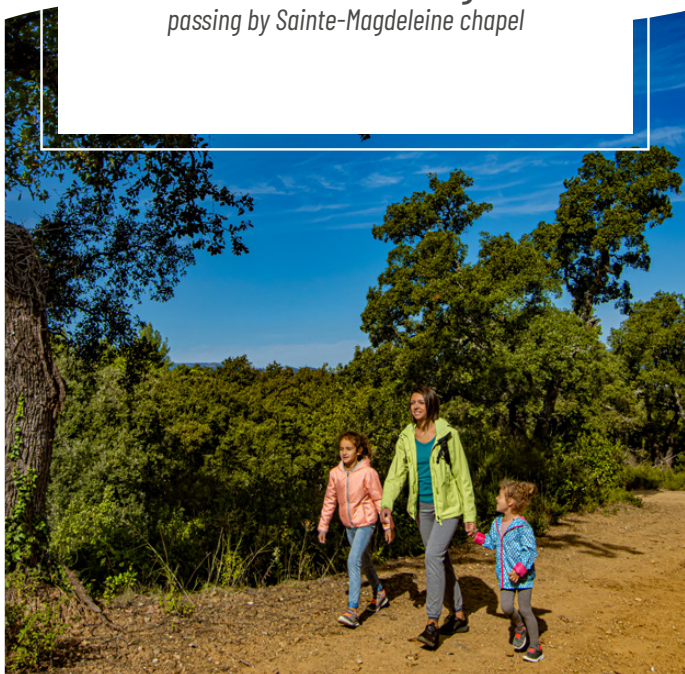


HIKING TRAIL

From La Mole to Cogolin,
passing by Sainte-Magdeleine chapel





ON THE TRAIL OF THE ANCIENT VILLAGE OF LA MOLE



LA MOLE - COGOLIN BY SAINTE-MAGDELEINE

This hike from the village of La Mole will make you discover the landscapes and vegetation of the Massif des Maures.

The first stage of this hike : Barrage de la Verne. Built in 1991, the water reserve created by this dam supplies drinking water to the population of the Gulf of Saint-Tropez and the Maures area.

The path will then lead you to the Sainte-Magdeleine chapel located in a green setting and positioned on a rocky summit bastion. From the top, admire the landscape : the Môle and Verne valleys and the village of La Mole surrounded by a chain of hills.

The hike continues to Cogolin.

Up to the heart of the village, a dense forest of cork oaks, strawberry trees, tree heathers, holly, sarsaparilla and wild lavender are to be seen along your way.

To be discovered from the end of September to mid-June. The month of May is ideal to discover the flowering season. In December, the appearance of flowers and fruit on the strawberry trees bring a charming touch of colour.



DID YOU KNOW?

Perched at one end of the Plateau de Maravieille, the Castrum de Sainte-Magdeleine, the former medieval village of La Mole, was built in the 14th Century from local basalt, a volcanic rock. The dark colour of its walls and the surrounding wilderness give it a mysterious, enchanting and magical atmosphere.



**FOR MORE
INFORMATION ON
THIS HIKING TRAIL**

www.cc-golfedesainttropez.fr/randonnee

STARTING POINT LA MOLE



RESPECT THE ENVIRONMENT

- Do not light any fires or cigarettes
- Do not leave any objects or rubbish behind
- Do not pick 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.

STARTING POINT COGOLIN



Agents portuaires
chargés de la gestion
du Plan d'eau

Hiking
Trail

Alternative



Car
park



Tourist
Office



Water
point

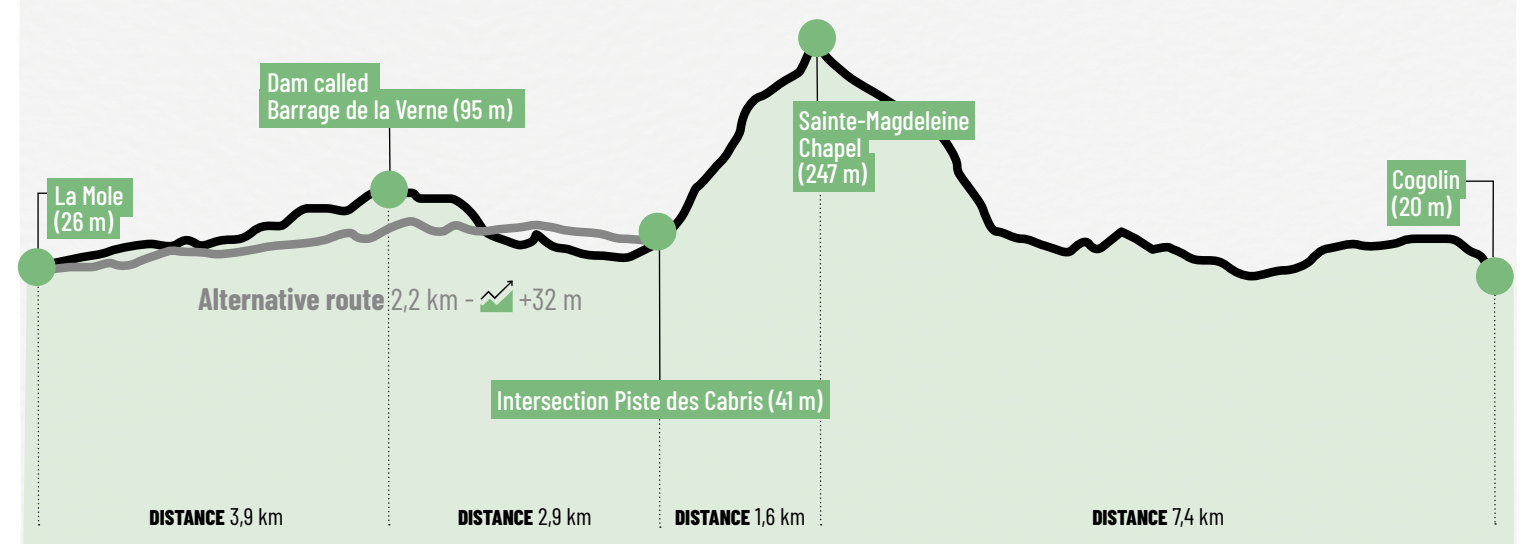


Public
toilets



Recycling point

See overleaf for the step-by-step trail



La Mole - Le Barrage de la Verne

- Yellow trail markings
- 1 hr one way
- +99 m
- Easy

Le Barrage de la Verne - Beginning of Piste des Cabris

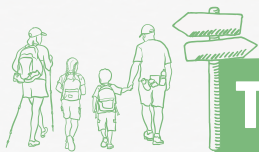
- Yellow trail markings
- 50 min one way
- +60 m
- Easy

Beginning of Piste des Cabris - Sainte-Magdeleine Chapel

- Yellow trail markings
- 35 min one way
- +200 m
- Difficult

Sainte-Magdeleine Chapel - Cogolin

- Yellow trail markings
- 2 hr one way
- +95 m
- Medium



THE TRAIL STEP BY STEP

From the Tourist Office or the La Mole town hall, you have two options to reach Cogolin via the Sainte-Magdeleine Chapel.

First option : Via the Verne dam (three ford crossings)

- 1 Take the direction of Hyères/Toulon. Leave the village and cross the bridge. Continue for 300 metres, at the traffic lights turn right towards "Usine des Eaux". Leave the factory on the left and follow the DFCI B182 track known as "Piste Saint-Julien" for 2 km.
- 2 Go through the gate by the pedestrian access on the right. At the next intersection, follow the road to the right which descends steeply for 300 metres. (You can go straight ahead and make a return trip to enjoy the view of the dam and the Verne lake).
- 3 At the foot of the dam, keep to the right and walk along the river on the right for 150 metres.
- 4 Carefully cross the first concrete ford and follow the signs that lead to a meadow.

! Warning ! Depending on the season, the river flow varies. Stay alert !

! Frequent presence of beehives ! Be careful !

- 5 At the end of the meadow, stay on the small path that leads to a second ford.
On the right bank of the Verne walk 300 metres along the path that diverges slightly from the river to the third and final ford.
- 6 Walk along the charming path that runs alongside the river Verne, which is home to beautiful umbrella pines and lime trees.
Respect private property by staying on the path.
- 7 After the orchards and the areas where crops are grown, follow the vineyard on the left, going up towards the Route des Guils. On reaching the road, turn left.

The hike's alternative route arrives from the right.

Second option : Starting point La Mole : via Route des Guils (no ford crossings)

- 1' Take the direction of Hyères/Toulon. Before the bridge turn right towards the church, then continue towards Square Pierre Grac on Route des Guils for 2.2 km.

Towards Sainte-Magdeleine Chapel and Cogolin

- 8 At the fork, turn right and go up the DFCI B26 track known as "Piste des Cabris" for 1.4 km.
- 9 On reaching the tank :
- To go to the Sainte-Magdeleine chapel, turn left towards the DFCI B26 track known as "Piste du Lairé", for 250 metres. Take the small path on the left for 200 metres to Sainte-Magdeleine Chapel.
- To go to Cogolin, stay on the B26 track known as "Piste des Cabris" which descends for 1.3 km
- 10 At the green tank, turn left and follow the forest track for 400 metres; the slope becomes less steep as you approach the stream.
- 11 This small path joins a larger track to take for 3.9 km in the direction of Cogolin. This rural road, known first as "Chemin de Collobrières" then as "Chemin de Magnan et de Sainte-Magdeleine", is mostly paved. Follow the signs.
- 12 At the roundabout, take left on Chemin de Radasse for 1 km.

- 13 At Square Mansui, go down to the Saint-Roch chapel by taking the Montée Saint-Roch.
- 14 Enjoy the panoramic view of Place Bellevue then continue for 100 metres along Rue Nationale.
- 15 Go left on rue St-Exupéry or go down the stairs to Place de la Liberté. Discover a set of trompe-l'œil. Follow rue E.Quinet until Avenue G. de Gaulle and the Tourist Office.

P Car park

Outstanding viewpoint

Point of interest

0 1 2 km
échelle approximative

ACTUAL cartographie +33 (0)3 25 71 20 20 - 1353-83/VF/08-21
REPRODUCTION INTERDITE SAUF AUTORISATION
www.actual.fr



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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

