

GETAWAY GUIDE

TOURIST OFFICE MONTAGNE D'ARDÈCHE

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Welcome to the Montagne d'Ardèche! Far from the hustle and bustle, come and breathe the pure air of our wide-open spaces. Here, nature sets the pace. Between volcanic «sucs», lakes and valleys, treat yourself to a true escape in a well-preserved environment.

Whether you are looking for a sporting challenge, a cultural discovery, or a peaceful retreat, our mountains offer a unique experience for every visitor. Let yourself be enchanted by the wild beauty of the landscapes and the authentic soul of our villages. It's time to disconnect and reconnect with what truly matters.



LE LAC-D'ISSARLÈS
LAKE ISSARLÈS



MAZAN-L'ABBAYE
MAZAN ABBEY



Key locations :



BORÉE
THE «TCHIER DE BORÉE»
(SCULPTURAL SITE)



LA ROCHETTE
PEAT BOG



LE BÉAGE
CHARTREUSE DE BONNEFOY
(RUINS OF A CARTHUSIAN MONASTERY)



SAINT-ÉTIENNE-DE-LUGDARÈS
MASMÉJEAN MILL



BORNE
BORNE GORGES



SAINT-LAURENT-LES-BAINS-LAVAL-D'AURELLE
NOTRE-DAME-DES-NEIGES ABBEY



SAINT-LAURENT-LES-BAINS-LAVAL-D'AURELLE
MEDIEVAL TOWER



SAINT-ÉTIENNE-DE-LUGDARÈS
SUC DE MONTAT
(VOLCANIC PEAK)

EXPERIENCE THE MOUNTAINS



Spring

Spring is a wonderful time to discover the region in a different way ; so why not take part in the cycling race «L'Ardéchoise»? This unmissable sporting event invites you to ride on the region's picturesque roads. You can also enjoy heritage walks or family escape games.

Take advantage of the season to recharge and revitalize yourself in the heart of nature. The thermal baths in Saint-Laurent-les-Bains-Laval-d'Aurelle open during this period, and in June, the «Fête du Fin Gras» celebrates Ardèche's local traditions around that particular meat. Savor local specialties and soak up the festive atmosphere.

To mark the transition to summer, join music events like «Faites de la Musique» or the «Pik & Zik & C^{ie}» festival (biennial event) and just enjoy !

Summer

With crystal-clear lakes inviting you to swim, traditional festivals that bring villages to life, events showcasing local talent, and breathtaking landscapes, Ardèche promises an unforgettable summer.

Cool off in lakes' clear waters or on a pedal boat, explore hiking trails, and soak up the generous beauty of nature. Meet local producers and enjoy authentic regional products.

Immerse yourself in Ardèche culture at our traditional village festivals (fêtes votives), the Violet Fair (Foire des Violettes), and the traditional Wood Festival (Fête du Bois). Let yourself be carried away by the melodies of the *Les Nuits des Monts* festival and the creativity of *Le Champ des Muses*. Fly with kites during the dedicated festival, or dance the night away at VSD, Saint-Martial's unmissable celebration

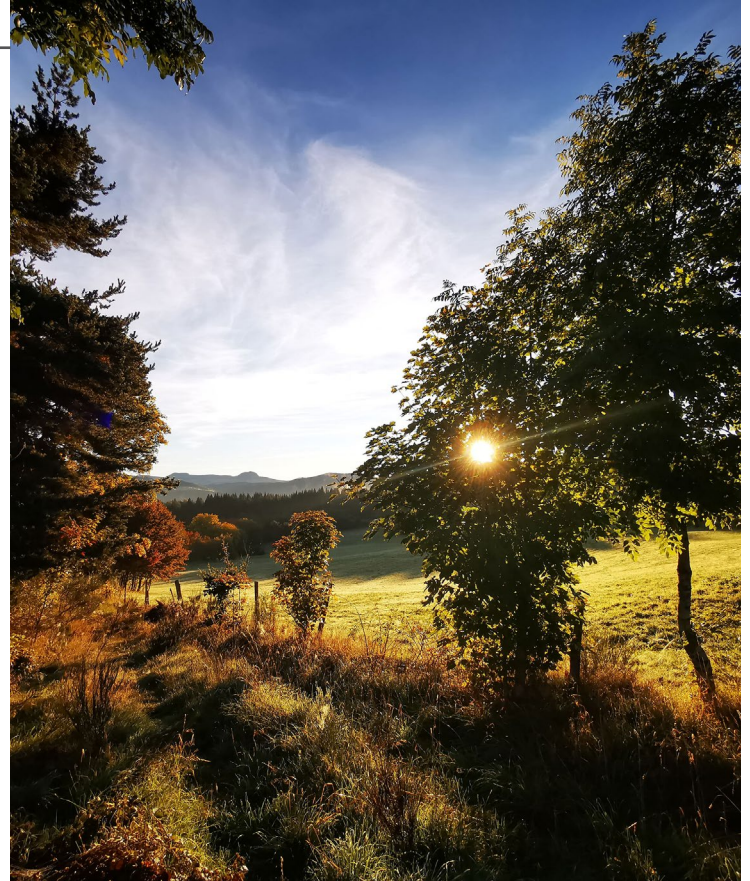
As summer turns to autumn, get ready for the Peat Bog Festival (Fête des Tourbières) !



Autumn

The European Heritage Days mark the change of season, offering a chance to explore the region's history. Autumn in the Ardèche Mountains is a spectacle in its own right. The forests are adorned with their most beautiful colors, providing a magical backdrop for nature lovers. This season invites peaceful outdoor activities in a relaxed atmosphere.

Combining events and gastronomy, October features the «Fêtes de la Maôche», the Mushroom Fair, and traditional chestnut roasts. The «Maôche», a traditional mountain dish, is celebrated and tasted in various villages to prepare for winter. The AOC (*Appellation d'Origine Contrôlée*, a French label certifying the region of origin) Ardèche Chestnut, the region's iconic fruit, is honored during the «Castagnades» festivals.



Winter

Escape into the wild and breathe in the pure mountain air ! The Tanargue Massif offers an exceptional setting for snowshoeing, forest walks, or simply admiring the snowy landscapes. Discover the stunning panoramas of Mount Mézenc and Mount Gerbier-de-Jonc, two iconic peaks of Ardèche located in our territory. In winter, take on the challenge of the «Trail Blanc» (Snow Trail).

Enjoy our varied slopes suitable for all levels and numerous activities : downhill skiing, cross-country skiing, snowshoeing, sledding, snooc, snow tubing, and dog sledding.

Even without snow, immerse yourself in a magical landscape with activities such as «cani-rando» (hiking with dogs), card game tournaments, and escape games.

It is also the season for Christmas markets and tartiflette meals (a traditional French dish with potatoes, cheese, and bacon) homemade with local farmhouse cheese. It's the perfect time to buy and taste local products.

REVEAL YOUR POTENTIAL

Dive into the heart of Montagne d'Ardèche in every season and let yourself be captivated by its wild beauty. Marked trails will lead you through varied landscapes. Whether you are accompanied or on your own, you'll encounter a rich and varied wildlife and flora. A unique experience to recharge and reconnect with nature.



Conquer the «Sucs» and the GR Trails

Set off to conquer the summits ! Montagne d'Ardèche offer an idyllic setting for experienced hikers and outdoor enthusiasts. Climb the «sucs», those volcanic witnesses with breathtaking panoramas, or follow the trails of the GR[®]7, GR[®]3 (GR refers to a network of long-distance footpaths in France) or the *Traversée de la Montagne Ardéchoise* (a legendary long-distance trail), to cross forests, green meadows, and impressive gorges.

In winter, you can rediscover these paths from a different perspective on snowshoes, following the footprints of the local wildlife.

For the more athletic, various trail-running events take place throughout the year and across the seasons. Put on your shoes ; here we go!

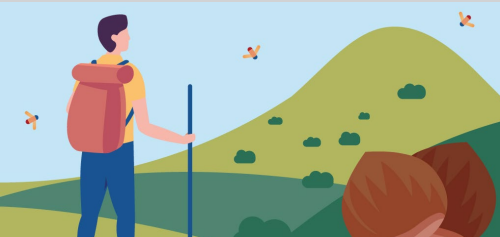
ON FOOT OR BY BIKE

Hit the trails !

Are you a mountain-biking enthusiast? The Montagne d'Ardèche are your ideal playground. Technical and challenging trails will put your skills to the test and offer a guaranteed thrill. Families can also enjoy mountain biking ; our specially adapted routes allow you to discover nature safely while creating unforgettable memories together.



MORE INFO :



<https://rando.montagnedardeche.com/en>

Find all our hiking and mountain biking trails at our tourist offices, via the app (download using the QR code), or on our website :

- 🌐 www.montagnedardeche.com/en/randonnees/
Baggage transfer La Malle postale :
- 🌐 www.lamallepostale.com/en/
Cycle-friendly services Accueil Vélo :
- 🌐 www.en.francevelotourisme.com/

For supervised activities, feel free to contact our local professionals, whether for hiking, climbing, or other adventures :

www.montagnedardeche.com/en/activites/parcs-et-activites-nature/ 🌐

And the «L'Ardéchoise» routes !

In addition to the «Grande Traversée de l'Ardèche» (the region's major MTB trail), you can also experience the famous «Ardéchoise». Whether you choose the iconic main loop or the Gorges-Tanargue variant, come and cycle the scenic roads of the Ardèche Mountains.

Treat yourself to a relaxing day of discovery on the loop surrounding Mont Gerbier-de-Jonc and Lake Issarlès. Ride at your own pace, take in the stunning landscapes ; and why not try it on an electric bike?

MARVEL AT "LE PARTAGE DES EAUX"

An Artistic Journey along the Great Divide

Follow this 100km open-air trail where contemporary art meets the wild. Stretching along the Continental Divide between the Atlantic and the Mediterranean, «Le Partage des Eaux» offers a unique poetic experience in the heart of the UNESCO Global Geopark.

The «Mires»



Take a seat at these strategic wooden viewpoints. Designed to frame specific landscape features, they offer a perfect guided perspective on the horizon.

Artistic GPS

Enhance your hike with our digital companion. This interactive tool guides you from one artwork to another, revealing the secrets of the artists and the territory.



Nord-Sud



Sud-Nord



BORÉE

CROIX DE BOUTIÈRES

PANORAMA : SUC DE SARA



Discover the map of «The Watershed» (Le Partage des Eaux) trail on the dedicated website of the Monts d'Ardèche Regional Nature Park: (Parc Naturel Régional des Monts d'Ardèche):

www.lepartagedeseaux.fr

Site-specific artworks

Discover 8 open-air artworks, created by world-renowned artists. Each piece is designed to blend perfectly with its natural surroundings, inviting you to see the landscape through a different lens.



1 CHARTREUSE DE BONNEFOY – LE BÉAGE
DE L'AUTRE CÔTÉ - ON THE OTHER SIDE
STÉPHANE THIDET



5 MAZAN ABBEY – MAZAN-L'ABBAYE
**UN CERCLE ET MILLE FRAGMENTS -
A CIRCLE AND A THOUSAND FRAGMENTS**
FELICE VARINI



2 MONT GERBIER-DE-JONC, VISITOR CENTER – SAINT-MARTIAL
1020 KM (CONTINUOUS ARTISTIC PROJECTION)
OLIVIER LEROI



6 MOURE DE L'ABÉOURADOU – BORNE
LE PHARE - THE LIGHTHOUSE
GLORIA FRIEDMANN



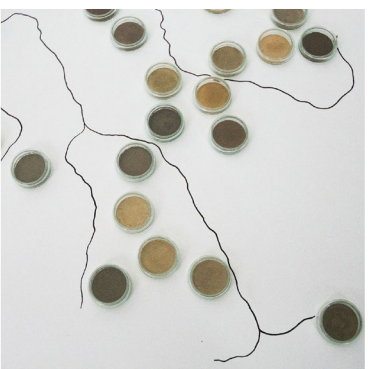
3 LA CHAUMASSE – SAGNES-ET-GOUDOULET
LA TOUR À EAU - THE WATER TOWER
GILLES CLÉMENT



7 SAINT-LAURENT-LES-BAINS-LAVAL-DAURELLE
GROTTE DE CRISTAL - CRYSTAL CAVE
HEHE



4 LA VERRERIE PEAT BOG – BURZET
OUROBOROS
HENRIQUE OLIVEIRA



8 ABBEY OF NOTRE-DAME DES NEIGES – S'-LAURENT
TERRE LOIRE- LOIRE LAND
KÔICHI KURITA

FALL UNDER THE SPELL ...

The Ardèche Mountains are a true open-air museum. From the Mazan Abbey, a 12th-century Cistercian vestige, to the neo-Romanesque church of Borée with its stunning stained-glass windows, every building tells a unique story. Explore the Chartreuse de Bonnefoy or the 19th-century church of Saint-Étienne-de-Lugdarès, nicknamed the «Cathedral of the Mountain,» which shows the high altar from the former Chambons Abbey. This architectural diversity reflects the rich cultural heritage of the region.

Along the paths, through hamlets and grand landscapes, you will discover witnesses of the past that will transport you through centuries—whether exploring on your own or joining a storytelling walk (balade contée).

Here is a closer look at three remarkable sites, among many others in Ardèche Mountains.

MORE INFO :

Explore our built heritage on our website :

www.montagnedardeche.com/en/patrimoine-bati/ 

Masméjean Mill

On the banks of the Masméjean stream, this mill stands as a witness of the past, revealing the secrets of traditional milling. It invites you to discover the ingenious mechanisms used to grind grain into flour. A visit that will delight both young and old !



ISSANLAS
SAINT-CLAIR CHAPEL

Clastre Farm

The Clastre Farm is all the more emblematic as it remains the last thatched cottage within an Ardèche village. It has been listed as a Historical Monument since 1984.

The farm is composed of two parts : the *Cayrat* (main dwelling), roofed with traditional stone slabs, and the «paillhisse», thatched with broom, sections of which are renewed each year.



The Tchier de Borée

Perched above the village in the Gerbier-Mézenc Massif, the Tchier de Borée offers a unique experience. This contemporary masterpiece by Fabienne and Serge Boÿer serves as an initiation journey.

Often described as a «stone calendar,» it consists of 70 engraved stones arranged in a circle. Each stone tells a story through symbols and carvings inspired by local history and the stars. It is a space for deep contemplation, offering a 360-degree panorama of the volcanic peaks. Let yourself be carried away by its mysterious atmosphere.

COOL-OFF ...



Rivers...

While the Masméjean Mill harnesses one of the region's rivers for its flour production, let's not forget the famous Loire. It rises at the foot of Mont Gerbier-de-Jonc before beginning its journey across France to Saint-Nazaire.

The Espezonnette, the Ardèche, the Allier, the Borne... these rivers are an important part of the Ardèche Mountains' landscape.

Water flows and carves its path even through rock, as seen in the spectacular Gorges de la Borne.

...ideal for fishing

As true ecosystems, our rivers shape the land, sheltering rich biodiversity and playing an essential role in flood regulation and water quality. They are also a true delight for anglers when the season opens.

Peat bogs

When describing our landscapes, peat bogs must not be overlooked. These wetlands, shaped and gradually colonised by vegetation, are home to a wide variety of species. Once exploited for peat, a natural fuel, they are now protected areas.

Maars, witnesses to past volcanic activity, are well worth a detour in the Ardèche Mountains.

... WITH YOUR FEET IN THE WATER

Four Lakes

In Coucouron, Cros-de-Géorand, Le Lac-d'Issarlès, and Saint-Martial, come and discover the lakes of our region.

While they offer refreshing waters and a playground for many summer activities, the peacefulness of walking along their trails remains just as delightful.

With the presence of dams, these stretches of water also serve as a vital source of energy.



REACH FOR THE SKY ...

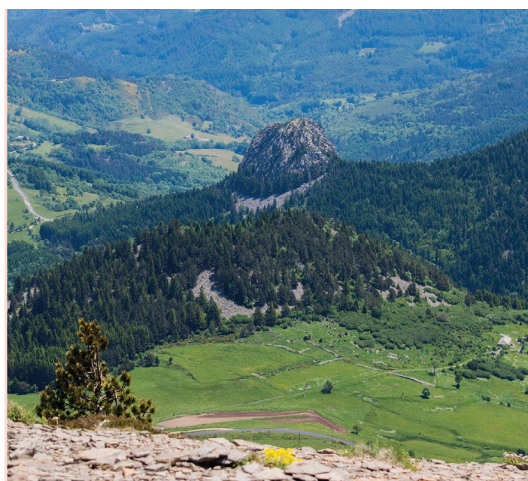


The «Sucs» of Ardèche are calling! Conquer these volcanic landmarks and treat yourself to breathtaking panoramas. With steep trails and alpine vegetation, the challenge is great, but the reward is well worth the effort.

Among the most famous are Mont Gerbier-de-Jonc, as well as the Five Sucs (Lauzière, Montfol, Taupernas, Séponet, and le Sépoux), the Suc de Sara, Suc de Bauzon, and even Suc de Chapelas, Suc de Montat, or Les Coux.

For other stunning viewpoints, visit the Cherchemuse Volcano overlooking Issarlès lake, the Laoune Volcano towering above Coucouron, Champ Longe, or the Sommet des Trois Seigneurs.

Don't forget the mountain passes of La Chavade, La Croix de Bauzon, and Le Bez, as well as Mont Mézenc and the Cirque des Boutières to gain some height and change perspective.



The Gouleyou perfectly illustrates the typical «sugarloaf» shape of a suc. However, its summit is inaccessible ; the best photos are taken from the nearby heights.

BORÉE
LE GOULEYOU (FROM MÉZENC)

→DID YOU KNOW?

With a circumference of 2.2 miles (3.6 km) and a depth of over 354 feet (108 m), Lake Issarlès is the deepest maar crater lake in France.

... ATOP OF A VOLCANIC "SUC"



BORÉE
SOMMET DU MONT MÉZENC

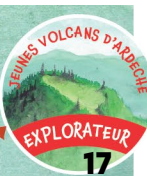
Traces of Volcanism in the Ardèche Mountains :

- Strombolian Volcanoes : Formed by eruptions where very hot, fluid lava escapes in flows and lava fountains, accompanied by lava bombs.
- Sucs / Domes : These are craterless volcanoes created by the accumulation of viscous lava. The more viscous the lava, the steeper the slope.
- Maars : These are volcanic explosion craters formed when rising magma meets groundwater. The intense heat causes the water to vaporize deep underground. The resulting pressure buildup triggers a massive explosion. Once the eruptions end, the crater settles and, if there is a continuous water supply, fills to become a lake.



Embark on an adventure to discover 7
young volcanoes in Ardèche.

At each volcano (or nearby), you'll find a marker to punch your pass.
Collect them all to earn the prestigious "Young Volcanoes of Ardèche Explorer" badge!



RELAX AND UNWIND

At the Thermal Baths of Saint-Laurent-les-Bains-Laval-d'Aurelle

The thermal waters of Saint-Laurent-les-Bains, rich in sodium bicarbonate and trace elements, are particularly effective in relieving rheumatism and fibromyalgia.

The thermal establishment offers 3-week treatment programs as well as mini-breaks. You can enjoy a wide range of treatments, including thermal baths (for muscle relaxation), thermal showers (to stimulate circulation), and a thermal pool (ideal for exercise and relaxation), alongside mud treatments and health-focused activities.

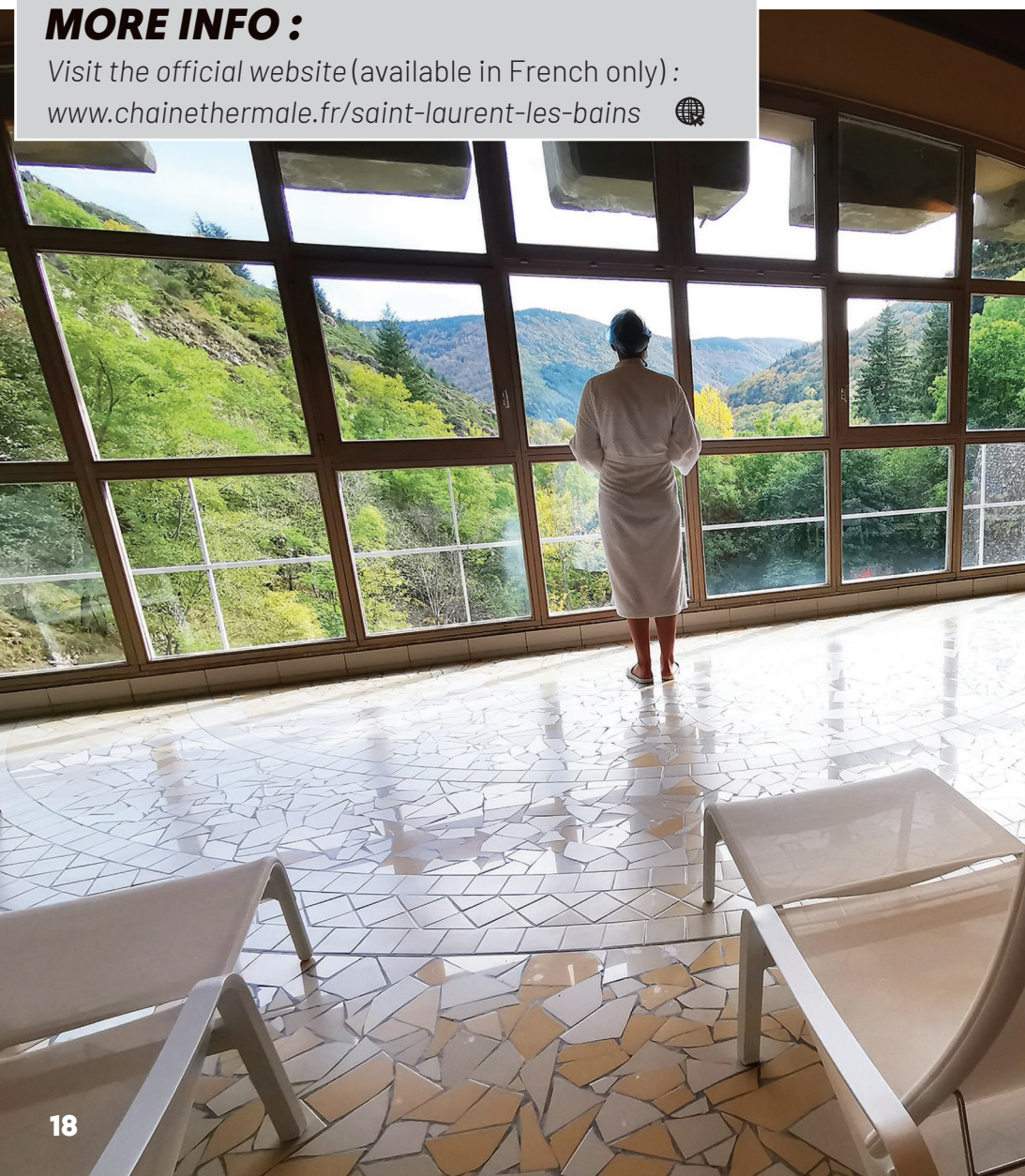
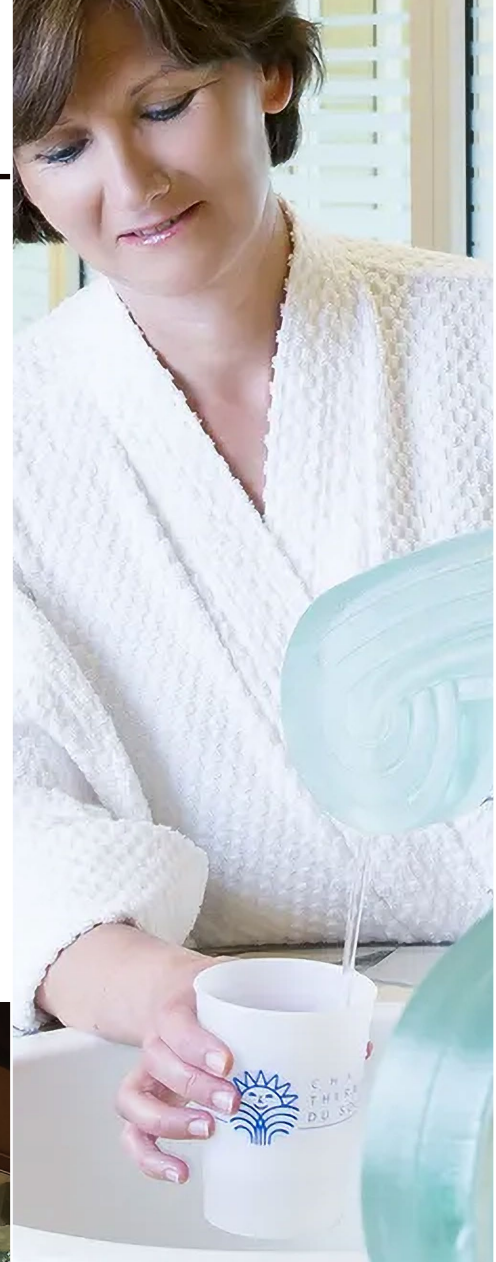
The spa also features a wellness area offering massages and beauty treatments.

Open from spring to autumn, come and enjoy the benefits of the baths and the village, both of which captivate visitors with their authentic charm and preserved environment.

MORE INFO :

Visit the official website (available in French only) :

www.chainethermale.fr/saint-laurent-les-bains 



The village of Saint-Laurent-les-Bains is a true haven of peace for nature and well-being lovers. Its waters, recognized since Roman times, spring forth at a temperature of 127°F (53°C) and offer exceptional therapeutic virtues.

At the public fountain, accessible to all, you can feel the soothing heat of the spring for yourself. These naturally hot waters emerge from a rocky fissure reaching a depth of nearly 1.5 miles (2,500 meters), channeled to the surface by a large open fault line.

DREAMING IN WHITE : A WINTER GETAWAY

From downhill skiing and snowshoeing to biathlon and dog sledding, the Ardèche Mountains offer endless opportunities. It is also the perfect setting for a cozy family evening by the fire after a spirited snowball fight.

Hit the Slopes

The Croix de Bauzon resort, in the heart of the Tanargue massif, is a favorite for downhill skiers. You can also try fun and original activities like snow tubing and «snooc» (sled-skiing), or more athletic challenges like biathlon. La Chavade is dedicated to cross-country skiing, with 35 miles (56 km) of trails in a magnificent setting, alongside superb snowshoeing routes. For a more untouched experience, the Mont Gerbier-de-Jonc Nordic Area is perfect for cross-country skiing or snowshoeing in total freedom. For a quieter atmosphere, Pal Nordic Area and its dedicated snowshoe zone are ideal for forest hikes and sledding runs.




BORÉE
MONT MÉZENC

If you are visiting in the heart of winter, sign up for the Trail Blanc (White Trail) ! This nature race offers various routes that can be enjoyed as a scenic hike or as a timed challenge for the more competitive visitors.

Winter here is more than just skiing! It's a chance to try unique experiences like nighttime snowshoeing, snow-sculpting, igloo-building, or dog-sledding tours. You can even join a guided hike to track animal footprints in the snow.

When the snow isn't there, you can try fat-biking, all-terrain electric scooters, «acro spider» (treetop nets), disc golf, and «cani-hiking» (hiking with dogs).


MORE INFO :

-  www.montagnedardeche.com/en/activites/en-hiver
-  www.croixdebauzon.com (available in French only)
-  @ Trail Blanc de la Montagne Ardéchoise

SAVOR THE LOCAL TERROIR...

A land of contrasts and traditions, the Ardèche Mountains offer visitors an unforgettable gastronomic experience. Here, local products are king, elevated by the ancestral expertise of our producers.



Discover our partner producers :
www.montagnedardeche.com/en/restauration/producteurs/ 

→ WHAT DO AOP AND AOC MEAN ?

AOC (Appellation d'Origine Contrôlée) : A French label certifying that a product is made in a specific area using traditional methods.

AOP (Appellation d'Origine Protégée) : The European version (Protected Designation of Origin). It guarantees that the product is entirely produced, processed, and prepared in its region of origin.

Authentic Flavors

The altitude, rugged climate, and volcanic soils give the products of the Ardèche Mountains an incomparable taste. Local must-try specialties include :

Chestnuts - AOC

The emblem of Ardèche! Enjoy them roasted, as a cream, jam, or flour. They are the stars of our «Castagnades» festivals.

Honey

Produced by bees foraging on wild mountain flowers, it is renowned for its exceptional quality and variety.

Blueberries

Harvested in the wild undergrowth, they are delicious in tarts, jams, or liqueurs.

Picodon - AOP

This goat cheese with a bold, distinct character is perfect for an apéritif or to finish a meal.

Fin Gras - AOP

An exceptional beef from the Mézenc region. Raised outdoors and fed on mountain grass and hay, the meat is beautifully marbled and flavorful.

Charcuterie

Hams, saucissons, and caillettes (traditional herb meatballs), prepared according to traditional recipes, will delight fans of cured meats.

... AND ITS SPECIALTIES

While markets abound in the Ardèche Mountains, certain restaurant tables stand out for their commitment to local specialties. Solidarity, authenticity, and a passion for local ingredients are guiding principles of our chefs.

Find the list of markets in the Ardèche Mountains and surrounding areas :

www.montagnedardeche.com/en/nos-brochures 

Among the must-taste dishes of Ardèche gastronomy, you will find :

- la caillette ardéchoise : A small, round savory parcel made of pork meat mixed with spinach, chard greens, or cabbage.
- la maôche : A hearty specialty consisting of a pork stomach stuffed with sausage meat and cabbage. Depending on the recipe, it may also include potatoes, carrots, prunes, apples, or onions.
- la bombine : The quintessential traditional Ardèche dish. It is a comforting stew made of pork ribs and potatoes, flavored with garlic, onions, and bay leaves.
- le cousina : A creamy chestnut soup, often enhanced with celery, cream, and a touch of nutmeg.



CHERISH NATURE

Natural treasures awaiting discovery

The Ardèche Mountains are home to exceptional natural spaces, rich in unique flora and fauna. These areas are protected and highlighted through the Monts d'Ardèche Regional Nature Park (PNR = Parc Naturel Régional), Sensitive Natural Areas (ENS = Espaces Naturels Sensibles), and Natura 2000 sites. Together, they work to preserve the remarkable habitats and species of our territory.

Adopt the right habits

To fully enjoy your walks in the Ardèche Mountains, we invite you to follow the hiker's code of conduct.

With local tourism partners, you can also discover the "Ardèche eco-proverbs," reflecting our collective commitment to preserve our beautiful environment.

Activities and awareness

Every year, a variety of nature activities are organized (by the PNR, ENS managers, local associations, and guides) to help you discover the riches of the Ardèche Mountains and learn how to protect them. Guided hikes, workshops, and themed outings offer a chance to encounter birds of prey, otters, medicinal plants, and ancient peat bogs...



PLAN YOUR VISIT

How to get here ?

BY CAR :

- From Lyon: A47 – N88 (via Le Puy-en-Velay)
- From Clermont-Ferrand: A75 – N102
- From Valence: A7 – D104 (via Privas) – D122
- From Montélimar / Aubenas: N102
- From Nîmes: N106 – D906

Taxis available

Car rental (Le Puy en Velay – Mende – Aubenas)

Electric vehicle charging stations in local towns

In winter, special equipment (snow tyres, chains, etc.) is mandatory.

ON FOOT :

- GR3
- GR4
- GR7 / Partage des Eaux Art Trail
- Crossing of the Ardèche Mountains (Traversée de la Montagne Ardéchoise)

BY BIKE :







- Grande Traversée de l'Ardèche MTB route
- Connections to greenways and traffic-free paths via the road itinerary of l'Ardéchoise or local e-bike (VAE in french) trails




Where to find us?

The Office de Tourisme Montagne d'Ardèche (Ardèche Mountains Tourist Office) welcomes visitors at several information offices to provide advice and guidance (personalised tourist information, maps, brochures, ticketing, etc.).


Office de Tourisme Montagne d'Ardèche


-  1 place Jacques Chirac – 07470 Coucouron
-  +33 (0)4 66 69 09 37
-  contact@montagnedardeche.com
-  www.montagnedardeche.com/en/
-  Tourisme Montagne d'Ardèche
-  montagnedardecheturisme

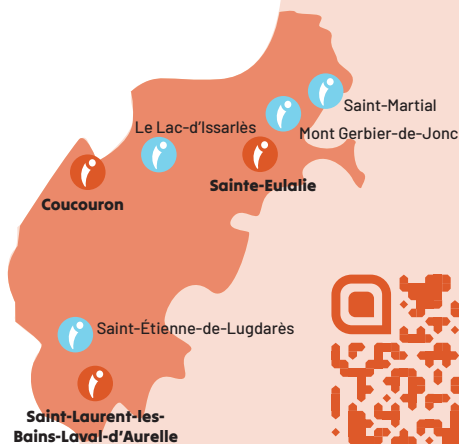
Sainte-Eulalie Information Office

- 1 place de la Mairie
- 07510 Sainte-Eulalie
-  +33 (0)4 75 38 89 78

Saint-Laurent-les-Bains Information Office

- 3 La Calade
- 07510 Saint-Laurent-les-Bains-Laval-d'Aurelle
-  +33 (0)4 66 46 69 94

-  Seasonal offices : Mont Gerbier-de-Jonc • Le Lac-d'Issarlès • Saint-Martial • Saint-Étienne-de-Lugarès



www.montagnedardeche.com/en/



Destination
**MONTAGNE
D'ARDECHE**
Changez d'air !

**ARDECHE
BE AMAZED**