Argelès-sur-Mer

#montagnesurmer

DID YOU THINK TO KNOW

Argelès-sur-mer?

What if we helped you see things in a different light ?



2026

PRESS KIT

SEA · MOUNTAINS · HISTORY · SPORT · NATURE · EVENTS

YOU THOUGHT YOU KNEW ARGELÈS-SUR-MER?

What if we helped you see things in a new light?

You may know it for its beaches, sunshine and campsites. Argelès-sur-Mer has become a must-visit destination in Europe for outdoor accommodation and one of the Mediterranean's most iconic seaside resorts.

But behind this image lies a much vaster region. Here, the sea meets the mountains, the Catalan alleyways tell a story stretching back a thousand years, and local producers, winegrowers and craftspeople shape a vibrant region. Nature, sport, culture and events set the pace of local life.

This press pack invites you to discover another side to Argelès-sur-Mer: that of a destination which never ceases to surprise.





HOW TO GET HERE BY TRAIN

Perpignan
railway station: Toulouse (245 km),
Montpellier (190 km),
Béziers (125 km),
Carcassonne (150 km),
Girona (90 km),
Barcelona (205 km)
; **Argelès-sur-Mer**
railway station: Perpignan (23 km)

BY PLANE

Perpignan-Rivesaltes Airport (30 km)
Flights to
Paris, Lille, Nantes, London, Brussels and Dublin

BY CAR

The A9 motorway allows you to reach your destination quickly and comfortably by car or coach, offering a convenient solution for both individual travellers and groups.

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Here, she saw herself.



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TIMELINE

of the territory

1865 - 1960

Planting of the first pine trees along the Argelès coastline with the aim of restoring the wetland.

1866

Around ten villas have already been built by the sea.



1872

The town council has authorised the installation of wooden **cabins** for summer visitors. These cabins, which are very popular, create a veritable temporary village. on the beach.

1896

Opening of the first restaurant on the beach: ‘La Réserve’.

1901

The first campers were soldiers from the Marsouins garrison, which make their homes on the sand and under the pine trees.

1904

The Argelès Beach Local Initiative and Interest Committee has been set up. Today, this organisation has become the Tourist Information Centre.

1913

A shuttle bus service running from the station to the beach has been set up by Mr Pompidor.



1922

For the first time, a request has been made to install **a removable wooden hut on the beach** at Racou.

1932

Publication of the first tourist brochure on the town by Pierre Izard: ‘Argelès-sur-Mer, a health resort and seaside resort. Brochure’ 'historical and tourist'.



1939

In the wake of the Spanish Civil War, **the exile of Spanish Republicans** (Withdrawn) and creation of the Argelès-sur-Mer (internment) camp.

1950

Creation of the ‘pilot campsite’, the first site **dedicated** solely **to camping** within the municipality’s boundaries.



1954

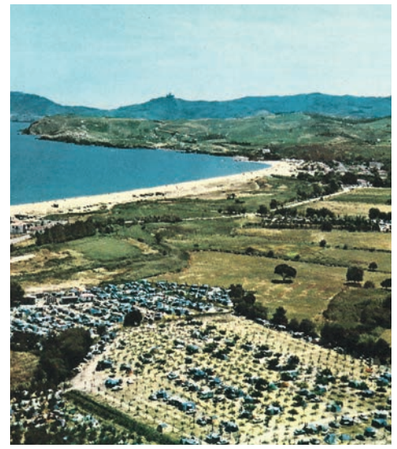
The first private campsite, Camping Bouix came into being after a farmer agreed to charge campers.

1961

To ensure the safety of bathers, **the first two lifeguard posts** have been set up on the beach.

1963

Arrived in Argelès 100,000 summer holidaymakers.



1972

To ensure the public is better informed and in the interests of modernisation, the The local council has decided to **set up a Municipal Tourist Office.**

1974

Argelès-sur-Mer is going green! Work is now underway on the seafront promenade.



1986

The ministerial order authorising the **construction of a port in Argelès** has been issued: work will be able to begin shortly.

1986

Entertainment is going professional! To keep visitors entertained during their holidays, the local council has decided to set up the Municipal Entertainment Office.

1993

New premises by the beach for the Tourist Office.

2019

Removal of showers on the beach in order to reduce the water consumption and minimise waste, especially in summer.

2025

The Tourist Office has had a makeover!



THE HISTORY AND RISE OF TOURISM

Argelès-sur-Mer, situated on the Catalan coast, enjoys an exceptional natural setting between the Mediterranean Sea and the Albères Mountains. With its rich historical heritage, beaches and varied landscapes, Argelès-sur-Mer is a popular tourist destination that is constantly evolving to offer visitors unique experiences.



TREASURES ARCHITECTURE

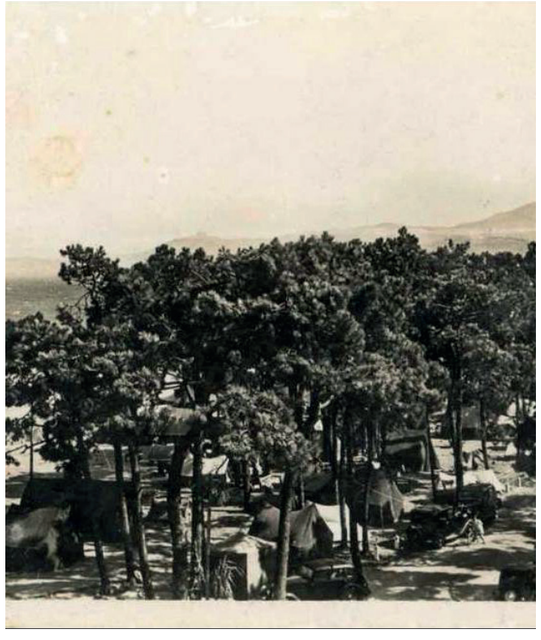
The remarkable villas of Argelès-sur-Mer
A Belle Époque heritage waiting to be discovered

- **As early as 1866, around ten** holiday **villas** were built.
- Built by wealthy families from Perpignan, they combine elegance with architectural diversity.
- **The Chalet, designed by Viggo Dorph-Petersen** (the architect of Valmy Castle), is the symbol of that era.
- Other villas, such as **Villa Oasis** and **Villa Lucien Pêche**, still bear witness to this rich heritage today.

FROM THE PINE FOREST TO THE 1ST WILD CAMPING TRIP

The origins of camping in Argelès-sur-Mer

- Early 1900s: the local residents were the first to camp in the Bois des Pins.
- The site quickly won over holidaymakers and became a must-visit destination.
- 1935: the local council introduced regulations governing the campsite and created the post of assistant rural constable, responsible for supervising campers and collecting the fee.



SWIMMING FOR ALL CLASSES

From sea bathing to holidays for all

- **19th century:** sea bathing became popular amongst the middle classes, having been popularised by Empress Eugénie.
- **1865: the arrival of the railway made Argelès-sur-Mer more accessible.**
- The 1930s: paid holidays made seaside holidays accessible to everyone.
- Swimming, sunbathing and the advent of the bikini marked the rise of seaside tourism.



FINALLY, THE HOLIDAYS

1936: Paid holidays – a turning point

- 1936: Paid holidays revolutionised the way people took holidays in France.
- **Argelès-sur-Mer is becoming a popular destination for early holidaymakers.**
- Camping is establishing itself as a holiday option that is accessible to everyone.
- The first official campsites were established, marking the start of the resort's boom in tourism.

A PROJECT WITHOUT A HITCH

The first private campsite
in Argelès-sur-Mer.
A visionary idea born in an orchard.

- **1953: Campers set up camp spontaneously in Mr Bouix's orchard.**
- A visionary farmer, he turned his land into a campsite.
- **The opening of Camping Bouix, the first private campsite in Argelès-sur-Mer.**
- The start of an adventure that will make Argelès-sur-Mer an iconic camping destination.



ARGELÈS-SUR-MER TO ORDERS

- **The first modern campsite**
- **Le Bois des Pins** is becoming too small to cope with the influx of holidaymakers.
- **Establishment of a pilot campsite,** the forerunner of modern campsites.
- **1955**: the site was **handed over to the local council** and became Le Roussillonnais.
- This pioneering campsite is **now the municipal campsite in Argelès-sur-Mer.**



A different approach to tourism development

- The 1960s and 1970s: Argelès-sur-Mer opted for a **model of sustainable development**.
- Unlike the resorts in the Plan Racine area, **the local council is focusing on outdoor,** nature-based and community-friendly **tourism**.
- A choice that continues to shape the destination's identity to this day.

FROM THE LOCAL COMMITTEE AT THE TOURIST INFORMATION OFFICE

Tourism is being organised

- **1904: the Initiative Committee was set up** to promote Argelès-sur-Mer.
- **1972**: **it became the Municipal Tourist Office.**
- **1986**: **the Municipal Events Office** was set up, with the task of organising concerts, entertainment and events throughout the year.

LA MASSANE LISTED UNESCO WORLD HERITAGE SITE

- **The Massane beech forest has been added to the UNESCO World Heritage List**, recognising the region's exceptional natural wealth.

DID YOU THINK THAT WAS THE SEA LOOKING AT ITSELF ?

here, it is experienced



7 KILOMETRES OF BEACHES

7 km of beach, a thousand ways to enjoy it.
With 10 kilometres of coastline, Argelès-sur-Mer offers a variety of sandy beaches, coves and atmospheres. Whether you're looking to relax, go for a swim, try your hand at water sports, take a stroll along the seafront or spend time with the family... Here, everyone can find their own spot on the beach and set their own pace, amidst unspoilt nature and lively beaches.

PROFILE

JEAN-LUC BARTOLI

For over twenty years, Jean-Luc Bartoli has known the beach at Argelès-sur-Mer inside out. As beach supervisor since 2003, he has become a key figure on the coast and the guardian of bathers' safety.

A former rugby player, he instils in young lifeguards the values of commitment, discipline and teamwork. As head of a team of lifeguards, he trains and supports them, and ensures that everyone is prepared to respond to any situation.

For Jean-Luc Bartoli, the beach is much more than just a holiday backdrop: it is a living space where every detail counts. It is a demanding task, carried out every day by a dedicated team committed to ensuring everyone's safety.



THE COASTAL PATH

What makes this place so special are its little houses, covered in sand, separated from one another by leafy, colourful paths.

It is at this precise point on the Racou that the Pyrenees flow into the Mediterranean.



THE RACOU

There is a very special atmosphere in Racou **('Recoin' in Catalan)**; it feels as though you're at the very end of the The 'little world' of Argelès-sur-Mer.

What makes this place so special are its **little houses buried in the sand, separated from one another by leafy, colourful paths.** It is at this very spot in Le Racou that the Pyrenees meet the Mediterranean Sea.



THE PORT

Overlooking the Albères mountains, the harbour at Argelès-sur-Mer is a must-visit destination where a seaside atmosphere blends with authentic Catalan charm.

IT BORDERS THE NATURE RESERVE SAILOR FROM THE GULF OF LION

With its terraces, markets, seafood restaurants and water sports, it appeals to families and boaters alike.

Every morning, local fishermen sell their catch at the Môle quay, keeping a vibrant maritime tradition alive.

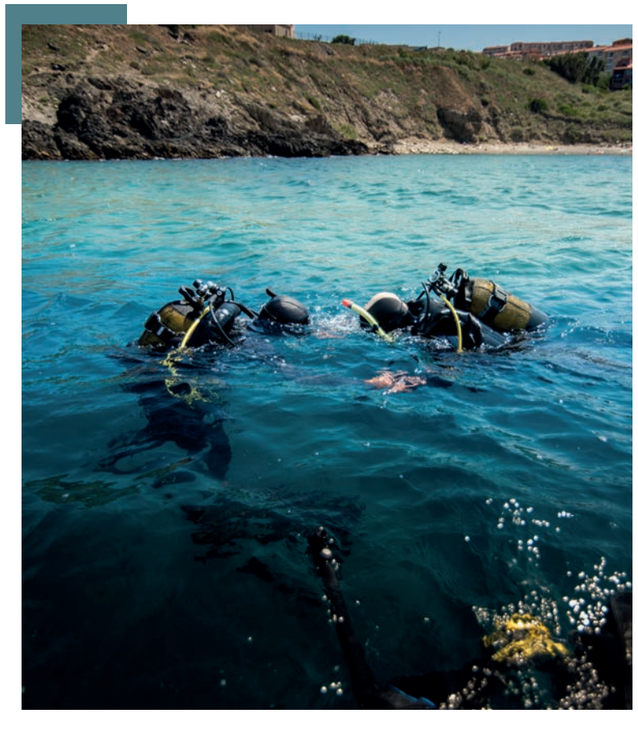
Nearby, the Gulf of Lion Marine Nature Park protects a vast area of 4,010 km² that is home to exceptional biodiversity, including the common dolphin and Posidonia.

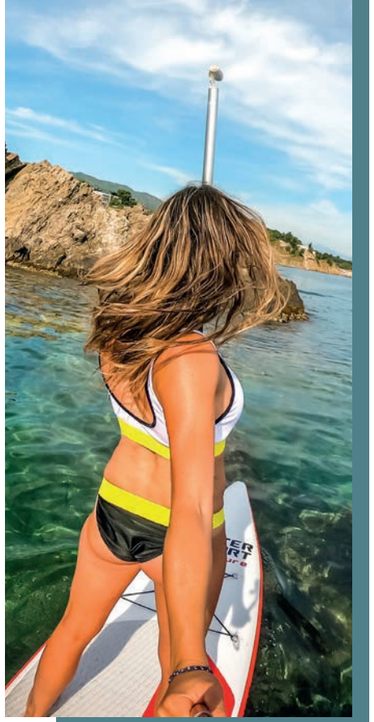
DIVING

Five diving clubs offer trips for all levels, all year round.

Between the Gulf of Lion Marine Nature Park and the Cerbère-Banyuls Marine Reserve, divers can discover a remarkable array of marine life as well as two Second World War wrecks, making every dive a unique experience.

SCAN THIS QR code to extend the discovery.





WATER SPORTS

With its stunning coastline, Argelès-sur-Mer is **a prime destination for water sports enthusiasts**.

With its fine sandy beaches and rocky coves, this destination offers a wide variety of sports all year round.

- Around twenty water sports.
- Sailing, stand-up paddleboarding, wingfoiling, windsurfing, kayaking.
- Lessons and hire for all levels.
- Ideal conditions thanks to the tramontane.
- A must-visit destination for fans of snow sports and water sports.

SCAN THIS QR code to extend the discovery.



BEACH CLUBS

Paddleboarding, smoothies and relaxation: summer is best enjoyed on the shores of the Mediterranean!

In Argelès-sur-Mer, from Marenda to Racou, the beaches are full of clubs. Family paddle tennis, kayaking or a nap.

SCAN THIS QR code to extend the discovery.

YOU THOUGHT COMING FOR THE BEACH ?

So take a step back

7 kilometres of beaches – that's a promise. But the true horizon of Argelès-sur-Mer is revealed when you look up towards the Albères.

From forest trails to the ridges overlooking the Mediterranean, from the panoramic views from the Tour de la Massane to the unspoilt natural areas, here the mountains and the sea come together. A destination where people come as much to walk, breathe in the fresh air and enjoy the views from above as to make the most of the coast.



THE CHAPEL OUR LADY OF LIFE

Overlooking the foothills of the Albères, the Notre-Dame-de-Vie Chapel is a must-see **for lovers of heritage and nature.**

Accessible on foot via signposted paths, it offers a peaceful setting in the heart of the Mediterranean forest. **A place that lends itself to contemplation,** where history, spirituality and the landscape come together.

THE MASSANE BEECH WOODS

Designated a UNESCO World Heritage Site in 2024, **the Massane National Nature Reserve is a beech forest that has been left to develop naturally for over 150 years.**

Situated in the Albères Mountains, **it covers 300 hectares and is home to over 12,000 species.** A veritable open-air laboratory, it is a leading centre for the study of biodiversity and climate change.

THE TRAILS

Argelès-sur-Mer invites you to **explore the Sentier du Littoral, a 32-kilometre route linking the mouth of the River Tech to Spain.**

Passing through the Mas Larrieu Nature Reserve, it offers an immersive experience at the heart of a well-preserved ecosystem before winding its way along the beaches, the harbour and Le Racou, an iconic neighbourhood with little houses built right on the sand.

THE ALBÈRES MASSIF

The Albères form the final stretch of the Pyrenees before they meet the Mediterranean.

This unique mountain range offers an exceptional setting for exploration, with its cork oak forests, panoramic ridges and charming villages.

The footpaths lead to spectacular viewpoints over the Vermeille coast, the Roussillon plain and the peaks of the Pyrenees.

Hikers, nature lovers and casual walkers alike will discover **a remarkable array of biodiversity** here, where flora and fauna thrive in a well-preserved environment.

SCAN THIS QR code to extend the discovery.

THE CHAPEL SAINT-LAURENT DU MONT

Perched on the hills above Argelès-sur-Mer, the Saint-Laurent-du-Mont Chapel offers **an exceptional view of the Mediterranean** and the Albères.

Dedicated to the patron saint of sailors, it can be **reached via picturesque footpaths winding through the garrigue.** A walk combining heritage, nature and contemplation in an unspoilt setting.



The Massane Tower, the symbol of Argelès-sur-Mer, overlooks the Roussillon plain from the heights of the Albères. Built in the 13th century, this former watchtower offers exceptional views of the Mediterranean and the Pyrenees.

THE MASSANE TOWER





Overlooking Argelès-sur-Mer, **Valmy Park offers an exceptional panoramic view stretching from the Albères Mountains to the Mediterranean.**

THE CASTLE PARK DE VALMY

This 6-hectare green oasis invites visitors to explore its gardens, fountains, sculptures and local biodiversity, at the foot of the majestic Château de Valmy.

Combining nature, heritage and culture, this iconic site can be explored through a botanical and historical trail.



DID YOU THINK THAT EVERYTHING WAS HAPPENING ON THE SEAFRONT?

The real heart of Argelès-sur-Mer beats elsewhere.

THE COLOURFUL VILLAGE CATALANS

The Catalan spirit is evident on every street corner. **The cayrou-clad façades, the coloured clay cornices and the picturesque alleyways reveal the unique identity of Argelès-sur-Mer.**

As you stroll along, the shops, markets and top dining spots invite you to discover the flavours of the South.

From the forecourt of the Church of Notre-Dame del Prat to the lively little squares, **the village offers an authentic insight into the Catalan way of life**, under the watchful eye of the Massane Tower.

CATALAN CULTURE

As Occitanie's leading tourist destination, Argelès-sur-Mer has evolved from a village nestled between the Pyrenees and the Mediterranean into a renowned seaside resort, whilst preserving its heritage and Catalan identity.

Here, Catalan culture is everywhere: bilingual education, traditions, gastronomy and local festivals set the pace of life in the town.

Stroll through the historic centre, discover the Visiting markets brimming with Mediterranean flavours or savouring authentic cuisine allows you to immerse yourself in this unique way of life.



THE ALLEYS

The Catalan spirit is evident on every street corner in Argelès-sur-Mer. The façades made of cayrou – the iconic red bricks – and **the colourful clay cornices reflect the village's unique character.**

As you wander through its picturesque narrow streets, the colourful façades, **fragrant markets and the lilting accents** of the people of Argelès bear witness to an authentic and warm Catalan identity.

From the forecourt of the Church of Notre-Dame del Prat to the local shops, **the historic centre invites you to discover a typically Mediterranean way of life**, under the watchful eye of the Tour de la Massane.

A WAY OF LIFE

typically Mediterranean



YOU THOUGHT ARGELÈS HAD BEEN FOUNDED WHAT ABOUT THE HOLIDAYS?

Before the holidays, there was History.

THE HISTORY OF ARGELÈS-SUR-MER

Argelès-sur-Mer owes its name to the clayey soil on which it was built, derived from the Latin word 'argila', meaning 'clay'. Its history, shaped by the kingdoms of Aragon, Majorca and Spain before it became part of France in 1659, has moulded its identity.

This heritage is reflected today in its architecture, cuisine, traditions and Catalan culture, which remain very much alive at the heart of the destination.

LA RETIRADA

In February 1939, Argelès-sur-Mer became one of the main reception centres for Spanish refugees fleeing the civil war. **More than 100,000 men, women and children were housed on the beach** in extremely precarious conditions.

Today, the Argelès-sur-Mer Camp Memorial passes on this history and upholds the duty to remember.

- **February 1939: the Retirada.**
- More than **100,000 Spanish refugees** stranded on the beach.
- A permanent exhibition and personal accounts.
- Archives, photographs and period artefacts
- A place for remembrance, passing on knowledge and reflection.
- To understand a major episode in European history.



NOTRE-DAME-DU-PRAT

Notre-Dame-du-Prat is a church that really stands out. Built in the late 13th and 14th centuries, it houses some true treasures: a collection of paintings, works of great beauty dating from the 15th century, which are perfect examples of the Catalan Renaissance.

Its bell tower is listed as a historic monument. It is the tallest church bell tower in the department, standing 34 metres high. It served as a defensive structure, an alarm tower, a watchtower and a bell tower. It's one of a kind!

PROFILE

JEAN MARC

Passionate and captivating, Jean-Marc knows Argelès-sur-Mer like the back of his hand! From the village to the beach, he'll introduce you to its history and secrets with enthusiasm and good humour.

From the ramparts to the Church of Notre-Dame del Prat, he shares anecdotes and little stories to make for a fun and friendly tour.



MEMORIAL TRAIL FROM THE CAMP IN ARGELÈS-SUR-MER

Follow in the footsteps of the Argelès-sur-Mer camp, where more than 170,000 refugees were interned between February 1939 and early 1942.

A memorial trail links the Monolith to the North Plaque, passing through the Spanish Cemetery. Multilingual information boards recount the history of the Retirada and the camp. An audio guide is available in French, Catalan, Spanish and English.

From the Monolith, the former entrance to the camp, follow the coastal path towards the Mas Larrieu nature reserve, walk past the Le Roussillonnais campsite and then head to the La Marende car park.

From Plaque Nord, follow the cycle path along the D81 to Avenue de la Retirada.

Walk along the avenue to the Spanish Cemetery, the camp's former cemetery, opposite the Les Marsouins campsite. You can then head to the beach or continue towards the village and the Camp Memorial at 26 Avenue de la Libération.

HERITAGE

Catalan identity is evident here in everyday life. The language, traditions, cuisine, festivals and heritage all combine to create an authentic destination where the Mediterranean way of life has been passed down for over a thousand years.

Over 1,000 years of history.
A vibrant historic centre.
A bountiful Catalan cuisine.
Traditions that are kept alive all year round.
A seaside resort that has remained true to its Catalan village character.

4 FUN FACTS ABOUT ARGELÈS-SUR-MER

1- Notre-Dame-du-Prat is oriented in the opposite direction to other churches. This was the result of a 17th-century reconstruction following an earthquake that caused the church's chancel to collapse.

2- Argelès acquired the 'sur-Mer' in the first half of the 19th century when it became necessary to distinguish it from Argelès-Gazost.

3- The original Argelès was not situated in the valley, but in the mountains. It was not until after 1163 that the kings of Aragon requested that the settlement be moved to the plain.

4- At the end of the 13th century, the kings of Majorca decreed that Argelès should become a royal town and be subject solely to the authority of the king, James II of Majorca. This was a rather rare privilege at the time, which contributed to its growth



CATALAN CREAM

An iconic sweet from Catalonia

It is impossible to talk about Catalan cuisine without mentioning crema catalana. Beneath its thin crust of caramelised sugar lies a delicately flavoured custard, traditionally made with milk, egg yolks, sugar and citrus fruits, enhanced with a touch of cinnamon.

Served in small ramekins, it embodies a cuisine that is at once simple, generous and deeply rooted in its local heritage. Every spoonful evokes Mediterranean flavours and the Catalan way of life: that of home cooking, made with simple ingredients and recipes passed down through the generations.



YOU THOUGHT FANCY A SPOT OF SUNBATHING?

Taste the region

A REGION, WINE-GROWERS, A SHARED PASSION

In Argelès-sur-Mer, vineyards shape the landscape between the sea and the mountains. On the slopes of the Albères, winegrowers cultivate a unique terroir, characterised by diverse soils, the Mediterranean climate and the tramontane wind. Each plot tells a story, and each vintage expresses a expertise deeply rooted in the region.

Whether family-run estates or independent vineyards, they all share the same aim: to preserve the richness of this terroir and to develop new practices. Organic farming, hand-harvesting, traditional grape varieties or new expressions: Argelès viticulture combines heritage, passion and creativity.

Whether in the cellar, at the estates or amongst the vines, these encounters invite you to discover wines that tell the story of their region. An experience centred on wine tasting, conversation and local expertise.

Winemakers to discover: Domaine Saint Thomas · Deprade Jorda · Domaine du Mas Cristine · Château Valmy · Maison Albera Terre Jaume

YOROMISO: CATA-LAN-STYLE UMAMI

Based in Argelès-sur-Mer, Yoromiso brings together Japanese tradition and artisanal expertise. Founded in 2017 by Johan Beddes, **the workshop produces miso and koji using traditional Japanese techniques,** the result of several years of research and learning from Japanese artisans.

Using carefully selected ingredients, including organic cereals and pulses from Catalonia, Yoromiso produces a range of fermented products with rich and subtle flavours.

A unique fusion of cultures, regional traditions and gastronomy, where time and fermentation become key ingredients.







MAS BOUTET ESTATE

At Domaine du Mas Boutet, olive growing has been a family affair since 1940.

Spanning 12 hectares, the estate cultivates both **mature olive trees** and young plantations, featuring iconic varieties such as Olivière, Picholine and Argudell.

Olive oils, olive spreads, table olives, jams and delicacies showcase authentic Mediterranean craftsmanship.

Here, every harvest reflects the richness of a terroir nestled between the sea and the mountains, whilst respecting traditions and nature.



PRODUCER PROFILE

FRÉDÉRIC BEY, AN ARBORIST AT THE DOMAINE DE LA MER BLANCHE, GROWS FAR MORE THAN JUST CITRUS FRUITS.

He envisages a true Mediterranean ecosystem. Since 2014, this passionate arborist has been developing the Domaine de la Mer Blanche as an organic farm, drawing on agroecology and agroforestry.

Across an area of nearly one hectare, lemon, orange, mandarin, pomelo, yuzu, kumquat and caviar orange trees grow alongside local and rarer varieties. This diversity is designed to promote biodiversity, protect the trees from adverse weather conditions and conserve water resources.

HE TURNS THE ESTATE'S FRUIT INTO ORIGINAL CREATIONS

But Frédéric Bey doesn't stop at production. Together with his business partner Manuel Hébrard, he transforms the estate's produce into original creations: citrus liqueurs, juices, jams and a range of 'Cellos', inspired by the infusion and rich aromas of Mediterranean citrus fruits.

From the vineyard to the bottle, the Domaine de la Mer Blanche embodies a vibrant, innovative approach to viticulture that is deeply rooted in its local area.

MARKETS

Discover the markets of Argelès-sur-Mer, which are the very heart of local life: local produce, crafts, fresh fish and Catalan specialities bring the village, the beach and the harbour to life throughout the year and during the summer season.

IN THE VILLAGE, ON THE BEACH, AT THE HARBOUR WITH LOCAL PRODUCERS, ORGANIC PRODUCE AND FISH
AND LATE-NIGHT CRAFT MARKETS.



THE ARTISANS

PHILIPPE BOTTAIOLI

A craftsman, **he makes bespoke Catalan knives in his workshop**. He is the heir to the famous
The 'Trabucayre', recognisable by its willow-leaf blade and curved handle, is an iconic knife that has become a benchmark amongst French regional knives.

The craftsman has also created 'el Cargol', a model featuring a patented snail spear, combining tradition, innovation and the Catalan way of life.



ARGILARIIS

In her workshop and shop at the foot of the Albères mountains, **Barbara hand-makes 100 per cent natural soaps and skincare products using traditional methods.**

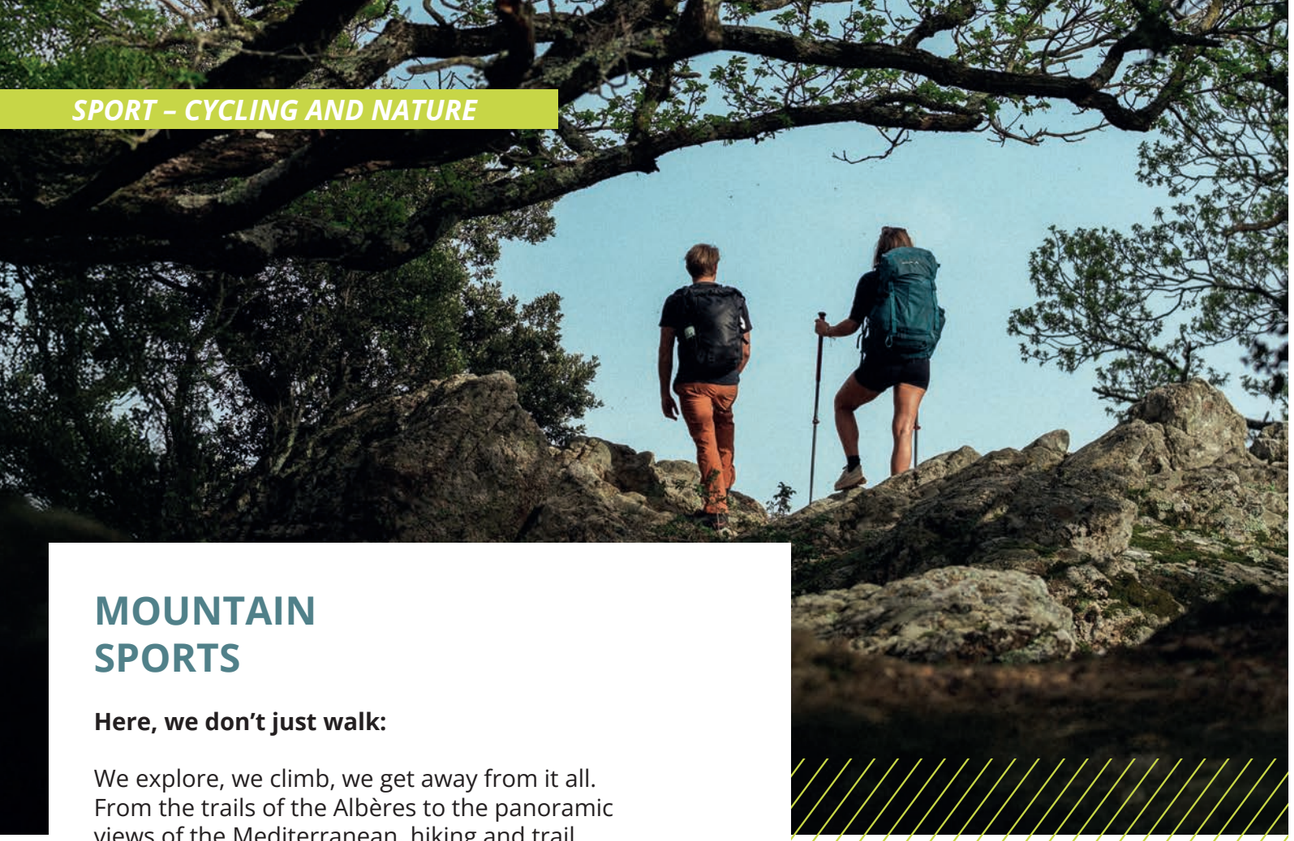
Cold-processed soaps, solid shampoos and body care products are made from organic vegetable oils, French clays and essential oils. Each soap is named after a resident of a village in the region, in homage to Catalan heritage and identity.

JESSICA ROMALDI

Designer of unique accessories and jewellery made from recycled bicycle inner tubes.

Environmentally responsible and handcrafted, these pieces embody sustainable and conscious fashion. A flexible, lightweight and waterproof material, the inner tube is transformed: cut, perforated and painted freehand, it becomes a precious object. Each piece of jewellery reveals the hidden beauty of this discarded object and bears the mark of the craftsman's hand.





MOUNTAIN SPORTS

Here, we don’t just walk:

We explore, we climb, we get away from it all. From the trails of the Albères to the panoramic views of the Mediterranean, hiking and trail running reveal a region of many facets, where every change in altitude brings a new discovery.

THE HIKE

From the coast to the heights of the Albères, Argelès-sur-Mer offers **a unique hiking experience between the Mediterranean and the mountains**.

Marked trails, forest paths and stunning viewpoints invite you to explore unspoilt nature and spectacular landscapes.

TRAIL RUNNING

Journeys that blend challenge and escapism

With its undulating trails and varied landscapes, Argelès-sur-Mer is a favourite with trail runners.

From the coastal paths to the peaks of the Albères, **the routes combine elevation gain, technical challenges and exceptional views** for all ability levels.

ON A BIKE, HEAD FOR THE HILLS AND DISCOVER A REGION WITH A WEALTH OF VIEWS.

THE LOOP OF THE MAS BY MOUNTAIN BIKE

A journey into the heart of the Albères

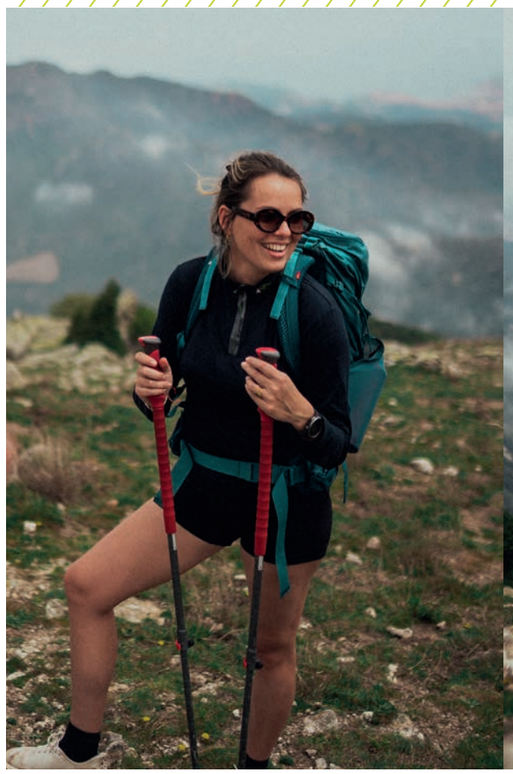
A real challenge for cycling enthusiasts, the Mas loop offers **a 24-kilometre route through the heart of the Albères massif.** With over 600 metres of elevation gain, this challenging route takes in a succession of landscapes, including forests, old farmhouses, mountain tracks and exceptional views of the Mediterranean.

THE CORK TRAIL

A route through vineyards, forests and thrills

This route captivates with the richness and diversity of its landscapes. Along the way, walkers pass through vineyards and cork oak woods, which are emblematic of the Albères massif. The route continues with a more technical descent through the undergrowth, offering a thrilling immersion in unspoilt nature and the Catalan countryside.

SCAN THIS QR code to extend the discovery.









YOU THOUGHT THAT THE BIG ONES SPORTING EVENTS WERE TAKING PLACE ELSEWHERE?

Here, they find a place that suits them perfectly.

With its 7 km of sandy beaches, its kilometres of rocky coves and the rugged landscape of the Albères, Argelès-sur-Mer is the **perfect venue for sporting events.**

Running races, trail runs, hikes, mountain biking and water sports provide a regular feature of life in **the destination** throughout the year, set against a stunning natural backdrop.

ARGELÈS NATURE TRAIL (APRIL)

A must-attend spring event in the heart of the Albères. Starting from Valmy Castle, a number of routes invite runners to discover exceptional scenery, nestled between the mountains and the Mediterranean.

- **4 distances**: 7, 10, 15 and 20 km.
- **All levels**: 250 to 1,300 metres in elevation gain.
- **A unique panorama**: a walk past the Tour de la Massane and views of the coast.



TRIATHLON IN ARGELÈS-SUR-MER (MAI)

A friendly sporting event set against a backdrop of sea and mountains, open to all ability levels. Participants complete a series of swimming, cycling and running stages in formats suitable for both children and adults.

- **For all ages**: KIDS 1 and 2, XS, S and M events.
- **A number of challenges**: from my first triathlon to striving for peak performance.
- **An exceptional setting**: between the Mediterranean and the Albères.

SOLID'RAID MÉDITERRANÉE (MAY)

An all-women's multisport adventure race, contested in pairs against the stunning backdrop of the sea and the mountains. An event centred on sport, camaraderie and solidarity, in support of a worthy cause.

- **A varied challenge**: trail running, run & bike, kayaking, swim & run, and surprise events.
- **For everyone**: experienced athletes or beginners.
- **Strong values**: Solidarity, pushing oneself to new heights and sharing.

SWIMRUN COAST VERMEILLE (JUNE)

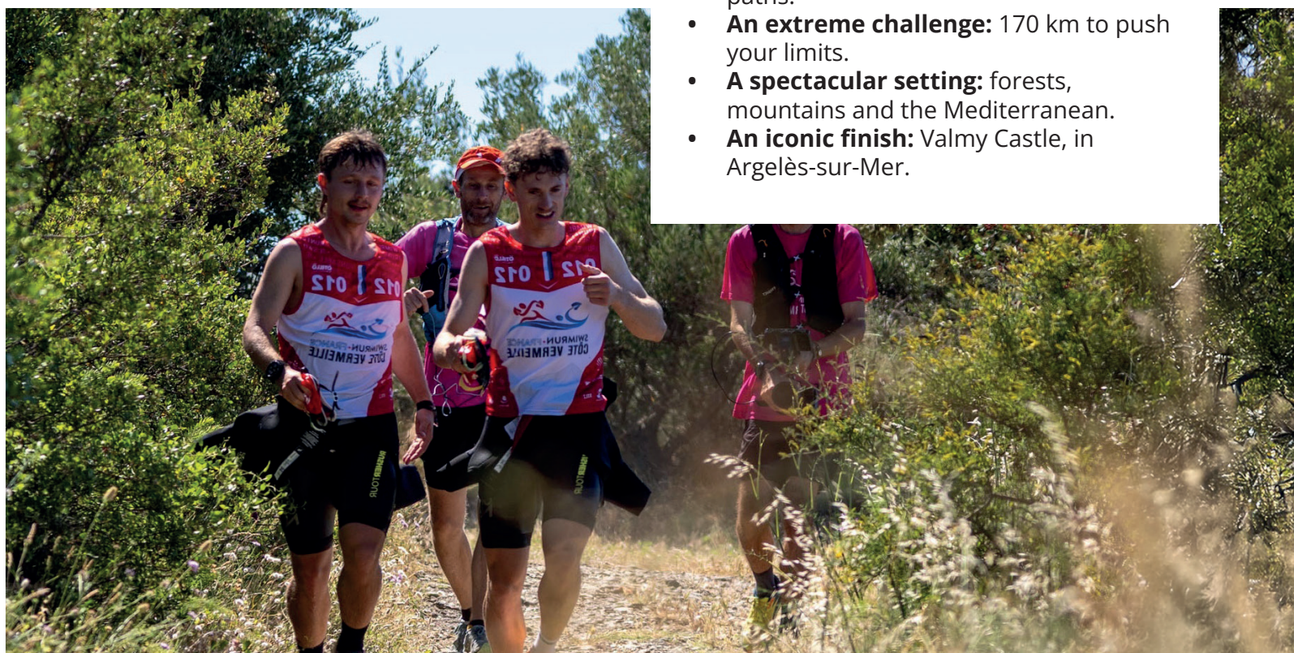
Every June, this endurance event challenges participants to alternate between running and swimming along the Mediterranean beaches and through the hills of the Côte Vermeille.

- **An endurance challenge**: alternating between running and swimming.
- **An exceptional landscape**: beaches, coves and rugged terrain.
- **An immersive experience**: pushing your limits and discovering spectacular landscapes.

100 MILES SOUTH OF FRANCE (OCTOBER)

A spectacular setting: forests, mountains and the Mediterranean, stretching over 170 km with 7,650 m of elevation gain.

- **An exceptional journey:** from the ridges of the Pyrenees to the coastal paths.
- **An extreme challenge:** 170 km to push your limits.
- **A spectacular setting:** forests, mountains and the Mediterranean.
- **An iconic finish:** Valmy Castle, in Argelès-sur-Mer.





DID YOU THINK ARGELÈS-SUR-MER WAS ALL ABOUT RELAXING WITH YOUR FEET IN THE SAND?

Here, you can also explore the area by bike.

By bike, Argelès-sur-Mer reveals a whole new side to itself. From coastal roads to the trails of the Albères, there's something for everyone: challenging road cycling rides, technical mountain bike trails, nature trails for gravel bikes, or leisurely bike rides.

Set amongst the sea, vineyards and mountains, the region offers a wide variety of routes to suit all levels. **The Tourist Office and many local businesses hold the 'Accueil Vélo' accreditation**, enabling them to provide cyclists with suitable services and facilities and making it easier for them to explore the region by bike.

ON A MOUNTAIN BIKE

Exploring the Albères by mountain bike means discovering **a mosaic of landscapes** between the sea and the mountains. Starting from Argelès-sur-Mer, **the routes alternate between sandy paths, shaded tracks, village alleyways and Mediterranean gardens.**

Accessible to everyone thanks to full-suspension mountain bikes, the adventure leads to Valmy Castle, the gateway to numerous cycling and walking routes.

GRAVEL

There's nothing quite like your gravel bike for combining the joy of sport with exploring the countryside.

Hop on your bike for this short 26 km route through the vineyards, along the coast and through the foothills of the Pyrenees.

It covers a total elevation gain of 560 metres by combining the blue route 5 towards Collioure with the black route 8, following wide forest tracks with the Mediterranean on the horizon.

SCAN THIS QR code to extend the discovery.

ROAD CYCLING

Whether you enjoy **leisurely walks or more challenging hikes,** the trails of the Côte Vermeille offer routes to suit all abilities.

From the circular route around Argelès-sur-Mer to the routes leading to Collioure, Banyuls-sur-Mer and the Spanish border, every ride reveals exceptional scenery between the sea and the mountains.

It's the perfect way to combine the joy of cycling with stunning views and challenging climbs.

EUROVÉLO 8

Whether you're a keen cyclist, out with your family, as a couple, with friends or even on your own, exploring our cycle and mountain bike routes, get on your bike… and discover our region!
From Menton to Le Perthus, embark on an 850-km cycling adventure, riding with a free spirit to the rhythm of the cicadas. Explore the countryside, ride along the gentle slopes of the hills and feel the sea spray on the coast.

The Mediterranean Cycle Route, the French section of EuroVelo 8, reveals a different side to the South. You'll ride through varied and sometimes little-known landscapes.

MOUNTAIN PASSES AND ROADS IN THE ALBÈRES.

Starting from Argelès-sur-Mer, the roads of the Albères offer a fantastic playground for road cyclists.

THE ALBÈRES OFFER A FANTASTIC PLAYGROUND FOR CYCLISTS

Featuring challenging climbs, iconic mountain passes and winding country lanes, the routes wind through unspoilt countryside between the sea and the mountains.

From the coast to the heights of the mountain range, each route offers its own set of challenges and exceptional views.



SPORT – CYCLING AND NATURE

DID YOU THINK THAT WAS NATURE THE BACKDROP?

She's the one writing the script.

The Ringed **Plover** is a protected species found in the Mas Larrieu National Nature Reserve. It is commonly found on beaches and in the dunes, where it breeds. Protecting it is essential to preserve this vulnerable bird and its habitat.



SUSTAINABLE TOURISM

Argelès-sur-Mer is actively committed to preserving its natural heritage.

The municipality is home to two major protected areas: the Massane Forest National Nature Reserve, a UNESCO World Heritage Site, and the Mas Larrieu National Nature Reserve, which protects one of the last remaining dune and alluvial systems on the Mediterranean coast.

Through the sustainable management of these areas and a wide range of awareness-raising initiatives, Argelès-sur-Mer works every day to protect its biodiversity and landscapes.

- **Two protected nature reserves.**
- A team dedicated to the conservation of natural areas.
- Environmental education and awareness-raising initiatives.
- **An approach to ecological and sustainable transition.**
- **The URB'ART Festival: urban creativity and environmental issues.**

THE MAS LARRIEU NATIONAL NATURE RESERVE

Sometimes it's important to step outside the box, to get away from the hustle and bustle of everyday life and lose yourself in the great outdoors.

THINK OUTSIDE THE BOX

Situated to the north of Argelès-sur-Mer, **the 160 hectares of the Mas Larrieu Nature Reserve are a haven for a fabulous array of biodiversity**, stretching from the Grau de la Riberette to the former Tech weir.

It is an ecosystem in its own right. You may come across various species of insects, including *Oxygastra curtisii*, an endangered dragonfly that the reserve helps to protect.

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THE BEECH FOREST OF LA MASSANE

Designated a UNESCO World Heritage Site in 2024, the Massane National Nature Reserve protects a beech forest that has been left to develop naturally for 150 years.

Situated in the Albères Mountains, it covers 300 hectares and is home to more than 12,000 species. A veritable scientific laboratory, it has been contributing to the study of biodiversity and climate change for over 50 years.

Access to the Albères massif is restricted during periods of fire risk in order to protect this exceptional natural heritage and ensure everyone's safety.

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THE MARINE NATURE RESERVE

Gulf of Lion Marine Nature Reserve: an underwater treasure

Off the coast of Argelès-sur-Mer, the Golfe du Lion Marine Nature Park protects **an exceptional maritime heritage across an area of 4,010 km²**.

This area is home to more than 1,200 animal species and 500 plant species, including iconic species such as Posidonia, red coral and the common dolphin.

Thanks to the efforts of its teams, the park is working to advance knowledge, **the conservation of and raising awareness about marine biodiversity.**



NATURA 2000

The mouth of the Tech and Grau de la Massane: a protected natural area

As part of the European Natura 2000 network, th**e 'Embouchure du Tech et Grau de la Massane' site protects 948 hectares of natural areas, 70 per cent of which are at sea.**

From Racou to Mas Larrieu, it protects remarkable habitats that provide a refuge for exceptional flora and fauna.

Thanks to conservation initiatives carried out in collaboration with local stakeholders, this area helps to ensure the long-term preservation of the richness and balance of the Catalan coastline.

- **948 hectares of protected** area, 70 per cent of which is marine.
- A Natura 2000 site that forms part of the European network.
- **Preserved natural habitats** between the sea and the coast.
- From Racou to Mas Larrieu, **an area rich in biodiversity.**

GREEN DESTINATIONS

Green Destinations: a region committed to sustainable tourism

The Albères Côte Vermeille Illibéris destination, of which Argelès-sur-Mer forms part, has been awarded the Green Destinations label in recognition of its commitment to more sustainable, resilient and socially responsible tourism.

This award recognises a collective initiative that combines environmental conservation, local development and new ways of welcoming visitors.



DID YOU THINK THE SEASON ENDED IN THE SUMMER?

The party never really stops in Argelès-sur-Mer.



URB'ART

Urb'Art: in May, Argelès-sur-Mer becomes an open-air gallery.

Every year, the Urb'Art festival transforms Argelès-sur-Mer into **a vast canvas for artistic expression.**

Street artists, monumental murals, performances, hip-hop dance, parkour, concerts and workshops are taking over the city, offering an immersive experience of urban culture.

A creative, festive and interactive event that brings the destination to life.

COMEDY FESTIVAL

The 'In April, don't let your guard down... with a laugh!' festival
is making a grand return to Argelès-sur-Mer.

Leading comedians and up-and-coming talents will take to the stage at the Espace Jean Carrère and at several of the city's iconic venues.

A varied, welcoming programme full of good humour, offering evenings filled with laughter.



ST GEORGE'S DAY

Every 23 April, Catalonia celebrates Sant Jordi, its patron saint.

According to legend, a knight slew a dragon and red roses sprang from its blood. **Since the 15th century, men have given a rose to their beloved, and since the 1920s, women have given a book in return**.

In Argelès-sur-Mer, this tradition fills the streets with a festive and romantic atmosphere.



Bacchus Festival: the Catalan way of life

Held in Valmy Park since 2022, the Bacchus Festival celebrates Roussillon wines, local cuisine and the region's winemakers in an exceptional setting overlooking the Mediterranean.

CONCERTS, TASTINGS AND GET-TOGETHERS ARE THE HIGHLIGHTS OF THIS EVENT

Concerts, food tastings and social gatherings are the highlights of this friendly event, which has become a must-attend occasion for lovers of fine food, music and the Catalan way of life.

SCAN THIS QR code to extend the discovery.

THE MEDIEVAL FESTIVAL

Les Médiévales: a journey to the heart of the Middle Ages

Every September, Argelès-sur-Mer takes a step back in time with the Médiévales.

The heart of the village is transformed into a medieval town, brought to life by performances, street performances, historical re-enactments and demonstrations of traditional crafts. Troubadours, craftspeople, blacksmiths and dancers immerse young and old alike in a festive and immersive atmosphere.

UNFORGETTABLE PARTIES

Argelès-sur-Mer invites you to experience the magic of the festive season with a programme of events for everyone. Concerts, Christmas parades, shows, family events and the traditional New Year's Day swim will mark the season. Every day promises plenty of excitement, fun and surprises, in a warm and welcoming atmosphere where young and old alike will share unforgettable memories. From 1 to 24 December, enjoy the festivities in the village, then from 26 December to 3 January, head to the beach area.

MAGIC FESTIVAL

Are you ready for some extraordinary adventures?
It's no illusion. The Argelès-sur-Mer Magic Festival is well and truly back to enchant your autumn.

On 6, 7 and 8 November, the Magic Festival will whisk you away to a world where reality and illusion become one. Make way for mystery, for wonder... Make way for magic!



ACCESSIBILITY

Committed to accessibility, Argelès-sur-Mer is developing facilities and services designed to make it easier for everyone to access the beaches, leisure facilities, activities and accommodation.

A COMMITTED TOURIST OFFICE

The Argelès-sur-Mer Tourist Office is committed to ensuring that its services are accessible to everyone, thanks to facilities adapted for people with disabilities.

Two disabled parking spaces, located in the immediate vicinity, make it easier to access the building.

A tactile paving path guides visually impaired visitors to the entrance and then inside the Office.

For people with hearing impairments, a magnetic loop improves the quality of communication with advisers.

THE FACILITIES REFLECT A COMMITMENT TO PROVIDING AN INCLUSIVE WELCOME

Appropriate documentation, including materials in large print and pictograms, is also available to make tourist information clearer and more accessible.

These facilities reflect our commitment to providing an inclusive, comfortable and high-quality experience for all visitors.

SCAN THIS QR code to extend the discovery.



LANDSCAPED SQUARE OF THE MAÏNADE

Opened in 2024, the Square de la Maïnade is an inclusive playground designed to welcome all children, including those with disabilities.

In particular, it has an accessible swing donated by the ADAFH charity.

This park exemplifies Argelès-sur-Mer's commitment
promotes accessibility and enhances its appeal as a family-friendly, inclusive destination open to all.



ACCESSIBLE BEACHES

Enjoy the coastline at Argelès-sur-Mer with complete peace of mind. **Thanks to suitable facilities and dedicated equipment, people with reduced mobility can access the beach and go swimming in the best possible conditions.**

APPROPRIATE INFRASTRUCTURE AND SERVICES

Argelès-sur-Mer is continuing its commitment to accessibility by developing suitable facilities and services to make it easier for people to access beaches, leisure facilities, activities and accommodation.

The resort has held the Handiplage accreditation since 2004 and is recognised for the quality of its facilities, the safety of its installations and its welcoming atmosphere. Each season, it enhances its offering to provide an ever more inclusive tourism experience.

- **6 first-aid posts accessible to people with reduced mobility**
- Plage des Pins (post 3) has been awarded the Handiplage Level 3 accreditation
- Disabled parking (4 spaces)
- Guided walk to the water's edge
- Accessible toilets
- 5 Tiralos available
- Reserved shaded area

Lifeguards are trained to assist people with reduced mobility (PRM). This training enables them to provide a tailored, safe and caring service, with a view to making the beach and swimming accessible to everyone.



YOUR BESPOKE PRESS TRIP

Argelès-sur-Mer reveals itself to be a destination with many facets.

Through these two immersive itineraries, the resort invites journalists to discover its identity, its landscapes, its local expertise and the people who embody its way of life. An experience combining Catalan authenticity, local cuisine and outdoor activities.

LIFESTYLE, GASTRONOMY AND EXPERTISE

This itinerary offers an immersion into the very heart of Argeles's spirit, encompassing local heritage, gastronomy and craftsmanship. From the narrow streets of the historic village to the traditional markets, from the vineyards to the passionate artisans, each stop reveals a destination deeply rooted in its traditions and the quality of its produce. It is an invitation to take your time, to meet the people who bring the region to life, and to savour a unique Mediterranean way of life.

DAY 1 – FIRST TASTES AND EXPLORING THE LOCAL HERITAGE

Immerse yourself in the history of Argelès-sur-Mer as you explore the historic village, its heritage and its iconic sites. Stroll through the traditional market to meet local producers, enjoy lunch in the heart of the village, then visit a vineyard followed by a wine tasting. The day concludes with a meal showcasing local specialities.

DAY 2 – LOCAL ENCOUNTERS AND EXPERTISE

Discover a vibrant area on a walk combining heritage and street art.

Lunch with a view of the Albères before continuing on to explore the Domaine de la Mer Blanche and its unspoilt surroundings.

A workshop focusing on traditional craftsmanship rounds off this immersive experience, followed by a dinner showcasing the local cuisine
'From the vegetable patch to the plate'.

DAY 3 – THE GOOD LIFE BETWEEN THE SEA AND LOCAL TRADITIONS

The final stage of this itinerary features a walk along the coastal path and a visit to Mas Boutet, which specialises in olive growing.

A lunch at the harbour extends this Mediterranean experience before departure.

OUTDOOR ACTIVITIES

Nestled between the sea and the mountains, Argelès-sur-Mer offers an exceptional setting for lovers of outdoor activities.

This itinerary showcases an active and unspoilt destination, where scenic walks, water sports, sustainable transport and immersive experiences offer a different way to explore the region.

As they wander along the footpaths, beaches and protected natural areas, visitors can explore the region's bountiful natural environment, enjoying a blend of excitement, wellbeing and discovery.

DAY 1 – BETWEEN THE COAST AND THE ALBÈRES MOUNTAINS

Your first taste of the landscapes of Argelès-sur-Mer with a guided walk along the coastal path, offering exceptional views of the sea and the mountains.

Discover Mas Boutet and its olive-growing expertise, followed by lunch in Le Racou, an iconic neighbourhood on the coast.

The afternoon continues with **an introduction to sailing**, followed by dinner overlooking the Mediterranean.

DAY 2 – A LIFE-SIZE PLAYGROUND

A day dedicated to exploration and sustainable transport, featuring an e-bike ride through the countryside around Argelès.

After lunch at the harbour, it's time for some water sports, with a sea **kayaking** or sea canoeing **trip**.
A visit to the Domaine de la Mer Blanche rounds off this day filled with nature, adventure and local heritage.

DAY 3 – DISCOVERING UNSPOILT NATURE

The final day dedicated to wellbeing and exceptional natural spaces.

After breakfast on the beach and a yoga or meditation session overlooking the sea, **explore the Mas Larrieu Nature Reserve.**

The tour concludes with a unique immersive experience aboard traditional Catalan boats with the GranyotaRem association.



NOTES



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