



# Walks

## GOLFE DE SAINT-TROPEZ

by foot, by horse, by bike...

2025



### AMUSEZ-VOUS !

**UP TO 20% OFF YOUR LEISURE ACTIVITIES!**

Book your activity online

- Water sports, boat shuttles
- Leisure parks, go-karting, golf, horse riding
- Hiking and guided tours, wine tasting
- Spa, massages

Secure payment

Refund in the event of weather cancellation

[www.amusezvous.net](http://www.amusezvous.net)

### DISCOVER THE GULF OF SAINT-TROPEZ BY BIKE!

The Parcours Cyclable du Littoral V65 offers you an itinerary to visit at your own pace. It links Sainte-Maxime to Rayol-Canadel-sur-Mer. You can also join Saint-Tropez for a free discovery tour.

Many service providers offer bike rentals and guided tours for all levels. Book your cycling trip now and take advantage of special offers at

[www.amusezvous.net](http://www.amusezvous.net)

### LE GOLFE À VÉLO

Changez de vitesse. Parlez au vélo

### PEDAL WITH PEACE OF MIND THANKS TO THE « ACCUEIL VÉLO » LABEL!

You'll find secure parking, repair points, tourist information and even water fountains to quench your thirst.

Local sites with the « Accueil Vélo » label offer a warm welcome tailored to your needs as a cyclist.

Domaine du Ragot, La Croix du Tour, Gassin, Tourist Office, Sainte-Maxime, Tourist Office

### TAKE THE FREE BEACH SHUTTLE!

Free summer shuttles take you to the beaches all day long, so you can enjoy your vacation to the full without worrying about parking. A practical and economical means of transport that helps protect the environment.

### OPTIMISE YOUR TRAVEL TIMES WITH THE PSYSAE APP!

Select your line, your stop, and follow your shuttle in real time. No more waiting! With Psysae, you know exactly when your shuttle will arrive.

SAINT-TROPEZ-SAINTE-MAXIME 12.2 km. Departure: roundabout of the Bouillabaisse at the exit of Saint-Tropez. Follow the bicycle track up to Sainte-Maxime's bridge.

SAINTE-MAXIME (seaside) → SAINTE-MAXIME. Departure from the seafont, then the town centre, then a choice of 2 routes to the ZA du Couloubrier (towards Le Muy) or to La Nartelle beach.

### LOCAL FOOTPATHS

**A From La Garde-Freinet to Plan de la Tour via La Mourre Forests, Stonework and Man**  
6.15 hrs - 19.5 km (One way) - 410 m - 650 m  
From La Garde-Freinet Tourist Office, follow the yellow markings leading to Plan de la Tour / Le San Peire.  
Forest typical of the Massif des Maures throughout the hike; Préverger bridge; La Mourre washhouse; Gorgues footbridge; Plan de la Tour's granite rocks; San Peire.

**B From La Garde-Freinet to Grimaud via the Roche Percée La Gardi to Grimaud via the Roque Troucada**  
2.30 hrs - 10 km (One way) - 340 m - 287 m  
Partly tarmac path suitable for use all year round.  
From La Garde-Freinet Tourist Office, follow the yellow markings towards Grimaud.  
View of the Grimaud plain.

**C From La Garde-Freinet to Grimaud via Les Vernades Hamlets in the heart of the forest**  
4.10 hrs - 16.5 km (One way) - 410 m - 675 m  
From La Garde-Freinet Tourist Office, follow the yellow markings towards La Mourre, then follow them in the direction of Grimaud.  
View of the western slopes of the Massif des Maures; characteristic forest cover.

**D From Grimaud to Cogolin via La Réparade or La Fons Couverte Pathways between Grimaud and Cogolin**  
2 hrs - 8 km (Round trip) - 115 m - 40 m  
Partly tarmacked path that can be used all year round.  
From Grimaud Tourist Office, go up to the Château car park and follow the yellow markings towards Cogolin.  
Short easy hike, walking through the heart of the Grimaud plain.

**E From La Mole to Cogolin via the Sainte-Magdeleine Chapel Following in the traces of the old La Mole village**  
4.25 hrs - 15.8 km (One way) - 247 m - 454 m  
Leave from La Mole Tourist Office, head for the dam on the St Julien track, or alternatively on the Route des Guilots. Follow the yellow markings towards Cogolin. Tarmac path on the Cogolin plain.  
The Verne Dam; Sainte Magdeleine Chapel; Cogolin plain.

**F From La Mole to Cogolin via La Patronne and Val d'Astier In the lush green and pleasant La Mole Valley**  
3.10 hrs - 12.1 km (One way) - 40 m - 97 m  
From La Mole Tourist Office, head for Rayol Canadel sur Mer, follow the yellow markings towards Cogolin along La Mole River on the right bank.  
Can be done on foot or by bicycle; La Mole Valley and protected wetland; exceptional trees.

**G From Cogolin to La Croix Valmer via Les Ajusts In the heart of the Giscle plain**  
2.30 hrs - 9.5 km - 125 m - 190 m  
From Cogolin Tourist Office, head for Saint-Tropez / La Croix Valmer, follow the yellow markings towards La Croix Valmer. Or head to Grimaud then follow the yellow markings to La Mole and La Croix Valmer.  
The Giscle plain; walking through vineyards and game; flowering vines.

### THE CYCLE PATHS

**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 goes left in the direction of 'La Croix-Valmer' on an 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 Sainte-Maxime's bridge.

**SAINTE-MAXIME (seaside) → SAINTE-MAXIME.** Departure from the seafont, then the town centre, then a choice of 2 routes to the ZA du Couloubrier (towards Le Muy) or to La Nartelle beach.

### MUNICIPAL FOOTPATHS TO DISCOVER THE GULF OF SAINT-TROPEZ

#### LA GARDE-FREINET

**1 La Croix et le Fort**  
1.30 hrs - 3 km - 461 m - 100 m  
Departure 'Aire de la Planète'. This footpath leads to the emblematic site of Fort-Freinet which is said to have been a hide-out for the Saracens present in Provence in the 9th and 10th centuries. It is actually a countrified, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.

**2 Saint-Clément**  
1.20 hrs - 4 km - 257 m - 150 m  
An ideal family outing. Medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960s by the sculptor Di Teana.

**3 Notre-Dame de Miremer**  
3 hrs - 9.7 km - 380 m - 50 m  
This medieval chapel and place of pilgrimage (open to the public on September 8th) offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into terraces (now restored to their former glory), is home to a conservation society for various species of fig tree.

**4 Peygros**  
1.30 hrs - 4.5 km - 452 m - 100 m  
Remarkable chestnut woods. Views over the plain of Saint-Clément and Notre Dame de Miremer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD75 (direction Plan de la Tour) and rejoin the Seigneurolles on the footpath over the road. Take the chemin du Curmier that goes towards Peygros.

**5 Les Roches blanches**  
3-4 hrs - 5.8/8 km - 637 m - 300 m  
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.

**6 Les Hameaux du Sud**  
5 hrs - 16 km - 515 m - 162 m  
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: 'Route de la Court', 'Aire de Val Verdun', 'Camp de La Suière', 'Val d'Aubert', 'Les Vieilles Sinnières', 'Les Sinnières', 'Route de St Eloi', return to village.

**7 La Mourre, la Nible et les Maximins**  
5-6 hrs - 19.5 km - 1480 m  
Departure 'Parking des Teilles'. Total immersion into the Maures mountains; this hike leading from the village to the plain of the Maures is thought for experienced hikers.

**8 Les Cabrettes**  
3-4 hrs - 10.5 km - 375 m - 250 m  
By car up to hameau de la Mourre via RD 75 and RD 74. At the entrance of the hamlet, continue on foot. Superb panoramic views over the Maures plain and wild surrounding scenery. This itinerary is a living reminder of France's Ancien Régime, when goats were far more common than sheep, and goat meat was considered a delicacy.

**9 Le Pont Romain**  
4-5 hrs - 14 km -  
Unique walk to the plain of the Maures, a very characteristic landscape of vineyards, pines and rose sandstone. Take the same route back.

**10 Le rucher de Blay et le moulin à eau de Blanche**  
1-2 hrs - 4 km - 180 m - 170 m  
This picturesque footpath snakes its way alongside a brook, mill of the 19th Century, on the way restored apirary of the 17th Century. A refreshing spot for picnics in summer. Take the same route back.

**11 Le Moulin de l'Adrech**  
1 hr - 3 km - 400 m - 100 m  
From the Tourist Office, head in the direction of Grimaud as you leave the village. Walk up the road on the left towards Chemin de l'Adrech. Cross the carparks to the multisport field. Take the dirt track. At the electricity meters, take the winding path on the left. Go around the windmill and take the two windmills (deux moulins) path. Then turn left onto a dirt road which takes you to the RD75. Turn right for approximately 50m (watch out for cars) and take the Chemin du Défend, which descends to the left. Cross the roundabout and head straight ahead towards Rue Saint-Jean and the Tourist Office.

**12 La Baume des Maures**  
1.30 hr - 1 km - 400 m - 110 m  
Departure parking de la Planète: follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path, at the Cross follow the signs for the 'Village'. Departure parking de la Croix: Follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path.

**13 La Mourre et Le Plan de la Tour**  
Direction La Mourre 1.30 hr - 4.5 km - 321 m - 170 m  
Direction Le Plan de la Tour 2.45 hrs - 9 km - 110 m  
Follow the instructions given in Chemin n°4, then the yellow indicators to La Mourre and Plan de la Tour. This hike is over 18km in total and is for experienced all-terrain hikers. However, it can be done in several stages, leaving from La Mourre or Plan de la Tour.

**14 Sentier botanique (Botanical Footpath)**  
20 mins - 700 m - round trip  
Access: chemin de la mort du Luc. Start in the Nègresse district, after the tennis courts. Walk up the road to the first fork (follow the signs from the Valensolle ZAC). This delightful botanical itinerary features the plains typical flora, such as Ferns, Asplenium, Euphorbia, Sarsaparilla and Myrtle. Little picnic area.

**15 Discovery Route : the traditional activities of La Mole Valley**  
2 hrs - 6 km - 100 m - Yellow painted markings  
Departure terrain des Aubrettes from the track (right bank) with gate (Inscription on gate: 422, 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 'Domaine du Val d'Astier', return back.

#### COGOLIN

**16 Sentier du Pierredon - Round trip**  
50 mins - 2.7 km - 93 m - Yellow painted markings  
Itinerary n° 19 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Same departure point as itinerary n° 18. The 'Moulin St Roch' windmill has now been fully restored and can be visited in July and August.

**17 Sentier de la Calade - Round trip**  
1.20 hr - 4.2 km - 100 m - Yellow painted markings  
Itinerary n° 18 signs, then orange painted markings. This itinerary runs from 'Quartier Saint Michel' along 'La Garde' river and crosses the 'Oratoire St Joseph' oratory-village.

**18 Sentier Grimaud/Port Grimaud - Outbound journey**  
1.30 hr - 6.1 km - 78 m - Yellow painted markings  
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 Blaquères School and follow 'Carrière Algo 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.

**19 Sentier Le Peyron - Outbound journey**  
40 mins - 2.7 km - 0 m - Yellow painted markings  
From the Dog Club, follow chemin des Ajusts and then on your right the dirt track by the vines. On your right follow the river La Giscle, go straight through the cane. When you arrive at a gravel road turn on your right to the Dog Club.

### GRIMAUD

**20 Sentier de la Castellane**  
45 mins - 3 km - 68 m - Yellow painted markings  
Place Neuve  
Starting out from the Tourist Office. Take time to visit the 'Musée du Patrimoine' folk museum, cork factory and oil mill to get an insight into the village's fascinating past. 'Chemin de Castellane' leads you through the lower area of the village. Return to the tourist office on the RD 558 road, via 'Chemin de Mignonne' and the 'Beausoleil' building.

**21 Three round trips** departing from 'Pont des Fées' car park, under the 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.

**22 Sentier de découverte du pont des Fées**  
Round trip - information panels on the valley's flora, fauna and heritage.  
1 hr - 1.9 km - 58 m - Yellow painted markings  
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.

**23 Sentier du Pierredon - Round trip**  
50 mins - 2.7 km - 93 m - Yellow painted markings  
Itinerary n° 19 signs, then dark blue painted markings. Discovering the countryside around Grimaud. Same departure point as itinerary n° 18. The 'Moulin St Roch' windmill has now been fully restored and can be visited in July and August.

**24 Sentier de la Calade - Round trip**  
1.20 hr - 4.2 km - 100 m - Yellow painted markings  
Itinerary n° 18 signs, then orange painted markings. This itinerary runs from 'Quartier Saint Michel' along 'La Garde' river and crosses the 'Oratoire St Joseph' oratory-village.

**25 Sentier Grimaud/Port Grimaud - Outbound journey**  
1.30 hr - 6.1 km - 78 m - Yellow painted markings  
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 Blaquères School and follow 'Carrière Algo 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.

**26 Sentier Le Peyron - Outbound journey**  
40 mins - 2.7 km - 0 m - Yellow painted markings  
From the Dog Club, follow chemin des Ajusts and then on your right the dirt track by the vines. On your right follow the river La Giscle, go straight through the cane. When you arrive at a gravel road turn on your right to the Dog Club.



LE PLAN-DE-LA-TOUR

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

22 Les Gorgues et Les Hameaux

Départ de l'Office du Tourisme

Path 22 A "Les Gorgues" 1.15 hr - 5.2 km - 25 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

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 Renaissance 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. Discover the Plantourain vineyard 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 22 C Les Hameaux 1 hr - 4.5 km - 25 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

From the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the 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 ahead towards Préconil hamlet. In the centre of the hamlet at the fountain, go right heading for Roubauds hamlet. At the junction with letter boxes, take the path to the right. At the intersection, take a right and then go up the path on your left to Verret 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.

IGN 3545 OT

IGN 3544 OT

23 Chemin vers la Garde-Freinet - Continuity of trail 22 B

4.30 hrs - 13.5 km - 25 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Follow the description for 22 B as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Moure and La Garde-Freinet.

24 Chemin vers le San Peire - Continuity of trail 22 A

2 hrs - 6 km - 25 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Follow the description for 22 A as far as Chemin de la Plaine. Follow Chemin du Magan and take Chemin de Terre Rouge then track n°E73 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 oppidum ruins. A magnificent view point awaits you at the top.

25 Sentier des Mines de Vallaur

2.30 hrs - 7 km - 25 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Start 1 km from the village, car park of the "La Buon Alga" housing estate RD44 - Route du Muy (tourist route). 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 1.5km. At the crossroads, take the E744 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 Rabou headland and peaks of San Peire (403m) and San Sébastien (333m). Take the E744 track to the right as far as the junction (clster). 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 sea, 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

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.

26 Les boucles de l'Arlatane

1 hr - 3.5 km - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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.

27 Sentier des Bugadières - 10 mins - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

As Gassin is a hilltop village, its slopes have been landscaped into typical Provencal flat terraces used for gardening, locally known as "testanques". Each terrace is marked out by low, stone walls.

28 Sentier des Sources - 16 mins - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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 - 16 mins - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

The Provencal word "valat" 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".

IGN 3545 OT

30 Chemin de la chapelle Notre-Dame-de-la-Consolation

1.10 hrs - 4.1 km - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

This shady loop is particularly peaceful and picturesque. 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 an old sheepfold and parish church further up.

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

4.40 hrs - 16.9 km - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Explore lush greenery around Gassin from the Gulf of Saint-Tropez to Cavalaire Bay. 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 Pimpon. 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.

32 Sentier de la mer

2.30 hr - 9.6 km - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Place Louis Colomp, walk down towards the cemetery and round it to the left following the "Villaveille" sign. Take the path to the left then follow the Villaveille track for 2.5km. Cross the Bourrian road. After a few metres on your 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 roundabout heading for Les Marins de Gassin. At the second roundabout, 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-modal track to reach Port-Grimaud on the left and Saint-Tropez on the right.

IGN 3545 OT

THE BAY OF SAINT-TROPEZ ON THE SOCIAL NETWORKS

@GolfedeSaintTropezDestination

@golfeestropez

@golfeainttropez

@GolfedeSaintTropezDeveloppement

@GolfedeSaintTropez

RAMATUELLE

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

33 Le sentier du littoral (Coastal Footpath)

Signposted footpath running from Saint-Tropez port to La Croix-Valmer ("Plage de Gigaro" beach) 34.50 km.

Itinerary n°1: 1 - La Baie de Pampelonne N/S - 5 km - 1.30 hrs

2 - 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 1944. A memorial stone at Boulevard Patch commemorates those events.

Itinerary n°2: 1 - Pampelonne - Anse de Bonne Terrasse - 0.5 km - 10 mins

2 - 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 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.

Itinerary n°3: 1 - Bonne Terrasse - Cap Camarat - 2.5 km - 30 mins

2 - 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.

3 - Walk along by the sea. The gentle slope path on your right takes you up to the lighthouse which you will see after 500m.

4 - The steep path (on the left) overlooks the sea to Rocher des Portes, also known as Bird's Island. You can climb up to the lighthouse in around 15m via a path on the right.

Itinerary n°4: 1 - Cap Camarat - Plage de l'Escalet - 4.5 km - 3 hrs - 2 - at foot at lighthouse

The route starts with a string of descents and uphill climbs along the rockface, then returns to sea level as far as Escalet beach and its small private marina.

IGN 3545 OT

34 Sentier des Combes Jauffret

3 km - 30 min - 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Leave the village along the Moulin Roux path to discover the Ramatuelle hills and their Mediterranean vegetation. Lovely views. Once you reach the "Les Combes Jauffret" housing estate, take the same path on the way back.

IGN 3545 OT

RAYOL-CANADEL-SUR-MER

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.

35 Domaine du Rayol

Information and bookings at special prices on [www.amusevous.net](http://www.amusevous.net)

**Le Jardin des Méditerranées (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 "Domain du Rayol" is open all year round. Paying entry.

**The Marine Trail.** From mid-June to mid-September, discover the underwater fauna and flora by snorkelling with a guide from the garden beach. For accompanied children aged 8 and over.

**Children's activities during the school holidays.** A choice of "Feet in the water", "Hands in the earth" or "Little garden creatures".

IGN 3446 ET

IGN 3545 OT

LA MOLE

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 - 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Go to the dam from Cogolin, drive through the village of La Mole and turn right at the 3rd set of traffic lights at the Le Moulin Roux housing estate. Continue for 900m and leave your vehicle at the barrier after the Domaine de la Pertuade. You will then have to walk 2.3km to reach the dam. Follow the stone borders with white and green painting up to the chartreuse of Verne by its left-hand side. Beware of markings that are sometimes missing or damaged.

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 1891 it is a dike in ground with a écrêter of floods, an particularly original technique.

**Nautic activities (fishing, swimming etc.) are forbidden.**

IGN 3545 OT

LA CROIX VALMER

Between sea and vineyards, discover the wild untamed beauty of the rocky coast with its exquisite fine sandy beach.

37 The 2 Peninsula

5 hrs - 13 km along a footpath - 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Yellow markings - 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 tarmac road.

At this level, take Route Forestière de la Touraque Ouest (red and white barrier). At tank n. RTE40, turn left as far as tank CVR02 (do not go up on the right) to Route Forestière des Brouis. 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.

38 Les Brouis

1.15 hrs - 4 km along a footpath - 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Yellow markings - 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 Brouis 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.

39 Le Sémaphore

2 hrs - 8.2 km along a footpath - 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Yellow markings - 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 Brouis beach and Pointe d'Andati 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.

IGN 3545 OT

MARKETS

MONDAY

Sainte-Maxime

TUESDAY

Saint-Tropez

WEDNESDAY

Cavalaire - Cogolin - La Garde-Freinet

THURSDAY

Grimaud - Le Plan-de-la-Tour - Ramatuelle - Port Grimaud 1\*\* - Sainte-Maxime

FRIDAY

Rayol-Canadel-sur-Mer\* - Sainte-Maxime

SATURDAY

Cogolin - Saint-Tropez

SUNDAY

La Croix-Valmer - Ramatuelle - La Garde-Freinet - Port Grimaud 1\*\* - La Mole\*\*

\* April to september

\*\* April to October

IGN 3545 OT

CAVALAIRE

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

40 Le Vallon du Fenouillet - A loop

1.30 hrs - 2.5 km - 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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 Bonporteau 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.

41 Old Railway Track - A loop

2.30 hrs - 5 km - 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Partly signposted - 100 m

Leave Cavalaire heading for Rayol, after 2km turn left onto Chemin du Dattier and 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 coastal path as far as Bonporteau Beach then pick up the Vallon du Fenouillet path.

42 Around Domaine FONCIN - A loop

45 mins - 1.5 km - 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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: CASTEDU DUL SOULEU (Castel of the sun). You can go right or left at the gate to walk round the Domaine.

IGN 3545 OT

SAINTE-MAXIME

A jewel set in surroundings of rare beauty, Sainte-Maxime is one of the most prized and celebrated resorts on the Mediterranean coast.

43 Pointe des Sardiennes

20 mins

Departure from the Tourist Office. Take the coast road towards Fréjus-Saint-Raphaël. Continue for 3.5 km until the last bend in the road. Roadside parking available, entrance to the park at the bend in the road.

The Pointe des Sardiennes 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 Sardiennes is one of the few Roman fishponds still filled with water. Picnic area.

IGN 3545 OT

SAINTE-MAXIME

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.

44 Circuit panoramique du Defend - In a loop

3 hrs - 8.3 km - 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Markings: welcome panel at the start with arrow posts and an orientation table. Access by car: near the Neuburg roundabout, follow the municipal Saquiades path for 14km. On the right, start on the right, start on the left at the circuit welcome sign. 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 Esterel. On a clear day you can see the massif du Mercantour in the distance. The Defend was once a highly regulated communal forest.

IGN 3545 OT

IGN 3544 OT

IGN 3544 ET

LE DOMAINE DU RAYOL, GARDEN OF THE MEDITERRANEAN RAYOL-CANADEL-SUR-MER

50, Rond-point St-Exupéry

Maison de la Mer - 83240 Cavalaire

Tel.: 33 (0)4 94 01 92 10

[www.cavalaireseumur.fr](http://www.cavalaireseumur.fr)

contact@cavalaireseumur.fr

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-DENONAIN GASSIN

Place du Barri -

Tel.: 33 (0)4 94 50 18 72

Open from April 30 to October 15

Every day except Thursday

LE JARDIN DE GASSIN (ROSES GARDEN) GASSIN

323 chemin de Pimpon

Tel.: 33 (0)6 78 40 03 00

Open during their events

RAYOL

679, route Nationale - 83310 Grimaud

Tel.: 33 (0)4 94 55 43 83