



discover

marvel

observe



Sagnes tower of La Menerie in Montliant © Laurent Malbos / PNM

The Milky Way and the tower of Sagnes © atterpaudfoto

An exceptional territory

The Mercantour National Park, which is the meeting point of multiple climatic, geological and altitudinal influences, is home to natural riches of exceptional diversity. The variety of its landscapes and natural environments form a picture of intact nature. The Mercantour has found the right balance between nature and human occupation with the creation of the National Park in 1979. The Park territory is in fact organised around a central area called the 'heart', which is protected and regulated, and a peripheral area of adhesion where a harmony between protection, knowledge and sustainable development is continually sought.

A unique brand

The 'Reserve Internationale de Ciel étoilé' (RICE) label was awarded in December 2019 to the 'Alpes d'Azur Mercantour' territory by the International Dark Sky Association based in the United States. The label rewards the excellent quality of the night sky and encourages territories to implement actions to preserve and reduce light pollution. By obtaining this important label, the territory is internationally recognised both for the quality of its heritage and for the ambition of its administrations in favour of a quality night sky. Throughout the year, various actions are conducted, including free summer animations on the starry sky and nocturnal biodiversity. We look forward to seeing you!

Lush nature

Large and small mammals, birds, reptiles and invertebrates, the fauna of the Mercantour is very diverse. It is composed of several thousand species, some of which inherited from the last glaciations. A diversity that the most attentive visitors will be able to observe. The Mercantour also contains an extraordinary wealth of plants: more than 2,000 plant species, i.e. half of those known in France. Many species are typical of the Southern Alps region, and as many as 6 of them are found only in the cross-border massif of Argentera-Mercantour



Chamois (Capra ibex, male) © Mathieu Albert / PNM



Plum fruit of a buttercup © Sophie Roux / PNM

The green-underdies blue (Glancopsyche alexis) © Marie Carut / PNM

A land of ecotourism

Created in 2015 and common to the 11 French national parks, the 'Esprit Parc national' label allows the promotion of activities, stays, hotels, restaurants, agricultural and artisanal production and savoir-faire. On the ground, the label is represented by partners who are committed to sustainable tourism and wish to offer services and products that are in keeping with the universe and values of respect, ethics and quality of a national park. www.espritparcnational.com

All the partners in the 'Mercantourécotourisme' network have been working for 10 years alongside the Mercantour National Park to enhance and preserve the area's natural and cultural heritage within the framework of the European Charter for Sustainable Tourism. www.mercantourecotourisme.eu

Read more...

- Mercantour National Park's official Website: www.mercantour-parcnational.fr
- Official website of the European 'Maritime-Mercantour' park (Parc national du Mercantour and Parco Naturale Alpi Marittime): www.marittimemercantour.eu
- Select your trek in a few clicks at: rando.marittimemercantour.eu
- To plan your trek or excursion: download the "Maritime Mercantour" Smartphone application for Android and IOS
- Find the National Park on the internet and social networks



Info Trails

Following storm Alex on 2 October 2020, the Mercantour National Park immediately mobilised with its partners to rebuild the footpaths. However, there is still a lot of work to be done and several construction sites are still in progress. Before setting off, find out about the state of the trails and their accessibility: <https://bit.ly/InfosSentiersPNM>

You can also help and make your contribution: <http://mecenat.mercantour-parcnational.fr>

Contact

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- Territorial services**
- Roya-Bévéra**
06430 Tende
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- Vésubie**
06450 Saint-Martin-Vésubie
+39 4 93 03 23 15
- Tinée**
06660 Saint-Etienne-de-Tinée
+39 4 93 02 42 27
- Haut-Var / Cians**
06470 Entraunes
+39 4 93 05 59 43
- Haut-Verdon**
04260 Allos
+39 4 92 83 04 18
- Ubaye**
04400 Barcelonnette
+39 4 92 81 21 31

A transalpine heritage

Religious buildings, military vestiges, place names, local dialects, agricultural and culinary traditions, everything here speaks of a long common history with Italy. Terraced crops, pastoral traditions and embedded villages remind us that we are in the mountains and that man has had to adapt. Today, the visitor discovers these vestiges of the past, which are given special attention so that future generations can also enjoy this heritage.

Fort de Savoie in Colmars-les-Alpes © Sophie Roux / PNM



Village of Saint-Martin-Vésubie © Patrice Tordjman / PNM



A common heritage to be preserved

A national park is a common heritage for all as it contributes to the knowledge and protection of biodiversity. One of the park's main missions is also to raise awareness of the need to respect the environment and to share the exceptional character of its natural and cultural heritage. There are some emblematic archaeological sites on the territory, such as the Valley of Wonders or the Tournerie. The diversity and richness of these heritages invite us to prioritise a discovery imbued with respect.

Reading the landscape in the Bachelard valley © François Breton / PNM



Counting and observation of cultures in the valley of Ubaye © Florent Fuster / PNM



The visitor centers

Welcome to the national parks! The Park welcomes you to its five centers, the "maisons du Parc". Those in Valberg and Tende are open all year round, those in Saint-Etienne-de-Tinée, Saint-Martin-Vésubie and Barcelonnette are open during the summer season and during certain school holiday periods. These centers have several objectives: to welcome visitors, to make the park's actions known and to propose educational animations on the theme of discovering the natural and cultural heritage



Our staff are on hand to answer all your questions. Those centers sell various products for young and old.



Discover our online shop: boutique.mercantour.eu

The Regulation

A National Park is an area that is free and open to all. To protect its riches, the 'heart' of the park is governed by precise regulations.

This green hexagon, painted on rocks or trees, indicates the limits of the heart of the Park.

Extract from the regulations to be respected in the heart of the Park

- Camping in a tent, camper van, caravan, car roof tent or any other shelter is forbidden.
- Bivouacking is authorised between 7 p.m. and 9 a.m., if you are at more than one hour's walking distance from the park limits or from the last car access point.
- Noise and disturbance of nature that disturbs the peace and quiet of the area is prohibited.
- Hunting, owning or possessing a weapon and its ammunition that can be used for hunting is prohibited.
- Dogs, even on a leash or in arms, are forbidden. The regulations provide for some exceptions (guarding of flocks, assistance to handicapped persons ...).
- Dumping, leaving or throwing rubbish is forbidden. Even 'biodegradable' waste may not be abandoned. Please take your waste home.
- Campfires are forbidden. Camping stove are allowed, but only at a distance of at least 200m from the edges of woods and forests.
- It is forbidden to collect fossils, minerals, plants or animals. Some plants for curative and medicinal purposes may be collected under certain conditions.
- The driving and parking of motorised vehicles (cars, motorbikes, mopeds ...) is forbidden outside certain roads stipulated in the regulations.
- Outside roads open to public traffic, cycling is only permitted on certain routes.
- The practice of free flight (paragliding, hang gliding...) is regulated. Other aerial recreational activities (including drone) are forbidden.

Anyone not complying with these regulations will be liable to a fine ranging up to 1500 euros. More information and full park regulations on: www.mercantour-parcnational.fr

Additional regulations specific to the Valley of Merveilles and Fontanalbe

To avoid degradation and premature erosion of these sites, which are classified as historical monuments, the park regulations are supplemented in these areas by specific ordinances :

- When walking, visitors must keep to the paths. This is good general practice to avoid damage to soil and soil erosion
- Walking on rock carvings is forbidden.
- It is forbidden to touch or degrade rock engravings
- It is forbidden to use walking sticks or shod trekking poles
- Bivouacking is forbidden in the entire engravings area with the exception of the spaces created for bivouacking beside the Merveilles and Fontanalbe mountain refuges.

We invite you to discover these places accompanied by our partners: www.vallee-merveilles.com - www.4x4merveilles.com

Petroglyphs in the 'Vallée des Merveilles' © Guy Lumbart / PNM



Creation: August 18th, 1979

Location: french departments of Alpes-Maritimes and Alpes-de-Haute-Provence

Surface area: 1801 km²

Heart of the Park: 679 km²

Surrounding area: 1122 km²

23 municipalities, more than 23 500 inhabitants (INSEE 2017 source)



Caption

Mercantour national Park

- Heart of the Park
- Park Charter adherence area
- Optimum area of adhesion
- Alpi Maritime protected Area
- Department limit (Fr) / province (It)
- Park area boundary
- Border
- Parks commune
- Commune
- Highway
- Main road
- Second road
- Railway
- Main train station
- "Maison du Parc"
- Alpine/nordic ski resort
- Park refuge
- Park relay area or info point
- Refuge
- Tourist office



Road safety

Attention, the majority of road passes are closed in winter and following the storm Alex (october 2020), some accesses in Vésubie and Roya are still under construction. Inform yourself before you hit the road : www.inforoutes06.fr / www.inforoute04.fr

Soft mobility

To visit the Park, choose public transport : regular bus lines or trains of the Pignes and Merveilles, their main stations are indicated on the map. Seasonal shuttles or regular bus lines then allow you to reach the heart of the valleys.

Visitor centers, information points and tourist offices

Roya Bévéra

- Tende : 04 93 04 73 71
- Col de Turini : Cabane de Tueis
- Breil-sur-Roya : 04 93 04 99 76
- Sospel : 04 93 04 15 80

Vésubie

- Saint-Martin-Vésubie : 04 93 03 23 15
- Saint-Martin-Vésubie : 04 93 03 21 28
- Belvédère : 04 93 03 51 66
- La Bollène-Vésubie : 04 93 03 60 54
- Valdeblorre : 04 93 23 25 90

Tinée

- Saint-Etienne de Tinée : 04 93 02 42 27
- Saint-Etienne-de-Tinée : 04 93 02 41 96
- Roubion : 04 93 02 10 30
- Saint-Sauveur-sur-Tinée : 04 93 05 47 58

Haut-Var et Cians

- Valberg : 04 93 02 58 23
- Entraunes : 04 93 05 51 40
- Valberg : 04 93 23 24 25
- Beuil : 04 93 02 32 58
- Guillaumes : 04 93 05 57 76

Haut-Verdon

- Colmars-les-Alpes : 04 92 83 41 92
- Chalet du Laus : 06 16 83 24 21
- Allos : 04 92 83 02 81
- Foux d'Allos : 04 92 83 80 70

Ubaye

- Barcelonnette : 04 92 81 21 31
- Barcelonnette : 04 92 81 04 71
- Larche : 04 92 84 33 58
- Uvernet-Fours (Pra Loup) : 04 92 84 10 04

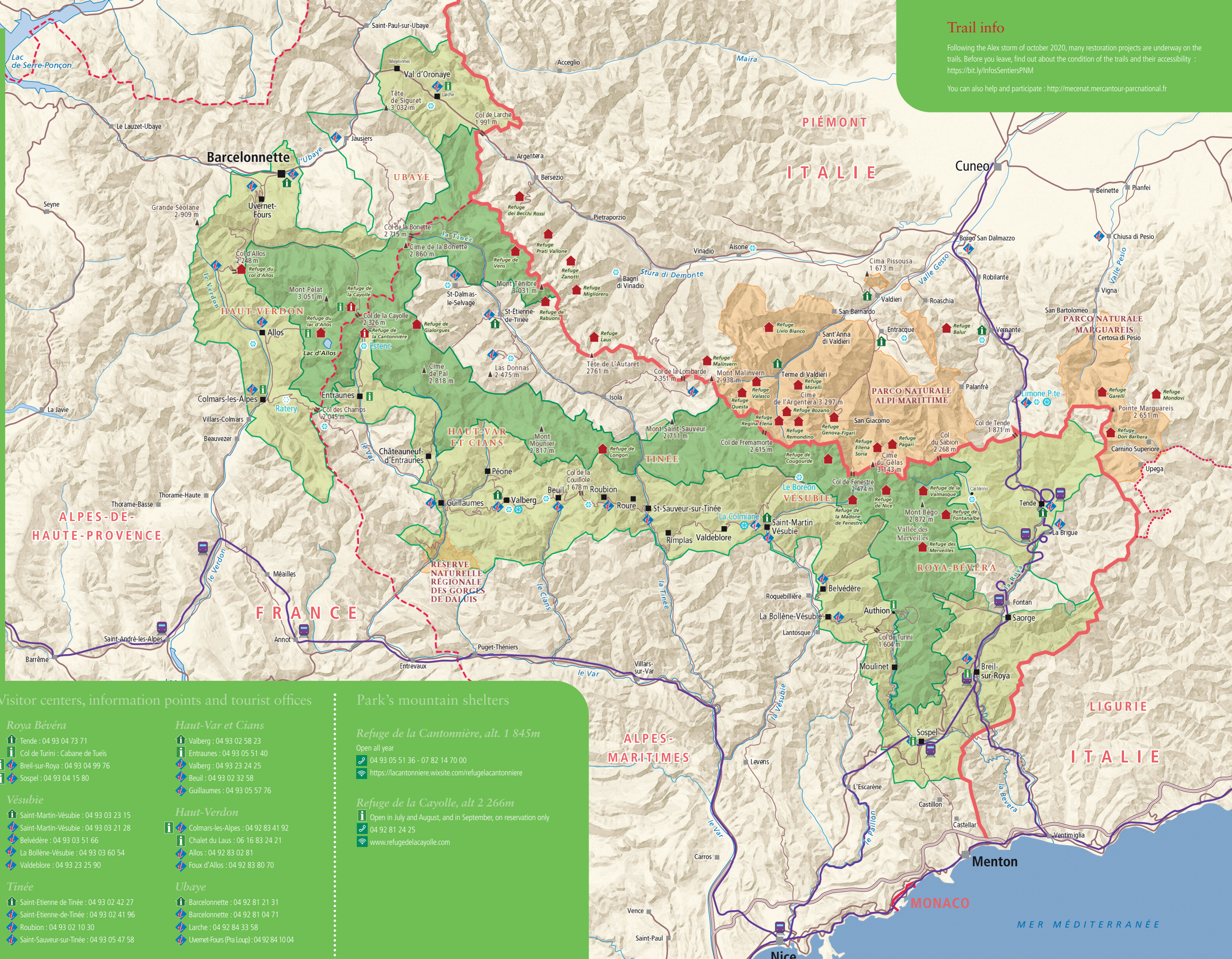
Park's mountain shelters

Refuge de la Cantonnière, alt. 1 845m

- Open all year
- 04 93 05 51 36 - 07 82 14 70 00
- <https://lacantonniere.wixsite.com/refugelacantonniere>

Refuge de la Cayolle, alt 2 266m

- Open in July and August, and in September, on reservation only
- 04 92 81 24 25
- www.refugedelacayolle.com



Trail info

Following the Alex storm of October 2020, many restoration projects are underway on the trails. Before you leave, find out about the condition of the trails and their accessibility : <https://bit.ly/InfosSentiersPNM>

You can also help and participate : <http://mecenat.mercantour-parcnational.fr>