

THE GUIDE

to Argelès-sur-Mer



2025



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In the footsteps of
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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 pining 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.

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Argelès-sur-Mer

Tour de la Massane altitude 79.3m
Chapelle Saint-Laurent altitude 235m

Parc Municipal de Valmy

Gare

Eglise

Memorial

Casa de Albers

Office de Tourisme

Bois des pins

Cimetière des Espagnols

Espace de Loisirs

Réserve naturelle nationale du Mas Larrieu

Port Argelès

Sentier du Littoral

Le Racou

Espace Charles Trenet

Promenade

Plage de Tamaris

Plage de la Marenda

Plage du Racou

Plage Sud

Plage Centre

Plage des Pins

Crêtes de Portels

Côte Rocheuse

Légende

- Office de Tourisme
- Poste de secours
- Emplacement marchés
- Voie Verte

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!

📍 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:

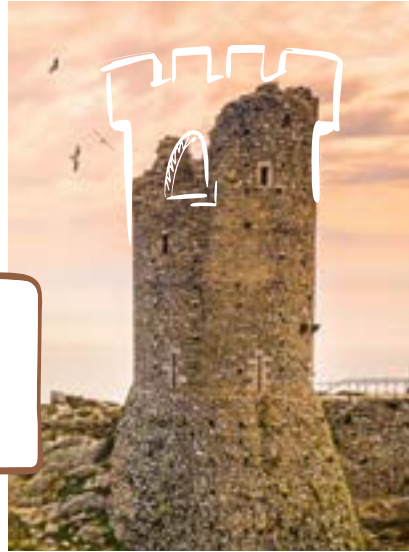
- An escalivada
- Marinated fresh anchovies
- A bottle of fresh fruit juice
- A book

📍 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

📍 Les Diad'Argelès

With friends or family, Argelès-sur-Mer invites you to immerse yourself in a festive and vibrant atmosphere! Let yourself be carried away by the lively rhythms of the bandas. Musical entertainment and spectacular concerts by international artists. Each event is sure to set your evenings alight and make your stay unforgettable. Get ready to experience moments of pure energy and conviviality in the heart of this Mediterranean paradise.

📍 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 Argelésien to tell you all about the history of Argelès-sur-Mer!

To make escalivada, you need the following ingredients...

- Tomatoes
- Aubergines
- Red peppers
- Olive oil
- Onions
- Garlic



Mediterranean EsCAPade

WELCOME TO THE SOUTH OF FRANCE...

📍 Sentier du Littoral

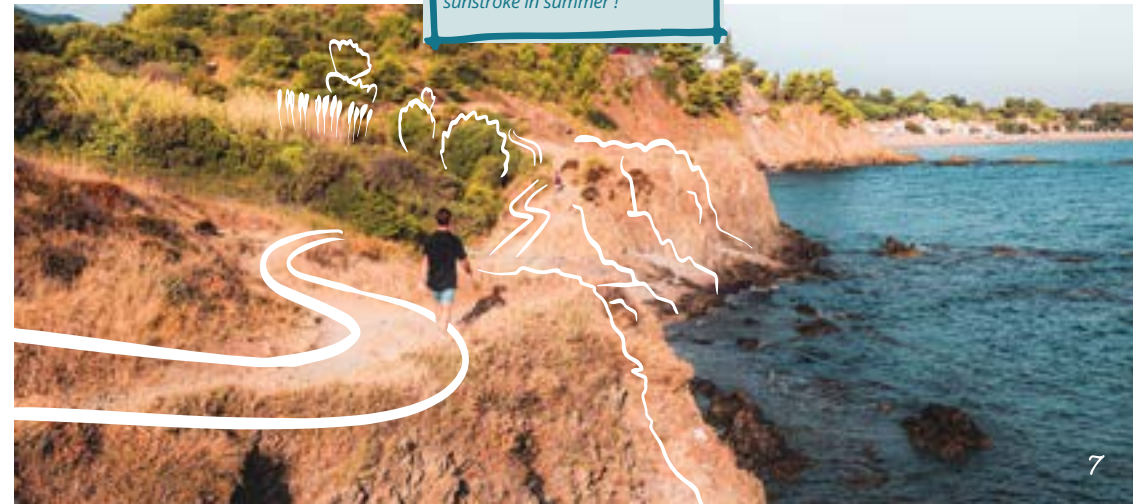
Put your trainers on your feet and your swimsuit in your bag, and set off along the steep paths of the Sentier du Littoral (Coastal Trail). From the village of Le Racou to Collioure, this cliffside walk is a definite favourite!

📍 Promenade 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!

☀️ 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!



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 wii 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 2

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 3

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

Visits to producers

MEET AND TASTE

There's nothing like meeting producers to fully immerse yourself in local flavours and know-how. By visiting farms, you can immerse yourself in a world where passion for the job blends with tradition and innovation.



> **Taste** : from the visual to the olfactory and the gustatory, transform an ordinary moment into a real experience.



Day 5

The Véloroute

SWAP YOUR CAR FOR A BIKE

The biggest advantage of the off-season? 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 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.

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 wholenew light. From Le Racou beach to the Quille cove, watch the coastal landscape unfold before your eyes. The bravest adventurers can even take a little dip in the salty (and chilly) water !

Mad CAP travellers

Are you Axurite*? 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 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 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 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 Marenda 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 !

*sated



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 !

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 and fill your basket with 100% natural products. From olive oil to jam, it's all homemade with love !

Where and when :

Monday
Market Traditional
ARGELÈS-PLAGE

📍 Parking des Platanes
> 11 June to 19 September

Thursday
Market Traditional
PORT-ARGELÈS

📍 Place du Nouveau Monde
> 12 June to 18 September

Thursday
Market local and organic
PORT-ARGELÈS

📍 Place du Nouveau Monde
> 10 June to 16 September

Friday
Market Traditional
ARGELÈS-PLAGE

📍 Parking des Platanes
> 11 June to 19 September

Wednesday
Market Traditional
ARGELÈS-PLAGE

📍 Parking des Platanes
> 11 June to 19 September

ARGELÈS-VILLAGE

📍 Rue et Place de la République
> All year round

Saturday
Market Traditional
ARGELÈS-VILLAGE

📍 Rue et Place de la République
> All year round

Sunday
Market Farmer's
PORT-ARGELÈS

📍 Place du Nouveau Monde
> All year round



Markets Night

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

📍 Parking des pins
> 14 June to 13 September
🕒 Every evening

PORT-ARGELÈS

📍 Place du Nouveau Monde
> 1er July to 31 August
🕒 Tuesday et Friday



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



Olivier Durietz

FOR THE LOVE OF THE BIG BLUE

Olivier Durietz has been a professional fisherman for 22 years. Starting from almost nothing with limited equipment, over the years he has been able to develop his business through hard work. Today, he has two boats in operation and mainly fishes for hake, monkfish and gilthead bream, although the variety depends on the season.

In his approach, Olivier favours quality over quantity, he confides. This philosophy translates into a constant concern for selectivity. For him, this sustainable fishing model is the key to a future that is more respectful of marine resources and the environment.

«I prefer to fish less, but sell a quality product, rather than trying to accumulate a large quantity of fish that we wouldn't know how to manage»

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

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*

INFOS PRATIQUES

📍 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.

INFOS PRATIQUES

📍 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.

INFOS PRATIQUES

📍 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.



📍 Bois des pins

You've probably heard of the Massanne 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.

📍 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.

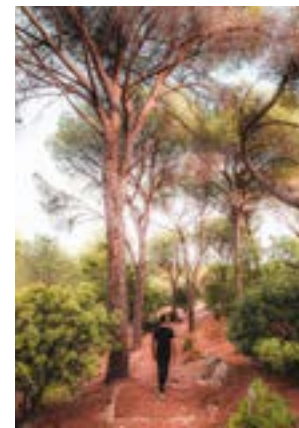
📍 Parc de Valmy

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 !



📍 Réserve naturelle du Mas Larrieu

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.





MONTAGNE ES(CAP)ADE

Our trails

For a breath of fresh air, Argelès-sur-Mer invites you to set a course for the mountains. Put on your boots, grab your rucksack and set off on an adventure along our hiking trails.

📍 Hêtraie de la Massane

You've probably already heard of the Tour de la Massane. But have you heard of the beech forest? Listed as a Nature Reserve and a UNESCO World Heritage Site, this beech forest is the focus of attention of researchers the world over.

📍 La Tour de la Massane

Only accessible on foot, the Tour de la Massane is nestled in the heart of the Albères massif in the Pyrenees. A real must-see for our destination! This ancient 13th-century watchtower has stood the test of time, and still keeps watch over the town of Argelès-sur-Mer from its heights.

📍 La Chapelle Notre-Dame-de-vie

A landmark of Argelès-sur-Mer, the chapel stands on the town's hillside, offering a panoramic view of the Mediterranean and the surrounding area. It is an important place of pilgrimage and meditation for locals and visitors alike. Dedicated to the Virgin Mary, it is renowned for its picturesque architecture and peaceful atmosphere.

*Què fem?**
*what should we do?
The Chapelle Notre-Dame-de-vie is also the starting point for a number of walks enabling visitors to explore the surrounding area

📍 Massif des Albères

In Argelès-sur-Mer, climbing and trainers go hand in hand. Here, it's best to have a good pair if you want to venture into the Massif des Albères!

The Albères range is the pride and joy of Argelès, dominating the beach and the village. In the Albères massif, the lapping of the waves gives way to the creaking of the branches beneath our feet, while the iodised scent of the sea replaces that of the olive trees.



To spot on your walks :

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



GUIDED TOURS

Discovering Argelès-sur-Mer

Discover unforgettable guided tours that will plunge you into the heart of the history, culture and secrets of the places you explore. Whether you're passionate about architecture, nature or local anecdotes, our expert guides will offer you a personalised and enriching experience.



📍 Ancienne cité Royale - Argelès Village

Find traces of the ancient ramparts and towers that guarded the town, the medieval facades of the alleyways, the signs that testify to ancient trades... Our guide recounts the history of Argelès-sur-Mer, from the Kingdom of Majorca to the Franco-Spanish wars, to better situate Argelès-sur-Mer in its historical context.

PRACTICAL INFO

📍 Place de Castellans, Casa de l'Albera
 > Departure at 10am, on Tuesday and Thursday
 ☎ +33 (0)4 68 81 42 74 (reservation required)

Price : €4 - Free for children under 18 accompanied by an adult.

📍 Raconte moi la plage - Argelès Village

Once ignored and perceived as insalubrious, the Argelès-Plage coast began to develop in the 1870s with the construction of housing estates and the arrival of campers. After a pause due to the war, the resort was reborn in the 1960s to become a popular destination, combining history and modernity.

PRACTICAL INFO

📍 Office de Tourisme (place de l'Europe)
 > Departure at 10am on Wednesday
 ☎ +33 (0)4 68 81 42 74 (reservation required)

Price : €4 - Free for children under 18 accompanied by an adult.



📍 Sentier du Littoral

Want to combine greening up with taking to the water? From Le Racou, head for the Sentier du Littoral for a seaside walk... and a cliffside walk! With its iodized air and the scent of wild lavender, you're sure to fall in love

PRACTICAL INFO

📍 Entrance Racou parking
 > Departure at 9am, on Wednesday
 > 18 June to 25 September
 ⌚ Duration : 2.5 hours / Distance : 4km

📍 Le Site de Valmy au naturel

«The riches of the foothills of the Massif des Albères» Your guide offers you an intimate stroll where the hidden scents of the maquis mingle with those of the cork oaks. He'll take you to the Dolmen de la Cova de l'Alarb, the vineyards and the municipal park, against a backdrop of the Roussillon plain and the Catalan sea.

PRACTICAL INFO

📍 Pôle Sport et Nature, Parc de Valmy
 Departure at 9am, on Tuesday
 > 1st April to 30 September
 ⌚ Duration : 2.5 hours / Distance : 4km

📍 Nouveauté: La randonnée jusqu'à la chapelle St-Laurent

«The Albères Massif meets the Mediterranean» You'll set off with your guide to discover the Vermeille coast. You'll cross the creeks and schistose cliffs carved out by the Pyrenean foothills. You'll smell the ever-present scents of the maquis, and enjoy the extraordinary view of the land plunging into the Mediterranean.

PRACTICAL INFO

📍 Pôle Sport et Nature, Parc de Valmy
 > Departure at 9am, on Wednesday
 > 2nd April to 9 June
 ⌚ Duration : 3 hours / Distance : 7km
 > Elevation gain 250 m

📍 La Réserve Naturelle du Mas Larrieu

«Towards authentic, living nature» Your guide will take you on a tour of this wild site on the Roussillon coast, with its many landscapes: dunes, meadows, wetlands and proximity to the Mediterranean coastal river Tech. He'll help you appreciate the rich flora and fauna of this sensitive area, synonymous with conservation.

PRACTICAL INFO

📍 Parking Luna Park, Impasse Copernic
 Departure at 9am, on Thursday
 > 3rd April to 25 September
 ⌚ Duration : 3 hours / Distance : 3km

Reservation at the Tourist Office at +33 (0)4 68 81 15 85

All guided visits are free of charge



Informations

-  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
-  Non-smoking beach



MEDITERRANEAN ES(CAP)ADE

Toes in the sand

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 Marenda to Le Racou, we are here to help you find your perfect beach !

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 FIRST-AID-STATION

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.

Informations BEACH

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

Handiplage LABEL

(First aid station no. 3)



10 km of beach

Whether you prefer a small, intimate cove or a large stretch of sand near the town center, Argelès-sur-Mer's 10 kilometers of coastline are sure to please.



Lifeguards and beach patrols 2025

PÉRIOD	OPEN FIRST AID STATIONS
1st May to 31 May	Station (P4), on holidays and weekends, 1,2,3,4,8,9,10,11,17,18,24,25,29,30 et 31 10:30 to 18:00
1st June to 30 June	Station (P4), Station 3, Station 6 and Station 1 Daily from 10:30 to 18:00
14 to 30 June	Station 2 and Station 5 Daily from 10:30 to 18:00
1st July to 31 August	All Stations (1 to 6) Daily from 10:30 to 18:00
1st to 14 September	Station 4, Station 5, Station 6, Station 3, Station 2 and Station 1 Daily from 10:30 to 18:00
15 to 28 September	Station 4, Station 6 and Station 3 Daily from 10:30 to 18:00
29 September to 05 October	Station 4 Daily from 10:30 to 18:00

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 Taxis

↗ 15 Avenue de la Gare
 Argelès-Village
 ☎ +33 (0)4 68 81 09 11

Ambulances Capeille Successeurs

↗ 2 Rue de la République
 Argelès-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

> Transport Municipal

> Argelès shuttle buses
 > Small tourist train tours



SERVICES

in Argelès-sur-Mer

> National Police (Gendarmerie)

↗ 92 Avenue de la Libération
 Argelès-Village
 ☎ 04 68 81 03 96

> Municipal Police

↗ Place de l'Europe - Argelès-Plage
 ☎ 04 68 81 16 31

> Fire Brigade

↗ 6 Route de Sorède - Argelès-Village
 ☎ 18

> Post Offices

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

> Maison France Service

↗ 3 boulevard Herriot
 Argelès-Village
 ☎ 04 68 85 35 68

> Town hall

↗ Allée Ferdinand Buisson
 Argelès-Village
 ☎ 04 68 95 34 58
 > Open from monday to friday
 from 8:00 to 12:00 and from
 14:00 to 18:00

> Technical services

↗ Chemin de Charlemagne
 ☎ 04 68 95 34 80

> Albères Côte Vermeille Illibérés Community of Communes

↗ 3 Impasse de Charlemagne
 Argelès-Village
 ☎ 04 68 81 63 77

> Harbour master's Office

↗ Les Mers du sud
 Port-Argelès
 ☎ 04 68 81 63 27

> General Practitioners

Dr Munos
 ↗ 4 Place des Moineaux, Immeuble Le Toucan - Argelès-ZA
 ☎ 04 68 81 01 46

Drs V.Fournols, Hassid, Converso, Renodon, Perez, M.Fournols
 ↗ 1bis Route de Collioure - Argelès-Village
 ☎ 04 68 81 38 98

Dr Alquier, Primot. Centre médical de la Mer
 ↗ 20 Avenue du Tech - Argelès-Plage
 ☎ 04 68 81 62 67

Dr Ponsi
 ↗ 9 Rue des Colverts - Argelès-ZA
 ☎ 04 68 66 89 27

Drs Calai, Kassem et Hadia
 ↗ 28 avenue de la Libération - Argelès-Village
 ☎ 04 68 81 25 77

> Electric Vehicle Charging Stations

2 Révéo points at your disposal
 ↗ Allée Ferdinand Buisson
 Argelès-Village
 ↗ 5 Avenue du Grau - Argelès-Plage

> Coworking Space

Le Cap / Pôle Entrepreneurial
 ↗ Rue des Sittelles
 ☎ 04 68 36 15 48

> Bureau de change

Camping La Sirène
 ↗ Route de Taxo à la Mer
 ☎ 04 68 81 04 61

> Caravan and Campervan Storage

↗ Roussillon Gardiennage
 ↗ Chemin de la Carrerasse
 ☎ 04 68 81 53 26

HEALTH

in Argelès-sur-Mer

> Pharmacies

Pharmacie Barniol
 ↗ Rond-Point Joie et Lumière - 1283
 Avenue du Tech - Argelès-Plage
 ☎ 04 68 81 21 40

Grande Pharmacie de l'Union
 ↗ 1 Rue des Aigrettes - Argelès-ZA
 ☎ 04 68 81 00 81

Pharmacie Centrale
 ↗ 39 Avenue de la Libération - Argelès-Village
 ☎ 04 68 81 03 57

Pharmacie des Plages
 ↗ 30 avenue des Platanes - Argelès-Plage
 ☎ 04 68 81 14 75

> Medical Laboratory

Inovie Medilab
 ↗ 4 Rue des Hérons - Argelès-ZA
 ☎ 04 68 81 46 23

> Hospital

Centre hospitalier de Perpignan
 ↗ 20 Avenue du Languedoc
 ☎ 04 68 61 66 33

(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 COLLIURE 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 !

- > 14 km
- ⊙ 1.5 hours
- ☆ Easy
- 📍 Follow the blue Circuit 5 signs
- ⚠ There is a slight elevation gain

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



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 hours
- ☆ 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!



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

Where there's fire

TO PREVENT FIRE IN THE ALBERA MASSIF...



<p>Moderate Risk</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Always exercise caution <input checked="" type="checkbox"/> Never throw cigarette butts out the car window 	<p>High Risk</p> <ul style="list-style-type: none"> <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 	<p>Very High Risk</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Do not access the Massif by motor vehicle, on foot, on horseback or by bike
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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

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'éspante !* *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!



FRANCHIR LE CAP

3 escapades au départ d'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 !



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.

Sang et Or

(CAP)ERS IN... PERPIGNAN

Perpignan, Dalí's «Center of the World», is a city where history, culture and nature meet. From the old town, with its picturesque streets and the palace of the kings of Majorca, to its lively markets and delicious cuisine, every corner of Perpignan invites discovery. An ideal destination to get away from it all and live to the rhythm of the South of France.

Menja i calla !*

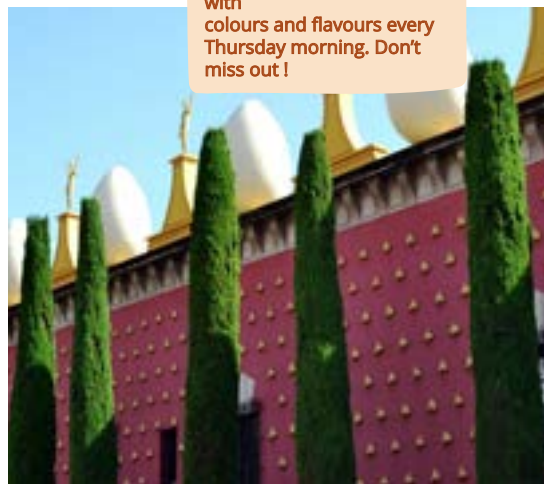
**Eat up and shut up !*

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 bravas !

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 !

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 !



KEEP 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

Argelès-Plage
Esplanade Charles Trenet



@argelessurmer.tourisme



@argelessurmer



@argelessurmer

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