



WALKS...
Golfe de Saint-Tropez Tourisme

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2019 by foot, by horse, by bike, by car...

KEY
Scale: 3 km.

- Farming area
- Urban area
- Forest zone
- Panorama
- Botanical garden
- Golf
- Museum

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Massif des Maures

Tourist Map Golfe de Saint-Tropez

Regions: RÉGION SUD, PROVENCE ALPES CÔTE D'AZUR, Golfe de Saint-Tropez, LE DÉPARTEMENT

4 routes to explore in the Bay of Saint-Tropez

TOUR 1
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 Pailas, 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 or the Plage des Salins. Return to St Tropez and pass through the Place des Licés and rejoin the RD88 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 Pailas, church, perched village, beach of Pampelonne, lighthouse of Camarat) - Saint-Tropez (beaches, old town, port, museums).

TOUR 2
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 where you will come across the tortoise sanctuary "Village des Tortues". 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, carpet and pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum, village) - Grimaud (castle, windmill, village, folk museum).

TOUR 3
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 and take the track which will lead you to the dam. Return towards Cogolin up to the airport and set off to the right to the route du Canadel. At the Col du Canadel, come down again up to the road of the seaside and turn left up to the Domaine du Royol, 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, shops), magnificent viewing points along the cliffs towards the coastline - La Mole (storage dam of La Verne, village) - Royol-Canadel-sur-Mer (Domaine du Royol: the garden of the Mediterranean, the huge stairs, the Patec, the pergola with its panoramic view).

TOUR 4
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 Grattelpou" and turn right on 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, museum of local heritage, botanical garden) - 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".

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. Departure points indicated on village plan.
- 1 La Croix et le Fort** - walking
1.30 hrs - 3 km - $\times \times \times$ - 461 m - \checkmark 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 quarried, medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960's by the sculptor Di Teana.
- 2 Saint-Clement** - walking
1.20 hrs - 4 km - $\times \times$ - 257 m - \checkmark 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 N-D de Miremer** - walking
3 hrs - 9.7 km - $\times \times \times$ - 406 m - \checkmark 50 m
This medieval chapel and place of pilgrimage (open to the public on September 8th) offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into terraces (now restored to their former glory), is home to a conservation society for various species of fig tree.
- 4 Peygros** - walking
1.30 hrs - 4.5 km - $\times \times$ - 452 m - \checkmark 100 m
Remarkable chestnut woods. Views over the plain of Saint-Clement 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** - walking
3-4 hrs - 5.8/8 km - $\times \times \times$ - 637 m - \checkmark 300 m
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.
- 6 Les Homeaux du Sud** - walking
5 hrs - 16 km - $\times \times \times$ - 515 m - \checkmark 162 m
This itinerary crosses picturesque hamlets and offers panoramic views over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Cour"; "Aire de Val Verdun"; "Camp de La Sulyère"; "Val d'Aubert"; "Les Vieilles Sinières"; "Les Sinières"; "Route de St Elair", return to village.
- 7 La Moure, la Nible et les Maximins** - walking
5-6 hrs - 19.5 km - $\times \times \times$ - 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 hikers.
- 8 Les Cabrettes** - walking
3-4 hrs - 10.5 km - $\times \times \times$ - 375 m - \checkmark 250 m
By car up to hameau de la Moure 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** - walking
5-6 hrs - 16.6 km - $\times \times \times$ - 180 m - \checkmark 170 m
This picturesque footpath snakes its way alongside a brook, mill of the 19th Century, on the way restored quay of the 17th Century.
A refreshing spot for picnics in summer.
- 11 Le Moulin d'Adrech** - walking
1 hr - 3 km - $\times \times$ - 400 m - \checkmark 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 multi-sport field. Take the dirt track. At the electricity meters, take the winding path on the left. Go around the windmill and take the two windmills (deux moulins) path. Then turn left onto a dirt road which takes you to the RD75. Turn left to reach the stadium carpark.
Turn right to return to the Tourist Office.

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Footpaths, horse riding or mountain biking in the Bay of Saint-Tropez

This document presents the various footpaths and discovery itineraries criss-crossing the Bay of Saint-Tropez. It is designed to assist you in exploring the rich landscapes and heritage of the Maures hills and adjacent coastal footpath, lined with rocky shores and sandy beaches, on foot, on horseback or by mountain bike. Some of the shorter itineraries are specially adapted for family outings. Detailed documents (free or paying) are available from the Bay of Saint-Tropez Tourist Offices.

The Tourist Offices in the Bay of St-Tropez

CAVALAIRE 50, Rond-point St Eupéry Maison de la Mer 83240 Cavalaire Tel: +33 (0)4 94 01 92 10 Fax: +33 (0)4 94 05 69 89 www.cavalairesurmer.fr contact@cavalairesurmer.fr	GRIMAUD In the village centre Place de la République 83310 Grimaud Tel: +33 (0)4 94 55 01 10 Fax: +33 (0)4 94 55 01 11 www.visitcogolin.com contact@visitcogolin.com	LA MOLE In the village centre Mairie 83310 La Mole Tel: +33 (0)4 94 40 05 80 Fax: +33 (0)4 94 49 55 24 www.mairie-lamole.fr contact@mairie-lamole.fr	LA GARDE-FREINET Chapelle Saint-Jean 83680 La Garde Freinet Tel: +33 (0)4 94 56 04 93 www.lagardefreinet.com contact@visitaugarddefreinet.com	LA CROIX VALMER 287, rue Louis Martin 83420 La Croix Valmer Tel: +33 (0)4 94 55 12 12 Fax: +33 (0)4 94 55 12 10 www.lacroixvalmer-surmer.com lacroixvalmer@surmer.com lacroixvalmer.fr	LA MOLE In the village centre Mairie 83310 La Mole Tel: +33 (0)4 94 40 05 80 Fax: +33 (0)4 94 49 55 24 www.mairie-lamole.fr contact@mairie-lamole.fr	LA GARDE-FREINET Chapelle Saint-Jean 83680 La Garde Freinet Tel: +33 (0)4 94 56 04 93 www.lagardefreinet.com contact@visitaugarddefreinet.com	GRASSIN At the entrance of the village Aire de Loisirs 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 Grimaud Tel: +33 (0)4 94 55 43 83 Fax: +33 (0)4 94 55 72 20 www.grimaud-provence.com info@grimaud-provence.com Annexe de Port-Grimaud : rue de l'Amarrage Les Terrasses de Port-Grimaud RD 559 Tel: +33 (0)4 94 56 02 01 Open from May to early October	RAMATUELLE In the village centre Place de l'Ormeau 83350 Ramatuelle Tel: +33 (0)4 98 12 64 00 Fax: +33 (0)4 94 79 12 66 www.ramatuelle-tourisme.com office@ramatuelle-tourisme.com	RAYOL-CANADEL-SUR-MER Place Michel Goy 83820 Rayol-canal-del-sur-mer Tel: +33 (0)4 94 05 65 69 Fax: +33 (0)4 94 05 61 80 www.visitrayolcanadel.com contact@visitrayolcanadel.com	SAINT-MAXIME By the sea Promenade Ayméric Simon Lorrière BP 107 83120 Sainte-Maxime Tel: +33 (0)4 94 83 83 83 (0,18€ min) Fax: +33 (0)4 94 55 75 56 www.sainte-maxime.com contact@sainte-maxime.com	SAINT-TROPEZ On the harbour Quai Jean Jaures In the Parking on Port, Open July and August 83990 Saint-Tropez Tel: +33 (0)4 94 97 45 21 Fax: +33 (0)4 94 97 82 66 www.sainttropeztourisme.com info@sainttropeztourisme.com
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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 0826 20 83 83 (0.18€/min)
- 19 Sentier du Littoral (Coastal Footpath)** return trip
15 mins - 800 m - yellow markings
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. Parking may be difficult along this trip. Departure point adjacent to gate.
A natural peninsula known as "La Petite Corse" (Little Corsica), "Pointe des Sardinou" is an ideal site for family walks and observing typical Mediterranean flora and fauna. Two courtesies: a bunker dating back to WWII and a Roman fish-rearing pond with two tanks carved into the rock, which the Romans used to rear fresh fish and store them for sale. The "Vivier des Sardinou" is one of the rare Roman fish-rearing ponds dating back to Ancient Gaul still filled with water. Picnic area.
 - 20 Sentier du Defend** 3 hrs - 6.3 km - \checkmark 284 m - $\times \times \times$
This itinerary includes a 1.7 km section of the "Route Communale des Saquédès. Magnificent 360° panoramic views over the Bay of Saint-Tropez / Pays des Maures area and Eastern hills from the summit of the "Defend". On clear days, you can see as far as the snowy mountain tops of the Alps! "Le Defend" is a public wood, subject to certain regulations.
 - 21 Sentier de la Bouquette** 2.30 hrs - 6.3 km - $\times \times$
A foray into the flora and fauna of the Maures hills.
 - 20 and 21 "Sentiers du Quillaud"** itineraries
2 round trips marked with signposts and arrows.
Departure from the Tourist Office towards the A8 highway via "Avenue Georges Clemenceau" and "Route du Plan de la Tour". At the "Neubenjig" roundabout, take the narrow "Chemin Communal des Saquédès" road opposite the MacDonald's car park and continue for 1.4 km. Park on the right-hand verge. The itinerary starts on the left of the road, by letterbox n°79.

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Grimaud



From the old imposing stones, to the lazy flow of the river, everything evokes emotion, harmony and fulfillment.

- 12 Sentier de la Castellane**
1 hr - 3 km - $\times \checkmark$ - 150 m - green painted markings
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.
- 13 to 15 Three round trips** departing from "Pont des Fées" car park, under the mill, to discover the treasures of Mont Roux and the rich heritage of "Valon de la Garde", with its views over the village of Grimaud and surrounding hills.
- 13 Sentier de découverte du Pont des Fées** round trip - information panels on the valley's flora, fauna and heritage.
1 hr - 1.5 km - $\times \times$ - while arrows
Built in the modern era (16th - 17th century), the "Pont des Fées" is an aqueduct, formerly used to route water from Pancoou spring, situated 3 km away, to the village fountain. It is an exceptional construction and the only one of its kind in Provence.
- 14 Sentier du Pierredon** round trip 1.30 hrs - 2 km - $\times \times \times$
Itinerary n° 12 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Same departure point as itinerary n° 12. The "Moulin St Roch" windmill has now been fully restored and can be visited in July and August.
- 15 Sentier de la Calade** round trip 1.30 hrs - 3.7 km - $\times \times \times$
Itinerary n° 12 signs, then orange painted markings. This itinerary runs from "Quartier Saint Michel" along "La Garde" river and crosses the "Oratoire St Joseph" oratory-village.
- 16 Sentier Grimaud/Port Grimaud** outward journey
1.30 hrs - 6 km - $\times \times \times$ - 100 m - \checkmark Markings white and blue
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 Bogatin. Turn on the left and continue near the Blaquières School and follow "Carroire Algo Pulo". At St Pons les Mures hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance
- 17 Sentier Le Peyron** outward journey
40 mins - 2.5 km - $\times \checkmark$ - 3 m - \checkmark Markings: Frog drawing

Le Plan-de-la-Tour

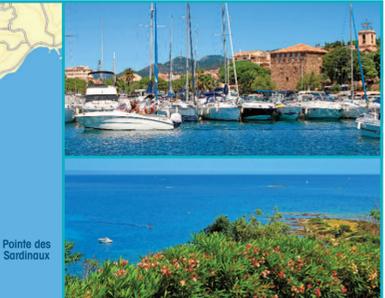


The charm of this village with its hamlets and its vines illuminating the breathtaking hills of the Maures.

- 22 Les Gorges of Les Homeaux** Departures are from the Tourist Office
Path 22 A "Les Gorges" 1.15 hr - 5.2 km - $\times \checkmark$
From the Tourist Office, at 4 Chemins, head for Sainte Maxime (RD74). At the end of the village on the last roundabout called "Trédéric 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 Gorgues ford, a reservoir that supplied water to the Ressema mill. Walk along the vineyard and of the junction, facing the gate, turn left. At the next junction turn right, you will see the relay antenne in the distance ahead of you (this is a GR route). Discover the Plantouron vineyard and meadows. In Prat Bourdin 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 homeaux"** 1.00 hr - 4.5 km - $\times \checkmark$
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 Precon and follow the solid path straight ahead towards Précon hamlet. In the centre of the hamlet of the fountain, go right heading for Réoubaud hamlet. At the junction with letter boxes, take the path to the right (GR route). At the intersection take the GR, take a right and then go up the path on your left to Vermet hamlet. Return to the village via the same path but going back the way you came. At the junction of Chemin de Précon, take the dirt track on your left and go back down to the village to Place Foch

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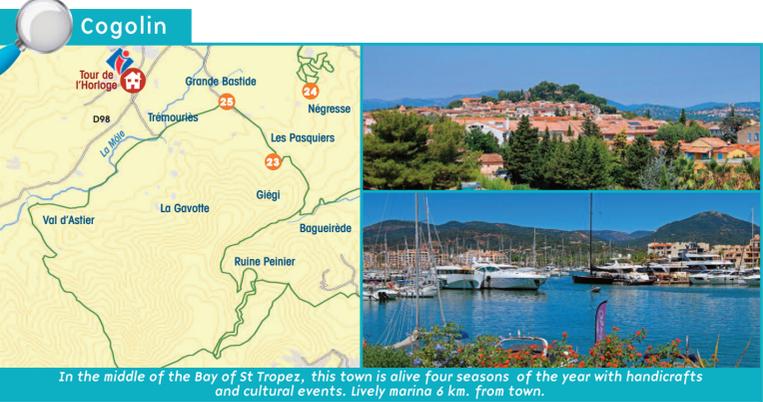
Bay of Saint-Tropez



Online Booking! Accommodation Guided walks & leisure activities at happy rates

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www.resagolfe.com

Hill closure times The "ALARM" Plan (forest fire prevention plan) is in force from June 15th to September 15th. Please ask for details go to www.sigvar.org. Before setting out, please check the weather forecast on 0892 68 02 83 or 32 50 or www.meteofrance.com



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 4 km. from town.

23 Sentier des Crêtes - Access: chemin de Colombar
 4hrs - 12.5 km - 336 m - yellow markings
 at the water treatment plant, "Quartier de la Gavotte" - round trip
 This literary crosses the crystalline rocks and acidic soils of the Maures forest, with its typical vegetation of cork oaks, strawberry-trees, heather and lentisks.

24 Sentier Botanique (Botanical Footpath)
 15 mins - 1 km - round trip
 Access: chemin de la mort du Luc. Start in the Negresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensole 242). This delightful botanical literary features the plants typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle.

25 Discovery Route - the traditional activities of La Mole Valley
 2 hrs - 6 km - Access: chemin du Colombar
 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.



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.

26 to 29 Les boucles de l'Arlatone
 at the entrance of the old village for the 3 walks and of the school in the new village for the tours of l'Arlatone. These discovery literatures explore the historical and natural heritage of the countryside around Gassin - one of France's most beautiful villages. Access via the new village. Walk down Chemin du Puits Saint-Jean near the primary school. Go around the mini-stadium, down the steps and follow the signs and wooden arrows.

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

27 Sentier des Restanques - 50 mins - As Gassin is a hilltop village, its slopes have been landscaped into typical Provençal 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 washub, 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 - 60 mins - 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'Arlatone".

30 Chemin de la chapelle Notre-Dame-de-la-Consolation
 1.10 hrs - blue markings
 This study loop is particularly peaceful and picturesque. From the Tourist Office, 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 du golfe de Saint-Tropez et de la baie de Cavalaire
 4.40 hrs - 16.9 km - orange markings
 Explore lush greenery around Gassin from the Gulf of Saint-Tropez to Cavalaire Bay. From the Tourist Office 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 de Riboly. 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. More detailed information is available from the Tourist Office.



Bicycle paved track

Cavalaire-Gassin 13.6 km. Departure: intersection of the "route du Datier" and the RD98, 2km before Cavalaire from La 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 Fou.

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 (sea) to Sainte-Maxime (Complexe sportif les Bosquettes) Sainte-Maxime middle school. 3.6 km. Departure RD98 from the intersection going towards Le Muy. Follow the bicycle track to the Complexe sportif les Bosquettes.

Gardens

Domaine du Royal Garden of the Mediterranean
 RYOL-CANADEL-SUR-MER
 Avenue des Belges
 Phone: +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-Denonain GASSIN
 Place Des Barys
 Phone: +33 (0)4 94 56 18 72
 Open from April 30 to October 15.
 Visit on appointment every day except thursday



La Mole

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

32 Chartreuse de la Verne Monastery path via the dam
 6 hrs - 20 km - To reach the town, turn right after the 2nd traffic light as you exit 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. Follow the stone borders with white and green painting up to the chartreuse of Verne by its left-hand side.

33 Sentier de Sainte-Magdeleine
 1.00 hr - 4 km - From the left side of the church, take the Route des Guilots for 2.2km. At the cross-roads, 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 600m 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 Maravaille, saint - Madeleine's castlum, former medieval village of the Mole, was built in the XVth century in local basalt, volcanic rock and very last abandoned. The dark color of its walls and the wild landscape, give a mysterious, mesmerizing and magic atmosphere.



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.

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

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 Datier". 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 Pigeonier". Return via same route.

34 Walk to the Col du Canadel - round trip - farm-tacked road
 2.15 hrs - 4 km - markings - 242 m - Tourist Office
 Coming from the Office de Tourisme you go to the stairs monumental. Here you follow the indication "drapau". You ascend to the Patoc and to the little church. At the left side of the church you climb up the stairs following the indication "drapau" and the yellow sign. As soon as you come to the street, you turn to the left, where you find after about 80 metres on the right the new stairs. You climb them up following the yellow sign. Arriving at the field path, you go to the left, direction "Col du Canadel" or yellow sign. You come then to the country lane 33, where you turn to the left. You need about 10 minutes till you arrive at the orientation board. You go back to the green cistern "RCL 022". At the indication "Les Prodels" you take the track down at the right, follow the D27 and the yellow sign until you come to the cemetery, which you find at your left. Then you stroll along the Corniche de Toulouse, Marseille and Lyon back to the little church and the stairs down to the starting point.

35 Grand Rayol-Canadel - Pramoussquier - round trip
 3.45 hrs - 10.8 km - no markings - Tourist Office
 The departure from the monumental staircase, marked out by flourished belvederes (Ancient memoria) allows you to reach the "Patoc" (round pergola), then the Col du Canadel (by staircases and path rehabilitated in 2013 or by the "Corniche de Cannes", "avenue Pastourel" then "Corniche de Paris" up to the star and the forest path). At the "Col du Canadel" (orientation table) take the direction "Pays des Crêtes" (approximately 500m) then turn left "La Louve". Cross the « Corniches des Pins », « Corniche des Arbouses » and « Corniche de la Louve ». Cross the RD 559 and take the path of the Escuelle, below on the left, take the Green Way to the Rayol. When you will see the hotel "Les Terrasses", turn left, go up the staircases and return to the Tourist Office.

36 Old Railway Track - return trip - Two itineraries
 1.30 hrs - 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



Cavalaire

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

39 Le Vallon du Fanouillet - a loop
 1.30 hrs - 2.5 km - partly 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 then pick up the Vallon du Fanouillet path.
 Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Datier 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 DEU SOULEU (Chateau of the sun). You can go right or left at the gate to walk round the Domaine.

40 Coastal Path - a loop
 2.30 hrs - 5 km - partly signposted - 100 m
 Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Datier 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 Fanouillet path.

41 Around Domaine FONCIN - a loop
 45 min - 1.5 km - partly signposted - 100 m
 Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Datier 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 DEU SOULEU (Chateau of the sun). You can go right or left at the gate to walk round the Domaine.



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 itineraries around La Croix-Valmer to discover the area's generous and unspoiled natural scenery of vineyards, hills and shores.

42 The 2 Capes
 5 hrs - 13 km on footpath - 145 m.
 Yellow markings - and departure point at "Plage de Gigaro" beach
 Take the coastal path and follow it to Brouis, then Pointe d'Andoli and Pin Blanc ("White Pine") as far as Cap Lardier. Walk down to Briande beach and Cap Tallat. To come back, head for the lighthouse and continue on the forest track to Gigaro, or pick up the coastal path which also leads to Gigaro.

43 The Mimosas
 1hrs 30 - 5.3km on road and footpath - 100m - green markings
 Tourist Office - Walk up Rue Louis Martin to the newswriters. Cross the roundabout towards the gendarmerie. The path is just after this. Go past the stadium and follow the path to the left. When you reach tarmac road, turn left. Take the first right for "La Goussie", follow the tarmac road. Leave "La Colline des Sarsorais" on your left then "Les Mas de la Goussie" on your right. Turn left onto the Corniche de la Pinède. At the intersection with the secondary road, cross the road and turn right. Pick up Allée des Cassis on your left, go down to the right as far as "Les Elephants" villa (on your left) and take the three steps on your right. At the tarmac road, turn left. Follow signs to "Le Village". At the roundabout, go through the underpass to return to the Tourist Office.

44 Panoramas
 3 hrs - 8 km on road and footpath - 220 m - orange markings
 Tourist Office
 Walk up Rue Louis Martin. At the top of the street, turn left Rue Frédéric Mistral, towards "CCE Air France". 50 metres after having walked past the winery, turn left on the path. At the gate, enter the vineyard, turn right and follow the fence up to the bank (respect the vineyard and walk close to the fence). Follow the uphill path on your right (steep slope).

45 La Petite Suisse
 2hrs - 6km on road and footpath - 110m - blue markings
 and departure point at Tourist Office - "Plage du Débarquement" beach.
 At the Tourist Office, take the underpass. Go down Boulevard Tabarin towards the Church, where you take a right. At the small car park, follow the "plage" (beach) sign. When you arrive at the landings beach, there are two options: turn back or cross the roundabout, go back up Boulevard de la Mer and follow Avenue de Provence to return to the village.

46 The beach "Les Brouis"
 1.15 hrs - 3.9 km - 144 m - yellow markings
 Leaving from Gigaro beach: follow the coastal path as far as Brouis beach. Once at the beach, walk uphill towards Route Forestière de Gigaro. At the intersection, turn left and head back to the entrance of the Domaine du Cap Lardier/le same path to return to your starting point.
 Other circuits for hiking, walking and mountain biking are available from the Tourist Office.



Ramatuelle

From the beaches of Pampelonne to the village found nestling on the hillside, savour the unique aromas and flavours of the south.

47 Le sentier du littoral (Coastal Footpath)
 Signposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de Gigaro" beach) 34.50 km.
 Itinerary n°1 : Plage de Pampelonne N/S - 5 km - 1.30 hrs
 Tahiti - Le Migon - and departure point at Tropezia beach on Route de Tahiti
 On the night of August 15, 1944, this beach was the theatre for the Allied landings in Provence. Led by General D'Ottavio, the soldiers of the 1st American division landed on "Alpha Yellow" beach (the codename given to Pampelonne beach by the Allied Command). At the same moment, the US 509th Parachute Infantry Regiment landed on the hills to the north of the beach by mistake (the original plan was to land on Le Muy plain), leading to the premature liberation of Saint-Tropez. At that time, the entire coast was completely deserted; the magnificent umbrella pines stretching all the way to the waters edge had been decimated by the Germans from 1943 onwards for strategic reasons. It was not until the 1950s that Pampelonne beach became a recreational site.

Itinerary n°2 : Le Migon - Anse de Bonne Terrasse - 0.5 km - 15 mins
 Parking municipal, Route de Bonne Terrasse
 Lou Pous natural spring : The waters of the "Lou Pous" spring are siphoned off and used by the fishermen of Ramatuelle to cool wine or for washing up in summer. The name of this natural spring originates from its well shape ("Pous" means "well" in Provençal dialect). Possibility of round trip if you come back by the road (stairs near the restaurant "Chez Camille").

Itinerary n°3 : 2.5 km - 30 mins
 Parking municipal, Route de Bonne Terrasse. Open all year long.
 "Phare de Camarot" lighthouse (closed to the public) : First put into service in 1831, this lighthouse - the second-highest in France - towers an impressive 130 metres above sea level. The current building dates back to the late 19th century. Originally powered by petrol, it was switched to electricity in 1946 and automated in 1977. You will also be able to admire the "île aux Oiseaux" (Bird Island).

Itinerary n°4 : 4.5 km - 2.20 hrs
 Cap Camarot - Escalot - 4.5 km - 2.20 hrs - and departure of foot at lighthouse
 The Napoleonic Battery
 From 1804, the French Empire was placed under a severe blockade by the Euro-

pean Coalition. At the time, Napoleon decided to protect himself from potential sea-borne attacks by building batteries along the coast. One of these ancient batteries, formerly equipped with three cannons, can still be seen from the coastal footpath. The powder room - a small vaulted building protected from the open sea by rocks - is also visible.

"Château Volterra" (private property).
 After passing Cape Camarot, visitors will come to one of the French Riviera's most prestigious properties, the astonishing "Château Volterra". Built between 1906 and 1912, this chateau, formerly named "Château Camarot", originally belonged to a rich British family before being bought up by Simone Vallera (hence its current name). Simone hosted many receptions there, attended by such prestigious guests as Raimu, Colette, Josephine Baker and Jean Cocteau...

"Roche Escudeller" rock
 "Roche Escudeller" rock bears famous tribute to France's submarine missions and the boats of the famous 2nd Dragons regiment (2ème régiment de Dragons) during WWII.

Itinerary n°5 : 2 km - 35 mins
 and departure Escalot beach on Route de l'Escalot
 Inhabited since prehistoric times, this remarkable, protected site shelters a host of rare Mediterranean plant species and is also home to the "Dolmen de la Baie de Briande" - a burial site dating back 2,000 years BC. Excavated in 1935, the dolmen - now restored and emptied - was revealed to contain arrowheads, pendants and pearls. A Roman well can be admired on the small beach near the 19th-century customs house.

"Le Conservatoire du Littoral" coastal conservation society
 The "Conservatoire du Littoral" buys up fragile coastal land in the aim of ensuring its long-term protection and preservation. All land owned by the society is open to the public.
 The "Conservatoire du Littoral" is extremely active in Ramatuelle, with priority initiatives including environmental awareness programmes for schoolchildren, preservation of biodiversity, monitoring of the Cape Tallat and Cape Camarot sites, and the safeguarding of historical sites ("Baie de Briande" dolmen and Napoleonic Battery). These initiatives are actively backed by Ramatuelle town council, which works in close partnership with the "Conservatoire".

Itinerary n°6 : 6 km - 2 hrs
 Cap Tallat - Plage de Gigaro - 6 km - 2 hrs
 Escalot beach on Route de l'Escalot



Saint-Tropez

Guided tours of the villages

More information at the Tourism Offices

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The mysterious alchemy combining the traditional with the modern makes this enchanted place stand still in time.

- 12 must-see places**
- "The Garden of the Mediterranean" in Rayol-Canadel-sur-Mer
 - The arts industry and the marina in Cogolin
 - Sandy beaches and the lively port in Sainte-Maxime
 - The seaside resort and water sports in Cavalaire
 - The old village, the hamlets and vineyard in Le Plan-de-la-Tour
 - The castle and the lake city in Grimaud
 - The panoramic view and the small lanes in Gassin
 - The village, the mill of Paillas, the beach of Pampelonne in Ramatuelle
 - The nature walks, the village and Le Fort Freinet in La Garde-Freinet
 - The famous port and the market in Saint-Tropez
 - Gigaro beach and the coastal path in La Croix Valmer
 - The church and the dam in La Mole

Market days

Monday Sainte-Maxime	Thursday Grimaud	Saturday Cogolin
Tuesday Saint-Tropez	Le Plan de la Tour Ramatuelle	Place de la République Saint-Tropez
Wednesday Cavalaire Cogolin Place Victor-Hugo La Garde Freinet	Port Grimaud 1 Sainte-Maxime	Sunday La Croix Valmer Ramatuelle La Garde-Freinet Port Grimaud 1
	Friday Les Marines de Cogolin** Rayol-Canadel** Sainte-Maxime	*April to september **July and August



- 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-Draguignan TGV (high speed train) rail station (40 km)
 - Fréjus - St Raphael TGV rail station (35 km)
 - Toulon TGV rail station (70 km)
 - (regular coach links to the Bay of St-Tropez)
 - Hyères TGV rail station (70 km)
- By plane**
- La Mole - Bay of St-Tropez international Airport (13 km)
 - Toulon - Hyères Airport (40 km)
 - Nice International Airport (95 km)

- A Few Recommendations**
- The itineraries shown in this document can be enjoyed all year round. Please respect the following rules and recommendations at all times.
- Nature is fragile, so please respect it.
 - Some itineraries cross private properties. Please do not stray.
 - Do not cut or pick plants.
 - Dogs must be kept on a lead.
 - During the sweet chestnut harvest, please avoid itineraries crossing private chestnut groves.
 - Chestnut picking is prohibited and punishable by law. The groves are supervised at all times by qualified personnel.
 - Take water and food with you. Make sure you are equipped with adapted clothes and walking shoes.
 - Do not leave any litter behind you.
 - It is prohibited to smoke or light fires in or near forests.
 - Emergency number : 112