

# The Verdon Ecoguards' advice



# You are in a regional natural park

a FRAGILE NATURAL AREA



Please enjoy the wealth of the  
sites you visit and bring back  
photos and memories only

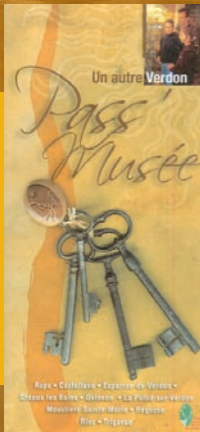
# Why not ask for a professional guide?

By foot, by horse or by bike discover the most beautiful trail of the regional natural park of Verdon\*.

The walks of our choice are marked by this logo :



\* The free guide is available in tourism offices



Why not pick up the Pass'Musée which lets you discover different facets of the park and offers you great discounts to 11 local museums?

# Please help us keep the Verdon clean!



Pack food in reusable and washable containers, so as to minimize amount of rubbish in the back country



Take your litter with you to the nearest village

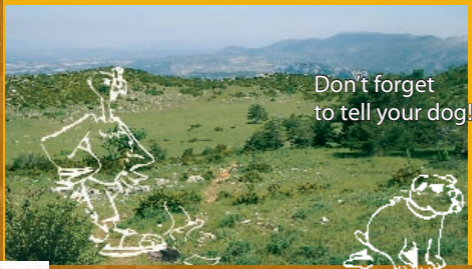


Do not forget to take a bag for your waste before you leave for your trip or picnic





# To relieve oneself in nature


WITHOUT LEAVING ANY TRACE





Don't forget  
to tell your dog!

 Think about going to the toilet before  
leaving!

 Use the public toilets!

 Otherwise move away from the path  
or the beach

 Remember to put your excrements in  
the earth and cover them with leaves or  
stones, this will help the decomposition

 Finally, try to use as little paper as  
possible

# Be careful along the Verdon!



THE WATER-LEVEL MAY RISE SUDDENLY, even if the weather is nice (water can be released from dams, sudden summer rains...)

STAY ON THE RIVERBANKS






# Swimming and water sports

designated areas:





## LAC de CASTILLON

3 sites are monitored by life guards between  
July 1st and August 31st

-  St-André les Alpes: Le Plan (11am - 7pm)
-  St-Julien du Verdon: Le Touron (11am - 7pm)
-  Castellane: Le Cheiron (11am - 7pm)


## LAC de SAINTE-CROIX

4 sites are monitored by life guards between  
July 1st and August 31st

-  Aiguines: Le Galetas (11am - 6pm)
-  Les Salles: near the village (11am - 6pm)
-  Bauduen: (11am - 6pm)
-  Sainte-Croix du Verdon: (10am - 6.30pm)

## LAC de ESPARRON

1 site is monitored by life guards between  
July 1st and August 31st

-  Esparron: near the port (10.30am - 6pm)

For your safety do not cross the lines marked by yellow buoys near hydroelectric power dams and do not jump or dive from bridges and rocks.

# While hiking, stay on the trails!

For your safety  
and to preserve natural sites



take your time instead of  
TAKING A SHORT CUT

# Handy reminders for hikers



## HIKING SHOES

please wear appropriate foot wear  
(sandals, flip-flops are not advised)



## CHECK THE WEATHER

before leaving

Alpes de Haute-Provence:

 08 92 68 02 04

Var :








 08 92 68 02 83



## INFORM SOMEONE

(a family member or a friend) of your  
itinerary and expected time of return

## DON'T FORGET THESE ESSENTIALS:

-  2 liters of water per person
  -  sun hat or head protection
  -  map
  -  sun cream
  -  garbage bag
  -  flash light
- (for the Martel trail)
-  energy snacks  
(dried fruits,  
energy bars)?



# Camping outside of designated areas is prohibited

The fine for illegal  
camping  
is 135€!



Please contact tourism offices  
for information on accomodation  
possibilities in The Natural Park  
area (campings sites, rental cabins,  
motels , B&B).

# The fire danger in Verdon's forests

NEVER LIGHT A FIRE OR A  
BARBECUE IN VERDON PARK

(fine of 135€)



AND DON'T SMOKE  
IN THE FOREST!

IN CASE OF FIRE call the fire  
department immediatly (  112)



# Parking of motorhomes

is allowed only in designated  
areas and in camping grounds



Attention :

Human wastes and motor oil are  
prohibited

Please respect natural sites!

# Parking and utilities for camping-cars

## CASTELLANE

parking, waste and water point in "La Boudousque parking and near the camping ground "Les Lavandes,"

## LA BASTIDE

parking, waste and water point near "Bas-Vallage,"

(tokens are available from nearby shops).

## RIEZ

point d'eau à coté du parking du Pré des foires

## ST-ANDRÉ-LES-ALPES

parking, waste and water point in Grande Rue below the village

(tokens are available in the Town Hall and Tourism Office)

## LES SALLES / VERDON

parking, waste and water point at the village entrance

## STE-CROIX-DU-VERDON

parking, waste and water point in "L'air des camping-cars," at the village entrance

## TRIGANCE

parking, waste and water point in the parking at the village entrance

## LA MARTRE

parking, waste and water point in "Camping des Greytis,"

# Even for a brief stop...

(eg. scenic viewpoint)

...PARK YOUR CAR CORRECTLY  
without blocking traffic. You can help  
to save lives by keeping the road clear  
for emergency vehicles



ATTENTION there can be thieves  
operating in the car parks!  
DON'T LEAVE VALUABLES IN YOUR CAR

# What to do in case of an accident?

CALL EMERGENCY ( 112 )

give :

- your name
- the kind of accident
- the precise accident location
- the condition of the victim

UNTIL EMERGENCY ARRIVES

secure the area of the accident to avoid another one

FACILITATE BREATHING

loosen clothing and unbuckle the helmet without removing it

KEEP THE VICTIME WARM

and cover them

Remember:

- do not move the victim if they are not in immediate danger
- do not allow the victim to drink
- never leave the victim alone

# Emergency numbers

European emergency number:



If you see an accident call emergency services as soon as possible!

To get further information about the Verdon natural regional Park or its Ecoguards:

Tel: 04 92 74 68 00

e-mail: [info@parcduverdon.fr](mailto:info@parcduverdon.fr)

[www.parcduverdon.fr](http://www.parcduverdon.fr)



Région  
Provence-Alpes-Côte d'Azur  
Partenaire principal



do not drop this brochure in the public path

2005