

## Guide to Sault: Provence's Best Kept Secret!

Every year in mid-summer, when the fields of lavender are in full bloom, hordes of flower lovers descend upon Provence to stand in their presence and inhale their fragrant perfume. More than any other flowers on earth, these rows of purple and blue have become insta-famous. And with them, the city of Valensole on the eponymously named Valensole Plateau. But locals know of another secret. A charming and character-filled city that holds all of the charm of Valensole—but without the crowds. The city of Sault.

While the lavender fields of the Valensole Plateau have become some of the most insta-famous flowers in the world, the south of France holds another secret. The city of Sault.

Located at the foothills of the Alpes-de-Haute-Provence, Sault is the perfect place to visit if one wants to see the fields, but without would prefer to do so in peace. Moreover, as the village is located at the of the plateau, it provides the ultimate location for a mini-road trip to and from the various lavender fields—but without the hassle of the crowds.

But if you are a lover of Instagram, never fret. This area is just as worthy of Instagram Love. Try taking a trip through the Gorges of the Nesque for a lovely view that you'll be proud to display on your feed.

If you'd like a more up close and personal look at the flowers, try heading to the farm. The Aroma Plantes Distillery that is. Founded in 1978, Aroma Plantes is most of all a family run organization—one that specializes in medicinal plants. While there you are free to wander through the fields, or take a guided tour through the distillery, where all of the oils and flower waters are made. Then you can head to the gallery, and look at the art of local artists, or to the shop to pick up a few trinkets. Children are welcome to browse the Lavendoscope where they can learn some quick facts about the lovely lavender plant. Lastly, you can end your day with a cup of tea or crepes in the Aromatic Bar.

After a day in the fields, feel free to head back to Sault, and see what the city has to offer. Among the streets and squares, you'll find yourself surrounded by medieval stone houses complete with ornate doors, windows and first floor balconies.

You can also visit Chateau des Agoult, a 900-year-old castle that features a 12<sup>th</sup> century tower and 17<sup>th</sup> century grand staircase. While much of the Chateau has been converted into private rental spaces, but what you can see of it is still worth exploring.

The best time to visit Sault would be during the 15<sup>th</sup> of August, when the biggest festival on the Lavender Tour takes place. Here you will find games, competitions and booths with local artisans selling their wares. When the party is done, you can take a hike up Mont Ventoux and experience the view for the entire peninsula.

So, there you have it! The secret city that has all the charm you love, without the crowds you don't! And whether you come when the blooms are just beginning or just starting to end, you'll be sure to have a lovely, and fully Insta-grammable time!