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Département



Walks

GOLFE DE SAINT-TROPEZ

KEY
Scale : 3 km.

- Panorama
- Botanical garden
- Golf
- Museum

LEGEND

- Inter-municipal signposted trails
- Tarmac cycle paths
- Green Route : cycle and pedestrian paths in the ground

There are many other paths marked out by the communes which are listed on the website visitgolfe.com

ACTUEL

Local footpaths

A From La Garde-Freinet to Plan de la Tour via La Mourre Forests, Stonework and Man
6.15 hrs - 19.5 km (One way) - 410 m - 650 m
From La Garde-Freinet Tourist Office, follow the yellow markings leading to Plan de la Tour / Le San Peire.

B From La Garde-Freinet to Grimaud via the Roche Percée La Gardi to Grimaud via the Roque Troucadé
2.30 hrs - 10 km (One way) - 340 m - 287 m
Chemin en partie goudronné praticable toute l'année. From La Garde-Freinet Tourist Office, follow the yellow markings towards Grimaud.

C From La Garde-Freinet to Grimaud via Les Vernades Hamlets in the heart of the forest
4.10 hrs - 16.5 km (One way) - 410 m - 675 m
From La Garde-Freinet Tourist Office, follow the yellow markings towards La Mourre, then follow them in the direction of Grimaud.

D From Grimaud to Cogolin via La Réparade or La Fons Couverte Pathways between Grimaud and Cogolin
2hrs - 8 km (round trip) - 115 m - 40 m
Partly tarmac path that can be used all year round. From Grimaud Tourist Office, go up to the Château car park and follow the yellow markings towards Cogolin.

E From La Môle to Cogolin via the Sainte-Magdeleine Chapel Following in the traces of the old La Môle village
4.25 hrs - 15.8 km (one way) - 247 m - 454 m
Remarkable chestnut woods. Views over the plain of Saint-Clement and Notre Dame de Miramer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD78 (direction Plan de la Tour) and rejoin the Seigneurolles on the footpath over the road. Take the chemin du Curmier that goes towards Peygros.

F From La Môle to Cogolin via La Patronne and Val d'Aslier In the lush green and pleasant La Môle Valley
3.10hrs - 12.1 km (one way) - 40 m - 87 m
From La Môle Tourist Office, head for Royal Canotel sur Mer, follow the yellow markings towards Cogolin along La Môle River on the right bank.

G From Cogolin to La Croix Valmer via Les Ajuts In the heart of the Gisèle plain
2.30 hrs - 9.5 km - 125 m - 190 m
From Cogolin Tourist Office, head for Saint-Tropez / La Croix Valmer, follow the yellow markings towards La Croix Valmer. Or head to Grimaud then follow the yellow markings to La Môle and La Croix Valmer.

The tarmac cycle paths

Cavaire-Gassin 13.6 km. Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to saint Maxime's bridge.

Saint-Tropez-Sainte-Maxime 12.2 km. Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to saint Maxime's bridge.

Sainte-Maxime (east) -> Sainte-Maxime (Complex sportif les Bosquettes) Sainte-Maxime middle school. 3.6 km. Departure: RD58 from the intersection pointing towards La Mûy. Follow the bicycle track to the Complex sportif les Bosquettes.

Local footpaths

La Garde-Freinet

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

Important 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.

- 1 La Croix et le Fort** - walking
4.10 hrs - 16.5 km - 410 m - 675 m
Departure: 'Aire de la Planète'. This footpath leads to the emblematic site of Fort-Freinet which is said to have been a hide-out for the Saxons present in Provence in the 9th and 10th centuries. It is actually a quantified, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.
- 2 Saint-Clement** - 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 1960s by the sculptor Di Teano.
- 3 N.-D. de Miramer** - walking
3 hrs - 9.7km - 406 m - 50 m
This 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-Clement and Notre Dame de Miramer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD78 (direction Plan de la Tour) and rejoin the Seigneurolles on the footpath over the road. Take the chemin du Curmier that goes towards Peygros.
- 5 Les Roches Blanches** - walking
3-4 hrs - 5,8/8 km - 637 m - 300 m
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.
- 6 Les Hameaux du Sud** - walking
5 hrs - 16 km - 615 m - 162 m
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Verdun", "Camp de La Suvéyer", "Val d'Aubert", "Les Vieilles Sinières", "Route de St Eloi", return to village.
- 7 La Mourre, la Nible et les Maximins** - walking
5-6 hrs - 19.5 km - 1480 m
Departure "Parking des Teilles".

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Cogolin

14 Sentier Botanique (Botanical Footpath)
15 mins - 1 km - round trip
Access : chemin de la mort du Luc. Start in the Nègresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensiole ZAC). This delightful botanical itinerary features 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 - round trip
Access : chemin du Colombar
Departure lerrain des Aubrettes from the track (right bank) with gate (inscription on gate : Aubré, 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, pastoralism, comes and heather which were exploited and cultivated in the valley. When you arrive at the sign "Domaine du Val d'Aslier", return back.

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Four routes to discover the Gulf of Saint-Tropez by car

The blue of the sea

Course : 50 km

From the headlands to the fine sandy beaches, this tour will give pleasure to all sea lovers. If setting off from the La Foux roundabout, take the RD559 towards La Croix 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 Pages ; go up as far as the lighthouse of Camarat (not open to visitors) by taking the Route de Bonne Terrasse. Having discovered the lighthouse, rejoin the main road; there are alternative 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, follow the signs to Route des Salins to get to the Baie des Canoubiers. Return to Saint-Tropez and pass through the Place des Licées and rejoin the RD98 towards the La Foux roundabout. Approx. 2 km before La Foux, take a 1 km detour off to the left to visit the beach and the harbour of Les Marines de Cogolin and Gassin.

PLACES OF INTEREST NOT TO BE MISSED
Gassin (table d'orientation, or compass table) - Ramatuelle (Les Moulins de Paillas, church, perched village, beach of Pampelonne, lighthouse of Camarat) - Saint-Tropez (beaches, old town, port, museums)

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 using a traditional recipe and follow the trail of the mythical 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 you 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, village) - Grimaud (castle, windmill, village, folk museum).

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 Canedel, the Jardins des Méditerranéens and the Bay of Cavalaire / La Croix-Valmer, everywhere... 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 Canedel (RD27). At the Col du Canadel, come down again up to the road of the seaside and turn left up to the Domaine du Royal, then take the Cavalière/La Croix Valmer direction and finally towards the La Foux crossroads to join your starting point.

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) - Royal-Canedel-sur-Mer (Domaine du Royal) : the garden of the Mediterranean, the huge stairs, the Patec, the pergola with its panoramic view.

In search of authenticity

Course : 40 km

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 your 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".

Municipal footpaths to discover the Gulf of Saint-Tropez

Legend

- Length : the times indicated correspond to actual walking times and do not include stop-offs.
- Difficulty rating
- Open to all
- Some difficulties due to steep path
- Tricky and technical sections
- Signposted footpath
- Altitude
- Gradient
- Car park
- Horse riding
- Mountain biking

Tours on ground track, road or coastal path. Follow the signs on post or on the ground.

Grimaud

9 La Courbe - 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 surrounding scenery. This itinerary is a living reminder of France's Ancient Regime, when goats were far more common than sheep, and goat meat was considered a delicacy.

10 La rucher de Blay et le moulin à eau de Blanche - walking
1-2 hrs - 4 km - 180 m - 170 m
This picturesque footpath snakes its way alongside a brook, mill of the 19th Century, on the way restored apricot of the 17th Century. A refreshing spot for picnics in summer.

11 Le Moulin de l'Adrech - walking
1h - 3 km - 400 m - 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 moulins) 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
Departure parking de la Planète - follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the 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 towards the Cross. At the signpost go down left on the steep winding path for 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
1.30 hrs - 4.5 km - 321 m - 170 m
Direction La Garde-Freinet
1.30 hrs - 4.5 km - 321 m - 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.

16 Sentier de la Castellane
45 mins - 3 km - 69 m - Yellow painted markings
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 insight into the village's fascinating past. "Chemin de Castellane" leads you through the lower part 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 "Valon de la Gardie", with its views over the village of Grimaud and surrounding hills.

17 Sentier de découverte du Pont des Fées round trip - information panels on the valley's flora, fauna and heritage.
1 hr - 1.3 km - 69 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 Panocou 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 - 93m - Yellow painted markings
Itinerary n° 19 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Some 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 - 100m - Yellow painted markings
Itinerary n° 19 signs, then orange painted markings. This itinerary runs from "Quartier Saint Michel" along "La Gardie" river and crosses the "Oratoire St Joseph" oratory-village.

20 Sentier Grimaud/Port Grimaud outbond journey
1.30 hrs - 6.1 km - 79 m - Yellow painted markings
Take the Chemin du Pré St Michel, continue to the footbridge by Chemin de la Gardie. Cross RD 14 (be careful) and take chemin du Bagatin. Turn on the left and continue near the Bioclergues School and follow "Carrière Agé-Rulo" - At St Pierre les Maures hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance.

21 Sentier Le Peyron outbond journey
40 mins - 2.7 km - 0 m - Yellow painted markings
From the Dog Club, follow chemin des Ajustés and then on your right the dirt track by the vine. On your right follow the river La Gisèle, go straight through the girt canal. When you arrive at a gravel road turn on your right to the Dog Club.

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Le Plan-de-la-Tour
Map showing routes 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

The charm of this village with its hamlets and its vines illuminating the breathtaking hills of the Maures.
22 Les Gorges et Les Hameaux
23 Chemin vers La Garde-Freinet
24 Chemin vers Le San Peire
25 Sentier des Mines de Vallauray
26 Sentier des Boudigueres
27 Sentier des Restanques
28 Sentier du Vallon
29 Sentier du Vallon
30 Chemin de la chapelle Notre-Dame-de-la-Consolation

Gassin
Map showing routes 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Perched on its promontory rock, this typical village is famous for its magnificent panoramic view of the Bay of Saint-Tropez, the Pays des Maures, the Bay of Cavalaire and the Iles d'Or.
26 to 29 Les boucles de l'Arlatane
30 Chemin de la chapelle Notre-Dame-de-la-Consolation
31 Panoramique du golfe de Saint-Tropez et de la baie de Cavalaire
32 Sentier de la mer
33 Chemin de la chapelle Notre-Dame-de-la-Consolation

The Bay of Saint-Tropez on the social networks
Facebook: @GolfedesSaintTropezDestination
Instagram: @golfedestropez
Twitter: @golfestropez
Pinterest: @golfestropez
TikTok: @golfestropez
LinkedIn: @Golfedesainttropezdeveloppement

Ramatuelle
Map showing routes 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

In a formidably preserved environment, the commune of Ramatuelle flourishes from its ancient village on the hillside to the beaches and heavenly coves.
52 Le sentier du littoral (Coastal Footpath)
Hinerary #1
Hinerary #2
Hinerary #3
Hinerary #4
Hinerary #5
Hinerary #6

Royal-Canadel-sur-Mer
Map showing routes 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

An enchanting place, where the wooded hills of the Corniche des Maures plunge into the translucent Mediterranean waters and the Iles d'Or "golden islands" provide a sumptuous backdrop.
34 Old Railway Track - return trip
35 Domaine du Royal
36 Jardin des Méditerranéennes (Mediterranean Garden)
37 Jardin Marin (Underwater Garden)

La Mole
Map showing routes 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

This wild valley offers its natural resources to those who respect nature.
36 Chartreuse de Verne Monastery path via the dam
37 Sentier de Sainte-Magdeleine

La Croix Valmer
Map showing routes 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Between sea and vineyards, discover the wild untamed beauty of the rocky coast with its exquisite fine sandy beach.
A choice of walking trails around La Croix Valmer
38 The 2 Peninsula
39 Les Brouis
40 Briandes

Market days
Monday Sainte-Maxime
Tuesday Saint-Tropez
Wednesday Cavalaire
Thursday Grimaud
Friday Les Marinés de Coglolin
Saturday Coglolin
Sunday La Croix Valmer

Cavalaire
Map showing routes 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Child of the sea and the sun, a charming seaside resort, kissed by the warmth of the Mediterranean.
42 Le Vallon du Fenouillet - a loop
43 Old Railway Track - a loop
44 Around Domaine FONCIN - a loop

Sainte-Maxime
Map showing routes 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

A jewel set in surroundings of rare beauty, Sainte-Maxime is one of the most prized and celebrated resorts on the Mediterranean coast.
17 Défend panoramic circuit - in a loop
16 Pointe des Sardioux

Gardens
Le Domaine du Royal, Garden of the Mediterranean
Botanical Garden SAINTE-MAXIME
Botanical Garden L'Hardy-Denonain

A Few Recommendations
Respect the environment
Be respectful of motor users
Be cautious
Beware of wildfires
Beware of herds

Hill closure fines
The 'ALARM' Plan (forest fire prevention plan) is in force from 15th to 30th September 2023.

How to reach the bay of Saint-Tropez
By road
By train
By plane

The Tourist Offices in the Bay of Saint-Tropez
Cavalaire
La Mole
Cogolin
Le Plan-de-la-Tour
Ramatuelle
Royal-Canadel-sur-Mer
Gassin
Grimaud
Saint-Tropez