

LE PLAN DE LA TOUR



The charm of this village with its hamlets and its vines illuminating the breathtaking hills of the Maures.

- 22 Les Gorges et Les Hameaux** Départ de l'Office du Tourisme
Path 22 A "Les Gorges" 1 hr 15 min - 5.2 km - Blue markings
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 left as far as the Gorges ford, a reservoir that supplied water to the Renaissance mill. Walk along the vineyard and at the junction, facing the gate, turn left. At the next junction turn right, you will see the relay antennae in the distance ahead of you. Discover the Plantourian vineyard and menhirs. In Prat Bourdin hamlet take a little path on the right to the old chapelet, then return to the village via the same path.
- Path 22 B Les Hameaux** 1 hr - 4.5 km - Blue markings
From 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 fountain, go right heading for Roubauds hamlet. At the junction with letter boxes, take the path to the right. At the intersection, take a right and then go up the path on your left to Verret hamlet. Return to the village via the same path but going back the way you came. At the junction of Chemin de Préconil, take the dirt track on your left and go back down to the village to Place Foch.
- Discover the 7 mountain bike trails certified by the French Cycling Federation (FFC) with over 132 kilometres of marked trails crossing Plan-de-la-Tour, Grimaud and La Garde-Freinet.**

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GASSIN



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 Îles d'Or.

- of the school at the new village for the tours of l'Arlatane
- at the entrance of the medieval village and departure from the Tourist Office for itinerary 30 31 32
Detailed brochure available at the Tourist Office
- 23 to 24 Les boucles de l'Arlatane**
1 hr - 3.5 km - Blue markings
Access through the new village: at the primary school, go down Chemin du Puits Saint-Jean. Bypass the mini-stadium, go down the steps to follow the wooden signs and 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.
- 25 Sentier des Bugadières** - 7 min - Blue markings
This footpath owes its name to its ancient washbasin, or "Bugade" in Provençal dialect and the women which went down there to wash the linen.
- 26 Sentier des Restanques** - 9 min - Blue markings
As Gassin is a hilltop village, its slopes have been landscaped into typical Provençal flat terraces used for gardening, locally known as "restanques". Each terrace is marked out by low, stone walls.
- 27 Sentier des Sources** - 16 min - Blue markings
Pass the washbasin, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat".
- 28 Sentier du Vallat** - 16 min - Blue markings
The Provençal word "vallat" 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".
- 30 Chemin de la chapelle Notre-Dame-de-la-Consolation**
1 hr 10 min - 4.1 km - 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 parish church further up.
- 31 Panoramas: golfe de Saint-Tropez et Cavalaire**
4 hr 40 min - 16.9 km - Orange markings
Explore 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. Keep going down to the chapel towards the old sheepfold. Take Chemin du Riboty. Cross the 0559. 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 villages take the cycle path.
- 32 Sentier de la mer - round trip**
2 hr 30 min - 9.6 km - Blue markings
Place Louis Colomp, 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 2.5 km. Cross the Bouanion 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.

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THE BAY OF SAINT-TROPEZ ON THE SOCIAL NETWORKS

@GolfedeSaintTropezDestination @golfestropez @golfesainttropez @Golfedesainttropezdeveloppement @GolfedeSaintTropez

RAMATUELLE



Ramatuelle flourishes from its ancient hillside village to its idyllic beaches.

- 33 Le sentier du littoral (Coastal Footpath)**
Signposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de Gigaro" beach) 34.50 km - Yellow markings
Itinerary n° 1: La Baie de Pampelonne N/S - 5 km - 1.30 hrs
route de Tahiti
Walk along the shore past a succession of public and private restaurants, bars and beaches on the largest stretch of sand on the peninsula. This is Pampelonne beach which was where the Allied landings in Provence took place on the night of 15th August 1944. A memorial stone at Boulevard Patch commemorates those events.
- Itinerary n° 2:** Pampelonne - Anse de Bonne Terrasse - 0.5 km - 15 min
route 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 Bonne 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.
- Itinerary n° 3:** Bonne Terrasse - Bonne Terrasse - Cap Camarat - 2.5 km - 30 min
Parking is the same as for Circuit 2 and there are 30 parking spaces along the road 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.
- Itinerary n° 4:** Cap Camarat - Plage de l'Escalet - 4.5 km - 3 hr - 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
- 34 Sentier des Combes Jauffret**
3 km - 45 min - return journey - Green markings
Leave the village along the Houlin Roux path to discover the Ramatuelle hills and their Mediterranean vegetation. Lovely views. Once you reach the "Les Combes Jauffret" housing estate, take the same path on the way back.

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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 Îles d'Or "Golden Islands" provide a sumptuous backdrop.

- The 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 "Îles d'Or" islands.**
- 35 Old Railway Track - Return trip - Two itineraries**
1 hr 30 min - 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 M&K 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 Piageron". Return via same route.
- 36 Domaine du Rayol**
Information and bookings at special prices on www.ameusevous.net
- Le Jardin des Méditerranéennes (Mediterranean Garden)**
This 50-acre site, now the property of the "Conservatoire du Littoral" coastal conservation society, invites visitors to discover Mediterranean-type vegetation from throughout the world, plus various flora from arid and tropical climates. The "Domain du Rayol" is open 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.
- Children's activities during the school holidays.** A choice of "Feet in the water", "Hands in the earth" or "Little garden creators".

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LA MOLE



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

- 36 Chartreuse de la Verne Monastery path via the dam**
6 hr - 20 km - Blue markings
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 Houlin 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 2.3 km to the dam. Follow the stone borders with white and green painting up to the chartreuse de 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 Tropez and the Country of the Maures. The water is treated in the factory of Verne. Built in 1881 it is a dice in ground with a series of floods, a particularly original technique. Nautic activities (fishing, swimming etc.) are forbidden.
- 37 Sentier de Sainte-Madeleine**
1 hr - 4 km - Not marked out - Verne
From the left side of the church, take the Route des Goulios for 2.2 km. At the crossroads, go right on the DFCI B10 track called "Les Cabris" for about 1 km. You will arrive at 4 Chemins (green cluster), take a left for 150m, then another left on a small path for 500m through oak trees to the chapel.
Perched in an extremity of the plateau of Maravelle, 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.

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LA CROIX VALMER



Between sea and vineyards, discover the wild untamed beauty of the rocky coast with its exquisite fine sandy beach.

- A choice of walking trails around La Croix Valmer 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.**
- 38 The 2 Peninsula** 5 hr - 13 km - Yellow markings
Start at Gigaro beach
From 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 Tallait 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 Fouraque Ouest (red and white barrier). At tank no. 87E04, turn left as far as tank CVR02 (do not go up the right) to Route Forestière des Brouts. At this point, go left to the next junction, turn right then immediately left, leaving the pine trees behind you. Follow signs for Plage de Gigaro to get back to the starting point.
- 39 Les Brouis** 1 hr 15 min - 4 km - 173 m
Yellow markings - Start at Gigaro beach
From Gigaro beach, at the entrance to the Domaine du Cap Lardier, cross the beach and then take the coastal path to Les Brouis beach. Once you reach the beach, go up the valley to join the forest road of Gigaro. At this road, turn left to return 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.
- 40 Le Sémaphore** 2 hr - 6.2 km - 341 m
Yellow markings - Start at Gigaro beach
Follow the yellow markings. From Gigaro beach at the entrance to Domaine du Cap Lardier take the coastal path. Go past Brouis beach and Pointe d'Andat to Les Pins Blancs (a difficult climb) and continue on the track towards Vieux Sémaphore. You pass it at the tank, after which you leave the path to Cap Lardier on your right and turn left to go back down to the vineyard. At the wooden barriers, go left heading for "Plage de Gigaro" to go down the valley to the forest gate. Follow the path to the right of it and go along the stream. At Route Forestière de Gigaro, turn right to return to the starting point.

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MARKETS

- LUNDI** Sainte-Maxime | **MARDI** Saint-Tropez | **MERCREDI** Cavalaire - Cogolin - La Garde-Freinet | **JEUDI** Grimaud - Le Plan de la Tour - Ramatuelle - Port Grimaud 1** - Sainte-Maxime | **VENDREDI** Rayol-Canadel sur Mer - Sainte-Maxime | **SAMEDI** Cogolin - Saint-Tropez | **DIMANCHE** La Croix Valmer - Ramatuelle - La Garde-Freinet - Port Grimaud 1** - La Mole**

* avril à septembre ** avril à octobre

CAVALAIRE



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

- 42 Le Vallon du Fenouillet - A loop**
1 hr 30 min - 2.5 km - Signposted - 80 m
Choice of two departure points:
- Leave Cavalaire heading for Rayol, 50 m after the last roundabout there is parking on the right along the RD 559. Cross the road. The path starts just before Bonporteau Beach on the right.
- Leave Cavalaire heading for Rayol. Parking possible 2 km on your left. Start at the end of the meadow on your left.
- 43 Old Railway Track - A loop**
2 hr 30 min - 5 km - Partly signposted - 100 m
Leave Cavalaire heading for Rayol, after 2 km turn left onto Chemin du Dattier and park on the left before the tunnel. Walk through the tunnel. After passing the old station turn left and enter the hamlet. On the first bend continue straight on. Follow the coastal path as far as Bonporteau beach then pick up the Vallon du Fenouillet path.
- 44 Around Domaine Foncin - A loop**
45 min - 1.5 km - Partly signposted - 100 m
Leave Cavalaire heading for Rayol, after 2 km turn left onto Chemin du Dattier and 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 Domaine Foncin. Casteau dou soleil (Castle of the sun). You can go right or left at the gate to walk round the Domaine.

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SAINTE-MAXIME



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

These walking itineraries start out from Sainte-Maxime town centre. N.B. you can also request the services of a guide. Please call the Tourist Office on 04 94 55 75 55.

- 45 Pointe des Sardioux** 20 min
Departure from the Tourist Office. Take the coast road towards Fréjus-Saint-Raphaël. Continue for 3.5 km until the last bend in the road. Roadside parking available. entrance to the park at the bend in the road.
The Pointe des Sardioux peninsula with its parkland and coves is an ideal place for family walks and observing Mediterranean fauna and flora.
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 bunker you get an exceptional view of Martelle beach. The site is also home to an ancient fishpond with its two basins dug into the rock. The Romans used it to store fresh fish which they also sold. The one on Sardioux is one of the few Roman fishponds still filled with water. Picnic area.
- 46 Circuit panoramique du Defend - In a loop**
3 hr - 8.3 km - 377 m - 415 m
Markings: welcome panel at the start with arrow posts and an orientation table. Access by car: near the Benonbrong roundabout, follow the municipal Saquades path for 1.4 km. 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 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 massif du Mercantour in the distance. The Defend was once a highly regulated communal forest.

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GARDENS

- LE DOMAINE DU RAYOL, GARDEN OF THE MEDITERRANEAN RAYOL-CANADEL SUR MER**
Avenue Jacques Chirac
Tel.: 33 (0)4 98 04 44 00
Open every day of the year.
- BOTANICAL GARDEN SAINTE-MAXIME La Croisette**
1 April - 30 Sept: everyday from 8am to 8pm; 1 Oct - 31 March: everyday from 8am - 5pm
- BOTANICAL GARDEN L'HARDY-BENNONAIN GASSIN**
Place del Barri - Tel.: 33 (0)4 94 58 18 72
Open from April 30 to October 15. Every day except Thursday
- LE JARDIN DE GASSIN (ROSES GARDEN) GASSIN**
323 chemin de Pimpinon
Tel.: 33 (0)4 98 48 03 00
Open during their events

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 cautious**
 - Bring water and suitable hiking shoes
 - Stay on marked paths
- Beware of herds**
 - Up to 5,500 animals 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 risque-prevention-incendie.fr/var

HOW TO REACH THE BAY OF SAINT-TROPEZ

- BY ROAD**
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-Dracagnan** TGV (high speed train) rail station (40 km)
-> **Saint-Raphaël** TGV rail station (35 km)
-> **Toulon** TGV rail station (46 km)
-> **Hyères** TGV rail station (46 km)
Regular bus connections to the gulf of Saint-Tropez: www.zou.maregionsid.fr
- BY PLANE**
-> **Les Arcs-Dracagnan** / **Golfe de Saint-Tropez** International Airport (15 km)
-> **Toulon** - **Hyères** Airport (40 km)
-> **Nice-Côte d'Azur** International Airport (95 km)

THE TOURIST OFFICES IN THE BAY OF SAINT-TROPEZ

- CAVALAIRE**
50, Roms - point St Cyprien
Maison de la Mer - 83240 Cavalaire
Tel.: 33 (0)4 94 01 92 10
www.cavalairesumer.fr
contact@caavalairesumer.fr
- COGOLIN**
In the town centre
83310 Cogolin
Tel.: 33 (0)4 94 55 01 10
www.golfe-sainttropez-tourisme.fr
cogolin@golfe-sainttropez-tourisme.fr
- LA CROIX VALMER**
Office de Tourisme - Méditerranée
RD98 - 83310 La Mole
Tel.: 33 (0)4 94 68 66 34
www.golfe-sainttropez-tourisme.fr
lamole@golfe-sainttropez-tourisme.fr
- LE PLAN DE LA TOUR**
In the town centre
1, place Clémenceau
83720 Le Plan de la Tour
Tel.: 33 (0)4 94 43 28 27
www.golfe-sainttropez-tourisme.fr
leplandeatour@golfe-sainttropez-tourisme.fr
- RAMATUELLE**
In the village centre
Place de l'Europe - 83350 Ramatuelle
Tel.: 33 (0)4 94 55 85 89
www.ramatuelle-tourisme.com
office@ramatuelle-tourisme.com
- RAYOL-CANADEL SUR MER**
Place Michel Sur Mer
83920 Rayol-Canadel sur Mer
Tel.: 33 (0)4 94 55 85 89
www.golfe-sainttropez-tourisme.fr
rayolcanadelsurmer@golfe-sainttropez-tourisme.fr
- SAINTE-MAXIME**
21, Place Louis Blanc
83200 Sainte-Maxime
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- SAIN-TROPEZ**
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