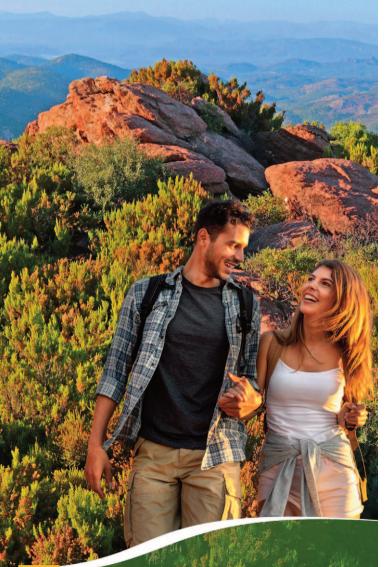


www.visitgolte.com Tél. +33 (0)4 55 22 00 - info@visitgolfe.com 4170 RD 98 A - Carrefour de la Foux - 83580 Gassin Promotion agency



GOLFE DE SAINT-TROPEZ TOURISME





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 LaCroix 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 Paillas, refurbished in 2002 (exceptional view, visits : informations at theTourist 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 errasse. 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 Lices and rejoin the RD98 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 Paillas, church, perched village, beach of Pampelonne, lighthouse of Camarat) – Saint-Tropez (beaches, old town, port, museums). 🛗 🔯



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, pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum, village) - Grimaud (castle, windmill, village, folk museum).





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 Rayol, 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) - Rayol-Canadel-sur-

Mer (Domaine du Rayol : the garden of the Mediterranean, the huge stairs, 📃 the Patec, the pergolawith its panoramic view).



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 Gratteloup" and turn right onto 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, musée du phonographe et de la musique mécanique, botanical garden) - Le 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".





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

4 Les Gorgues et Les Hameaux Departures are from the Tourist Office

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 Gorgues ford, a reservoir that supplied water to the Ressence mill. Walk along the vineyard and at the junction, facing the gate, turn left. At the next junction turn right, you

the Plantourian vinevard and menhirs. 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 14 B "Les hameaux" (-)1.00 hr - 4.5 km - X - A

From the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take e pedestrianised route to the end of the village, then on your right (at the speed information sign) go up the road to Chemin du Préconil and follow the solid path straight

ding for Roubauds hamlet. At the junction with letter boxes, take the path to the rig (GR route). At the intersection leave the GR, take a right and then go up the path o your left to Vernet hamlet. Return to the village via the same path but going back the way you came. At the junction of Chemin de Préconil, take the dirt track on your left and go back down to the village to Place Foch

5 Chemin vers La Garde-Freinet 🕒 4.30 hrs - 13,5 km - 🕅 🔭 - 📥 340 m - 🗸 400 m -

5 Chemin vers le San Peï which takes you through the oppidum ruins. A magnificent view point awaits you at the top.

• Path 14 A "Les Gorgues" 🕒1.15 hr - 5,2 km - 🗡 - 🚳

will see the relay antennae in the distance ahead of you (this is a GR route). Discover

head towards Préconil hamlet. In the centre of the hamlet at the fountain, go right hea-



Follow the description for 14B as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Mourre and La Garde-Freinet. .

🕑 2.00 hrs - 6 km - 🛣 እንዲዮ - 🖉 - 📥 410 m - 🗸 370 m

Follow the description for 14A 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 aight blocks of arev granite. Access to San Peire is via a little path **IGN 3545 OT**



D Sentier de la Castellane

)1 hr - 3 km - 🎢 - ⁄ - 🗸 150 m - green painted markings ≫ - 🕑 Place Neuve arting out from the Tourist Office. Take time to visit the "Musée du Patrimoine" olk museum, cork factory and oil mill to aet an insight into the village's fascingna past. "Chemin de Castellane" leads vou through the lower area of the village. eturn to the tourist office on the RD 558 road, via "Chemin de Mignonne" and ne "Beausoleil" buildina.

21 to 23 Three round trips departing from "Pont des Fées" car park, under he mill, to discover the treasures of Mont Roux and the rich heritage of "Vallon de la Garde", with its views over the village of Grimaud and surrounding hills.

• 21 Sentier de découverte du Pont des Fées round trip - information panels on the valley's flora, fauna and heritage.

) 1 hr - 1,5 km - \mathcal{T} white arrows

Built in the modern era (16th – 17th century), the "Pont des Fées" is an aqueduct, formerly used to route water from Pancaou spring, situated 3 km away, to the village fountain. It is an exceptional construction and the only one of its kind in Provence.

• 22 Sentier du Pierredon round trip - \bigcirc 50 mins - 2 km - \cancel{XX} - $\cancel{4}$ 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.

• 23 Sentier de la Calade round trip - 1.30 hrs - 3,7 km - $\cancel{7}\cancel{7}$ - $\cancel{5}\cancel{9}$ 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. 24 Sentier Grimaud/Port Grimaud outbound journey

🕒 1.30 hrs - 6 km - 🎢 🖓 - 🛷 - 🗸 100 m - 🎔 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 Bagatin. Turn on the left and continue near the Blaquières School and follow « Carraire Aigo Puto ». At St Pons les Mûres hamlet, cross the road and follow the cycle way until Avenue de la Mer. You will see Port Grimaud's entrance

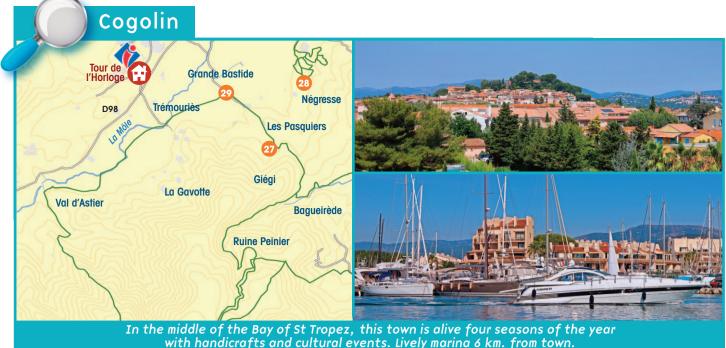
25 Sentier Le Peyron outbound journey

(940 mins - 2,5 km - X- ✓ 3 m - ≫Markings : Frog drawing From the Doa Club, follow chemin des Aiusts and then on your right the dirt trac by the vines. On your right follow the river La Giscle, go straight through the giant cane. When you arrive at a gravel road turn on you right to the Dog Club.

IGN 3545 OT

!6 Long-distance footpath GR 9 ズズズ - red and white markings Departure from "Parking de St Pons les Mûres" car park in Grimaud on the RD 559 road – arrival at "Notre Dame des Anaes" in Collobrières. This itinerary crosses the hills of Grimaud, Plan de la Tour, La Garde-Freinet and Collobrières. You can also get on to the footpath from any of these towns.





27 Sentier des Crêtes - 🐼. Be careful, path marked partially ccess : chemin du Colombi

🕒 4hrs -12,5 km - 🎢 🔭 🔺 336 m - 🗸 326 m - yellow markings 🃂 Departure and 🕑 at the water treatment plant, "Quartier de la Gavotte" - round trip his itinerary crosses the crystalline rocks and acidic soils of the Maures forest, with its typical vegetation of cork oaks, strawberry trees, heather and lentisks.

28 Sentier Botanique (Botanical Footpath)

🖰 15 mins - 1 km - 🎢 - round trip access : chemin de la mort du Luc. Start in the Négresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensole ZAC) his delightful botanical itinerary features the plain's typical flora, such as Fern Asplenium, Euphorbia, Sarsaparilla and Myrtle.Little picnic area.

Discovery Route : the traditional activities of La Mole Valley 🔈 2 hrs - 6 km - 🎢 ⁄ 🕸. Access : chemin du Colombier 👘

parture terrain des Aubrettes from the track (right bank) with gate (Inscription on gate : A92, vallée de la Mole). 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. When you arrive at the sign IGN 3545 OT

This shady 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 a

Explore lush areenery around Gassin from the Gulf of Saint-Tropez to Cavalaire Ba

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 Riboty. 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.

94.40 hrs - 16.9 km - XXX X- orange markings 🏓

5 Panoramas du golfe de Saint-Tropez et de la baie de Cavalaire

old sheepfold and parish church further up.

"Domaine du Val d'Astier", return back

Chemin de Pinpine Picnic aera ck_this typical village i famous for its magnificent p

of the Bay of Saint-Tropez, the Pays des Maures, the Bay of Cavalaire and the Îles d'Or.

P at the entrance of the old village for the 3 walks and P of the school in the ew village for the tours of l'Arlatane.

30 to 33 Les boucles de l'Arlatane

hese discovery itineraries explore the historical and natural heritage of the counryside around Gassin – one of France's most beautiful villages. Access via the new illage. Walk down Chemin du Puits Saint-Jean near the primary school. Go around he mini-stadium, down the steps and follow the signs and wooden arrows.

🕽 30 Sentier des Bugadières - 🕒 10 mins - 🎢 his footpath owes its name to its ancient washtub, or "Bugade" in Provencal dialect ind the women which went down here to wash the linen.

31 Sentier des Restanques - 🕑 50 mins - 🕅

s Gassin is a hilltop village, its slopes have been landscaped into typical Proencal flat terraces used for gardening, locally known as "restanques". ach terrace is marked out by low, stone walls.

🛚 32 Sentier des Sources igodot50 mins - $\chi\chi$

Pass the washtub, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Picnic area. Return via same route or "Sentier du Vallat".

• 33 Sentier du Vallat 🕑 50 mins - 🔭

Frack detail

he Provencal word "valat" is the word most commonly-used in the region to desate a brook. This footpath leads on from the "Sentier des Sources de l'Arlatane" 34 Chemin de la chapelle Notre-Dame-de-la-Consolation)1.10 hrs - 🎢 - blue markings 🏓

a Croix Valme

Complexe sportif

left is a path which, after a lookout, leads to Chemin de la Plaine through the vines of the Bourrian estate. Arriving at the RD98, walk along the pavement to the right. Turn left at the rounda dabout, keep straight on past the shops. Continue to the beach and harbour. Retrace your steps to return to the village. You can also opt to walk along a protected multi-

Bicycle paved track କ୍ର

6 Sentier de la mer

Cavalaire-Gassin 13.6 km. Departure: intersection of the "route du Dattier" and the RD98, 2km before Cavalaire from Le 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 ages left in the direction of "La Croix-Valmer" on a 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 Foux.

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.

ainte-Maxime (sea) -> Sainte-Maxime omplexe sportif les Bosquettes) Sainte-Maxime le school: 3.6 km. Departure RD98 from the ection going towards Le Muy. Follow the bitrack to the Complexe sportif les Bosquettes.

Le Domaine du Rayol Garden of the Mediterranean

avenue Jacques Chirac Tél : 33 (0)4 98 04 44 00 Open every day of the year. **Botanical Garden** SAINTE-MAXIME La Croisette

everyday from 8am to 8pm 1 Oct - 31 March : Everyday from 8am - 5pm

L'Hardy-Denonain GASSIN Place Deï Barrys Phone : 33 (0)4 94 56 18 72

Open from April 30 to Oktober 15. sit on appointment every day except thursd

he barrage de la Verna Le Jas N Siouvette Water treatmer This wild valley offers its natural resources to those who respect nature

7 Chartreuse de la Verne Monastery path via the dam 5 6 hrs - 20 km - 777

o reach the dam, 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 m along a dirt track. Follow the stone borders with white and green painting up to the chartreuse of Verne by its left-hand side

ne dam of Verne provides with drinking water the population of the Gulf of Saint ropez 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 écrêter of floods, an particularly original technique. Nautic activities (fishing, swimming etc.)



An enchanting place, where the wooded hills of the Corniche des Maures plunge into the translucen Mediterranean waters and the Iles d'0r "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 tineraries around the town allow you to enjoy exceptional, colourful views over the Mediterranean Sea and neiabbourina "Iles d'Or" islands. Information on other hikes is available at the Tourist Office.

39 Walk to the Col du Canadel - round trip - tarmacked road

🕒2.15 hrs - 4 km - 🌋 🔭 - markings - 🗸 242 m - 🕑 Tourist Office Comina from the Office de Tourisme vou ao to the stairs monumental. Here vou follow the indication "drapeau". You ascend to the Patec and to the little church. At the left side of the church you climb up the stairs following the indication "drapeau 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 vellow sign. Arriving at the field path, you go to the left, direction "Col du Canadel" or vellow 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 ao back to the green cistern "RCL 02". At the indication "Les Pradels" you take the track down at the right, follow the D27 and the yellow sign until you come to the cimetery, 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.

40 Grand Rayol-Canadel - Pramousquier - round trip

 $igstyle{}$ 3.45 hrs - 10,8 km - $igstyle{}\mathcal{T}\mathcal{T}$ - no markings - $igstyle{}$ Tourist Office $igstyle{}$ The departure from the monumental staircase, marked out by flourished belvederes (Ancient memorial) allows you to reach the "Patec" (round pergola), then the Col du Canadel (by staircases and path rehabilitated in 2013 or by the "Corniche de Cannes", "avenue Pastouré" then "Corniche de Parin" up to the star and the forest path). At the "Col du Canadel" (orientation table) take the direction "Piste des Cretes" (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 Ecuelle, below on the left, take the Green Way to the Rayol. When you will see the hotel "Les Terrasses", turn left, go up the stairases and return to the Tourist office.

41 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

• 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 3 Discovery route of Le Rayol - round trip

 ${}^{\flat}$ 45 mins - 1,8 km - ${}^{\bigstar}{}^{\bigstar}$ - no markings - P Tourist Office Turn right towards the village, continue 50m to catch up on your right, the "avenue" Mistral" and go up until the "Patec" (pergola), take the small path which leads to the monumental staircase. Go down and, up to the road, cross and go down he staircases. Follow the parking lot of the residence " Les parcs du Rayol " ther to the left, take the mud track (former railroad). Pass under the metallic bridge Continue to the crossing, turn right, to "avenue des Belges" in the direction of the Domaine". Continue for 200m, at the second intersection, turn left, "avenue des Americans" up to the hotel " Le Bailli ". Go up the staircases in the direction of the village, cross the public garden Jean Aicard and take the "avenue Thorel". At the intersection, go up the one-way street. Return to the Tourist Office.

modal track to reach Port-Grimaud on the left and Saint-Tropez on the right. Les jardins

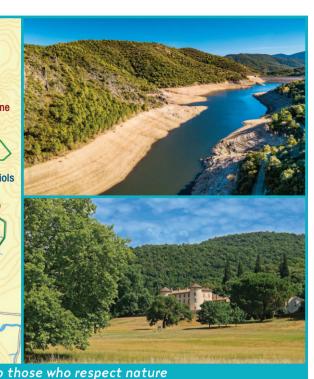
Les Marines de Gassin. At the second rou

AYOL-CANADEL-SUR-MER

1 April - 30 Sept :

Botanical Garden

IGN 3545 OT 🗩 1.30 hr - 9,6 km - 🎢 🎢 📥 200 m - 7 Leaving the village from Place Louis Collomp, walk down towards the cemetery and round it to the left following the "Villevieille" sign. Take the path to the left then follow the Villevieille track for 2.5km. Cross the Bourrian road. After a few metres on your



38 Sentier de Sainte-Magdeleine

 \mathcal{O} 1.00 hr - 4 km - $\mathcal{K}\mathcal{K}$ - not marked out \mathcal{O} - Parking de la Verne. From the left side of the church, take the Route des Guiols for 2.2km. At the cross oads, go right on the DFCI B10 track called "Les Cabris" for about 1 km. You will arrive at 4 Chemins (green cistern), take a left for 150m, then another left on a small path for 500m through oak trees to the chape

nescapable ! 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 aulf of Saint Tropez. Perched in an extremity of the plateau of Maravieille, saint - Madeleine's castrum former medieval village of the Mole, was built in the XIVth century in local basalt,

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 mu 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 Plageron". Return via same route.

42 Domaine du Rayol

🔸 Le Jardin des Méditerranées (Mediterranean Garden). 🌋 This 50-acre site, invites visitors to discover Mediterranean-type vegetation from throughout the world, plus various flora from arid and tropical climates. The "Domain 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 Figuier". Prior booking on site or on +33(0)4 98 04 44 00. www.domainedurayol.org





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

4 Le Vallon du Fenouillet - a loop

) 1.30 hrs- 2,5 km - ズズ - signposted - 🧹 80 m hoice of two departure points

Leave Cavalaire heading for Rayol. 50 m after the last roundabout there is parking on the right glong the RD 559. Cross the road. The path starts just before Bonpor

eau 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.

A choice of itineraries around La Croix-Valmer to discover the area's generous

Yellow markings - P and departure point at "Plage de Gigaro" beach

Take the coastal path and follow it to Brouis, then Pointe d'Andati and Pin Blanc

"White Pine") as far as Cap Lardier. Walk down to Briande beach and Cap Taillat

o come back, head for the lighthouse and continue on the forest track to Gigaro,

🕑 1 hrs 30 - 5.3km on road and footpath - 🎢 🏹 - 🗸 100m - ≫ areen markinas

P Tourist Office - Walk up Rue Louis Martin to the newsagents. Cross the roundabout

owards 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

Galiasse", follow the tarmac road. Leave "La Colline des Sarrasins" on vour left then

"Les Mas de la Galiasse" on vour 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)

/illage". At the roundabout, go through the underpass to return to the Tourist Office.

02.15 hrs - 8,5 km on road and footpath - \rarket{X} - \checkmark - 220 m - \rarket orange

Walk up Rue Louis Martin. At the top of the street, turn left Rue Frédéric Mistral, to-

the path. At the gate, enter the vineward, 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). At the top, walk straight forward and follow the track in front

of you. At the intersection with the GR51, when facing the green tank, turn left. Once

past the reservoir, turn left. Walk 50 metres and at the intersection, turn left again.

After a long and steep descent, take the path on your right, heading back to the wi-

94.40hrs - 16.9 km - XXXX - 🗸 592 m - 🏓 oranae markings

Starting point: Gassin village. From the car parks, walk down St Joseph to the ce-

metery. Keep to the right, then take the path that goes down between the cemetery

wards "CCE Air France". 50 metres after having walked past the winery, turn left on

and take the three steps on your right. At the tarmac road, turn left. Follow signs to "Le

and unspoiled natural scenery of vinevards, hills and shores

🕑5 hrs - 13 km on footpath - 🕅 🔭 - 🖌 145 m. 🛛

or pick up the coastal path which also leads to Giaaro.

47 The 2 Capes

48 The Mimosas

19 Panoramas

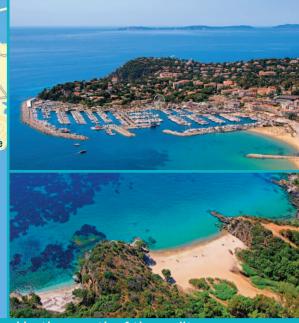
narkings 🕑 Tourist Office

nery. Walk back to the village.

5 Panoramas long versio

5 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 Dattier an 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 coasta path as far as Bonporteau Beach then pick up the Vallon du Fenouillet path. 46 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 as far as the old station. On your right are mailboxes, turn right and walk up to the white gateway of Domaine FONCIN: CASTEOU DEÏ SOULEU (Chateau of the sun). You can go right or left at the gate to walk round the Domaine.

(IGN 3545 OT

and the pétanque pitches. Turn right, past the chapel then the sheep shed. Continu following the orange markings and signposting for "Panoramas du golfe de Sain Tropez et de la baie de Cavalaire". After a lona steep descent, take the path on vou right. Pass through two gates (closing them behind you). As you exit the undergrowth go right. Continue straight on Rue Frédéric Mistral as far as the roundabout, where you turn left on the green route to return to Gassin.

🕑 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 roundabout, go back up Boulevard de la Mer and follow Avenue de Provence to return

51 The beach "Les Brouis"

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 LardierTake the same path to return to your starting point. Other circuits for hiking, walking and mountain biking are available from the Tourist Office.

52 Briande

93.30 hrs - 10 km - 🕅 🔨 - 🔺 105 m - 🗸 585 m - round trip m Giaaro beach, at the entrance to Domaine du Cap Lardier, head for "Cap Lardie on the coastal path (Sentier du Littoral). Arriving at Cap Lardier, continue on the pa to Briande beach, then follow the yellow indicators on the left and take the path that runs along the fence and through undergrowth. At the intersection cross the track fo lowing the yellow indicators. Walk along the farmland and at the far end take the pat that runs along the fence. At the intersection take the dirt track on the left which goes up (do not turn right). Follow this path to the next bend then leave it for a path on vo right which descends through vegetation to an intersection opposite the vines an down two wooden steps. Following the indicators, turn right. At the next intersection you have to go left following signs to "Plage de Gigaro", then the dirt track straigh ahead. At the green gate, follow the indicators to the right taking a path through the undergrowth to find the "Route Forestière de Gigaro".



50 La Petite Suisse

1.30 hr - 5,9 km on road and footpath - 🏹 - 🗸 110m - ≫ blue marking When you arrive at the landings beach, there are two options: turn back or cross to the village

1.15 hrs - 4 km - 🎢 - 🗸 144 m - 🃂 yellow markings

Turn right and follow the track and signs to "Plage de Gigaro" to return to the starting point.

Ramatuelle



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

53 Le sentier du littoral (Coastal Footpath)

Signposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de iaaro" beach) 34,50 km. aint-Tropez - Plage de Tahiti -14 km - 🕒 4.30 hrs - yellow markings ≻

) Itinerary n°1 : 🎢 - La Baie de Pampelonne N/S - 5 km - 🕒 1.30 hrs eparture P route de Tahiti.

Walk along the shore past a succession of public and private restaurants, bars and beaches on the largest stretch of sand on the peninsula. This is Pampelonne beach which was where the Allied landings in Provence took place on the night of 15th August 944. A memorial stone at Boulevard Patch commemorates those events.

) Ifinerary n°2 : X - 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 Louis Pous well and sailor's path (Sentier Marin). before finding Bonne Terrasse beach and its fishermen's cottages. You can also do oop (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: ズズズ onne Terrasse - Cap Camarat - 2,5 km - 30 mins

o Bonne Terrasse beach.

see after 500m.

Bird Island

Parking is the same as for Circuit 2 and there are 30 parking spaces along the oad to the Chez Camille restaurant

ake Circuit 2 and continue or go up the road until you reach the pedestrian access

alk along by the sea and after the barrier he gentle slope path on your right takes you up to the lighthouse which you will

The steep path (on the left) overlooks the sea to Rocher des Portes, also known as

You can climb up to the lighthouse in around 15mn via a path on the right. • Itinerary n°4 : XXX

ap Camarat - Plage de l'Escalet - 4,5 km - 2.20 hrs - 🕑 at foot at lighthouse The route starts with a string of descents and uphill climbs along the rockface, the returns to sea level as far as Escalet beach and its small private marina.

Discover: the Napoleonic battery on an outcrop; the famous Merlier village of 3 houses built in the 1960s by the Montrouge architects, combining tradition wit modern features; Château Volterra (a private residence from the 1900s); and the Escudelier Rock commemorating the submarine missions and escape of the banne of the Dragons 2nd Regiment during World War Two.

🛛 Itinerary 🛛 n°5 : 🏹

Plage de l'Escalet - Isthme du Cap Taillat 2 km - 35 mins Yellow and blue markings

Good to know: naturism is tolerated on one section. Recommended with children P next to the tennis courts. Head down towards the beach, take the path on the right and down some steps (after

P Go up Boulevard de la Praya then take a left. Direct access to the path. his 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 Conservatoir du Littoral), you will be amazed by the varying colours of the seabed which chang with the wind.

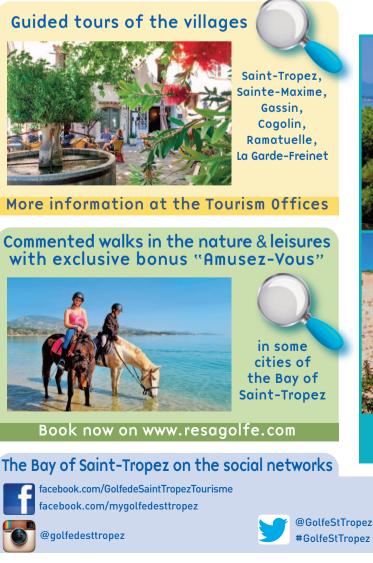
Above the Customs House, a path leads to a dolmen in Briande Bay which marks a burial site dating back 2,000 years BC.

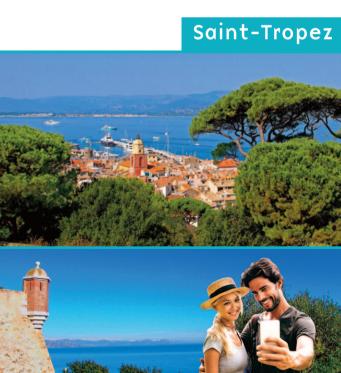
• Itinerary n°6 : 🔭 🔭 Taillat - Plage de Gigaro - 6 km - 2 hrs P Escalet beach on Route de l'Escalet



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 ou 32 50 or www.meteofrance.com



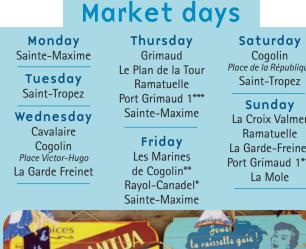


The mysterious alchemy combining the traditional with the modern makes t<u>his enchante</u>c place stand still in time.





You Tube Golfe de Saint-Tropez Tourisme





A Few Recommendations

The itineraries shown in this document an 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

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
- es Arcs-Draguignan 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)

CAVALAIRE 50. Rond- point St Exupé

Maison de la Mer 83240 Cavalaire el : 33 (0)4 94 01 92 10 Fax: 33 (0)4 94 05 49 89 www.cavalairesurmer.fr contact@cavalairesurmer.fr

COGOLIN In the town centre Place de la République 83310 Coaolin Tel : 33 (0)4 94 55 01 10 www.visitcogolin.com contact@visitcogolin.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.lacroixvalmertourisme.com lacroixvalmertourisme@

lacroixvalmer.fr LA GARDE-FREINET Chapelle Saint-Jean 83680 La Garde Freinet Tel: 33 (0)4 94 56 04 93 www.visitlagardefreinet.com contact@visitlagardefreinet.com

GASSIN At the north entrance 20, Place Léon Martel 83580 GASSIN Tel : 33 (0)4 98 11 56 51 www.gassin.eu accueil@gassin.eu



v.ramatuelle-tourisme.cor office@ramatuelletourisme.com RAYOL-CANADEL-SUP MER

Place Michel Gov 83820 Tel: 33 (0)4 94 05 65 69

Fax : 33 (0)4 94 05 51 80 www.visitrayolcanadel.com contact@visitrayolcanadel.con

> SAINTE-MAXIME 21 Place Louis Blanc 83120

> > Sainte-Maxime Tel: 0 826 20 83 83 (0,18€ min) www.sainte-maxime.com

RAMATUELLE

In the village centre

Place de l'Ormeau

83350

Ramatuelle

Tel : 33 (0)4 98 12 64 00

contact@sainte-maxime.con SAINT-TROPEZ

On the harbour Quai Jean Jaurès In the Parking on Port

July and August 83990 Saint-Tropez Tel : 33 (0)4 94 97 45 21 www.sainttropeztourisme.con info@

sainttropeztourisme.com

in the Ba St-Trope GRIMAUD 679, route Nationale

83310 Grimaud

Tel : 33 (0)4 94 55 43 8 Fax : 33 (0)4 94 55 72 20 www.grimaud-provence.com

info@grimaud_provence.com Annexe of 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

LA MOLE In the village centre Mairie 83310 La Mole

el : 33 (0)4 94 40 05 80 Fax: 33 (0)4 94 49 55 24 www.mairie-lamole.fr

contact@mairie-lamole.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 28 27 Fax : 33 (0)4 94 43 75 08

www.plandelatour.fr

