



HIKING TRAIL

From La Garde-Freinet
to Le Plan de la Tour,
through La Mourre





FORESTS, ROCKS AND MEN



FROM LA GARDE-FREINET TO LE PLAN DE LA TOUR

Through plains and hills, discover a wide variety of exotic and relaxing natural areas of the Massif des Maures.

Enjoy the panoramic view over this Massif and the plains of La Garde-Freinet, Le Plan de la Tour or Sainte-Maxime, with the Massif de l'Estérel or the Mediterranean Sea in the background.

Discover undreamt of forests that are part and parcel of this path, on foot, but also by bike for those who are up for the challenge.

Throughout the seasons, enjoy the soft scent of the pinasters, the fruity fragrance of the Spanish broom or the intense scent of the rockrose.

Cork oaks and chestnut trees pave the way. The ground and tree flora of the shrubland guides your steps and offers an intimate path.

The endless succession of heather, arbutus and Phillyrea form small regular hedges opening the view over the forest, the hills and the massif's panoramas.



FROM LE PLAN DE LA TOUR TO THE PEAK OF SAN PEÏRE

Discover some gigantic grey granite blocks, standing there in the midst of a forest of impressive Cork oaks. Called "Granite du Plan de la Tour", this typical rock, along with the vegetation, create a landscape out of tales from another time.

This trail leads to the peak of San Peïre with an amazing viewpoint ahead, allowing you to take in the Mediterranean Sea, the Gulf of Saint-Tropez, the Massif des Maures and the Massif de l'Estérel, as well as the beginning of the Alps.



DID YOU KNOW?

From 500 BC until the Middle Ages, the Oppidum of San Peïre where Man chose to settle, was an observation point against enemy attacks. The defensive walls, with a very wide base, were made of stacked stones and measured three to four metres high. The ruins can still be seen today.



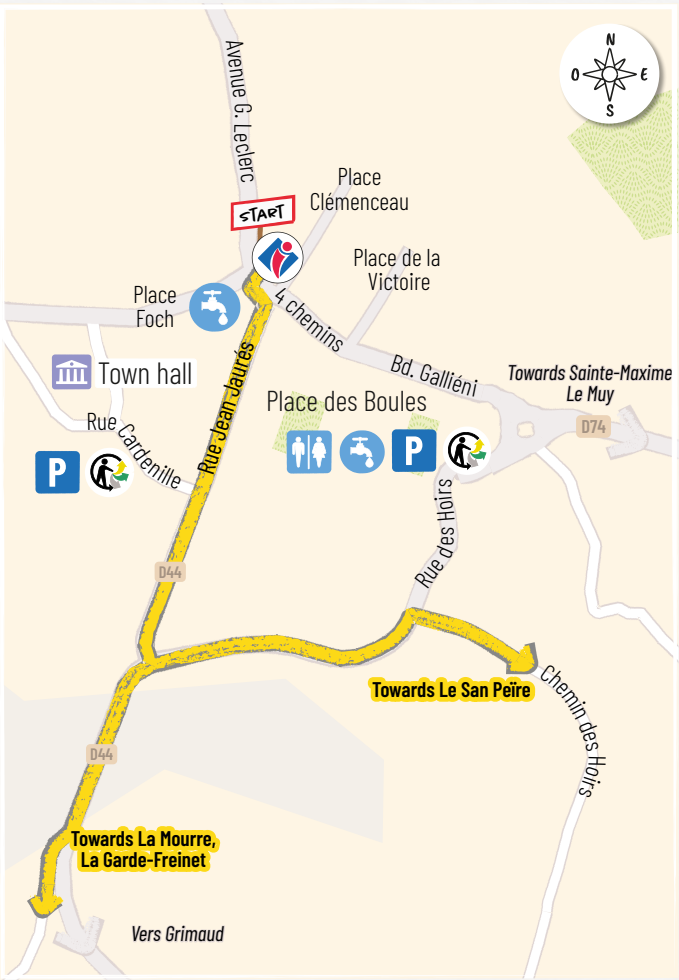
**FOR MORE
INFORMATION ON
THIS HIKING TRAIL**

www.cc-golfedesainttropez.fr/randonnee

START LA GARDE-FREINET



START LE PLAN DE LA TOUR



Hiking trail



Car Park



Tourist Office



Water point



Public toilets



Recycling point

See overleaf for the trail step by step



RESPECT THE ENVIRONMENT

- Do not light any fires or cigarettes
- Do not leave any objects or rubbish behind
- Do not pick any plants or take any animals in your arms
- 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 (livestock big herding dogs):

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



La Garde-Freinet - La Mourre

Yellow trail markings

1.5 hour each way

+170 m

Medium

La Mourre - Le Plan de la Tour

Yellow trail markings

2.75 hours each way

+110 m

Medium

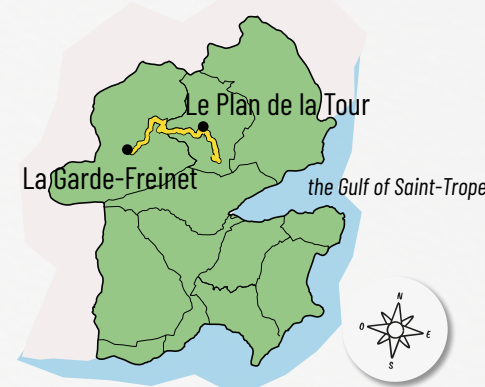
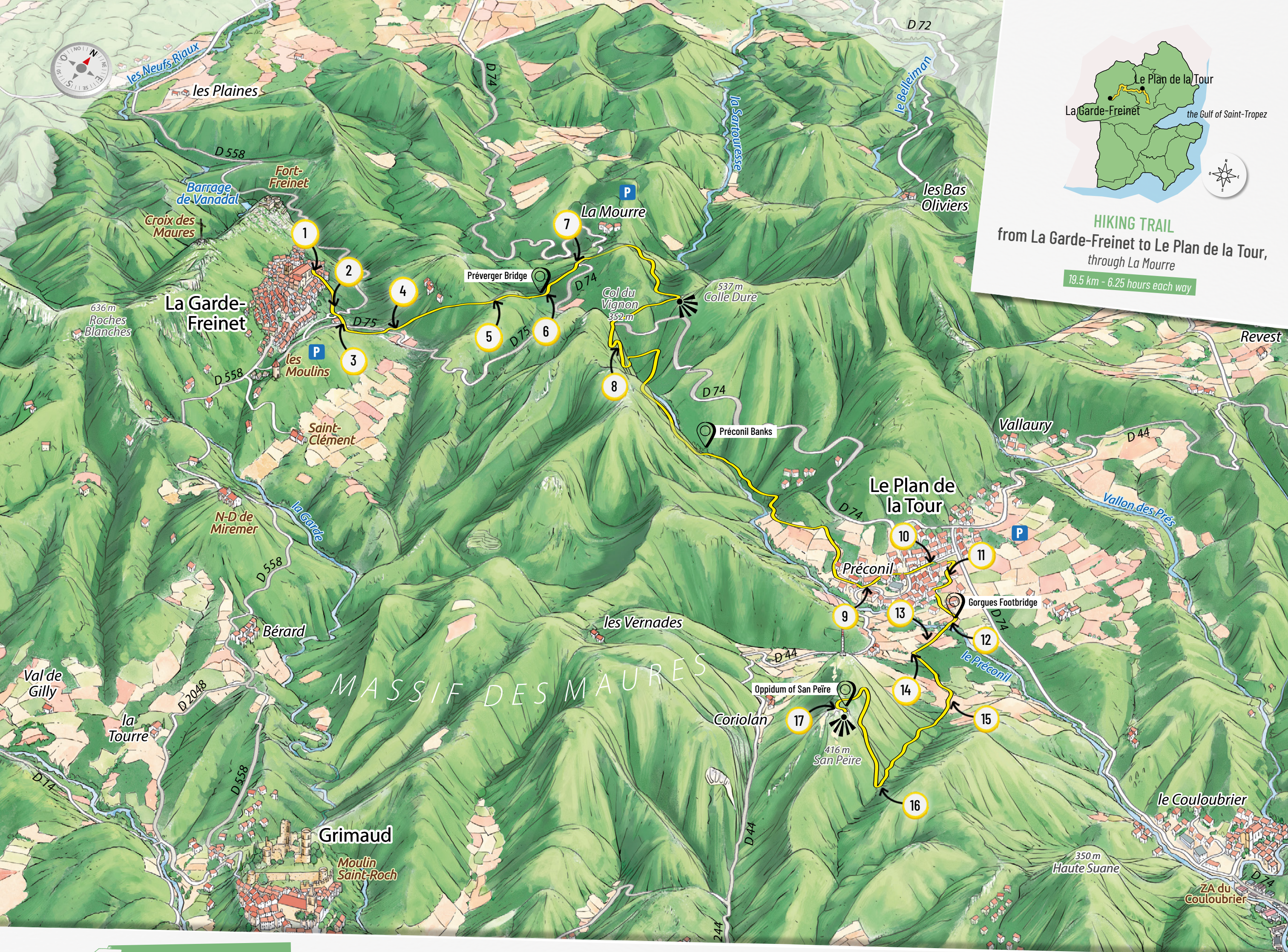
Le Plan de la Tour - San Peïre

Yellow trail markings

2 hours each way

+370 m

Difficult



HIKING TRAIL
from La Garde-Freinet to Le Plan de la Tour,
through La Mourre
19.5 km - 6.25 hours each way

STEP-BY-STEP TRAIL

- 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. When you reach the letterboxes, turn right and go up the path.


- At the junction, continue straight ahead. At the concrete marker post, turn right and follow the markings for 800 metres.
- Cross the Préverger Bridge and follow the markings for 1 km.
- On reaching the road, turn right. Walk for 50 metres and turn left in the direction of the green cistern. Follow the trail No.E 741 called "Chemin de Vaucron" for 1.5 km. Then follow trail No.E 74 called "Colle Dure" for 1 km.
- ! Watch out for the crossroads !** Leaving the Oratory on your right, turn left onto the forest trail which goes down to Le Plan de la Tour. Continue on this path for 6.5 km (rocky and gravelly areas) reaching the Hameau du Préconil.
- In the Hameau du Préconil, go past bus stop on your left and follow the 2nd road on your left (Chemin du Préconil) for 700 metres then take road RD 44 for 150 m.

- At the junction, take Rue des Hoirs, then cross at the pedestrian crossing located 150 metres further on, near the outdoor sports area.
- After the pedestrian crossing, continue until the end of Chemin des Hoirs. At the stop sign, turn left and follow the markings for 1 km.
- Take the Gorgues footbridge.
- After walking by the vineyards on your left, turn left onto Chemin de la Planète.
- Carry on to the right along Chemin du Magnan for 300 metres then on Chemin de Terre Rouge for 1 km.
- At the cabin, take "San Peïre" trail No. E 713 for 1.5 km.

- At the pass (three cisterns), take the right-hand trail for 1.2 km.
- Take the small path on the left. After 500 metres, the peak reveals an outstanding panoramic view.

P Car park

 Outstanding viewpoint

 Point of interest

0 1 2 km
échelle approximative

ACTUAL cartographie +33 (0)3 25 71 20 20 - X5151 - 03/21
REPRODUCTION INTERDITE SAUF AUTORISATION
www.actual.fr



Offices de
Tourisme
de France

The Gulf of Saint-Tropez
Community Tourist Office

La Garde-Freinet Office Category II

Chapelle Saint-Jean - RD 558,

F-83680 LA GARDE-FREINET

Tel: +33 (0)4 94 56 04 93

contact@visitlagardefreinet.com

www.visitlagardefreinet.com

Le Plan de la Tour Office Category II

7 place Clemenceau,

F-83120 LE PLAN DE LA TOUR

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

contact@visitleplandelatour.com

www.visitleplandelatour.com



A partnership-based approach

**HIKING
TRAILS**



LE PLAN DE LA TOUR



**REGION
SUD**
PROVENCE
ALPES
CÔTE D'AZUR



**PRÉFET
DU VAR**
Liberté
Égalité
Fraternité

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