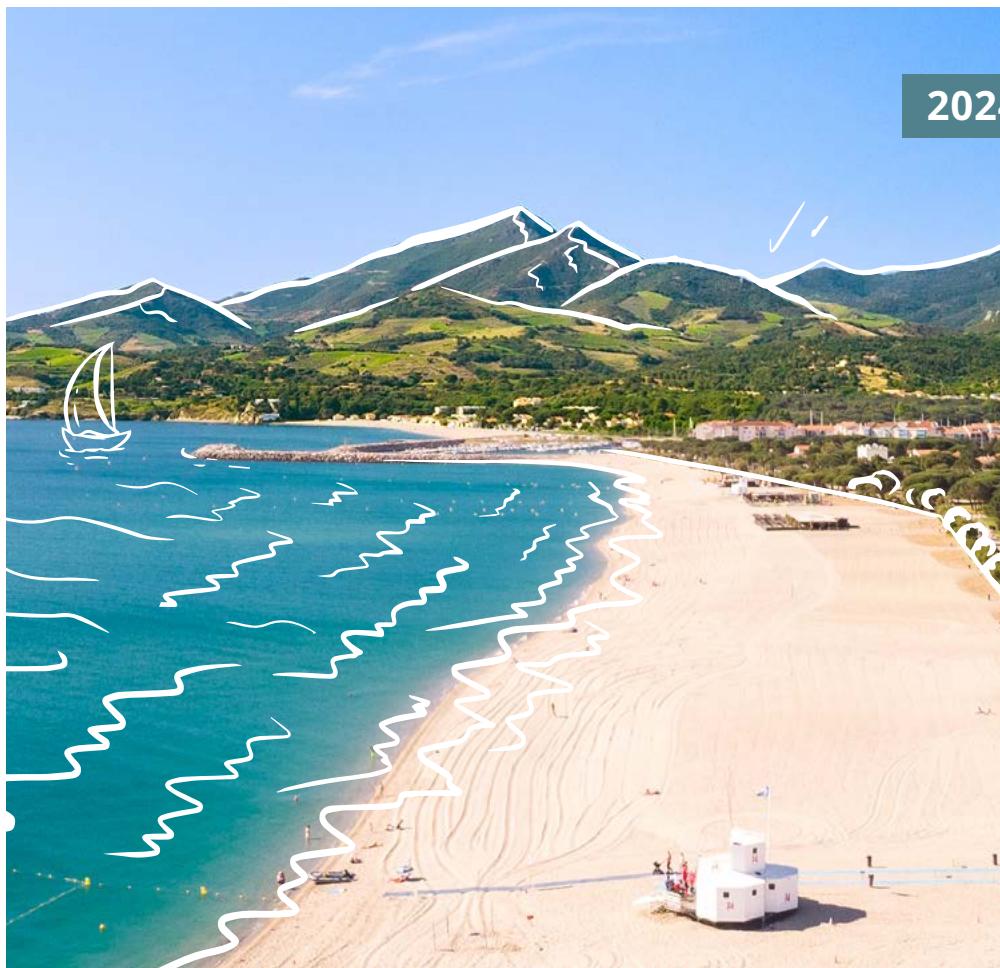


# THE GUIDE

*to Argelès-sur-Mer*

2024



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#montagnesurmer

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# EDITORIAL

## Benvinguts\* to Argelès-sur-Mer

In Argelès-sur-Mer, the Catalan word «cap» is an incredibly versatile tool, peppering almost every sentence. So whether you're looking for a Mediterranean, mountain, natural or cultural esCAPade... Make your stay with us a real adventure!



*Mediterranean*  
ES(CAP)ADE

*Natural*  
ES(CAP)ADE

*Mountain*  
ES(CAP)ADE

*Catalan*  
ES(CAP)ADE

In Argelès-sur-Mer, the siren song of the deep blue is particularly enticing. Whether you prefer a cocktail and a deckchair or fins and a snorkel, the Mediterranean is calling to you. Take the plunge!

Do you love to explore the wonders of nature? On foot, by bike or on horseback : there are a thousand ways to discover the beauty of Argelès-sur-Mer. And countless ways to challenge yourself! Whether you want to get in some cardio or put on your hiking CAP, Argelès-sur-Mer is the place to be. Verdant beauty worth pinning for!

Not afraid of heights? You're in the right place! In Argelès-sur-Mer, you can go from the Mediterranean to the Pyrenees in a flash. Take your adventure to new heights!

The way of life here in the South of France is a real art. Whether you're admiring a monument or a beautiful meal, this is your chance to experience and celebrate Catalan heritage in all its forms. Are you ready for a colourful (and flavourful) adventure?

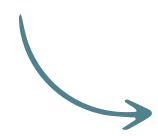
*Labels with a CAPital L* ☆☆☆

The Tourist Office is passionate about visitor satisfaction. To make sure your stay unfolds sin cap problema\*, we promise to :

\*Seamlessly

- ✓ Give you a warm welcome
- ✓ Make our information easy to access
- ✓ Keep our documentation up to date
- ✓ Offer you personalised support and expert advice

### Labels to guide you



Providers bearing these Labels offer an attentive and personal welcome, comprehensive information, and comfortable and clean premises, in addition to careful use of local resources.

Argelès-sur-Mer has been continuously awarded this international Label since 1985 for :

- The quality of the bathing water
- The beaches, which are cleaned daily
- The water purification plant
- The differentiated collection of household waste/recycling
- The first aid stations on the beach, one of which is certified
- The accessible beach, which is equipped to accommodate people with motor disabilities (station no. 3).

The sign that a successful family holiday awaits! The towns and service providers who have earned this Label are committed to serving families and children, ensuring that they enjoy a warm welcome and a successful holiday.

\*Welcome



# Argelès-sur-Mer



Altitude 793m

Tour de la Massane

Ermitage Notre Dame de roie

Parc Municipal de Valmy  
Balade familiale 1h30

Casa de l'Albera

Gare

Eglise

Hotel de Ville

Mémorial

Place Gambetta

Rue du 14 Juillet

Galerie Marianne

Tour de Pujol

Avenue de la Retirada 1939

Cimetière dit «des Espagnols»

Port-Vendres Banyuls

Vers Collioure

Sentier du littoral

Balade jusqu'à Collioure 2h

Le Racou

Avenue de la Torre d'en Serra

Promenade

Avenue du Grau

Eplanade Charles Trenet

Albans pastoraux

Casino

Bois des pins idéal pour un pique-nique à l'ombre

Le passage des saveurs

Monolithe

Reserve Nationale du Mas Larriou  
visite guidée 1h30

LA MARENDA

PLAGE DU RACOU

PLAGE SUD

PLAGE CENTRE

PLAGE DES PINS

PLAGE DU TAMARIQUER

Market

Beach club

Shops

Tourist Office

Bike path

Accessible beach services



# MAD CAP TRAVELLERS

## Put your adventurous spirit to the test!

We have come up with four esCAPades to bring you four times the challenges, delights, freedom and thrills. Follow your instincts and find your perfect fit!

### Mountain EsCAPade

HEAD IN THE CLOUDS

#### 📍 The Albera Massif

Ready to head up from the sea into the mountains? You're in the right spot! With peaks culminating at more than 1000 metres above sea level, the mountains of the Albera Massif tower over the beach and village of Argelès-sur-Mer. Perfect for enjoying that cool mountain breeze!

To spot on your walks:

- Albera cows
- Olive trees
- Beech trees
- Chestnut trees

#### 📍 Valmy Park

Want to immerse yourself in nature? Right on the edge of the Mediterranean, Valmy Park is an exceptional spot for lovers of all things green, caught between the castle and the forest. Enjoy plant life at its most refined!

What to pack for a picnic:

- Catalan salad
- Marinated fresh anchovies
- A bottle of fresh fruit juice
- A book

#### 📍 The Massane Tower

If you're feeling a bit beached out, what better way to shake off the sand than with a hike? Seasoned walkers can swap their flip-flops for trainers and head for the Massane Tower. The top offers breathtaking views of the Mediterranean coast!

#### A little history

Built in the 13th century by the Kings of Majorca, the Massane Tower was primarily used as a watchtower. Perfect for keeping a bird's eye view on your subjects!

### Natural EsCAPade

WITHOUT FILTER

#### Puppy love!

Calling all animal lovers! Your doggy friends are allowed in the grounds of Valmy Park, as long as they are kept on a lead.

#### 📍 Bois des Pins

A stone's throw from the beach, the Bois des Pins is a wonderful spot for a stroll in the great outdoors. One of Argelès-sur-Mer's must-visit destinations, the park is home to more than 2,000 ancient pines. It is also the perfect place for a picnic in the dappled shade.



#### 📍 Mas Larrieu Nature Reserve

At the mouth of the Tech river, the Mas Larrieu Nature Reserve is bursting with adventure. It is home to a mosaic of landscapes: dunes, wild beaches, marshes and forests. Not to mention its remarkable biodiversity. You might encounter warblers, nightingales, and even green lizards... Don't forget your camera!

#### ⚠️ Apolit\* \*Important

Because the site is home to exceptional biodiversity, it is also fragile. To protect our natural surroundings, remember to stay on the marked trails and do not throw anything on the ground.

## Catalan EsCAPade

A LAID-BACK WAY OF LIFE

#### 📍 Urb'art

From the village to the port and along the waterfront... During the Urb'art festival, around forty talented street artists transform the town into an open-air art gallery. Their canvases are the walls, street furniture, old billboards... and even a lighthouse. CAPtivating graffiti by the Mediterranean!

#### 📍 Casa de l'Albera

The Casa de l'Albera is more than just a museum: this historic home truly embodies the history and culture of the Albera Massif. The fun and dynamic exhibitions trace the region's traditions and artisan skills. Learn about the history of Argelès-sur-Mer on a more personal level!

#### 📍 Plage des Pins

If you're looking for a beach to kick back and relax, look no further than the Plage des Pins! Just plant your parasol in the white sand and gaze out at the bright blue water. Don't forget your sun cream (eco-friendly, of course)!

#### 📍 The port market

From anchovies to crema catalana, the cuisine in the South of France is brimming with delicacies. Whether you prefer wandering from stall to stall, or enjoying a meal at a table, you can sample the very best of our region in Argelès-sur-Mer. Don't forget your wicker basket to stock up on gourmet treats!

#### The local perspective

##### Looking for a guided tour?

Our specialist, Jean-Marc, is on hand to bring his local knowledge to your trip. Who better than a native Argelèsien to tell you all about the history of Argelès-sur-Mer!

To make a Catalan salad, you will need:

- Tomatoes
- Red onions
- Red peppers
- Black olives
- Anchovies

## Mediterranean EsCAPade

WELCOME TO THE SOUTH OF FRANCE...

#### 📍 Sentier du Littoral

Put your trainers on your feet and your swimsuit in your bag, and set off along the steep paths of the Sentier du Littoral (Coastal Trail). From the village of Le Racou to Collioure, this cliffside walk is a definite favourite!

#### ☀️ Fa calor!\* \*It's hot

From Le Racou to Collioure, the walk takes about 2 hours and 20 minutes. Be sure to bring a water bottle and a hat to avoid sunstroke in summer!

#### 📍 Promenade du Front de Mer

Fancy a walk by the sea? In Argelès-sur-Mer, you can take a stroll along the longest stretch of coastline in Pyrénées-Orientales. Admire the beauty of the sea on one side and the majestic mountains on the other. The only struggle is taking it all in!





# OFF-SEASON ES(CAP)E

## 1 week in Argelès-sur-Mer in the off-season

Effervescent in summer, liberated in winter: Argelès-sur-Mer undergoes a series of beautiful transformations throughout the year. From the tranquillity of the village to the orange hues of the landscapes... Even during the off-season, the magic of Argelès-sur-Mer is still alive and well. Always CAPtivating !

### Day 1

#### 📍 The village

##### TAKE A SCENIC STROLL

An off-season eSCAPE is a chance to discover the village at your own pace. Outside of summer, the colourful alleys are as peaceful as they are charming. Between the «cayrou» stone facades and flower shops, a guided tour is sure to win over any visitor !

> **To explore** : the church of Notre-Dame del Prat and its 34-metre-high bell tower. Inside, you can admire 9 paintings by Roussillon masters.



### Day 3

#### 📍 Le Racou

##### FIND YOUR HAVEN OF TRANQUILITY

Festive and bohemian in summer, Le Racou lets its true nature shine in the off-season. From houses on the sand to the quiet beach, it is worth exploring every nook and cranny of this little corner of paradise.



> **To do** : an improvised photo shoot on the beach. What better spot to capture a beautiful memory ?

### Day 2

#### 📍 The market

##### TANTALISE YOUR TASTE BUDS

After summer, the merchants' stalls are filled with pumpkins, chestnuts and clementines. Seize the opportunity to snap up some orange treats and mingle with the locals. Be sure to really take your time !

> **To sample** : Bunyetes: typical Catalan donuts flavoured with orange blossom. Bon profit !\*

\*Bon appétit



### Day 4

#### 📍 Le Domaine de la Mer Blanche

##### GOOD PEOPLE, GOOD FRUIT

Frédéric knows all about organic farming, and he is also a naturalborn creative. By combining these two skill sets, this passionate grower has created a remarkable estate specialising in citrus cultivation. From picking to eating, you can immerse yourself in a more zesty way of life !



> **To sip** : yuzu liqueur, one of the estate's flagship products. It's a real flavour explosion !



### Day 5

#### 📍 The Véloroute

##### SWAP YOUR CAR FOR A BIKE

The biggest advantage of the offseason? No more crowds ! Seize the opportunity to get on your bike and set off along the different bike paths. From the seafront to the Mas Larrieu Nature Reserve, pedal through Argelès-sur-Mer and take in the incredible panoramic views. Ah, feel that refreshing sea breeze in your (helmet) hair !



##### Mad CAP travellers

Take your cycle outing to the next gear on the Voie Verte Pyrénées Méditerranée (Pyrenees Mediterranean Greenway). From Argelès-sur-Mer to Boulou, this 15 km route is the ideal opportunity to perfect your pedalling.

### Day 7

#### 📍 The Sentier du Littoral

##### ANSWER THE CALL OF THE SEA

Walking the Sentier du Littoral (Coastal Trail) in the off-season is a chance to discover the Côte Vermeille in a whole new light. From Le Racou beach to the Ouille cove, watch the coastal landscape unfold before your eyes. The bravest adventurers can even take a little dip in the salty (and chilly) water !



### Day 6

#### 📍 The Massane Tower

##### REACH NEW HEIGHTS

While the Massane Tower attracts many adventurers in the summer, fewer people venture up here in the winter. At the top, you can enjoy a whole new level of freedom and really breathe in the magic !

> **To contemplate** : the sun setting behind the Canigou. There is a beautiful show to behold every evening, especially in spring when the days are getting longer.

##### Mad CAP travellers

Are you Axurit\*? Activate hardcore hiking mode on the Côte Vermeille trail. From Argelès-sur-Mer to Cerbère, 32 km of pure joy awaits.

\*smart, resourceful

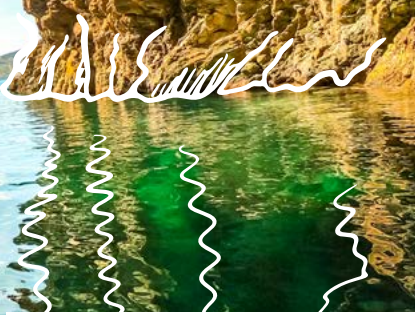




# PEAK-SEASON ES(CAP)E

## *1 week in Argelès-sur-Mer in summer*

During the summer in Argelès-sur-Mer, all roads lead to the beach... But you don't have to follow! With your feet on the ground or your head in the clouds, there are a thousand and one ways to venture off the beaten path. Let's go!



### Day 1

#### 📍 The beach clubs

##### TAKE IT EASY

Summer is the perfect time to just relax. In Argelès-sur-Mer, the beach clubs are the place to go for a spot of sunbathing. Or if you prefer to stay active, there is also a range of water activities on offer!

> **To try** : a stand-up paddle boarding session. With family or friends, it's sure to be a fun time!



### Day 3

#### 📍 The Allée des Pins

##### FILL YOUR SHOPPING BAG

Fancy a souvenir of your holiday in Argelès-sur-Mer? Head to the Allée des Pins to enjoy a beautiful shopping spree in the sun. Then nip down to the sea for a dip!

> **To visit** : the artisanal night market at Argelès Plage. Perfect for late risers!

### Day 2

#### 📍 The Hermitage of Notre-Dame-de-Vie

##### CATCH HOLD YOUR BREATH

In Argelès-sur-Mer, the beauty is worth the hike! From Chateau Valmy, begin your ascent to the Hermitage of Notre-Dame-de-Vie. At 130 metres above sea level, the sanctuary offers beautiful views of nature and a fascinating insight into culture.



##### Mad CAP travellers

The climb up to the Massane Tower can look intimidating, but don't let it scare you! Head up the Albera Massif to enjoy a thrilling hike!



### Day 4

#### 📍 Electric mountain bike ride

##### FREE-WHEELING FUN

Calling all cyclists! If everyone else has headed to the beach to cool off, this is your chance to enjoy an electric mountain bike ride. From the beach to the Albera Massif, you can explore the area at your own pace.

> **To enjoy** : The feeling of freedom between the Pyrenees and the Mediterranean!

### Day 5

#### 📍 The coves

##### GO ON A KAYAK OUTING

Shellfish aplenty means summer has arrived! So join the sea life and venture into the heart of the coves in a kayak. From Porteils to Collioure, dip your paddles into the Mediterranean and admire its thousand shades of blue!

> **À watch** : the sunset behind Fort Miradou. Best paired with a nice glass of Muscat.\*

### Day 6

#### 📍 The funfair

##### RIDING HIGH

Summer is made for fun, and what's more fun than the fair! Just a stone's throw from La Marenada Beach, every year, Argelès-sur-Mer hosts a funfair and a range of thrill rides (and a few calmer ones).

Apulit! \* Loop coming up in 3,2,1...

\*Warning

##### Mad CAP travellers

Are you a real thrill-seeker? At the funfair, be sure to try out the Triple X, an attraction designed to launch you through the air. Guaranteed goosebumps!

### Day 7

#### 📍 Diving & snorkeling

##### TAKE TO THE SEA

On the surface or underwater, there are many different ways to discover the underwater treasures of the Mediterranean. Whether you prefer a wetsuit and a tank or a mask and snorkel, it's time to take the plunge!

> **To spot** : octopuses, groupers and damselfish. The real kings of the sea!



\*Alcohol abuse is bad for your health; always consume in moderation



# (CAP)TIVATE YOUR TASTE BUDS

## Guide to the markets

The market is the ideal place to try sample some local delicacies! Spend a delightful time wandering from stall to stall and celebrate Catalan gastronomy by enjoying a selection of classic products. Time to corner the market !

### Traditional Markets

EMBRACE THE CATALAN ATTITUDE

In the village or by the beach, our merchants have all sorts of treats in their stalls to tantalise your taste buds. Olives, citrus fruits, anchovies... A trip to the market is always a safe bet to stock up on some sun-kissed products !

> To eat while you browse :  
a few freshly picked apricots !

### Where and when :

#### ARGELÈS-VILLAGE

📍 Rue et Place de la République  
> All year round  
🕒 Wednesdays and Saturdays

#### ARGELÈS-PLAGE

📍 Parking des Platanes  
> 11 June to 22 September  
🕒 Mondays, Wednesdays and Fridays

#### PORT-ARGELÈS

📍 Place du Nouveau Monde  
> 13 June to 22 September  
🕒 Thursdays

### Farmer's Markets

FROM FIELD TO STALL

Like your food farm-fresh ? No problem ! Simply weave through the aisles of the market with your basket in hand and fill it with tasty local products. Plus the local producers are always happy to chat !

### Where and when :

#### PORT-ARGELÈS

📍 Place du Nouveau Monde  
> All year round  
🕒 Sundays

### Local and Organic Markets

DELICIOUS AND NUTRITIOUS

Hear ye, hear ye ! The fresh harvest is here ! At the Argelès port, stroll among the colourful stalls, stroll in hand and fill it with tasty local products. Plus the local producers are always happy to chat !

### Where and when :

#### PORT-ARGELÈS

📍 Place du Nouveau Monde  
> 11 June to 22 September  
🕒 Tuesdays



### Night Markets

SHOPPING IN THE DARK

In Argelès-sur-Mer, good things come to those who stay up late. Whether you want to sample some sweets or find a souvenir to remember your holidays, be sure to visit the night markets. There's just one golden rule: take your time !

> To slip into your suitcase : some handcrafted orange blossom soap to remember your holidays every time you shower !

### Where and when :

#### ARTISAN MARKET

> 15 June to 22 September  
🕒 Every evening from 17:00 to midnight

#### PORT-ARGELÈS

📍 Place du Nouveau Monde  
> 28 June to 30 September  
🕒 Fridays

#### ARGELÈS-PLAGE

📍 Parking des pins  
> In season  
🕒 Every evening

### Local Fish

CASTING A WIDE NET

Fascinated by fishing, from mussels to turbot? You're in the right place! In soup, in sauce or even au gratin, our fishermen's catch can be the star ingredient in all your summer recipes. They practically jump into the nets!

### Where and when :

#### DIRECT SALE OF FRESH FISH

📍 Quai du Môle  
> All year round  
🕒 Every morning

To make a Bullinada, you will need :

- Fresh seasonal fish
- Garlic
- Potatoes
- White wine\*
- A splash of olive oil



### Georges Jaume

FOR THE LOVE OF THE BIG BLUE

The sea will always have his heart, but he still finds something new to love every day !

For the past 40 years, Georges Jaume has been sailing the Mediterranean on board his faithful boat. He sets his nets every evening, then empties them in the early morning. Cuttlefish, turbot, sea bream or octopus... Once he has prepared the fish, it's time to sell them at the port market. Remember to say hello from us !

"Every day is different.  
You never know what you're going to catch,  
or what you're going to make.  
It's a bit like playing the lottery ! "



# CATALAN ES(CAP)ADE

*Follow in the footsteps of history*

In the heart of the village or by the beach, there are fascinating sights to see wherever you go in Argelès-sur-Mer. To immerse yourself in Catalan culture, simply take a walk and look around, or head for the cultural destinations mentioned in our booklet. It's worth a read !

## 📍 Casa de l'Albera

«Casa de l'Albera» simply means «House of Albera» in Catalan, reflecting the building's strong connection to its surroundings. Located in the heart of the village, this museum is a real cultural hub and the ideal place to trace the history of the Albera Massif. *Benvinguts a la casa\* !*



\*Welcome home

### PRACTICAL INFO

📍 4 place des Castellans  
 > Open all year round  
 ☎ +33 (0) 4 68 81 42 74



## 📍 Galerie Marianne

Get swept away by a wave... of culture! Photography, painting and sculpture: Galerie Marianne celebrates art in all its forms.

### PRACTICAL INFO

📍 Espace Liberté, rue du 14 juillet  
 > Open all year round  
 ☎ +33 (0)4 68 81 50 60



## 📍 Mémorial du camp

To truly delve into Catalan culture, we must also examine some darker periods of history. At the Mémorial du Camp (Camp Memorial), you can trace the remarkable journey of the Spanish refugees who fled from the Francoist dictatorship starting in 1939.

### PRACTICAL INFO

📍 26 avenue de la Libération  
 > Open all year round  
 ☎ +33 (0) 4 68 95 85 03



*Jean-Marc*

(CAP)TIVATING STORYTELLING

Passionate and enthusiastic, Jean-Marc has a seemingly unlimited supply of facts and anecdotes to tell you about the history of Argelès-sur-Mer. From the village to the beach, our guide knows the area like the back of his hand. And he loves every inch of it!

With Jean-Marc by your side, you can see the village in a whole new light. This famously energetic guide will take you on a fun journey back through the centuries. From the ancient walls to the church of Notre-Dame del Prat, Jean-Marc has yet to hear a question he can't answer. Want to put him to the test?

If Jean-Marc is not available for a tour, don't worry, there is no shortage of passionate professional guides in Argelès-sur-Mer!



# NATURAL ES(CAP)ADE

*Trails to explore*

Looking for a change of scenery ? Whether you are more of a hiker or a peaceful picknicker, Argelès-sur-Mer boasts a variety of coastal landscapes to CAPtivate your senses.



## 📍 Massane beech forest

You've probably heard of the Massane Tower. But what about the beech forest? Classified as a Nature Reserve and a UNESCO World Heritage Site, this beech forest has long fascinated researchers around the world.

Site with restricted access

## 📍 Sentier du littoral

Looking for an adventure between land and sea ? From Le Racou, head for the Sentier du Littoral (Coastal Trail), following the line where green meets blue ! The sea air and the smell of wild lavender create a truly intoxicating experience.

## 📍 Park Valmy

Valmy Park is more than just a green space : it's the perfect place to get away from it all and (re)connect with nature. Strawberry trees, cork oaks and olive trees... Where do you want to put your picnic rug ?

*Què fem ?.\**

\*What should we do ?

Valmy Park is also the starting point for several hiking, mountain biking and Nordic walking trails. The ideal combination of fun and exercise !



*For all you tech-savvy hikers !*

**Géotrek :** This tool, which can be used online and via the mobile app, allows hiking enthusiasts to create tailor made itineraries by based on various criteria, such as elevation, difficulty, duration, tourist services along the way... How convenient !



### Guided walks from the Tourist Office

Mas Larrieu Nature Reserve, the Sentier du Littoral (Coastal Trail), Valmy Park : follow the rhythm of our natural heritage! Each walk is guaranteed to awaken your senses.



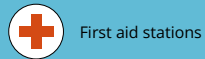
## 📍 Mas Larrieu Nature Reserve

North of Argelès-sur-Mer, the Mas Larrieu Nature Reserve is a self-contained ecosystem. It is home to many different species of insects, including the endangered orange-spotted emerald dragonfly, which the reserve helps protect.





# Information



First aid stations



Lifeguard



Tourist Office



Disabled parking



Parking



Toilets



Rubbish bins are available at every beach entrance



Dogs on leads allowed Swimming prohibited from 10:30 to 19:30 Parking for fishermen Mas Larrieu Nature Reserve



Dogs prohibited

## WRISTBANDS FOR CHILDREN

Neon tracking wristbands in different colours depending on the zone are available at the first aid stations : P1: red, P2: blue, P3: green, P4: neon yellow, P5: purple, P6: pink.

## EMERGENCIES

Central first aid station (certified lifeguards): +33 (0)4 68 81 12 41  
Fire brigade: 18 or 112 outside the opening hours of the first aid stations.

## BEACH INFORMATION

Bathing water quality  
From 15 June to 15 September, the ARS (Regional Health Authority) regularly monitors the quality of bathing water.

## HANDIPLAGE LABEL

(ACCESSIBLE BEACH)  
(First aid station no. 3)



# MEDITERRANEAN ES(CAP)ADE

Test : find your perfect beach !

Whether you are looking for relaxation or complete freedom, there are a thousand and one reasons to head for the Mediterranean in Argelès-sur-Mer. From La Marenada to Le Racou, we are here to help you find your perfect beach !

## Question 1

WHAT IS YOUR BEACH BAG MUST-HAVE ?

- Your favourite swimsuit
- Your current book
- An XXL mat to fit the whole family

## Question 2

WHEN YOU HEAR THE WORD MEDITERRANEAN, DO YOU THINK OF...

- Solitude and freedom ?
- Cocktails and chilling ?
- Sea breeze and palm trees ?

## Question 3

WHAT IS YOUR FAVOURITE FRENCH TUNE FOR SUNBATHING ? (GIVE THEM A LISTEN !)

- Face à la mer - Calogero et Passi
- J'veux du soleil - Au p'tit bonheur
- Dès que le vent soufflera - Renaud

## Question 4

HOW WOULD YOUR DREAM DAY START ?

- Brunch by the sea
- A paddleboarding session at dawn
- Watching the sunrise on the beach

## Did you get mainly ☀️ ?

> Your beaches : Plage Centre, Plage du Tamariguer

Looking to do some sunbathing, perhaps play a little beach volleyball ? Between the lively clubs and well-maintained sports facilities, these beaches are ideal for laying down your towel and spending time with family or friends. On the agenda: water fights and cocktails by the sea. See you there !

## Did you get mainly 🏄 ?

> Your beaches : Plage des Pins, La Marenada Beach, Plage Sud

If you prefer to spend your holidays enjoying the open air (and the open water), these salt-swept spots should be right up your alley. From paddleboarding sessions to kayak outings, the beach is the perfect setting to try something new ! A day here is sure to put some wind in your sails...

## Did you get mainly 🌊 ?

> Your beaches : Plage du Racou, Ouille Beach

Are you a bit dreamy and poetic ? Nestled at the foot of the cliffs, these beaches offer the perfect blend of freedom and relaxation. After a nap on the sand, perhaps you'll feel inspired to write a few lines of poetry while gazing mysteriously out to sea !

## Lifeguards and beach patrols 2024

PERIOD	OPEN FIRST AID STATIONS
1 May to 26 May	Central Station (P4): on holidays and weekends, 1, 4, 5, 8, 9, 10, 11, 12, 18, 19, 20, 25 and 26 10:30 to 18:00
1 June to 30 June	Central Station (P4), Station 3, Station 6 and Station 1 Daily from 10:30 to 18:00
15 to 30 June	Station 2 and Station 5 Daily from 10:30 to 18:00
1 July to 31 August	All 6 stations (numbered P1 to P6) Daily from 10:30 to 19:00
1 to 8 September	Central Station (P4), Station 5, Station 6, Station 3, Station 2 and Station 1 Daily from 10:30 to 18:00
9 to 15 September	Central Station (P4), Station 5, Station 6, Station 3 and Station 1 Daily from 10:30 to 18:00
16 to 29 September	Central Station (P4), and Station 6 and Station 3 depending on the weather conditions Daily from 10:30 to 18:00
30 September to 6 October	Central station (P4) depending on the weather conditions Daily from 10:30 to 17:00



# GETTING AROUND

## Argelès-sur-Mer

### Flights

**Perpignan-Rivesaltes Airport**  
 Located 30 km from Argelès-sur-Mer  
 www.aeroport-perpignan.com

### Other airports

- Béziers (125km)
- Montpellier (190km)
- Carcassonne (150km)
- Toulouse (245km)
- Gérone (90km)
- Barcelone (205km)

### Trains

**SNCF train station**  
 Avenue de la Gare - Argelès-Village  
 3635

### Care hire

**Negrell et Fils**  
 Avenue du 8 Mai 1945 - Argelès-Plage  
 +33 (0) 4 68 81 03 65

**Station Auto Design**  
 5 Route du Littoral (opposite Luna Park)  
 +33 (0) 4 68 87 03 58 | +33 (0) 6 19 63 73 73

### Taxis

**Ambulances et Taxis du Littoral**  
 23 Avenue de la Gare - Argelès-Village  
 +33 (0) 4 68 81 05 12

**Argelès Littoral Taxis**  
 15 Avenue de la Gare - Argelès-Village

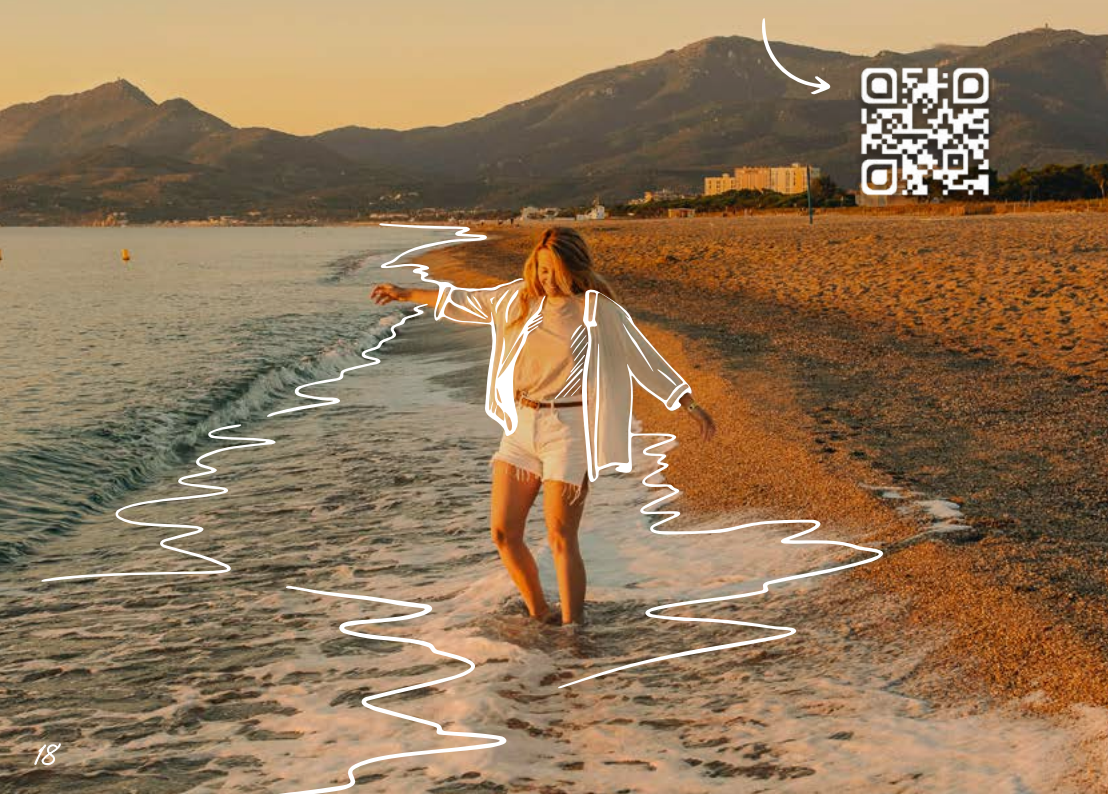
**Ambulances Capeille Successeurs**  
 2 Rue de la République - Argeles-Village  
 +33 (0) 4 68 81 30 32

### Buses

- Regular buses for €1
- Passenger info : +33 (0) 806 80 80 90
- Line 540 Banyuls-sur-Mer/Perpignan
- Line 541 Saint-Cyprien/Port-Vendres (summer only)
- Line 543 Cabestany/Argelès-sur-Mer
- Line 550 Céret/Argelès-sur-Mer
- Line 555 Le Boulou/Argelès-sur-Mer

### Aqui Network Municipal Transport

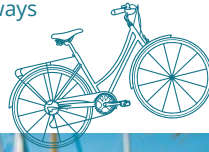
- Self-service bicycles
- Argelès shuttle buses
- Small tourist train tours



# (CAP)TURE THE MOMENT

## On your bike

In Argelès-sur-Mer, you can enjoy a true taste of freedom on a mountain bike ! Whether you want to go for a relaxed pedal or get away from it all, there is always a good reason to swap your car for a bike.



## Set your own pace

### BIKE PATHS

Want to see Argelès-sur-Mer in a different light ? With your hands on the handlebars and a helmet on your head, head for Valmy Park, the starting point for a range of bike rides, to choose your ideal route. From quiet rides through the village to sporty trails in the mountains, this is the perfect chance to get (back) in the saddle !



## Cycling by the sea\*

### VALMY - COVES OF COLLIOURE CYCLE ROUTE

The Mediterranean landscape is famous for its rolling hills, and a bike ride by the sea is the best way to appreciate its beauty. From Valmy Park, head along the Roussillon coast to the coves of Collioure. Just breathe in that sea air and feel the sun on your face !

\*certain sections of the coastal trail, at Ouille Beach, are intended for pedestrians only. Please dismount.

- 14 km
- 1.5 hours
- Easy
- Follow the blue Circuit 5 signs
- There is a slight elevation gain

## Mira que bonic és !\*

\*Wow !

Along the way, make a stop at Mas Boutet to enjoy 360° panoramic views of the sea. We promise, the view is worth the effort !

## Follow the Spanish border

### EUROVÉLO 8

If you want to escape the crowds, get on your bike! From Valmy, take the Mediterranean Route (EV8) to reach the village of Sorède, on the border with Spain. Be sure to take a few breaks among the olive trees and vineyards along the way to appreciate the colourful landscapes.

- 18 km (Round trip)
- 1 hour
- Easy
- From Valmy, follow the blue Circuit 6 sign then follow the «Méditerranée à vélo» (EV8) signs



## Embrace slow tourism

### ACCUEIL VÉLO LABEL

In Argelès-sur-Mer, we prefer two wheels to four wheels! The destination is easy to explore by bike, and has even earned the **Accueil Vélo (Bikes Welcome) Label**. From the cycle paths to bike parking spaces, right through to bike-friendly accommodation, everything is designed to help you leave your car behind. The ideal way to connect with nature!





# SERVICES

*in Argelès-sur-Mer*

## Town Hall

📍 Allée Ferdinand Buisson - Argelès-Village  
 ☎ +33 (0)4 68 95 34 58  
 > Ouvert du lundi au vendredi de 8h à 12h et de 14h à 18h

## Technical Services

📍 Chemin de Charlemagne  
 ☎ +33 (0)4 68 95 34 80

## Albères Côte Vermeille Illibéris Community of Communes

📍 3 Impasse de Charlemagne - Argelès-Village  
 ☎ +33 (0)4 68 81 63 77

## National Police (Gendarmerie)

📍 92 Avenue de la Libération - Argelès-Village  
 ☎ +33 (0)4 68 81 03 96

## Municipal Police

📍 Place de l'Europe - Argelès-Plage  
 ☎ +33 (0)4 68 81 16 31

## Fire Brigade

📍 6 Route de Sorède - Argelès-Village

## Post Offices

📍 8 Route nationale - Argelès-Village  
 📍 Community Post Office at the Tourist Office, Place de l'Europe - Argelès-Plage

## Electric Vehicle Charging Stations

Two Revéo charging points at your disposal

📍 8 Route nationale - Argelès-Village  
 📍 5 Avenue du Grau - Argelès-Plage

## Coworking Space

Le Cap / Pôle Entrepreneurial  
 📍 Rue des Sittelles  
 ☎ +33 (0)4 68 36 15 48

## Bureau de change

Camping La Sirène  
 📍 Route de Taxo à la Mer  
 ☎ +33 (0)4 68 81 04 61

## Caravan and Campervan Storage

📍 Roussillon Gardiennage  
 📍 Chemin de la Carrerasse

# HEALTH

*in Argelès-sur-Mer*

## General Practitioners

Dr Munos  
 📍 4 Place des Moineaux, Immeuble Le Toucan - ZA Argelès-sur-Mer  
 ☎ +33 (0)4 68 81 01 46

Drs V.Fournols, Hassid, Converso, Renodon, Perez, M.Fournols  
 📍 1bis Route de Collioure - Argelès-Village  
 ☎ +33 (0)4 68 81 38 98

Dr Alquier, Primot. Centre médical de la Mer  
 📍 20 Avenue du Tech - Argelès-Plage  
 ☎ +33 (0)4 68 81 62 67

Dr Ponsi  
 📍 9 Rue des Colverts - Argelès-ZA

## Hospital

Centre hospitalier de Perpignan  
 📍 20 Avenue du Languedoc  
 ☎ +33 (0)4 68 61 66 33

## Pharmacies

Pharmacie Barniol  
 📍 Rond-Point Joie et Lumière - 1283 Avenue du Tech - Argelès-Plage  
 ☎ +33 (0)4 68 81 21 40

Grande Pharmacie de l'Union  
 📍 1 Rue des Aigrettes - Argelès-ZA  
 ☎ +33 (0)4 68 81 00 81

## Medical Laboratory

Inovie Medilab  
 📍 4 Rue des Hérons - ZA Argelès-sur-Mer  
 ☎ +33 (0)4 68 81 46 23

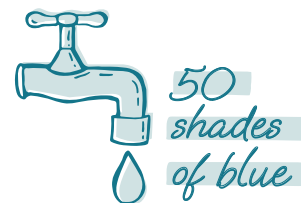
Pharmacie Centrale  
 📍 39 Avenue de la Libération - Argelès-Village  
 ☎ +33 (0)4 68 81 03 57

Pharmacie des Plages  
 📍 30 Avenue des Platanes - Argelès-Plage  
 ☎ +33 (0)4 68 81 14 75

# ECO-FRIENDLY CHOICES

*A quick reCAP*

In Argelès-sur-Mer, we appreciate and protect our natural surroundings. Whether you prefer sailing and turbot fishing or hiking and backpacking, always be sure to make the right choices. Small actions can have a big impact, so let's go over our reCAP!



## TO SAVE WATER, TRY TO...

- Turn off the tap firmly after each use
- Take a shower instead of a bath
- Use a reusable water bottle
- Reuse water to wash your swimsuit, for example
- Wash your car less often



## Hat and trainers

What to pack in your rucksack:

- A 1.5 L bottle of water
- Sweet snacks
- Your phone
- A first aid kit

## TO HIKE SAFELY...

- Always prepare and choose your route according to your physical abilities and time
- Try not to go alone and always give a loved one information about your journey
- Check the local weather conditions on Météo-France
- Look, don't touch, and never approach isolated animals
- Remember that you are sharing the trails with cyclists
- Never walk in the dunes to protect the ecosystem

*Where there's fire*



## TO PREVENT FIRE IN THE ALBERA MASSIF...

 <b>Moderate Risk</b> <input checked="" type="checkbox"/> Always exercise caution <input checked="" type="checkbox"/> Never throw cigarette butts out the car window	 <b>High Risk</b> <input checked="" type="checkbox"/> Do not access the Massif by motor vehicle, on foot, on horseback or by bike, unless you have access rights as an owner	 <b>Very High Risk</b> <input checked="" type="checkbox"/> Do not access the Massif by motor vehicle, on foot, on horseback or by bike
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------

## Head underwater



## TO PROTECT THE MARINE PARK...

- Respect the organised anchorages
- Anchor your boat on the sand
- Swim carefully when diving and snorkelling
- Apply sea-safe sun cream
- Never leave rubbish on the beach

*Ça m'espante !\* \*Amazing!*

Did you know that waters around Argelès-sur-Mer are part of the Gulf of Lion Marine Natural Park? The third French marine natural park, and the first in the Mediterranean!



# GREAT ES(CAP)ES

## 3 getaways from Argelès-sur-Mer

Banyuls, Collioure, Cerbère, Figueres... A selection of charming destinations to get a real taste of the South of France. Just a stone's throw from Argelès-sur-Mer, our three getaways might just make you want to extend your holiday. Time to soak up some sun !

### Calm, relaxation & Bunyetes

#### (CAP)ERS IN... COLLIOURE

Looking for a seaside adventure ? Just 4 km from Argelès-sur-Mer, the beautiful town of Collioure and its charming port await ! Gazing out to sea, the pearl of the Côte Vermeille is the perfect spot for a sunny getaway. Between refreshing dips and delicious meals, you can really live the dolce vita... Catalan style !



### Blue, blue and more blue

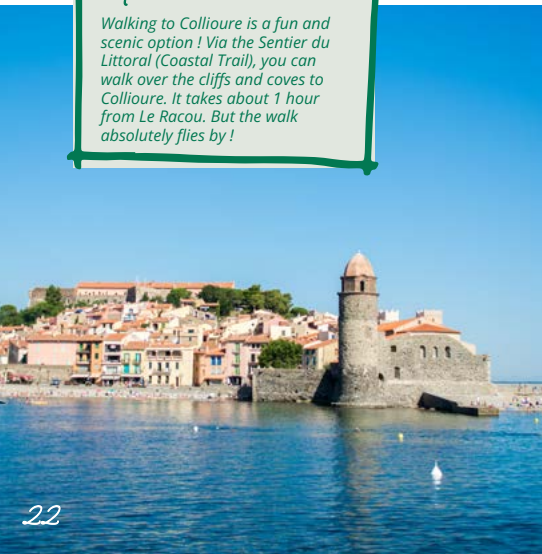
#### (CAP)ERS IN... CERBÈRE-BANYULS

If you feel like at home on the water, this might just be the destination for you. From Argelès-sur-Mer, board a boat to the Banyuls-Cerbère reserve, the first Marine Nature Reserve in France. Pop on your mask, slip on your flippers, and go and meet the incredible marine wildlife. Remember: look, don't touch!



### Apulit\* \*Attention

Walking to Collioure is a fun and scenic option ! Via the Sentier du Littoral (Coastal Trail), you can walk over the cliffs and coves to Collioure. It takes about 1 hour from Le Racou. But the walk absolutely flies by !



### Olé, olé !

#### (CAP)ERS IN... FIGUERES

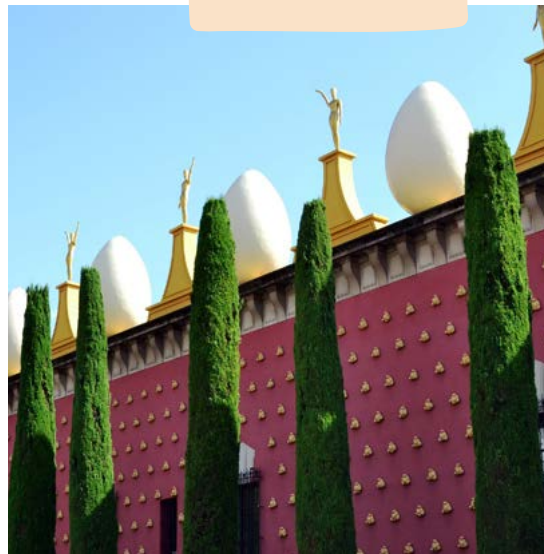
When you're this close to the Spanish border, you might as well hop over ! Figueres is the perfect choice for a colourful trip immersed in Spanish (and Catalan) culture. One thing is for sure : Salvador Dalí's hometown has plenty of surprises in store.

### Menja i calla !\*

\*Eat up and shut up !

In addition to the Dalí Museum, Figueres is also famous for its Catalan specialties. This is your chance to try a real escalivada. And don't forget the pan con tomate and patatas braves !

Pssst : to find the best local products, head to the Figueres market, which fills the city with colours and flavours every Thursday morning. Don't miss out !



# GET IN TOUCH

## with the Argelès-sur-Mer Tourist Office

+33 (0) 4 68 81 15 85

Infos@argeles-sur-mer.com

### Two offices at your service

#### Argelès-Village

6bis Rue du 14 Juillet  
> Open year-round

#### Argelès-Plage

Esplanade Charles Trenet  
> March to September



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sur-Mer

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