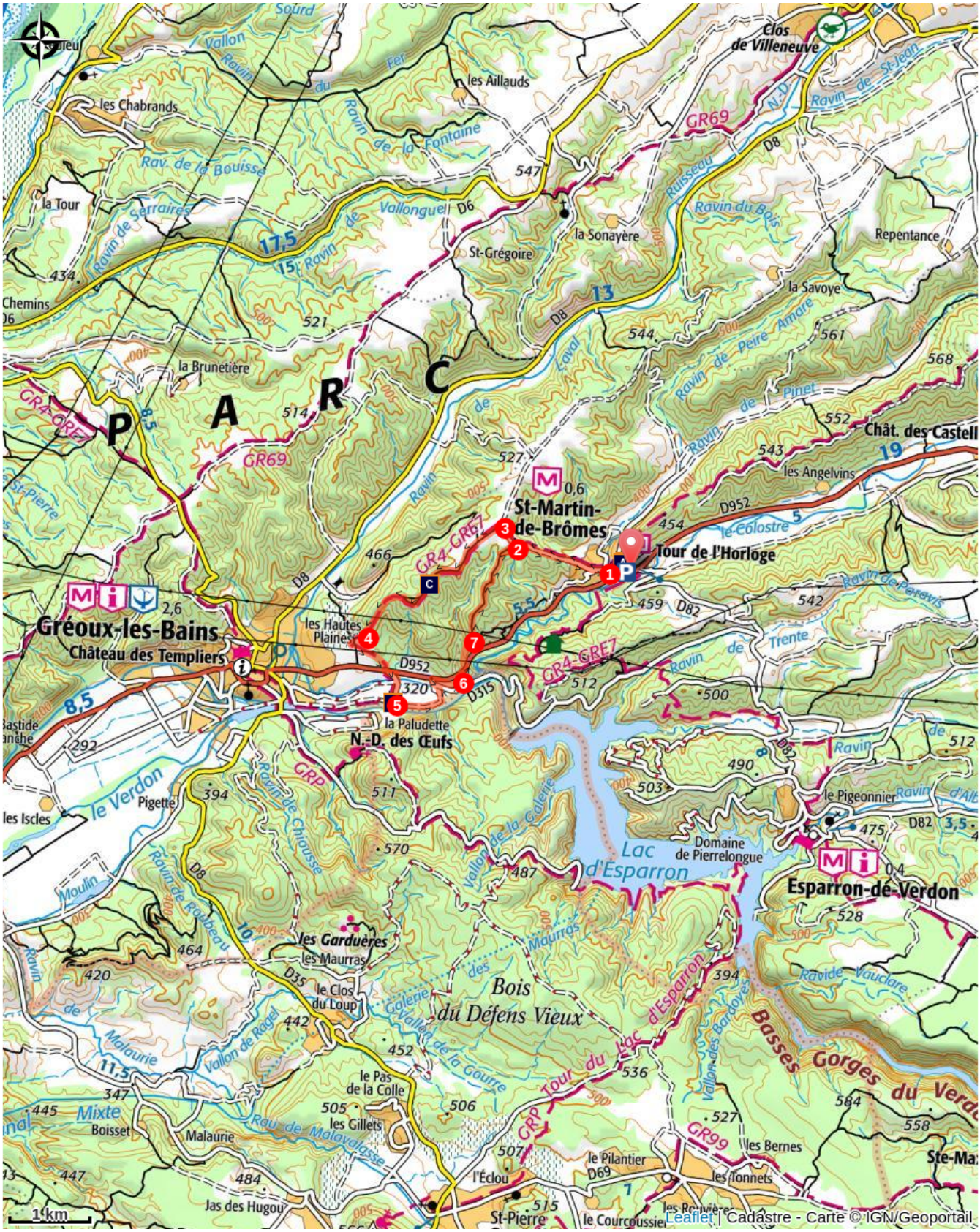
4- At the edge of the road, turn left, due south and left again until the D952. Cross it and go down to Verdon.

5- Follow the Verdon on the left for 650m, then at the post arrow follow the path on the left until the D952. Cross it then turn right and continue for 350m until the next post pole.

6- Get to the left and climb towards Buffe Arnaud.

7- At the post pole "Buffe Arnaud", continue straight on towards St-Martin-de-Brômes and follow the ridge to point 2. Then take a right and return by the same way to the starting point.

On your path...



The Clock Tower (A)

Parish church of Saint-Martin (B)

The best view (C)

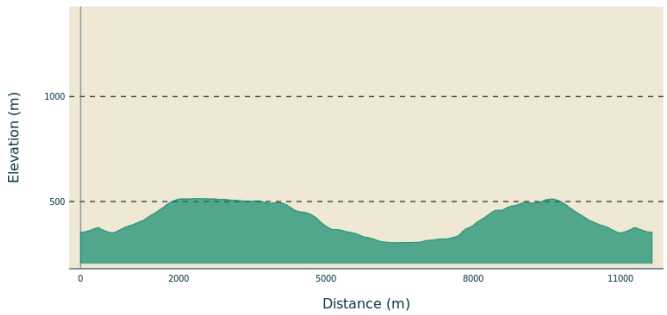
Emergency water (D)

All useful information

Advices

We would advise 2 L of water per person, a hat and proper walking shoes.

Altimetric profile



Min elevation 304 m
Max elevation 514 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

6km east of Greoux-les-Bains, by the D952.

Advised parking

Town hall car park

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...

The Clock Tower (A)

The tower was built in the 14th century on the initiative of Boniface de Castellane, the Lord at that time. It is now recognized as the most beautiful military building work of Haute-Provence. Its military aspect is clear, but its function seems less defensive. It could be used to store the seigniorial tax (in the form of food). We can speak of "dungeon" marking conspicuously the power of the Lord. At the top, the machicolations allowed to defend itself if attacked.

Attribution : ©Stefano Blanc - PNR Verdon

Parish church of Saint-Martin (B)

The parish church of Saint-Martin is a former priory of the abbey of Saint-Victor de Marseille it has received from the hands of the brothers Gontard and Hughes in 1042. The term "ecclesiam" mentioned in the act can also mean a territory. This transaction confirms that Saint-Martin was at that time a monastic domain and no longer a seigniorial one. An Act of 13 March 1343 mentioned the exchange between Saint-Victor and Boniface de Castellane, allowing him to recover the land of Saint-Martin.

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The best view (C)

The common buzzard is very active, often flying in the open, gliding over fields and forests, and also spending long periods hovering high. It feeds on small mammals it chases on the ground, and also birds, reptiles, amphibians and insects. The preys are located by sight, flying at low altitude while making circles, but also at distances of a few hundred meters. We consider that the common buzzard has the sharpest sight of all birds of prey.

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.

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

www.cheminsdesparcs.fr

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