

# Local footpaths

# From La Garde-Freinet to Plan de la Tour via La Mourre

Forests, Stonework and Man **650 m 650 m 650 m 650 m** From La Garde-Freinet Tourist Office, follow the yellow markings leading to Plan de la Tour / Le San Peïre.

Coup de cœur : Forest typical of the Massif des Maures throughout the hike; Préverger bridge; La Mourre washhouse; Gorgues footbridge; Plan de la Tour's granite rocks; San Peïre.

### B From La Garde-Freinet to Grimaud via the Roche Percée La Gardi to Grimaou via the Roque Troucada

52.30 hrs - 10 km (One way) - 55 - 340 m - 287 m Chemin en partie goudronné praticable toute l'année. From La Garde-Freinet Tourist Office, follow the yellow markings towards Gri-

Coup de cœur : View of the Grimaud plain

# From La Garde-Freinet to Grimaud via Les Vernades

amlets in the heart of the forest 4.10 hrs - 16.5 km (One way) - \$\infty\$ \$\infty\$ - \$\infty\$ 410 m - \$\infty\$ 675 m om La Garde-Freinet Tourist Office, follow the yellow markings towards La

Mourre, then follow them in the direction of Grimaud. Coup de cœur : View of the western slopes of the Massif des Maures; characteristic forest cover.

# From Grimaud to Cogolin via La Réparade or La Fons Couverte

athways between Grimaud and Cogolin 2hrs - 8 km (round trip) - 🣤 - 📤 115 m - 🖄 40 m

artly tarmacked path that can be used all year round. om Grimaud Tourist Office, go up to the Château car park and follow the yellow narkings towards Cogolin.

Coup de cœur : Short easy hike, walking through the heart of the Grimaud

# From La Môle to Cogolin via the Sainte-Magdeleine Chapel

ollowing in the traces of the old La Môle village 4.25 hrs - 15.8 km (one way) - \$\bigsim \bigsim - \bigsim 247 m - \bigsim 454 m armac path on the Cogolin plain. ave from La Môle Tourist Office, head for the dam on the St Julien track, o

Coup de cœur : The Verne Dam; Sainte Magdeleine Chapel; Cogolin plain.

# From La Môle to Cogolin via La Patronne and Val d'Astier

n the lush green and pleasant La Môle Valley 3.10hrs - 12.1 km (one way) - 🦲 - 📤 40 m - 🕰 97 m

om La Môle Tourist Office, head for Rayol Canadel sur Mer, follow the yellow arkings towards Cogolin along La Môle River on the right bank.

Coup de cœur : Can be done on foot or by bicycle; La Môle Valley and protected wetland; exceptional trees.

### From Cogolin to La Croix Valmer via Les Ajusts n the heart of the Giscle plain

2.30 hrs - 9.5 km - 😂 😂 - 🛕 125 m - 餐 190 m om Cogolin Tourist Office, head for Saint-Tropez / La Croix Valmer, follow the ellow markings towards La Croix Valmer. Or head to Grimaud then follow the

yellow markings to La Môle and La Croix Valmer.

Coup de cœur : The Giscle plain; walking through vineyards and game;

# Municipal footpaths to discover the Gulf of Saint-Tropez

A haven for walkers and hikers, La Garde-Freinet boasts an exceptional choice

mportant information hiking trails are marked for walkers only. Indications as to the time required and difficulty relate to walking, and not to routes for mountain

bikes or on horseback which may be more difficult. 1 to 8 round trips marked with arrows and panels. Departure points indicated

on village plan

which is said to have been a hide-out for the Saracens present in Provence in the 9th and 10th centuries. It is actually a countrified, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.

• 2 Saint-Clément 🍑 - 📆 - walking 🕒 1.20 hrs - 4 km - 🦾 - 📤 257 m - 🐔 150 m

An ideal family outing. Medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960's by the sculptor Di Teana.

### 3 N.-D. de Miremer 7 - walking <sup>1</sup> 3 hrs - 9,7km - <sup>1</sup> 50 m

his medieval chapel and place of pilgrimage (open to the public on September 8th) offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into terraces (now restored to their former glory), is home to a conservation society for various species of fig tree.

### • 4 Peygros 🚳 - 📆 - walking

1.30 hrs - 4,5 km - 🌅 🦲 - 📤 452 m - 🐔 100 m Remarkable chestnut woods. Views over the plain of Saint Clément and Notre Dame de Miremer, Itinerary: Rue Saint-Jean in front of the Tourist Information, After walking along the small road near the cemetery, cross the RD75 (direction Plan

Iternatively on the Route des Guiols. Follow the yellow markings towards de la Tour) and rejoin the Seigneurolles on the footpath over the road. Take the chemin du Curnier that goes towards Peygros.

# • 5 Les Roches Blanches 77 - walking

**9**3-4 hrs - 5,8/8 km - **3**00 m - **6**37 m - **1**300 m Remarkable panoramic views. This itinerary will delight geology fans; its name

comes from its white quartz rocks. 🔥 **Les Hameaux du Sud** 🐠 - 🞀 - walking

55 hrs - 16 km - 515 m - 162 m This itinerary crosses picturesque hamlets and offers panoramic vistas over wild andscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court",

"Aire de Val Verdun", "Camp de La Suyère", "Val d'Aubert", "Les Vieilles Sinières", "Les Sinières", "Route de St Eloi", return to village.

• 7 La Mourre, la Nible et les Maximins 🐠 - 📆 - walking 5-6 hrs - 19,5 km - 5555 - 1480 m Departure "Parking des Teilles".

# Like an island in the forest, this typical village is the ideal place for a hike. Total immersion into the Maures mountains; this hike leading from the village t

the plain of the Maures is thought for experienced hikers.

### • 8 Les Cabrettes 🍑 - 7 - walking 3-4 hrs - 10,5 km - 🍣 😂 - 📤 375 m - 🕰 250 m

By car up to hameau de la Mourre via RD 75 and RD 74. At the entrance of the hamlet, continue on foot. Superb panoramic views over the Maures plain and wild surroundin scenery. This itinerary is a living reminder of France's Ancien Régime, when goats were far more common than sheep, and goat meat was considered a delicacy.

### • 9 Le Pont Romain 🍑 - 📆 - walking 5-6 hrs - 16,6 km - 🔼 🤼

Unique walk to the plain of the Maures, a very characteristic landscape of vinevards, pines and rose sandstone

### • 10 Le rucher de Blay et le moulin à eau de Blanche - walking 1-2 hrs - 4 km - 🈂 😂 - 📤 180 m - 🕰 170 m

his picturesque footpath snakes its way alongside a brook, mill of the 19th Ce tury, on the way restored apiary of the 17th Century.

### A refreshing spot for picnics in summer. • 11 Le Moulin de l'Adrech 77 - walking

1h - 3 km - \$\frac{100}{100} m

From the Tourist Office, head in the direction of Grimaud as you leave the village. Walk up the road on the left towards Chemin de l'Adrech. Cross the carparks to the multisport field. Take the dirt track. At the electricity meters, take the winding path on the left. Go around the windmill and take the two windmills (deux mouling path. Then turn left onto a dirt road which takes you to the RD75. Turn left to reach the stadium carpark. Turn right to return to the Tourist Office.

• 12 La Baume des Maures - walking

# 1h30 - 1 km - 🦲 🦲 - 📤 400 m - 🕰 110 m

eparture parking de la Planète : follow the blue markers towards the Cross. A the signpost go down left on the steep winding path for 500m. You will arrive at he Baume des Maures. Come back on the same path, at the Cross follow the signs for the "village". Departure parking de la Croix: Follow the blue markers to wards the Cross. At the signpost go down left on the steep winding path to 500m. You will arrive at the Baume des Maures. Come back on the same path.

• 13 La mourre et Le Plan de la Tour - à pied

# Direction La Garde Freinet

🛂 1.30 hrs - 4,5 km - 😂 😂 - 📤 321 m -餐 170 m

## Direction Le Plan de la Tour

2.45 hrs - 9 km - 🈂 🥌 - 📤 110 m

Follow the instructions given in Chemin n°4, then the yellow indicators to La Mourre and Plan de la Tour. This hike is over 19km in total and is for experienced all-terrain hikers. However, it can be done in several stages, leaving from La Mourre or Plan de la Tour.

IGN 3545 OT (IGN 3544 OT

# ı the old imposing stones, to the lazy flow o everything evokes emotion, harmony and fulfillm 16 Sentier de la Castellane 🛂 45 mins - 3 km -选 - 🐠 - 🗥 69 m - Yellow painted markings 🗡

Legend **Length**: the times indicated correspond to actual walking times and do not include stop-offs

Tours on ground track, road or coastal path.

Follow the signs on post or on the ground.

> Signposted footpath

Horse riding

🕘 Mountain bikins

**Altitude** 

Difficulty rating

Oben to all

due to steep path

and technical sections

Some difficulties

Place Neuve. Starting out from the Tourist Office. Take time to visit the Musée du Patrimoine" folk museum, cork factory and oil mill to get an insiaht into the village's fascinating past. "Chemin de Castellane" leads you through the lower area of the village. Return to the tourist office on the RD 558 road, via "Chemin de Mignonne" and the "Beausoleil" building.

17 to 19 Three round trips departing from "Pont des Fées" car park under the mill, to discover the treasures of Mont Roux and the rich heritage of "Vallon de la Garde", with its views over the village of Grimaud and sur-

# • 17 Sentier de découverte du Pont des Fées round trip - information pa-

🔰 hr - 1,3 km - 🦰 🦾 - 🕰 59 m - Yellow painted markings Built in the modern era (16th – 17th century), the "Pont des Fées" is an aqueduct, formerly used to route water from Pancaou spring, situated 3 km away to the village fountain. It is an exceptional construction and the only one of its kind in Provence.

• 18 Sentier du Pierredon round trip - 50 mins - 2,7 km - 55  $^{\wedge}$  93m - Yellow painted markings  $^{
ightarrow}$  Itinerary n $^{\circ}$  19 signs, then dark olue painted markings. Discovering the countryside around Grimaud. Same departure point as itinerary n° 19. The "Moulin St Roch" windmill has now been fully restored and can be visited in July and August.

• 19 Sentier de la Calade round trip - 1.20 hrs - 4,2 km - 5 100m - Yellow painted markings >> Itinerary n° 19 signs, then orange painted markings.This itinerary runs from "Quartier Saint Michel" along "La

Sarde" river and crosses the "Oratoire St Joseph" oratory-village.

### 20 Sentier Grimaud/Port Grimaud outbound journey 5 1.30 hrs - 6,1km - □ □ - ∞ - ∞ - ∞ 79 m - □

/ellow painted markings 🧡 Take the Chemin du Pré St Michel, continue to the footbridge by Chemin de la Garde. Cross RD 14 (be careful) and take chemin du Bagatin. Turn on the left and continue near the Blaquières School and follow Carraire Aigo Puto ». At St Pons les Mûres hamlet, cross the road and follow

## 21 Sentier Le Peyron outbound journey

🖰 40 mins - 2,7 km - 🦾 - 🕰 0 m - Yellow painted markings 🧡 From the Dog Club, follow chemin des Ajusts and then on your right the dirt track by the vines. On your right follow the river La Giscle, go straight hrough the giant cane. When you arrive at a gravel road turn on you right to the Dog Club. IGN 3545 OT

the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance.



Cavalaire-Gassin 13.6 km. Departure: intersection of the "route du Dattier" and the RD98, 2km before Cavalaire from Le Lavandou. The track stops at the entrance of the village; join the Tourist office and take back the track "Promenade de la mer". 2 km farther, the track goes left in the direction of "La Croix-Valmer" on a open road; the track re-starts in a bicycle lane to the roundabout at the exit of the village (marked on the ground) to join the high school of Gassin where it joins the road up to the crossroads of La Foux.

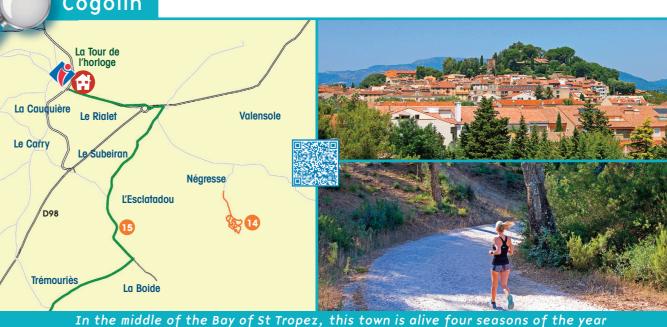
Saint-Tropez-Sainte-Maxime 12.2 km. Departure: roundabout of the Maxime's bridge.

Sainte-Maxime (sea) > Sainte-Maxime (Complexe sportif les Bosquettes) Sainte-Maxime middle school: 3.6 km. Departure RD98 from the intersection going towards Le Muy. Follow the bicycle track to the Complexe

# The tarmac cycle paths



Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to saint



with handicrafts and cultural events. Lively marina 6 km. from town.

## 4 Sentier Botanique (Botanical Footpath)

5 15 mins - 1 km - 🦲 - round trip Access : chemin de la mort du Luc. Start in the Négresse district, after the tennis ourts. Walk up the road to the first fork (follow the signs from the Valensole ZAC). This delightful botanical itinerary features the plain's typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle.Little picnic area.

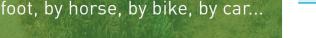
### 15 Discovery Route: the traditional activities of La Mole Valley 💆 2 hrs - 6 km - 🚨 - 🐠. Access : chemin du Colombier

Departure terrain des Aubrettes from the track (right bank) with gate (Inscription on gate : A92, vallée de la Mole). Along an easy cyclists and pedestrians track, 5 signs will lead you to the discovery of the cork oak, mulberry tree, pastoralisn canes and heather which were exploited and cultivated in the valley.

When you arrive at the sign "Domaine du Val d'Astier", return back

IGN 3545 OT

2023 by foot, by horse, by bike, by car



PLACES OF INTEREST NOT TO BE MISSED Gassin (table d'orientation, or compass table) – Ramatuelle (Les Mouvillage) - Grimaud ( castle, windmill, village, folk museum). lins de Paillas, church, perched village, beach of Pampelonne, lighthouse of Camarat) - Saint-Tropez (beaches, old town, port, museums).

Valmer, then after 4 km turn left on the RD89 towards Gassin. Outside the village, take

the road towards Ramatuelle, then turn left to Moulins de Paillas, refurbished in 2002

exceptional view, visits: informations at the Tourist Office). Continue along the road

until you arrive in Ramatuelle. Leaving the village, take the road towards Les Plages;

go up as far as the lighthouse of Camarat (not open to visitors) by taking the Route de

onne Terrasse. Having discovered the lighthouse, rejoin the main road: there are al-

ternative ways of gaining access to the beaches of Pampelonne. If you continue along

the RD93, turn right before you get to St Tropez, to Tahiti La Garbine. In the village,

ollow the signs to Route des Salins to get to the Baie des Canoubiers. Return to Saint

Tropez and pass through the Place des Lices and rejoin the RD98 towards the La Foux

the beach and the harbour of Les Marines de Cogolin and Gassin.

indabout. Approx. 2 km before La Foux, take a 1 km detour off to the left to visit

The blue of the sea

From the headlands to the fine

sandy beaches, this tour will

give pleasure to all sea lovers.

If setting off from the La Foux rounda-

bout, take the RD559 towards LaCroix

Course: 50 km

On the trail of "Le Maurin"

Course: 95 km Experience the mysterious Maures Hills, from the skills of its craftsmen to the delicious cream of chestnuts prepared

thical character "Le Maurin". Leaving the village of Cogolin, take the road towards Grimaud, then turn left on the RD48 towards Collobrières passing through the zone artisanale and the Château St Maur. Continue on your left along the D 14 towards Collobrières and visit the Chartreuse de la Verne - the Carthusian monastery, 6 km before vou arrive in the village. Double back for 2 km to take a left on the RD39 to Notre Dame des Anges. Continue to Gonfaron and turn right towards La Garde Freinet following the RD75. Leaving La Garde Freinet, take the RD558 towards Grimaud

which brings you back to Cogolin. PLACES OF INTEREST NOT TO BE MISSED Cogolin (old village, pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum,

using a traditional recipe and follow the trail of the my-

breathtaking landscapes. From the La Foux (gas station) crossroads, take the direction of Toulon up to La Mole, turn right on the light after the village, continue for 50m and leave your car near the water plant. You will have a walk of 2.5 km along a dirt track to discover the dam. Return towards Cogolin up to the airport and set off to the right to the route du Canadel (RD27). At the Col du Canadel, come down again up to the road of the seaside and turn left up to the Domaine du Rayol, then take the Cavalaire/La Croix Valmer direction and finally towards the La Foux crossroads to join your starting point.

Wonders of nature

Course : 52 km (or 71 km)

From the valley of La Mole, its dam

and from the viewpoint indicator of

the Col du Canadel, the Jardins des

Méditerranées and the Bay of Cava-

laire / La Croix-Valmer, everywhere...

PLACES OF INTEREST NOT TO BE MISSED La Croix Valmer (village, beaches, coastal conservatory, coastal paths) - Cavalaire (fine sandy beach, port, shops), magnificent viewing points along the cliffs towards the coastline - La Mole (storage dam of La Verne, village) - Rayol-Canadel-sur-Mer (Domaine du Rayol : the garden of the Mediterranean, the huge stairs, the Patec, the pergolawith its panoramic view).

of authenticity Course: 40 km

In search

From the blue of the Mediterranean to the red grapevines of the Maures Hills, this tour will allow you to discover the varied colours of our region.

10 km to the "Col du Gratteloup" and turn right onto the RD44. This tourist road will lead you to Plan de la Tour. Once in the village, take the road to Port Grimaud, and visit the famous lakeside city. Then drive back to your starting point Sainte-Maxime via the beautiful coast road.

# PLACES OF INTEREST NOT TO BE MISSED

Sainte-Maxime (port, town centre, beaches, musée du phonographe et de la musique mécanique, botanical garden) - Le Plan de la Tour (Chapel of St- Pierre, Saint-Martin's church, hamlets, fountains, bread oven at Le Revest hamlet, wine cellars) -Port-Grimaud, the "little Venice".

# **22 Les Gorgues et Les Hameaux** Departures are from the Tourist Office

• Path 22 A "Les Gorques" 1.15 hr - 5.2 km - 5.2 km

From the Tourist Office, at 4 Chemins, head for Sainte Maxime (RD74). At the end of he village on the last roundabout called "Frédéric Mistral", take the first right. With the uins of the Saint-Pierre Chapel (private property) on your left, follow the path straight ahead. After a small hill at the junction, walk up the slope on the left as far as the Goraues ford, a reservoir that supplied water to the Ressence mill. Walk along the vineyard and at the junction, facing the gate, turn left. At the next junction turn right, you will see the relay antennae in the distance ahead of you (this is a GR route). Discover ne Plantourian vineyard and menhirs. In Prat Bourdin hamlet take a little path on the right to the old sheepfold, then return to the village via the same path.

• Path 22 B "Les hameaux" (1.00 hr - 4,5 km - 4.5 km om the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the pedestrianised route to the end of the village, then on your right (at the speed information sign) ao un the road to Chemin du Préconil and follow the solid path straight ahead towards Préconil hamlet. In the centre of the hamlet at the fountain, go right heading for Roubauds hamlet. At the junction with letter boxes, take the path to the aht (GR route). At the intersection leave the GR, take a right and then go up the path on your left to Vernet hamlet. Return to the village via the same path but going back the way you came. At the junction of Chemin de Préconil, take the dirt track on your left and go back down to the village to Place Foch.

## 23 Chemin vers La Garde-Freinet

54.30 hrs - 13,5 km - 5555 - 1340 m - 13,5 km Follow the description for 25B as far as the intersection in the pine forest. Turn left

Chapelle

and follow the yellow indicators heading for La Mourre and La Garde-Freinet. 24 Chemin vers le San Peïre

🕒 2 00 hrs - 6 km - 🔼 🤼 - 🐠 - 准 410 m - 🕰 370 m Follow the description for 25A as far as Chemin de la Planète. Follow Chemin du Magnan and take Chemin de Terre Rouge then track n°E713 where you will come across some giant blocks of grey granite. Access to San Peïre is via a little path which takes you through the oppidum ruins. A magnificent view point awaits you at the top.

## 25 Sentier des Mines de Vallaury

to return to your

starting point.

92.30 hrs - 7 km - 4 334 m - 4 325 m From the car park, head for the stadium playground. Turn right onto a steeply climbing stony path.

the stony path to reach the viewpoint. Panorama of the Gulf of Saint-Tropez, the tip

At the intersection, continue left on the E743 and climb for 1.6km. At the crossroads, take the C744 track for 230m. Keep right and continue to climb

of the Rabiou headland and peaks of San Peïre (403m) and San Sébastien (333m). Take the C744 track to the right as far as the junction (cistern). Turn left onto a path that can be stony in places, eroded and with steep gullies on the slope. Continue for about 300 metres to see, on the left, the entrance to the Victor mine Continue down to the Marri Vallat vallev (intermittent stream). Take the dirt road on the left lined with rock roses, heather and myrtle. Pass a shed and arrive at

parture 🕑 route de Tahiti. the ruins of Les Martins hamlet, a reminder of what life was once like in the hills. Then climb some steep steps to reach the crossroads. Take the track to the right Walk along the shore past a succession of public and private restaurants, bars and beaches on the largest stretch of sand on the peninsula. This is Pampelonne beach which was where the Allied landings in Provence took place on the night of 15th August IGN 3545 OT IGN 3544 OT 944. A memorial stone at Boulevard Patch commemorates those events.

Giagro" beach) 34,50 km.

**52** Le sentier du littoral (Coastal Footpath)

Itinerary n°2 : - Pampelonne - Anse de Bonne Terrasse - 0,5 km - 15 mins P Route de Bonne Terrasse

Saint-Tropez - Plage de Tahiti -14 km - 🖰 4.30 hrs - vellow markinas 🧡

• Itinerary n°1 : 📤 - La Baie de Pampelonne N/S - 5 km - 🖰 1.30 hrs

at the southern end of Pampelonne, take the path along the edge of this rocky coastline. After 100m, don't miss the Lous Pous well and sailor's path (Sentier Marin) efore finding Bonne Terrasse beach and its fishermen's cottages. You can also do loop (join the road via a pedestrian access after the Chez Camille restaurant) or tend your walk with Circuit 3 to Cap Camarat.

Itinerary n°3:

nne Terrasse - Cap Camarat - 2,5 km - 30 mins Parking is the same as for Circuit 2 and there are 30 parking spaces along the

ad to the Chez Camille restauran ke Circuit 2 and continue or go up the road until you reach the pedestrian access Bonne Terrasse beach.

/alk along by the sea. The gentle slope path on your right takes you up to the hthouse which you will see after 500m. steep path (on the left) overlooks the sea to Rocher des Portes, also known as

You can climb up to the lighthouse in around 15mn via a path on the right.

Cap Camarat - Plage de l'Escalet - 4,5 km - 3.00 hrs - P at foot at lighthouse The route starts with a string of descents and uphill climbs along the rockface, then returns to sea level as far as Escalet beach and its small private marina.

To discover: the Napoleonic battery on an outcrop and the Escudier Rock which memorates the submarine missions and escape of the 2nd Dragons Regiment's standard during the Second World War. You will also pass near Merlier, a village of 35 houses combining tradition with modern features built by the Montrouge architects in the 1960s, and Chateau Voltera. Be warned - you cannot visit

• Itinerary n°5 : 🔼

Plage de l'Escalet - Isthme du Cap Taillat 2 km - 35 mins Yellow marking

This is arguably the most beautiful section of the coastal path, with the Taillat isthmus as a backdrop that can be reached after a succession of small coves. From the top of Cap Taillat (classified as a remarkable site protected by the Conservatoire du Littoral), you will be amazed by the varying colours of the seabed which change

🍮 - 🖰 10 mns - Above the Customs House, a path leads to a dolmen in Briande Bay which marks a burial site dating back 2,000 years BC.

P Escalet beach on Route de l'Escalet



This wild valley offers its natural resources to those who respect nature

6 Chartreuse de la Verne Monastery path via the dam 🖢 6 hrs - 20 km - 🔼 🔼

To reach the dam, turn right after the 2nd traffic light as you exit the village, continue for 50m and leave your car near the water plant. You will have a walk of 2.5 km along a dirt track. Follow the stone borders with white and green painting up to the chartreuse of Verne by its left-hand side. The dam of Verne provides with drinking water the population of the Gulf of Sain

Tropez and the Country of the Maures. The water is treated in the factory of Verne. Built in 1991 it is a dike in ground with a écrêter of floods, an particularly original

Nautic activities (fishing, swimming etc.) are forbidden.

.a Croix Valmei

choice of walking trails around La Croix Valmer to discover the area's rich

A detailed map of all our walking trails available at the Tourist Office as well

from the entrance to Domaine du Cap Lardier, take the coastal path to "Cap Lar-

dier". When you get there, continue on the path to Briande Beach and Cap Taillat

ıd keep aoina this path. When vou reach a lona buildina (La Douane - Customs)

At this level, take Route Forestière de la Tourraque Quest (red and white barrier). At

tank no. RTEO4, turn left as far as tank CVRO2 (do not go up on the right) to Route

restière des Brouis. At this point, go left to the next junction, turn right then im-

nediately left, leaving the pine trees behind you. Follow signs for Plage de Gigaro

rom Giagro beach, at the entrance to the Domaine du Cap Lardier, cross the beach

and then take the coastal path to Les Brouis beach. Once you reach the beach, ao

up the valley to join the forest road of Gigaro. At this road, turn left to return to the

Dogs are allowed in the Cap Lardier area, as long as they are on a lead, and can

39 Les Brouis 🕒 1.15hrs - 4 km along a footpath - 😂 - 🗥 173 m

**38 The 2 Peninsula**  $\bigcirc$ 5 hrs - 13 km along a footpath -  $\bigcirc$ 

🞢 700 m. 🧡 Yellow markings - P Start at Gigaro beach

follow the track that goes left and walk up to the tarmacked road.

and unspoilt scenery of vineyards, hills and shores.

as booklets with fun walking trails for children.

Yellow markings P Start at Gigaro beach.

access beaches but only to cross them.

to get back to the starting point

37 Sentier de Sainte-Magdeleine

1.00 hr - 4 km - 5 - not marked out - P Parking de la Verne. From the left side of the church, take the Route des Guiols for 2.2km. At the crossroads, go right on the DFCI B10 track called "Les Cabris" for about 1km. You will arrive at 4 Chemins (green cistern), take a left for 150m, then another left on a small path for 500m through oak trees to the chapel. Inescapable! Once arrived at the Chapel, climb still 30 m to reach the rocks which shall offer you an extraordinary view on The Mole and the gulf of Saint Tropez. Perched in an extremity of the plateau of Maravieille, saint - Madeleine's castrum former medieval village of the Mole, was built in the XIVth century in local basalt, volcanic rock and very fast abandoned. The dark color of its walls and the wild landscape, give a mysterious, mesmerizing and magic atmosphere.

Child of the sea and the sun, a charming seaside resort, kissed by the warmth of the Medite

12 Le Vallon du Fenouillet - a loop 1.30 hrs- 2,5 km - 6 - signposted - 6 80 m

Choice of two departure points: Leave Cavalaire heading for Rayol. 50 m after the last roundabout there is parking

teau Beach on the right. • Leave Cavalaire heading for Rayol. Parking possible 2km on your left. Start at the end of the meadow on your left.

43 Old Railway Track- a loop **U**2.30 hrs - 5 km - **L D** - partly signposted - **1**00 m

Sainte-Maxime

These walking itineraries start out from Sainte-Maxime town centre.

N.B. you can also request the services of a guide. Please call the Tourist

eparture from the Tourist Office. Take the coast road towards Fréius-Saint-Raphaël.

Continue for 3.5 km until the last bend in the road. Departure point adjacent to edge.

a Pointe des Sardinaux peninsular with its parkland and coves is an ideal place for

'his is a remarkable 'Espace Naturel Sensible' protected area, covering around two

nectares. Two vestiges from the past: from the roof of a Second World War bunker

you get an exceptional view of Nartelle beach. The site is also home to an ancient

ishpond with its two basins dug into the rock. The Romans used it to store fresh

Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier and park on the left before the tunnel. Walk through the tunnel. After passing the old station turn left and enter the hamlet. On the first bend continue straight on. Follow the coastal path as far as Bonporteau Beach then pick up the Vallon du Fenouillet on the right along the RD 559. Cross the road. The path starts just before Bonpor-

44 Around Domaine FONCIN - a loop

>45 mn - 1.5 km - 🈂 🥞 - partly signposted - 🖄 100 m Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier and par before the tunnel. Walk through the tunnel as far as the old station. On your right are mailboxes, turn right and walk up to the white agreeway of Domaine FONCIN: CASTFO DEI SOULEU (Chateau of the sun). You can go right or left at the gate to walk round the Domaine.

**IGN 3545 OT** 

Hill closure times

The "ALARM" Plan (forest fire prevention plan) is in force from June 15th to September 15th. Please ask for details go to www.sigvar.org

Before setting out.

**0899 71 02 83** ou **32 50** or www.meteofrance.com

How to reach

By road kit highway A8 (Marseille - Nice):

Le Muy : direction Sainte-Maxime Puget sur Argens: direction Roquebrune les Issambres

Les Arcs-Draguignan TGV (high speed train) rail station (40 km) Fréjus - St Raphael TGV rail station (35 km) Toulon TGV rail station (70 km)

Hyères TGV rail station (70 km)

By plane La Mole - Bay of St-Tropez international Airport (13 km)

Toulon - Hyères Airport (40 km)

The Tourist Offices in the Bay of Saint-Tropez

50. Rond- point St Exupéry Maison de la Mer - 83240 Cavalaire Tel: 33 (0)4 94 01 92 10 www.cavalairesurmer.f

contact@cavalairesurmer.fr COGOLIN In the town centre Place de la République - 83310 Cogolin Tel: 33 (0)4 94 55 01 10

cogolin@golfe-sainttropez-tourisme.fr LA CROIX VALMER 87. rue Louis Martin - 83420 La Croix Valme Tel: 33 (0)4 94 55 12 12 www.lacroixvalmertourisme.com

lacroixvalmertourisme@lacroixvalmer.f LA GARDE-FREINET

pelle Saint-Jean - 83680 La Garde Freine Tel: 33(0)4 94 56 04 93 lefreinet@golfe-sainttropez-tourisme

At the north entrance 20 Place Léon Martel - 83580 GASSIN Tel: 33 (0)4 98 11 56 51

rue de l'Amarrage

Annexe de Port-Grimaud : Tel : 33 (0)4 94 56 02 01

Open from May to early october





An enchanting place, where the wooded hills of the Corniche des Maures plunge into the translucer Mediterranean waters and the Iles d'Or "Golden Islands" provide a sumptuous backdrop.

Le Rayol-Canadel-sur-Mer" can best be described as vast, flowering garden verflowing with Mediterranean and exotic plants and trees. These walking tineraries around the town allow you to enjoy exceptional, colourful views over the Mediterranean Sea and neighbouring "Iles d'Or" islands. Information

on other hikes is available at the Tourist Office. 4 Old Railway Track - return trip - Two itineraries

is ancient railway track, built by the "Société des Chemins de Fer Sud France", for-

• Itinerary 2: Go down the monumental staircase, then head right along the mud ack (old railway track) for 2.7km. Continue to Canadel chapel and "Chemin du lageron". Return via same route.

35 Domaine du Ravol

• Le Jardin Marin (Underwater Garden). Open from June to September, the Jardin Marin" offers a fascinating insight into the underwater riches of the Baie du Figuier". Prior booking on site or on +33(0)4 98 04 44 00. www.do-

+33(0)4 98 04 44 00. www.domaineduravol.org

IGN 3446 ET IGN 3545 OT

Monday Sainte-Maxime • Tuesday Saint-Tropez • Wednesday Cavalaire - Cogolin Place Victor-Hugo - La Garde-Freinet Thursdαy Grimaud - Le Plan-de-la-Tour - Ramatuelle - Port Grimaud 1\*\*\* - Sainte-Maxime

Sundαy La Croix Valmer - Ramatuelle - La Garde-Freinet - Port Grimaud 1\*\*\* - La Mole\*\*\*

• Friday Les Marines de Cogolin\*\* - Rayol-Canadel\* - Sainte-Maxime • Saturday Cogolin Place de la République - Saint-Tropez

\*April to september \*\* July and August \*\*\* April to october

### **40 Briande** (3.30hrs - 10 km along a footpath - 105 m to return to the starting point. Gigaro beach at the entrance to Domaine du Cap Lardier take the coastal path

take the path that runs along the fence.

get back to the starting point.

### still filled with water from ancient Gaul. Picnic area. on it to the next bend, then leave the road for a path on the right which descends through vegetation to an intersection opposite the vines with two wooden steps. Folon the left for "Plage de Gigaro", then go straight along the dirt road. At the green gat Saint-Tropez follow the markings on the right taking a path though the undergrowth to find Rou Forestière de Gigaro. Turn right and follow this track and signs to "Plage de Gigaro" to

Office on 04 94 55 75 55

16 Pointe des Sardinaux - 615 mins

amily walks and observing Mediterranean fauna and flora.

cess beaches but only to cross them. **41 Le Sémaphore** 🖰 2 hrs - 6,2 km along a footpath - 😂 😂 -341 m - Yellow markings - P Start at Gigaro beach.

Dogs are allowed in the Cap Lardier area, as long as they are on a lead, and can ac

to "Cap Lardier". When you get there, continue on the coastal path to Briande beach

fence and continues through the undergrowth. At the intersection, take the track follo

wing the yellow markings, along agricultural land from above. At the end of this terrain

At the intersection go left on the dirt road which rises (do not turn right) and continue

and follow the markings on the left, taking the path that runs along the split-stake

ollow the yellow markings. From Gigaro beach at the entrance to Domaine du Cap Lardier take the coastal path. Go past Brouis beach and Pointe d'Andati to Les Pins Blancs (a difficult climb) and continue on the track towards Vieux Sémaphore You pass it at the tank, after which you leave the path to Cap Lardier on your rial and turn left to go back down to the vineyard. At the wooden barriers, go left heading for "Plage de Gigaro" to go down the valley to the metal gate. Follow the patl

tween sea and vineyards, discover the wild untamed beauty of the rocky coast with its exquisite fine sandy beacl

# to the right of it and go along the stream. At Route Forestière de Gigaro, turn righ

# **IGN 3545 OT**

Le Domaine du Rayol, Garden of the Mediterranean RAYOL-CANADEL-SUR-MER

avenue Jacques Chirac

Open every day of the year

Tél: 33 (0)4 98 04 44 00

# fish which they also sold. The one on Sardinaux is one of the few Roman fishponds IGN 3545 OT XIGN 3544 OT XIGN 3544 ET

17 Deffend panoramic circuit - in a loop

come board is located opposite the recycling area.

du Mercantour in the distance. The Deffend

was once a highly regulated communal forest

<sup>9</sup>3 hrs - 8,3 km - <sup>8</sup> - <sup>8</sup> - <sup>8</sup> 337 m - <sup>8</sup> 290 m

Markings: welcome panel at the start with arrow posts and an orientation table.

Access by car: near the Neuenbürg roundabout, follow the municipal Saguèdes

path for 1.4km. The starting point is on your left where the panoramic circuit well

As you climb, you can stop to admire several landscapes until you reach the orien

Tropez, Massif des Maures and the Esterel. On a clear day you can see the Massif

tion table which offers a sublime 180° view of Sainte-Maxime, the Gulf of Saint-



jewel set in surroundings of rare beauty, Sainte-Maxime is one of the most prized and celebrated resorts on the Mediterranean coa

he mysterious alchemy combining the traditional with the modern makes this enchanted place stand still in time.

# Gardens

**Botanical Garden** SAINTE-MAXIME 1 April - 30 Sept : everyday from 8am to 8pm; 1 Oct - 31 March : everyday from 8am - 5pm

GASSIN Place Dei Barrys - Phone : 33 (0)4 94 56 18 72 Open from April 30 to Oktober 15. Visit on appointment every day except thursday

Botanical Garden

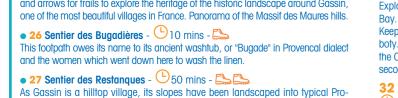
L'Hardy-Denonain

GASSIN www.golfe-sainttropez-tourisme.fr ayolcanadelsurmer@golfe-sainttropez-tourisme: SAINTE-MAXIME

accueil@gassin.eu GRIMAUD Tel: 33 (0)4 94 55 43 83

> www.sainttropeztourisme.com info@sainttropeztourisme.com





Saint-Jean.Bypass the mini-stadium, go down the steps to follow the wooden signs

Each terrace is marked out by low, stone walls. • 28 Sentier des Sources 50 mins - 50 Pass the washtub, then head towards the "Sentier des Sources" after the "Traverse

vencal flat terraces used for gardening, locally known as "restangues".

P of the school in the new village for the tours of l'Arlatane

🕒 1 hr - 3,5 km - 🦲 🦲 - 📤 140 m - 🕰 230 m

26 to 29 Les boucles de l'Arlatane

P at the entrance of the old village and departure from the Tourist Office

for itinerary 33 34 35 - Detailed brochure available at the Tourist Office

des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat". • 29 Sentier du Vallat 50 mins -

• 30 Chemin de la chapelle Notre-Dame-de-la-Consolation

he Provencal word "valat" is the word most commonly-used in the region to desgnate a brook. This footpath leads on from the "Sentier des Sources de l'Arlatane".

1.10 hrs - ♣ 4 - 180 m - 222 m - blue markings

The Bay of Saint-Tropez on the social networks

of the Bay of Saint-Tropez, the Pays des Maures, the Bay of Cavalaire and the Îles d'Or.

In a formidably preserved environment, the commune of Ramatuelle flourishes from its ancient village on the hillside to the beaches and heavenly coves.

gnposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de • Itinerary n°4 : 5

Good to know: naturism is tolerated on one section. next to the tennis courts. lead down towards the beach, take the path on the right and down some steps (after

**IGN 3545 OT** 

Cap Taillat - Plage de Gigaro - 6 km - 2 hrs

the new village, take a right into Chemin du Puits Saint-Jean. Go around the stadium by walking down the steps. This is the beginning of a path through the woods, passing a picnic area and old wash house, arriving at an old sheepfold and parish church further up.

31 Panoramas du golfe de Saint-Tropez et de la baie de Cavalaire Access through the new village, at the primary school, go down Chemin du Puits 64.40 hrs - 16,9 km - 65.2 m - 65.9 km - 65.2 m Explore lush areenery around Gassin from the Gulf of Saint-Tropez to Cavalaire Bay, Walk down Montée Saint-Joseph, Pass in front of the Saint-Joseph Oratory Keep going down to the chapel towards the old sheepfold. Take Chemin de Riboty. Cross the D559. Follow Chemin de Pimpinon. Continue on this route. Enter

This shady loop is particularly peaceful and picturesque. Cross the old village. A

the Chausse estate via the iron gate. Walk along the fence. Exit the estate via the second iron gate. At the roundabout in La Croix-Valmer village take the cycle path. Sentier de la mer

5 1.30 hr - 9,6 km - 5 1.30 hr - 7 1.30 hr - 9,6 km - 5 1.30 hr - 10 turquoise markings Place Louis Collomp, walk down towards the cemetery and round it to the left following the "Villevieille" sign. Take the path to the left then follow the Villevieille rack for 2.5km. Cross the Bourrian road. After a few metres on your left is a path which, after a lookout, leads to Chemin de la Plaine through the vines of the Bourrian estate. Arriving at the RD98, walk along the payement to the right Turn left at the roundabout heading for Les Marines de Gassin. At the second roundabout, keep straight on past the shops. Continue to the beach and harbour.

Retrace your steps to return to the village. You can also opt to walk along a proected multi-modal track to reach Port-Grimaud on the left and Saint-Tropez on the right. **IGN 3545 OT** 

🗾 1.30 hrs - 6 km - 🥾 - no markings - 🐠 - 🕑 departure point at Tourist Office nerly ran from Toulon to Saint-Raphaël via the coast. Its aentle curves and flat surface make it an ideal choice for a safe MBK excursion with all the family. Itinerary 1: Go down the monumental staircase, then head left along the muc ack (ancient railway track) and continue to "Hameau du Dattier". Turn round and

• Le Jardin des Méditerranées (Mediterranean Garden). This 50-acre site, now the property of the "Conservatoire du Littoral" coastal conservation society. invites visitors to discover Mediterranean-type vegetation from throughout the world. plus various flora from arid and tropical climates. The "Domain du Rayol" is open

• Les pieds dans l'eau (Stroll Along the Beach). Available from April to Septemper. An ideal outing for families with children (4-12 years) keen to discover the easures of the local beaches and shores... and aet their feet wet! Information or

Market days

respect other users. Be cautious Bring water and suitable hiking shoes

Stay on marked paths

Respect the environment Do not light any fires or cigarettes Do not leave any objects or rubbish behind Do not pick any plants or touch animals Close all fences and gates after passing them Observe the restriction on motor vehicle traffic

Be respectful of other users

Beware of wildfires

Check the access map to the forest massifs by downloading

the mobile app "Golfe de Saint-Tropez" or by calling the voice server on

A Few Recommendations

The path is used by many hikers, but also by farmers, livestock breeers, foresters and hunters. For the benefit of all, please be courteous and

Beware of herds

What to do near a herd?

Stop until thev identify you

• Up to 5,500 animals (sheep, goats, donkeys and cows) graze on our lands and help prevent wildfires.

 Walk as far as you can around the herd and keep your distance Keep your dog on a lead. In the presence of Patous (big herding dogs):

Stay calm, do not threaten them, do not pet them.

please check the weather forecast on

the bay of Saint-Tropez

Le Cannet des Maures : direction Saint-Tropez

regular coach links to the Bay of St-Tropez)

Nice International Airport (95 km)

www.golfe-sainttropez-tourisme.fr lamole@golfe-sainttropez-tourisme.fr LE PLAN-DE-LA-TOUR In the village centre 7. place Clémenceau 83120 Le Plan-de-la-Tour

leplandelatour@golfe-sainttropez-tourisme.fr Place de l'Ormeau - 83350 Ramatuelle Tel: 33 (0)4 98 12 64 00 www.ramatuelle-tourisme.com

> office@ramatuelle-tourisme.com RAYOL-CANADEL-SUR-MER Place Michel Goy 83820 Rayol-Canadel-sur-Mer Tel: 33 (0)4 94 05 65 69

LA MOLE

Office de Tourisme - Médiathèque

RD98 - 83310 La Mole

Tel: 33 (0)4 94 49 66 34

Tel: 33 (0)4 94 43 28 27

www.golfe-sainttropez-tourisme.fr

RAMATUELLE

In the village centre

Tel: 33 (0)4 94 55 75 55

www.sainte-maxime.com

SAINT-TROPEZ

On the harbour

Quai Jean Jaurès - 83990 Saint-Trope

contact@sainte-maxime.com

21. Place Louis Blanc - 83120 Sainte-Maxim 679, route Nationale - 83310 Grimaud

www.grimaud-provence.com info@grimaud-provence.com Les Terrasses de Port-Grimaud RD 559

Tel : 33 (0)4 94 97 45 21

