



AMBERT  
LIVRADOIS  
FOREZ

SUMMER 2019

Ambert Livradois Forez

# THE OUTDOOR DESTINATION

in the heart of the  
Auvergne-Rhône-Alpes

[ambertlivradoisforez.fr](http://ambertlivradoisforez.fr)





open  
spaces



800m  
zip wire

700km mountain  
bike tracks



authenticity



3 swimming  
areas

highest  
point: at  
1,634m

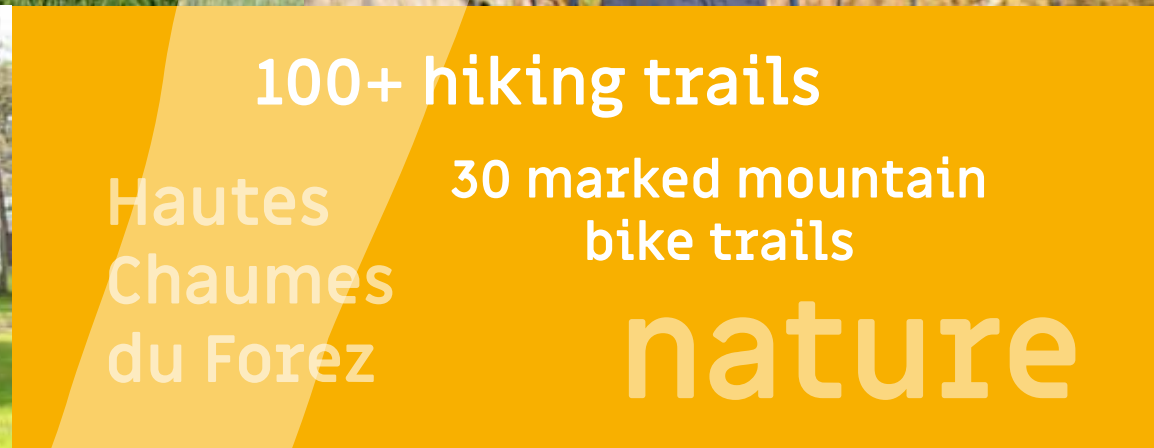


unplug



freedom

130 nature  
and culture  
walks



100+ hiking trails

Hautes  
Chaumes  
du Forez

30 marked mountain  
bike trails

nature



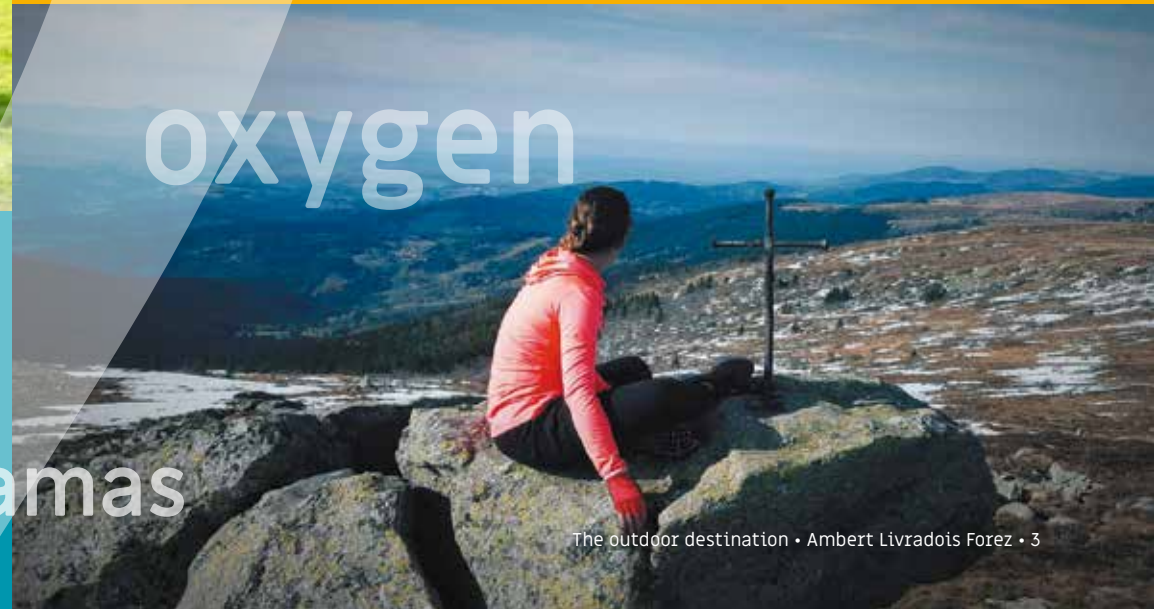
tranquillity



Livradois  
Forez Regional  
Natural Park

family

Panoramas



oxygen



# MTB/FFC AREA

Ambert-Crêtes du Forez



Located between Monts du Forez and Livradois, the “Ambert-Crêtes du Forez MTB/FFC area” has: 30 marked trails across 700 km, MTB hire, themed training programmes, personalised support and tourist products that blend sport, nature and exploration.

## Trail departure points:

Ambert (train station), Prabouré, Viverols (camp site), Saint-Anthème (camp site), Col des Pradeaux, Marsac-en-Livradois, Le Monestier

## Welcome desk and rentals:

Ambert (Train Station)



Prices	½ day	Full day
Adult MTB hire	12€	16€
Kids MTB hire (<26 inches)	7€	10€
Electric MTB hire	28€	39€
GPS hire	12€	16€
Group hire	Please enquire	

## Information and bookings

[www.ambert-cretesduforez.com](http://www.ambert-cretesduforez.com)

04 73 82 00 04



### Out of season opening hours:

Monday to Friday from 09.00 to 12.00 and 13.30 to 17.30, weekend rentals subject to prior booking

### Summer season opening hours

(01/07/19 au 01/09/19) :

Every day from 09.00 to 12.30 and 13.30 to 18.00.



## ELECTRIC MOUNTAIN BIKE

Come and try our e-MTBs – available now! Explore more with less effort! Fitted with electric assistance, our e-MTBs help you achieve the impossible. Explore our trails hassle-free with no need to worry about difficulty or distance!

e-MTBs are also available for hire from:

- Azureva (holiday village) in Fournols, call 04 73 72 72 72 for details
- Saint-Germain-l'Herm Camp Site, call 04 73 72 05 13 for details
- Col du Béal call 04 73 72 09 37 for details

e-MTBs are available for hire in Sauvessanges, for further information call:

- Cabanes de Sauvessanges : 06 27 19 65 50
- Train station of Ambert : 04 73 82 00 04

## BIKE AND RAIL

Climb on board the “Agrivap” tourist train! Once you’ve reached your destination, visit Arlanc or La Chaise-Dieu and then head back to Ambert. Travel at your own pace along the river Dore, guided by GPS.

### / Family package: AMBERT / ARLANC

- Train journey: 30 minutes
- MTB trail: 19,5 km
- Duration: 2h
- Departures: at 14.15 every Tuesday, Thursday and Sunday between 2 July to 29 August 2019. Plus every Wednesday between 24 July to 21 August 2019. Departures at 10.30 every Wednesday and Friday between 24 July and 28 August 2019
- Subject to booking (at least 24 hours in advance).

Prices: 13€/pers\* (-14 yo), 15 €/pers\* (+14 yo)

### / Pro package: AMBERT / LA CHAISE DIEU

- Train journey: 1hr 20mins
- MTB trail: 35 km
- Duration: 3hrs 30mins
- Departures: at 10.30 every Wednesday and Friday between 24 July and 28 August 2019
- Subject to booking (at least 24 hours in advance)

Prices: 16€/pers\* (-14 yo), 19€/pers\* (+14 yo)

\*GPS and train ticket provided. Excludes MTB hire.





## FROM TOP TO BOTTOM

### TAKE THE HIGH ROAD!

Leaving from Pierre Sur Haute, the massif's highest point, explore the Livradois Forez' most sublime panoramas by MTB. Starting out at Hautes Chaumes, you will follow an endurance level trail towards Ambert.

- **Departures:** 09.30 every Monday, Friday and Saturday in July/ August
- **Minibus journey:** 35 minutes
- **MTB trail:** 27.5 km
- **Ascending elevation:** 228 m
- **Descending elevation:** 1,300 m
- **Duration:** 3hrs
- **Subject to booking** (at least 24 hours in advance)
- **4-person minimum**

**Price:** 19€/pers (Transport and GPS provided. Excludes MTB hire)

## PRADEAUX EXPRESS

Travel from Ambert, departures 3 times per week. Direct access to Col des Pradeaux where you can roam the marked trails of Hautes Chaumes du Forez! Head back across the marked route to Ambert.

- **Departures:** 09.00 every Tuesday, Thursday and Sunday in July/ August
- **Minibus journey:** 15 minutes
- **Booking recommended**
- **4-person minimum**

**Price:** 5€/pers (excluding MTB hire)

## MTB ACTIVITIES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9h		Pradeau express !		Pradeau express !			Pradeau express !
9h30	Top to bottom		Family or Pro Bike and rail*		Family Bike and rail*	Top to bottom	
10h		e-MTB hike					
11h							
12h							
14h		Family Bike and rail*	Family Bike and rail*	Family Bike and rail*			Family Bike and rail*
15h							
16h							
17h30							
20h					Evening descent		
22h							



## EVENING DESCENT

### TRY NIGHT-TIME MOUNTAIN BIKING!

Watch the sun set over the Auvergne volcanoes while crossing an 11 km trail between col des Pradeaux and Ambert, then head back enjoying an unforgettable journey through the dusk.

- **Minibus journey:** 15 minutes
- **MTB trail:** 11 km
- **Descending elevation:** 886 m
- **Duration:** 1hr 30 mins
- **Level:** Intermediate
- **Run by a registered MTB instructor**
- **Departures:** At 20.00 every Friday in July/August
- **Subject to booking** (at least 24 hours in advance)
- **4-person minimum**

**Price:** 12€/pers (excluding MTB hire)

## e-MTB JOURNEY OF DISCOVERY

Every Tuesday during the summer months you have the chance to come and try out e-MTB under the guidance of the MTB instructor.

Explore the region in a new way that makes mountain biking more accessible and less restrictive.

- **Departures:** 09.30 every Tuesday in July and August
- **Subject to booking** (at least 24 hours in advance)

**Price:** 30€/pers (e-MTB hire and instructor included)

# COL DU BÉAL

Col du Béal rises to a height of 1,390m and offers a panoramic view across the Auvergne Volcanoes, Monts du Cantal, Sancy and the Alps. It is an ideal spot for people who love outdoor adventures: walking, mountain biking, hiking, etc.

## ENVIRONMENT AND NATURE INTERPRETATION CENTRE

Visit the nature interpretation centre and discover the secrets of Hautes-Chaumes. The fully accessible, fun and educational centre unveils the mysteries of mountain life: the flora, fauna, people and climate.

## HIKING

5 hikes between 4 and 17 km allow you to explore the surrounding areas: Col de la Loge, Pierre sur Haute, Notre Dame de l'Hermitage, la Vallée du Fossat...

## NEW IN 2019

### e-MTB HIRE POINT

4 e-MTBs are available by the road to get you to the highest point of the Monts du Forez: Pierre Sur Haute, at an altitude of 1,634 km. Travel effortlessly to the top of the Forez.

7 classic MTBs are also available for hire for the more sporty types.

**Information and booking:**

04 73 72 09 37

## ENDURANCE MTB AND MOUNTAIN SCOOTERS

"ForezBikeSchool" offers a range of packages to suit your fitness level so that you can enjoy these activities, which are an ideal way to explore this leisure area; departures from Col du Béal.

**Booking required:**

E-mail : felix.groizard@gmail.com

Tel : 06 58 44 63 72

www.forezbikeschool.wordpress.com

## LÀ Ô! HOLIDAY VILLAGE

10 km from the pass, the Là Ô! Holiday Village is located in the commune of Brugeron at an altitude of 820m. It has a covered swimming pool and a wellness area (sauna).

**Information and bookings:**

04 73 72 69 16

www.sejournslao.com





# ACTIVITIES PARK

## PRABOURÉ MOUNTAIN



Every summer, the Prabouré ski resort transforms into a leisure park that offers many mountain activities. The Park invites you to explore the exceptional natural beauty of the Monts du Forez while enjoying inimitable thrills! 110 metres above ground, safely secured to a scooter or gripping rocks, experience Mother Nature in a new way.

### THE HAUTE VALLÉE GIANT ZIP WIRE

800 metres long, 110 metres high over the river, the Haute-Vallée giant zip wire is the highest zip wire in the Massif Central!

#### JUMBO MOUNTAINEER ACTIVITY

- Activity price: 12 €
- Minimum weight: 25 kg
- Maximum weight: 110 kg

### ROCHERS DU RONZIER RANDO-FERRATA

Use of a safety harness means the whole family can safely explore the untamed and unspoiled forest valley. You will cross the river over a 65m footbridge before reaching the granite boulders of Ronzier.

Suitable for via-ferrata novices.

#### JUMBO MOUNTAINEER ACTIVITY

- Activity price: 12 € (location du matériel)
- Minimum height: 1m 30cm

### MOUNTAIN SCOOTER

Two ski lifts carry you effortlessly up to the 5 resort slopes (two green, one blue, one red and one black). Whether beginner or PRO, there's something for everyone!

#### JUMBO MOUNTAINEER ACTIVITY

- Activity price: 1hr: 12 € / 2hrs: 20 €
- Minimum height: 1m 30cm

### NEW IN 2019

#### PRABOURIX GROTTO

Why not try this year's newest activity at Prabouré Park? The Prabourix Grotto enables you to experience an underground world and take your first steps as a cave explorer! Accessible to all visitors over the age of three, this new activity is something the whole family can enjoy!

Outside the Grotto, Prabourix has a climbing wall where everyone can test their mountain climbing skills! Warm up those arm muscles - we're waiting for you!

#### JUMBO AND MINI MOUNTAINEER ACTIVITY

- Activity price: 10 €
- Minimum age: 3 years old



### MOUNTAIN KART

Mountain karts are small three-wheel racers that allow you to safely hurtle down the slope. Meet at the Jonquilles ski lift for a bumpy ride down!

#### JUMBO MOUNTAINEER ACTIVITY

- Activity price: 1 descent: 3 € / 10 descents: 25 €
- Minimum height: 1m 30cm

### ENCHANTED NETS

The enchanted nets trail involves a true aerial experience made up of trampolines, sledges and play areas! Suitable for everyone aged over 3, the enchanted nets are the perfect and completely safe way to enjoy some fun and relaxing family time at a height of 10 metres, without the need for special equipment.

#### JUMBO AND LITTLE MOUNTAINEER ACTIVITY

Children under the age of 7 must be accompanied by an adult.

- Activity price: Children: 10 to 12 € / Adults: 14 €

### BAREFOOT MOUNTAINEERS TRAIL

Are you up for exploring the Prabouré forest with nothing between you and the ground? Throw off your shoes and join the Barefoot Mountaineers Trail for a whole new experience! Feet will get muddy, but there is water so you can wash them clean before leaving!

#### JUMBO AND LITTLE MOUNTAINEER ACTIVITY

- Activity price: 3 €
- Minimum age: 3 years old

### THE MINI MOUNTAINEERS TROTT'PARC (SCOOTER PARK)

With its mini scooters and pedal karts, little ones can head to the scooter park and do like the grownups, trying out new activities before they are old enough to travel on the ski lifts.

#### MINI MOUNTAINEER ACTIVITY

- Activity price: 5 €
- Minimum age: 3 years old
- Maximum age: 8 years old

### PRABOURÉ BOUNCY CASTLE

Little ones can spend time with friends and bounce to their hearts' content while mum and dad soak in the sun on the snack-bar terrace.

#### MINI MOUNTAINEER ACTIVITY

- Activity price: 5 €
- Minimum age: 3 years old

### TREASURE HUNT

This adventure, especially designed for little ones, takes you in search of clues to help you open the Prabouré shepherd's secret treasure chest ... quite a story!

#### MINI MOUNTAINEER ACTIVITY

- Activity price: 3 €

### ORIENTATION TRAIL

10, 15 or 20 markers: find the Prabouré orientation markers. Pick a goal that matches your fitness level: the 20 markers trail is designed for advanced mountaineers!

#### JUMBO MOUNTAINEER ACTIVITY

- Activity price: 3 €

### PONIES

Pony rides are available at Prabouré (during July and August exclusively). A great way to spend some quiet time at the heart of the resort's forest. Ponies are available for hire by the half-hour and must be led by an adult wearing suitable footwear.

- 30 minute pony hire: 7 €

MAIN ACTIVITIES	PRICES IN € / PERS
<b>Entry to the Jumbo Mountaineers Park</b> <b>Minimum height: 1m 30cm</b> <b>Minimum weight: 25 kg</b> (Unlimited access to the zip wire, Rando-Ferrata, Enchanted Nets, Prabourix Grotto, Mountain Scooters, Mountain Karts, Barefoot Trail and Orientation Trail)	Adult day pass: 35 € Child/student day pass: 30 € Group day pass: 28 €/pers
<b>Entry to the Mini Mountaineers Park (-12 years old)</b> (Unlimited access to the Enchanted Nets Trail, Prabourix Grotto, Barefoot Trail, Bouncy Castle, Treasure Hunt and the mini zip wire)	Day pass: 20 € Group day pass: 16 € Entry for an adult accompanying a child under 7: 10 €

## PRACTICAL INFORMATION

### PRABOURÉ SNACK BAR

Enjoy the Prabouré snack bar when the park is open: steak and chips, salads, sandwiches, crêpes, drinks, ice cream, treats ... everything you need to keep you refreshed throughout your visit.

The snack bar has a sunny terrace as well as a covered area for those rainy days.

### 2019 OPENING HOURS

- Every weekend, public holidays and on the May and June bank holidays, from 10.00 to 18.00
- Every day from 10.00 to 18.00 between Saturday 6 July and Sunday 1 September (including all activities)
- Every weekend from September, 10.00 to 17.00 (including all activities)
- Every day from 13.00 to 17.00 between Saturday 19 October and Sunday 3 November (including all activities apart from mountain scooters and karts)

### CONTACT

#### PARC DE PRABOURÉ

Opening hours answering machine: 04 73 95 40 45

Group bookings: 04 73 72 19 76

E-mail : [semdepraboure@live.fr](mailto:semdepraboure@live.fr)

[www.praboure.fr](http://www.praboure.fr)

Follow us on Facebook:

Parc d'Activités de Montagne de Prabouré

#### SAINT-ANTHÈME TOURIST INFORMATION CENTER :

04 73 95 47 06 - [www.vallee-de-lance.com](http://www.vallee-de-lance.com)



# WALKING TRAILS



## NATURE AND HERITAGE WALKS

**OVER 130 ORGANISED TOURS WITH LOCAL GUIDES** run by the Livradois-Forez Tourist Office and other organisations (Departmental Council, Coq Noir, etc.). A range of themes that offer something for everyone:

- **Culture:** Tour of the old town (Ambert, Viverols, St Anthème, Olliergues), evening walks (Olliergues, Viverols), music tours (Viverols), food-themed tours (Ambert), etc.
- **Artisans and local produce:** goat barn (St Pierre), Fourme producer (Valcivières), mushrooms (St Anthème), wild plants (St Anthème), musicians (Cunlhat), etc.
- **Nature :** Hautes Chaumes, moors (Job), the forest, the wolf (St Germain), birds (Arlanc, St Pierre), the owl (St Germain l'Herm), etc

The full programme of events can be found at tourist information offices.



## GUIDED HIKES

Mid mountain guides are available to guide you over trails that are off the beaten path.

### À pas de Lynx

Office of Mid Mountain Guides  
randolynx@gmail.com  
**Adrien : 06 33 33 90 51**  
**Fabien : 04 73 82 99 93**  
**Didier : 06 11 95 83 73**  
www.apasdelynx.weebly.com

### Anne-Marie GRIOT

Mid mountain guide, MTB instructor and Nordic walking instructor.

**04 77 24 83 26**  
contact@rando-forez.fr,  
www.rando-forez.fr

## PERMANENT TRAILS

The region has many hundreds of marked and secure trails for you to explore on foot, set out in 6 local topographic guides (Pays d'Ambert, Vallée de l'Ance, Pays d'Arlanc, Pays de Cunlhat and Haut Livradois). These circuits include walks ranging from half an hour to a full day, with varying levels of difficulty. For harder types, the Livradois-Forez Tour de Pays (Regional Tour) is signposted in green and white for a 122 km tour of the regional park over 5 to 7 days.

# CYCLOSPORT



## FFC CYCLOSPORT AREA



There are 3 FFCT areas in the region, shown in the document "Le Puy de Dôme à vélo" (Puy de Dôme by bike).

10 Cycloport FFC routes are also available within the MTB area where you can cross the regional passes.

**Departure and information point:** Ambert Train Station



## JOIN THE "LES COPAINS" CYCLE CLUB

Auvergne's main cycle club will leave Ambert on 5, 6 and 7 July for 1, 2 or 3-day journeys.

[www.cyclolescopains.fr](http://www.cyclolescopains.fr)

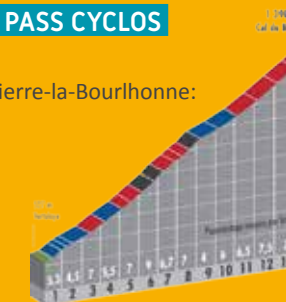


## THE UNMISSABLE MOUNTAIN PASS CYCLOS

### COL DU BÉAL > 1,390 m

- Leaving from Vertolaye through St Pierre-la-Bourlhonne: - 13.7 km and 896 m D+
- Leaving from Leigneux (42): - 27 km and 975m D+

Col du Béal is renowned for being the most difficult slope in Livradois Forez with its steady gradient.



### COL DU CHANSERT > 1,236 m

- Leaving from Job: - 9 km and 566 D+
- Leaving from Vertolaye: - 14.5 km and 730 D+

Very few cars drive up the Col du Chansert leaving the largely reserved to cyclists.

### COL DES SUPEYRES > 1,365 m

- Leaving from Saint-Anthème: - 13.4 km and 436 D+
- Leaving from Valcivières: - 13.8 km and 750 D+
- Leaving from Ambert: - 21.3 km and 831 D+



# PONY TREKKING



## BAFFIE PONIES

Baffie Ponies welcomes kids at an altitude of 1,000 m to try their hand at pony riding, for pony trekking or for nature holidays. Ponies can also be hired for hikes or to carry baggage.

### Information and bookings:

La Borie - 63 600 Baffie  
06 27 99 76 12 - [www.lesponeysdebaffie.sitew.com](http://www.lesponeysdebaffie.sitew.com)

## MAKA WAKAN

This centre is open to children over the age of 4 as well as adults. It offers a range of pony and horse activities.

Leisure activities include beginner activities, games, walks, treks, horse show practice, and more.

### Information and bookings:

La Vaisse - 63 940 Marsac-en-Livradois  
04 73 72 90 58 ou 06 64 43 81 30

## SOURCE POMPADOUR STABLES

Alain and Amélie, two state-registered instructors, look forward to welcoming you in Arlance, located just a few minutes from Ambert. They offer: classes, treks, courses, competition, grooming, etc.

### Information and bookings:

63220 Arlanc - 06 77 49 72 81  
[www.club.quomodo.com/ecuriesourcepompadour](http://www.club.quomodo.com/ecuriesourcepompadour)

## PRADIS FARM

Pradis farm specialises in courses and horse-riding holidays: either half-day, full day, or full board multi-day treks for experienced riders.

### Information and bookings:

Pradis - 63 480 Bertignat  
04 73 82 66 63 - [www.pradis.fr](http://www.pradis.fr)

## CHANTAIGUT EQUESTRIAN FARM

The Chantaigut equestrian and educational farm offers a personal approach to the world of horses, from the age of 3.

### Information and bookings:

Chantaigut - 63 520 Ceilloux  
06 81 82 18 42 - [www.chantaigut-63.ffe.com](http://www.chantaigut-63.ffe.com)

## POLYTRAIT EQUESTRIAN FARM

Marie, stage registered horse-riding instructor, offers a range of activities: horse or donkey rides, treks, evening treks, courses, learning about horses, carriage rides, etc.

### Information and bookings:

Le Solier - 63 890 Saint-Amant Roche Savine  
04 73 95 72 13 - [www.polytrait-equitation.com](http://www.polytrait-equitation.com)

## MONTCODIOL EQUESTRIAN FARM

Delphine, state registered horse riding instructor (BEES1) welcomes you to the Montcodiol Equestrian Farm for treks, lessons or courses. Explore the Hautes Chaumes landscapes on horse back from Montcodiol!

### Information and bookings:

Montcodiol - 63 660 Saint-Anthème  
04 73 72 62 02 - 06 71 84 72 81  
[www.fermeequestredemontcodiol.jimdo.com](http://www.fermeequestredemontcodiol.jimdo.com)

## CHEVAL CEVANCE L'ARAIRE EQUESTRIAN FARM

Céline offers horse or pony rides by the hour, half day, full day, beginner lessons from the age of 3, and activities on handling horses.

### Information and bookings:

Le Bourg - 63 890 Saint-Éloy-la-Glacière  
04 73 72 19 89 - 06 28 19 36 50  
[www.picard.celine63.free.fr](http://www.picard.celine63.free.fr)

# AERIAL SPORTS



## HANG GLIDING

The Delta Club of Livradois-Forez runs tandem hang gliding flights for novices from its premises in Job.

### Information and bookings:

Delta Club Livradois-Forez - 06 72 31 86 45  
[www.dclf.fr](http://www.dclf.fr)

## POYET AERODROME (AMBERT)

### • FREE TO FLY MICRO LIGHTS

This professional school run by the winner of many world championships offers first flights in trike, autogyro, three-axis and paramotor micro lights from the Ambert aerodrome. In just one glance, you will be able to see the volcanic range, the Massif du Sancy, the Cézallier Plateau, the Plomb du Cantal, the Mont Mouché, the Mont Mezenc, the Massif du Pilat, the Mont Lozère and, if the weather is fine, the Mont Blanc and the Alps.

### Information and bookings:

*First flights and flying school.*  
Jean-Michel SERRE - 06 16 91 37 41  
E-mail : [jms@libre-a-toi-ulm.com](mailto:jms@libre-a-toi-ulm.com)  
[www.ulm-auvergne.com](http://www.ulm-auvergne.com)

### • AUVERGNE SKYDIVING

This Auvergne business specialises in skydiving, particularly in tandem first jumps.

### Information and bookings:

06 61 14 96 57 - [www.auvergneparachutisme.fr](http://www.auvergneparachutisme.fr)

### • LIVRADOIS FOREZ FLYING CLUB

The Livradois Forez Flying Club is a company that specialises in small aircraft (3 passengers) discovery flights. It also has a micro light club and a flying school called FFPLUM, with a flying instructor.

### Information and bookings:

Jean Noël PENIN - 06 77 41 36 37  
[www.aeroclub-ambert.fr](http://www.aeroclub-ambert.fr)

## HOT AIR BALLOON

Hot air balloon flight programme:

- Welcome
- Hot air balloon inflation
- Board for a free flight of around one hour over the Livradois-Forez Natural Park, the Monts Dôme, the Massif du Sancy and the Pic du Cantal
- Hot air balloon bagging
- Toast in honour of the balloonist, and presentation of a diploma to the pilot
- Return to base in our 4x4 vehicles
- Total duration: around 3hrs 30mins

### Information and bookings:

[www.airshow.fr](http://www.airshow.fr)





# ANGLING



## FISHING AREAS

Ambert Livradois Forez has many fishing areas licenced by the Angling Federation, particularly along the Dore in Ambert (5km from Ambert towards Olliergues), at the Pradeaux dam (mountain lake accessed from the col des Pradeaux) or even the Ance du Nord.

It is also worth mentioning the “no kill” fishing area in Ance renowned for its grayling and trout, located in the communes of Saint-Clément de Valorgue and Saint-Romain (3.7 km).

Further information can be found at: [www.peche63.com](http://www.peche63.com)

The Puy-de-Dôme licence also allows fishing in:

- Rivers and streams: Dore, Dolore, Doulon, Ance,
- Miodet, Faye, and their tributaries.
- Chauttes Lakes (Ambert)
- Des Prairies Lake (Ambert)
- Cartier Lake (Marsac en Livradois)
- Brugeailles Lake (Marsac en Livradois)
- De Chouvel Lake (Arlanc)
- La Colombière Lakes (Fournols - Aix la Fayette)
- Cunlhat Waters
- Pradeaux Dams (Grandrif - St Anthème)

## WHERE TO PURCHASE A FISHING LICENCE

Fishing licences start at 6 € and are available from: [www.cartedepeche.fr](http://www.cartedepeche.fr) or from the following retail outlets Kiriell-Astier in Ambert, Super U in Arlanc, the tourist offices in Arlanc, Saint-Germain l'Herm, Saint-Anthème, and Olliergues as well as the services stations in Viverols, Cunlhat and Arlanc

## FISHING GUIDE

Useful as an introduction for beginners and as extra advice for pros!

Thierry MILLOT : 06 08 91 04 46

[www.guidepechemouche.com](http://www.guidepechemouche.com)

Karl TOLBANOS : 06 32 59 25 01

# LEISURE CENTRES

## 4 leisure centres to cool off in water during the summer months

### VAL DORE LEISURE CENTRE IN AMBERT

Supervised swimming during July/August, free and fee-based playgrounds (trampoline, electric boats, canoes, bouncy castles), skate park, sports fields (basketball, volleyball, BMX), fishing lake, snack bar.

> Free entry

### SAINT-ANTHÈME LEISURE CENTRE

Supervised swimming during July/August, pedalo and canoe hire, mini golf, fitness trail, children's playground, snack bar

> Entry ticket during July/August: 1.50€

### LOUMAS LEISURE CENTRE IN ARLANC

Children's playground, picnic areas, fishing lake. The lake isn't open to swimmers but there is a swimming pool on site.

> Free entry, apart from the swimming pool (3.50€/adult; 1.80€/child)

### CUNLHAT WATERS

Supervised swimming during July/August, children's playground.

> Free entry



# CLIMBING ACTIVITIES



## CUNLHAT FOREST OF ADVENTURE

### > FOR YOUNG ADVENTURERS

Minimum height: 1 metre

2 designated trails for children with a range of fun and educational workshops: balancing beam, circus ball, footbridge, mini jump and, of course, a zip wire.

### > FOR TEEN AND GROWN UP ADVENTURERS

Minimum height: 1 m 35

you can explore the other 6 trails (green, blue, red, black), blending balance, fitness and thrills.

Open from Tuesday to Sunday during school summer holidays (closed on Mondays)

- **Mornings:** open between 10.00 and 12.00, booking essential.
- **Afternoons:** open between 13.00 and 19.00, booking strongly recommended.
- Entry outside school holidays is subject to booking.

### > EVENING WALKS

The Forest of Adventure runs evening walks every Saturday from May onwards, and every Wednesday and Saturday in July/August.

### 2019 PRICES

#### • Individuals

- Kids over 1m tall (aged 4-6): 10 €
- Juniors (aged 7-14): 15 €
- Adults, aged over 15: 19 €

#### • Groups (over 8 people)

- Kids: 9 €
- Juniors: 14 €
- Adults: 18 €

#### • Evening walk price

- Subject to booking: 25 €

### INFORMATION AND BOOKING

Aerial Adventure Park - Cunlhat Forest of Adventure

Col de Toutée - 63590 CUNLHAT - 06 72 26 62 47

[www.foretaventurecunlhat.com](http://www.foretaventurecunlhat.com)

## CLIMBING

2 fully equipped sites where beginners and fitness pros can practice their climbing skills.

### > LA VOLPIE

Located in the commune of Job, 28 tracks, 4b to 7c slopes. 15-20 minutes for the approach.

Do not climb between 15 February and 15 May (peregrine falcon nesting season).

### > VALCIVIÈRES

This site has 14 tracks, 3b to 6c slopes.

Suitable for beginners due to easy reel positioning. 8 minutes for the approach.

### Guides available:

Auvergne Guides Office

Emmanuel Voldoire in Job

06 74 38 80 64





# CUNLHAT GOLF



## GOLF

In the heart of the Livradois Forez Natural Park, at an altitude of 700 metres and 300 m from Cunlhat town centre, known as "The Black Cross", discover a golf course that fully blends into the typical landscapes of the region.

This, the only golf course in this tourist area, extends across an area covering 19 ha. There is a 250-metre (partially covered) driving range with 8 bays and a golf ball dispenser. 5 further bays are located at the end of the range and reserved for lessons.

**There are 9 holes ranging between 75 to 268 m (artificial greens).**

**Introductory sessions run every Saturday morning between 10.00 and 12.00, 5 €/person (subject to 4-day advance booking)**

### > Access to the driving range

Free entry when green fee has been paid, otherwise 2 € + bucket of 36 balls: 2 €

### > Golf course (2018 prices):

- Green fee (per day): 16 €
- Green fee (per day) for Auvergne-Rhône-Alpes league licence holder: 14 €
- Child < 13 years old: 5 €
- 10 green (day) fees: 140 €
- One year subscription:
  - adult : 260€
  - couple : 450€

## FOOTGOLF

A year-round 9-hole FootGolf course opened in Cunlhat on 1 June 2016! A completely original sport that will ignite your competitive spirit. A sport that involves fun and focus. Time outdoors, the perfect way to relax.

### Prices

- 8 € for adults and 5 € for kids aged 13 and under
- Ball hire: 2€

### Information and booking:

Jean-Claude Delmas

06 86 43 96 23

[www.golfcunlhat.com](http://www.golfcunlhat.com)

[golfcunlhat@gmail.com](mailto:golfcunlhat@gmail.com)



# VÉLORAIL

## A DIFFERENT WAY TO TRAVEL

This unusual journey takes you by velorail along tracks that run through the heart of unspoiled natural scenery.

### > Three trails leave from Ambert Train Station:

- **Discovery trail:**
  - 1 hr. return journey, 25€ for a 2-5 person velorail
- **Nature trail:**
  - 1hr 45 mins return journey, 35€ for a 2-5 person velorail
- **Tunnels trail:**
  - 2hr return journey, 40€ for a 2-5 person velorail

**> Good plan:** Velorail in moonlight, every Tuesday between 09 July to 27 August, departure at 19.00, booking essential. 35€ for a 2-5 person velorail.

### > Opening hours:

**06 April to 03 November 2019:** Weekends, public holidays and school holidays, departure at 14.30

**July - August:** Every day, departure at 10.30, 14.30 and 16.30

### Information and booking:

AGRIVAP - La Gare, 63 600 AMBERT

04 73 82 43 88 - Mail : [train@agrivap.fr](mailto:train@agrivap.fr) - [www.agrivap.fr](http://www.agrivap.fr)



# HOVERBOARD

Travel by hover board and blend exploration and friendliness, fun and sharing. Have fun in total safety. Want to get moving? Izigliss is available for all your shows, trips, corporate and personal events, etc.

### Information and booking:

IZIGLISS, Nadine Denis

E-mail : [contactizigliss@gmail.com](mailto:contactizigliss@gmail.com) - 06 70 58 03 96



# ELECTRIC SCOOTERS

## «TROTT-IN NATURE»

Explore the region and its sights with this accessible, fun and environmentally friendly activity operated by "Trott-in Nature" with the option to explore either on your own or with a guide.

### Information and booking:

Trott-in Nature, Olivier DEBARD

E-mail : [contact@trott-in-nature.com](mailto:contact@trott-in-nature.com) - 07 69 75 07 56





# TOURIST MAP

NEW IN 2019 !

## MASSIF DU FOREZ TRAIL AREA

Come and discover this varied range of trails within an unspoiled setting.

3 departure points to explore the Massif du Forez, leaving from Ambert, Chalmazel, Usson en Forez and from Col de la Loge.

11 itineraries covering 188km, including 3 from Ambert.

[www.espacestrail.run/massifduforez](http://www.espacestrail.run/massifduforez)



## LÉGENDE PICTOS

Bureaux d'informations touristiques	Artisans Route des métiers	Tyroliennes	Location VTC électriques
Bourgs de caractère	Producteurs fromagers	Trottoir de descente	Centre VTT
Musées	Piscines / Plans d'eau	Rando raquettes	Centres équestres
Points de vue	Pêche	Pistes ski de fond	Vol libre
Col et altitudes 1271	Sentiers thématiques	Pistes ski de descente	Montgolfière
Jasseries	Escalade / Via ferrata	Snowkite	Observatoire du Col du Béal





## ADVERTISING

### AMBERT TOURIST INFORMATION CENTER

04 73 82 61 90

### SEML PRABOURÉ

04 73 95 40 45

[www.praboure.fr](http://www.praboure.fr)

### OUTDOOR ACTIVITIES CENTER

04 73 82 00 04

[www.ambert-cretesduforez.com](http://www.ambert-cretesduforez.com)



Try these other activities on days when the weather isn't cooperating:

- Museum of Paper Richard de Bas Watermill
- 1900s school Museum
- AGRIVAP Tourist Train
- Cinema
- Fourme d'Ambert House
- Energy Museum
- Network of media libraries
- Swimming pool (expected to reopen in August 2019)

## AGENDA

### SPORTING EVENTS

25 MAY 2019

Ambertrail : [www.clf-ambert.fr](http://www.clf-ambert.fr)

5 JULY → 7 JULY 2019

Les Copains-Cyfac Cycling Club, Ambert

[www.cycloloscopains.fr](http://www.cycloloscopains.fr)

### CULTURAL EVENTS

6 APRIL → END OF DECEMBER 2019

Mystères et Bulles de Mômes cultural events for kids

04 73 95 19 13

Facebook : Mystères & Bulles de Mômes

EVERY THURSDAY EVENING AT 21.00

27 JUNE → 22 AUGUST 2019

Montpeloux Saillant Volcano Festival

[festival-volcan-montpeloux.blogspot.fr](http://festival-volcan-montpeloux.blogspot.fr)

EVERY FRIDAY EVENING  
IN JULY AND AUGUST

Jasserie du Coq Noir Cultural Season  
in Saint-Anthème

During the summer festival season: children's events, musical tastings, balls, etc. organised during the week.

[www.coq-noir.fr](http://www.coq-noir.fr)

16 → 21 JULY 2019

Ambert Festival of World Dance & Music

[www.festival-ambert.fr](http://www.festival-ambert.fr)

26 JULY → 22 AUGUST 2019

Livradois Harmonies

[harmoniesenlivradois.over-blog.com](http://harmoniesenlivradois.over-blog.com)

26-27-28 JULY 2019

La Belle Rouge Festival  
in Saint-Amant-Roche-Savine

[www.cie-jollemome.org](http://www.cie-jollemome.org)

22 AUGUST → 1<sup>ST</sup> SEPTEMBER 2019

La Chaise Dieu Festival

[www.chaise-dieu.com](http://www.chaise-dieu.com)

## ACCESS

### By car

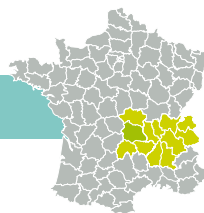
Main motorways : A71, A72, A75, A89

From Clermont-Ferrand 80 km : 1h

From Saint-Etienne 80 km : 1h

From Le Puy-en-Velay 70 km : 1h

From Vichy 90 km : 1h15



DEPARTMENT OF PUY-DE-DÔME  
AUVERGNE RHÔNE-ALPES REGION

### By train

From Paris, via Vichy

• Leaving Paris-Bercy à 13:00, arriving Vichy à 15:54

• Leaving Paris-Bercy à 14:57, arriving Vichy à 17:54 (connecting bus 18:10)

• Leaving Paris-Bercy à 18h, arriving Vichy à 20:53 (connecting bus 21:05)

### By coach

Linking Clermont-Ambert via  
Ter Auvergne :

• Leaving Clermont 17:33,  
arriving Ambert 19:35 Linking

Vichy-Ambert via Ter Auvergne :

• Leaving Vichy 18:40, arriving Ambert  
20:44 or Leaving 21:05 arriving 22:50

Transdôme : Bus journey at 2€

### By plane

Clermont-Ferrand Auvergne

International Airport

04 73 62 71 00



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[www.ambertlivradoisforez.fr](http://www.ambertlivradoisforez.fr)

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