

FARTHER AWAY

MUSEUM

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

In an amazing ancient limekiln, discover the olive tree through varied installations. A travel for each of your senses. Tuesday to Saturday, 10h-13h and 14h-18h.

OLIVE GROWERS AND MILLERS

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

Visit Mathieu's traditional sloped olive groves and discover his natural and organic farming with no chemicals ; explanations about pruning, grafting, agroforestry (Mathieu is growing saffron between his olive trees). Direct selling and reception 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 offers you to discover an organic olive oil they produce thanks to the traditional decantation method. Visit of the oil mill and direct selling by appointment. You can also get homemade oil and wine in the village, at the family shop « Chez Justine ». In summer, open everyday 10h30-12h / 14h30-19h. Off-season : only the afternoon. +33 (0)4 92 79 18 12.

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

Direct selling of the several oil batches produced by the family.

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

Guided tour of the family oil mill and direct selling by appointment.

GAEC DANAUS – GROWERS IN MIRABEAU – LIEU-DIT BEAUVEZET

Direct selling - Organic olive oil and saffron - Midway Malijai/Mallemoisson.

LOCAL SPECIALITIES

ORGANIC AND LOCAL FARMING MARKET IN AIGLUN

On Tuesdays 15h30 - 19h. All year long.

MAISON DE PRODUITS DU PAYS DIGNOIS – MALLEMOISSON

Local food, arts and crafts, workshops, tastes...

Monday to Saturday : 10h - 19h

Sunday and public holidays : 10h-12h30 / 13h30-18h45

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. 8h15-12h15 and 14h15-19h

The history of olive growing in Haute-Provence

ANTIQUITY

Olive trees were brought on the coast of Provence in the VIth century BC. Later, the Romans spread this culture all over their empire, on the Mediterranean area and in the inlands.

MIDDLE-AGES

We don't know much about olive growing during the Middle-Ages until the Xth century, when monasteries and abbeys multiplied. Then, the monks made plantations and took care of those trees that allowed the production of a precious oil. Although they no longer exist, there were two monasteries in Les Mées, and they probably contributed to the diffusion of the olive cultivation on the territory.

FROM 18th TO 20th CENTURY

The most resisting trees got selected by severe winters of the Alpes de Haute-Provence, and the Aglandau variety especially proved its value in our country. Despite it, olive cultivation remained irregular because of recurring harsh winters that decimated the olive trees. In the XIXth century, it was in sharp competition with mulberry trees designed for feeding silkworms. In the XXth century, the importation of exotic oils and the mechanization of agriculture jeopardized the olive groves.

THE RENEWAL

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

TODAY

This traditional food-producing culture persisted among the population of Les Mées and of the Alpes de Haute-Provence, but it also developed in some professional farms, and the latter take part in the influence of the olive oil from Haute-Provence. Since 1999 and the creation of a Protected Designation of Origin (AOP or AOC in French) the Aglandau tree has been put in the spotlight with some other local varieties.

Today in Les Mées, there are the Pénitents, 3,600 inhabitants and more than 100,000 olive trees !

Tourist Office
Provence Alpes Digne-les-Bains
Place du taminet
+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

PROVENCE
ENJOY THE UNEXPECTED

UNESCO
GEOPARC
HAUTE
PROVENCE

OLIVE GROWERS AND MILLERS 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, taste
Ecomuseum of the dovecote, shop
Mon. to Sat., 8h-12h/14h-18h
On Sunday 8h-12h in July / August

Guided tour of the oil mill
Guided tour of the soap factory
Shop
Monday to Saturday, 9am to 5pm

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**

Museum of the olive tree, taste
Shop 9h-12h30 / 14h30-19h
Feb – Oct : Monday to Saturday
+ Sunday from 14/07 to 18/08

Family estate since 1902
Centuries-old olive groves
4 awarded olive-oil batches
Mon. to Fri. 8h-12h / 14h-17h

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, fruit &
Vegetables in-season, confectionery
Shop 14h-18h
Monday, Tuesday, Thursday, Friday

DISCOVERY PATHS

LE CHEMIN DE L'OLIVIER IN LES MÉES

Information leaflet to pick up at the Tourist Office in Les Mées. Start 500m after the exit of Les Mées on the road towards Oraison. Outstanding orchards, piknik area, centuries-old olive trees.

3,6 km – 1h30 – vertical drop : 50m **6**

GUIDED TOUR

Un guide local vous fait visiter les oliveraies pluricentennaires + un moulin traditionnel !
Informations et réservation au Bureau d'Information Touristique des Mées

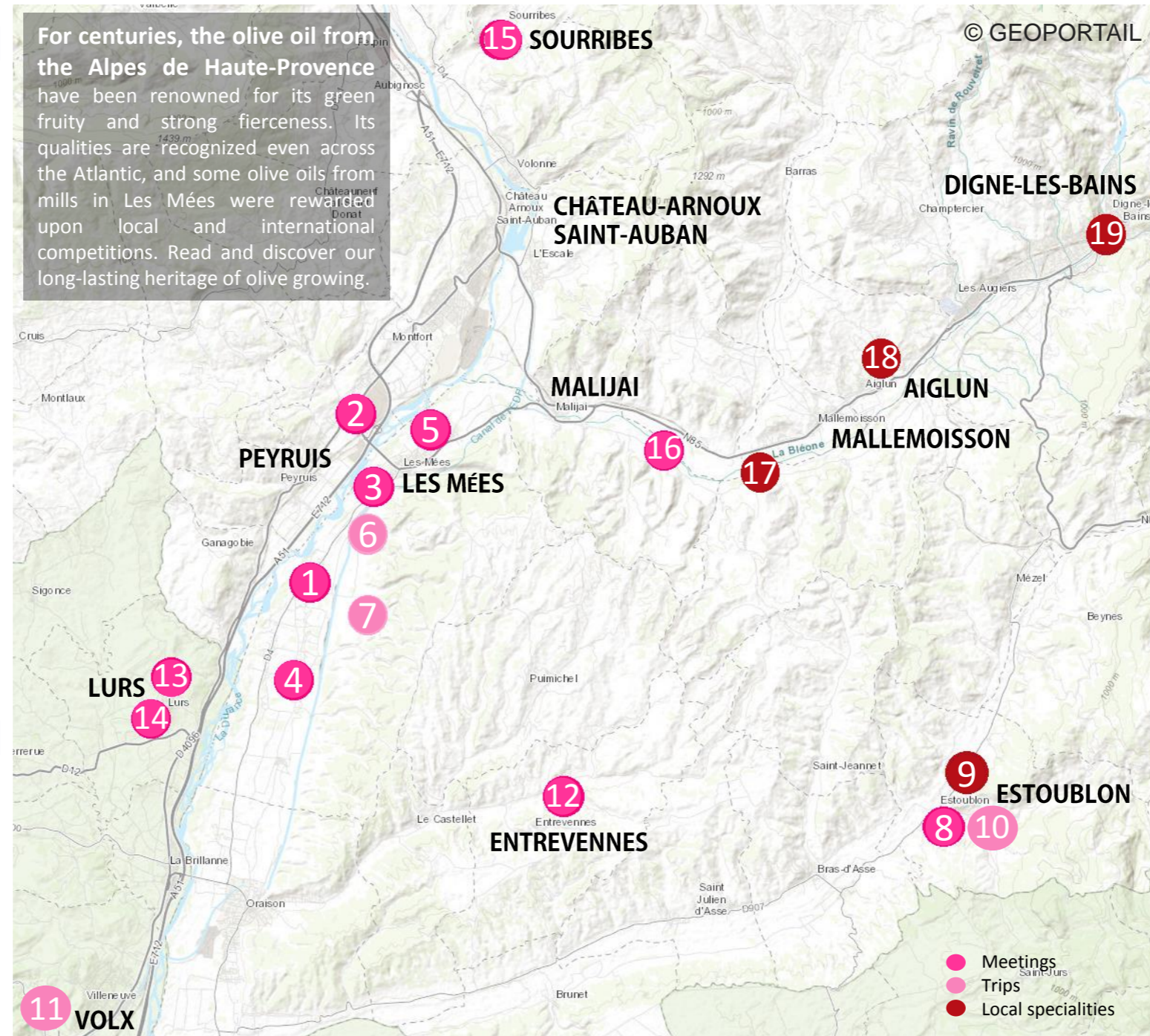
+33(4) 92 34 36 38

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 Alps de Haute-Provence have been renowned for its green fruity and strong fierceness. Its qualities are recognized even across the Atlantic, and some olive oils from mills in Les Mées were rewarded upon local and international competitions. Read and discover our long-lasting heritage of olive growing.



According to the **Greek Mythology**, the gods Poseidon and Athena were put in competition by the humans who were seeking for 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, and they called « Athenes » their city, from the name of the goddess who would protect them from then on.

ESTOUBLON

LE VIEUX MOULIN

Guided tour of the ancient oil mill, shop, taste, lavender.
April/May/June/Sept/Oct : Tuesday to Thursday : 16h-18h
July / August : Monday to Saturday : 16h-19h
In the Village - 04270 Estoublon
+33(4) 92 34 44 60 **8**

SUMMER LOCAL FARMING MARKET

From 4pm to 8pm
On Mondays from 8th July to 26th August. **9**

LE SENTIER DES OLIVIERS IN ESTOUBLON

Follow the path of the Clock Tower and carry on to reach the Olive Tree Conservatory and the Butterflies Garden. Outstanding view upon the Asse Valley, viewpoint indicator, footbridge.

6 km – 2h30 – vertical drop : 140m **10**

THE MANY BENEFITS OF GREEN GOLD

By the side of fruits and vegetables, cereals and leguminous plants and herbs, the olive oil is a central element of the **Mediterranean diet**. More than food, olive oil is almost a **medicine** : it has been proven that it is good for health when eaten regularly. Its composition makes him a strong **antioxidant** that helps in preventing aging, cancers and cardiovascular diseases. It participates in lowering blood pressure, avoiding diabetes and fighting obesity, and makes digestion easier. Moreover, it is great for using in **cosmetics** thanks to its moisturizing and protective properties.