



HIKING TRAIL

From La Garde-Freinet
to Grimaud,
through Les Vernades





HAMLETS IN THE HEART OF THE FOREST



FROM LA GARDE-FREINET TO LES VERNADES

Throughout this hike, you may admire a forest of cork oaks, known as the *suberaie*, as well as a chestnut grove. You may enjoy some shade before climbing to an outstanding viewpoint. From there, contemplate the slopes of the Massif des Maures which fall into the Mediterranean.

In winter, some sunrises will enchant you with their flamboyant colours.

You will cross small hamlets along your way. La Galine, Les Vernades, Embaude...

In terms of etymology : "La Galine" comes from the word "Volaille" [poultry] ; "Les Vernades" comes from "verne", which means "alder". The alder is a tree that grows along the river banks. "Embaude" originates from an old family name (1445) Baude.

Walk along and cross small streams that flow into the Garde and Giscle rivers. These two streams, often dry on the surface in summer, have formed the Grimaud plain.



DID YOU KNOW ?

History of the road between La Garde-Freinet, Grimaud and Cogolin.

Until 1866, the road connecting La Garde-Freinet to Cogolin did not cross the village of Grimaud, but connected La Garde-Freinet directly to Cogolin.

This road was vital for the villages because it allowed the circulation of goods (wood, oil, wine, cereals, cork, etc.) between Le Luc and Saint-Tropez

For 97 years, from 1769 to 1866, the *Grimaudois*, name of the inhabitants of Grimaud, campaigned for the creation of a road connecting Grimaud directly to Cogolin. It was only in 1865, following a detailed study of the advantages and inconveniences, that the project to build this road was finally accepted !

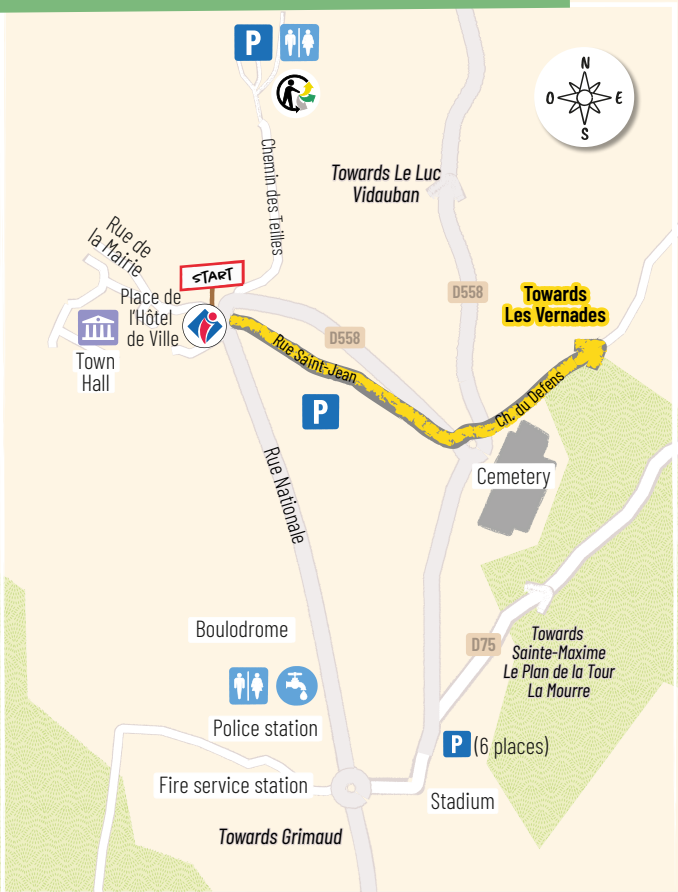
The area where the tourist office, the post office and the Beausoleil hall are currently located is directly related to the creation of this new road.



**FOR MORE
INFORMATION ON
THIS HIKING TRAIL**

www.cc-golfedesainttropez.fr/randonnee

STARTING POINT LA GARDE-FREINET



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 "Golfe 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 ?

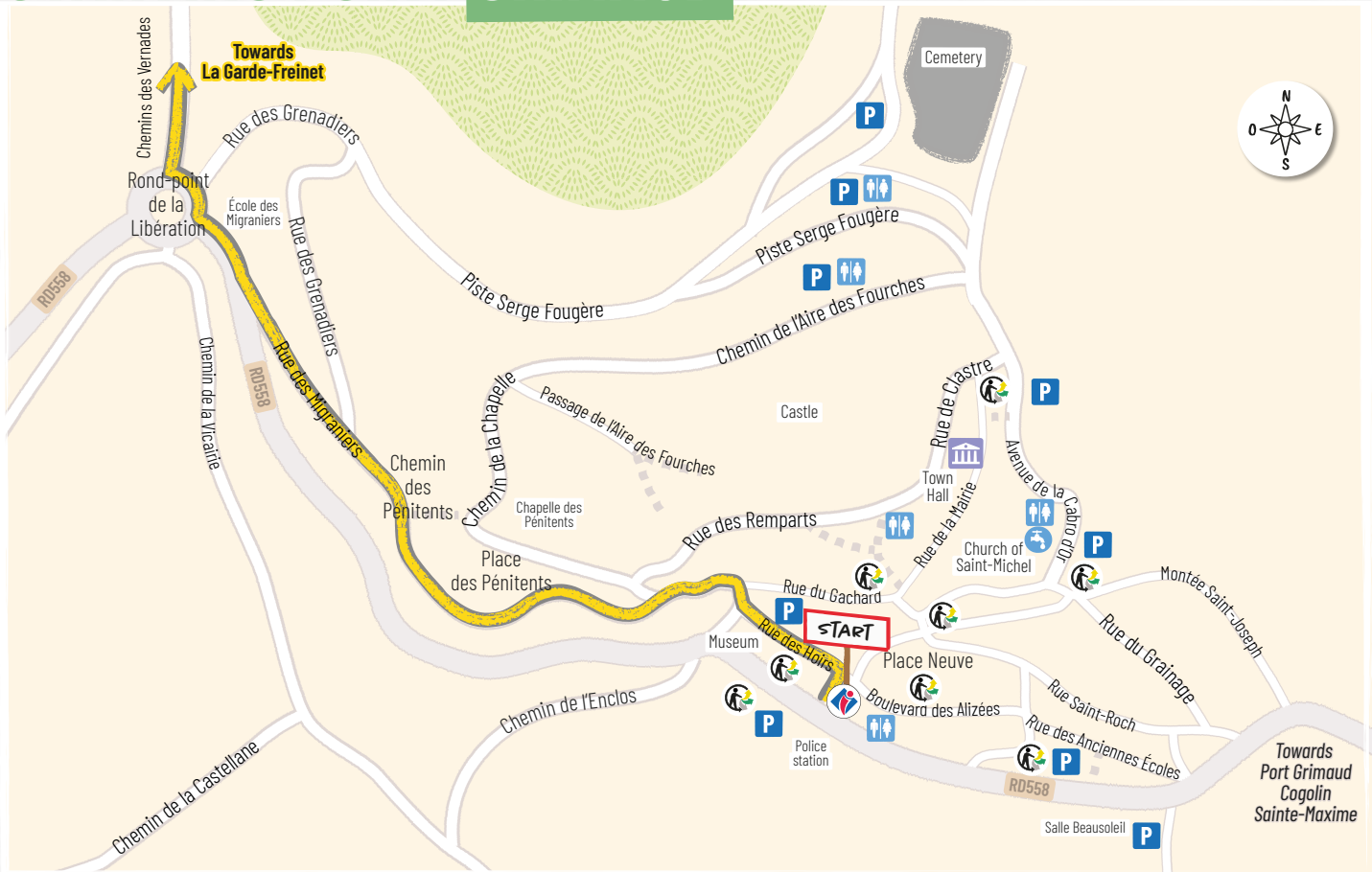
- Walk as far as you can around the herd and keep your distance.
- Keep your dog on a lead.

In the presence of Patous (big herding dogs) :

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

See overleaf for the step-by-step trail

STARTING POINT GRIMAUD



Hiking Trail



Car park



Tourist Office



Water point



Public toilets



Recycling point

La Garde-Freinet
(340 m)

Les Vernades (230 m)

Grimaud
(90 m)

DISTANCE 10,3 km

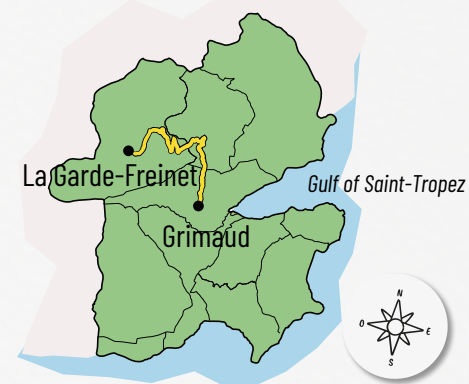
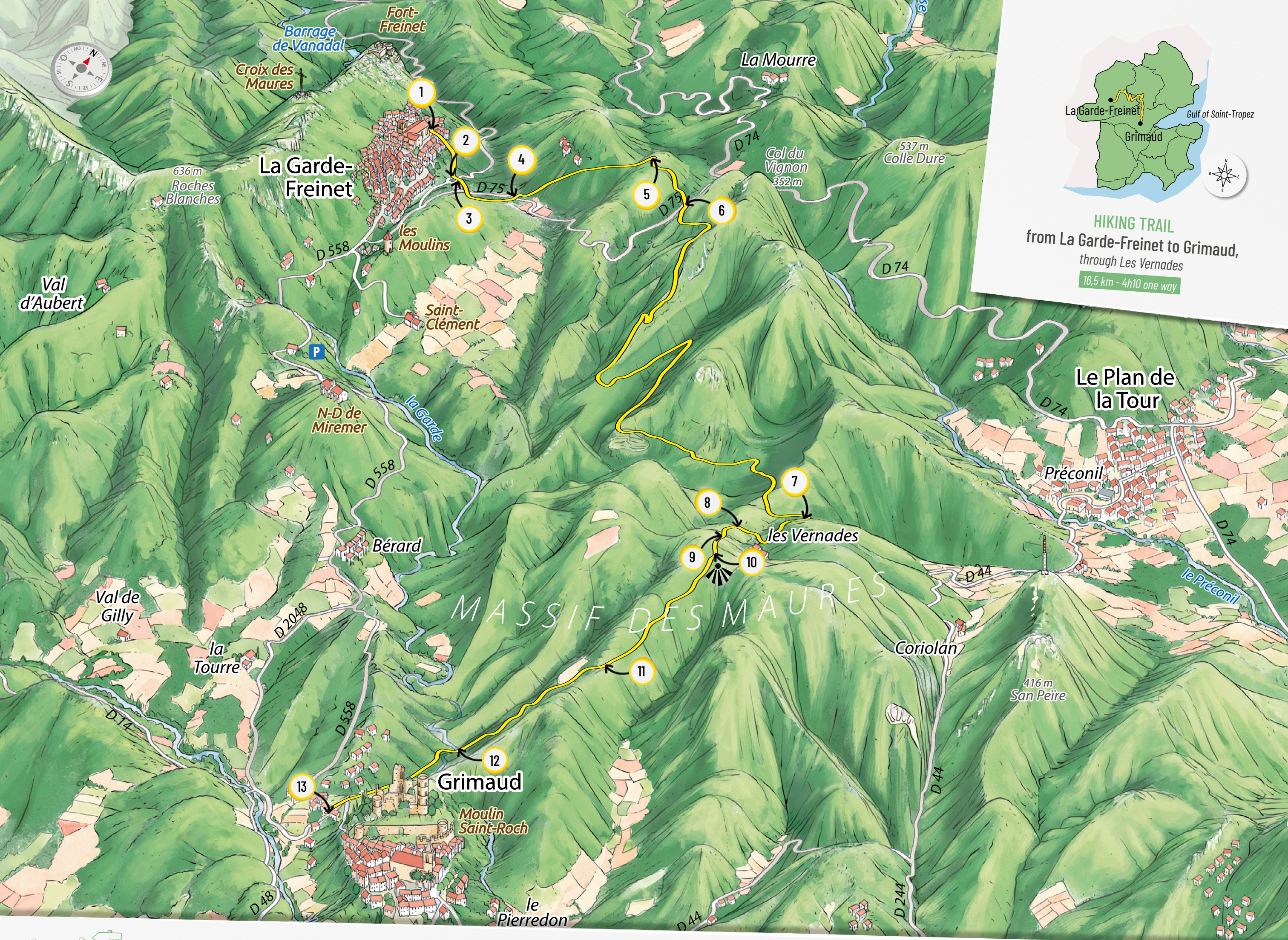
DISTANCE 6,2 km

La Garde-Freinet - Les Vernades

- Yellow trail markings
- 2h35 one way
- +442 m
- Easy

Les Vernades - Grimaud

- Yellow trail markings
- 1h35 one way
- +233 m
- Medium



HIKING TRAIL
from La Garde-Freinet to Grimaud,
through Les Vernades
16,5 km - 4h10 one way



THE TRAIL STEP BY STEP

- Starting point** Rue Saint-Jean in front of the Tourist Office. Follow the direction of the Pontevès Car Park and go down the street until the roundabout.
- Cross the roundabout and go up Chemin du Défens in front of the cemetery until the stop sign.
- At the stop sign, cross the road, then at the junction, follow the Ancien chemin du Plan de la Tour for 1 km. At the Mas des Lauriers, continue on the left-hand path.
- At the end of the path, stay on the right-hand side of the road for 100 metres. Then cross the road and go up Chemin du Curnier. On reaching the letterboxes, turn right and go up the path.

- At the fork in the road, take the descending path on the right for 600 metres.
- At the crossroads with Road D75, take Chemin de la Galine opposite. Stay on this small paved road for about 7 km. Follow the signs. *This path crosses several small hamlets, please respect the peace and quiet of the inhabitants and their pets.*
- At the crossroads, take the track no. E703 on the right, known as "Piste des Vernades". The path crosses a small stream. Continue uphill for 250 metres. *Frequent presence of beehives. Be careful !*
- Take the small steps cut into the slope on the left. Then, after 50 metres, continue to the right and climb up to a small path. Follow it for about 250 metres.

The path is located near a hamlet, please respect the peace and quiet of its inhabitants and their pets.
Frequent presence of beehives. Be careful !

- On reaching the small shed on the left, continue straight ahead. Leave the vineyards on the right and take the left-hand path in the forest which ascends over 300 metres to an intersection at the end of the forest.
- Continue on the main path to the left and after less than 100 metres, on reaching the oratory, go down the track no. E701 called "Piste de l'Oratoire", to the right. Follow it for about 2 km.
**Here the oratory is an ancient stone building of modest size, consisting of a niche with a small religious statue.*
- Follow the markings of the descending track. *Respect the private property of the inhabitants of Embaude.*
- Cross the brook by a ford with a concrete pipe and turn left onto a second ford. Continue on the small paved

road for 800 metres to the roundabout called 'rond-point de la Libération' on Road RD 558.

- To get to the centre of Grimaud, take the road on the left which goes up to the village, 500 metres ahead.

Return by the same route.

- P** Car park
- Outstanding viewpoint
- Point of interest





Offices de
Tourisme
de France

**Community Tourist Office
of the Gulf of Saint-Tropez
La Garde-Freinet branch
Category II**

Chapelle Saint-Jean - RD 558,
83680 La Garde-Freinet, France
Tel. : +33 (0)4 94 56 04 93
contact@visitlagardefreinet.com
www.visitlagardefreinet.com

**Grimaud Tourist Office
Category I**

679 route Nationale, 83310 Grimaud, France
Tel. : +33 (0)4 94 55 43 83
www.grimaud-provence.com



A partnership-based approach

**HIKING
TRAILS**



You follow this hiking trail under your own responsibility. On this natural site, the ground can sometimes be uneven, so be careful!

Emergency number : 112



PEFC 10-31-3162

