



# Walks

## GOLFE DE SAINT-TROPEZ

by foot, by horse, by bike, by car...

2024



### FOUR ROUTES TO DISCOVER THE GULF OF SAINT-TROPEZ BY CAR

**The blue of the sea**  
Course: 50 km

From the headlands to the fine sandy beaches, this tour will give pleasure to all sea lovers.  
If setting off from the La Foux roundabout, take the RD559 towards La Croix Valmer, then after 4 km turn left on the RD89 towards Gassin. Outside the village, take the road towards Ramatuelle, then turn left to Moulins de Paillass, refurbished in 2002 (exceptional view, visits : informations at the Tourist Office). Continue along the road until you arrive in Ramatuelle. Leaving the village, take the road towards Les Plages ; go up as far as the lighthouse of Camarat (not open to visitors) by taking the Route de Bonne Terrasse. Having discovered the lighthouse, rejoin the main road: there are alternative ways of gaining access to the beaches of Pampelonne. If you continue along the RD93, turn right before you get to St Tropez, to Tahiti La Garbine. In the village, follow the signs to Route des Salins to get to the Baie des Canoubiers. Return to Saint -Tropez and pass through the Place des Lices and rejoin the RD98 towards the La Foux roundabout. Approx. 2 km before La Foux, take a 1 km detour off to the left to visit the beach and the harbour of Les Marines de Cogolin and Gassin.

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

**On the trail of "Le Maurin"**  
Course: 95 km

Experience the mysterious Maures Hills, from the skills of its craftsmen to the delicious cream of chestnuts prepared using a traditional recipe and follow the trail of the mythical character "Le Maurin".  
Leaving the village of Cogolin, take the road towards Grimaud, then turn left on the RD48 towards Collobrières passing through the zone artisanale and the Château St Maur. Continue on your left along the D 14 towards Collobrières and visit the Chartreuse de la Verne - the Carthusian monastery, 6 km before you arrive in the village. Double back for 2 km to take a left on the RD39 to Notre Dame des Anges. Continue to Gonfaron and turn right towards La Garde Freinet following the RD75. Leaving La Garde Freinet, take the RD558 towards Grimaud which brings you back to Cogolin.

**PLACES OF INTEREST NOT TO BE MISSED**  
Cogolin (old village, pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum, village) - Grimaud (castle, windmill, village, folk museum).

**Wonders of nature**  
Course: 52 km (or 71 km)

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

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

**In search of authenticity**  
Course: 40 km

From the blue of the Mediterranean to the red grapevines of the Maures Hills, this tour will allow you to discover the varied colours of our region.  
10 km to the "Col du Gratteloup" and turn right onto the RD44. This tourist road will lead you to Plan de la Tour. Once in the village, take the road to Port Grimaud, and visit the famous lakeside city. Then drive back to your starting point Sainte-Maxime via the beautiful coast road.

**PLACES OF INTEREST NOT TO BE MISSED**  
Sainte-Maxime (port, town centre, beaches, Architecture and contemporary heritage) discovery trail, covered market) - Le Plan de la Tour (Chapel of St-Pierre, Saint-Martin's church, hamlets, fountains, bread oven at Le Revest hamlet, wine cellars) - Port-Grimaud, the "little Venice".

**LOCAL FOOTPATHS**

- A From La Garde-Freinet to Plan de la Tour via La Mourre Forests, Stonework and Man**  
6.15 hrs - 19.5 km (One way) - 410 m - 650 m  
From La Garde-Freinet Tourist Office, follow the yellow markings leading to Plan de la Tour / Le San Peire.  
Forest typical of the Massif des Maures throughout the hike; Préverger bridge; La Mourre washhouse; Gorgues footbridge; Plan de la Tour's granite rocks; San Peire.
- B From La Garde-Freinet to Grimaud via the Roche Percée La Gardi to Grimaud via the Roque Troucada**  
2.30 hrs - 10 km (One way) - 340 m - 287 m  
Partly tarmac path suitable for use all year round.  
From La Garde-Freinet Tourist Office, follow the yellow markings towards Grimaud.  
View of the Grimaud plain.
- C From La Garde-Freinet to Grimaud via Les Vernades Hamlets in the heart of the forest**  
4.10 hrs - 16.5 km (One way) - 410 m - 675 m  
From La Garde-Freinet Tourist Office, follow the yellow markings towards La Mourre, then follow them in the direction of Grimaud.  
View of the western slopes of the Massif des Maures; characteristic forest cover.
- D From Grimaud to Cogolin via La Réparade or La Fons Couverte Pathways between Grimaud and Cogolin**  
2 hrs - 8 km (Round trip) - 115 m - 40 m  
Partly tarmacked path that can be used all year round.  
From Grimaud Tourist Office, go up to the Château car park and follow the yellow markings towards Cogolin.  
Short easy hike, walking through the heart of the Grimaud plain.
- E From La Môle to Cogolin via the Sainte-Magdeleine Chapel Following in the traces of the old La Môle village**  
4.25 hrs - 15.8 km (One way) - 247 m - 454 m  
Leave from La Môle Tourist Office, head for the dam on the St Julien track, or alternatively on the Route des Guitols. Follow the yellow markings towards Cogolin. Tarmac path on the Cogolin plain.  
The Verne Dam; Sainte Magdeleine Chapel Cogolin plain.
- F From La Môle to Cogolin via La Patronne and Val d'Aslier In the lush green and pleasant La Môle Valley**  
3.10hrs - 12.1 km (One way) - 40 m - 97 m  
From La Môle Tourist Office, head for Rayol Canadel sur Mer, follow the yellow markings towards Cogolin along La Môle River on the right bank.  
Can be done on foot or by bicycle; La Môle Valley and protected wetland; exceptional trees.
- G From Cogolin to La Croix Valmer via Les Ajusts In the heart of the Giscle plain**  
2.30 hrs - 9.5 km - 125 m - 190 m  
From Cogolin Tourist Office, head for Saint-Tropez / La Croix Valmer, follow the yellow markings towards La Croix Valmer. Or head to Grimaud then follow the yellow markings to La Môle and La Croix Valmer.  
The Giscle plain; walking through vineyards and game; flowering vines.

**THE TARMAC CYCLE PATHS**

**CAVALAIRE-GASSIN 13,6 km.** Departure: intersection of the "route du Dattier" and the RD98, 2km before Cavalaire from Le Lavandou. The track stops at the entrance of the village; join the Tourist office and take back the track "Promenade de la mer". 2 km farther, the track goes left in the direction of "La Croix-Valmer" on an open road; the track re-starts in a bicycle lane to the roundabout at the exit of the village (marked on the ground) to join the high school of Gassin where it joins the road up to the crossroads of La Foux.  
**SAINT-TROPEZ-SAINTE-MAXIME 12.2 km.** Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to saint Maxime's bridge.  
**SAINTE-MAXIME (seaside) -> SAINTE-MAXIME.** Departure from the seafront, then the town centre, then a choice of 2 routes to the ZA du Couloubrier (towards Le Muy) or to La Nartelle beach.

**MUNICIPAL FOOTPATHS TO DISCOVER THE GULF OF SAINT-TROPEZ**

**LA GARDE-FREINET**

- Like an island in the forest, this typical village is the ideal place for a hike.*
- A haven for walkers and hikers, La Garde-Freinet boasts an exceptional choice of itineraries. 1 to 8 round trips marked with arrows and panels. Car park in the village.**
- 1 La Croix et le Fort**  
1.30 hrs - 3 km - 461 m - 100 m  
Departure "Aire de la Planète". This footpath leads to the emblematic site of Fort-Freinet which is said to have been a hide-out for the Saracens present in Provence in the 9th and 10th centuries. It is actually a countrified, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.
  - 2 Saint-Clément**  
1.20 hrs - 4 km - 257 m - 150 m  
An ideal family outing. Medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960s by the sculptor Di Teana.
  - 3 Notre-Dame de Miremer**  
3 hrs - 9.7 km - 380 m - 50 m  
This medieval chapel and place of pilgrimage (open to the public on September 8<sup>th</sup>) offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into terraces (now restored to their former glory), is home to a conservation society for various species of fig tree.
  - 4 Peygros**  
1.30 hrs - 4.5 km - 452 m - 100 m  
Remarkable chestnut woods. Views over the plain of Saint Clément and Notre Dame de Miremer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD75 (direction Plan de la Tour) and rejoin the Seigneurolles on the footpath over the road. Take the chemin du Curmier that goes towards Peygros.
  - 5 Les Roches blanches**  
3-4 hrs - 5.8/8 km - 637 m - 300 m  
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.
  - 6 Les Hameaux du Sud**  
5 hrs - 16 km - 515 m - 162 m  
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Verdun", "Camp de La Suyère", "Val d'Aubert", "Les Vieilles Sinières", "Les Sinières", "Route de St Eloi", return to village.
  - 7 La Mourre, la Nible et les Maximins**  
5-6 hrs - 19.5 km - 1480 m  
Departure "Parking des Telles". Total immersion into the Maures mountains; this hike leading from the village to the plain of the Maures is thought for experienced hikers.
  - 8 Les Cabrettes**  
3-4 hrs - 10.5 km - 375 m - 250 m  
By car up to hameau de la Mourre via RD 75 and RD 74. At the entrance of the hamlet, continue on foot. Superb panoramic views over the Maures plain and wild surrounding scenery. This itinerary is a living reminder of France's Ancien Régime, when goats were far more common than sheep, and goat meat was considered a delicacy.
  - 9 Le Pont Romain**  
4-5 hrs - 14 km -  
Unique walk to the plain of the Maures, a very characteristic landscape of vineyards, pines and rose sandstone. Take the same route back.
  - 10 Le rucher de Blay et le moulin à eau de Blanche**  
1:2 hrs - 4 km - 180 m - 170 m  
This picturesque footpath snakes its way alongside a brook, mill of the 19th Century, on the way restored apary of the 17th Century. A refreshing spot for picnics in summer. Take the same route back.
  - 11 Le Moulin de l'Adrech**  
1 hr - 3 km - 400 m - 100 m  
From the Tourist Office, head in the direction of Grimaud as you leave the village. Walk up the road on the left towards Chemin de l'Adrech. Cross the carparks to the multisport field. Take the dirt track. At the electricity meters, take the winding path on the left. Go around the windmill and take the two windmills (deux moulins) path. Then turn left onto a dirt road which takes you to the RD75.  
Turn right for approximately 30m (watch out for cars) and take the Chemin du Defend, which descends to the left. Cross the roundabout and head straight ahead towards Rue Saint-Jean and the Tourist Office.
  - 12 La Baume des Maures**  
1.30 hr - 1 km - 400 m - 110 m  
Departure parking de la Planète : follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path, at the Cross follow the signs for the "village". Departure parking de la Croix : follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path.
  - 13 La Mourre et Le Plan de la Tour**  
Direction La Mourre 1.30 hr - 4.5 km - 321 m - 170 m  
Direction Le Plan de la Tour 2.45 hrs - 9 km - 110 m  
Follow the instructions given in Chemin n°4, then the yellow indicators to La Mourre and Plan de la Tour. This hike is over 18km in total and is for experienced all-terrain hikers. However, it can be done in several stages, leaving from La Mourre or Plan de la Tour.
- IGN 3545 OT    IGN 3544 OT

**COGOLIN**

*In the middle of the Bay of St Tropez, this town is alive four seasons of the year with handicrafts and cultural events. Lively marina 6 km. from town.*

- 14 Sentier botanique (Botanical Footpath)**  
15 mins - 1 km - round trip  
Access : chemin de la mort du Luc. Start in the Négresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensolle ZAC). This delightful botanical itinerary features the plain's typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle. Little picnic area.
- 15 Discovery Route : the traditional activities of La Mole Valley**  
2 hrs - 6 km - round trip  
Access: chemin du Colombier  
Departure terrain des Aubrettes from the track (right bank) with gate (inscription on gate: 432, vallée de la Mole). Along an easy cyclists and pedestrians track, 5 signs will lead you to the discovery of the cork oak, mulberry tree, pastoralism, canes and heather which were exploited and cultivated in the valley. When you arrive at the sign "Domaine du Val d'Aslier", return back.

IGN 3545 OT

**LEGEND**

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

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

**GRIMAUD**

- From the old imposing stones, to the lazy flow of the river, everything evokes emotion, harmony and fulfillment.*
- 16 Sentier de la Castellane** - Yellow painted markings  
45 mins - 3 km - 69 m -
  - 16 Place Neuve**  
Starting out from the Tourist Office. Take time to visit the "Musée du Patrimoine" folk museum, cork factory and oil mill to get an insight into the village's fascinating past. "Chemin de Castellane" leads you through the lower area of the village. Return to the tourist office on the RD 558 road, via "Chemin de Mignonne" and the "Beausoleil" building.
  - 17 to 19 Three round trips** departing from "Pont des Fées" car park, under the mill, to discover the treasures of Mont Roux and the rich heritage of "Vallon de la Garde", with its views over the village of Grimaud and surrounding hills.
  - 17 Sentier de découverte du pont des Fées**  
Round trip - information panels on the valley's flora, fauna and heritage.  
1 hr - 1.3 km - 59 m - Yellow painted markings  
Built in the modern era (16th - 17th century) the "Pont des Fées" is an aqueduct, formerly used to route water from Pancaou spring, situated 3 km away to the village fountain. It is an exceptional construction and the only one of its kind in Provence.
  - 18 Sentier de la Pierredon - Round trip**  
50 mins - 2.7 km - 93 m - Yellow painted markings  
Itinerary n° 18 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Same departure point as Itinerary n° 18. The "Moulin St Roch" windmill has now been fully restored and can be visited in July and August.
  - 19 Sentier de la Calade - Round trip**  
120 hr - 4.2 km - 79 m - Yellow painted markings  
Itinerary n° 19 signs, then orange painted markings. This itinerary runs from "Quartier Saint Michel" along "La Garde" river and crosses the "Oratoire St Joseph" oratory-village.
  - 20 Sentier Grimaud/Port Grimaud - Outbound journey**  
130 hr - 6.1 km - 79 m - Yellow painted markings  
Take the Chemin du Pré St Michel, continue to the footbridge by Chemin de la Garde, Cross RD 14 (be careful) and take chemin du Bagatin. Turn on the left and continue near the Béquarrières School and follow "Carraire Algo Puto". At St Pons les Mûres hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance.
  - 20 Sentier Le Peyron - Outbound journey**  
40 mins - 2.7 km - 0 m - Yellow painted markings  
From the Dog Club, follow chemin des Ajusts and then on your right the dirt track by the vines. On your right follow the river La Giscle, go straight through the giant cane. When you arrive at a gravel road turn on your right to the Dog Club.
- IGN 3545 OT



