Camping \*\*\*\*

Les Cerisiers du Jaur

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Clef Verte



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# WELCOME BOOKLET

JULI

Saint-Pons-de-Thomières



Jualité

ACCUEI

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## SERVICES

## SERVICES



## BREAD

Order your **baguettes**, **pastries and speciality breads** and pick them the next morning from **8 am**! In **low season**: at reception, in **July-August**: at the snack. Order **until 6:30 p.m.** 

You've forgotten an essential?

At the reception, you will find the small grocery store: **grocery store**, **drinks**, **ice cream**, **espresso coffee**, **cold drinks**, **frozen bottles of water**, **hygiene**...

July and August: **8 am - 1 pm** and **2 pm - 7 pm**. Low season: **8 am - 12 noon** and **3 pm - 7 pm**.

### SNACK

**GROCERY** 

Located by the **pool**, the snack proposes **pizza**, **fries**, **salads**, **burgers**, **meat**, **cocktails**, **pancakes**, **milkshake**... to eat in or to take away.

To take away: fries, burgers and pizzas.

And if you're just bit peckish you can have some **ice cream**.

Enjoy watching your children have a great time in the pool while you have a **coffee**, **beer** or **soda** to drink.

July and August: 8 am - 11 am and 3 pm à 11 pm. Closed for lunch. Low season: 5 pm - 10 pm.

## SCAN ME!



#### **SNACK MENU**



## LOCAL PRODUCTS

You will find at the reception a selection of **local products** to enjoy during your stay, to **take away** or **to offer** to the ones that stayed home.



## LAUNDERETTE

**Washing machines** and a **dryer** are available at the common sanitary facilities.

Token to buy at reception:

- Washing machine = 5€
- Dryer = 4€



## WIFI

**FREE WIFI:** Wifi access within campsite. Simply register on the "**Camping-les-cerisiers-du-jaur**" Wifi network.

#### PAID HIGH-SPEED WIFI: ticket to buy at reception.

1 DAY	3 DAY	7 DAY
unlimited	unlimited	unlimited
5€	8€	12€







## RENTAL



#### **AUXILIARY SERVICES**

Ask the reception desk: **refrigerator rental**, **high-chair** and **baby bathtub rental**.

## BARBECUE

Charcoal barbeque forbidden on the pitches, **only gaz and electric BBQ's are allowed**. **Collective charcaol BBQ** available next to the reception.

### **RESPECT SILENCE**

Motorized vehicule should not be used within the campsite **from 10 p.m. till 8 a.m.** 





### **ELECTRIC VEHICLE RENTAL**

- Max speed. 45 km/h.
- Requires BSR or driving license.
- Full battery life: +/- **75 kms**.
- Recharge time (0 to 100%): 4 hours.

CITROËN AMI - 2 seats		
<b>1 DAY</b>	<b>DEPOSIT</b>	
45 €	750 €	



## MARKETS



- MONDAY: Bédarieux.
- TUESDAY: Olonzac.
- WEDNESDAY: Saint-Pons-de-Thomières.
- THURSDAY: Saint-Chinian, La Salvetat-sur-Agoût, Labastide Rouairoux.
- FRIDAY: Roquebrun, Puisserguier.
- SATURDAY: Mazamet, Cessenon-sur-Orb.
- SUNDAY: Saint-Chinian, Olargues, La Salvetat, Saint-Pons-de-Thomières.

# USEFUL NUMBERS

#### EMERGENCY

SAMU / AMBULANCE ..... © 15 FIREMAN ..... © 18

- N° EUROPÉEN ..... (2) 112 - POLICE STATION ..... (2) 17

### PHARMACIES

Pharmacie des Tilleuls - ② 04 67 97 00 68 - Open Sunday from 10 a.m. to 12 noon. 30 Grand Rue - 34220 Saint-Pons-de-Thomières.

## DOCTORS

Maison de santé - ② 04 67 95 81 40 1 esplanade du Barry - 34220 Saint-Pons-de-Thomières.



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#### VETERINARIAN

Goovaerts Koen - 🕐 04 67 97 12 08 45 avenue de Castres - 34220 Saint-Pons-de-Thomières.

### NURSE

**Chandelier-Charras** - *C* **06 81 52 66 95** 1 rue du Barry - 34220 Saint-Pons-de-Thomières.





#### Ouvert du lundi au samedi : 9h - 12h 14h30 - 18h30 ZAE de Brettes - 34220 RIOLS - 04 67 23 08 29 brettes.riols@orange.fr

Campingaz – Accessoires Plein Air et Camping Livraison à domicile – Gaz – Boissons fraîches



# SEPARATE OUT YOUR RUBISH

## COMPOST



Specific **bins** are at your disposal at the **entrance** of the campsite for **plastics**, **glass** and **general waste**.

#### WHAT YOU CAN RECYCLE:

#### IN THE YELLOW BIN:

- Plastic packaging
- Metal packaging
- The cardboards
- The papers
- Food bricks



#### IN THE GREEN BIN:

- Glass bottlesGlass jars
  - Without cap and empty!



#### **PROHIBITED** IN THE GREEN BIN:

- Table glasses
- The dishes
- Mirrors
- The crystal
- Pyrex
- The lightbulbs
- Terracotta



**Compost bins** are available at the **entrance** to the campsite and at the **river bridge**.



### YOU CAN COMPOST

- Fruit and vegetable peel (including citrus fruit).
- Leftover, rotten or cooked fruit.
- Coffee grounds and filters.
- Tea bags, herbal tea.
- Remains of meals (leftovers, stale bread).
- Crushed egg and seafood shells.



### YOU CANNOT COMPOST

- Cardboard plastic packaging.
- Styrofoam egg cartons.
- Fruit stickers.
- Animal products (meat, fish, dairy products).

GREEN KEY



**Clef Verte** 

#### • SAVE ENERGY

Think about switching **the lights** off, as well as turning off the heating when rooms are not in use.

#### RESPECT NATURE

While going out for a walk, make sure not to leave waste behind your passage. You enjoyed finding the clean places, think about the persons following. Admire the fauna and flora, but leave them in their natural place.

#### • SAVE WATER

Each pitch has a **water point**. Be careful not to use more water than necessary.



## HIKING TRAILS



### SAFETY INSTRUCTIONS IN CASE OF FIRE

#### FIRE PREVENTION

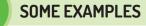
Respect «no smoking» signs. Be very careful when using inflammable products. Do not attempt to modify heating or lighting equipment or other electrical equipment. Do not light open fires. Use equipment at your disposal. Charcoal barbecues are stricly forbidden.

#### • PRACTICAL HELP FOR FIRE SERVICE

Know and spot where exits are located and the way to get to them. Be familiar with and respect fire extinguishers. Do not obstruct access to them. Always keep exits clear. Do not park on aces tracks used by fire engines in event of fire. Park your caravan with its front towards the direction of departure.

#### • IN EVENT OF FIRE OUT BREAK

Above all keep calm. Shut off gas and electricity at meter. Try to extinguish fire with the nearest fire equipment. Warn the management and Fire Service. Lead your family to safety by using a route that you are familiar with. If you hear the fire evacuate affected area.



## 

EASY AVERAGE

And many others... Do not hesitate to come to the reception for more information!



SCAN ME!





# WINES FROM OUR REGION

You can visualize exactly where our **winemaking partners** are located. We propose their wines at the **Reception** for a direct-sale price! And, the "Cerise on the cake", **every Sunday in July / August at 7:00 p.m.** one of these winemakers offers you the opportunity to taste the fruit of his production during The Welcome Drink.

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ÉE DE L'ORB

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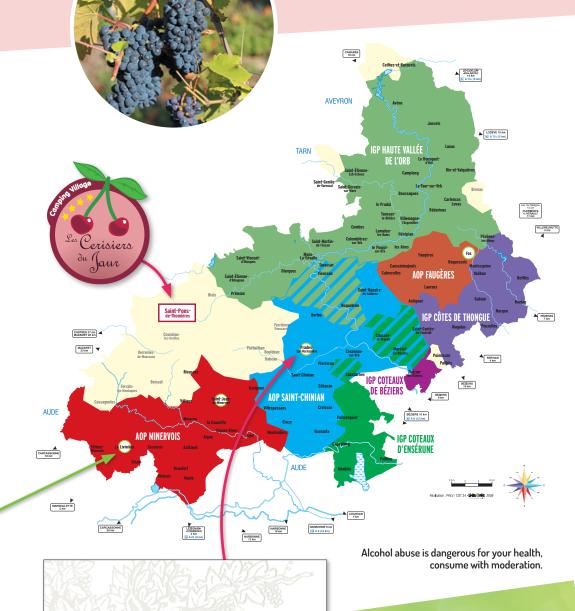
Consume Local!

Le Museat de Saint Jean de Minervois

Caveau ouvert : 8h-12h / 14h-18h du lundi au vendredi 14h-18h30 samedi, dimanche et jours fériés Dégustation de museats et vins à la cuve coopérative de Saint Jean de Minervois Museat Selection Peti Crain médaillé d'Or

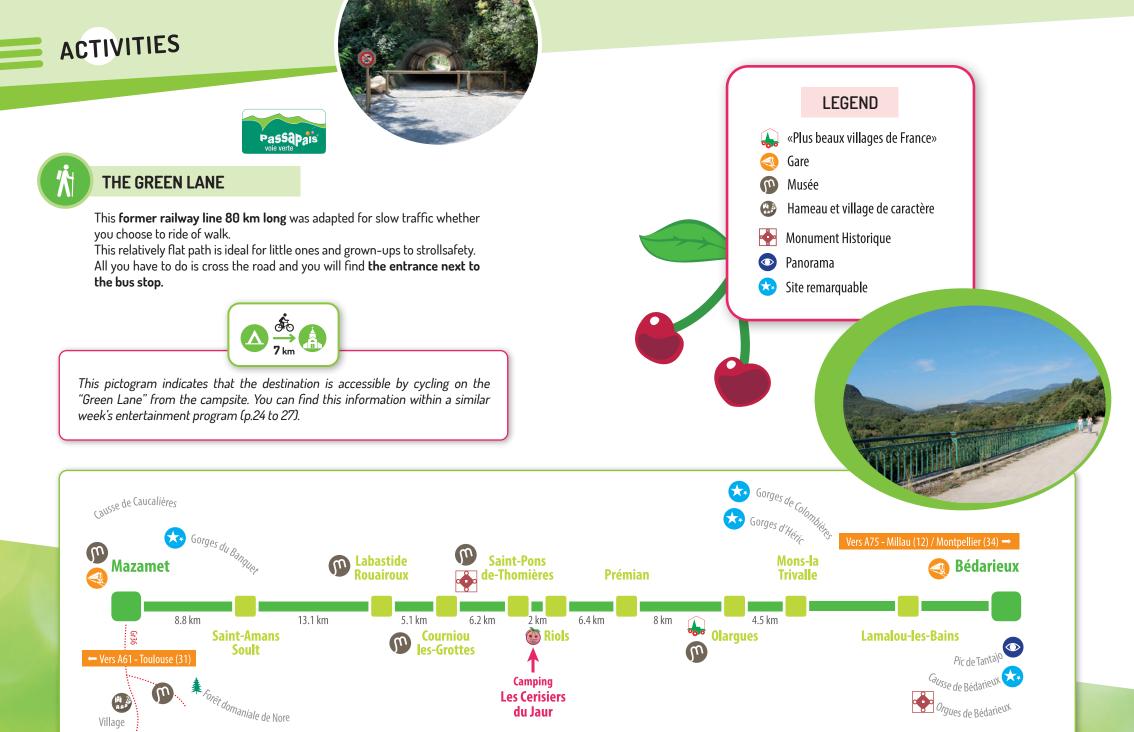
34360 St Jean de Minervois Tél : 04 67 38 03 24 lemuscat.@wanadoo.fr

Sud de





Caveau de dégustation : Ouvert du lundi au samedi de 09h00 à 12h00 et de 15h00 à 18h30 www.domainedesjougla.com



du Jaur

© Source : Parc naturel régional du Haut-languedoc

Village d'Hautpoul



Mons-la-Trivalle Destination Montagnes du Caroux. Simplement sauvage !

Quoi de plus agréable, de plus pratique et de plus écologique que le vélo pour découvrir les sentiers, les paysages et autres curiosités du Haut-Languedoc? Notre équipe propose de vous conseiller, de vous louer le matériel adapté (vélo, casques, gants et protection), de vous encadrer pour que vos balades à vélo

> Présentation des activités et inscriptions au pot d'accueil de bienvenue du camping.

# SWIMMING PLACES



#### NATURAL SWIMMING PLACES

#### → RIVERS:

- La source du Fréjo (before Olargues sur le Jaur)
- Beach of Roquebrun-sur-l'Orb
- Les Gorges d'Héric (Mons-La-Trivalle)
- Beach of Ceps
- Waterfalls of lake de Vésoles: access by the way of hiking from Langlade.

#### → LAKES:

- Lake of La Raviège (la Salvetat-sur-Agoût)
- Lake of Laousas (Rieumontagné de Nages)

#### → MEDITERRANEAN SEA:

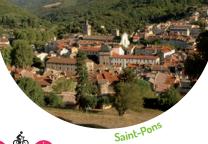
- Valras-Plage,
- Gruissan,
- Narbonne-Plage...







# A TYPICAL WEEK OF ACTIVITIES Nº 1



## SATURDAY: St-Pons-de-Thomières



- Walk on the Greenway (on foot or by bike) to Saint-Pons-de-Thomières.

- Visit of the Museum of Regional Prehistory.

Poterie workshop, wall painting, decoration... on Wednesdays (reservation required).

- Historical tour of the city + Randoland (activities for children during the visit).
- Visit of the Cathedral, possibility of a free visit (in music and light) or with an audio guide available at the Tourist Office (free brochure at the Tourist Office).
- Introduction to potholing, 2 adapted circuits accompanied by a qualified guide.
- **Orienteering course** organized every Thursday in season, accompanied by an animator. Open access throughout the year.

## SUNDAY: Courniou-les-Grottes

- Guided tour of the Devèze Cave: duration 1 hour.
- Bike along the Greenway to Courniou (7 km).
- A walk on the Sentier des Capitelles (dry stone shelters): 1h15.

## MONDAY: Lacaune les Bains



- **Pathway on the way to discover «The traces of the wild child»**: course of 3,5 km to learn about the plants and animals of the Monts de Lacaune.

A path-museum retraces the life of back the old times and the forgotten trades (from 3 years, free access).

- Visit of the spinning mill of Ramond: spinning of 170 years (from Monday to Friday at 14h30, during 1h, from 15/06 to 15/09).

- Visit of **the Charcuterie House** with tasting on Monday from 2.30 pm to 6 pm and from Tuesday to Saturday from 11 am to 1 pm and from 2.30 pm to 6 pm - duration 1h, from 15/06 to 15/09, (audio guide in French, English and Spanish). And for kids... **the track game «a pig ride»**.

- The nearest bathing place of Lacaune is **the Rieumontagné lake** side beach located in the commune of **Nages**, it is 9,9 km from Lacaune, excellent swim water.



### TUESDAY: La Salvetat-sur-Agoût



- Enjoy the **lake of Raviège** with: **motor boats** or electric motors with or without license, **pedal boat, canoeing, windsurfing, paddle.** 

- Water skiing, baby skiing, wakeboarding, towed buoy.
- Acrobatic park: trail in trees adults and children, on the leisure park of «Bouldouïres».
- Inflatable games and trampolines for children in the leisure park of «Bouldouïres».

- **The Mazamet Footbridge:** 140 m long high-bridge, which crosses the 70 m high Arnette gorges and offers an exceptional view of the village of Hautpoul (free of charge, all year access).

- The leisure centre of Lac des Montagnès: a little piece of paradise.

Relax on the beach, supervised swimming, water games ; hiking, fishing, mini-golf and tree climbing park...

## WEDNESDAY: Riols



- Walking on the Green Way.
- Hike to «Notre-Dame-de-Trédos» 13 km (average level).
- Hike «Le Sentier des Légendes» (difficult level Start in Langlade).

## THURSDAY: Mazamet



- House of Wood and Toys (3 km from the town centre). It offers a fun and interactive discovery of the Black Moutain. Exhibition, games and wooden toys from France and all over the world, games rooms and arboretum for the pleasure of children and grown-ups alike.

- The «Musée du Catharisme Occitan» which let you discover the epic destiny of the Cathars that thrived in the Black Moutain (Montagne Noire).

 Guided tour about the Hautpoult village (4 km from the town centre): stone fortress hanging on its rocky peak, overlooks Mazamet: medieval shops, tavern...

- Guided tour of Hautpoul lit by torch at night (to be booked at the Tourist Office).
- Enjoy the Golf of Mazamet La Barouge (18 hole).

## FRIDAY: Roquebrun



- Walk through the alleys of the village and visit **the Mediterranean Garden** open every day from 9 am to 7 pm (dogs on a lead allowed).

- **Canoeing on the Orb**: several lenghts from 5 to 21 km. Reduced rate for the clients of the campsite (see the reception).
- Swimming, sunbathing or picnic on the banks of the Orb.
- Visit of the medieval village Vieussan.
- Market of **Roquebrun** on Fridays morning.

# A TYPICAL WEEK OF ACTIVITIES N° 2



## SATURDAY: Castres



- Discover **the historic center of Castres**, discover **the «Palais Épiscopal»**, whose plans were designed by Jules Hardouin-Mansart, which houses the «Hôtel de Ville», which hosts the traditional market; a museum is also dedicated to him.

- In the immediate vicinity, **the famous houses on the river Agout** have earned Castres the nickname of «Small Venice of Languedoc».
- Visit of the Goya Museum: open every day, from 10 am to 6 pm in July-August.
- Walk through the «Jardin de l'Évêché» designed by André le Nôtre.
- A walk along the water, a boat linking the city center and **«Parc de Gourjade»**. Departure every hour (from May to October).

## SUNDAY: Minerve and Saint-Jean-de-Minervois



- Visit of towns and villages: ranked among the most beautiful in France with its natural bridges, gorges and orientation table ; Aigne, its medieval city of the year 1000 with its snail like form centre, its church and its bell are classified to the historical monuments.

La Caunette, with its church of the XI<sup>th</sup> century and its old castle.

- Tasting of Muscat and wines in the domaines.
- Visit of the Archaeological Museum of Minerve.
- Lunch at La Cave Restaurant in La Caunette.

## MONDAY: Narbonne



- Visit of **the Archbishop's Palace.** Free access, Place de l'Hôtel de Ville (City Hall square). Open from 8 am to 7 pm.

- Visit of **the birthplace and chilhood house of Charles Trenet**: from 10 am to 6 pm every day from June to September.

- Walk on the three ports of the city: Mediterranean sea: Port of Narbonne-Plage, Étang des Bages: Port of Bages-Sigean and the port of the 414 Canal de la Robine.



### **TUESDAY:** Homps – Olonzac



- Visit to the Archæological Museum.
- Walk to the market.
- Lunch at the water's edge.
- Visit the Canal du Midi by boat: itinerary of 2 hours with passage of bridges and a lock.





- Their names are already evocative and then, to wander through its granitic rocks is really amazing.
- The «Peyro Clabodo» is a rock of 780 tons ballancing on a base of just one square meter...
- The «Saut de la Truite» (Trout leap) is a waterfall of rocks 25 m high.

- The rock formation **«Les trois fromages»** (The Three cheeses) looks like stacked camemberts ! Between legends and nature discover the unusual stones that will tell you the true history of this country and these men.



### THURSDAY: Cabrespine - Limousis



Visit of the Limousis cave and its aragonite chandelier, unique in the world (open everyday).
Visit of the Giant abyss of Cabrespine, a pearl in the Cathar country, one of the 3 most visited abysses.



## FRIDAY: Olargues / Mons-La-Trivalle



- Visit of the **Village of Olargues** classified among the most beautiful villages of France (museum of arts and popular traditions in the stairs of the commandery).
- Trips in the **Gorges d'Héric** at Mons-la-Trivalle: swimming (non guarded), picnic at the water's edge, 3h round trip to Hamlet d'Héric.
- Possibility to continue to Douch by the GR7 (3h round trip, difficult level).
- Lunch at La Mécanique des Frères Bonano Restaurant
- in Colombières-sur-Orb.





Les Cerisiers du Jaur



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