AVENE

ACTIVITIES

APRIL

Grand Orb
COMMUNAUTÉ DE COMMUNES EN LANGUEDOC

STATION THERMALE Avène
WELCOME TO AVENÉ

We are happy to welcome you to Avène. In order to make the most of your stay, we invite you to take part in our different activities, which you can find in the following program. Don’t forget to register for the different activities, at the Tourist Information Centre or at Les Mûriers Leisure Centre. We are at your disposal for any further information and wish you a pleasant stay.

Tourist Information Centre: 10 quai des Tanneries - AVENE
Monday to Friday: 9am - 12 / 2pm - 5pm
Sunday: 2pm - 6pm. Closed on Saturdays.
Tel.: +33(4) 67 23 43 38 / e-mail: avene@tourisme-grandorb.fr
www.grandorb.fr

Les Mûriers Leisure Centre - Les Bains d’Avène
Open from Monday to Friday: 8.30am-12.30/1.30pm-5.00pm
Tel: +33 (0)4 67 23 46 30/+33 (0)6 83 85 24 60
e-mail: animation.avene@pierre-fabre.com

RECEPTION FOR HYDROTHERAPY PATIENTS

At the «Salle Polyvalente» in Avène
Welcome presentation and drink: Grand Orb Community of Communes and the Town of Avène invite you to taste the flavours of the upper Orb Valley. Wine-tasting, cheese, honey

Tuesday, April 4 and 24: 6.00pm

SUMMARY

Pages 3-7: Activities
Page 8: Diary
Page 9: Kids Club
Page 10: Various Activities
Page 11: Shops and Services
Page 11: Local Markets/Public and Health Services
Pages 12-13: To Move
Pages 14-15: Maps
**ACTIVITIES**

**Tuesday, March 27**

2:00pm **Discover Lunas** "in search of hidden treasures": explore the village with our orienteering course. Suitable for all. Registration at SAM*. Meeting point: SAM*. Price: free. Minimum 5 pers. Make sure to wear trainers. Transportation is not provided, but carpooling may be organised if required. Visit in French.

**Thursday, March 29**

2.00pm **Guided hiking tour**: “Avène par Brès. Estimated time: 3h00 (8kms). Height: 230m. Price: 2€/pers. Registration at TIC* or MLC*. Meeting point: TIC*. Make sure you bring sport clothes and trainers.

**Friday, March 30**

9.00am-10.00am **Stretching and exercise class for adults**. Registration at TIC* or at MLC*. Price: 2€/pers. Places limited. Meeting point : MLC*.

10.30am-12.00 **Archery initiation** For people from 8 to 90 years old. Registration at TIC* or MLC*. Price : 2€/pers. Meeting point : MLC*

2.00pm-3.00pm **Energizing Gymnastics**: Cardio, strengthening, stretching. Registration at TO * or MLC* Price: 2€/pers. Places Limited. Meet at MLC*. (make sure you bring some towels and sport clothes). (2 people minimum)

3:30pm-5:00pm **Nature discovery**: guided walk around the Thermal Centre to discover plants and animals. Price: 2€/pers. Make sure to wear trainers. Registration required at TIC* or MLC*. Meeting point : MLC*.

**Monday, April 2**

11.30am **Egg race for children less than 11 years old**. Meet at the village hall Avène. Registration required in advance at TO*.

12.30am **Easter Lunch** organized by the association “Foyer Rural”: At the village hall Avène. Price: 10€/person. Children less than 12: 5€. Registration required at TIC* or Mme Massal +33 4 67 23 41 47.

* TIC: Tourist Information Centre  *MLC: Muriers Leisure Centre:
**ACTIVITIES**

**Tuesday, April 3**

- **2.00pm** Game of “pétanque” Tournament at the Boulodrome of Avène. Registration on the spot. Minimum 8 persons. Price 2€/person.
- **6:00pm** Welcome presentation and drink: Grand Orb Community of Communes and the Town of Avène welcome you to taste the flavours of the upper Orb Valley. Local products tasting. Meeting point at the Village Hall in Avène (Salle Polyvalente).

**Thursday, April 5**

- **9:00am-10:30am** Initiation to golf: come and have fun in the Thermal Centre Park. No special equipment required. Make sure to wear trainers. From 8 to 90 yo. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*. 3 pers. minimum.
- **11:00am-12:00** Energizing gymnastics: Cardio, strengthening, stretching. Registration at TIC* or MLC*. Price: 2€/pers. Places limited. Meeting point: MLC*. Make sure you bring some towels and sport clothes. 2 pers. minimum.
- **2:00pm** Guided hiking tour: “Montredon”. Estimated time: 3h00 (8kms). Height: 230m. Price: 2€/pers. Registration at TIC* or MLC*. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (20 mn by car to the starting point). Make sure you bring sport clothes and trainers.
- **2:30pm** Minigolf Tournament for kids and adults: Registration at MLC*. Price 2€/person. Meeting point: MLC*

**Friday, April 6**

- **4.00pm-5.00pm** Stretching and exercises class for adults: Registration at TO* or at MLC*. Price: 2€. Places Limited. Meet at MLC*

**Sunday, April 8**

- **7:00am** Bus trip to Collioure. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (15 min by car to the departure point). Registration at TIC* or MLC* before Friday. Price: 22€/pers.

* TIC: Tourist Information Centre  *MLC: Muriers Leisure Centre:
### ACTIVITIES

**Monday, April 9**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>2:00pm</td>
<td><strong>Visit the production lines of Avène Factory.</strong> Registration at MLC*. Places limited. Age: minimum 16 years old. Price: 1€/pers. Meeting point: MLC* (visit in French).</td>
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**Tuesday, April 10**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00pm</td>
<td><strong>Archery initiation</strong> For people from 8 to 90 years old. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*</td>
<td></td>
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<tr>
<td></td>
<td><strong>Game of “pétanque” Tournament</strong> at the Boulodrome of Avène. Registration on the spot. Minimum 8 persons. Price 2€/person. After the tournament refreshments are served at “salle polyvalente AVENE”</td>
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<tr>
<td>4.00pm-5.00pm</td>
<td><strong>Initiation to golf:</strong> come and have fun in the Thermal Centre Park. No special equipment required. Make sure to wear trainers. From 8 to 90 yo. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*. 3 pers. minimum.</td>
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**Thursday, April 12**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>2:00pm</td>
<td><strong>Guided hiking tour:</strong> “Les ruines de Lunas”. Estimated time: 3h00 (8kms). Height: 200m. Price: 2€/pers. Registration at TIC* or MLC*. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (20 mn by car to the starting point). Make sure you bring sport clothes and trainers.</td>
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**Friday, April 13**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>9.00am-10.00am</td>
<td><strong>Stretching and exercises class for adults:</strong> Registration at TO*: or at MLC*. Price: 2€. Places Limited. Meet at MLC*.</td>
<td></td>
</tr>
<tr>
<td>10.30am-12.00</td>
<td><strong>Initiation to Nordic walking:</strong> more dynamic than traditional walking, it helps to make the whole body work. Registration at MLC* or TIC*. Price: 2€/pers. Sticks provided. Meeting point: MLC*. Make sure you bring sport clothes and trainers. 2 pers. minimum.</td>
<td></td>
</tr>
<tr>
<td>2.00pm-4.00pm</td>
<td><strong>Workshop</strong> “DIY, creative leisure activities” places limited. Price 14€/pers, material provided. (English speaking). Meet at MLC*.</td>
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</tr>
<tr>
<td>2.00pm-3.00pm</td>
<td><strong>Energizing Gymnastics:</strong> Cardio, strengthening, stretching. Registration at TO * or MLC* Price: 2€/pers. Places Limited. Meet at MLC*. (make sure you bring some towels and sport clothes). (2 people minimum)</td>
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</tr>
<tr>
<td>3.30pm-5.00pm</td>
<td><strong>Avène guided tour:</strong> its church and archways… Registration at TIC*. Price: 2€/pers. Meeting point: TIC*. Visit in French.</td>
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</tbody>
</table>

* TIC: Tourist Information Centre  *MLC: Muriers Leisure Centre
ACTIVITIES

Sunday, April 15

7.00am  Bus trip to SAINTE MARIE DE LA MER. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (15 min by car to the departure point). Registration at TIC* or MLC* before Friday. Price: 22€/pers.

Monday, April 16


2.00pm-4.00pm  Workshop “DIY, creative leisure activities” places limited. Price 13€/pers, material provided. (English speaking). Meet at MLC*. Registration at MLC*.

3.00pm  Visit to the Thermal water research laboratory (Laboratoire de l’eau) : FREE. Registration required at TO* or at MLC*. Minimum 10 people. Meet at MLC* (visit in French)

Tuesday, April 17

2.00pm  Game of “pétanque” Tournament at the Boulodrome of Avène. Registration on the spot. Minimum 8 persons. Price 2€/person. After the tournament refreshments are served at “salle polyvalente AVENE”

Wednesday, April 18


2.30pm  Visit of the Mas Valette Honey House. Learn everything about bees and the beekeeper’s work. Honey tasting. Meeting point: on TIC*. Transportation is not provided, but carpooling may be organised if required (15 min by car to the departure point). Visit in French.

Thursday, April 19

2.00pm  Guided hiking tour: “Le tour du Bouïsse”. Estimated time: 3h00 (8kms). Height: 200m. Price: 2€/pers. Registration at TIC* or MLC*. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (20 mn by car to the starting point). Make sure you bring sport clothes and trainers.

2:30pm  Minigolf Tournament for kids and adults : Registration at MLC*. Price 2€/person. Meeting point : on MLC*.

* TIC: Tourist Information Centre   *MLC: Muriers Leisure Centre:
**ACTIVITIES**

**Friday, April 20**

9.00am-10.00am **Archery initiation** For people from 8 to 90 years old. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*

10.30am-12.00 **Energizing gymnastics:** Cardio, strengthening, stretching. Registration at TIC* or MLC*. Price: 2€/pers. Places limited. Meeting point: MLC*. Make sure you bring some towels and sport clothes. 2 pers. minimum.

2.00pm-3.00pm **Initiation to golf:** come and have fun in the Thermal Centre Park. No special equipment required. Make sure to wear trainers. From 8 to 90 yo. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*. 3 pers. minimum.

3:30pm-5:00pm **Nature discovery:** guided walk around the Thermal Centre to discover plants and animals. Price: 2€/pers. Make sure to wear trainers. Registration required at TIC* or MLC*. Meeting point: MLC*.

**Sunday, April 22**

7:00am **Bus trip to NARBONNE.** Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (15 min by car to the departure point). Registration at TIC* or MLC* before Friday. Price: 22€/pers.

**Monday, April 23**

2.00pm **Visit the production lines of Avène Factory.** Registration at MLC*. Places limited. Age: minimum 16 years old. Price: 1€/pers. Meeting point: MLC* (visit in French).

3.00pm **Visit to the Thermal water research laboratory (Laboratoire de l’eau):** FREE. Registration required at TO* or at MLC*. Minimum 10 people. Meet at MLC* (visit in French)

**Tuesday, April 24**

2.00pm **Game of “pétanque” Tournament** at the Boulodrome of Thermal park. Registration on the spot. Minimum 8 persons. Price 2€/person.

6:00pm **Welcome presentation and drink:** Grand Orb Community of Communes and the Town of Avène welcome you to taste the flavours of the upper Orb Valley. Local products tasting. Meeting point at the Village Hall in Avène (Salle Polyvalente).

* TIC: Tourist Information Centre  *MLC: Muriers Leisure Centre
**ACTIVITIES**

**Thursday, April 26**

2:00pm  **Guided hiking tour:** “Les hauteur de Dio“. Estimated time: 3h00 (8kms). Height: 260m. Price: 2€/pers. Registration at TIC* or MLC*. Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (20 mn by car to the starting point). Make sure you bring sport clothes and trainers.

**Friday, April 27**

9.00am-10.00am  **Stretching and exercises class for adults**: Registration at TO*: or at MLC*. Price: 2€. Places Limited. Meet at MLC*.

10:30am-12.00  **Initiation to golf**: come and have fun in the Thermal Centre Park. No special equipment required. Make sure to wear trainers. From 8 to 90 yo. Registration at TIC* or MLC*. Price: 2€/pers. Meeting point: MLC*. 3 pers. minimum.

2.00pm-4.00pm  **Workshop** “DIY, creative leisure activities” places limited. Price 14€/pers, material provided. (English speaking). Meet at MLC*. Registration at MLC*.

2.00pm-3.00pm  **Energizing gymnastics**: Cardio, strengthening, stretching. Registration at TIC* or MLC*. Price: 2€/pers. Places limited. Meeting point: MLC*. Make sure you bring some towels and sport clothes. 2 pers. minimum.

4.30pm-5.30pm  **Discovery Ashtanga Vinyasa Yoga**. A modern style of stretching and gymnastic exercises, practiced in combination with breathwork. Registration required before Thursday 5.00pm at MLC*. Price: 10€/pers. Places limited. Make sure to wear sport clothes. Meeting point: MLC*. 3 pers. Minimum.

**Sunday, April 29**

7:00am  **Bus trip to ROSAS (SPAIN)** Meeting point: TIC*. Transportation is not provided, but carpooling may be organised if required (15 min by car to the departure point). Registration at TIC* or MLC* before Friday. Price: 22€/pers.
KIDS CLUB “LES MURIERS”

Welcomes children from 3 to 12 years old

Monday to Friday from 8.30am to 12.30am and from 1.30pm to 4.30pm.

For information contact Laurence
+33 4 67 23 46 30 or 033 6 83 85 24 60
or by email: animation.avene@pierre-fabre

RECEPTION CONDITIONS
Weekly five day rate: 20€/child,
3 consecutive hours per day per child, no transfer possible one day to another or from one week to another.
Extra time: 1€ / hour/child
Occasionally 3 € / child / hour

REGISTRATION REQUIRED
Registration form available at the kids club’s reception
Each week is based on a different theme. All activities are supervised by qualified instructors.
**NATURE ACTIVITIES**

- Permanent orienteering Course
- Playground for children

**Facilities in the thermal park**

- Playground for children: swing, slide, climbing panel, turnstiles ...
- French bowling green
- Tennis court
- Chess game and giant drafts
- Multi Sports place: Basketball, soccer handball
- Volley ball and badminton place
- Mini golf
- Tennis table
- To borrow or rent equipment for these sports (boules, tennis, checkers, balls, shuttlecocks, rackets, clubs mini golf ...): at Muriers Leisure Centre.
- Games: Rent by day or week: Scrabble, chess, checkers, cards etc ...
- Table football: Access to opening hours of Muriers Leisure Centre

**INSIDE**

- Internet acces
  - Wi-Fi. Information: « Eau Thermale Avène l’Hôtel» Reception.
  - Fixed Terminal at Tourist office in Avène (€ 1 connection for 1/2 hour of use)
  - Muriers Leisure Center.

**LIBRARY**

AVENE opening Monday 3.pm- 5.00pm
Tuesday 2.00pm-5.00pm
Address: “ rue des Tonneliers” Avène

prices: Spa patient: € 5.
FREE for children under 18.
**Book lending (Free)**
At Muriers Leisure Center
Monday to Friday 8.30am- 5.00pm
Many books in English

**POTTERY**

Workshop « Fou d’argile» with Patrick at « Le Coural »
Information:
+33 (0)6 04 15 83 46
Démonstration of « raku»
firing-technique

(english speaking)

**EVERY WEDNESDAY : 3.00PM**

Visit of the « Bee hives of Mas Valette » (Road to Cézilles). To know everything about bees and beekeeper's work. Tasting of honey. Meet on spot.
Tel: 04 67 95 02 99

**EVERY FRIDAY AFTERNOON**

Fonbine’s Bakery
Tasting and sell
Phone: 04.67.23.46.25
**SHOPS AND SERVICES IN AVENE**

**GROCERY**: Vegetables, food, tobacco, newspaper: +33 4 67 95 48 17

**LA BOUTIQUE D’Avène**: +33 4 67 23 45 82 (bike rental, souvenir, arts and crafts)

**LA PERLE D’AVENE**: +33 6 32 58 45 96 (Tahiti, cultured pearl, amber)

**« MONTS ET SOURCES » FARM**: Farm products 06 32 95 48 17

**PARAPHARMACY**: +33 4 67 23 19 98

**REFLEXOLOGY**: +33 6 59 34 36 81

**RESTAURANT « Eau Thermale Avène, l’Hotel»**: +33 4 67 23 44 45 (Les Bains d’Avène)

**RESTAURANT « Les Muriers »**: +33 4 67 23 40 97 (Les Bains d’Avène)

**RESTAURANT « Allo pizza »**: +33 4 67 23 44 35 (Avène village)

**RESTAURANT « L’Avenette Gourmande »**: +33 4 67 23 44 12 (Avène village)

**RESTAURANT « Bourrel »**: +33 4 67 23 40 35 (Truscas)

**GROCERY**: Vegetables, food, tobacco, newspaper: +33 4 67 95 48 17

**LA BOUTIQUE D’Avène**: +33 4 67 23 45 82 (bike rental, souvenir, arts and crafts)

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**RESTAURANT « Allo pizza »**: +33 4 67 23 44 35 (Avène village)

**RESTAURANT « L’Avenette Gourmande »**: +33 4 67 23 44 12 (Avène village)

**RESTAURANT « Bourrel »**: +33 4 67 23 40 35 (Truscas)

**BAKER**: Tuesday, Thursday, Saturday afternoon (stop: Résidence Val d’Orb)

**HAIRDRESSING SALON**: At «Résidence Val d’Orb » open Wednesday and Friday 9.00 am to 5.00 pm by appointment +33 (0)6 13 40 22 98

**VAN GROCERY**: Wednesday morning Mobil shops stop in the parking « Résidence Val d’Orb»

**LOCAL MARKETS**

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<tbody>
<tr>
<td><strong>AVENE</strong></td>
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</tr>
<tr>
<td>Wednesday</td>
<td>9.00 am-12.30 pm</td>
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<tr>
<td><strong>LE BOUSQUET D’ORB</strong></td>
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<tr>
<td>Saturday</td>
<td>8.00 -12.00 am:</td>
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<tr>
<td><strong>BEDARIEUX</strong></td>
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<tr>
<td>Monday</td>
<td>8.00 am -1.00 pm</td>
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<tr>
<td><strong>Saturday (organic)</strong></td>
<td>8.00 am-12.00 pm:</td>
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<tr>
<td><strong>HEREPIAN</strong></td>
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<td><strong>Saturday</strong></td>
<td>7.00 am -1.00 pm:</td>
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<td><strong>LAMALOU</strong></td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>8.00 am – 1.30 pm</td>
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<td><strong>LODEVE</strong></td>
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<tr>
<td><strong>Saturday</strong></td>
<td>8.00 am -12.30 pm</td>
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**BAKER**: Tuesday, Thursday, Saturday afternoon (stop: Résidence Val d’Orb)

**HAIRDRESSING SALON**: At «Résidence Val d’Orb » open Wednesday and Friday 9.00 am to 5.00 pm by appointment +33 (0)6 13 40 22 98

**VAN GROCERY**: Wednesday morning Mobil shops stop in the parking « Résidence Val d’Orb»

**LOCAL MARKETS**

**AVENE**
- Wednesday 9.00 am-12.30 pm
- **LE BOUSQUET D’ORB**
- Saturday 8.00 -12.00 am
**BEDARIEUX**
- Monday 8.00 am -1.00 pm
- **Saturday (organic)** 8.00 am-12.00 pm
**HEREPIAN**
- **Saturday** 7.00 am -1.00 pm
- **LAMALOU**
- **Tuesday** 8.00 am – 1.30 pm
- **LODEVE**
- **Saturday** 8.00 am -12.30 pm
TO MOVE

CARPOOLING

To offer or to find a place
Information and Registration:
Tourist Office: 04 67 23 43 38
Muriers Leisure Center: 04 67 23 46 30

AIRPORT/RAILWAY STATION BY SHUTTLE

Montpellier-Avène ON SUNDAY. Departure around 5:00 pm
Avène-Montpellier ON SATURDAY around Midday
Register no later than TUESDAY MIDDAY before transport
at Muriers Leisure Center 04.67.23.46.30/06.83.85.24.60

RATES : 49€/ person
Free for children under 10 years
**TO MOVE**

**MONDAY, WEDNESDAY, FRIDAY**

Rates: 1,60€/pers

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<thead>
<tr>
<th>SCHEDULE</th>
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<th>RETURN</th>
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<tbody>
<tr>
<td>Ceilhes et Rocozels</td>
<td>1.00pm</td>
<td>6.05pm</td>
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<tr>
<td>Avène village</td>
<td>1.15pm</td>
<td>5.55pm</td>
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<tr>
<td>Les Bains d’Avène (Station Thermale )</td>
<td>1.16pm</td>
<td>5.54pm</td>
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<tr>
<td>Rode Basse</td>
<td>1.25pm</td>
<td>5.44pm</td>
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<tr>
<td>Le Bousquet d’Orb (City Hall)</td>
<td>1.40pm</td>
<td>5.30pm</td>
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<tr>
<td>Connection</td>
<td>Line 480</td>
<td>Line 490</td>
</tr>
<tr>
<td>La Tour sur Orb (For the supermarket « Frangouille » Stop )</td>
<td>1.52pm</td>
<td>5.17pm</td>
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<tr>
<td>Bédarieux (bus station)</td>
<td>2.05pm</td>
<td>5.05pm</td>
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These schedules are given as an indication
The bus stop is located in front
the “Muriers leisure center”

HERAULT TRANSPORT + 33 434888999
WEB SITE : www.herault-transport.fr
An invitation for discovery

Between the mountains of Haut-Languedoc and the Salagou Lake, in the process of being classified “Grand Site de France,” Grand Orb and its 24 communes offer an outstanding environment.

Here nature unfolds, majestic and beautifully conserved. At its heart are the mountainous vineyards which produce unique wines made with passion by the winemakers of the Haute Vallée of Orb. This land of wide open spaces where forests, rivers and lakes entwine, holds many other gems including a 300km long Sentier de Grande Randonnée [Long-distance footpath]. This landscape is perfect for nature-lovers and those who love the great outdoors and offers exceptional green tourism and outdoor sports. It invites you to discover this unique heritage.

Mixing tradition and modernity, Grand Orb is to be enjoyed without moderation and with an outlook to the future.

Tourist map available at Tourist information center