



Become one with nature.



#France4Naturisme

france4naturisme.com



SEASON
2025



Over 30 years of naturism by your side

Who are we?

In 1992, a group of naturist campsites sharing common values decided to join forces and embark on a new human adventure: **France 4 Naturisme** was born. Today, thanks to your loyalty, **seven establishments** welcome vacationers from all over the world for wonderful stays in harmony with a preserved environment. **France 4 Naturisme** has become the leader in its sector in France **leader in its sector**.

We are first and foremost French destinations prized for their authenticity, their warm welcome, and their love of nature.

Le **SÉRIGNAN Plage Nature**, on the Occitan coast

EURONAT, on the Médoc peninsula

The **DOMAINE DE BÉLÉZY**, in Provence

The **DOMAINE DE RIVA BELLA**, on the coast of Corsica

ARNAOUTCHOT, in the heart of the Landes forest

The **DOMAINE DE LA SABLIERE**, at the foot of the Cévennes

DOMAINE D'HÉLIOMONDE, in the Paris region

Why "France 4 Naturisme"?

"France" because it is in this magnificent country that we welcome you.

"4" for the four main values that bring us together: respect, living in harmony with nature, freedom, and eco-responsibility.

"Naturism" in tribute to our way of life, our state of mind.

Because living naked means living in harmony with yourself, your body, and your environment, and returning to the essentials: authentic, unspoiled nature.

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Nature
suits you so well

The beautiful story

It all began with a return to our roots and shared values

Thirty years ago, a group of naturist campsites discovered they shared common values: respect (for others, for oneself, and for the environment), kindness, and a love of freedom. They decided to join forces and embark on a new human adventure by founding France 4 Naturisme. Now the leader in its sector in France, this group offers a unique experience to all naturists, in harmony with unspoiled nature.

Over time, its destinations have multiplied and diversified, satisfying all holidaymakers' desires. France 4 Naturisme now has seven luxury establishments in France, all committed to eco-responsibility and surrounded by areas offering wonderful things to discover.



Did you know?

France is the **world's leading naturist destination** : around 2 million French people and 2 million foreigners practice this lifestyle every year.

Family figures France 4 Naturisme

They are the DNA of France 4 Naturisme



Noël Pasqual

Riva Bella: Eden on the Isle of Beauty

Noël Pasqual, an iconic figure at Riva Bella, acquired the site in 1960, when it was just a maquis accessible only to fishermen. He gradually created the estate we know today. Originally a textile campsite, the site became naturist in 1965, attracting a clientele in search of freedom. Today, his daughters Marie-Claire and Marie-Noëlle, assisted by his granddaughters Sabrina and Maeva, continue to uphold the spirit and warm welcome of the estate.



Henriette and Etienne Amat

Sérignan Plage Nature: a family history

The history of Sérignan Plage Nature is closely linked to the Amat family. In 1965, Étienne Amat launched a textile campsite on land leased from winegrowers, with a constant focus on preserving nature. In the same year, a naturist area was proposed, but the project took time to get off the ground due to local opposition. Finally completed, the campsite is still run by the Amat family today and is thriving.



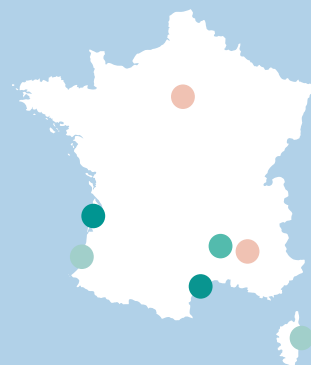
Hubert Lacroix

Euronat: Europe's largest naturist center

In the 1970s, Hubert Lacroix launched an innovative project: a naturist center on the medoc peninsula, inspired by Club Med. In 1988, his daughter Helene founded the first naturist thalassotherapy center on the Gironde coast. With 335 hectares, Euronat became the largest naturist complex in Europe, managed since 1990 by her husband Jean-Michel. Today, Euronat is celebrating its 50th anniversary, with the third generation continuing the adventure with passion and success.



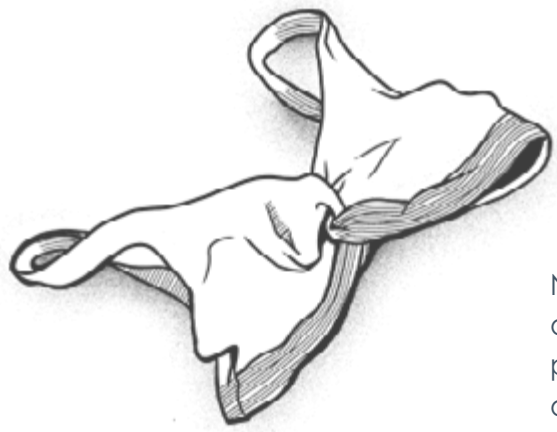
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7 naturist villages in France



SCAN ME



Naturism from yesterday to today

Naturism was defined in 1974 by the International Nativist Federation as "a way of life in harmony with nature, characterized by the common practice of nudity, with the aim of promoting self-respect, respect for others and respect for the environment."

A brief history of naturist tourism

Naturist tourism began in Germany in the early 20th century before spreading to France, the United Kingdom, and Spain. In France, it was the Durville brothers, both doctors, who created the first facilities, including the Héliopolis naturist resort (1932), which quickly became a benchmark. The French Nativist Federation was founded in 1951 by the Lecocq couple. In the 1960s, France incorporated naturism into its tourism policy and attracted German and Dutch visitors. After May 1968, attitudes changed and naturism gained ground, becoming a symbol of freedom. The next generation abandoned the practice somewhat before the real comeback we are seeing today: there is now a desire to reconnect with nature and a desire to be rather than to appear.

More and more followers

Every year, around 2 million French people and 2 million foreigners practice naturism in France—there are around 13.5 million practitioners in Europe and nearly 16 million worldwide. eleven million French people say they are willing to try naturism (2015 IFOP survey for the Tourism and Naturism Cluster of Atout France), and around 4 million French people have already taken a naturist vacation. Naturism is therefore attracting more and more practitioners, and its audience is increasingly diverse and younger, with young families with children on the rise. Whether as a couple, with family or friends, at any age, naturism has its benefits!

France, the leading naturist destination

France is now the world's leading naturist destination. The beauty of the landscapes, the capacity to welcome visitors, and the quality of the accommodation on offer have built a great reputation for our country. Paris is not to be outdone, with the creation of a naturist area in the Bois de Vincennes, a naturist restaurant, and the organization of a naturist tour of the Palais de Tokyo.

Naturism,

a philosophy?

First of all, it is important not to confuse naturism with nudism: nudism simply refers to the occasional act of undressing. On the contrary, naturism is a genuine lifestyle that is particularly fulfilling. Although it is popular, it is by no means a fad. Why is it so popular? First of all, because naturism is synonymous with freedom. Furthermore, the benefits of nudity for the body and mind are real. Secondly, when clothes are removed, social differences also disappear. When the body is freed from unnecessary constraints, human relationships become simpler. Finally, respect for others, for oneself, and for the environment is a core value of naturism, and we love that!

So, can naturism be considered a philosophy? Yes, when you consider that it is often combined with a healthy diet, physical activity, a certain ecological awareness, and unfailing empathy and friendliness. It is both an ethic and a way of life!



In a naturist center, you live naked!

In a naturist center, total nudity is of course encouraged everywhere. It is even mandatory at the beach, the pool, and in the spa areas. After all, we're there to enjoy our nakedness, aren't we? However, wearing clothes is possible, and sometimes required, depending on the activities and facilities:

if I'm cold, if I want to play sports, if I'm going to a lively party, I can/must cover up. For medical reasons, I can also wear clothes. Teenagers who have become modest also have the option of wearing a sarong or

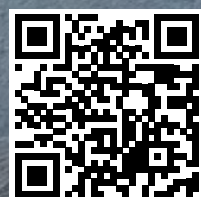
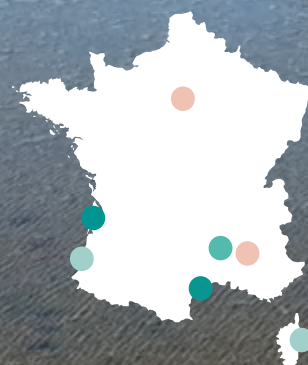
towel outside the bathing areas. In fact, each center has its own practices, so don't hesitate to ask the staff for information when you arrive. In short: live naked as much as possible!

Live naked for your well-being, but also because respecting other people's nudity means practicing it yourself.

「Naked, at the end
of the world」



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SCAN ME

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7 naturist villages in France

New!

Naked Stories

**THE PODCAST THAT STRIPS AWAY
PRECONCEPTIONS**



WITH THE PODCAST HISTOIRES NUES, our podcaster Sébastien Chebassier went to meet customers, employees, and owners of France 4 Naturisme campsites.

With his microphone in hand, he traveled around the sites in search of sincere, touching, or surprising stories to describe naturism as it is really lived: human, free, and deeply connected to nature.

Each episode invites you to discover an intimate and vibrant facet of the France 4 Naturisme world through the people who bring it to life every day.

LISTENlisten now
Available online for free

podcast.ausha.co/histoires-nues
also available on all streaming platforms: Deezer, Spotify, etc.



Focus on the Paris region: Héliomonde

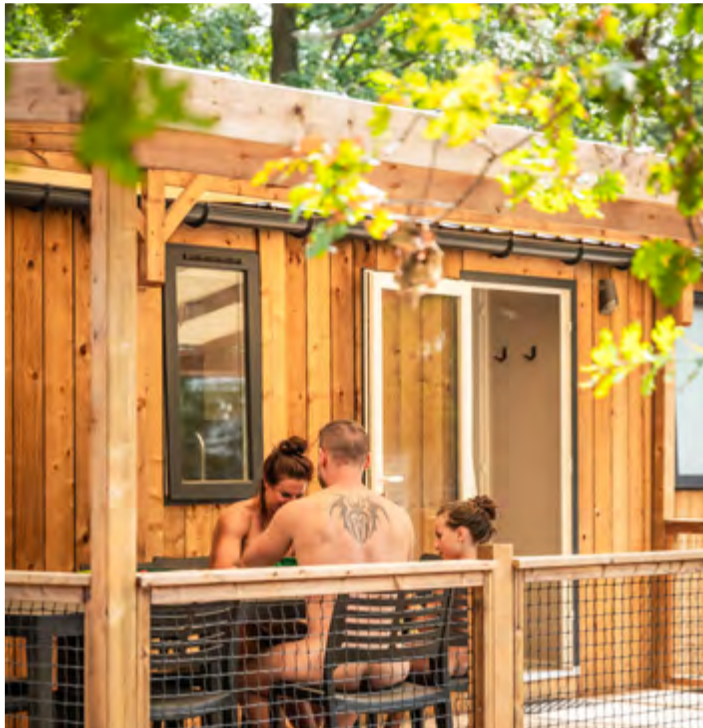
Discover all the treasures of Essonne

Essonne boasts an exceptional natural heritage , offering a wide variety of landscapes and countless historic towns, castles, and museums.

You'll have a choice of 400 kilometers of waterways, two regional nature parks, 2,300 kilometers of hiking trails, 130 leisure sites, 267 historic monuments and museums, and 15 tourist reception and information centers.
That's all there is to it!



Want to find out more? Scan the QR code.



Leisure activities for everyone

There's no shortage of fun activities in Essonne, with several adventure parks, tree climbing, and more. The star of the region is, of course, Disneyland, which is only 80 kilometers away. A unique family experience not to be missed! And for a visit that is as unusual as it is fascinating, head to the art glassworks in Soisy-sur-École.

A unique cultural heritage

Who hasn't dreamed of exploring the castles of Versailles, Fontainebleau, or Vaux-le-Vicomte? Admire their superb architecture? Stroll through their gardens? These wonders are waiting for you here. As are the many churches, artists' houses, and museums. Victor Hugo's literary house, the Cocteau house, the Saint-Chéron eco-museum, among others, will immerse you in history...

Meet local producers

In Essonne, 50% of the land is dedicated to agriculture. Also , during your stay in this land of food lovers, you can enjoy the friendly atmosphere of direct sales. Marcoussis strawberries, foie gras, poultry, Gâtinais honey, craft beer, Chevreuse Valley whisky, goat's cheese, and more: there's something for everyone. Finally, don't forget that the department's green gold is watercress! Can you already imagine yourself surrounded by all these treasures?
Why not book your next vacation at the Héliomonde naturist center?

Héliomonde
ESSONNE (91)





Focus on the Gironde: Euronat



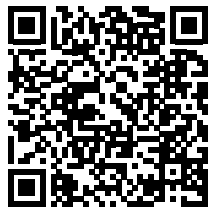
Be natural, be yourself, feel good

A journey that begins on the Médoc peninsula, in the South-west of France, in the middle of a magnificent 335-hectare pine forest. Welcome to Euronat, the ideal place to enjoy an exceptionally unspoilt environment at your own pace. The Atlantic Ocean and a beautiful 1.5 km naturist beach of fine sand, bordered by dunes, are directly accessible from the estate. Here, you feel good. Whether you stay in a ready-to-live tent, a wooden chalet, a studio, a mobile home or on a camping pitch, Euronat offers space for everyone and every budget. This camping village also has a thalassotherapy center. Everything you need for a dream vacation is right here!



A real cultural destination

Want to learn more about the region's history? Don't miss the iconic Cordouan lighthouse, the last inhabited lighthouse in France still standing in the open sea, listed as a UNESCO World Heritage Site since 2021. The "mattes," land reclaimed from the estuary and the banks of the Gironde in the 17th century, are also worth a visit. This is where the small ports and "carrelets" typical of the region flourish.



Want to find out more? Scan the QR code.

In the heart of nature

Whether you want to enjoy the beach or long bike rides, you'll be delighted by the Aquitaine coastline! There are vast stretches of fine sand and endless bike paths, making it a wonderful playground. The mild, temperate climate and sea air are particularly conducive to relaxation and rejuvenation.

The inspiring Médoc peninsula

Bordered by the Atlantic Ocean, the Gironde estuary, and the Landes de Gascogne, the Médoc peninsula offers a wealth of remarkable sites and gastronomic specialties. There's something new to discover every day! **The Euronat naturist center is waiting for you!**

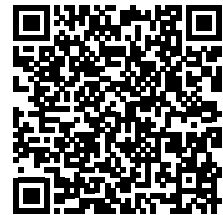
Euronat
AQUITAINE (33)



Focus on the Landes: Arnaoutchot



Here, only the dunes separate you from the immense sandy naturist beaches of the Côte d'Argent. In the heart of lush nature, lulled by the sound of waves and birdsong, you can choose between standard camping pitches and more unusual accommodation, such as gypsy caravans or tree houses. Services tailored to all tastes, but always of the highest quality. Discover the incredible Les Bassins d'Arna complex, nestled in 5,000m² of greenery. Enjoy the spa, treatments, four outdoor jacuzzis, and the garden dedicated to relaxation, with a solarium, ornamental pond, and herbal tea room. In short, pamper your body and mind for a unique wellness stay.



Want to find out more? Scan the QR code.



The Landes de Gascogne, 100% nature, 100% authentic

In this green lung of southwestern France, nature is abundant and traditions are joyful. Whether you're a surfer, a foodie, a golf fan, a cycling enthusiast, or an architecture buff, happiness is in the Landes!



A land of water

The Landes is, of course, known for its immense sandy beaches that stretching as far as the eye can see and the Atlantic waves that delight surfers. But it is also home to the Courant d'Huchet, an 8-kilometer-long channel connecting Lake Léon to the ocean. A veritable "Little Amazon of the Landes," it is home to abundant flora and fauna and can be explored on a guided tour by boat or on foot. The Landes region is also crisscrossed by peaceful lakes, ponds, and rivers—a canoe trip down the Leyre is a must. Don't miss the port of Capbreton, where you can buy fish straight from the fishermen as they come in!

What a treat!

In the Landes region, no fewer than eight products have been awarded protected designation of origin status: sand asparagus, Chalosse beef, farm-raised duck, Armagnac, Floc received protected designation of origin status: sand asparagus, Chalosse beef, farm-raised duck, Armagnac, Floc de Gascogne, Adour kiwis, Tursan wine, and Landes free-range poultry. That's a lot of promises of culinary delight! **To enjoy them, why not book a stay at the Arnaoutchot campsite, between the beach and the pine forest?**

Domaine
Arnaoutchot
LANDES (40)





Focus on the Hérault: Sérignan Plage Nature

Sérignan Plage Nature offers all the charm of the Mediterranean along a large naturist beach with fine sand. The gently sloping beach is ideal for swimming. This campsite offers large pitches for tents, caravans and motorhomes, mobile homes and superb furnished Safari tents. For complete aquatic relaxation, head to the huge 2,800 m² balneo area², unique and open to the sky, as well as a magnificent 500 m² family swimming pool². Between the vineyards, the herds of wild bulls and the Canal du Midi, treat yourself to a vacation dedicated to fulfillment and well-being.



A rich history

The famous Canal du Midi is a true symbol of the region. Linking the "two Souths" and listed as a UNESCO World Heritage Site since 1996, this 17th-century "waterway" boasts some of its most prestigious structures in the Hérault. Whether by houseboat or on the towpath, the poetry of Pierre-Paul Riquet's work can be discovered at a leisurely pace, winding its way through vineyards, green hills and narrow, sun-drenched village streets. Time stands still and magic takes over. A strategic crossroads since Roman times, the Hérault will delight history buffs with its Gallo-Roman sites, the Cistercian abbey of Valmagne and, a little further afield, the great city of Carcassonne. Here, Saint-Guilhem-le-Désert speaks of Charlemagne, Pézenas of Molière, Sète of Brassens and Montpellier of Rabelais.



Want to find out more? Scan the QR code.

All the richness of Mediterranean traditions

For centuries, the Hérault has been a veritable crossroads, both literally, with the Via Domitia, and figuratively, thanks to the cultural richness of the peoples who have lived there over the centuries.

Today, these exceptional lands offer you an incredible diversity of landscapes and activities.



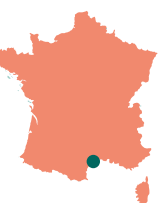
Sun-kissed gastronomy

Where maritime, mountain and Spanish influences meet, the culinary traditions here are 100% Mediterranean. The colorful market stalls are the perfect place to discover seasonal produce and the diversity of the region: oysters from Bouzigues, small pâtés from Pézenas, tielle, the pride of the inhabitants of Sète, and chichoumeille with delicious vegetables from the South. There are countless great places to enjoy them!

, a land of water The Hérault coastline is full of protected areas.

Bull ranches, oyster beds, and nature reserves colonized by flocks of migratory birds are the hallmarks of this region. The pink flamingo is the star of the show! The famous Lake Salagou springs to mind, as do all the rivers and streams that have carved out vertiginous canyons and gorges! **Tempted by all these wonders waiting to be discovered? Head to Sérignan Plage Nature!**

Le Sérignan
Plage Nature
HERAULT (34)





Focus on Vaucluse: Bélézy

Fancy a trip to Provence? Mont Ventoux is calling you. The naturist campsite at the Domaine de Bélézy welcomes you in the shade of an authentic 18th-century Provençal farmhouse. Here, nature is lush, fragrant with lavender, and the sun is generous. In a 25-hectare pine forest, you'll be spoiled for choice between a large camping pitch, a luxurious paradise villa with private outdoor sauna, comfortable bungalow suites, lodge tents on stilts, and safari tents. three swimming pools and a balneotherapy area invite you to take a dip, while the esplanade lined with plane trees is the perfect place to relax. The educational farm will delight children. Yes, Bélézy takes care of everything!



What a treat!

Here, food lovers are kings. Between Venasque cherries, carpentras strawberries and truffles, Cavaillon melons, Sault lamb, Piolenc garlic, Mormoiron asparagus and Apt candied fruits, the hardest part is choosing what to eat each day!



Magnificent landscapes

This is a region that will delight fans of hiking and cycling! The nearby Dentelles de Montmirail, Les Baux de Provence and Calanques de Cassis are sure to enchant you! A change of scenery and a breath of fresh air guaranteed.



A haven of peace

Want to discover this sublime region where time stands still? Between olive groves and lavender fields, the Bélézy naturist resort welcomes you for a warm, sunny vacation surrounded by nature.



A vacation to the sound of cicadas

Provence, Mont Ventoux... Like these names evoke sunny holidays and the unique atmosphere of southeastern France! Whether you're traveling as a couple, with family, or with friends, Vaucluse is a wonderful destination, whether you're looking for outdoor activities, cultural visits, or a gourmet vacation.



Want to find out more? Scan the QR code.

Domaine
bélézy
VAUCLUSE (84)



Focus on Corsica: Domaine de Riva Bella



Discover the sumptuous landscapes of the Isle of Beauty: in the heart of unspoilt wilderness, between high mountains and idyllic beaches bathed by the crystal-clear waters of the Mediterranean. Here, sun, sea, lagoons, and fragrant scrubland combine to offer a sense of deep well-being. At the Domaine de Riva Bella, set in over 70 hectares of unspoiled nature, treat yourself to a peaceful and friendly stay on a sandy beach stretching as far as the eye can see, with the added bonus of a 500 m² thalassotherapy center², a restaurant rocked by the waves, a free sports club, and a free sauna.

From a camping pitch to the Villa Paradisu, choose a stay with your feet in the water and a view of the sea, the lake or the mountains. Serenity is everywhere.

Bonus: This year, all pitches and bungalows have free Wi-Fi (fiber) access!



A thousand and one flavors to discover

Renowned throughout the Mediterranean, Corsican cuisine alone is worth a trip to the island. Lovers of charcuterie will enjoy figatellu and coppa, while cheese lovers will be amazed by brocciu. Hazelnut specialities, oysters and mussels from the Étang de Diane, fiadone and Corsican wine are just some of the culinary treasures to discover during your stay.

Fill up on activities!

Join Jérôme, our sports coach, for a 100% free program: fitness at sea, paddle fitness, Nordic walking, abs and glutes, HIIT, Pilates, relaxation, coastal walking... . There's something for everyone!

Follow up with a jog on the 3 km fitness trail in the heart of nature.

Need to refocus? Edith is waiting for you for a free one-hour yoga session: breathe, release tension, and stretch gently. And with Olivier, come and discover an original archery activity archery activity: flag shooting!



Water fun

When you think of Corsica, you naturally think of turquoise Mediterranean waters and idyllic beaches. And it's true that this is the kind of little paradise you'll find here. But we must also pay tribute to the countless rivers, natural pools, waterfalls, and canyons that also contribute to the island's beauty and can be explored on day trips from the Domaine de Riva Bella. The Chisa pools and the natural pools of Purcarraccia are among the must-see attractions. The estate team will be delighted to guide you to the island's hidden gems.



Want to find out more? Scan the QR code.

Riva Bella
CORSICA (20)





Focus on the Gard: Domaine de la Sablière

An exceptional corner of paradise in the Gard

Looking for a getaway, absolute peace and breathtaking scenery? Come and discover a truly exceptional corner of paradise. A rare site steeped in history and nature, with over 51 years of existence—a guarantee of authenticity, expertise, and passion. Here, nature reigns supreme. The panorama opens up 360 degrees onto the typical landscapes of the south of France: scrubland, hills, clear skies, and golden light. It is a place of total rejuvenation, where every sunrise reminds you that you are exactly where you need to be.



Want to find out more? Scan the QR code.



Swimming pool or river, the choice is yours

In this unique and unspoilt naturist setting, water is everywhere and always synonymous with freedom. Whether you want to relax, swim, or simply reconnect with the essentials, here you can choose between the pool and the river... , or both!

Nestled in the heart of the estate, the pools welcome you in a calm and welcoming atmosphere. Perfect for relaxing in the sun or a refreshing swim, they are the ideal place to savor the passing of time, in all simplicity, while respecting nature and your body.

Let yourself be seduced by over 2 kilometers of natural, wild beach on the banks of a crystal-clear river. An exceptional setting, unspoiled, where fresh water and pebbles invite you to let go. Relax, swim, read in the shade, or stroll with your feet in the water... , every corner offers a moment of peace and deep connection with nature.

Let the water guide you. And let yourself be carried away by the gentle way of life.



What if you rediscovered true freedom... ?

The freedom to walk barefoot on the earth, to feel the wind caress your skin, to live without artifice, simply, fully, naturally.

Here, in a preserved natural setting, far from the hustle and bustle, naturism becomes a way of life. A return to the essentials, a choice of authenticity and respect—for yourself, others, and the environment.

A place where screens are turned off... , and real life begins. Here, there is no need for artifice: nature is your playground. Laughter echoes, friendships are formed, and memories take root.

Family, freedom, discoveries, and unforgettable fun-filled evenings!

Children take center stage in our kids' club. They flourish through creative activities , outdoor games, nature walks, and treasure hunts. A real natural playground for exploring, learning, and having fun

Family days are punctuated by moments of relaxation and adventure. But what makes our vacations even more special are the convivial evenings: shows under the stars, group games where all members of the family come together to laugh and share unforgettable moments.

The Gard and Ardèche regions welcome you to their incredible spots: the breathtaking gorges of the Cèze and the breathtaking Ardèche gorges, authentic Cévennes villages, and colorful local markets full of flavors. Not to mention the local cuisine: cheese, wine, olive oil, and local produce... Every meal becomes a celebration of the region.

Freedom, nature, adventure, and gastronomy... Here, family vacations are a true journey for the senses. Come and see us, nature suits you so well!



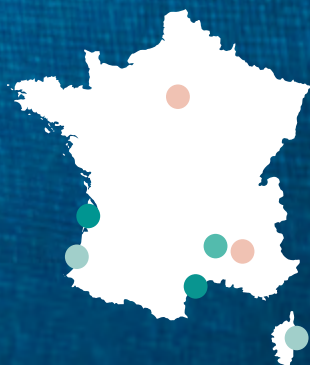
Domaine de
la Sablière
GARD (30)



「Become one with the elements」



france4naturisme.com



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7 naturist villages in France



SCAN ME



SCAN ME

New site, a new experience

THE FRANCE 4 NATURISME WEBSITE HAS BEEN GIVEN A MAKEOVER

We have completely redesigned the France 4 Naturisme website to offer a more fluid, modern, and user-friendly experience. The visual identity has been refreshed with soft, nature-inspired colors, more readable typography, and a clean design that highlights the beauty of the locations and the spirit of naturism.

The new site is also much more intuitive. Finding a campsite, checking out activities, or booking your stay can now be done in just a few clicks. A website designed for everyone, accessible on both mobile and desktop devices, and faithful to the values of France 4 Naturisme: **AUTHENTICITY, WELL-BEING**, and **FREEDOM**.

www.france4naturisme.com

Well-being treatments wellness

Because we want your stay with us to be a real bubble of happiness and serenity, **France 4 Naturisme** centers have developed a range of high-quality treatments, rituals, and massages. What better time than your vacation to pamper your skin, relieve your body of tension and calm your mind? Let yourself go in the expert hands of our practitioners and let go...

At **Bélézy**, surrounded by lavender and cicadas, well-being comes naturally. The naturist spa area with sauna and hammam invites you to relax.

- Among the massages on offer:
- Personalized relaxation for deep relaxation
 - Sports massage to prepare for or recover from exercise
 - Toning massage to stimulate the body and eliminate toxins
 - Slimming anti-cellulite massage with cupping to smooth the skin

The bonus: a true haven of peace for the body and mind.

At **Sérignan Plage Nature**, well-being is essential. The Balnéo, reserved for guests aged 16 and over, is accessible at no extra charge to guarantee peace and serenity.

- Don't miss:
- Renata Franca lymphatic drainage for an immediate feeling of lightness
 - The Skintao anti-aging facial massage, inspired by Japanese techniques
 - The Chi Nei Tsang belly massage, gentle and deep, to release emotions

The bonus: a free cellular oxygenation session with every massage.

At **Domaine de Riva Bella**, the naturist thalassotherapy center facing the Mediterranean offers a wide range of high-end treatments.

- Don't miss:
- The Salinea Cavitosonic, a unique treatment with Corsican essential oils and Ems salt, diffused in a micro-mist under blue light
 - The marine circuit, a 32°C heated pool with nine stages of aquatic massage, followed by an outdoor jacuzzi

The bonus: outdoor massages, lulled by the sound of the waves.

- At **Euronat**, the Atlantic Ocean and its benefits are at the heart of the 1,500 m² naturist Thalasso & Spa². The team offers a wide range of treatments, including:
- The Thalgo "Journey to Polynesia" ritual (exfoliation, sensory bath, warm sand massage)
 - Thalgo Cryosculpt, an innovative slimming treatment combining cryotherapy, electrostimulation, and heat
 - The "Journey to the Four Corners of the World" treatment, a four-day program combining a variety of body treatments.

The bonus: an ideal place to recharge your batteries naturally.

At **Héliomonde**, relax in a 100% naturist setting. Sauna, hammam, dry or wet heat bath: everything is designed to release tension and banish stress.

After your workout, head to the relaxation room with deckchairs, hammocks, and a reading corner, all with a panoramic view of the surrounding nature.

The bonus: free and unlimited access to the sauna and hammam.

At **Arnaoutchot**, a spa, treatment rooms, four outdoor jacuzzis, and a whirlpool are nestled in a green setting that is perfect for relaxation.

- Must-try treatments:
- The "Ocean Escape" treatment, a revitalizing 3-day program with marine benefits
 - Parent-child treatments, for sharing a moment of well-being with the family, suitable for all ages

² The bonus: the Bassins d'Arna, nestled in the heart of 5,000 m² of lush nature.

At the **Domaine de la Sablière**, the sauna is open every day from 10:00 a.m. to 8:00 p.m. and is included in the price of your stay.

In high season, enjoy free introductory massage and yoga sessions, ideal for discovering new practices.

The bonus: access to the sauna is included in your stay.

Natu'Kids

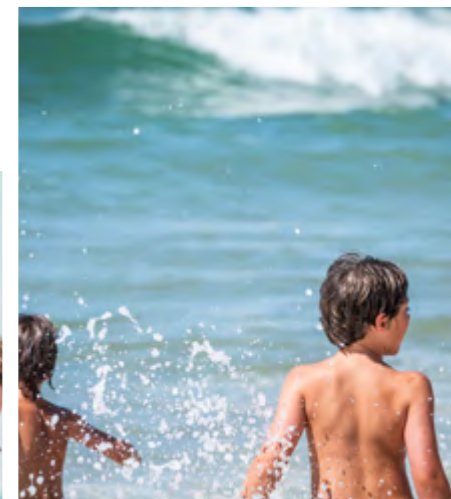
**AT OUR CAMPSITES,
WE OFFER A WIDE RANGE OF
ACTIVITIES FOR THE WHOLE FAMILY.**



WATER SPORTS to share unforgettable moments with family or friends while discovering canoeing, kayaking, water skiing, paddleboarding, windsurfing, surfing, water polo, aquagym, and more.



Use **AN INCREDIBLE EXPERIENCE** where laughter, smiles, and memories are guaranteed! From fast, winding descents to gentler slides, each water slide offers a unique and thrilling adventure.



WORKSHOPS to learn about cooking or discover vegetable gardening and the manufacture of cosmetics and household products, permaculture, etc.



GROUP ACTIVITIES for vacationers to enjoy together, including the ever-popular pétanque, tennis, ping-pong, beach volleyball, water polo, and world dance tournaments.



Sports **OUTDOOR SPORTS** to get away from it all with horse riding in the forest or on the beach, golf, archery, hiking, cycling, Nordic walking, fishing, and botanical walks...



KIDS' CLUBS offering crafts, arts and crafts, sports, cultural activities, nature activities, and more for younger guests.

For more information, see the entertainment programs for each campsite

Awards France 4 Naturisme



Our naturism is lived in harmony with unspoiled nature. Thanks to their commitment to protecting nature, the Domaine de la Sablière has been awarded the **international Clef Verte sustainable tourism label**.



The work and investment of the Domaines de Bélézy and Riva Bella have been recognized with the **Ecolabel™** label, which distinguishes tourist accommodations that are environmentally conscious. These establishments are committed to offering rentals and services that meet the required ecological quality standards.



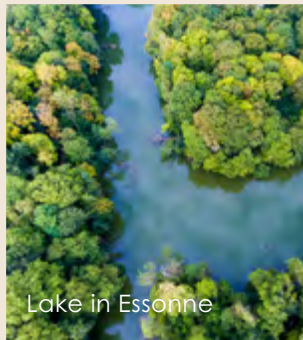
Located on the high plateaus of Essonne, the Hélimonde naturist resort is a 47-hectare **classified wooded area (EBC)** where conservation and protection of the environment are the top priorities. The center strives to preserve the natural character of the site so that visitors can fully enjoy its rich flora and fauna.



Cirque de Navacelles



Carrelets Médocains



Lake in Essonne



Mont Ventoux



Bonifacio



Gorges de la Cèze



Courant d'Huchet

Focus on hiking

SérignanPlage Nature

At the gateway to a Natura 2000 site, the campsite offers many wonderful excursions, such as the discovery trail (1.5 hours) which will take you to a viewpoint offering a 360° view of the Orpellières and the coastline. Another local treasure: the old towpaths of the Canal du Midi, which you can explore on foot, by bike or even on rollerblades, at your own pace and over varying distances.

Themed guided tours (treasure hunts, photo walks, etc.) organized by the Tourist Office from June to September are also a great way to discover the beauty of the region.

Finally, more athletic hikers can tackle the Cirque navacelles, the Colombières gorges, the Mourèze cirque, Lake Salagou and the Héric gorges.

Euronat

The Gironde, with its famous estuary, is home to many interesting natural sites. You will discover the typical fishing huts of the Médoc region. The Baluard and Neyran marshes are home to interesting flora and fauna and are ideal sites for observing bird migrations. This is also true of the Contaut lagoon, the Perge marsh, the Cousseau pond nature reserve, the Gua marsh and the Hourtin dunes and marsh nature reserve. On the border with the Landes region, the Pointe de Grave has a history as rich as its panoramic views are spectacular. Are you a cycling enthusiast? There are numerous cycle paths criss-crossing the area. The Vélodyssée cycle route connects Pointe de Grave to Lacanau Océan. These many possibilities for excursions will delight walkers, hikers, and cyclists, but of course also anyone who loves nature!

Domaine de Bélézy

From the Bélézy estate, you can set off on foot to explore the various combes (small valleys) that crisscross Mont Ventoux. These are magnificent landscapes that stretch out endlessly before you, whether you want to explore them on foot, by bike, or even on horseback!

Other geological wonders, perfect for a family visit : the Nesque Gorges and their Saint-Michel Chapel, the "demoiselles coiffées" (women with hats) emerging from their ochre landscapes, the Maraval valley, and the famous and imposing Montmirail rock formations. The famous Vaison-la-Romaine is also a must-see. Bélézy regularly organizes hikes to all these wonders, so make the most of it!

Domaine de Riva Bella

Corsica is a true paradise for walkers and hikers, and Riva Bella is no exception. Starting from the estate, the fitness trail (3 km) and the Diana and Terrenzana ponds trail (4 km) immerse you in a landscape typical of the eastern plains of Corsica, with its scrubland and salt ponds by the sea. Both trails end with a magnificent view of the Tyrrhenian Sea and the Italian islands of Elba and Monte Cristo!

Make the most of your stay at the Riva Bella estate to visit the citadel of Bonifacio, where you can admire the imposing limestone cliffs. For a change of scenery, discover the village of Cervione, renowned for its hazelnut cultivation, waterfalls, and mountainside architecture.

Numerous paths will lead you to lakes , mountain peaks, natural pools and picturesque sheepfolds. Long-distance hikers will also enjoy Riva Bella as a relaxing stopover after hiking the famous GR20 or Mare a Mare trails.

Arnaoutchot

While the Courant d'Huchet is the region's must-see attraction the region, there are many other itineraries to choose from. The Prade and Moliets ponds, the Binaou mill, the Port d'Albret marine lake, and the Lesperon bamboo forest are just some of the beautiful places to visit in the heart of the Landes de Gascogne. The alluvial plains that make up the barthes are also home to remarkable flora and fauna and are well worth a visit.

A little further away but not to be missed, the Basque Country will amaze you with its typical architecture and atmosphere, as well as the beauty of its mountains, populated by vultures and small horses called pottocks.

Domaine de la Sablière

The Cèze gorges overlooking the campsite will a delight for walkers. During your stay, you can also explore the famous Cévennes. The sublime Cirque de Navacelles offers a wide range of unforgettable hikes for all levels. Mont Aigoual is another local star of this region bathed in nature. There are also many walks that will take you to the local vineyards and dolmens. Finally, for an original green outing, don't miss the bamboo forest in Anduze.

Héliomonde

What a joy it is to combine walks in the heart of nature with discovering an exceptional cultural heritage. Whether you explore the region on foot or by bike, there are many trails that will take you through fields, rivers, and forests to discover numerous castles. Outings that will satisfy all expectations, whatever your level and whatever you feel like doing!

Your questions, our answers

Everything you've always wanted to know!

What will naturism bring me apart from walking around naked?

Practicing naturism is not just about living naked. Nudity is just a step that allows you to break down barriers between yourself and nature, as well as between yourself and others. Being a naturist is above all about experiencing a new state of mind, a way of life based on respect, living in harmony with the environment, and freedom. And that brings a lot!

Will I feel comfortable despite the marks that life has left on my body?

Accident scars, operation scars, amputations: many of us have physical characteristics that set us apart. Naturism is an excellent way to learn to accept these differences, because you will see that no one pays any attention to them. Every body is unique and deserves respect.

What is the difference between naturism and nudism?

The term "nudism" refers only to the act of undressing: in the shower, we are all nudists! Naturism, on the other hand, is a way of life.

What should I do to convince my partner?

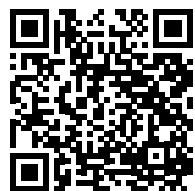
Don't force them, but instead talk to them, explain, and listen. First, try to understand why they are reluctant and perhaps suggest a "trial weekend" rather than a three-week vacation for their first experience!

Are naturist campsites suitable places for children?

France 4 Naturisme centers promote healthy, family-friendly naturism. We ensure that everyone behaves appropriately, so your children can enjoy their vacation in peace. In addition, we allow teenagers, who are sometimes unsettled by the many changes their bodies are going through, to wear a sarong.

What about piercings?

Piercings, like tattoos, are now widespread and widely accepted. However, it is preferable to remove sexual piercings during your naturist stay, as they attract a lot of attention. Many naturist centers prohibit them in their rules and regulations.



Still wondering? Let's talk about it ?

Values that bring us together

France 4 Naturisme has always based its approach on four unshakeable pillars.

Respect: for others, being courteous, tolerant, and discreet, but also for oneself, learning to accept one's body, take care of it, and love it as it is. All our centers promote healthy, family-friendly naturism, where serenity and safety are the watchwords.

Living in harmony with nature: we advocate a genuine return to our roots and to the earth. Being at one with nature will give you a wonderful feeling of well-being and letting go.

Freedom: nudity puts us all on an equal footing and frees us from all the constraints that usually weigh us down: clothes, norms, social classes, and even the gaze of others.

Eco-responsibility: As a committed player, France 4 Naturisme works daily to promote ecology, sustainable tourism, and fair trade. Its campsites favor local products and preserve ecosystems by reducing the footprint of their activities. They also encourage eco-friendly behavior by organizing carpooling, outings to discover local flora and fauna, "handmade" workshops, and more.



Become one with nature.

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「 Just you
and nature 」



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