

Ecotourism

Esprit Parc National Created in 2015, common to the 10 French national parks, the brand "Esprit Parc National" promotes activities, trips and visits, accommodations, restaurants and agricultural products and know-how. The brand is represented by providers strongly committed to ecotourism and eager to offer services and products in keeping with the values of respect, ethics and quality of a national park.
www.espritparcnational.com

Mercantour ecotourisme All the partners of the network "Mercantour Ecotourisme" are working side by side with the Mercantour National Park to valorise and conserve the natural and cultural heritage of their area within the framework of the European Charter of Sustainable Tourism.
www.mercantourecotourisme.eu

To find out more...

- Mercantour National Park's official Website: www.mercantour-parcnational.fr
- Official Website of the "Maritime Mercantour" European Natural Park: www.maritimemercantour.eu
- Select your trek in a few clicks at: rando.maritimemercantour.eu
- To plan your trek or excursion: download the "Maritime Mercantour" Smartphone application for Android and IOS
- The national park on social networks:   

 Brochure printed with the support of Fond National d'Aménagement et de Développement du Territoire

Together, let's prove that our heritage deserves UNESCO!

The Mercantour National Park, together with its partners from Italy and Monaco, is seeking recognition as a UNESCO world heritage site.

Our ambition: to honour and protect this exceptional area with the highest international distinction for a natural heritage!

A transalpine heritage

Religious buildings, military remains, location names, local dialects, farming and culinary traditions, everything here speaks of a long shared history with Italy. Terraced agriculture, pastoral traditions and perched villages remind us that we are in the mountains and that man has had to adapt. Today, the visitor can discover these tokens of the past which are now the object of great care and attention so that this heritage can also be enjoyed by future generations.

A common heritage to be preserved

A national park is a common heritage to be shared by all. Indeed, through the knowledge and protection of biodiversity, it plays its part both in creating public awareness for the need to respect our environment and in sharing its own particular natural and cultural heritage. There are some important archaeological sites in the Mercantour like La Vallée des Merveilles or La Tournerie. For these reasons, we are invited to discover it with respect.

The visitor centers

Welcome to the national parks!
The park welcomes you in its five visitor centers, the "Maisons du Parc". The "houses" of Valberg, Saint-Martin-Vésubie and Tende are open all year long; those of Saint-Etienne-de-Tinée and Barcelonnette during summer season and school holidays for the rest of the year. They offer exhibitions and educational attractions linked to the discovery of the natural and cultural heritage, and also slideshows.

Regulations

A national park is an area which is free and open to all. To protect the natural wealth it contains, the heart of the Park is subject to regulations.






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

Excerpt of the Park's heart réglementation:

-  Camping in a tent, a camper, a caravan, 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.
-  The use of sound equipment, noise and disturbances likely to interfere with the calm and peaceful nature of the site are forbidden.
-  Hunting and the possession or carrying of weapons are strictly forbidden.
-  Dogs, even on a lead or carried, other than working dogs and those that assist people with handicaps, are forbidden in the park's heart.
-  Dumping, leaving or throwing rubbish (including organic waste) is forbidden in all parts of the park's heart. Please take your rubbish back with you.
-  Camp fire is forbidden. Camping stoves are allowed but only at a distance of at least 200m from the edges of woods and forests.
-  The removal of minerals, fossils, etc. or the picking of plants, fruits, etc. is strictly controlled by the regulations.
-  The driving and parking of motorised vehicles is forbidden outside the authorised areas.
-  Mountain bike riding is strictly controlled and authorised only on certain routes.
- Regulated paragliding. Other air activities (including drone) are forbidden.

Additional regulations specific to the Vallées des Merveilles and Fontanalba

To avoid degradation and premature erosion of the Merveilles and Fontanalba valleys, listed Historical Monument, the regulation is complemented by some specific decrees:

-  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.
-  The touching and damaging of rock carvings is forbidden.
-  The use of metal-tipped walking sticks or canes is not allowed.
-  Bivouacking is not allowed in any part of the rock carvings area, with the exception of the spaces created for bivouacking beside the Merveilles and Fontanalba mountain refuges.

We invite you to discover them with specialized professionals:
www.vallee-merveilles.com - www.4x4merveilles.com

To contact us

- Mercantour National Park's headquarters**
23 rue d'Italie - 06000 Nice - 04 93 16 78 88
- Local offices in the valleys**

Roya-Bévère 06430 Tende 04 93 04 67 00	Haut-Var / Cians 06470 Entraunes 04 93 05 59 43
Vésubie 06450 Saint-Martin-Vésubie 04 93 03 23 15	Haut-Verdon 04260 Allos 04 92 83 04 18
Tinée 06660 Saint-Etienne-de-Tinée 04 93 02 42 27	Ubaye 04400 Barcelonnette 04 92 81 21 31

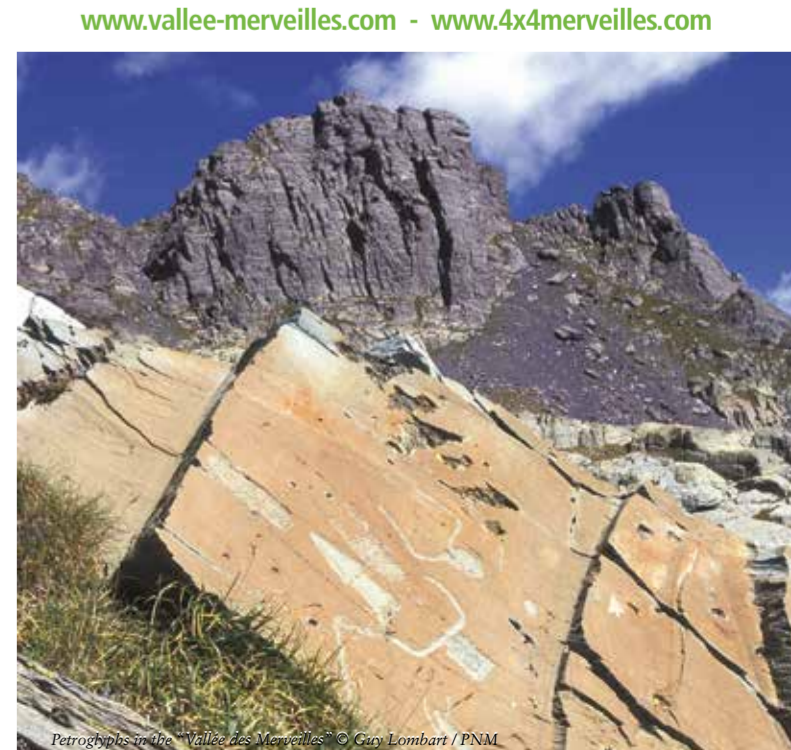
www.mercantour-parcnational.fr



The "Maisons du Parc" also offer for sale various items for young and old to enhance your visit or as souvenirs. Park staff are at your disposal to answer all your questions.

Discover our online shop: boutique.mercantour.eu

Any 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



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 20 600 inhabitants (INSEE 2016 source)



Legend

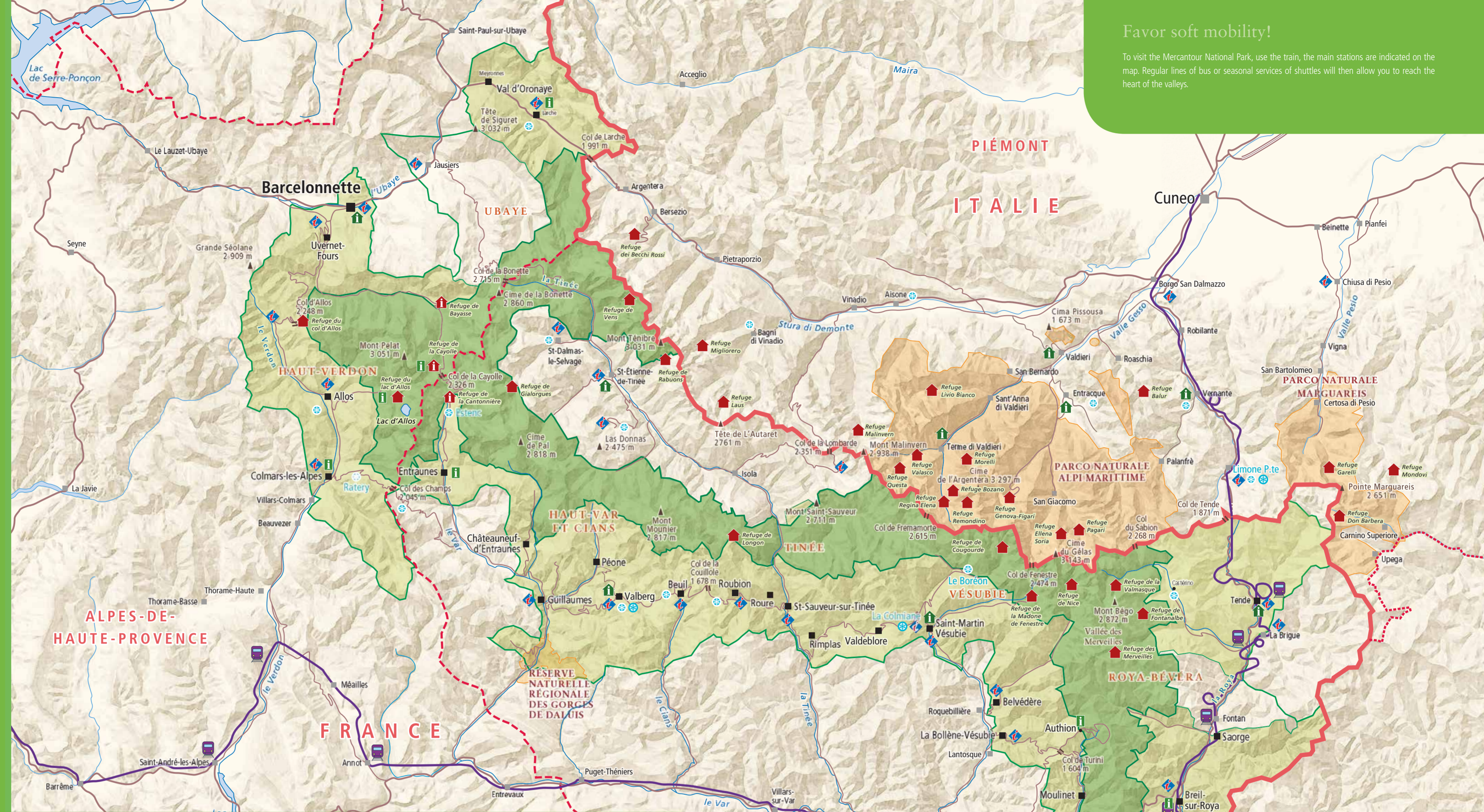
- Mercantour National Park
 - Heart of the Park
 - Acceding territory
 - Optimal acceding territory
- Other Parks or nature reserves
- Municipality
- Municipality of the Park
- Department (Fr) / province (It)
- Border
- Motorway
- Main road
- Side road
- Railway
- Main stations
- Nordic / Alpine ski resort
- Park's house
- Park's mountain shelter
- Mountain shelter
- Park's information desk
- Tourist office

0 5 10 km

North

Road passes

Be careful, the majority of the road passes are closed in winter. Inquire before setting off: www.inforoutes06.fr/ / www.inforoute04.fr/



Favor soft mobility!

To visit the Mercantour National Park, use the train, the main stations are indicated on the map. Regular lines of bus or seasonal services of shuttles will then allow you to reach the heart of the valleys.

Visitor centers, information points and tourist offices

<p>Roya Bévéra</p> <ul style="list-style-type: none"> 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 <p>Vésubie</p> <ul style="list-style-type: none"> 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 Valdeblore : 04 93 23 25 90 <p>Timée</p> <ul style="list-style-type: none"> Saint-Etienne de Tinée : 04 93 02 42 27 Roubion : 04 93 02 10 30 Saint-Sauveur-sur-Tinée : 04 93 05 47 58 	<p>Haut-Var et Cians</p> <ul style="list-style-type: none"> 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 <p>Haut-Verdon</p> <ul style="list-style-type: none"> 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 <p>Ubaye</p> <ul style="list-style-type: none"> 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-Hôtel de Bayasse, alt. 1850m
 Open all year round
 04 92 32 20 79
www.refuge-bayasse.fr

Refuge de la Cantonnière, alt. 1845m
 Open from June 15th to September 30th, on reservation the rest of the year
 04 93 05 51 36 - 07 78 19 05 12 - 06 18 94 20 94
www.refugelacantonniere.com

Refuge de la Cayolle, alt 2266m
 Open in July and August, and in September, on reservation only
 04 92 81 24 25
www.refugedelacayolle.com

