

FURTHER AWAY

MUSEUM

ÉCOMUSÉE DE L’OLIVIER – VOLX – 04 86 68 53 15

In an unusual setting, the development of olive tree cultivation is revealed through various media. July and August. Tuesday to Saturday 10.30 a.m. to 10.30 p.m. Sunday 10.30 a.m. to 1.30 p.m. From September to June, Thursday to Saturday 10.30 a.m. to 10.30 p.m. Sunday 10.30 a.m. to 1.30 p.m.

OLIVE OIL PRODUCERS AND MILLS

MATHIEU WEIRICH – ORGANIC FARMER IN ENTREVENNES – +33(6) 50 91 33 65

Visit Mathieu’s sloped olive groves and discover his natural and organic farming free of chemicals. Explanations about pruning, grafting, agroforestry (Mathieu grows saffron between his olive trees). Direct sale and visits possible all year long, preferably by appointment.

MOULIN DE LA CASCADE – LURS – +33(4) 92 79 95 03, +33 (4) 92 78 75 06

The Masse family produces excellent organic olive oil thanks to the traditional decantation method. Visit of the oil mill and direct sale by appointment. You can also get homemade oil and wine in the village, or at the family-run shop “Chez Justine”. In summer, open every day 10.30 a.m. to 12 p.m. / 2.30 to 7 p.m. Off-season: only the afternoon. +33 (0)4 92 79 18 12.

OLI D’AQUI – LURS – +33(4) 92 79 96 23

Direct sale and tasting of the several types of olive oils produced by the family.

MOULIN DES PEYROUSES – SOURRIBES – +33(4) 92 62 19 11

Guided tour of the family-run oil mill and direct sale by appointment.

GAEC DANAUS – MIRABEAU – LIEU-DIT BEAUVEZET

Direct sale of organic olive oil and saffron. Midway between Malijai and Mallemoisson.

LOCAL SPECIALITIES

ORGANIC AND LOCAL FARMERS’ MARKET IN AIGLUN

On Tuesdays 3.30 p.m.-7 p.m. All year round.

MAISON DE PRODUITS DU PAYS DIGNOIS – MALLEMOISSON

Local food, arts and crafts, workshops, tastings...  
Monday to Saturday : 10 a.m.-7 p.m.  
Sundays and public holidays : 10 a.m.-12.30 p.m. / 1.30 p.m.-7 p.m.  
Les Faïsses – 04510 Mallemoisson

SAVEURS ET COULEURS

Delicatessen. Supply yourself with olive oil from Haute-Provence and other local products in Digne-les-Bains, 7 Boulevard Gassendi.  
Open Sunday mornings, closed on Mondays. 8.15 a.m.-12.15 p.m. and 2.15 p.m.-7 p.m.

The history of olive oil cultivation in Haute-Provence

ANTIQUITY

Olive trees were brought to the coast of Provence in the 6<sup>th</sup> century BC. Later, the Romans spread this culture all over their empire, within the Mediterranean area and further up in the inlands.

MIDDLE AGES

Not much is known about olive cultivation during the Middle Ages until the 10<sup>th</sup> century, when monasteries and abbeys multiplied. Then, the monks developed plantations and took care of these trees that allowed the production of this oil, high in religious symbolism. Although they no longer exist, there were two monasteries in Les Mées that probably contributed to the propagation of olive cultivation in the territory.

FROM 18<sup>th</sup> TO 20<sup>th</sup> CENTURY

Only the most resistant trees survived the severe winters of the Alpes de Haute-Provence. Gradually, cultivation became centred around the Aglandau variety, emblematic to the region. However, olive cultivation remained irregular because of recurring harsh winters that decimated the olive trees. In the 19<sup>th</sup> century, olive cultivation came in stiff competition with mulberry trees, cultivated to feed silkworms. In the 20<sup>th</sup> century, the importation of exotic oils and the mechanization of agriculture jeopardized the survival of the olive groves.

THE RENEWAL

In the 1990s, some scientific studies about the Mediterranean diet reasserted the value of olive oil. The abandoned groves were cleared and the production was relaunched.

TODAY

The traditional culture of cultivating food not only persisted among the population of Les Mées and of the Alpes de Haute-Provence, but also developed in some professional farms, which contributed to the promotion of olive oil from Haute-Provence. Since the creation of labels that protect the origin of products (e.g. AOP or AOC) in 1999, the Aglandau tree, along with some other local varieties, has been put in the spotlight.

Today in Les Mées, there are the *Pénitents*, 3 600 inhabitants and more than 90 000 olive trees !

Tourist Office  
Provence Alpes Digne-les-Bains  
Place du Tampinet  
+33 (0)4 92 36 62 62  
Registre des opérateurs de voyages et séjours  
N° IM004120001

Tourist Office Les Mées  
Boulevard de la République  
+33 (0)4 92 34 36 38

Tourist Office Val de Durance  
Ferme de Font Robert, Avenue de la Bastide  
04160 Château-Arnoux-Saint-Auban  
+33(4) 92 64 02 64

provence  
alpes  
TOURISME  
DIGNE-LES-BAINS

OLIVE  
OIL  
FROM THE  
UNESCO  
GEOPARK  
IN  
HAUTE  
PROVENCE

DIGNE LES BAINS  
VAL DE DURANCE

haute  
provence

TERRE D'ÉMOTIONS PURES

P  
PROVENCE  
ENJOY THE UNEXPECTED



UNESCO  
GEOPARC  
HAUTE  
PROVENCE



OLIVE OIL PRODUCERS AND MILLS IN LES MÉES

**MOULIN FORTUNÉ ARIZZI**  
Le Mas des Pins, Les Bourelles  
04190 Les Mées  
+33(4) 92 34 04 80 **1**

Free guided tour, tasting, dovecote ecomuseum, shop. Mon.to Sat., 8 a.m.-6 p.m. On Sunday 8 a.m.-12 p.m. in July / August

Guided tour of the oil mill, guided tour of the soap factory, shop  
Monday to Saturday, 9 a.m.-5 p.m.

**MOULIN PASCHETTA HENRY**  
Quartier de la Sève, zone du Mardaric  
04310 Peyruis  
+33(4) 92 68 04 12 **2**

**MOULIN DES PÉNITENTS**  
La Chauchière  
04190 Les Mées  
+33(4) 92 34 07 67 **3**

Olive Tree Museum, tasting, shop 9 a.m.-12.30 p.m. / 2.30 p.m.-7 p.m.  
Monday to Saturday

Family estate since 1902, centuries-old olive groves, 4 award-winning olive-oil vintages  
Mon. to Fri. 8 a.m.-12 p.m. / 2-5 p.m.

**DOMAINE SALVATOR**  
Moulin de Dabisse, Campagne Salvator  
04190 Les Mées  
+33(4) 92 34 00 45 **4**

**MOULIN DES VARZELLES**  
Les Varzelles  
04190 Les Mées  
+33(4) 92 34 05 91 **5**

Guided tour of the oil mill and confectionary, fruit & vegetables of the season, shop. Open 7 days a week. 10 a.m.-12 p.m. / 2-7 p.m.

DISCOVERY PATHS

LE CHEMIN DE L’OLIVIER IN LES MÉES

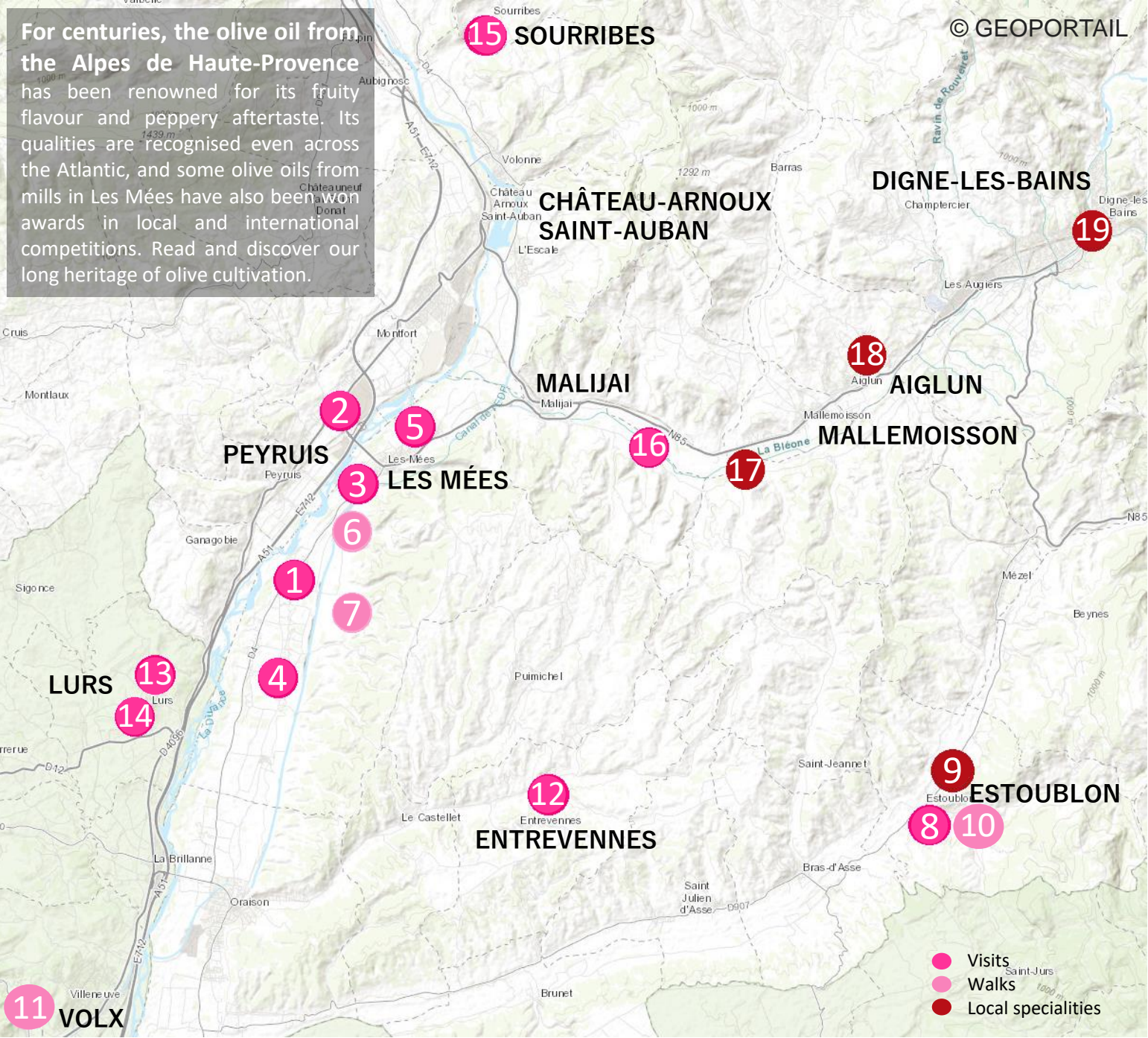
**Information leaflet** available at the Tourist Office in Les Mées. Starting point 500m after the exit of Les Mées on the road towards Oraison. Outstanding **orchards**, **picnic** area, centuries-old olive trees.

3,6 km – 1h30 – elevation gain : 50m **6**

HORSE RIDING FARM LA FENIÈRE

**Horse-drawn carriage tours** in the olive groves in Les Mées.  
All year long, by appointment +33(4) 92 34 34 60 **7**

For centuries, the olive oil from the **Alpes de Haute-Provence** has been renowned for its fruity flavour and peppery aftertaste. Its qualities are recognised even across the Atlantic, and some olive oils from mills in Les Mées have also been won awards in local and international competitions. Read and discover our long heritage of olive cultivation.



According to **Greek mythology**, the gods Poseidon and Athena were put in competition by the humans who sought a **protector** for their new city. Poseidon offered them a **horse**, to carry the men and wage war; Athena grew an **olive tree**, to feed and heal the humans. The men chose the latter, which became and still is a symbol of abundance, wisdom and immortality. They christened their city “Athens”, from the name of the goddess who would protect them from then on.

ESTOUBLON

LE VIEUX MOULIN

Guided tour of the old oil mill, shop, tasting, lavender.  
From April to October: Tuesday to Thursday: 4-6 p.m.  
July / August: Monday to Saturday: 4-7 p.m.  
In the village - 04270 Estoublon  
+33(4) 92 34 44 60 **8**

SUMMER LOCAL FARMERS’ MARKET

From 4 p.m. to 8 p.m.  
On Mondays in July and August. **9**

LE SENTIER DES OLIVIERS IN ESTOUBLON

Follow the path of the clock tower and to get to the **Olive Tree Conservatory** and the **Butterfly Garden**. Outstanding view of the Asse Valley, viewpoint indicator, footbridge.

6 km – 2h30 – elevation gain : 140m **10**

THE MANY BENEFITS OF OLIVE OIL

Accompanying fruit and vegetables, grains and legumes, **olive oil** is a key element of the **Mediterranean diet**. Olive oil also has **medicinal properties**: it has been proven that it is good for health when eaten regularly. Its composition makes it a strong **antioxidant** that helps in preventing aging, cancers and cardiovascular diseases. It contributes to lowering blood pressure, preventing diabetes and obesity, and also makes digestion easier. Moreover, it is great for use in **cosmetics** thanks to its moisturising and protective properties for both skin and hair.