

Edition 2024

inspirations

WELLNESS IN THE BOURBONNAIS



COMMENTRY
MONTMARAUULT
NÉRIS-LES-BAINS
TOURISME



Offices de
Tourisme
de France

Légende

Key | Kartenlegende



Office de Tourisme - information touristique
Tourist office | Fremdenverkehrsamt



Villes et villages fleuris
Floral towns and villages | Städte und Dörfer in Blüte



Village étape
Village étape label | Village étape Label



Les Plus Beaux Détours de France
Plus Beaux Détours de France Label | Plus Beaux Détours de France Label



Ville thermale
Spa town | Kurstadt



Aire de camping-car
Motorhome area | Wohnmobilstellplatz



Coin pique-nique
Picnic area | Picknickplatz



Edifice religieux
Religious building | Religiöses Gebäude



Château
Castle | Schloss



Musée | Salle d'exposition
Museum | Museum



Pêche
Fishing | Angeln



Piscine
Swimming pool | Schwimmbad



Activité sportive
Sports activity | Sportliche Aktivität



Parcs et jardins
Parks and gardens | Parks und Gärten



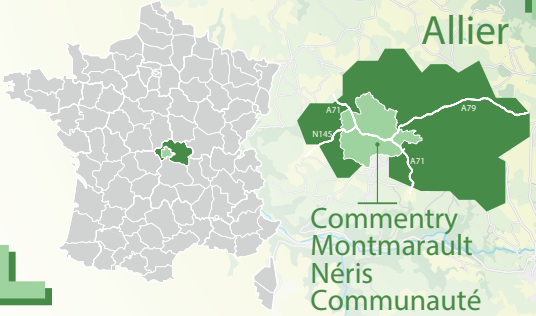
Activité familiale
Family activity | Familienaktivität



Point d'intérêt
Point of interest | Sehenswürdigkeit



Voie Verte
Pedestrian way | Fussweg



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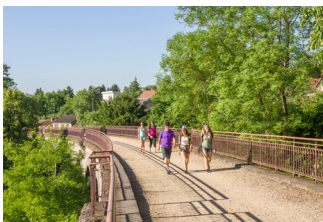
Contents



04 | Practical information



05 | Experiences to enjoy here



06 | Nature & escape



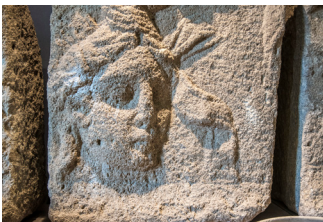
10 | Little gems & the unusual



14 | Relaxation & wellness



16 | Activities & leisure

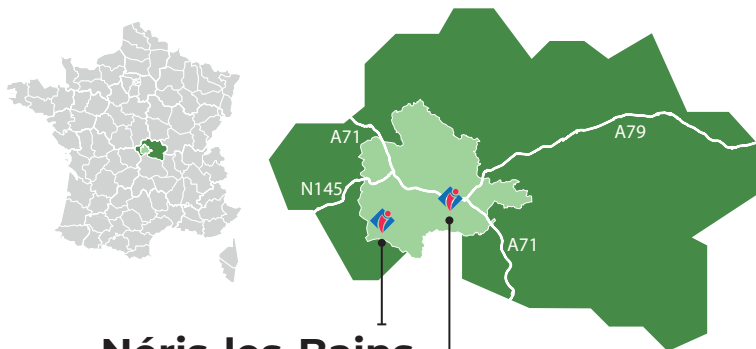


22 | History & heritage



26 | Flavours & treats





Nérès-les-Bains
Office de Tourisme

Montmarault
Boutique des produits
de l'Allier

How to get there ?

BY ROAD:

NÉRIS-LES-BAINS

From the north (Paris, Orléans): A71 motorway, exit 10 Bizeneuille, then take the direction Commentry.

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

From the east (Mâcon, Moulins): A79 motorway, exit 34, take the direction Montmarault, then Commentry.

From the west (Guéret via RN 145): take the direction Montluçon, then Clermont-Ferrand via RD 2144.

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, exit 34 Montmarault.

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

BY TRAIN:

Montluçon SNCF station – 8 km from Nérès and 30 km from Montmarault.

Commentry SNCF station – 7 km from Nérès and 21 km from Montmarault.

Information: call 3635 or www.sncf-connect.com

BY BUS:

Regional Council bus lines.

Lines B07 and B19 to Nérès.

Lines B01 and B02 to Montmarault.

To book a ticket, call +33(0)4 80 00 70 00

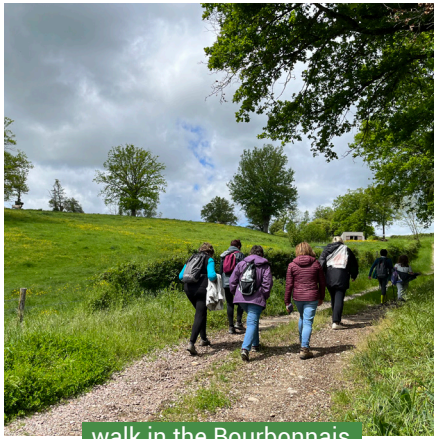
Information: www.laregionvoustransporte.fr

CARPPOOLING:

www.blablacar.fr



pamper yourself



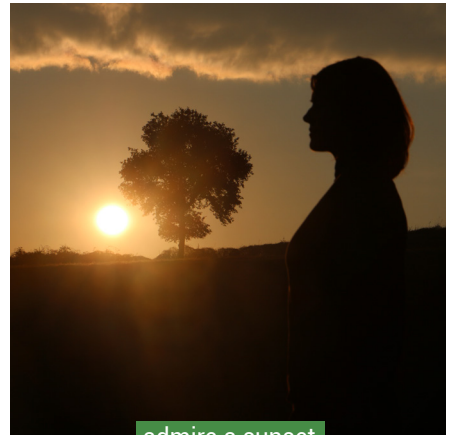
walk in the Bourbonnais



stroll through the markets

10 experiences to enjoy

across the Commentry, Montmarault and Nérès-les-Bains area



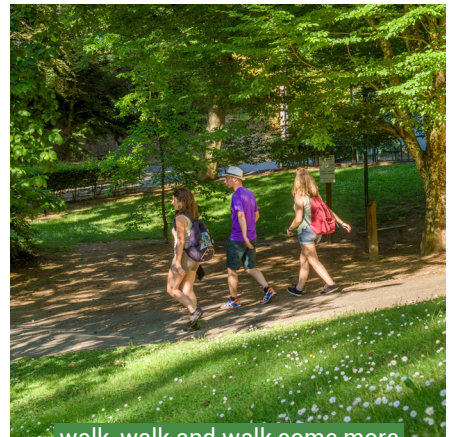
admire a sunset



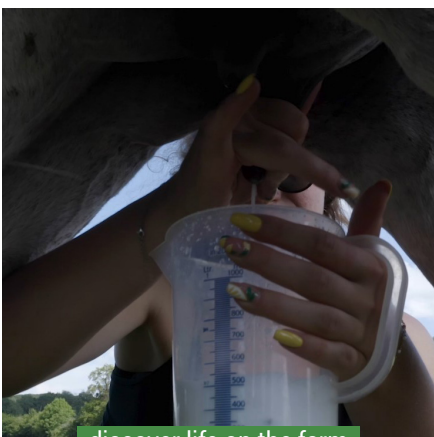
taste our local products



meet people who love what they do



walk, walk and walk some more



discover life on the farm



discover our secret heritage



dive into the past

nature & escape

Here, everything invites you to slow down and (finally) take your time. Take the time to walk, to breathe, to observe. Take the time to give yourself time to feel good, to treat yourself: put simply, time for yourself.

Here are some of our favourite green walks and the very best spots for a siesta in the sun, soaking up plenty of vitamin D.

Our 5 national forests *it's good for the soul!*

Discover true peace and the beauty of nature during a relaxed walk in the forest. Let yourself be enchanted by the majestic trees and soft rustling of the leaves. Discover the diversity of flora and fauna, listen to the birdsong and breathe in the fresh air. Whether it's alone, with family or with friends, a forest walk is a soothing break from the everyday and the chance to discover nature in its purest state. Recharge your batteries.

Their names: La Suave, Lespinasse, Dreuille, Château-Charles and Vacheresse.

A few basic rules before setting off into the forest:

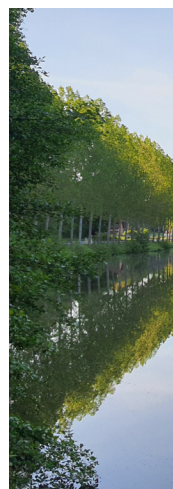
- #1 – check the forecast
- #2 - take good shoes and suitable clothing
- #3 - bring water and a snack
- #4 - take a map, you won't get mobile signal everywhere
- #5 - respect protected areas, plots under regeneration, forestry sites and hunting zones by not entering them



Christianised menhir - Venas



Suave forest





The Voie Verte pedestrian way - Nérís-les-Bains

The Voie Verte pedestrian way *perfect for everyone!*

This former railway line linking **Nérís-les-Bains** to Montluçon has been redeveloped into a pedestrian and cycle path. With a gentle gradient throughout, it's ideal for walking in all seasons. It crosses three viaducts, built between 1921 and 1929, and stretches out over the Nérís countryside for 6.4 km.

Tip: why not go for a walk at the end of the day to admire the beautiful sunsets?

An endless horizon

Head to the «Rue de la Croix de Pierre» in **Venas** to take advantage of a beautiful panoramic view over the wooded landscape. There, you'll be able to admire the «bouchures»* that line the fields, the many patches of woodland and the spires of the various church bell towers in the area. A Christianised menhir stands at the crossroads of ancient roads.

*local name for a hedge characteristic of the wooded countryside

Our lakes *calm and serenity*

A little walk around a lake to enjoy the harmonious combination of water and nature. Let yourself be enchanted by the sky's reflection on the clear water. Walk around the lake at your own pace and enjoy a picnic, serenaded by the sound of lapping water.

- A few examples:
- Lake Bézenet
 - Lake Cournaroun at **Nérís-les-Bains**
 - Lake La Ganne at **Durdar-Larquille**
 - The Great Lake of **Venas**
 - Lake La Planche at **Doyet**

Fancy a spot of fishing? First- and second-category fishing lakes and rivers await enthusiasts. Find more information on www.federation-peche-allier.fr



Great Lake - Venas



Bézenet

The Tree Trail

In the Belle Époque, the spa town of **Nérís-les-Bains** decided to take the gamble to stand out and grow its wealth. Several rare trees were therefore imported from Asia and America.

In the inviting shade of our six parks, you'll recognise a few familiar species while you discover other, much rarer specimens. A walk in the heart of nature, travelling to the world's end through trees. Ask for the Tree Trail leaflet at the Nérís-les-Bains Tourist Office.



Nérís-les-Bains



a few ideas for outings on foot or by bike

Take advantage of the peace and quiet of nature as you explore the streets or trails of our charming villages and admire historic monuments. Whether you're a beginner or a seasoned hiker, we offer a selection of routes for all tastes and levels.

Experience unforgettable moments in the heart of nature and recharge your batteries during a hike across the Commentry, Montmarault and Nérès-les-Bains area.

All hiking sheets can be downloaded from our website: cmnc03-tourisme.com - under the RANDONNÉE [hiking] section.

randocmnc@gmail.com
07 84 74 71 06



📍 St-Bonnet-de-Four

«Le sentier du Tacot»

🚶 5.5 km, 1.5 hours
Difficulty: Very easy
Starting point: Town hall car park

With family, come and take on part of the old Tacot's 19th-century route. The Tacot was the train that ran on the secondary railway network.

little +

St-Bonnet-de-Four houses a bell tower unique in Auvergne, as its spire twists to the left. Proud of this unique characteristic, the town forms part of the Twisted Bell Towers of Europe Association.



📍 St-Angel

«La ronde angéloise»

🚶 10.5 km, 2.5 hours
Difficulty: Intermediate
Starting point: Town hall

Come and enjoy a loop around the Saint-Angélois area, as you discover its many crosses and landscapes.

little +

This hike, crossing a variety of landscapes, offers a panoramic view of the Bourbonnais wooded countryside, extending as far as Combrailles. Make a stop at the Saint-Michel church, whose bell tower houses one of the oldest bells in the Bourbonnais

The Via Sancti Martini *the European cultural route*

Echoing the Way of St James, this route links the East and West of Europe. From the birthplace of Saint Martin in Tours, across Hungary, Slovenia, Italy and France, this route passes through **Néris-les-Bains**, **Commentry**, **Colombier**, **Hyds**, **Louroux-de-Beaune**, **Beaune-d'Allier**, **Blomard** and **Vernusse**.



Voie verte - Néris-les-Bains

The Bell-Tower Route

On foot or by bike, follow the bell towers of the Sainte-Famille parish thanks to 28 signposted routes.

As well as churches and bell towers, a host of other riches and curiosities await: the Saint Patrocle fountain in **Colombier**, the Cornassat cross in **Beaune-d'Allier**, the former **Néris-les-Bains** train station or even the **Verneix** cannon ... Stop to admire these finds along your way, you might be surprised by the stories they have to tell.




Verneix



Cycle route

«Montmarault par monts et par vaux»

 52 km
Difficulty: Intermediate
Starting point: Montmarault

This beautiful route crosses the Bourbonnais countryside from village to village. After Saint-Bonnet-de-Four and its church with twisted bell tower (see page 10), a very leisurely section follows. Then, from Villefrance-d'Allier, charming little roads – often lined with hedges – lead you to the valleys of the Bourbonnais wooded countryside. A fantastic walk in the country!



Our GR© *long-distance hiking routes*

Our towns are crossed by two GR© hiking routes: the GR© 342 (Néris-les-Bains, Durdat-Larequille and La Celle) and the GR© 303 (Néris-les-Bains).

little gems & the unusual



St-Bonnet-de-Four

The only twisted bell tower in Auvergne

If you have a keen eye, you're sure to spot this unique feature from a distance on the road that leads you to the village of Saint-Bonnet-de-Four, no matter which route you take!

The only twisted bell tower in the Bourbonnais, and even in Auvergne, that of the Saint-Bonnet church bell tower is particularly coiled and has been since the late 19th century: the clock tower was burnt down by thunder in 1894 and rebuilt with wood that was so green that it twisted.

The André Messager theatre

Let yourself be carried away by the opulent architecture, the ornate decorations and the intimate atmosphere of the Nérès-les-Bains theatre.

Amid a historic setting, this Italian-style theatre will transport you to another time. Together, its red-velvet seats, dancing allegories and dome make up the incredible charm of this little architectural gem. Guided tours according to the programme of events.

Today known as the «André Messager theatre», it owes its name to the famous French composer and conductor born in Montluçon.



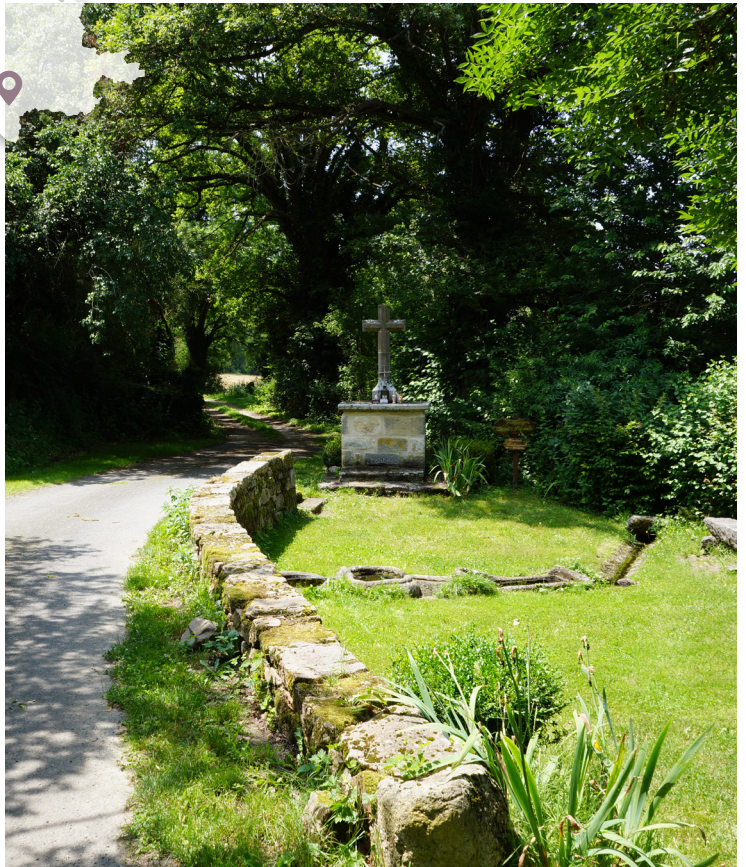
Nérès-les-Bains

Colombier

The Saint Patrocle fountain

Legend has it that, with no water to build his church and monastery, Saint Patrocle launched a hammer into the air as he uttered the following words: «Where my hammer falls, a spring shall gush forth». Falling around a hundred metres from the church, water miraculously sprung from the earth, giving birth to the Saint Patrocle Fountain.

Across two different routes (13.3 km or 14.8 km), the Fountains Circuit invites you to discover seven of these water features. Find the route at the Nérès-les-Bains Tourist Office, at the Montmarault Tourist Centre or by consulting the town's website at www.colombier03.fr



Tortezais



The Font Gargot

As you make your way around the Dreuille Forest, leave the main path behind and adventure into the woods to discover the Font Gargot (arrows indicate its location).

The Font Gargot once supplied the washhouse used by the inhabitants of neighbouring villages, as well as the ancient La Madeleine Priory lake, now disappeared. Nearby, take advantage of a few peaceful moments to soak up the greenery or immerse yourself in all the flamboyant colours of autumn.



📍 Louroux-de-Beaune

Granite chaos

Bearing witness to the erosion of rocks over millions of years, their clustering in fields is often the mark of human action on the landscape.

Characteristic of Louroux-de-Beaune and the surrounding towns, they provide food and shelter to many plant and animal species.

To be discovered along the walking loop: «The Grey Rocks Trail» (9 km, difficulty: easy)

📍 Murat

The Creux Chaud

Underground source of crystal-clear water which never freezes. The Creux Chaud (or «hot hollow») is located at the foot of the ruins of the Château du Murat (now private). An impressive building constructed in the 11th and 13th centuries, the castle was once the residence of the Lords of Bourbon until it was dismantled in 1531 following the death of the Constable of France.

This spring inspired the author Jean-Charles Varennes (1915–1995) to write «Les fiancés du Creux Chaud».



Montvicq

The Cascade

A dyke had been built here to create a reservoir used to wash coal on the Ris Voirat. Over time, the effects of erosion created a breach, resulting in this beautiful waterfall.

Head to Les Bourdignats. You'll pass in front of the former mine administration buildings, now abandoned, before continuing to make your way along the Voirat stream in a calm and leafy environment. After a short climb, take the path to your right and follow it to the water intake.

Néris-les-Bains

German sentry boxes

In the middle of a hiking route around the town of Néris-les-Bains, you will spot four German sentry boxes taken from Nantes. These sentry boxes were recovered in the 50s and 60s to protect quarrymen from fire and explosions.

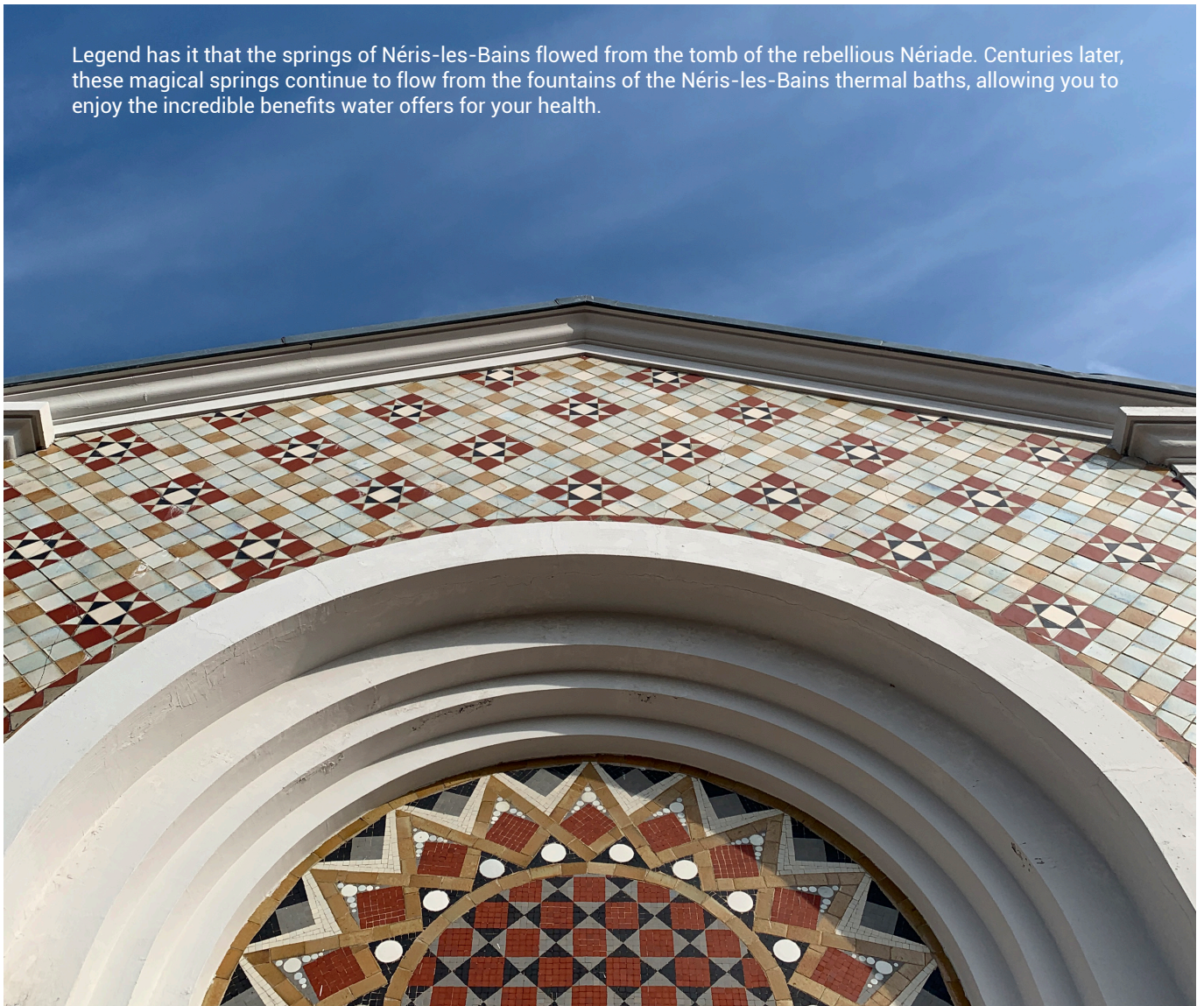
Head to «Le Roc de Fer»



relaxation & wellness



The thermal water of Nérès-les-Bains draws its unique composition from the rocks it passes on its long underground journey before finally emerging from its source. Its high content of lithium and magnesium offer it sedative, analgesic, balancing and relaxing properties, recognised by the French Academy of Medicine. It is thanks to these properties that the resort is prescribed for stress, depressive states, nerve disorders and even osteoarthritis and rheumatism.

Legend has it that the springs of Nérès-les-Bains flowed from the tomb of the rebellious Nériade. Centuries later, these magical springs continue to flow from the fountains of the Nérès-les-Bains thermal baths, allowing you to enjoy the incredible benefits water offers for your health.





The spa : les Nériades

Place des Thermes - 03310 Néris-les-Bains
04 70 03 11 11 - www.neriades.com  
As soon as they set foot inside, visitors are welcomed in a luminous and refined setting, made up of natural materials, skylights, gentle music and bewitching aromas to lead everyone on a journey of the senses, synonymous with absolute relaxation.



The «Les Nériades» thermal spa extends over more than 1,000 m² and is made up of three spaces: the Sensory space (indoor pool, outdoor pool, sauna, herbal tea shop and more), the Balneotherapy space (hydromassage baths, affusion spa, watermass, etc.) and the Spa space (massages, body and facial treatments, etc.).

For even greater peace of mind, remember to book!

Not forgetting ...

Le spa Bulles d'Allier

Hostellerie du Centrotel et Spa
26 route de Moulins - 03390 Montmarault
04 70 02 62 50 - www.centrotel.fr 

Combine wellness and good food at the Bulles d'Allier spa in Montmarault. The wellness space is equipped with sauna, hammam, several spas, a solarium, a Himalayan-salt sauna and a sensory shower. Solo or duo modelling and massage upon reservation. The three-star hotel-restaurant is sure to delight your taste buds after this sweet moment of relaxation.

activities & leisure

Discovering the behind-the-scenes work of passionate producers is another great way to treat yourself during your trip: whether it's by understanding the magic of transforming a raw material into a product, or the chance to connect with the animals, get close to them and even stroke them!



Les Vinaigres de La Carrière* *through the generations*

4 chemin de la Carrière, 03170 Montvicq
06 82 77 17 06 - www.vinaigresdelacarriere.fr 📍

Claire and her son Olivier offer you the chance to visit their family farm (only upon reservation). From their own orchards, apples are transformed into vinegar, aperitifs or brandy. They offer 13 different flavours based on cider vinegar, with the addition of lavender, raspberry, vanilla, honey and even chocolate ... During your tour, you'll see the entire production of vinegars and other organic, artisanal products! Find their shop online.



Les escargots de Babeth

29 route de la Brande, 03600 Malicorne
06 45 50 10 39 - www.lesescargotsdebabeth.fr 📍

Snail-farmer Elisabeth breeds, processes and sells her snails in a natural and responsible way. She offers cooked snails, white pudding with snails, an 'escargotoast' snail spread and even a snail quiche. Take advantage of a guided tour to find out more about her work and try a snail kebab in a friendly and pleasant setting (from 15/06 to 31/08/2024 upon reservation).



Les savons de Catherine* *handmade with passion and respect for the environment*

2 chemin de Lonzaïs - 03170 Bizeneuille
06 27 50 44 04 - www.lessavonsdecatherine.com 📍 📧

Catherine designs, creates and sells her products from her little laboratory where the scents of rose and jasmine mingle with hints of sweet orange. Daring combinations for a soapmaker convinced that natural, local craftsmanship can be synonymous with quality and authenticity. Workshop tours only upon reservation.



L'Asinerie de la Vioune*

100% authentic

Lieu-dit la Vilaine - 03600 Hyds
06 83 91 06 23 - www.lainess.com

Visit the organic farm (upon reservation) with its more than 15 donkeys and foals, and share some fantastic, tender moments with them!

You'll have the chance to learn about milking, before tasting the milk sold for consumption or the production of cosmetic products. Then, visit the Mag'Asin shop to take home some cosmetics for yourself!

Donkey ride

L'Asinerie also offers donkey rides to the delight of little ones! An unusual and much appreciated activity (only upon reservation).

Glaces Alliait

Domaine de Barillière - 03430 Sauvagny
07 81 84 62 11

This family farm processes Montbéliarde cows' milk on site to make its farmhouse ice-cream. Made from top-quality raw ingredients, some 15 flavours are offered: traditional ice-creams (vanilla, chocolate, strawberry, and even the signature Vichy pastille flavour), frozen yoghurts and ice-cream cakes for parties.

A corn maze *fun and games*

For big and little adventurers, lose yourself in this corn maze offered by Alliait! With riddles to solve and key points to find ... All surrounded by over 3 metres of greenery. Upon your exit (if you can find it), a refreshing scoop of ice-cream and traditional drink await! Open only in summer, on Wednesdays, Saturdays and Sundays. Find opening hours and more information on their Facebook page.

Sauvagny



Not forgetting ...

Le Ch'ti Cabri



Les Granges - 03600 Louroux-de-Beaune
06 38 65 53 29 - www.lechiticabri.fr

Antoine and Julie breed Poitevin goats and Jersey cows through organic farming, producing a selection of cheeses.

Tours upon reservation on Tuesdays, Thursdays and Saturdays from 17:00 to 19:00. Watch the milking and, in spring, come and see the baby kids (with or without tasting).

Le Bézenet

Lieu-dit Font-Saint-Huile - 03170 Bézenet
04 70 07 76 76

Since 1986, the Font-Saint-Huile GAEC has produced its «Bézenet» cheese according to artisanal production techniques. Also known for the Bézenet tartiflette, this cheese is sure to delight the taste buds.

Available to buy at the farm and in local markets. Tour upon reservation.

La Micro-Folie *the digital museum*

Place de la Butte - 03600 Commentry
04 70 64 40 60

Located in the Commentry La Pléiade cultural space, this digital museum allows visitors to virtually discover the works and collections of great national museums – before setting off to see them «for real», if you fancy it!

Over the course of the year, themed conferences or broadcasts of shows will be presented. You can also book a session to discover a particular collection or book time dedicated to an association or other group.

Commentry 



St-Bonnet-de-Four 

Les z'aventures magik

Has the Saint-Bonnet-de-Four bell tower been enchanted? Set off on an adventure to help Todeloeil, the carpenter, discover who has twisted his bell tower! 'Les z'Aventures Magik' are presented in the form of a games kit on sale all year round, including a site map, fantastic characters, riddles, challenges and a mission to complete.

On sale from the Nérès-les-Bains Tourist Office and at the Montmarault Tourist Centre.

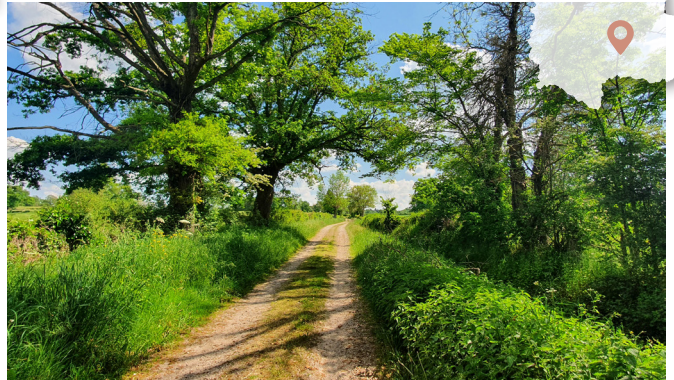
Not forgetting ...

The Railway Museum

1 rue Maurice Robin - 03390 Montmarault
06 40 09 95 98

Exhibition of 19th and early 20th-century railway equipment (locomotives, carriages, etc.). Guided or self-guided tour upon reservation.

Louroux-de-Beaune 



Randoland *walk and enjoy yourself*

From June onwards, a fun 2.9 km route will be launched in Louroux-de-Beaune. A walk to find clues while admiring the town's historic, architectural or natural heritage. Designed as a treasure hunt, routes are offered for three levels: 4–6 years, 7–9 years and over 10 years. Download free of charge from www.cmnc03-tourisme.com or pick up a leaflet from the Nérès-les-Bains Tourist Office or Montmarault Tourist Centre.

Maison couleur de temps

Clémagnet - 03190 Venas - 06 84 90 85 48

The Maison Couleur de Temps is a most unusual home. The painter Chip, who lived in this magic place, worked from 1970 onwards on the theme of time. Free guided tour. Open from Easter to 11 November (every Sunday and public holidays from 15:00 to 19:00), and every day except Wednesdays in August.



Malicorne
Néris-les-Bains

PÉPIT
a geocaching app

Pépit is a treasure hunt to be enjoyed in the great outdoors with the application of the same name, available to download free of charge – and of course, in the company of the Zooms! The Zooms are the characters in this game, who will entrust you with missions to complete.

This treasure hunt is an introduction to the heritage that surrounds us and which we often fail to notice ...

In Cosne-d'Allier, Magotte is the Zoom character who will guide you through the «Let the good times roll again!» mission: this little Bourbonnais town, at the northern edge of the Commeny, Montmarault and Néris-les-Bains Inter-Municipal Community, will reveal all its secrets to you!

Tip: why not go on a Tuesday to enjoy the Tuesday market?

NEW

Two new routes are planned from the month of June onwards: in Malicorne and Néris-les-Bains!

A car rally to enjoy at your own pace

Set off on a (re)discovery of some of our 33 towns in a fun way, across a 50 km route.

Which? It's up to you to look for and find them ... including the starting point! How? From the first riddle.

Be curious, observant, inventive or logical and pool all of your team's talents.

Available to download free of charge from www.cmnc03-tourisme.com or pick up a leaflet at the Néris-les-Bains Tourist Office or the Montmarault Tourist Centre.

Tip: take a picnic to give your grey matter a little boost along the way.



Cosne-d'Allier

Villefranche-d'Allier

Commentry
Néris-les-Bains

The pools

Take a dip in one of four pools in the area. Enjoy crystal-clear water, relax on the loungers or take part in a course. The perfect place to cool down and enjoy yourself!

Commentry swimming pool
Rue Abel Gance - 03600 Commentry
04 70 02 29 60

Clairval swimming pool
Rue Clairval - 03430 Cosne-d'Allier
04 70 02 00 26

Aqua-recreation (from July to August)
Rue des Fossés - 03430 Villefranche-d'Allier
04 70 02 03 81

Néris-les-Bains swimming pool (open to July 2024)
Avenue Marx Dormoy - 03310 Néris-les-Bains
04 70 03 79 80



Commentry swimming pool



Golf

Néris-les-Bains

Plaine de Sainte-Agathe, 03310 Néris-les-Bains
04 70 08 91 54 - golfsainteagathe@orange.fr
www.golf-sainte-agathe.fr

Love golf? The Sainte-Agathe golf course in Néris-les-Bains is an 18-hole community golf course where a friendly welcome and lively atmosphere are guaranteed!

Across over 60 hectares in the heart of nature, the 5,674 m of fairways combine beauty and technical features, revealing tees in wooded spaces, water features and two-tier greens across the holes.

The course is accessible to golfers of all levels, whether beginners or experts.



Bike rental

Explore the picturesque surroundings on two wheels! Enjoy a relaxing bike ride across the valleys and charming villages. Discover the hidden treasures and breathe in the fresh air as you take advantage of the beauty of nature. An unforgettable way to explore the area and experience new adventures!

The Néris-les-Bains Tourist Office offers classic or electric bikes to rent for a half day, full day or by the week.



The Néris-les-Bains casino *place your bets!*

Parc du Casino, 03310 Néris-les-Bains

04 70 03 15 09 - infoner@grouperanchant.com

www.casino-neris-les-bains.fr  

At the heart of the town, the Casino welcomes you in a superb, listed architectural complex, adjoining the Belle-Époque theatre.

In this pleasant and refined atmosphere, the Casino offers a modern room featuring the latest slot machines, a traditional games area (roulette and black jack), electronic roulette (8 stations), a restaurant and a lively bar.

Whether it's for DJ nights, private parties or professional events, the Royal Lounge has become a real «magnet» for the establishment.



Le Vijon - Commentry



Fête Belle-Époque - Néris-les-Bains

Heading out and discovering

Throughout the tourist season, the towns of Commentry, Montmarault and Néris-les-Bains organise a host of activities for all! From the patron saint's festival, to the music festival, or even a festival retracing life in the Belle Époque: there's something for everyone!

Request the programme of events from the Néris-les-Bains Tourist Office or at the Montmarault Tourist Centre.

history & heritage

Escape to Gallo-Roman lands

Since time immemorial, our land has been a crossroads for travel and exchanges, crossed by Roman roads. Various excavations have made it possible to rediscover the remains: this heritage is particularly clear to see in Nérès-les-Bains, where inhabitants have long enjoyed the virtues of thermal water in several establishments.



 Nérès-les-Bains

The Gallo-Roman Museum

4 rue Monthyon, 03310 Nérès-les-Bains
musee@nerislesbains.fr

Rediscover the story of Aquae Nerii by visiting the museum dedicated to Gallo-Roman remains, discovered from the 19th century onwards. As the only Gallo-Roman museum in Allier, the Nérès-les-Bains museum invites you to discover Gallo-Roman civilisation. Ceramics, representations of divinities, columns, frescoes or everyday objects will allow you to imagine the public and domestic lives of the town's inhabitants in ancient times.

The museum is open from Wednesday to Saturday, 14:30 to 18:00 (May to October) for self-guided visits. Piqued your interest? Guided tours are organised on certain Fridays (request the programme of events from the Nérès-les-Bains Tourist Office or the Montmarault Tourist Centre).



Néris-les-Bains

The Gallo-Roman theatre-amphitheatre

Also known as the «Parc des Arènes», this semi-circular building was once home to both a stage and an arena, surrounded by stands, in which theatrical performances and circus games were presented. The semi-circle of the theatre-amphitheatre, as well as a few small-stone walls, are still visible today.

Did you know? This ancient Roman theatre-amphitheatre could welcome up to 3,000 people. It was listed as a historic monument in 1862.



Beaune-d'Allier



The history route a journey spanning 20 centuries

Set off and discover historic, architectural, geographic and human heritage with the help of 24 enamelled-lava panels. This route will tell you all about the history of the village, located on the borders of Auvergne and the Bourbonnais, whose remains date all the way back to prehistoric times.

The village's patron saint, Saint Aignan, will share all the legends surrounding these sites with you. He will guide you to the sites of existing or former castles. Just around a «bouchure»*, you'll be able to admire stunning views as you discover a place deeply marked by history.

* local name for a hedge characteristic of the wooded countryside

Various hiking routes (from 4 to 15 km) are available from the Néris-les-Bains Tourist Office, at the Montmarault Tourist Centre or from the town hall.



Sauvagny



Cosne-d'Allier

The Bourbons

The former name of the Allier province, the Bourbonnais, recalls its origins – closely entwined with the history of France, particularly in the Middle Ages. From the 10th century onwards, the first Lords of Bourbon gradually fortified and expanded their land.

In the 14th century, Duke Louis II inherited the Duchy of the Bourbonnais, the County of Clermont en Beauvaisis and the County of La Marche, later exchanging his property with Le Forez, the Barony of Combraille, the castellannies of Nièvre, the Barony of Beaujolais and the Principality of Dombes. The Bourbons, loyal to the Kingdom of France, had many vassals and our landscapes and villages have been marked by them in their urban planning, their remains and, sometimes in their names.

For example, we can admire the ruins of the Murat fortress (private), once known as the «Le Riche» Murat castellanny, and keen eyes will be able to make out the rounded streets, characteristic of ancient ditches or fortifications, as seen in Malicorne or Cosne-d'Allier around the church. Meanwhile, the medieval churches of Nérès-les-Bains, Chamblet, Chappes, Chavenon or Sauvagny (private church) date back, at least in large part, to the Roman period and are well-deserving of a visit.

Here too, we were miners!

The intensive coal-mining of the 19th century has visibly modified the landscapes and life of the western part of our land. The veins were mined from various pits, boosting populations and extending villages.

Bézenet, for example, a simple hamlet of just a few houses, gradually became a town in its own right, independent of Montvicq, with nearly 5,000 inhabitants.

Commentry was transformed from a village to a small industrial town thanks to mining, followed by blacksmithing.

Even today, it remains highly industrialised.

Though the pits were destroyed upon the closure of the mines in Commentry, Doyet, Bézenet, Montvicq and Deneuille-les-Mines, the landscapes and place names still bear witness to this history.

As you cross the towns and villages, think of the thousands of workers who once populated these ancient mining districts. Imagine the smell of coal and the wagons that transported it to Montluçon.



The Heritage Route: Thanks to seven information panels dotted throughout the town, Commentry offers visitors the chance to discover the rich history of this blacksmiths' town. Find the route at the Nérès-les-Bains Tourist Office, the Montmarault Tourist Centre or in the town of Commentry.

Commentry



Nérès-les-Bains

The Belle-Époque *the start of tourism*

Nérès-les-Bains was an elegant and festive thermal resort. The presence of a bourgeois and aristocratic clientele following the construction of a thermal establishment in 1826 was confirmed during the Belle Époque and the spa tourism that gripped socialites breathed new life into the resort. As such, various hotels and villas were developed, along with parks and the beautiful theatre and casino complex in 1897.



Another symbol of the importance of spa tourism: the Nérès-les-Bains train station, now known as the Pavillon du Lac. This art-deco building (constructed between 1929 and 1931) impressed all those who laid eyes on it with its great, sandstone elevation, its glazed roofs with geometric motifs and its size (for a small town of around 3,500 inhabitants at the time). It operated between 1931 and 1972.



Nérès-les-Bains

flavours & treats



Our weekly markets *to fill up on delicious products*

It's also a fantastic opportunity for a stroll! Walking from stall to stall to sniff out the bargain of the day. Meeting the smiling gaze of the local producer, on their feet since half-past four in the morning. Smelling the incredible mix of aromas ...

BEAUNE-D'ALLIER

Place de l'Église
Every Monday - 16:00 to 19:00
Under 10 exhibitors

COSNE-D'ALLIER

Centre-ville
Every Tuesday from 07:30 to 13:00
Over 50 exhibitors

MONTMARIAULT

Place du champ de Foire
Every Wednesday from 08:00 to 12:00
10 to 30 exhibitors

BÉZENET

Place de l'Église
Every Thursday from 16:00 to 19:30
Under 10 exhibitors

NÉRIS-LES-BAINS

Place de la République
Every Thursday from 08:00 to 13:00
Every Sunday from 08:00 to 13:00
10 to 30 exhibitors

COMMENTRY

Place de l'Hôtel de ville
Every Friday from 08:00 to 12:00
Over 50 exhibitors

COLOMBIER

Place de l'Église
Every Friday from 17:00 to 20:00
Under 10 exhibitors

VILLEFRANCHE-D'ALLIER

Place de la Mairie
Every Saturday from 08:00 to 12:00
Under 10 exhibitors

Dates for your diary:

- Every 3rd Friday of the month (from April to September): local producers market in Colombier from 17:00 to 20:00
- Sunday 28 April: Earth Market at the Nérís-les-Bains Halle Rolin from 09:00 to 17:00
- Sunday 7 July and 11 August: craft market on the Nérís-les-Bains esplanade from 15:00 to 19:30 (accompanied by open-air concert)
- Saturday 27 July and 24 August: evening gourmet market on the Nérís-les-Bains esplanade from 17:00 to 22:00 (accompanied by open-air concert)



The potato pie *our speciality and our pride!*

Legend has it that this traditional dish was born between Target and Voussac in 1789.

To replace the fish consumed every Friday, woman had the idea to use potatoes in the short-crust pastry that they cooked, after the bread, in the communal oven. And to make the dish even creamier, they added crème fraîche.

Based in Montmarault, the Confrérie du Pâté aux Pommes de Terre Bourbonnais (Brotherhood of the Bourbonnais Potato Pie) is committed to promoting this traditional recipe: www.confrerie-bourbonnais.com.

Request the «gourmet inspirations» brochure at the Nérès-les-Bains Tourist Office or the Montmarault Tourist Centre. In it, you'll find all the restaurants, producers and culinary specialities of our region!

Montmarault

The "Boutique des Produits de l'Allier" *to take home a little souvenir!*

2 rue du Bocage - 03390 Montmarault
04 70 07 39 21 - maisondutourisme@otnerislesbains.fr
www.cmnc03-tourisme.com

Welcome to the "Boutique des Produits de l'Allier", at the heart of the department, an essential site to discover the very best of Allier!

For over 20 years and alongside local producers, the shop has been committed to offering you quality artisanal products. It presents over 1,000 different products from the local land and craftsmanship: terrines, honeys, wines, cakes, candles, jewellery and more.

It forms part of the Allier Bourbonnais Attractivité initiative and in 2023 received the «Allier Bourbonnais Produits» label.

A fantastic spot to take home a few souvenirs and treats!



A team waiting to welcome you



Management



Nérès reception



Communication



Hiking



Montmarault reception



Office de Tourisme

Classement catégorie I

2 avenue Marx Dormoy
03310 NÉRIS-LES-BAINS



April, May, June, September, October and November

Tuesday to Friday - 09:30 to 12:00 and 14:00 to 18:00

Monday and bank holidays - 14:00 to 18:00

July and August

Tuesday to Friday - 09:30 to 12:00 and 14:00 to 18:00

Monday, Saturday and bank holidays - 14:00 to 18:00

January, February, March et December

Wednesday to Friday - 09:30 to 12:00 and 14:00 to 18:00

Closed from 21st Décembre to 1st January

Telephone number: +33(0)4 70 03 11 03

Email: accueil@otnerislesbains.fr

Maison du Tourisme

Boutique des produits de l'Allier



2 rue du Bocage
03390 MONTMARAUULT



April, May, June et September

Monday to Friday - 9.30am to 6pm

Saturday - 9.30am to 12pm (2pm to 6pm during school holidays in the 3 zones)

July and August

Monday to Saturday - 9.30am to 6pm

Sunday - 10am to 2pm

October, November, December, January, February and March

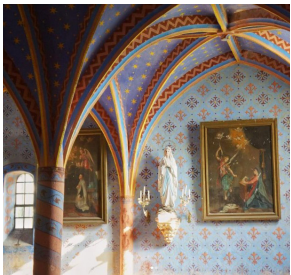
Tuesday to Friday - 9.30am to 5pm

Saturday - 9.30am to 12pm (2pm to 5.30pm during school holidays in the 3 zones)

Closed on bank holidays

Telephone number: +33(0)4 70 07 39 21

Email: maisondutourisme@otnerislesbains.fr



Stay tuned!

www.cmnc03-tourisme.com

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[@Boutique des Produits de l'Allier](https://www.facebook.com/BoutiqueDesProduitsdeLAllier)

