



SAINT-GRAT LAKE 1,550m Alt.

70 km from Nice, la Semeuse gite is a mountain establishment located in the heart of nature, at an altitude of 1,550 m, in the Gordolasque

For a weekend or a longer stay, the gite run by La Semeuse offers you the opportunity to recharge your batteries on this unspoilt, wild site on the edge of the Mercantour Park, and to share mountain activities with friends or family in a warm and friendly setting, ...

As the seasons go by, the alpine environment opens up to you as you enjoy walks and hikes. You can discover the Vallée des Merveilles, the Haute Vésubie and the Mercantour surrounded by its high massifs from our refuge: hiking trails, lakes, torrents, fauna flora, rock engravings,

Come and admire la Semeuse gite. You'll be warmly welcomed by Mouloud, the guardian, and mountain professional as well as a specialist of the Wonder Valley.

We are looking forward to welcoming you.

Jean FOURNIER, the President Josette CAVALIER, president of the Holidays & Tourism Sector Christophe TASSANÓ, General Manager

Gîte de montagne la Semeuse 693, ch de Saint-Grat 06450 Belvédère

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gitelagordolasgue@lasemeuse.asso.fr

www.lasemeuse.asso.fr



The association is based on 4 fundamental values: openness, respect, commitment and solidarity, placing the individual in the center of its project. Throughout the year, it offers its 4,500 members a wide range of sporting, cultural, educational, leisure and holiday activities. Thanks to a number of public programs, it also carries out a variety of educational and social initiatives for the population of Nice.

family atmosphere.

you have to afford : of the following year.

On presentation of their membership card, La Semeuse members can benefit from special rates for shows at the La Semeuse theater and the cultural center of La Providence, special group rates at Parc Alpha (Boréon wolf park), special rates for a weekend at our Berthemont-les-Bains vacation village, special rates for well being and relaxation treatments at the Berthemont-les-Bains spa complex, special rates for activities at Vésubia Mountain Park in St Martin Vésubie.

If you give your e-mail address when you register, La Semeuse will keep you informed, of any event organized throughout the year.



Founded in 1904, La Semeuse is a youth and education association based in Nice, France. It is a member of the Fédération Sportive et Culturelle de France and of Réseau Cap France, France's leading network of vacation villages and hotel clubs.

For 70 years, La Semeuse has been a major actor in family tourism in the Alpes-Maritimes department, with its establishments in the Vésubie valley (Village Vacances de Berthemont, summer camp and gite in la Gordolasque). Our establishments welcome you and provide moments of pleasure, relaxation and discovery in a warm,

MEMBERSHIP

- La Semeuse is an association ruled by the law of July 1st, 1901. As for any association, in order to take part in an activity you need to be a member. So
- either an annual membership fee of €20 for individuals, €40 for families (for members of the same family), or €100 for groups, from September 1 to August 31
- or a quarterly membership for individuals (5€), families (10€) or groups (25€), for 3 months from the date of purchase.



la semeuse





HIKING week-ends **RELAXING** destination



ACTIVITIES

Looking for nature and break ...?

La Semeuse provides

a large range of mountain-oriented activities starting from our gite... In the course of river bend, you can spot chamois and ibexes and, maybe wolves.

The program includes hikes for everyone, family picnics near a lake. More experienced walkers can also discover longer tracks.

With our professionnal guides, you can discover the Vallée des Merveilles and its rock engravings, which date back to the Bronze Age, 1,500 years BC ! It will take you 5 minutes from the gite to the beginning of the hiking trail !

> Things to do from the gite Lac des Merveilles, Lac du Diable... Grand Capelet, Mont Bégo, Cime du Diable... and an little walk to the famous «Belle et Sébastien» hut.

Some of the surrounding summits Over 3,000 m Le Bégo | Le Grand Capelet | le Gélas | le Clapier | la Malédie

Nearby tourist facilities Vesubia Mountain Park and Wolves Park at Le Boréon. And, of course, the Vallée des Merveilles with professional guides !

Other activities in the valley Climbing, canyoning, via-ferrata, summer sledging, giant zip line (the longest in France) at La Colmiane, Wolves park, Valvital spa, mountain biking, Roquebillière organic swimming pool...

You can contact us to find your guide !





With 18 sleeping accomodation, la Semeuse gite offers : 5 rooms, with sleeping for 2, 4 or 6 people (additional beds possible). Rooms are equipped with bedside tables and storage units. Our beds are equipped with cushions, blankets and duvets. For «family rooms», sheets, blankets and pillows are provided. You are not allowed to bring your own sheets or sleeping bags. For single rooms, the beds are made. Just bring your own towels. Shower and toilets are on the first floor.

On the top floor, there is a comfortable lounge equiped with sofa, armchairs, stove, books, flat-screen TV, board games, etc.

Dates and rates are available on the Gîtes de France website https://www.gites-de-france-alpes-maritimes.com/(ref 4900).

Groupes / CE / CSE (Work Council Opportunity) special conditions with the opportunity services and activities to suit your wishes and needs... For groups of more than 20 people, please contact us...

Local tasty family cooking

You can come and enjoy local mountain cuisine in our gite, in a unique setting surrounded by exceptional summits in the heart of the Vallée des Merveilles.

Mouth-watering

Treat your taste buds with authentic cuisine : Nice meals, traditional French cuisine, but also tagine, mutton stew and zucchini gratin... And for the greedy ones, crème caramel, homemade cake, blueberry pie, ...

and much, much more, for you to enjoy !

