







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

Wonders

of nature

Course: 52 km

(or 71 km)

The blue of the sea Course: 50 km

sure to all sea lovers.



From the headlands to the fine sandy beaches, this tour will give plea-

If setting off from the La Foux roundabout, take the RD559 towards LaCroix

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 Pail-

las, 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

PLACES OF INTEREST NOT TO BE MISSED

Ramatuelle (Les Moulins de Paillas, church, perched

Saint-Tropez (beaches, old town, port, museums).

village, beach of Pampelonne, lighthouse of Camarat) -

Gassin (table d'orientation, or compass table) -

Maurin' Course: 95 km

On the trail



craftsmen to the delicious cream of chestnuts prepared using a traditional recipe and follow the trail of the mythical character "Le

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).



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 pergolawith its panoramic view).



In search 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".





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.

La Croix et le Fort

LOCAL FOOTPATHS

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

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

Partly tarmac path suitable for use all year round.

From La Garde-Freinet to Grimaud via Les Vernades

Hamlets in the heart of the forest

Mourre, then follow them in the direction of Grimaud.

2.30 hrs - 10 km (One way) - \$\infty\$ - \$\infty\$ 340 m - \$\infty\$ 287 m

From La Garde-Freinet Tourist Office, follow the yellow markings towards

4.10 hrs - 16.5 km (One way) - \$\infty\$ \$\infty\$ - \$\infty\$ 410 m - \$\infty\$ 675 m

View of the western slopes of the Massif des Maures; characteristic

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 La Garde-Freinet Tourist Office, follow the yellow markings towards La

From Grimaud Tourist Office, go up to the Château car park and follow the

Following in the traces of the old La Môle village

Leave from La Môle Tourist Office, head for the dam on the St Julien track,

In the lush green and pleasant La Môle Valley

From La Môle Tourist Office, head for Rayol Canadel sur Mer, follow the yellow

Can be done on foot or by bicycle; La Môle Valley and protected wetland;

the yellow markings towards La Croix Valmer. Or head to Grimaud then follow

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 Dat-

tier" and the RD98, 2km before Cavalaire from Le Lavandou. The track stops

at the entrance of the village; join the Tourist office and take back the track

"Promenade de la mer". 2 km farther, the track goes left in the direction of

"La Croix-Valmer" on a open road; the track re-starts in a bicycle lane to the

roundabout at the exit of the village (marked on the ground) to join the high

Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow

SAINTE-MAXIME (seaside) \rightarrow **SAINTE-MAXIME**. Departure from the

seafront, then the town centre, then a choice of 2 routes to the ZA du Coulou-

school of Gassin where it joins the road up to the crossroads of La Foux.

SAINT-TROPEZ-SAINTE-MAXIME 12,2 km.

the bicycle track up to saint Maxime's bridge.

brier (towards Le Muy) or to La Nartelle beach.

or alternatively on the Route des Guiols. Follow the yellow markings towards

Short easy hike, walking through the heart of the Grimaud plain.

From La Môle to Cogolin via the Sainte-Magdeleine Chapel

The Verne Dam; Sainte Magdeleine Chapel; Cogolin plain.

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

◆ 3.10hrs - 12.1 km (One way) - ♣ - ▲ 40 m - ♠ 97 m

From Cogolin to La Croix Valmer via Les Ajusts

the yellow markings to La Môle and La Croix Valmer.

markings towards Cogolin along La Môle River on the right bank.

Forests, Stonework and Man

Plan de la Tour / Le San Peïre.

View of the Grimaud plain.

yellow markings towards Cogolin.

Cogolin. Tarmac path on the Cogolin plain.

🕘 1.30 hrs - 3 km - 🦲 🦲 - 📤 461 m - 🖄 100 m enarture "Aire de la Planète". This footpath leads to the emblematic site of ort-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. rientation 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 1960's by the sculptor Di Teana.

3 Notre-Dame de Miremer

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

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 Curnier that goes towards Peygros.

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 his 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 Suvère", "Val d'Aubert", "Les Vieilles Sinières", "Les Sinières", "Route de St Eloi", return to village.

La Mourre, la Nible et les Maximins

🕘 5-6 hrs- 19,5 km - 🦲 🦲 🖰 - 🧥 1480 m Departure "Parking des Teilles". Total immersion into the Maures mountains ; this hike leading from the village to the plain of the Maures is thought for experienced

8 Les Cabrettes

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

MUNICIPAL FOOTPATHS TO DISCOVER THE GULF OF SAINT-TROPEZ

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

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 apiary of the 17th Century. A refreshing spot for picnics in summer. Take the same route back.

1 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 moul 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 Défend, 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 sign: 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 19km in total and is for experienced all-terrain hikers. However, it can be done in several stages, leaving from La

IGN 3545 OT IGN 3544 OT



(Botanical Footpath)

🕘 15 mins - 1 km - 🦲 - round trip Access : chemin de la mort du Luc. Start in the Négresse district, after the ten-

(b) Discovery Route: the traditional activities of La Mole Valley

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

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LENGTH: the times indicated correspond to actual walking times and do

DIFFICULTY RATING 😂 Open to all

Some difficulties

due to steep path

sections

Signposted footpat Altitude

Sradient Car park Tricky and technical

🎢 Horse riding 🚳 Mountain biki

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



om the old imposing stones, to the lazy flow of the rive everything evokes emotion, harmony and fulfillmen

📵 Sentier de la Castellane - 🚳

🕘 45 mins - 3 km - 🥾 - 쏦 69 m - Yellow painted markings 🔶 Place Neuve

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

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 agueduct, 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

18 Sentier du Pierredon - Round trip 🕘 50 mins - 2,7 km - 🦲 🦲 - 🖄 93 m - Yellow painted markings 🔶 tinerary no 19 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Same departure point as itinerary n° 19. The "Moulin St Roch" windmill has now been fully restored and can be visited in

19 Sentier de la Calade - Round trip

July and August.

🕘 1.20 hr - 4,2 km - 🦲 🥾 - <equation-block> 100 m - Yellow painted markings → tinerary n° 19 signs, then orange painted markings. This itinerary runs from Quartier Saint Michel" along "Lá Garde" river and crosses the "Orátoire St Joseph" oratory-village.

20 Sentier Grimaud/Port Grimaud - Outbound journey

🕘 1.30 hr - 6,1 km - 🥰 🥰 - 🐔 - 🖄 79 m - Yellow painted markings ⇒ ake the Chemin du Pré St Michel, continue to the footbridge by Chemin de la Garde. Cross RD 14 (be careful) and take chemin du Bagatin. Turn on the left and continue near the Blaquières School and follow "Carraire Aigo Puto". At St Pons les Mûres hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance.

21 Sentier Le Peyron - Outbound journey

🕘 40 mins - 2,7 km - 选 - 🖄 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 you right to the Dog Club.

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

nis courts. Walk up the road to the first fork (follow the signs from the Valensole ZAC). This delightful botanical itinerary features the plain's typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle.Little picnic area.

🕘 2 hrs - 6 km - 🥾 - 🐔 - Access: chemin du Colombier

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

22 Les Gorgues et Les Hameaux Départ de l'Office du Tourisme

Path 22 A "Les Gorques" 🕘 1.15 hr - 5,2 km - 🦲 - 💰 From the Tourist Office, at 4 Chemins, head for Sainte Maxime (RD74). At the end of the village on the last roundabout called "Frédéric Mistral", take the first right. With the ruins of the Saint-Pierre Chapel (private property) on your left, follow the path straight ahead. After a small hill at the junction, walk up the slope on the eft as far as the Gorgues ford, a reservoir that supplied water to the Ressence mill. Walk along the vineyard and at the junction, facing the gate, turn left. At the ext junction turn right, you will see the relay antennae in the distance ahead of ou (this is a GR route). Discover the Plantourian vineyard and menhirs. In Prat ourdin hamlet take a little path on the right to the old sheepfold, then return to the village via the same path.

Path 22 B "Les hameaux" 🕘 1 hr - 4,5 km - 🦲 - 🐔 rom the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the pedestrianised route to the end of the village, then on your right (at the speed information sign) go up the road to Chemin du Préconil and follow the solid path straight ahead towards Préconil hamlet. In the centre of the hamlet at the ountain, go right heading for Roubauds hamlet. At the junction with letter boxes, take the nath to the right (GR route). At the intersection leave the GR, take a right and then go up the nath on your left to Vernet hamlet. Return to the village via the same nath but going back the way you came. At the junction of Chemin de Préconil, take the dirt track on your left and go back down to the village to Place Foch.

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Chemin vers la Garde-Freinet

4.30 hrs - 13,5 km - 5 5 5 - 13,5 km Follow the description for 25B as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Mourre and La Garde-Freinet.

24 Chemin vers le San Peïre

2 hrs - 6 km - 5 5 5 - 410 m - 2 370 m

Follow the description for 25A as far as Chemin de la Planète. Follow Chemin du Magnan and take Chemin de Terre Rouge then track n°E713 where you will come across some giant blocks of grey granite. Access to San Peïre is via a little path which takes you through the oppidum ruins. A magnificent view point awaits you at the top.

Start 1 km from the village, car park of the 'La Buon Aigo' housing estate RD44

25 Sentier des Mines de Vallaury

right to return to your starting point.

🕘 2.30 hrs - 7 km - 🦲 🥌 - 🏍 - 📤 334 m - 🖄 325 m

Route du Muy (tourist route). From the car park, head for the stadium playground. Itinerary n° 1: 🏊 - La Baie de Pampelonne N/S - 5 km - 🕘 1.30 hrs n right onto a steeply climbing stony path. At the intersection, continue left proute de Tahiti on the E743 and climb for 1.6km. At the crossroads, take the C744 track for 230m eep right and continue to climb the stony path to reach the viewpoint. Panorama alk along the shore past a succession of public and private restaurants, bars of the Gulf of Saint-Tropez, the tip of the Rabiou headland and peaks of San Peïre and beaches on the largest stretch of sand on the peninsula. This is Pampelonne beach which was where the Allied landings in Provence took place on the night 403m) and San Sébastien (333m). Take the C744 track to the right as far as the unction (cistern). Turn left onto a path that can be stony in places, eroded and of 15th August 1944. A memorial stone at Boulevard Patch commemorates those with steep gullies on the slope. Continue for about 300 metres to see, on the left, ne entrance to the Victor mine. Continue down to the Marri Vallat valley (intermitten Itinerary n° 2: - Pampelonne - Anse de Bonne Terrasse - 0,5 km - 15 mins stream). Take the dirt road on the left lined with rock roses, heather and myrtle. Pass a

shed and arrive at the ruins of Les Martins hamlet, a reminder of what life was once like in the hills. Then climb some steep steps to reach the crossroads. Take the track to the

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

Signposted footpath running from Saint-Tropez port to La Croix-Valmer

Saint-Tropez - Plage de Tahiti -14 km - 🕘 4.30 hrs - Yellow markings 🐤

633 Le sentier du littoral (Coastal Footpath)

("Plage de Gigaro" beach) 34,50 km.

RAMATUELLE

Itinerary n° 3: Bonne Terrasse - Cap Camarat - 2,5 km - 30 mins Parking is the same as for Circuit 2 and there are 30 parking spaces along the ad to the Chez Camille restaurant.

Take Circuit 2 and continue or go up the road until you reach the pedestrian access to Bonne Terrasse beach

Walk along by the sea. The gentle slope path on your right takes you up to the lighthouse which you will see after 500m. The steep path (on the left) overlooks the sea to Rocher des Portes, also known as Bird Island. You can climb up to the lighthouse in around 15mn via

Itinerary n° 4: 🍮 🥌

In a formidably preserved environment, the commune of Ramatuelle flourishes from its ancient village

on the hillside to the beaches and heavenly coves.

Cap Camarat - Plage de l'Escalet - 4,5 km - 3 hrs - P at foot at lighthouse The route starts with a string of descents and uphill climbs along the rockface, then returns to sea level as far as Escalet beach and its small private marina. To discover: the Napoleonic battery on an outcrop and the Escudier Rock which commemorates the submarine missions and escape of the 2nd Dragons Regiment's standard during the Second World War. You will also pass near Merlie a village of 35 houses combining tradition with modern features built by the

Montrouge architects in the 1960s, and Chateau Voltera. Be warned - you cannot

visit these two sites. Itinerary n° 5:

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

Good to know: naturism is tolerated on one section.

next to the tennis courts.

lead down towards the beach, take the path on the right and down some steps (after This is arguably the most beautiful section of the coastal path, with the Taillat isthmus as a backdrop that can be reached after a succession of small coves. From

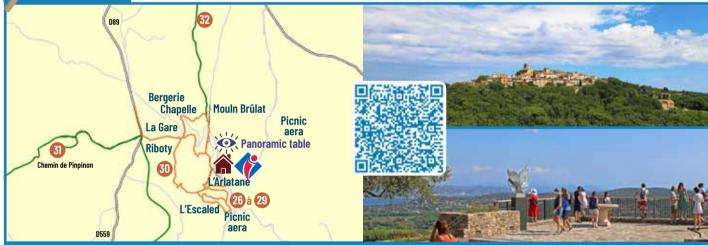
the top of Cap Taillat (classified as a remarkable site protected by the Conservatoire

Littoral), you will be amazed by the varying colours of the seabed which change 🌺 - 🕘 10 mins - Above the Customs House, a path leads to a dolmen in Briande. Bay which marks a burial site dating back 2,000 years BC

Circuit n° 6:

Cap Taillat - plage de Gigaro - 6 km - 🕘 2 hrs Escalet beach on Route de l'Escalet

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Perched on its promontory rock, this typical village is famous for its magnificent panoramic view of the Bay of Saint-Tropez, the Pays des Maures, the Bay of Cavalaire and the Iles d'Or.

P of the school in the new village for the tours of l'Arlatane at the entrance of the old village and departure from the Tourist Office for itinerary 33 34 35

Detailed brochure available at the Tourist Office IGN 35450T

26 to 29 Les boucles de l'Arlatane

1 hr - 3,5 km - 140 m - 230 m Access through the new village, at the primary school, go down Chemin du Puits Saint
3 Panoramas du golfe de Saint-Tropez et de la baie de Cavalaire arrows for trails to explore the heritage of the historic landscape around Gassin, one of the most beautiful villages in France. Panorama of the Massif des Maures hills.

26 Sentier des Bugadières - 🕘 10 mins - 🦲 This footpath owes its name to its ancient washtub, or "Bugade" in Provencal dialect and the women which went down here to wash the linen.

20 Sentier des Restanques - 4 50 mins - 5

As Gassin is a hilltop village, its slopes have been landscaped into typical Provencal flat terraces used for gardening, locally known as "restanques". Each terrace is marked out by low, stone walls.

28 Sentier des Sources 🕘 50 mins - 🥌 🦾

Pass the washtub, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat".

29 Sentier du Vallat 4 50 mins ne Provencal word "valat" is the word most commonly-used in the region to designate a brook. This footpath leads on from the "Sentier des Sources de l'Arlatane".

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100 Chemin de la chapelle Notre-Dame-de-la-Consolation

222 m - → Blue markings This shady loop is particularly peaceful and picturesque. Cross the old village At the new village, take a right into Chemin du Puits Saint-Jean. Go around the stadium by walking down the steps. This is the beginning of a path through the woods, passing a picnic area and old wash house, arriving at an old sheepfold and

4.40 hrs - 16,9 km - \$\infty\$ \$\infty\$ - \$\bigs\$ 180 m - \$\infty\$ 592 m - \$\infty\$ Orange markings xplore lush greenery around Gassin from the Gulf of Saint-Tropez to Cavalaire Bay. Walk down Montée Saint-Joseph. Pass in front of the Saint-Joseph Oratory. eep going down to the chapel towards the old sheepfold. Take Chemin de Riboty Cross the D559. Follow Chemin de Pimpinon, Continue on this route. Enter the Chausse estate via the iron gate. Walk along the fence. Exit the estate via the second iron gate. At the roundabout in La Croix-Valmer village take the cycle path

32 Sentier de la mer

① 1.30 hr - 9,6 km - 🈂 😂 - 📤 200 m - 💣 🌽 - ➡ Turquoise markings lace Louis Collomp, walk down towards the cemetery and round it to the left following the "Villevieille" sign. Take the path to the left then follow the Villevieille track for 2.5km. Cross the Bourrian road. After a few metres on your left is a path which, after a lookout, leads to Chemin de la Plaine through the vines of the Bourrian estate. Arriving at the RD98, walk along the pavement to the right. Turn left at the roundabout heading for Les Marines de Gassin. At the second roundabout, keep straight on past the shops. Continue to the beach and harbour. Retrace your steps to return to the village. You can also opt to walk along a protected multi-modal track to reach Port-Grimaud on the left and Saint-Tropez on the right.

THE BAY OF SAINT-TROPEZ ON THE SOCIAL NETWORKS

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RAYOL-CANADEL-SUR-MER



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

"Le Rayol-Canadel-sur-Mer" can best be described as vast, flowering garden overflowing with Mediterranean and exotic plants and trees. These walking itineraries around the town allow you to enjoy exceptional, colourful views over the Mediterranean Sea and neighbouring "lles d'Or" islands. Information on other hikes is available at the Tourist Office.

34 Old Railway Track - Return trip - Two itineraries

🕘 1.30 hr - 6 km - 🥾 - No markings - 🎪 - 🖸 Departure point at Tourist Office This ancient railway track, built by the "Société des Chemins de Fer Sud France", formerly ran from Toulon to Saint-Raphaël via the coast. Its gentle curves and flat surface make it an ideal choice for a safe MBK excursion with all the family. **Itinerary 1:** Go down the monumental staircase, then head left along the mud track (ancient railway track) and continue to "Hameau du Dattier". Turn round and head back before the tunnel.

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

IGN 3446 ET IGN 3545 OT

65 Domaine du Ravol Information and bookings at special prices on

www.amusezvous.net

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

Children's activities during the school holidays. A choice of 'Feet in the water',

The "Domain du Rayol" is open all year round. Paying entry. **The Marine Trail.** From mid-June to mid-September, discover the underwater fauna and flora by snorkelling with a guide from the garden beach. For accompanied children aged 8 and over.

'Hands in the earth' or 'Little garden creatures'



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

🚳 Chartreuse de la Verne Monastery path via the dam 🕘 6 hrs - 20 km - 😂 😂 🥌

To get to the dam from Cogolin, drive through the village of La Mole and turn right at the 3rd set of traffic lights at the Le Moulin Roux housing estate. Continue for 900m and leave your vehicle at the barrier after the Domaine de la Pertuade. You will then have to walk 2.3km to reach the dam. Follow the stone borders with white and green painting up to the chartreuse of Verne by its left-hand side. Beware of

markings that are sometimes missing or damaged. The dam of Verne provides with drinking water the population of the Gulf of Saint opez and the Country of the Maures. The water is treated in the factory of Verne. Built in 1991 it is a dike in ground with a écrêter of floods, an particularly original

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

37 Sentier de Sainte-Magdeleine

1 hr - 4 km - Shot marked out - P Parking de la Verne. From the left side of the church, take the Route des Guiols for 2.2km. At the crossroads, go right on the DFCI B10 track called "Les Cabris" for about 1km. You will arrive at 4 Chemins (green cistern), take a left for 150m, then another left on a

small path for 500m through oak trees to the chapel. Inescapable! Once arrived at the Chapel, climb still 30 m to reach the rocks which shall offer you an extraordinary view on The Mole and the gulf of Saint Tropez. Perched in an extremity of the plateau of Maravieille, saint - Madeleine's castrum former medieval village of the Mole, was built in the XIVth century in local basalt, volcanic rock and very fast abandoned. The dark color of its walls and the wild landscape, give a mysterious, mesmerizing and magic atmosphere.

IGN 3545 OT

LA CROIX VALMER



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

LES MARCHÉS

MONDAY Sainte-Maxime | TUESDAY Saint-Tropez | WEDNESDAY Cavalaire - Cogolin Place Victor-Hugo - La Garde-Freinet

THURSDAY Grimaud - Le Plan-de-la-Tour - Ramatuelle - Port Grimaud 1*** - Sainte-Maxime

FRIDAY Les Marines de Cogolin** - Rayol-Canadel* - Sainte-Maxime | SATURDAY Cogolin Place de la République - Saint-Tropez

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

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

A choice of walking trails around La Croix Valmer to discover the area's rich and unspoilt scenery of vineyards, hills and shores. A detailed map of all our walking trails available at the Tourist Office as well as booklets with fun walking trails for children.

30 The 2 Peninsula 🕘 5 hrs - 13 km along a footpath - 😂 😂 - 🖄 700 m beach and follow the markings on the left, taking the path that runs along the Yellow markings - P Start at Gigaro beach

rom the entrance to Domaine du Cap Lardier, take the coastal path to "Cap Lardier". When you get there, continue on the path to Briande Beach and Cap Taillat and keep going this path. When you reach a long building (La Douane - Customs), follow the track that goes left and walk up to the tarmacked road.

At this level, take Route Forestière de la Tourraque Ouest (red and white barrier). At tank no. RTEO4, turn left as far as tank CVRO2 (do not go up on the right) to Route Forestière des Brouis. At this point, go left to the next junction, turn right hen immediately left, leaving the pine trees behind you. Follow signs for Plage de Gigaro to get back to the starting point.

3 Les Brouis ← 1.15 hrs - 4 km along a footpath - ♣ - ⚠ 173 m Yellow markings - P Start at Gigaro beach.

beach and then take the coastal path to Les Brouis beach. Once you reach the beach, go up the valley to join the forest road of Gigaro. At this road, turn left to return to the starting point.

garn heach, at the entrance to the Domaine du Can Lardier, cross the

Dogs are allowed in the Cap Lardier area, as long as they are on a lead, and can access beaches but only to cross them

▲ 105 m / 585 m

Yellow markings - P Start at Gigaro beach. rom Gigaro beach at the entrance to Domaine du Cap Lardier take the coastal path to "Cap Lardier". When you get there, continue on the coastal path to Briande

plit-stake fence and continues through the undergrowth. At the intersection, tal the track following the vellow markings, along agricultural land from above. At the end of this terrain, take the path that runs along the fence.

At the intersection go left on the dirt road which rises (do not turn right) and continue on it to the next bend, then leave the road for a path on the right which descends through vegetation to an intersection opposite the vines with two wooden steps. Following the markings turn right, at the next intersection. You have to leave the markings on the left for "Plage de Gigaro", then go straight along the dirt road. At the green gate, follow the markings on the right taking a path though the undergrowth to find Route Forestière de Gigaro. Turn right and follow this track and signs to "Plage de Gigaro" to get back to the starting point. Dogs are allowed in the Cap Lardier area, as long as they are on a lead, and can

access beaches but only to cross them.

4 Le Sémaphore **2** 2 hrs − 6,2 km along a footpath − **2 2** • **3** 41 m > Yellow markings - P Start at Gigaro beach.

Follow the vellow markings. From Gigaro beach at the entrance to Domaine du Car Lardier take the coastal nath. Go past Brouis beach and Pointe d'Andati to Les Pins Blancs (a difficult climb) and continue on the track towards Vieux Sémaphore. Yo pass it at the tank, after which you leave the path to Cap Lardier on your right and turn left to go back down to the vinevard. At the wooden barriers, go left heading for "Plage de Gigaro" to go down the valley to the metal gate. Follow the path to the right of it and go along the stream. At Route Forestière de Gigaro, turn right t return to the starting point.

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LE DOMAINE DU RAYOL.

RAYOL-CANADEL-SUR-MER Avenue Jacques Chirac Tel.: 33 (0)4 98 04 44 00

45 Pointe des Sardinaux 🕘 20 mins

entrance to the park at the bend in the road.

still filled with water. Picnic area.

family walks and observing Mediterranean fauna and flora.

CAVALAIRE

42 Le Vallon du Fenouillet - A loop

Bonporteau Beach on the right.

the end of the meadow on your left.

SAINTE-MAXIME

Choice of two departure points:

IGN 3545 OT

🕘 1.30 hrs - 2,5 km - 🥌 🥌 - Signposted - 🖄 80 m

Leave Cavalaire heading for Rayol. 50 m after the last roundabout there is par-

king on the right along the RD 559. Cross the road. The path starts just before

Leave Cavalaire heading for Rayol. Parking possible 2km on your left. Start at

BOTANICAL GARDEN SAINTE-MAXIME

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

Departure from the Tourist Office. Take the coast road towards Fréius-Saint-Ra-

nhaël. Continue for 3.5 km until the last bend in the road. Roadside parking available,

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

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

hectares. Two vestiges from the past: from the roof of a Second World War hunker

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

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

fish which they also sold. The one on Sardinaux is one of the few Roman fishponds.

N.B. you can also request the services of a guide. Please call the Tourist Office on 04 94 55 75 55.

A jewel set in surroundings of rare beauty, Sainte-Maxime is one of the most prized

and celebrated resorts on the Mediterranean coast

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

43 Old Railway Track - A loop

Around Domaine FONCIN - A loop

at the gate to walk round the Domaine.

2.30 hrs - 5 km - - - Partly signposted - 100 m

← 45 mins - 1.5 km - ← Partly signposted - ← 100 m

park before the tunnel. Walk through the tunnel as far as the old station.

On your right are mailboxes, turn right and walk up to the white gateway of

eave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier

and park on the left before the tunnel. Walk through the tunnel. After passing the

old station turn left and enter the hamlet. On the first bend continue straight on.

Follow the coastal path as far as Bonporteau Beach then pick up the Vallon du

Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier and

Domaine FONCIN: CASTEOU DEÏ SOULEU (Castel of the sun). You can go right or left

GASSIN Place Dei Barrys -Tel.: 33 (0)4 94 56 18 72

Circuit panoramique du Deffend - In a loop

Massif du Mercantour in the distance.The Deffend

was once a highly regulated communal forest.

🕘 3 hrs - 8,3 km - 🦲 🦲 - 🧥 337 m - 🖄 290 m

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

for 1.4km. Dirt car park on the right, start on the left at the circuit welcome sign.

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

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

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

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

IGN 3545 OT | IGN 3544 OT | IGN 3544 ET

(ROSES GARDEN)

A FEW RECOMMENDATIONS

Respect the environment

Do not light any fires or cigarettes

Do not leave any objects or rubbish behind Do not pick any plants or touch animals

Close all fences and gates after passing them Observe the restriction on motor vehicle traffic

Be respectful of other users

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

Be cautious Bring water and suitable hiking shoes

Stay on marked paths

Beware of herds Up to 5,500 animals (sheep, goats, donkeys and cows) graze on our lands

and help prevent wildfires

What to do near a herd?

→ Walk as far as you can around the herd and keep your distance

Keep your dog on a lead.

In the presence of Patous (big herding dogs):

Stop until they identify you > Stay calm, do not threaten them, do not pet them.

CLOSURE OF FOREST AREAS

Find out more about the possibility of closing forest areas due to fire risk at isque-prevention-incendie.fr/var



HOW TO REACH THE BAY OF SAINT-TROPEZ

Exit highway A8 (Marseille - Nice):

→ Le Cannet des Maures : direction Saint-Tropez → Le Muy: direction Sainte-Maxime

→ Puget sur Argens: direction Roquebrune-les Issambres ♠ BY TRAIN

→ Les Arcs-Draguignan TGV (high speed train) rail station (40 km)

→ Saint-Raphaël TGV rail station (35 km)

→ Toulon TGV rail station (60 km)

→ Hyères TGV rail station (45 km)

regular coach links to the Bay of St-Tropez)

BY PLANE → La Mole / Golfe de Saint-Tropez international Airport (15 km)

→ Toulon - Hyères Airport (40 km)

→ Nice-Côte d'Azur international Airport (95 km)

THE TOURIST OFFICES

50, Rond-point St Exupér Maison de la Mer - 83240 Cavalaii

Tel.: 33 (0)4 94 01 92 10 www.cavalairesurmer.fr contact@cavalairesurmer. COGOLIN

In the town centre lace de la République - 83310 Coqu Tel.: 33 (0)4 94 55 01 10 www.golfe-sainttropez-tourisme.

LA CROIX VALMER 287, rue Louis Martin Tel.: 33 (0)4 94 55 12 12

www.lacroixvalmertourisme.con LA GARDE-FREINET Chapelle Saint-Jean 83680 La Garde Freinet

Tel.: 33(0)4 94 56 04 93 www.golfe-sainttropez-tourisme. tourisme.fr GASSIN

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

accueil@gassin.eu GRIMAUD 679, route Nationale - 83310 Grimau

Tel.: 33 (0)4 94 56 02 01

Open from May to early october

www.grimaud-provence.com ANNEXE DE PORT-GRIMAUD

es Terrasses de Port-Grimand RD 559

VAR TOURIEME

LES JARDINS

GARDEN OF THE MEDITERRANEAN

Open every day of the year.

La Croisette

1 April - 30 Sept : everyday from 8am to 8pm; 1 Oct - 31 March : everyday from 8am - 5pm

Open from April 30 to October 15.

BOTANICAL GARDEN - L'HARDY-DENONAIN

except thursday

Visit on appointment every day Open during their events

GASSIN 323 chemin de Pimpinor

LE JARDIN DE GASSIN

Tel.: 33 (0)6 78 48 03 00

ontact@sainte-maxime.com SAINT-TROPEZ Tel.: 33 (0)4 94 55 43 83 In the harbour Quai de l'Epi 83990 Saint-Tropez

Tel.: 33 (0)4 94 97 45 21 www.sainttropeztourisme.com info@sainttropeztourisme.com

Office de Tourisme - Médiathèque

RD98 - 83310 La Mole

Tel.: 33 (0)4 94 49 66 34

LE PLAN-DE-LA-TOUR

83120 Le Plan-de-la-Tour

Tel.: 33 (0)4 94 43 28 27

www.golfe-sainttropez-tourisme.fr

tourisme.fr

In the village centre

Place de l'Ormeau - 83350 Ramatuelle

Tel.: 33 (0)4 98 12 64 00

www.ramatuelle-tourisme.com

office@ramatuelle-tourisme.com

RAYOL-CANADEL-SUR-MER

Place Michel Goy 83820 Rayol-Canadel sur Mer

Tel.: 33 (0)4 94 05 65 69

sainttropez-tourisme.fr

SAINTE-MAXIME

21, Place Louis Blanc

Tel.: 33 (0)4 94 55 75 55

www.sainte-maxime.con

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