

Le Plan-de-la-Tour

Les Martins, Les Roussillons, Vallaur, La Buon d'age, Quartier Neuf, Vallat d'Emponse, La Playa, Escarayos, La Moulière, D44, D74, D23, D22, D24, D25

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

22 Les Gorges et Les Hameaux Departures are from the Tourist Office

- **Path 22 A "Les Gorges"** 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 left as far as the Gorges ford, a reservoir that supplied water to the Reservoir 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 (this is a GR route). Discover the Planaurion vineyard and menhirs. In Prat Boudin 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"** 1.00 hr - 4.5 km - From the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the pedestrian route to the end of the village, then on your right (at the speed information sign) go up the road to Chemin du Précoir and follow the solid path straight ahead towards Précoir hamlet. At the junction with letter boxes, take the path to the right (GR route). At the intersection leave 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 Précoir, take the dirt track on your left and go back down to the village to Place Foch.

23 Chemin vers La Garde-Freinet
4.30 hrs - 13.5 km - 340 m - 400 m
Follow the description for 25B as far as the intersection in the pine forest. Turn left

24 Chemin vers Le San Peire
2.00 hrs - 6 km - 410 m - 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 Peire is via a little path which takes you through the opium ruins. A magnificent view point awaits you at the top.

25 Sentier des Mines de Vallaur
2.30 hrs - 7 km - 334 m - 325 m
From the car park, head for the stadium playground. Turn right onto a steeply climbing stony path. At the intersection, continue left on the E743 and climb for 1.6 km. At the crossroads, take the C744 track for 230m. Keep right and continue to climb the stony path to reach the viewpoint. Panorama of the Gulf of Saint-Tropez, the tip of the Robiou headland and peaks of San Peire (403m) and San Sébastien (533m). Take the C744 track to the right as far as the junction (eastern). Turn left onto a path that can be stony in places, eroded and with steep gullies on the slope. Continue for about 300 metres to see, on the left, the entrance to the Victor mine. Continue down to the Mari Vallat valley (intermittent 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 right to return to your starting point.

IGN 3545 OT **IGN 3544 OT**

Gassin

Bergerie Chapelle, Moulin Brûlat, La Gare, Riboty, Purissier, L'Escalette, Picnic aera, Panoramic table, D59, D32, D30, D29, D26, D25

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.

P of the school in the new village for the tours of l'Arlatane
P 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

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-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.

● **26 Sentier des Bugadières** 10 mins - This footpath owes its name to its ancient washbasin, or "bugadi" 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 flat terraces used for gardening, locally known as "restanques". Each terrace is marked out by low, stone walls.

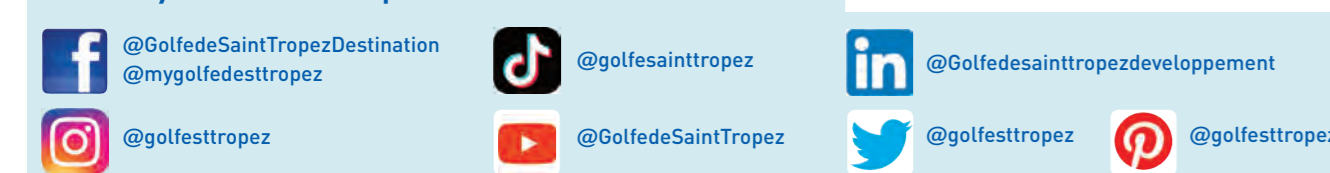
● **28 Sentier des Sources** 50 mins - Pass the washbasin, then head towards the "Sentier des Sources" after the "traverse des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat".

● **29 Sentier du Vallat** 50 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'Arlatane".

● **30 Chemin de la chapelle Notre-Dame-de-la-Consolation** 1.10 hrs - 180 m - 222 m - blue markings
on the left and Saint-Tropez on the right.

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The Bay of Saint-Tropez on the social networks



Ramatuelle

D61, D93, Baie de Pampelonne, Cap du Pinet, Bonne Terrasse, Plage de l'Escalette, Cap Camarat, Cap Taillat

In a formidably preserved environment, the commune of Ramatuelle flourishes from its ancient village on the hillside to the beaches and heavenly coves.

52 Le sentier du littoral (Coastal Footpath)
Signposted footpath running from Saint-Tropez part to La Croix-Valmer ("Plage de Gigaro" beach) 34.50 km.
Saint-Tropez - Plage de Tahiti - 14 km - 4.30 hrs - yellow markings
Saint-Tropez - Plage de Tahiti - N/S - 5 km - 1.30 hrs
Departure route de Tahiti

● **Itinerary n°1** La Baie de Pampelonne N/S - 5 km - 1.30 hrs
Departure route de Tahiti

● **Itinerary n°2** Pampelonne - Anse de Bonne Terrasse - 0.5 km - 15 mins
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 - Cap Camarat - 2.5 km - 30 mins
P 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°6** Cap Taillat - Plage de Gigaro - 6 km - 2 hrs
Escalette beach on Route de l'Escalette

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You can climb up to the lighthouse in around 15mn via a path on the right.

● **Itinerary n°4** Cap Camarat - Plage de l'Escalette - 4.5 km - 3.00 hrs - P at foot of lighthouse
The route starts with a string of descents and uphill climbs along the rockface, then returns to sea level as far as Escalette 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 Merlier, a village of 35 houses combining tradition with modern features built by the Mont-Tropez architects in the 1960s, and Château Vallera. Be warned - you cannot visit these two sites.

● **Itinerary n°5** Plage de l'Escalette - Sentier du Cap Taillat - 2 km - 35 mins
Yellow marking Sentier du Cap Taillat
Good to know: naturism is tolerated on one section.
P next to the tennis courts.
Head down towards the beach, take the path on the right and down some steps (after the villa).

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 du Littoral), you will be amazed by the varying colours of the seabed which change with the wind.

● **Itinerary n°6** Cap Taillat - Plage de Gigaro - 6 km - 2 hrs
Escalette beach on Route de l'Escalette

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Rayol-Canadel-sur-Mer

Col du Canadel, Foulade, La Louve, Le Canadel, Patoc, Monumental staircase, Botanical Garden, Le Dattier, D59, D27

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 overlooking 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. Information on other hikes is available at the Tourist Office.

34 Old Railway Track - return trip - Two itineraries
1.30 hrs - 6 km - no markings - P 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 Pigeonier". Return via same route.

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35 Domaine du Rayol

● **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 "Domaine du Rayol" is open all year round. Paying entry.

● **Le Jardin Marin (Underwater Garden)** Open from June to September, the "Jardin Marin" offers a fascinating insight into the underwater riches of the "Baie du Figulier". Prior booking on site or on +33(0)4 98 04 44 00. www.domainedurayol.org

● **Les pieds dans l'eau (Stroll Along the Beach)** Available from April to September. An ideal outing for families with children (4-12 years) keen to discover the treasures of the local beaches and shores... and get their feet wet! Information on +33(0)4 98 04 44 00. www.domainedurayol.org

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La Mole

Chartreuse de la Verne, Le Jas Neuf, Pertuade, Siouvette, Water treatment plant, Ste Magdeleine, Les Guils, D98, D93, D59

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

36 Chartreuse de la Verne Monastery path via the dam
6 hrs - 20 km - To reach the dam, turn right after the 2nd traffic lights 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 de Verne by its left-hand side. 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 1991 it is a dike in ground with a écluse of floods, an particularly original technique.

37 Sentier de Sainte-Magdeleine
1.00 hr - 4 km - P Parking de la Verne.
From the left side of the church, take the Route des Guils for 2.2km. At the crossroads, go right on the DFCI 810 track called "Les Cabris" for about 1km. You will arrive at 4 Chemins (green eastern), 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 on an extremity of the plateau of Moravieille, saint - Madeleine's castum, former medieval village of the Mole, was built in the XVth 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

Les Rochers blancs, To Cogolin, To Gassin, La Gailasse, Tabarin Vergeron, Plage de Sylvalbelle, Plage de Gigaro, Héraclee, Les Brous, Cap Lardier, Plage de la Briande, Pointe d'Andali, D93, D38, D41, D40, D39

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 for walk walking trails for children.

38 The 2 Peninsula 5 hrs - 13 km along a footpath - 700 m - Yellow markings - P 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 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 terraced park. At this level, take Route Forestière de la Touraine Ouest (red and white barrier). At tank n. RE04, turn left as far as tank CVR02 (do not go up on the right) to Route Forestière des Brous. 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 Brous 1.5 hrs - 4 km along a footpath - 173 m - Yellow markings - P 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 Brous 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 Briande 3.30 hrs - 10 km along a footpath - 685 m - Yellow markings - P Start at Gigaro beach
From Gigaro beach at the entrance to Domaine du Cap Lardier take the coastal path

41 Le Sémaphore 2 hrs - 6.2 km along a footpath - 341 m - Yellow markings - P 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 Brous beach and Pointe d'Andali 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 metal 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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Saint-Tropez

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.

16 Pointe des Sardioux 15 mins
Departure from the Tourist Office. Take the coastal road towards Fréjus-Saint-Raphaël. Continue for 3.5 km until the last bend in the road. Departure point adjacent to edge. La 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 Nartelle 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 from ancient Gaul. Picnic area

17 Defend panoramic circuit - in a loop
3 hrs - 8.3 km - 337 m - 290 m
Markings: welcome panel at the start with arrow points and an orientation table. Access by car: near the Neuburg roundabout, follow the municipal Saquades path for 1.4km. The starting point is on your left where the panoramic circuit welcome board is located opposite the recycling area. 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 Estérel. 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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Market days

● 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 **** - Sainte-Maxime
● Friday Les Marins de Cogolin** - Rayol-Canadel** - Sainte-Maxime ● Saturday Cogolin Place de la République - Saint-Tropez
● Sunday La Croix Valmer - Ramatuelle - La Garde-Freinet - Port Grimaud **** - La Mole***

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

Cavalaire

Les Myrtes, Panoramic table, Le Fenouillet, Plage de Bonporteu, La Vigie, RD559, D42, D44, D43

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
1.30 hrs - 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 Bonporteu Beach on the right.
● Leave Cavalaire heading for Rayol. Parking possible 2km on your left. Start at the end of the meadow on your left.

43 Old Railway Track - a loop
2.30 hrs - 5 km - - partly signposted - 100 m

44 Around Domaine FONCIN - a loop
45 mn - 1.5 km - - partly signposted - 100 m
Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier and park 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 just as far as Bonporteu Beach then pick up the Vallon du Fenouillet path.

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Sainte-Maxime

Les Hautes Ribes, Les Saquades, Av du Débarquement, La Baumette, Les Guillonnettes, Pointe des Sardioux, RD25, RD74, RD96, D46, D45

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

16 Pointe des Sardioux 15 mins
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Saint-Tropez

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

Gardens

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-Denonon GRASSIN
Place Des Barrys - Phone: +33 (0)4 94 56 18 72
Open from April 30 to October 15.
Visit on appointment every day except thursday

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 other users.

Be cautious

- Bring water and suitable hiking shoes
- Stay on marked paths

Beware of wildfires

- Check the access map to the forest massifs by downloading the mobile app "Colle de Saint-Tropez" or by calling the voice server on +33 (0)4 89 96 43 43

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.

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
0899 71 02 83 ou 32 50
or www.meteofrance.com

How to reach the bay of Saint-Tropez

By road
Exit highway A8 (Marseille - Nice):
● Le Carriat des Maures : direction Saint-Tropez
● Le My : direction Sainte-Maxime
● Puget sur Argens : direction Roquebrune les Issambres

By train
● Les Arcs-Dragnignan TGV (high speed train) rail station (40 km)
● Fréjus - St Raphael TGV rail station (35 km)
● Toulon TGV rail station (70 km)
● Hyères TGV rail station (70 km)
(regular coach links to the Bay of St-Tropez)

By plane
● La Mole - Bay of St-Tropez international Airport (13 km)
● Toulon - Hyères Airport (40 km)
● Nice International Airport (95 km)

The Tourist Offices in the Bay of Saint-Tropez

CAVALAIRE 50, Rond-point St Euphrasy Maison de la Mer - 83200 Cavalaire Tel: +33 (0)4 94 01 92 10 contact@cavalairesurmer.fr www.caivalairesurmer.fr	LA MOLE Office de Tourisme - Méditerranée RD9B - 83200 La Mole Tel: +33 (0)4 94 56 34 34 lamole@golfe-sainttropez-tourisme.fr www.golfe-sainttropez-tourisme.fr
COGOLIN In the town centre Place de la République - 83310 Cogolin Tel: +33 (0)4 94 55 01 10 www.golfe-sainttropez-tourisme.fr cogolin@golfe-sainttropez-tourisme.fr	LE PLAN-DE-LA-TOUR In the village centre 7, place Clémenceau 83120 Le Plan-de-la-Tour Tel: +33 (0)4 94 43 23 27 www.golfe-sainttropez-tourisme.fr leplan-dela-tour@golfe-sainttropez-tourisme.fr
LA CROIX VALMER 287, rue Louis Mada - 83420 La Croix Valmer Tel: +33 (0)4 94 55 12 12 www.lacroixvalmertourisme.com lacroixvalmertourisme@golfe-sainttropez-tourisme.fr	RAMATUELLE 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
LA GARDE-FREINET Chapelle Saint-Jean - 83680 La Garde Freinet Tel: +33 (0)4 94 56 04 93 www.golfe-sainttropez-tourisme.fr lagardefreinet@golfe-sainttropez-tourisme.fr	RAYOL-CANADEL-SUR-MER Place Michel Guy 83800 Rayol-Canadel-sur-Mer Tel: +33 (0)4 94 05 65 69 www.golfe-sainttropez-tourisme.fr rayolcanadelsurmer@golfe-sainttropez-tourisme.fr
GRASSIN At the north entrance 20 Place Jean Maréchal - 83300 GRASSIN Tel: +33 (0)4 98 01 56 51 www.grassin-tourisme.com accueil@gassin-tourisme.com	SAINTE-MAXIME 21, Place Louis Blanc - 83120 Sainte-Maxime Tel: +33 (0)4 94 55 75 55 www.sainte-maxime.com contact@sainte-maxime.com
GRIMAUD 678, route Nationale - 83310 Grimaud Tel: +33 (0)4 94 55 43 83 www.grimaud-provence.com info@grimaud-provence.com Annexe de Port-Grimaud : rue de l'Amirauté Les Terrasses de Port-Grimaud RD 559 Tel: +33 (0)4 98 04 44 00 Open from May to early October	SAINT-TROPEZ On the harbour Quai Jean Jaurès - 83200 Saint-Tropez Tel: +33 (0)4 94 97 45 21 www.sainttropez-tourisme.com info@sainttropez-tourisme.com

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