

RECONNECT WITH THE ESSENTIAL

4 SCISONS POUR LACHER PRISE

Gruissanot

On a testé

LA CRYOTHERAPIE À LESPACE BALNEO

'Agenda

Non-contractual photo Prices and schedules subject to change of modifications

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Gruissan Tourism

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SOUVILLE

City of Gruissan



GRAPHIC CREATION AND COORDINATION W/KS

www.wkscommunication.com

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From July 10, 2021 to August 29, 2021 Every day: 9 a.m. - 8 p.m.

Every day

From 1 er October 2021 to November 7, 2021 Monday to Friday 9 a.m. to 12 p.m. / 2 p.m. to 6 p.m. Saturday and Sunday: 10 a.m.-12 p.m. / 2 p.m.-4 p.m.

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From February 6, 2021

Saturday and Sunday

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9 a.m. to 12 p.m. / 2 p.m. to 6 p.m.

10 a.m. - 12 p.m. / 2 p.m. - 4 p.m.

From April 3, 2021 to July 9,

9 a.m. - 12 p.m. / 2 p.m. - 6 p.m.

2021 and September 2021

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Category I Home - Information -

11430 Gruissan

OPENING TIME

to April 2, 2021

Monday to Friday

From November 8, 2021 to February 4, 2022 Monday to Friday: 9 a.m. to 12 p.m. / 2 p.m. to 6 p.m. Closed Saturday and Sunday (except during animations or important events)

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HORAIRES D'OUVERTURE

Du 6 février 2021 au 2 avril 2021 Du lundi au vendredi 9h - 12h / 14h - 18h Samedi et dimanche : 10h - 12h / 14h - 16h

Du 3 avril 2021 au 9 juillet 2021 et septembre 2021 Tous les jours : 9h - 12h / 14h - 18h

Du 10 juillet 2021 au 29 août 2021 Tous les jours : 9h - 20h

Du 1er octobre 2021 au 7 novembre 2021 Du lundi au vendredi 9h - 12h / 14h - 18h Samedi et dimanche: 10h - 12h / 14h - 16h

Du 8 novembre 2021 au 4 février 2022 Du lundi au vendredi : 9h-12h / 14h-18h Fermé samedi et dimanche (sauf lors d'animations ou d'événements importants)

ÖFFNUNGSZEITEN

Vom 6. februari 2021 bis zum 2. April 2021 Montag bis Freitag: 9.00-12.00 Uhr / 14.00-18.00 Uhr Samstag und Sonntag : 10.00-12.00 Uhr / 14.00-16.00 Uhr

Vom 3. April 2021 bis zum 9. Juli 2021 und September Jeden Tag : 9.00-12.00 Uhr / 14.00-18.00 Uhr

Vom 10. Juli bis zum 29. August: Jeden Tag 9.00-20.00 Uhr

Vom 1. Oktober 2021 bis zum 7. November 2021 9.00-12.00 Uhr / 14.00-18.00 Uhr Samstag und Sonntag : 10.00-12.00 Uhr / 14.00-16.00 Uhr

Vom 8. November 2021 bis zum 4. Februar 2022 Montag bis Freitag: 9.00-12.00 Uhr / 14.00-18.00 Uhr Samstag und Sonntag GESCHLOSSEN (außer während wichtiger Veranstaltungen)



Editorial

Gruissan, wild by nature. In a foolish cult, the year has passed. You have time for nothing, and certainly not time for you. What if the cure was to experience?

You arrive at Gruissan. You are first struck by this beauty, a beauty in no way overrated but simply shaped by an abundant nature. Your ears are on the alert to hear the cicadas chatting.

Then you see it, straight and proud to have been erected as a symbol of this little corner of paradise: the Tower Barbarossa surrounded by lagoons where flamingos court each other. Not far from here, a path plunges into the scrubland. Pine needles line your path while the scent of thyme try to capsize you. Your discovery is only just beginning ...

Turn the pages of the new destination guide and you are already here in Gruissan. The DNA of our territory will make your enjoy a stay filled with simple but precious moments to meet and reconnect with the essential. Gruissan invites vou to let ao.

> **Didier CODORNIOU** President of the Tourist Office















A DAY AT THE BEACH AYGUADES, CHALETS, MATEILLE

1330 chalets on stilts and a huge beach where children can swim and paddle safely. Not to mention activities such as a beach club and a boating center. 1330 Pfahlhütten und ein riesiger Strand, wo die Kinder gefahrlos schwimmen und planschen können. Und natürlich Aktivitäten wie ein Strandclub und ein Wassersportzentrum.

The lifeiin a "chalet"

You wake up slowly, in "Betty Blue" mood. The children stretch out at the same time as the sun pierces above the Big Blue. The show is grandiose, flaming. Pain au chocolat are hot. Your feet warm up on the wooden slats of the sun-drenched terrace. You fully enjoy this unusual place. The ultimate relaxation day has started.



Swimming, tanning and bathing

In an agitated ballet, your little ones soar for their first breaststrokes. They stock up on shells and indulge in beach games without upsetting sunbathing enthusiasts. No stress, the children can walk tens of meters and still touch the bottom! In short, it is the paradise of the little ones who roam freely and dust off the hot sand.

Bananas and towed buoys can be hired at Ayguades. Infos: JetXtrem 07 71 56 54 72



Peace and Beach

The most beautiful beaches are unveiled, preserved, out of time with the Clape massif as a backdrop. The sea surprises with its 50 shades of blue. The laughter of the seagulls rocks you, the salt spray invigorates you. The flip-flops waltzed, the tensions accumulated too.





Cycling to "les chalets"

1330 houses on stilts intertwine and set up their authentic accent. A must-see in Southern France. Friendliness is to be found around every corner: barbecue, aperitif, pétanque, anecdotes are a major components of your holidays here! And forget the car, everything is at the reach of a bicycle's wheel!

Infos and reservations: 04 68 49 09 00 or gruissan-mediterranee.com/mini-sites/boutique



Happiness is in the Pearl

Unforgettable panoramic lunch!
The 360 ° on Gruissan is striking. Your seafood platter is generously garnished: fleshy oysters, pink shrimp... not to mention the fresh white wine that sprinkles this meal. Sailboats pass while shellfish and crustaceans made in Gruissan pass away.

Info: la Perle Gruissanaise 04 68 49 23 24

En mode beach boys

Your family takes place on a giant standup paddle like island surfers. Impatient, you grab your paddles, buttocks back, toes contracted: on your way for the ride along the clear gulfs... The legs are trembling, the balance is shy.

The refreshment breaks follow one another. Your kids capsize the board. Some giggles resonate. In the collective euphoria, memorable memories looming.

Infos: Akila Nautic Mateille (regular SUP rental) 04 68 49 88 31

Akila Nautic Chalets 04 69 49 33 33



Enjoy the evening and joying the sunset

Relax and daydream in the cocooning benches of a roof top. The waitress brings you delicious tapas while you are enjoying the sunset of the Mediterranean. The setting is idyllic, pupils and taste buds are in turmoil. Tenilles (as we say here) are devoured, a taste marvel! You toast to the sound of the lapping of the water, it's pure happiness.

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@GruissanTourisme









Do you need information to organize your visit? Think of our instant messaging, FacebookMessenger or ZenDesk on our website **gruissan-mediterranee.com**

Without forgetting the application **Telegram** who delivers you news





#MyGruissan Qs seen by the instagramers

#TeamAmbassadorsGruissanTourism



@philiplacombe

"If there is a magical place, for me, especially out of season, it is the little bridge of Ayguades. It often happens to me, in the company of egrets or herons, to come and dream in front of the Canigou. The majesty of this site escapes no one. A little bit of Canada I think, right? Calm and restful ... "





@lesueurandre

"No, this is not a photo edited on Photoshop! This is a special moment that only early risers know. A picture taken while waiting for the sunrise on the beach of the chalets. In the cinema, space operas are full of special effects to impress us and offer us a breathtaking show.

That morning it was enough to look at the horizon and be inspired by what nature offered me more extravagant, more unreal, more magical to stay speechless and start my day amazed by this free show..."





@gillesauteroche

"The photo was taken on 1st of January. I like the serenity that emerges from this scene of life. It expresses relaxation, carelessness, a feeling of wellbeing in this atypical village where life is good."



@mrs_wood26

"Flamazing! If there is one thing that we must preserve in Gruissan, it is the environment that surrounds us. Every corner of nature contains a treasure. With my lookout, I like to hide to approach without frightening the elegant avocets and the European bee-eaters."

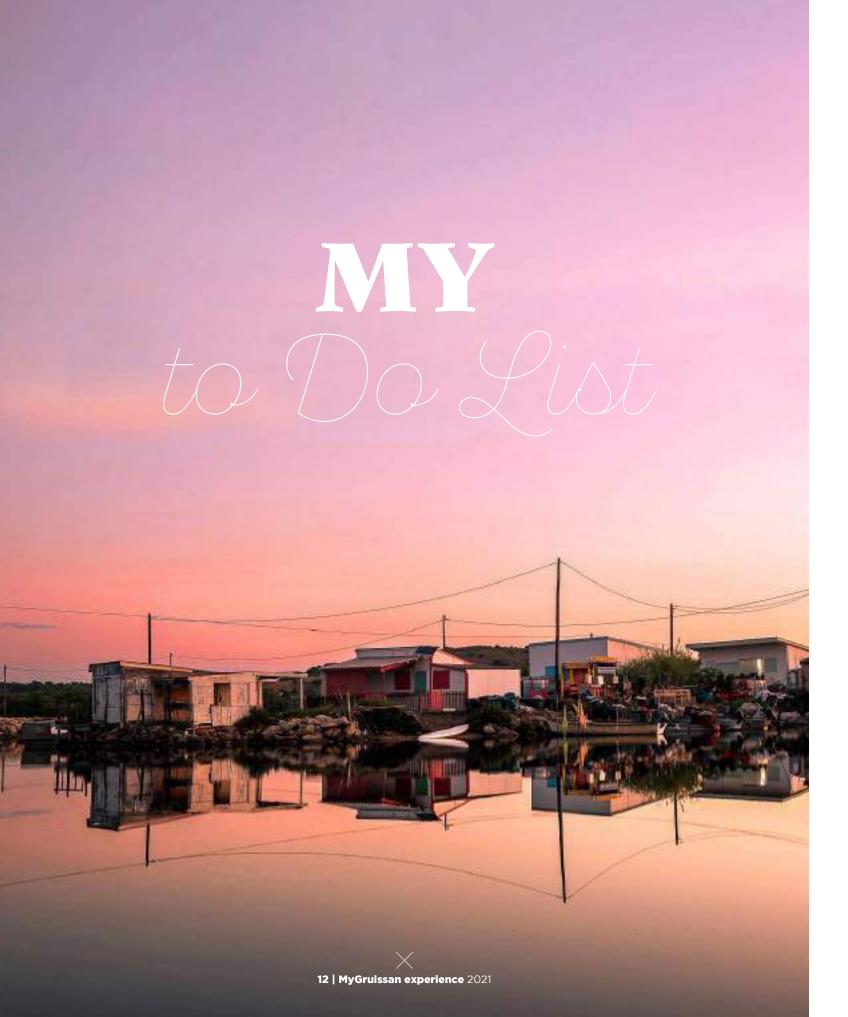




@pascalphotographie11

"Not a noise, like a privileged feeling of seeing life take shape before everyone. I just feel the smell of salt, the pond and the silence all around which gives a special character to the scene. The first rays of the sun come to caress the water. Nothing exists, the void takes hold of my thoughts but the heart remains filled with joy and gratitude to have been able to attend such a moment... I go back to the village to enjoy a coffee in the middle of the market."





1/A barbecue-pétanque at the chalets

Looking at the colorful wooden chalets, you will only want to take a leap in time with a good traditional activity: the barbecue-pétanque combo, sipping a very refreshing rosé wine, surrounded by your chalet neighbors.

2 / A dinner in a restaurant with Mediterranean flavors

It's OK, you've had the barbecue, the friendly restaurant, now you want to fill your taste buds and your eyes. Follow the Pays Cathare and Qualité tourisme labels which will give a good indication of the cuisine you are going to savor.

3 / Admire the rising sun:

No, we are not chauvinists at all in Gruissan, it's just that we have the most beautiful beaches in the world! Authentic, bright, which warms your heart even in winter. We therefore meet the early risers on one of the five Gruissan beaches, for a while without filter worthy of the most beautiful postcards.

4 / Take a selfie break at the Salin de l'Île Saint-Martin

This incredible site covers 400 hectares and is breathtaking. Because you'll want to extend this communion with the sun and the wind, you will taste the oysters of Cambuse du Saunier with this outstanding view of the Salin.

5 / Go buy your fish by direct sale at the Ayrolle

The fishermen sell their fresh fish live, every morning from 9 a.m. to noon, in the old-fashioned way, without intermediary, advise you, and talk about it better than anyone!

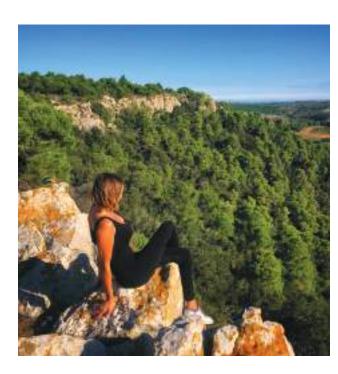
6 / Take a seafood platter at the Perle Gruissanaise

This whole journey made you want to eat a seafood platter, in the sweet and salty evening air, with a little white wine to accompany this sudden urge.









- 13 / Try out your first windsurfing board
 Your getaway to the Vieille Nouvelle made you want
 to tame the Gruissan sea. Gruissan gives wings!
- 14 / Eat ice cream at the port

 It is the basis of any stay in Gruissan! Italian, homemade ice cream and many others await you for a moment of freshness. The occasion to shop and stroll along the quays.
- 15 / Hiking or mountain biking
 6 hiking trails and 6 mountain biking trails crisscross
 Gruissan, especially in the heart of the Clape massif,
 your essential nature stopover!

Do not hesitate to complete this list, which is not exhaustive and to which we could already add: sharpen your gaze at the Casino, treat yourself to a Zen break at the EspaceBalnéo, take the Ayguades cycle path, etc. We await your proposals on our social networks.



Info

La Perle Gruissanaise 04 68 49 23 24 Gruissan Les Chalets

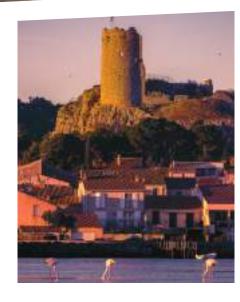
Pirat'Parc 04 68 49 52 96 Mateille Akila Nautic Mateille 04 68 49 88 31 Mateille

Akila Nautic Chalets 04 68 49 33 33 Gruissan Les Chalets

La Cave de Gruissan 04 68 49 01 17 Port Rive Droite

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The 5 outstanding features of Gruissan: the medieval village, the chalets on stilts, the fishermen's huts at Ayrolle, the chapel of Notre Des Auzils; the salt flats. Life-size tours Whether it's with Elodie or Alban, your biggest challenge will be choosing your ride. They accompany you to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, on an electric bike, on a Segway or even on a small train to observe, listen and above all share to on foot, o



The village of Gruissan dominated by the Barbarossa tower, we recognize it from afar!

Perched at an altitude of 35 m on a rocky spur surrounded by lagoons, the castle ensured coastal surveillance of ships passing through the port of Narbonne and protected the population in the event of an attack from pirates and slave traders. For more than a thousand years it has watched over the village, huddled around his feet.

Climb the tower and discover a 360° view of an incredible landscape and let yourself be embarked by the magical sight!



02

Focus on the chalet district.

A view from the sky would allow you to discover a original checkered pattern form of urbanization. The post-war urban planners wanted to offer everyone a view of the sea and protect the buildings of the Cers, the prevailing wind in our region, by a clever 45° arrangement.

There reigns like an air of the American west coast, without barrier or walled garden, with its lovers of board sports, its families, its regulars... Take out your smartphones, this site is highly instagramable!



03

Head for the Salins.

Born from the desire to alleviate the effects of the wine crisis of 1907 and provide employment to all the inhabitants, the "Salin de Gruissan" is a site for discovering an exceptional, totally natural product: sea salt Made in Gruissan. This raw white gold is transformed into crystals by the master salt workers. The majesty of the place will conquer you, as it has already conquered the thousands of migratory birds that find refuge there.



04

At the edge of the lagoon, Ayrolle is an atypical place and out of time.

A sweet nostalgia will invade you ... Like something out of a vintage postcard, huts are lined up around a small port from the 80s where men carry on the tradition of artisanal fishing. Over the seasons, fishermen exploit the lagoon waters, aboard their colorful boats in search of wolves, mules, sea bream, sole, bearded and eels. A little tip: take a cooler bag with you: you might just fill it with fresh fish.

Enjoy the authenticity!



05

The chapel of Notre Dame des Auzils is the lookout for sailors from Gruissan.

It is located "a little closer to the stars" and you will reach it by a small road lined with maritime pines, in the heart of the Clape massif. You start the climb to the chapel by the path of the marine cemetery also called "Allée des Naufragés". The cenotaphs (tombs without bodies) which border it, were built in the memory of the sailors of Gruissan who disappeared at sea. The chapel is dedicated to the Virgin Protector of the sailors after a terrible storm engulfed three fishing boats of the village and their crew. Look at the walls, they could reveal a lot of mysteries on the "ex-votoes" these paintings of boats in full shipwreck...



Come on, we don't resist to make you discover this 6 th must-do: the port of Gruissan!

It is part of the project of seaside resorts built on the Mediterranean coast in the 1970s by the Racine governmental plan.

The ND des Auzils Chapel will open from Friday April 02 until Monday April 1 er November 2021 included.

From Wednesday to Sunday inclusive and all public holidays. (closed Mondays and Tuesdays except on public holidays)
From 04/02 to 06/06 from 10 a.m. to 12:20 p.m. and from 3 p.m. to 6.30 p.m.

From 06/09 to 09/12 from 10 a.m. to 12:20 p.m. and from 3.30 p.m. to 7 p.m.

From 09/15 to 11/01 from 10 a.m. to 12:20 p.m. and from 2 p.m. to 5:30 p.m.

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The little history of Grussan

Traces of human activity dating from 30,000 BC have been found at Gruissan, which was the port of Narbonne in Roman times. It developed considerably in the Middle Ages.

The oldest specimens of modern men in Europe - connoisseurs - had already chosen the exceptional site of Gruissan to settle.

30.000 BC

Xth and XIth centuries, are the period of large constructions whose Gruissan are so proud: the village in circulade, the castle to protect Narbonne, the priory of the Notre Dame des Auzils chapel built

XTH AND XITH CENTURIES

The prud'homie de la Pêche is organizing the first feast of Saint Peter on June 29, because of a figurehead discovered on the shore. Since then, the festival honors the sailors of Gruissan who disappeared at sea.

1797

Economically prosperous period for Gruissan which died out when regional cabotage was replaced by rail. The vineyard also saw its peak until the phylloxera crisis which destroyed almost all of them. The end of the century saw the arrival workers from Narbonne for the harvest who will make the first chalets to withstand the attacks from the sea.

XIXTH CENTURY

1968-72 saw the construction of the marina as part of the Racine Mission in Languedoc-Roussillon. The first buildings followed in 1974 and the first vacationers in 1976.

1968-72

Zoom on the archaeological site of Gruissan



SINCE 2011

Since 2011, archaeological excavations have been undertaken in Saint-Martin-le-Bas over 3 hectares. Thus were updated: a vast establishment with vocation of maritime prefecture. It was used for all administrative procedures concerning inbound maritime traffic to Narbonne. Another excavation area revealed the existence of a signal lighthouse near the shore.

Visits are organized in the summer. Info: Tourist Office 04 68 49 09 00

The future: new lodges boats in France, to stay on the water, at the marina. Unusual experience guaranteed!



IITH CENTURY BC

The Romans, these great strategists, used the port complex of Île Saint-Martin, which associated with the ports of Narbonne, allowed the expansion of the Roman Empire by the seas.



31 natives of Gruissan are part of the enormous seafarer levy for America's War of Independence.

A fishing prud'homie is set up in Gruissan, a real tribunal for fishermen and seafarers, responsible for ruling on disputes related to this activity, and sanction where appropriate.

1247

Archbishop Guillaume DE BROA improved the defense and organization of the Château de Gruissan by building the tower, better known today as the "Tour de Barberousse". in limestone from Saint Lucie Island. It is also at XIII th century that the Church of Our Languedocian Gothic style of the Assumption was built, at the foot of the castle.



To alleviate the wine crisis, Gruissan favors the Société des Salines de l'Île Saint-Martin for employ its inhabitants.

The chalets are destroyed by the Germans for fear of a landing.

1947

The municipality retains the vision of the urban planner and architect FAGARD. He offers a new location for constructions in the range to get a better view by sea. The damages from the war finane the rebuilding of the "chalets". The same year, the production of wine leaves again and the cooperative cellar of Gruissan is created.



Gruissan obtains the label Port Patrimoine of the 20th century for the buildings in the main pool and the Harbor master's office, for originality of their architecture recognized by the Racine Mission.





With your two feet on the pedals of your VAE (electrically assisted bicycle), you glide through the fresh air and arrive as quiet as a cat at the House of the Mediterranean. You momentarily abandon your metal frame to follow the real guide, and the virtual Gruissanot family that accompanies it, to discover through an immersive film the most beautiful views of Gruissan. These unusual guides make you do a back somersault and you are thrown into the past to devour the maritime history of Gruissan. The icing on the pinion pie, you put on a virtual reality headset and fly above Gruissan, in a hot air balloon for a breathtaking ride indeed, if you are not afraid of heights! You are then invited to follow a course of totems like explorers conquering Gruissan.

This seaside resort fits perfectly into its environment. Just like the 1,660 rings to which boats are moored which display their finery.

As a boater, you benefit from preferential rates, in particular on the rental of electric vehicles. From your stopover in Gruissan, you will remember the quality of service and exemplary infrastructure.

At the reception of the Capitainerie where no question remains unanswered, we suggest a guided tour of the port to better understand this district, classified as a Heritage of the XXth century. You find the answers to your questions: why these rounded roofs? What are these Menhirs placed on the Place Barberousse? Now that you know their secrets, you will take a different look at these charming quays, basins and plots.

Info: in July / August, visit fully accessible to People with Reduced Mobility. Reservation at the Tourist Office or gruissanmediterranee.com/mini-sites/ boutique/book-outings-guided-tours/



A little rest awaits you on the beach of Grazel where you take your little darlings without any fear, since this large beach is supervised and labeled Blue Flag (like all the beaches here). The "very" good point: you can park for free in a nearby car park. The water is warmer there, without waves and the snack breaks are pleasant thanks to the many traders. But the nap will not be appropriate because the children express their joy intensely! Too bad, you don't need to sleep to tan that urban complexion! And don't hesitate to come back there in the evening to see all the birds that come to rest on the island, what a soothing sight!

That's it, the sun is taking its break, you've put on your "Gruissan the elegant" t-shirt, the warm evening air makes you want to move your butt to rhythmic music. Perfect! There is a concert at the Place des Menhirs... You order yourself a spritz that you sip with your lover or your friends, the worries no longer exist.

You return to your lodgeboat, a brand new unusual accommodation in Gruissan. You enjoy a last moment on the terrace contemplating the stars, rocked by the lapping of the water. You now know that you don't have to go to the antipodes to find paradise!

Gruissan wild by nature

Gruissan's natural biodiversity is extremely rich and needs to be protected. The ocellated lizard (Timon lepidus), Bonelli's eagle and unique orchids are some of the wonders to be found.

You enter a protected environment. You will take an unforgettable walk in the Massif de la Clape, one of the largest classified sites in France. Unless you prefer to stroll along our coastline, one of the least urbanized in France? Here, you will inevitably find a conducive path to rejuvenation to reconnect with the essential and your "real" nature.

Follow the guides!

Gruissan is a welcoming land for hundreds of species, animal or plant. The meeting is set at Roc de Conilhac where the LPO has settled. The binoculars are sheathed, patience, the hoopoes or rollers should point the tips of their beaks. The Aude Nature association and the Narbonnaise en Méditerranée Regional Nature Park also offer outings. You discreetly "spy" these fascinating worlds, that of the little animals who prefer to show themselves in the evening, that of the scorpions who sneak under the rocks... simply magical!

You also sharpen your plant culture during botanical outings. Like Sherlock HOLMES with his magnifying glass, you try to unravel the mysteries of cotton cistus, Montpellier aphyllante or arbutus and make a detour by a cliff to find ferrules.

15,000

hectares of unspoiled nature

5 ponds

synonymous with exceptional environmental richness and diversity. Natura sites 2000, under the "Birds" and "Habitats" directives, they also hold the Ramsar label and are recognized as wetlands of international importance.

1400 plant species,

a cradle of diversity!

350 birds,

Gruissan is one of the largest migration corridors from Europe.

6 hiking circuits

110 km of mountain biking trails

300 climbing routes

This environmental wealth, Gruissan protects it as one protects a treasure. So let's also make our contribution to the preservation of this common treasure by adopting an ecoresponsible behavior, up to this exceptional pature

Did you know?

The Massif de la Clape is known to be home to rare species of orchids such as the Ophrys bombyliflora or Ophrys speculum.

You go crisscrossing ridges and valleys with Mickaël, passionate about this fantastic territory. The nature of Gruissan contains many secrets. This child of the country dust off a few. In the midst of the hundred-year-olds, noises worry you. You arrive at the Notre Dame des Auzils chapel, which you will discover from a different perspective thanks to the story of your guide. Mickaël loves the mysterious legends of the Aude. He will tell you some, sometimes thrilling!

Info and schedule of outings:
Aude Nature: www.aude-nature.com
Je vous Emmène: jevousemmene.wixsite.com/aude
LPO Aude: aude.lpo.fr
PNR of the Narbonnaise:
www.parc-naturel-narbonnaise.fr
Botanical society: amis.pechmaynaud@laposte.net





Zoom on "Les Goules" walk

"Some call them les Calanques gruissanaises", says a travel advisor from the Tourist Office," small cliffs overlooking the Campignol pond". You make your way through the colorful pebbles bordering the Ayrolle pond. You arrive at the Pointe de la Grève: an end of the world with 50 shades of blue. Turn to the right... you are trudging among the species of the garrigue. A strange cave arouses your curiosity: it is the Chinese cave, inhabited by a Gruissanais a long time ago ...

Hiking or cycling?

Gruissan offers you many very varied hiking trails between the Clape massif and the edges of the pond! Your nose feasts on the smell of wild rosemary and your ears on the song of the cicadas ...

6 mountain bike trails, marked to perfection, this is what offers Gruissan.

With colleagues, you came to do the black circuit in the fall. Now you want to introduce your tribe to the joys of mountain biking. Pedagogue you are not? Call on Hugo BLANQUIER who knows la Clape like his pocket!

Info: Languedoc VTT Évasion 06 74 89 75 98

Meet with

Michel Diaz

Director of the Regional Natural Park of the Narbonnaise en Méditerranée

How many animal species can we meet in the park?

"The most numerous animal species are birds. There are 350 different species out of the 900 listed in Europe. Then, we will find all the typical animals of the scrubland and the massifs such as deer, wild boars, rabbits, hares ..."

Which are the most emblematic?

"Bonelli's eagle which nests in the Massif de la Clape and in the Corbières. There are only 38 couples in France including 2 with us. Or even the pink flamingo rose that can be found in large numbers in our region! Bonelli's eagle is unfortunately an endangered species."

And the flora, are there endemic species in particular in Gruissan?

"In Gruissan, there is the beautiful Centaurée de la Clape, this small fragile plant which flowers every 5 years and which does not exist anywhere else in the world!"

Do you offer tours to discover these species?

"Of course, the Rendez-vous du Parc, more than 100 free events offered in the region from April to November."

What actions to preserve the environment are being carried out by the park in Gruissan?

"Every year, with the municipality of Gruissan and the LPO Aude, the Park installs protective nets on beaches to allow Laro-waders, these birds that nest in the sand, to reproduce in peace, without human disturbances or caused by dogs running on our beaches despite the prohibition."



Can you recognize them?



It is probably the cutest bird on our coastline. It is also very fragile because like many shorebirds it nests on the ground. It is therefore more exposed to predators and human activity. Its chicks, tiny balls of already swift feathers, can be seen but they will not fly away for a month. Never think that they are abandoned, their parents watch them very closely. In general, picking up a young wild animal is a bad idea!



It's a beautiful summer morning in the heart of La Clape. Suddenly, Europe's largest lizard crosses a stony path that begins to heat up. 75 cm of vibrant color! He is shy and like most wild animals he is much more afraid of you than you from him!



If the Massif de la Clape is a playground for outdoor sports enthusiasts, it is also for acrobats of pines and holm oaks. The red squirrel population has declined markedly in France. In question, among other things, its increasingly restricted habitat and the introduction of the gray squirrel which eats away at its resources.



Fascinated or lobed, these argiopes are spectacular in size but not really dangerous. They love the plants of the scrubland and weave their webs like works of art.



Twilight is coming. At the bend of a cliff, an immense silhouette emerges. He is the master of the Clape like the largest nocturnal raptor in the world. Be careful, Mr. Owl hates disturbance and will abandon his offspring if he feels threatened.



And no, it's not a seagull! He is attractive with his line of ultra glamorous lipstick and much bigger than his laughing cousin! Invasive for some or noisy for others, it remains a protected species. A little advice, avoid to approach nesting areas such as "Île aux oiseaux", gulls will ardently defend their young.

These species contribute to the richness of our territory. Like so many others in Gruissan, these are protected species. It is forbidden to hold them in captivity, to move them or to destroy them. We are counting on your nature spirit to ensure that all these little people can live peacefully in their natural environment.

If you see a wild animal in distress, the closest wildlife conservation center is in Hérault. The healers will explain the procedure to you. If you can not move, car sharing can be set up if the condition of the animal requires care. Also, the Sigean veterinary clinic, Véto Faune, can accommodate certain species free of charge.

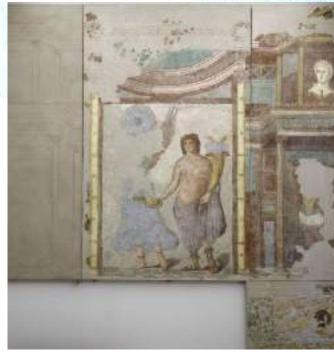
LPO Hérault Wildlife Conservation Center - 15, rue du faucon crécerellette Les Cigales, route de Loupian 34560 VILLEVEYRAC- Tel. : 04 67 78 76 24

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Chic it's raining, or the wind blows:

When it's too windy for the beach or raining, you can visit the Gruissan wine cellars, the museums in Narbonne, rent an electric vehicle or watch the migrating birds.





The Eco-Station

First of all, go to the Eco-station. To get around and stay dry while respecting the territory's exceptional natural environment, jump into an electric vehicle available for hire. On board your Fiat 500 or on your electric bike, you hit the road without noise or polluting emissions.

Info and reservations: 04 68 75 21 60 or reception. capitainerie@gruissan-mediterranee.com www.gruissan-mediterranee.com

The Narbo Via museum

If you like atypical visits, this one will surprise you! Built near a two-thousand-year-old necropolis, the NarboVia museum immerses you in the heart of the ancient city of Narbo Martius, the first Roman colony founded in Gaul in 118 BC. With a collection of more than 6,000 pieces, this new museum offers an exhibition route over more than 2600m², with murals, an exceptional collection of 760 fragments of funerary monuments etc. You would expect to see a man in gown at all times.

Info: narbovia.fr or 04 68 90 28 80



The rain does not fill the glasses!

Head to the Cave de Gruissan to enjoy a small wine tasting and learn all about the grape varieties of the region. You will undoubtedly leave with a few bottles but you will also salivate in front of the good products from here!

To complete your journey of the senses, we advise you to follow the fabulous "Legend of Bouïs". Through a multimedia exhibition, this area gives you some of its mysteries. An olfactory and fun journey for the whole family which obviously ends with a wine tasting. Your palate will not be the only one surprised ...

Info: cavedegruissan.fr or 04 68 49 01 17 www.chateaulebouis.net or 04 68 75 25 25

Souvenirs in suitcases

Are you looking for the gift that will hit the mark every time? We advise you to go to the Gruissanot boutique or on the website. Hundreds of products stamped Gruissan are just waiting to be wrapped.

From Easter to All Saints' Day (and for the New Year holidays): 04 68 49 55 02 or gruissanot.fr



The wind I want!

It certainly brings the sun and the conditions necessary for a big riding session! But did you know that from July to November, the north / northwest winds carry thousands of birds on the migratory paths? Gruissan is a major observation point in Europe. You will be very moved by the passage of storks, common cranes, rollers, hawks and many others. During this period, the LPO welcomes you every windy day at Roc de Conilhac.

Info: 04 68 49 12 12 or aude.lpo.fr



Artist visit

Visual artists, painters, photographers, sculptors... from here or elsewhere, all are revealed during ephemeral exhibitions. Art becomes accessible to all visitors curious to discover the different contemporary and creative universes offered by many artists.

Contemporary Art Space,
Poulet de Gruissan 04 68 65 09 10
Galerie Phenix, art and nature association: 04 30 37 62 74
Library: 04 68 75 21 30

Pic'Sel: 04 82 53 10 61

The Little Red Train

Info and schedule of exhibitions:

No, this activity is not just for children. It can even be entered in your To Do List! Isabelle, the driver, is not stingy with details on the history of Gruissan. You will be amazed by this very nourished walk in the heart of the most beautiful landscapes of Gruissan.

Info: 06 21 35 17 64

Treasure hunters

Collect one of the boxes available at the Tourist Office containing: map, compass and other clues, it will help you with the puzzles to discover all the magical places in which Gruissan abounds. You will have the choice between two treasure hunts:

- "The Curse of the Seagull" in the Massif de la Clape (Notre-Dame des Auzils Chapel and marine cemetery, be careful, the Chapel is closed on Mondays and Tuesdays and from All Saints' Day to Easter).

- "Le Trésor de Barberousse" to visit the village of Gruissan.

Treasure hunts on the Route Bleue du Sel et des Pêcheurs

Your little darlings will have to prove that they deserve to walk around Gruissan by finding 5 magic formulas hidden here and there, each allowing opening a safe ... These adventures will allow them to explore our port city and its surroundings: enchanting pine forest, wild ponds, sunny beaches and more. breathtaking landscapes...

What a backdrop for their adventures!

Info: Tourist Office of Gruissan

04 68 49 09 00

The Aqualudic Park

Your two sailors had already spotted the big slides on their way to Mateille beach.

The steps leading to the top are swallowed two by two! One prefers the thrill of the descent on the pentagliss, the other soars on the tobo with turns. They then run to the village of Barberousse and have fun on the bouncy castles. Your captain darling, pool noodle under the head, lounging in the endless pool. All the children get agitated as you laze on the grassy beach with deckchairs. This outdoor park is great, no need to move, there is even something to eat!

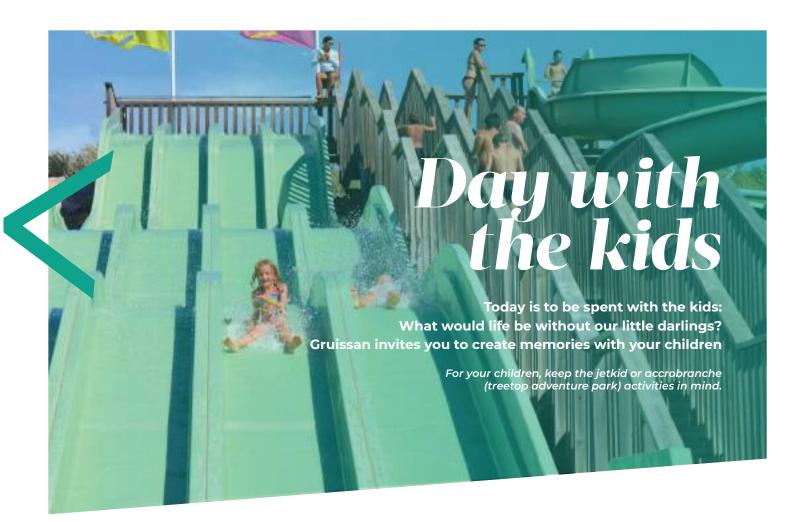
Info: Balneo area 04 68 75 60 50

Jet Kids, children are also entitled to it!

If you have daring kids, introduce them to the Jet Kid, an activity for ages 4 to 8. At the controls of their little car, they wake up the slumbering pilots. All under the watchful eye of the instructor who embarks with them. Negotiation of turns, acceleration, new sensations are emerging ...

Info: JetXtreme 07 71 56 54 72





Step away

If one of your friend has a license, we advise you the rental of a motor boat. The gear to have a fun time is on board: wakeboarding, water skiing ... You are off on a sea of oil made of 50 shades of blue.

Big chill in perspective!

Info: Gruissan dry port 04 68 32 74 57

Direction the pond and the beach of Mateille

You do not fail to stop at AkilaMateille which offers a wide choice of equipment for hire. The Mateille pond is a haven of peace to test canoeing. In quiet mode, you stroke the water. The beach is right in front so the towels will spread out very quickly on the hot sand.

Info: Akila Nautic Mateille 04 68 49 88 31

No stress

After sport, comfort! Dive directly into the 32° water of the Balneo Space for a exclusive sensory experience between girls. Rivers with current, cascades will be right of all your small tensions... If happiness exists, it awaits you certainly there! And it's not over: sauna, hammam (with soothing balsamic scents, frigidarium get you back on your feet! Relax, Gruissan will take care of you!

Info: Balneo area 04 68 75 60 50

El Gruissano-Libre

Luxury is also the simple pleasures of a holiday, in other words: having your feet in a fan on the terrace of a bar in the port of Gruissan! You sip a white wine, unless the Gruissano-Libre (azerole syrup, figs and grapes juice and a branch rosemary to stir tantalize your lips more? You are with your friends and you are remaking the world. You won't leave this lively place without a shopping spree AND a chocolate crêpe!

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CHANGE OF THE PARTY OF THE PART

In winter, explore along the Goutine Trail or visit the oil mill. Relax at the spa area or discover the Mediterranean restaurants.

even in winter

After an intensive summer in Gruissan, it is time to make you enjoy the beautiful weather conditions that reserve the post-season. We might even suggest two or three great tips for you to do in the fall. Follow the guide.

Back to basics

At the beginning of each year, from January, Gruissan welcomes you with a enchanting vision: that of the blooming balls of almond trees. This is the proscenium of spring, these dazzling white and pink flowers that dot the surrounding vineyards. And this is just a start!

Gruissan invites you to a hike aumassif de la Clape and more particularly la Goutine. After an often autumnal Cevennes episode, pretty ephemeral and poetic stream beds are revealed. Small basins such as "pots" are then filled with clear water in the very heart of the scrubland. A path overlooking this bucolic landscape is outlined in the limestone rocks. By taking it, know that you will experience a magical moment on one of the most beautiful hikes in Gruissan. Do not hesitate to think outside the box and go to the Rec d'Argent, not far from the cooking pots. An expanse of emerald green water will complete your travel "picture".





From the orchard to the plate

Gruissan invites you to pamper your taste buds and fertilize the soil of your imagination: follow Frédéric GRANIER, the passionate olive grower, at his workshop. From October to January, the Gruissan mill is in full swing between picking olives and transforming them into oil. You do not know Lucques? This olive so fleshy, so crunchy, so fragrant and totally addictive?

Well, Frédéric will answer all your questions ... Also, you will be won over by the cosmetics resulting from his production, without forgetting the voluptuousness of his oils in the raw state.

Store opening every day except Sunday, 10 a.m. / 12 p.m. - 3:30 p.m. / 7:30 p.m. during school holidays,

10 a.m. / 12 p.m. - 4 p.m. / 7 p.m. off season. Info: the Gruissan Oil Mill 06 08 33 25 52



Attracted by the novelty, we rushed to test the cold treatment, cryotherapy which can make certain muscle pains or osteoarthritis disappear (on medical advice beforehand). After having fitted the feet and hands with protection, you enter a cabin. -160 ° C mode engaged for 3 minutes!

The last moments are a bit difficult but the experience is bluffing! Even the skin looks regenerated. To recover from your emotions, we put you in a heated and massage chair. You extend your well-being break by opting for a "harmonization of energies" massage. The Balneo Space indeed offers several techniques delivered by expert hands.

All in a haven of peace made of water and light that will make your mind escape to an idyllic serenity. Winter cocooning is at the welnness center!

Info and prices: 04 68 75 60 50 or www.gruissanmediterranee.com/espacebalneoludique

We tested for you

Well, we weren't going to leave each other hungry... Some good places to eat and drink below, even in winter! Please note, the opening periods are indicative and may vary.

If you fancy a gastronomic atmosphere (but without the associated prices), you will fall for the subtle soup of crabs caught in Gruissan, topped with a spicy milk foam with ... La Cranquette, precisely! Fine flavors and surprising in the heart of the village ...

Info: 04 68 75 12 07 (closed November to January included except for the end of year celebrations)

Head for La Cambuse du Saunier at the Salin de Gruissan which offers an authentic menu: cuttlefish cassoulets, fish in a salt crust ... and the highlight of the show, a caramel ice cream fleur de sel accompanied by French toast!

Info: 04 84 25 13 24 (open only on weekends in winter)



If you have a little nostalgia for summer and you miss the holiday atmosphere, take a trip to the marina, at La Croisette, to eat home-made burgers, mussels and burgers with nice salads.

Info: 04 68 49 02 11 (closed in January, only open on weekends in winter)

What if you combine the pleasures of taste with those of entertainment?

It is at Atelier le Phoebus, at the Casino de Gruissan, that it happens! The chef has concocted dishes with Mediterranean accents, enough to warm your taste buds.

Info: 04 68 49 39 02 (open all year)

We also suggest Estagnol to taste a bourride of eels, Plan B to delight you in one of the black lieunoir with herb crusts, and Aux Deux Oliviers to warm you up with a mussel soup and smoked bacon whipped cream.

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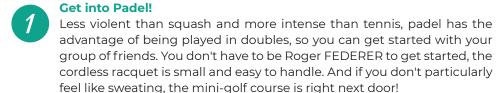


Have your feet in the water or on dry land? Between the two, you hesitate? No problem, we will help you solve this terrible dilemma!

Activities ON LAND

Gruissan offers many activities on land and at sea.

Land side



Info: Tennis club 04 68 49 24 25

Thrills on the zipline with turns
You are sitting facing the void, the ponds and the Corbières even find you a little pale! And go! An intense minute of turns, turns and jolts over 240m of descent. You scream like on the rides of your childhood and are received a little washed out (but happy) by a member of the staff, the head full of breathtaking views!

Info: (from 8 years old) Acromix 06 28 67 49 08

All on track!
On board a brand new kart, you s

On board a brand new kart, you set off and feel the rush of adrenaline overwhelm you! The circuit, 700m long and lit in the evening, allows you to face each other and to chain accelerations. No banana peel to throw, just a good ice cream to be offered at the next pit stop!

Info: Sun kart 04 68 49 95 20

En sell

Pampering your mount before the ride is a special moment. In exchange of this good care, the horse becomes your faithful companion which knows the most beautiful paths. From the top of your pedestal, you take the time to observe this wild territory in which you you are quietly sneaking in.

Info: Manade Tournebelle 04 68 49 47 83 Les Ayguades equestrian tourism center 06 15 51 23 29

Our favorite: The electric scooterooter

The handling of the car is very instinctive and the small apprehensions of the departure quickly forgotten. You are now equipped with a backpack in which is the battery, do not panic, it weighs only 3.5kg. Let's go for a loop concocted by your guide: you step between the holm oaks, you flirt with the lagoons, you walk along some rocky paths, a pure happiness in the total respect of the nature of Gruissan. Info: Trottup 07 68 50 95 07

Sea and Lagoon side -

Kite or not kite?

Head for "the puddle", going to the Vieille Nouvelle beach. Water is little way to deep, it's the best for learning. Internships are the best benefit from expert advice. First steps are shy, arms a little soft, no stress, things are progressing! Without even making the slightest jump, you will have the feeling of steal.

Info: Akila Nautic Chalets 04 68 49 33 33

The explorers' electric boat

Shhh, you are going for a zen walk with the family, totally independent. You took something to picnic on your Black Pearl of the day. You navigate to the entrance to the port passing not far from Bird Island. The budding sailors will even be able to take the helm, under the watchful eye of their parents captains for a day.

Info: Gruissan electric boats (no license required) 07 68 95 31 79

Hoist the mainsail

In solo mode, you learn the basics of navigation from a professional. You maneuver with ease, tame your mount, in short you gain confidence. No more stress, no more reproaches of darling on arrival at the port, Madame can do anything!

Info: Gruissan Occitanie Sailing: 07 66 71 47 14

Sail along the coasts

It is a different and original excursion with the sublime Gruissan as a backdrop. Your troop appreciates the captain's comments and anecdotes on the beach of the chalets, the marina, etc. You feast on the aerial ballet of the gulls circling around the boat. Gruissan from another angle, to immortalize with your smartphone!

Info: several routes, Le Durandal 06 67 14 83 46

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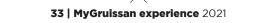
Our favorite: The world of silence belongs to everyone! It's the day of the first dive for your little darlings! The

instructors have planned everything so that they spend a moment unforgettable in complete safety. They proudly soar to the discovery of the Gruissan seabed, up to 6m deep. At ease like fish in water, they already dream of unexpected encounters...

Info: (from 8 years old) Europlongée 04 68 49 18 48

SANS PERMIS 07 68 05 11







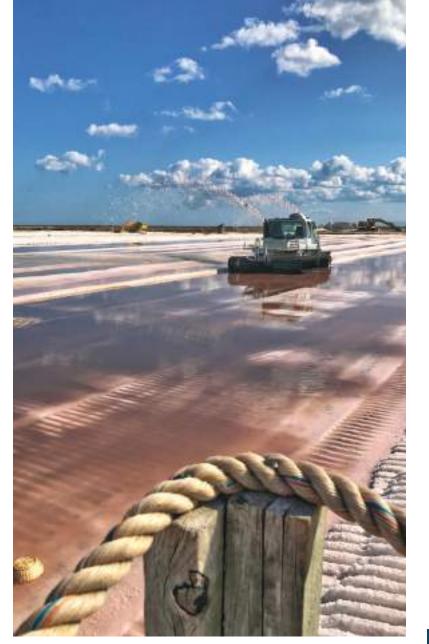












Salt merchant one day, salt merchant for lifes

It is one of the rare professions where primary renewable energies are used directly, without being transformed: the sun, the wind, the temperature, the rain ...

Feet in rubber boots, we follow the salt worker to harvest the white gold. First, there is the harvest of the fleur de sel. Its salt gesture is precise and delicate. Then, it will be necessary to sort this crust of to keep only the finest.

Then it is the turn of the big salt, that the saltworker assembles in pyramid (known as camelle) so that it dries better.

We have the impression of having our ears glued to a seashell with these sounds of sand whipped by the wind. The environment is incredibly calming.

But how does salt come into being?

The water is taken from the sea by a pumping system and circulates slowly in large, shallow basins called partements. It evaporates gradually thanks to the action of the sun and the wind. The water turns pink by taking on a micro-algae, the Dunaliella Salina, which feeds small crustaceans. The same who give their colors to the flamingos who are very fond of it.

Evaporation continues, the salt crystallizes and settles on the bottom of smaller ponds, the salt tables. As for the fleur de sel, the top of range of crystals, it is harvested by hand by salt workers. To find out more, we advise you to take the guided tour!

Now your experience can really begin. You are photographing one of the many species of birds that have taken up residence in the salt flats to reproduce: a quiet place, a pantry available, our feathered globe-trotting friends could not ask for a better place to stopover!

You sit at the edge of the salt tables and taste refined oysters. Here we arrive to reproduce the effect of the tides guaranteeing an exceptional product quality. You savor them right out of the water, a delight!

Guided tour of the Salin de Gruissan

"In the Mediterranean there are no tides, never speak of salt marshes but of salt marshes. This is almost how your visit will begin. Your guide for the day skillfully holds your attention. Even if sometimes the latter can be a bit technical, the whole tribe follows and delights in perceiving the surprising alchemy between the sun and wind.

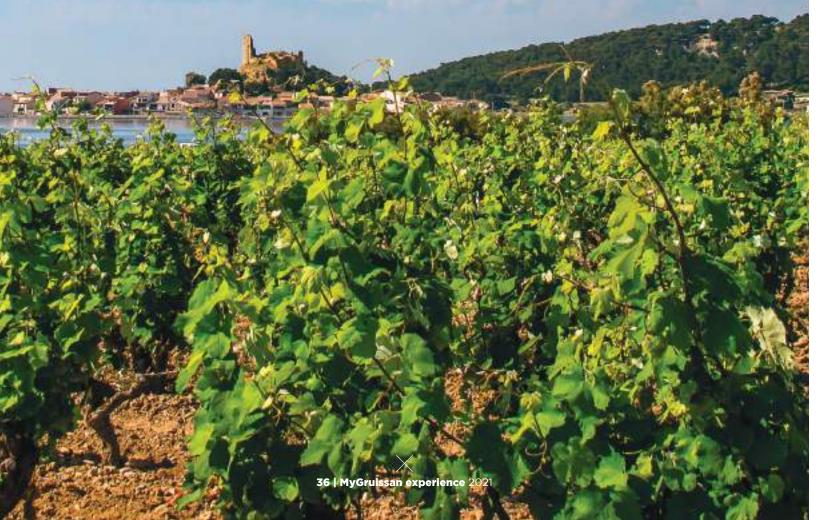
Info: Le Salin de Gruissan 04 82 53 10 61

the epicureans parenthesis

Their names are Jean-Michel ARIBAUD, Frédérique OLIVIÉ, François HORTOLAND, Fabienne and Jérôme TRUILLET, or even Pierre RICHARD, a certain tall blond... You enter a world of passion, that of winegrowers. Here, the air is charged with the smell of grape-scented earth and a rich history that they will tell you. Their hands are firm and their hearts are large. In their veins, the vine weaves its way. It gives birth to Syrah, Carignan, Bourboulenc, Grenache... grape varieties bathed in sunlight. Your lips plunge into a glass of fruity white and perceive aromas of vanilla, while the red carries you away with

its spicy notes. Are you more rosé wine? These earthy people with frank eyes will not fail to give you the best advice during the tasting of their wines which take the Appellation Coteaux du Languedoc, Muscats, Cartagena, AOC Corbières and Vins de Pays. All these elegant and subtle grape varieties with the scents of garrigue will become the inseparable companions of your meals. Wines with unique characters that tell you about colorful trips to "Grussanot" country.





Did you know?

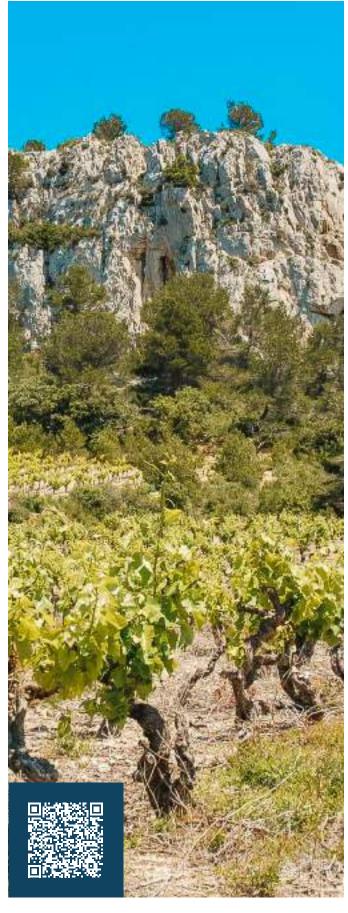
These are the veteran Roman legionaries, sent by Rome to occupy the lands of Narbonne and its surroundings, which at 2 th century BC, planted the first vines in the Massif de la Clape.



Winegrower walk

It's a spring Sunday when the smell of freshly cut grass invigorates you. The ambient sweetness makes you want to enjoy this day to the fullest... literally! So you book a wine tour and salivate it in advance. The cellar as well as the four estates of Gruissan organize these outings in turn with the Tourist Office. You take a carpool to the vineyards at the foot of the Clape massif. Alban, your oenologist guide for the day, begins the walk by presenting the history of the Gruissan vineyard. The winemaker of the estate is also present to answer the many questions that everyone is asking. Epicureans like you are not lacking in curiosity when it comes to celebrating wine, right? In the heart of this enchanting setting, seasonal products adorn a large country table. Your children flock to the winegrower's breakfast which punctuates your visit. Strawberries, cherries, fresh cheeses, gingerbread... all 100% local, of course! Your host then awaits you in the cellar of the estate for a tasting that will awaken all your senses.

Info and reservations: OfficedeTourisme 0468490900 or gruissan-mediterranee.com/mini-sites/boutique/reserveroutings-guided-tours/





It's time to go to the beach, what is the **IN-DIS-PEN-SABLE accessory** that you bring in your bag?



Ice packs, to keep water and food cool all day long in the cooler



My pair of glasses... and that's it! No need to charge me unnecessarily!



A balloon, we will let off steam in the dunes



Women's magazine to be updated on star's romantic relationships!

Go to the beach okay, but... how?



On foot, of course! At the same time, it is not difficult, the beach is in front of my house!



By carpool 'with friends, to transport all our gear, obliged! But since the car parks are large and free, zero worries ...



By bus, practical, friendly, ecological, the bus drops us off a few meters from the Mediterranean Sea.



By bike or nothing, we load everything in the baskets, and let's go for one trip at a time sporty and contemplative ...

For you, what is the reasonable distance between your towel and that of your neighbor?



2 meters... I want to be able to chat with my neighbor who seems to me to be a regular... she probably has some tips for me!



5 meters... just enough for my little wolf to get to know the kids next door... and become the best friends in the world!



10 meters... I like space and calm, but I'm not Tom HANKS in "Cast away"!



50 meters ... I only want to hear the cry of gulls and the sound of the waves ...

A little bit hungry! What are we eating?



A fried burger at the beach hut is a delight from sandy toes to the taste buds!



Ice cream or salads, coffee or churros, I want to have the choice to satisfy all my desires.



I planned everything! Sandwich, watermelon, crisps... adventurers even in the cooler!



A sea bream with grilled vegetables and a small glass of white wine at the beach restaurant, are we on vacation to have fun, yes or no?

Today, you don't spend all day lounging at the beach, what do you do?



I order a mojito at the beach bar, and we dance salsa with the girlfriends



Paddle session! We gonna strengthen all our muscles, in harmony with the nature ...



We go to observe nature, look for tellines buried in the sand, collecting driftwood, observe the bird through binoculars.



We cycle along the promenade on a funny "Rosalie" laughter guaranteed!

Result

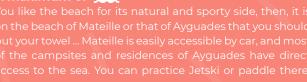
A maximum of



A maximum of



A maximum of



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Whatever your favorite beach, know that:

- All car parks are free in Gruissan

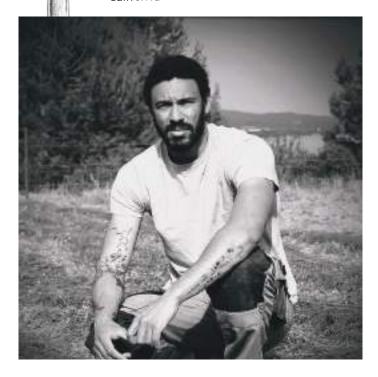
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of a Gruissanot

Renowned for its Mediterranean art of living, Gruissan is full of typical products and emblematic recipes. Here, one is born an Epicurean! How else? All the treasures of the sea and the ponds are within the reach of the saucepan. The surroundings offers you culinary highlights to taste typical dishes. Let's try them!

Eel bourride (eel stew), pine-nut tart and cuttlefish cassoulet are some of Gruissan's specialties. There is a saffron farm and shellfish farming with a shop.



Cheick,A MAN PROUD OF HIS LAND

It is on the solid mass of the Saint-Martin Island that Cheick makes you visit the safranière on request. By following him, you will know everything about saffron, from its plantation to its picking, in the respect of an "artisanal" tradition, without the addition of chemical fertilizers or pesticides. Saffron is the most "famous" spice in the world which will give pep's to your dishes. In the fall, the crocuses, this purple flower that encloses the precious pistil, play the photo models... A red gold that takes the stage for a territory full of history. Info: Le Safran de Gruissan 06 52 84 63 75



Mathilde and Grégory, A COUPLE ON ALL FRONTS

Oyster and mussel farming are on the program at the cabins shellfish base of the Chalets. These young ladies grow up in the open sea or in the basins of Gruissan. They are then harvested, cleaned, purified on site and immediately offered for tasting. In short, from the producer to the plate! Admit that we can hard to do better in terms of short circuit and Mathilde scrupulously watch over it! Whelks, shrimps, tellines and others compete in freshness to enhance your platters. Also from of April, Greg the fisherman brings back in his nets something to simmer for you good little dishes: sea bream, octopus salads ... or tellines à la gruissanaise!

The eel bourride

The eel is the queen of the Narbonne ponds where it has been fished since Antiquity. The fishermen of Gruissan still use traditional methods. Here is a dish that warms the body with its tender potatoes and tomato paste spiced up with cayenne pepper. In October, the Brotherhood of the eel, products of the sea and Gruissan terroir scrolls through the alleys of the village for an immutable ceremony. The "cousin of bouillabaisse" is the beauty on the plate and be sure that the culinary talents of the Gruissanais do not lack neither flavor nor originality.

Info: depending on the season and availability, restaurants can put it on the menu (such as Estagnol or Cranquette,
do not hesitate to call them.

Cuttlefish cassoulet

It's the end of winter, when once provisions were running out. From there was born the idea of associating the last dried beans which were hanging in the attic and the canned tomatoes (called the "tomata") with these spring cuttlefish. The blend of tastes is amazing, authentic and delicious like vacation with grandma!

Info: depending on the season and

availability, restaurants can put it on the menu as La Cambuse du Saunier

Omelet with wild asparagus

This typical southern dish, otherwise called "paschal omelette" is the result of the traditional family Easter celebration. We called it doing "Paquette". The morning everyone went to the scrubland of La Clape in search of asparagus wild, small and fine lianas to taste so particular. The reward: a bouquet of flavors and aromas for a whole dish simple, generous and smelling of the sun.

GIVE IN TO THE SWEET GRUISSANESE TEMPTATION: The pine nut tart!



PREPARATION

If we had to pitch the pine nut tart, we would tell you that it is a tart made with almond custard, covered with icing sugar and pine nuts.

Sweetened just the right amount, scented with the particular tastes of almonds and pine nuts, it is addictive... Your taste buds will love this sweetness. The people of Gruissan jealously guard their manufacturing secrets, we have stolen one of the recipes... but shhh!

- Take 2 puff pastry roller
- (Custard) 3 egg yolks + 1 white, 100g sugar, 60g cornstarch, 3/4 liter of milk, 1 ½ teaspoon bitter fine
- (Meringue) 3 egg whites, 100g of sugar and 30g of pine nuts.
- (Go to work) First, preheat the oven to 180° C (th. 6).

Meanwhile, prepare the cream whisking the egg yolks with the sugar until they turn white, then add the flour. Bring the milk to the limit of boiling and pour it gradually over mixture while whisking. Put back on low heat and let thicken.

When the cream is taken without being

too firm, stop cooking and add bitter almond.

Place a dough on a baking paper. Spread the cream, leaving 1cm on the edge.

Place on top of the second dough. Seal the edges with water and put in the oven for 25min at 180 ° C.

Finally, mount the egg whites in snow. Add the sugar, gently lifting the egg whites with a spatula.

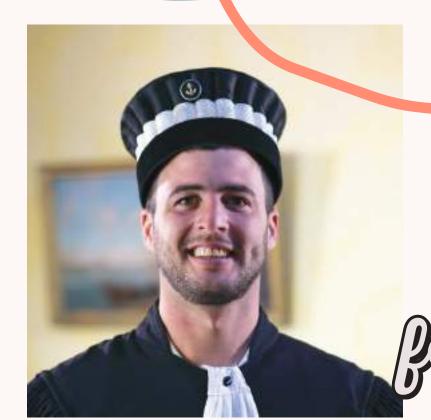
Spread two-thirds on the pie. Then finish by removing the pinions and presto! Again in the oven for 1h30 at 90 ° C. Let cool and sprinkle with sugar ice cream. A pure delight!

The recipe for pine nut tart:



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3 questions to Benjamin Bes, head of fishermen

What are your favorite spots for fishing?

"The edge of the sea for the tenille (or telline for other regions). It is a very physical fishing which forces you to submerge yourself. And the Ayrolle pond, my paradise with incomparable sunrises, to find a few eels or sea bream. I cook the tenilles with excellent parsley and homemade aioli. As for the fish, I like it in a delicately seasoned carpaccio."

What do you like best about your job?

"Freedom is the beauty of this job. Over the seasons, the nature is changing and I have a front row seat to contemplate this spectacle that we must protect."

How is fishing organized in Gruissan?

"It is managed by the Prud'homie de Gruissan, created in 1791. It is made up of a community of fishermen and a fishing territory which notably includes the pond of Gruissan, Ayrolle, Campignol and Ayguades. The Prud'homie allocates by lot the fishing stations. See you on June 28 and 29 for the feast of St-Pierre, the fishermen of Gruissan and their Prud'hommes are in the spotlight!"

meet the fishermen and oyster farmers

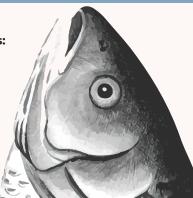
You board the Little Train which takes you to the Ayrolle. Fishermen, happy to share this moment with you, explain you their sometimes surprising fishing methods and their often harsh daily life. Cool break at the Halle de la Pêche to fill your cooler!

Then comes the moment long awaited by your sailors, the tasting of a seafood platter at the Perle Gruissanaise. On your marks, get set,

Info and reservations: 04 68 49 09 00 or gruissanmediterranee.com / mini-sites / boutique / book outingsguided tours

The recipe for the Gruissanaise in pictures:





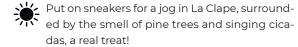
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When you are in Gruissan. you:



Dive into the Mediterranean, whatever the water temperature, the holidays begin in swimsuit!



Go to the Tourist Office to collect the precious diary and plan your excursions ... no way to miss any event!

You sit on the terrace on the port, pecking olives and savoring a good Muscat wine, that's it! The holidays are here!

The accommodation of your dreams in Gruissan is:



A bungalow at the campsite, facing the immense Ayguades beach, to be rocked by the rustling of the waves all night long.



A chalet on the beach, always ready to go on your board as soon as the wind picks up!



An apartment at the port of Gruissan, a central place to easily benefit from all activities and discoveries offered by Gruissan!



A hotel room so you don't have to do anything! Full board, swimming pool, quality service, total rest!

Your neighbor sets foot for the first time in Gruissan and ask you what there is essential here. What do you answer him?



The beaches! Fine sand, refreshing little waves and space to put down towel.

The castle, Gruissan would not be Gruissan



La Clape, a preserved natural site two minutes from the resort, ideal for recharging your batteries!



without its famous Tour de Barberousse, and too bad if the privateer has never landed here! The market! A concentrate of flavors, smells,



and good deals, this is the morning rendezvous not to be missed!

The essential accessory on holiday in Gruissan, for you, is:



Sunglasses with polarized lenses, to guarantee comfort and protection for your eyes during your swimming or paddle trips.



The bicycle pump and the patch kit, for spinning on cycle paths up to Narbonne without



A camera to immortalize the landscapes and sites you will encounter during your visits.



The Swiss Army knife, in case of an improvised aperitif with the neighbors, you must have enough to cut a slice of sausage and open a good bottle!

The Tourist Office offers many guided tours, which have you tried?



Visiting the Chapel of Notre Dame des Auzils, you are passionate about the stories of these sailors and there fishermen who have faced the seas here and by the way.



The electrically assisted bike ride a course in the great outdoors between vines, ponds and saline ...



The visit of the castle with its tasty anecdotes. You have learned a thousand things about the village of your heart!



The winegrower's walk, accompanied by her hearty breakfast and tasting at the winery.



Result



You are a "fish in the water" Gruissanot!

At the edge of a swimming pool, on a boat or at the beach, you are never far from your favorite element, the water! That's good, with its 13 km of beach, its ponds and its many nautical activities, Gruissan puts you right away in the bath! Urgently consult the "sea activity" section of gruissan-mediterranee.com



You are an "active" Gruissanot!

Sportsman and nature lover, you know the trails of the Clape on the tip of hiking shoes. Also, you can distinguish a tern from a seagull at first glance. Like Gruissan, you are 'wild by nature "!

Urgently consult the "land activity" section of gruissan-mediterranee.com





You are a "curious" Gruissanot!

You are knowledgeable about the history of the circulade or the chalets and have explored the many treasures of the Aude heritage. And yet, you always manage to be amazed by discovering little-known and charming sites.

The Tourist Office offers many guided tours or walks for all profiles! If the story you passionate, you will find your happiness by booking on gruissan-mediterranee.com/ minisites/boutique/reserv-sorties-guidees



You are an "epicurean" Gruissanot!

You have your habits at the market or in local produce grocery stores to consume "local". For you, vacations do not mean abstinence! To hell with the diet, the tables of friends, the ice creams at snack time and frenzied evenings.

To find out the market days, go to page 59.

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My moment GRUISSAN

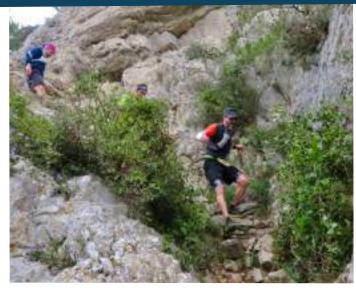
All year round in Gruissan, locals and visitors vibrate through many events. In this program teeming with diversity, you will find both great unifying moments and more intimate moments that favor curiosity. We have imagined these sharing spaces to promote experiences and encounters. Looking forward to seeing you there!



Meetings around comics - 23/10 and 24/10 2021

Palais des Congrès

2 days of festival is also 2 days of fun! You take part in workshops and discover the steps in creating a comic book. Plates and unique designs come together to transform the space into a true temple of talent. The original creations of extraordinary artists sublimate this annual meeting made of curiosity and poetry. If you are a comic book fan, you will surely share a few minutes with the creators who make your every edition imaginary and will obtain the coveted dedications. Each edition is sponsored by a flourishing headliner, including the best known as ROSIN-SKI, CHAILLET or ESPÉ. A rich program accessible to all at the Rencontres around comics. The floor is for the diversity of the 9th art!



Gruissan Poli Trail - 06 and 07/11/2021

Hungry for sporting sensations, you and your friends are ready to do battle with this essential race in France. Initially, it was a grain of enthusiasm, perhaps even madness, that prompted you to register. The starting whistle is given. You are already in trudging. It left for 50Km which allow to glimpse authentic places at the turn of a point of rock or a steep slope. Your sneakers slip, your hands grip and your eyes catch on these wild landscapes. You cross the finish line arms raised, breath taken away by both physical effort and by the beauty of this race.

For the less experienced, other routes exist such as the 25Km.

Info: gse-oragnisation.org

(* be careful, there is a "typo" in the url)

Spotlight



Gruissan Beach Rugby 07/31 and 08/01/2021

Beach of the chalets

The GBR is the biggest tournament to hit in the south. About a hundred teams compete on the sand. His particuliarity? Never has a French tournament brought together so many girls' teams, as many as the boys! The reward? A ticket for the championship final France beach rugby in the crosshairs. In old editions, players had won their selfie with Maxime MACHENAUD, Damien CHOULY, the world champion Malakai FEKITOA or the captain of the French women's XV Gaëlle HERMET. As for budding rugby players, Sunday morning is devoted to them with entertainment and small tournaments. All washed down with his dancefloor!

Info: www.gruissanbeachrugby.com The Gruissan Beach Rugby in pictures:



My summer

The Tourist Office has imagined responsible activities while emphasizing local colors. Authenticity and human relations will be at the heart of a summer punctuated by more intimate meetings. A program to be savored in complete safety.

Heading for summer 2021 with a Gruissanot accent!

PROGRAM

Free entry. Subject to modifications depending on the health context.

Monday:

Quai des arts, port on the right bank

Tuesday:

The itinerant tavern, rue des cormorans (chalets)

Wednesday:

Musical entertainment in ambulatory, village Or Le p'tit bal populaire, place des amures (port)

Thursday:

My movie under the stars + Every other Thursday: The circus village, place de la cadene (port)

ridav:

The itinerant tavern, place GIBERT (village)

Saturdays:

07/24: summer teen's break, place des Menhirs

07/31: sound summer tour, chalets

08/14: VL Summer Tour, place des Menhirs

Sunday 11/07, 18/07, 08/08, 29/08:

Concerts, place des Menhirs **08/22:** sound summer tour

Focus on the Itinerant Guinguette

It is 7:30 p.m. High tables are installed at a good distance from each other. You are in the heart of the chalets shopping area. Your chalet neighbors, attracted by the music, take their places and compose their menus: grilled peppers, mussels à la Gruissanaise, couteaux à la plancha... accompanied by a fruity white wine from the Cave de Gruissan. The DJ entertainment ends and marks the start of the concert. The atmosphere is warm, familiar, just like the place that welcomes you. You drink to holidays and disconnection!

The itinerant tavern will take place twice a week, in the chalets and in the village.

What to bring in your suitcase?



The Beautiful Rebel

The text, prefaced by Pierre RICHARD and written by Alain BAUTE, journalist and writer, is an ode to landscapes and to the people who shape them. More than 100 photos illustrate this book. Most of them were taken by Alain FÉLIX, author, reporter photographer, specialized in adventure, nature, science and tourism. They perfectly reflect the beauty of the natural heritage and architectural Gruissan.

On sale at the Gruissanot boutique and at the Town Hall.





The liquid salt

A natural saline concentrate produced by evaporation of sea water. A power identical to sea salt, however, due to the presence of sea water, this liquid concentrate contains up to 75% less sodium and extra trace elements of the Mediterranean Sea! For those who want to reduce their salt intake without loosing salt pleasure!

For Sale at the Salin de Gruissan

The Park Notebooks

The Narbonne Regional Natural Park in the Mediterranean offers many editions to discover our territory. From natural elements to the diversity of geographical spaces, from myths to techniques, the Notebooks show how man has symbolically and concretely tamed his surroundings. Discover, "the Massif de la Clape, a classified site", "the life of a chalet in Gruissan", "the ancient ports of Narbonne", etc.

Several points of sale including the Tourist Office of Gruissan



Unrealizable

Did you know that there is a small craft brewery in Gruissan? Now yes! Alain makes several beverages, fruity, amber but above all sunny which will remind you of your summers in Gruissan.

La Mer à Boire, 21, rue de l'hippocampe, **Gruissan the chalets**



NOUVEAU

The Gruissanot online store

Non-negotiable shopping break on the site of an overly stylish boutique. You will inevitably see a little something to put in your basket. And for more choices, go to the store to collect a mug, a t-shirt for your little ones, a sweatshirt for your mother in law and do not forget the good products from here like salty toffee made in Gruissan.

Gruissanot Store, 1, rue ESPERT, Village, open from April to October and during the end of year celebrations or gruissanot.frgruissanot.fr







1/ Where can I print my train / plane ticket?

You can use the Multimedia Library's computers to access your mailbox or print from a USB key.

2/ How to know the openings of the massif of the Clape?

By prefectural decree, it is possible that the massif is closed on windy days in summer. This decision is not taken by the municipality and may vary overnight. The Tourist Office is informed of closures daily and can answer you at the start of the day. Also, quickly subscribe to the account Telegram of Gruissan Tourisme!

3/ Where can I park my motor home?

During the day, in accessible public car parks (off classified site), between 10 p.m. and 7 a.m. in one of the three areas (opening dates and prices depending on the time of year or on a campsite (depending on opening: between April and October).

4/ How can I know the temperature of the sea?

In summer, first-aid stations raise the water temperature every morning at the opening around 11 am and display it on site. It is also available on the updated weather file and displayed every day at the Tourist Office and at the Harbor Master's Office.

5/ / Is there a charge for parking?

All public car parks are free in Gruissan. There are a few "blue zones" where parking time is limited. Don't forget your parking disc!

6/ What are the typical dishes from Gruissan?

Eel bourride for the savory dish. It is served in some restaurants in season (September / October). And the famous pine nut tart for dessert available in some bakeries / pastry shops!

7/ Where can we see the "Betty Blue" chalet?

You haven't seen the movie! We're not going to spoil you ... but what is certain is that it no longer exists.

8/ Are there shuttles to go to the beach?

Yes, in July and August, specific lines allow you to reach the beaches of the chalets and Ayguades: € 1.20 / journey or € 9 for a booklet of 10 tickets (in sale at the Tourist Office) Timetables available on: citibus.fr or at the Tourist Office

9/ Where can we see the flamingos?

They are numerous on the ponds of the village, of the Ayrolle and in the salt marshes out of season. But in summer, they are rarer. Prefer not too hot periods (morning and end of the day) to enjoy the show, keeping your distances for the respect of nature.

10/ Can I go to the beach in Gruissan with my dog?

The beaches of Gruissan are closed to dogs all year round. The closest for your doggie is at the entrance to Narbonneplage: in the natural area, just after the Ayguades.

11/ Where can I get a free wifi connection?

3 networks are available: TOURIST OFFICE - PORT and CITY which allow you to benefit from 1 / 2h of free connection per 24h. You will have to resend a sms with security code.

12/ What is the nearest train station?

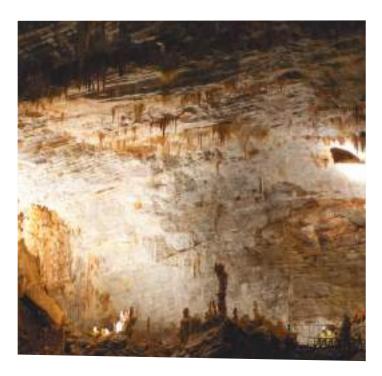
This is the Narbonne station, 15km from Gruissan. It is served by a regular bus.

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GETAWAY FROM GRANISSAN

Within one hour of Gruissan you can explore the incomparable cultural and natural heritage of the region.

After several days by the sea, it's time for a change of atmosphere. In all fairness, Aude is an exceptional department. Seriously, do you know a lot of the territories nestled between the Mediterranean and the Pyrenees, between deep chestnut forests and vast scrublands, between salt lagoons and waterfalls or crystalline rivers? What is more, a territory enveloped by an incomparable heritage and art of living? Head for new horizons 1 hour from Gruissan!



The Abbys of Cabrespine

The children have left their cellphones to admire the landscapes you cross: the "flat country" of the Orbiel valley. You slalom between the limestone rocks when the village of Cabrespine takes shape. You enter the Abbys which by its impressive dimensions could accommodate the Eiffel Tower. It is now 14 °C. You shiver of pleasure at the approach of the "Balcons du Diable".

Info: Gouffre de Cabrespine 04 68 26 14 20



Peyrepertuse castle

Located in the Corbières on a limestone ridge at an altitude of nearly 800m, the Peyrepertuse castle is entirely surrounded by cliffs. This fortified citadel has been occupied since Roman times, in the 1st century BC. Flip flops in the closet, make way for hiking shoes for the climb. The children make the arrows rain imaginary while you revel in the beautiful stones and the panorama. You walk through the narrow corridors and intersecting mazes. A great playground with multiple mysteries.

Info: Château de Peyrepertuse 04 30 37 00 77

Fontfroide Abbey in Narbonne

1000 years of history are carefully guarded, nestled in lush greenery. The abbey is a Cistercian masterpiece, bewitching, spiritual. You perceive this very special atmosphere and continue to explore the gardens with its 2,500 rosebushes. Not far away, a path pierces the countryside: the Cross of Fontfroide which takes you to the roof of the Corbières.

Info: Fontfroide Abbey 04 68 45 11 08



The Canal du midi in the villages of Narbonnais

Under the nave of hundred-year-old plane trees, you cycle along the work of art of visionary Pierre-Paul RIQUET. As you pass, the ducks move away while the boatmen who repair their barges greet you. You savor a bucolic moment in Somail, a small hamlet of stones frozen in the 17th century. In strolling mode, you opt for rental of a small electric boat.

Info: Somail Tourist Office 04 68 41 55 70



L'Oulibo

Direction Bize-Minervois for a guided tour of the most important olive-growing cellar in the Occitanie region. Now the spirit of the south is taking hold of you. In the fall, you decide not to miss the gastronomic festival as well as that of Lucques with its workshops and its famous competition of "Spit out pits"!

Info: l'Oulibo 04 68 41 88 84

Obviously, this is only a mini digest of our territory. We clearly don't have enough of a double spread to please you. We strongly suggest that you take a look at the Aude Tourisme and Grand Narbonne Tourisme websites for even more discoveries: www.audetourisme.com and visit-lanarbonnaise.com

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GRUISSANOT L'ESPRIT DU SUD La Boutique







gruissan_esprit_du_sud



04 68 49 55 02

4 rue Espert - 11430 Gruissan

PARTEZ À LA DÉCOUVERTE DE NOS BALADES ET ITINÉRAIRES écotouristiques au cœur du Parc Naturel Regional de la Narbonnaise en Méditerranée









RENSEIGNEMENTS À L'OFFICE DE TOURISME ET À LA CAPITAINERIE



Phone book

ACTIVITIES

BOOK YOUR ACTIVITY

ONLINE STORE

gruissan-mediterranee.com/mini-sites/boutique





TREE CLIMBING



ACROMIX

Opposite the Tourist Office Phone: +33 6 28 67 49 08 or +33 6 22 33 46 35 E-mail: acromixgruissan11@gmail.com

Open from April 10 to September 26 on weekends ends and holidays. Opposite the Tourist Office.

Opening hours and prices available on the site: www.acromix.fr

13 trails for all levels, accessible from 3 years old. Laser Game, rock climbing and canvoning. Discover the zip line with turns! 300 metres of speeding and swinging through the trees

13 parcours tous niveaux, accessible dès 3 ans. Laser Game, escalade et canyoning.

Découvrez la tyrolienne à virage! 300 mètres de vitesse et de balance autour des arbres!

13 Parcours mit verschiedenen Schwierigkeitsgraden. Zugänglich ab 3 Jahre. Laser Game, Klettern und Canyoning.

Entdecken Sie die Kurven-Seilrutsche! 300 Meter rasantes Tempo und Schaukeln rund um die Bäume!

PLAYGROUNDS

TO AYGUADES:

> next to the Résidence des Iles du Soleil Avenue de la Jonque

MATEILLE DISTRICT:

> next to the Horizon Marin Residence Rue du Rouget

> Fitness area: quai de Mateille Plage du Grazel sports facilities

HARBOR:

- > Close to the Rue du Forum tennis courts
- > Close to the Grazel Beach Place du Cadran Solaire

TOWN:

> Close to Camping Barberousse Clos de l'Estret

> Close to the sports hall Rue du Sablou

BEACH OF CHALETS:

> René ANGLÈS space Avenue de la Clape

> Crossfit area + basketball court Island 5 beach front animation area

WORKSHOPS AND ARTISANS

ART AND NATURE

10, rue Barberousse Phone: +33 6 18 05 37 54 E-mail: nawi@neuf.fr

ALAIN BIEL WORKSHOP

33, avenue Général AZIBERT Phone: +33 6 10 36 36 06 E-mail: alain.biel11@gmail.com

LM GALLERY

18 rue ESPERT Phone: +33 6 50 35 21 29 E-mail: laurent.monestier@gmail.com

B

AYGUADES ICE CREAM BARS

THE CROQ'BAR

Avenue de la jonque Phone: + 33 4 68 75 14 52

MAXIME'S DELIGHTS

Avenue de la jonque Phone: + 33 6 10 77 83 40

CHALETS ICE CREAM BARS

THE GRUISSANAISE PEARL - GLACIER

Shellfish base - Avenue de l'Aiguille Phone: +33 4 68 49 23 24

THE CERS BAR

50, avenue de la jetée - Nautical center Phone: +33 4 68 75 58 09

THE PAPARAZZO

50, avenue de la jetée - Place Alain COLAS Phone: +33 6 21 91 00 13 or +33 4 68 65 25 10

THE SUNRISE BEACH HOTEL BAR COCKTAIL

Avenue des Courlis, row 4 Phone: +33 4 68 49 13 87

RESTAURANT- BAR LES CHALETS

44. avenue de la ietty Residence les Flamants Roses Phone: +33 4 68 91 14 42

ICE CREAM AND BARS PORT RIGHT BANK

GLACIER BAR THE PORT BEACH

Quai du ponant Phone: +33 4 68 75 42 51

BAR THE FRIENDS FIRST

Les Rocailles - Quai du ponant Phone: +33 6 89 15 41 35

L&L BRASSERIE

Quai du Ponant Phone: +33 4 68 65 52 07

THE LAVOIR COFFEE

Avenue des 4 vents Phone: +33 7 87 80 42 86

O HUNGER GOURMET

Quai du ponant Phone: +33 6 31 32 21 13

ICE CREAM AND BARS **LEFT BANK PORT**

BAR L'ARGONAUTE (PMU)

The Marines 1

Phone: +33 4 68 49 24 63

BAR L'ÉDISON CAFÉ

Bd de planasse Phone: +33 4 68 49 02 52

BAR L'OASIS

Barberousse Square Phone: +33 4 68 43 82 49

BAR LE CANDY ICE

Residence Les Marines 1 Phone: +33 4 34 36 66 89

BAR LE NIBAR

Menhirs Square Phone: +33 6 80 61 61 54

BAR LE RAFIOT

Barberousse Quay Phone: +33 4 68 49 11 83

BAR PUB LE WESTON

Residence Les Marines 1 Phone: +33 4 68 49 04 41

FORMENTERA (POOL BAR)

Avenue des Noctambules - Parc de Mateille Phone: +33 4 68 49 26 29

CAP ICE GLACIER

Porthole - Quai du Levant Phone: +33 6 28 03 37 93

DEN'ICE GLACIER

Place du sundial Phone: +33 4 68 49 13 35

GLACIER THE HOUSE OF ICE

Quai du Levant

GLACIER L'ARLECCHINO

The peninsula 2 bat G Phone: +33 6 12 30 72 44

LA CASCADE DES GLACES (ICE CREAM MAKER)

Residence les Dromadaires Phone: +33 6 22 49 90 04

THE FIRST AGE

Menhirs Square Phone: +33 6 24 39 09 49

THE HORIZON

Place du sundial Phone: +33 6 11 31 10 95

THE MOMENT AFTER

Barberousse Quay Phone: +33 6 65 90 05 49

THE SEVEN 7

Staysail passage Phone: +33 6 20 76 54 06

THE 4 PUB

Place du sundial Phone: +33 6 78 08 93 30

"R" DU SUD - WINE BAR

849, bd Pech Maynaud Phone: +33 4 68 49 55 23 or +33 6 23 42 26 23

GLACIER STUDIO

Residence Barberousse Phone: +33 6 50 87 97 61

VILLAGE ICE CREAM & BARS

CAFE DE LA PAIX BAR

2, Grand' Rue Phone: +33 4 68 49 66 31

GLACIER BAR LA TERRASSE DU SALIN

Route of the Avrolle Phone: +33 4 68 90 54 55

LE VINTAGE COFFEE BAR

1. bd Jean DE LA FONTAINE Phone: +33 6 88 82 31 58

DIVINE DETOURS - WINE BAR - TAPAS

Place GIRERT Phone: +33 6 08 16 33 94

VANILLA PASSION GLACIER 17 Grand' Rue

Phone: +33 7 83 60 94 10

LE JIPILI

5, bd Victor HUGO Phone: +33 6 62 54 05 26

TOT BARREJAT

1. rue Portes

BEACH VOLLEY

VOLLEY CLUB

Phone: +33 6 74 22 47 27 E-mail: vollev.gruissan@wanadoo.fr Site: www.volleygruissan.org



CAPITAINERIE

Place Raymond GLEIZE - BP 49 Phone: +33 4 68 75 21 60 - Fax: +33 4 68 75 21 61 E-mail: accueil.capitainerie@gruissanmediterranee com

Site: www.gruissan-mediterranee.com/port-de-

plaisance CASINO



STELSIA CASINO GRUISSAN

Boulevard de planasse Phone: +33 4 68 49 02 52 - Fax: +33 4 68 49 45 04 E-mail: gruissan@lestelsia-casinos.fr Site: www.lestelsia-casinos.com

Open 7 days a week from 10 a.m.

A charming Casino facing the pine forest at the entrance to Gruissan. Slot machines, electronic English roulette, table games and poker. Restaurant open for lunch and dinner. Bars.

Un Casino de charme face à la pinède à l'entrée de Gruissan. Machines à sous, roulette anglaise électronique, jeux de table et poker. Restaurant ouvert midi et soir. Bars..

Ein Casino mit Charme gegenüber dem Pinienwald enalisches Roulette. Tischspiele und Pokern. Das Restaurant ist mittags und abends geöffnet. Bars.

CELLARS, CASTLE **AND WINE AREAS**



CHÂTEAU LE BOUÏS

Bleue Road Phone: +33 4 68 75 25 25 E-mail: contact@chateaulebouis.com Site: www.chateaulebouis.com

RESTAURANT: Timetable to consult on our website

CELLAR and Accommodation: open 7 days a week all year round, except on exceptional

THE VISITOR ROUTE THE LEGEND OF BOUÏS: Open 7/7 all year round - Visit individual multimedia. Group visit by reservation.

Restaurant with refined cuisine with Mediterranean flavors, developed by JM. BOYER. Chef of a starred restaurant in Lastours, Gastronomic experience in the heart of the farmhouse clape massif with panoramic sea view and vines.

Restaurant à la cuisine raffinée aux saveurs méditerranéennes, élaborée par JM, BOYER, Chef d'un

restaurant étoilé à Lastours. Expérience gastronomique au cœur du massif de la Clape avec vue panoramique sur mer

Restaurant mit raffinierten mediterranen Köstlichkeiten des Sternekochs von Lastours JM BOYER. Kulinarisches Erlebnis im Herzen des Massif de la Clape mit Panoramablick auf das Meer und die Weinberge.







Boulevard de la Corderie Phone: +33 4 68 49 01 17 Fax: +33 4 68 49 34 99 E-mail: contact@cavedegruissan.com

Site: www.cavedegruissan.com

Open every day:

Summer from Monday to Sunday from 9 a.m. to 1 p.m. and from 3 p.m. At 20 o 'clock Winter from Monday to Saturday from 9:30 a.m. to 12:30 p.m. and from 3 p.m. to 7 p.m. -Sunday and public holidays from 9:30 a.m. at 12:30

La Cave de Gruissan welcomes you to its air-conditioned shop. Tasting of Gruissan wines: Muscat, Cartagène, AOP Corbières and La Clape. Accessible to people with reduced mobility.

La Cave de Gruissan vous accueille dans sa boutique climatisée. Dégustation des vins de Gruissan Muscat, Cartagène, AOP Corbières et La Clape. Accessible aux personnes à mobilité réduite.

Die Kellerei Gruissan empfängt Sie in ihrer Boutique mit Klimaanlage. Verkostung der Weine aus Gruissan: Muscat, Cartagène, AOP Corbières und La Clape. Barrierefrei zugänglich.

ST-MARTIN ISLAND AREA

22, avenue Général AZIBERT Phone: +33 4 68 75 02 23 or +33 6 83 11 81 32 E-mail: ilestmartin@free.fr Open all year

DOMAINE DE SAINT-OBRE

Lieu-dit Saint-Obre Phone: +33 4 68 90 45 10 E-mail: contact@saint-obre.fr Site: www.saint-obre.fr Open in season

PIERRE RICHARD WINES

Domaine de l'Évêque - Route des Salins Phone: +33 4 68 75 00 48 Fax: +33 4 68 49 09 23 E-mail: contact11@vinspierrerichard.fr Site: www.vinspierrerichard.com Open all year

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TREASURE HUNT



TREASURE HUNTERS

(treasure hunts for families and groups of friends)
Phone: +33 6 52 84 97 32
E-mail: contact@chasseurs-de-tresors.com
Site: www.chasseurs-de-tresors.com

Can be done 7 days a week except Monday and Tuesday for "The curse of the seagull".

Find the secret of Barberoussette or lift the curse of the seagull. 2 treasure hunts to explore Gruissan. 1 box 15 €, for 3/4 people for sale to the tourist office.

Trouve le secret de Barberoussette ou lève la malédiction de la mouette. 2 jeux de piste pour explorer Gruissan. 1 box 15€, pour 3/4 personnes en vente à l'office de tourisme.

Entdecke das Geheimnis von Barberoussette (auf English und Französisch) oder breche den Fluch der Möwe (nur auf Französisch). 2 Schnitzeljagden durch Gruissan. 1 Box 15€ für 3-4 Personen, erhältlich beim Fremdenverkehrsamt.

CINEMA

CINEM'AUDE

Pierre RICHARD cinema, avenue de la Douane - Palais des Congrès Phone: + 33 4 68 32 95 39 E-mail: cinemaude@free.fr Site: www.cinemaude.org



NIGHTCLUB

THE VILLA

Avenue des Noctambules - Mateille Park Open from late April to early September



SAILING SCHOOLS / NAUTICAL TRAINING



AKILA NAUTIC GRUISSAN

Sea pole: AKILA Gruissan, 50, avenue de la Jetée Gruissan plage Phone: +33 4 68 49 33 33 E-mail: gruissan@akila-centers.com Open from April to November

Pond pole: AKILA Mateille, Mateille pond Phone: +33 4 68 49 88 31 E-mail: mateille@akila-centers.com Open from April to October

Site: www.akila-centers.com Opening hours: 10 a.m. - 6 p.m.

AKILA GRUISSAN: kitesurf, windsurf, foil, paddle, giant paddle, catamaran, kayak. Rentals, courses, coaching and navigation supervised by our qualified instructors. New: Initiation to WINGFOIL.

AKILA MATEILLE: Rental and lessons windsurfing and sailing, foils, funboard, optimist, catamaran, kayak, stand up paddle, funboat and Jardin des Mers. From 5 years.

New Initiation to WINGFOII

AKILA GRUISSAN: kitesurf, windsurf, foil, paddle, paddle géant, catamaran, kayak. Locations, stages, coaching et navigations surveillées par nos moniteurs diplômés. Nouveauté: Initiation au WINGFOIL. AKILA MATEILLE: Location et cours de planche à voile et voile, foils, funboard, optimist, catamaran, kayak, stand up paddle, funboat et Jardin des Mers. À partir de 5 ans.Nouveauté: Initiation au WINGFOIL.

AKILA GRUISSAN: Kitesurfen, Windsurfen, Foils, Wingfoil, Paddel, riesiges Paddel, Katamaran, Kajak. Neu: Einführung in WINGFOIL
AKILAMATEILLE: Windsurfen, Foils, Wingfoil, Funboat, Optimist, Katamaran, Kajak, Stand up Paddel, Garten der Meere ab 5 Jahren, Vermietungen, Praktika, Coaching und Navigation von unseren Diplom-Monitoren überwacht.



GRUISSAN OCCITANIE SAILING

Palm tree dock
Phone: +33 7 66 71 47 14
E-mail: contact@govoile.com
Site: www.govoile.com
Open all year

Baptisms - Private and group lessons Cruise courses - Coaching on your own sailboat - FFVoile training levels 1 to 5 - BPJEPS professional diploma.

Baptêmes - Cours particuliers et collectifs - Stages croisière - Coaching sur votre propre voilier -Formations FFVoile niveaux 1 à 5 -Diplômé professionnel BPJEPS.

Taufen - Privat- und Gruppenkurse -Kreuzfahrt-Praktika - Coaching auf Ihrem eigenen Segelboot - Trainings FFJele Levels 1 bis 5 - Absolvent BPJEPS Professional.

OTHER RIVE BAPTISM CRUISE SCHOOL AND SAILING COACHING

Palm tree dock Phone: +33 6 75 83 10 00 E-mail: autrerivecroisieres@free.fr Site: www.autrerive-croisieres.fr Open all year round by appointment

BOAT SCHOOL THE NAUTIL-BOAT

Technical port area Phone: +33 4 34 27 57 66 and +33 6 26 58 18 23 E-mail: nautilboat@gmail.com Site: www.permis-bateau-narbonne.com

GRUISSAN'AUTO-ECOLE (license boats)

Place de la bonance Phone: +33 4 68 75 89 72 E-mail: gruissanautoecole@orange.fr Open all year round by appointment

HORSE RIDING



EQUESTRIAN CENTER LES AYGUADES

RD 332 between Gruissan and Narbonne Plage Phone: +33 6 15 51 23 29 E-mail: contact.ctelesayguades@gmail.com

Open all vea

The Equestrian Center Les Ayguades welcomes you all year round for horse-riding lessons and during each school holiday period for its horse-riding excursions.

Le Centre Equestre « Les Ayguades » vous accueille toute l'année pour les cours d'équitation et à chaque période de vacances scolaires pour ses activités de promenades à cheval et à poney.

Das Reiterzentrum "Les Ayguades" bietet das ganze Jahr über Reitkurse und in den Ferienzeiten Reitausflüge an.



MANADE TOURNEBELLE

Camargue bull and horse breeding Le Grand Tournebelle 11100 NARBONNE Phone: +33 4 68 49 47 83 E-mail: contact@tournebelle.com Site: www.tournebelle.com

Open all year round by reservation only

The Camargue in the Aude: breeding of Camargue bulls and horses. Show sorting of livestock; horse riding & treks / pony; classic or Camargue riding courses; sale at the farm.

La Camargue dans l'Aude : élevage de taureaux et chevaux Camargue. Spectacle de tri du bétail ; balades & randonnées à cheval/poney ; stages équitation classique ou Camargue ; vente à la ferme...

Die Camargue im Departement Aude: Stierzucht und Camargue-Pferde. Vorführung mit Sortierung des Viehs, Spazier- und Wanderritte mit Pferden/ Ponys, Kurse im klassischen oder Camargue-Reiten, Hofverkauf.

CLIMBING

ACROMIX

Opposite the Tourist Office
Phone: +33 6 28 67 49 08 or +33 6 22 33 46 35
E-mail: acromixgruissan11@gmail.com
Site: www.acromix.fr
Open all year

GRUISSAN CLIMBING

Phone: +33 6 74 92 98 62 E-mail: antoinegaston74@gmail.com Site: www.antoinegastonescalade.com Open in July and August (by reservation except season)

BALNEO AREA



1, avenue des Bains Phone: +33 4 68 75 60 50 E-mail: espace.balneoludique@gruissan-mediterranee.com Site: www.gruissan-balneo.com

CLOSED on TUESDAY, outside school holidays. During school holidays (All Saints, Christmas, spring and summer): the space is also open on Tuesdays for all zones (A, B or C) For the winter holidays the space is open every day, even Tuesday but only - ment for holidays in zone C. PRICES and information on site and on the site Internet.

THE BALNÉOLUDIQUE SPACE offers you a wide range of fun and / or sporting activities. They will be your new playground thanks to tailor-made programs guaranteeing conviviality, sensations and relaxation.

You are in the realm of well-being thanks with water jets and bubble benches, light and music baths, jacuzzi, massage showers and river running outside. Unless you prefer dry heat saunas and steam baths in the hammam. Enter a bubble of sweetness thanks to the various massages performed by a qualified masseuse.

NEW: a cryotherapy area!

Look no further for excuses to put yourself to sport and subscribe!

Espace For.Me the cardio-weight training room of the Espace Balnéo is equipped with the latest generation machines by Technogym. Rowers, steppers and others weight benches will be your best allies to adopt a healthy lifestyle.

Come and test the new SPORTS trend AOUATIC

Aquabike, Aquatonics, Aqua stand-up, Aqualpalmes, ideal fun activities for the maintenance of your form. True fitness phenomenon, aquasports are adapting to each of your expectations. Without forgetting the swimming lessons from 5 years old.

Discover the BABY SWIMMING program (from 3 to 48 months - Duration: 45mn):

Baby will be "Happy as a fish in water".

Your dear darlings will get acquainted with the aquatic environment (32°).

This fairy tale land of well-being and relaxation has water jets and bubble benches in the relaxation pool, salt baths, light and music baths, a jacuzzi, massage showers and an outdoor lazy river. Treat yourself to saunas, steam rooms and frigidariums or the relaxation of the massage package.

Sie befinden sich hier im Königreich des Wohlbefindens und der Entspannung, mit Wasserstrahlen
und Luftblasen-Massagebänken im Entspannungsbecken, Salzbädern, Lichtund Musikbädern,
einem Whirlpool und Massageduschen, während
draußen der echte Fluss vorbeiströmt. Entspannen
Sie in der Sauna, im Hamam oder im Frigidarium
oder lassen Sie sich sanft massieren und durchkneten.

EXHIBITIONS

ART AND NATURE

10, rue Barberousse Phone: +33 6 18 05 37 54 E-mail: nawi@neuf.fr Open all year

CONTEMPORARY ART SPACE GRUISSAN CHICKEN

20, avenue de la douane Phone: +33 4 68 65 09 10 E-mail: espaceartcontemporain@ville-gruissan.fr Closed Tuesday, Sunday, public holidays and outside exhibitions.

PIC'SEL GALLERY

Route de l'Ayrolle Salin de l'île Saint-Martin Phone: +33 4 82 53 10 61 April to October



GYM AND STRENGTH

AGATHEAQUA

Gruissan beaches (Les Chalets, Mateille, Grazel, Ayguades) Phone: +33 6 88 72 51 53 E-mail: agatheaqua@outlook.com Open all year

CARDIOMUSCULATION FORM SPACE (BALNEO SPACE)

I, avenue des bains
Phone: +33 4 68 75 60 50 - Fax: +33 4 68 75 60 59
E-mail: espace-balneoludique@gruissan-mediterranee.com
Site: www.gruissan-balneo.com

GRUISSAN SPORT EVENT (PILATES, NORDIC MARKET AND RUNNING)

Phone: +33 6 78 48 72 21 E-mail: gruissansportsevenements@orange.fr Open all year

GYM FEELING

collective or by appointment Phone: +33 6 83 20 31 33 E-mail: contactdansefeeling@gmail.com Site: www.danse-feeling-laliebena.com Open all year

GYM NATURE (PILATES AND MUSCLE STRENGTHENING)

Phone: +33 7 68 06 11 71 E-mail: gv_delatour@orange.fr Open in July and August

LNM COACHING (PILATES, FITNESS, DANCE, SPORTS TRAINING)

Phone: +33 6 75 13 11 06 E-mail: liza.moretti@hotmail.fr Open all year

YOGA FOR ALL (OUTDOOR YOGA CLASS)

Boulevard du bois de l'étang Phone: +33 6 52 80 09 93 E-mail: yogalexandre@gmail.com Site: www.yogalexandre.blogspot.com Open all year, except outdoors: July / August





KARTING



SUN KART

Route de Narbonne-Plage facing the Ayguades Phone: +33 4 68 49 95 20 E-mail: sunkart@orange.fr Site: www.sunkart.com

Open all year

Adult, child, two-seater kart and even baby kart from 3 years old! Come and have fun with friends or family on a 700-meter track, lit at night in July and August.

Karting adulte, enfant, kart biplace et même baby kart à partir de 3 ans ! Venez vous amuser entre amis ou en famille sur une piste de 700 mètres, éclairée la nuit en juillet août.

Karting für Erwachsene und Kinder, Karts für 2 Personen und sogar Baby-Karts ab 3 Jahre! Amüsieren Sie sich mit Freunden oder mit der Familie auf einer 700 m langen Kartbahn. Im Juli und August mit Nachtbeleuchtung.

ORNITHOLOGY BIRD PROTECTION LEAGUE (LPO-AUDE)

Maison Saint Louis et Roc de Conilhac Route de Mandirac E-mail: aude@lpo.fr Open all year

SAILING, MOTOR AND ELECTRIC BOAT RENTALS



GRUISSANESE ELECTRIC BOATS

Quai du Ponant - the pedestrian bridge Phone: +33 7 68 95 31 79 E-mail: xacamanic@gmail.com Site: www.bateaux-electriques-gruissanais.fr

Open from April to the end of September. Every day at from 10 a.m.

Rental without license From 35 € / h per boat

Young and old at the wheel! Taste the pleasures of smooth sailing. On the program: discovery, picnic, swimming, sunbathing! Meeting with Marie and Nick, conviviality and relaxation guarantees!

Petits et grands au volant! Goûtez aux plaisirs d'une navigation douce. Au programme : découverte, pique-nique, baignade, bronzette! Rdv avec Marie et Nick, convivialité et détente garanties!

Groß und Klein ans Steuer! Genießen Sie die Freuden einer geruhsamen Bootsfahrt.
Auf dem Programm stehen Entdeckungen, Picknick, Baden und Sonnen!
Treffen Sie Marie und Nick für ein garantiert geselliges und entspannendes Erlebnis



GRUISSAN DRY HARBOR

Technical area of the port - Tel / Fax: +33 4 68 32 74 57 or +33 6 15 20 13 10
E-mail: gpas11430@gmail.com
Site: www.gruissan-port-sec.fr
Open all year

Motor boat rental with license 50 to 250 hp

Location de bateaux à moteur avec permis de 50 à 250 cv

Verleih von Motorbooten mit Führerschein mit 50 bis 250 DS

NAUTIL BOAT

School boat NAUTIL BOAT Technical port area Phone: +33 6 26 58 18 23 E-mail: nautilboat@gmail.com Site: www.permis-bateau-narbonne.com

LOISIRS ET LOCATIONS LEISURE AND RENTALS WATER SPORTS / BOARDING



JETXTREME

Beach of the chalets 50, avenue de la jetée Phone: +33 7 71 56 54 72 Plage des Ayguades - Parking av. of the Jonque Phone: +33 6 01 20 61 00 E-mail: jetxtremel1@gmail.com Site: www.jetxtremel1.com

Open: from 1 er May to September 30: every day from 10 a.m.

JET SKI without a boat license from 16 years old, BANANA from 6 years old 10 € / person, BUOYS from 9 years old 15 € / person, FLY-BOARD 20 mn from 16 years old 65 € / person, RAPTOR boat of 440CV 15 mn from 12 years old 25 € / pers

JET SKI sans permis bateau dès 16 ans, BANANE dès 6 ans 10€/pers, BOUÉES dès 9 ans 15€/pers, FLYBOARD 20 mn dès 16 ans 65€/pers, RAPTOR bateau de 440CV 15 mn dès 12 ans 25€/pers

JET SKI ohne Bootsführerschein ab 16 Jahren, BANANE ab 6 Jahren 10 €/Pers., SCHLEPPREIFEN ab 9 Jahren 15 €/Pers., FLYBOARD 20 min ab 16 Jahren 65 €/Pers., RAPTOR Boot mit 440 PS 15 min ab 12 Jahren 25 €/Pers.

AKILA Nautic Gruissan

Sea pole: AKILA Gruissan, (LOC. SUP, KITE-SURF, FUN BOARD, KAYAK)

50, avenue de la Jetée Gruissan plage Phone: +33 4 68 49 33 33 E-mail: gruissan@akila-centers.com Open from April to November

Pond pole: AKILA Mateille, (LOC.PADDLE AND CANOE)

Mateille pond Phone: +33 4 68 49 88 31 E-mail: mateille@akila-centers.com Open from April to September

Site (for the 2 structures): www.akila-centers.com Opening hours (for the 2 structures): 10 a.m. - 6 p.m.

GRUISSAN SURF SHOP (LOC. PADDLE, CANOE, OPTIMIST, BOAT, WAKEBOARD...)

At Bois et Yachting 26, Technical Port area Phone: +33 4 68 32 20 41 or +33 6 73 97 13 53 E-mail: boisetyachting@orange.fr Site: boisetyachting.fr Open all year

LOC BEACH GRAZEL (LOC. PADDLE, PEDALO, CANOE-KAYAK)

Place of the sundial. Grazel Beach E-mail: burnoutshop@hotmail.com Reservation on site from May to September

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MARKETS

> AT THE PLACE GIBERT VILLAGE:

ALL YEAR ROUND from 8 a.m. to 1 p.m. Monday, Wednesday, Friday (organic and local) and Saturday

> AT THE PORT RIVE GAUCHE: from the end of June to the end of August (morning): Tuesday, Place des Menhirs from June to early September:

Friday, place du Sundial > AT THE CHALETS: from the end of June to mid-September (morning): Sunday avenue des Cormorans, avenue de la Clape, avenue des Courlis

> AT AYGUADES: from the end of June to the beginning of September tember (morning): Thursday morning, avenue de la Felucca and rue du Drakkar

> NIGHT MARKETS: every night at from 7 p.m. on the quays of the port: from the end of June to mid-September.

These dates are subject to change after printing the directory.

MEDIATHETIC

Avenue Joseph CAMP Phone: +33 4 68 75 21 30 E-mail: mediatheque@ville-gruissan.fr Site: www.ville-gruissan.fr ou www.mediatheques.legrandnarbonne.com

Free subscription card giving access to all media libraries in the Grand network Narbonne (to register, provide proof home less than 3 months and a room identity)
Hours: Monday, Tuesday, Wednesday, Friday 10 a.m. to 12 p.m. and 3 p.m. to 6.30 p.m., Saturday 10 a.m. to 12 p.m. Services: documents with free Internet access: € 1.25 per ½ hour.
Printer output: € 0.20 in black and white and € 0.40 in color

MINI GOLF

Forum Street
Phone: +33 4 68 49 24 25
E-mail: tennisclubdegruissan@gmail.com
Site: www.club.fft.fr/tc.gruissan

MUSEUMS

CHATEAU LE BOUÏS - THE LEGEND OF BOUÏS

Bleue Road Phone: +33 4 68 75 25 25 E-mail: contact@chateaulebouis.com Site: www.chateaulebouis.com

THE GRUISSAN SALT

The Saltworks of the island of Saint-Martin Route of the Ayrolle Phone: +33 4 82 53 10 61 E-mail: contact@lesalindegruissan.fr Site: www.lesalindegruissan.fr P

PAINT BALL - LASER GAME

ACROMIX (LASER GAME)

Opposite the Tourist Office E-mail: acromixgruissan11@gmail.com Phone: +33 6 28 67 49 08 - Tel.: +33 6 22 33 46 35 Site: www.acromix fr

PAINT-BALL, KID PAINT BALL AND OUTDOOR LASER GAME

D 332, behind the Karting Phone: +33 6 61 37 82 49 E-mail: info@paintball-gruissan.fr Site: www.paintball-gruissan.fr

CONGRESS PALACE



Room rental for seminars, events, meetings Avenue de Narbonne at the entrance to the village Info and reservations: Phone: +33 4 68 49 09 00 Fax: +33 4 68 49 33 12 E-mail:

office.tourisme@gruissan-mediterranee.com

AMUSEMENT PARK AND FESTIVAL



PIRAT PARC - AMUSEMENT PARK

Mateille Park Phone / Answering machine: +33 4 68 49 52 96 E-mail: ericlanaret@gmail.com Site: www.pirat-parc.com

Open from June to September 8 p.m. / 2 a.m.

Free admission. Access to attractions with € uropirates. 1 € uropirate = 1 € Shows and Animations

Santa Maria Park Restaurant and Snack Grill Jolly Roger's (ice cream, confectionery, pancakes, waffles ...)

Sensation rides, 6D cinema, rides children or ghost train, all the attractions classics and novelties you welcome for the pleasure of young and old!
Catering and shows.

Manèges à sensations, cinéma 6D, manèges enfants ou train fantôme, toutes les attractions classiques et les nouveautés vous accueillent pour le plaisir de petits et grands! Restauration et spectacles.

Fahrgeschäfte, 6D-Kino, Kinderkarusselle und Geisterbahn – alle klassischen Attraktionen und Neuheiten erwarten Sie zur Begeisterung von Groß und Klein! Gastronomie und Aufführungen.

FESTIVAL OF CHALETS

Row 1 facing the Grand Soleil, Place Alain COLAS

Phone: +33 6 20 40 17 82 Open in July and August

HERITAGE

- > CHÂTEAU DE GRUISSAN
- > NOTRE DAME DES AUZILS CHAPEL
- AND CEMETERY
- > PECH DES MOULINS HERITAGE AREA
- > ROMAN SITE ON SAINT-MARTIN ISLAND

Information at the Tourist Office Phone: +33 4 68 49 09 00

E-mail:

office.tourisme@gruissan-mediterranee.com Site: www.gruissan-mediterranee.com

SMALL TRAIN



THE LITTLE RED TRAIN (SPTA COMPANY)

Phone: +33 6 21 35 17 64 E-mail: spta34@orange.fr Site: www.locationpetittrain.fr Station next to the Tourist Office

open from May to September

Prices: adults: € 5 - children: € 4

Tours can be changed or canceled if conditions require.

Several different departures and circuits per day. Timetables can be viewed on the departure board for the little train next to the Office of Tourism.

Plusieurs départs et circuits différents par jour. Horaires consultables sur le panneau du départ du petit train à côté de l'Office de Tourisme.

Mehrere Abfahrten und verschiedene Strecken je Tag. Die Abfahrtszeiten sind am Abfahrtschild der Mini-Bahn neben dem Fremdenverkehrsamt angeschlagen.

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DIVING



EUROPLONGÉE

Palm tree dock Phone: +33 4 68 49 18 48 or +33 6 13 51 90 05 E-mail: europlongee@hotmail.fr Site: www.plongee-gruissan.fr

Open from April 15 to 1er November

Baptisms (from 8 years old) - Discovery course Training (from level 1 to monitoring) Exploration - Child diving (from 8 years old) Our services: rental, inflating, intervention underwater ...

Baptêmes (à partir de 8 ans) - Stage découverte Formations (du niveau 1 au monitorat) Exploration - Plongée enfant (à partir de 8 ans) Nos services : location, gonflage, intervention sous-marine..

Tauchtaufen (ab 8 Jahre) – Schnupperkurse Lehrgänge (Niveau 1 bis Tauchlehrerausbildung) Erkundungstauchen - Kindertauchen (ab 8 Jahre) Unsere Serviceleistungen: Vermietung, Füllstation, Unterwasserarbeiten ..

MARINA

CAPITAINERIE DE GRUISSAN

Place Raymond GLEIZE BP 49 Phone: +33 4 68 75 21 60 - Fax: +33 4 68 75 21 61 E-mail: accueil.capitainerie@gruissan-mediterranee.com

www.gruissan-mediterranee.com/port-depleasure Credit card, Check, Holiday voucher, Cash (limited to 300 €) Bank transfer, Direct debit automatic (year contract fee) Tarif grid visible on the site



LAND AND SEA PRODUCTS



THE GRUISSANESE PEARL

Shellfish base - Avenue de l'Aiguille Phone: +33 4 68 49 23 24 - Fax: +33 4 68 49 49 69 E-mail: perlegruissanaise@wanadoo.fr Site: www.laperlegruissanaise.fr Retail store: open daily

Low season: 9 am-6pm Mid season: 9 am-7pm High season: 9 am-8pm

Low season: 10 am-5pm Mid season: 10 am-6pm High season: 10 am-9pm

La Perle Gruissanaise welcomes you every day, you can buy and taste our seafood and peas platters on site. roasted sounds.

La Perle Gruissanaise vous accueille tous les jours, vous pourrez acheter et déguster sur place nos plateaux de fruits de mer et poissons grillés.

La Perle Gruissanaise bietet Ihnen täglich zum Mitnehmen oder zum Verspeisen vor Ort Meeresfrüchteplatten und gegrillten Fisch.



THE GRUISSAN SALT

Route of the Avrolle Phone: +33 4 82 53 10 61 Site: www.lesalindegruissan.fr

ECO-MUSEUM / SHOP: free entrance

Low season:

7/7 10.30 a.m. / 1 p.m. and 2 p.m. / 5.30 p.m. Mid season: 10:30 am / 6:30 pm High season: 10 am / 10 pm

GUIDED TOURS: 1h15

Departure depending on the season: 11 a.m., 3 p.m., 4.30 p.m., 6 p.m. Visit (group) possible by reservation: contact@lesalindegruissan.fr

Visit (individual): Online reservation on www.lesalindegruissan.fr

On the Salin de l'Île Saint-Martin, salt cultivation and oyster farming coexist for the pleasure of your taste buds. Discover the perfect balance between nature and culture on a site unique in Europe.

Sur le Salin de l'île Saint-Martin, culture du sel et élevage des huîtres cohabitent pour le plaisir de vos papilles. Découvrez les équilibres parfaits entre nature et culture sur un site unique en Europe.

Im Salzgarten der Ile St-Martin vereinen sich Salzproduktion und Austernzucht, um Ihren Gaumen zu verwöhnen. Entdecken Sie an diesem in Europa einzigartigen Ort ein perfektes Gleichgewicht zwischen Natur und Kultur.

THE SAUNIER CAMBUSE

(sale and tasting of oysters and shellfish) Le Salin de l'Ile Saint-Martin - Route de l'Ayrolle Phone: +33 4 11 93 45 37 Open all year

THE GRUISSAN CELLAR

Boulevard de la corderie Phone: +33 4 68 49 01 17 E-mail: contact@cavedegruissan.com Site: www.cavedegruissan.com

THE FISHING HALL

School Avenue Sale of shellfish and fresh fish every morning from 8 a.m.

UNREALIZABLE

(Craft brewery, tasting, sale and visit) 21 rue de l'hippocampe Phone: +33 6 63 09 88 12 E-mail: brasserielameraboire@free.fr Site: www.brasserielameraboire.com

Lot n ° 5 Zone Artisanale Agricole - Facing the recycling center Phone: +33 6 08 33 25 52 E-mail: f.granier4@free.fr Open all year

THE GRUISSAN SAFFRON

Saint-Martin Island Phone: +33 6 52 84 63 75 E-mail: safrandegruissan@outlook.fr Site: www.safrandegruissan.wix.com/gruissan

SEA WALK AND FISHING



DURANDAL PROMENADE FISHING BOAT

Boarding at Place Barberousse Phone: +33 6 07 31 94 27 or +33 6 67 14 83 46 E-mail: supercatdurandal@aol.com Site: www.bateau-promenade-durandal.com

Open from mid-February to the end of December, hours posted at the pier.

Adult rates from € 7.50 - Children from € 4.50 -FREE for children under 4. PROMO in July and August every day at 2 p.m. (except Saturdays at 3 p.m.) for the 1-hour walk to price of 6 € adult - 5 € teenager - 4 € child

Very comfortable catamaran, lounge, upper deck panoramic laughter, underwater space. 1 hour sea trip and guided cruises. Bird Island, chalets on stilts and the whole

Catamaran grand confort, salon, pont supérieur panoramique, espace sous-marin. Promenade en mer d'1h et croisières commentées. L'île aux oiseaux, les chalets sur pilotis et toute la côte.

Katamaran mit gehobenem Komfort, Salon, Panoramadeck. Unterwasserbereich. 1-stündiger Ausflug auf dem Meer und Törns mit Vogelinsel, Pfahlhütten und die gesamte Küste.

ADVENTURE SPORT FISHING

Emerick LAJARA sea fishing 25, avenue du champ de mars - 11100 NARBONNE Phone: +33 6 09 89 22 60

E-mail: emerick@aventuresportfishing.fr Site: www.aventuresportfishing.fr

CATAMARAN THE PORT **GRUSAN WALK AND FISHING AT SEA**

Opposite the port pharmacy Phone: +33 6 29 90 16 34 or +33 6 80 43 97 26 E-mail: laffage.olivier@orange.fr Site: www.port-grusan.net Open from the end of April to September

GRUISSAN THON CLUB (fishing club)

Phone: +33 4 68 49 14 41 E-mail: thon.club.gruissan@gmail.com Site: www.gruissanthonclub.fr Open all year

MERRY FISHER CLUB

5, artisanal agricultural zone (Big game fishing club) Phone: + 33 6 64 94 09 90 E-mail: scaramuzza-jean.pierre@orange.fr Open all year

MARINE SAFARI

Laurent MOREL Boarding: avenue des 4 vents Phone: +33 6 70 34 59 56 E-mail: info-safarimarine@orange.fr Site: www.safarimarine.fr Open all year. Reservations required.

SURFCASTING

Alain RUABERCHERA Phone: +33 6 25 79 09 21 E-mail: stanley11@hotmail.fr Open all year

YANNICK RIVIÈRE

3, rue du bernard l'hermite Phone: +33 6 78 55 70 71 E-mail: yannick.riviere3@wanadoo.fr Site: www.pescofi.fr Open from May to October



HIKING

MARKING:

EASY - GREEN

> N ° 1 THE AUZILS CHAPEL Duration: 2h30 (EMILIE TRAIL LABELED) 7,313km - Level: difficult Duration: 2h - 6,679km - Level: difficult Duration: 4h30 -14,700km - Level: very difficult > N ° 2 LA GOUTINE > N ° 3 THE CLAPE Variation in three paths: La Goutine: 2h - 6.679km La Chapelle: 2h30 - 7.313km The Marine Cemetery: 1h - 1.5km > N ° 4 THE GOULES Duration: 1h30 (LABELLISÉ TRAIL D'ÉMILIE) 4,493km - Level: medium > N ° 5 CAPOULADE Duration 1h45 - 6,016km - Level: medium > N ° 6 TOUR DE L'ETANG (INDICATED PDI PR TRAIL) Duration: 1h30 - 6,132km - Level: easy Free topos at the Tourist Office. Markup code: yellow marking on panneaux and soils.

MEDIUM - BLUE HARD - RED

VERY DIFFICULT - BLACK

I WILL TAKE YOU (NATURE / HERITAGE

Phone: +33 6 84 43 82 30 E-mail: jevousemmene@gmail.com Site: www.jevousemmene.wixsite.com/aude Open all year

2 WHEELS HIKES





Salin de Gruissan or Château Le Bouis Phone: +33 7 68 50 95 07 E-mail: trottup@gmail.com Site: www.trottup.com

Open all year

Guided tours in All Terrain Scooters Electric

Ecologically discover Gruissan, its nature, its heritage and its short circuits. Easy and effortless, share a moment single alone or in a group. Theme course. All levels

Découvrez écologiquement Gruissan, sa nature, son patrimoine et ses circuits courts. Facile et sans effort, partagez un moment unique seul ou en groupe. Parcours à thème. Tous niveaux

Entdecken Sie Gruissan, seine Natur, sein Erbe und seine kurzen Touren. Einfach und mühelos, teilen Sie einen einzigartigen Moment allein oder in einer Gruppe. Themenkurs. Alle Ebenen



LANGUEDOC MTB ESCAPE (hiking)

Phone: +33 6 74 89 75 98 E-mail: languedocvttevasion@gmail.com

Open all year Price from 30 €

ELECTRIC MOUNTAIN BIKE HIKING: test and discover see the Clape massif on an electric mountain bike with a qualified instructor: more fun, + discovery, more security, more advice, - effort

RANDO VTT ÉLECTRIQUE : testez et découvrez le massif de la Clape en VTT électrique avec un moniteur diplômé : + de plaisir, + de découverte, + de sécurité. + de conseils. - d'effort

E-Mountainbiking: Testen Sie ein E-MTB mit einem geprüften Lehrer und entdecken Sie das Massif de la Clape: mehr Spaß, mehr Entdeckung, mehr Sicherheit, mehr Tipps, weniger Anstrengung

THE SIX MTB CIRCUITS OF THE MASSIF DE LA CLAPE

The technical topos of these 6 trails (110km to total) are available FREE at the Office of Tourism.

GREEN: very easy **BLUE:** easy

RED: difficult **BLACK:** very difficult Departure from the mill parking lot in front of the Palais des Congress

> Circuit n°1: the Route des Salins - Distance: 16.1km - Cumulative elevation: + 72.5m

> Circuit n°2: Île Saint-Martin - Distance: 10.7km

- Cumulative elevation: + 170.1m > Circuit n°3: les Caunes - Distance: 12.5km

Cumulative elevation: + 145m > Circuit n°4: Tintaine - Distance: 16.1km -

Cumulative elevation: + 152m > Circuit n°5: les Garrigues - Distance: 22.9km Cumulative elevation: + 348.6m

> Circuit n°6: ascent of the plateaus - Distance: 31.5km - Cumulative elevation: + 610.1m

CYCLING TRACKS

"THE LITTORAL": this route of traffic allows you to get around Gruissan by passing through Les Ayguades, Narbonne-Plage to Saint-Pierre la Mer (12km, 50 minutes) then to join Narbonne (14.5km, 60 minutes).

TO CONNECT THE CHALETS TO THE VILLAGE: 2km of cycle path TO CONNECT GRUISSAN TO THE ROBINE

CANAL: 14.5km of cycle path

RESTAURANTS PORT RIGHT BANK

ANTHONY'S LA TABLE DE SEB

1. bd de la corderie Phone: +33 4 68 32 67 66

AUX DEUX OLIVIERS

Bd de la corderie Phone: +33 4 68 75 85 53

BARAMOULE'S Les Rocailles 1

Phone: +33 4 34 36 09 83

KELLY'S BISTROT Quai du ponant

Quai du ponant

Phone: +33 4 34 36 06 68 or +33 6 33 57 91 90 L&L BRASSERIE

Phone: +33 4 68 65 52 07

LA PLANCHA'VOILE Avenue des 4 vents Phone: +33 4 68 91 63 22

LA REGALADA

Quai du ponant Phone: +33 6 82 70 16 47

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Quai du ponant Phone: +33 7 67 81 52 60

LE GAB'S HÔTEL PORT BEACH

Quai du ponant - Phone: +33 4 48 16 01 10





Ouai du ponant

Ô FAIM GOURMET

Quai du ponant Phone: +33 6 31 32 21 13

PIZZERIA MAXIM'

Résidence Persépolis Phone: +33 4 68 90 52 03

RESTAURANTS **LEFT BANK PORT**



FORMENTERA (RESTAURANT / BAR / SWIMMING POOL)

Avenue des Noctambules - Parc de Mateille Phone: +33 4 68 49 26 29

In Formentera every day is magic! Come and treat your taste buds, enjoy the swimming pool and taste our cocktails Open 7/7 from 11 am to 2 am -Reservation recommended 04.68.49.26.29

A Formentera chaque journée est magique! Venez régaler vos papilles, profiter de la piscine et déguster nos cocktails Ouvert 7/7 de 11h à 02h -Réservation conseillée 04.68.49.26.29

In FORMENTERA ist jeder Tag magisch! Genießen Sie ihren Gaumen, den Pool und unsere Cocktails 7/7 geöffnet von 11 bis 02 Uhr - Reservierung empfohlen 04.68.49.26.29

37°2

La Presqu'île 2 Phone: +33 4 68 49 81 24



À LA TABLE DE DOUMÉ

La Farigoule 2 - Quai des palmiers Phone: +33 4 68 91 56 29

AUX QUATRE COINS

Place du cadran solaire Phone: +33 4 68 49 65 04

BISTROT L'ENTRE POTES

9, bd Pech Maynaud Phone: +33 9 53 53 83 79 or + 33 6 38 46 99 63

BURGER GRILL DE MATEILLE

Avenue des Bains - Parking Intermarché Phone: +33 6 84 90 08 59

CHEZ MAG

Place des Amures - Rue de l'Astrolabe Phone: +33 9 81 22 52 32

FRITERIE DU NORD

849, bd du Pech Maynaud Phone: +33 7 85 59 36 71 or + 33 4 68 75 00 74

HUÎTRES ET COMPAGNIE

44, quai des palmiers - la Farigoule 2 Phone: +33 4 68 49 86 18

IL TEATRO

Les hublots du port Phone: +33 6 13 63 51 45

L'ALEGRIA

Bd Pech Maynaud Phone: +33 4 68 75 03 55

L'ATELIER LE PHOEBUS

Bd de planasse Phone: +33 4 68 49 39 02

L'ÉDISON CAFÉ

Casino de Gruissan - Bd. de planasse Phone: +33 4 68 49 02 52

L'ÎLE Ô PIZZAS

Place de la Bonance Phone: +33 4 68 65 84 77

L'INSTANT D'APRÈS

Quai Barberousse Phone: +33 6 65 90 05 49

LA BRASSERIE DU GRAZEL

Place du cadran solaire Phone: +33 4 68 49 05 10



LA CABANE À MOULES

Place du cadran solaire Phone: +33 6 78 08 93 30

LA CANTINA

701, bd Pech Maynaud Phone: +33 4 68 65 29 67

LA CROISETTE Les hublots du port quai du levant Phone: +33 4 68 49 02 11



LE KAONIL (BAR-TAPAS)

Place du cadran solaire - Plage du Grazel Phone: +33 4 68 32 08 53

Les Marines 1 - 20, passage Barberousse Phone: +33 7 68 65 61 52

LE MIAM

Les Marines 1 - Place Barberousse Phone: +33 4 34 27 32 69

LE MOSQUITO COAST

Mateille Beach Phone: +33 6 73 62 77 32

LE NAPOLI

Les Logis du Languedoc Phone: +33 4 68 49 12 19

LE PIAZZO

Peninsula 2

Phone: +33 4 68 49 03 75

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LE RIALTO RISTAURANTE PIZZERIA

Rue de l'Astrolabe - Place des Amures Phone: +33 4 68 43 84 59

LE RIVE GAUCHE

7, quai Barberousse Phone: +33 4 68 49 58 59

LE SEXTAN - BAR TAPAS COCKTAILS

Amures Square Phone: +33 9 66 87 56 32

LE STROMBOLI

La Farigoule 1 Phone: +33 7 85 51 58 66 or +33 4 68 49 46 36

LE TAMARIN

Les Dromadaires Phone: +33 4 68 49 16 70

LES SAVEURS D'ICI

1, quai des palmiers - La Farigoule Phone: +33 4 68 32 32 49

MAMAMOUCHI

Mateille Pond - Nautical Base Phone: +33 4 68 32 10 95 or +33 6 83 18 44 22

PIZZERIA AL VOLO

Résidence presqu'île 2 - Quai Gregaü Phone: +33 6 22 47 19 07

PIZZERIA GRUISSANAISIA

Place du chebek Phone: +33 4 68 43 15 95

PIZZ'&BURGER FAMILY

Place du cadran scolaire – plage du Grazel Phone: +33 9 52 04 37 98

SANTA MARIA LA TAVERNE DES PIRATES **ET JOLLY ROGER 'S SNACK GRILL**

Mateille Park in the Pirat'Parc

SNACK BURGER

Résidence presqu'île 2 - Quai Gregaü Phone: +33 6 37 47 87 38

SNACK MÉDITERRANÉE

Résidence Barberousse Phone: +33 7 69 05 29 92

TENTAZIONE

10. avenue des noctambules Phone: +33 4 68 65 00 98

THAI FOOD

42. passage de la trinquette Phone: +33 7 68 29 96 30 or +33 6 05 69 65 13

TOM PIZZA

1. rue du carrelet Phone: +33 6 80 01 47 40

VILLAGE RESTAURANTS

CHEZ CHRISTOPHE

1, rue PASTEUR Phone: +33 7 71 17 96 12

COMME À LA MAISON

2, rue ESPERT Phone: +33 6 74 02 40 55

L'ESTAGNOL

Quai de l'étang Phone: +33 4 68 49 01 27

LA CAMBUSE DU SAUNIER

Le Salin de Gruissan - Route de l'Ayrolle Phone: +33 4 84 25 13 24

LA CRANOUETTE

13, rue de la République Phone: +33 4 68 75 12 07



LA FLEUR DE SEL

7, rue Jules FERRY Phone: +33 4 68 75 80 79

LA PETITE BRASSERIE

1, bd Victor HUGO Phone: +33 4 68 65 24 50 or +33 6 23 22 26 52

10. rue PASSENAUD Phone: +33 4 68 49 71 02 ou +33 6 58 05 60 82

LA TAVOLA - PIZZERIA

17 rue de la République Phone: + 33 4 68 32 76 19

LA TOUR NOMADE

4 Grand' Rue Phone: +33 9 86 36 08 37

LARGADA

Place GIBERT – 4 bd Victor HUGO Phone: +33 4 68 49 97 86

LE BREIZH D'OC

2. rue FABRE D'ÉGLANTINE Phone: +33 4 68 43 69 45

LE JOFFRE

Rue ESPERT Phone: +33 4 68 49 64 65

LE MAZÉLIE Place GIBERT

Phone: +33 4 68 43 16 32

5 rue de la République

Phone: +33 4 68 49 14 26

LE PLAN B

LE REPÈRE 10. boulevard Victor HUGO

Tél.: + 33 4 68 49 51 53

LE SARMENT 3 bd Victor HUGO Phone: +33 4 68 49 62 67

LES MOULES DE LA CRANOUETTE

Rue de la République Phone: +33 7 67 07 06 01

LES VIEILLES NOUVELLES

19. Grand' Rue Phone: +33 4 34 27 51 76 ou +33 6 30 05 62 07

PIZZA JO

2, rue Croix Blanche - Phone: +33 4 68 49 98 97

SAVEURS ORIENTALES

8, rue ESPERT Phone: + 33 6 58 34 42 30

AYGUADES RESTAURANTS

AUX VENTS D'ANGES

Super Gruissan Shopping Center Phone: +33 4 68 49 31 17

LA VOILE BLANCHE

Avenue de la jonque - Sea front Phone: +33 6 14 87 26 13

LE CROO

Avenue de la jonque Phone: +33 4 68 75 14 52

LE PANORAMIOUE

LVL Les Ayguades - Avenue de la jonque Phone: +33 4 68 12 17 83

LES CANNISSES

Avenue de la jonque Phone: +33 4 68 49 54 59

CHALET RESTAURANTS

CHEZ LIO

102, allée des cormorans - Phone: +33 4 30 16 62 87

LA FRITERIE

Row 2, 84, alley of the aigrettes Phone: +33 4 68 49 80 41 or +33 6 80 53 33 31

LA PERLE GRUISSANAISE

Base conchylicole - Avenue de l'aiguille Phone: +33 4 68 49 23 24

LE CERS BAR

50, avenue de la jetée, Pôle Nautique Phone: +33 4 68 75 58 09

LE GRAND SOLEIL

Sea front Phone: +33 4 68 49 01 13

LE PAPARAZZO 50 avenue de la jetée Phone: +33 6 21 91 00 13 or +33 4 68 65 25 10



LE POISSON D'AVRIL 3 avenue d'Occitanie

Phone: +33 4 68 91 60 01

LES CABINES On the beach - up to the 5th row Phone: +33 6 24 19 57 02

RESTAURANT LES CHALETS 44. avenue de la ietée Rés. les Flamants Roses Phone: +33 4 68 91 14 42

ROMANTICA

2, avenue des cormorans Phone: +33 4 68 32 27 47

SNACK LE 91

Avenue de la jetée, Place Alain COLAS Phone: +33 6 42 70 78 73

SUNRISE BEACH HOTEL BAR/TAPAS 1, avenue des Courlis - Rangée 4

Phone: +33 4 68 49 13 87 **CLAPE RESTAURANTS**

PORT RIVE RIGHT TEA

CHÂTEAU LE BOUÏS

Route Bleue Phone: +33 4 68 75 25 25

Ô FAIM GOURMET

ROOMS

Quai du Ponant les Rocailles 1 Phone: +33 6 31 32 21 13

PORT RIVE GAUCHE TEA ROOMS

HUÎTRES ET COMPAGNIE

44. quai des palmiers Phone: +33 4 68 49 86 18

LABAGUETTERIE

4 rue de l'artimon Phone: +33 4 68 75 97 14

LA BAGUETTINE

Avenue des plages Phone: +33 4 68 32 06 21

LA CARAMELERIE

890. bd Pech Mavnaud Phone: +33 6 38 21 10 16

LE BRIOCHON

Chebek Square Phone: +33 4 68 49 78 47

VILLAGE TEA ROOMS

CHEZ ALAIN ET CORINNE

GIBERT Square Phone: +33 6 07 43 74 39

LA RONDE DES PAINS 10, Grand' Rue Phone: +33 4 68 75 02 32

LES DOUCEURS D'ALICE 20, rue ESPERT Phone: +33 6 47 32 71 20

LE JIPILI

5. bd Victor HUGO Phone: +33 6 62 54 05 26

TOT BARREJAT

1. rue portes **SKATE PARK - ROLLER**

RAMPE de SKATE

Mateille Park - Beach Avenue SURF

E-mail: surfhouse@gmail.com

SURF HOUSE GRUISSAN (artificial wave) Alley of flamants roses - Beaches of the chalets Phone: +33 6 82 51 12 57

Site: surfhouse.gruissan.com

TENNIS

Forum Street

TENNIS PADEL CLUB DE GRUISSAN

Phone: +33 4 68 49 24 25 E-mail: tennisclubdegruissan@gmail.com Site: www.club.fft.fr/tc.gruissan

BIKES (RENTALS)



ADVENTURE CYCLE

118. rue du Loch

Phone: +33 7 82 30 05 33

E-mail: cycleaventuregruissan11@gmail.com Site: cycleaventuregruis.wix.com/cycleaventure

Open all year

Take full advantage of Gruissan, Cycle Aventure offers you these bikes (VTC, MTB, VAE, VTTAE, tandem, sleigh, child seat). Delivery possible within 10 km, repairs and accessories.

Profitez pleinement de Gruissan, Cycle Aventure vous propose ces vélos (VTC, VTT, VAE, VTTAE, tandem, carriole, siège enfant). Livraison possible à moins de 10 km, réparations et accessoires.

Damit Sie Ihren Urlaub in Gruissan in vollen Zügen genießen können, finden Sie bei Cycle Aventure ein umfassendes Angebot an Fahrrädern (Tourenräder, Mountainbikes, E-Bikes, E-MTBs, Tandems, Kinderanhänger, Kindersitze). Lieferung bis 10 km möglich, Reparaturen und Zubehör.



MAXIME'S BIKES

Jonque Square Phone: +33 6 10 77 83 40

Open from March to the end of October

Bike rentals: mountain bikes, hybrid bikes, children's bikes, trailer, baby seat, electric bike.

Locations de vélo : VTT, VTC, vélo enfant, remorque, siège bébé, vélo électrique.

Fahrradverleih: Mountainbikes, Tourenräder, Kinderräder, Anhänger, Kindersitze, E-Bikes.



COMFORT HOLIDAYS

Cadran solaire square Phone: +33 4 68 49 13 35

E-mail: vacances.confort@gmail.com Site: www.vacancesconfort.wixsite.com/ vacancesconfort

Open from April to September

We welcome you next to the Grazel beach to rent hybrid bikes, mountain bikes, electric bikes or even go-kartings for children. Repairs cycles, keys minute.

Nous vous accueillons à côté de la plage du Grazel pour louer VTC, VTT, vélos à assistance électrique ou encore des kartinas à pédales pour les enfants. Réparations cycles, clés minute.

Neben dem Strand Grazel vermieten wir Tourenräder, Mountainbikes, E-Bikes sowie Tret-Gokarts für Kinder. Fahrradreparatur, Schlüsselservice.

ECO-STATION CAPITAINERIE

(Bicycle and electric vehicle rentals) Raymond GLEIZE Square Phone: +33 4 68 75 21 60 Fax: + 33 4 68 75 21 61

E-mail: accueil.capitainerie@gruissan-mediter-

Site: www.gruissan-mediterranee.com/portde-Plaisance

FRANKILOU

Boulevard de la corderie - les Rocailles 1 Phone: + 33 7 68 91 40 14

E-mail: frankilou-cyclesloisirs@hotmail.com

frankilou-cycleslo.wixsite.com/Frankiloucycles

GRUISSAN SURF SHOP (Californian bike rental)

At Bois et Yachting 26, Technical Port area Phone: +33 4 68 32 20 41 or +33 6 73 97 13 53 E-mail: boisetvachting@orange.fr Site: www.boisetyachting.fr

GUIDED TOURS

Information at the Tourist Office Phone: +33 4 68 49 09 00

office.tourisme@gruissan-mediterranee.com Site: www.gruissan-mediterranee.com Online reservations:

www.gruissanmediterranee.com or at the Office of Tourism.

We strive to provide you with a program of original visits, in complete safety. However, at the time of printing this document (February 2021), we are unable to guarantee all of our services. Do not hesitate to consult our site gruissan-mediterranee.com, our flyer "Guided

Tours 2021" available for download or at the Tourist Office, or still call us at 04 68 49 09 00 for more information.

We are implementing sanitary measures taires adapted to the situation: small groups, respect of distances, provision of gel, etc.

For a tailor-made group getaway, contact us to organize your visits (groups of friends, cultural associations, etc.)

ACCOMPANIED RIDE BY ELECTRIC BIKE

Come and try out the electrically-assisted SCOTT VTCs and go for a ride at the discovery of exceptional views that Gruissan offers. 2021: New circuit From June to September, duration 2 hours, timetables and prices on

VINEYARD WALK

gruissan-mediterranee.com

From Easter to All Saints' Day, certain Sundays, in July and August, Thursday mornings. All dates on gruissan-mediterranee.com Duration: about 3 hours Prices: adult (from 15 years old): 15 € Child from 6 to 15 years old: 6 € Free for children 6 and under

CHAPEL OF AUZILS

Go up to the beginning of the marine cemetery in little train and enjoy a pleasant ride in the Clape. You will then follow in the footsteps of our guide to meet men and women who made the history of this place mythical. Duration 2h30. Timetables and prices on gruissan-mediterranee.com In the event of closure of the Clape massif, a alternative circuit will be offered.

CHÂTEAU DE GRUISSAN

Discover the secrets of the village as a family by following our guide, taking turns playing explorers, archaeologists and pirates! April, May, June and September: Friday at 4 p.m. July and August: Wednesday at 5.30 p.m. Duration: 1h30 Prices: from 12 years old: 4 € 50 Child

from 3 to 12 years old: 2 € Free for children under 3 years



SEGWAY GYROPOD®

Take control of this silent and ecological machine and discover Gruissan in a original! Several circuits are offered, from 1h30 to 2h.

All tours are guided by an instructor Segway certified® and include an initiation Microphone and headset equipment included. From 14 years old. Minors must be accompanied. Weight of participants: 45 to 130kg

Segway Tour® auf Deutsch von Juni bis September (Info: gruissan-mediterranee.com)

GOURMET NETS

Meeting with fishermen and oyster farmers from Gruissan. The morning ends with a tasting at the Perle Gruissanaise

Duration: approximately 3h30 July and August:

Friday mornings from 9 a.m. to 12:30 p.m. Prices: adult (from 12 years old): 18 € Child from 4 to 12 years old: 7 € Free for children under 4 years old.



GUIDED TOUR OF THE CHALETS BY BIKE

Come explore the islets and rows of chalets. You will discover the history of those who made this mythical district. Our guide will take you to discover the most typical. The walk ends with an oyster tasting on the panoramic terrace of the Perle Gruissanaise Duration 3h.

Timetables and prices on gruissan-mediterranee.com



GUIDED TOUR "ONCE UPON A TIME PORT OF GRUISSAN"

On foot and fully accessible to people with low mobility.

Des Menhirs au Cadran Solaire, an architectural stroll to discover this labeled district Heritage of the XX th century.

In July and August: day to be confirmed Duration: 1h30.

Prices: from 12 years old: 4 € 50 Child from 3 to 12 years old: 2 € Free for children under 3 years



ZOOM ON GRUISSAN

Gruissan is the ideal playground for amateur photographers. Follow one of our professional photographers who take you to surprising sites where the views over Gruissan allow you to take original shots. Possibility to come with your smartphone. Provide a vehicle, shoes walk and ... your camera! Duration: 3h

In July and August Thursday at 6 p.m. Single price: 15 € / person



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Phone book

ACCOMMODATIONS



Tourist tax

pacity and per night in all accommodation facilities on the 1st July to August 31st (i.e. 61 nights).

Tourist tax info: Gruissan Town Hall Phone: +33 4 68 75 21 17

E-mail: taxedesejour@ville-gruissan.fr
More details and prices on www.ville-gruissan.fr/fiscalite-locale















WIRELESS

PMP SUITABLE AIR CONDITIONER

ACCEPTED

CAR PARK













RESTAURANT

BAR

SWIMMING POOL

LAUNDRY

CAMPING CAR SUPERETTE

RENTAL AGENCIES **AND / OR TRANSACTIONS** REAL ESTATE



AZUR AGENCY

Residence le chebek, Passage de la Trinquette (port) Phone: +33 4 68 75 12 80 E-mail: azur.gruissan@orange.fr Site: www.azur-immobilier-gruissan.com

Open all year round from 9 a.m. to 12 p.m. and from 2 p.m. to 6 p.m.

Rentals of chalets, pavilions and apartments by the sea, courts student stays, the agency offers accommodation classified in furnished tourist

accommodation from 1 to 3 stars.

Ferienwohnungen am Meer, Kurzaufen-



SOLEIL AGENCY

21, passage Barberousse - Les Marines 1 -Bât le Surcouf (port)

Phone: + 33 4 68 49 01 57 Fax: +33 4 68 49 02 72 and Residence Plein Soleil - Boulevard Pech Maynaud (port) Phone: +33 4 68 49 59 55

Fax: +33 4 68 49 29 31

E-mail: loc.dussart@agencedusoleil.com Site (online reservation): www.agencedusoleil.com

Open all year round from Monday to Saturday from 9 a.m. to 12 p.m. and from 2 p.m. to 6 p.m. + Sunday in July and August

Trust us and rent with AGENCE DU SOLEIL, your holiday partner for over 40 years! All price ranges and accommodation from 2 to 8 people, all standards.





FONCIA LIMOUZY AGENCY

2 agencies at your service:

GRAZEL

841, bd du Pech Maynaud - Residence Cap Sud 3 Phone: +33 4 68 49 38 00 E-mail: gruissan-vacances@foncia.fr

AT THE AYGUADES

Pech Rouge Shopping Center Phone: +33 4 68 49 49 58 E-mail: ayguades-vacances@foncia.fr

Site and online reservation: www.foncia-location-vacances.fr

Hours 9am - 1pm and 2pm - 6pm from Monday to Thursday (Saturday in July -August) 9 a.m. - 1 p.m. and 2 p.m. - 5 p.m. on Friday

Foncia offers you a wide choice of holiday rentals, with all your worries. in the various sectors of Gruissanencourt and long stay, all year round.

kurz und lange Aufenthalt, das ganze Jahr



ALIZÉS AGENCY

The bastides of Pech - 849, bd du Pech Maynaud (port) Phone: +33 4 68 49 62 20 Fax: +33 4 68 49 97 22 E-mail: contact@immobiliergruissan.com Site: www.immobiliergruissan.com

Established in Gruissan for nearly 30 years, come and meet us, will be able to advise you and support you in your real estate projects.



FÜTTERER PROPERTY

Super Gruissan Street Shopping Center of the Drakkar (Ayguades) Permanences Mondays, Tuesdays, Thursdays and Fridays from 2:30 p.m. to 5 p.m.

Central reservation and headquarters: 5. place Mediterranean 11100 NARBONNE-PLAGE Phone: +33 4 68 75 10 71 E-mail: contact@futtererproperty.com Site: www.futtererproperty.com Open all year round from Monday to Saturday 9:30 a.m. to 12 p.m. and 2:30 p.m. to 5:30 p.m.

Established on the Aude coast for 20 years, we offer a wide choice of houses and apartments close to the beach for successful holidays! Visit our website!

sons et appartements proches de la plage

Wir sind seit 20 Jahren an der Aude- Küste



LAFORÊT GRUISSAN IMMOBILIER

8, avenue Joseph Camp (port) Phone: +33 4 68 49 00 66 E-mail: gruissan@laforet.com

www.laforet-gruissan.locvacances.com

Monday to Saturday, 9 a.m. to 12 p.m. and 2 p.m. at 18 o'clock

Our team has been guiding you for more than 40 years for buying, selling, renting or your vacation. Large choice of chalets but also goods in the village, in Grazel or in Mateille.

für Kauf, Verkauf, Vermietung und Ihren an Chalets, aber auch Immobilien in der

CLEVACANCES

You are looking for a chalet in Gruissan-Plage, a house with swimming pool or an apartment at the port? Clévacances is here to guarantee you a quality accommodation.

54, bd de l'Embouchure - CS 22361 31022 TOULOUSE Cedex 2 Switchboard: 05 32 10 82 30 Fax: 05 32 10 82 39 E-mail: infos@clevacances.com Site: www.clevacances.com

ALEXANDRA DUFOUR AGENCY IMMOVABLE

11, rue Jules FERRY (village) Phone: +33 4 68 75 91 55 or +33 6 76 28 57 61 E-mail: contact@alexandradufourimmobilier.com Site:

www.alexandradufourimmobilier.com

CÉDRIC PIGASSOU AGENCY

Beach Avenue - Rond-point des nocdrums (port) Phone: +33 4 68 75 51 37 E-mail: contact@pigassou-immo.com

Site: www.pigassou-immo.com

CENTURY 21 LES SALINS AGENCY

7 place du Général Gibert (village) Phone: +33 4 30 16 76 33 E-mail: lessalins@century21.fr

www.century21-les salins-gruissan.com

CITY GEST AGENCY

Residence Le Chébek, passage de la trinquette (port) Phone: +33 4 68 49 04 62 E-mail: transactiongruissan@citygest. immo Site: www.citygest.immo

AGENCY SIDE VILLAGE

28, avenue de Narbonne (village) Phone: +33 4 68 49 19 19 E-mail: cvim@wanadoo.fr Site: www.cote-village-immobilier.fr

REAL ESTATE SKY BLUE

849, bd Pech Maynaud (port) Phone: +33 4 68 65 24 64 or +33 6 71 88 75 03 E-mail: bleucielimmo@gmail.com Site: www.bleucielimmobilier.com

INTERHOME

Mediterranean Square 11100 NARBONNE-PLAGE Phone: +33 4 68 49 87 67 E-mail: narbonne@interhome.fr Site: www.interhome.fr

LD REAL ESTATE

EPHYRA Residence. Avenue des Plages (port)

Phone: +33 4 68 49 19 98 E-mail: gruissan@ld-immobilier.fr Site: www.ld-immobilier.fr

OCCITANIE REAL ESTATE

14, Grand rue (village) Phone: +33 4 68 65 80 92 E-mail: xavier.toujas@orange.fr Site: www.occitanie-immobilier.fr

PASCALE VIALAN IMMOBILIER

Place des Menhirs - Res the Dromedaries (Harbor)

Phone: +33 4 68 32 77 78 or +33 6 60 38 48 70 E-mail: transactions@pascalevialan.com Site: www.pascalevialan-immo.com

CAMPING









CAMPING LVL LES AYGUADES****

Avenue de la jonque (Ayguades) Phone: +33 4 68 49 81 59 E-mail: infos@loisirs-vacances-languedoc.com

Site: www.camping-soleil-mer.com

Open from March 19 to November 7

Campsite from € 22 to € 39.50 Rental 2 to 8 pers. / week: 337.40 € to 1389.50 €

Exceptional geographical location with direct access to the sea. In a mobile home or chalet. Air conditioning in all accommodation, aquatic area and restaurant overlooking the sea. Mediterranean.





CAMPING HAMEAU LES CANNISSES***

Avenue de la jonque (Ayguades) Phone: +33 4 68 90 27 00 or +33 6 81 79 76 10 Fax: +33 4 68 90 27 05 E-mail sogerel@wanadoo.fr Site: www.vacances-gruissan.com

Open from April 30 to October 9 Rental for 2 or 4 people. week: from 220 € to 875 €

At the edge of the marine lake and 300 m from the beach, the Hameau des Cannisses has of 58 air-conditioned bungalows with terrace covered. Heated swimming pool. All comshops nearby.





BARBEROUSSE CAMPSITE ** CAMPEOLE

Route de Ayrolle - CD 232 (village) Phone: +33 4 68 49 07 22 from April 1 and out of season at the reservation center: +33 5 61 69 05 00

E-mail: barberousse@campeole.com or contact@campeole.com Site: www.campeole.com or www.campeole.com/camping/aude/barberedhead-gruissan

Camping pitch from 17 € per night and for a mobile home from 59 € per night

Du 9 avril au 26 septembre

300m from the village, discover the camping Barbarossa with pitches (Tent, Caravan, Motorhome) and Equipped mobile homes. Services: Restaurant-Bar, Playgrounds, Aquatoon, SPA.

équipés. Services : Restaurant-Bar, Aires de







CAMPING À LA FERME Domaine de Capoulade 3, rue des Artiwithout (Clape) Phone: +33 6 81 72 01 48 E-mail: gilberte.santacatalina@orange.fr

From 1 er May to September 30

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May / June / September: 15 € / day for 2 people. July / August: 20 € / day for 2 people. + tax stay

Caravan: € 250 and € 350 / week Bungalow: May / June / September: 315 € /week July / August: 385 € / week

Coming from a family of winegrowers for 4 generations, Gilberte welcomes you in his campsite at Domaine de Capoulade (5 pitches + 1 canvas bungalow + 1 trailer) located 2 km from the village.

Issue d'une famille de vignerons depuis 4

CAMPING GCU** (reserved for members)

Avenue de la Felouque (Ayguades) Phone: +33 4 68 49 17 11 or tel. from the headquarters

head office: +33 1 47 63 98 63 E-mail: gcu@gcu.fr Site: gcu.asso.fr

GUEST ROOMS



CHÂTEAU LE BOUÏS (HOUSE OF THE LADIES)

Bleue Road Phone: +33 4 68 75 25 25 E-mail: contact@chateaulebouis.com Site: www.chateaulebouis.com

Accommodation and cellar: open 7/7 all year round, except on exceptional days. Room from 74 € / Suite from from 134 €

Facing the Mediterranean, stay in **Charming Rooms and Suites at heart** of the vines and immerse yourself in the world of wine thanks to the Legend of Bouïs and the exceptional vaulted cellars.





DOMAINE DE SAINT-OBRE

Lieu-dit Saint-Obre (Clape) Phone: +33 4 68 90 45 10 E-mail: contact@saint-obre.fr Site: www.saint-obre.fr

Open from April 3 to September 30 and the February and Christmas school holidays

Gîtes for 4 to 8 people.: from 126 € to 153 € / night Rooms: from 80 € to 130 € / night, breakfast fast included

Le domaine de Saint-Obre est un endroit idéal pour un séjour de calme et détente. Vous pourrez trouver sur le site votre bonheur dans nos chambres d'hôtes, gîtes, ou même une salle pour mariage.





MARINE ALCÔVE

31, avenue Général AZIBERT (village) Phone: +33 6 07 21 81 21

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or +33 4 68 32 31 36 E-mail: alcovemarine@gmail.com Site: www.chambres-hotes alcovemarine.com

Open year round

In the heart of the village, facing the Old Port, Stéphanie welcomes you to her charming residence Alcôve Marine. A place of calm and softness to spend an unforgettable stay in Gruissan.







LA CENTENAIRE

34, rue de la république (village) Phone: +33 6 67 73 91 30 E-mail: centenairegruissan@gmail.com Site: www.chambredhote-lacentenaire-gruissan.com

Open year round Prices from 90 € breakfasts included.

With its courtyard to the south or its stove in the living room, the centenary welcomes you comfortably in the heart of the village. Bedrooms (2 doubles and 1 triple) with bathroom private, air conditioning and bicycles.

(2 doubles et 1 triple) avec salle de bains

Bad, Klimaanlage und Fahrrädern.

DUVETS AND SPREADS

5, avenue Général AZIBERT (village) Phone: +33 7 71 89 92 80 E-mail: couettes.tartines@gmail.com

LA CABANE AU FOND DU JARDIN

6, rue du Sablou - cité du Grazel (village) Phone: +33 6 24 88 48 02 E-mai: sylvieserny@yahoo.fr Site: cabaneaufonddujardin.over-blog.

LA CASE À BULLES CÔTÉ NUIT

4, rue ESPERT (village) Phone: +33 7 68 10 04 53 E-mail: lacaseabulles@yahoo.com

L'ALIZÉ

5, rue Jean JAURÈS (village) Phone: +33 6 76 59 01 14 E-mail: joelle.boutet@gmail.com

LA MAISON DE GRUISSAN

16, avenue Général AZIBERT (village) Phone: +33 6 58 55 89 44 E-mail: lamaisondegruissan@gmail.com Site: www.chambre-hote-gruissan.fr

LA PLANOUE

10, rue PASSENAUD (village) Phone: +33 4 68 49 71 02 or +33 6 58 05

E-mail: natettisou@gmail.com Site: www.laplangue.com

LES LITS DES RIVIÈRES

3, rue du bernard l'hermite (chalets) Phone: +33 6 45 42 95 36 E-mail: rivierecarole11@gmail.com Site: www.leslitsdesrivieres.fr

MAISON MAFFRE

27, avenue Général AZIBERT (village) Phone: +33 4 68 65 39 58 or +33 6 81 12 64 01 E-mail: jean-paul.maffre@orange.fr Site: www.chambres-hotes.fr

BED AND BREAKFAST

vacation spot: on a wine estate, in the pine forest, near the old village, at the marina. Comfortable cottages with swimming pool or cozy guest rooms that can accommodate from 2 to 11 people await you: do not hesitate to consult the offer online.

GÎTES DE FRANCE AUDE Gîtes and Bed and Breakfast reservations 205, rue Gérard DÉSARGUES - ZA Salvaza Phone: +33 4 68 11 40 70 Fax: +33 4 68 11 40 72

E-mail: reservation@gites11.com ou contact@gites11.com Site: www.gites-de-france-aude.com

HOTELS





HÔTEL LE PHOEBUS GARDEN & SPA***

26, bd de planasse (port) Phone: +33 4 68 49 03 05 Fax: +33 4 68 49 07 67 E-mail: hotelphoebus.gruissan@gmail.com Site: www.hotels-gruissan.com

Open all year

Double, triple or communicating room (on request) from € 63 to € 202 Child breakfast: € 7.50 / adult: € 12.90

Located on the edge of a pond, near the port, the beaches, the Clape massif the hotel *** LE PHOEBUS GARDEN & SPA welcomes you in a natural and unspoiled decor. Welcoming atmosphere and services quality.

des plages, du massif de la Clape, l'hôtel ** dans un décor naturel et préservé. Am-











HÔTEL PORT BEACH ***

Quai du ponant (port) Phone: +33 4 68 75 42 51 Fax: +33 4 83 07 53 25 E-mail: resapb@port-beach.com Site: www.port-beach.com Open from February 26 to November 15

Double, triple or family room from € 67 to € 206 Breakfast: child: € 7.50 / adult: € 11

A few steps from old Gruissan and privileged between sea and ponds, the hotel is an ideal anchorage point for cyclists and lovers of walking in foot. beaches, enjoying an environment

privilégié entre mer et étangs, l'hôtel est un

Lage in der herrlichen Umgebung zwischen







SUNRISE BEACH HÔTEL***

1, avenue des courlis Rangée 4 (chalets) Phone: +33 4 68 49 13 87 E-mail: sunrisehotelgruissan@gmail.com Site: www.hotelsunrise-gruissan.com

Open from April 2 to November 6

Single, double, triple rooms, quadruple from € 75 to € 150. Two formulas breakfast 5 € or 9 €

The hotel is located on the seafront. facing a huge sandy beach. come have a good time in a warm and family atmosphere.











HÔTEL DE LA PLAGE**

13. rue du bernard l'hermite (chalets) Phone: +33 4 68 49 00 75 E-mail: contact@hotelplagegruissan.fr Site: www.hotelplagegruissan.fr

Open from March 26 to October 2

Double, triple or family room 75 € to 176 €

Child buffet breakfast: € 6. adult: € 9

400m from the beach, located in a quiet residential area. Restaurants and shops 200 m away. The promenade of Canal du Grazel will take you, 1.5 km away, in the village or at the port.





HÔTEL GRAND SOLEIL LE FLORIDE

Avenue des sarcelles (chalets) Phone: +33 4 68 49 04 06 Fax: +33 4 68 43 82 32 E-mail: hotellegrandsoleil@wanadoo.fr Site: www.legrandsoleil.com/hotel

Open from March 15 to November 15

Double, triple or more than 64 € at 99 € Breakfast 8.50 €

On the beach of chalets on stilts, immortalized by JJ Beineix in the welcomes lovers of water sports, sand and sea film "37 ° 2, in the morning", the Hotel le Florida



RESIDENCES AND HOLIDAY VILLAGES



RESIDENCE GOÉLIA LES JARDINS DE PHOEBUS***

Boulevard de Planasse (port) Phone: +33 4 68 43 37 03 /+ 33 1 60 76 59 00 E-mail: info.gruissan@goelia.com Site: www.goelia.com

Open from April 3 to October 30

2 room apartment 4 pers. from 266 € and 3 rooms 6 pers. from € 329

Tourist residence classified 3 *** with swimming pool and children's pool located at the entrance of Gruissan, 5 minutes walk from the village, the port and the first shops and 800m from the beach.

village, du port et des premiers commerces

3***- ferienanlage Klasse mit Pool und





VILLAGE VACANCES*** ET CAMPING*** CÉVÉO

Avenue de la felouque - Les Ayguades de Pech Rouge Phone: +33 4 73 77 56 14 On site > Phone: +33 4 68 75 19 00 E-mail: reservation@ceveo.com Site: www.ceveo.com

Open from April 4 to September 26

Gîtes, Cottage Family, Cottage Premium from 4 to 8 pers. : from 336 € to 1561 € the week for rent. Possibility of half-board stays: from 406 € to 546 € half-board per week per adult.

800 m from the sea, rental of gîtes / cottages for 4 to 8 people! Enjoy the sea, swimming pools, children's clubs **INCLUDED**, catering ... Reception for groups and seminars.

Kinderclubs, Verpflegung... Home Gruppen





THE ISLANDS OF GRUISSAN BY ALLIANCE PLAISANCE

Quai Cap au Large (Port) Phone: +33 6 13 08 32 51 E-mail: contact@allianceplaisance.com Site: www. allianceplaisance.com

Open 7/7 from June to November for stays from 1 night.

1 bedroom LodgeBoat from € 110/2 bedroom LodgeBoat from € 125

Live the "Grand Large" experience aboard the first LodgeBoats in France. The pleasure of boating combined with the comforts of home. by the Mediterranean.





RESIDENCE L'OUSTAL DES MERS SOGEREL

Rue du Sampan (Ayguades) Phone: +33 4 68 90 27 00 / +33 6 81 79 76 10 Fax: +33 4 68 90 27 05 E-mail: sogerel@wanadoo.fr Site: www.vacances-gruissan.com

Open from April 2 to 1er November

Air-conditioned apartments for 4, 6 or 8 people.: from 359 € to 1365 € / week

Residence of 47 Flats foot and air-conditioned, designed as a

Mediterranean city, heated swimming pool, sports equipment and parking. Beach at 200m.

kleinen Plätzen und blumengeschmückten



BELAMBRA**

Avenue de la jonque (Ayguades) Phone: +33 4 68 75 17 17 Fax: + 33 4 68 75 17 18 E-mail: hébergement.gruissan@belambra.fr Site: www.belambra.fr ou www.belambra. fr/Languedoc_Roussillon-Gruissan-Les_Ayguades/Ete

MOTORHOME AREAS

3 CAMPING-CAR AREAS IN MATEILLE, CHALETS, AUX AYGUADES For the EXCLUSIVE use of CAMPING-CARS. The price information and opening dates are given as an indication, subject to changes after printing. A tax of stay will be applicable from July 1 to August 31.

Information Gruissan Town Hall> Phone: +33 4 68 75 21 17 E-mail: contact@ville-gruissan.fr Site: www.ville-gruissan.fr

BEACHES CHALETS (FRONT DE MER)

Longitud: 3.10844421 Latitude: 43.0959691 Place Alain COLAS open from February to

September 30. Outside this period the area is not accessible.

Parking: € 9 without electricity and € 10.50 in July / August without electricity and tourist taxes included

This area is not equipped with electricity. Area equipped for parking, emptying and filling with water. Sanitary facilities nearby. Number of pitches: 90

4WIND (RIVEDROITE PORT)

Long: 3.0971291 Lat: 43.1057345 Avenue of the 4 winds Open July to All Saints' Day. Out of this period access is free. Parking: € 9 without electricity and € 10.50 in July / August without electricity and tourist taxes included. Area equipped for parking, emptying and filling with water. (Showers and toilets during the paid opening period).

POND OF MATEILLE

Close to Espace Balnéo Lonaitude: 3.115731 Latitude: 43.120716

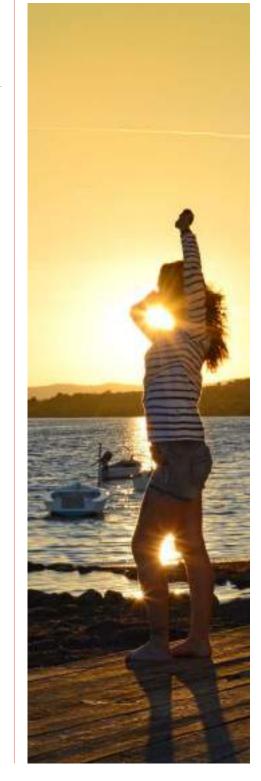
Number of pitches: 170

Only area of the station equipped with electricity Route des Ayguades

Open from 1 er July to August 31. Outside this period the area is not accessible. Parking, tourist taxes included:

€ 10.50 without electricity € 12 with electricity Area equipped for parking, danges and water

Number of pitches: 170





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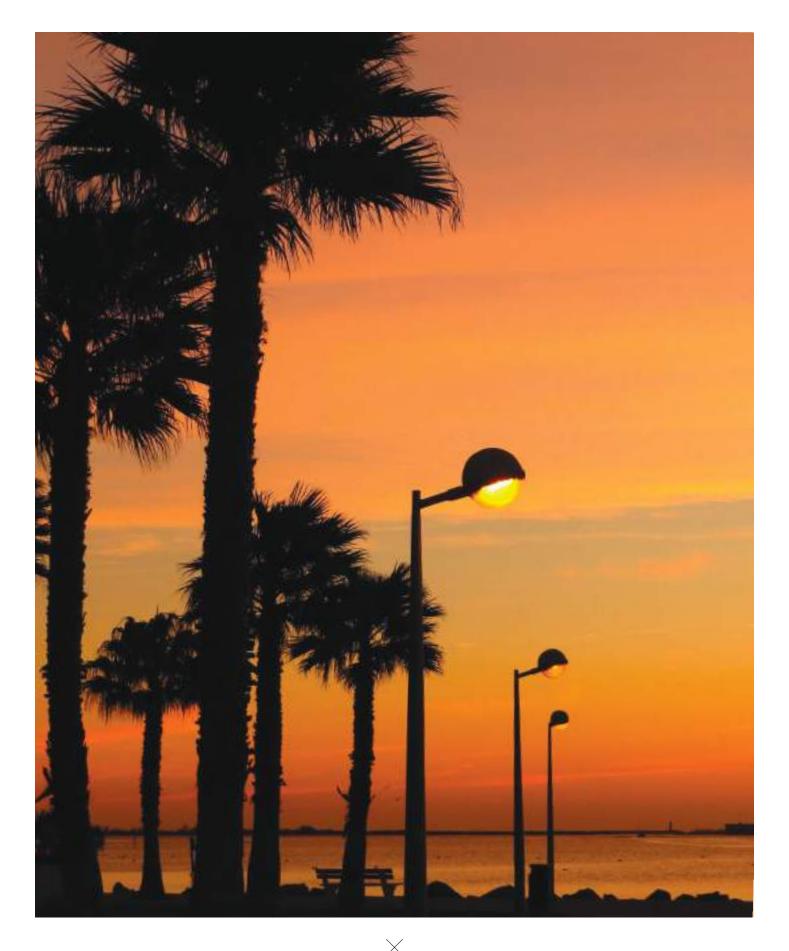






Mood

"You have never fallen **in love** at first glance if you have never seen **GRUISSAN!"**



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The odyssey of Gruissan between land and sea: on the road of salt and fishermen

Walks with views on the Mediterranean Sea and the ponds, within the most beautiful landscapes of the Regional Nature Reserve of "La Narbonnaise" are waiting for you. The Tourist Office and the locals, salt merchants, fishermen, wine-growers... invite you to a new way to discover, to explore, to feel, to taste, to share on the roads of Gruissan: a source of inspiration for all your senses. It's a beautiful break along the waterside, an odyssey on foot, by bike, by boat.. bringing you to discover the sea, its beaches and shares, the local biodiversity, their expertise... To revitalise yourself or to try unusual activities in the nature or in the sea... and where local heritage tell you about 3000 years of history from Gruissan with the Mediterranean Sea.

Itineraries between sea and land offer you an immersion into amazing landscapes, the promise of encounters with the local accent, the chance to live unforgettable moments, beautiful feelings and to experience the way of life in the South of France.











The must-see of the Mediterranean Sea

The visit of the salt marsh and the table of the salt manufacturer, the arrival of fishermen with the fishs of the day, the freshness of wine cellars and the flavor of their wines, the delicacy of saffron, the green gold of the olive oil, fine sandy beaches at the foot of the chalets as "movie settings" and the Mediterranean Sea as background, lagoons with changing colors, the "Massif de la Clape" and the hills of "TIe Saint Martin where Mediterranean fauna and flora blossom, the village in shape of a circle, authentic and with caracter, the port and its nautical rides, the "canal du midi" designated as a World Heritage Site...and an unrivalled sens of haspitality and party.

Here in Gruissan and nowhere else: good addresses along the Mediterranean Sea and their original products for all the family designed by the Tourist Office, hosts, restaurants, local producers, guides... are fully engaged in a sensory, united and eco-friendly tourism.

www.route-bleu-sel-pecheurs.com

Download our mobile app available for iPhone and Android.







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The Blue Roads of Gruissan have been unveiled from the sky in HOT-AIR BALLOON.

You take your place on board the gondola to fly over Gruissan. Using the joystick, you select the points that interest you. In total immersion, you will discover Gruissan's history and 360° landscapes. An unusual and UNIQUE experience!







BY TRAIN

NARBONNE STATION

Passenger information, prices and reservation: phone 36 35 Site: www.sncf.com or www.oui.sncf

BY PLANE

BÉZIERS AIRPORT - AGDE - VIAS 50 km away

Phone: +33 4 67 80 99 09 Site: www.beziers-aeroport.fr Airport / Herald Shuttles Transport: 08 25 34 01 34

CARCASSONNE SALVAZA AIRPORT 70 km away

Phone: +33 4 68 71 96 46 Site: www.aeroport-carcassonne.com

MONTPELLIER AIRPORT MEDITERRANEAN 110 km away

Phone: +33 8 25 83 00 03 Site: www.montpellier-aeroport.fr

PERPIGNAN RIVESALTES AIRPORT 75 km away

Phone: +33 4 68 52 60 70 Site: www.aeroport-perpignan.com

TOULOUSE - BLAGNAC AIRPORT 150 km away

Phone: 08 25 38 00 00 Site: www.toulouse-aeroport.fr

BY BUS

CITIBUS LINE 8 (off season)

Beach lines (in July and August)
Price of the trip: € 1.20
Book of 10 journeys: 9 €
Phone: +33 4 68 90 18 18 Info and opening hours on the website www.citibus.fr

BY TAXI

ALLO TAXI REY

Phone: +33 4 68 49 19 12 or +33 6 74 83 76 15 E-mail: allotaxirey@orange.fr Site: www.allotaxirey.com

ARCADIA TAXI

Phone: +33 6 51 74 87 68 E-mail: taxi.arcadia@gmail.com

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