

# Gulf of Saint-Tropez

## Welcome to an exceptional land\*

*Welcome to the south, between Provence and the Côte d'Azur, welcome to the Var and its jewel, welcome to the gulf of Saint-Tropez, a land of blue, green and gold.*

*In a more than perfect azure blue sky, the sun shines 300 days a year. Here autumns are clement, winters and springs mild, and in summer a sea breeze takes the edge off the intoxicating heat.*

**W**hat is the gulf of Saint-Tropez? A holiday destination, a leisure destination, a do-nothing 'farniente' destination. All these and yet it is also a very active place for its residents. Twelve towns, 59,000 inhabitants scattered across an area that extends 30km from north to south, from the Maures plain to the coast; 26km from west to east, from La Mole Valley to the Garonette and Pramouquier beaches, depending on your itinerary. Rest assured a seemingly endless palette of colours, sensations and vestiges of the past await you.

On the shores of the Mediterranean, untamed inlets, dream-like coves, rugged capes and fine sandy beaches alternate along the coast like a spectacular ribbon borne by the wind. In a more than perfect azure blue sky, the sun shines 300 days a year. Here autumns are clement, winters and springs mild, and in summer a sea breeze takes the edge off the intoxicating heat. This is the Blue Country.

Here unique landscapes include dense forests, tree covered hillsides, the maquis, and vineyards of one of the best appellations. Rooted in crystalline soils, heather, cork oaks and chestnut trees abound, as do remarkable species which thrive in the Mediterranean climate like the holm oak, strawberry and

lentisk trees, mimosa and majestic umbrella pines. Carpeting the ground is an abundance of flora and fauna. This is the Green Country.

The exceptional light has inspired great artists, writers, painters and filmmakers. Athletes, researchers, scholars and famous sailors have taken it away in their luggage. In the evenings, behind the purple and indigo flanked Maures, sunsets flood the bay with delicate purples, golds and rosy pinks. A thousand insane shades. This is the Gold Country.

The 12 villages in the gulf which you will discover in this latest edition of *Mythique* are brimming over with culture and prestigious events, be they artistic, music, theatre or sports, not forgetting the nightlife with its music, memorable parties and firework displays.

Suffice to say that in this little corner of paradise you will feel at home. We have only one request and that is for all of us to protect this blue, green and gold country so that it remains forever.

Enjoy your stay with us!

*May I now take you into the gulf of Saint-Tropez, an exceptional land.*



\* Synonyms for exceptional: extraordinary, remarkable, outstanding, special, rare, original.

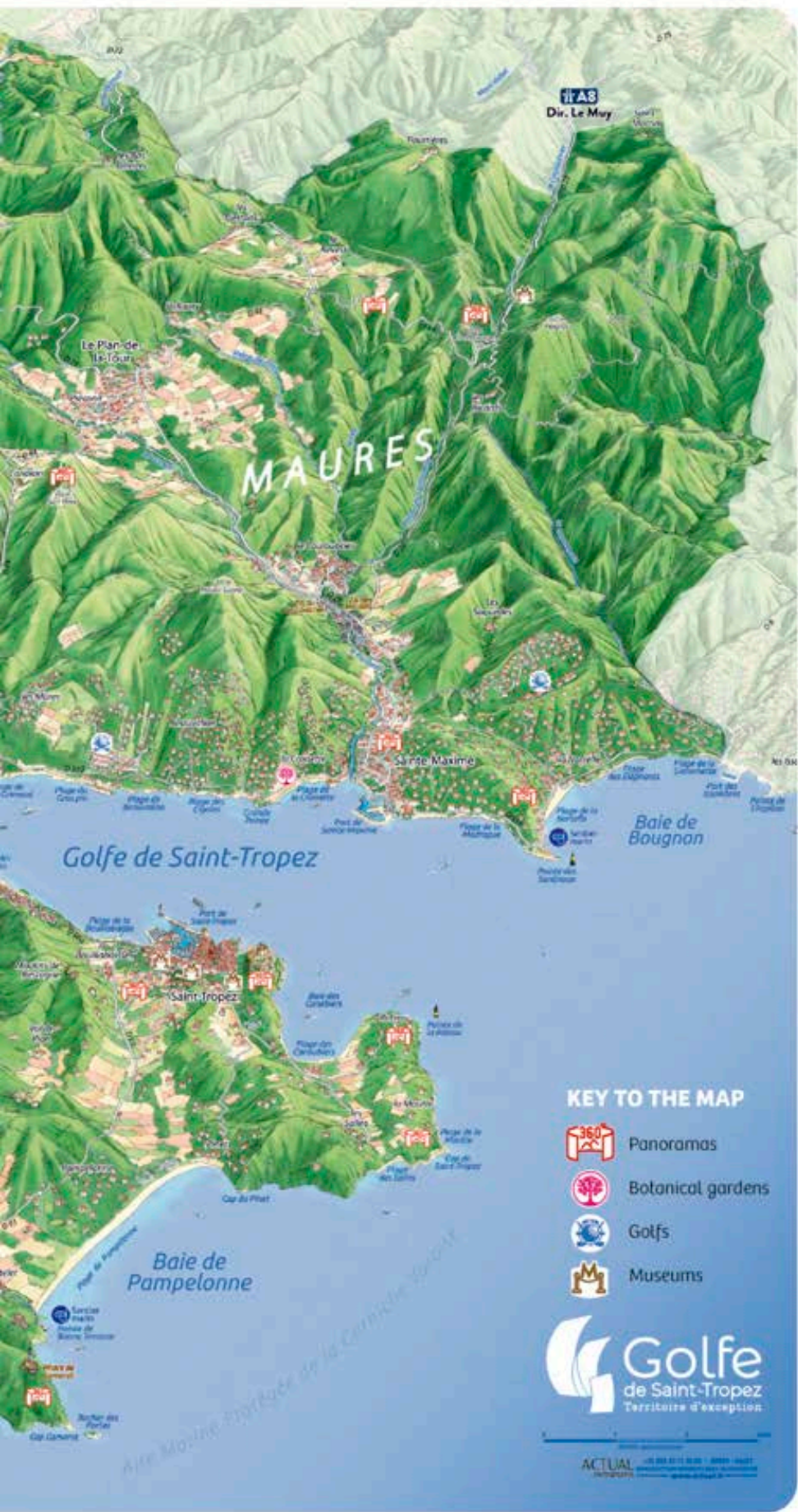




# MASSIF DES MAURES

## Gulf of Saint-Tropez





## Access roads

### By plane

- > Aéroport International de La Mole - golfe de Saint-Tropez  
T. 04 94 54 76 40
- > Aéroport de Toulon-Hyères (40 km)  
T. 0 825 018 387
- > Aéroport de Nice Côte d'Azur (80 km)  
T. 0 820 423 333
- > Aéroport Marseille-Provence (130 km)  
T. 04 42 14 14 14

### By train

- > Gare TGV des Arcs (30 km)
- > Gare TGV de Fréjus-St-Raphaël (35 km)
- > Gare TGV de Toulon (60 km)  
T. 36 35

Regular bus services  
to the golf of Saint-Tropez

### By road

- A8 highway exits (Marseille - Nice) :
- > Le Cannet-des-Maures : direction St-Tropez
  - > Le Muy : direction Sainte-Maxime
  - > Puget-sur-Argens : direction Roquebrune - Les Issambres



## Terms of use

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Tribe Sport Group

Nico Gomez  
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Jean-Pierre Charrier  
Pep's Spirit  
Michel Duuillier  
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## AN EXCEPTIONAL LAND

*This blue, green and cold country has 12 villages and resorts scattered through an exceptional area in the gulf of Saint-Tropez. In these pages you will discover portraits of places and their original and remarkable charms. Another invitation to travel.*

2

gulf of Saint-Tropez tourist map

6  
> 11

**12 The musts**  
(among so many others)



12  
> 35

### VILLAGES & RESORTS

Cavalaire-sur-Mer, Cogolin, Gassin, Grimaud, La Croix Valmer, La Garde-Freinet, La Mole, Le Plan de la Tour, Le Rayol-Canadel Sur Mer, Ramatuelle, Sainte-Maxime, Saint-Tropez.



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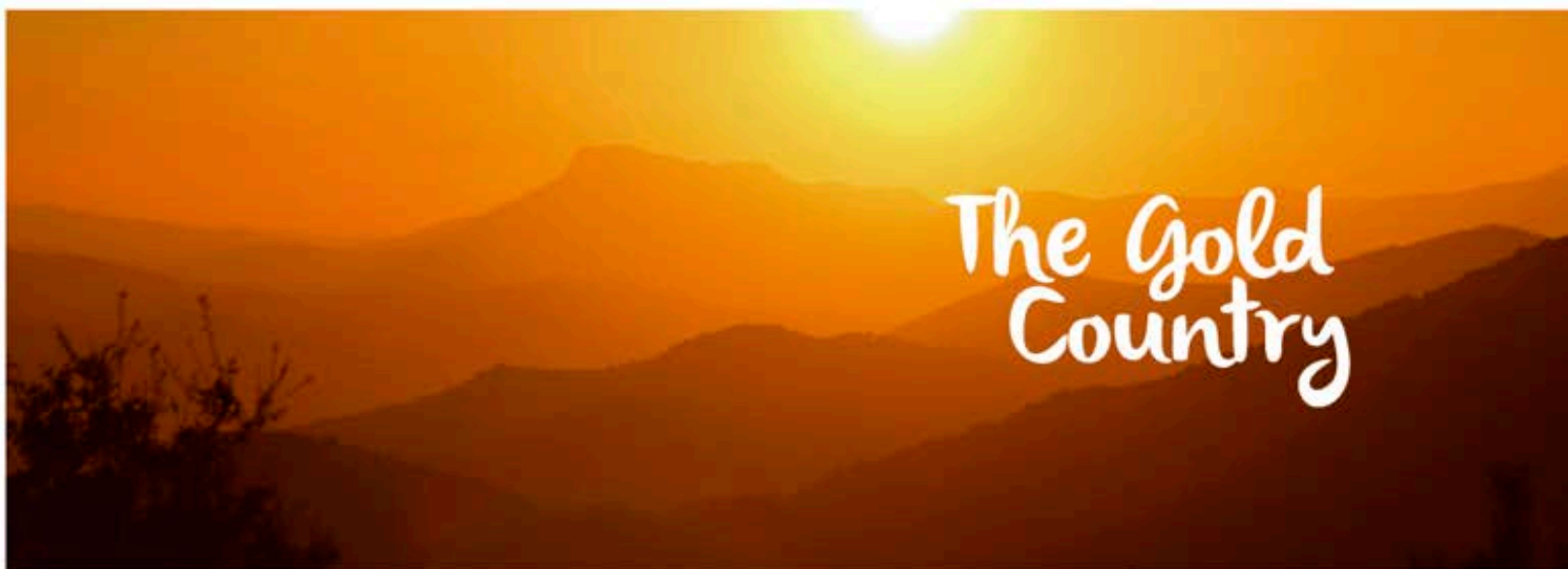




# The Blue Country



# The Green Country



# The Gold Country



# 12 The musts

*(among so many others)*

*Here is a selection of viewpoints that are not to be missed in the gulf of Saint-Tropez. There are many more which you will discover in this latest edition of Mythique. In the meantime as a prelude, enjoy this picturesque sample to your heart's content.*



A foretaste of paradise. At an altitude of 269m (265m difference in altitude on leaving the village, cyclists appreciate this pass), the Mediterranean at your feet (and yes, the Earth is round, you can see its arc). From the top, a breathtaking panoramic view of Cap Nègre and the îles d'Or.



Colours  
of Saint-Tropez

This world-renowned harbour and village in the Var have retained their authentic charm where strolling around is pure pleasure. The view from the hill and Citadelle never changes. And the intense light that is such a feature of the gulf continues to inspire famous artists who have loved this place since the 19<sup>th</sup> century.





## The coastal path at La Croix Valmer

On the crests of these headlands covered in umbrella and Aleppo pines, cork oaks, strawberry trees, acacias and eucalyptus, the vast pine forest offers an infinite palette of polychrome tones awash with rare subtle fragrances. A wild natural gem ideal for walking and meditation.

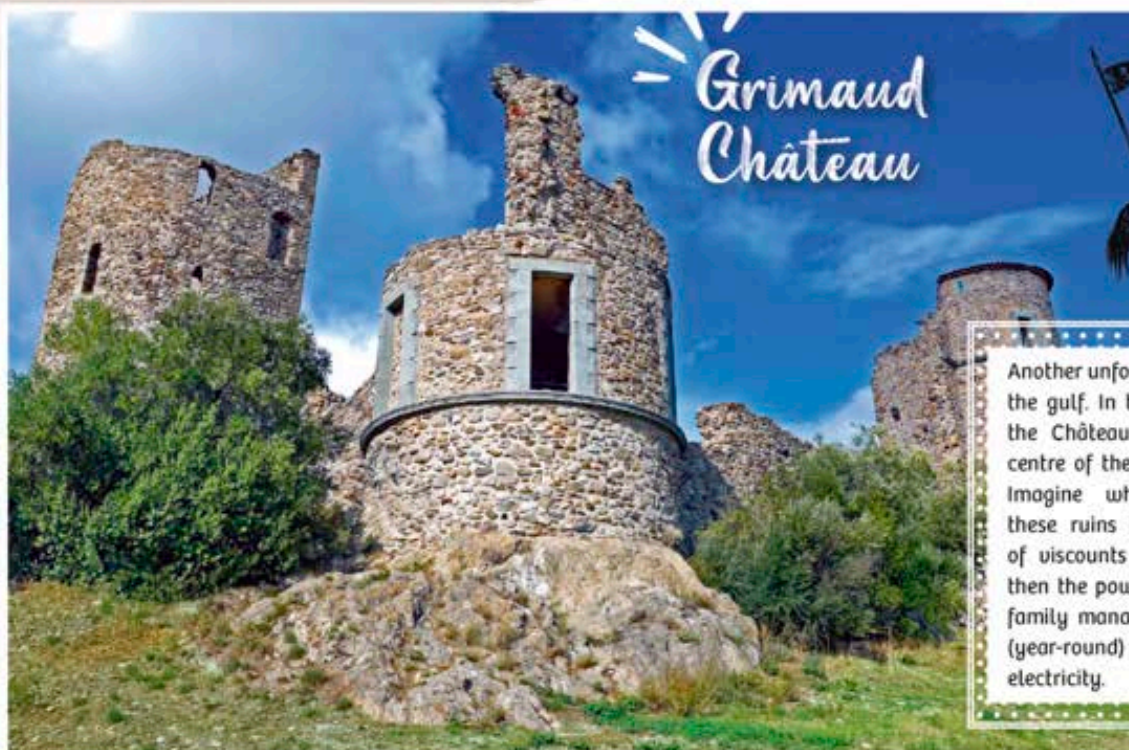


## Historic village of Cogolin



Cogolin remains attached to its Provençal roots, still very much evident in the architecture of the old village with its terraced houses connected by arched passageways, picturesque alleys and peaceful squares. Place Bellevue and the orientation tableau offers a panoramic view of the gulf.





## Grimaud Château

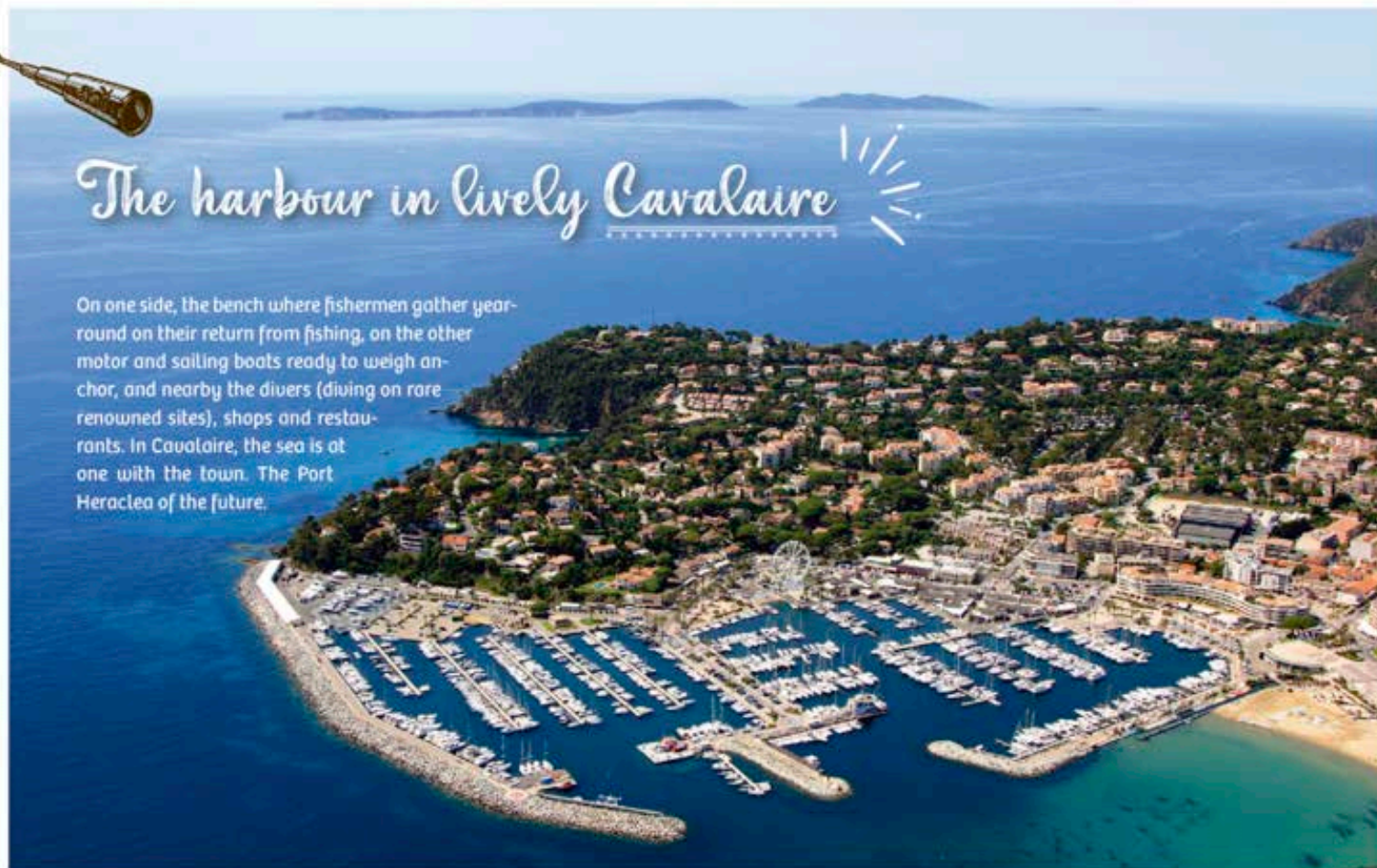


Another unforgettable view of the gulf. In the Middle Ages, the Château was the main centre of the Freinet fiefdom. Imagine when gazing on these ruins how the family of viscounts from Marseille, then the powerful Castellane family managed to live here (year-round) without water or electricity.



## The harbour in lively Cavalaire

On one side, the bench where fishermen gather year-round on their return from fishing, on the other motor and sailing boats ready to weigh anchor, and nearby the divers (diving on rare renowned sites), shops and restaurants. In Cavalaire, the sea is at one with the town. The Port Heraclea of the future.

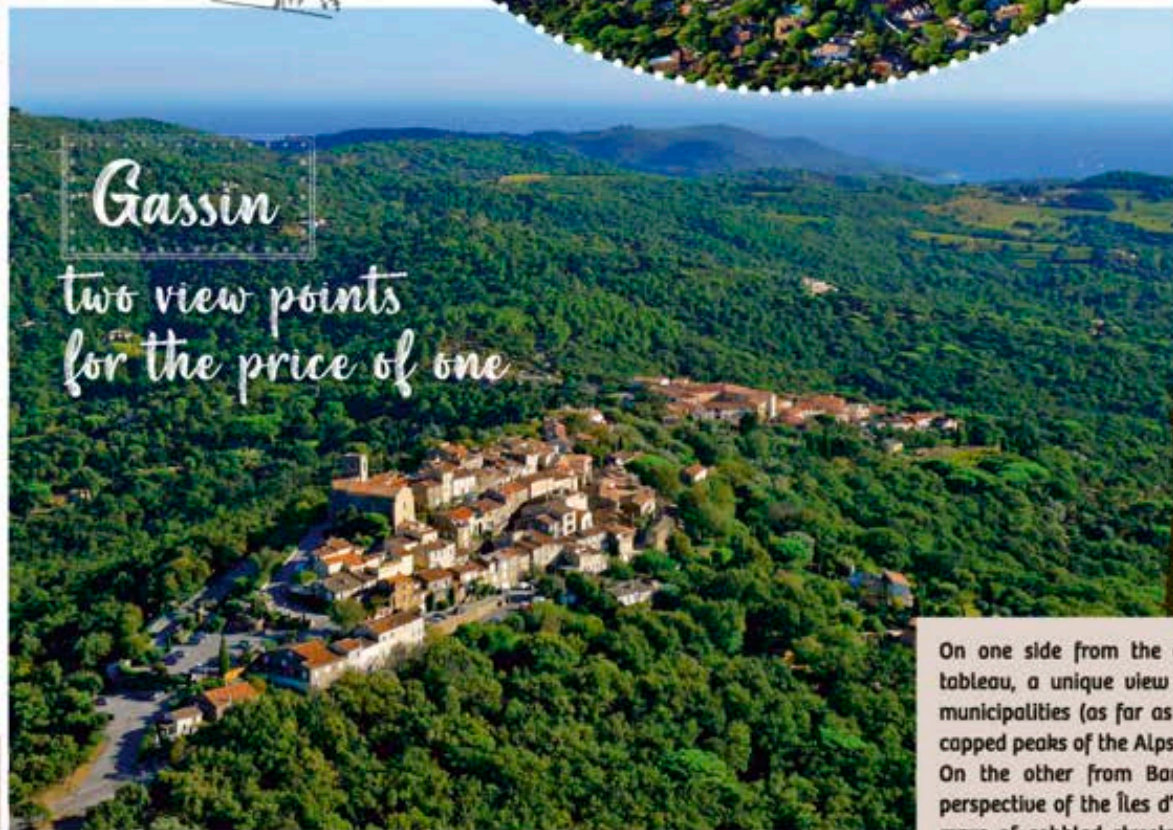






Pampelonne to Ramatuelle returned to its natural state After months of requalification, a small environmental revolution is taking place. The famous beach is undergoing a metamorphosis. Rare plants are growing again on the shore, the sand dune has been replenished. Eventually, it will be possible to walk or cycle the length of the beach ("voie verte").

*Pampelonne to Ramatuelle returned to its natural state*



*Gassin*

*two view points for the price of one*

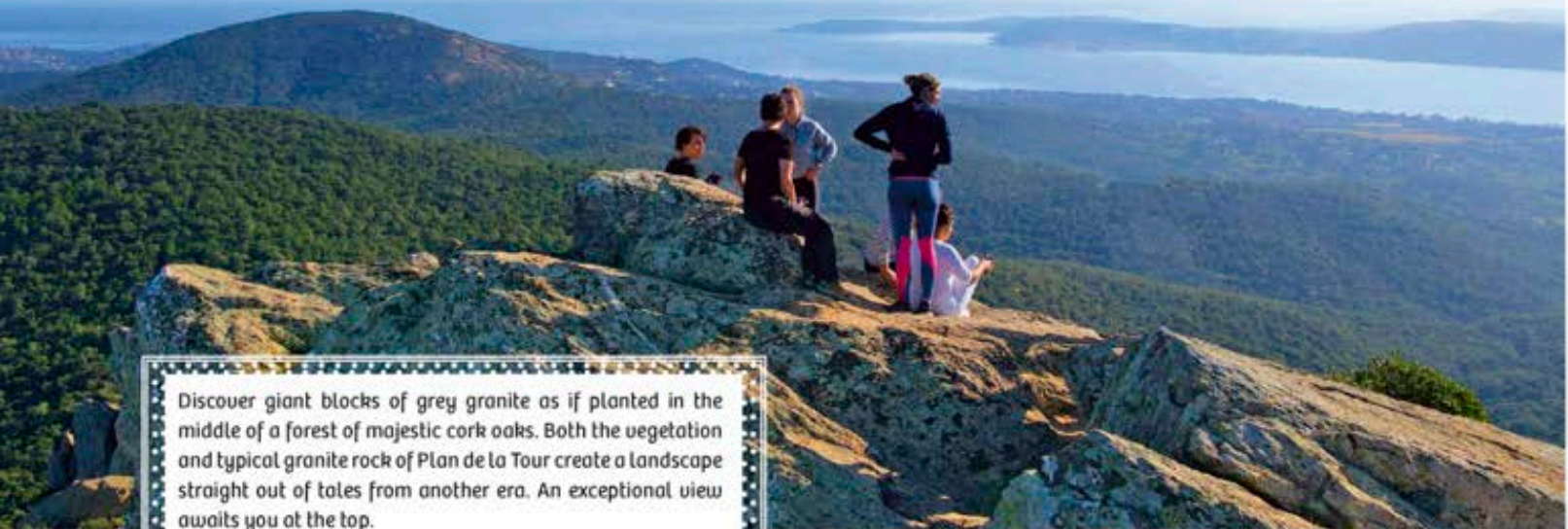


On one side from the orientation tableau, a unique view of all the municipalities (as far as the snow-capped peaks of the Alps in winter), On the other from Barri, a new perspective of the Îles d'Or. And its maze of cobbled streets, porticoes and winding alleys.





## Plan de la Tour on the San Peire path



Discover giant blocks of grey granite as if planted in the middle of a forest of majestic cork oaks. Both the vegetation and typical granite rock of Plan de la Tour create a landscape straight out of tales from another era. An exceptional view awaits you at the top.

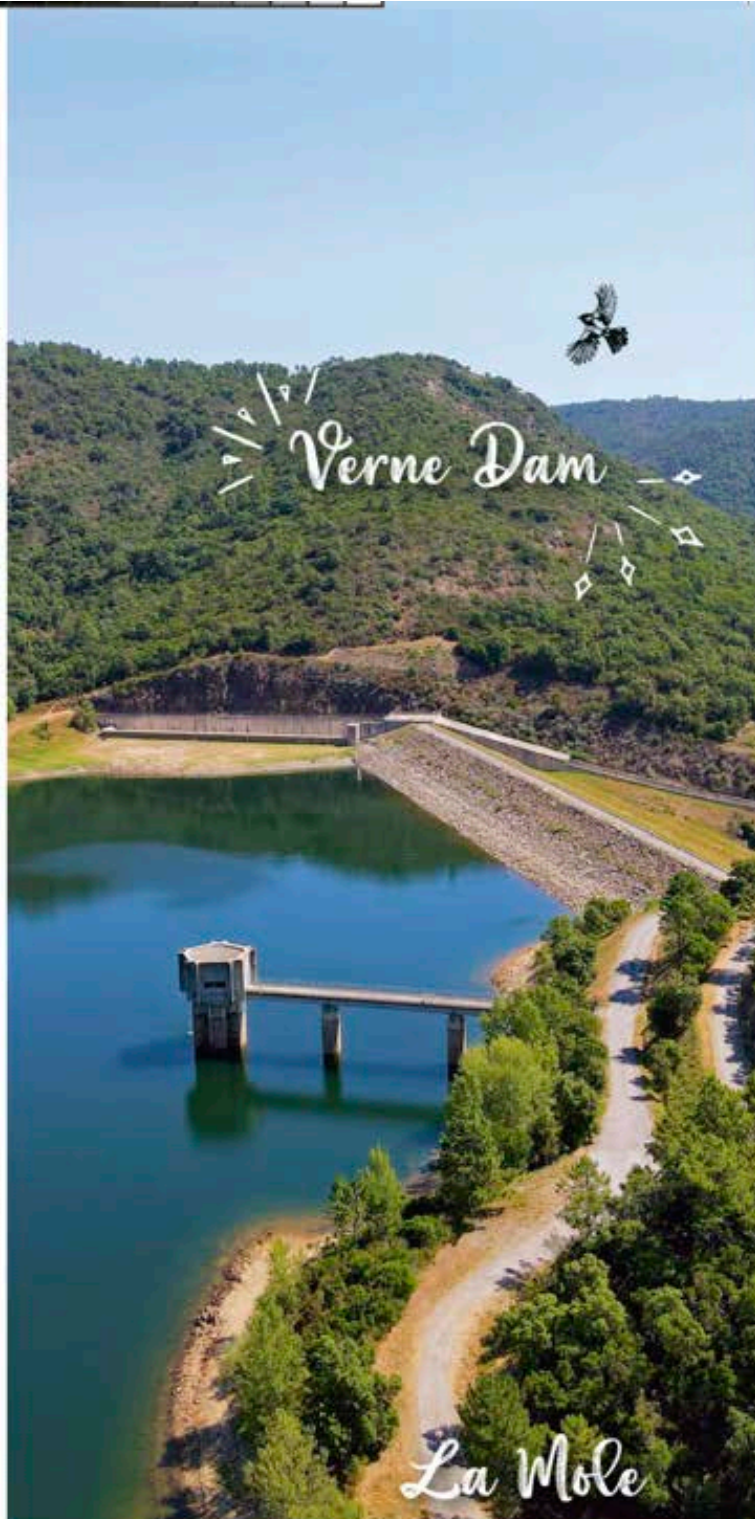
A harbour yes, but a beach in the town centre is pretty rare. But that is what this family friendly tourist resort offers past the magnificent row of palm trees on the promenade. Enough to combine the pleasures of the beach with a little shopping between sunbeds!



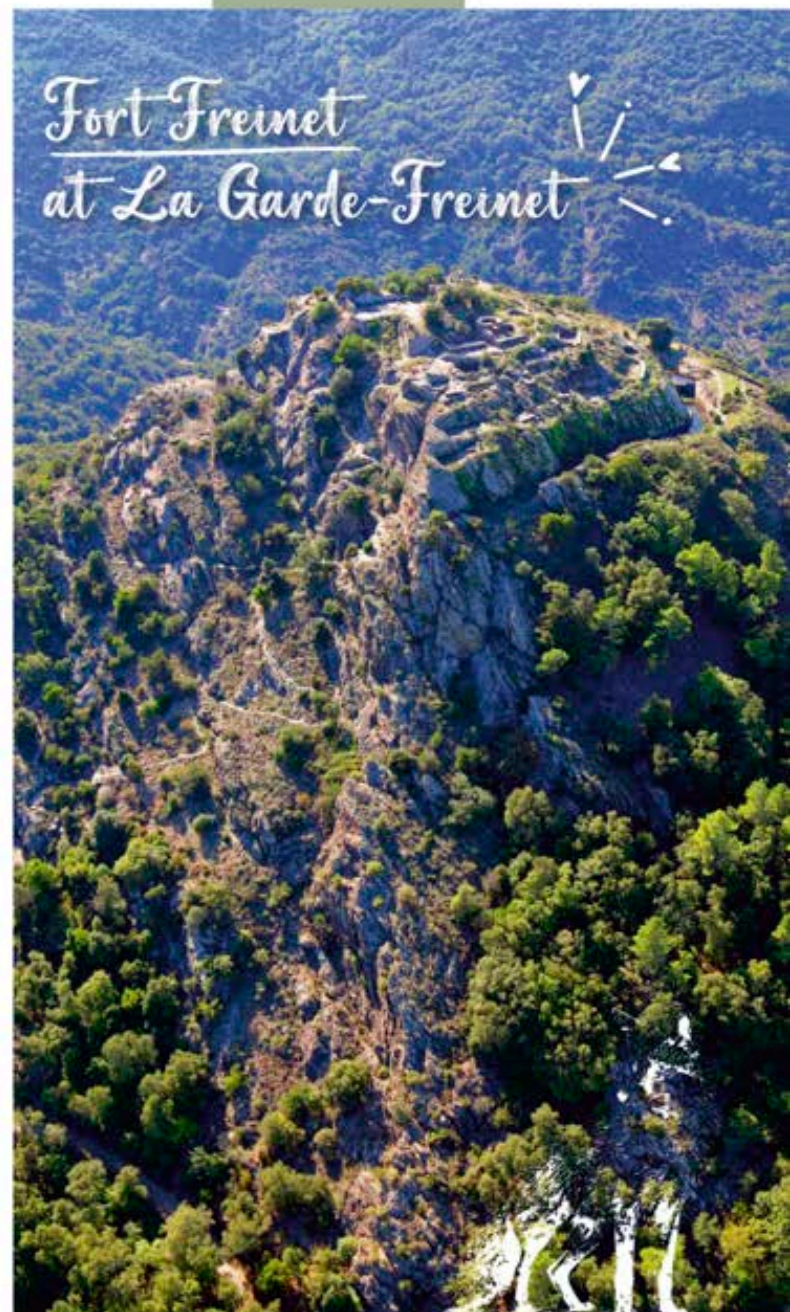
## Beach and harbour in Sainte-Maxime town centre







Hard to imagine when you are walking over these isolated hills that there is a dam (8 million m<sup>3</sup>) that is vital to people on the peninsula. Height: 42m, length of dam wall: 235m. Main vocation: supplying drinking water to municipalities in the Gulf. Grey herons and cormorants nest here all year round.





# Cavalaire-sur-Mer

Happy times whatever the season



The coastal path from Cavalaire rises to offer fabulous views of the Mediterranean

## A PARADISE FOR SEA LOVERS

Recognised by the France Station Nautique label, Cavalaire is a very popular site with watersport enthusiasts. This beautiful body of water has a lot to offer sailing, windsurfing, boating, jet skiing, flyboarding and even micro-lighting! There are also some remarkable dive spots. From the harbour in the heart of the resort, take a boat to the îles d'Or, admire the coastal path and calanques protected by the Conservatoire du littoral and be lulled by the gentle movement of the bay. Not forgetting the simple pleasures of diving into clear water (with the quality bathing water label) or indulging in doing absolutely nothing under the filtered shade of an umbrella planted anywhere you like on a 4km beach of fine sand.



## FUN FOR ALL THE FAMILY

Here happiness rhymes with family whatever the season: nature walks overlooking the Mediterranean on the Fenouillet path, sea outings or a game of pétanque in the village square. Cavalaire offers authentic pleasures accessible to all. Accommodation, equipment, activities and leisure, everything has been thought through for young and old alike to enjoy. The resort offers quality services in a child friendly environment.

## A stroll in the village

From the Tourist Office, take Rue du Port. Start the walk by the marina built in 1967 (restaurants, ice cream parlours, piano bars, casino, ship chandlers). Take Rue du Cap to Place du Marché, Rue Pierre-et-Marie-Curie, Avenue des Alliés (and its shops). Go under the arch at the bottom of Avenue des Alliés to reach Place Benjamin-Gaillard (and its pétanque pitches) in front of the town hall. Walk along the Promenade by the sea (shops and restaurants) and return on the footpath which runs along the beautiful sandy beach.



Latitude  
**43.173**  
Longitude  
**6.53307**

Number of residents  
**7 139**

Surface area  
**16,74 km²**

The bay of Cavalaire, fringed by fine sandy beaches and protected by a circle of tree covered hills, enjoys an exceptionally mild climate. This stunning lively seaside resort is the ideal place to enjoy family times by the sea with your feet in the water.

## CULTURE AND SPORT ALL YEAR ROUND



A host of facilities, such as the superb media library with over 40,000 documents presenting high profile exhibitions and the cinema in the harbour, are coupled with an eclectic programme of events (Théâtre des Tragos Festival, Feast of St Peter, Corso des Lumières, Jagg Festival, Christmas lights, Bon Porteau Festival, concerts, aperitifs, etc.) to be enjoyed throughout the year. Not to mention the crazy cabaret evenings at the Casino de Jeux for anyone who is a fan of the jackpots!



## A LIVELY TOWN CENTRE

Enjoy strolling or rollerblading along the Promenade de la Mer, or a glass of wine and bite to eat on a sunny terrace between shopping sessions. Cavalaire has a wide range of shops to fulfil everyone's desires. At dusk in the summer the streets come alive with music beneath the glow of multi-coloured neon lights, before emerging as one of the trendiest resorts in the gulf, prolonging your holiday programme into the balmy Provençal nights.

## The musts



- **Weekly Provençal market** (Wednesday).
- **Fish market** (fresh from local fishermen) daily.
- **In the harbour, the Casino:** slot machines, English roulette, Blackjack...
- **Archaeological area** (exhibitions and site visits).
- **Landings memorial.** Lattre de Tassigny Esplanade.
- **Multi Media Library** (exhibitions).
- **Explore the calanques by boat, coastal walks, day trips.**
- **Shuttle service** to the Îles d'Or and Saint-Tropez.

Domaine Foncin

### INFORMATIONS

**Cavalaire tourist office**  
Catégorie 1 - Marque « Qualité Tourisme »

- ① Maison de la Mer  
50 rond-point Saint-Exupéry  
83240 Cavalaire
- ☎ +33 (0)4 94 01 92 10
- ✉ contact@cavalaire-surmer.fr
- 🌐 www.cavalaire-surmer.fr
- 🌐 Destination website: www.visitgolfe.com

## Panoramas



- **Maison de la Mer:** lovely view of the harbour, bay and beaches.
- **Le Belvédère:** extraordinary view of the Îles d'Or and Cavalaire bay.
- **On the heights of Montjean:** remains of a Ligurian oppidum, inhabited from 6 BC to 4 AD.
- **Route des Crêtes:** exceptional view of the bay and headlands, enjoying the heady scent of eucalyptus, myrtles and strawberry trees.
- **Maison Foncin,** "the big white house". Guided tours available in season.
- **Unusual and hidden: the little hamlet of Dattier.**



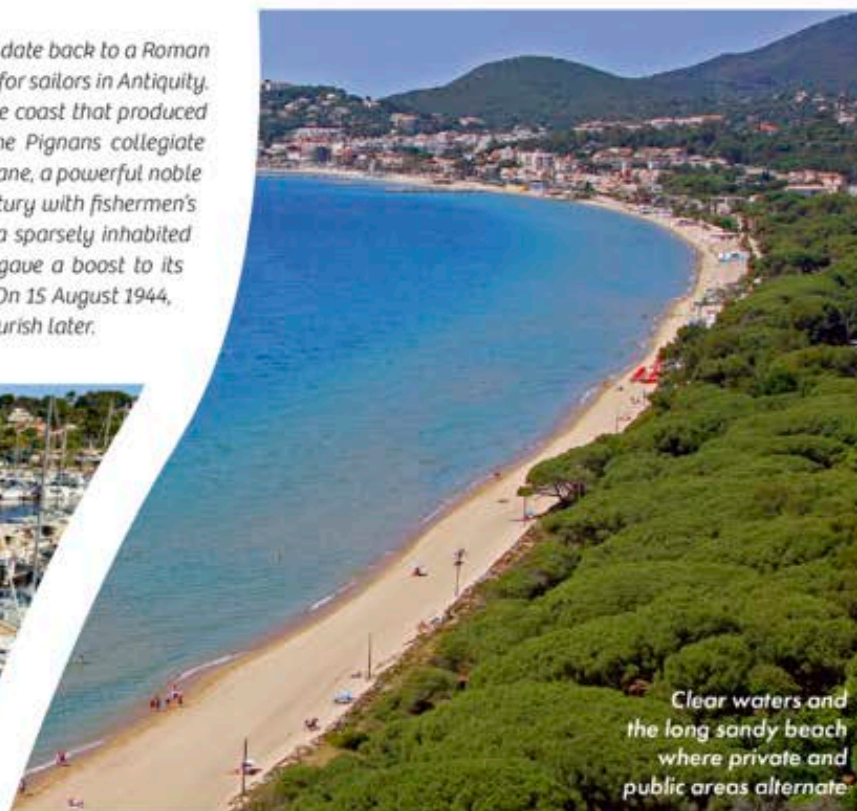
## A LITTLE HISTORY



The origins of Cavalaire (Heraclea Caccabaria) date back to a Roman port mentioned in Antoninus's maritime guide for sailors in Antiquity. There are still some remains of Roman villas on the coast that produced and exported wine. Cavalaire belonged to the monks of the Pignans collegiate (13<sup>th</sup> century) and from the 15<sup>th</sup> century to the House of Castellane, a powerful noble family from Provence. The harbour was active in the 15<sup>th</sup> century with fishermen's houses and stores, but from the 16<sup>th</sup> century Cavalaire was a sparsely inhabited region. In 1895, the arrival of the Train des Pignes railway gave a boost to its development. The municipality became independent in 1929. On 15 August 1944, it was the scene of the Provençal Landings. Tourism would flourish later.



The marina at Cavalaire  
1,100 moorings



Clear waters and the long sandy beach where private and public areas alternate



# Cogolin

Between land and sea



The historic village: shops and alleyways to explore on foot



Latitude  
43.2516  
Longitude  
6.534



Number of residents  
11 794



Surface area  
27,93 km<sup>2</sup>

*Ideally located between land and sea, Cogolin is a village with many facets; a detour into Provence to meet the craftsmen behind our unusual cultural heritage, not forgetting it is a gateway to the sea.*



## AN ARTS & CRAFTS SHOWCASE

**S**tart your journey with one of the most famous pipe makers that you have the opportunity to visit ; these works of art carved out of briar wood are engraved by hand with a silver cockerel, the town's emblem. And what do we do in Cogolin with cane from Provence? Make reeds for saxophones, clarinets, oboes and other wind instruments. We could also mention the glassware, carpet making and local produce. And how can one resist the famous *Tarte Tropézienne*, the one and only, a favourite with gourmets, made in Cogolin to a top secret recipe.

## A RICH HERITAGE TO DISCOVER



**T**he charm of this picturesque village is best discovered on foot, strolling through narrow streets to the top of the hill, with arched passages, serpentine or volcanic porches, clock tower, Saint-Sauveur Church and a sundial, all testimony to a rich past. Push open a door to discover Saint-Roch Chapel and its superb sculpture, painting and photography exhibitions. Don your "seven league" walking boots to explore another facet of the village where nature is all around you. From the vineyards in the Mole valley to the bush in Hermitan to the banks of the Giscle, Cogolin is revealed during visits to the village, countryside walks and guided hikes from the Community Tourist Office – and that's not all!

## A stroll in the village



**F**rom the Community Tourist Office, go left into Rue Jean-Jaurès to Place de la République, the town hall and a memorial. Take Rue du 8-mai 1945 (Place de l'Abbé Toti), the church's Renaissance doorway carved from serpentine, the other is bubbly volcanic basalt. After the fountain (serpentine basin), take Rue Nationale for the old village with its many porches. At n°46, a beautiful bourgeois residence (17<sup>th</sup> century) with serpentine porch. At Portail Bas, turn left under this lava stone archway. Place Bellevue, then Rue du 19 mars 1962 and the second Saint-Roch chapel (19<sup>th</sup> century). The showroom on its right was the first Saint-Roch Church (17<sup>th</sup>), later sold as national property and converted into a barn.





## CULTURE CELEBRATED

**C**ogolin is a busy place all year round, a subtle alchemy of cultures and lifestyles with a wide range of events for a wide audience: Fête du Coq, dance shows, comedy, Le Légard café-theatre, Terre-Mer summer festival, La Bravade, the O'ween Trail and Monde de Cogolino to name a few. Also note the many concerts at the Maurin des Maures centre and the entertainments and activities for the end-of-year celebrations. Cogolin honours all four seasons!

## OPEN GATEWAY TO THE GULF...

**F**or Cogolin is a municipality which extends as far as the sea. Indeed it is home to one of the gulf's largest harbours, the marina embracing Port Cogolin and the Marines with 2,000 moorings, shops, boat rentals and quayside restaurants. And then there's the beach at the end of the Gulf, with Sainte-Maxime and Saint-Tropez on the horizon, facing each other to guard the entrance: enough to entice anyone into the water! Fans of the Mediterranean get together in summer at Plage des Marines to swim. Others prefer an outing on an Optimist or catamaran from the water sports centre.



## A LITTLE HISTORY

**L**egend has it that the boat carrying the body of the Knight Torpès from Pisa in Italy ran aground in 68 on the shores of what is now Saint-Tropez. With its unfortunate passengers, a cockerel and a dog, it ended up in a swamp surrounded by reeds. The cockerel flew into this field of flax. And the cockerel and the flax became Cogolin, with a cockerel as the village's emblem. Over the centuries, the village endured the same history as Provence and its counts, and then the Wars of Religion.

A former swamp that in the 1960s became a marina for 1,500 boats

## The musts

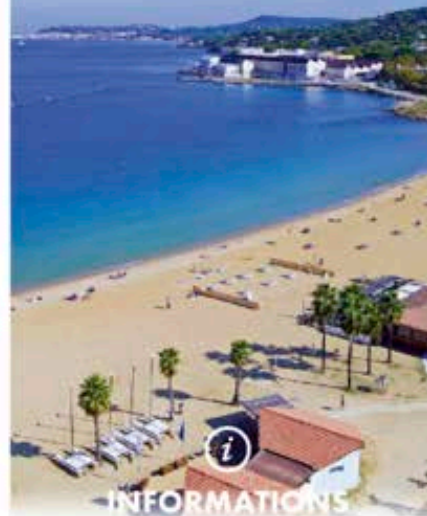
- Stroll through the alleys behind the town hall. A first parish church built in the 11<sup>th</sup> century. The current church dedicated to Saint-Étienne and Saint-Sauveur has a 15<sup>th</sup> century central nave and on the left another one built in several stages during the 16<sup>th</sup> century.
- **Saint-Roch Chapel** and the clock tower in front of which the remains of a drawbridge.
- **Local crafts** play a significant role (makers of reeds, pipes and carpets). **Vineyards**, the seafront.

## Panoramas

- **Place Bellevue** and its orientation tableau which on clear days offers a panoramic view of the village and gulf of Saint-Tropez.
- **Rue des Moulins**, not far from the painters' studio, evokes the five windmills that existed once in Cogolin.
- **On the coast**, from the Marines Capitainerie, a breathtaking view of the gulf and surrounding hills.



In the very heart of the Gulf, the Marines beach in Cogolin



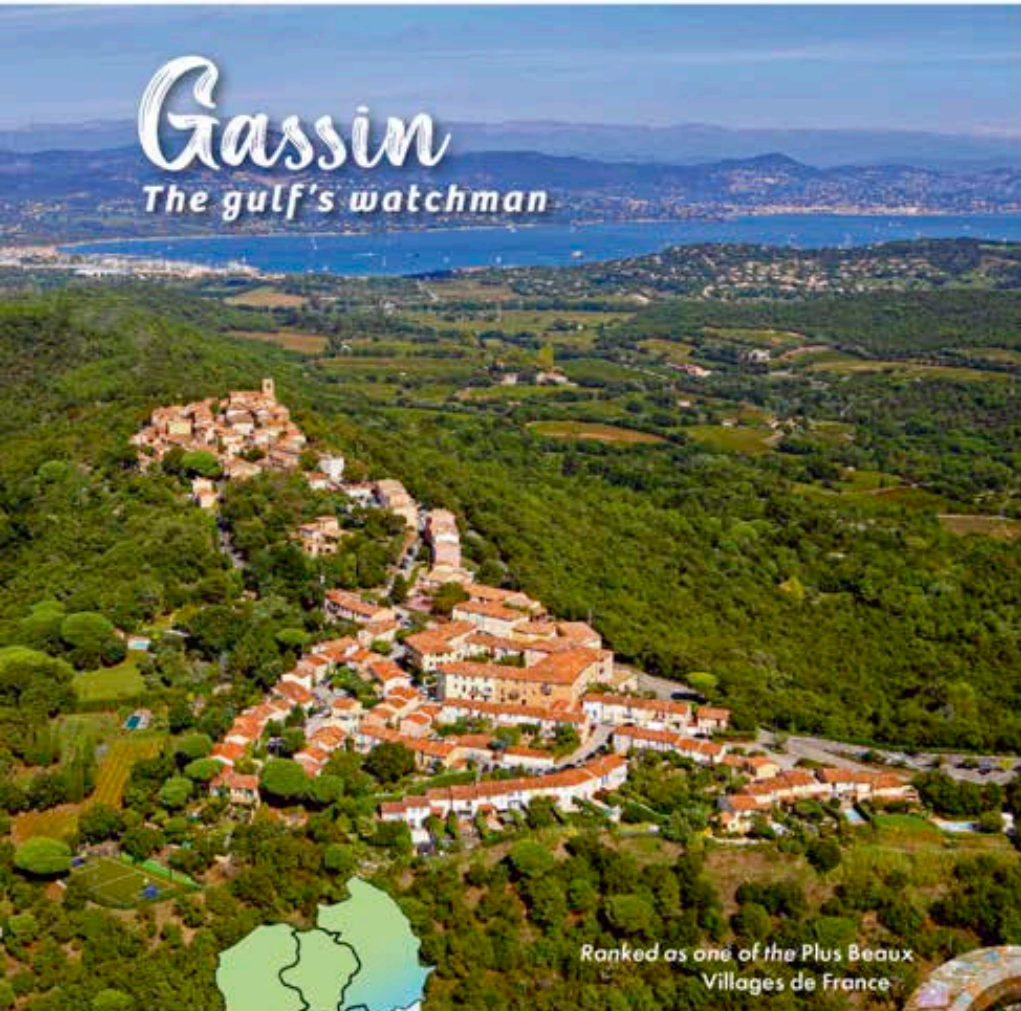
**INFORMATIONS**  
Community Tourist Office  
Office of Cogolin  
Catégorie 2



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83312 Cogolin
- ☎ +33 (0)4 94 55 01 10
- ✉ cogolin@golfe-sainttropez-tourisme.fr
- 🌐 www.golfe-sainttropez-tourisme.fr
- 🌐 Destination website: www.visitgolfe.com







# Gassin

The gulf's watchman

Ranked as one of the Plus Beaux Villages de France



Latitude  
43.2608  
Longitude  
6.57641



Number of residents  
2 642

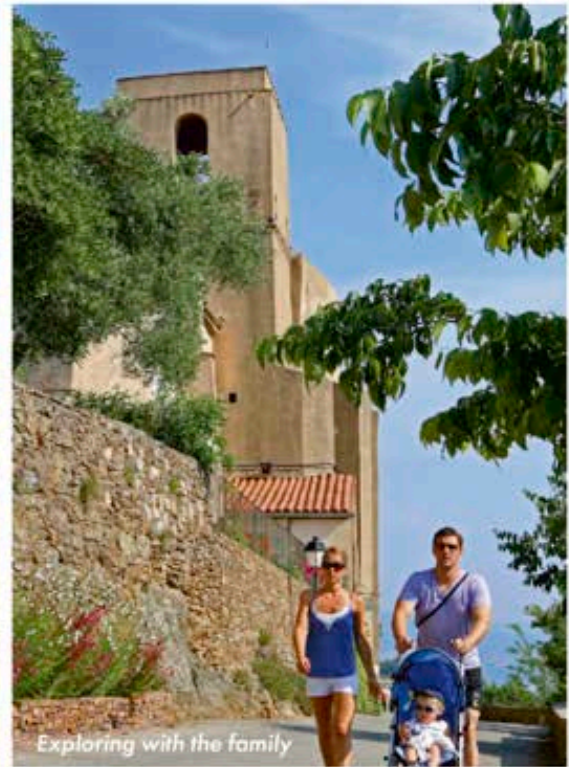


Surface area  
24,74 km<sup>2</sup>

**Perched at the top of a steep hill, Gassin village offers an exceptional all-round view to the Maures, the gulf of Saint-Tropez and beyond to the îles d'Or, across a picturesque scene of vineyards and forests.**

## A FAMOUS MEDIEVAL VILLAGE

**P**erched at 200m above sea level, Gassin belongs to the exclusive "Most Beautiful Villages in France" club. A bell tower, town hall, the Café Perché and a few small shops are behind the postcard image of this charming Provençal village. Yet Gassin has that extra soul that makes poets of us all, like the narrow cobbled streets, *androuno* in Provençal, serpentine porches, the stone facades of houses awash with bougainvillea, plumbago and Virginia creeper, all clustered around the church as if they don't want to slip down the slope. Then there's Place dei Barri, a superb balcony with famous restaurants and hundred-year-old hackberry trees and below the intimate Hardy-Denonain botanical garden watched over by the Blessed Marie-Thérèse with a couple of Hermann's tortoises as gardeners; here the lilies are black.



Exploring with the family

## A stroll in the village

**F**rom the orientation tableau, follow Promenade dei Barri tracing the line of the old ramparts (old hackberry trees); at the end, a panorama of Hyères islands. The Benedictines passage, Notre-Dame de l'Assomption Church, Passage du Gué, Saracens gate, Rue Centrale, a pretty porch before the oldest part of the town hall (1584), Rue du Puits, Rue du Moulin (olive mill) and Androuno. The streets La Treille, Troubadour-Rollet-de-Garcin, Rompe-Cuou, Rue Longue, and Passage des Templiers. Free guided tours every Wednesday and Monday from April to October.



## OUTSTANDING VINEYARDS

**G**assin remains loyal to its vine-growing tradition. Ten vineyards protected by the surrounding hills thrive on the plain and hillsides, caressed by the soft southern light. These ideal conditions are behind the coveted Grand Crus of the Côtes-de-Provence appellation. The high point, the Route des Vins, an opportunity to discover the history of these estates before the wine tastings.





A 360° view  
with orientation tableau

## A BREATHTAKING PANORAMIC VIEW

From the orientation tableau, a 240° view of the azure blue sea unfolds - we are indeed on a peninsula! It contrasts with shades of green in the vineyards, forests and Massif des Maures scattered over the remaining 120°, dotted with splashes of the ochre-red tiles in the surrounding villages. In the distance, the legendary coastal road links the Marines of Gassin/Cogolin Marines to Saint-Tropez, with a picturesque school for catamaran sailors on the shore with the quaint name, La Moune.

## The musts



- **In the village**, alleys, cobbled streets and arches. Rue de la Tasco: highest in the village. Narrowest: Androuno (one person at a time!). Steepest: Rue Rompe-Cul. Porte des Sarrasins (a portcullis).
- **The bell tower.**
- **Romanesque Notre-Dame de La Consolation Chapel.**
- **On the slopes of Gassin:** the Hardy-Denonain Botanical Garden.
- **On the plain, the AOC Côtes de Provence or IGP estates** (Château Barbeyrolles, Château de Chausse, Château Minuty, Domaine Bertaud Belieu, Domaine du Bourrian, Domaine Cap Saint-Pierre, Domaine de La Rouillère, Domaine Tropez, Les Maîtres Vignerons de La Presqu'île de Saint-Tropez).



## Panoramas

The village is a panorama!

- **Orientation tableau, Montée Saint-Joseph:** unique view of the surrounding towns towards the Estérel and the Alps beyond.
- **Place dei Barris:** another perspective on Cavalaire bay and the îles d'Or. Multiple perspectives in the alleys and passages.
- **Notre Dame de La Consolation Chapel:** immersion in the Massif des Maures.
- **Paillas Windmill:** panoramic view at 325m altitude.



## THE PRESTIGIOUS HARAS POLO CLUB AND GOLF CLUB

On the Bourrian junction, just after the Maison des Confitures, an impressive gate opens into the recently renovated Polo Club and its magnificent Haras grounds. Far from being elitist, this is the scene of many a high-level international tournament, open to the public, as well as prestigious private events. On the other side of Béliu stretches a superb golf course designed by Gary Player.



## INFORMATIONS

### Gassin tourist office

Catégorie 1 - Marque « Qualité Tourisme »  
& label « Accueil Vélo »

- 📍 Aire de Loisirs  
Place Léon Martel  
83580 Gassin
- ☎ +33 (0)4 98 11 56 51
- ✉ accueil@gassin.eu
- 🌐 <http://gassin.eu/>
- 🌐 Destination website: [www.visitgolfe.com](http://www.visitgolfe.com)



## A LITTLE HISTORY

The first known mention of Gassin was in 1190. This place, written Garcin or Gassin, would have been a person's name. In the early 14<sup>th</sup> century, his fiefdom was home to around a thousand inhabitants. His land covered a much bigger area than today, nearly 6,500 ha, reduced in 1929 and again in 1934 when Cavalaire-sur-Mer and La Croix Valmer, respectively, broke away. The village was enclosed by ramparts, barri in Provençal, which were sometimes used to support houses, remains of which can be seen today. In the 19<sup>th</sup> century, development started in the plain, with the building of carriageways and the railway. Perched as it is in its eagle's nest, Gassin has retained its authentic and protected character.



La Moune and  
its sailing school





**Grimaud**  
The sea has its village

Port-Grimaud, a renowned lakeside town



Latitude  
43.2728  
Longitude  
6.52159



Number of  
residents  
4 607



Surface  
area  
44,58 km<sup>2</sup>

**At the edge on the waterside here everything is about motion, harmony and fulfilment. For Grimaud encompasses all the finest attractions of the South of France: walks around a medieval village, a windmill, vineyards, beaches and that rare pearl, a lakeside town by the sea that is Port Grimaud.**

## A VILLAGE BLESSED BY THE GODS

The heart of this beautifully restored perched village retains all its authenticity with cobbled streets, arcades, pastel shutters and small squares covered in bougainvillea. A tour of the village is a must to explore the churches and chapels which mirror a rich history, also found in the Musée des Arts et Traditions Populaires (ATP). The feudal castle at the top of the hill in its green setting guarded access to a territory (the current Gulf of Saint-Tropez) called Le Freinet from the Middle Ages to the French Revolution. The view from here is unforgettable. After a restaurant break in the village, meet at the Saint-Roch windmill before strolling along to the Pont des Fées to make a wish – remembering to keep it a secret!



## A stroll in the village

From the Tourist Office, take the lift to Place Neuve: a monumental fountain celebrating the arrival of water pumped from the plain. Head for Place Vieille and take Rue des Meuniers then Rue des Templiers. Form Saint-Michel Church, go to the Château via Rue du Balladou. Go down again via the signposted path then Rue de la Treille and Rue du Baou. Chapelle des Pénitents, Rue de la Pompe (an old well). Walk up Rue du Gacharel. Go down under the porch, Place Neuve, visit the museum and return to your starting point. Note the Tourist Office offers a map, a book of games for families and guided tours.

## CULTURE CELEBRATED

Alleys and balconies from the Château to the sea are enchanting all year round, with the many galleries in the village, contemporary art exhibitions, painters and sculptors salons, musical soirées, celebrations of local traditions, the Festival de Musiques du Monde des Grimaldines, the Light Festival and Beach Rock Festival. Grimaud's cultural vocation is to highlight the richness of its heritage.





A mineral village of incomparable beauty



## THE LAKESIDE TOWN OF PORT GRIMAUD

**W**e all immediately fell under the spell of Port Grimaud, built in 1966 from the imagination of a visionary architect,

**François Spoerry.** Wandering along the canals, you will be enchanted by the multi-coloured façades of the 2,000 fishermen's houses with Romanesque tiles, their boats moored outside, the Venetian bridges linking islets decorated with colonnades, retro street lamps and bowls of flowers. This 90 hectare town by the water is best viewed by taking one of the water taxis to explore the maze of canals, although you may need a map! If you add the view from the modern church, the lively terraces, two weekly markets, water sports offered on the beach, you can understand why this exceptional place enjoys such an international reputation.



## The musts

- **Medieval Château** (historic monument), **façade of a Templars house**, **chapels** (Saint-Roch, Pénitents blancs, Notre-Dame de la Queste on the plain), **church** (Saint-Michel) and **wayside shrines** scattered over the area, **Saint-Roch windmill**, **A.T.P. museum** (exhibitions all year), **pedestrianised streets** (mullioned windows, doors framed in black lava or serpentinite...).
- **Art galleries and exhibitions in Salle Beausoleil.**
- **Port Grimaud (Petit Train tourist train: one hour circuit from April to October)**



## Panoramas

- **Château de Grimaud** : view of village, Gulf of Saint-Tropez and the Maures. Path to Pont des Fées.
- **Grimaud windmill**: superb view of the Maures and the plain.
- **Town hall esplanade.**
- **Port Grimaud**: the ecumenical church of St Francis (view of the town and Saint-Tropez by from the top)



## CARING NATURE

**N**ature is all around in a dazzling array of colours. From cork oak forests to sandy beaches, famous vineyards and protected creeks, from the Massif des Maures to the sea, linked by the plain and its rivers, Grimaud offers a range of fun activities. And for the more contemplative ones, spend time watching how the light changes every day, from the explosion of orange-pink and red at sunset with the medieval château in the background.



## INFORMATIONS

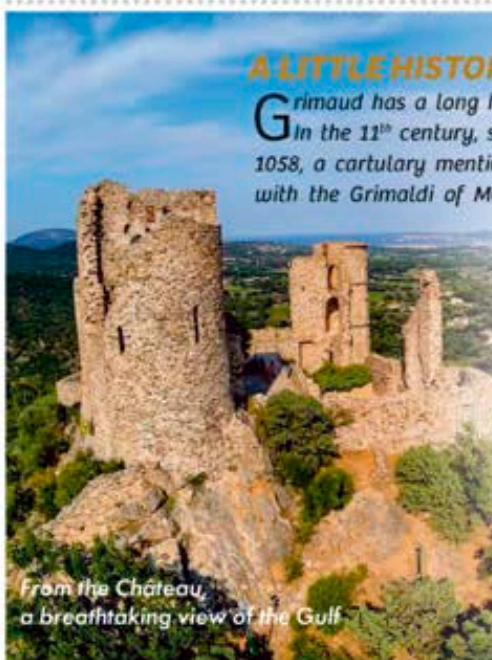
**Grimaud tourist office**

Catégorie 1 - Marque « Qualité Tourisme »

- 📍 RN 679 - 83310 Grimaud
- ☎ 33 (0)4 94 55 43 83
- ✉ info@grimaud-provence.com
- 🌐 www.grimaud-provence.com
- 🌐 Destination website: www.visitgolfe.com

## A LITTLE HISTORY

**G**rimaud has a long history dating back to the Neolithic period. In the 11<sup>th</sup> century, strategists were drawn to its steep peak. In 1058, a cartulary mentions the name "Grimaldo", so nothing to do with the Grimaldi of Monaco family (12<sup>th</sup> century). Its location in the Gulf of Saint-Tropez allowed it to control access from the north and the Massif des Maures, hence its early defensive occupation. During the 12<sup>th</sup> and 13<sup>th</sup> centuries, the Counts of Provence were the overlords of Freinet, and, like the town, life revolved around agriculture. Until the 17<sup>th</sup> century, this fortified château commanded the Gulf, known then as the Gulf of Grimaud.



From the Château, a breathtaking view of the Gulf





Under an ocean of greenery,  
Gigaro beach

# La Croix Valmer

Beautiful by nature

## A PROTECTED PARADISE

**You will fall under the spell of this stunning resort which slopes gently down to the sea.**

From the heights, a magnificent view takes in the Maures and the Estérel hills. The undergrowth, umbrella pines, mimosas, cork oaks and heather are a haven for protected wildlife (kestrel, blue-bird, black-headed gull, etc.). Lower down, the coast alternates between sandy beaches cradled by turquoise blue waters (Débarquement, Syluabelle, Gigaro, Briande bay...), rocky ledges sheltering protected creeks (Vergeron, Brouis...) and the two jewels in the crown which spring back to life after fires, Cap Lardier and Cap Taillat, accessible via the coastal customs path. The Conservatoire du littoral ensures these marvels, which rival many international tourist destinations, are protected.



## A nature walk

After visiting the village, drive to the Gigaro beaches via Boulevard Tabarin. From the car park, walk in the direction of Cap Lardier and Cap Taillat. The coastal path (yellow markings) runs along the sea between mottled schist rocks and sandy beaches. You reach the Andati point via Brouis cove to find 300 hectares of aromatic bush and sound of pine warblers, a gem to treasure in one of the last Edens in the Var. Honey-scented bush, Aleppo and umbrella pines, mimosa trees, rock roses, tall heathers, thorny brooms and wild lavender await. In winter, cormorants, swallows and gannets. In summer millions of cicadas. Welcome to Provence by the sea.

## QUALITY OF LIFE

**F**ar from the madding crowd and peaceful, La Croix Valmer extols a quality of life for residents and visitors. The first town in the Var to commit to sustainable development with Agenda 21 and holder of numerous labels (quality bathing water, Blue Flag, classified tourist resort...), this destination aims for excellence when it comes to developing a totally protected environment for a site. Services on offer include a range of leisure activities: famous dive sites, sailing, kayaking, beach-volley, hiking, coastal path and of course doing absolutely nothing, the invitation to relax being ongoing. With the Parc National de Port-Cros and Îles du Levant on the horizon, accessible by boat from the Débarquement pontoon (July / August).



Latitude  
43.2069  
Longitude  
6.56846



Number of residents  
3 779



Surface area  
22,28 km<sup>2</sup>

**With its discreet coves, long sandy beaches, vineyards down to the sea and protected headlands, La Croix Valmer offers an anthology of exceptional landscapes and determination to protect this environmental wealth for future generations.**



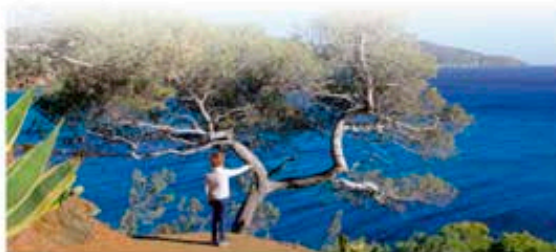




Briande bay,  
an introduction to Cap Taillat

## A VILLAGE WITH A MUSICAL EAR

As well as the Provencal and evening markets, children's shows and entertainment are organised for every season. In summer village life and families are lulled by the harmonies coming from the Summer Soirées and Festival des Anches d'Agur (reeds) at the Forum Constantin, in a friendly welcoming and festive ambiance that is the hallmark of the welcome you get in La Croix Valmer.



## A LITTLE HISTORY

The village owes its expansion to a winery (Domaine de La Croix) founded by silk industrialists from Lyon in 1882. Having been called La Croix, then La Croix de Cavalaire then La Croix des Mimosas, in 1929 it became independent and settled on La Croix Valmer in 1934. Legend has it that the term La Croix, meaning The Cross, refers to the Roman Emperor Constantine who when on route to Rome in 312 to eliminate Maxentius, one of his rivals, saw a cross in the sky accompanied by the words: In Hoc Signo Vinces (By this sign you will conquer). The resort's appeal as a tourist destination took off in the 1950s.



## WINE TOURISM AND A JOURNEY THROUGH TIME

From village to sea, the link between them often involves a walk through a sun-drenched vineyard, a terroir of growers passionate about wine and proud to introduce you to their cellars of excellent crus, fruit of a year-round mild climate. More unusual, La Croix Valmer also has architectural buildings of great beauty including private villas and 19<sup>th</sup> century Belle Époque hotels, many traces of a distant past, Pardigon Roman ruins, Napoleonic batteries on Lardier and the Provence Landings sites.



## Panoramas



- *Corniche des Crêtes* route: residential district on the edge of the Maures forest. View over the gulf of Saint-Tropez and Cavalaire bay (orientation tableau). And of La Mole valley if you go up a little higher. In these woods: the *Peinier farm* ruins (group of 18<sup>th</sup> century houses called Ménages) near a natural spring, to explore by following the "Les Panoramas" hiking circuit ([www.visitgolfe.com](http://www.visitgolfe.com)).
- The whole coastal path that links the three Caps offers sublime views.

## The musts



- In the village, the Constantine Great Cross (1893), villas in the flared-style architecture of the last century, a weekly market, vineyards (Domaines de Chausse, de la Madrague, de La Croix).
- On the hill, "La maison des pères Saint-Esprit", today Kensington (first historic hotel). Glazed tiles on the roofs of neighbouring houses.
- Road to Ramatuelle, very picturesque with many trees.
- Promenade taking in the three Caps in a site of rare beauty.
- Beaches (Débarquement, Sylvaubelle, Héraclée, Gigaro, Briande...)
- Ruins of the Roman Pardigon villa.
- Sea path, Jouat beach.



## INFORMATIONS

### La Croix Valmer Tourist office

Catégorie 1 - Marque « Qualité Tourisme »

- 📍 287 rue Louis-Marlin  
83420 La Croix Valmer
- ☎ +33 (0)4 94 55 12 12
- ✉ [lacroixvalmertourisme@lacroixvalmer.fr](mailto:lacroixvalmertourisme@lacroixvalmer.fr)
- 🌐 [www.lacroixvalmertourisme.com](http://www.lacroixvalmertourisme.com)
- 🌐 Destination website: [www.visitgolfe.com](http://www.visitgolfe.com)



Vines steeped  
in maritime influences



# La Garde-Freinet

An island in the forest



## A PROVENCAL VILLAGE

A village surrounded by a green ocean



Latitude  
43.3179  
Longitude  
6.46968



Number of residents  
1 827



Surface area  
76,64 km<sup>2</sup>

*Whether you arrive from the Le Luc plain or the coast, a winding road will take you to La Garde-Freinet, in the heart of the Massif des Maures; a Provençal village that is as discreet as it is picturesque, and the starting point for many an unforgettable walk.*

*Jeanne Moreau took up residence and filmed Lumière here.*



## A HERITAGE TO DISCOVER

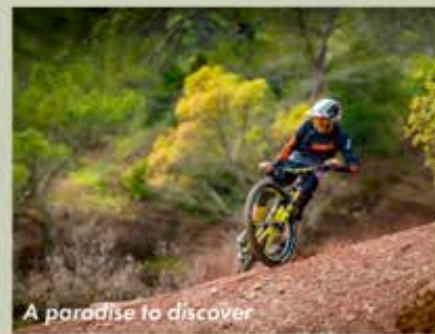
**A**part from the festive period and the Brouade in April, the village's air of tranquillity actually masks intense cultural activity, with beautiful art galleries, intimate concerts, ancestral skills being honed by La Garde Freinet craftsmen, in addition to a wealth of heritage and tradition. Head for the Saint-Jean Chapel if you need convincing, to the Conservatoire du Patrimoine (heritage museum). They will tell you about Fort Freinet, one of the first to be built in the village, perched on its rocky dome in medieval times, the chapels of Saint-Clément and Miremer, the Adrech windmill, history of cork, basketry, beekeeping and even silkworms.

**T**he charm of La Garde-Freinet is revealed in the patina of time; like the uneven stone houses topped with red roof tiles which start down in the valley and end up clinging to the hillside. You really must criss-cross this maze of steep alleys, past ivy-covered façades and take narrow passages, sometimes carved out of the rock, to discover a church or chapel, washhouse or spring water fountain. The village seems to have escaped the ravages of time, on the terraces of cafés-restaurants the days drift by peacefully, waiting for the pétanque hour. Sundays and Wednesdays the pedestrianised street hosts a Provençal market. No "made in..." in your baskets here, as vegetables come from nearby gardens, nut bread from the baker at the end of the street and *crème de marron* is still turned by hand. In October, gourmets come from far and wide for the Chestnut Festivals where candied chestnuts, hot chestnuts, ice cream with chestnut nuggets and other delicacies abound.



## LA GARDE-FREINET THE NATURE RESORT

**L**a Garde-Freinet is the starting point for many walks, hikes, mountain bike trails and horseback rides, accompanied or not to immerse yourself completely in the Massif des Maures. To get a better idea of this ocean of vegetation aim for the orientation tableau overlooking the village, near a giant cross; from the plain of the Maures to Notre-Dame de Miremer, Plan de la Tour to Collobrières. Nature reigns supreme in her infinite shades of green. But it's not all green, especially if you walk on the Route des Crêtes, one of the most beautiful in the Var where the only stretch of white you will come across is the sparkling veins of quartz emerging from the schist: the Roches Blanches (white rocks). Welcome to the Massif des Maures, a kingdom of endless panoramas.



A paradise to discover



## A stroll in the village

From the Tourist Office, cross Place de l'Hôtel-de-Ville, follow Rue de l'Ormeau to reach Place du Marché and bandstand (1872), once a fish market. On the right, a washhouse (1812), further on the Vieille Fountain. Head to Rue de la Vieille-Caserne, then Place de la Vieille Mairie with the prison. Cross Place de l'Amour to Rue Saint-Joseph: you are now at the site of the old threshing floor. Go up to Aire de la Planète, starting point for hikes to the big cross and Fort-Freinet. Return to Saint-Clément church built early 15th century (bell tower). From Place du Baou head for Place Vieille.



## Panoramas



- **Fort Freinet** : amazing lookout at 450m which dominates the whole Mediterranean side of the Maures, the Argens plain and Alpes de Provence.
- **La Croix des Maures**: a large cross below Fort Freinet, with panorama and view of the village.
- **Les Roches Blanches**, highest point in the municipality at 638m: incomparable scenery and view.
- **Orientation tableau** in the heights of the village.

## The musts



- **Fort Freinet** : remarkable listed nature site with its old moat carved into the rock.
- **Saint-Clément Chapel**: revisited by Italian sculptor Di Teana in the 1960s.
- **In the village**: streets and alleys, old houses. Weekly Provençal market. Place Neuve, Place du Marché with its bandstand (old fish market). Beautiful old fountains and washhouses. Art galleries. Heritage museum (exhibitions, permanent and temporary, including a model of the original Fort Freinet). Saint-Jean Chapel (exhibition area).
- **Hiking and mountain biking circuits**.

Fort Freinet in the heart of the Massif des Maures



## INFORMATIONS

Community Tourist Office  
Office of La Garde-Freinet

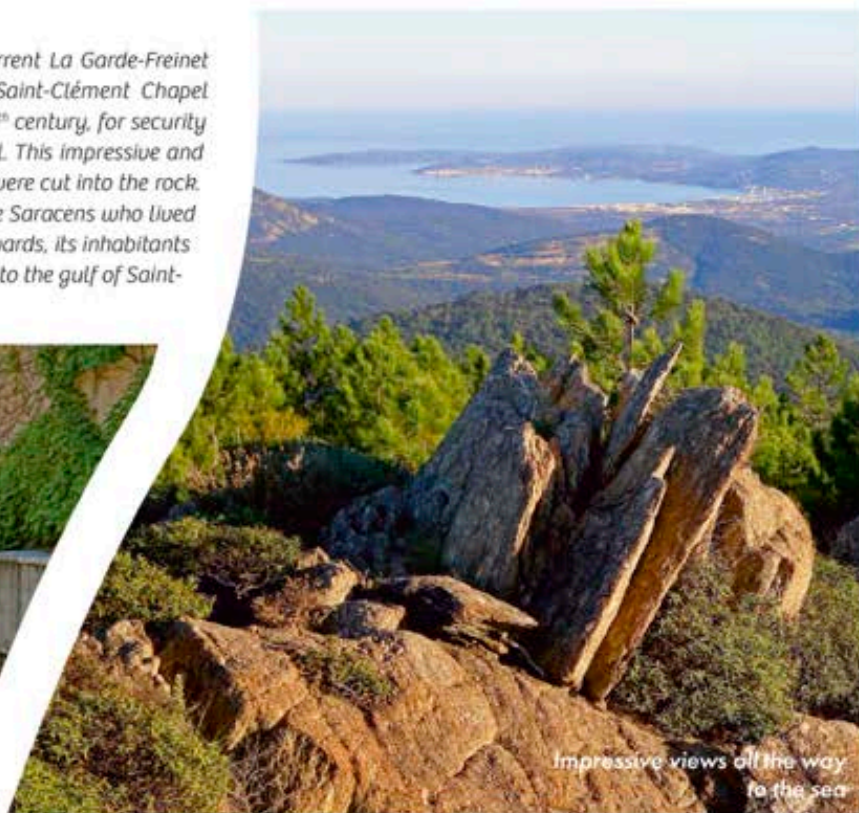
Catégorie 2

Label « Villages de caractères du Var »

- 📍 Chapelle Saint-Jean - RD 558  
83680 La Garde-Freinet
- ☎ +33 (0)4 94 56 04 93
- ✉ lagardefreinet@golfe-sainttropez-tourisme.fr
- 🌐 www.golfe-sainttropez-tourisme.fr
- 🌐 Destination website: www.visitgolfe.com

## A LITTLE HISTORY

In the 10<sup>th</sup> century, there were three settlements on the current La Garde-Freinet territory: on Miremer hill, then called Miramar, around Saint-Clément Chapel and lastly near the hamlet of La Mourre. At the end of the 12<sup>th</sup> century, for security reasons, these three populations re-settled on Fort Freinet hill. This impressive and majestic rocky site shows how the houses and a large moat were cut into the rock. For centuries people mistakenly thought it was a haunt of the Saracens who lived in Provence in the 10<sup>th</sup> century. From the late 13<sup>th</sup> century onwards, its inhabitants gradually moved to settle on a route linking the Maures plain to the gulf of Saint-Tropez, on the site of the current village called La Garde.



Impressive views all the way to the sea



The Verne Dam, supplying drinking water for the Gulf



# La Mole

Welcome to a happy valley



Latitude  
43.2072  
Longitude  
6.46512



Number of residents  
1 473



Surface area  
45,28 km<sup>2</sup>

*On the edge of the Dom forest, time seems to stand still in La Mole valley which blooms to the rhythms of nature. The starting point for many a long walk, the village does however have a few carefully guarded secrets to reveal.*



## AN IDENTITY WORTH PRESERVING

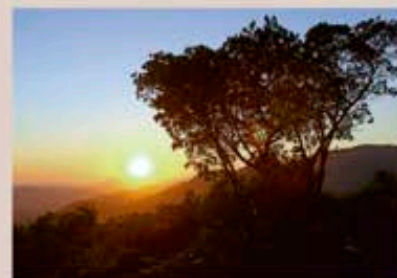
**L**a Mole has all the air of a peaceful Provencal village surrounded by nature, yet it defends this advantage with a passion, proclaiming its autonomy loud and clear. La Mole may be the gateway to the gulf of Saint-Tropez's southwest area, but it really belongs to the Massif des Maures. An aerial view of the village, all but submerged in its beautiful green setting, confirms this assertion.

The soul of this municipality is to be found in the motto engraved under the sundial of its adorable church: "Remember to live". The original village and its excellent restaurants have seen its population triple in the last few years, with a successful extension, but that is as far as it goes! No-one will encroach on the forest path leading to the discreet Sainte-Magdeleine chapel. Nothing must disturb the flow of the river as it wends its way between vines and reeds: in La Mole Nature reigns supreme and her finest produce are available at the Sunday market.



## A walk in the area

**F**rom Place de l'Eglise take the tarmac road to Toulon. After 800 metres at the traffic lights, turn right to the "Usine des eaux" where you will leave your vehicle. To get to the dam, we advise walkers to wear sturdy shoes or you can go on your mountain bike. A wide dirt track takes you 2.5km further to about 150m before the entrance gate to the dam. You can walk across the dam wall or along the edge. Good walkers can take the path which starts on the left, at the level of the flags, as the path running alongside the dam is superb. You can reach Chartreuse de la Verne within two and a half hours but remember to factor in your return!







Spring festival

## AN UNFORGETTABLE PANORAMA OVER A SEA OF GREEN

At the other end, a remarkable château is proud to have seen Antoine de Saint-Exupéry grow up as the man who described these scenes with such joy in 'The Little Prince'. Just opposite is an airstrip cut off by the stream which gives the village its name. Follow the bridge across a small road that crosses a beautiful plain, scene of the annual taking of sheep and goats to summer pastures in the hills, to the Pachacaid complex, before it winds its way up to the Col du Canadel pass. We hesitate to mention the breathtaking sea view to draw your attention away from the village and gaze instead on this valley, its road lined with vineyards; following the sheep drovers' paths to the peaks and wild mountain streams; to breathe in the aroma of humus, mushrooms and eucalyptus in the forests where horses run free. In the distance a splash of silvery-blue emerges from this sea of green.



Vineyards to visit and enjoy

## FROM THE VERNE DAM TO THE SILENCE OF THE CHARTREUSE

An oasis in the Massif des Maures hills, the Verne dam was built in 1991 of earth, clay and mica schist, height 42m, length of wall 235m. This vast body of water fed by the Verne, a tributary of the La Mole river is home to families of grey herons and cormorants, migratory birds in autumn and turtles in spring-time who swim in the waterfalls watched by wild boars and foxes who come here to drink. You could be in the Alps. It is this site which provides fresh water to the salty municipalities of the Gulf. Although swimming and boating is not allowed, the path along the left bank leads hikers and mountain bikers to the impressive Chartreuse de la Verne monastery founded in 1170, an historic monument that has been immaculately restored by people who love this site. Fifteen nuns who have taken the vow of silence live in this timeless place. Yes, La Mole keeps quiet about so many of its secrets.

### Panoramas

- The Verne dam and road up to the monastery.
- Col du Canadel (267m) and the winding road up to a stunning view of Cavalaire bay and the Îles d'Or, above Rayol-Canadel.
- Les Pradels (on foot - 528m) for a panorama of the coast and the Maures coastal road with orientation tableau.



## The musts

- La Mole parish chapel (19<sup>th</sup> century) in the village centre.
- Sainte-Magdeleine Church (11<sup>th</sup> century) up on the hill: the castra and chapel are listed regional heritage sites.
- The Château (1km, direction Cogolin), a private estate visible from the road.
- La Mole Chapel (private) opposite the airport.
- International airport of the gulf of Saint-Tropez (business aviation, summer routes and events).
- The Provençal market from April to October.



### INFORMATIONS

Community Office Tourist  
Office of La Mole

Catégorie 2

Open from mid-April to the end of September

- Médiathèque - 2 rue du clocher  
83310 La Mole
- +33 (0)4 94 49 66 64
- lamole@golfe-sainttropez-tourisme.fr
- www.golfe-sainttropez-tourisme.fr
- Destination website: www.visitgolfe.com

### A LITTLE HISTORY

The first mention of La Mole as a territory dates back to 1008 in a cartulary charter from the Benedictine Saint-Victor of Marseille Abbey. The medieval village of Sainte-Madeleine was established to the west of the Marauville plateau on a rocky basalt outcrop. From the end of the 12th century, La Mole was partially included in the Chartreuse de la Verne abbey estate founded in 1170. By the end of the 14<sup>th</sup> century, this area was deserted. Several centuries later an attempt to repopulate it failed and it remained classified as uninhabited until the 1800s. In 1770 the seigniorship of La Mole was acquired by Emmanuel de Boyer of Fonscolombe, a knight and King's adviser in the Provence Parliament to Joseph-Jean-Baptiste de Suffren, marquis of Saint-Tropez, and brother to the famous Bailli. The village as you see it today took shape during the 19<sup>th</sup> century.





# Le Plan de la Tour

A village in Provence



Hills as far as the eye can see, the true nature of the south



## "BENVENGUDO AU PLAN DE LA TOURRE"

From the gulf of Saint-Tropez, a narrow road winds up through the cork oaks before plunging down to a plain and vineyards where the village has taken root. Acutely aware of the riches of its terroir, this typical and very lively Provençal municipality looks to the future and is determined to maintain its exceptional lifestyle in the heart of the Maures, a stone's throw from the sea. At first glance, this small town does not seem very big until you walk round the alleys discovering the church's campanile, fountains, presbytery and wells of yesteryear. Beneath the plane trees in Place Foch, a Provençal market adds a lively splash of colour on Thursdays and shops are open every day including Sunday. You can absorb the atmosphere just sitting on a bench at Quatre Chemins.

## A stroll in the village

From the Tourist Office walk down to Place Foch as far as Place de l'Oranger then take Rue Saint-Martin as far as the site of the old wells. Pick up Rue Pasteur and stroll round the back streets leading up to Place Clemenceau where hackberry trees provide much needed shade to the church. In what was once the presbytery, go through the porch to Rue de l'Horloge for a great view of the church's campanile. Return via Avenue Général-Leclerc as far as the Foyer des Campagnes. For a longer walk, explore the cobbled streets and small squares of the Emponse district several hundred metres on the right.



Latitude  
43 33871  
Longitude  
6.54618



Number of residents  
3 046



Surface area  
36,80 km<sup>2</sup>

*A Divine hand surely placed this remarkable village into an amphitheatre of hills covered in trees and flowers, surrounded by vineyards and blooming like a flower in the heart of the Massif des Maures. But don't be fooled, one hamlet hides many others.*



## 25 HAMLETS! NOT ONE LESS!

Plan de la Tour is not just a visit, but a journey of discovery. Extending across quite a large area, the district is unique in that it has no fewer than 25 tiny hamlets scattered discreetly across deceptively steep-sided hills. Each has its own character and way of life and it's always a joy to venture out in any season to seek out pearls in this treasure trove of place names: Les Brugassières, where the heather grows, Préconil, Vallauray, Vernet, where the alder tree grows, Prat Bourdin and its menhirs or Revest. Strolling along rural paths discover the local wildlife and flora and traces of the past dating back to prehistoric times.





Old districts restored

## WILD NATURE IN A LAND OF DISCOVERY

**W**ould you like a preview? The Gorgues path, an easy walk accessible to all, gives you a taste of all the village has to offer: its vineyard, hamlets and two menhirs standing proud at a bend in the stream. To the north of the village, the mine trail is a reminder of a time when they extracted lead and silver. You can climb to the top of one of many hills from the plain. You can get a better idea of this world apart on a path coming from La Garde-Freinet that joins San Peire, via the Col de Vignon and its hills, at an altitude of 416m: a paradise for hikers, mountain bikers, horse riding and meditation – each to their own form of transport!



## Panoramas

- The little hamlet Forge offers a delightful view of the village, vineyard and surrounding hills.
- And the road as it swings round from one hillside to another leaves you with some very characteristic images of these wild often sparsely inhabited Maures.



## TRADITIONS CELEBRATED

### ALL YEAR ROUND

**T**raditions mark the eternal rhythm of the seasons. In March Corso floats covered in white heather from the hills (every other year); end of April, plants and olive oil, the retro car festival, in May Saint Pons blesses the animals and all things agricultural for the donkey festival, and in summer, evening markets, dances and the Festival dans les Vignes bring the village to life. In September, with the grapes ripened on the vine, it's the turn of the mulled wine festival. And then it's Christmas when the hamlets string up their lights and prepare for the lantern parade and the famous Grande Veillée when all the locals gather around the cacho fue.



Saint-Martin's church, a centuries-old heritage.

## The musts

- Saint-Martin church and its bell tower, beautifully renovated in 2019.
- The restored old districts with their cobbled streets.
- The 25 hamlets that make up the municipality.
- The Prat Bourdin menhirs: follow the path on foot after the hamlet for 80m, across a ford, the first is 40m higher up on the left and the second 70m further on the right.



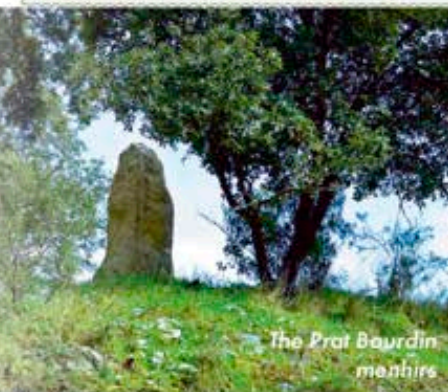
## INFORMATIONS

Community Tourist Office  
Office of Le Plan de la Tour  
Catégorie 2

- 📍 7, place Clémenceau  
83120 Le Plan de la Tour
- ☎ +33 (0)4 94 43 28 27
- ✉ leplandelatour@golfe-sainttropez-tourisme.fr
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- 🌐 Destination website: www.visitgolfe.com

## A LITTLE HISTORY

**P**lan de la Tour village was established in 1792 as a break-away settlement from the eastern side of La Garde-Freinet. The largest hamlet at the time was Saint-Martin. In 1835, it grew to cover more than a thousand hectares of the western part of Sainte-Maxime. Man has been leaving tracks since the Neolithic era with the Menhirs (see the Gorgues circuit) and dolmens. In the Middle Ages, the various seigniories that made up the area belonged to viscounts from Marseille, the Saint-Victor Abbey, the monks from the Lérins islands and in the 13<sup>th</sup> century to the Cistercians from Thoronet Abbey. The majority of the 25 hamlets today represent the final phase of the re-conquest of the territory in the 16<sup>th</sup> century by the Thoronet monks.



The Prat Bourdin menhirs



# Rayol-Canadel sur Mer

*A balcony on the Mediterranean*



Canadel beach,  
an exotic air



Latitude  
43.1602  
Longitude  
6.47911



Number of  
residents  
646



Surface  
area  
6,83 km<sup>2</sup>

*Imagine the Massif des Maures plunging into crystal clear waters of the Mediterranean: between the two, having taken root on the coastal road and happy to enjoy this sublime view, a charming village with extraordinary gardens. There is such a paradise, allow us to introduce you.*



## A STRIP OF LAND POISED BETWEEN SEA AND SKY

The Route du Mimosa snakes along the side of a hill, winding its way for several kilometres through a landscape of infinite beauty. We have just passed the Foncin white house perched on a hill, when the Maures' coastal road begins above the old Provence railway line, a portfolio of images that will remain etched in your memory forever. Below, a succession of pristine coves and strips of sand delight those who love swimming and water sports. Their names are evocative: Pointe du Figuier, Anse du Petit Port, Plages du Rayol, du Canadel, de Pramouquier, stretching as far as the sheer cliff face of Cap Nègre. Here the clear blue water sparkles more than usual thanks to the thousands of mica particles reflecting the sun's rays.

## A stroll in the village

From the Tourist Office, head for Avenue Mistral. Climb as far as the church. When you reach the Patec Pergola take the path to the monumental stairway. Go down as far as the road, cross it and pick up the stairs again, until you meet the earth road (an old railway line). Go under the iron bridge, continue as far as Avenue Jacques Chirac. Pass in front of Domaine du Rayol (Jardin des Méditerranées), take Avenue Rigaud to the junction, Avenue des Américains to the Hotel Le Bailli de Suffren. Go back up the stairs to Jean-Aicard Square and return on Avenue Capitaine-Thorel.



## FROM THE PASS A 360° PANORAMA THAT TAKES YOUR BREATH AWAY!

From the top! In fact it's impossible to imagine the surroundings without taking the twisty road up to the Col du Canadel pass amidst the oaks, broom and strawberry trees which thrive even in this rocky brown terrain. At the top, a fabulous view awaits you described on the orientation tableau with Hyères islands in the background. "He who comes here one day always returns" is the motto inscribed in gold on the municipality's crest.





## JARDIN DES MÉDITERRANÉES

The resort's reputation is intimately linked to the Jardin des Méditerranées, as the landscaping à la Renoir is among the most beautiful on the Côte d'Azur. Stroll at your leisure through several hectares of plant species from five continents suited to a Mediterranean climate: from Australian acacias to the agaves of Mexico, bamboos from Asia to New Zealand flax, palm trees from Chile to the carob trees of the Mediterranean – a guided tour is a must. And then there's the fascinating history behind the Domaine du Rayol, the creative workshops, the guided snorkelling tour in summer to discover the underwater fauna and flora, the gardener's organic coffee break. Look around you, breathe in the aromas and dream on! This is a real Garden of Eden; how can you bear to leave it?

Jardin des Méditerranées  
a rare pearl

## A HEALTH AND SEASIDE RESORT THAT TAKES YOU BY SURPRISE

This small village has many treasures to reveal. The monumental staircase in schist stone starts at the water's edge and takes you way up high to the Patec Pergola to the flag, symbol of regained freedom. Both are listed in the additional inventory of historic monuments as their architecture is original and the view breathtaking.

The church and chapel at the ends of the village are also worth a detour, the first for its unusual external appearance, the second for its colourful interior and magnificent late 19<sup>th</sup> century villas and the "small port of Canadel". As for leisure activities and restaurants, will you have time to discover them all?



## Panoramas



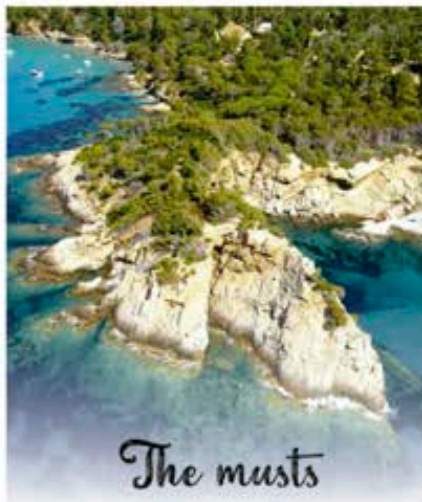
- Patec Pergola to realise that blue is a natural colour, not one dreamt up by a painter's imagination!
- Col du Canadel pass: close your eyes as you face the bay and then open them suddenly! To prolong the enjoyment, take a hike along the Route des Crêtes, either towards Bormes or Cavalaire (when the route is open) for a long tracking shot over a deep blue sea that you could cut with a knife!

## A LITTLE HISTORY

Until the 19<sup>th</sup> century there was nothing, a wild coast impossible to access. And yet how beautiful! The arrival of the railway (1885) sowed the seeds for tourism in this region. It comprises five districts (Les Pierrugues, Dattier, Fenouillet, Rayol, Canadel) spread across 300 hectares. The Terre de France company was responsible for the major infrastructure work in the Rayol

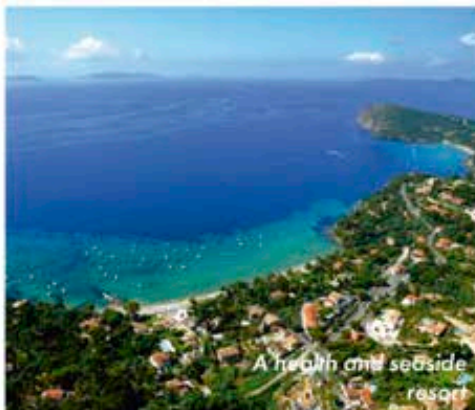


district: 35km of road, the village, the stairs, gardens, hotels, Patec Pergola, jetty on the beach, etc., the goal being to create a luxury estate. This district, created as an extension of La Mole (1925) became a health and seaside resort, before gaining independence in 1949 under the name Rayol-Canadel-sur-Mer. Two memorials serve as a reminder that Canadel beach was the scene of the Provence Landings on 15 August 1944 at midnight.



## The musts

- Coves, beaches, the underwater trail and endless walks on the old Provencal railway line.
- Domaine du Rayol for its fascinating history, its acquisition and resurrection by the Conservatoire du littoral. The Patec Pergola and monumental stairs, the memorials to the Africa commandos buried in the national necropolis.
- The commemorative plaque to Sir Henry Royce (who stayed here from 1911 to 1931).
- Canadel's chapel and Rayol's church.



A health and seaside resort



## INFORMATIONS

Community Tourist Office  
Office of Le Rayol-Canadel sur Mer  
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- 🌐 Destination website: www.visitgolfe.com



A protected coast





# Ramatuelle

*A jewel in the crown*

Village, plain and the sea



Latitude  
**43.2608**  
Longitude  
**6.61224**



Number of  
residents  
**2 037**



Surface  
area  
**35,57 km<sup>2</sup>**

*Coiled into a hillside surrounded by sublime scenery, Ramatuelle village looks out over vineyards sloping gently down to Pampelonne beach. To the south, pine forests border pristine headlands of timeless beauty to complete the backdrop to this slice of Provence on the Côte d'Azur.*

## DISCREET ON THE HILL

**R**amatuelle is a village apart, cradled by nature. Its characteristic spiral shape seems to have been protecting it forever from the chaos of the outside world. As you enter its medieval heart, the cobbled streets curve round as if to imitate the stronghold of a bygone era coiled round its château. This is a mineral village, jasmine, bougainvillea and honeysuckle are everywhere in this place where the view stretches away to the sea or up into the hills and Paillass windmills. On Thursdays and Sundays Place de l'Ormeau comes alive with a charmingly authentic market. Attractive stone houses open their pastel shutters onto covered stalls of local crafts and produce, carefully decorated after returning from distant voyages.

## A stroll in the village

**F**rom Place de l'Ormeau (named after an elm planted in Henri IV's time to mark peace and the King's conversion, since replaced by an olive tree). Notre-Dame Church. Pass under the porch and enter the old village. Narrow winding streets enclosed within the walls of old ramparts. You arrive at Place Gabriel-Péri, ex-Place du Château, a stately home remodelled in the 18<sup>th</sup> century by the Lords of Audibert. Rue Victor Léon and the Saracen Gate. Go up the street and then down Avenue Clemenceau to the ASSDN Memorial. Then to the Sainte-Anne Chapel (16<sup>th</sup> century) and cemetery where the actor Gérard Philipe is buried. Return to the village centre.



## AN INCOMPARABLE COASTLINE

**I**t is hard to imagine so many wonderful sights so close together! First a real gem, 20 minutes from the Escalet coves via the Chemin des Douaniers, Cap Taillat which is a listed site protected by the Conservatoire du Littoral. Then a little detour of 100m via the Briande dolmen, proof that humans were here in the Neolithic period, before the path to the Camarat lighthouse. From there, a path takes you to the rugged rocks of Cap Camarat just opposite Bird Island, home to colonies of gulls and cormorants. Next we have Bonne Terrasse bay, the final rampart before the legendary 4.5km of sand that is Pampelonne. And what a beach! Forget the movie images with Brigitte Bardot and Louis de Funès, this nature area is one of the most beautiful places in Europe, a paradise for those who just want to laze around on the sand or in the sea, an economic engine with 21 beach establishments, each with its own identity but complying with the new sustainable development plan. Time to contemplate infinite blue horizons.





## The musts

- In the village, the church (serpentine door, etc.), the manor house (village centre) with bronze door knocker and wooden fireplace, semi-circular doors, fortification remains, the Saracens doorway (hinges and portcullis slots), strolling around the back streets (doorways and windows, some dating back to the 15<sup>th</sup> century), Rue du Clocher: prison cells from the Napoleon III era (roof-less white building of round shapes).
- On the plain: 750 ha of vineyards and their estates.
- On the coast: Pampelonne and Escalet beaches; coastal path; Cap Taillat and Cap Camarat.

## A LAND OF FESTIVALS AND ENTERTAINMENT

Ramatuelle is the secret garden for many an artist; we know that Gérard Philipe lived here. The festival that bears his name started in 1985, guided by Jean-Claude Brialy. Now called the Ramatuelle Festival, it hosts famous artists who delight thousands of devotees every summer. The same goes for the Jagg Festival, the classic music festival and Reconnexion Ramatuelle which puts on outdoor theatre shows, as was done in the distant past, under the stars with a new generation of regional artists.

From April to October, every day the balmy days and nights of summer offer something new from exhibitions to evening markets, concerts, the Athina Onassis Horse Show, nature walks, children's games, discovering the old windmill, etc. The variety of concerts and activities make Ramatuelle an exemplary village that manages to reconcile excellent events with an enviable quality of life and a strong community spirit.



## Panoramas

- From the Paillass Windmill (active up to the 19<sup>th</sup> century); one of them was restored in 2002 and can be visited: panoramic view (at 325m) overlooking Cavalaire/La Croix Valmer bay on one side, Pampelonne beach and the village on the other.
- Col de Collebasse pass: a picturesque route to La Croix Valmer through a lovely forest of oaks and umbrella pines.
- At the top of the village: Town Hall and Boulevard du 8-mai-1945.
- Rue Victor-Léon: orientation tableau with view of the plain. Cap Camarat, the Estérel hills and southern foothills of the Alps.
- The lighthouse route.



Ramatuelle garden view

**INFORMATIONS**

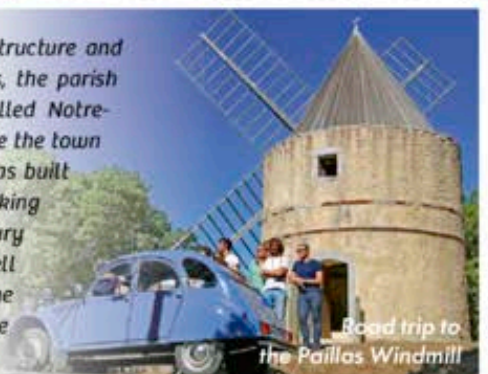
**Ramatuelle tourist office**  
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## A LITTLE HISTORY

The Ramatuelle area has been inhabited by man since Prehistoric times, as the carved flints, polished axes and pottery fragments unearthed by the archaeologists testify. The origin of the name Ramatuelle remains a mystery although some believe it may be Arabic. The village is mentioned for the first time in the 11<sup>th</sup> century in a Saint-Victor de Marseille

Abbey charter. It has retained its structure and medieval walls. In the Middle Ages, the parish church which at the time was called Notre-Dame du Pin was more or less where the town hall is today. The current church was built at the end of the 16<sup>th</sup> century backing onto the ramparts. A 14<sup>th</sup> century watchtower was adopted as the bell tower. On 15 August 1944, Pampelonne beach played a role in the Provence Landings.





# Sainte-Maxime

Elegant and family friendly



## SEA TO INFINITY



Latitude  
43.3082  
Longitude  
6.63824



Number of  
residents  
14 750



Surface  
area  
81,61 km<sup>2</sup>

*Sainte-Maxime and the marina is a popular seaside resort in the Mediterranean, locked into the Massif des Maures by a vast area of woodland which extends well beyond the surrounding hills. The most populous town in the Gulf it is very welcoming and one of the liveliest in the area.*

## PROVENCAL AT HEART

**S**ainte-Maxime likes to remind us of its Provençal roots; the Tour Carré Museum invites you to find out more about the folklore. We also celebrate Saint Peter, Saint John and the olive tree, as Sainte-Maxime is home to the largest olive grove in the Var... The very soul of Provence is revealed with just a few drops of this golden elixir on local seafood or produce from the land. There is a real sense of being at home here; and to guard this legacy the town takes part in quality initiatives like *Famille Plus*, guaranteeing a personalised welcome for children and parents, the Blue Flag for quality bathing water and it is a *station classée de tourisme* for the quality of the welcome. Of course you cannot leave the area without doing a tour of the mimosa forest. To get there head for the Col du Gratteloup via the picturesque route to Plan de la Tour passing Catalugno. It's another world: you will see; it's wonderful!



**I**f you come from Issambres, you will not want to tear your eyes away from the vast blue stretch of water ahead. The waves break first on a rugged coastline, before reaching the beautiful sandy beach of Nartelle, popular with fans of watersports and swimming. At the far end lies Pointe des Sardinoux, a protected nature area facing a beacon out at sea and a well-known site for scuba diving. The three bends which follow symbolise the idealised image we have of the Côte d'Azur: lovely umbrella pines in harmony with the coast road; a few hundred metres further on the marina with space for 800 boats, watched over by the church's clock tower; and the town centre's beach just a stone's throw away. Before this, over the landmark bowstring bridge and past the Club Nautique, you will discover all the attractions of the Croisette beach: to port, a carpet of smooth pebbles, to starboard hot sand, and aft diving into turquoise blue water.



## LIVING THE LIFE ALL YEAR ROUND!

**S**ainte-Maxime is a lively place all year round. You love shopping? You will be spoilt for choice with all the boutiques! You are active? Every kind of water sport is available (sailing, diving, boating, jet-skis, water skiing...), but you can also play golf, tennis, do all forms of hiking (mountain bikes, horse riding, walking), or stroll with the family in the Myrtes botanical garden. You love shows? We are already preparing the next ones in the Théâtre de la Mer and Carré Sainte-Maxime cultural centre, the finest in the gulf. Interested in architecture, then the guided tours offered by the Tourist Office are for you; or in events – mimosa parade, Fest'Italia, summer festivals, Var Rally, Maxime Geek Universe; or going out - the waterfront's café terraces welcome you with music and the restaurants are legion. But that's before perhaps winning the jackpot at the Casino! Yes, the atmosphere is guaranteed all year round, a resort proud of its entertainments programme.





## A stroll in the village

Start from Promenade Simon Lorigère to Avenue Général de Gaulle; turn right at Condroyer quay (little mermaid statue by local sculptor Jean Portal); go as far as the harbour master's office (architecture reminiscent of a ship). Come back via the shopping mall, cross Avenue du Général de Gaulle - Tour Carrée and opposite is the church (for its main altar and bell tower). Go up Rue Jean Aicard, then Rue Paul Bert and Montée de la Résistance to the covered market. Place du Marché (fountain by sculptor Gérard Zistin). Descend via Rue Courbet then Rue and Place des Sarrasins. Continue to Place Louis Blanc, Rue de Verdun and Avenue Jean Jaurès in the town centre; then Avenue De Lattre de Tassigny and Casino beach (sports alley, Provence Landings memorial, gardens by the sea and Promenade Simon Lorigère).

## Panoramas



- From the forecourt of the parish church, a lovely panorama of the whole of the gulf of Saint-Tropez.
- Town hall esplanade (once a silkworm farm) for its magnificent view of the town and gulf.
- From Château des Tourelles where Léon Gaumont lived.
- Pointe des Sardinaux, pine woods ideal for picnics and diving to explore the marine life.

## The musts

- A stroll along Sainte-Maxime's seafront which has had a makeover; shopping or having an ice cream or refreshments on a terrace. For a culture break, be sure to go through the old town especially for the architecture from the inter-war period (several buildings have the Patrimoine XX<sup>e</sup> Siècle label).
- Enjoy this break to breathe in the scent of spices, fresh fruit and vegetables, charcuterie & flowers in the market. For fish, head for the harbour and the local fishermen, for bric-a-brac the Marché Forain, Promenade Simon Lorigère. If you need to unwind, aim for the Myrtes' botanical gardens, right there beside the sea where you can swim, relax and dream.



## INFORMATIONS

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- 🌐 Destination website: www.visitgolfe.com

## A LITTLE HISTORY

Sainte-Maxime is named after a nun from Provence, a mother superior in the Scallian monastery who lived in the 8<sup>th</sup> century. The saint is celebrated every year in May during the Bravade, a colourful local festival. Throughout the Middle Ages Sainte-Maxime was deserted. In the 15<sup>th</sup> century the monks from Thoronet Abbey, which owned the territory, concocted a plan to repopulate the area by allocating 100 plots of land. The project failed and it was not until the 18<sup>th</sup> century that Sainte-Maxime developed with houses being built by the sea, and the embryonic village and harbour began to take shape. The Toulon-St Raphaël railway built at the end of the 19<sup>th</sup> century boosted the economy and opened the way to tourism.



Watersports and family friendly



The coastal road, gateway to the Gulf





# Saint-Tropez

An enduring legend



Latitude  
43.2721  
Longitude  
6.63923



Number of  
residents  
3 600



Surface  
area  
11,18 km<sup>2</sup>

**One last bend in the road and the orange-pink village appears in an ocean of greenery. The magic and fascination with this legendary village has not gone away. The soul of Saint-Tropez, village of art, culture and traditions which doubles in summer to reveal its lighter, festive side in its own special alchemy as a creator of legends.**



## AN EMBLEMATIC INSPIRING DESTINATION

**S**aint-Tropez combines all the charms of Provence and the Côte d'Azur, a dream destination famous throughout the world for its special light, colours and Provençal traditions and reputation for being chic, relaxed, yet with the glamour lifestyle of the French Riviera. This authentic village captivates those who love the sea or are history buffs or fans of culture. Saint-Tropez also welcomes international tourism where service and excellence lie behind a truly unique and exclusive experience. The village will always amaze you thanks to the quality of its establishments and expertise.



## A stroll in the village

**F**rom Quai Jean Jaurès, arrive at the fish market (entrance to old village) then Rue des Commerçants, Rue du Clocher and Place de l'Hôtel de Ville; descend via Quai Mistral and Place Gareggio (Château Suffren and Tour Guillaume); on the right, the Jean Réveille jetty and Tour du Portalet (16th century), one of four towers enclosing the town with the ramparts. Arrive at Tour Vieille then the Revelin porch, former entrance to the town from La Ponche, the fisherman's district; Place des Remparts, Rue d'Aumale, Place de l'Ormeau, Rue Jarlier and the tower of the same name. Then Rude de la Citadelle, Rue du Portail-Neuf, Rue de la Miséricorde, Rue Gambetta and Place des Lices, famous for its pétanque players and Provençal market.

## AN EXCEPTIONAL HERITAGE

**N**ature and history are part of the village's attractions. From the Citadelle, home to the maritime history museum, discover a fabulous view of the iconic purple and gold clock tower; the domes of the Miséricorde and convent chapels; fortification towers; and in winter a sun setting on the lighthouse and in winter against snow-capped peaks in the southern Alps. What a pleasure it is to walk the streets and squares, to be part of this convivial ambiance and be steeped in the fragrances of a Provençal market, before arriving via La Ponche at the legendary harbour.





An internationally renowned bell tower

## ARTISTS OF LIGHT

When he anchored here, Signac was instantly overwhelmed by the light: "I am not stopping over, I'm staying!" That was in 1892. He bought a house which he made into his studio, La Hune, and invited many painters like Cross, Matisse, Derain and Marquet. The Annonciade Museum puts on superb exhibitions of their work. They were joined later by esteemed writers like Colette, Eluard and Sagan. Another window opening onto this village that creates legends is the cinema: the saga of the *gendarmes* embodied by the inimitable Louis de Funès and Michel Galabru, and of course the icon among icons, Brigitte Bardot, sublime in *Et dieu créa la femme*.

## REMARKABLE EVENTS

The sea is at the heart of it all, the harbour and gulf of Saint-Tropez being the scene of major international regattas such as Les Voiles de Saint-Tropez and the thrilling French SailGP on the fastest sailing boats in the world. The village hosts many other wonderful events including music festivals, internationally renowned art exhibitions, sports events (Tennis Open, pétanque), the Paradis Porsche, the Braderie antiques fair and Christmas festivities, not forgetting the traditional Bravade when Tropeziens honour their Patron Saint.



## A LITTLE HISTORY

Born in Pisa, Torpès was an officer under Nero who converted to Christianity and refused to renounce his new faith. Under the Emperor's orders he was decapitated, his body put in a boat with a dog and cockerel and abandoned at the mouth of the Arno. Legend has it that the Ligurian current carried the boat to the shores of the gulf town of Heraclea, which took the name Saint-Tropez.

In 1558, to defend the village against repeated attacks by Barbary pirates, the council formed a local militia led by a Town Captain, a decision ratified by the Kings of France. Agriculture, fishing, coastal then ocean-going shipping and naval shipyards would occupy most of the men in the area. It was not until the 19<sup>th</sup> and particularly the 20<sup>th</sup> century that artists, writers and filmmakers marked the beginning of a golden era heralding the town's burgeoning popularity as a tourist destination.



## Panoramas



- From Sainte-Anne chapel, a sweeping view of the gulf of Saint-Tropez as far as the Southern Alps and Ramatuelle bay.
- The Jean Réveille sea wall, ideal for watching regattas.
- Foot of the Citadelle's ramparts, superb panorama of Saint-Tropez bay (favourite spot for watching the sunset).
- The terrace of the Hôtel Sube's bar (superb view over the harbour).



- The harbour, early morning. The Vieux Port at La Ponche.
- The parish church, Notre Dame de l'Assomption, with bust of the patron saint.
- Annonciade Museum, the Citadelle and its Maritime History Museum, Musée de la Gendarmerie et du Cinéma, Maison des Papillons (butterfly museum), Château de la Moulte, Lavoir Vasserot, the mariners cemetery (view over Canebiers bay).
- Market on Place des Lices (Tuesday and Saturday mornings). Fish market (daily).
- Several chapels (La Miséricorde, Convent, Sainte-Anne...), the Jean-Réveille jetty extended by the Red Lighthouse.
- Alleys and squares of the old village.



## INFORMATIONS

### Saint-Tropez tourist office

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83990 Saint-Tropez
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Les Voiles de Saint-Tropez, the most prestigious event of the year





# The Green Country

**A**n ocean of green is what is on offer in the Gulf of Saint-Tropez. Beneath the sunny blue skies of the Mediterranean and Provence, you have to cross hills covered in vineyards, tree-lined roads and the forest paths of the Massif des Maures, like green waves hugging the lines of ridges and valleys to gardens fragrant with herbs. A plethora of shades of green caress and, depending on the time of day, complement those of olive trees, pines, vines and many others.

*Paths crossing Plan de la Tour  
to La Garde-Fréinet*





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- 68 Nature events









## Terroirs and soils

**A** word for the attentive observer, two important geological elements co-exist in Provence, one crystalline, the other limestone, the chemistry of which helps explain the colours that differentiate them. To the south, facing the sea, the crystalline rocks of the Massif des Maures, and to the east those of Tanneron. These very distinctive landscapes of hills and gentle curves of small mountains, covered in shrubby vegetation and forests, constitute the territory known as the gulf of Saint-Tropez. There are so many panoramas to discover in a land that enjoys around 2,800 hours of sunshine a year.



### THE MISTRAL A FRIEND IN NEED

**T**his is a privileged wine region that benefits from a distinctive characteristic that sets it apart: the sheer number of hours of sunshine which is such a feature of the Var and Saint-Tropez peninsula. A hot dry climate in summer, marked by sudden sometimes violent rains in winter and spring. But in Provence among the many winds we encounter (Tramontana, Levant, Sirocco, Lergado...) there is one, the Mistral, sometimes fierce and much feared by sailors and foresters in dry weather, which is in fact a great friend of the vine. In a few hours, it can dry out and cleanse a vineyard of pests.

### A FEW STATISTICS

**T**he vine is the brand image of Provence, covering a landscape sculpted in lines. It is also a major source of income essential to the economy of the whole region. The Côtes de Provence appellation covers a vast area of 20,000 hectares (including 28% organic or 'Haute Valeur Environnementale' VE), producing around 90% rosé, 6% red, 4% white wines. The maximum authorised yield is 55 hl/ha and the average yield is 48 hl/ha. 42% of its rosé wine production is for export (United States, Britain, Belgium, Germany, the Netherlands...).



## Amidst the vines of the gulf of Saint-Tropez

*A wander through  
the vineyards*

This is an invitation to visit the wine estates on the gulf of Saint-Tropez – 39 independent wine producers and cooperatives – which are part of the Provence Wine Route. Their labels, often winners of medals at major competitions and acclaimed by the international press, grace the best restaurants and promote Provence all over the world.

### Cogolin

#### 1 DOMAINE DE LA GISCLE

You reach the estate on a stony road lined with beautifully manicured vines where a mill once stood. Their latest creation, the Phénix cuvée rosé with its evocative name, comes in a screen-printed bottle designed by the Audemard family.

**Access:** from Cogolin or Grimaud, direction Collobrières, then 5km after the Giscle bridge.

#### 2 CHÂTEAU DES GARCINIÈRES

A property of the Cistercian monks in bygone days, since 1898 this estate has been run by the Valentin family, formerly into cork, who converted to producing these flavoursome nectars. The estate has the organic label.

**Access:** from Cogolin to the Gassin/La Foux roundabout, 1.5km on your right.

#### 3 CHÂTEAU SAINT-MAUR

noble Château steeped in history in the heart of a 100-hectare vineyard across three plots of vines: Saint-Maur, Clos Saint-Vincent and Capelune. Its reputation has been made by its rosé wines on this estate which has enjoyed the Cru Classé label since 1955.

**Access:** 800m after leaving Cogolin's industrial area, heading for Collobrières.

#### 4 CHÂTEAU SAINT-MARC

In the foothills of the Massif des Maures, this elegant estate cultivates 8 ha of vines and produces two cuvées in red and rosé with meticulous care and expertise. Certified 'Agriculture Biologique' (organic) 2020.

**Access:** from Cogolin or Grimaud, direction Collobrières, then 3km.



### 5 CHÂTEAU TRÉMOURIES

Nestled among vines surrounded by splendid rose bushes, the estate and its owners are perpetuating a long wine-growing tradition. They reintroduced olive cultivation in 2006. The reception area in the Provençal doucote is where the wine and unfiltered olive oil tastings take place.

**Access:** from Cogolin, direction La Mole, then it's on the right.

### 6 DOMAINE VAL D'ASTIER

In the heart of nature, Bruno and Ellen Seignez and their children have been grooming these valleys since the estate was established in 2003. They have shaped the hillside, cleared the trees and planted 18 grape varieties in such a way that all thrive to produce inspired wines.

**Access:** leaving Cogolin head for La Mole, on the left and follow the signs.

## La Croix Valmer

### 7 CHÂTEAU DE CHAUSSE

A recently renovated estate with quality wines and one of the oldest buildings in La Croix Valmer. Located on a hillside, it is a peaceful oasis that in a few years has become one of the most renowned on the Gulf, particularly for its great reserve reds.

**Access:** from the town centre in the direction of the school complex, 3.5km on your left.

### 8 DOMAINE DE LA CROIX

Modern oenology at the service of tradition. A century ago the one who established this vineyard was one of the architects behind La Croix Valmer. With 100 ha of vines, the estate remains one of the jewels in the peninsula's crown. Particularly since it regained all its vitality thanks to the wise ambitions of its current owner.

**Access:** from La Croix-Valmer take Blud de Tabarin, direction Gigaro beaches, 1.5km on your right.

### 9 DOMAINE DE LA MADRAGUE

This organic wine estate, which owes nothing to that which God created, extends across the La Croix Valmer and Gassin municipalities. Having fallen into disuse, the vineyard was bought in 2007 by a man from Lille passionate about wine who completed renovated it. You will find their wines regularly in the best restaurants.

**Access:** Croix Valmer, direction Gigaro, 5km on the left.

## LAND OF FLAVOURS PROVENCE WINES

# How to recognise them

*Syrah, grenache, cinsault,  
tibouren, mourvèdre...*

### THE ARTIST AND HIS COLOURS

This region is like a hymn to the variety of its reliefs and climate reflected in the wide range of grape varieties. The varieties are not just limited to the grape, but the whole plant with their characteristic leaf shapes and grape clusters. Around a dozen are regularly involved in the development of the Provence AOC red and rosé wines:

**syrah** (small black grapes with bluish reflections), **grenache** (elegant aromas of red berry fruits), **cinsault** (brings freshness, finesse and fruitiness to the rosés), **tibouren** (authentic Provençal grape, delicate and elegant), **mourvèdre** (provides robust wines with fine well-defined tannins), **carignan** (grown on hillsides with low yields) and **cabernet sauvignon** (not common in Provence, a characteristic nose of green pepper and cassis distinguishes it from other grape varieties).

### WHITE VARIETIES

The white varieties comprise **rolle** (from Liguria, long cultivated in Provence), **ugni blanc** (from Tuscany, with juicy round grapes), **sémillon** (which gives wine its powerful aroma, fatness, roundness and beautiful elegance, clairette (very old Provençal grape with elongated grapes), and **bourboulenc** or **doillon**, discreet in Provence (late variety, very rustic and robust). So much for the main ingredient, but it's all about the vinification and composition of the blends, the work of a goldsmith combined with that of a conductor. It is a difficult, delicate, subtle stage in Provence. There is only one harvest a year, so no room for error. We add a little here, remove a little there, we discuss, imagine, anticipate. We are talking centuries of traditions and knowhow handed down from the mists of time.







## Alchemists or winemakers?

It's almost a secret. The principles of winemaking have remained almost unchanged. Down in the cellar, the actions of those who make the wines have come down through history to arrive in the present barely unaltered. Only the tools, devices and machinery have evolved, making for much more sophisticated and reliable techniques. After the harvest which is taking place earlier and earlier (some start in August in Provence, they are the green harvests), the winemaker vinifies each of the varieties separately. Then they blend them in carefully considered proportions to reflect the estate's personality and that of its owner in the final cuvée. Alchemist? Each grape variety brings its own character to the final cuvée. It should be balanced and harmonious and an expression of the terroir as tradition dictates by the AOCs (Appellations d'origine contrôlée). This is the Côtes de Provence.



### WINE TOURISM CULTURE AND – CULTURE!

To the culture of the terroir is added the culture of the spirit. Most of the wine estates and cooperatives arrange their cellars or reception areas to accommodate exhibitions of works by painters, sculptors and artists in the visual arts. Some go further and host parades of vintage cars, concerts and plays in summer. Sport is also associated with our vineyards. Hiking trails are organised as well as fun runs for charity. And of course there are the wine tastings with a guide, walks in the vineyards and tours of the wine cellars. In some places you will also find tables d'hôtes, accommodation with spa, wellbeing and yoga classes.

### WHAT COLOUR DO YOU WANT TO PLAY WITH?

#### ADVANTAGE: ROSÉ!

The colour of rosé wine will depend on the duration and temperature when the skins are in contact with the juice, the maceration time. It is during this delicate phase that the aromas of a rosé are extracted. It's here where the vinification method has an important role to play. Rosé wines straight from the pressing are generally clear and of low intensity unlike the rosés produced by maceration of the skin where the colour is more intense. In order of consumer preference here are the names of the six principle colours of wines made in Provence: peach, melon, mango, pomelo, mandarin and redcurrant. A colour chart is very useful for both producers and consumers for precisely describing the colour of a rosé.



## Gassin

### 10 CHÂTEAU BARBEYROLLES

This is one of the estates that is behind the success of rosé wines from Provence with their translucent colour, the famous 'Pétale de Rose', a reference. The lady in charge, Régine Sumeire, remains one of the most respected figures in the Mediterranean wine world. At the foot of Gassin, tilling is done with a horse.

**Access:** 1.7km after the La Foux roundabout, direction Ramatuelle, on your right, RD61.

### 11 DOMAINE BERTAUD-BELIEU

The oldest wine estate in the gulf (1340) covered the whole peninsula in the 14th century. Today it extends across 60 ha on one plot (70% on the plain, 30% on the hillsides). Its chapel-like cellar is instantly recognisable and contains barrels of oak or acacia wood, earthenware jars, and more recently eggs from Beane, which produce distinctive cuvées.

**Access:** 1km after the La Foux roundabout, direction Ramatuelle, on your left.

### 12 DOMAINE DU BOURRIAN

At the foot of Gassin hill, the terroir of this estate, sunny and with fresh sea breeze influences, gives the grapes a unique taste and aroma. Certified organic, the vines are divided into two appellations (AOP Côtes de Provence and IGP Vins des Maures) producing complex wines with a delicate and rich taste.

**Access:** 1.5km after La Foux, direction Gassin/Ramatuelle, turn right at Gassin golf course crossroads.

### 13 LES MAÎTRES VIGNERONS DE LA PRESQU'ÎLE DE ST-TROPEZ

Leading producer of Côtes de Provence, this cooperative of master winemakers from the Saint-Tropez peninsula groups 10 estates and châteaux as well as three large cellars, so 900 ha of vineyards operated exclusively by this group. 50 years of a shared adventure to bring you the best.

**Access:** Gassin La Foux crossroads, direction Grimaud/Cogolin, 500m on your left.

### 14 CHÂTEAU MINUTY

One of the big names of Provence producing outstanding rosés known throughout the world. Since 1936, Minuty has been a family affair. François and Jean-Étienne Matton strive to constantly improve the exceptional terroir that has been passed down to them by producing elegant sought-after wine.

**Access:** La Foux roundabout, direction Ramatuelle.



## LAND OF FLAVOURS PROVENCE WINES



Let's wander through  
the vineyards...

### 15 DOMAINE DE LA ROUILLÈRE

The name Rouillère comes from the river that flows through the middle of this 120-hectare property established in 1900, straddling the Gassin and Ramatuelle municipalities. Amidst the forested valleys, hills and rivers, 45 ha are set aside to grow vines with the greatest respect for tradition and sustainable cultivation.

**Access:** 2km after the La Foux roundabout, direction Ramatuelle on RD 61.

### 16 DOMAINE TROPEZ

Domaine Tropez was born out of a passion for wine, a demanding and ancestral wine inherited from his grandfather Grégoire Chaix who pays tribute to him today. Created in 1996 from a melange of different plots, the vineyard (40 ha) has benefited from a total restructure. It produces rosé, red and white wines with elegant and complex aromas.

**Access:** between the Gassin La Foux roundabout and La Croix Valmer, 3km on the right.

## Grimaud

### 17 DOMAINE LES CLOS SERVIEN

The terraced arrangement of these old vines, low yields and well-planned cultivation allows for a refined selection of grapes picked to obtain exceptional quality. At its head, Charles-Henri Serviën, an experienced young winemaker living his passion. And already he's won many awards!

**Access:** between Grimaud and La Garde-Freinet, on the left, Tourré hamlet.

### 18 DOMAINE DE LA TOURRÉ

A peaceful hamlet, generous terroir, a family with a winemaking tradition. Five generations have cultivated this 30 ha estate. Since taking over the reins, Jean-Christophe Giraud has been working to develop his vineyard to take full advantage of the innate qualities of this terroir.

**Access:** Tourré hamlet.

### 19 DOMAINE DU VAL DE GILLY

Before discovering the hills that host this vast vineyard, you will take a country road through woods, clearings and rows of vines. Since it was established 130 years ago by the Castellán family who still watch over this lovely place, today the Val de Gilly is one of the quality vineyards in the Gulf.

**Access:** from Grimaud, direction Collobrières, don't cross bridge over the Giscle, continue straight on.



### EVERY MINUTE COUNTS AT HARVEST TIME

A massive storm the day before the harvest can ruin a year's work. It is for this reason that no two vintages are alike, the weather plays such a big role. The date of the harvest is key to successful wine production. Grapes are picked at their optimal ripeness to guarantee a good alcohol/acidity balance. In Provence, the harvest is done in the early morning when it's fresh before daybreak to present the grapes from spoiling and so they can be brought down into the cellar at the lowest possible temperature. Every minute counts: the grapes are harvested by hand, or mechanically with a harvesting machine. As a general rule, the harvest takes place about a hundred days after flowering. On the Saint-Tropez peninsula, they start during the second half of August in coastal areas.

Seeing, listening, feeling. To stroll through the vineyards of the gulf of Saint-Tropez/Maures country is an invitation to discover the original wine estates and independent or cooperative winemakers of this prestigious peninsula. Established in the famous Côtes de Provence appellation, these cellars and estates have voluntarily agreed to be on this tourist and wine tasting itinerary (map at the start of this booklet) and therefore be part of a sustainable tourism approach. All, apart from a few days, are open all year round, are accessible by road, and have a car park and covered area to purchase wines. A cellar tour is always fascinating (best thing is to make an appointment).



### FACTORS AND THE VINE

When managing a vineyard, the Provencal winemaker takes into account three factors for the vines necessary to produce quality rosé wine: the watering regime, nutrients and pruning. (source: CIVP)





## Homework

**T**alking about Provençal wines, and rosé in particular, is not just to imagine yourself with a glass in hand sharing tapenade or olives with friends or eating grilled fish from the Mediterranean under an arbour or on a sunny terrace. It is about reflecting on the terroir, a climate, landscapes and traditions. It is to talk about geology, geography, climatology, knowhow, experience and the secrets of the cellar. You know, all those off-putting subjects you were taught at school: "Have you done your geography homework for Monday?" If only you'd had to learn about wine!



### PROVENCE WINES ON MY ROUTE

**T**he wine route for the Gulf of Saint-Tropez's estates and cellars presented for you in these pages will help you discover the traditions, terroirs and the cultural and natural heritage products which are often new and hidden away. Wine tourism promotes production, wine growing landscapes and expertise. Lose yourself in them!



### PROVENCE CRUS CLASSÉS

**T**he history of Crus Classés des Côtes de Provence began when some owners of vineyards in the Var became aware around the middle of the last century that it was important for them to come together to defend and promote their wines and properties. This process culminated in 1955 (the same year as Saint-Émilion!) in the coveted Cru Classé label being issued for 23 estates (14 today) by decree from the Ministry of Agriculture. A Charter of Excellence was signed by members of this closed club to celebrate its 50th anniversary in 2005.

### 20 LES VIGNERONS DE GRIMAUD

It is possible to rhyme quantity and quality, diversity and typicality. The proof is there in this cooperative cellar set up in 1932 which numbers 270 cooperative winemakers from 12 municipalities. Each cuvée is produced by a method, the result of work being carried out on a thousand hectares.

**Access:** leave the village, direction Saint-Tropez.

### La Garde-Freinet

#### 21 ULTIMATE PROVENCE

Located in the Var hinterland that is dotted with olive trees and rows of vines, this vineyard covers 40 ha of shallow soil on a bed of schist. Ultimate Provence also reflects the Provençal lifestyle, with generous wines, a tendency to contemporary architecture and a relaxed chic, festive atmosphere.

**Access:** coming from the village arriving on the Maures plain, turn right, follow the signs.

### La Mole

#### 22A DOMAINE MURENNES

A lost paradise (6.5 ha of organic vines), at "the end of the world" in the heart of the Maures. It's an act of love to go there, probably the highest estate on the peninsula, to share with Rachel and Iuan Gresle and their son their elegant gourmet wines with a powerful rare aroma.

**Access:** from La Mole, direction Le Rayol, at the orientation tableau take Route des Crêtes on the right and follow the signs.

#### 22B CLOS MIRAGES

Located near Cogolin, in La Mole, Clos Mirages is a family-run wine estate covering 15 hectares on the edge of the Massif des Maures.

Classified as an A.O.P. Côtes de Provence and certified organic, it produces a small quantity of gourmet rosé.

**Access:** from Cogolin, follow Chemin des Mines, then Saint-Marc.

#### 23 DOMAINE DE LA PERTUADE

What do they mean "in the middle of nowhere" by La Pertuade (in Provençal)? This brand new vineyard downstream of the Verne Dam comprises an imposing building surrounded by vines, some 30 years old. A 13 ha family estate, sustainable cultivation, and an invitation to escape and be surrounded by wine and art, your senses awakened.

**Access:** from the village towards Bormes, turn right, direction Verne Dam.



## LAND OF FLAVOURS PROVENCE WINES

### 24 DOMAINE DE SIOUVETTE

Since 1836, seven generations have succeeded each other in this magnificent isolated property in the La Mole valley with a particular wind sweeping in over it. Light ploughing, sustainable cultivation, severe pruning, green harvest and manual harvesting. Every year, unique perfectly balanced cuvées of astonishing complexity emerge.

**Access:** from the village, direction Bormes-les-Mimosas.

### Le Plan de la tour

### 25 LES MARQUETS

Les Marquets has an identity forged out of the expertise of the winemakers and their terroir. With 179 ha, it is one of the smallest cooperative vineyards in Provence (98% classed AOP). Since 2006 the focus has been on quality, achieved with success. Reds to lay down, white wine for gourmets and a rosé wine to share.

**Access:** at the entrance of the village coming from Grimaud.

### Ramatuelle

### 26 FONDUGUES PRADUGUES

Biodynamic wines from two adjoining estates that merged in 1966. Embracing sustainable cultivation practices was an obvious decision for the cellar master who has seen the biodiversity recover, so essential to a vineyard, thereby restoring a natural balance.

**Access:** from the village, middle of Route des Plages, on the right.

### 27 CHÂTEAU DES MARRÉS

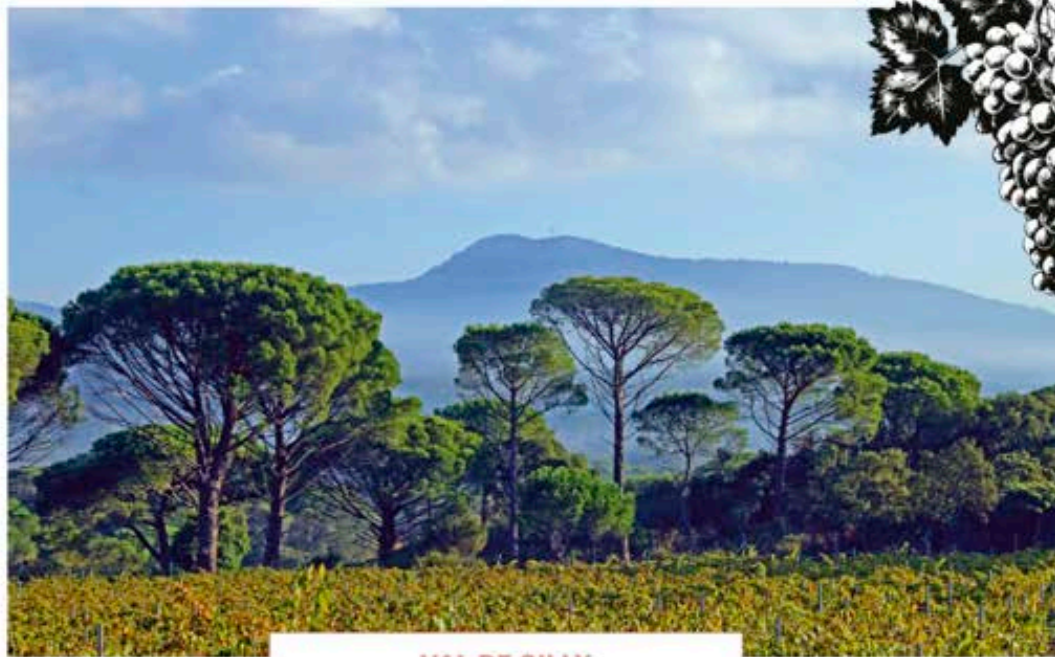
It is difficult to imagine a more beautiful spot at the gateway to Saint-Tropez. A fabulous estate, the Château des Marrés, a hamlet on the plain, keeps its high gates open for those who love art and good wine. The cellar ages wines in 38 barrels of oak from the ancient forest of Tronçais. Subtle wines for laying down.

**Access:** middle of Route des Plages.

### 28 CHÂTEAU PAMPÉLONNE

A history that goes back to 1772 under the Napoleonic regime, at the time of the Italian campaign and first hectares of vines! Today, this 50 ha flagship of the peninsula's wine estates benefits from the sandy soils and maritime influences. Rosés and whites from direct pressing, red wines aged in wood.

**Access:** from Saint-Tropez, direction Ramatuelle, then Chemin des Tamaris, on the left.



### VAL DE GILLY A triumvirate of women

**N**adine Castellon and her nieces, Marion and Maëlle, now preside over the destiny of this lovely wine estate, 27 ha of Côtes de Provence, thriving in the foothills of the Massif des Maures, facing south, far from the hustle and bustle. Three ladies who represent the fifth and sixth generations. Maëlle having just joined the team, observes, watches and learns, it's "full immersion" she smiles. Three young "girls", two who played among the vines ("This is the house where we lived all our lives") did their bit in the harvest and bottling. They played truant in the

vines, now it is they who share responsibility for the tasks. Nadine for the winemaking, Marion on the business aspect and Maëlle in sales. Being a winemaker today? "It's work and weather, a wonderful sector that I love. And then we are working as a family. We are very versatile". One objective for the future is "to get more people to come and discover our estate, to hear about our work and our passion for wine". The invitation is out there!



### IN BLUE, GREEN AND GOLD COUNTRY CELEBRATE ROSÉ, RED AND WHITE

**W**hile Provence rosé may top the bill, this Mediterranean land produces high class reds, often aged for several months in casks which creates powerful generous wines for laying down. As for the whites, these are produced in relatively small quantities. Provence is a fertile land and its wines complement nature's cuisine to perfection. Light, fruity, mild, lively and aromatic, the Provencal rosés offer unique flavours that Provencal cuisine simply adores. Dinner is ready! (see pages 48-49)







## DOMAINE LA TOURRAQUE

### According to organic farming rules

**S**ébastien and his brother Guillaume gradually took over managing this estate after years when their grandfather, uncle, father and mother worked before them. "We make sure to utilise all the expertise of the generation who came before us," they acknowledge, "and combine that with more recent vinification techniques. We know the climate is changing. We can see it. This legacy has made us fully aware of our role in conservation of this ecosystem. So, we prepare the land according to the organic farming regulations with compost (and results over ten years), we plant mustard seeds (yellow flowers) among the vines, chickpeas, etc. It provides plant cover for the soil which protects against drought. These are the weapons for the future. We are looking at the long-term for our children. We are in symbiosis with nature, not in competition". And if both share the jobs to be done on the estate, at harvest time and the blending of the wines all the generations come together: "They have seen wines evolve. They have the palate, the memory and the expertise".



## 29 MAS DE PAMELONNE

This is without a doubt one of the oldest wine properties on Saint-Tropez. Established at the end of the 19<sup>th</sup> century, it has remained in the same family ever since. Today headed by Camille, fifth generation, she continues on the same path, producing delicious vintages. Rosé only with intense citrus flavours.

**Access:** between Saint-Tropez and Ramatuelle, take Chemin des Moulins, on the left.

## 30 DOMAINE DE LA SULTANINE

Housed in a new cellar, this estate is on a scale with its vineyard (3.8 ha). However, it is arguably worth just as much as its bigger neighbours. Well-maintained vines, carefully thought out vinification, and a highly qualified and experienced winemaker. Small in size, big on pleasure.

**Access:** 5520, route des Plages.

## 31 DOMAINE DES TOURNELS

Owned by several generations of the Bologna family, Domaine des Tournels dominates the bay of Pampelonne at the foot of the Camarat lighthouse from its 110 ha. In total, 55ha are devoted to vine cultivation, fully trellised to give all the grapes optimal exposure and to obtain high quality wine.

**Access:** from the village, direction Route de Camarat, Chemin des Tournels.

## 32 DOMAINE LA TOURRAQUE

The family has been cultivating and protecting this valley since 1805, a unique biotope full of wildlife. Initially it was a self-sufficient farm producing fruit, vegetables, cereals, olive oil and of course wine. Today, 30 ha of vines, including some rare grape varieties, straddle two municipalities. From an exceptional place, exceptional wines.

**Access:** from Ramatuelle, direction L'Escalet then follow the signed route.

## 33 LES VIGNOBLES DE RAMATUELLE

The high on 90 vineyards grouped together in this cooperative are very conscious of the environment and practise eco-responsible agriculture on 200 ha of vines spread across four municipalities on the peninsula. Thanks to this diversity and modern winemaking equipment, they offer a range of original cuvées.

**Access:** leave the village heading to the beaches. At the roundabout, turn right for La Croix Volmer.

## Sainte-Maxime

### 35 DOMAINE DES BEUCAS

Open your eyes, take a deep breath and listen... Lavandin, rosemary, cistus, olive trees, vines and of course cicadas. This beautiful property lives and breathes the sweet life of Provence. Wine is a vocation, a passion, as evidenced by the fabulous adventure of the Roynette family and its vineyard.

**Access:** from Plan de la Tour, head for Le Muy via the Route des Crêtes.

## Saint-Tropez

### 36 DOMAINE CAP SAINT-PIERRE

At the entrance to Saint-Tropez, almost on the Mediterranean, this cellar is worth a detour. Hailing from an old family of winegrowers, Alain and Michel Donadio produce interesting wines for the discerning palette. A production full of promise.

**Access:** at the entrance to the village, Bouil-laboisse district.

### 37 CHEVALIER TORPEZ

A "garden of vines", spread across a 180 ha patchwork of remarkably diverse landscapes. Here there are more than 450 tiny plots surrounded by umbrella pines, olive trees, almond trees and figs. The variety of terroirs, soil and bedrock give all the different cuvées their particular characteristics. Elegant, generous and well-balanced wines.

**Access:** coming from the village, take the Route des Plages. 1 km on the left.

### 38 CLOS SAINTE-ANNE

A winery surrounded by its vines in the midst of beautiful Saint-Tropez villas, facing fashionable beaches, is a rare sight. This property has been in the Augier family for over a century and is one of the last upholders of the Saint-Tropez winemaking tradition. They produce original, assertive wines with an attractive personality.

**Access:** from Saint-Tropez, take the Chemin de Sainte-Anne. Turn left on the old Saint-Anne road.

### 39 LA FERME DES LICES

A fairy tale story of an estate that was destined to disappear. Covering 8 ha and having passed through the hands of various owners and neighbours, this delightful, fragmented vineyard has been saved from urbanisation and revived thanks to Laurence Bertemont. A charming estate producing elegant wines.

**Access:** from the village, heading for Route des Solins. On the left, take Chemin de la Treille de la Mouette.





## PROVENCAL MARKETS

*Showcasing local specialities*



### INSPIRING FRESH PRODUCE INSPIRED CUISINE

**W**ithout Provençal markets there would be no Provençal cuisine. For that is where it all begins as that's where chefs go early in the morning to get their inspiration. If we go down this path, you will be sure to meet some of them. The stalls are showcases of ingredients. Their

recipes (yours too) always recommend using fresh produce. Two or three times a week, local farmers and country people bring their eggs, free range chickens and vegetables grown in their gardens in the hills. And one thing is for sure, the flavour is different!



Markets days



### STRAIGHT FROM THE SEA FISH AND SEAFOOD

**A**s for the fish that are caught locally in and around the gulf, they too have their own regular markets: daily at Cavalaire harbour at auction, near the Capitainerie; every morning near Place aux Herbes in Saint-Tropez; at the fishermen's stall in Sainte-Maxime's harbour. Locally fished fresh produce from the Mediterranean which depending on what you fancy and what to do with it will delight the tastebuds: grilled red mullet, seabass in a salt crust, sea bream or cuttlefish and sea urchins!

### LOCAL PRODUCE AND FROM ELSEWHERE FOR ALL TASTES

**S**ome markets only offer local produce (plump multi-coloured vegetables, juicy fruits bursting with sunshine, aromatic herbs from the maquis) or local products (goat and sheep's cheeses, charcuterie, soups, olives, jams, chestnut cream, spices and flowers). There are also stalls selling clothes, costume jewellery and handicrafts (lavender sachets, olive and honey soaps, fabrics, etc.). Indulge yourself, you are on holiday!





## THE BLACK DIAMOND DO YOU KNOW HOW TO CANIFER A TRUFFLE?

**T**hanks to its subtle musky fragrance reminiscent of the smell of undergrowth in autumn, for the tastebuds the truffle is a culinary diamond. There are several varieties in Provence. the *Tuber melanosporum* (most famous and most harvested); the *Tuber brumal*, slightly less popular and less fragrant; and the summer white truffle. A gathering not to be missed is the Truffle Festival in Grimaud in February where you can see how to 'canifer' a truffle. Canifer? Clean and cut with a special knife, of course.



## THE OLIVE A SYMBOL!

**R**ound or elongated, black, green or with a purple sheen, the olive is the symbol of Provence. It's even a first name! Fruit of a sacred tree whose roots resist poor soils with such aplomb, its delicious oil so renowned for its health benefits is at the heart of cuisine in the south.



## HONEY FROM PALE YELLOW TO A DENSE DARK BROWN

**R**egarded by many as sacred due to its wonderfully sweet properties and innumerable virtues. Honey with fresh lemon juice, it adds subtle flavours to white meat and goes divinely well with fresh goat's cheese. In Provence, you will find honeys hailing from every flower, forest, garrigue, thyme, acacia and rosemary, not forgetting lavender, heather and chestnut. Come and meet the beekeepers.

(on [www.amuseguou.net](http://www.amuseguou.net))



## GARLIC DOES IT HURT?

**W**hat would Provence be like without its white, pink and purple braids and clusters of garlic. Cooked or raw garlic is an invaluable ally to any dish. A friend confided to us that it is also credited with anti-microbial, anti-septic, anti-inflammatory and anti-bacterial properties. Placing it under your pillow, he whispered, will help you fall asleep, while counting the sheep on the hills!



## AND HERBS? PERFECT ACCOMPANIMENTS

**C**ountless varieties and so important! Savory, rosemary, thyme, fennel, bay leaves, basil, parsley, marjoram (or oregano), mint, coriander, chervil, chives, spring onions, sage, we could go on. They are what make Provençal cuisine sing, adding that unique southern identity. Fresh or cooked, they bring their own personalities to the dish.

## THE 'MARRON' COUSIN OF THE CHESTNUT

**L**ong nicknamed the "bread tree", the chestnut tree is a fruit tree from which we get sweet chestnuts (single fruit in its cupule) and chestnuts (three or four). Rich in carbohydrates, to be eaten grilled or candied, they improve blood circulation. The chestnut festivals at La Garde-Freinet attract thousands of fans every year.





# Provençal cuisine

*Mediterranean cuisine*

FROM LAND AND SEA  
SUNSHINE ON A PLATE

*From olives to honey, chestnuts to truffles, bouillabaisse to fougasse, Provençal cuisine is first and foremost a cuisine that we look at, then we smell it and finally we taste it. Fragrant, spicy and coloured by the sun's rays, this is good mood food which sings of joy and relaxation, a cuisine with its roots in a very remarkable terroir. Did we tell you it was formed from sedimentary, metamorphic and magnetic rocks depending on the location? For this is a territory in osmosis between land and sea.*

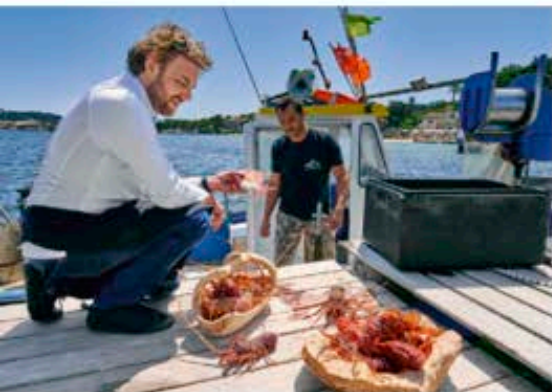


LUNCH BY THE WATER  
DINNER ON THE SAND?

**T**he Mediterranean at your feet offering a unique 180° spectacle and bursts of sunlight reflecting off the white hull of a sailing boat in the bay. This is the permanent backdrop the gulf of Saint-Tropez's coastline offers you, with nearby hills as your other horizon. The sand in summer is sometimes so hot you have to hop along to get to your table (or wear sandals!). Invite your friends. Lunch or dinner by the water's edge, nothing could be simpler. Even in your beachwear you can pay tribute to Mediterranean cuisine created from seafood and fresh local produce.

SHORT CIRCUITS  
LONG LIVE MARKET GARDENERS

**W**e know them. Many are chefs, men and women, most of them committed to quality approaches and often appearing in gourmet guides, who will bring alive for you the virtues and flavours of our countryside. Short circuits are favoured. More and more local market gardeners are regularly supplying, sometimes exclusively, hence why you won't always find them, all those restaurants. In the gulf of Saint-Tropez, it is always a market gardener ensuring your tastebuds get the best.



Arnaud Donckele (Michelin star chef):  
catch of the day





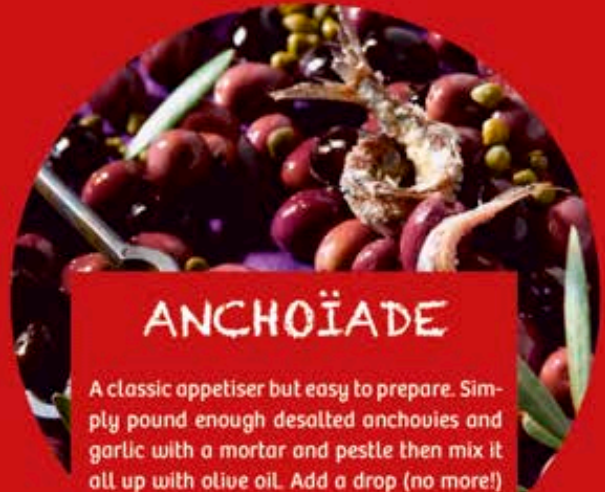
## DISHES FROM THE MAURES COUNTRY HAPPINESS ON A PLATE

**S**ome dishes or recipes are well established in the back streets and alleyways. Here are a few flavours: vegetable couirs, aioli, fish soup, bouillabaisse (with rouille, grated cheese and croutons), specialty breads (with nuts), flora from the plains, olive oils, vegetables of colours from the south, herb and vegetable pies, tians, ratatouille, daubes, cheeses from the hills, mesclun, pine nuts, chestnuts, green or black tapenades, jams, nougats...



## Two easy recipes

To be eaten under the arbour  
with friends



### ANCHOÏADE

A classic appetiser but easy to prepare. Simply pound enough desalted anchovies and garlic with a mortar and pestle then mix it all up with olive oil. Add a drop (no more!) of vinegar. When ready, anchoïade can be spread lightly on toast or enjoyed with raw vegetables such as cauliflower, carrots, tomatoes, celery, spring onions or thin slices of peppers.



### TAPENADE

Another classic. Pit 500g of black olives. Squeeze 50g of capers and desalt 15 anchovy fillets. Crush everything with pressed garlic in a blender. Add herbs (thyme and a bay leaf) and a drop of rum (or cognac). Thicken like a mayonnaise with olive oil according to taste. Keeps well. As an aperitif on toast with anisette or during a meal with tomato salad or pasta.





Truffle Festival (Grimaud)



Rencontres la vie autrement (Grimaud)  
6<sup>th</sup> Wine Fair of Saint-Tropez



Olive Festival (Rayol-Canadel-sur-Mer)  
Plant Fair (Le Plan de La Tour)



Fest'italia (Sainte-Maxime)  
Chefs in Saint-Tropez celebrate  
producers (Saint-Tropez)



Feast of St Peter,  
patron saint of fishermen  
(Cavaire, Sainte-Maxime, Saint-Tropez)  
Soirée des étoiles (La Croix Valmer)



Prouvencal Rosé Day  
(all over the gulf)



Rencontre méditerranéenne :  
music / dinner  
(Rayol-Canadel-sur-Mer)  
Pistou soup and bogaor  
(La Garde-Freinet)



Mulled Wine Festival (Le Plan de La Tour)  
Wine harvest Festival (Sainte-Maxime)  
Feast of Saint-Michel (Grimaud)



Chestnut Festival (La Garde-Freinet)



Viveq Prouence (Sainte-Maxime)

## LAND OF FLAVOURS

# Culinary festivals and feasts

*Cultural and business life on the peninsula is punctuated by a whole range of tasting events all year round: from plant and olive oil fairs to truffle days, a Prouvencal Rosé Day, wine harvest, vine and wine festivals, chestnut festivals and more. So many echoes from the festivals of the past which played out in the villages, festivities marking the seasons, solstices and patron saints. Lively events, they require long days of preparation. These often pagan traditions brought all the villagers together. Young and old danced, feasted, shared bread and laughed together under the hackberry trees in the main square.*



and pistou soupe. Ah, the next table is having a bouillabaisse, Madam, and yes it is appetising. But you will have to come back as that is made to order! While waiting to make your choice, here is the owner's own anchoïade, black olives, garlic and olive oil. Bon appétit! And yes, of course, the sunshine is on the house!

### FOR YOUR PLEASURE SUNSHINE IS ON THE HOUSE!

**W**hat do you fancy? Today the Chef is recommending as a starter: artichoke barigoule, zucchini flowers and small stuffed vegetables Prouvencal-style. Then to tickle your taste buds we suggest red mullet fillets (caught during the night) with thyme, seasoned with spices, or a seabass (for two) with fennel. We also have à la carte aioli



### CHRISTMAS IN PROVENCE THE 13 DESSERTS

**T**radition dictates that the 13 desserts are served on a table covered by three white tablecloths with three candles (or candlesticks) in the middle and three cups of wheat from Sainte-Barbe. The 13 Christmas desserts are served at the end of the meal on Christmas Eve and remain on the table for three days. Here is a list of

the "classic" desserts which begins with four mendians and four dried fruits: nuts (or hazelnuts), dried figs, raisins, almonds, *pompe à huile* (a fougasse style bread with orange tree oil), white nougat, dates, dark nougat (made with melted honey cooked with almonds), red nougat (with rose and pistachios, Calissons from Aix, oranges (or clementines), watermelon, a piece of exotic fruit (kiwi, mango, etc.). Around the winter solstice the days are short and light is rare.



Scan to find restaurants  
in the Gulf







## THEY CHOSE THE SOUTH

"I discovered Saint-Tropez during the winter," confides **Cyril Lignac**, "not during the hectic buzzing atmosphere of summer. I loved its spirit, the colourful back streets and the iconic Vieux Port. I soaked up the turquoise blue sea, sublime, all these southern influences, the light in Provence, all sublime".

With Pastry Chef **Benoit Courand**, they have just opened their first **La Pâtisserie Cyril Lignac** store outside Paris. It gives pride of place to fresh fruits and southern flavours like this delicious and elegant Paulova. These two Chefs are now ranked among the big names in French gastronomy who have honoured and are honoured in the pages of our *Mythique* magazine.

# Paulova with red fruits

**La Pâtisserie Cyril Lignac**



**Préparation** : 1h30 • **oking time** : 45 mins

### INGREDIENTS FOR 6 PEOPLE

#### French meringue

- 100g of egg whites (3 large eggs)
- Pinch of salt
- 3g of lime juice
- 100g of castor sugar
- 100g of icing sugar

#### Raspberry and lime compote

- 200g of raspberries
- Zest of 1 organic lime
- 30g of brown sugar
- 3g of NH pectin

#### Light cream

- 95g of mascarpone
- 185g of liquid cream
- 50g of castor sugar
- 1 vanilla pod

#### Assemblage

- 125g of strawberries
- 125g of raspberries
- 100g of wild strawberries
- 50g of blackberries
- 50g of blueberries

### FRENCH MERINGUE

In a mixer bowl fitted with a whisk, beat the egg whites with the salt and lime juice. Then add the sugar in three times until you get a firm meringue, then incorporate the sifted icing sugar.

On a baking tray lined with baking paper, pipe an 18cm diameter disc using a Saint-Honoré piping bag. Preheat your oven to 130°C (th. 4/5) and bake for 1h30mins.

### RASPBERRY AND LIME COMPOTE

In a saucepan heat the raspberries with the finely grated lime zest. Mix the brown sugar with the pectin. At 45°C, incorporate the brown sugar-pectin mixture into the raspberries. Bring to the boil. Keep chilled.

### THE LIGHT CREAM

Gradually thin the mascarpone by adding the cream. Add the sugar with the seeds of the vanilla pod, previously split and grated. Mix everything together and keep it chilled.

### ASSEMBLAGE

In a mixer bowl fitted with a whisk, whip the light cream until it thickens. Using a piping bag with nozzle, pipe the raspberry and lime compote onto the French meringue disc. Then add the light cream on top. Cover with the different red fruits.



## LAND OF FLAVOURS

# Vegan cuisine



### FOR ALL TASTES VEGAN RESTAURANTS

Out of respect and to welcome all those who prefer a diet that does not include animal meat or meat-based products many establishments in the gulf of Saint-Tropez have developed menus without dishes containing products from livestock, such as eggs, milk and fish. Vegan cuisine is also a great pleasure to prepare as it involves being creative to enhance vegetables with the south's various flavourings and textures, producing all kinds of simple and elaborate dishes suited to everyone's tastes (gratins, crêpes, sweet and savoury torts, curries, stews, fried dishes, dumplings, purees, marinades, cakes, desserts, etc.).



This recipe is from Sylvain Levallois, barman and CFA instructor of the 3 Caps (La Croix Valmer)

### A VIRGIN MOJITO, YES, BUT WITH A PROVENÇAL TOUCH!

Here is a cocktail you should find very tasty, as we did. It is served chilled. It has the following worthy properties: anti-inflammatory, anti-infectious, anti-bacterial and anti-viral. So let's get on and prepare one! This is a recipe for two to share. Say goodbye to sodas, juices and other super sweet drinks.

If you don't mind, let's prepare this deliciously refreshing drink together to create the Virgin Mojito but with a Provençal touch. As you guessed, there's no alcohol but it has detoxifying properties. With this brew, you will be taking care of your digestive system thanks to the fresh mint, verbena and ginger which are excellent anti-oxidants. Your cholesterol will improve with the vitamins C and B9 in the two citrus fruits (orange and lemon) and you will feel calmer thanks to the bergamot. Here's to Happy Holidays and Good Health!



#### INGREDIENTS FOR 1 GLASS

- A pinch of dried verbena
- A pinch of dried bergamot
- 1 whole crushed lemon
- 1 whole squeezed orange
- 1 teaspoon of stevia (or powdered birch sugar)
- 2 sprigs of fresh mint
- Ginger soda
- 1 glass (approx. 40cl)

#### TO MAKE YOUR COCKTAIL

Cut the orange and lemon in half and squeeze them, put the two sprigs of mint in a pre-chilled glass. Pour in the citrus juice, cover with ice, add a spoonful of sugar and pour in the ginger soda to the top, mix it all well. Everyone has their own straw to enjoy it together.

#### TO MAKE YOUR SODA

1 litre of mineral water, 100g of sugar, half teaspoon of yeast, 100g of peeled ginger, 1 squeezed lemon. In a 1.5 litre bottle, leave it to rest for 24 to 36 hours at room temperature. It's ready.

#### ADD AN ECO-FRIENDLY TOUCH

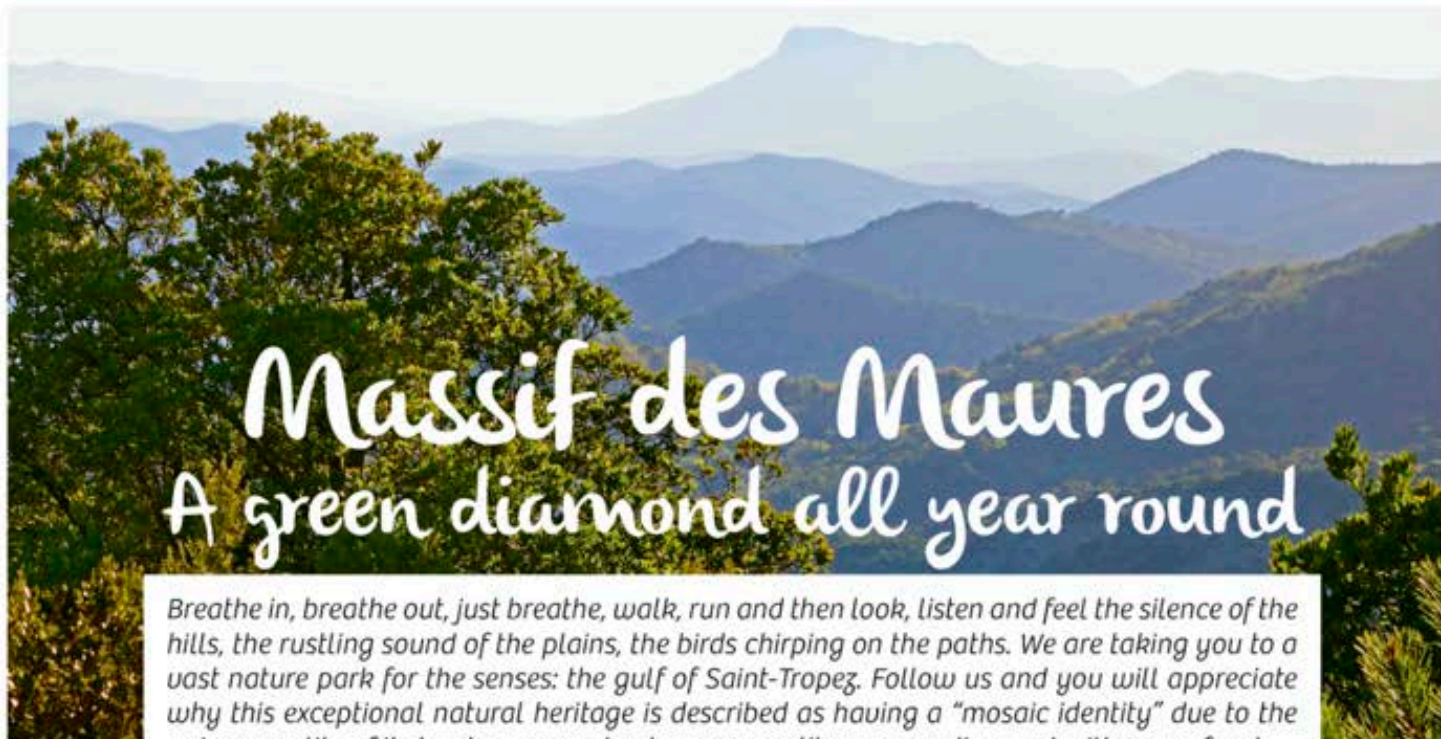
Instead of straws, use dry pasta like Bucatini, Zito or Ziti.





*Sweet Petits  
Farcis*





# Massif des Maures

## A green diamond all year round

*Breathe in, breathe out, just breathe, walk, run and then look, listen and feel the silence of the hills, the rustling sound of the plains, the birds chirping on the paths. We are taking you to a vast nature park for the senses: the gulf of Saint-Tropez. Follow us and you will appreciate why this exceptional natural heritage is described as having a "mosaic identity" due to the unique quality of its landscapes and nature spaces: like a green diamond with many facets.*

### IDENTITY CARD VALID FOREVER

**M**assif des Maures. Surface area: 135,000 ha. Originality: a succession of hills, valleys, tracks, rivers, streams, the maquis and bodies of water. A land of pine trees, cork oaks, chestnut trees, olive trees, strawberry trees, rock roses, ferns, mimosas, broom and heathers. An infinite palette of greens from the first shoots of spring to the yellows, ochres, oranges, reds and browns of autumn, so many you can't count them, which fade as winter approaches. In summer due to the light, the palette is one of softer pastels, almost muted. Time to get those paintbrushes out.



The Giégi trail on the ridges above Cogolin



The Pont des Fées (faine bridge) at Grimaud



### COMPOSITIONS

**I**t will be difficult for you with your sketchbook to paint a portrait of a bird (the models here are so fidgety!) but in the heart of the forest there is nothing to stop you from painting a pine cone, fern, or piece of cork bark or an orchid, pebble or promontory... There are endless sources of inspiration. Lacking ideas? Come back after the rains when the colours will have changed and streams will appear. And all around you will be edible or medicinal plants refreshed by the rain and little creatures, ponds and riuulets emerging. A national nature park, the Maures plain will reveal all its smaller residents. Bring your brushes, felt tips and colours, and don't forget our activity ideas in the green country: [www.amusez-vous.net](http://www.amusez-vous.net)







## PRECIOUS

To sum up, once upon a time 300 million years ago there was what geographers called the "Hercynian Chain" which as it formed resulted in the transformation of pre-existing rocks. And these rocks had numerous seams of minerals running through them. Over these millions of years, the mountains eroded, leaving behind the current Massif des Maures. The mineral seams were released from their rocky prison (you find them on the river beds). Among them is gold, yes gold, but production remains very modest. It is just a one day hobby.

[www.conservatoiredufreinet.org/activites](http://www.conservatoiredufreinet.org/activites)



Prelude to the night on the heights above Sainte-Maxime



## YOU CAN BE HEARD!

Of course these nature spaces and miniature mountain range are vulnerable, rare, threatened and protected. As you can imagine, they are home to a remarkable biodiversity and variety of landscapes and green spaces of great value. Therefore, no lit cigarettes in the woods or bulks thrown from a car window. Take only binoculars and camera. Walk at a gentle pace, taking it all in. The animals can hear you.

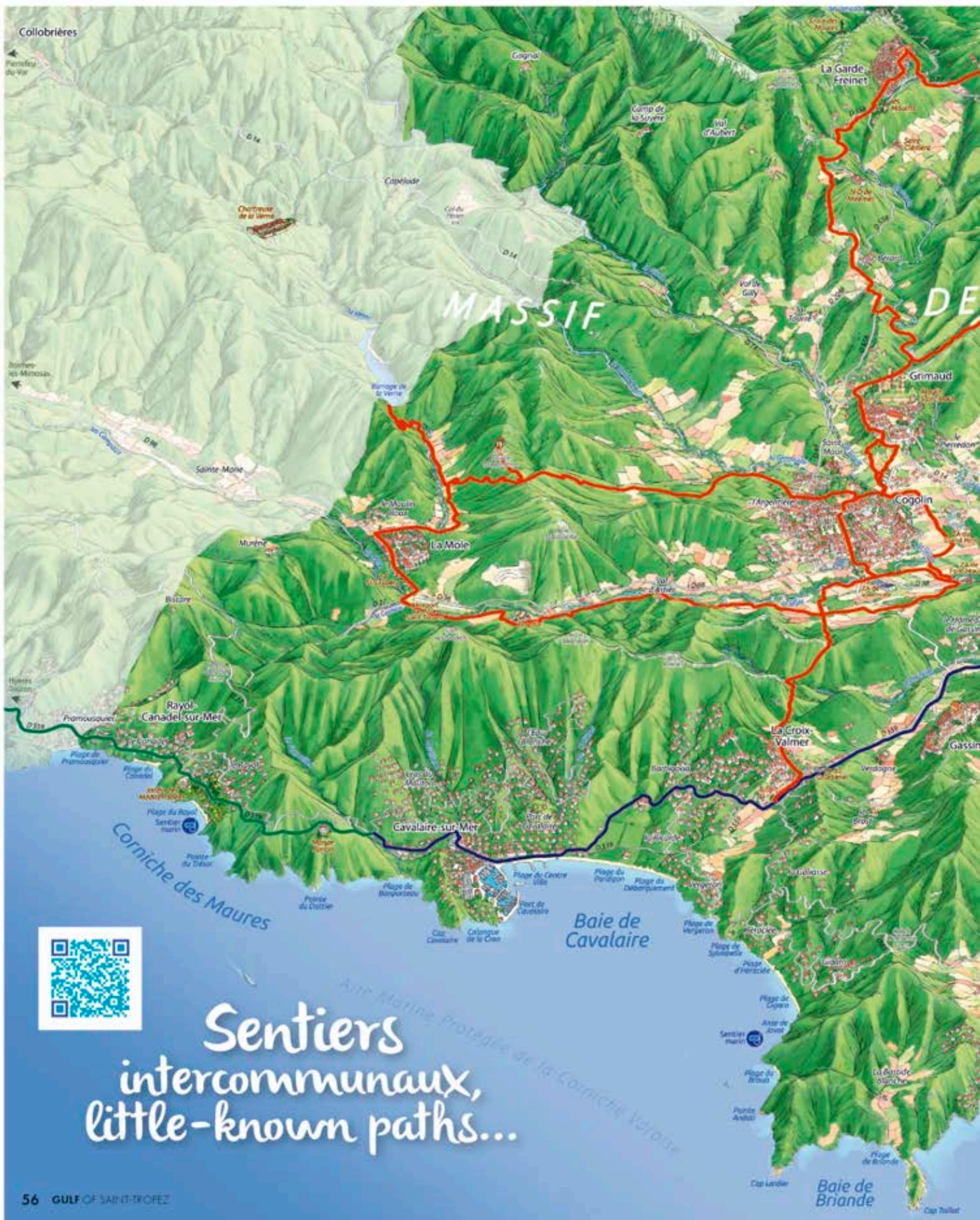


## A LITTLE READING

"Always wearing espadrilles, he walked in silence through the woods, the 'mussugues' (slopes covered in rock roses), the stony beds of rushing streams, the peaks covered in thorny broom, the valleys of rock and heather," wrote Jean Aicard from the Académie française in Maurin des Maures published in 1908. Have you read it? We recommend it if you want to get to the heart of the Maures. The Var author was inspired by a real life bandit, Gaspard de Besse who ruled the Var in the 1770s,

to stage each episode of the adventures of his hero in his "domain", the Massif des Maures. Aicard describes a colourful mischievous character, playing up the old bill, a poacher, seducer and freedom-loving defender of ordinary people. His territory? The "communes of La Garde-Freinet, Cogolin, La Molle (sic), Saint-Tropez, Sainte-Maxime (...)" including villages where the Maurin des Maures was king and the woods where he was the Don Juan.





# MASSIF DE LA CORNICHE VERTE

Sentiers  
intercommunaux,  
little-known paths...





# MAURES

## Golfe de Saint-Tropez

## Baie de Bougnon

## Baie de Pampelonne

## Baie de Bonporté



### KEY TO THE MAP

- Signposted intercommunal trails
- Tarmac cycle paths
- Voie Verte: earthen cycle and pedestrian paths



There are many other trails signposted by local authorities







# Pathways to happiness in a loop or one way

There are municipal hiking, mountain bike and hybrid bike (VTC) trails which all arrive at the same starting point. Often they are marked by the municipalities through which they run. Others cross or straddle borders, which are run by the Golfe de Saint-Tropez and require a little organisation.



Le Plan de la Tour, a hiking paradise

## THE MINES TRAIL FROM VALLAURY TO PLAN DE LA TOUR



Take for example the mines trail from Vallauray to Plan de la Tour. Once you've parked your car (you pick it up later at the same place), there is a 7km route that will reconnect you to the gulf's mining past and lead you to a fabulous panoramic view from Sainte Maxime to Saint-Tropez. Along the way you will find three mine entrances, an old mine dump and the ruins of the Martins hamlet, a reminder of what life was like in the hills. A path lined with rock roses, heather and myrtle. Duration when not in a hurry: 2h30.

NB: steep climb at the start followed by a rocky descent and steep steps at the end.

## GRIMAUD - LA GARDE-FREINET VIA LES VERNADES

Another example, this time with a vehicle to wait for you at the end: Grimaud - La Garde-Freinet via Les Vernades hamlet. You will be following and passing little streams which feed into the River Garde, the last tributary of the Giscle, two water courses that are often dry in summer and over the centuries have shaped the plain of Grimaud. In winter, the flamboyant colours of the sunrise can be enchanting. In summer, make the most of shady spots before climbing up to a remarkable viewpoint. A hike in the forest of cork oaks and chestnut trees, an opportunity to go through hamlets like Galine, Les Vernades and Embaude, and contemplating Massif des Maures slopes that plunge down into the Mediterranean await you.



There are more than 40 municipal paths that go in a complete loop and a dozen that cross an area, all available at: <https://www.golfe-saint-tropez-information.com/fr/editions>







Botanical path in Cogolin

## GAME OF TRAILS IN SEARCH OF THE YELLOW MARKERS

**A**t the bend of a cove, a headland, an Aleppo pine forest or a fisherman's hut, tracks and paths of the Mediterranean turn, climb, disappear, descend, disappear again and then fade into a fine sandy beach where waves lethargically roll.

One day, a magician asked if he could paint this landscape. Alas, to his amazement he only had one colour in his palette and that was azure blue. Better to listen to the sea, he thought. However, inspired, he added with a large brush a series of hyphenated yellow lines so as not to get lost.



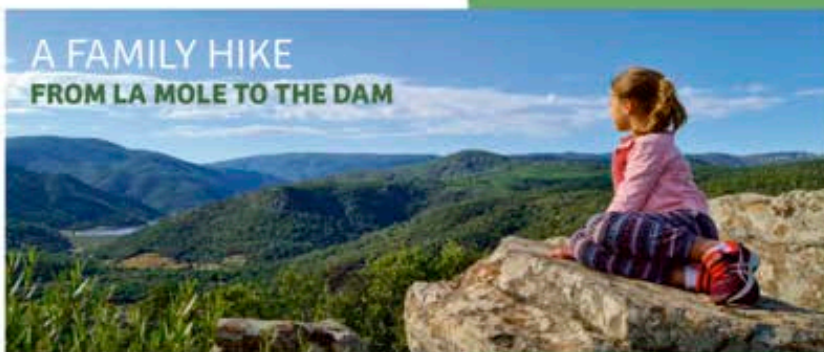
The path unrolled like a carpet of warm earth which seemed to oscillate between rocks, sometimes stony and fragile, or the brushwood that make up the maquis. Blades of grass and wind-dried flowers crunched underfoot. Saffron-red dust floated, suspended in the air. Two meters below the restless sea lapped and slapped against the chiselled stone and like an indicator on a car the yellow marks flashed up indicating rocks with the regularity of a metronome.

Like scattered pebbles, these yellow hyphens on the old customs road are the final link with a vanished aspect of humanity. Here the curiosities are vegetal; Jupiter's beard, clumps of pale carnations, stone drills, cineraria, immortals... Immortal, well things were going well in those idyllic places. What was the nature of this dotted border that separated the shore from the sea? What was the nature of this intermittent dotted yellow

line that followed the coast, stretched like a tightrope walker's wire? What was the nature of this ribbon that scrolled and undulated like a roller coaster on the shingle? We were elsewhere, lulled by the gentle to-and-froing of the waves, intoxicated by the scents, extravagant fragrances that changed from one meter to the next, intoxicated by the shades of green that marked the woods and the blues that emerged from the water's edge, while the yellow markers continued their ceaseless invitation to follow them.



## A FAMILY HIKE FROM LA MOLE TO THE DAM



Come and discover this mysterious, irregular yellow line that marks the coastal path. Children will love finding it. Who knows, maybe it goes all the way around the peninsula?



**T**o access the dam, turn right after the second traffic lights on leaving La Mole village.

The Verne Dam supplies drinking water to the population in the gulf of Saint-Tropez and the Maures country. The water is treated at Verne; swimming and watersports are therefore forbidden.





# Land of hikes & discoveries

To help you fully appreciate this palette of colours and sounds, experts have created guided walks. For example, you can observe birds that come here every year to nest in the best places with the bird protection association (Ligue de Protection des Oiseaux) or examine with a magnifying glass, map in hand, all the beehives.

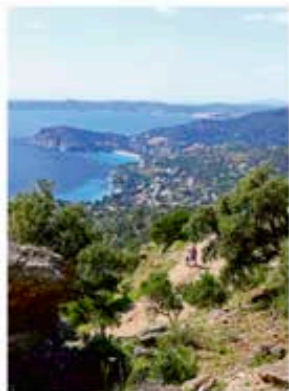


## HOLD YOUR BREATH!

To be sure you know what you're seeing, just try one of the seven yellow marked intermunicipal paths (more than 100 km) under the aegis of the Golfe de Saint-Tropez. Hiking allows you to stop on the side of paths and gage into a living world of tall grasses, tree trunks, stumps and streams, and listen to the music of the forest, leaves rustling at the hint of a breeze, and be surprised when you disturb a wild animal on its territory, or an attentive mistrustful bird. Listen, did you hear them?



A land of unforgettable hikes



## MUNICIPAL MAPS

Other documents are available that complete the presentation of these wonderful paths and trails that all go in a loop this time in each of the 12 municipalities in the gulf. Ideal for exploring on foot of course, but also on horseback (see page 66), mountain bikes (following pages) or by car. Some of the shorter paths are laid out to suit families. These detailed documents are available from all the Tourist Offices in the Gulf of Saint-Tropez





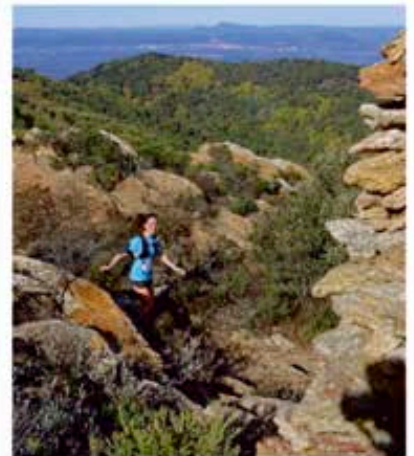


## TREASURES ALWAYS INTERESTING WITH A GUIDE

To learn more about the secrets of the Massif des Maures it is always worth going with a naturalist guide. In less than an hour they can help you discover hidden treasures. You can discuss earth sciences like the geology, geography, biology and climate of the area visited. Indeed, lots of fascinating guided walks are arranged every year. Take the protected Cap Lardier site: 350 ha of natural wonders. Do you know all the secrets of driftwood and the intensity of life in the sand or on the maquis and floral path by the sea. Sturdy shoes are recommended, a hat to protect against the sun and your attention. The kids will love it. [www.amusez-vous.net](http://www.amusez-vous.net)

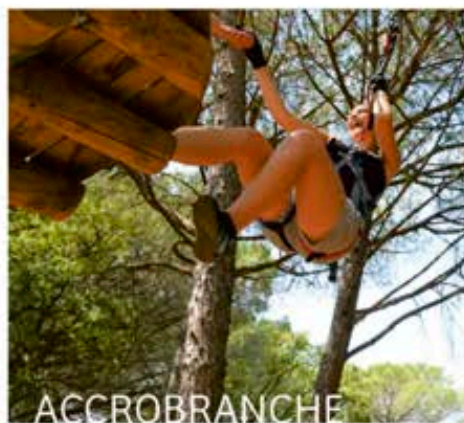
## GUIDED WALK FROM LA GARDE-FREINET

Hiking country par excellence, La Garde-Freinet offers a whole range of exceptional walks. Find out more from the Tourist Office about guided hikes for all levels.



## White rocks trail

This place is amazing. The 360° view of the Maures (altitude: 63m) is superb. Not only is it a beautiful hike (route is around 8 to 9km), every winter it is also the route of an off-road run in front and around these white rocks composed of sparkling seams of quartz emerging from the schist. Starting in La Garde-Freinet, the White Rocks Trail (and recently the children's trail in the village) has two routes, a 31km one (elevation gain: 1,380m) and a 14km route (elevation gain: 540m). Hundreds of keen runners take part. Take a deep breath, enjoy, the peninsula is truly a land of inspiration.



## ACCROBRANCHE GET HOOKED ON IT!

In a two-hectare area of pine forest, Grimaud Aventure offers several fun treetop climbing routes all done very safely with continuous lifelines and smart carabiners. There's a range of aerial challenges of varying strength and balance for young and old adventurers. So get hooked up and enjoy some fun and surprising times supervised by qualified staff.

A hobby? It's more about learning your limits. We have seen teenagers scared of going down, and yet these acrobatic routes are safe and secure.



In Sainte-Maxime, in the heart of a two-hectare forest, Aventure Famille also offers fun activities like tree climbing and routes in the trees with more than 100m<sup>2</sup> of suspended nets, giant trampolines and many other activities such as a brand new mini golf course. For all levels.



From la Male to Royol, the Canadel pass





# Cycling has its paradise

*As you will have seen, the gulf of Saint-Tropez is also a land that welcomes cyclists. Whatever your level. Big, small, beginner, rooky, experienced, athlete, champion or amateur, there are routes for you. Up to you to choose which colour landscape: Mediterranean blue, chestnut tree green or golden sunsets? Breathtaking panoramas, flat or steep, long or short, lots of variety and always that special light: 300 days of sun a year. Three villages have already earned the 'Accueil vélo' label as being particularly cyclist friendly: Gassin, Cavalaire and La Croix Valmer. If there is a cycling paradise it is here. Have you discovered it yet or chosen it? You will be back for sure.*



## 'ACCUEIL VÉLO' NETWORK A LABEL ON THE UP

**A**ccueil Vélo is a national label that guarantees a quality welcome and services along cycle routes for cyclists on the move. An Accueil Vélo facility can be accommodation, cycle hire outlets or repairers, a restaurant, tourist office or tourist site. On the peninsula, the Gassin Tourist Office is a pioneer. Not only is it the first establishment to get the label in the Gulf (January 2023) it is an approved centre in the south of France to issue the label for the Gulf of Saint-Tropez area. Establishments that have already earned the label: La Croix Valmer and Cavalaire Tourist Offices, furnished properties for rent, etc. They will soon be joined by others.

Accueil Vélo guarantees the cyclist that an

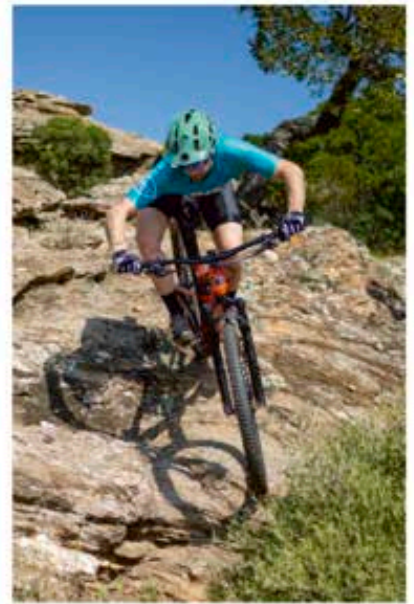
establishment is within 5km of the cycle route, has facilities for cyclists (safe secure bike storage, basic repair kits), a warm welcome (useful information, advice on local routes, weather information, etc.) and for services for travellers on bikes like luggage transfers, bike rental and cleaning (hose, etc.). Time to do some laundry and off we go again! In the reception area of the Gassin Tourist Office there's a water fountain, repair kit, plugs to recharge batteries, free WiFi and three-day weather forecasts. As well as maps to help you explore the region, there are also outside taps and toilets. Accueil Vélo: a label on the up in the Gulf. And from Gassin, an amazing panoramic view!



### LE RAYOL - CAVALAIRE - GASSIN

16.6km. Start on the old railway line by the monumental staircase and follow it to the Daltier tunnel (3km). 500m further on turn right along the RD98 towards Cavalaire for 2km. The track stops at the entrance to the village: go to the Tourist Office and pick up the Promenade de La Mer. 2km further on, the track turns left towards La Croix Valmer on an open road; the track starts again at the roundabout exiting the village (markings on the ground) to the high school (lycée) in Gassin where it merges again with the road to the La Foux crossroads.





## CYCLE PATH IDEAS

### SAINTE-MAXIME (SEA) - SAINTE-MAXIME (LES BOSQUETTES SPORTS COMPLEX)

3.6km. Start on the RD 98 at the intersection before the bridge going to Le Muy. Follow the markings to the Bosquettes sports complex.



### SAINT-TROPEZ - SAINTE-MAXIME

12.2km. Start from the Bouillabaisse roundabout at the exit from Saint-Tropez. Direct to the bridge at Sainte-Maxime.

### SAINT-TROPEZ - RAMATUELLE

12km. Via the Route des Plages, last completed section.

### LE RAYOL - CAVALAIRE - SAINTE-MAXIME

Via Gassin, Ramatuelle and Saint-Tropez across the gulf (tracks with facilities or cycle paths on page 56)



## IN THE SADDLE THE GULF IS FOR YOU!

And to save time and so you don't get lost in the maze of improbable paths, why not join well-known cyclists from the Tribe Sport Group, Pep's Spirit, Blue Bikes, Esprit Cycles and others, who know these legendary routes (and road network) like the back of their hands. Whether on a mountain bike, hybrid bike or versatile bike to go on gravel, just as comfortable on the road as off-piste on forest tracks (or the more technical routes for the experts), and with electric bikes, there are no more excuses. Whatever your saddle, the gulf is for you!







*In this rugged countryside, a few islands of greenery emerge, orderly, tidy and organised or not according to their theme. In the gulf of Saint-Tropez there are four that are as different as they are complementary, as precious as they are exceptional.*



### MEDITERRANEAN GARDENS FIVE CONTINENTS TO EXPLORE

**L**E RAYOL. The extraordinary view that the Rayol estate offers from its balcony entrance over the Îles d'Or is an emotional shock, unless you are totally insensitive. This 20-hectare garden was designed by the famous landscape designer Gilles Clément and features landscapes and flora from regions of the world with a Mediterranean climate. Open 365 days of the year: guided tours, a marine garden, Open Days, concerts, one of the best bookshops on gardens and the Café des Jardiniers.



### HARDY-DENONAIN BOTANICAL GARDEN DISCREET ALONGSIDE THE BARRI

**G**ASSIN. This unusual 2,500m<sup>2</sup> garden with its shady paths is run by Marie-Thérèse L'Hardy, a former scientist and botany enthusiast. Here on the Gassin embankment all is natural (no such thing as a weed!) and the 600 species of this "Jardin Remarquable" are duly listed. Plants are given free range as are the two Herman tortoises, which are also common elsewhere on the peninsula. (Free entry, but don't forget to fill in the guestbook).







### GASSIN GARDEN A FOREST CLEARING

**G**ASSIN. At the foot of the village, this unique place has been turned into a nature garden that promotes biodiversity. An ideal spot to relax with its well organised rose garden run by Anne and Julia, displaying more than 300 varieties of old roses. Rose bushes on sale all year in the nursery. Workshops, courses, events, concerts, seminars. RD98, between the La Foux roundabout and La Croix Valmer.



### THE MYRTES BOTANICAL PARK WITH A TRAIL FOR THE VISUALLY IMPAIRED

**A**s you exit Sainte-Maxime going towards Grimaud you will find this tree-filled park with so much to offer. Play areas for children, a pond with water lilies and fish and guided tours for children from the age of 6 and a range of Mediterranean and exotic trees (nearly 60 species) including a fabulous collection of palm trees. And above all the park has created a trail of fragrant plants for the visually impaired, complete with braille signs (let them know). 30m from the beach.



## Attractions

### THEY ARE WATCHING YOU!

**Woods.** Will you be able to spot all these hidden wonders, often invisible, almost inaccessible, but which are there in the thickets and undergrowth: foxes, wild boars, wolves, deer, badgers, ligards, squirrels and the famous Hermann tortoise, a protected species, the only French tortoise, and not forgetting that symbol of the south, the cicada which sings all summer once 22°C has been reached?



**Sky.** Looking up, will you be able to recognise among the hundreds of birds the Scops Owl, among the passerines the sparrow, blue tit, thrush, nightingale or bluebird, and what about the black-headed gull, peregrine falcon, common kestrel, seagulls and gannets?



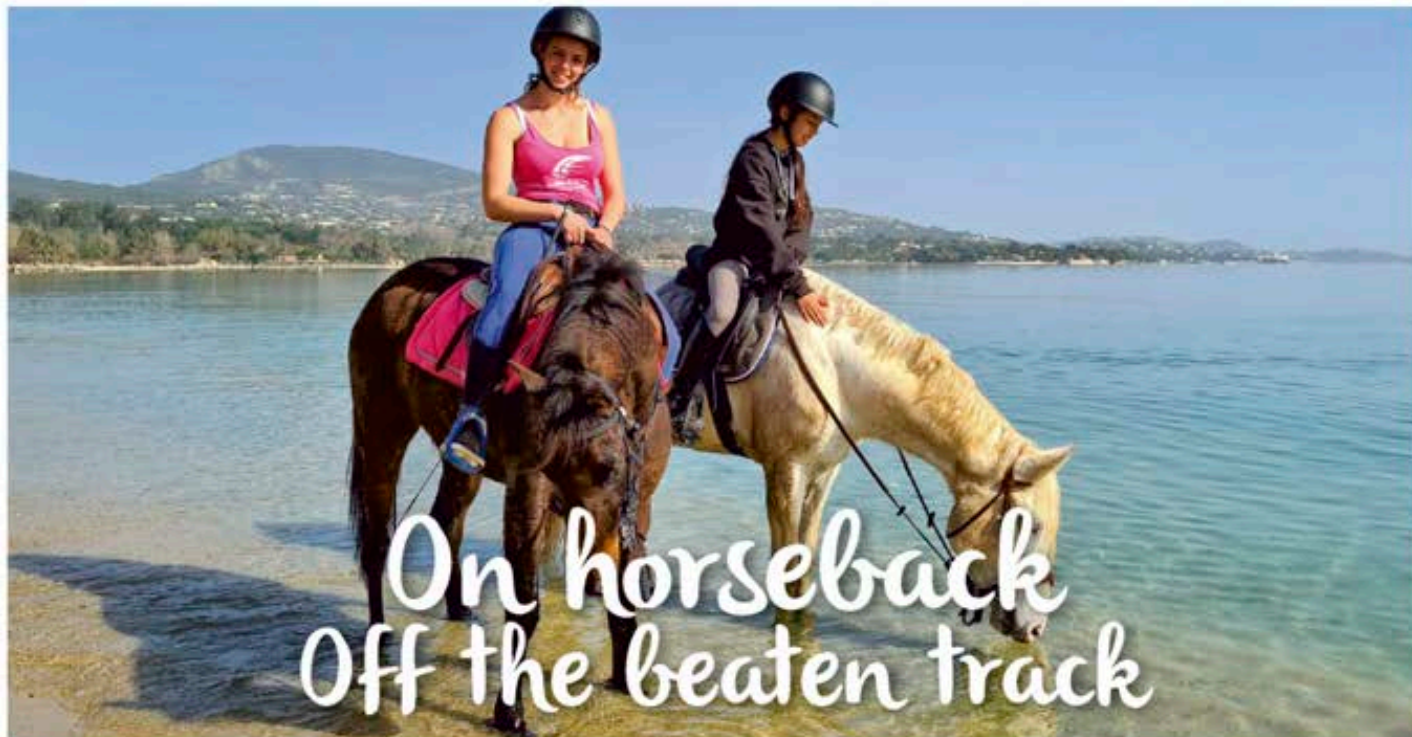
**Ground.** Take a good look, for at your feet, often without our knowledge, insects crawl, fly, squirm, turn over the soil, aerate it and populate the maquis: caterpillars, worms, beetles, spiders, butterflies, dragonflies and more.



**Herbs.** A little higher at 30cm in height, the whole of Provence sings with fragrant herbs like lavender or myrtle, tasty herbs like thyme, rosemary and marjoram, or aromatic herbs like bay leaves, sage, chervil and savory, to the delight of the senses and taste buds.







# On horseback Off the beaten track



## CLIP-CLOP

This is another way to discover the tracks and hills of the Massif des Maures. On horseback down paths and shrubby trails. And at another pace, that of the past at the turn of the last century when peasants went from one village to another on horseback, and to the fields, bringing and selling their produce in the markets (eggs, chickens, vegetables, fruits, honey, etc.).



## QUIRKY

Accompany this donkey throughout the seasons (La Garde-Freinet and Plan-de-la-Tour) and the traditional Donkey Festival in Plan de la Tour.

## A NETWORK

To combine nature with the animal world and exploring off the beaten track the Var department has established an equestrian network, *Équi'Découverte*, of marked trails for riders of all levels. Its supported by a network of accommodation and horse-riding centres linked to the routes and accessible to everyone. Beach trails, pony clubs (from age 3). Not forgetting all the equestrian clubs in the gulf.



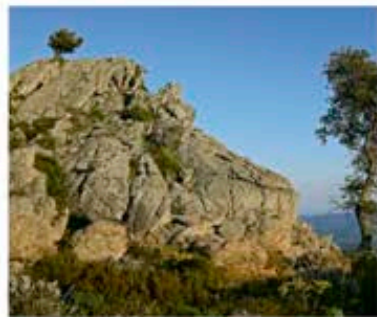




# Rocks, dolmen's & menhirs

*In previous pages we have talked a lot about that dizzy feeling you get when venturing along these paths in Provence. Where within minutes the Mistral can kick in and chase away clouds in the sky restoring it to that intense blue so beloved of artists. Oh, we are not the first human beings to appreciate these untamed landscapes and nature's wilderness.*

**T**he proof is there when you go in search of traces of the past, sometimes difficult to unearth to find how much early inhabitants appreciated this climate and environment. They left behind for us places like Fort Freinet (La Garde-Freinet), the dolmen in Briande bay (Ramatuelle), the ancient Gallo-Roman fish ponds (Sainte-Maxime), the ancient Romanesque Pardigon villas (between La Croix Valmer and Cavalaire); or Montjean oppidum (Cavalaire and La Mole). As you walk, climb, descend and scale those heights, look for the human elements.



## BLACK MOUNTAINS THESE ARE THE MAURES

**C**ontrary to what people will sometimes tell you, the name "Maures" does not allude to the Barbary people who once regularly attacked populations along the Var coast. It comes from the word "mauro" meaning "dark, black" in Provençal, first used in the singular to refer to a "measured height" (888) and then in the plural (16<sup>th</sup> century), as in fact a massif is a group of mountains.

## From the top of these rocks and boulders

**MORE THAN 400 MILLION YEARS GAZE ON YOU**

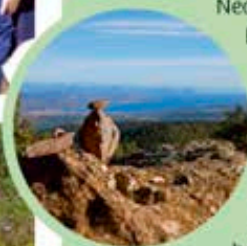
When walking in the Massif des Maures, remember that you are stepping on crystalline and metamorphic rocks dating back some 400 to 600 million years ago. Which, when you think about it, is quite recent in the grand scheme of things. This thought will not stop you from reflecting on how brief our time is and can only encourage us to live fully in the present. And yes, this soil has born witness to the extraordinary and exceptional geological and mineral heritage of this massif.



### DOLMENS & MENHIRS

**In search of scattered sepulchres**

**M**egaliths, large prehistoric stones, are mythical monuments that are also found in Provence. Archaeologists have identified over a hundred (half dolmens, half menhirs) in the Var. All date from the Neolithic period, so that's between 4,000 and 2,000 BC. While we know dolmens (stone tablets in Breton) are collective burial sites, we understand less about the meaning behind menhirs (or planted stones). In the Var, the two highest are to be found on the border town of Collobrières on the Lambert plateau (269m).



In Ramatuelle, on Cap Taillat, after walking along the Customs path, you will enter a property of the Conservatoire du littoral and can fully appreciate the dolmen in Briande bay. It was excavated and looted in the past but has been restored and is on show. In Plan-de-la-Tour, two Provençal menhirs stand proud on the Gorgues path.





# MARATHON DU GOLFE DE SAINT-TROPEZ



MARATHON •  
2 X 21.1 KM •  
MARATHON RELAIS •

**DIMANCHE**  
**30 MARS 2025**

• TRANSGOLFE : 19 KM  
Sainte-Maxime -> Saint-Tropez  
• 10 KM  
La Croix-Valmer -> Cavalaire-sur-Mer



[MARATHONDUGOLFEDESAINTTROPEZ.COM](http://MARATHONDUGOLFEDESAINTTROPEZ.COM)



RÉGION SUD PROVENCE ALPES CÔTE D'AZUR







## January

Wellness Salon (Sainte-Maxime)  
Cycling: Trophées des Ruelles (Gassin)

## February

Themed Mimosa Odyssey tours (Rayol-Canadel-sur-Mer)  
Foulée Croisienne fun run (La Croix Valmer)

## March

Vive le Printemps spring festival (Rayol-Canadel-sur-Mer)  
La Gassinoise, walking race (Gassin)  
gulf of Saint-Tropez marathon  
Enduro des Trois Caps mountain bike challenge (Gassin)

## April

Plant Fair (Plan de la Tour)  
Triathlon: Tri-Tropezien (Saint-Tropez)  
Olive Festival (Rayol-Canadel-sur-Mer)  
Posidonia Days (La Croix Valmer)  
Plant Market (Cogolin)  
Spring Festival (La Mole)

## May

Donkey Festival (Plan de la Tour)  
Vine and Wine Festival (Ramatuelle)  
La Cavalaïroise, fun run (Cavalaire)  
Corso de la Bruyère festival (Plan de la Tour)

## June

Equi'Country, horse show (Cavalaire)  
Rendez-vous aux Jardins (Gassin and Rayol-Canadel-sur-Mer)

## October

Gondwana, festival of Mediterranean plants  
(Rayol-Canadel-sur-Mer)  
Posidonia Days (La Croix Valmer)

## November

Duathlon, running and cycling (Plan de la Tour)  
White Rocks Trail (La Garde-Freinet)

## December

Open Days at Domaine du Rayol  
(Rayol-Canadel-sur-Mer)



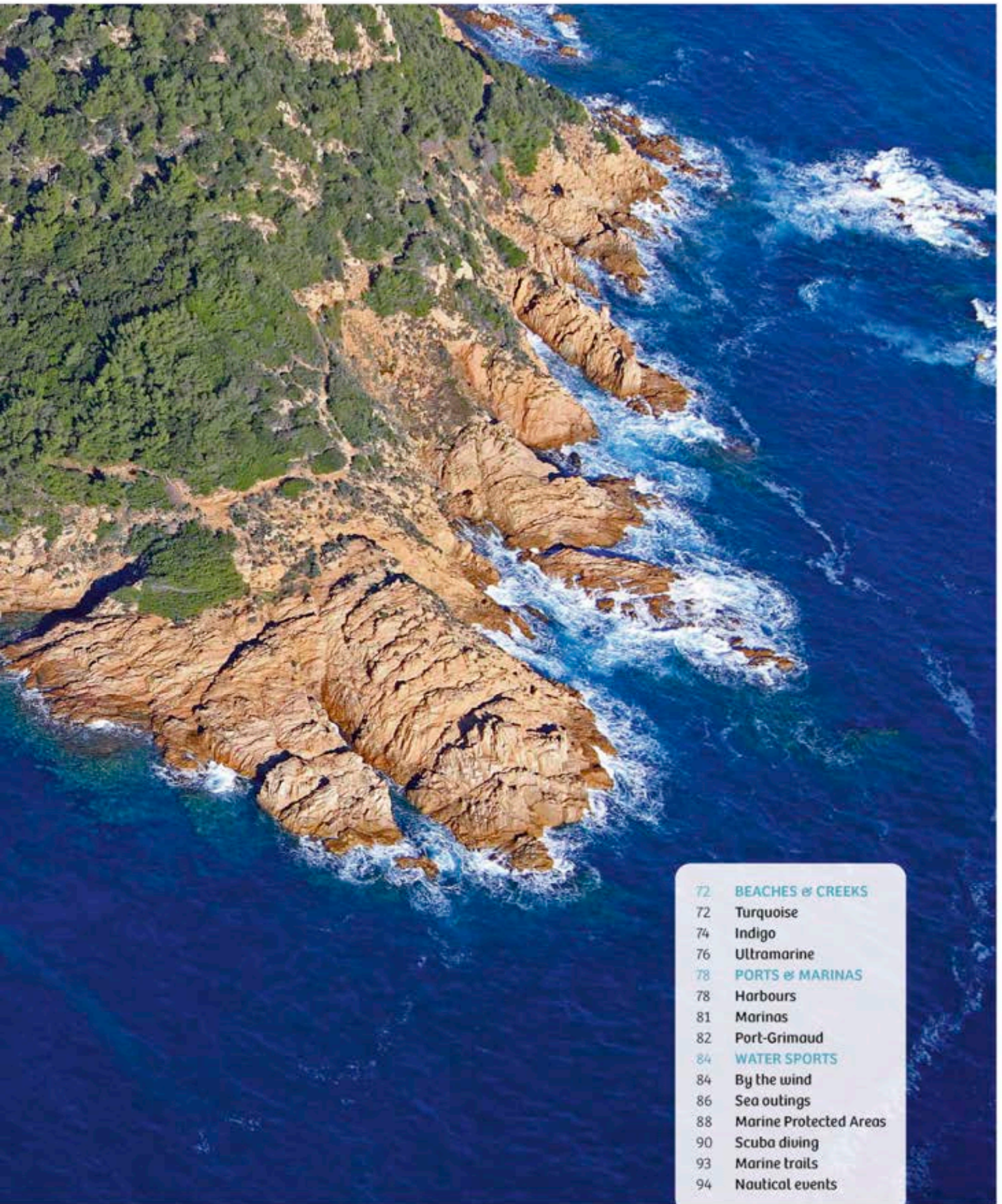


An aerial photograph of a coastline. The top half of the image shows a dense forest of green trees on a rocky, brownish cliffside. The bottom half shows the sea, which transitions from a deep blue to a lighter, turquoise blue near the shore. A small white sailboat is visible in the middle of the water. The text 'The Blue Country' is overlaid in white on the dark blue water.

# The Blue Country

**B**lue, blue, the sky of Provence is blue goes the song. Blue skies but also blue sea, from lighter blues to the darker blues, from the most melancholy to the deepest. Every day, the Mediterranean of Provence rolls out its palette of delicate shades while purple shutters blend with flowering heathers in the hinterland. Symbols of peace and tranquillity, associated with wisdom and dreams, the best thing to do is to come here and dive into this infinity of blue as soon as you can.





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**Benporteau Beach**

*Superb cove lined with rocks.  
The Marine Path laid out in summer.*

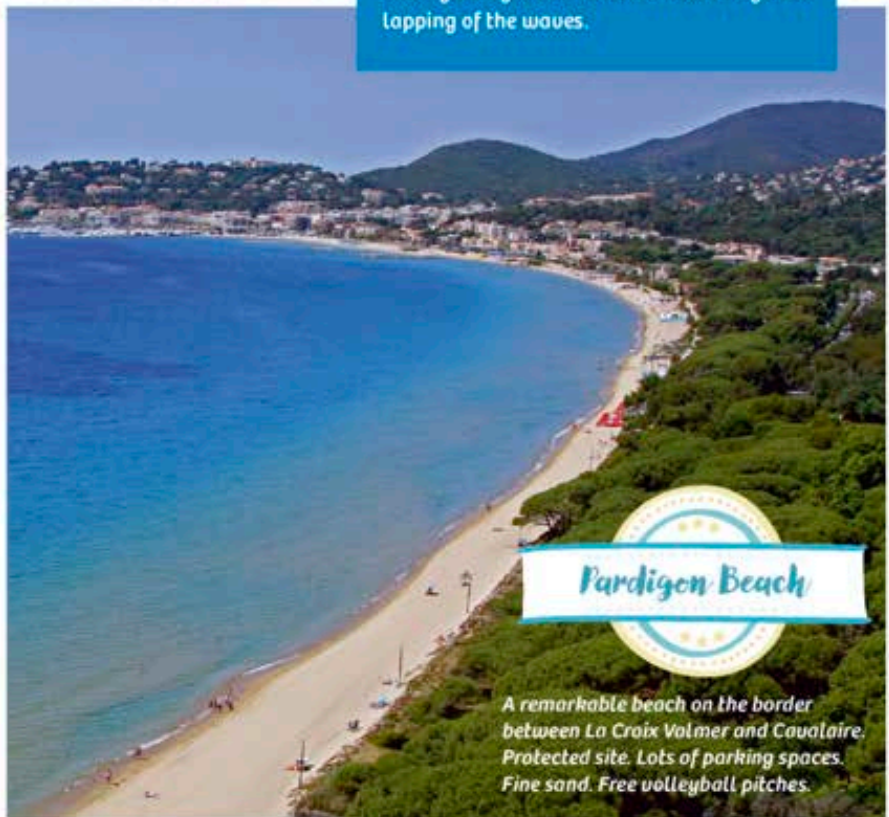
# Turquoise

# CAVALAIRE MER

**F**rom Rayol-Canadel (in the west) to Sainte-Maxime (in the east), the turquoise blue of the sea is that of a cloudless sky, the yellow that of the fabrics of Provence, the olive green and mauve lavender belonging to the cuisine and fragrances of Provence. At the foot of tree covered hills, people often take a path to a long, wide beach with the Îles du Levant as a backdrop. A green path takes up the old Train des Pignes route. Just close your eyes and listen to hear the gentle lapping of the waves.

**Cavalaire's main beach**

*A long sandy beach where private establishments (restaurants and sunbeds) alternate with public areas. Crystal clear waters.*



**Pardigon Beach**

*A remarkable beach on the border between La Croix Valmer and Cavalaire. Protected site. Lots of parking spaces. Fine sand. Free volleyball pitches.*



# COGOLIN

Les Marines de Cogolin Beach

A really beautiful beach with giant palm trees. Unlimited parking and lovely view of the guardians of the Gulf, the village of Saint-Tropez in the distance facing Sainte-Maxime's harbour.



## GASSIN

### La Moune Beach

The only really small beach in the municipality shaded by reeds. Sailing school. Relaxed ambiance with water sports.

# GRIMAUD

## Port Grimaud Beach

Nothing but sand at the end of this beautiful Gulf. Great sand for the toddlers (slide), pedalos, sailing school.

## Gros-Pin Beach

Follow the seawall to the left, a Greek "temple" gives the beach character. Large sandy cove sheltered from the traffic.

## Guerrevielle Beach

Pretty little sandy beach near the car park. Breathtaking view of Saint-Tropez and its Citadelle!

## Cigales Beach

With its mini-lighthouse and picturesque basket-handle bridge, this sandy beach is very popular for its unique and original setting.



Gros-Pin Beach





## Gigaro Beach

A large family beach. Fine sand. Spectacular sunsets! Start of the coastal path to Cap Lardier. Marine Path in summer between small rocky creeks in Jauat.

## Débarquement Beach

Delightful beach, site of the Provence Landings (1944). Small "villoge" with bars, restaurants and shops. Superb pontoon that stretches into infinity. Shuttle service to the islands.

## Vergeron Beach

A small sheltered paradise of a beach at the end of a steep path. Challenging access. Places for towels limited. Here everything is special: view, site, fauna, flora, water quality, landscape.

## Briande Beach

The only beach at this end of the peninsula to run alongside a vineyard. Turquoise waters, fine sand, waves lapping, full sun. Robinson where are you?

## Héraclée Beach

White sand, gentle slope, transparent water. Public coast and private beach (with restaurant), junction with the start of Gigaro beach.



## Sylvabelle Beach

A staircase takes you down a steep slope to this haven of peace and lovely place to relax amidst lush vegetation. No shade, so bring an umbrella and one (or maybe two) bottles of water.

# LA CROIX VALMER

## Brouis Beach

A wild beach. Everything is here from the earthly paradise of a bygone era when there were only migratory birds and extraordinary flowers.

## Cap Lardier

Stunning panorama, endless walks. Too steep for swimming. A mosaic of landscapes and fragrances from the maquis.

# Indigo

Like an endless ribbon of sand, we saw dream beaches unfolding all long this shoreline. We saw a succession of rocky coasts, sand spits, isthmuses, creeks, beaches and harbours follow on from each other in a whirlpool of colours and intoxicating scents. This is Gulf of Saint-Tropez territory. On this fabulous stretch of coast, public areas alternate with private establishments with restaurants and sunbeds and the opportunity to try pedalos, kayaking, canoeing and more to their heart's content.



Héraclée Beach



# RAMATUELLE



Pampelonne Beach



## Bonne Terrasse Beach

Small sheltered creek on the headland, well known to fishermen. Higher up, in Eddy Barclay's former villa, the most beautiful voices in the world sang there.

## Pampelonne Beach

Stretching 4.5km this "espace naturel remarquable" is behind the Tropeen myths of the festive 1960s. You can swim, bask in the sunshine and eat here. Out of season, France's most famous beach returns to its original state.

## Escalet Beach (and further to Cap Camarat)

A succession of delightful small beaches, coves and creeks bathed in translucent waters between polished rocks and golden sand. Mask and snorkel a must.

## Le Rocher-des-Portes

Or Bird Island. Below the Camarat lighthouse via a steep path. Cormorants and seagulls wheel around in the air currents. Spectacular.



### FROM RAMATUELLE TAKE THE SHUTTLE!

Since this free shuttle service was introduced from the village to the Escalet and Pampelonne beaches it is always full. From 15 June to 15 September, avoid the problem of finding a parking space. Convenient, regular and easy to access. Information at the Tourist Office.



Bonne Terrasse Beach



# RAYOL-CANADEL

## Rayol Beach

A few steps down to the sand, an intimate beach with a wild aspect. A protected corner, with crystal clear water and view of the îles d'Or like all the village's beaches.

## Canadel Beach

At the foot of wooded hills, a wide long beach of fine sand facing the îles d'Or and just the gentle lapping of waves.

## Framousquier Beach

A beach of golden sand where schist crystals are reflected in the turquoise waters of the Mediterranean.

## Framousquier Beach

# Ultramarine

## La Croisette Beach

# SAINTE MAXIME



Most of the beaches in the Gulf of Saint-Tropez have bathing information panels that give you the sea temperature and water quality for bathing (also found on mobile phone Apps). In these crystal clear waters, swimmers will appreciate being able to dive from the rafts arranged in the bays. But remember this coastline is protected and sometimes eco-development programmes may be underway. Dogs, even on a lead, are not always allowed so find out beforehand from the first aid stations.

## La Croisette Beach

Do you love the sun and the sea? Then this long protected beach to the west of town is for you. Sand and pebbles for everyone – happy times!

## City center Beach

Public beach with life guard in summer in the centre of town! Convenient, easy access, fine sand and view of Saint-Tropez harbour.

## Madrague Beach

A tranquil change of scenery gently sloping down to the sea. A few pebbles and rocks but never too many people.

## Pointe des Sardioux

Be careful, this rocky point is being given a makeover. Replanting scheme, picnic tables, bins and baskets being installed. A marine path in situ during the season.

## Elephants Beach

Takes its name from the famous comic strip, 'Le Voyage de Babar'. Public beach. Water skiing and jet skiing.

## Garenette Beach

Easternmost beach on the Saint-Tropez peninsula. Public beach with lifeguard in summer. Nothing but lovely blond sand.



City center Beach



# SAINT-TROPEZ

## Canebiers Beach

200m of sand facing the setting sun. Family atmosphere. Raft in the bay to dive off.

## Graniery Beach

This little cove has a wild natural feel to it. The water is clear as a bell. Sand on the beach and pebbles in the water.

## La Ponche Beach

Two small adjoining beaches at the foot of fishermen's houses on the edge of the oldest district in Saint-Tropez. Grainy sand.

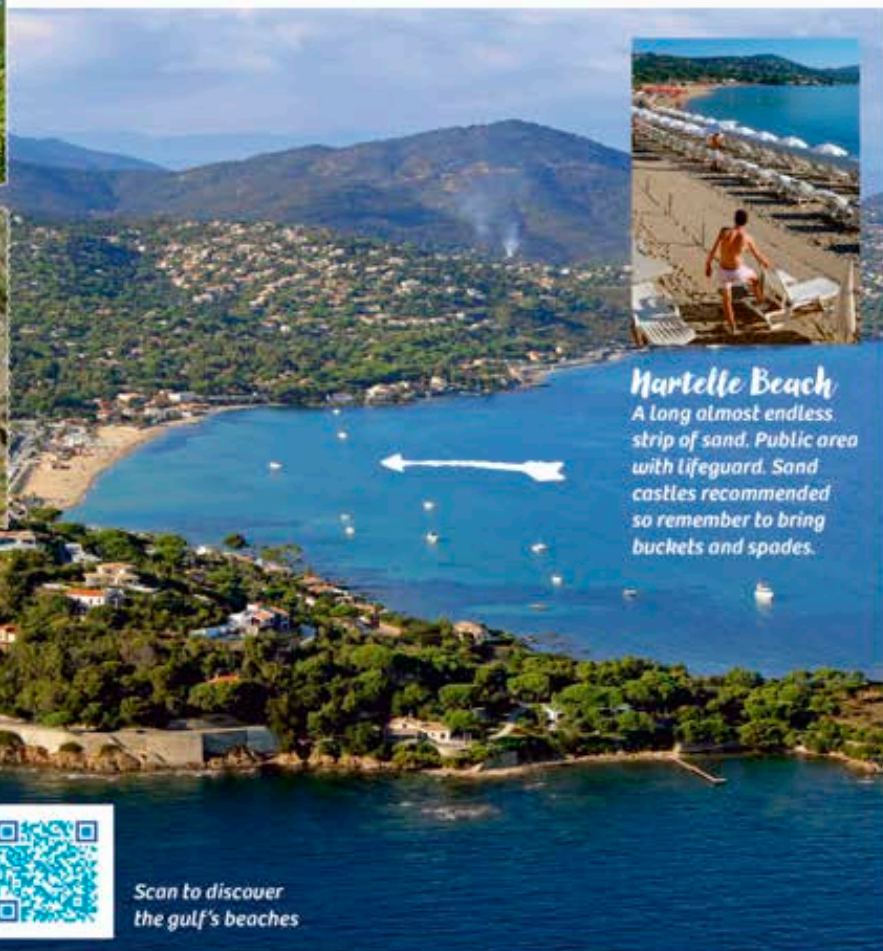
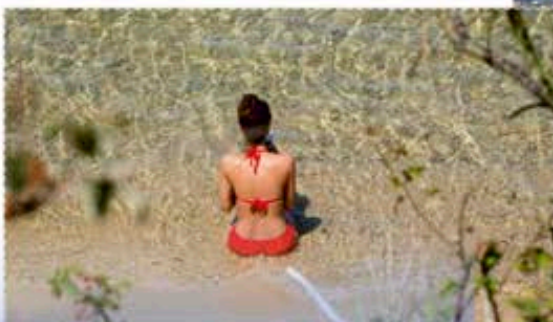
## Bouillabaisse Beach

Beautiful and wide, facing the Massif des Maures. Public and private beach bordering the Gassin coastline. Some restoration may be ongoing. Unforgettable sunsets.

And then there's the Salins and Moutte beaches. More tucked away with not much parking.



Bouillabaisse Beach



## Nartelle Beach

A long almost endless strip of sand. Public area with lifeguard. Sand castles recommended so remember to bring buckets and spades.



Scan to discover the gulf's beaches





# Harbours



Gulf Harbour

Saint-Tropez harbour

## Employment hubs



The marinas at Sainte-Maxime, Cogolin, Port-Grimaud, Saint-Tropez and Cavalaire are important for the economy in the Gulf of Saint-Tropez. All are home to businesses, shops, professionals working in the boat sector, ship chandlers, boat rental and sales companies, repair and careening yards, etc.



Cavalaire



## Families Land and sea?

**D**id you know there were once two great families in the Mediterranean: the fishermen who were both fishermen and peasants on land, and the mariners who sailed away for longer periods. Either along the coast or across the oceans for trade. Some left to transport goods to the North African coasts or to ply the oceans and circumnavigate the globe.

## This is the life you dream about Lazing about doing nothing

**G**oing for a stroll, enjoying an ice cream or sipping on a diabolo grenadine before prolonging the pleasure by returning in the evening to have dinner on the terrace by the light of multi-coloured lanterns.



## Your home port

**O**f course, you can come and admire these impressive boats moored on the quays and imagine weighing anchor to head for the horizon, casting off to sail away for a couple of days. The harbours on the peninsula are a permanent invitation to imaginary voyages. Read Guy de Maupassant's *Sur l'eau* again, it's a classic: every page a joy.







Cavalaire

### Port Heraclea Cavalaire/mer

At the southern end of the gulf of Saint-Tropez is the most recent harbour, Port Heraclea (Cavalaire) with 1,200 moorings.

Sheltered from the Mistral in a wide bay it offers watersports galore (scuba diving to famous sites, big game fishing, sailing, jet-skiing, windsurfing, boating, etc.) and has a wide range of restaurants, fashionable boutiques, lively nightlife in summer often with live music, not to mention all the highly reputed nautical events.



Saint-Tropez harbour



Sainte-Maxime harbour  
next to the city center







### Sainte-Maxime A larger promenade

**S**ainte-Maxime like Saint-Tropez is the oldest harbour on this part of the Var coast. In the 17<sup>th</sup> and 18<sup>th</sup> centuries wood, wine and cork were loaded onto coasters and tartanes, the only safe and efficient means of transport. Enlarged in 1972, today Sainte-Maxime's harbour (780 moorings) can accommodate boats from 5m up to 25m. You will appreciate the architecture of the harbour master's office (Capitainerie) which is like a powerful ship. Since the restoration of the waterfront, the marina has become a showcase for this family seaside resort that is busy and welcoming all year round.



### In the wake of pirates

**A**ttack! Others took part in the Corsairs war. Until 1856 any owner of a merchant vessel could request authorisation to go to war, to hunt down transport ships of enemy nations. A Tribunal distributed the spoils unlike the pirates who kept it all for themselves. A visit to the interactive Maritime History Museum in the Citadelle at Saint-Tropez is a must. We'll be waiting for you.



### Ports of call Cruise guests enjoy themselves

**N**ot far from the clack-clack of the halyards in the marina, cruise liners sometimes appear in the bay. Do not be surprised to see these quite regularly calling into the gulf. They are all part of the backdrop to summer and the atmosphere. Some are classic boats, others at the cutting edge of modernity. Like a mirror of enticing reflections the gulf is a popular destination for cruise passengers from other continents.



# The marinas

Entertainment and restaurants

The Cogolin Marinas in the foreground,  
the port of Saint-Tropez in the background

Out of the depths of the gulf that was  
once covered in alluvial sand residential  
marinas have emerged, their architectural  
lines blending in with the coastline.

## Far away destinations Invigorating

Listening to the waves lapping against hulls at rest in the marina is like being lulled to sleep by an angel. Strolling along the quays of these marinas is invigorating, rediscovering the forgotten pleasures of walking into the wind, eyes closed. As you stroll along read the names of these floating pleasure domes with their rigging stowed away, reflecting a yearning for distant shores or a loved one: *Ushuaia, Imagine, Vent du Sud, Relax, Papaoui, Etoile, Kind of Blue...*





# Port-Grimaud

*Little Venice in Provence*

*On the waterside it's all about motion, harmony and fulfilment*

**B**uilt in 1966 on what was once marshland, the waterside town of Port-Grimaud certainly made its mark on 20th century architecture. This neo-Provencal style complex with a Mediterranean character covers an area of 90 ha with 2,000 houses, all different and with their own charm. Designed for those who love sailing, the town has 7km of canals and 12km of quays.



*Regards all those canals, quays, 14 bridges and a dozen islands conceived by François Spoerry to create a maze between land and sea, we can only invite you to take a stroll round Port-Grimaud, the famous 'Little Venice in Provence'. To lose yourself in its picturesque districts is to pass from surprise to surprise, like the trompe-l'oeil (false columns, oculi and capitals), statues and painted portraits of famous people, the cobble-encrusted back streets and a church stripped down to its stained glass windows designed by Vasarely. Its 'Patrimoine du XX<sup>e</sup> siècle' label attests to the 20<sup>th</sup> century heritage status of this waterside town (one of the most famous in the world) that can only be visited on foot or on a water bus or electric boat.*



# Lighthouses and beacons

## Landmarks in the night

*It was not so long ago that lighthouses like the one at Camarat were occupied and operated by lighthouse keepers at night. For boats at sea their mission was a blessing. Few are still here today, all have switched to electric automation.*

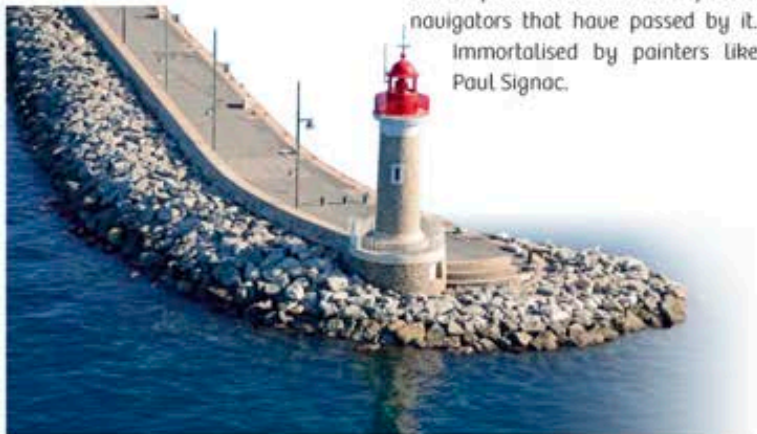


## Saint-Tropez lighthouse

**T**he lighthouse in Saint-Tropez was built in 1866 at the end of the current sea wall protected by massive rocks. This fixed light has always been red and was installed at the top of a 15m cylindrical masonry turret. Electrified in 1932, destroyed in 1944, "temporarily" replaced for 32 years, in 1999 it was rebuilt identical to the original. Today it watches over the 800 moorings in the harbour. If it had a Guest Book it would have been signed by

some of the world's most respected navigators that have passed by it.

Immortalised by painters like Paul Signac.



## Camarat Lighthouse

**Y**es, it is the second highest lighthouse in France due to the height of its light source at 129.8m above sea level. Built between 1829 and 1832 in the Ramatuelle municipality, its light was initially oil fired. Electrified in 1946, it was automated in 1977. There are 84 steps to reach the upper floor and 92 to get to the circular walkway, but it is no longer open to visitors. Its beam sweeps the horizon up to a distance of 26 miles (approx. 50km). On clear days you can see Corsica. Below it is the Camarat semaphore, a military site, and even lower the Rocher des Portes: wonderful.







# By the wind

*Leisure pursuits from every direction*

Who wants to do what? There is dinghy sailing, windsurfing, kayaking, jet-skiing, paddle boarding, Hobie-cats, Optimists, surfing, catamarans, e-foiling, windfoiling, we could go on. You choose. But not all on the first day. The gulf of Saint-Tropez offers an infinite variety of watersports for young and old, novices or pros.



## Thrills and spills Enjoy!

To have fun and a good laugh together, try water skiing, towed rubber rings, parasailing or the ski-bus, kitesurfing, wakeboarding, pedalos, barefoot flyboards (world record was set here in Cavalaire) or an electric underwater scooter. Thrill seekers, this section is for you: information, timetables, service providers and more. Nothing could be simpler, just click

on: [www.amusegvous.net](http://www.amusegvous.net). You are spoilt for choice! It's not a case of "what can I do but I don't know what to do!"



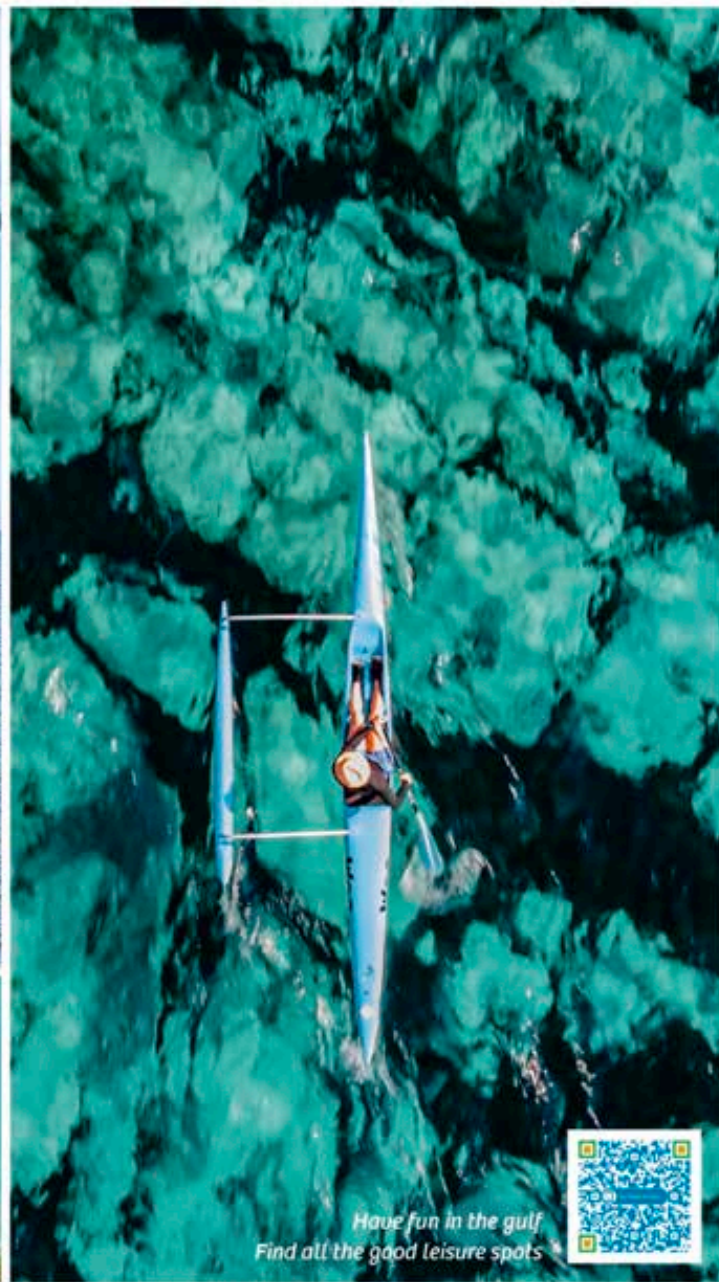
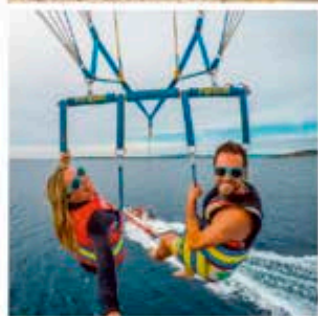
## TO LEARN AND IMPROVE FORMULAS FOR ALL LEVELS

You can put your trust in the French Sailing Federation (FFV) and the water sports clubs in nearly every municipality in the Gulf. Their instructors will help you to familiarise yourself with the riggings, master the mechanics and improve your grip on quality equipment to ensure you get the most out of it. And to move safely from learning in a group to the pleasures of sailing solo. Private lessons and courses for all ages in a beautiful environment and a fun welcoming atmosphere. Hiring is easy, outings with or without an instructor (by the hour, half day, full day). Packages for all levels and the whole family. Try the "biouvac" option. And for companies, incentive days to recharge the batteries and refocus the troops!

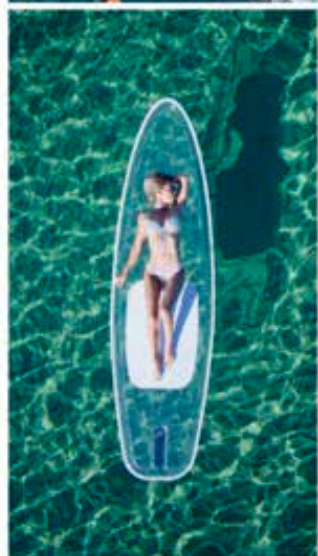


## Get that adrenaline pumping!

No need to cross oceans and seas to enjoy your passion. In the Gulf of Saint-Tropez, the Mediterranean is not what you may have been imagining and is full of surprises. Guerrevieille, La Nartelle, Bouillabaisse, Héraclée, Gigaro, Pardigon...all these beaches are great spots and much appreciated by windsurfing and kite-surfing purists at the slightest sign of wind, or paddle boarding if there's none. When the Ponant wind blows the troughs can be up to 2.5m. The Mistral can blow up to a Force 9 either side of high season and in winter. And an easterly can whip up rollers that resemble their cousins in the Atlantic. As for surfing, it's a popular pastime here with lovely waves at the Cigales, Gigaro, Nartelle, Pampelonne and Rayol-Canadet beaches. Surf's up!



Have fun in the gulf  
Find all the good leisure spots





# Mariners for a day

## Marine outings

*Diary entry: "First comes the pleasure of getting away from the coast, the impression we have of leaving on a world tour in search of some discovery, of buried treasure on an island. This sensation, as you detach yourself from the quay, of heading off elsewhere, freeing yourself from everything and stepping back to find other pursuits. As people walking on the quay begin to seem smaller". Find offers, activities and good addresses on [www.amusevous.net](http://www.amusevous.net)*



### Looking for adventure? From the quay

**SENSATIONS.** From Rayol-Canadel Sur Mer to Sainte-Maxime the harbours, quays and landing stages invite you to try this adventure. By electric boats first from the water-side town of Port Grimaud or the Cogolin Marines. Guided excursions in the bay on *La Pouncho*, *Les Bateaux Verts*, *Le Brigantin* or *La Rose des Vents*. Or if you prefer to explore the coast or visit the calanques go on *Fiou Pelan*. Finally, to get to the Îles d'Or and try a proper sea crossing, there's *Vedettes des Îles d'Or* or *Les Bateliers* for departures from Port Grimaud, La Croix Valmer, Cavalaire, Sainte-Maxime and La Londe. Round trip in a day possible. Breathe in the salty air as you head for the Îles d'Or.



### Marine mammals for company

**STAY ALERT.** Keep your eyes peeled throughout the crossing to the islands. On whale watching outings do not be surprised to see whales in the wake of or alongside the shuttle services. Dolphins, sperm whales, fin whales and rays are at home in this vast area called the Pelagos Sanctuary. Covering 87,500km<sup>2</sup> it is subject to an agreement between Italy, Monaco and France involving several municipalities in the gulf to protect these marine mammals.



### All eyes open! Crossing in clear waters

We are taking you now to the depths without getting wet aboard the *Aquascope*, a glass-bottomed trimaran for outings to discover the seabed in the Gulf. Your kids will love it. Like whale watching, we look but don't touch the dolphins. Departs from Cavalaire or Sainte-Maxime.

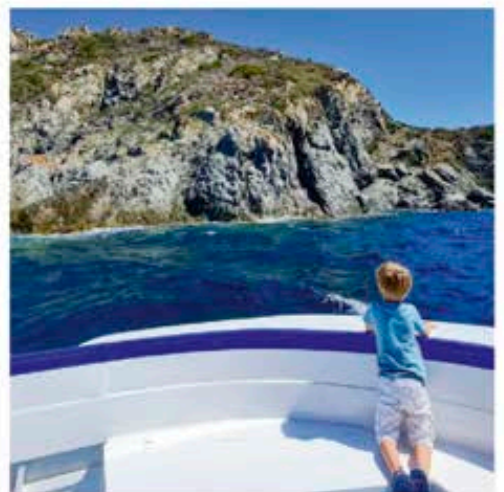






**As a couple  
or in a group!**

For two, the charm switches on as the sun sets aboard a giant catamaran or on *La Pouncho*. Very romantic! For more thrills but not for ecological pursuits, are the offshore outings. Hang on tight. And to admire stars in the summer night sky, nothing beats the 15-minute crossing between Sainte-Maxime and Saint-Tropez on one of the shuttle boats that come and go late into the night. Or you can hire your own boat, with or without a license and make the most of every hour in the day: an inflatable boat, sun awning (canvas with eyelets), a couple of oars, an anchor, a line trailing behind attached to your toe, and patience. Forget about the time.





# Marine Protected Area

## *Gulf of Saint-Tropez*

*A haven of biodiversity, the Gulf of Saint-Tropez Marine Protected Area extends from Cap Nègre in the west to the Rabiou point in the east, between Rayol-Canadel Sur Mer and Saint-Tropez.*

**Y**ou will discover idyllic little coves, sandy beaches and majestic coastal cliffs, but a whole other world opens up when you venture underwater. From beds of Posidonia seagrass harbouring all kinds of fish, coral encrusted drop-offs of multi-coloured gorgonians (sea fans) and even marine mammals heading out to sea.

It is classified as a Natura 2000 site to protect the marine fauna and flora, which helps the authorities to maintain the delicate balance between conservation and activities that generate income for the area. A balance that is essential for an outstanding territory like ours. Golfe de Saint-Tropez is responsible for managing this maritime and coastal area which it does with a long-term management plan developed in partnership with users of the site and public service departments.

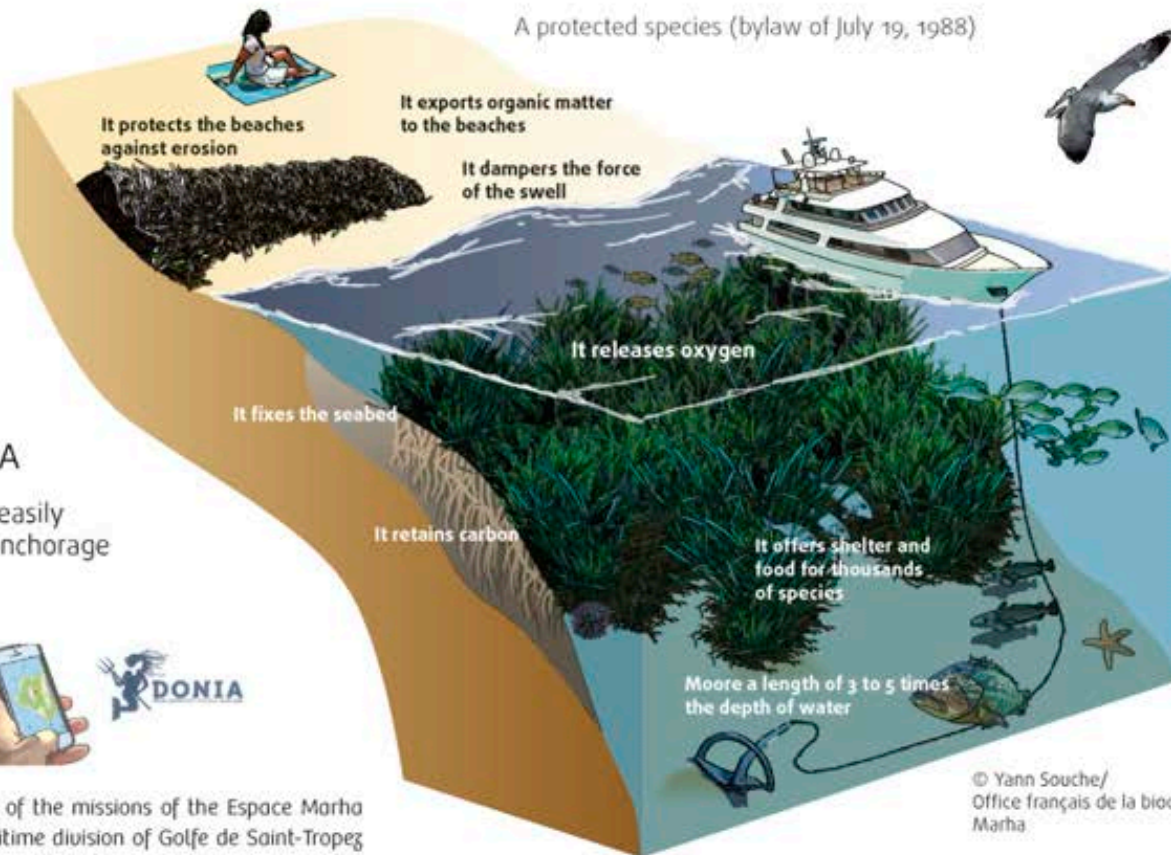
A whole range of initiatives have been implemented such as awareness patrols, underwater anchoring facilities, marking out certain areas and removing rubbish from the seabed.







## Why Posidonia seagrass is so important to the Mediterranean coast



### Download DONIA

A free app to locate easily sandy sea beds for anchorage



One of the missions of the Espace Marha Maritime division of Golfe de Saint-Tropez is to monitor and protect Posidonia and raise public awareness of good practices to ensure these vital seagrass beds can fulfil their missions.



# Gulf of Saint-Tropez European capital for diving & wrecks

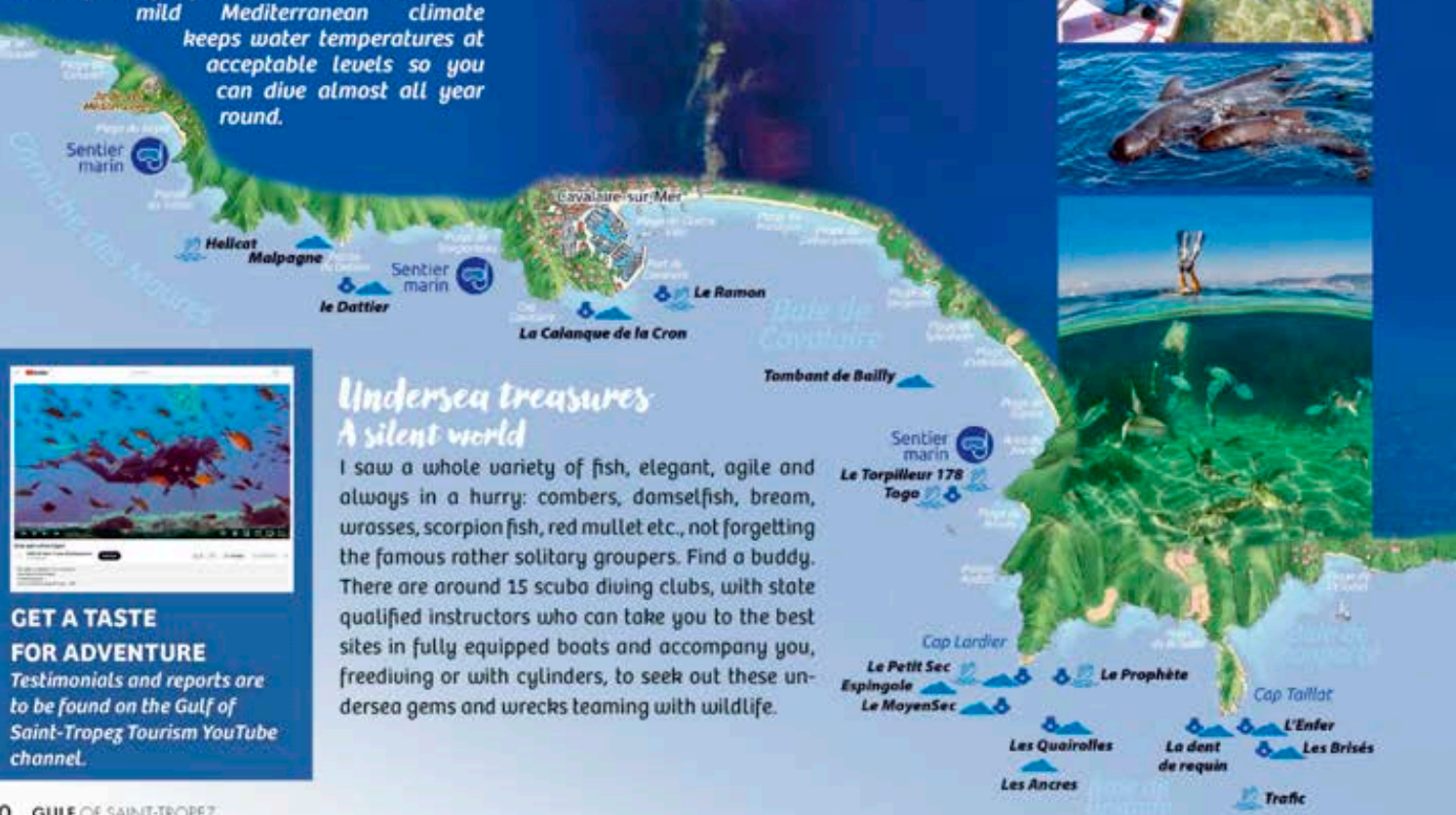
In this very special corner of the Mediterranean why not get away from it all by diving into a whirlwind of bubbles, with or without cylinders. Discover a hidden paradise on the seabed wearing fins not shoes. Down here nobody speaks, they just look and communicate with sign language. You will realise that the mild Mediterranean climate keeps water temperatures at acceptable levels so you can dive almost all year round.



**GET A TASTE FOR ADVENTURE**  
Testimonials and reports are to be found on the Gulf of Saint-Tropez Tourism YouTube channel.

## Undersea treasures A silent world

I saw a whole variety of fish, elegant, agile and always in a hurry: combers, damselfish, bream, wrasses, scorpion fish, red mullet etc., not forgetting the famous rather solitary groupers. Find a buddy. There are around 15 scuba diving clubs, with state qualified instructors who can take you to the best sites in fully equipped boats and accompany you, freediving or with cylinders, to seek out these undersea gems and wrecks teeming with wildlife.





Wrecks the Ruby off the coast of Camarat



## Diving the deep Backwards over the side!

Along with Sainte-Maxime, Ramatuelle, La Croix Valmer, Saint-Tropez and Le Royal-Canadel Sur Mer, the Cavalaire-sur-Mer resort is one of the top dive spots in Europe. Renamed "The Wreck Capital" in dive magazines, it is home to one of the most iconic in the Mediterranean, the *Rubis*, a WWII torpedo launcher submarine. Be they shipwrecked merchant ships, downed military vessels, a plane struggling to land or a mine-laying submarine, there are more than 70 dive sites of varying access and difficulty levels, listed by professionals in the Gulf. Sec du Dattier, Anse du Lardier, Pyramide de La Moutte, Tombant du Bailli or Dent du Requin. So on with your gear and get ready to tumble backwards into the blue for an unforgettable experience.



## The Big Blue In silence we dive

Just a few metres below the surface, you will discover a host of undersea treasures that others cannot see from above. Follow your buddy to experience the extraordinary beauty of luxuriant marine wildlife, clinging to rocks or drop-offs, from seaweeds, sponges and sea anemones to red coral and chameleon-like gorgonians (sea fans). A 3D kaleidoscope awaits. You will return



### KEY TO THE MAP

- Marine Trails see next page
- Rocks
- Wrecks
- Developed dive sites







Download  
the brochure on  
[www.visitgolfe.com](http://www.visitgolfe.com)





### Marine life Almost to the water's edge

Equally spectacular, particularly for very young swimmers, is discovering the Mediterranean's marine fauna and flora at an altitude - of zero minus a few decimetres. Or feeling like you are a fish in water. Thanks to state qualified activity leaders, marine areas and supervised aquatic outings in the Domaine du Rayol (bookings required) this is an opportunity to follow an octopus going about its business, a starfish with its arms spread, lively agile juvenile fish looking for love, and other surprises at your fingertips. Fins, masks and snorkels provided so the adventure can begin. As instructive as it is unfamiliar.



### Posidonia A protected species

Freely accessible to those who can swim, these sites often have a line of marker buoys and information panels on species and their habitats. Be careful however, activity leaders are acutely aware of the need to preserve these sites and the essential role in the ecosystem of Posidonia, one of the protected species on French Mediterranean coasts and the Pelagos Sanctuary, a vast area that protects marine mammals.



**TO REGISTER AND BOOK A PLACE  
GO TO THE NEAREST TOURIST OFFICE**

**Sainte-Maxime**  
Pointe des Sardinaux Marine Trail



**Caulaire**  
Bonporteau Beach Marine



**Domaine du Rayol**  
Figuier Bay Marine Trail

(online booking  
[www.amusegouus.net](http://www.amusegouus.net))



Book a guided  
tour online

**Ramatuelle**  
Pointe de Pampelonne Marine Trail



**La Croix Volmer**  
Îlot du Crocodile to Jouat Marine Trail





*All sails outside  
(and flying along)*

**S**aint-Tropez' bay to the limits of French territorial waters has for decades been a hot spot for regattas and other challenges between sailing boats, from the oldest to the fastest. Not a weekend goes by during the year when a regatta is not being organised by one or other of the yacht clubs or watersports clubs (Société nautique) on the peninsula. Some of these meetings have gained international recognition such as the Rolex Giraglia, Trophée Bailli de Suffren, the Voiles d'Automne and Armen Festival. New to the scene is an event broadcast live on TV across the world, the France Sail Grand Prix | Saint-Tropez, stage of the SailGP circuit, that pits the world's fastest flying boats with foils against each other in this Formula 1 of sailing.

Nautical  
events

*The unique Les Voiles*

**B**ut without a doubt the most prestigious event remains Les Voiles de Saint-Tropez which every year gathers excellence in this discipline: the world's most beautiful classic boats together with modern Wallys and other brands, crewed by the crème de la crème of skippers and sailors, all fine-tuned for offshore transatlantics and round the world races.







Les Voiles de Saint-Tropez



Open de France Sup Rôce



Rolex Giraglia



SailGP France



Original nautical competitions

## Nautical Events

Flyboard competitions (Caualaire), swimming the length of a beach, paddleboard races, watersports festivals and spectacular exhibitions (e.foil), etc. You can take part or just watch.



Armen Festival (Saint-Tropez)



Les Dames de Saint-Tropez  
Coupe de l'Hippocampe (Saint-Tropez)



Sup Race Cup Paddle (Sainte-Maxime)  
Au Large de Saint-Tropez (Saint-Tropez)



Rolex Giraglia (Saint-Tropez)  
Trophée Bailli du Suffren (Saint-Tropez)



Swim Length of the beach (La Croix Volmer)  
Swim length of Pampelonne beach  
(Ramatuelle)



Les Voiles de Saint-Tropez  
SailGP (Saint-Tropez)  
Festival Passion Méditerranée (Caualaire)



Les Voiles d'Automne (Saint-Tropez)



For more information: [www.visitgolfe.com](http://www.visitgolfe.com)  
see: Animations



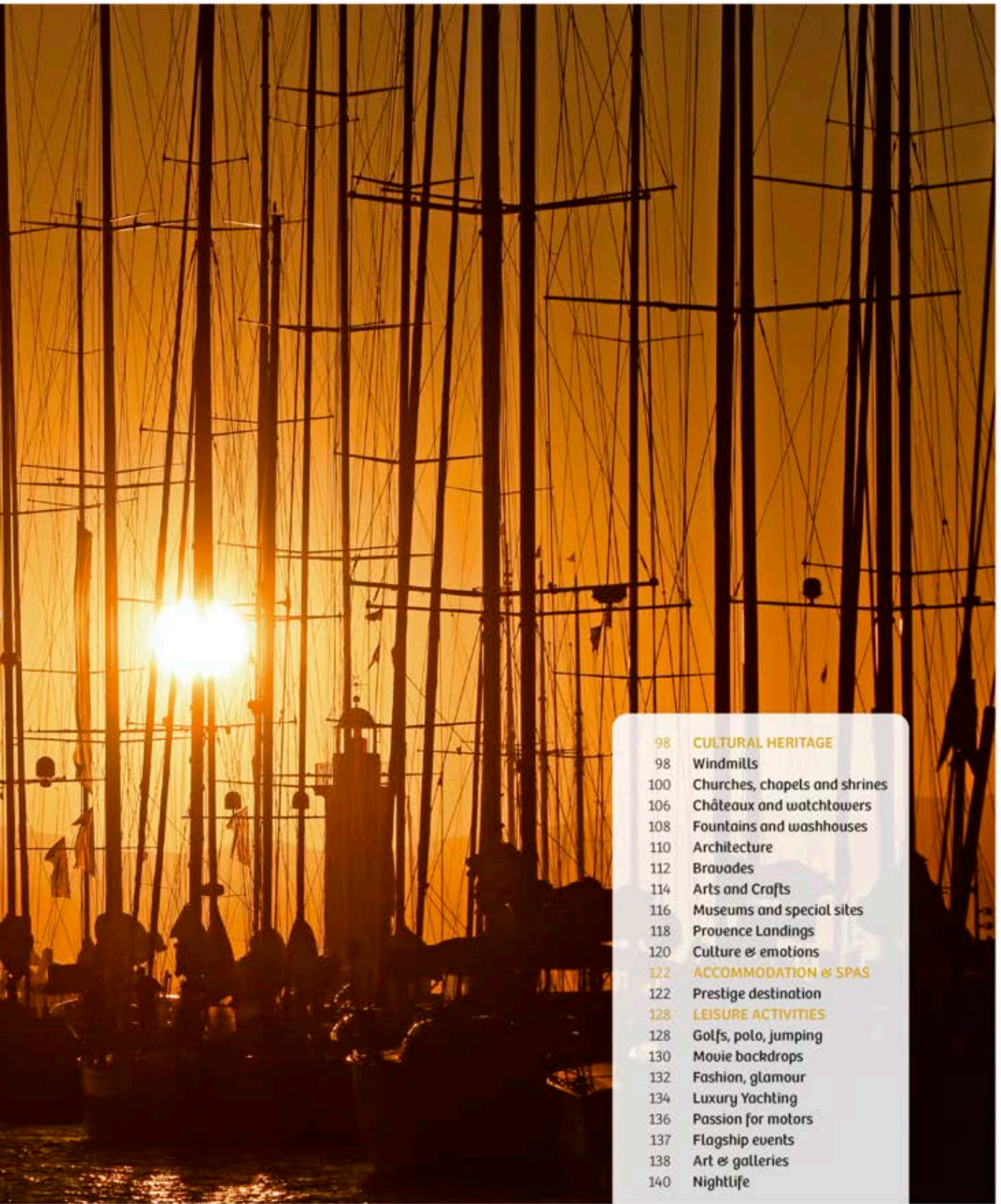


A golden sunset over the Gulf of Saint-Tropez. The sky is a deep, warm orange. In the foreground, the silhouettes of several sailboats with their masts and rigging are visible against the bright light. In the middle ground, a small car is on the water, and other boats are scattered across the bay. In the background, the silhouettes of hills or mountains are visible under the hazy sky.

# The Gold Country

**F**rom dawn to dusk the colour gold is everywhere. From the first light of dawn in the mica crystals sparkling in the rocks and the reflections of a window on a boat. And in the silence of an evening tide and gilding of places to meditate in. A golden sunset reflects the sequined dresses, the jewellery slipped on round the necks and arms of the ladies, against the radiance of an inky blue sky, and flash on a saxophone. And all ending in firework displays.





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Taming driving forces like wind and water (as we will see later), then combining these forces to generate power. Long before our time men were quick to realise the benefits they could derive from this technology. And they took advantage of it, hence the tiered washhouses and paddle wheels, and the windmills like a sail to harness the wind. Grain mills, olive oil mills, a land of wind and wheat. No wonder Provence is a land of windmills.

## Long live the wind! Windmills of Provence



Windmill of Saint-Roch, Grimaud

Windmills are very popular in Provence because they remind us of our childhood and reading our first books, like Alphonse Daudet's novella 'Le secret de maître Cornille'. Already on the hills round Arles in the middle of the 12th century, they would come to colonise a large part of the Mediterranean basin. Old engravings depict them on many of the hills in the Gulf of Saint-Tropez. In the surrounding villages, rivers and streams do not flow very fast, and clearly the climate is more suited to windmills. Every municipality had several as they were essential during the long summer months when water mills were idle as the rivers ran dry.

### Traces of bygone days

Remains of these windmills are to be found, some still standing others in ruins or in the process of being restored. For example in Gassin by going down Coste-Brigade, in the car park of the health centre, or on the Verdagne campsite in La Croix Valmer or the Adrech mill near La Garde-Freinet on a ridge that once crossed the transhumance route (Heritage lottery money is funding its restoration). Most of these windmills can be visited (contact the Tourist Offices). Sometimes they have been restored or become a residence as in Plan de La Tour, at the entry to Saint-Tropez and in Ramatuelle. So many almost lost traces of bygone days when vanes, like wind turbines before their time, were still turning.



Windmill of Adrech, La Garde-Freinet, in winter

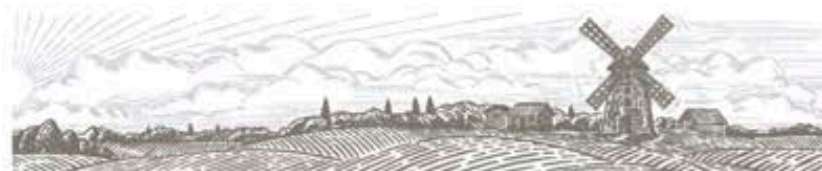


Cogolin



### Grimaud: Saint-Roch windmill

However, recently some municipalities have embarked on major ventures to revive their windmills. For example, in 1990 Grimaud was one of the first with the restoration of the Saint-Roch windmill which probably dates back to the medieval era. Today this windmill stands proudly watching over the Pont-des-Fées valley. Every year in June it is the scene of Provençal rural festivals with dancing, during which tributes are paid to the harvest, threshing, wheat, flour and all kinds of different breads.







Gassin



Moulin de Paillas, Ramatuelle



Gassin



Le Plan de la Tour

## Ramatuelle: the Paillas windmills

In Ramatuelle, one of the Paillas windmills was restored in 2002 and is now in working order. Ever since, its vanes have been turning on European Heritage Days in September when the wind blows. Find videos about them on the Golfe de Saint Tropez YouTube channel ([Youtube GolfedesaintTropez](#))



## Olive mills "à sang"

Our region once produced large quantities of olive oil which meant every village had several mills to extract the oil. These were referred to as 'moulins à sang' because the milling stone was turned by an animal usually an ass, a word derived from the Latin for donkey, *Equus asinus*. Olives were tipped into a large stone tub and a donkey turned the circular millstone which crushed the olives. The resulting paste was put into 'scourtins', flat round baskets woven from palm fronds, stacked up under a press and crushed to obtain the oil.



Ramatuelle

### Le secret de maître Cornille (Extract)

A story about the last remaining windmill

And here are the sacks piling up in front of the door, the beautiful red-brown grain spread out on the floor on all sides... Mr Cornille opened his eyes wide. He had taken a handful of wheat and was laughing and crying at the same time, saying: It's wheat!... Dear God!... Beautiful wheat! Just let me gorge on it. (...) Then turning to us he said Ah! I knew you would return... We wanted to carry it triumphantly to the village: - No, no, my children, first I must go and feed my mill... Just think! It's been so long since it's had anything to eat!

## Giants of the windmill world Centuries of ingenuity

The windmills in Provence comprise a solidly built tower with one-metre thick walls, about five to six metres high and topped by a wooden chapel, like a Chinese style roof, mounted on a cylinder which turned depending on the direction of the wind. When the Mistral or Tramontana winds blew, the vanes, which were often four in number, drove a sophisticated mechanism of gears and cogs that ground the wheat into flour. We are talking centuries of ingenuity.

### Testimonies

Grimaud's Musée des Arts et Tradition Populaire (ATP) has some fine olive presses "in chapels" installed in a reinforced wall. The Saint-Roch windmill at Grimaud, the Paillas windmill near Ramatuelle and the Musée des Arts et Tradition Populaire at Grimaud are open all year round (contact the relevant tourist office). Note also that one of the most extensive olive groves, La Pierre Plantée, is to be found near Sainte-Maxime. Gassin has recently started producing olive oil again although it is using modern techniques (Val de Bois mill).



## Churches, chapels and shrines

*Still providing balm to the soul*

*Under the Ancien Régime and even today, the parish church was a symbol of life in the village where you were born and grew up in and to which you were deeply attached. As well as the church with its bell tower, proud villagers built chapels in honour of their patron saint, evidence of the fervour and faith of our ancestors. As for shrines, these tiny chapels were built to accompany travellers, to encourage them in their prayers, providing succour for the soul in the same way as coaching inns did for the body.*



Saint-Michel church, Grimaud

We invite you on a more relaxed and meditative journey. Whether you are a believer or not, places of worship are tranquil places in which to reflect on life and matters of the heart in the peace and quiet, out of respect for these stones and statuettes with their modest flower arrangements.

We can start with a visit to the Church of Saint-Michel in **Grimaud**. This is the oldest parish church in the gulf, a masterpiece from the second Provençal Romanesque era (late 12<sup>th</sup> early 13<sup>th</sup> century). It was built of granite extracted from local quarries, the crystalline rock giving it a beautiful colour which is constantly changing depending on the sun's heat. Very few alterations have been made over the centuries, apart from a majestic bell tower being added in the 16<sup>th</sup> century and the north absidole altered to accommodate the sacristy. The tower has recently been restored. For many years, it has hosted concerts for the Soirées Musicales de Grimaud.



Grimaud



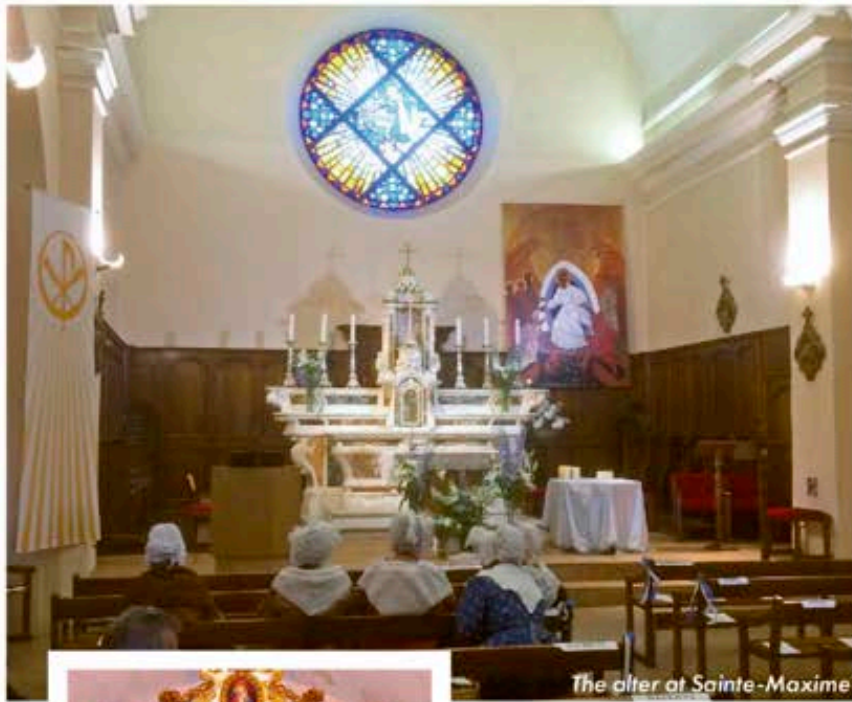
La Mole



Cogolin

Let us continue via **Cogolin** where the nave of the Church of Saint-Etienne and Saint-Sauveur dates back to the 15<sup>th</sup> century. The north nave was built section by section during the 16<sup>th</sup> century, being dependent on the community's financial resources.





The altar at Sainte-Maxime



Sainte-Maxime



Grimaud

The church in **Ramatuelle** is dedicated to the Virgin Mary and was built in the 11<sup>th</sup> century against the town's ramparts to save on a wall. A 14<sup>th</sup> century watchtower was converted into a bell tower. During the Wars of Religion at the end of the 16<sup>th</sup> century, the people of Ramatuelle dismantled and rebuilt it at the current location. They were frightened the village would be pounded by enemy artillery installed in their church which overlooked the village.

As for the church in **Sainte-Maxime**, it was built in 1762 and enlarged in 1851. In 1938 the presbytery was demolished and that was the last alteration. The tympanum, the ceramic bas-relief above the entrance door, dates back to 1973. The church has beautiful furnishings. Its altar is from Chartreuse de la Verne. The polychrome marble high altar (listed) would have come from the Annonciade Chapel in Saint-Tropez.



Monuments



Le Plan de la Tour



Gassin

We go up now to **Gassin**. Built in the late 16<sup>th</sup> century, the Notre-Dame-de-l'Assomption church and its bell tower has an air of conquest about them on top of this promontory that dominates the landscape and plain. Its simple interior features a choir stall, a single rectangular nave with two vaults, four pillars and a three-sided apse. All around are panoramic views of the gulf and Massif des Maures.



Wayside shrine in Grimaud



Church at Royol





La Garde-Freinet



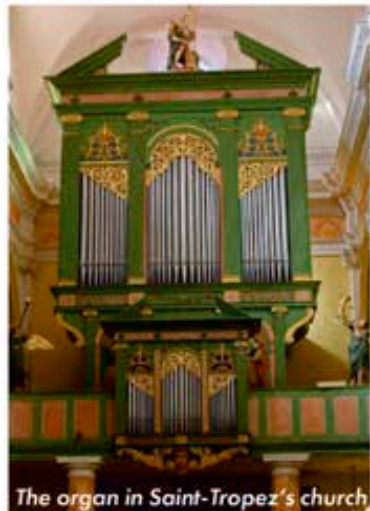
Notre Dame de la Misericorde, Cassin



History of monuments

*At the end of the 18<sup>th</sup> century, an expanding population led to new parish churches being built or renovated at La Garde-Freinet, Plan de la Tour, Sainte-Maxime and Saint-Tropez.*

In **Saint-Tropez**, the church dating back to the 16<sup>th</sup> century had become too cramped and unhealthy and was in such poor condition there was a risk it would collapse on worshippers. Aware of the danger, Saint-Tropez councillors commissioned a report from experts and got the bishop's permission to build a new larger safer building. Unfortunately, the parish priest, being obliged to pay a third of the expenses as was the custom, showed tremendous ingenuity trying to prevent some aspects of the work going ahead by getting second opinions, even resorting to legal arguments. The church was finally completed and remains a wonderful example of the Provençal Baroque style.



The organ in Saint-Tropez's church



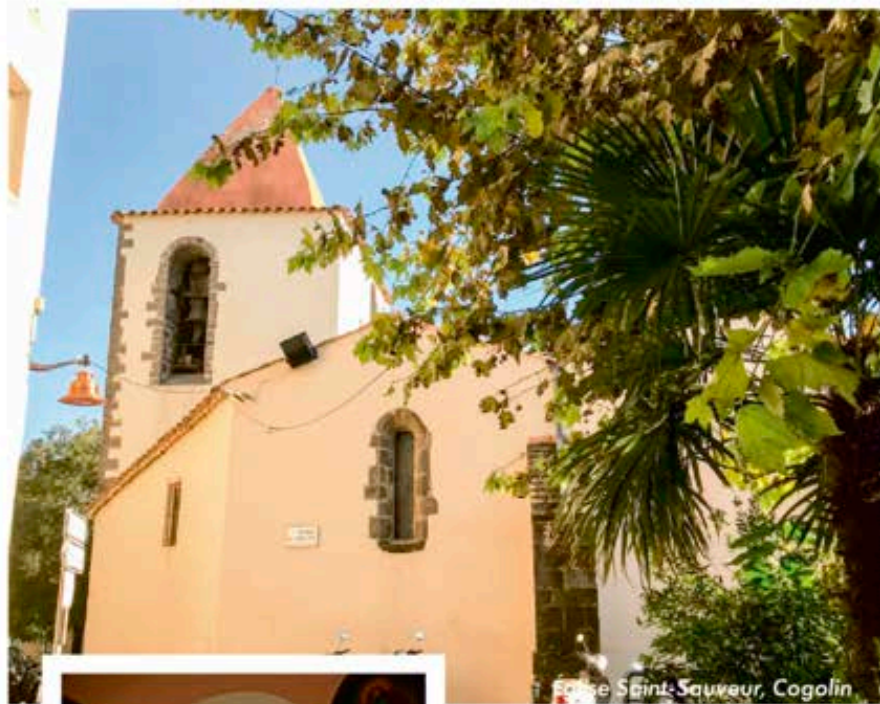
Motto on the facade of the church in La Mole



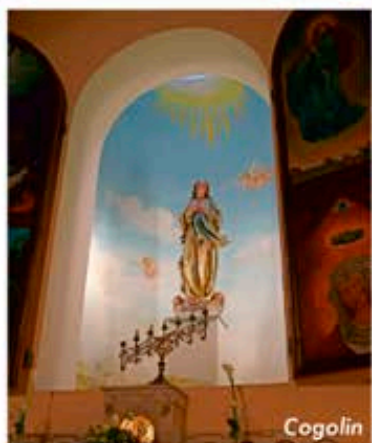
La Mole

The 19<sup>th</sup> century saw development of a new village, **La Mole** on the plain on the royal route that crosses it to Toulon. The church (1860) dates from the Second Empire and its facade has been restored in the colours of Italy. The resonance in its interior is spell-binding. And there is no arguing with the motto on its facade: "Remember to live".





Eglise Saint-Sauveur, Cogolin



Cogolin

#### LITTLE MARVELS

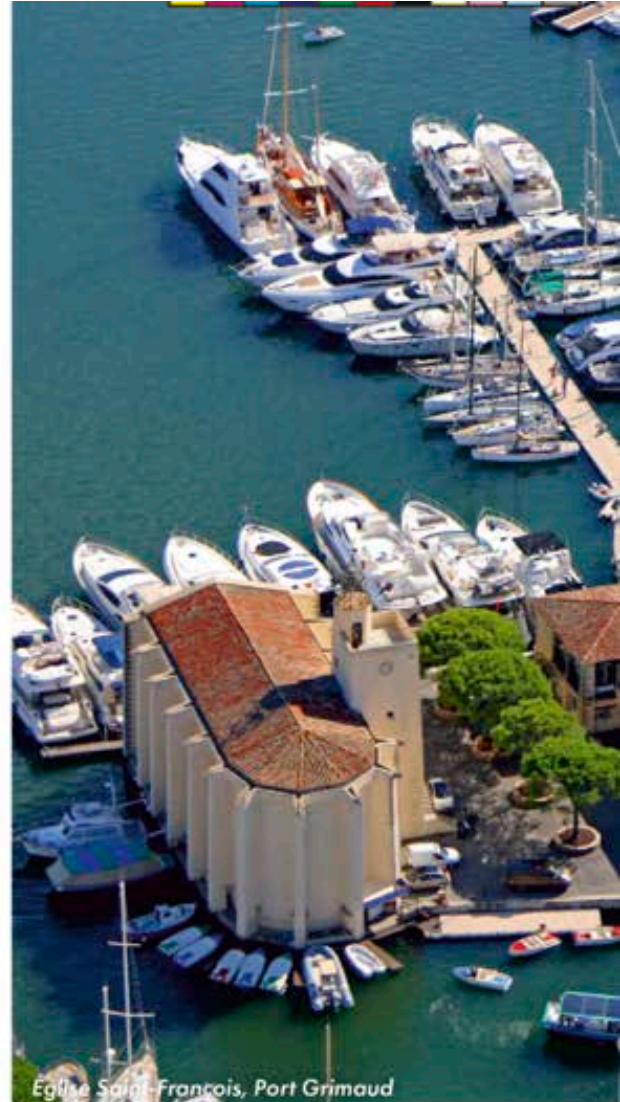
These chapels are little gems, simple and beautiful, testimonies to the religious devotion of people down the centuries. They house some unexpected treasures: high quality religious furniture and superb canvases, sculptures, paintings and objects. Take a seat and reflect on all those who came before us.



Saint-Tropez



Chapelle Sainte-Anne, Saint-Tropez



Eglise Saint-François, Port Grimaud

The most recent is the St Francis of Assisi Ecumenical Church built in the late 1960s at **Port-Grimaud**. Designed by François Spoerry, its massive style and imposing arcatures are reminiscent of the Saintes-Maries-de-la-Mer church which so inspired the architect behind this waterside town. The interior is sombre and meditative as reflected in the single nave. A series of striking stained glass windows designed by Victor Vasarely face south to get maximum light and depict the sun's trajectory throughout the day.



La Chartreuse de la Verne





Chapelle Notre Dame de la Queste, Grimaud



Chapelle Saint-Jean, La Garde-Freinet



Chapelle Sainte-Anne, Ramatuelle

## Inner lights

*Whether you are a believer or not, churches in the gulf of Saint-Tropez villages, from the oldest to the most recent, are the most visited buildings in this area. They are living testimonies to the history and faith of our ancestors, fishermen, farmers and craftsmen. They remain sanctuaries where you will always find peace and quiet.*



Sainte-Magdeleine, La Mole

The liturgical, cultural and artistic heritage they represent are to be found in their secular stones and magnificent furniture, sometimes carved and gilded. All of them deserve special attention for the work put in by the builders and craftsmen, the majority of whom remain anonymous. Saint-Tropez has more than 15 chapels. We should mention that buildings which served as churches and having become too cramped were replaced by larger places of worship and became chapels.



This is the case for **Notre-Dame de la Consolation** in Gassin, the **Miremer** in La Garde-Freinet and **Sainte-Magdeleine** in La Mole, all medieval places of worship that were transformed into chapels.



Notre Dame de Miremer, La Garde-Freinet

### CONCILIATORY VIRTUE

You need to look for these wayside shrines, in Saint-Tropez on the road to the Sainte-Anne Chapel; in the Saint-Joseph district in Grimaud; on the old road to La Garde-Freinet; and the hamlet of La Moure to name a few. And keep your eyes open for the urban shrines, tucked away in niches above front doors and on walls of houses. This is a case of conciliatory virtue in the sense of "gaining the favours or clemency of the Divinity", in other words to protect the inhabitants of the household from any danger. There are more than 40 in Saint-Tropez and others in Cavalaire, Cogolin, Grimaud, La Garde-Freinet, Plan de la Tour, Sainte-Maxime, Gassin and La Mole.





Chapelle de Saint-Donat,  
Sainte-Maxime



Chapelle de la Miséricorde, Saint-Tropez

## BROTHERHOODS

These communities of pious laymen, whose purpose was brotherhood and helping others, played a key role. Indeed, the Penitent brotherhoods in particular were behind numerous chapels in nearly all the villages in the gulf. At Saint-Tropez, the **Miséricorde Chapel**, seat of the Black Penitents, is still a place of worship while the brotherhood of White Penitents' **Annonciade chapel** is now a fantastic museum full of art by famous early 20<sup>th</sup> century painters. In La Garde-Freinet, the **Saint-Jean chapel** now houses the Tourist Office and cultural space of the Friends of the Saint-Jean Chapel and the Conservatoire du Patrimoine.

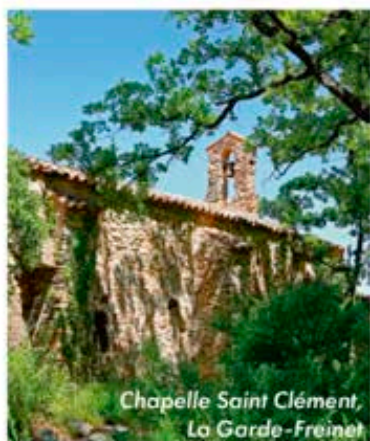
In Grimaud, the **White Brotherhood's chapel** contains high quality liturgical furniture. In Cogolin there are two adjoining **Saint-Roch chapels**, the oldest (17<sup>th</sup>) is now a wonderful exhibition space for contemporary art works.



Chapelle Notre Dame  
de la Queste, Grimaud

## PATRONS

Sometimes they were founded on the initiative of the lord of the area. In Saint-Tropez for example the **Sainte-Anne Chapel** was probably built on the wishes of the Laurens and Grasse families who were the lords of that area. In Cavalaire, the Castellane family, lords of Gassin since the 15<sup>th</sup> century, were behind the **Annonciade Chapel** (mid-17<sup>th</sup> century) which was destroyed in World War Two. In Grimaud in the 17<sup>th</sup> century, a priest from La Garde-Freinet provided significant funds to rebuild the medieval **La Queste Chapel**.



Chapelle Saint Clément,  
La Garde-Freinet



Chapelle  
de Pardigon, Cavalaire



La Chapelle, Cogolin, Artistic place



Chapelle des Pénitents Blancs, Grimaud

## TRADE LINKS

Other brotherhoods that were linked to a particular trade also had chapels built. Each trade has its protector: St Elmo, patron saint of mariners; St Joseph, patron saint of carpenters; St Peter, patron saint of fishermen, and so on. In Saint-Tropez, the **Saint-Eloi** (17<sup>th</sup> century) chapel built for the brotherhood of farriers, wheelwrights, goldsmiths and other metal workers is now a Protestant church. As for the **Saint-Joseph chapel**, seat of the building trades guild in the 17<sup>th</sup> century, it opens its doors every year for the May Bravade and other religious festivals in the village.



## Châteaux and watchtowers from the top of your castle

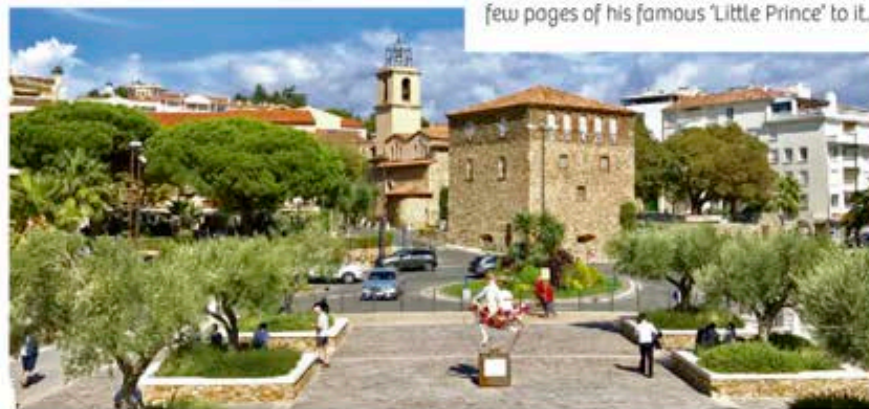
No longer being nomadic, men and women have always formed communities and sought to protect them. In the gulf of Saint-Tropez the danger could come from both land and sea. Hence why since the Iron Age, several centuries BC, the native Celtic-Ligurian populations built broad ramparts constructed from dry stone, earth and wood to protect them.

These oppida (from the Latin: *oppidum*, singular) are scattered across our hills but difficult to access as they are generally located on private property. In the Middle Ages, villages naturally developed in high places from which you could see foreigners coming from a distance and study their behaviour to gauge if they were friendly or ill-intentioned.

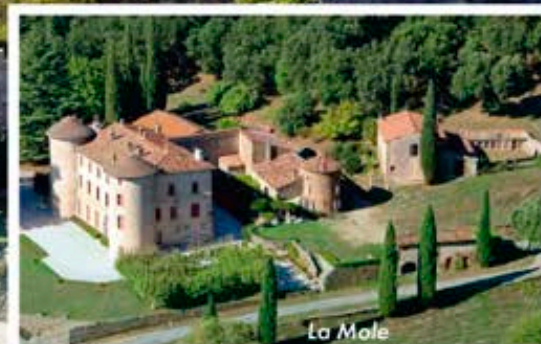
Grimaud, Cogolin, Ramatuelle, Gassin and La Garde-Freinet were perched (and still are!) and remain protected. The most impressive of these fortified villages is undoubtedly **Fort Freinet** overlooking the village. For centuries it was mistakenly believed to be a hideout for Saracens from Spain. Houses and a wide dry moat were carved out of the rock in the late 12<sup>th</sup> century. It is well worth a visit. It is a harsh place and rocky, but the 360° view from there is sublime.

The role of the châteaux (castles) like the one at **Grimaud** was to defend the village and impress potential attackers (a little) and the local population (a lot)! Indeed, they were a symbol of power for the lord who signed leasing contracts and received the community's consuls there. Generally, the lord did not live there, preferring the comforts of a house in the village.

You get a glimpse of the one above once you have passed La Mole airport heading for Cogolin, as its sombre facade with two circular towers dominates the hill and fields of waving grass before it is mowed. **The Chateau at La Mole** (private) is part of French literature in a way as it once belonged to Antoine de Saint Exupéry's maternal grandmother and he stayed there in 1904 and was later inspired to dedicate a few pages of his famous 'Little Prince' to it.

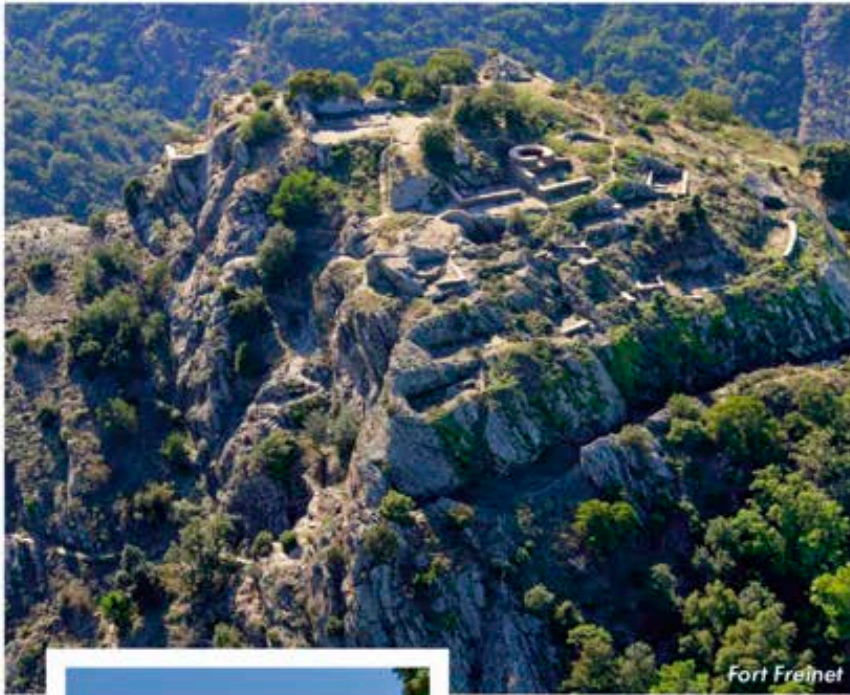


La Tour Carrée, Sainte-Maxime



La Mole





Fort Frelnet



Clock tower Cogolin



The Plan de la Tour tower

At Sainte-Maxime a large tower built in the 16<sup>th</sup> century by the Thoronet Abbey monks, who were lords of the area, watched over the coast and harbour and is now a **museum for local folklore and traditions**. In Saint-Tropez, the 15<sup>th</sup> century **Suffren Tower** was part of the fiefdom's castle. In the urban landscape you can also see the towers built in the 16<sup>th</sup> and 17<sup>th</sup> centuries that made up the town's defences: **Saint-Elme, Portalet, Vieille and Jarlier**. Dominating Saint-Tropez is the **Citadelle** (17<sup>th</sup> century) complete with dungeon and breathtaking view of the Mediterranean Sea and the gulf.



Les Grimaldines at Grimaud, world music and street art festival



La Citadelle, Saint-Tropez



Portalet Tower, Saint-Tropez



Napoleononic Battery, Ramatuelle



# Water is life

The driving force of all nature

*We cannot say enough about the importance of water in Provence, a life source that has always been here. It was not so long ago that we gathered at the village fountain to collect it as there was no running water in many people's homes. Now with global warming, everyone needs to use it in moderation. Already, there will be fewer showers on public beaches.*

As water was already a rare commodity, nearly all villoges had fountains from the 19<sup>th</sup> century onwards. They were like a new urban monument, a sociable place where women came to fill their pitchers and buckets and to gossip and chat. Livestock also came to quench their thirst. The water piped to these fountains was generally of good quality.



Place de l'Abbé Totti, Cogolin

## FOUNTAIN

### I come to drink your water

I come to drink your water  
The fountain in Place des Lices in Saint-Tropez is the most famous and has been flowing since the 18th century. At Ramatuelle, the dynamic Mayor Joseph Bernard had one built in the main square in 1905, while in La Garde-Freinet there is an old fountain and large circular fountain at Place Neuve. In Gassin a well supplied the village. In Grimaud, the monumental fountain at Place Neuve is a symbol of progress and prosperity. On a bend on a back street, you can still see the old hand-pump fountains (Cogolin and Grimaud) and the more modest 19<sup>th</sup> century drinking fountains, a sign of progress and hygiene.

Then of course there are the anonymous drinking fountains you come across in the middle of the maquis while hiking. Sometimes there is even a glass or small corked container left there for the next walker to quench their thirst in the heat of summer.



Le Plan de la Tour

## WASH HOUSES

### The laundrette's ancestor

We still like to gather near a fountain or wash house to cool off and listen to the soothing sound of water flowing as it did in days gone by. These wash houses (Ramatuelle, La Garde-Freinet, Sainte-Maxime, Saint-Tropez, Plan de la Tour, Grimaud) were another good place to catch up and chat. The women washed their clothes there, even when the water was freezing in winter. With the advent of the washing machine, these wash places were no long practical. In Saint-Tropez, the Vasserot wash house built in the 19<sup>th</sup> century has become an exhibition venue for artists.



Place des Lices, Saint-Tropez





La Garde-Freinet



Grimaud



Wash house in Ramatuelle  
Rue Victor Léon

**TRADITIONS**

**The 'Bugade'!**

Before soap for domestic use was invented, in the 17<sup>th</sup> century the 'bugade' (big wash in Provençal lingo) was done twice a week. First they bleached the laundry using ashes carefully collected from the fireplace. It was a communal event and in spring and autumn when the women in the village gathered it was a good excuse for a party with food, singing and dancing.



Fountain in Ramatuelle  
Rue du Centre



La Garde-Freinet



Wash house in Sainte-Maxime  
Rue Léon Gaumont



Fountain in Place Neuve Grimaud



# Architecture

## Trends and references

*Before it was known as the Côte d'Azur (1887), the Provençal coast (Nice, Saint-Raphaël, Hyères...) attracted all the great and the good, the wealthy bourgeoisie who came to take advantage of the mild weather and generous sunshine. But interestingly it was more in winter than summer. Indeed, it was in winter that they came for holidays on our Mediterranean shores.*



Port Grimaud

It was after the Great War that summer tourism really took off as people discovered the sea, swimming, water sports and the benefits of being fit and in the sun.

From 1920 to 1940, the Côte d'Azur became a laboratory of prestigious innovative architecture funded by wealthy patrons, industrialists and celebrities eager to enjoy the sea and sun.



La Croix Valmer



La Croix Valmer

Like a giant white liner in the midst of a pine forest that can be seen from afar, Georges-Henri Pingusson's Latitude 43 at the entrance to Saint-Tropez is one of them. Built in 1932, this avant-garde building was hailed the world over as a work of genius and great beauty and for its functionality. Originally designed to be a luxury hotel, it had 110 rooms all in a yachting theme with porthole-shaped windows, an Olympic seawater pool, casino and tennis courts. Converted into apartments after 1945, today it is classified as a 'Monument Historique'.



Sainte-Maxime is one of the few towns in the Var to have preserved a rich cultural heritage from this period. The architect René Darde (1883-1960) is considered to be the leading light of neo-regionalism in Provence. After Sainte-Maxime he went on to build several hundred prestigious casinos and hotels from Hyères to Menton. In a clear reference to Latitude 43, his Arbois building was originally a famous modern luxury hotel that was then converted into apartments. Along with François Bret's magnificent Palais des Sirènes it earned the 'Architecture Contemporaine Remarquable' label.





Sainte-Maxime



La Croix Valmer



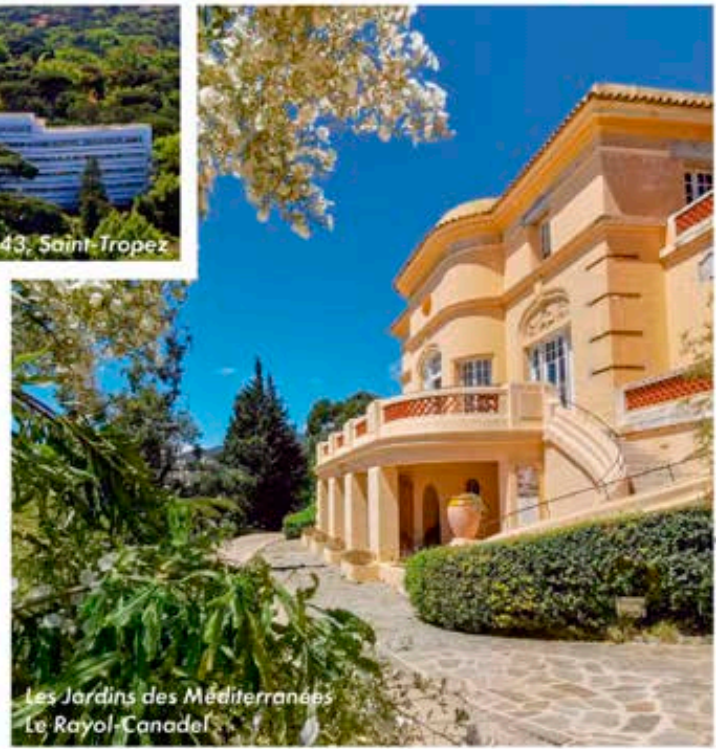
Palais des Sirenes, Sainte-Maxime



Le Latitude 43, Saint-Tropez

The Tourist Office offers a route you can walk to explore this 'Art Deco' resort architecture. There are also many beautiful residences from this period at La Croix Valmer (Boulevard des Villas) and in Grimaud (Beauvalon district).

The most recent architectural achievement of note is Port-Grimaud and its marina (see page 82), famous throughout the world for its sophisticated easy on the eye architecture. Awarded the 'Architecture Contemporaine Remarquable' label in 2002, it remains a fine example of a successful integration of hundreds of houses built on the water.



Les Jardins des Méditerranées  
Le Royol-Canadel



Sainte-Maxime



Port-Grimaud



# Bravades and folk groups

## Age-old traditions

*The Bravade is neither a popular or folkloric celebration nor a media event. It is a demonstration of the deep attachment that villagers have for the traditions and history of their village. Colourful and emotional, with music and blunderbusses, they take place every year in May in Cogolin, La Garde-Freinet, Sainte-Maxime and Saint-Tropez. As for folk groups they celebrate something very different.*

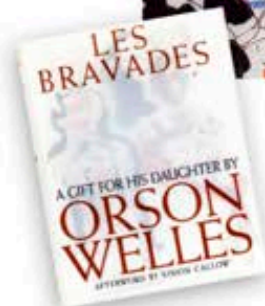
For Tropegiens, the Bravade is a half-military, half-religious civil and family festival that takes place every year on 16, 17 and 18 May, whatever the weather conditions and whatever happens. It is the "Pride and joy of Tropegiens" (Fernand Jean Ben). Saluos of shots fired, the handing over of the Standard and Flag, blessing of the arms and grand processions with the bust of their patron saint in front.

Since 1558 in May the men of Saint-Tropez, young and old, don their musketeers and

sailors uniforms to form the Corps de Bravade according to an unchanging protocol in memory of their civilian ancestors who protected the fortified town against Barbary attacks from the sea. Illustrated in colour by Orson Welles (not many know that), the Saint-Tropez Bravade which is inscribed in the history of the kings of France led to a revival of the celebration in other municipalities in the sixties with the votive festival in Sainte-Maxime and in the last 40 years in La Garde-Freinet and before 2000 in Cogolin.



Saint-Tropez



Sketches of the 1956 Saint-Tropez Bravade taken from Orson Welles's book, 'Les Bravades' First édition, 1996

Votive Festival, Sainte-Maxime





## AUBADES AND PROVENCAL SONGS

There is a whole other story to that of the folk groups. With their colourful costumes, dances, songs and music to the sounds of galoubets (one-handed flutes) and tambourines in Provence, they play a key role in the identity and reputation of each village. Men, women, teenagers and children in their embroidered garments, patterned petticoats and Indian dresses for the girls, culottes tied at the waist and short jackets for the boys, come together to perpetuate local folklore and Provençal traditions. You will not find a festival where they don't dance together in their peasant, craftsmen and bastide costumes on the main square or in a field.



The farandole dance is the most typical of Provence. These outdoor performances are often linked to the seasons (solstices) or patron saints (Torpès, Clément, Laurent, Maur...) and the patron saints of the trade brotherhoods (see page 105). They are danced with great precision and elegance, often recalling gestures from working in the field (Windmill Festival, 'danse de la souche').



## Heritage and cultural festivals

### MAY

- Saint-Maure Braoude (Cogolin)
- Valtue Festival (Sainte-Maxime)
- Wool Fair (Grimaud)
- Saint-Clément Braoude (La Garde-Freinet)
- Feast of Saint-Pons and Donkey Festival (Plan de la Tour)
- Braoude, traditional festival (Saint-Tropez)
- Windmills and Millstones Heritage Days (Ramatuelle)

### JUNE

- Spanish Braoude (Saint-Tropez)
- The Light of St John (Grimaud)
- Feast of St John (Royol-Canadel-sur-Mer)
- Feast of St John and St Peter (Cauolaire, Sainte-Maxime)
- Feast of St Peter (Saint-Tropez)
- Saint-Roch Windmill Festival (Grimaud)
- Countryside and Mills Heritage Days (Ramatuelle)
- Local Festival (La Croix Valmer)

### JULY

- Feast of St Magdeleine (La Mole)
- Feast of St Peter (Plan de la Tour)
- Summer Festival (Ramatuelle)
- St Anne Fair (Saint-Tropez)
- Evenings at the Windmill (Ramatuelle)
- L'Art et la Matière (La Garde-Freinet)

### AUGUST

- Village Festival, Feast of St Laurent (Gassin)
- Feast of St André (Ramatuelle)
- Village Festival (La Garde-Freinet, Grimaud)
- Mourre Hamlet Festival (La Garde-Freinet)
- Festivities commemorating 15 August (Sainte-Maxime, Saint-Tropez, Cauolaire, Cogolin)

### SEPTEMBER

- Provençal Fair (Cogolin)
- Pilgrimage to Notre Dame de Miremer (La Garde-Freinet)
- European Heritage Days
- Village Festival (Cauolaire)



### DÉCEMBER

- Christmas Festivities (all municipalities)
- Provençal Crèches Mr Codou (La Garde-Freinet)
- Light Festival (Grimaud)
- Santons Fair (La Garde-Freinet)





# Craftsmanship Made in Provence!

*Pipes, reeds, ironwork, pottery, glassware, leather sandals, carpets, ceramics... there are no shortage of crafts in Provence and they are widely represented throughout the gulf of Saint-Tropez. True craftsmen are perpetuating out of the ordinary expertise and most of their products are exported all over the world.*



Reed factory, Cogolin

Let's begin with the reeds. You will recognise those thin strips of reed that musicians wet with their lips before a concert to produce the best notes on their instrument be it an oboe, bassoon, or saxophone. Come with us to the La Mole Valley, along the river between Cogolin and La Mole where the reeds grow and are replenished each year. We pick out these natural reeds after months of work and drying, those famous reeds that are finely cut to size and bevelled and which famous artists (you would be surprised) from all over the world acquire (Ets Rigotti and Alain Ruig in Cogolin).

## LACEY BELL TOWERS

Bells are the work of skilled metal workers. From a simple iron bar, heated in a furnace until it is red hot then struck with a hammer on an anvil, they create the bells that are so characteristic of Provence. Transparent? Almost. They are designed to offer little resistance to strong winds like the Mistral which blow through. But these skilled iron craftsmen (Ets Calvani in Saint-Tropez, Création Béatrice H in Ramatuelle) also make customised railings, stairs, gates, grills and pergolas.



Carpet factory, Cogolin (private)

## ANOTHER LOCAL SPECIALITY

### CARPET MAKERS IN COGOLIN

Founded in 1924, the handlooms in this factory have Jacquard mechanisms dating back to 1880, which combine needles, cylinders and punch-cards to "programme" and automate weaving of patterns, named after the inventor who in 1801 designed this revolutionary loom. The wool creations produced by this factory have a prominent place in the history of French artisanal heritage, as they are to be found on five continents.



## CREATIONS

Other craftsmen merit being included on this tour of creators. In Ramatuelle, Atelier de Janny specialises in decorative porcelain and tableware. In Cogolin discover hand-painted porcelain at Entre lin et coton, then there's all the mirror art at Atmos'Verre, lighting ideas at ACF and many others.

## EARTH & POTTERY WHEELS

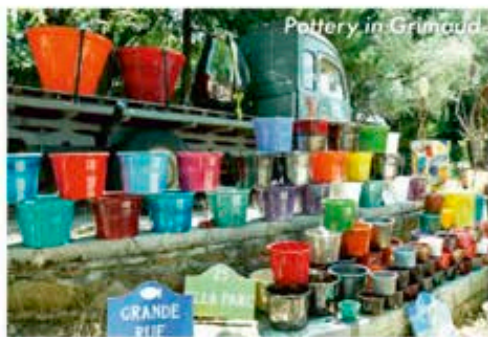
What would Provence be without its potteries? There are many on the peninsula and all are original: in Ramatuelle and Gassin (Poterie Provençale Augier), in Grimaud (Poterie des 3 Terres and Poterie du Porche),







Plan de la Tour market



Pottery in Grimaud



Flea market in Sainte-Maxime

in Cogolin (La Poterie de Cogolin). Whether it's garden pots, terracotta, glazed or decorated, handmade or not, or personalised earthenware, there is something for everyone. Indulge yourself!

#### CORK OAKS AND CORKS

More discreet is the manufacture of wine corks. Making corks was once a sizeable industry in the Maures with a niche role in the local economy. Cork was already being used in Antiquity to close wine amphoras. If you want to meet the last of the cork oak bark strippers go to La Garde-Freinet to see a demonstration.

#### PIPES AND SANDALS

Another product of nature, this one carved from the roots of white heather (briar wood) that flourishes in the Maures, are the pipes made in Cogolin (Charles Courrieu). And tanned leather used to produce leather goods has made the reputation of sandal makers (K. Jacques and Rondini in Saint-Tropez and a leather workshop in Grimaud).



Tropezian sandals

#### UNUSUAL OBJECTS

No tour of the marvels to be found in the gulf would be complete without mentioning those gatherings of amateurs and collectors that pop up all over the gulf, usually every weekend. Antiques fairs, flea markets and garage sales are popular among bargain hunters ferreting out those little gems. The many antiques shops in our villages also offer an eclectic choice of unusual objects, decorative accessories or renovated items at Atelier du Coyote in Sainte-Maxime.



Cogolin pipes



Santons of La Garde-Freinet





# Museums and special sites

*Turning back the hands of time*

*How can we not be mindful of testimonies from the past, from those years we did not experience and yet in a way are part of our ancestry. Be it a large or small museum, every municipality has a couple of exhibition rooms for a past that, if not our parents, then our grandparents knew. Black and white postcards.*



Annonciade Museum, Saint-Tropez

Some municipalities showcase their rural origins, others their religious heritage, while others are based on historical or cultural facts or iconic characters. All traces, remains and events of the past are brought to life in rooms laid out with objects, utensils and tools we have even forgotten how to use and scenes from another era.

This is what Cavalaire (Heraclea Caccabaria) has created in an archaeological room where objects from an often unknown past of an ancient settlement are on display in the **multi-media library**. Moreover in Cavalaire we go back even further with items from **Montjean** (Iron Age) and **Pardigon** (Roman era) sites

providing evidence that people lived there, as well as shipwrecks from more recent times.

In Grimaud and La Garde-Freinet, the **ATP museum** and **Conservatoire du Freinet** retrace the life, customs and traditions of a bygone era in these villages. Tours and workshops will give you insights into cultivation of vines, cork oaks and cork extraction, silkworm breeding on mulberry trees, domestic and rural chores, clothes and Provençal customs of the early Massif des Maures inhabitants (Grimaud), and cork oak and chestnut tree cultivation (La Garde-Freinet).



Guided tours

## ANNONCIADE MUSEUM

In Saint-Tropez, the Annonciade Museum, a former chapel is a reminder that the peninsula was one of the most active centres of avant-garde painting in the early 20<sup>th</sup> century. Paul Signac who discovered this delightful little harbour in 1892 (*"I as not calling in, I stayed"*) led the way. In addition to its permanent collections that are on display, the museum regularly puts on superb themed exhibitions that attract thousands of visitors every year.



ATP Museum, Grimaud

## BUTTERFLY MUSEUM

Nearby down rue Etienne Berny, a little back street in the village, the Maison des Papillons showcases an extraordinary selection (more than 35,000 specimens) of diurnal butterfly species in France, collected and mounted by the artist Dany Lartigue. *"They are the image of happiness,"* he said. *"They fertilise flowers by foraging, living only on sweet delicacies and love. That's all they think about".*

## PHONOGRAPH AND MECHANICAL MUSIC MUSEUM

Halfway between Sainte-Maxime and Le Muy in the middle of woods in Donat Park, the Phonograph and Mechanical Music museum (and inventions) showcases a unique



Workshop with Conservatoire du Freinet



collection of 350 instruments retracing the history of the phonograph and other European inventions from 1830 to 1930 (book to make an appointment to visit).

#### LA GENDARMERIE ET DU CINÉMA MUSEUM

Finally, how can we not mention the Saint-Tropez Gendarmerie et du Cinéma museum which pays homage to Louis de Funès and Michel Galabru (famous French TV series, *Les Gendarmes*), Brigitte Bardot (*Et Dieu créa la femme*), Romy Schneider (*La Piscine*) and all the producers, actors and directors who chose Saint-Tropez and the peninsula as the setting for their productions. One of the first films shot here was in 1931, *Pour un soir*, directed by Jean Godard with Jean Gabin in the credits. Its success among TV and film fans is such that it's now the most visited museum in the Var.

**For the cinema route see:**  
[www.visitgolfe.com](http://www.visitgolfe.com)

#### MARITIME HISTORY MUSEUM IN THE CITADELLE

An imaginatively staged, very instructive journey in 18 stages seamlessly blends soundscapes, rare video footage and interactive discoveries with collectors pieces to evoke fishing, cabotage, shipyards, ocean going captains, the navy and cruise liners. Immerse yourself in the

All the Gulf's  
museums



Gendarmerie et du Cinéma Museum, Saint-Tropez



Maritime History Museum



Maison des Papillons



Gendarmerie et du Cinéma Museum, Saint-Tropez

stories of characters, some famous others anonymous, who shaped the maritime history of Saint-Tropez which was the third largest French port in the 18<sup>th</sup> century.

This Maritime History Museum retraces maritime activities in Saint-Tropez covering a period of nigh on 500 years. Five centuries of human adventures and a fabulous view of the Gulf from outside to boot.

#### LA MAISON FONCIN

Not to be missed in Cavalaire is the Maison Foncin (guided tours by reservation) built by Pierre Foncin, geographer. Property of the Conservatoire du Littoral, it houses an astonishing exhibition on cartography, the Pigne train and the history of the Foncin family.

Not to be missed nearby is the **Maison de La Nature**, a site entirely dedicated to raising environmental awareness.  
<https://lusine.org/>



Château de la Mouille, Saint-Tropez



# Midnight 14 August 1944

## Provence Landings

*This is another page of history that pays homage to the peninsula. The Provence Landings took place on the night of 14 and 15 August 1944. The day before, Radio London had broadcast 12 messages for the local Resistance. The best known "The hunter is hungry" and "Nancy has a stiff neck" announced the military operation.*



Landings in Cavalaire, August 1944

The naval assault took place on the Var coast between Toulon and Saint-Raphaël with the beaches between Le Rayol and Sainte-Maxime as epicentres. More than 2,000 vessels had been mobilised by the Anglo-Americans, French and others: 350,000 men and 1,900 aircraft were engaged in this massive operation

to liberate Provence then the whole of France's south east in less than 15 days in an astonishingly swift advance.

From this historic event that equalled that of Normandy and mobilised the entire

coast you will find stele (Le Rayol, Cavalaire) and monuments (La Croix Valmer, Cogolin, Ramatuelle, Saint-Tropez) commemorating this glorious page in the peninsula's history. Wreaths are laid and a minute's silence observed every year on 15 August.

Close to our shores, there are still some impressive wrecks of warships sunk and planes shot down during these military operations which, ironically, have become important sites for scuba divers. Sometimes tank turrets reappear on our beaches after particularly rough seas and strong winds in winter, all bearing witness to the Allied Landings.

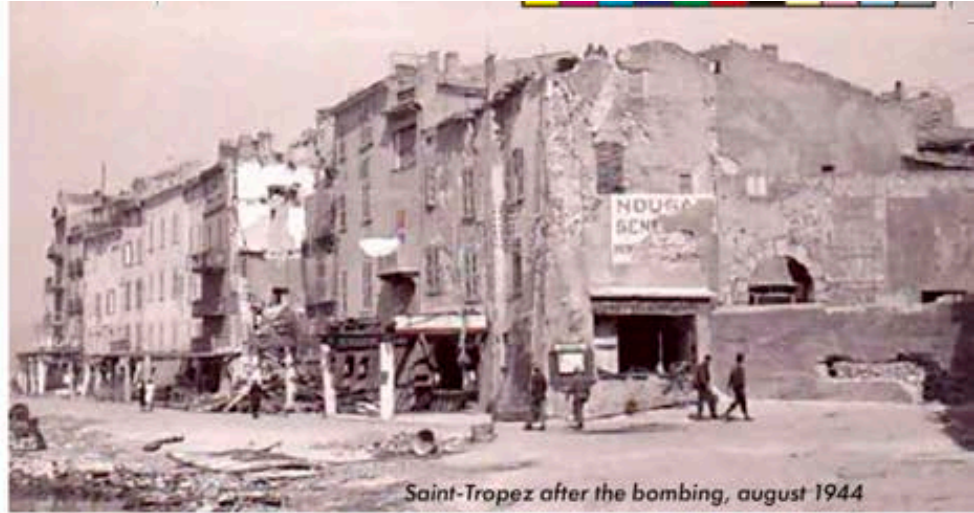
### RECOGNITION OF THE COUNTRY

*"Since the morning of 14 August, there has been a great deal of maritime activity with reinforcements of cranes, winches and conveyer*



15 August parade in Sainte-Maxime





Saint-Tropez after the bombing, august 1944



15 August parade in Sainte-Maxime

belts on the shores of the Gulf and quays in Saint-Tropez. Saint-Tropez is the main port supplying not only the army but also Provence: freighters and landing-ships are constantly unloading cargoes of everything including flower, sugar, milk, preserves, clothing, etc. that trucks immediately take away to meet the needs of a population that is literally starving".



"On 15 August 1945 (...), without a doubt it was the town of Saint-Tropez which relived the most poignant moment when, on [Place] des Lices, in the presence of Mr Diethelm, representing General de Gaulle, the plaque on this square was unveiled that recalls for posterity that on 15 August 1944, under the command of General Patch and General Lattre de Tassigny, troops from the 7<sup>th</sup> United States Army, Army B, of the RAF, landed on our shore under the protection of Allied and French ships and with the patriots from the Maures Brigade."  
 "On 15 August 1948, the Maures town received the Croix de Guerre with distinction, accompanied by the following citation: Saint-Tropez, ancient and glorious town, centre of the Resistance under occupation, from 15 August 1944,



Cavalaire

and despite serious damage to its harbour installations, contributed greatly to the success of the landing of troops, winning their esteem and recognition. Thanks to the heroism and spirit of sacrifice of the people, it is entitled to the 'Titre de reconnaissance de la Patrie' [recognition of the nation title]."  
 (Extracts from *Le Pays de Saint-Tropez* by Fernand Jean Ben, reproduced here with the kind permission of the association Les Amis de La Brouade et des Traditions Tropéziennes)



15 August parade in Cogolin





## Culture & emotions

*Quality performance wherever you are*

*What in your mind do you associate with the gulf of Saint-Tropez when someone mentions this legendary destination? Idyllic beaches, late-night parties, vast expanses of protected nature, its coastline, the light and its artists, all the watersports? Think about it!*



Le Rayol



Musical Nights, La Seyne



La Croix Valmer

Indeed there are several ways you could view the gulf of Saint-Tropez depending on whether you prefer history, geology, folklore, fishing, sailing or going out at night. It is perhaps less associated with culture. And yet it is everywhere in a network of cool dark rooms in municipal libraries, cultural centres and multi-media libraries, to theatres, café-theatres and concert halls which are to be found in all 12 municipalities.

### CULTURAL CENTRE IN THE GULF

The Carré Léon-Gaumont (Sainte-Maxime) is without a doubt the most versatile cultural centre. This 5,200m<sup>2</sup> complex brings together in one place two indoor theatres, 485 and 80 seats (with a top quality multi-disciplinary programme:

plays, dance, music, circus, digital arts, meeting the artists, courses, etc.), a 1,000m<sup>2</sup> multi-media library ( books, comics, magazines, CDs, exhibitions, entertainment, workshops, literary lectures, book signings, etc.) and a cinema, Le Pagnol Carré Léon-Gaumont with three screens, all round digital sound and comfy seats.

### CAVALAIRE EXTENSIVE COLLECTIONS

Cavalaire's multi-media library organises a highly original programme of exhibitions. This municipal centre has an extensive collection of 40,000 documents

available, half of which are new, and packed catalogues of videos, CDs, books, recently published novels, periodicals (newspapers, reviews, magazines) and a conference room for meetings.

### COGOLIN CONSERVATOIRE INTERCOMMUNAL

In the same premises as the gulf's Rostropovitch-Landowski Conservatoire, Cogolin's multi-media library is a hive of activities for young and old. In addition to loaning books, CDs and DVDs, it organises storytelling workshops, book signings, exhibitions and courses in two disciplines; music and



The Gulf's  
media libraries





Les Tragos Festival, Cavalaire



A colouring workshop, La Garde-Freinet



Rostropovitch-Landowski Intercommunal Conservatoire

dance with classes suited to children or adults, beginners or experienced. This state run arts education facility has 29 qualified teachers providing a regime adapted to school children for their musical studies. Regular free concerts.

#### READING AND WRITING WORKSHOPS

La Croix-Valmer (arts and culture centre and library), La Garde-Freinet (Anne-Marie Saville library, library for young people and the municipal Jean Aicard library), Saint-Tropez (Charles-Vil-drac library for youngsters), Gassin (library) and La



Mole (multi-media library) are also meeting points for reading and writing workshops and other cultural activities, opening doors to self-knowledge and the world around us.

#### THEATRES AND THEATRE GROUPS

Finally, we must include a special mention for the pool of talent that

the gulf of Saint-Tropez represents with its permanent theatre groups and theatrical acting workshops. **Les Tréteaux de Saint-Tropez, Carpe Diem, the Proscenium, Légard, Cret** and **Les Tragos** organise them almost all year round in the municipal theatres.





## Destination prestige

Your dream holiday

*Is there any other destination as varied and concentrated as the gulf of Saint-Tropez, one that can offer such a wide range of exceptional and idiosyncratic activities in an environment where luxury, relaxation and elegance holds way?*

Shopping, golf courses, spas, polo and prestigious fashionable events raise the gulf of Saint-Tropez to the level of international capital of luxury. Of the 31 hotels in France that have earned the coveted 'Palaces' label as being above five star, four are in the gulf of Saint-Tropez. And on this almost island territory, no fewer than

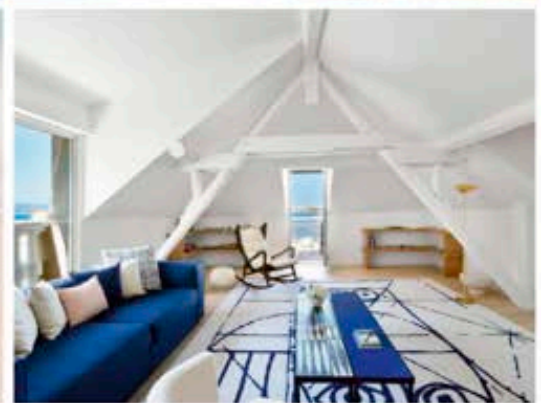
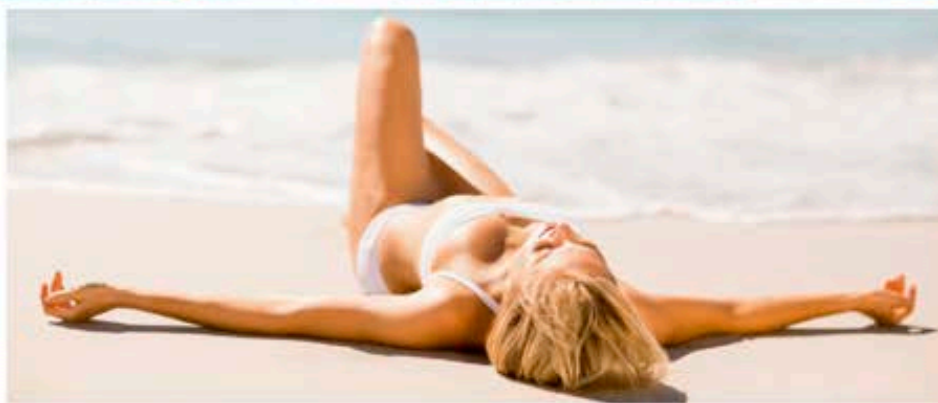
21 hotels are five-star and 27 hotels four-star. Undeniably, the gulf of Saint-Tropez offers high end accommodation and services to a discerning sophisticated international clientele; and who often chose this destination for the quality of the facilities provided and for not being recognised.

[www.visitgolfe.com](http://www.visitgolfe.com)



Prestige hotels









## Sea as the backdrop

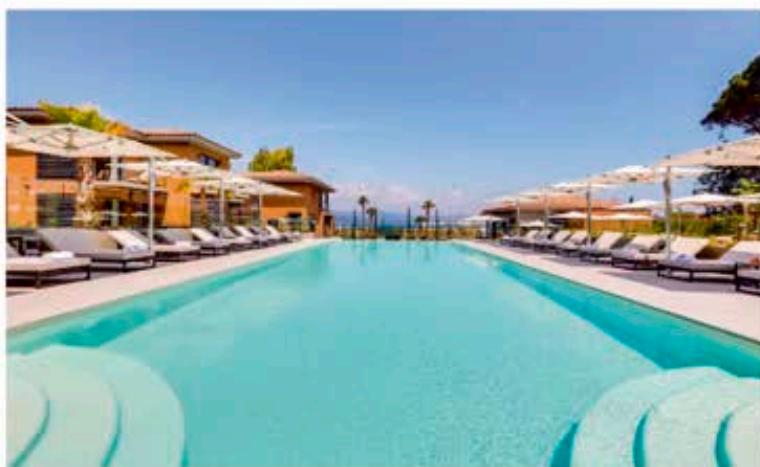
### SKY AS THE CANOPY

In the gulf of Saint-Tropez sensual pleasures are there every moment of your stay. Romantic bedrooms, junior suites or apartments extended by wrought-iron balconies, with terrace, garden or patio. Bougainvillea, pencil pines, neat rows of vines and olive trees add their touch of colour to the tableau. Everything is perfect for this experience of luxury, calm and exquisite pleasures. The sea is your backdrop, the sky your canopy, the blue of the sea reflected in your swimming pool and a spring fountain echoing the sound of the waves. This is what happiness looks like.



*gulf Spa*





## Outstanding menus

### RECIPES WITH INDESCRIBABLE FLAVOURS

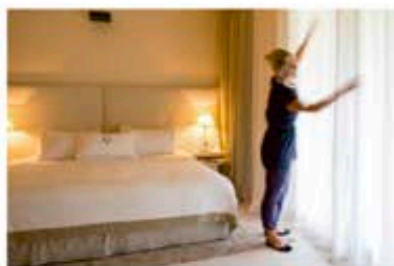
All the pleasures of the body and spirit would not be complete without delicious cuisine. Most of these establishments employ the services of experienced, sometimes Michelin-star chefs who are amazingly imaginative and creative when it comes to celebrating Mediterranean ingredients. They rival each other for originality to produce outstanding seasonal menus, with dishes that juggle herbs and spices in recipes of multiple indescribable flavours to the delight of even the most discerning palate.



## A unique atmosphere

### ✦ TAILORMADE SERVICES

Primarily it is the quality of services in hotels on the peninsula which for years has attracted such a loyal and discerning clientele. There are very few hotel chains here, each stands out in its own right and offers a personalised service. All these establishments enjoy exceptional locations, often in a shady park or on the slopes, with unforgettable views of the bay of Saint-Tropez or a beach or stretch of forested coast, unless they are in the centre of famous villages.





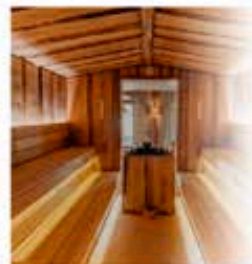
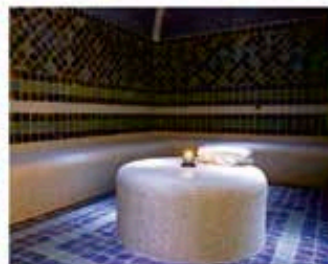
## ACCOMMODATION & SPA



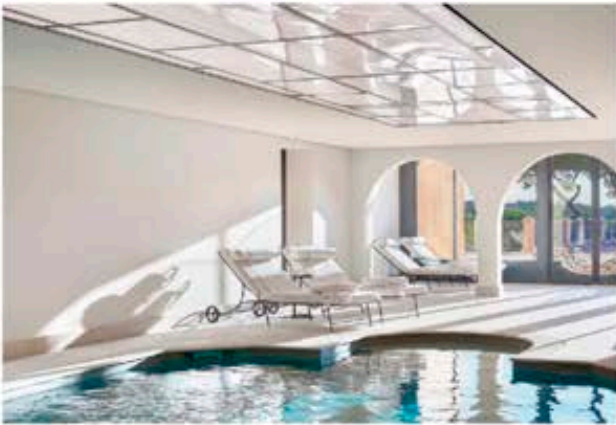
### *Mens sana in corpore sano*

#### **HEALTHY MIND IN A HEALTHY BODY**

When it comes to relaxation, wellness and beauty, this can be an effort at home to gain access to all the facilities. Here, most of the luxury hotels on the peninsula offer relaxation and beauty areas with gym, Jacuzzi, hammam and sauna, or access to a solarium and a range of bespoke services with or without a private coach: massages, beauty treatments, hair salon, aquagym, aquabike, body sculpting, treatment rooms, pool or hydromassage shower with invigorating jets or bubble beds, yoga, Pilates and a spa. Indulge yourself and relax to the extreme! Don't forget to turn off that phone!







## Timeless souvenirs

### MOMENTS SUSPENDED

Personnel are trained to respond to the needs of their guests, to anticipate their desires and provide the best possible services to transform their momentary stay into an everlasting memory of moments suspended in time. Rooms and suites, including presidential suites, have all the latest mod cons in terms of digital connections and audio-visual equipment. Some feature the colours of Provence in their décor; others have gone for a more modern style, often designed by well-known interior designers and featuring quality materials and objets d'art with spacious well-appointed bathrooms. Luxury has an address: the gulf of Saint-Tropez.



## Private beaches

### AND OUTDOOR FACILITIES

All this comfort and wellbeing would not be complete if they were not complemented by an exceptional menu of private beaches and a whole range of four and five star hospitality facilities outdoors. These establishments also offer beauty and relaxation treatments (face, hands and feet), reshaping treatments and manicures, balneotherapy, and facial or body massages to regain the path to harmony. So will you have a Californian massage? Oriental? Balinese? Ayurvedic? Your choice. Just close your eyes, forget about life and let yourself go.

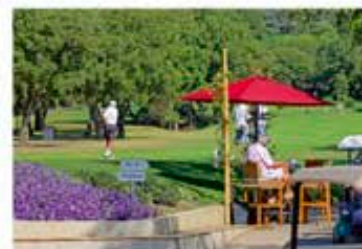
[www.visitgolfe.com](http://www.visitgolfe.com)



# Golf in the Gulf

## Slice, hook & swing

There are three 18-hole golf courses in the gulf of Saint-Tropez, in Sainte-Maxime, Gassin and Grimaud. Three highly original greens, each different yet complementary to the others, combining technical skills with an enjoyable sport. All three are close by: two overlooking the Gulf with incredible sea views, the other with its back to the bay to offer you the rolling hills and woods of the Massif des Maures.



### Golf Club de Beauvallon

This 40-hectare golf course in Grimaud on the border with Sainte-Maxime faces south and the sea. It is quite technical but not very long, alternating original fairways (85 years old, a pioneer in the Var!) and new well thought out fairways. It is easy to cover this course on foot which will delight all those who find that too many courses require golf carts. On site: Pro shop, clubhouse, international clientele, competitions and experienced instructors.

### Country Club Golf Academy

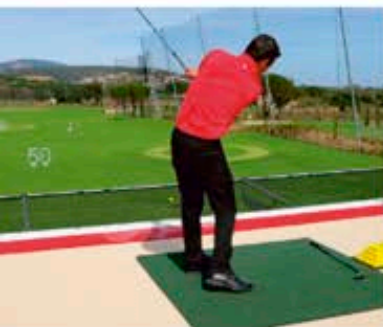
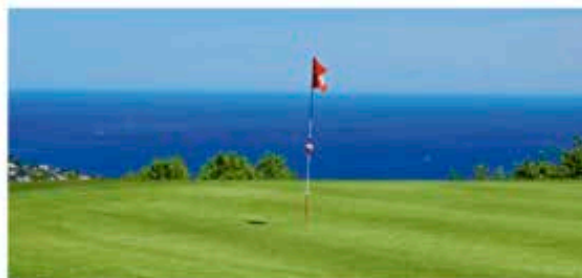
Mainly reserved for its resident members and locals living in Gassin, it does however open its doors to guests from some of the luxury hotels on the peninsula. The layout reflects the combined skills of Gary Player, Gery Watine and Thierry Sprecher to offer a 6,045m course as varied as it is technical in a fabulous setting. On site: Pro shop, clubhouse and restaurant in a magnificent wood-built farmhouse. Venue for receptions and prestigious events.

### Golf Blue Green

This beautiful hilly and fairly technical 72-par course is spread across 65 hectares of bush and cork oaks in the heights of Sainte-Maxime, with superb views of the Mediterranean and across to the Maures and Estérel hills. Aerial tee shots, banks and water features unfold over nine holes down towards Sainte-Maxime and back up to the clubhouse. Practice area, Pro shop, putting green, courses and individual lessons.



Golfs



### Golf Up

Golf Up is the ideal place to learn golf in the great outdoors and improve your skills. No need for a membership card. This 7 ha practice course is the first golf course in Europe to be entirely designed using synthetic grass and is on the Blaquières to Grimaud road. There are 45 stations some equipped with the latest teaching equipment (TopTracer touch screens, robotic ball collectors, connected ball machines, TrackMan radar, etc.). Practising on the approach, two putting greens, a compact nine-hole course. An ultra-connected customer experience. On site: Pro shop and restaurant.



#### A NOD TO

#### Mini golf courses

These also have 18 holes on synthetic terrain and using small clubs. There are three of them, two at La Four and one in Sainte-Maxime in a tropical setting of palm trees and waterfalls. Sites sometimes have water misters and snacks.



# Passion for horses

## Show jumping and eventing

*Mythique is the magazine, and the gulf of Saint-Tropez is legend when it comes to all the leisure activities available ashore and on the sea. Sports and leisure pursuits to keep fit in the hills and on the beaches in casual gear, and perhaps more elegant for other disciplines, horse riding being one. It is very much in keeping with the peninsula.*



### Gassin the polo capital

Established in 1998 the Gassin stud farm, the Saint-Tropez Polo Club, covers 30 ha in a lovely green setting. It is considered to be one of the most prestigious and appreciated clubs in Europe which makes Gassin the polo capital. Sport of Kings and King of sports, polo requires balance, skill, team spirit and composure from the riders. From April to September, international tournaments attract the world's best players and their extraordinary horses. The Argentinian horses are the best, their ancestors being a cross between criollos and English thoroughbreds. On the Bourrian to Gassin road.

**Two more recent international-level events have been introduced to complement the polo matches, Hubsid Jumping in Grimaud and the Longines Athina Onassis Horse Show in Ramatuelle. They both offer show jumping, an Olympic equestrian discipline.**

### Hubsid Jumping Grimaud

Hubsid Jumping in Grimaud is on the way to becoming one of the most important show jumping venues in Europe with a spectacular 120m by 70m area for jumps. Competitions take place all year round in this luxurious stud farm where the emphasis is on the wellbeing of horses and riders. For Olympic champions from all over the world, Europe and France this venue is a must on their sports calendars.



### Ramatuelle, Longines Athina Onassis Horse Show

A combination of glamour and top level sport, this event takes place right by the sea on an area shaded by pine trees. Every year in summer, the Longines Athina Onassis Horse Show also attracts the best show jumpers to an area just behind Pampelonne beach. Orchestrated by the rider Athina Onassis, this exceptional event is a favourite stop on the calendars of the equestrian elite.



## Movie backdrops gulf of Saint-Tropez

*The amazing variety of landscapes in the gulf of Saint-Tropez for walking, running, cycling, horseback riding and biking have long inspired painters and photographers. They were also spotted by the cinema very early on. And it was not just film producers who were impressed but the world of advertising and fashion. Lights, camera, action! Let's go.*



Blue, green and gold, the Mediterranean, the Maures country and this intense light present from morning to evening. Add to that villas with infinity pools and luxurious properties with their plush beautifully designed interiors, and this was all that was required to turn the Gulf of Saint-Tropez into a giant film set, ideal for filming outdoor or indoor settings. Perched villages, quays and picturesque back streets are regularly chosen and appreciated by directors, photographers and advertising agencies for the quality and reliability of the light.



The 76<sup>th</sup> Cannes Film Festival chose to pay tribute to one of the big stars of French cinema, Catherine Deneuve. A black and white poster was produced by Hartland Villa (Lionel Aignon, Stefan de Vivies) from a photograph by Jack Garofalo on the

set of *La Chamade*, an Alain Cavalier film. It was taken on a pontoon at Pampelonne beach.





Cinema Routes



Le Gendarme de Saint-Tropez, 1964



Romy Schneider & Alain Delon, La Piscine 1969

## A welcoming venue for film shoots

If we listed all the productions that have used the peninsula as a backdrop they would not fit on this page. We will leave time in the interval to browse through that tome in the interval.

**AWARDS.** No one remembers it now but one of the first films shot in Saint-Tropez was Firmin, *le muet de Saint-Pataclèt* in 1938 (directed by Jacques Séverac). In 1956, *And God created Woman* was filmed at Ramatuelle, Gassin and Saint-Tropez by Roger Vadim who created a stir. This was followed by Éric Rohmer's *The Collector* (1967), Pierre Tchernia's *Le Viager* filmed in 1972 at La Garde-Freinet and a series from the iconic *Gendarmes* (of Saint-Tropez, on a walk, the *Extra-terrestrials*, the *Gendarmettes* and getting married).

**CREDITS.** The high profile directors who have set up their cameras in these Var Côte d'Azur studios says it all: Jean Girault, Claude Berri,

Gérard Pirès, François Truffaut (*Jules et Jim*, 1962, at La Garde-Freinet), Jean Rouch and Edgar Morin, Stanley Donen, Jacques Deray (*La Piscine* in 1969), Christopher Frank (*L'Année des méduses*), Otto Preminger (*Bonjour tristesse* in 1958), Édouard Molinaro, Claude Chabrol, Alain Cavalier, Jean Poiret, Gérard Oury and Danièle Thompson to name a few. All are ambassadors who in one way or another have helped promote the peninsula's panoramas.

**A FIRST.** Set up in 1991 and the first of its kind in France, the Var Film Commission has a mission to promote Var sites to producers for future films. For over 30 years they have been acting as a liaison between the film and advertising industries and all those involved in the movie business to smooth the path for their teams in preparing for a shoot. In terms of benefit to the local economy it runs into millions of euros.  
**Contact :** [www.filmvar.com](http://www.filmvar.com)



## Fashion, glamour & shopping

*Since the 1950s, people have been coming to Saint-Tropez for clothes. Trends set by Choses et Vachon by the harbour. Every May, we came to discover their latest collections. Saint-Tropez, land of Fashion with a capital F! The gulf's flagship town has always been perceived as a destination where elegance has put it at the forefront of fashion and beauty.*

Chanel fashion parade  
at the harbour in Saint-Tropez

But the trends at the time were much more relaxed, we didn't see stilettos on Place des Lices. Forget the simple but iconic gingham dress with its red and white squares worn by Brigitte Bardot. Over these last decades we have seen the arrival of the big international brands and groups. Window displays and shops followed and have transformed our streets, shop by shop, into a movement that shows no signs of slowing down.

Like the legendary designers who regularly visit our exceptional region, Saint-Tropez like Sainte-Maxime, Grimaud and Cavalaire flaunt major international brands; an impression reinforced by all the models who come here, a wealthy clientele of the most beautiful women in the world, wearing all their finery, dream outfits and stunning accessories.

### PREMIUM BRANDS

Vuitton, Dior, Hermès, Rolex, Cartier, Dolce & Gabbana, Chopard, Breitling, Longchamp, Gucci and Lancel, the list goes on. The most prestigious names which grace the boulevards



of the world's big cities are now part of the Saint-Tropez scenery. All these brands are keen to be associated with a glamour destination par excellence to ensure unrivalled visibility in summer when famous personalities and celebrities flock to our corner of the world. The resounding success of the Chanel show in the harbour a few years ago, filming of the global Longchamp advert in Saint-Tropez and the regular film

shoots in the Gulf, such as for Victoria's Secret in Ramatuelle, are a perfect illustration.

### TRENDY BOUTIQUES

The peninsula's reputation, its luxury establishments providing a largely protected environment, idyllic beaches and billionaire villas have attracted the world's biggest names in fashion to set up shop in Saint-Tropez. Once a symbol of parties and





a carefree attitude, today it symbolises luxury and brilliance. Place de la Garonne, Rue Gambetta, the quays by the harbour, Rue Allard and La Ponche are lined with brand boutiques that grace the pages of the most prestigious magazines. In this glorious box office, we must not forget our local designers and craftsmen such as the Tropezien sandals by Rondini and K. Jacques, the dresses of Julie Vallotti, the jewelle-

ry at Gas or Titamala to name a few. Fashion is also on the up in Sainte-Maxime, Cogolin and Cavalaire.

**GULF OF SAINT-TROPEZ FOR EVER!**

And it is not just about clothes, whether you are looking for jewelry, leather goods, shoes, accessories (watches, belts, hats), pens, cigars or beauty products, shopping draws in men, women and children like moths to a flame. They come in

search of sports or trendy clothes, street-wear or beach-wear, glamour or collectors' items, vintage or new; lines and products that are always elegant and sensual in eternal Saint-Tropez. Saint-Tropez for ever! We continue coming here to enjoy fashion and dress up.

Shopping  
Saint-Tropez





## Luxury Yachting

*Dreams, an industry  
and jobs*

*Wherever you go is a spectacle. How we cherish this blue, green and gold country, at sea, on land and on the water. Stunning cars parade down by the harbour, the most beautiful yachts call into Saint-Tropez, Port-Grimaud, the Marines at Cogolin and Sainte-Maxime. A spectacle that always turns heads.*



**T**hey too are participating in the show. Those carbon or alloy yachts, their chrome fittings shining, their bay windows and portholes gleaming, with their bouquets of long-stemmed flowers, the stewards and hostesses smart in their uniforms on the deck. These are the actors on the water who come every year to be part of the scene and celebrations, to be part of the legend. Without them, these

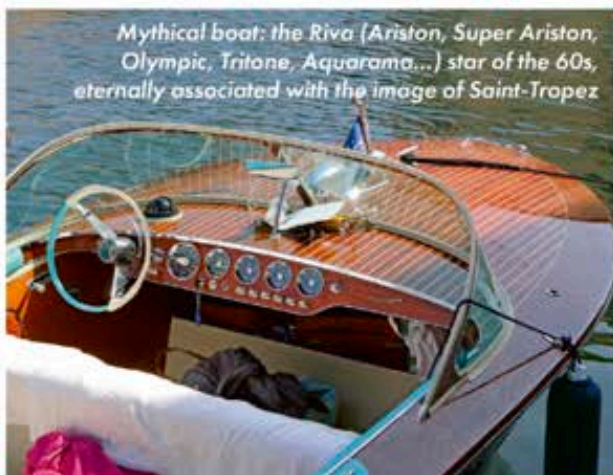
harbours in the gulf of Saint-Tropez would not be the same.

For those who appreciate luxury and a little ostentation, then look no further than a yacht moored or at anchor in the bay for a symbol. For the owners, it is imperative their floating fortresses are equipped with the latest technology, reflecting their wealth and status. In terms of gadgets, some have a helicopter pad

on the roof, others have spas, a gym, cinema and even a disco. Others who prefer an alternative to seawater have a swimming pool on board. And their tenders alone would be enough to make anyone happy.

They nearly all have the same routine: departing for Ramatuelle's Pampelonne beach around 11am, anchoring in the bay to have lunch in one of the restaurants, returning





to harbour late afternoon, reversing gently into their berth, hull inches away from hull, with an accuracy that impresses those on the quay.

As night falls, captains give way to the orchestras and sequins of private parties on deck, watched over benignly by the Bailli de Suffren statue. Always on show, looking at each other like mirrored reflections of themselves. The show will

end soon as soon as the cicadas stop singing.

Yet the presence of all this luxury should not mask the parallel economy it generates for the local communities. From the boat building and maintenance yards of Saint-Tropez or Marines de Cogolin, the cabinet makers, engineers, ship chandlers, insurers, laminators, carpenters, painters, captains,

skippers, crew, pursers, suppliers, harbour staff, security, craftsmen, specialised mechanical workshops and leatherworkers, the superyacht industry generates hundreds of specialised highly qualified jobs. It has a big impact on the local economy. Yes, realising dreams has its own economy.



# Passion for motors

## Parades of every kind

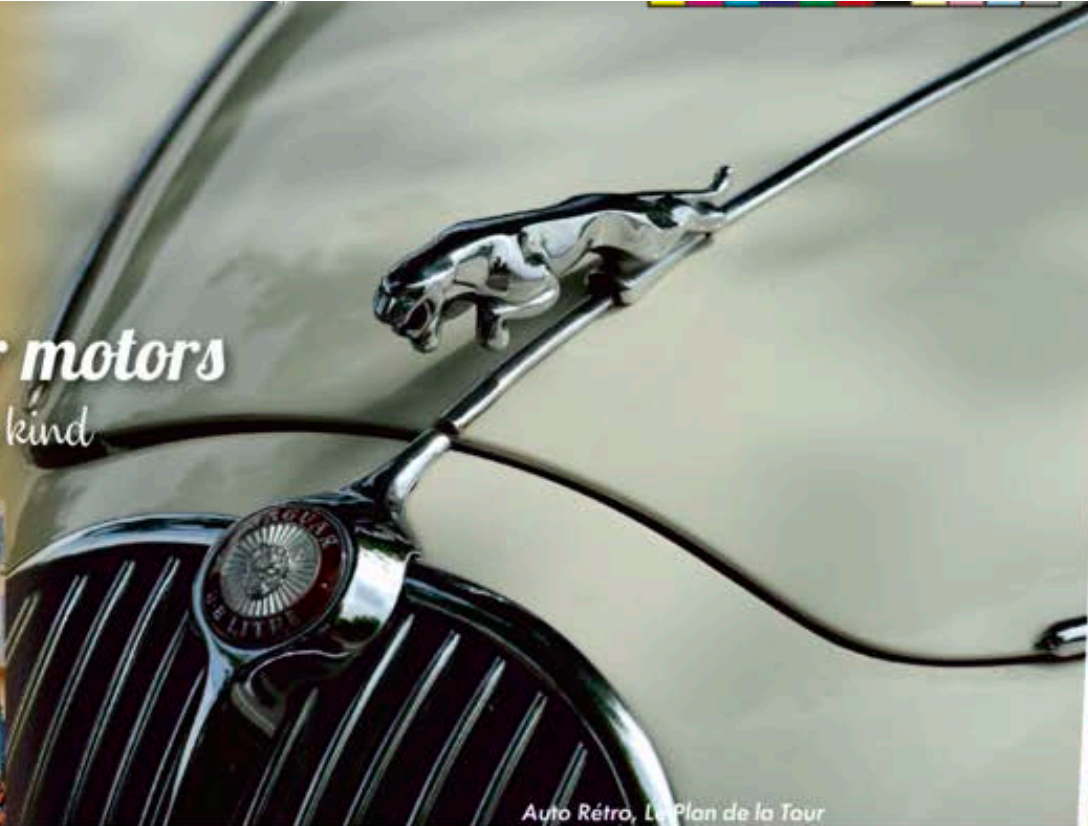


Paradis Porsche

Saint-Tropez is like a vast mirror of a podium. For it is not just on the terraces of the brasseries where you can show off. Or on the aft deck of a yacht where the generous bouquets of bright flowers are not the only ostentatious show of wealth. Apart from Monaco and Cannes, who can name a single seaside resort in Europe where there is such a concentration of exceptional cars in a restricted space?



And while a policeman in front of the Sénéquier always ensures that they do not exceed the speed limits on the peninsula, there is another



Auto Rétro, Le Plan de la Tour



parade that tourists never tire of and that's the throbbing roar of the Harley-Davidsons who continue to eat up the roads on the peninsula with relish on their gleaming machines. And the same goes for the Ferrari, Porsche, Bentley, Rolls-Royce, Mac Laren, Aston Martin, Lamborghini

and other one-off models that drive around the harbour in slow motion. Just to hear the roar of their gleaming exhausts is a spectacle in itself, a memory reflected in souvenir photos and the vintage car meetings held in several villages in the Gulf where rally drivers put on a show.







# Flagship events

In the gulf of Saint-Tropez

## February

- St Valentine
- Roller Folie's (Sainte-Maxime)
- Corso du Mimosa (Sainte-Maxime)
- Corso des Lumières (Cavaulaire)
- Rallye National des Roches Brunes (Plan de la Tour)

## April

- Bike Festival (Sainte-Maxime)
- Vintage car exhibition (La Mole)

## May

- Retro Auto (Plan de la Tour)
- Antiques Dealers Spring (Saint-Tropez)
- Cavaulaire Motors Festival (Cavaulaire)
- Recreational Days (Sainte-Maxime)
- Valmer swim-run (La Croix Valmer)

## June

- Longines Athina Onassis Horse Show (Ramatuelle)
- Cogolin and the beautiful machines (Cogolin)
- Historic hill climb (Gassin)
- Polo Rider Cup (Gassin)
- Romantic 'Plus Beaux Villages de France' Night (Gassin)

## July

- Polo competitions (Gassin)

## August

- Côte d'Agur Cup (Gassin)
- Traders clearance sale (Sainte-Maxime and Cavaulaire)
- Les Médiévales festival (Grimaud)

## September

- Gassin Polo Open (Gassin)
- Saint-Tropez Open (Saint-Tropez)

## October

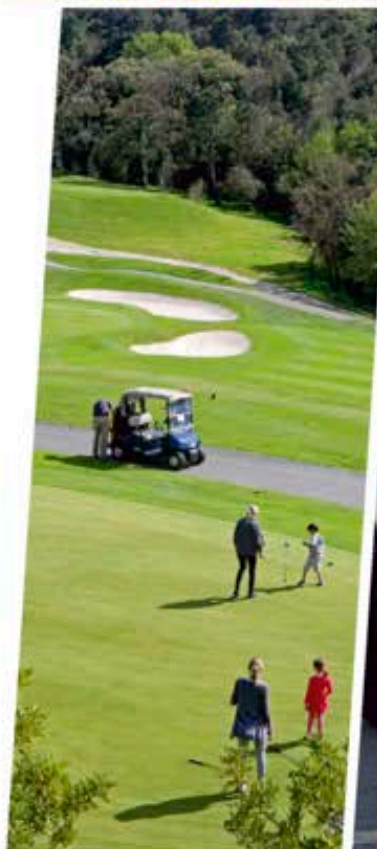
- Paradis Porsche (Saint-Tropez)
- Traders clearance sale (Saint-Tropez)
- Saint-Tropez Classic fun run
- Cinéma des Antipodes (Saint-Tropez)
- Halloween (in all the villages)
- Salon Univers Vintage (Sainte-Maxime)
- Maxime Geek Universe (Sainte-Maxime)

## November

- Var Rally (Sainte-Maxime)
- Magic Show (Sainte-Maxime)
- Pétanque national tournament (Saint-Tropez)

## Décember

- Christmas festivities (in all the villages)





# A land of awakening and inspiration

Renowned artists and galleries

*It all started in the small fishing and trading port of Saint-Tropez, famous for its shipyards with a thriving business in trade and maritime activities in general. Beneath the peaceful skies of Provence, the quays were permanently cluttered with wood for the carpenters, piles of sand, and barrels of wine, casks and tarpaulin boxes ready to be loaded.*

Paul Signac: Saint-Tropez, the quay. Oil on canvas. 1899

Some owners came from a great distance to have their vessels built, not only pointus but also brigs and schooners. In 1860, *La Reine des Anges*, a famous 740 tonne three-master flagship of the Merchant Navy, left the workshops of Saint-Tropez. In 1892, Paul Signac discovered the Saint-Tropez peninsula.

It was love at first sight. An emotional shock. As president of the Society of Independent Artists, Signac brought in his wake from Paris many of the era's most important artists, all of whom would make the voyage to his villa 'La Hune'. There was a before and after for Paul Signac.

Bathed as it is in this exceptional light every day, the peninsula soon became a "branch" of Montparnasse. Manguin, Camoin, Puy, Marquet, Matisse, Kisling and Person followed and Pointilism took over in Saint-Tropez, the painting technique that uses small separate dots of colour placed

***In 1892, Paul Signac discovered the Saint-Tropez peninsula. It was love at first sight. An emotional shock.***



close to each other to create areas of juxtaposed colours, no mixing of pastes. It all started like this. Well before the 1950s.

Neither the light nor the attraction it has for artists has waned.

This land that inspires and awakens has continued to welcome many stars in their field, be they writers, musicians or actors and actresses. From Signac to

Colette, from Matisse to Dunoyer de Segonzac, Boris Vian, Juliette Gréco, Françoise Sagan, Romy Schneider, Michel Piccoli, Daniel Gélin, Jack Nicholson, Errol Flynn, Catherine Deneuve, Gunther Sachs, Sartre and Beauvoir, came to the peninsula after the war, not to be seen but to have fun in the knowledge they could remain incognito.





From the 1950s and 60s, the era that made Saint Tropez's reputation as being a legendary destination, one icon remains and that is Brigitte Bardot, an international star who ended her acting career to devote all her energy to defending animal rights, by establishing the Brigitte Bardot Foundation. Her name will forever be associated with the village on the peninsula and as a tribute to her a gold statue was erected in 2017 opposite the Gendarmerie et du Cinéma Museum. The statue was inspired by a sketch done by the Italian master of erotic comic strips, Milo Manara. It weighs 700kg and is 2.5m high.

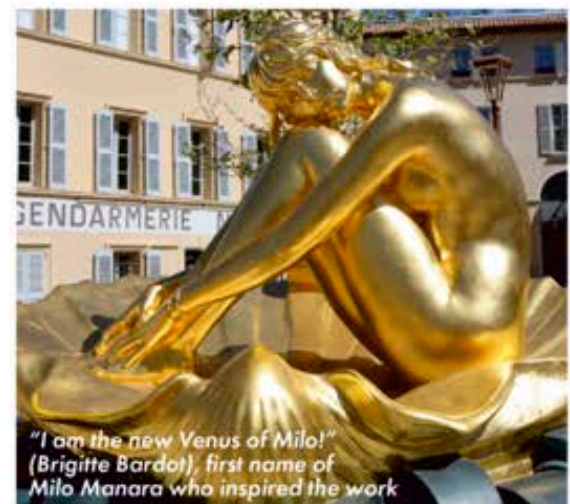


Art galleries  
in the gulf



You will of course find plenty of talented artists at the harbour. But like the tartanes which have been replaced by yachts, contemporary art galleries have supplanted the easels. Modern art, pictorial art, customised objects, Pop-art photos, street art and kitsch neo-pop sculptures are displayed in exhibition spaces. The finest galleries for enlightened amateurs and knowledgeable collectors now have storefronts on the road and on different floors.

*From Signan to Colette, from Matisse to Dunoyer de Segonzac, Boris Vian, Juliette Gréco, Françoise Sagan, Romy Schneider, Michel Piccoli, Daniel Gélín, Jack Nicholson, Errol Flynn, Catherine Deneuve, Gunther Sachs, Sartre and Beauvoir, they all came to the peninsula after the war.*



*"I am the new Venus of Milo!" (Brigitte Bardot), first name of Milo Manara who inspired the work*



## When evening falls

"Hold back the night!"

*Recognised worldwide for its quality of life, the Saint-Tropez peninsula is also known for its lifestyle, parties and wonderful cuisine. Wine lists and menus promote French and international cuisines: classic French, Provençal and Mediterranean, oriental cuisine, Far East cuisine and foreign specialities from elsewhere. Here we give you a flavour of what's on offer.*

In the heart of this land of world-renowned vineyards, restaurants and quality brands are legion. The 12 villages and seaside resorts have more than 500 brands opening onto the quays or inland in the vineyards, on the beach, down the back streets, in the old town, on a square, ramparts, overlooking the bay, terraces lit with lanterns, discreet, intimate, refined, among friends, trendy, eclectic and elegant. All are run by attentive chefs, some with Michelin stars. Adjust your napkins and let the evening begin. Cheers! We wish you all the happiness in the world.



Restaurants  
in the gulf

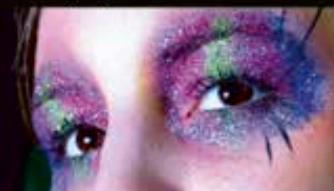




## *Into the early hours* *until the dawn rises*

*At the end of the evening, some will take advantage of having a stroll and enjoying the after-party ambiance. This is a lovely hour. You can taste the twilight zone without having to wait till dawn.*

Bars with live music, terraces with jazz orchestras, all contribute to the festive atmosphere of the evening. And as night falls and the stars appear they mingle with the conversation. At this hour, everything is permitted beneath the infinite sky of a balmy night.



Carried away by the music or frenzied rhythms of the night clubs, others will go dancing, exposing their bodies to the point just before forgetting about everything in the heat of the summer night in the Gulf of Saint-Tropez. The nights can be longer than the day for some. On the peninsula two kinds of visitors may cross each other's paths. In the bakery, early risers and night-owls share the same pastries. It is five o'clock and the Gulf of Saint-Tropez is waking up.





# Night fever

If we were to dance...

*In autumn, winter and spring the gulf of Saint-Tropez rediscovers its natural tempo. It is the summer when the vibes kick back in.*

Night clubs, bars, casinos, bowling, concerts and festivals, the lanterns lighting up to give it all a festive air as a new rendezvous awaits you. Nightlife of every hue is to be found in the gulf of Saint-Tropez. Night clubs, cabarets and discos are associated with this destination's image. Some restaurants and beaches also do the same. You can even dance on the tables if you want!



## PIANO BAR

Cocktail bars, lounge bars, piano bars, you name it there is a wide variety of places where people get together for an aperitif before going to dinner, or a snack tapas-style, listening to live music or just sampling the most appealing dishes on the menu. The ambiance is relaxed, cheerful, impromptu parties, cabaret shows and always colourful. So many options and unusual happenings, it's easy to get lost in them. Welcome to the world of sequins and rhinestones. Under the lights on the peninsula everything is a mirage like confetti. Midsummer night's dreams.



## NIGHT-CLUBS

### CAVALAIRE

KVA-CLUB and MAMBO CLUB  
*Themed parties for the first, techno for the second. On the harbour, open in season.*

### GRIMAUD

ENTOURAGE CLUB  
*Discotheque in the Prairies de la Mer complex. Cozy and sophisticated ambiance to Chill & Sun sound. Open in season.*

### SAINT-TROPEZ

LES CAVES DU ROY  
*The most famous club in Saint-Tropez. Very select. Open April to October.*

### LES AMBASSADEURS

*Small very trendy club. Open all year from Thursday to Saturday.*

### LE VIP ROOM

*Jean Roch DJ, meeting place for the famous. Open all summer and most weekends during the year.*

### LE GAÏO

*The legendary Papogayo, now the Gaïo, offers its Peruvian-Japanese fusion cuisine, before clubbing.*

### WE DANCE TOO!

*New restaurant concept that have transformed them into 11pm to 3am Bar-Cocktail-Dance venues:*  
LA RHUMERIE, LOU PUB, LA SUITE (Cavalaire)  
LE LONG BAR (Port Grimaud),  
NIKKI BEACH, STEFANO FOREVER (Ramatuelle),  
L'OPÉRA, LE QUAI, TSAR FOLIE'S, GIOIA, PABLO,  
LE CAFÉ (Saint-Tropez)...

*And many others to check out on [www.visitgolfe.com](http://www.visitgolfe.com)*



Nightclubs





## Jackpot ?

*Open all year round, the two casinos in the gulf of Saint-Tropez offer a variety of games. You are not obliged to play them, you are welcome to go in for a bite to eat and watch the action. Worth a visit.*

In Cavalaire the gulf Casino has just had a make-over. It has over a hundred slot machines, a games room dedicated to English roulette, Blackjack, Stud poker, Texas hold'em poker and Omaha poker. The cabaret-restaurant puts on some original shows. Ideally located near the harbour, this establishment is full of surprises and that subdued excitement at the sound of one-arm bandits when they release their load of tokens. Bingo!

The Sainte-Maxime Casino by the beach has more than 125 slot machines (reels, videos, poker, electronic English roulette), two English roulette tables, two Blackjack tables and ball. The brightly lit Côté Plage bar and restaurant are fun places to spend an evening in the heart of this buzzing seaside resort.



## GHOST TRAIN AND FERRIS WHEEL

Agur Park is a great venue for night-time entertainment in the gulf of Saint-Tropez on the La Foux roundabout in Gassin. From the giant Ferris wheel to bumper cars, ghost train to mini-karting, double scoop ice cream to toffee apples, everything is here to keep young and old entertained: 25 big attractions, 15 children's rides, 25 shooting ranges, ejection seat, triple jump into the void, roller coaster (the biggest travelling roller coaster in Europe). Thrills and vertigo are guaranteed! Roller coaster or ghost train? Come and check it all out even if just for the candy floss.



## BOWLING

Love ten-pin bowling? A champion in the making? If this is your bag, then head for the gulf of Saint-Tropez Bowling alley near the waterside town of Port-Grimaud to hone your skills or just have fun trying to achieve your best scores, once you've got the momentum going, by throwing your ball (from 2.72kg to 7.26kg), aiming straight at the central batten (number 20) preferably. Open seven days a week, this venue has eight fully computerised competition level lanes (and a bar, pool table and games room).





## Concerts & festivals

### The main events

*In summer, cicadas are not the only ones singing. It's all happening on stages across the peninsula in indoor theatres, outdoor theatres, castle moats, chapels, you name it, hosting top quality shows, classical and jazz concerts, musical evenings, world music, and theatre festivals with artists and international stars. Every year, audiences flock here to be entertained.*



Read and re-read these pages. Whether you are an occasional visitor or loyal regular to the gulf of Saint-Tropez, our job is to accompany and guide you with these reports. We hope you will take away wonderful memories of the eclectic range of entertainment and activities on offer in the 12 municipalities of the gulf of Saint-Tropez. May these pages make you want to return to discover more and fully appreciate our dream destination.

This *Mythique* magazine is for you, for you to take away as a souvenir of this blue, green and gold destination. We hope to see you here again very soon. You will always be welcome in this exceptional land.

### All year round

Les Arts du Aire, comedy in the Gulf  
Musical evenings Grimaud  
Sunday theatre Grimaud (October to April)  
Literary escapades Grimaud  
Organ concerts Saint-Tropez  
Le Lègard, café-theatre Cogolin  
Concerts in the Salle Maurin des Maures Cogolin  
Carré Sainte-Maxime cultural shows Sainte-Maxime

### May and June

Les Inattendues des Grimaldines Grimaud  
(culture, concert, world music)  
Spring Festival in Saint-Tropez (April to June)

### May

Rockavalaire & Tremplin de Jazz Cauvalaire  
Portuguese Folklore Festival La Croix Valmer

### June

Concerts in the village Ramatuelle  
Bodega Rendez-vous Cauvalaire  
En attendant Les Grimaldines Grimaud  
(culture, concert, world music)  
Jazz Festival Ramatuelle

### July

Nuits Classiques concerts Ramatuelle  
Les Nuits de la Martelle Festival Sainte-Maxime  
Escapade nocturne et littéraire art event La Garde-Freinet  
Reconnexion Ramatuelle music and art  
Les Anches d'Agur, music festival La Croix Valmer  
Guinguette de Grimaud show  
Concerts in the village Ramatuelle

### August

Festival of Ramatuelle  
Les Nuits du Château de la Mouette concerts Saint-Tropez  
Bonporteau Festival Cauvalaire

### July and August

Pardigon Theatre Festival Cauvalaire  
Festival Terre Mer Cogolin  
Les Grimaldines, street theatre and concerts Grimaud  
Gala Soirées singers, comedy Sainte-Maxime  
Summer Soirées La Croix Valmer  
Romantic Soirées Rayol-Canadel-sur-Mer  
Festival in the Vines Plan de la Tour  
Les Rendez-vous de l'été Cauvalaire  
Concerts on Escalot Beach Ramatuelle  
Live music in the town Sainte-Maxime  
Les Rendez-vous de l'été Cauvalaire  
Concerts at the Citadelle Saint-Tropez  
Summer Festival: Les Veillées gassinolises

### September

Concerts in the village Ramatuelle

### September and October

Les Inattendues des Grimaldines Grimaud  
(culture, concert, world music)

### November

Theatre Festival (Gassin)

All entertainments at  
[www.visitgolfe.com](http://www.visitgolfe.com) Entertainment section