

The Dombes

A NATURE GETAWAY



Sunset on a pond
©Pierre Jayet



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The Dombes
with **children**



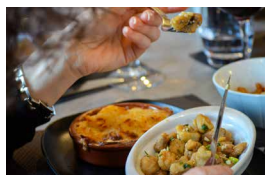
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Les **faces** of
the Dombes



Dombes Tourisme

Place du Champ de Foire
01400 Châtillon-sur-Chalaronne

OPENING HOURS

All year round

From Tuesday to Friday

9:00 - 12:30 am & 2:00 - 5:00 pm

Saturday : 9:00 - 12:30 am

July to September

From Tuesday to Friday & bank holidays

9:00 - 12:30 am & 2:00 - 5:00 pm

Saturday & Sunday: 9:00 - 12:30 am

+33 4 74 55 02 27

contact@dombes-tourisme.com

WWW.DOMBES-TOURISME.COM

Come and circulate

Trains

Line 32 Bourg en Bresse/ Lyon

6 stations in Dombes

www.ter.sncf.com

Although the Dombes is crossed by TER and TGV lines and has several stations, intra-territorial travel in soft mode (trains, buses) are rarer, especially on weekends.



Buses

Line A02 : Villars les Dombes / Châtillon-sur-Chalaronne

Line A01 : Villars les Dombes / Chalamont

Line A19 : Bourg en Bresse / Villefranche (via Châtillon-sur-Chalaronne)

www.car.ain.fr

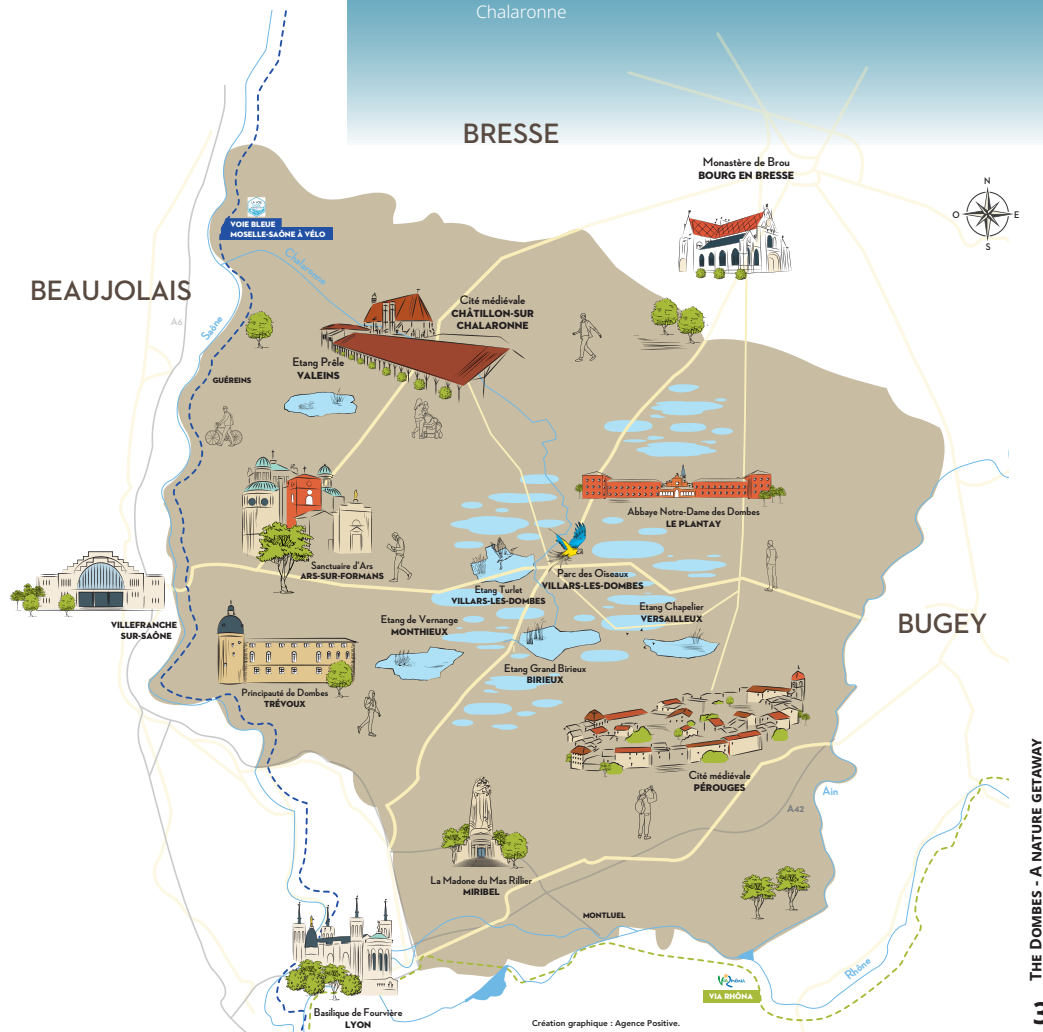


Lyon (30km) : RD 1083 direction Bourg en Bresse

Bourg en Bresse (30km) : RD 1083 direction Lyon

Genève (1h50) : Motorway A42, exit 8 (Ambérieu en Bugey), then D904 direction Chalamont

Mâcon (1h) : A6, exit no. 30 (Belleville) and D17 towards Châtillon-sur-Chalaronne



Création graphique : Agence Positive.



Jardin des Simples - Hôtel Dieu
©Claire Curt



Hôtel de la Tour***

Restaurant Le Pierre Scize

Ideally located for exploring the medieval town and surrounding area, the Hôtel de la Tour welcomes you in a warm setting combining traditional charm and modern comfort.

Discover the sincere and generous cuisine of chef Christophe Geoffroy, in his restaurant Le Pierre Scize. An establishment with eco-responsible values, concerned with the sourcing of its produce (fresh and local), offering a warm and friendly welcome in an intimate setting. With its half-timbered walls, brickwork and committed smiles, the chef and his team will pamper you.

In fine weather, you can also enjoy the Jardins de la Tour restaurant, Les Jardins du Pierre Scize, its terrace, garden and swimming pool.

These gardens are the ideal setting for a relaxing stay in the countryside, where comfort and relaxation are the order of the day.

All year round :

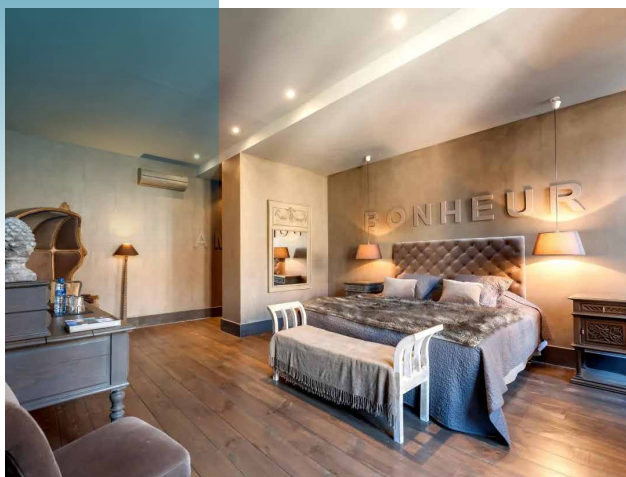
- Hôtel de la Tour : 19 chambres
- Le Pierre Scize : 100 couverts

From 19th mai au 15th septembre :

- Les Jardins de la Tour : 14 chambres
- Les Jardins du Pierre Scize : 80 couverts (extérieur)

Place de la République
01400 **Châtillon-sur-Chalaronne**
+33 4 74 55 05 12

WWW.HOTEL-LATOURL.COM



Top 5 heritage sites



1. Châtillon-sur-Chalaronne

A medieval nugget where charm and history intertwine.

Formerly known as Châtillon-les-Dombes, this town offers an ideal getaway less than an hour from Lyon. Its historic heritage, flowers, friendly atmosphere and gastronomic delights are sure to attract visitors. The market, 15th-century covered market, corbelled houses, Saint André church, flower-bedecked bridges over the Chalaronne, the fortified Villars gate and the remains of the Vieux Château are all waiting to be discovered on foot, in a horse-drawn carriage or on a guided tour of the town.

Dombes Tourisme

+33 4 74 55 02 27 - www.dombes-tourisme.com

Porte de Villars
©Claire Curt

2. Pérouges

Immerse yourself in the captivating medieval atmosphere of Pérouges, a city where charm and history are revealed at every cobbled street corner.

Like a film set still inhabited today, the medieval town of Pérouges is a small village from the late Middle Ages. The Place du Tilleul, the galette and the artisans' homes are its symbols. The town is a coherent ensemble of craftsmen's and merchants' houses, all built of pebbles and bricks. Numerous exhibitions, markets and events are organized throughout the year. Guided tours offered by the tourist office invite you to discover the history of the area.

Pérouges Bugey Tourisme

+33 9 67 12 70 84 - www.perouges-bugey-tourisme.com



Cobbled streets
©Marilou Perino



Choir and steeple of the abbey church
©Michael Zeilfelder

3. Notre-Dame des Dombes Abbey

Let yourself be charmed by the tranquility of the Abbaye Notre-Dame des Dombes, a jewel nestled in the heart of nature.

A Cistercian abbey founded in 1863 by Trappist monks and designed by Pierre Marie Bossan (architect of the Fourvière basilica in Lyon and the Ars-sur-Formans basilica), it was entrusted to the Chemin Neuf community in 2001.

Its typical Dombist red bricks and unusual architecture are revealed at the end of an alley. The interior of the church is sober and uncluttered, in the style of Cistercian churches, where the mind must concentrate on prayer. The stained glass windows in the choir represent the waves of the Dombes ponds, linked by reeds, symbols of fraternity.

The boutique sells products from the abbey farm all year round: apple juice, honey, fruit jellies and organic raw-milk cow's milk cheeses, as well as the abbey's specialty, Musculine.

1600, route de l'Abbaye - 01330 **Le Plantay**
+33 4 74 98 14 40 - www.dombes-chemin-neuf.fr
Open every day except Tuesday.

4. Ars-sur-Formans

Discover this unusual village, steeped in history, spirituality and charm.

Discover the Ars sanctuary, where hundreds of thousands of pilgrims and tourists converge every year, drawn by the story of Jean-Marie Vianney, patron saint of all the world's priests.

Contemplate the work of the Ateliers Grévin in the wax museum and the life of the Saint Curé d'Ars and relive, life-size, the highlights of an extraordinary man.

The Monument de la Rencontre, symbolizing Jean-Marie Vianney's arrival in Ars in 1818 and his meeting with the little shepherd Antoine Givre, offers a magnificent panorama of the village, the basilica, the Monts d'Or and the Beaujolais region.

Ars-Trévoux Tourisme
+33 4 74 08 10 76 - www.ars-trevoux.com



Saint Sixte Basilica
©Sanctuaire d'Ars



Voie Bleue Moselle-Saône by bike
©Ben Becker

5. Trévoux

Trévoux, a medieval town on the banks of the Saône, along the Voie Bleue (Moselle-Saône by bike), reveals its beauty, between history and modernity.

Inhabited since prehistoric times, the town's location on a trade route has enabled it to enjoy a major economic boom.

The old town was developed in the late Middle Ages, and still retains the remains of its ramparts, including several towers and a fortified gateway. Mullioned and bracketed windows wind their way through the medieval town, topped by a powerful château-fort offering panoramic views of the Saône, Dombes and Beaujolais regions.

From the 16th to 18th centuries, Trévoux was the capital of the Principality of Dombes, a Monaco near Lyon. The town still boasts the Palais du Parlement, a reminder of this splendid era.

On Sundays and bank holidays from March 30 to September 30, discover the castle, the town and the Parlement de Dombes on guided or self-guided tours.

Ars-Trévoux Tourisme

+33 4 74 00 36 32 - www.ars-trevoux.com



Le Parc des Oiseaux

EMOTIONS BY NATURE



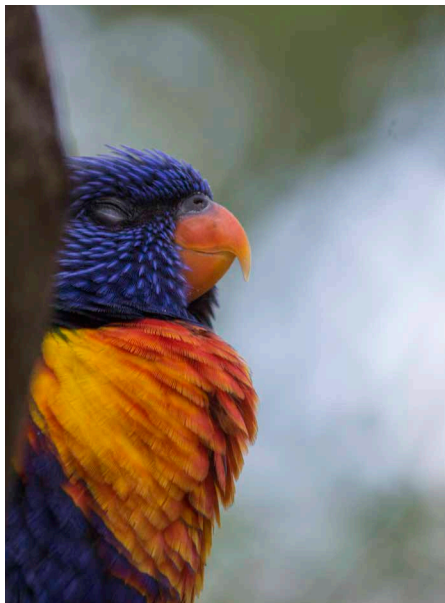
Colibri
©Michael Zeilfelder





Hot air balloon flight
over the ponds©Mothy20/Istock

Top 5 outdoor activities



1. Parc des Oiseaux

A unique concept

From the African savannah to the Australian bush, from the tropical jungle to the Chilean coast, embark on a verifiable world tour, during which you'll discover the most beautiful birds and the most sumptuous landscapes on 5 continents.

Through the 26 areas that make up the Park, young and old alike can wander through the heart of unspoilt nature. They can discover over 250 species and almost 2,500 birds... Just look up and watch their ballet.

Combining graceful bird acrobatics with a sublime natural backdrop, the bird show is truly an event not to be missed!

Open from March to November.

RD 1083 - 01330 **Villars-les-Dombes**
+33 4 74 98 05 54 - www.parcdesoiseaux.com

Loris
©Michael Zeifelder

2. The Grand Birieux observatory

Immerse yourself in nature and admire the ornithological wealth of the largest pond in the Dombes region.

The Etang du Grand Birieux, in **Birieux**, is a major wintering site for waterfowl and a breeding ground for many other species.

It is home to many waterfowl during the post-nuptial and winter periods.

Many ducks spend the winter here, including teal, pintail and various scaups. Hundreds of greylag geese regularly gather here. A number of protected insects, such as the Swamp Copper butterfly and the Large-throated Dragonfly, are also present.

The observatory allows you to admire the many species present on the pond without disturbing them.

Dombes Tourisme
+33 4 74 55 02 27 - www.dombes-tourisme.com



Egret and Common Warbler
©Michael Zeifelder



3. Circuit des 11 étangs

Stroll among the Dombes ponds and let yourself be enchanted by the charm of their landscapes...

A walk along the edge of the ponds at **Saint Nizier le Désert**, alternating between dirt tracks and tarmac roads. There are two tricky sections (around 1.9km on the départementale), but they're well worth the effort to catch a glimpse of egrets, herons, great crested grebes, ducks and swans.



Base de loisirs
La Nizière



12 km



3h



Medium level
56% tar

Walk along the ponds
©Clara Darget-Lacoste

4. Circuit de la Tour du Plantay

Immersion in the heart of the Dombes' countryside.

Stroll through fields, undergrowth and beside ponds, with views of the Bugey and Mont Blanc. Along the way, discover the Tour du **Plantay** (not open to visitors), remnant of the Château du Plantay burnt down in 1460 by the Duke of Bourbon's troops.

This short walk is a mixture of dirt tracks and small tarmac roads.



Parking des
Randonneurs



6,5 km



1h40



Easy level
57% tar



Tour du Plantay
©Michael Zeifelder



Cabane Sika with deers
©Domaine de la Dombes

5. Domaine de la Dombes

Unusual cabins - Campsites or Leisure and Animal Parks

Because vacations are not for everyone, Domaine de la Dombes offers something for everyone! Whether you're looking for an unusual stay in a tree house, a floating cabin on the lake or in the middle of a wildlife park, or a camping holiday (bare pitches or rentals), it's all possible.

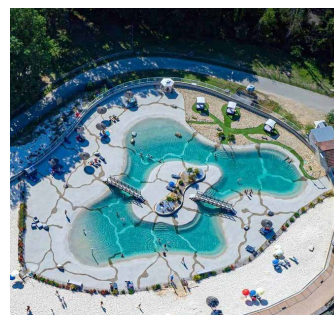


Tyrolienne au-dessus de l'étang ©Domaine de la Dombes

Impossible to get bored...

The Domaine de la Dombes is also 8 animal parks with private guided visits, a spa & massage wellness area, a lagoon swimming pool (May to September) with on-site bar-snack, fishing, mini golf, accrobranche, mountain bike, duo bike and rowing boat hire, a walking circuit...

And to keep your strength up, don't miss **the Domaine's specialties**: honey, terrines, apple juice, beer and wine.



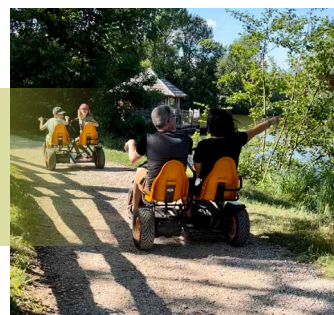
Piscine lagon vue du ciel ©Eric Vandroux

New products 2024

Escape Quest et mini golf !

DOMAINE DE LA DOMBES****

941, Chemin de Verfey - 01240 St Paul de Varax
+33 4 74 30 32 32 - www.domainedeladombes.com



Duo bike
©Domaine de la Dombes

To discover on your walks





Swans
©Michael Zeilfelder

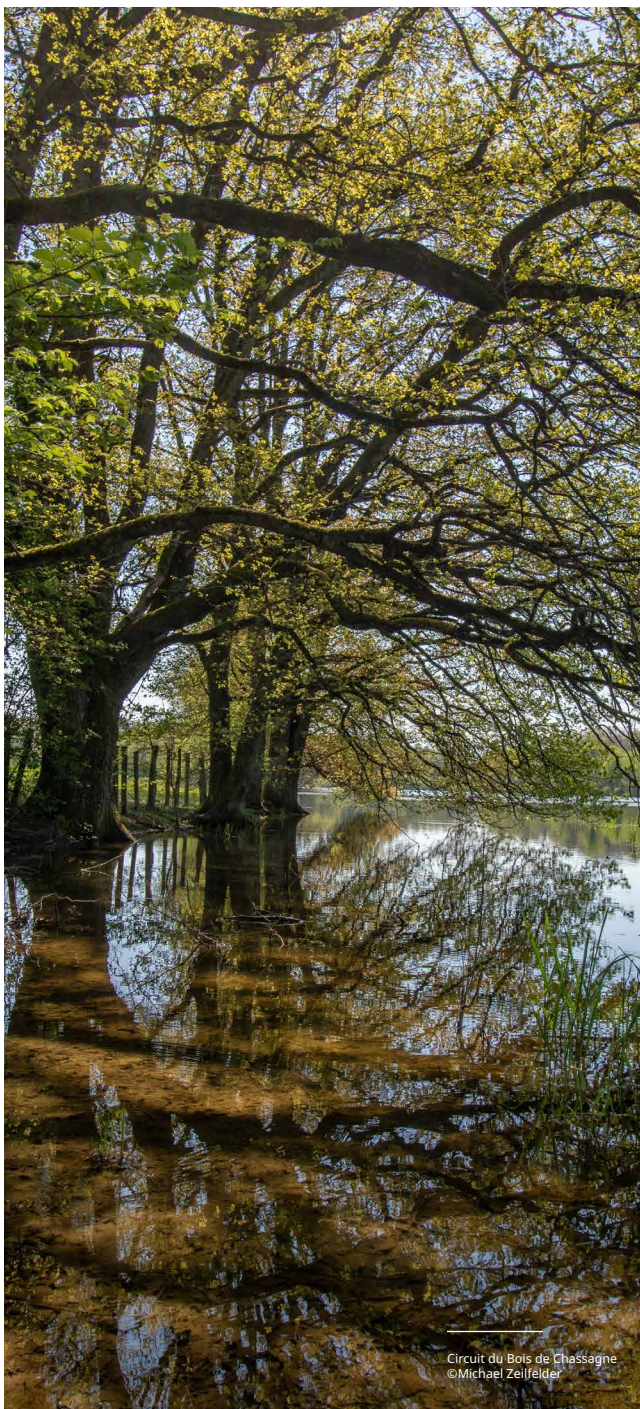
BEFORE YOU SET OFF

A free mobile app to download!

The Ain Outdoor application lets you download background maps and guide you, even when you're not on the phone, using your smartphone's GPS signal!

You can choose your route, hike in visual or voice mode, save your GPX track and share your itineraries on social networks!

Ain Outdoor



Circuit du Bois de Chassagne
©Michael Zeilfelder



Flower-bedecked banks
© Michael Zellfelder

Châtillon-sur-Chalaronne

MEDIEVAL CITY OF CHARACTER

A self-guided discovery tour allows you to discover the treasures of this medieval town:

- Corbelled houses
- Halles
- Saint André church
- Saint Vincent de Paul House
- The Villars Gate
- The salt granary
- Hôtel Dieu
- Remains of the Old Castle

Tours

For a more in-depth visit, take a guided tour of the town (1h30), the Hôtel Dieu (1h) or the Miniature Train Museum (45mn).

More information : www.dombes-tourisme.com

A city in bloom

Every year, Châtillon-sur-Chalaronne puts 50,000 plants, 200 varieties and 3 major periods in bloom. The blossoming changes with the seasons, so it's an opportunity to visit every season. What's more, every September, you'll also have the opportunity to browse the rare plant market.

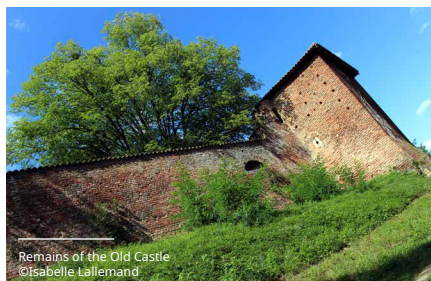


Hydrangeas
© Claire Curt

HERITAGE

Riverbanks in bloom
Medieval market halls
Cobbled streets

Hôtel Dieu
Remains of the Old Castle
St André Church



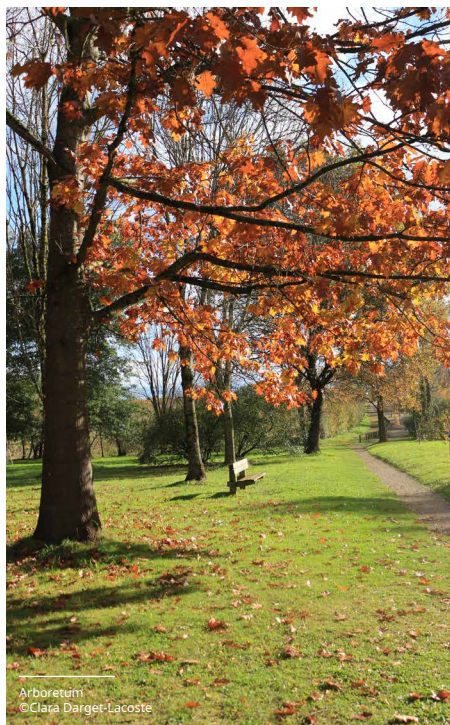
A city of gastronomy

The traditional Saturday morning local produce market under Les Halles, voted Most Beautiful Market in the Auvergne-Rhône-Alpes region in 2018 and 3rd Most Beautiful Market in France in 2021, has been going strong since 1898!

Since 2019, an organic market has been taking place under the halles on Wednesday mornings.

More than fifteen restaurants offer family-friendly dining and local specialties.





Did you know?

Châtillon-sur-Chalaronne boasts a number of «Nature» areas.

The arboretum and its apiary, the Prés Gaudet ponds, the Clos Janin with the Chalaronne or the Jardin des Simples offer the ideal setting for a bucolic stroll, an afternoon of fishing or simply a picnic break.





WITH FAMILY

En extérieur

Game «The escape of Physalis» (2h30)
Picnic at Clos Janin
Arboretum and Apiary
Jardins des Simples
Fishing in the ponds of the Prés Gaudet

En intérieur

The Hôtel Dieu Museums (50mn)
Children's workshops at the Hôtel Dieu (1h)
Miniature Train Museum (45mn)

Game "The escape of Physalis"

Help Physalis escape from the medieval town and set off on an adventure!

Your mission is simple: as you scour the city for clues, you'll find the code that opens the city gates. Then young Physalis can realize her dream with her idol Philibert Commerson.

Ages 8 and up

A game for the whole family, all year round.

Game bag on sale at the Tourist Office for €10.

Hôtel Dieu Museums

+33 6 85 77 48 08

4 museum areas: Hôpital Royal - Apothicairerie, Life in Dombes in 1900, Philibert Commerson's Odyssey and Micro-Folie®.

Ages 3 and up

Open from April 2 to September 15, Tuesday to Saturday, 10am to 12pm and 2pm to 6pm.

Guided tours at 10 am, 11 am, 2 pm, 3:30 pm and 5 pm.

Old Hospital: 4€/adult - 3€/children

Old Hospital & Museums: 6€/adult - 5€/children

Miniature Train Museum

www.museedutrainminiature.com

A huge scale model of real and imaginary buildings and scenery, reproducing life in miniature down to the smallest detail.

Ages 3 and up

Open weekends year-round and Tuesday to Sunday during school vacations (zone A).

8€/adult - 4€/child



Apothecary
©Claire Curt

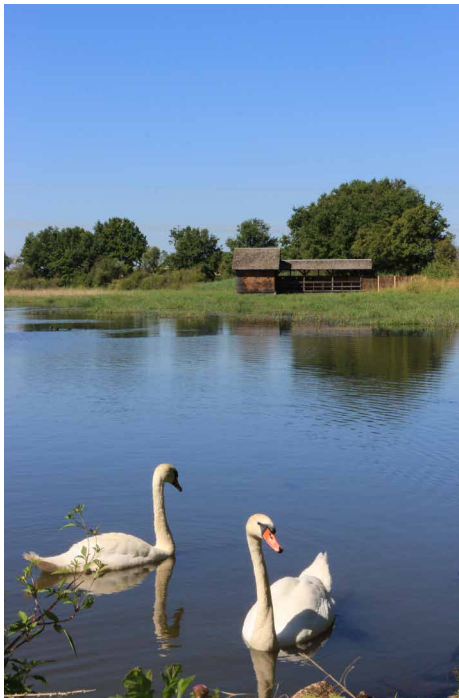


Miniature Train Museum
©Isabelle Lallemand



Prêle Pond and
its observatory
©CC Dombes

10MN FROM CHÂTILLON-SUR-CHALARONNE, DISCOVER *L'étang Prêle*



With a surface area of 12.7 ha, Etang Prêle boasts an observatory where you can contemplate the pond's biodiversity, including great crested grebes, black-headed gulls, grey herons and egrets. More than 30 species of birds are regularly observed on the site.

An interpretation trail takes you around the pond to discover its varied vegetation.

As a family, have fun observing nature by investigating the «Physalis, panique à Prêle» puzzle game* (from 6 years, duration: 1h30).

You'll find 2 picnic tables and ample parking on site.

All the ingredients you need to enjoy a beautiful day in the midst of nature.

* Game on sale at the Châtillon-sur-Chalaronne Tourist Office.

Swans and observatory
©Claire Curt



Game « Physalis, panique à Prêles »
©AurelPhotog



Graine de soigneur
©Parc des Oiseaux

LA DOMBES with children

Animals, mini-golf, go-karting, bowling, accrobranche®, visits to castles... there's no shortage of activities in the Dombes to delight children.



Nursery
©Domaine de la Dombes

1. Villars les Dombes - Bird Park
Animation Graine de Soigneur (8 years)

2. St Paul de Varax - Domaine de la Dombes -
Accrobranche «Accro Dombes» (2 years)
Nursery visit (3 years)
Mini-golf (3 years)
Escape Quest (4 years)

3. St André le Bouchoux - Ferme des Pampilles
Farm visit (all ages)

4. La Chapelle du Châtellard -
Monsieur Seguin educational farm
Farm visits (2 years)
Bread and pizza-making workshops... (3 years)

5. Châtillon/Chalarnonne
«L'évasion de Physalis» - Puzzle game (8 years)

6. Valeins - Etang Prêles
«Physalis et les étangs» - Puzzle game (6 years)

7. Marlieux - Gaec des Clougères
Milking goats and feeding goats (all ages)

8. St Didier/ Chalarnonne - Aquatic Gardens
Visit to the park with koi carp (all ages)

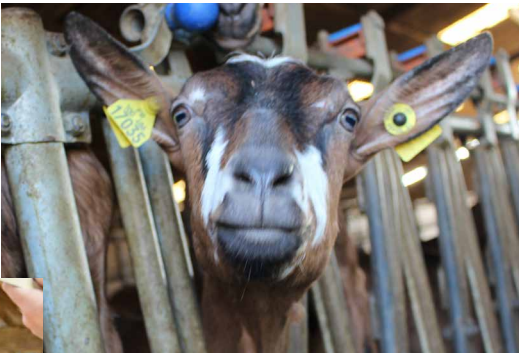
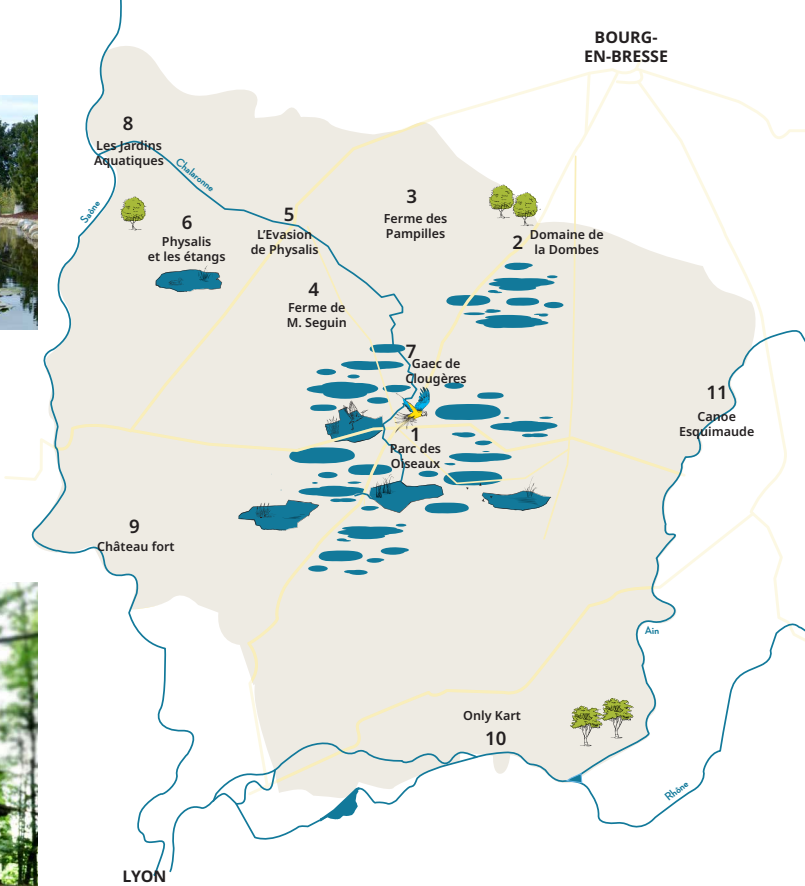
9. Trévoux
Castle (all ages)

10. Dagneux - Only Kart
Indoor go-kart (3 years) Virtual bowling (3 years)
Virtual Reality (10 years) Laser Game (6 years)

11. Pont d'Ain - L'Esquimaude
Canoe, kayak, paddle or BigSup down the Ain river (5 years)

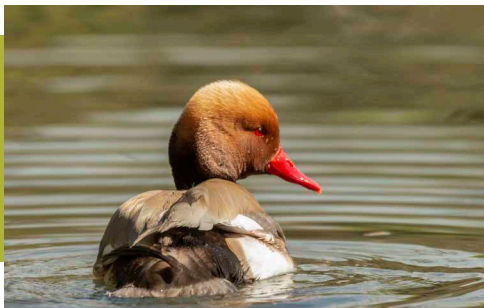


Accro Dombes
©Domaine de la Dombes



Gaec des Clougères
©Clara Darget-Lacoste

Physalis et les étangs puzzle game
©AurelPhotog



Red-haired Net/ Common Coot
©Michael Zeilfelder

THE DOMBES

A protected natural area

The Dombes ponds are a paradise for wild birds. Whether sedentary or migratory, the Dombes offers a haven of peace and a healthy stopover for our feathered friends.

130 species of birds have found the Dombes to be a blessed land for feeding, sheltering and breeding.

All these species can be seen from the observatories of the 5 ponds that have been awarded the Espaces Naturels Sensibles label.

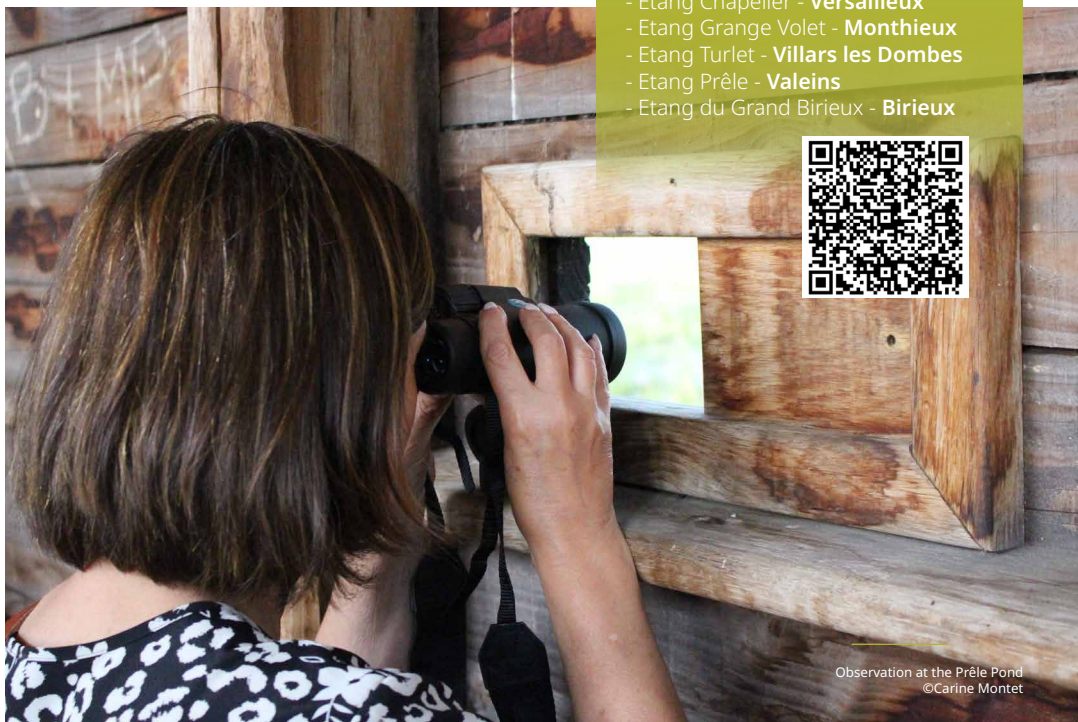
The aim of this label is to protect their ecosystem and raise public awareness of their fragility.

In 2023, the Dombes also joined the list of RAMSAR sites and is recognized as a wetland of international importance, like the Danube Delta or the Camargue. The Ramsar list includes wetlands that provide ecosystem services and benefits of great value to the countries in which they are located, and to the world as a whole.



Where are the observatories?

- Etang Chapelier - **Versailleux**
- Etang Grange Volet - **Monthieux**
- Etang Turlet - **Villars les Dombes**
- Etang Prêle - **Valeins**
- Etang du Grand Birieux - **Birieux**



Observation at the Prêle Pond
©Carine Montet



Grey Heron / Great Crested Grebes
©Michael Zeilfelder

Did you know?

The Parc des Oiseaux offers full-day photo courses, as well as special tours where you can go behind the scenes with a guide.

More information : www.parcdesoiseaux.com



Privileged visit of the Parc des Oiseaux
©Parc des Oiseaux



Little egret
©Michael Zeilfelder

What do birds do in Dombes throughout the seasons?

J ●	F ● ●	M ● ●	A ● ●	M ● ●	J ●
J ●	A ●	S ●	O ●	N ●	D ●

● Wintering

● Pre-nuptial migration

● Nesting

● Post-nuptial migration

THE DOMBES

A nature getaway





Le Plantay

Birieux



The Voie Bleue

MOSELLE-SAÔNE BY BIKE



The 700 km Voie Bleue® is one of the latest cycle routes to be completed, stretching from the Luxembourg border to Lyon in zero-carbon mode. You can cycle at your leisure along the Moselle, the towpaths of the Canal des Vosges and the banks of the Saône.

On the Dombes side, charming villages such as Montmerle wind their way along the Saône to the medieval town of Trévoux, capital of the Principality of Dombes. The historic center of Saint-Bernard, with its fortified castle and medieval church, and the Château de Fléchères in Fareins are also worth a visit.



The Voie Bleue, Moselle-Saône by bike
©G. Robert Famy

CYCLODOMBES, Bicycle route

between Châtillon-sur-Chalaronne and Villars les Dombes



Châtillon-sur-Chalaronne
or Villars-les-Dombes



Approximately 32 km
(aller-retour)



3h30



Easy level
100% tar



Balade à vélo
©Yves Thonnerieux

Cycling in the Ain

A multitude of choices for hiking and cycling.

A NETWORK OF CYCLING ITINERARIES IS CURRENTLY BEING STAKED OUT.

Whether you're a bike traveler, a cyclosporitif, a beginner or an experienced cyclist, the Ain offers an extraordinary range of cycling opportunities...

Depending on your level of ability or inclination, you can spend a few hours or a few days.



Fish farming

AN ECONOMY BASED ON THE RESOURCES OF OUR PONDS

The emblem of the Dombes region is fish. France's leading freshwater fish-producing region, the Dombes produces up to 1,200 tonnes of fish a year.

Carp is the queen of the Dombes, accounting for 70% of pond production. Present since the Middle Ages, they are hardy and ensure the pond's equilibrium.

Local restaurateurs sublimate carp in 1001 ways (carp stuffed with red wine, goujonnettes, grenouillettes, falafels, soufflé...), but also cook other pond fish: pike, zander, tench...

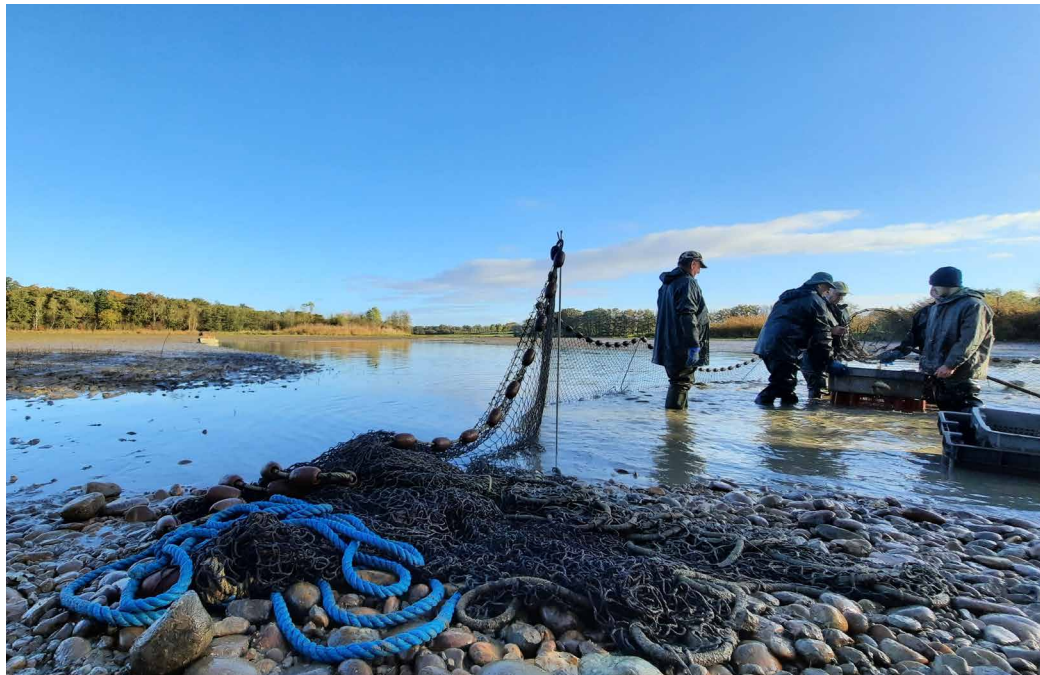
The Association de Promotion du Poisson des Étangs de la Dombes (APPED) has created the Poissons de Dombes® brand to promote this product and the fish farming industry.

Fish farming in Dombes means

- 7,506 ha of ponds in production
- 1,000 tonnes of fish caught (50% fish for processing, 50% for restocking ponds)
- 650 tonnes of carp
- 150 owner-operators of ponds
- A recognized brand



Fish farmer with a carp
©D. Gillet



Fishing in Dombes

The tradition of fishing, which dates back to the Middle Ages, continues to this day, and the month of October marks the start of traditional fishing in the Dombes ponds.

Every autumn, the ponds that are fished are emptied, like a bathtub, thanks to a valve called «le thou». The fish gather naturally at the deepest point of the pond: «le bief». The fishermen deploy a net from one end of this reach to the other, bringing the fish close to the bank: «la pêche».

The netting operation is repeated two or three times during the fishing season, with nets of progressively tighter mesh (from coarse mesh to seillette).

Once the net has been hauled in, the fishermen catch the fish in the «arvaux» (large landing nets) to remove them from the water. The fish is then placed in crates and transported to the sorting table, known as the gruyère. The fish is sorted by category and weight.

It is then weighed on the scale and taken away in a collection truck for processing or for restocking other ponds.



The carp, queen of the **DOMBISTE GASTRONOMY**



Goujonnettes and grenouillettes
of Dombes carp
©Clara Darget-Lacoste



Our top 5 culinary specialties



1. Carp goujonnettes

A favorite of Dombes inhabitants!

The Dombes is a land of fishing, and carp is its queen. Often overlooked by the general public, Dombes restaurateurs are bursting with imagination and creativity to perfectly exploit all the flavors of this freshwater fish.

Thinly sliced and fried, carp goujonnettes are best eaten with a salad and a creamy Béarnaise sauce. And like frogs, you can eat them with your fingers!



2. Carp rillettes

An appetizer made in Dombes!

For an original, light aperitif, we recommend carp rillettes generously spread on toast (toasted is even better!).

For an ideal food and wine pairing, serve your toast with a dry white wine like a Bugey roussette.

Our favorite: Carp rilette with green pepper and orange zest, a Dombes specialty to be enjoyed without moderation!



3. Frogs cooked the Dombes way

Cuisinées avec de la farine de gaude, du beurre AOC de Bresse, de l'ail et Cooked with gaude flour, AOC de Bresse butter, garlic and fresh parsley, it's a pleasure to eat them with your fingers, then lick your fingers to make sure you don't lose a crumb!

An emblematic French dish, the restaurateurs of the Dombes region know better than anyone how to sublimate it.

How can you tell if a true dombiste eats frogs?

He's the only one who has nothing left on his plate at the end, neither bones nor sauce!



4. The Musculine

A specialty of the Abbaye Notre-Dame des Dombes.

Build up your strength and energy and discover Docteur Guichon's famous Musculine, a fruit paste with energizing properties.

Exclusively produced at the Abbaye Notre-Dame des Dombes, because only the monks had the secret to making it, it's a specialty that sports enthusiasts particularly appreciate for its nutritional qualities.

Without giving you the recipe, here are its mystery ingredients: apples, quinces, honey, sugar and also beef jerky... making the product rich and high in protein.



5. The galette de Pérourges

A specialty of the medieval town of Pérourges since 1912, it is now a registered trademark!

It's made with lemon-scented leavened dough, topped with butter (or, very rarely, cream) and sugar.

This galette is best enjoyed with a glass of cider or Cerdon (a Bugey speciality), in the picturesque streets of Pérourges.



WHERE TO FIND good products?

Cheese and cold cuts
Papillothèque des fromages
©Claire Curt

- Chocolates and macaroons from Maison RICHART in **Saint André de Corcy**
- Rillettes de carpes, Poissons de Dombes processed products from Fumet des Dombes in **Saint André de Corcy**
- Chocolates from Vincent Durant, meilleur ouvrier de France, in **Châtillon-sur-Chalaronne**
- Honey, compotes, jams, jellies, cheeses... from Abbaye Notre-Dame des Dombes in **Le Plantay**
- Farmhouse ice creams - Glace Rimo in **La Chapelle du Châtelard**
- Honey, terrines, apple juice, wine and beer* from Domaine de la Dombes in **Saint Paul de Varax**
- Cheeses and charcuterie from La Papillothèque des fromages in **Châtillon-sur-Chalaronne**
- Coffees, teas and infusions from Magasin grains de Beaux Thés in **Châtillon-sur-Chalaronne**
- Sourdough breads, brioches, shortbread... at Levain Chef in **Sulignat**
- Beef, pork, poultry... from Boucherie des Dombes in **Villars les Dombes**

* Alcohol abuse is dangerous to health,
to be consumed in moderation

Producer stores

La Marande in **Châtillon-sur-Chalaronne**

Les Fermiers de la Dombes in **Villars les Dombes**



Maison Richart
©Claire Curt



Fumet des Dombes
©Claire Curt



©Vincent Durant Chocolater



Glace Rimo
©Clara Darget-Lacoste

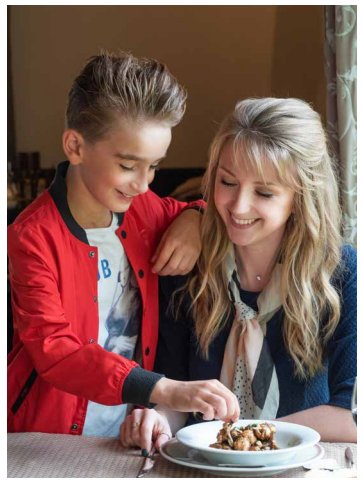


Frogs cooked the Dombes way
©Corinne Bertrand

WHERE TO EAT frog legs?

A great Dombes and French tradition, «frogs cooked like in Dombes» can be enjoyed with family or friends, with your fingers, at the tables of our Dombes restaurateurs, all week long and especially on Sunday lunchtimes (reservations are advisable).

Hostellerie des Dombes - **Bouligneux** - +33 4 74 98 08 40
Le Milouin - **Bouligneux** - +33 4 72 25 89 02
Le Pierre Scize - **Châtillon-sur-Chalaronne** - +33 4 74 55 05 12
Auberge de Montessuy - **Châtillon-sur-Chalaronne** - +33 4 74 45 01 51
La Gourmandine - **Châtillon-sur-Chalaronne** - +33 4 74 55 15 92
Le Jacques - **Condeissiat** - +33 4 74 51 42 60
La Bicyclette Bleue - **Joyeux** - +33 4 74 98 21 48
Les Platanes - **La Chapelle du Châtelard** - +33 4 74 24 50 42
Au coeur de la Dombes - **Le Plantay** - +33 4 74 98 01 01
Restaurant des Dombes - **St André le Bouchoux** - +33 4 74 42 50 91
Au Plaisir d'Etang - **St Nizier le Désert** - +33 4 74 21 37 32
Le Saint'Oliv - **Sainte Olive** - +33 4 74 00 57 60
Le Duverger - **St Paul de Varax** - +33 4 74 42 51 97
Restaurant du Parc - **Versailleux** - +33 4 74 98 20 36
La Sorelle - **Villette-sur-Ain** - +33 4 74 35 49 49



Frogs
©Claire Curt

Did you know?

Unfortunately, frogs no longer come from Dombes. Yet they used to thrive on the banks of the ponds. Intensive farming practices and over-exploitation have taken their toll.

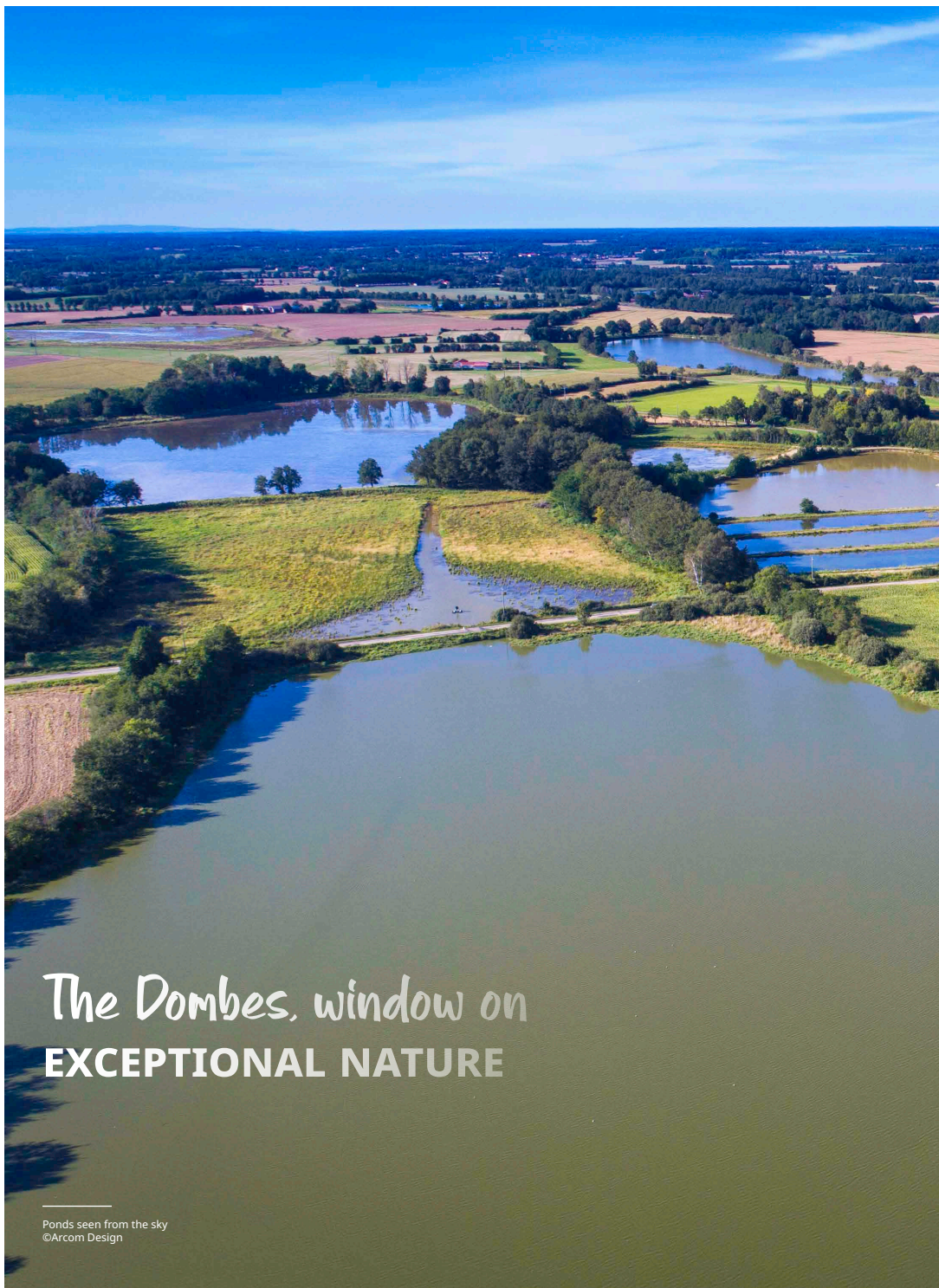
The French are huge consumers of frogs, devouring almost 4,000 tonnes a year. Faced with the over-exploitation of these batrachians, frog hunting was banned in 1980 and the species was protected in 2007.

A few exceptions remain, notably for pond owners who are allowed to indulge in this practice only in July and for personal consumption. In the majority of French restaurants, 99% of frogs come from Turkey or Eastern Europe, and arrive in France alive.

Nevertheless, initiatives are being launched in France to create French frog farms. Such is the case of Patrice François, a raniculteur in the Drôme since 2010. As the head of a frog farm, he confides in the difficulty of setting up such production. Today, he supplies not only the Michelin-starred Paul Bocuse restaurant, but also the 3-star Georges Blanc restaurant in Vonnas!

While we wait to see Dombes frog farms, the region's chefs continue to sublimate their frogs.

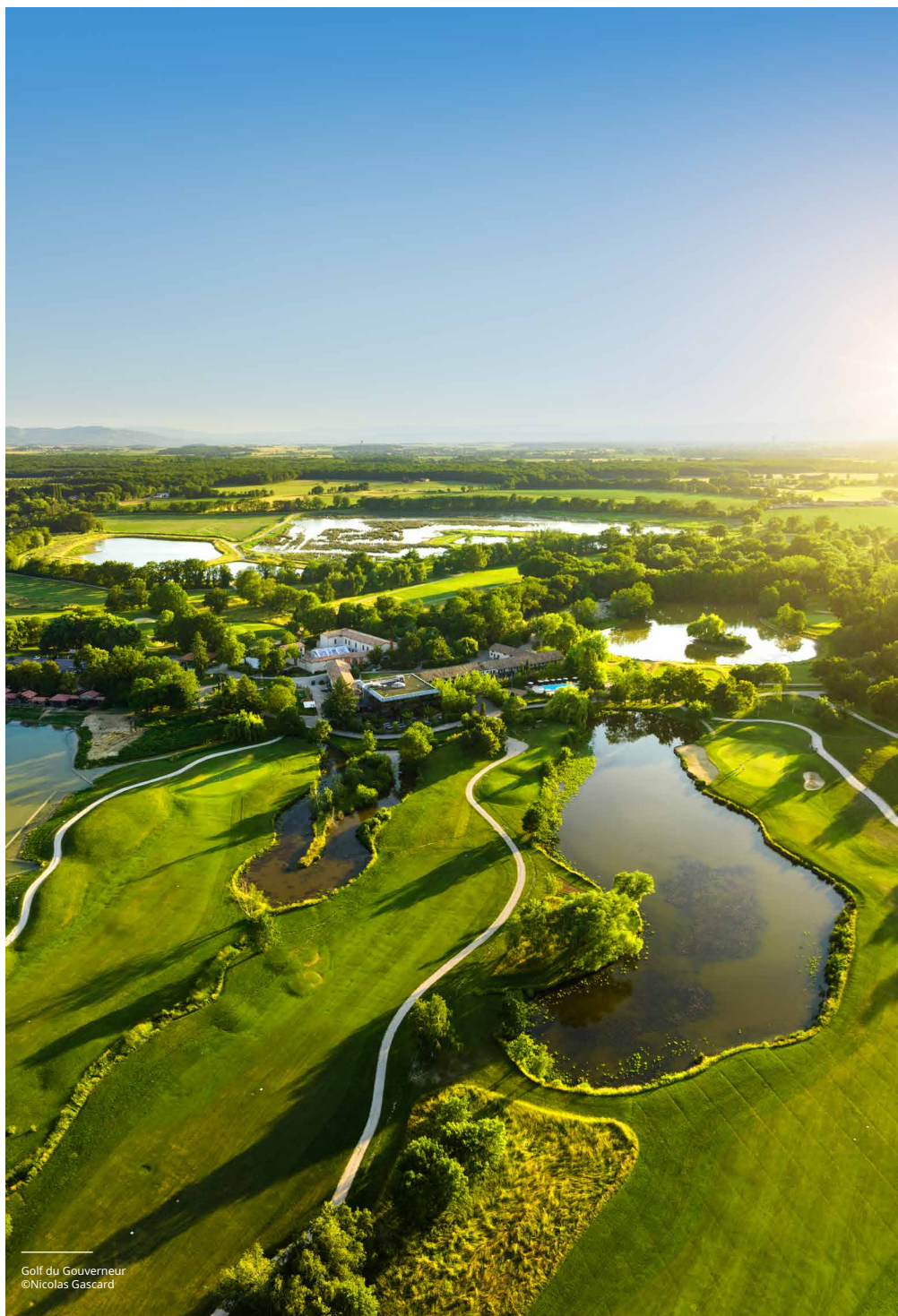




The Dombes, window on EXCEPTIONAL NATURE

Ponds seen from the sky
©Arcom Design





Golf du Gouverneur
©Nicolas Gascard

Domaine du Gouverneur****

The largest golf course in the Auvergne-Rhône-Alpes region, the Domaine du Gouverneur is also a welcoming hotel with spacious, elegant rooms and a bistronomic restaurant: the Table du Gouverneur.

The setting is ideal for seminars and celebrations of all kinds, and for anyone wishing to make these shared moments unforgettable.



Domaine du Gouverneur
Lieu-dit Le Breuil
01390 **Monthieux**
+33 4 72 26 42 00

WWW.DOMAINEDUGOUVERNEUR.FR



A unique setting
IN THE HEART OF NATURE





Rêves de Cirque
©H. Boissy



Marathon Bresse Dombes
©Q.Iglesis/We are mediamakers



Festival de Théâtre amateur
©Emilie Zeizig

Major Events

April	De ferme en ferme
May	Marathon Bresse-Dombes & Festival Théâtre Amateur
June	Rêves de Cirque Festival
July	Cuivres en Dombes Festival
September	Les Musicales du Parc des Oiseaux
September to November	La Ronde des Mots

Cuivres en Dombes Festival

In July, with family or friends, enjoy 25 brass concerts, in châteaux or open-air, in the heart of the villages of the Dombes region.



Cuivres en Dombes
©Perinne Gilbert

15^{ÈME} ÉDITION

MUSICALES

DU PARC DES OISEAUX

— DU 30 AOÛT AU 14 SEPTEMBRE 2024 —

PATRICK BRUEL

FRANCIS CABREL

SOFIANE PAMART | PASCAL OBISPO

SELAH SUE | PATRICK FIORI | EDDY DE PRETTO

KYO | SANTA | OLIVIA RUIZ | CALI | CHIMÈNE BADI

THE RABEATS | PIERRE DE MAERE | NUIT INCOLORE



WWW.MUSICALES.PARCDES OISEAUX.COM



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**FESTIF
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... ET **20**
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GRATUITS

28^E FESTIVAL

CUIVRES EN DOMBES

www.cuivresendombes.org

4 > 27 JUILLET 2024

04 74 30 64 28

20/07 : VIVE LA CHANSON FRANÇAISE ! / Château de Joyeux
MONACO BRASS & ANNE CARRERE

23/07 : L'INOUBLIABLE / Halles de Châtillon-sur-Chalaronne
CHRISTOPH MOSCHBERGER & DA BLECH AUF'N

24/07 : VIRTUOSITÉ & TALENT / Abbaye Notre-Dame des Dombes / Le Plantay
SPANISH BRASS & MATTHIAS HÖFFS, trompette

25/07 : LA DÉCOUVERTE / Halles de Châtillon-sur-Chalaronne
CROSSBONES TROMBONES

27/07 : LA CLÔTURE DÉCOIFFANTE / Château de Civrieux
BEULICK ENSEMBLE - CAPTAIN NEIMO & RED FLAG

5 good reasons to choose crafts

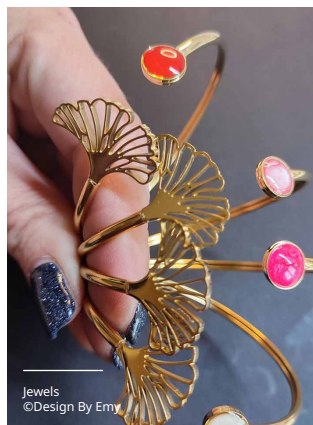
In the Dombes, craftsmanship goes beyond the creation of objects; it represents a way of life, where the use of local materials is at the heart of every creation. The skilled hands of the many craftsmen perpetuate a living heritage, making the Dombes a land of craftsmanship and creativity.



1. Original & unique objects

Every object created by a craftsman is unique.

Carp leather bracelets
©Claire Curt



Jewels
©Design By Em

2. A story to tell

Handcrafted creations have a soul and convey a story or tradition.

Painillon (small saffron cookies)
©Jeff Basset



3. A contribution to local development

Local artisans contribute to the economic development of the region.

4. Passing on know-how

Artisans are the guardians of age-old know-how, preserving it and ensuring that it is passed on to future generations.

5. Recognition of the value of manual labor

Craftsmen spend hours working on their creations, enabling them to perfect their techniques and produce superior quality pieces..



Les Confitures d'à côté
©Guilaine Lallement

L'Empreinte des artisans



L'empreinte des artisans

Shared artisan boutique offering local, handmade products.

164, rue Victor Hugo - 01400 Châtillon-sur-Chalaronne

Push the door of the 6 workshops of art crafts in Châtillon-sur-Chalaronne and discover the expertise of these passionate craftsmen, gathered within the Artis collective.

Emmanuelle Gadenne
Jeweller Joaillière
37, rue Commerson
7 69 75 46 26



Carole Meigne
Bookbinding
19, rue Commerson
+33 4 74 55 26 87



Pierre-Alexis Badoux
Upholsterer decorator
39, rue Pasteur
+33 6 59 72 29 90



Emilie Paradis
Sellier Harnacheur
25, rue Commerson
+33 6 26 20 04 11



Marie-Agnès Branchy
Ceramic sculptor
53, rue Carnot
+33 6 79 23 51 49



Flavie Béréziat & David Avenet
Vitraillists
65, avenue Clément Desormes
+33 4 74 55 27 01



Craftsmen- collectif Artis
©Boopinaphotographie



Did you know?

In May 2015 APPED launched «Bulles de cuir», a competition open to artisans from the Ain and neighbouring departments. The aim is to create a carp leather product. After a year of research and testing, the Cuir de Carpe de Dombes® brand was born. The challenge was to promote the Dombes region through authentic products.

2016 marks the launch of the first collection. Cuir de Carpe de Dombes® is first and foremost a quality, handmade product. It's leather goods, jewelry and accessories made in France, crafted with respect for tradition and artisan know-how. Wallets, jewelry, key rings, knife cases... There's something for everyone!

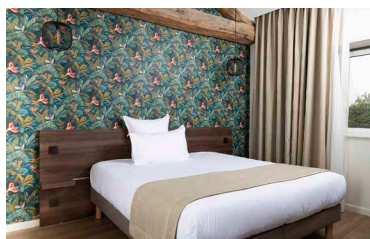
In 2019, vegetable tanning is introduced. Even more respectful of the environment, it is the pride of the brand.

www.cuir-de-carpe-de-dombes.fr

Belt with carp leather insert
©Epic Sellerie Artisanale



La Sorelle
Golf Hôtel Restaurant



La Sorelle***

GOLF - HÔTEL - RESTAURANT

The most bucolic & gastronomic of courses, 40 minutes from Lyon.

- 74ha 18-hole golf course
 - 5,777m course
 - Traditional restaurant with terrace
 - Hotel *** 14 rooms
- Open to golfers and non-golfers alike

La Sorelle
Domaine de Gravagneux
01320 **Villette-sur-Ain**
+33 4 74 35 47 27



WWW.GOLF-LASORELLE.COM

LOOKING FOR ACCOMMODATION FOR YOUR VACATION IN DOMBES?

WWW.DOMBES-TOURISME.COM/EN/PLAN-YOUR-STAY-AND-SAVOR/SLEEP/ALL-ACCOMMODATIONS/



Is it raining or hot?

IN DOMBES, IT'S TIME TO GET OUT AND ABOUT!

Wellness

Espace Bien-être Spa & Massage
01240 Saint Paul de Varax

www.domainedeladombes.com

Spa, giant Jacuzzi and sauna for private use (6 people max.) and Californian massages or seated ammas massages.

Spa Au Coq Dort
01400 Châtillon-sur-Chalaronne

www.aucoqdort.com

Spa and sauna for private use (5 people max.)

Swimming

Aquadombes
01400 Châtillon-sur-Chalaronne

www.aquadombes.fr

Indoor and outdoor leisure pools, swim lines, pentaglass, water games, Wellness area, swimming lessons, Aquagym, Aquacycling...

Nautidombes
01330 Villars les Dombes

www.nautidombes.fr

Indoor and outdoor swimming pools in a green setting. Children's play area open in summer.

Farm

Monsieur Seguin's Farm
01240 La Chapelle du Châtelard

+33 4 74 24 51 86

Educational farm with activities featuring farm animals (sheep, goats, rabbits, etc.) and wood-fired bread-making.

Museums

Miniature Train Museum
01400 Châtillon-sur-Chalaronne

www.museedutrainminiature.com

A huge scale model of real and imaginary buildings and settings, which reproduces life in miniature down to the smallest detail.

Hôtel Dieu Museums
01400 Châtillon-sur-Chalaronne

+33 6 85 77 48 08

4 museum areas: Royal Hospital & Apothecary's, Life in Dombes in 1900, Philibert Commerson's Odyssey and Micro-Folie®.

Louis Jourdan Museum
01240 Saint Paul de Varax

www.mairie-saintpauldevarax.fr

Discover St Paul de Varax through 40 paintings by landscape painter Louis Jourdan and some of his personal effects.

Close to the Dombes

Le Hameau Duboeuf
71570 Romanèche Thorins

www.hameauiduboeuf.com

The 1st vineyard and wine theme park, the Duboeuf hamlet offers a marvellous journey through the world of wine: exhibition rooms, immersive show, dynamic cinema, 3D cinema, wine tasting...

Domaine des Saveurs
01380 Saint Cyr-Menthon

+33 3 85 36 31 22

The museum invites you to take a gourmet tour, from terroir to plate. On site, the prestigious «ferme des Planons» unveils one of the few remaining Saracen chimneys.

The Aquatic Gardens
01140 St Didier-sur-Chalaronne

<https://parc.lesjardinsaquatiques.fr/>

Escape to this landscaped park of over 35,000 m², the ideal place to stroll among the wide variety of endemic and Asian-inspired plants. This relaxing space offers a multitude of waterfalls and pools, where Koi carp swim amid water lilies, lotus and bamboo...

Only Kart
01120 Dagneux

www.onlykart.com

Complex featuring indoor electric karting, outdoor bio-ethanol karting, interactive bowling, laser game, karaoke and virtual reality escape game.

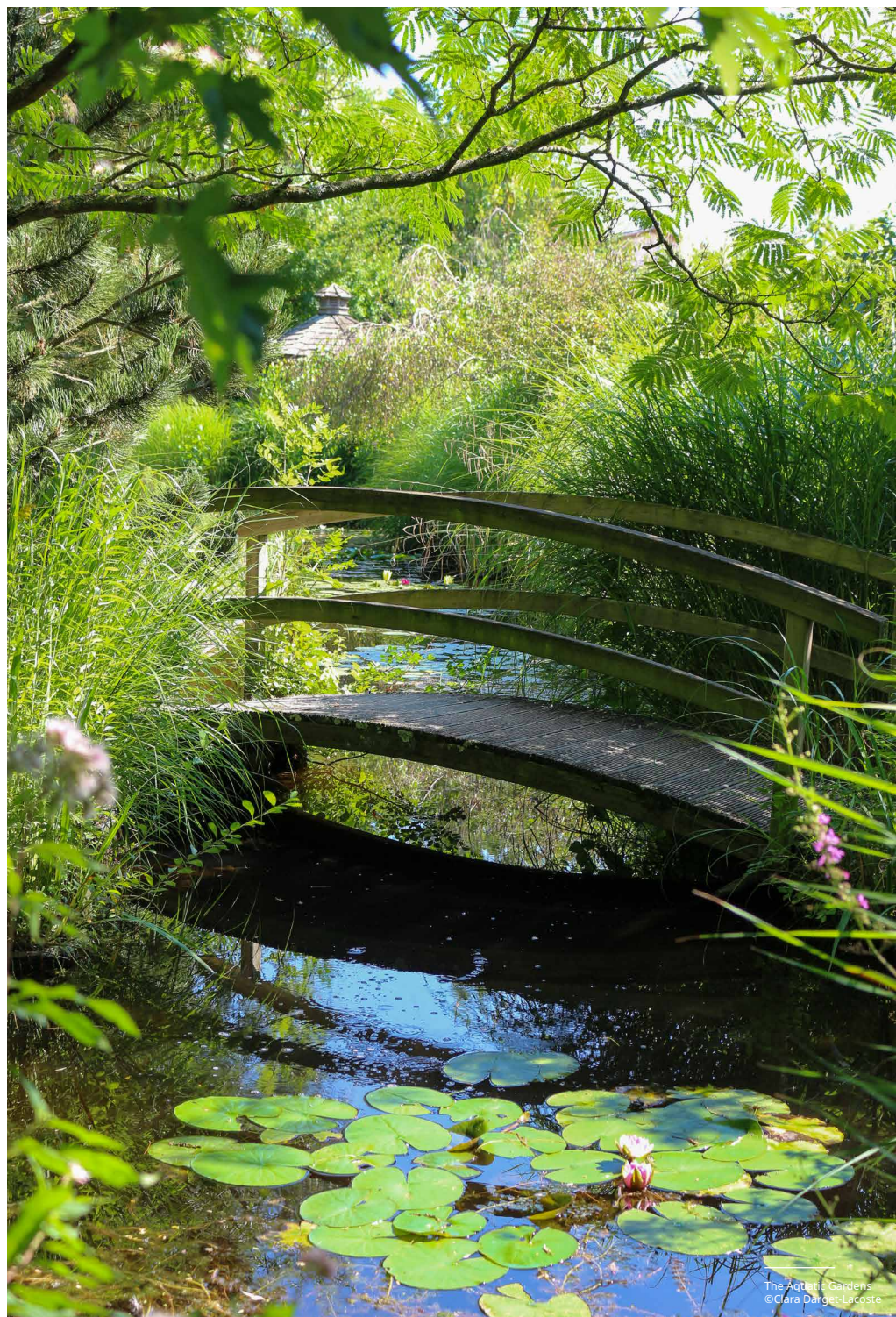
Grottes du Cerdon
01450 Labalme

www.grotte-cerdon.com

Enter the adventure! Take a trip back in time, with family or friends, to discover the underground world. Immerse yourself in prehistory and learn how our ancestors did it!



Swimming area
©Aquadombes



The Aquatic Gardens
©Clara Dargel-Lacoste



Sunrise on a pond with view
on the Bird Park Panoramic Tower
©Michael Zeifelder

Frequently Asked Questions

WE TELL YOU EVERYTHING

Where can I park my motorhome?

Camping-car Park **Châtillon-sur-Chalaronne**.

A 12-space parking area offering a wide range of services.

There are other parking areas in the Dombes region. Check with the Tourist Offices in advance.

Free overnight parking is available at the Abbaye Notre-Dame des Dombes in **Le Plantay**, in the parking lots opposite the Etang du Grand Birieux in **Birieux** and the Etang du Chapelier in **Versailleux**, as well as at Le Château in **Sainte Olive** (starting point for the walking tour).

Can I swim in the ponds?

No, the ponds are private and reserved for fish farming. What's more, they are shallow (80cm maximum) and the bottom is very muddy.

Where can I swim?

There are several water sports facilities (see page 50). The Rivière d'Ain is also accessible at Gévrieux. Be careful, as swimming is not supervised.

Where can I rent bikes?

- Locations des Dombes in **Villars les Dombes**: electric bikes
- Cycle'N Co in **Saint André de Corcy**: several types of bikes.
- Domaine de la Dombes in **Saint Paul de Varax**: mountain bikes
- Dombes Vélo in **Le Plantay**: electric bikes.

Tip: guided tours available on request.

When is the best time for birdwatching?

February to May: pre-nuptial migration period

March to June: nesting period for observing birds and their young.

August to November: post-nuptial migration period.

The Dombes region has 5 Espaces Naturels Sensibles equipped with observatories (see page 26).

What are the market days in Dombes?

- Tuesday : **Villars les Dombes** 8h - 13h and **Mionnay** 16h - 20h
- Wednesday : **Châtillon-sur-Chalaronne** 8h - 12h15 (organic market)
- Friday : **Chalamont** 15h30 - 20h et **Condeissiat** 16h - 19h
- Saturday : **Châtillon-sur-Chalaronne** 8h - 13h
- Sunday : **Saint André de Corcy** 8h - 13h

Where can I buy Dombes fish?

There are 2 producers' stores in **Villars les Dombes** and **Châtillon-sur-Chalaronne** where you can buy Dombes® fish.

The Magasin du Fumet des Dombes in **Saint André de Corcy** also sells pond fish products (rillettes, filets, terrines, etc.).

Where can you eat Dombes frogs and carp?

Many restaurants serve specialties such as Dombes® fish and frogs.

You can find them on page 39 and on our website.

<https://www.dombes-tourisme.com/en/plan-your-stay-and-savor/dining/>

Where can I picnic?

You'll find picnic tables at Etang Chapelier in **Versailleux**, Etang Prêle in **Valeins**, Abbaye Notre-Dame des Dombes in **Le Plantay**, the arboretum, Prés Gaudet and Clos Janin in **Châtillon-sur-Chalaronne**.

Make sure you leave no trace of your passage and bring back your garbage.

Can I take my dog for a walk around the ponds?

Yes, as long as you keep your dog on a leash. Our walking trails often run alongside ponds, which are home to many nesting birds. To respect nature and avoid frightening the birds, it's best not to make any noise.

Where to fish in Dombes?

Fishing takes place in dedicated ponds, and sometimes in no-kill mode (fish are released back into the pond after being caught).

You can fish at **Birieux**, **Châtillon-sur-Chalaronne**, **Châtillon-la-Palud**, **Lapeyrouse**, **Le Plantay**, **Saint Paul de Varax** and **Villars-les-Dombes**.

You can find all the information on our website

<https://www.dombes-tourisme.com/en/to-see-to-do/activites-tours-and-leisure-in-dombes/where-to-fish-in-the-dombes/>

La Dombes or Les Dombes?

Those in favor of the plural take three points: the «s» at the end of the word is an indicator of the plural, the name of the town of Villars-les-Dombes and the name of several establishments bearing the name «des Dombes» (e.g. Le Fumet des Dombes).

Adherents of the singular also point to the names of towns like Saint-Marcel-en-Dombes (singular), the fact that the names of regions are mostly singular, like Bresse or Bugey, and finally, the administration designates this region as singular.

The S at the end of the word is, in fact, a remnant of the Latin word «Pagus Dombesis», the land of Dombes.

The faces of Dombes

Men and women who, through their profession and their passion, contribute to making the Dombes region shine.



Alizée Bidaut
Miss Rhône Alpes
Châtillon-sur-Chalaronne

©Christian Juillard



Pascal Bernier
Abbaye Notre-Dame des Dombes
Le Plantay

©Isabelle Lallemand



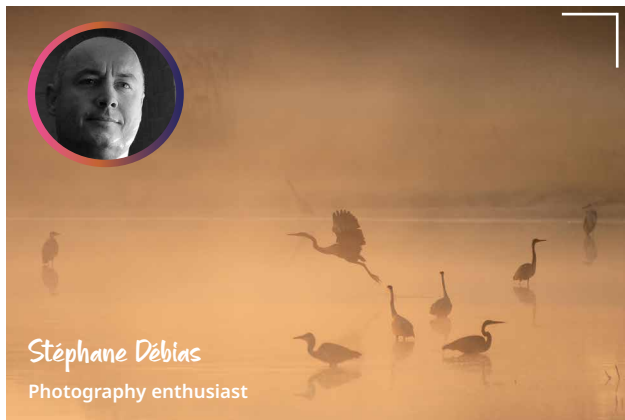
Baptiste Derenne
Baker / Le Levain-Chef
Sulignat



Laure Dalloz-Halimi
Domaine du Gouverneur
& Golf de la Bresse
Monthieux & Condeissiat



Thomas Raquin
Domaine de la Dombes
St Paul de Varax



LOOKING BACK ON YOUR STAY

Tell us about your tourist
experience in Dombes



WWW.DOMBES-TOURISME.COM