

Edition 2026

inspirations

WELLNESS IN THE BOURBONNAIS



COMMENTRY
MONTMARAULT
NÉRIS-LES-BAINS
TOURISME

Nature &
wellness



Unique heritage
sites and villages

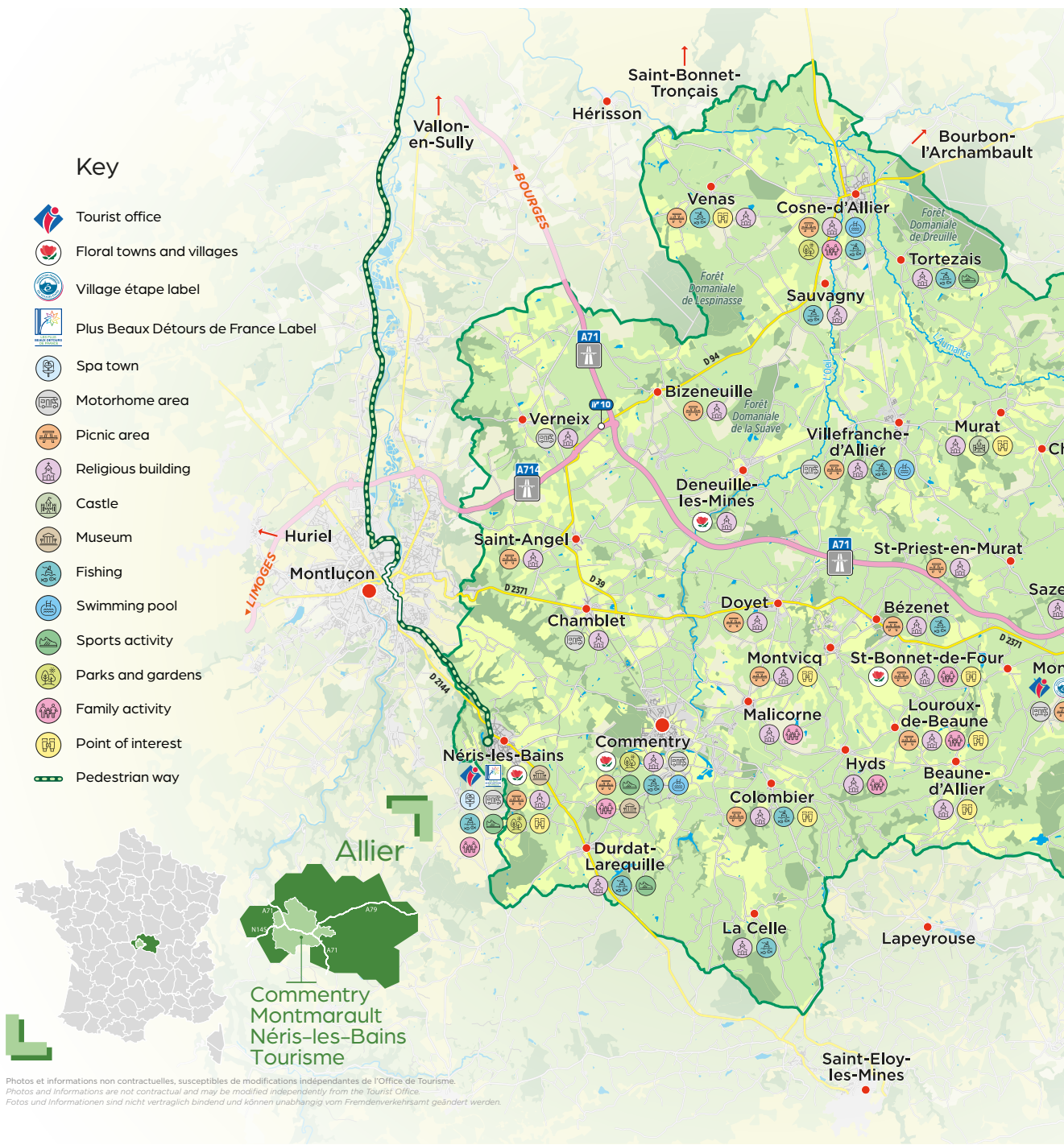
Nérès-les-Bains
spa resort



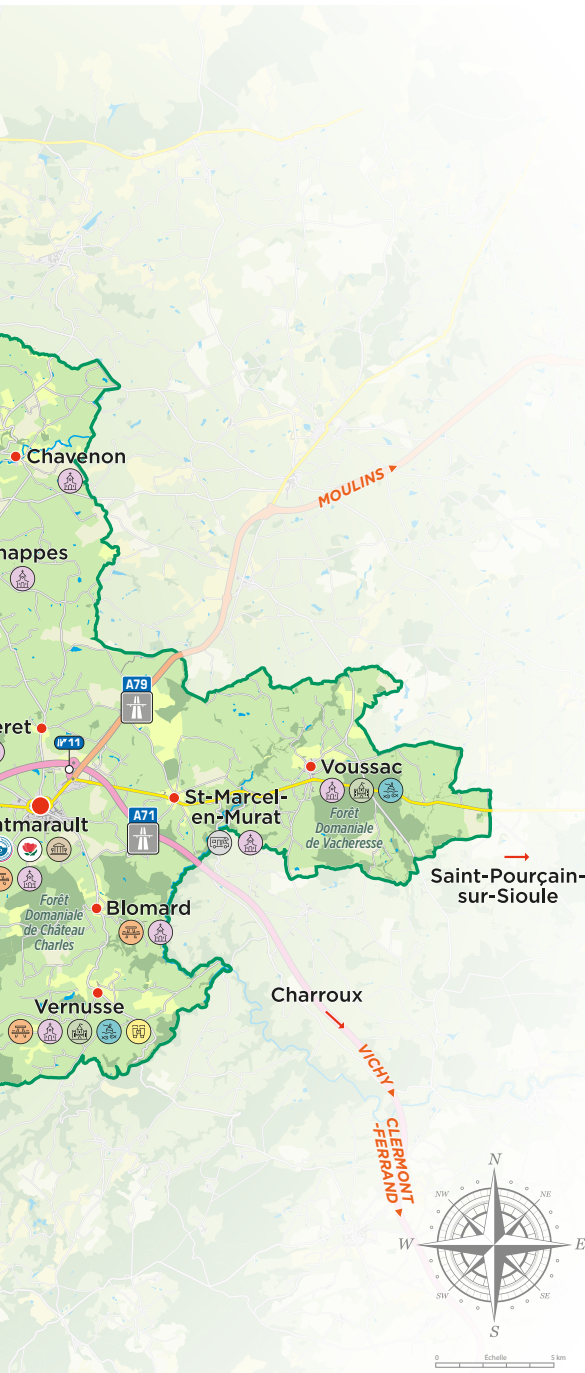
Offices de
Tourisme
de France

Key

-  Tourist office
-  Floral towns and villages
-  Village étape label
-  Plus Beaux Détours de France Label
-  Spa town
-  Motorhome area
-  Picnic area
-  Religious building
-  Castle
-  Museum
-  Fishing
-  Swimming pool
-  Sports activity
-  Parks and gardens
-  Family activity
-  Point of interest
-  Pedestrian way



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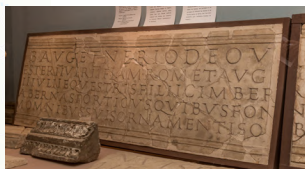
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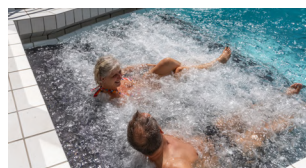
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6 memorable experiences

around Commentry -
Montmarault - Nérès-les-Bains



1 Stroll along country lanes



2 Discover life on the farm



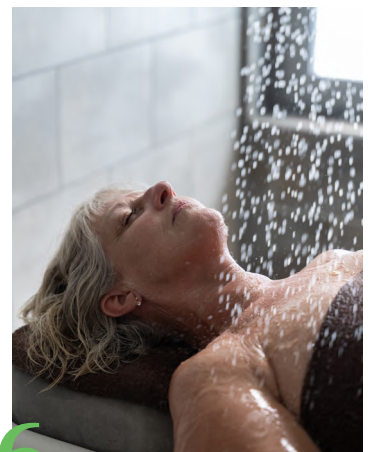
3 Wander through picturesque markets



4 Discover our rich heritage



5 Try out our delicious local produce



6 Pamper yourself



La Celle

Our destination *take a gentle break*

With its springs and beautiful Bourbonnais bocage of lush green meadows, hedgerows and forests, the area around Commentry – Montmarault – Nérís Communauté offers a wonderfully diverse landscape: to the south, it boasts the rugged terrain of the Combraille region, and further north, the gently undulating landscapes of the Bourbonnais bocage.

The area has a subtle, understated, even cosy atmosphere. Despite its lack of grand, picturesque features, its landscapes reveal their richness in myriad small details. Verdant and unspoiled, they are ideal for outdoor activities (hiking, fishing, swimming, etc.), tranquillity and wellness.

With their eye-catching bell towers, the region's churches and chapels offer heritage sites that are at once religious and cultural, bearing witness both to the faith of local populations and the skill of ancient builders.

Néris-les-Bains

a must-see stop

As with many cities in the Roman world, the founding, growth and history of Néris-les-Bains are linked to the existence of its thermal spring, which still gushes forth today at 53°C.

During the 1st century AD, the town was under Roman control. As the settlement developed, so did the ancient practice of thermal bathing leading to the establishment of the first spa.

Its principal purpose was personal hygiene and cleanliness, with the Romans attending the baths regularly to wash and care for their bodies. It was also used for healthcare and the prevention of illnesses; the Romans were the first to use thermal waters for therapeutic purposes, despite not fully understanding their properties. Lastly, the baths also offered a place to meet up in a friendly, convivial atmosphere.





By the Middle Ages, Nérís had lost much of its grandeur, henceforth overshadowed by the neighbouring town of Montluçon.

In the 19th century, following the example of Napoleon III and Empress Eugénie, the aristocracy revived the fashion for spa treatments, thereby allowing the spa district and villas to flourish anew. Nérís started to attract elite high society patronage from Paris and the regions, who came both to heal their ailments and to be seen.

It was also during this period that the first scientific studies of the spring water were carried out. Its rich mineral composition (lithium, magnesium, etc.) gives the Nérís-les-Bains thermal spring water its soothing, balancing and relaxing qualities.

Today, treatments are offered in the form of three-week thermal spa cures. Depending on the medical prescription, there are three treatment options:

- Rheumatology: relief from rheumatism, muscle and joint pain
- Psychosomatic conditions: relief from stress, anxiety, insomnia, depression, etc.
- Neurology: treatment of nerve disorders, Parkinson's disease, hemiplegia, multiple sclerosis, fibromyalgia, etc.



Nérès-les-Bains boasts a remarkable heritage that bears witness to over 2,000 years of history. As early as the Greek and Roman era, the town established itself as an important Gallo-Roman city. Even today, this ancient past is revealed through still-visible remains, such as the Gallo-Roman theatre-amphitheatre (now named the «Parc des Arènes») and the Gallo-Roman baths (within the grounds of the municipal swimming pool).

→ The origins of the spa town can be explored at the Gallo-Roman Museum, the only museum in the Allier department dedicated solely* to the Gallo-Roman period. Visitors can browse rooms filled with sculptures, ceramics, representations of deities, columns, frescoes and everyday objects, dressing a picture of the public and domestic life of the town's inhabitants during antiquity (find out more on page 31).

* ancient remains can be seen in the archaeological collections of the Anne-de-Beaujeu Museum in Moulins.

Over the centuries, Nérès-les-Bains has maintained its close ties to thermal spa practices. The 19th century heralded the town's revival with the construction of several establishments, including hotels, villas and public buildings featuring a stylish, refined elegance. The villa façades, ornate balconies and architectural details reflect the resort's prestige and extravagance, designed to attract wealthy spa visitors.

Take the 2.3 km walking trail to learn more about these villas.





Guided tours of the town, the local theatre and the museum (during the spa season)

Among the era's iconic venues were the Theatre and the Casino, places of leisure and entertainment. Their opulent architecture, wealth of decorative features and intimate atmosphere testify to high society's enthusiasm for culture and the performing arts.



A brochure proposing a history tour of the town is available at the reception desks of the Nérís-les-Bains Tourist Office and the Montmarault Tourist Information Centre.

Néris nature

A verdant town with a remarkable botanical heritage, Néris-les-Bains offers a wealth of beautiful walks. The town charms visitors with its unspoiled environment that blends nature and architecture.

Walking, strolling and hiking are all aspects inherent to Néris-les-Bains, offering visitors a perfect balance between wellness, exploration and serenity.



Blending perfectly into the heart of the resort, the parks invite visitors to treat themselves to some peaceful time out. Their shaded paths, centuries-old trees and colourful flowerbeds offer ideal places for taking a leisurely stroll, where one can enjoy the calm, the birdsong and the soothing, restful atmosphere.

As with its extravagant 19th century architecture, to showcase its wealth, the town landscaped its parks packing them with rare species from around the world, including trees from Japan, Ireland, China, Canada, etc.



The Tree Trail offers three routes, starting from the Tourist Office, each leading to especially remarkable trees.

Three educational, idyllic walks for nature lovers.

Routes available at the Néris-les-Bains Tourist Office and the Montmarault Tourist Information Centre.



Néris-les-Bains is the ideal starting point for numerous hiking loops, perfect for enjoying a blend of nature and heritage. Some paths lead to stunning panoramic viewpoints or criss-cross through hamlets and authentic rural landscapes, reflecting a way of life still very much linked to the land.

- The *Randonnée Nérisienne* association offers around twenty hiking trails around the spa resort, starting from the Tourist Office. Looking for a guide? The association organises hikes open to the public on Wednesday and Friday afternoons during the spa season.

Information and route maps are available and on sale at the Tourist Office



Chapelle Saint-Joseph

Perched atop a hill covered with groves of chestnut trees, 2 km from the town centre, the Chapelle Saint-Joseph is a crossing point for several hiking trails. At the top of its bell tower stands a statue of Saint Joseph, weighing nearly 2 tons, humbly overlooking the area. From April to October, volunteers from the Saint-Joseph Association show visitors around the chapel.



The Green Way

Reconverted into a pedestrian and cycle path, the former railway line between Néris-les-Bains and Montluçon is now a Green Way that crosses three viaducts with stunning panoramic views over the Sainte-Agathe golf course and the Néris countryside. The Green Way offers a 6.4 km (one way) walk accessible to all, over fairly flat terrain.

Néris-les-Bains retains the charm unique to spa towns, offering a festive atmosphere within the historic setting of its cultural facilities.

There's always something to do in Néris!

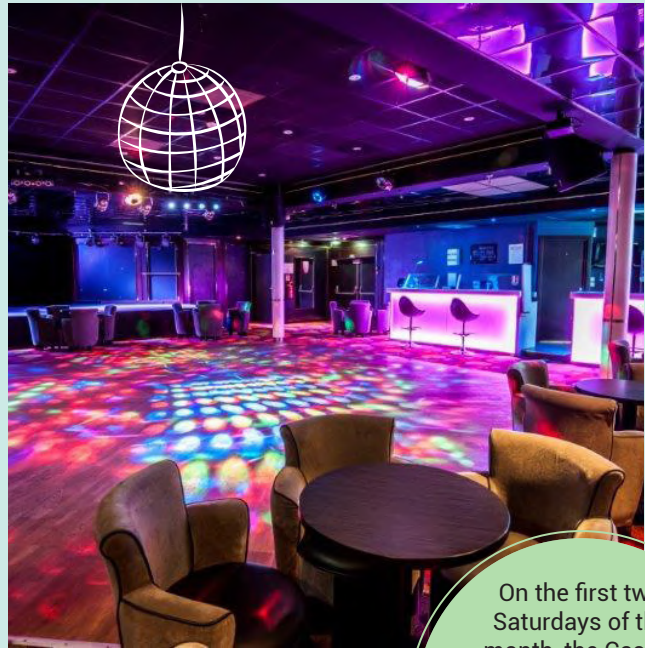
The season is packed with plays, concerts, karaoke sessions, lectures and film screenings, bringing to life the stage of the magnificent André Messager Theatre. A majestic venue open to all!



Major festivals and events make Néris-les-Bains a resort brimming with vibrant colour and festivity! A celebration of the Belle Époque, concerts, gourmet markets, exhibitions... even a charity race... it's impossible to be bored in Néris-les-Bains!



Saturday and Sunday afternoons throughout July and August, the Casino esplanade holds small open-air concerts (in the event of bad weather, the concerts are moved to the theatre).



Néris-les-Bains Casino

Like every spa town, Néris has its own Casino. Sitting next to the Belle Époque theatre, it features a stunning veranda surrounded by attractive wrought iron railings. It offers gaming rooms, a dance hall and a dining area.

In this elegant, relaxed setting, the Casino offers a state-of-the-art leisure room equipped with the latest slot machines, a traditional gaming area (English roulette and blackjack), and an electronic roulette table (8 stations).

Gambling involves risks: debt, isolation, addiction. To get help, call +33 (0)9 74 75 13 13 (free call).

On the first two Saturdays of the month, the Casino proposes dance evenings in the Royal Lounge (a room adjoining the Casino) to dance or just have a drink.

A varied programme at the Médiathèque

The town's media and games library is a place for coming together and sharing. In addition to its book collection, it offers a diverse programme of activities. Open to all, it is a welcoming space combining culture, curiosity and discovery.

Arts & crafts workshops

The Tourist Office proposes a range of creative workshops held on its premises. Beginners can try out a variety of crafts, while experienced crafters will find plenty of options to further hone and refine their skills.

→ Check out the full programme on our website, under the events calendar.

Our heritage

our historical wealth



Exploring ancient Gallo-Roman lands

With its many Roman roads, our region has always been a crossroads for trade and the movement of goods and people. Various excavations have revealed traces of this ancient activity, especially in Nérís-les-Bains, where the inhabitants were already harnessing the virtues of thermal spring water 2,000 years ago.



The Bourbons

The name «Bourbonnais,» referring to the former province that roughly corresponds to the present-day Allier department, immediately evokes great moments in French history. As from the 10th century, the first Bourbon Lords gradually started to fortify and expand their territory. Historically, they served the throne, acting as advisors to the kings and, as such, holding various high-level positions (chamberlains, constables, regents). This devoted, loyal alliance fuelled the growth and prosperity of the Bourbonnais up till 1523, when the Constable of Bourbon's «betrayal» led the French King to annex the Duchy.

During a short walk, you can glimpse the ruins of the privately owned Murat Castle, formerly known as «Murat the Rich,» the seat of one of the most important castellanies in the Bourbonnais. For many years, the castle was the preferred residence of the Dukes of Bourbon, who were related to the Kings of France.

It is thought that the castle was dismantled around 1523 following the defection of the Constable of Bourbon. Alternatively, it may have simply fallen into ruin due to a lack of upkeep.



Here, too, were the corons!

During the 19th century, intensive coal mining wrought visible changes both in the landscape and in people's way of life in the western part of our region. This mining activity sparked the arrival of new populations, leading villages to expand and create low-cost dwellings (corons) to accommodate them.

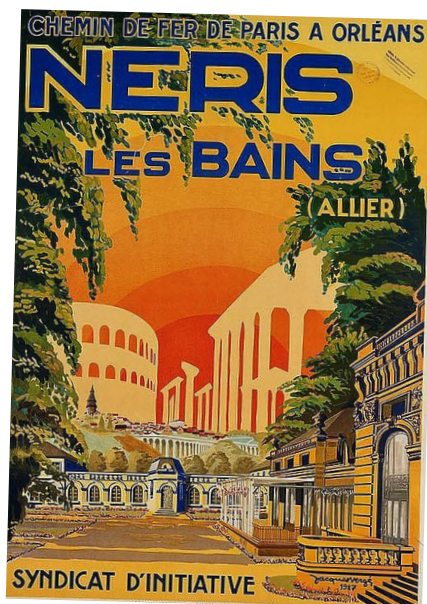
One such, Bézenet, a small hamlet with just a few houses, soon grew to become an independent commune separate from Montvicq, with a population of almost 5,000 inhabitants. Commentry grew from a village into a small industrial town, first through mining and then through blacksmithing. It remains industrialised to this day. Although the shafts were destroyed when the mines closed in Commentry, Doyet, Bézenet, Montvicq and Deneuille-les-Mines, the landscapes and place names still bear witness to this past.



The Belle Époque: the start of the high society tourist era

The Belle Époque, spanning the period from the late 19th century up to the start of the First World War, marked a major turning point in the evolution of the French tourist industry. This was especially evident in spa towns which became popular destinations for their spa treatments, magnificent architecture and vibrant cultural atmosphere, as seen in Nérès-les-Bains.


Relive this era at the Belle Époque Festival held every 14th July in Nérès-les-Bains! Organised by the town, this festival combines period costume dances, shows and entertainment, evoking the period from 1890 to 1914.



Towns and villages participate in promoting their heritage through information panels, heritage trails, and routes that blend history and nature.



Beaune-d'Allier history trails

 4 to 15 km

Departure point: Place de l'Église

Explore Beaune-d'Allier's historical, architectural, geographical and human heritage through 24 enamelled lava panels. These trails relate the fascinating history of this village, sitting on the border between the Auvergne and Bourbonnais regions, which boasts relics dating back to prehistoric times.

Listen to Saint-Aignan, the town's patron saint, as he recounts stories and legends about this area. Follow him to see the castles, both those that still exist today and the ruins of those that are long gone.

Printed itineraries are available at the Nérès-les-Bains Tourist Office, the Montmarault Tourist Information Centre and the Town Hall.

4.3 km circuit;
audioguide available:
The walled city of
yesteryear



 Wivisites



The Commentry heritage trail

Originally, Commentry was a peaceful rural settlement made up of around twenty hamlets. Founded in Vieux-Bourg, nestled in the Oeil valley, the town owes its growth to its industrial development, first coal mining, followed by blacksmithing and chemicals.

Today, Commentry works actively to protect and promote its heritage. Take a look at the seven information panels dotted around the town to immerse yourself in the history of this town of blacksmiths. They will introduce you to the local treasures and explain Commentry's heritage.

Itinerary available at the Nérès-les-Bains Tourist Office, the Montmarault Tourist Information Centre and the Town Hall.



The Colomnier crosses trail

7 km

Departure point: Place de l'Église

Wandering through the narrow roads and lanes in Colombier, the observant walker will undoubtedly notice the many crosses scattered throughout the area. While these crosses no doubt symbolise the Christian faith, their age-old presence and major heritage value give them a universal importance that extends far beyond the religious sphere as such. Taking a route that blends history and nature, the town invites you to discover the crosses at the Colomnier crossroads.

The itinerary is available at the Nérises-les-Bains Tourist Office, the Montmarault Tourist Information Centre and at www.colombier03.fr



The bell tower trail

On foot or by bike, the bell tower trail through the Sainte-Famille parish offers 28 signposted itineraries.

In addition to churches and bell towers, these routes offer a host of other wonderful treasures and points of interest to discover: the Saint-Patrocle fountain in Colombier, the former Nérises-les-Bains train station and the Verneix cannon, to name just a few. Check out this local heritage on your way; you might be surprised by its history.



Itineraries available at the Nérises-les-Bains Tourist Office and the Montmarault Tourist Information Centre.

Our villages

hidden gems



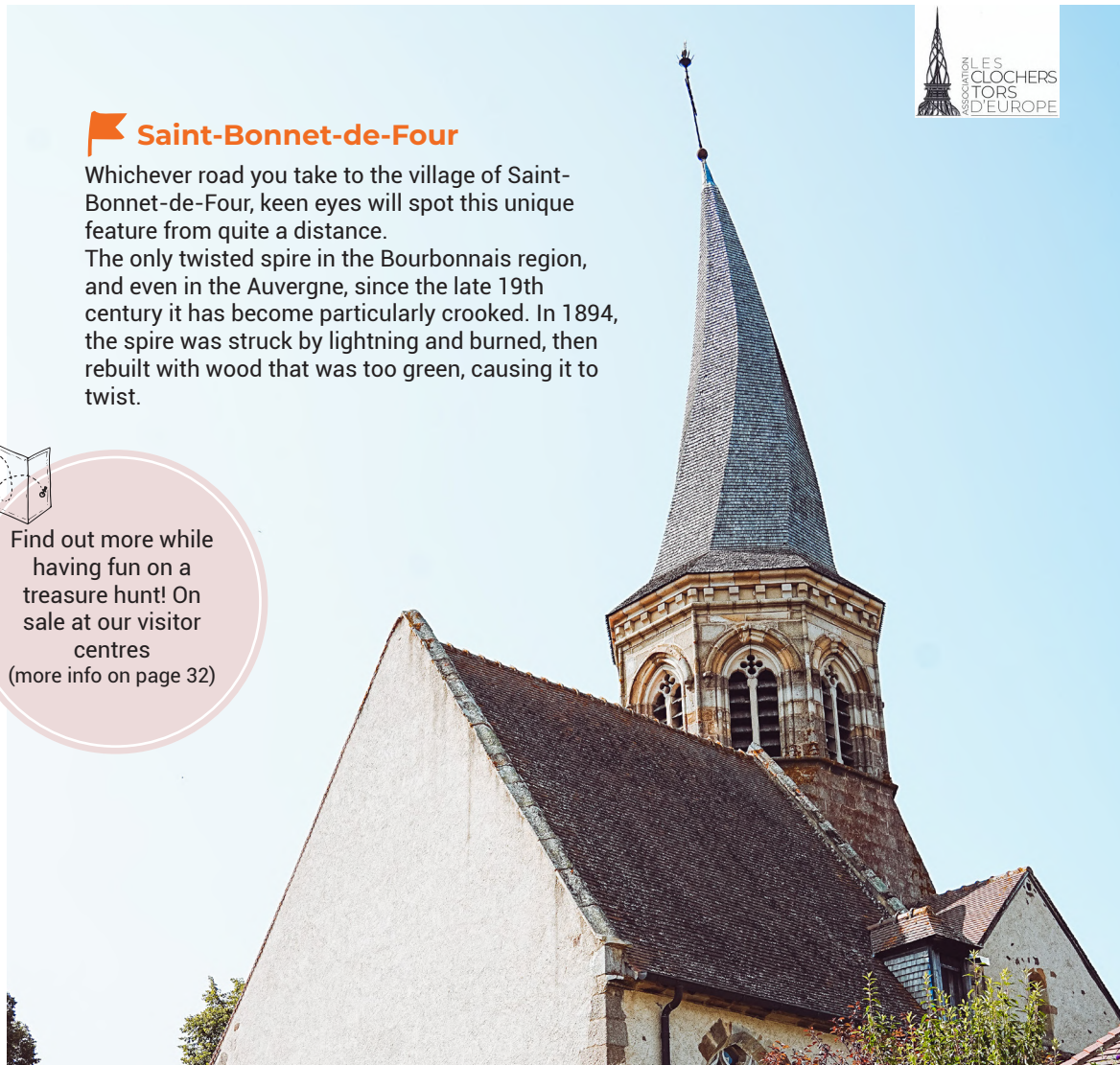
Saint-Bonnet-de-Four

Whichever road you take to the village of Saint-Bonnet-de-Four, keen eyes will spot this unique feature from quite a distance.

The only twisted spire in the Bourbonnais region, and even in the Auvergne, since the late 19th century it has become particularly crooked. In 1894, the spire was struck by lightning and burned, then rebuilt with wood that was too green, causing it to twist.



Find out more while having fun on a treasure hunt! On sale at our visitor centres (more info on page 32)



Saint-Bonnet-de-Four church is a member of the «Association of the Twisted Spires of Europe», founded in 1994. In addition to its spire, this charming village boasts several pleasant walking trails, perfect for reconnecting with nature.

Colombier

Boasting a rich history that goes back centuries, Colombier holds several heritage treasures.

According to tradition, when Saint Patrocle discovered that water was lacking for the building of his church and monastery, he threw his hammer and uttered the following words: «Where my hammer falls, a spring will gush forth». The hammer fell a hundred or so metres from the church, miraculously causing a spring to emerge, giving rise to the Saint-Patrocle fountain.



Many miracles are attributed to this fountain, its waters being said to cure fever, eye and skin diseases, and ailments in animals. In addition to its therapeutic properties, the Saint-Patrocle fountain is believed to have the power to grant wishes. Young women wishing to marry are invited to the fountain to perform a ritual that varies according to tradition, e.g. fill their glass without bending their knees, throw a coin into one of the fountain's basins, dip their foot twice in the fountain's water, and so on. Alongside these wondrous events, the fountain is also famous for its remarkable physical properties in that it never runs dry, flowing constantly whatever the time of year.

The Fountains Circuit invites you to visit 7 fountains dotted along 2 separate routes (13.3 km or 14.8 km). Find out more about the route at the Nérís Tourist Office, the Montmarault Tourist Information centre or the town's website www.colombier03.fr



Louroux-de-Beaune

Instantly recognisable with its charming church nestled against a granite outcrop, you are sure to be enchanted by the village's authenticity, surrounded by undulating landscapes criss-crossed by lush green meadows, bouchures* and paths; a peaceful setting ideal for taking time out to relax and explore.

The impressive boulder-rich granitic scenery bears witness to the terrain's erosion over millions of years. Clusters of boulders in the fields often reflect a human impact on the landscape. They also provide refuge for numerous plant and animal species.

* Local name for the hedgerows that characterise the bocage landscape.



Discover the vernacular heritage of Louroux-de-Beaune through nine interpretive panels that reveal the architectural and natural features that make this village so unique. Granite boulders, a wayside cross, a pond and impressive buildings all have a story to tell, inviting you to roam through this little corner of the Bourbonnais region.

Information available at the
Town Hall: +33 (0)4 70 64 38 51
louroux-de-beaune@wanadoo.fr



Villefranche-d'Allier

Villefranche dates back to around 1138, when the Lord of Bourbon signed a charter authorising the establishment of a free town where trade could be conducted freely.

Don't miss the statue of Saint Thorette, patron saint of Villefranche (in the church or the oratory). In the 11th century, the shepherdess was considered a saint, with the local population attributing many miracles to her.

One day, when the Baisse-Moulin stream was swollen with heavy rains, the shepherdess, unable to lead her sheep back to the fold on the opposite bank, struck the water with her staff while making the sign of the cross; miraculously, a way opened up for the flock to pass.

On another occasion, some simple journeymen masons, strangers to the region, were trying to find a way across the stream, cursing as they went. The shepherdess asked them to be patient and to recognise God's will, then, striking the waters with her staff, she forced the stream to retreat, thus allowing the journeymen to cross the dry stream bed on foot.



Stop by the shop offering products from the Allier region (find out more on page 41).

Montmarault

Built on a plateau, Montmarault was already a thoroughfare in Roman times, with many travellers passing through the town.

Located at the crossroads of the A71 and A79 motorways, Montmarault, a designated «Village Étape» (stopover village), is a true haven that offers visitors a variety of shops and services just a stone's throw from major roads, providing a friendly break and a warm welcome.





Verneix

A village nestled in verdant surroundings at the gateway to the Thizon Gorges, this small town in the northern part of the region stretches across the plateau east of the Cher Valley.

Find the memorial stone dedicated to resistance fighter Nancy Wake, and the Bavarian cannon in the church square.

Sauvagny

The smallest commune in the area, with just 84 inhabitants, this charming village offers visitors shady paths and hedgerows marking field boundaries.

As you pass by, admire the sculpted tympana and corbels of its very pretty church, formerly the chapel of the now-vanished castle and one of the department's few privately owned churches.



Chappes

Chappes is a typical rural village of the bocage region, its town centre perched on a hill overlooking the small Gabisse River valley. Its very pretty 11th century Romanesque church is well worth a visit, in particular to see its 17th century «caquetouèr» (pronounced «caquetouère»): a large, sheltered porch where people could gather to chat.

The picturesque town centre in Chappes lends it an undeniable charm, which really comes alive during the village festival on the last Sunday of July and during Heritage Days.



Vernusse

Crossed by several streams, the area once boasted a particularly vibrant hydro-power industry, counting as many as nine mills at one time. The commune also features two large ponds.

Like the landscape, the village's history is largely dominated by the Puy-Guillon site, with its fairy tale castle bringing to mind that in *Sleeping Beauty*. Its church, guarded by the Lord of Beaucaire, houses a veritable treasure: a collection of remarkable works of art.



Doyet

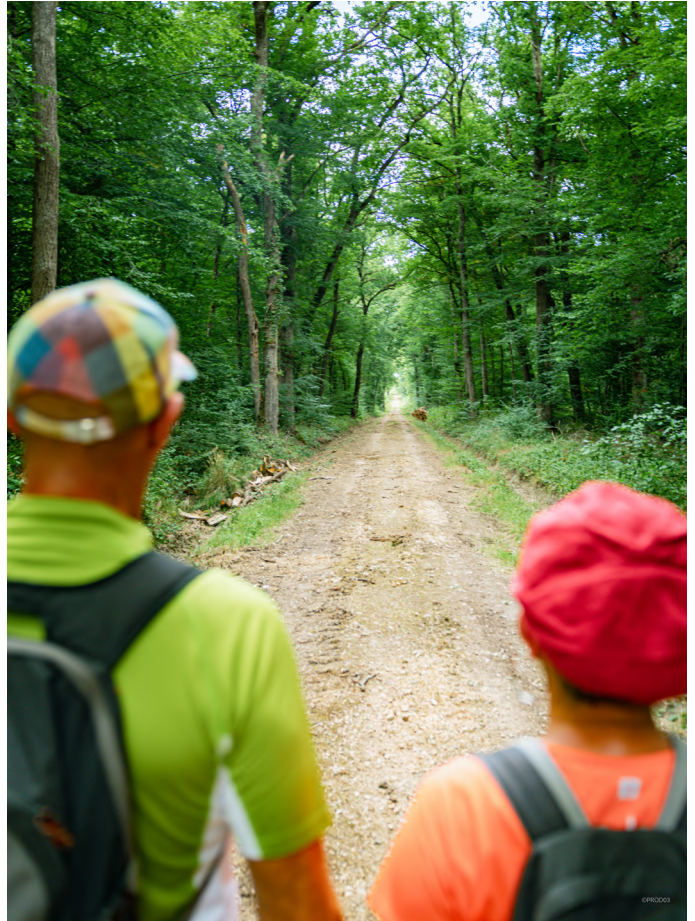
In the 19th century, Doyet owed its wealth to the coal mining industry, which fuelled the town's population boom. The layout is typical of a mining village, with houses clustered along the main street.

However, around a bend in one of the side roads and in the surrounding bocage countryside, you can still see the richness of the area's pre-industrial past through castles and other attractive private residences, once inhabited by prominent local figures, such as the de Courtais family. Not far from the church, stop to admire the imposing mausoleum of Gaspard Henri de Courtais (1790-1877), a general and politician whose name is readily associated with Montluçon.



Nature & hiking trails

enjoy the great outdoors



Lose yourself in the peace and beauty of nature during a relaxing walk in the forest. Let yourself be enchanted by the majestic trees and the gentle rustling of their leaves. Explore the diverse flora and fauna, listen to the birdsong, and breathe in the fresh air. Whether alone, with family, or with friends, a walk in the forest offers a soothing break from everyday life and an opportunity to discover nature in its purest form.



The path to the Montvicq waterfall

Did you know that a dam was built to wash coal on the Ris Voirat? Yes, you heard right, coal! Over time, though, nature decided to take the lead in creating a breach, transforming this reservoir into a stunning waterfall. Who would have thought that an industrial cleaning project could have transformed this place into such a refreshing, poetic scene?

Take the time to marvel at this waterfall where erosion has taken hold, leaving the coal to history. A hike starting from the La Planche pond in Doyet passes by this water intake.

Important note: the waterfall is not visible in times of extreme heat and drought.



The Font Gargot in Tortezais

As you stroll through the Dreuille forest, turn off the main path and venture into the woods to explore the Font Gargot (signposted by arrows).

The Font Gargot fed the washhouse used by the inhabitants of neighbouring villages, as well as the former pond of the Prieuré de la Madeleine, which has now disappeared. Nearby, linger in the peaceful setting to simply enjoy nature to the full or to admire the tapestry of flamboyant forest colours in the autumn.

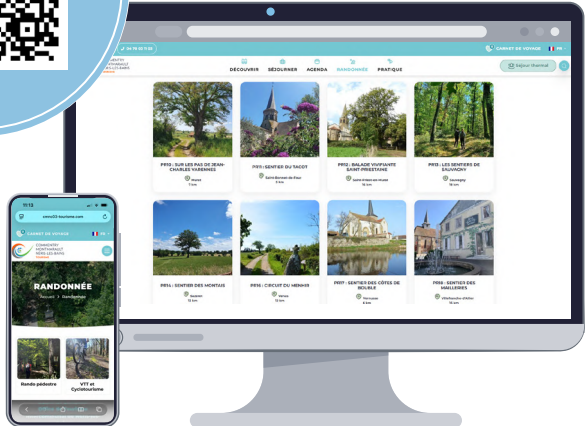
32 hiking trails to discover

Enjoy the peace and tranquility of nature as you explore lanes and paths criss-crossing charming villages. Whether you're a beginner or an experienced hiker, we offer 400 km of walking trails for all levels.



Hiking guides are on sale at the Nérès-les-Bains Tourist Office and the Montmarault Tourist Information Centre.

Each route description can be downloaded for free from our website.





26

The «Chemin de Vary» in Hyds

🚶 8.1 km - 2h

Difficulty: Very easy

Departure point: Place de l'Eglise

Signposting:

This hike will take you through a landscape of hills and valleys bordering the Combraille.

Bonus feature:

Initially hidden by vegetation, you will gradually see the Viaduct du Soleil rise majestically before you. This 19th century structure was built to connect Montluçon to Gannat by rail.



16

The «Circuit du Menhir» in Venas

🚶 12.7 km, 3h15

Difficulty: Easy

Departure point: Place de l'Eglise

Signposting:

This hike offers stunning panoramic views over the bocage landscape, revealing bouchures (hedgerows) marking field boundaries, numerous patches of forest, as well as the spires of nearby church steeples.

Bonus feature:

Along the route, keep a look out for the Christianised menhir. You can also see the «Maison Couleur de Temps» by the artist Chop (find out more on page 30).



25

«The two bell towers: between Tigoulet and Gannes» in Durdar-Larequille

🚶 18.9 km, 4h45

Difficulty: Difficult

Departure point: Town Hall (Mairie) car park

Signposting:

This hike will take you to a magnificent panorama over the Montluçon valley.

Bonus feature:

Take a moment to enjoy the tranquility of the Ganne pond. You can also explore the village of Durdar by taking the alternative route (shortcut 11.9 km).

Wellness

breath in deeply...

Wellness also involves knowing how to give yourself time. Real time. Time to slow down, to breathe deeply, to simply take care of yourself. Spa treatments, massages, reflexology – they all play a part in this cocooning interlude. Here, we have everything you need to let go... to get the most out of the wellness stay you've been looking forward to.



The spa: Les Nériades

The «Les Nériades» thermal spa covers more than 1,000 m² and includes three areas: the sensory area (indoor pool, outdoor pool, sauna, herbal tearoom, etc.), the balneotherapy area (hydromassage baths, affusion showers, etc.) and the spa area (massages, body and facial treatments, etc.).

Place des Thermes, 03310 Nérès-les-Bains
+33 (0)4 70 03 11 11 - www.neriades.com



Spa Bulles d'Allier

Combine wellness and fine dining at the Spa Bulles d'Allier in Montmarault. The wellness area features a sauna, a hamman, several spas, a solarium, a Himalayan salt stone sauna and a sensory shower. Body treatments and massages are available by appointment. After this enjoyable moment of relaxation, give your taste buds a treat with the gourmet cuisine of the 3-star hotel-restaurant.

Hostellerie du Centrotel and Spa
26 route de Moulins, 03390 Montmarault
+33 (0)4 70 02 62 50 - www.centrotel.fr



Fish spa

Taking care of yourself also means taking care of your hands and feet. Manon Beauté Senteur offers an unusual spa experience: the fish spa! Immerse your feet or hands in a tank filled with Gara Rufa fish, then just relax and enjoy the gentle care of these little fish that naturally exfoliate your skin. Settle yourself comfortably with a good book, and try out a new herbal tea each week.

Manon Beauté Senteur
5 place des Thermes, 03310 Nérís-les-Bains
+33 (0)4 70 03 11 91



Head spa

The Head Spa offers a deep scalp treatment based on Japanese and Korean rituals, combining relaxing massages, deep cleansing, cranial lymphatic drainage and targeted hair care. Enjoy a moment of intense relaxation at the institute, À Fleur de Peau.

Fanny Diat Institut A Fleur de Peau and Head spa
22 Rue Christophe Thivrier, 03600 Commentry
+33 (0)7 66 60 20 86

*...breathe in
 deeply*

Our region's gently undulating landscapes invites nature lovers, hiking enthusiasts and anyone seeking tranquillity to enjoy wellness in the great outdoors, through a range of soothing sporting activities.

Bézenet



Leisure & Activities

simple pleasures

Get out and explore!

Throughout the tourist season, the communes of Commentry, Montmarault, and Nérès-les-Bains Tourism organise events that offer something for everyone! From village festivals to music festivals... even a festival evoking life during the Belle Époque... you're bound to find something that appeals!



See the full programme here



Throughout the year, the Agora in Commentry, the André Messenger Theatre in Nérès-les-Bains, the P'tit Bastringue Theatre in Cosne-d'Allier, and the Chèvrerie in Verneix offer a rich, varied programme, accessible to all!

Each venue develops its own unique identity, offering a full, exciting cultural experience.

The Maison Couleur du Temps

The Maison Couleur du Temps is a truly singular, fascinating home. Since 1970, the artist Chop, who really lives in this magical place, has been working here on the theme of time. A reflection orchestrating nature's four seasons, along with all the stages of life. The house features giant figurative murals, both inside and out, as well as furniture and costumes.

Free guided tours. Open from Easter to 11th November (Sundays and public holidays from 3pm to 7pm), and in August (every day except Wednesdays).

Clémagnet, 03190 Venas
+33 (0)6 84 90 95 48

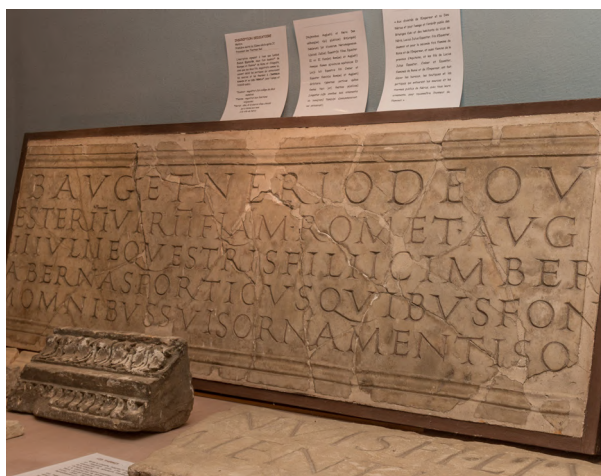




The Micro-Folie

Located in La Pléiade in Commentry, this digital museum offers a virtual exploration of works and collections from major French museums. Throughout the year, it holds thematic lectures and live broadcasts of performances. Check out the programme on the town's website.

Place de la Butte, 03600 Commentry
+33 (0)4 70 64 40 60 - www.laplejade.commentry.fr



Gallo-Roman museum

Néris-les-Bains boasts its own museum filled with relics dating back over 2,000 years. A fascinating invitation to travel through time, it unveils a collection of Gallo-Roman remains discovered in the town.

Self-guided tours from Wednesday to Saturday (during the spa season) from 2.30pm to 6pm. Guided tour according to the entertainment programme.

4 rue Monthyon, 03310 Néris-les-Bains
+33 (0)4 70 03 42 11



Allier Railway Museum

Exhibition of rolling stock and rail equipment from the 19th and early 20th centuries (locomotives, carriages, etc.).

Guided or self-guided tours by appointment only.

1 rue Maurice Robin, 03390 Montmarault
+33 (0)6 40 09 95 98



PÉPIT03, the geocaching App

Discover the heritage of the Allier region in a fun, original manner using the PÉPIT03 app! An outdoor treasure hunt that combines exploration, riddles and fascinating discoveries. It also raises awareness of the heritage that surrounds us that we often overlook. Grab your smartphone, unleash your detective skills, and set off to discover hidden treasures, all while enjoying the beautiful natural surroundings.

www.pépit03.com

- Cosne-d'Allier: «Relive the good old days» - 3 km
- Malicorne: «Grafting in the orchard, magnificent bocage landscapes» - 4 km
- Nérès-les-Bains: «Back to the hot springs» - 3.5 km

Les Z'aventures Magik

Has the bell tower of Saint-Bonnet-de-Four been bewitched? Set off on an exciting adventure with family or friends to help the carpenter, Tordeloelil, find out who twisted his bell tower! Z'aventures Magik' comes in the form of a game kit on sale all year round. It contains a map of the site, fantastical characters, riddles, challenges and a mission to fulfil.

On sale at our visitor reception centres





Randoland

Goodbye to walks with children dragging their feet! Armed with a Randoland activity sheet, your child sets the pace by acting as guide! Suitable for children as young as 4 (depending on the route), these activity sheets offer a series of fun questions that encourage young hikers to keep going, searching for clues along the way.



Download the activity sheets for free at www.cmnc03-tourisme.com or pick them up at our visitor reception centres.



Available in Louroux-de-Beaune, Murat, La Celle and Voussac.

Donkey rides

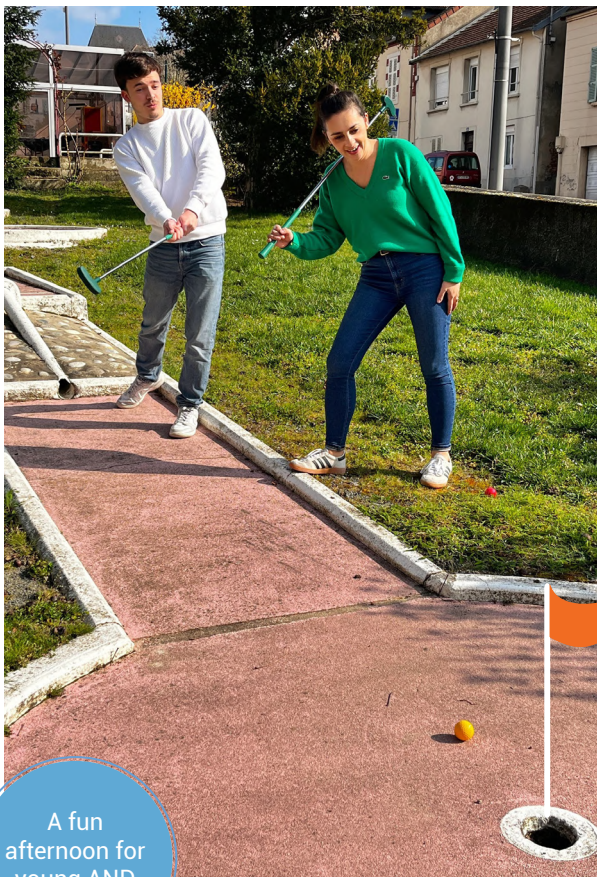
Recharge your batteries with your family at the Asinerie in Vioune, and share some wonderful moments with the donkeys and their foals.

The Asinerie offers nature walks with a donkey, or even donkey rides for small children. Children discover the joys of walking at the animal's gentle pace. A fun, comforting way to explore nature while creating unforgettable family memories.

Rides available by appointment.

2070 route de la Vilaine, 03600 Hyds
+33 (0)6 83 91 06 23 - www.lainess.com





A fun afternoon for young AND old!

Mini-golf

Visit the Nérès-les-Bains mini-golf course for a fun, convivial activity, perfect for the whole family. Nestled in the Parc des Arènes, this 18-hole golf course offers enjoyable challenges for all ages.

Rentals open from 23rd March to 31st October at the Nérès-les-Bains Tourist Office, during opening hours. No prior booking required; subject to club availability.

2 avenue Marx Dormoy, 03310 Nérès-les-Bains
+33 (0)4 70 03 11 03 - www.cmnc03-tourisme.com



Self-guided rally

Get a team together and set off to (re) discover some of our 33 towns and villages in a fun, and entertaining way, along a route covering around 50 km.

So, which ones? It's up to you to search and find... even the departure point! How? Starting with the first riddle.

Be curious, observant, inventive or logical, combining the talents of each team member.



Download the route for free at www.cmnc03-tourisme.com or pick it up at our visitor reception centres.

Tip: pack a picnic to give your brain cells a boost along the way.

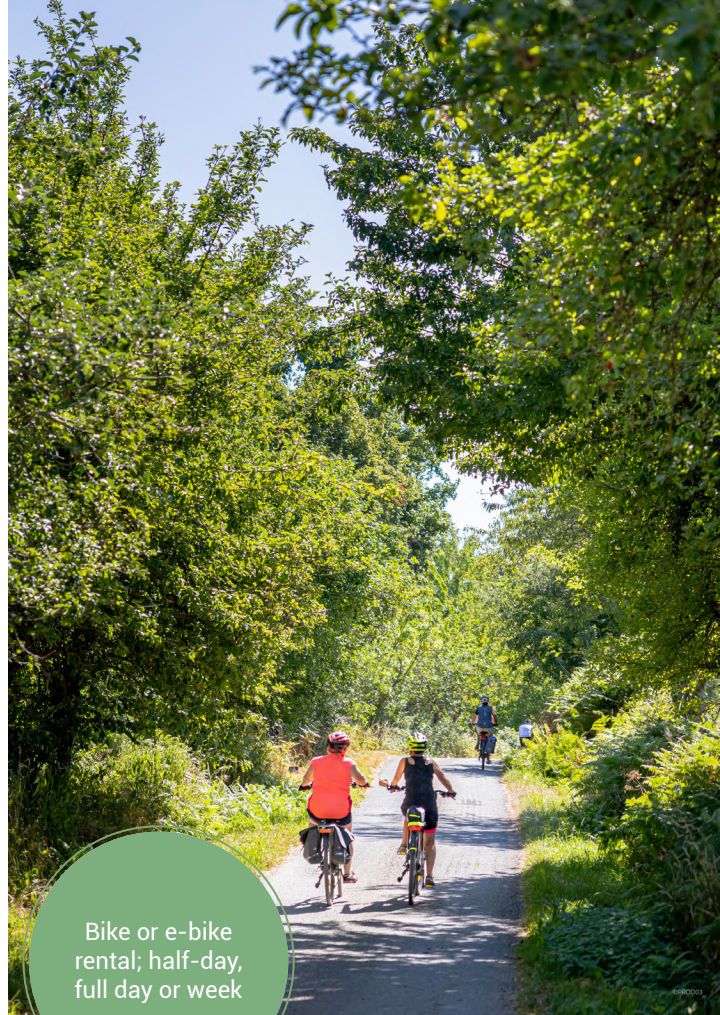
For sports enthusiasts

Being active is good for both body and mind, whether by taking part in recreational sports at a modest level or by trying out new activities!

Way back in the 1st century AD, the poet Juvenal had already understood this with his famous phrase «mens sana in corpore sana» (a healthy mind in a healthy body).

So why not take advantage of your stay to get back into tennis, fishing or golf?!

Office de Tourisme de Nérís-les-Bains
2 avenue Marx Dormoy, 03310 Nérís-les-Bains
+33 (0)4 70 03 11 03 - www.cmnc03-tourisme.com



Bike or e-bike rental; half-day, full day or week



Sainte-Agathe golf course

Beginners and experienced golfers alike are welcome on the Sainte-Agathe greens! Located on the plain between Montluçon and Nérís-les-Bains, the golf course stretches over 60 hectares in a hilly, wooded setting. The association offers golfers an 18-hole golf course, a 17-station driving range (5 of which are covered), a practice putting green and an approach green. Club-house and pro-shop.

Plaine de Sainte-Agathe, 03310 Nérís-les-Bains
+33 (0)4 70 08 91 54 - www.golf-sainte-agathe.fr



Swimming pools

Cool off in one of the 4 swimming pools in the area.

Aqua Nérís (June to October)

Av. Marx Dormoy, 03310 Nérís-les-Bains - +33 (0)4 70 03 79 80

Centre Aqua-récréatif (July and August)

Rue des Fossés, 03430 Villefranche-d'Allier - +33 (0)4 70 02 03 81

Commentry swimming pool

Rue Abel Gance, 03600 Commentry - +33 (0)4 70 02 29 60

Clairval swimming pool

Rue Clairval, 03430 Cosne-d'Allier - +33 (0)4 70 02 00 26



Tennis courts

Set aside a few hours of your time for a game of tennis: A unique complex with four outdoor courts (two clay and two quick) and one indoor clay court.

Court rentals at the Nérís-les-Bains Tourist Office.

**2 avenue Marx Dormoy, 03310 Nérís-les-Bains
+33 (0)4 70 03 11 03 - www.cmnc03-tourisme.com**

A sports trail

Commentry offers two orienteering courses.

One is an urban course with 20 markers to find, during which you will discover several features of the town's heritage (average distance 6.4 km). The other course is a nature trail with 26 markers over 4.4 km: a breath of fresh air in the heart of the Agora woods!

Both courses can be enjoyed separately, singly or in teams.

Pick up a brochure at the Nérís-les-Bains Tourist Office, Montmarault Tourist Information Centre, Commentry swimming pool, or Commentry Town Hall.

→ In January 2026, Commentry was designated an «**active, sporting town**».



Another way to enjoy your stay is to discover the behind-the-scenes secrets of producers who are passionate about their work... whether its learning about the magic of how to transform a raw material into a finished product, or having the opportunity to interact with animals, get close to them and... even pet them!



The Vioune Asinerie (donkey farm)

Visit the farm, home to some fifteen donkeys and their foals, and share some lovely tender moments with them!

You can try your hand at milking, and then taste the milk used for food sales and cosmetics' production. While you're there, why not stock up on cosmetics at the on-site Mag'Asin store!

The Asinerie also offers donkey rides, a surefire delight with children! A unique and very popular activity.

Guided or self-guided tours by appointment only.

2070 route de la Vilaine, 03600 Hyds
+33 (0)6 83 91 06 23 - www.lainess.com

Soaps on sale at our 2 stores: in Montmarault and Nérès-les-Bains

Catherine's soaps

Catherine designs, makes and sells her products in her small workshop, where heavenly scents of rose and jasmine mingle with the aroma of sweet orange. Bold combinations for a soap maker convinced that natural ingredients and local craftsmanship can go hand-in-hand with quality and authenticity.

Visits to her workshop are by appointment only.

2 chemin de Lonzaïs, 03170 Bizeneuille
+33 (0)6 27 50 44 04 - www.lessavonsdecatherine.com





En vente à la boutique des produits de l'Allier à Montmarault



The vinaigres de la Carrière

Claire and her son Olivier look forward to welcoming you to their family farm. Using apples from their own orchards, they make a range of vinegars, aperitifs and brandies. They offer 13 different vinegars, made from cider vinegar water and flavoured with lavender, raspberry, vanilla, honey, even chocolate. During the visit, you'll be able to see the entire process of making the vinegars and other products using traditional, organic methods!

Guided tour by appointment only.

4 chemin de la Carrière, 03170 Montvicq
+33 (0)6 82 77 17 06 - www.vinaigresdelacarriere.fr

Olivier Gilbert Beekeeper

Olivier Gilbert, a professional beekeeper, owns over 200 hives in the Bourbonnais region. He produces a variety of honeys, including acacia, spring, summer flower, forest and buckwheat.

Take a guided tour to discover the honey extraction process and visit his shop.

Visits to the apiary are by appointment only.

2 chemin du Grand Bournet, 03430 Tortezaiz
+33 (0)6 64 53 94 54

The Ch'ti Cabri

Come and meet a dedicated farmer who breeds Poitevine goats and Jersey cows together to produce delicious cheeses. Discover the authentic world of eco-friendly farming and watch the milking process. An enthralling visit for nature lovers and people who appreciate fine products.

Visits by reservation only, Tuesdays, Thursdays and Saturdays from 5 pm to 7 pm.

Les Granges, 03600 Louroux-de-Beaune
+33 (0)6 38 65 53 29 - www.lechiticabri.fr



These producers are very active and may be out at markets. Make sure to book your visit in advance to ensure they are available.

Our local produce

for food lovers

The Bourbonnais region offers a feast for the eyes and palate alike. During your stay, make sure to sample our specialties and stock up on delicious treats at the markets or at our local produce shop.



«Pompe aux Grattons» (pork crackling brioche)

This pork crackling brioche is a staple of Bourbonnais cuisine. Once made by farmers and sharecroppers in the Bourbonnais, it mixes pork cracklings with savoury brioche dough.

Found in local bakeries throughout the region, it is usually served as an appetizer or starter with a green salad.



The «pâté aux pommes de terre»

Legend has it that this typical dish originated between Target and Voussac in 1789.

To ring the changes with the fish eaten on Fridays, the local women had the idea of putting potatoes in the shortcrust pastry that they baked in the communal oven, after baking the bread. To make the mixture softer, they then added fresh cream.

Based in Montmarault, the Confrérie du Pâté aux Pommes de Terre Bourbonnais is dedicated to promoting this traditional recipe: www.confrerie-bourbonnais.com



A great place to stock up on regional souvenirs and delicacies!

Allier produce shop

Alongside local producers, the Allier shop offers a wide range of high-quality products including over 1,000 local and artisanal products: terrines, honeys, wines, cakes, candles, jewellery, and more. The shop joined the initiative run by the Allier Bourbonnais Attractivité agency and, in 2023, was selected as a reseller of «Allier Bourbonnais Know-How».

Maison du Tourisme
2 rue du Bocage,
03390 Montmarault
+33 (0)4 70 07 39 21



Shops selling local, organic and bulk products can also be found in our towns. Request the «Regional inspirations, know-how and restaurants» brochure at our visitor reception centres.



Our weekly markets

BEAUNE-D'ALLIER

Place de l'Église
Mondays – 4 pm to 7 pm
Less than 10 stallholders

COSNE-D'ALLIER

Town centre
Tuesdays - 7.30 am to 1 pm
More than 50 stallholders

VOUSSAC

Place de la Mairie
Tuesdays – 4 pm to 6.30 pm
Less than 10 stallholders

MONTMARIAULT

Place du champ de Foire
Wednesdays – 8 am to 12 pm
10 to 30 stallholders

BÉZENET

Place de l'Église
Thursdays – 4 pm to 7.30 pm
Less than 10 stallholders

NÉRIS-LES-BAINS

Place de la République
Thursdays - 8 am to 1 pm
Sundays - 8 am to 1 pm
10 to 30 stallholders

COMMENTRY

Place de l'Hôtel de ville
Fridays - 8 am to 12 pm
More than 50 stallholders

VILLEFRANCHE-D'ALLIER

Place de la Mairie
Saturdays - 8 am to 12 pm
Less than 10 stallholders

Miel d'O

Ornella, who runs a small apiary in the countryside near Beaune-d'Allier, combines her passion for bees with her background as a chef to offer you products from the hive. One of her specialties is spoon nougat. Enjoyed straight from the jar, on toast, or in crepes, its delicate flavour of hazelnuts and roasted almonds delights young and old alike.

11 rte de la Chaume du bas, 03390 Beaune-d'Allier
+33 (0)6 35 55 83 36



Le Bézenet

The Font-Saint-Huile GAEC (a village farming collective) in Bézenet is primarily a family-run business which has been making its own cheeses and dairy products since 1986. Each speciality is crafted with care according to tradition and with respect for the animals. Products are sold directly on the farm and at local markets.

Lieu-dit Font Saint Huile, 03170 Bézenet
+33 (0)4 70 07 76 76



Try the tartiflette at Le Bézenet!



Available at the Allier produce shop in Montmarault

Vernusse mushrooms

Arnaud cultivates mushrooms (shiitake, oyster and button mushrooms), additive-free and with no air conditioning. He offers a variety of products, including powdered and dehydrated mushrooms, honey/shiitake candies, and pickled oyster and shiitake mushrooms.

Available at local markets.

Le Rechat, 03390 Vernusse
+33 (0)7 60 11 08 70 - www.leschampignonsdevernusse.com

The Brasserie Mouss'O Nez

A craft microbrewery established in Colombier in 2025. Anthony offers a wide range of beers, including raspberry or lemon flavoured, white IPA and lager. Available at local markets.

12 impasse de Chierloux, 03600 Colombier
+33 (0)6 01 89 57 65



Meeting with Julien d'Alliait

Domaine de Barillère, 03430 Sauvagny
+33 (0)7 81 84 62 11 - www.glacealliait.fr



→ Could you tell us about your business?

I run a dairy farm in Sauvagny with my parents, where my sister will also be joining us soon. We have 85 Montbéliarde cows. Since I took over in 2022, we've started processing some of the milk on the farm to make frozen products sold under the Alliait brand. I like to say that we've become agri-ice cream makers. I have a science baccalaureate (BAC S), a two-year technical degree (BTS) in livestock production (one year in Normandy, one year in England), and a bachelor's degree in livestock genetics and development. I followed this up with several courses in how to make farmhouse ice cream.



→ What products do you sell?

The idea for ice cream came about somewhat by chance! We sensed there was a potential for direct sales on the farm. While producers already offered excellent dairy products in the surrounding area (yogurt, cheese, cream, butter, etc.), there was no ice cream within a 40-kilometre radius. So, this idea, suggested by my mother at the time I was thinking of returning to the family farm, gradually took root, and then we decided to go for it. Today, we sell about fifteen flavours of ice cream and frozen yoghurt, alongside frozen desserts for holiday periods, such as Baked Alaska, Christmas logs, and more.



→ Do you have a flagship product?

Vichy pastille ice cream is one of our flagship products. Available since the business launched, its refreshing, minty flavour has made it a big hit with the public. We are also proud of other flavours created jointly with other local producers, including a whisky cream from the Balthazar distillery and our own coffee roasted in Montluçon. These three flavours all won gold medals at the 2025 Lyon International Competition. Our vanilla Baked Alaska is another popular choice with the public. Bound to please due to its simplicity, it delights young and old alike at family meals. As such, we now aim to offer it all year round.

→ Where can we buy your products?

Our farm shop is open every Saturday all year round (10 am-12 pm/2 pm-5 pm). You can also find us at summer markets, farmers' markets, or supermarkets. We maintain an up-to-date interactive map of retailers who stock our products, available on both our Facebook page and our website.

→ In addition to your production, can you tell us about your second summer activity?

To raise our profile, we have also opened a corn maze – a large, plant-based maze dotted with little riddles. The walk takes about an hour, with an ice cream served at the exit to reward the effort. So far, we've held three editions of the maze with different themes (the Olympic Games, the farm, the 200th anniversary of the Vichy pastille mint). However, since only one plot of land is well-suited to this type of activity, I think we'll let the plot rest in 2026 as fallow grassland to enable it to be ready for another edition in 2027!

→ How did you come up with the idea for the corn maze?

It's an activity that goes well with ice cream sales. There's also a small demand for agritourism, which we're trying to meet as best we can. It's not perfect, but our explanations are improving, our maze is becoming more sophisticated, and we have more ideas for improvements that will surely come into focus with my sister's arrival. There's another farm in the Loire region that has been offering this type of maze for far longer than we have. It's encouraging to see that this kind of offer can actually work and find an audience.



Practical information



Tourist Office Nérès-les-Bains

Ticket office: advance sales for workshops, city tours, theatre performances, concerts, shows and plays.

Shop: postcards, key rings, candles, soaps, jewellery, hiking guides, books, local crafts, etc.

Tennis court rental: 1-hour and 5-hour passes, from €12 to €45. Advance booking required.

Bike rental: hybrid bikes, city bikes, e-bikes. Half-day, full-day, weekly or multi-day packages. Advance booking required, starting at €6.

Mini-golf club rental: 1h30 of play. Children aged 3-12: €3; 12 years and over: €5.

Sustainable development area: carpooling folder, recycling tips, sorting of waste, eco-friendly practices, etc.

Services: photocopying (fees apply), free Wi-Fi.



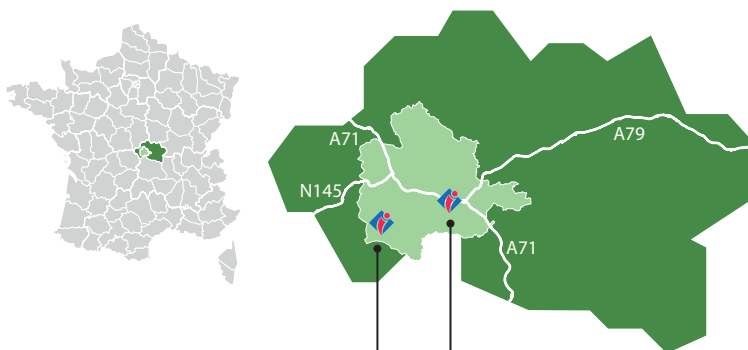
Tourist Information Centre Montmarault

Store selling products from the Allier: more than 60 exhibitors and 1,000 items of local crafts and produce: terrines, honeys, wines, cakes, candles, jewellery and much more.

Ticket office: advance sales for workshops, city tours, theatre performances, concerts, shows and plays.

Relaxation area: picnic area, restrooms, hot and cold drinks.

Services: free Wi-Fi, photocopying (fees apply), e-vehicle charging station in the car park.



Nérès-les-Bains

Tourist Office

Montmarault

Allier products shop
Maison du Tourisme

How to get here:

BY ROAD:

TO NÉRIS-LES-BAINS:

From the North (Paris, Orléans): A71 motorway, exit 10 Bizeneuille, towards Commentry.

From the South (Clermont-Ferrand): A71 motorway, exit 11.

From the East (Mâcon, Moulins): A79 motorway, towards Montmarault, then Commentry.

From the West (Guéret via RN 145): head towards Montluçon, then follow the RD 2144 towards Clermont-Ferrand.

TO MONTMARAUULT:

From the North (Paris, Orléans): A71 motorway, exit 11 Montmarault.

From the South (Clermont-Ferrand): A71 motorway, exit 11.

From the East (Mâcon, Moulins): A79 motorway, towards Montmarault.

From the West (Guéret): A71 motorway, exit 11.

BY TRAIN:

Montluçon SNCF train station, 8 km from Nérès; 30 km from Montmarault.

Commentry SNCF train station, 7 km from Nérès; 21 km from Montmarault.

Info at 3635 or www.sncf-connect.com

BY BUS:

Regional council bus lines.

Lines B07 and B19 to Nérès.

Lines B01 and B02 to Montmarault.

Ticket office: +33 (0)4 80 00 70 00

Info at www.laregionvoustransporte.fr

CARPOOLING:

www.blablacar.fr

mobicoop.fr

E-vehicle charging stations: Commentry, Cosne-d'Allier, Doyet, Malicorne, Montmarault, Nérès-les-Bains, Sazeret and Villefranche-d'Allier.

A team at your service



Management



Nérís Reception



Montmarault Reception



Communications



Outdoor Activities



Tourist Office

Class - category 1



2 avenue Marx Dormoy
03310 NÉRIS-LES-BAINS

January, February and March (up till 20th March)

Tuesday to Friday, 9.30 am to 12 pm and 2 pm to 5 pm

From 21st March, April, May, June, September and October

Tuesday to Saturday, 9.30 am to 12 pm and 2 pm to 6 pm. Mondays and public holidays from 2 pm to 6 pm

July and August

Tuesday to Sunday, 9.30 am to 12 pm and 2 pm to 6 pm. Mondays and public holidays, 2 pm to 6 pm

November and December

Tuesday to Friday, 9.30 am to 12 pm and 2 pm to 5 pm. Closed on public holidays and from 19th December to 4th January 2027

Telephone: +33 (0)4 70 03 11 03
Email: accueil@otnerislesbains.fr

Allier products shop Maison du Tourisme



2 rue du Bocage
03390 MONTMARAUULT

April, May, June and September

Monday to Friday, 9.30 am to 6.00 pm
Saturdays, 9.30 am to 12.00 pm (and from 2.00 pm to 6.00 pm during school holidays for all three zones and in June and September)

July and August

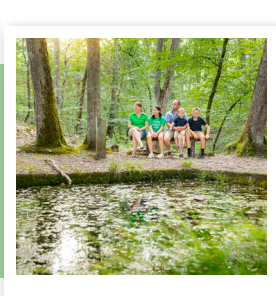
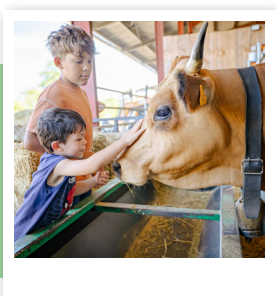
Monday to Saturday, 9.30 am to 6 pm
Sundays, 10 am to 2 pm

October, November, December, January, February and March

Tuesday to Friday, 9.30 am to 5.30 pm
Saturdays, 9.30 am to 12.00 pm (2.00 pm to 5.30 pm during school holidays for all three zones)
Mondays, 9.30 am to 5.30 pm in December

Closed on public holidays

Telephone: +33 (0)4 70 07 39 21
Email: maisondutourisme@otnerislesbains.fr



Stay tuned!

www.cmnc03-tourisme.com

@otnerislesbains

@Boutique des produits de l'Allier

