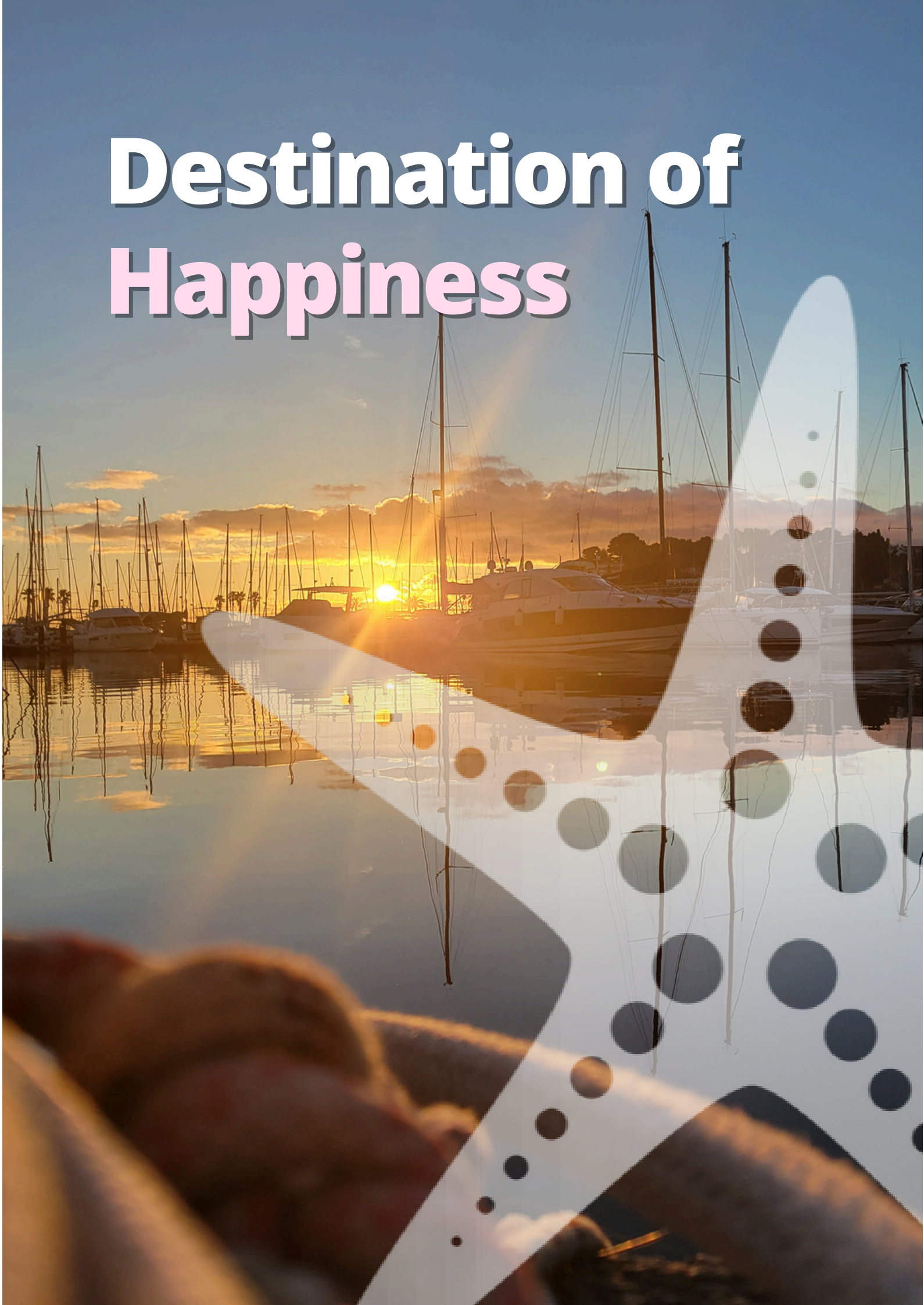


Destination of Happiness



CAVALAIRE SUR MER INTENSELY !



Ideally located in the Gulf of St Tropez, Cavalaire offers you happiness in all seasons!

Nestled between the Mediterranean Sea and the Massif des Maures, Cavalaire enjoys an exceptional amount of sunshine and unspoilt nature, making it a real little corner of paradise.

Its 4 km of fine sandy beach nestled at the end of a magnificent bay offers a multitude of activities: walks and picnics under the autumn sun, lazing around or water sports when summer is here.

Cavalaire is also the hills of the Maures and their bluish tint in the early morning to discover on foot, by bike or on horseback.

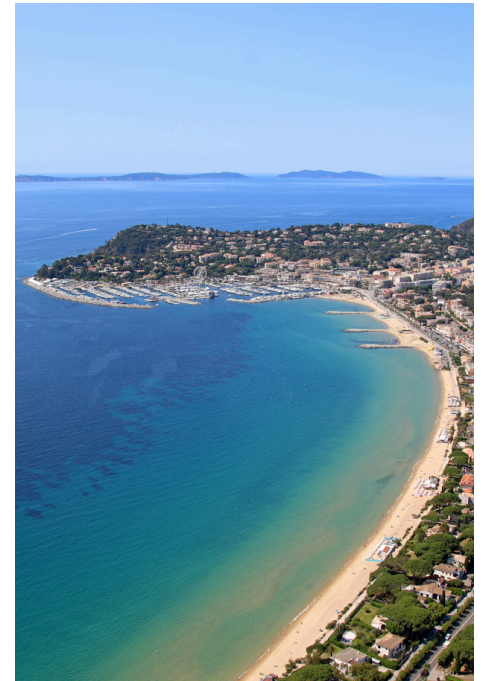


WELCOME TO CAVALAIRE

A commune of the Var since 1929, with a surface area of 1,674 hectares and 7,974 residents (January 1, 2025), Cavalaire sur Mer is located halfway between Marseille and Nice (120km), between Hyères and Saint-Raphaël (40km), or even Le Lavandou and Saint-Tropez (18km).

Cavalaire takes its name from the Greek colony Heracléa caccabaria which had taken up position in the bay. Its history begins 800 years before our era with the Ligurians settled in their oppidum of Montjean. In the 18th century, Cavalaire became a small fishing hamlet dependent on Gassin.

On August 15th 1944, the 3rd American Infantry Division landed on its beaches. A former seaside resort, Cavalaire has been distinguished since 2013 by its "Resort of Tourism" classification, which testifies to the quality of its policy and its tourist offer.



The team of the TOURIST OFFICE welcomes you :

- Personalised advice tailored to your needs
- Discover the activities and good deals
- Book your leisure activities at smart prices



- From mid June to mid September, everyday from 9 am to 7 pm.
- And from mid September to mid June from Monday to Friday: from 9 to 12.30 and from 2 pm to 6 pm, and Saturday from 9 to 12.30.

Extended opening hours during school holidays all areas

Maison de la Mer - 50, Rond-Point St Exupéry
Tel : +33 (0)4 94 01 92 10
contact@cavalaire-surmer.fr
www.cavalaire-surmer.fr



For an irreproachable welcome, the Tourist Office is committed to a Quality approach:

Join us !



Golfe de Saint-Tropez développement : Tel : +33 (0)4 94 55 22 00 / Reservation website : resagolfe.com



These establishments have adopted a State-approved quality process and have been awarded the French **QUALITE TOURISME**™ label for one or more of their activities.

For further information: www.qualite-tourisme.gouv.fr



Establishments bearing the reference **ACCUEIL VELO** (Cyclists welcome) for the year 2025.

For further information: <https://en.francevelotourisme.com/tips-and-advice/accueil-velo>



Establishments bearing the reference **VIGNOBLES ET DECOUVERTES**

(Vineyards and Discoveries) for the year 2026.

For further information: www.atout-france.fr/fr/informations/label-vignobles-decouvertes

Cavalaire Tourisme/IC/KK -
Mairie de Cavalaire/FM -@E.
Bertrand - @Pascal Bacué -
@Abkt photography -
@FloBeau - @F-B Scotto -
@Aldo Ferrucci - @Zou -
@Médiathèque de Cavalaire -
@Fotolia - @Service Espaces
Maritimes de la Communauté
de Communes

Design and production:
**©2025 Autrement Dit
Communication**

For your information: The Tourist Office provides the public with a Tourist Guide whose content is provided for information purposes only. This information is provided as is, regardless of its origin. The Tourist Office cannot be held responsible for the inaccuracy, errors or omissions in the information published in the Guide, nor for any damage whatsoever caused by the inaccuracy, errors or omissions in the information published in the Guide.

USEFUL NUMBERS

EMERGENCY SERVICES

EUROPEAN EMERGENCY CALL

Tel: 112

DOCTORS

See page 40, « Doctors » section

FIRE STATION

Centre de secours Marc Hull

326 Chemin des Mannes

Tel: 112 or 18

Service administratif (Working hours):

+33 (0)4 94 01 89 80

POLICE STATION

Route du Brost

83420 La Croix-Valmer

Tel : 17 or +33 (0)4 98 11 84 50

MUNICIPAL POLICE

95 Avenue Gabriel Péri

Phone : 04 94 64 18 06

police.municipale@cavalaire.fr

24h/24 And an annex office open

all year long (Cemetery Plot) :

zone d'animations du nouveau

Port - Rue St Pierre.

Tel: +33 (0)4 94 71 83 90

E-mail: police-

municipale@cavalaire.fr



Emergencies for the deaf or hard of hearing

by fax or SMS: 114

ADMINISTRATIVE SERVICES

ADMINISTRATIVE CENTER

CAVALAIRE TOWN HALL

109 Avenue Gabriel Péri - CS 50150

83240 Cavalaire sur Mer

Tel: +33 (0)4 94 00 48 00

Email: accueil@cavalaire.fr

Opening hours of the Town Hall:

Monday to Thursday: from 8am

to 12pm and from 1pm to 5pm

with a reception desk between

12pm and 1pm.

Friday:

- from 8am to 12pm: all services

open to the public,

- from 12pm to 4pm: reception

desk for civil status and secure

documents only. For more

information: www.cavalaire.fr

LA POSTE

Avenue Gabriel Péri

Tel: 36 31 (n° not surcharged)

WATER SUPPLY - VEOLIA

www.eau-services.com For your

requests and emergency service

7 days a week and 24 hours a

day: Tel: 0 969 329 328

From abroad: +33(0)4 99 64 82 86

(not surcharged)

ENVIRONMENT



Golfe de Saint-Tropez Territoire d'exception

Environment Department: +33 (0)4 94 55 70 30

Waste Department: +33 (0)4 94 96 06 68

contactdechets@golfe-sainttropez.fr

www.golfe-sainttropez.fr

SERVICES OFFERED BY GOLFE DE SAINT-TROPEZ TERRITOIRE D'EXCEPTION

Waste collection centre: 250,

Chemin des Essarts (next to the

cemetery)

Monday to Saturday: 8am - 12pm

/ 2pm - 5pm

Summer opening hours from 1st

Monday in June to 1st Saturday in

September: Monday to Saturday: 7am

- 2pm

Green waste platform: 250, Chemin

des Essarts (after the waste collection

centre at the end of the lane)

Monday to Saturday: 8am - 12pm /

2pm - 5pm.

Summer opening hours from 1st

Monday in June to 1st Saturday in

September: Monday to Saturday: 7am

- 2pm

Bulky goods: Free collection, by

MANDATORY registration, reserved

for private individuals: 0800 732 122

(free GREEN number). 2 times a

month or via the Golfe de Saint-

Tropez application.

CHURCH SERVICES

Presbytery: 297, Avenue Pierre Rameil

Tel : +33 (0)4 94 64 10 48

paroisse.cavalaire.lerayol@gmail.com

Parish secretariat open at the

Presbytery of Cavalaire on Thursdays

from 2pm to 5pm.

Church services hours :

In Cavalaire: St Laurent Church

Tuesday: 6pm,

Wednesday: 9am,

Thursday: 1st and 3rd Thursday of the

month at 4pm at the Bois Joly

retirement home,

Friday: 9am,

Saturday: 6.30pm,

Sunday: 10:30 am & 7 pm (July-

August)

In Le Rayol: Ste Thérèse Church

Sundays: 9am (April-June, Sept.-Oct.)

10am (July-August).

In Le Canadel: Chapel of N.D. du Rosaire

Saturday: 7pm (July-August)

FUNERAL HOME

376, Avenue de la Castillane

Tel : +33 (0)4 94 64 18 06 (24h/24)

+33 (0)4 94 71 83 90

INFORMATION MOTORHOME SERVICE AREA



Sivom du
littoral des Maures

A service area for motor caravans is open to the public 7 days a week and 24/24.

Located at the entrance to the inter-communal wastewater treatment plant (next to the Cavalaire cemetery of Pardigon, 145 Chemin des Essarts), it offers a free grey and black water emptying service. Services offered: WC emptying - Waste water emptying.

More information on +33 (0)4 94 00 46 20

Please note: parking is not permitted in this service area.



THE SEA, **PASSIONATELY**



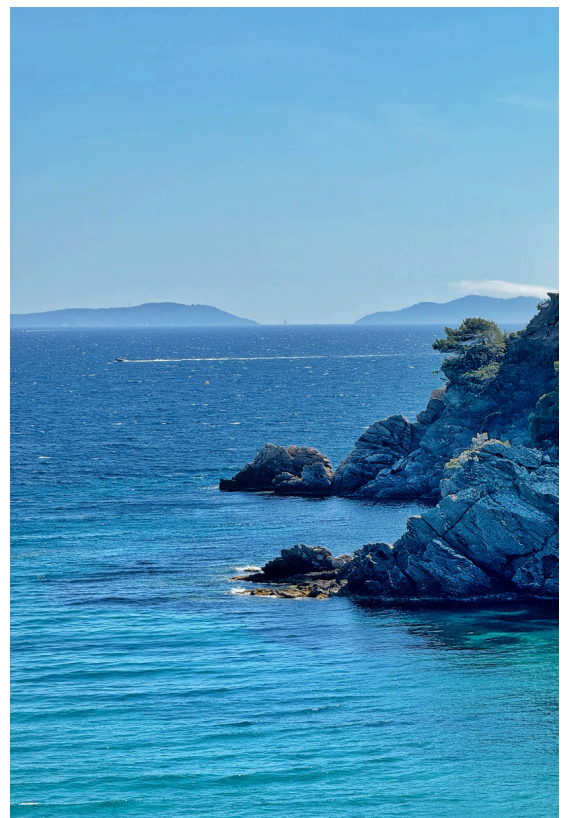
Cavalaire is THE nautical destination par excellence!

Our bay is the ideal spot for practising your favourite water sport.

Jet-skiing, scuba diving, sailing, kayaking, stand-up paddle, boating...

Practice at will

The hardest thing is to choose!



CAVALAIRE: A 4-STAR NAUTICAL RESORT !



Cavalaire was granted the label "Nautical resort" and commit itself on the quality of its providers of nautical activities.



Cavalaire's Nautical Station owes its 4-star label to all the facilities and nautical players in Cavalaire:

- ★ Its 1100-ring harbour,
- ★ Its Yacht Club and its sailing school as well as the regattas it organises, Its 5 diving centres and the many underwater wrecks in the immediate vicinity of Cavalaire,
- ★ Its Jet-ski base,
The many other water sports activities practised: seaplane, water skiing, sea fishing, canoeing, boat hire, cruises, parasailing, flyboarding...
- ★ The quality of the nautical professionals: shipyard, shipchandler...
- ★ The implementation of activities related to the sea: marine trails, beach club...
- ★ The safety of the water: marked out area, first aid posts, presence of the SNSM,
- ★ The presence of a category 1 Tourist Office and the marketing of nautical products



PORT HERACLEA, A STOP FOR PLEASURE



Let yourself be tempted by a stopover of one or more nights in the most dynamic port in the Provence d'Azur.

The result of the merger of the private and public ports, the SPL Port Heraclea was created on 1 July 2018.

Concerned about customer satisfaction, the port team mobilises all its energy to welcome a large number of boaters at the height of the summer season.

To improve and modernise port infrastructure and services, work has been underway since 2016 as part of the Ecobreu project.

To find out more about this, please visit www.port-heraclea.fr

Reception

Open every day of the year, the Harbour Master's Office is staffed more extensively in the summer to assist vessels in their manoeuvres, berth them at their designated berths and provide yachtsmen with all the information they need about the port and neighbouring communes.

Proximity

No need for a car to get around, a free shuttle service has been set up by the Commune of Cavalaire sur Mer.

What's more, the Port is close to the town centre, all amenities, the bus station and beaches that have been awarded the 'Quality of Bathing Water' label.

Respect for the environment

Located in the heart of a privileged environment, the port of Cavalaire has a duty to set an example in terms of protecting the marine environment.

The Port Heraclea of Cavalaire is once again **"ISO 18725 PORTS PROPRES"** certified for 2025 and will apply for **ISO 18725 certification "CLEAN PORTS ACTIVE IN BIODIVERSITY"**.

This commitment testifies to the desire to combine a welcoming environment with the preservation of the environment, in particular through:

- ★ The construction of specific facilities with free access (pumping station for boat waste water, selective sorting points and a clean point),
- ★ Acquisition of pollution control equipment,
- ★ Raising awareness among staff, professionals and yachtsmen in collaboration with the Marine Observatory department of the Communauté de Communes du Golfe de Saint-Tropez (www.observatoire-marin.com),
- ★ The use of Ecocert products in the washrooms.

PORT HERACLEA, AT YOUR SERVICE



LEGEND

WATER SPORTS ACTIVITIES (SEE PAGES 16 and 17)

- 1 Aéroclub
- 2 La base nautique (towboats, parasailing)
- 3 Holeshoot (Jetski)
- 4 Session gliss (Multi-water activities)
- 4b Azur way (electric paddle)
- 5 Yacht club de cavalaire (Multi-water activities)

AVITAILLEMENT

- 6 Ulysse refuelling station

WATER WALKS (SEE PAGE 14)

- 7 Sailling Évasion (Excursion by catamaran, boarding only)
- 8 Vedettes des îles d'or et le corsaire (Excursions at sea)
- 9 Visite des calanques

BOAT HIRE (SEE PAGE 10)

- 10 Locavalaire
- 11 Miss Boat (Boat hire without a licence)
- 12 Shipping & Cie
- 13 Sillage

BOATING LICENCE (SEE PAGE 10)

- 14 Bateau école Le Tiki

DIVING (SEE PAGE 19)

- 15 Aldo Ferrucci plongée
- 16 Eau Bleue
- 17 Eperlan
- 18 Mio Palmo Plongée
- 19 Tiki Dive

EVERYTHING FOR THE BOAT (SEE PAGE 10)

- 20 Hall Nautique
- 21 Marine Plaisance
- 22 Voilerie Sellerie Marine (EURL Spartivento)



PORTS PROPRES

1100 berths from 7 to 24 m

Mooring on mooring lines - Water and 220 V 75 mooring buoys organised from June to September with harbour service.
Refuelling station - 40-tonne craneage.

Harbour Master's Office - Port Heraclea

59 rue de la Digue
83240 Cavalaire-sur-Mer
Tel: +33 (0)4 94 64 17 81
Email : contact@port-heraclea.fr
www.port-heraclea.fr
Harbour master's office open every day.
Opening hours :
Summer 7am to 9pm
Winter 7am to 7pm

Weather

Daily display at the Harbour Master's Office or on www.port-heraclea.fr
Visual storm warning signals.

CrossMed

VHF 16 or 196 from a mobile phone.

43°10',4N-006° 32'3 E - SHOM charts 6616
74108 Navicarte 502 - 503 - VHF canal 9

SNSM office

Open on Wednesday mornings.
Information on www.station-cavalaire.snsnm.org

PROFESSIONALS OF THE SEA AT YOUR SERVICE

Shipyards

CHANTIER NAVAL RIO ET FILS

Z.A le Gourbenet
83420 La Croix-Valmer
Tel : +33 (0)4 94 44 21 21
E-mail: www.rioetfils.com
E-mail : contact@rioetfils.com
Sales, maintenance, storage, caretaking. Dealer, Yamaha, Capelli Tempest semi-rigide, Sea Ray, Quarken, Karnic.
Agent: Volvo Penta and Mercruiser. Open all year round.

HALL NAUTIQUE - SARL NAUTICA

164, Rue du Port
83240 Cavalaire sur Mer
Tel/Fax : +33 (0)4 94 64 03 38
Shipchandler, fishing, diving, deck equipment, wakeboard, water ski, Stand up Paddle. Clothing and marine decorations.
Open all year round.

SAS MARINE PLAISANCE

254, Rue de la Digue
83240 Cavalaire sur Mer
Tel : +33 (0)4 94 64 01 32
+33 (0)4 94 64 13 67 (Eau Blanche)
www.captain-nason-group.com
e-mail:accueil@marine-plaisance.com
Boatyard, New and Used Boat Sales, USHIP Shipchandler, IB and OB Maintenance, Winter Storage, Crane Storage, Landing. Jeanneau - Prestige - Four Winns, Wellcraft, Excess Dealer. Open all year round

LOCAVALAIRE, see "Boat rental"

BOAT POWER - CHANTIER NAVAL CAVALAIRE
Patrice SABIO - VOILERIE SELLERIE MARINE -
CHANTIER NAVAL CAVALAIRE PATRICE SABIO



Boats for rent

LOCAVALAIRE

Rue du Port - Les Régates
83240 Cavalaire sur Mer
Tel : +33 (0)4 94 64 32 50
www.locavalaire.com
E-mail : contact@locavalaire.com
Renting of semi-rigid and rigid hull motor boats from 5 to 12 m.
Management - Sale of motor boats. Maintenance and storage.
Dealer: RANIERI-NAVAN - JOKERBOAT -QUICKSILVER. Engine manufacturer: MERCURY-SUZUKI
Open all year round.

SILLAGE

Quai Marc Pajot (à côté de la Capitainerie)
Tel : +33 (0)6 77 58 06 05
E-mail: www.sillagecavalaire.com
contact@sillage-cavalaire.com
Boat rental. Motorboat rental with licence, rigid and semi-rigid.
Open from April 1st to October 31st.

SHIPPING & CIE



Boats for rent without license

MISSBOAT

Rue du Port - face à la cale de mise à l'eau
83240 Cavalaire sur Mer
Tel : +33 (0)6 38 53 82 40
www.missboat.fr
E-mail: contact@missboat.fr
Boat rental without license. Discover the joys of sailing without a license in the heart of our creeks, with family or friends and according to your desires. (Fishing, stroll, coastal navigation in search of inaccessible creeks by land and away from the crowd...). We offer you our Comfort range of boats without license: - Hard hull boats with a length of 5m motorized in 6 HP as allowed by the maritime code and capacity 5 or 6 seats. (Maximum 4 adults). Each rental is provided with a detailed map of the creeks and areas where fishing is forbidden, as well as shelters in case of a seaquake not indicated by the weather forecast. Our rental rate includes fuel. Deposit : 800 €. Open from May to September: 9am to 5.30pm.

Training ship

BATEAU ECOLE « LE TIKI »

Rue du Port - Résidence « Les Régates »
83240 Cavalaire sur Mer
Tel: +33 (0)7 67 62 43 98
letikibateauecole@gmail.com
Training sessions are held every week and are open year-round. Licenses: - coastal (between 2 and 5 days), - river, - offshore extension. 100% success rate, with a friendly and efficient atmosphere. Pre-training options are available via e-learning to accelerate the training. Advanced maneuvering and hands-on training on our boat or yours. For more information, please do not hesitate to contact us.
Open year-round.

EVERYONE TO THE BEACH

4 km dedicated to farniente: swimming in crystal-clear waters or sand castles with the family? Cavalaire beach is waiting for you!



CLEAN BEACHES AND BATHING WATERS

Clean beaches and bathing waters

The beaches of Cavalaire are mechanically cleaned every day during the summer season by the Sivom du littoral des Maures. Bonporteau beach, a sensitive natural area, is cleaned manually to preserve its biodiversity and natural character.

Sanitary Control of bathing water quality is carried out throughout the bathing season by the Agence Régionale de Santé (ARS), with samples taken every fortnight.

In addition to this regulatory control, the Golfe de Saint-Tropez carries out a self-monitoring of bathing water quality from June 1st to September 30th as part of its 'Approach to Bathing Water Quality' certification. The frequency of sampling varies from 1 to 5 times a week, depending on the beach and the period. This strategy is applied to all 43 beaches in the inter-municipal area. To check the latest results for your favourite beach, visit the Golfe de Saint-Tropez website: <https://www.golfe-sainttropez.fr/> or directly on the mobile application.



SECURITY



Green flag

Green flag: bathing supervised and no danger particular



Orange flag

Orange flag: supervised bathing with limited or marked danger



Red flag

Red flag : bathing prohibited



RESCUE STATIONS

Several first-aid posts with lookouts are open (Plage du centre-ville, Plage des Dauphins, Plage du Parc and Plage de Pardigon):

Plage du centre-ville:

Tel: 04 94 94 25 38

and Plage du Parc:

Tel: 04 94 64 11 54

- from June 15th to September 15th 2025 : 10am to 6pm

- and from July 1st to August 31st 2025: 10am - 7pm

Plage des Dauphins:

Tel: 04 94 22 03 36

and Plage de Pardigon:

Tel: 04 94 64 43 49

July 1st 2025 to August 31st 2025 : from 10 a.m. to 7 p.m.



ACCESSIBILITY

People with reduced mobility can use the 'Tiralos' available (**during opening hours!**) at the two lifeguard stations at **Pardigon** and **Parc** and can access the beach with mats to avoid silting up.

The lifeguard team is at your disposal.

BEACH ESTABLISHMENTS

BELLINI PLAGE

8 Allée des Mendoles
Tel.: 04 94 62 77 31
Port : 06 42 85 68 12
E-mail : belliniplage@gmail.com
www.belliniplage.fr

In the heart of the Gulf of Saint-Tropez, with your feet in the sand, Le Bellini Plage invites you to experience a moment of escape combining authentic Italian cuisine and the Mediterranean art of living. Inspired by Southern Italy and the warm energy of Naples, this seaside restaurant cultivates generosity, sharing, and conviviality. Charlène and Vito welcome you to their ideal vacation home, where every detail exudes La Dolce Vita: bohemian-chic decor, a relaxed atmosphere, and a sincere welcome. From morning until sunset, settle down on a deckchair, enjoy a cocktail to the rhythm of the waves, share a gourmet dish with friends or family, and let yourself be carried away by the spirit of the South. Welcome home! A unique place in Cavalaire, to create unforgettable memories.

DAUPHIN PLAGE

Avenue de St Raphaël
83240 Cavalaire sur Mer
Tel : +33 (0)4 94 64 18 45
Beach umbrellas, mattresses, sunbeds. Bar, Restaurant. WIFI access. Open from May 1st to October 7th.

NEW MARINA VIVA

Allée des Anthémis
83240 Cavalaire sur Mer
Tel : +33 (0)4 94 15 46 53
Port : +33 (0)6 09 13 34 87
Mattresses, sunbeds, beach umbrellas. Bar, grill, salads, fish, daily specials. Thai specialities. Boat access channel. Open from mid April to October 15th.

LA PLAGE DU SOLEIL

Promenade de la Mer
83240 Cavalaire sur Mer
Port : +33 (0)6 29 52 51 84
or 06 08 43 18 80
E-mail : florepoagli@gmail.com – nadinemelan@gmail.com
Family beach, Restaurant, Deckchairs, Parasols, Inflatable games; Bar.

LA PLAGE

Plage de Pardigon
Reservation recommended :
04 94 23 73 02
E-mail: laplagecavalaire@gmail.com
The team at La Plage welcomes you to an exceptional setting with breathtaking views of the Iles d'Or and Cap Lardier. Swimming in crystal-clear waters, relaxing on deckchairs, Mediterranean-style meals, Tapas at sunset... all in a setting inspired by Robinson Crusoe! Sunbathing and lunchtime catering - open every day from April to October. Evening dining on Fridays and Saturdays out of season and every evening in July and August.

PLAYA MEZCALA

822 Avenue de Saint-Raphaël
83240 Cavalaire
Tel : 07 88 70 99 11
e-mail: reservation@playamezcala.com :
www.playamezcala.com
Instagram: [playa_mezcala/](https://www.instagram.com/playa_mezcala/)
Facebook: Playa-Mezcala
Playa Mezcala offers breakfast from 8:30 a.m., lounge chairs for relaxing, delicious lunch dishes, and killer cocktails... And in July and August, we're not leaving you at 8 p.m.: we extend until midnight for a cool dinner under the stars of Cavalaire. Open from May 1st to September 30th

LA PLAGE DU SOLEIL

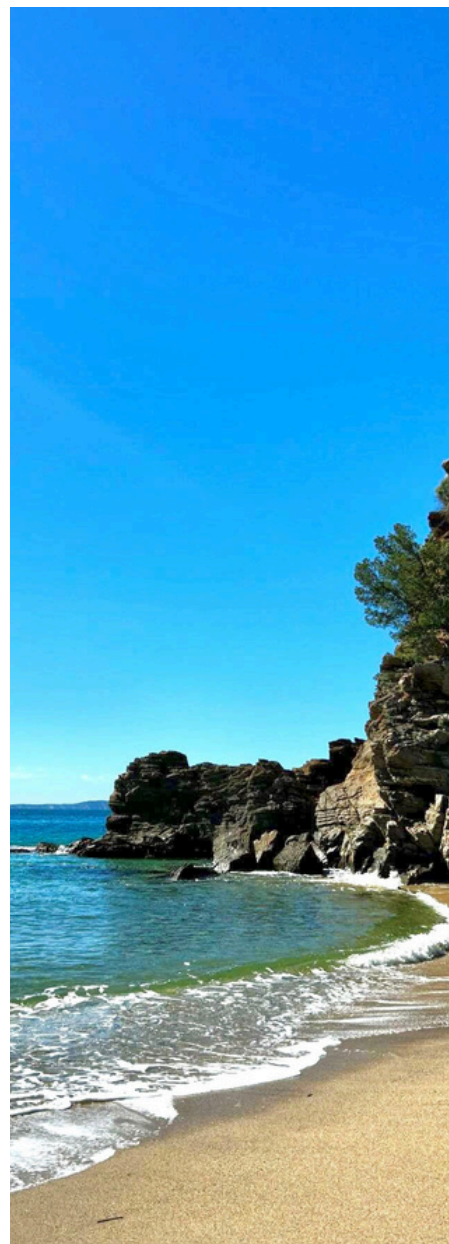
Promenade de la Mer
83240 Cavalaire sur Mer
Port : +33 (0)6 29 52 51 84
or 06 08 43 18 80
e-mail : florepoagli@gmail.com – nadinemelan@gmail.com
Air mattresses, sun loungers, parasols. Bar, restaurant. Provençal cuisine using fresh seasonal produce. Quality products made on-site. Events, weddings, baptisms, birthdays. Bonus for children: New inflatable games. Paid entry for games. Pedal boats, paddleboards. Crêpes, waffles, etc. High chairs and board games available. Open from April to the fall holidays, every day except in bad weather. Open Thursday, Friday, and Saturday evenings in July and August.

Free shuttle to beaches

A free shuttle to the village centre from June 15th to September 7th.

Detailed timetables are available at the Tourist Office, Town Hall, and also on the website: www.golfe-sainttropez.fr -> Live Here -> Transport/Mobility -> Summer Shuttles.

Or download the **Pysae app** to check the routes in real time.



BEACH MAP

PORT

USEFUL INFORMATION

For information, pets are not allowed on the beach from 6am to 9pm, even on a leash.

Beach ashtrays are available free of charge at the Tourist Office. Thank you to smokers for respecting the cleanliness of our beaches.

For further information, please refer to the relevant municipal by-laws.

BUOYING IN CAVALAIRE'S WEST END

Calanque de la Cron

Anchoring prohibited up to 30m from the shore. Cove forbidden to swim. (Municipal decree n° 0304.2021.AR)

Bonporteau Beach and Anse du Dattier

No Motorised Vehicles Zone.

PLAGE DU CENTRE VILLE

PLAGE DU PARC

PLAGE DES DAUPHINS

PLAGE DE PARDIGON

MAP LEGEND

-  Public toilets
-  Accessible to people with reduced mobility
-  First aid post

NAUTICAL ACTIVITIES

Out of season, the beach is just as delightful, beautiful walks await you, what happiness! Pay attention and you will be surprised, the sea never has the same colour depending on the weather!

Sports on the beach

The Sports Department offers you a summer of sport at the beach called "Le Parc":

From July 7 to August 29: Muscle awakening, aquagym, aqua running, aqua-fins, aqua-baby, aqua walking, aqua-abs and paddle boarding available from Monday to Friday.

Registration on site with the team for each sport activity at the beach. All public and free.

Informations: +33 (0)4 05 41 28

Books on the beach

On the sand of the Parc beach, next to the first-aid post, hundreds of books (novels, children's literature, comics) are available free of charge to holidaymakers and residents of Cavalaire, for a privileged moment of reading with their feet in the water, **from Sunday to Friday, from 10am to 12pm and 3pm to 6pm.**

So see you this summer **from July 1st to August 31st.**

SORTIES EN CATAMARAN SAILING EVASION

RDV Harbour master's office of the Héracléa port

Tel : +33 (0)6 19 18 00 26

www.sailing-evasion.com

francois.cuinet@gmail.com

Adventure, initiation and sensations!

Discover the National Park by sail:

- half day (picnic, swimming in the crystal clear waters of Cap Taillat),

- day (picnic, swimming in the secret creeks of Port-Cros),

- Sunset,

- other options available.

Open from May to mid October



VEGETTES ILES D'OR ET LE CORSAIRE

Regular lines and Excursions

Contact details

Tel +33 (0)4 94 71 01 02

www.vedettesilesdor.fr

info@vedettesilesdor.fr

In Cavalaire: Open from April 9th until the Voiles de Saint-Tropez (October 4th 2025)

Boarding: Quai Marc Pajot (near the Harbour Master's Office)

Ticket office: Launching slipway

In Le Lavandou: open all year round.

Ticket office and embarkation: Gare Maritime

Join the Vedettes Iles d'Or and the Corsaire for a magical experience.

Embark with us for the marvellous islands of Port Cros and Porquerolles to spend unforgettable days.

Fancy an exceptional outing? Set off in search of cetaceans and other natural wonders... you're in for a memorable morning.

You can also admire our magnificent Mediterranean coastline during our sea excursions to Saint Tropez, the Caps Sauvages or the Voiles de Saint Tropez.

You can also embark on our Discovery Cruise: an excursion to the islands of Port-Cros (2 hours) and Porquerolles (4 hours), with commentary on board and the possibility of a guided tour of the islands! It's the perfect opportunity to enjoy a pleasant moment with friends or family in a friendly, relaxed atmosphere.

SEA EXCURSIONS

CASENEUVE MAXI CATAMARAN

Capitainerie du Port public

Tel : +33 (0)6 20 58 65 29

contact.catarose@gmail.com

www.CaseneuveMaxiCatamaran.com

Departing from Cavalaire, sail aboard the Maxi Catamaran for a moment of sailing pleasure to share with friends or family.

Day trip: to the wild beaches of Cap Taillat.

½ day : 3 hours of sailing with swimming.

Sunset: sailing at sunset.

Paddles & Kayaks available.

From April 1st to October 31st.

VISITE DES CALANQUES

Boarding and ticket office :

Rue du Port, slipway

83240 Cavalaire sur Mer

Port : +33 (0)6 84 78 91 05

www.visite-calanques-cavalaire.fr

Boat " Le FIOU-PELAN ".

Discover the creeks, the protected site of the Conservatoire du Littoral, the magnificent wild site of Cap Lardier, Cap Taillat and Cap Nègre. Sea trip on a boat with a maximum capacity of 12 passengers. Privatisation of the boat possible. The visits are commented.

Open from April 12nd to September 30th 2025.

PADDLE, WAKEBOARD, TOWED BUOYS

AZUR WAY

Quai Patrice Martin
Port : 06 50 45 91 06
Tel : 07 68 95 45 69
www.sessiongliss.net

A unique holiday experience. Travel across the water at the controls of an electric paddleboard. Thanks to its large size, it's very stable and requires no advanced balance. Explore the coastline at your own pace and enjoy a unique view of the bay of Cavalaire-sur-Mer. Free or guided rental, from 30 minutes to 2 hours, for 1 or 2 people, ages 12 and up. Open from June 1st to the end of September.

LA BASE NAUTIQUE

Quai Patrice Martin
Tel : +33 (0)6 44 26 17 04
labasenautique@gmail.com

La Base Nautique de Cavalaire sur Mer invites you to fill up with sensations!

With family or friends, come and share moments of laughter and sensations! For a ride or for extreme sensations, choose your buoy: CANAPES, SOMBREROS, AIRSTREAM, BANANES, etc... All our buoys are designed for intensive use (professional equipment). Accessible to as well as the youngest, our pilots adapt the speed especially for them!

Tracted boats: 20€/person; 18€/person from 4 people.

PARASAILING: Equipped with our brand new our brand new boat specially designed for parasailing, live an unforgettable experience and enjoy a breathtaking view of the bay of Cavalaire and its surroundings, with family or friends. Our equipment is renewed every year in order to provide you with the best possible service. You also have the possibility to immortalize your flight on video (25 € with USB key provided). Accessible to all!

Open from June 1st to September 30th from 9am to 7.30pm

SESSION GLISS

Near the beach in the city center

Quai Patrice Martin

Tel : +33 (0)6 50 45 91 06

+33 (0)7 68 95 45 69

www.sessiongliss.net

Treat yourself to an unforgettable experience with Session Gliss'. Choose one or more towed tubes at the same time and at the speed you want. Learn electric foiling or wakesurfing with our instructors. Take a paddleboard or kayak ride in the coves. And more...

- **Towed tubes:** (from 7 years old)

The largest selection of tubes in the bay: sitting/lying/standing... Tubes for 1 to 10 people One, two, or three tubes simultaneously...

- **Wakeboarding/Wakesurfing/Bimonoski/Baby ski:** (from 3 years old) Get started or improve your skills with the passionate and qualified instructors at Session Gliss'.

- **Electric foil:** (from 12 years old) Try the E-foil experience. Let our instructors guide you with the goal of flying above the water.

- **Paddleboard/Giant paddleboard/Transparent kayak:** Free or guided group rental to explore the bay's coves and inlets. Open from June 1st to the end of September. Discounts for families of at least 4 people.

YACHT CLUB DE CAVALAIRE see "Sailing"

E-FOIL - WING FOIL

SESSION GLISS' (See "Paddle, Wakeboard, Towed buoys")

PARASAILING

**LA BASE NAUTIQUE, see
"Paddle, Wakeboard, towed
buoys"**

FISHING IN THE SEA

ASSOCIATION CLUB DE PÊCHE DES MAURES

Big game fishing, fishing to support.

Organisation of competitions.

Tel : +33 (0)6 13 43 49 16

E-mail: spardudu@aol.com

AEROCUB

AEROCUB OF CAVALAIRE

Hydro and terrestrial flying school

The Cavalaire Flying Club welcomes you to the Aeronautical Base on the town center beach.

Tel: 06 82 79 08 00

or 04 94 64 04 64

The Flying Club is also a land and sea flight school!

JET-SKI

HOLESHOT LOCATION

Nautical base : Quai Patrice Martin, Cavalaire sur Mer

Workshop and storage : Plage du Centre-ville, Cavalaire sur Mer

Tel : +33 (0)6 58 85 70 02

www.holeshot-location.com

contact@holeshot-location.com
Company specialized in all the activities around the Jet-ski. Our nautical base will welcome you from May to September to propose you the activities of rental, initiation and excursion in jet-ski. Located in a private canal equipped with 65 floating pontoons, we have a fleet of jet-skis ranging from 100 to 260 HP allowing initiations and excursions without and rentals with a boat license. We will propose you outings from 20 minutes to half a day, everyone will find his pleasure everyone will find their pleasure with a very easy handling. Do you dream of flying or diving like a dolphin? Finally, if you own a jet-ski, we offer to store it on a floating pontoon for the duration of your vacation!

On the workshop side, we offer new and used jetski sales, maintenance services on the following brands YAMAHA, SEADOO AND KAWASAKI and the sale of accessories. Possibility of annual formula with winter storage, maintenance and summer storage on a floating pier.

SAILING

THE CAVALAIRE YACHT CLUB

Introduce yourself to light sailing and learn the basics of windsurfing in the form of mini-courses and courses.

- Jardin des Mers: 4-5 years old and Moussaillon: 5/6 years old
- Optimist: 6/8 years old
- New Cat: 8/11 years old
- Access: 9/12 years old
- RS16: 13 years old and over
- Windsurfing: 12 years old and over
- Wing Foil from 12 years old
- Filao: Introductory sailing trips aboard the 9 m schooner to the Calanques and the Caps accompanied by an instructor (10 people max). You will participate in the maneuvers and steering of the sailboat.

Morning: Beginner level

Early afternoon: Intermediate, advanced level

Late afternoon: Advanced level

Open to the public: March 1st to December 15th.

Family rate - 5% off sailing courses (subject to conditions).

Rentals and private lessons are available at the downtown beach from April to November, except July/August.

Explore single or mega paddleboarding for 10 people with the family. You can also explore the bay by sea kayak, single or double.

Our FF Voile rental center awaits you at Dauphins Beach: advice, lifeguard service, rental and windsurfing, sport catamaran, dinghy, kayak and paddleboard, pedal boat.

The rental center is open from 9:00 a.m. to 12:30 p.m. and from 2:00 p.m. to 6:30 p.m. in July and August. (Dauphins Beach)

THE CAVALAIRE YACHT CLUB

Plage du Centre ville

Tel : +33 (0)4 94 64 16 58 - Port : +33 (0)6 98 16 16 58

www.yacht-club-cavalaire.com

E-mail : ycc83240@orange.fr

CATAMARAN OUTINGS - SAILING EVASION, see "Water Sports"



Did you know it ?

"Les Amis du Pointu" sail on the **"Tramontane de Cavalaire"**, restored by the members of the association.

The purpose of the association is the restoration, animation and navigation of the Pointu de Cavalaire. The Tramontane is always available to introduce people to the sport of lateen sailing during its sailing season. Liaison sheets with the association are available at the Harbour Master's Office.

Association Les Amis du Pointu
tramontanedecavalaire@orange.fr
Harbour Master's Office



UNDERWATER ESCAPE



Scuba diving is a **leisure activity accessible to all**. So why not take advantage of your stay in Cavalaire to discover the greatest treasures of the seabed of the Mediterranean Sea.

Whatever your availability, age or experience, get in touch with the Cavalaire's diving professionals. You are sure to find a centre to your liking, whether it is for a discovery programme, an initial or advanced training course, or a dream cruise.

Cavalaire is home to **four diving schools** offering internationally recognised classic training courses as well as training for divers in advanced techniques.

EAU BLEUE

Quai Marc Pajot
83240 Cavalaire sur Mer
Tel : +33 (0)6 78 13 35 03
E-mail : eaubleue@

plongeeecavalaire.com
www.plongeeecavalaire.com

Vedette " Maeva " 11 m, 15 divers.
Exploration dives : Wrecks, Rocks,
Drop offs, Secret Spots on the line.
AIR - NITROX - TRIMIX - REBREATHER
- SIDEMOUNT. Recreational dives
and Tech dives. Training courses: AIR
- NITROX - TRIMIX - REBREATHER -
SIDEMOUNT Training for all levels,
from beginner to instructor, FFESSM
- CMAS - TDI/SDI. Open all year
round.

EPERLAN

Back alley of the Private Port and
opposite the Maison de la Mer.
Tel : +33 (0)6 09 75 62 17

www.eperlanplongee.com

e-mail : eperlan83@orange.fr

Certificates. Individuals and groups
welcome. Discovery of the sea bed.
EPERLAN II boat of 15 m, 37 divers.
First dives. Children diving. inflating
station, sale. Nitrox diving. Aquatic
walk. Open from March to
November.

And also a cruise operator to take
you to more distant destinations,
living at the
the rhythm of the big blue.

MIO PALMO PLONGÉE

Les Résidences du Port

Tel : +33 (0)4 94 12 71 33

Port : +33 (0)6 08 43 10 98

www.miopalmoplongee.com

info@miopalmoplongee.com

Our diving centre offers you :

- Water rides for the whole family in the bay of Cavalaire and the National Park of Port-Cros
- Scuba diving baptisms,
- Diving school from the 1st level to professional levels,
- Underwater exploration for certified divers in the bay of Cavalaire, the wrecks and Port-Cros,
- Two dives in the National Park.

Only PADI CDC centre in France
(Career Development Center)
with the Quality Tourism label.

Present since 1999.

Open from Easter to All
Saints'Day.

ALDO FERRUCCI PLONGEE

VISIT OF THE BONPORTEAU UNDERWATER TRAIL

This underwater trail is accessible either freely without reservation (free) OR accompanied by a qualified instructor on reservation (paying).

Guided tours: July and August: every Tuesday at 9.30 am or 11.15 am.

Please note: (equipment not provided): Fins, mask, snorkel, shorty or wetsuit to be provided.

Child from 8 years old. Children under 14 must be accompanied by an adult.

Prices: Child €8 / Adult €11

Online booking at:

<https://www.amusezvous.net> or directly at the Tourist Office.



TIKI DIVE

Q04 Quai Patrice Martin

83240 Cavalaire sur Mer

Tel : +33(0)6 73 24 16 55

www.tiki-dive.com

E-mail : contact@tiki-dive.com

Are you passionate about scuba diving or have you always dreamed of exploring the fascinating seabed in the Bay of Cavalaire?

Tiki Dive will accompany you on this underwater adventure for an exciting half-day, a full day with a delicious meal or a stay on board for total immersion.

You can also relax on the SUN DECK or take advantage of the snorkelling equipment to have fun around the boat. You make the programme!

Whether you're a novice or an experienced diver, join us to explore the treasures of Cavalaire Bay and enjoy an exceptional and unforgettable diving experience.

Discoveries, explorations, FFESSM or SSI training, breaks, events.

Open all year round.

DIVE SITES AND FACILITIES



Divers of all countries, sign the charter of good use of the diving sites!

Since 2004, the Community's service of the Community of communes of the Gulf of Saint-Tropez has been developing the most fragile diving sites in order to preserve the seabed degraded by repeated anchoring (see map above). The use of the buoys is free of charge but subject to the signature of a charter of good use of the diving sites which you can read at the following link: <https://www.golfe-sainttropez.fr/vivre-ici/espaces-maritimes/gerer-pour-preserver/la-protection-des-sites-de-plongees/>



Would you like to sign the charter?

Come and meet us at our offices: Community of communes of the Gulf of Saint-Tropez - Maritime Areas Department, 145 Chemin des Essarts, 83240 Cavalaire.

Let's play !

with interactive slides provided by the Department of Maritime Spaces of the Communauté de communes du Golfe de St-Tropez.

Our slideshows are aimed at everyone, young and old and adults, residents and holidaymakers alike, who want to discover the rich and fragile marine life of our coastline. Each slide show is interactive and allows, with the help of the boxes and allows the public to participate actively.

"Protecting Mediterranean Biodiversity"

Tuesday, July 15 at 3:00 p.m.

"Marine Secrets of the Maures Coast"

Tuesday, July 22 at 3:00 p.m.

"Underwater Wars and Peace"

Tuesday, July 29 at 3:00 p.m.

"The Mediterranean, Sea of Origins"

Tuesday, August 5 at 3:00 p.m.

"Pelagos or Life at Sea"

Tuesday, August 12 at 3:00 p.m.

"Clues of Marine Life: Wracks":

Tuesday, August 19 at 3:00 p.m.

Information & booking recommended at the Médiathèque on +33(0)4 94 01 93 20. Free admission.



A service dedicated to the protection of maritime areas

Within the Community of Municipalities of the Gulf of Saint-Tropez, the missions of the Maritime Spaces Department cover the protection and sustainable development of the natural heritage of the Golfe de Saint-Tropez and its marine protected area. To this end, its actions are based on scientific knowledge, the development of awareness-raising projects and operational action on coastal and marine environments and their uses.

For more information, please visit <https://www.golfe-sainttropez.fr/vivre-ici/espaces-maritimes/>

Tel: +33 (0)4 94 01 93 25



Community of communes of the Golfe of Saint-Tropez
Tel: +33(0)4 94 55 70 30
www.cc-golfedesainttropez.fr

CULTURAL ACTIVITIES

THE MEDIATHEQUE OF CAVALAIRE

puts at your disposal more than 43 000 books, 60 newspapers and magazines and 4000 DVD to borrow or to consult on the spot.

It also organises meetings with authors, themed conferences and video screenings.

The Media Library welcomes you on Tuesdays and Wednesdays, from 9am to 12pm and from 2pm to 6pm.

Thursdays from 9am to 12pm and in the afternoon by appointment for classes and groups.

Fridays from 9am to 12pm and from 2pm to 6pm, Saturdays from 9am to 1pm.

355, Rue du Port

Tel: +33 (0)4 94 01 93 20

<http://www.cavalaire.fr>

mediatheque@cavalaire.fr

OFFICE MUNICIPAL DE LA CULTURE

The OMC implements the city's cultural policy by offering a diversified and high quality range of shows and entertainment for all. There are now traditional events, such as the Musical springboard, intimate concerts and the Arts Fair. The OMC promotes education and awareness of the arts and culture among the people of Cavalaire. It encourages the amateur practice of music in connection with its music school, as well as the initiation to the arts through artistic workshops such as drawing, painting and theater.

OMC : Résidence Gleizes, 52, Allée Paulin Léonelli is open from Monday to Friday from 9am to 12pm and from 2pm to 6pm.

Annex "La Clé de Sol"

233 rue Saint-Pierre is open from Monday to Friday from 9am to 12pm and from 2pm to 6pm.

Tel: +33 (0)4 94 64 00 96

office.culturel@cavalaire.fr

www.cavalaire.fr

TWINNING COMMITTEE

Cavalaire is twinned with Wolfach in Germany and New Port Richey in the United States. Twinning Committee: +33 (0)6 74 09 99 49 sylvie.gauthier@cavalaire.fr

THE MUNICIPAL ARCHEOLOGICAL ROOM

The Espace Archéologique Municipal Aristide Fabre offers its visitors temporary exhibitions, featuring the remains of antiquity, revealed on the Montjean site or in the Bay of Cavalaire. Retracing the history of our ancient Greek city "Heraclea Cacabaria", enriched with a thematic library available to the public and fun and educational activities for children aged 7 to 12 (in relation to the exhibition of the moment) during each school holiday, all zones upon registration, accompanied by conferences and cultural outings. These exhibitions highlight the archaeological work of the members of the Aristide Fabre Archaeological Association.

Practical information :

Media library - Archaeological area, 355, Rue du Port

The Espace Archéologique is open - Tuesdays and Wednesdays, 9am to 12pm & 2pm to 6pm.

- Thursdays, 9am to 12pm and afternoons by appointment for classes and groups.

- Fridays, 9am to 12pm & 2pm to 6pm,

- Saturdays from 9am to 1pm.

Tel: +33 (0)4 94 01 92 18

archeologie@cavalaire.fr

EXHIBITION ROOM AT THE RAILWAY STATION

The former railway station of Cavalaire has been transformed into a space for exhibitions and artistic expression, an essential meeting place for artists and the public.

The station welcomes you: Monday to Friday from 10:00 a.m. to 12:30 p.m. and from 2:00 p.m. to 6:30 p.m.

40 Place de la Gare

Tel: +33 (0)4 94 00 48 11

<http://www.cavalaire.fr>

E-mail: gare@cavalaire.fr

Why not watching a good movies?

CINEMA STUDIO MIRAMAR

Maison de la Mer

contact@cinema-studiomiramar.fr

Air-conditioned 150-seat theater.

- Mainstream / Children's Films

- Arthouse / Discussions

- Documentaries / Discussions

- Events

- Numerous events: Previews, Film Discussions.

Performance hall (see program).

Open all year round.

Do you like theater ?

Throughout the summer, the **Festival des Tragos**, a professional festival, offers evenings of rare quality at the Théâtre de Verduze in Pardigon from 1 July to the end of August.

The Compagnie de Tragos is a founder and partner of the "Festival des Tragos" association, which is statutorily independent.

Pre-programme available from the Tourist Office in mid-June and on the website: www.tragos.fr

Festival des Tragos :

Port: 06 09 89 14 47 or

06 14 64 07 89

Theatre (during the summer):

04 94 64 33 55

festivaldestragos@gmail.com

www.tragos.fr

The **"Théâtre de l'Eucalyptus"**, a professional company, has several shows in its repertoire and offers to stage your artistic projects.

Tel: +33 (0)6 09 89 14 47

E-mail: bea24@laposte.net

Découvrez Cavalaire
comme vous ne l'avez jamais vu !



Téléchargez l'application gratuite



iOS



Android

MAGNIFICENT COUNTRYSIDE NATURALLY!



Among mimosas, eucalyptus and other Mediterranean plants, admire the colourful and sunny panorama. Enjoy the special scents of the essences of our hills. Walk along the Fenouillet path and enjoy a breathtaking view of the Mediterranean coastline! And if you hear the song of the cicadas, it's a sign that summer is here!

VISIT IDEA

The "Casteou dou souleou", which means the "Castle of the Sun" in Provençal, is nestled in the heart of the classified site of the Corniche des Maures. Our passionate guide invites you to visit the exceptional site that is the "**Maison Foncin**".

2h30 walk during which the landscape will be deciphered with a presentation of geology, flora, fauna and the "Train des Pignes". Finally, you will have the privilege of discovering this unique house offering an exhibition on the history of cartography and the Foncin family. Meeting point: Dattier car park opposite the factory vegetable garden gate.

Please note: access to the villa is via a steep and sloping forest path.

Walking shoes - Hat and water bottle recommended. Cancellation in case of bad weather or risk of fire or less than 6 people on a slot.



PLEASANT WALKS AND HORSE RIDING

Cavalaire conceals a thousand treasures, accessible to all! A walk or a horseback ride will make you discover picturesque landscapes, a Mediterranean flora with scents and a fascinating fauna (cicadas, lizards, turtles, sea birds...).

AROUND FONCIN

The Fenouillet trail can be hiked individually, ask for the map of the circuit at the Tourist Office and don't forget to bring the perfect hiker's gear: walking shoes, cap and water bottle.

CAUTION: before setting off on an adventure on the paths, take note of the fire risk map which regulates the use of the Var forest areas. Available at the reception, on the Tourist Office website and also on the interactive terminal located in front of the Maison de la Mer entrance.



MAISON DE LA NATURE

The Maison de la Nature is a place dedicated to environmental education and awareness. It is also a site for sharing and exchanging ideas about nature, open year-round, with a diverse offering: aperitifs, themed concerts, private events, meetings and debates, conferences, exhibitions, visits, educational workshops, treasure hunts, etc...

The Maison de la Nature, a former household waste treatment plant, has been completely renovated to make it an essential venue dedicated to nature, a reference point for all lovers of the Corniche des Maures, or those wishing to discover it.

It also offers privileged access to the Domaine Foncin. Take a guided tour of Villa Foncin along the footpaths.

A free shuttle bus (line 4) runs to the Maison de la Nature from the Maison de la Mer in the village centre from June 15th to September 7th, or take the RD 559, then the Chemin Pierre Foncin: free car park at the Parking du Dattier.

For further information:
www.lusine.org
L'Usine - Maison de la Nature
454 Chemin Pierre Foncin - 83240 Cavalaire sur Mer
e-mail: contact@lusine.org
The Maison de la Nature is closed on Mondays. Tuesdays reserved for school groups, but access to the site is possible. All opening times are available on the lusine.org website.



HORSE RIDING CAVALAIRE EQUITATION

Equestrian Center
Avenue de l'Eau Blanche
83240 Cavalaire sur Mer
Tel : +33 (0)6 73 41 12 86
www.cavalaire.fun
lesecuries@eau-blanche.com
Private rides with family or friends, private lessons, introductory or advanced courses, "equestrian challenge" for beginners, pony rides for ages 2 and up.
3 Escape Games: 2 outdoor and 1 indoor on the same property.
Open all year round.

ESCAPE GAME ESCAPE GAME CAVALAIRE

How will you escape ?
Tel : +33 (0)6 73 41 12 86
www.cavalaire.fun
3 escape games for all ages in teams of 2 to 12 people:
- Bamboo Adventure in a real bamboo forest (2 to 8 people), -
The 5 Senses (2 to 6 people) in a two-story room,
- Kom' Kolanta (4 to 12 people) in the forest, Riddles, conviviality, and team spirit.
59 minutes and not a minute more to free yourself.
By reservation only

NORDIC WALKING ENERGIE SPORT DANSE

Sport for everyone and the whole family, even outdoors!
Dynamic and progressive sessions all year round.
Qualified sports instructor.
Nordic Walking, Aeroyoga, kuduro'fit, Fitball, Osteo-gym, Nature circuit, Zumba®, Bungee Dance, Jumping Fitness, Aerial hoop, Fitness courses
Cerfa 15699-01 Compulsory - Medical certificate on request
www.esdvar.fr
Port : 06 83 15 61 97
E-Mail : esdvar@gmail.com

TO WALK

UN PIED DEVANT L'AUTRE

Tel: 06 70 61 67 08
Walking club affiliated to the Fédération Française de Randonnée Pédestre (FFR)
Full-day or half-day hikes at a reasonable pace from early September to late June.
Every other Sunday and every other Wednesday morning.
Meet at Place de l'Eglise on Sunday mornings, or telephone 1 or 2 days beforehand for Wednesday hikes (meeting point to be specified).
FFR licence required or day pass (available from the Association). All trips are confirmed by e-mail 2 days before.
Sunday walking programme available from the Tourist Office.



IMMERSION IN PROVENCE

PROVENÇAL MARKET

- Wednesday morning in Cavalaire - Place Jean Moulin.
- Tuesday and Saturday in St-Tropez - Place des Lices.
- Fridays from April to September in Le Rayol - Centre of the village.
- Sundays at La Croix-Valmer - Village centre.

List of markets available at the Tourist Office.



FISH MARKET

Everyday from 10am, at the fish auction market.

TRY YOUR HAND AT PETANQUE

French bowls grounds : Place Benjamin Gaillard, Rue Frédéric Mistral, Place du Vieux Port, bouldrome du Port.

LEI PETANQUAIRES CAVALAIROIS

Tel : +33 (0)4 94 10 63 08
Port : +33 (0)6 67 87 89 93

See the section on sports associations "SPORTS" on page 38

ASSOCIATIONS FOCUSED ON HISTORY & TRADITIONS

ESCOLO DEÏ SAMBRO

Tel : +33 (0)4 94 64 11 71
Development of Provençal language and traditions, exhibitions.
Classes on Wednesdays from 6pm to 7pm.

ASSOCIATION ARCHÉOLOGIQUE ARISTIDE FABRE

Tel : +33 (0)6 76 75 76 32
Lectures, excavations, field trips, archaeological surveys and themed exhibitions.

MER, PROVENCE & TRADITIONS

Mar, Provènço é Tradicioun
Port : 06 12 94 45 31
E-mail : cathcava@orange.fr
Association for the preservation of Provençal culture, traditions, language and festivals.
Development of the awareness of living in a society and on a Provençal land, whether it is the land of birth or of reception. Respecting each other's ideas while preserving links and tradition.

FOCUS ON :

THE FEAST OF ST JOHN

JUNE 24TH 2025

The Association Mer, Provence et Tradition and the Events Service of the SPL Maures Événements invite the population to gather to celebrate the summer solstice: Provençal mass, opening ceremony, Appointment of the Leader of the Bravadeurs line, procession, songs, fire and St Jean Ball.

Boulodrome du Port and City Centre beach.

Information: +33 (0)4 94 01 92 10

THE FEAST OF ST PETER

JULY 29TH 2025

The Feast of St Peter

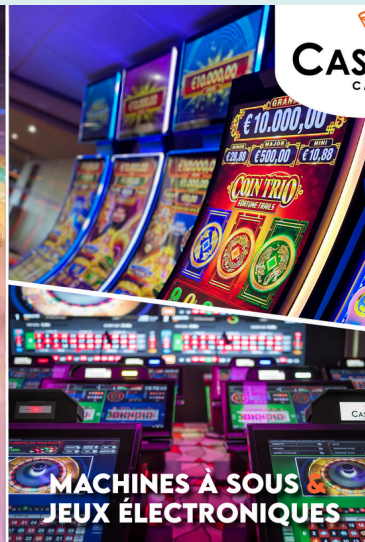
(Patron Saint of fishermen), is none other than the means to perpetuate Tradition and to pay homage to one of the oldest economic activities of our coastline, but also to those who still perpetuate it nowadays. During this day, you can attend processions in town and at sea, with Provençal folklore and a Provençal mass... So come in great numbers, dressed in white!



CAVALAIRE BY NIGHT



**ÉVÈNEMENTS
& RÉCEPTIONS**



**MACHINES À SOUS &
JEUX ÉLECTRONIQUES**



**POKER &
JEUX TRADITIONNELS**



**BARS &
RESTAURANT**

Contact: 04 94 01 92 40 - communication@casinodecavalair.com - 305 rue du port, 83240 Cavalaire-sur-mer

LES JEUX D'ARGENT ET DE HASARD PEUVENT ÊTRE DANGEREUX: PERTES D'ARGENT, CONFLITS FAMILIAUX, ADDICTION...
RETROUVEZ NOS CONSEILS SUR JOUEURS-INFO-SERVICE.FR (09 74 75 13 13 - APPEL NON SURTAXÉ)



A Jewel box of games, between land and sea

CASINO DE CAVALAIRE

305, rue du port
Tel: +33(0)4 94 01 92 40

Information & bookings:

www.casinodecavalair.com

A must-see just minutes from Saint-Tropez. Immerse yourself in an electrifying atmosphere where every moment awakens your senses... Located just minutes from the famous village, the Cavalaire Casino promises unforgettable moments, combining entertainment, gastronomy, and the thrill of gambling! A friendly restaurant for the whole family with daily entertainment: breakfasts, afternoon teas & aperitifs, bingo dinners and dinner concerts, and much more! Over 100 slot machines (bets from €0.01) and an open-air gaming terrace, ideal for enjoying the balmy starry nights, 2 poker tables (Cash Game), 2 blackjack tables, 1 Ultimate Poker Hold'em table with a progressive jackpot, 3 English roulette tables, 12 English roulette & electronic blackjack stations.

A restaurant for all the family

The Casino restaurant team welcomes you to a completely redesigned setting, ideal for a gourmet break between games or a unique culinary getaway, alone or with family. Open daily for lunch and dinner, indulge in creative, seasonal cuisine bursting with flavor. Enjoy gourmet suggestions and exclusive offers year-round... New flavors for ever-changing pleasures! Discover now!



You'll love playing

Whether you are alone, with family or friends, take advantage of exclusive offers and daily entertainment: Breakfast, snacks & aperitifs offered at your gaming stations, free gaming credits for even more thrills, triple loyalty points to reward your passion for gaming, bingo dinners & dinner concerts for unforgettable evenings.

For further information:
www.casinodecavalair.com

Dinner Concerts

A year punctuated by unforgettable dinner concerts! Let yourself be carried away by a unique sensory experience where music and gastronomy blend perfectly. Artists from diverse backgrounds: Blues, Pop, Jazz, Latin music... not to mention captivating voices, from the singer with a voice to the passionate tenor. The refined and inventive cuisine of Gérald Mistretta will enhance every moment and amaze your palate. A culinary and musical journey not to be missed!

The electronic games area

Discover a unique gaming experience at the Cavalaire Casino with its 12 latest-generation electronic English Roulette (bets from €1) and electronic Blackjack (bets from €2) stations spread across the ground floor and first floor: Giant screen, double cylinder, and XXL benches for absolute comfort. On the program: Enjoy sports broadcasts, complimentary cocktails, and exclusive entertainment throughout the year (depending on the program).

Snacks and Lottery Dinners

Events not to be missed! Once or twice a month, participate in the Casino's must-see tea parties and bingo dinners... A chance to win numerous casino prizes and gifts with the 6 free cards. It's your turn to make a quine or a full house while enjoying a gourmet and friendly experience at the Cavalaire Casino.

See programme and prices at:
www.casinodecavalair.com/agenda

Don't miss any of our news by subscribing to our facebook and Instagram pages.

Programme via:
www.casinodecavalair.com/agenda
Access subject to presentation of valid ID.
Access to gaming areas refused to minors and those banned from gambling.
Gambling can be dangerous: loss of money, family conflicts, addiction, etc.
Find our advice on joueurs-info-service.fr (09 74 75 13 13 - no surcharge)

BARS WITH A MUSICAL ATMOSPHERE

O PETIT BAR (Voir Brasseries / Bar / Cocktails / Glaciers) - LE BATEAU IVRE (Voir « Brasseries/Bar/Cocktails/Glaciers) - LOU PUB - PAMPA - LA RHUMERIE - LA SUITE - LE TECHNO MAMBO

NIGHT-CLUBS

MAMBO CLUB Night Club - Le KVA CLUB

AT LUNCH TIME

BREWERIES - BAR - COCKTAILS - ICE-CREAM SHOPS

LE BATEAU IVRE

42 Nouveau Port
83240 Cavalaire sur mer
Port : 07 63 85 98 70
f Le Bateau Ivre Cavalaire
le_bateau_ivre_cavalaire
Situé au centre du port de Cavalaire : Bar, Brasserie, ambiance musicale, Soirées à thème, Terrasse à 180°.
Carte variée, petits-déjeuners, glaces, crêpes, gaufres, cocktails...
Ouvert à l'année.

O PETIT BAR

24 Résidence du Port
Place Sainte Estelle
Tél : 06 98 30 14 60
opetitbarcavalaire83@gmail.com
f O-Petit-Bar
o_petit_bar_cavalaire
Google: O Petit Bar
Un endroit intime où les produits de qualité sont à l'honneur, préparés Maison et minute.
Nous vous régalerons avec du salé ou du sucré.
Petit-déjeuner, Brunch, Apéro dinatoire, Cocktails, Vins, Bières, Limonades et Jus de fruits locaux.
Sur place ou à emporter et vous pouvez privatiser.
Ouvert toute l'année

JOANNA GLACIER (Voir Glaces-Confiseries) - CRÊPERIE BAR GLACIER SENEQUIER (Voir «Crêperie ») -

AU TEMPS DES SECRETS - LE BAR DES ILES - BRASSERIE LES PALMIERS - BLUE MARINE- L'ENDROIT - LA GRAND VOILE - MOANA CAFE - OLD SCHOOL - O CAVALAIRE - LE 150 AVENUE - LA PETITE PLACE - LOU PUB - LA RHUMERIE - LA RHUM CAFFEE - GLACIER GELATI AMORE - LA SUITE

CRÊPERIE BAR GLACIER SENEQUIER

103 Promenade de la Mer
Tél : 04 94 64 09 32
creperiesenequier@gmail.com
www.hotelalizescavalaire.com/creperie-bar-glacier/
Service en continu dès 7h
Terrasse avec vue panoramique sur la baie de Cavalaire.
Petit-déjeuner buffet ou à la carte.
Crêpes et galettes minutes.
Apéritifs maison, cocktails et jus de fruits frais.

Huîtres, omelettes, salades et planches.
Bubble tea et Maître glacier Jo Saint-Tropez.
Ambiance décontractée. Service attentif et chaleureux.
Cuisine gourmande, goûteuse, facile.
Repas groupes.
Ouvert de Mars à Novembre.
Ouvert en continu :
- Hiver: de 7h30 à 21h30,
- de début Juin à fin Septembre : de 7h00 à 22h30.

LA PETITE CRÊPERIE



PIZZERIA ELITE PIZZAS

Promenade de la Mer
Tel: 04 94 89 09 55
http://elitepizzas.fr
Pizzas to take away and eat in.
- Artisanal organic flour -
Regional champion of the Nice leg of the France Pizza Tour -
7th place in the final of the 2015 French pizza championship.
All our opening hours are available on Google: Elite Pizzas.
Open all year round.

PIZZA A L'ITALIENNE

39 Avenue du Mal Lyautey
Opposite the city hall
Tel: +33 (0)4 94 64 28 56
www.pizza-a-litalienne.fr
Open since 1989 (More than 30 years of experience).
Home-made production.
Quality products cooked by us. Open all year round.
Opening hours: Information on our website. May vary according to season.

PIZZA DRIVE IN

Promenade de la Mer
Immeuble le Carène
Tel : +33 (0)4 94 05 77 16
+33 (0)7 89 85 14 70
No delivery.
Home-made dough. All our products are fresh and cooked in olive oil.
Takeaway and on site.
Open 7/7, lunch and dinner from April 1st to September 30th.
Open Monday, Friday, Saturday (lunch and dinner) and Sunday lunchtime in January, February and October.

LES DELICES DES PALMIERS, see "Snack - Sandwich shop" - LE PIZZAIOL, see "Restaurant"


BELLAMIE - LE DARIUS PIZZA - HERACLEA PIZZA - PIZZA DU GOLFE - PIZZ & GO

RESTAURANTS

ALPAGE A LA PLAGE

542 Rue du Port
83240 Cavalaire sur Mer
Tél : 04 94 64 16 98

 alpagealaplage

 Alpage-à-la-plage

reservation@alpagealaplage.com

At Alpage à la Plage, we believe that each season has its own unique flavors and atmosphere. In summer, we invite you to enjoy fresh and light Mediterranean cuisine, with summery dishes in a sunny terrace setting. When winter arrives, our restaurant transforms into a cozy refuge, offering comforting Savoyard dishes. Open year-round, every evening in summer and closed on Tuesdays and Wednesdays in winter.

RESTAURANT LES AMBASSADEURS

Casino de Cavalaire
305 rue du port
Tél : 04 94 01 92 40



www.casinodecavalaire.com/restauration/

A gourmet break in the heart of the Casino! Located on the ground floor, with free access (no ID required), the "Les Ambassadeurs" restaurant welcomes you for a unique culinary experience in a brand-new, refined setting. Seasonal cuisine by our chef Gérard Mistretta, enhancing French and Mediterranean flavors in a warm and friendly setting, ideal for savoring an exceptional moment.

"Daily Suggestions": Every week, be surprised by the menu, an exclusive selection of refined starters and main courses, made with fresh and carefully selected ingredients. Seasonal cuisine, designed to awaken your taste buds and renew your pleasure with each visit. Discover this week's specials by calling +33 4 94 01 92 40

"À la carte": Offers Indulge in our à la carte offers at the Casino restaurant and savor the best of the week's flavors:

- Starter of the week + Main course of the week

- Main course of the week + Dessert à la carte (prices and terms of offers are available directly on our website: www.casinodecavalaire.com or by calling +33 4 94 01 92 40)

Specialties not to be missed, two to three times a week! Come and enjoy delicious specialties at exceptional prices, served for lunch and dinner, accompanied by a game ticket* for even more fun. Irresistible offers not to be missed! Offers and terms and conditions are available on our website: www.casinodecavalaire.com/restauration (*Promotional game ticket not cashable, not given to minors)

"À la carte: each season, its share of delights!" Discover modern and refined cuisine, where Mediterranean and traditional flavors blend perfectly according to the seasons. A creation by Chef Gérard Mistretta for every moment, delighting your taste buds with every bite. A constantly evolving culinary experience... to be enjoyed without moderation!

Booking: +33 4 94 01 92 40
Menu and information:

<https://www.casinodecavalaire.com/restauration/> Free access without ID via the Casino reception desk. "For your health, do not snack between meals."

LA MAISON DES SAVEURS

454 Chemin Pierre Foncin
83240 Cavalaire sur Mer
Tel : 04 43 86 05 87

e-mail : contact@lusine.org

<https://lusine.org>



Our restaurant-tearoom, located in the heart of the Massif des Maures, showcases local and seasonal cuisine, promising an authentic and refined culinary experience that favors fresh, seasonal, organic produce from local producers. With its terrace overlooking a peaceful garden, creating a space conducive to relaxation and serenity, it's the ideal place to savor homemade ice creams and pastries at any time of day, sample dishes enhanced by our passionate chef at lunchtime, or simply enjoy the magnificent hillside scenery surrounding you over a coffee. Come soak up the friendly and gourmet atmosphere of our establishment, where every bite is an explosion of flavors and an invitation to discovery. Open all year round (see website for opening hours)

LE PIZZAIOLE

New Port

Tel : +33 (0)4 94 05 46 16

www.lepizzaiole.com

Traditional, Provençal and Italian cuisine. 30 types of wood-fired pizzas. On the harbour, with a breathtaking view of the boats. Group meals. Open from February 1st to end of October.

Since 1984, the reference.

LA PLANCHA

Nouveau Port

Tel : +33 (0)4 94 94 90 50

rsvantais83@gmail.com

Restaurant offering fish and meat plancha, Tartar and Big Salad formulas with homemade desserts. Sporting events broadcasting. Groups of up to 100 people welcome. From €24.50. Open for lunch and dinner every day from April 1st to September 30th.

TEAHOUSE

CAFE MARIUS

Avenue Gabriel Péri

Tea room, snacks to eat in or take away.

Open all year round

LES DELICES DES PALMIERS, see "Snack - Sandwich shop"

Pause douceur

SNACK / SANDWICH SHOPS

LES DELICES DES PALMIERS

Place du Parc

Tel : +33 (0)4 94 64 45 23

Tearoom, pizzeria, Snacking, on the spot or to take away. Open all year round

CAFE MARIUS (See "Teahouse") - PIZZA A L'ITALIENNE, see "Pizzeria"

L'ATELIER GOURMAND - BURGER SMASH - LE CROISSANT DE MER - LA GRIGNOTERIE - HERACLEA PIZZA - KOARA SUSHI - OLD SCHOOL - PAUSE DOUCEUR - PIZZAS DU GOLFE - PIZZ & GO - POHMAE - LA RECRE - CHEZ RAMI - SISO KEBAB.

LE RESTAURANT DU PARC

7 Avenue du Fleuriste

83240 Cavalaire sur Mer

Tél : 04 94 64 08 29

contact@hotelduparc-cavalaire.com

Within the Hôtel du Parc, nestled in lush greenery 350 meters from the beach, two dining options await you. Enjoy the Pool Bar at lunchtime in July and August, for light and fresh cuisine by the pool. In the evening, at the Restaurant Le Parc, which extends outside with its large terrace overlooking the park, enjoy Southern cuisine that focuses on the essentials. The Chef and his team will create recipes using carefully selected ingredients and touches from the Mediterranean basin, taking you on a journey a little further. Two themed evenings per week: Barbecue Evening and "Sharing the Mediterranean" Evening, with comforting and essential recipes to enjoy with family or friends. Open from April 18 to October 5, 2025 Closed weekly on Monday evenings.

O PETIT BAR (See "Breweries - bar - Cocktails - Ice-Cream shops" - LE BATEAU IVRE (See Restaurants" - BELLINI PLAGE (See « Beach Establishments ») - DAUPHIN PLAGE (See « Beach Establishments ») - NEW MARINA VIVA (See « Beach Establishments ») - PIZZA DRIVE IN (See « Pizzeria ») - ELITE PIZZAS (See « Pizzeria ») - LA PLAGE (See « Beach Establishments ») - LA PLAGE DU SOLEIL (See « Beach Establishments ») - PLAYA MEZCALA (See « Beach Establishments »)

ATELIER by CDM-AU TEMPS DES SECRETS - BISTROT BOUCHE - BOHO BEACH - CAFE ROMAIN - CHEZ BRIGITTE - LA CABANE A MOULES - LE COMPTOIR DES SAVEURS - LE CYGNE D'ASIE - IL DIVINO - DOLCEMARE - EDINA - L'ESCALE - LA GRAND VOILE - LE GRILL - L'ITALIEN EN PROVENCE - LES INSEPARABLES - LOCAL & CREOLE - LE NOUVEL EMERALDE - LA MARINE - LES OLMERS - LA PETITE PLACE - LA PAILLOTE - LA PETITE CREPERIE - PAMPA - PLAYA MEZCALA - LA RECRE - TAMARIS BEACH - LE YAM'S - Restaurant CROS DE MOUTON - LES ROTISSEURS DE LA CÔTE - LA TERRASSE - LE SIAM

A CITY HEART IN ACTION, ABSOLUTELY!



THE GOURMET'S CORNER!

BAKERY-PASTRY SHOP

LA FOURNÉE DES PALMIERS **Le Parc**

Tel: +33 (0)4 94 64 45 23
Pastries, bread, sandwiches,
homemade ice cream.
Open all year round.

205 Avenue des Alliés

Tel: +33 (0)4 94 41 34 96
Pâtisserie, bread, sandwiches,
homemade ice cream.
Open all year round.

LE BEC D'OR - BOULANGERIE PÂTISSERIE BRUNO -
BOULANGERIE PÂTISSERIE PAINS ET
GOURMANDISES - LA CIGALE - LE JEU DE BOULES
- LA TARTE TROPEZIENNE

WINERY

LA BELLE ILOISE, **see "Conserverie"** **INTERMARCHÉ** **EXPRESS CAVALAIRE,** **see "supermarkets"-**

BELLAMIE - BOUTIQUE PINOCCHIO - ST
ANDREA

CONSERVERIA **la belle-iloise**

90 Avenue des Alliés
Tel: 04 94 30 86 51
www.labelleiloise.fr
contact@labelleiloise.fr

 [labelleiloise](#)

 [labelleiloise](#)

Since 1932, La Belle-Iloise has been offering canned fish with exceptional flavors directly from Quiberon.

Produced and distributed with meticulous care and a spirit of innovation, they combine premium ingredients with fish prepared using artisanal expertise passed down from generation to generation. Recipes for sardines, mackerel, albacore tuna, plant-based recipes combining vegetables and seaweed from Brittany... Its attractive, colorful cans offer ready-to-eat products for any time of day, and are also great for easily cooking delicious gourmet meals! Your direct sales store in Cavalaire welcomes you to discover the gourmet and friendly world of La Belle-Iloise and sample its endless selection of delicious products for free! Opening hours vary depending on the time of year and can be found on the website under "Our Stores." Online ordering is available. Open all year round.

THE GOURMET CORNER

BREAD AND VIENNESE

ALDI (See, Supermarché - Alimentation générale")

L'ATELIER GOURMAND - CARREFOUR MARKET -
LE CROISSANT DE MER - LA TARTE TROPEZIENNE
- LA GRIGNOTERIE.

WINE ESTATE

CHÂTEAU DE CHAUSSE

Rue Frédéric Mistral
83420 La Croix-Valmer
Tel: 04 94 79 60 57

Château de Chausse invites you to discover its exceptional natural setting, nestled in a Provençal setting. Located between La Croix-Valmer and Gassin, our organic vineyard covers 15 hectares. Come explore our history and our wines throughout the year through various wine tourism activities. Also discover a program of exceptional events during the summer, wonderful opportunities to experience unique moments in an idyllic setting. Open all year round.

DOMAINE DE LA CROIX

AOC. Côtes de Provence-Cru Classé

816 Boulevard de Tabarin
83420 La Croix-Valmer
Tel: +33 (0)4 94 17 47 65
www.domainedelacroix.com
caveau@domainedelacroix.com
Wine Shop - Wine Sales and Tasting - Cellar Tours - Wine Tourism - Musical Events - Room Rentals for Receptions and Seminars Open all year round: Summer: July-August: Monday to Saturday from 10:00 a.m. to 1pm and from 3:00 p.m. to 7:30 p.m., Sunday from 10am to 2pm Spring/Autumn: Tuesday to Saturday from 10am to 12:30pm and from 3pm to 7pm Winter: Tuesday to Saturday from 10am. to 12:30pm and from 2pm to 6pm

DOMAINE LA TOURRAQUE

2444 Chemin de la Bastide Blanche - 83350 Ramatuelle
Tel : +33 (0)4 94 79 25 95
www.latourraque.fr
latourraque@wanadoo.fr
Since 1805, our family has been cultivating this vineyard located on the Saint-Tropez peninsula. Between La Croix-Valmer and Ramatuelle, we produce organic AOP Côtes de Provence wines. Open all year round.

ICE CREAM - SWEETS

JOANNA GLACIER Next to the Town hall

121 Avenue Gabriel Péri
83240 Cavalaire sur Mer
Les Glaces de Provence.
Produced by a master ice-cream maker for over 20 years, this exceptional range of carefully selected products is sure to delight even the most demanding palates with its delicious, original flavours.
ICE CREAM - CREPES - WAFFLES - SMOOTHIES - SLUSHES - ITALIAN ICE CREAM - BUBBLE WAFFLE - BUBBLE TEA - HOT DOGS - SAVORY CREPES and SOFT DRINKS. Eat in or take out. Sold by the liter or half-liter. Fall-Winter: 2 pm to 7 pm. Spring-Summer: 10 am to 11 pm.

LE BLUE MARINE - GLACIER GELATI AMORE - LA PETITE PLACE - LA RHUMERIE

FRESH FISH SHOP

LA HALLE AUX POISSONS

26, Rue Pierre et Marie Curie
Port : +33 (0)6 71 87 28 54
+33 (0)6 25 93 29 26
 la_halle_aux_poissons/
Fish, Shellfish, Crustaceans, Seafood Platters.
Open all year round.

AU POISSON SIFFLEUR

SUPERMERCATI - FOOD STORES

ALDI CAVALAIRE

815 Avenue des Alliés
83240 Cavalaire sur Mer
Email : service.conso@aldi.fr
Your supermarket is open Monday to Saturday from 8.30am to 8.00pm and on Sundays from 8.30am to 12.30pm.
Summer opening times: July - August: 8.30am to 9.00pm on weekdays and 8.30am to 12.30pm on Sundays.
Discover today's discount: ALDI prices, ALDI quality, ALDI simplicity, ALDI commitments.
Fresh produce, meat, fish, fruit and vegetables are delivered every day.
Bread is baked on the premises.
ALDI, Make way for the new consumer.

INTERMARCHÉ EXPRESS CAVALAIRE

Rue Pierre et Marie Curie
Tel : +33 (0)4 94 75 90 65
livraisonintermarche10013@gmail.com
Traditional butcher's shop. Local fruit and vegetables. Wine cellar. Top of the range Champagne. Home and boat delivery all year round for orders over €60.
Winter: 7.30am to 7.30pm non-stop, 7 days a week.
Summer: 7.30am to 9pm non-stop, 7 days a week.
Open all year round.

CARREFOUR MARKET - FRUITS DU SOLEIL - LAURENT PRIMEUR - MARCEL & FILS BIO - LA PALMERAIE DE MARRAKECH - PROXI - TUTTI FRUTTI

DELICATESSEN - TAKE AWAY FOOD

COCO Thai Street Food

49 Rue Pierre et Marie Curie
Tél : 06 65 55 39 09

 COCO-Thai-Street-Food
Google: COCO Thai Street Food

 Coco.thaistreetfood
Home-made Thai cuisine prepared to order.
Immerse yourself in the world of authentic Thai cuisine, entirely homemade and prepared to order.
Each dish is cooked right before your eyes, with flavours straight from Thailand.
Curries, Pad Thai, spicy salads, fragrant soups... here, nothing is reheated, everything is prepared just in time to guarantee freshness, taste and pleasure.
Street food like in Thailand, where each dish is unique, prepared with passion and expertise.
Come and enjoy an unforgettable culinary experience, ideal for your events, markets or simply for your gourmet moments!
Open all year round.

LA TABLE AUX EPICES

191 Rue Maurin des Maures
Tel : +33 (0)4 89 79 09 81
Port : +33 (0)6 25 20 10 10
latableauxepices@gmail.com
Catering, preparation of ready-made meals. La Table aux épices offers you oriental specialities and many other cooked dishes. For your festive meals, do not hesitate to ask for a free estimate. Free delivery from 1 dish.
Open all year round.

LES DELICES DES PALMIERS, see « Snack – Sandwich shops»

LE BEC D'OR - LES GARÇONS BOUCHERS -
BOUTIQUE PINOCCHIO - BOUCHERIE JÉRÔME -
BOUCHERIE LA PALMERAIE

FEEL LIKE SHOPPING!

FURNITURE

PRO & CIE, see "Household appliances" section "Building services"

AURE CREATIONS - LP INTERIEURS - JADIS ET AUJOURD'HUI - SARL MIDILIT - TOKO PANTAI by PONENT

JEWELLERY

GALERIE 123

23, Avenue Pierre et Marie Curie
Tel: +33 (0)4 94 64 07 14
e-mail : lagalerie123@gmail.com
Designer jewellery, Gold, silver, gold-plated, steel jewellery.
Men's jewellery, Watches, watch stacks.
Crafts, Minerals.

Les Georgettes, My First Diamond, Pulsar, Bering, Jourdan, Pig & Hen, Clio Blue, Canyon, Une à Une, Au Fil de LO, Ylume, Lorus, Ice Watch, BDM, Mya Bay, Vilebrequin, Diaperis.
Open all year round.

JOCO (See "GIFTS/DECORATION/SOUVENIR S")

ISLA SAMBA - TERRE BLEUE BIJOUTERIE - L'ATELIER



GIFTS/DECORATION/SOUVENIRS

99 Promenade de la Mer
Tel: 04 94 24 55 40
e-mail : jocoshop1@gmail.com
www.hotelizescavalaire.com/joco-shop

Since 2010, our aim has been to promote the timeless elegance of Grasse perfumery and the refinement of the French art of living by the sea.

You can also discover our favourites, unexpected and avant-garde decorations and scents, found on our travels or at the turn of a meeting...

With the well-being of our customers in mind, we distribute only the finest houses of rare, authentic, quality products.

Rediscover the finesse of Valensole lavender essential oil. And surprise yourself with products from the oldest soap factory in Marseille.

Fascinated by their history, amazed by their products and convinced by the excellence of each of them in their art, the desire naturally came to us to share them with you in our boutique.

For yourself, for the home or as a gift, discover a wide choice of original, chic and refined products, where everyone will find something to take home with them.

FRAGONARD - TERRE D'ETE jewellery - YVES DELORME - IOSIS - RALPH LAUREN - FER A CHEVAL - PALAIS DES THES.

Open every day from March to November:

- Morning: 10am to 1pm
- Afternoon: 3pm to 7pm.

L'ATELIER DECO & CREATIONS DE SARAH (See 'Leisure activities for all' -> Creative workshop - GALERIE 123 (See "Jewellery")

- TABAC L'ARIEL - BEACH MOOD BOUTIQUE - C LA FETE - LA CASA DE POUPETTE - LA GIROUETTE - KDO SAINT TROPEZ - L'ATELIER - MER ET SOLEIL - MIKADO - ON DIRAIT LE SUD - PROVENCE ET OLIVIER - SAVONNERIE DE BORMES - LE SHOP DECO - TABAC TOUSSAINT - TOKO PANTAI by PONENT.

GARDEN CENTRE

LES PLANTES DU SOLEIL

824, Avenue des Alliés
Tel: +33 (0)4 94 64 66 71
lesplantesdusoleil@orange.fr
Garden centre. Sale of plants (shrubs, flowers, herbs). Potting soil, pottery, decoration.
Open from March 1st to December 31th.

L'ATELIER JARDIN

SWIMWEAR

BEACH MOOD BOUTIQUE - BLUE LOBSTER - CHIPETTE - CORNER BEACH - INEZIA - JULES PLAGE - KIWI ST TROPEZ - LIBERTA - SILVER BEACH - TROIPO - SUNDEK - THE VILLAGE

DIVING EQUIPMENT

MIO PALMO (See Scuba Diving)


MINERALS - ESOTERIC OBJECTS MYSTIC' STYL

84 Rue Pierre Rameil
83240 Cavalaire sur Mer
Tel: 06 63 92 09 39
www.mysticstyl.com
E-mail : mysticstyl83@gmail.com
We offer: minerals, esoteric objects, incense, books, oracles, candles, jewellery, Buddhas...
Opening hours and days to be consulted on the shop's website.
Open all year round.

OPTICIANS

KRYS CAVALAIRE

133 Rue du Port
83240 Cavalaire sur Mer
Tel : 04 43 86 10 09
e-mail : cavalaire@krys.com
www.krys.com/opticien/france/var/opticien-cavalaire-sur-mer/cavalaire

 Krys_cavalaire
Krys Cavalaire - your trusted optician in the heart of town. A friendly team, personalised advice and a wide choice of optical and sunglasses frames to suit all styles and budgets. Quality, comfort and expertise await you at Krys Cavalaire sur Mer.
Open all year round.

OPTICIEN MOBILE (Voir rubrique « Santé » -> « Opticiens »)

- ATOL MON OPTICIEN - OPTIC 2000

CLOTHING

CLOTHING SHOPS

FASHION ♀

Avenue des Alliés
Immeuble Les Palmiers
Tel: +33 (0)4 94 64 41 95
Women's and men's ready-to-wear, shoes.

FASHION ♀ : Please - See u Soon - Suncoo - Grace & Mila - Maison Hotel - Chicosoleil - Molly Bracken - Imperial - Dixie - Freeman Porter - The Korner, Stella Forest - Semerdjian shoes - Caro clogs. Accessories. Open all year round.

LES HALLES

Résidence du Port
Tel: +33 (0)4 94 64 65 94
E-mail: leshallesjpk@gmail.com
200 m² of branded clothing. The best brands of the moment: DICKIES, AMERICAN VINTAGE, NEW BALANCE, HAVAIANAS, BIRKENSTOCK, HERO 7, NAPAPIJRI, REPLAY, KWAY.
Open from March 7th to November 30th.

LES HALLES BAZAR

159, Avenue des Alliés
Tel: +33 (0)4 94 64 10 43
All the best accessories of the moment.
Open from March 7th to November 30th.

LOOK & BABY

« Le Concorde B »
80 Rue du Port
Tel: +33 (0)4 94 05 40 16
Port: +33 (0)7 76 83 11 37
E-mail: lookandbaby@gmail.com
Ready-to-wear for children and juniors from 0 to 14 years. A modern and sportswear choice. The shop offers Weekend A la Mer, Le Temps des Cerises, J&JOY, TEDDY SMITH, MAYORAL, TIFFOSI, QUIKSILVER, ROXI et CROCS!
Open all year round.

BAHIA - BELLA - LE BLE EN HERBE - B de BAMBOU - BLUE LOBSTER - BOUTIQUE MARIE-CLAIRE - LA CASA DE POUPETTE - LE CHAPELIER - COACHELLA - LE COQ SPORTIF - CORNER BEACH - COULEURS D'ETE - LE DRESSING D'OSCAR - FIRST LADY - LA GIROUETTE - GLORIA - INEZIA - JULES PLAGE - KIWIST TROPEZ - LEGENDE AVENUE - LIBERTA - PETER POLO - RUCKFIELD & CO - LE SHOP FEMME - LE SHOP HOMME - SILVER BEACH - STYLE VIE - SUGAR - SUMMER STORE - SUNDEK - TFC BOUTIQUE - TROPIKO - THE VILLAGE - VINTAGE FAMILY

ELECTRIC EQUIPMENT

ELECTRO-MENAGER-FROID

Ets PEREZ (See "Household appliances" → section "Building services") - PRO & CIE (see "Household appliances" section "Building services")

MISTRAL FROID CLIMATISATION - MDM



BEAUTY & WELLNESS

HAIR DRESSERS

L'HAIR DU TEMPS

Rue Georges Bizet

Tel: +33 (0)4 94 64 06 45

f L'Hair du Temps Cavalaire

Hairdressing salon for men, women and children.

Children's haircut package (0 - 14 years): 16€,

Teenage boy package (15 - 18 years): 18€,

Teenage girl package (shampoo, cut, blow-dry) (15/18 years): 25€.

A professional and warm welcome. Always listening to you. Mastering all the new trends in cuts, highlights, sweeps and Brazilian straightening Belmakosmetik.

Shampooing/care, I.C.O.N. technique and sales, an "ECOTECH" range without Paraben, without aluminium salt, made of plants and essential oils. In the purest respect of your hair and your scalp. Colouring with or without ammonia and always REVLON products, pioneers in perms without ammonia.

Unique in Cavalaire:

Deep care and hair "botox" techniques using "cryotherapy", cold treatment for your hair. Open all year round.

BEAUTY CARE & PERFUMES

ANAÏS INSTITUT DE BEAUTE

Le Grand Foc - 486, Avenue Maréchal Lyautey

Tel: 04 94 64 46 55

Port : 06 23 82 23 74

For 31 years.

Facial treatments (Hydradermie, Guinot anti-ageing treatments). Body treatments.

Disposable and traditional waxing.

Gel nails, SEMI PERMANENT NIPPLES (OPI).

Manicure, foot beauty. French manicure, eyelash and eyebrow tinting, make-up, permanent make-up, UV tanning, solarium (European standards).

Well-being: Californian, Shiatsu and Swedish massages.

CELLU M6 - ENDERMOLOGIE. L.P.G.

GUINOT products.

Open all year round from 9.15am to 7.30pm, including public holidays, with or without appointment.

LE BOUDOIR BEAUTE

318 Avenue du Maréchal Lyautey

Tél : 06 98 80 95 52

e-mail : ionita.alina@hotmail.com

www.leboudoirbeaute.com

f Le Boudoir Beauté

ig leboudoirbeautefr

Come and discover Le Boudoir Beauté and indulge in a moment of well-being. Facials, waxing, pulsed light, massages, manicures, foot care, semi-permanent make-up and eyelash enhancements: everything you need for a moment of relaxation in a friendly atmosphere.

Open all year round.

L'HAIR DU TEMPS (see "Hair dressers")

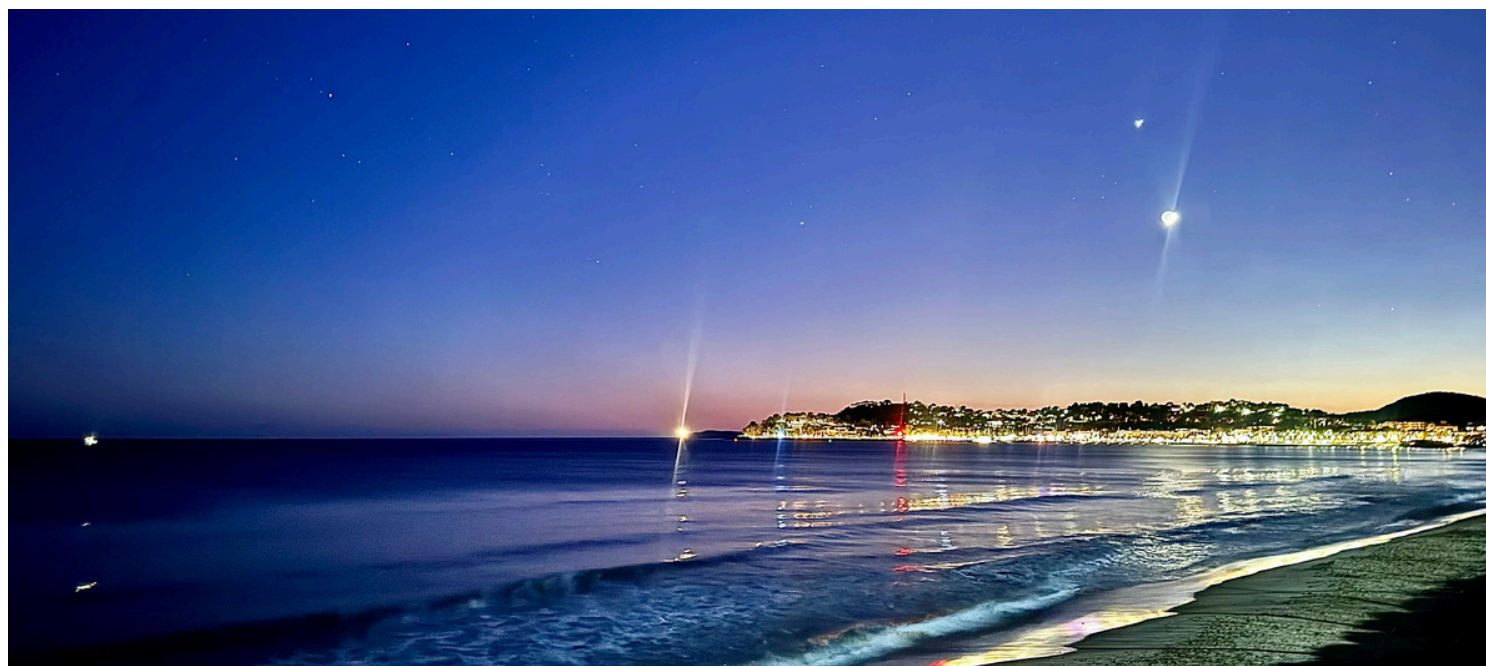
ESPACE BEAUTE MIREILLE - FLEUR DE PEAU - LUNA BEAUTE - MD STUDIO - NOCIBE - ROSALEE INSTITUT - LE SALON D'ATHENA - SPA'ARENTHSE ATOUT CORPS - LA VIE EN ROSE

NAILS CARE

ANAÏS INSTITUT DE BEAUTE, see "Beauty care- perfumes" - LE BOUDOIR BEAUTE (See "Beauty care - perfumes")

-ESPACE BEAUTE MIREILLE - LUNA BEAUTE - MD STUDIO - NAIL ART by ALEXANDRA B - ROSALEE INSTITUT - LE SALON D'ATHENA - UNIV'HAIR - LA VIE EN ROSE

ACTUELLE COIFFURE - THE ARTIST - CAVA BEAUTY - NJ COIFFURE - R' AU CARRE - R' CREATIONS - RT COIFFURE - LE SALON - LE SALON D'ATHENA - LE SALON DE LA PLAGE - CHEZ SARAH - SL COIFFURE - UNIV'HAIR



TRANSPORT

Cavalaire sur Mer is located halfway between Marseille and Nice (120 km), between Hyères and Saint-Raphaël (40 km), and between Le Lavandou and Saint-Tropez (18 km).

BY PLANE

SAINT-TROPEZ - LA MOLE

Tel : +33 (0)4 94 54 76 40

NICE

Tel : 0 820 423 333

(0.12 cts/min + call charge)

MARSEILLE

Tel : 0 820 81 14 14

(0.20 cts/min + call charge)

TOULON - HYERES :

Tel : 0 825 018 387

(0.15 cts/min + call charge)

BY BUS

Regular connections to Toulon, St Tropez and St Raphaël - Airport shuttles.

Timetable available at the Tourist Office and on the website: <https://zou.maregionsud.fr>

Tel: 04 13 94 30 50 (every day from 7am to 8pm, price of a local call)

BY HELICOPTER

Grimaud Heliport

+33 (0)4 94 555 999

TRAIN STATION

SNCF station in Toulon, Hyères and St Raphaël. Information and reservations: Tel: 36 35

BY BOAT

VEGETES ILES D'OR ET LE CORSAIRE,
VISITE DES CALANQUES,
see "Nautical activities"

BY BIKE

Cavalaire sur Mer is on the V65 route of the national cycle routes and greenways scheme: the coastal cycle route between Six-Fours and St-Raphaël

SUMMER SHUTTLE SERVICE

A free shuttle bus serving the city center, the beaches and the outer districts is available. Schedules available on the website and at the Tourist Office.

BY TAXI (TAXI STATION, PLACE DE LA REPUBLIQUE)

TAXI LAURY'S FRANCE

23, Val de Mer

83420 La Croix-Valmer

Tel : +33 (0)4 94 55 10 12

Fax : +33 (0)4 94 55 10 11

www.taxi-cavalaire.com

E-mail : taxis@laurys.com

The "plus" service at your service 24 hours a day.

Taxi, passenger transport, airport and train station connections, all distances, assistance approved, CPAM approved.

Open all year round.

TAXI SEVERAL DRIVERS

Résidence Maéva

BP 14 - 83580 Gassin

Port : +33 (0)7 17 91 78 37 or 04 94 97 50 50

severaldrivers@gmail.com

Taxi n°3 Cavalaire - Social Security approved transport - Stations and airports.

Reservation recommended. A team led by Johanna and Tiphaine who are committed to doing their utmost to meet your requests, in complete safety and confidentiality, for your private and medical transfers. Available 7 days a week during the summer. Open all year round.

GARAGES

AMS GARAGE - AUTO IMPORT DU GOLFE - AUTO REPAIR - B MOTORS - CITROËN GARAGE
LECOUITOUR - SARL GALBUSERA - HDB GARAGE
-RENAULT CAVALAIRE AUTOMOBILES

BIKES AND MOTORBIKES RENTALS

BLUE BIKES

Les Régates - Rue du Port

Phone: +33 (0)4 94 64 18 17

<https://www.bluebikes.fr>

bluebikes.cavalaire@orange.fr

Rental : Cars, Motorbikes, Bicycles. Maintenance, sale and storage.

Open from 01/04 to 15/11

LIBERTY RENT

9 Place de la Gare

Tel : +33 (0)6 42 15 66 02

www.liberty-rent.com

libertycavalaire@live.fr

Rental, sale and maintenance of 2 wheels. Car rental.

Open from 1st April to 31st October.

VEHICLE RENTAL

BLUE BIKES (See above) - LIBERTY RENT (See above)

CARREFOUR MARKET

PASSENGER TRANSPORT

TAXI LAURY'S France,
TAXI SEVERAL DRIVERS, see "Taxis"

SELECT TRANSPORT VAROIS



SERVICES

REAL ESTATE AGENCIES

AGNES MALECKI AGENCY REAL ESTATE - FNAIM

136 Rue du Port
Résidence Beaurivage
Tel: +33 (0)4 94 30 00 40
GSM : +33 (0)6 70 48 59 96
<http://agnesmalecki.com>
agnesmalecki01@orange.fr
All real estate transactions. 4
estate agencies from Le
Lavandou to La Croix-Valmer.

AGENCE BEL'IMMO MÉDITERRANÉE

189, Avenue des Alliés
Tel: +33 (0)4 94 00 44 55
www.bel-immo.com
E-mail : info@bel-immo.com
Holiday and annual rentals - Real
estate transactions - Management -
Free estimates

AGENCY Cabinet DUVIVIEZ - FNAIM

30 Rue Georges Bizet
Tel: +33 (0)4 94 01 57 47
www.duviviez.com
E-mail : info@duviviez.com
Holiday rentals; Real estate
transactions.

BERTRAND FOUCHER IMMOBILIER

147, Avenue des Alliés - BP 64
Tel: +33 (0)4 94 00 43 33
Mobile : +33 (0)6 19 73 32 25
www.agencedecavalaire.com
www.bertrand-foucher-immobilier.com
agencedecavalaire@gmail.com
All real estate and commercial
transactions.
Estimates. Seasonal and
annual rentals.
Do not hesitate to visit our
website and find us in one of
our 2 agencies: Cavalaire and
Le Rayol-Canadel.

AGENCE FONCIA GRAND BLEU

Rue du Port - Passage du Port
Tel +33 (0)4 94 00 11 00
cavalaire-vacances@foncia.fr
www.vacances.foncia.com
Annual and holiday rental
management
Buying - Selling

INTERHOME

625, Promenade de la Mer
Tel: 04 94 01 92 08
www.interhome.fr
cavalaire@interhome.group
Interhome, Europe's leading
holiday rental specialist for 60
years, offers a wide range of
quality-assured flats and
houses for holidays and short
breaks all year round.

*AVEC IMMO - AZUR VILLA - AGENCE BILLON CGI
- BEL ANGE IMMOBILIER - CANAT ET WARTON -
CENTURY 21 - AGENCE IMMOBILIER
CONFIDENTIEL - FRATELLIMO - AGENCE
JOUCHER/SIMO TRANSACTIONS - LOCATIONS
DES BAINS - NESTENNI - PROVENCE
AGENCE/LES 3 AGENCES - SOCIETE FONCIERE
FINCK S2F - RIVIERA IMMOBILIER REAL ESTATE -
ROBIN'S AGENCE IMMOBILIERE - STAR IMMO --
LE TUC IMMOBILIER*

INSURANCE

ABEILLE ASSURANCES

45 Avenue Pierre Rameil
Tel: +33 (0)4 94 00 44 94
www.abeille-assurances.fr
e-mail: toffoli-flavio@abeille-assurances.com
toffoli-flavio@aviva-assurances.com
All types of insurance and
investments for individuals
and professionals (retirement,
supplementary and health
insurance, AFER advice point).
English spoken. Open all year
round. ORIAS n° 17005224 -
www.orias.fr

*ALLIANZ ARNAUD BACCHIALONI - FAVIER
CASANOVA ASSURANCES / SUD EUROCOURTAGE
- MCI FRANCE ASSURANCES*

BANKS

*B.N.P - LA BANQUE POSTALE - CIC - CREDIT
AGRICOLE - LA CAISSE D'EPARGNE - LCL -
SOCIETE GENERALE*

CONCIERGERIE

WELF & CO SERVICES CONCIERGERIE

216 Avenue de la Castillane
Port : 07 88 24 33 07
e-mail : contact@welf-and-co.fr
Maintenance of the flat.
Management, entry/exit of
tenants.
Cleaning, gardening, caretaking.
Management of bookings if the
owner so wishes.
In short, we'll look after your
property in complete safety!
Open all year round.

WELKEYS

Port : 07 49 28 10 73
e-mail : sales@welkeys.com
Since 2015, Welkeys has
specialised in holiday rentals with
high-end concierge services.
Thanks to our local partners, we
offer a complete management
package to 1,200 owners in the
Gulf of Saint-Tropez and 40
other destinations in France.
Our comprehensive
management offer includes
advertising, management of the
pricing strategy, reception of
travellers, cleaning and laundry
services, and maintenance.
Open all year round.



COMPUTER SERVICES- WEB SHIP-MOBILE TELEPHONY

AVELIS CONNECT / INSURANCE

360, Avenue du Mal Lyautey -
Le Malatra
Port: +33 (0)6 12 65 58 87
Fax: +33 (0)4 88 67 60 63
golfetelecom@hotmail.fr
reparation.telephonie@gmail.com
www.sospannmobile.fr
www.avelisconnect-cavalaire.fr
Repair and sale:

- Smartphone
- Computer
- Tablets
- Multimedia equipment /
connected objects
- Accessories

Our services for multimedia :

- Assistance, installation and
training at home
 - Phone unlocking and de-
locking
 - Backup and recovery of
smartphone and computer data
 - Internet and office services :
 - Internet access point (paying
service),
 - Printing, photocopying, faxing,
scanning of documents,
 - Binding, laminating
 - MOBILE PACKAGES (with the
quality of the ORANGE and SFR
networks),
 - Prepaid SIM cards and top-ups,
 - Website design and referencing
- Open all year round.

PHONEXPRESS

31 Rue Georges Bizet
83240 Cavalaire sur Mer
Phone : +33 (0)4 22 91 60 72
Port : +33 (0)6 95 75 94 85
www.phonexpress.tel
e-mail: contact@phonexpress.tel
Repair of phones, tablets,
protective covers, accessories
and batteries.
Open all year round, Monday to
Friday, 9am to 12pm and 2pm to
6pm, and Saturday, 9am to
12pm.

AROBASE DIFFUSION - ATHOME INFORMATIQUE - GOLFE
INFORMATIQUE - INTENSE INFORMATIQUE - STUDIO 42 /
IMPRESSION 3D

LINEN RENTAL PRESSING / BLANCHISSERIE DE LA BAIE

330 Avenue du Mal Lyautey
Tel: 04 94 29 65 50
www.pressingblanchisserie-de-la-baie.com
pressing.de.la.baie@gmail.com
An express service for weekly
and weekend linen hire for
hotels, guest houses, holiday
rentals and private individuals.
5* cotton satin linen. Several
kits available: 650g terry
towels, carpets, bathrobes,
bedding (from 90cm to 2m),
pool towels, duvet covers,
duvets, pillows, tablecloths.
Our motto: our prices are
fixed and there are no extras.
Opening hours :
Winter: Monday to Saturday,
7.45am to 6.30pm.
Summer: Monday to Saturday,
7.30am to 7.30pm NON STOP.
NON STOP. Open all year round.

FUNERAL HOME POMPES FUNÈBRES DU GOLFE

346 Avenue des Alliés
Phone : +33 (0)4 94 71 47 41
e-mail:
agence.cavalaire@pfdugolfe.com
www.france-obseques.fr/nos-
agences/provence-alpes-cote-d-
azur/var-83/cavalaire-sur-
mer/83240-pompes-funebres-du-
golfe-cavalaire-sur-mer-
fun_fra083_002/
f pompesfunebresdugolfe.cavalaire
For over 20 years, Les pompes
funèbres du GOLFE has embodied
strong values of trust and excellence.
Combining know-how and expertise,
our bereavement professionals are
committed to being at your side for
every step before and after your
death.
Close to Cavalaire sur Mer town
centre, our GOLFE Funeral Agency
continues to provide advice and
support to bereaved families. Every
day, we work to make it easier for
you to take out our funeral insurance
policies, to relieve you of the
constraints associated with
organising a funeral and to assist you
with your marble and funeral article
projects.
Our funeral advisers in Cavalaire are
committed to providing you with
professional and competent
support. We guarantee you a
consistently high quality service that
respects your wishes and beliefs.
Open all year round, 24 hours a day,
7 days a week.

VARAZUR FUNERAIRE POMPES FUNEBRES

PRESSINGS - LAUNDRY - DRY CLEANING

PRESSING / BLANCHISSERIE DE LA BAIE

(APPROVED WOOLMARK)
330 Avenue du Mal Lyautey
Tel: +33 (0)4 94 29 65 50
www.pressingblanchisserie-de-la-baie.com
pressing.de.la.baie@gmail.com
Our unique washing system is
approved by WOOLMARK
Professional for your delicate
cashmeres, your wools but also for
your silks, leathers, alpaca, curtains,
carpets. For each fabric a specific
detergent. The treatment of your
linen is done according to the
standards in force: anti-bacterial EN
1276, anti-fungicide EN 1650, anti-
virucide EN 14476. An express
service 12h and 24h. Express
laundry service 48 and 72 hours. At
your service for your sheets, boutis,
duvets, mattress covers,
undersheets, pillows, curtains,
carpets, upholstered chairs, BZ, sofa
beds for individuals, gîtes, guest
houses, hotels. Our motto: our
prices are fixed and there are no
extras. Opening hours :
Winter: Monday to Saturday, 7.45am
to 6.30pm.
Summer: Monday to Saturday,
7.30am to 7.30pm NON STOP.
NON STOP. Open all year round.

CAVALAIRE PRESSING LAVERIE - LAVERIE PRESSING DE LA
PLAGE



BUILDING SERVICES

ANTENNAS

PRO & CIE (see "Household appliances")

WATERING

GIRAUDO PÈRE ET FILS

M.R. Paysage (see "Espaces Verts")

AQUA VENUS - EXOTIC PAYSAGES - FRANCK CANEPA
- Chris Espaces Verts - LES JARDINS BLEUS - JARDIN
RIGNON - PRUVOST ET FILS - TENDANCE JARDINS

Handicraft work

MR.BRICOLAGE

134 Impasse des Chasseurs - RD
559 - 83240 Cavalaire sur Mer
Tél : 04 22 14 65 00

cavalaire.administratif@mrbricolage.fr
www.mr-bricolage.fr and choose
Cavalaire

Sale of DIY materials, Gardening,
Decoration, Painting, Wood
cutting, Glass, Reproduction of
keys, copies of badges, Home
delivery. Open all year round
from Monday to Saturday from 8
a.m. to 12 p.m. and from 2 p.m.
to 6.30 p.m.

CIFFREO BONA - COSTAMAGNA DISTRIBUTION -
BRICOSERVICE

TILING

L & CO BÂTIMENT (See

"Construction Firm/Swimming-
pool)- **SOS DEPANNAGE - IDEAL
HABITAT** (see "Building
renovation")

CIFFREO BONA - COSTAMAGNA DISTRIBUTION -
ETS HEREDIA RÉNOVATION - COLORS & STONE -
HARARET ET FILS- STOCK Thierry - SYNERBAT 83
-STB Roque - HOME SERVICE - LD MACONNERIE
- MC RENOV - ROGER SIMON

HEATER

ELECTRO-MENAGER-FROID -
ETS PEREZ (see "Domestic
appliances") - **PRO & CIE** (See -
"Household appliances") - **SOS
DEPANNAGE-IDEAL HABITAT**
(See "'Building renovation")

A L'EAU PLOMBERIE - EURL KEVIN CORNA - EURL
COSTELEC - MARCEL MIEULET - MISTRAL FROID ET
CLIMATISATION - MERIC Hubert - HN HOME -
SYNERBAT 83

AIR CONDITIONING

ELECTRO-MENAGER-FROID -
ETS PEREZ (see "Domestic
appliances") - **PRO & CIE** (See -
"Household appliances") - **SOS
DEPANNAGE-IDEAL HABITAT**
(See "'Building renovation")

A L'EAU PLOMBERIE - EURL KEVIN CORNA - EURL
COSTELEC - MARCEL MIEULET - MISTRAL FROID ET
CLIMATISATION - MERIC Hubert - HN HOME -
SYNERBAT 83

KITCHEN - BATHROOM

INSTALLATIONS

SOS DEPANNAGE-IDEAL HABITAT
(see "Building renovation")

AURE CREATION Sarl AZCS - ETS HEREDIA
RENOVATION - HOME SERVICES - KOCOON -
MAISON DU MENUISIER/CHIATTELLA Patrick -
NAVARRO et CIE

BREAKDOWN SERVICE AT HOME

MR BRICOLAGE (See
Handicraft Work) - **PRO &
CIE** (See Household
appliances) - **SOS
DEPANNAGE - IDEAL
HABITAT** (see "Building
renovation")

AGOSTINI Electricité - A L'EAU PLOMBERIE -
DEPANNAGE MULTI SERVICES - ELECAZUR -JC
ELECTROMENAGER TV

ELECTRICITY-

AUTOMATISM-PLUMBING

SARL SIMONE

885 Rue Rouget de Lisle
Tél: +33 (0)4 94 64 00 14
sarl.simone-aude@orange.fr
Repair and installation:
electricity, plumbing, sanitary,
heating, swimming pool,
automatism, maintenance.
Open all year round.

MR BRICOLAGE (See Handicraft
work) - **TECHNISTORES** (See
"stores") - **SOS DEPANNAGE - IDEAL
HABITAT** (See "renovation of
building")

ALEXTRICITE SHOP - AGOSTINI Electricité - A
L'EAU PLOMBERIE - EURL COSTELEC - 2D
ELECTROTEC - ELEC AZUR - EREBAT - TEG
ELECTRICITE - GUILLAUME RICHARD - HABITAT
DEPANNAGE - HN HOME - POTENTIER Stéphane
- MISCHLER Alexandre - MERIC HUBERT-
SENEAEL Alain - SPEED'EAU - SYNERBAT 83

HOUSEHOLD APPLIANCES

ELECTRO-MENAGER-FROID.
Ets PEREZ

89 Place de la gare
Immeuble Les Palmiers
Tel/Fax: +33 (0)4 94 64 12 02
Port: +33 (0)6 12 14 42 21
clim.menager@gmail.com
www.clim-menager.fr

All household appliances, air
conditioning: installation and
repair. After-sales service for
household appliances. Study
and free estimate for your
installations of air conditioning
and household appliances.
Open all year round.

PRO & CIE

317, Avenue des Alliés
83240 Cavalaire sur Mer
Tel: +33 (0)4 94 71 43 07
www.procie.com

Image and sound, domestic
appliances, air conditioning,
aerials, bedding, cookware and
after-sales service.
Open all year round.

BERKANI HAMID - JC ELECTROMENAGER TV

SWIMMING-POOL MAINTENANCE POOLRITUAL

79 Place de la Gare
83240 Cavalaire sur Mer
Tél: 04 94 20 83 70
www.poolritual.com
E-mail: contact@poolritual.com
Dive into peace of mind with
POOLRITUAL, your partner in pool
and spa design, maintenance and
servicing.
Enjoy total peace of mind while
we take care of your aquatic
space.
Open all year round.

SARL SIMONE,
see ("ElectricityAutomation-
Plumbing")

-AQUA VENUS/MER - ATV PISCINES - BLEU
PISCINE - PISCINES ET JARDINS DU GOLFE -
PROVENCE GARDENS & DESIGN - SPEED'EAU

GARDENERS

GIRAUDO PERE ET FILS

For 3 generations

Le Parc - 17, Avenue des Myrtes

Tel : +33 (0)4 94 15 43 98

giraudopereetfils@icloud.com

Maintenance and creation of gardens.

Landscaping. Pruning. Small-scale

masonry. Automatic watering. Open all

year round.

ALIOUI CAVALAIRE GARDEN - CHRIS ESPACES VERTS -
JET SET JARDINS ET TERRASSEMENTS - LMN PHYTO -
Michel ROUX ET FILS - TENDANCES JARDINS - EXOTIC
PAYSAGES - FRANCK CANEPA - JARDI CONCEPT - MKR
JARDINS - PIERRE GUILLAUME - LES JARDINS DE LA
BAIE - LES JARDINS BLEUS - SYLVAIN BRANCON -
EDEN PARCS ET JARDINS - K JARDIN MAAROUFI -
JARDIGONE - TENDANCES PAYSAGES

CLOSING

ELITHOME (See « Blinds ») - TECHNISTORES

(See « Blinds ») - SOS DEPANNAGE - IDEAL

HABITAT (See « Renovation of building ») -

- BATI SERVICES - NAVARRO ET CIE - SOCIETE CHIATELLA - STORES
ET FENETRES DU GOLFE - 2D ELECTROTEC

GEOMETER

SCP Serge HEMERY

Les Mimosas A - 350 Chemin des Vivards

Tel : +33 (0)4 94 64 01 78

e-mail : scp.hemery@outlook.fr

All topographic work, interior plans, co-
ownership plans, design of housing
estates.

Open all year round.

CONSTRUCTION

FIRM/SWIMMING POOL

L & CO BÂTIMENT

29 Place de la Gare

83240 Cavalaire sur Mer

Tél : 06 73 90 48 83

Tel: 04 94 09 18 49

E-mail : contact@lcoatiment.com

www.lcoatiment.com

General masonry, Tiling, Villa
construction, renovation and
extension, Space optimisation,
Pool construction and renovation.
Open all year round.

POOLRITUAL (see "Swimming-
Pool maintenance") - SARL

SIMONE,

(see "Electricity, Automation-
Plumbing")

ALIOUI ENTREPRISE - CARVALHO DE SOUZA MANUEL -
CUSSEY Robert - DI QUATTRO Emmanuel - EL GHERBI
Jamila - GUERROUAN Boujémaa - HADDOU Youssef -
LEBAS Eric - LD MACONNERIE - LOPES ET FILS - MARY
Sébastien - REAULT Christophe - SPRECKELS Max -
SUPERCHI Jacques - STB ROQUE

JOINERY

ELITHOME (see 'Blinds') - TECHNISTORES

(see 'Blinds') - SOS DEPANNAGE-IDEAL

HABITAT (see 'Renovation of builds')

AURE CREATION SARL AZCS - BARUTELLO Thierry -
C2A CONSULT - LPC - MENUISERIE NAVARRO -
SOCIETE CHIATELLA - STORES ET FENETRES DU
GOLFE

GLAZIER

SOS DEPANNAGE - IDÉAL HABITAT

(see "Building renovation")

SYNERBAT 83

LOCKSMITH

SOS DEPANNAGES-IDEAL HABITAT

(see "Building renovation") -

DMS

PAINTER, COVERING, DECORATION

SOS DEPANNAGE - IDEAL HABITAT,

(see " Building renovation")

B.A. PEINTURE - BARTOLO PEINTURE ET
DECORATION - BEL'HOME DECO - BEN EL MEKKI
Younès - COLORS & STONE - DELLA PEINTURE -
DUCULTY Philippe - EVRARD Patrick - IMMO
SERVICES - MG PEINTURE ET RENOVATION- RIO
Lionel - SUD COLORS - SYNERBAT 83 - HOME
SERVICES - DFG PEINTURE - CIFFREO BONA -
LITTORAL PEINTURE - VINCENT LEGER -
PEINTURE DU SUD

PLUMBER

SARL SIMONE,

(see "Electricity, Automation-
Plumbing")

SOS DEPANNAGE - IDEAL HABITAT

"see "Building renovation")

A L'EAU PLOMBERIE - GUILLAUME RICHARD -HN
HOME - MIEULET Marcel - MERIC Hubert -
SYNERBAT 83 - SPEED'EAU

RESTORATION

SOS DEPANNAGE - IDEAL HABITAT

222 Avenue de Saint-Raphaël

83240 Cavalaire

Tel : +33 (0)4 94 48 68 65

Port : +33 (0)6 13 11 57 44

www.sos-depannage83.fr

www.ideal-habitat83.com

sos-depannage-var@wanadoo.fr

contact@ideal-habitat83.com

Home renovation. A multi-service
housing company specialising in
in home renovation and
equipped with a with a 24-hour,
7-day-a-week breakdown
service. Showroom of 250 m²
dedicated to kitchens,
bathrooms and dressing rooms
with our partner partner Chabert
Duval in Bormes les Mimosas.
Open all year round.

L&CO BÂTIMENT (See

"Masonry - Swimming-pool) -

TECHNISTORES (See "Blind")

ANDENIS - LE CHTI - ETS GILLES - ETS HEREDIA
RENOVATION - MIEULET Marcel - Jean-Marc
RENOVATION - SYNERBAT 83 - ETS CHIATELLA -
STORES ET FENETRES DU GOLFE - STB ROQUE -
SENESAEAL Alain - PRO RENOV - BATI SERVICES - HN
HOME

LOCKSMITH

SOS DEPANNAGE-IDEAL HABITAT

(See "Blind") -

DMS

BLINDS

ELIT'HOME

Le Suzy - 592, Avenue des Alliés

Tel : +33 (0)4 94 00 05 75

Fax : +33 (0)4 94 89 27 01

www.elithome.fr

e-mail : contact@elithome.fr

Blinds, Joinery, Garage doors,
Shutters, Open all year round.

Shade sails, Pergolas.

Open all year round.

TECHNISTORES

305 Rue du Port

Résidence les Régates

83240 Cavalaire sur Mer

Tél : 04 94 31 22 91

e-mail : contact83@technistores.fr

www.technistores.fr

For 15 years: indoor blinds,
outdoor blinds, awning covers,
pergolas, shutters, windows,
entrance doors, garage doors,
gates, fences, motorisations,
automatic systems, home
automation.

Open all year round, Monday to
Friday: 9am to 12.30pm and
1.30pm to 5pm.

SOS DEPANNAGE - IDÉAL HABITAT

(See "Renovation of builds")

STORES ET FENETRES DU GOLFE



HEALTH SERVICES



EMERGENCIES

Pharmacies on duty

Tel: 32 37 (0,35 cts €/minute + call cost)

GOLFE DE ST TROPEZ HOSPITAL CENTRE

RD 559 - 83580 GASSIN

Standart

+33 (0)4 98 12 50 00

Emergency

+33 (0)4 98 12 53 08

Maternity

+33 (0)4 98 12 51 00

www.ch-saint-tropez.fr

GOLFE DE ST TROPEZ SURGICAL CLINIC

RD 559 - 83580 GASSIN

Tel: +33 (0)4 98 12 70 00

POISON CONTROL CENTRE

POLE TOXICOLOGIE GRAND SUD

Marseille: 04 91 75 25 25

SAMU - MEDICAL EMERGENCY

Tel: 15

DENTISTS ON DUTY

Tel: 0 892 566 766 (0.40 cts per minute + call cost if calling from a mobile)

Sundays and public holidays + dentists open in August.

DOCTORS

Dr BESANÇON HERVÉ General Medecine

Le Caducée" medical centre
1st floor

28 Boulevard Pasteur - opposite the medical analysis laboratory (on the right at the top of the stairs; on the left when you get out of the lift)

Phone: +33 (0)6 81 30 30 02

Open every morning for consultations and every Sunday from 9am to 12pm.

Dr CHARLOT Magali

220, Avenue Pierre Rameil - in front of the church

By appointment

Tel: +33 (0)4 94 05 52 52

Dr DUMONTEL Thibault

54 Avenue Frédéric Mistral

Consultation by appointment (Doctolib) on Wednesdays and Thursdays from 9am to 12pm and from 2pm to 6pm

Dr MAURIES Patrick

270 Avenue du Mal Lyautey

Tel : +33 (0)4 94 01 89 33

Port : +33 (0)6 09 23 36 76

By appointment :

- Mondays from 7.30am to 11.30am and from 4.30pm to 6.30pm,

- On Tuesday from 7.30 am to 11.30 am,

- Wednesday from 7.30 to 11.30 a.m.,

- On Thursday from 7.30 to 11.30 a.m. and from 4.30 to 6.30 p.m.,

- On Friday from 7.30 to 11.30 am.

Without appointment: Wednesdays from 14:30 to 18:30.

Dr MERUNKA Sandra

Avenue Pierre & Marie Curie

(Entrance Allée des Bains)

Residence Beau Rivage

Port : +33 (0)6 59 43 78 04

Phone : 0 981 981 993

Drs VARNET Sylvie et VOLPELLIERE Bruno

Immeuble Le Caducée (Groundfloor)

28 Boulevard Pasteur

Tel : +33 (0)4 94 87 06 18

All year round, Monday to Friday 8.30am to 6.30pm, Saturday 8.30am to 11.30am.

Consultations by appointment only. Appointments on Doctolib or secretariat open from 8.30am to 12pm.

23 Avenue du Mal Lyautey

Port: +33 (0)6 50 67 73 27

HEARING AID SPECIALIST

AUDITION CONSEIL - GRAND AUDITION

DENTISTS

Dr BRUNO Pierre et GESTIN Alexia

Residence Gleizes.

40, Allée Paulin Leonelli

Tel: +33 (0)4 94 64 09 22

Implantology

Dr GRARD Valéry

130 Rue du Port

Résidence Beau Rivage - Bât B - 1st floor

Tel : +33 (0)4 94 01 91 01

(from 7.45 am)

Implantology - Periodontology

Closed on Saturday.

Cabinet MEKDAD Kahina et OUATTARA Rabiattou

Le Caducée

28 Boulevard Pasteur

Tel : +33 (0)4 94 64 29 81

Dr RICCARDI Philippe

23 Avenue Mal Lyautey

Building Le Miramar

Tel: +33 (0)4 94 15 44 29

Dr SALGADO Diana

Dental Surgeon

23 Avenue du Mal Lyautey

Port : +33 (0)6 50 67 73 27

DIETITIAN / NUTRITIONIST

REYNAUD Étienne

Maison Médicale Le Caducée

435 Avenue des Alliés

Tel: +33 (0)6 31 55 99 65

NURSES

CABINET BALARD

60 Avenue Pierre Rameil
La Palmeraie - Bât B
Tel: +33 (0)4 94 64 28 80
+33 (0)6 70 02 86 87

Care at home and at the practice by appointment.

CABINET BOISARD - RATTIAIRE

40 Av Frédéric Mistral
La Palmeraie 2 - Bât C

Boisard Mélanie:

+33 (0)6 25 45 76 75

Rattaire Aurélie:

+33 (0)6 18 42 13 99

At home or by appointment at the office.

BON -JOBIC Yolande

60, Avenue Pierre Rameil - La Palmeraie B
Port: +33 (0)6 09 54 53 41

CABINET BOUCHER-VACHEZ

La Palmeraie - Bât 1B - 60, Rue Pierre Rameil

Tel: +33 (0)4 94 29 42 53

BOUCHER Sylvie: +33 (0)6 08 43 06 84

VACHEZ Christine: +33 (0)6 08 43 06 83

Care at home and at the practice.

Permanences at the office : at 10:30 am without appointment.

CABINET BOUVERON - VIDIER

333 Avenue du Mal Lyautey
83240 Cavalaire sur Mer

Fabienne Bouveron - Chloé Vidier :

Port: +33 (0)6 62 29 59 82

Nursing care at home and at the practice, by appointment.

Cabinet DALMASSO-BERARDIER

Le Caducée - 28 Bd Pasteur

Tel: +33 (0)4 94 15 48 63

Port: +33 (0)6 07 41 04 07

+33 (0)6 84 01 26 43

Open from 11am to 11:30am on appointment, Monday to Saturday.

CABINET DAL-ZOTTO Chrystel

45, Bd Pasteur

Port: +33 (0)6 60 06 75 19

At the office or at home, by appointment.

Cabinet DUBUIS - ZAJEWSKI

Le Caducée - Bd Pasteur

Dubuis Maryse: +33 (0)6 07 85 85 96

Zajewski Catherine: +33 (0)6 77 80 14 00

Permanence at the practice on appointment and home care.

Cabinet DUCROCQ Estelle et MADDALENA Christine

357 Av. du Maréchal Lyautey

+33 (0)6 08 66 97 29

Home and office care by appointment.

GOMEZ-GODANO Véronique

55 Avenue du Bengale - 83240

Cavalaire sur Mer

Port: +33 (0)6 42 38 55 48

Home care 7 days a week and at the office by appointment.

CABINET GOY/PEREZ et TOUSSAINT/SONNECK

La Palmeraie C - 46, Rue Frédéric Mistral

Tel: +33 (0)4 94 29 45 99

Mrs Perez - Goy: 06 08 43 06 79

Mrs Toussaint - Sonneck: 06 07 22 27 17

Opening hours: from 11-11:30 am.

Evenings, Sundays and public holidays by appointment.

CABINET LAURENT- RIBOT - BONNAMY

Le Caducée - 8 Bd Pasteur

Port: +33 (0)6 19 76 34 55

+33 (0)6 74 46 55 78

+33 (0)6 62 52 73 92

Open from 10am to 10:30am and in the evening by appointment every day, Sundays and holidays.

Cabinet TOUZET Céline & DIAS Anne

Avenue de l'Eau Blanche

Villa "Les Vignes"

Port: +33 (0)6 08 82 25 72

+33 (0)6 15 07 07 15

Open every day by appointment.

KINESIOLOGY PRACTITIONNER

VINCENT Maeva

138, Rue Alphonse Daudet

Tel: +33 (0)66 58 28 24 82

www.maevakinesiology.fr

maekinesiology@gmail.com

Managing emotions - emotional shock - self-confidence

By appointment in Cavalaire or at your home in the Gulf of St Tropez

MEDICAL LABORATORY

MEDICAL ANALYSIS LABORATORY

PHYSIOTHERAPY

BLOM Isabelle

156 Rue des Maures

Port: +33 (0)6 66 98 93 25

CABINET BAUDUIN Gilles

Résidence Gleizes

32, Allée Paulin Léonelli

Tel/Fax: +33 (0)4 94 64 07 31

CABINET GOY Laurent

30 Place du Centre

Avenue des Alliés

Tel: +33 (0)4 94 01 90 60

CABINET HERVY-LEVOIR

Le Grand Foc - Bât E

Avenue du Maréchal Lyautey

Tel: +33 (0)4 98 03 68 74

HIGOUNENC - SCHUMANN Sabine

102, Rue des Cèdres

Port: +33 (0)6 25 04 89 89

TAILLEBOIS Denis

445, Avenue du Mal Lyautey -

Résidence Atrium

Tel: +33 (0)4 94 01 22 38

THEVENET François

Le Caducée

28 Boulevard Pasteur

Tel: +33 (0)7 68 43 34 82

Office and home consultations by appointment

OPTICIANS

OPTICIEN MOBILE


83240 Cavalaire sur Mer

Tel: 06 03 04 10 16

www.lesopticiensmobiles.com

e-mail: tsimon@lesopticiensmobiles.com

 Domtom-Opticien-Mobile

 domtomopticienmobile

L'Opticien mobile est un professionnel de la santé visuelle qui se déplace directement chez vous, sur votre lieu de travail, en maison de retraite ou en établissement médicalisé pour vous offrir les mêmes services qu'en magasin, avec confort et flexibilité.

Services proposés : examen de vue (avec matériel professionnel portable), conseil personnalisé pour le choix de montures et de verres.

Large sélection de lunettes, livraison et ajustement à domicile, réparation et entretien.

Avantages : idéal pour les personnes âgées, mobilité réduite, professionnels au planning chargé.

Service sur-mesure, gain de temps, intervention rapide sur RV.

Ouvert toute l'année.

KRYS CAVALAIRE (Voir rubrique « Envie de shopping » -> « Opticiens » - ATOL MON OPTICIEN - OPTIC 2000

SPEECH THERAPIST

GRANDMAIRE Karine

Résidence le Grand Foc - Bâtiment F 480

Avenue Maréchal Lyautey

Tel: +33 (0)4 94 24 08 90

VALAITIS-CENTRO Virginie

Résidence Médicale

« Le Caducée » 28, Bd Pasteur

Tel: +33 (0)4 94 64 02 22

virginie.centro@wanadoo.fr

CHIROPODISTS

Cabinet EVEN Emmanuel - PONTICH Marie

Immeuble Le Centre - Bât B
310, Avenue des Alliés
Tel: +33 (0)4 94 92 87 74

HENOUIL Vincent

107 Avenue Pierre & Marie Curie
Port : +33 (0)6 73 50 18 25
On appointment.

Cabinet SOLIVA

Le Caducée - 28 Bd. Pasteur
Tel: +33 (0)4 94 64 46 15

PHARMACIES

PHARMACIE DU GOLFE

265 Avenue des Alliés
Tel: +33 (0)4 94 64 68 11
phiedugolfe@gmail.com
Open all year round.

PHARMACIE DE LA PLAGE

Promenade de la Mer
Tel : +33 (0)4 94 64 02 75
E-mail : ph.plage@wanadoo.fr
Open all year round.

PSYCHOLOGIST

Lisa JOUCHER

138, Rue Alphonse Daudet
Port: +33 (0)6 15 34 02 22

Estelle BENARD PAYSSERAND

35 Avenue Pierre Rameil
Tel: +33 (0)6 52 64 14 12

PSYCHOTHERAPY

Annie DE VINCENZI

Rue Maurin des Maures
Port: +33 (0)6 82 43 82 55
devincenzi.annie@neuf.fr
Couple, family and individual
therapy. Educational supervision.

SOPHROLOGY

BAUDUIN Sylvie

Résidence Gleizes
32, Allée Paulin Léonelli
Tél/Fax: +33 (0)4 94 64 07 31

LUCQ Claire

1865 Chemin des Collières
Port: +33 (0)6 22 98 22 53
Sophrologist for adults,
children and teenagers -
massage instructor for babies.
By appointment.

TAILLEBOIS Besma

445, Avenue du Mal Lyautey
Résidence Atrium
Port: +33 (0)6 28 82 11 64
By appointment.

OSTEOPATHY

ELUERE Esther

129 Rue du Port
« Les Résidences du Port »
Tel: +33 (0)6 11 53 08 81
Manual technique, gentle
manipulation, by appointment.

CABINET GOY

Résidence Le Centre - 310,
Avenue des Alliés
Tel : +33 (0)4 94 01 90 60

SCHUMANN François

102, Rue des Cèdres
Tel: +33 (0)6 14 32 26 46

VETERINARY

Dr JACKOWSKI Julia

256 Avenue du Mal Lyautey
Tel: +33 (0)4 94 46 58 82

Dr TISON Caroline

269, Bd Pasteur
Tel: +33 (0)4 94 64 08 52
Emergencies: +33 (0)4 94 64 08 52
cabinet.tison@hotmail.fr



SPORTS

Sport on the beach :

The sports department is offering you a summer of sport and aquatics on the Plage du Parc from July 7th to August 29th:

Muscle toning, aqua aerobics, aqua running, aqua flippers, aqua baby, aqua walking, aqua abdos and paddle boarding from Monday to Friday.

You must register on site with the team for each sporting activity on the beach. Free for all ages.

SUMMER SPORTS PROGRAMME

(subject to sports health restrictions and weather conditions).

No reservation necessary but registration on site with the team on the spot with the team for each sports activity on the beach.

All public and free of charge.

Sports evenings :

at the Henry Gros Sports Complex from July 7th to August 21st from Monday to Thursday (**Badminton, Basketball, Climbing, Table Tennis etc...**). Free and open to all. On-site registration with sports instructors. Information is available at www.cavalaire.fr, under the "sports" heading.

Complexe Henry Gros, 29, Allée Henry Gros.

Tel: +33 (0) 4 94 05 41 28

E-mail: sport@cavalaire.fr

Evenings: 4pm - 7pm: 4pm - 5.30pm for minors (must be accompanied by an adult or a waiver form must be completed on site) + 5.30pm - 7pm for adults.

2 multi-sports fields:

One in the town centre, located as an extension of the Henry Gros sports complex and the other in Frais Vallon, they allow all people to play basketball, football and handball outside and free access. Open all year round from 1st April to 30th September from 9am to 12am and 3pm to 10pm and from 1st October to 31 March from 9am to 8pm.

Informations on sports services: +33 (0)4 94 05 41 28

NAUTICAL ACTIVITIES

AQUATIC WALKING

(during school holidays)

Parc beach. Compulsory registration at the sports office.

School holidays (except in winter): Tuesdays and Thursdays, 2pm-3pm.

Tel : +33 (0)4 94 05 41 28

e-mail : sport@cavalaire.fr

MARTIAL ARTS

AIKIDOJO DE CAVALAIRE

Adult classes:

Mondays from 7:30pm to 9:130 pm,

Thursdays from 7 to 9 pm

Weapons classes: every first Saturday of the month:

a class from 10:00 to 12:00.

Centre Ottavi - Avenue des Alliés

All year round except July-August and Christmas holidays.

Port: +33 (0)7 71 79 58 45

+33 (0)6 08 01 00 88

JUDO CLUB CAVALAIROIS

From mid-September to the end of June.

Centre Ottavi - Avenue des Alliés.

Tel : +33 (0)6 26 26 74 56

Port : +33 (0)6 23 13 55 20

E-mail : sarl.simone-aude@orange.fr

ACADÉMIE SPORTS DE COMBAT

Fernand Ottavi Complex

83240 Cavalaire sur Mer

Port : +33 (0)6 49 74 07 20

academie@kc-cavalairois.com

Close combat, A.R.T. Physical Training. Courses every evening after 8pm at the Complexe Ottavi. No courses on Sundays.

Tai Chi Chuan

Tel : +33 (0)6 78 92 41 45

e-mail : luric@orange.fr

For the general public (10 years old) : early learning gymnastics flexible: Henry Gros gymnasium, Tuesdays from 10.30am to 12pm; OTTAVI room on Wednesday from 8.00 to 9.30 pm and Friday from 11.00 am to 12.30 pm. Teacher Jim Turner, graduate of the DING ACADEMY.

Système de combat

Close combat, A.R.T cardio and Physical Training.

Classes every evening after 8pm at the Complexe Ottavi.

E-mail:

raffaelli.snackers@gmail.com

No classes on Sundays.

BOXING

FIGHT CLUB CAVALAIRE

Boxing club.

Training days :

- Mondays from 6.30pm to

8.30pm,

- Thursdays from 6.30pm to

8.30pm.

The club is open to boxers aged 13 and over.

Our coaches, Mr Gauteroux Yann

and Mr Lambert Herve, teach

French boxing - Kick - Full - K1.

Training takes place at the Henry Gros gymnasium, from

September to June.

DANCE

CAVAL'WESTERN

Learn and practise country dancing in a friendly atmosphere. No age limit. Beginner, novice and intermediate levels.

Lessons and revision: every Wednesday evening from 7pm to 9.30pm at the Salle des Fêtes. Registration on site. Salle des fêtes

Complex Henry gros - Annex room.

From 1st September to 30th June.

Tel: +33 (0)6 17 11 40 06

cavalwestern.country@gmail.com

www.cavalwestern.jimdofree.com

MISS & MISTER DANCE STUDIO DANS LE GOLFE DE SAINT-TROPEZ

Solo and partner dance shows and demonstrations (salsa, bachata, rock, kizomba, ballroom and sports dances), classes, courses, shows and dance evenings. At the Henry Gros gymnasium in Cavalaire and the cultural center in La Croix-Valmer. All year round.

missandmisterdancestudio@gmail.com

 miss and mister dance studio dans le Golfe de Saint-Tropez

 miss_and_mister_dance_studio

PLANÈTE BREAK DANCE

Break Dance classes from 6 to 18 years old. Wednesdays from 5.30pm to 6.30pm in the multi-purpose room at the primary school and Thursdays in the gymnasium from 5.30pm to 6.30pm.

Port : +33 (0)6 59 24 21 56

SHOW DANCE STUDIO

Fitness, Zumba - Classical dance, jazz and cabaret show. Training at the Henry Gros Gymnasium. From 15 September to 15 June.

Port : +33 (0)6 14 50 34 49

TANGO ARGENTIN

Open to everyone.

Thursdays from 7pm to 9.30pm at the Salle des Balcons du Port.

Tel: +33 (0)6 29 84 14 32



CLIMBING

ATTITUDE ESCALADE

Monday, Tuesday and Thursday at the Gymnase Henry Gros.
Children, teenagers, adults.
Tel: +33 (0)6 10 83 48 86

FOOTBALL

ESPRIT FOOT 83

Tel : 06 12 26 31 71
e-mail : espritfoot83@gmail.com
Indoor football (2 teams of 5 or 6)
Every Tuesday from 9pm to 10.30pm at the Gymnase Henry Gros
All year round.

RACING CLUB DE LA BAIE

Pratique du Football jeunes et séniors.
Port : 06 29 99 50 61
e-mail : racingclubdelabaie@hotmail.com
et f Racing club de la Baie
<https://rclabaie.footeo.com>
Activity place : Stade Marie Louise Raymond at la Croix-Valmer
From August 1st to June 31st

CAVALAIRE FOOT SALLE

Indoor recreational football - Adults (over 30)
Gymnase Henry Gros.
Training on Wednesdays from 7.30pm to 10pm.
Tel: 06 87 54 54 61

FIRST AID TRAINING

CAVALAIROIS RESCUE CENTER

Inscription :
<https://www.sauveteurs-juniors-du-golf-de-st-tropez.com/book-online>
e-mail: sauveteursjuniorscavalairois@gmail.com
First aid and water rescue training for children aged 10 to 17.
Beginner, intermediate and advanced levels.
Courses in July - August - Spring and Autumn holidays.

SPORTFISHING

ICHE CLUB DE LA BAIE DE CAVALAIRE

Sport fishing in apnea.
President: Jean-Louis Ponnelle
+33 (0)06 19 29 04 85
Secretary : Yves Boudou :
+33 (0)4 94 64 03 38

PÉTANQUE (FRENCH BOWLS GROUNDS)

THE BOULE DU LYS D'OR

President : Roque PERTUSA-PAMIES
Port : +33 (0)6 09 20 72 79
Practice of Boule Lyonnaise, Square Gleizes - Av. Frédéric Mistral.
Several competitions during the year.

LEI PETANQUAÏRES CAVALAIROIS

Port : +33 (0)6 31 55 97 16
Competitions in July and August every day: see local calendar and posters.
June and September according to local calendar.
All year round, training, friendly competitions as well as federal competitions in Pétanque and Jeu Provençal.
(compulsory licence or membership card).

RUGBY

RUGBY CLUB DU GOLFE

The Rugby club du golfe is happy to welcome young players from the age of 3 at the Blaquières complex in Grimaud.
We have all age categories from 3 years old to seniors and also older players "les argus".
The club's priority is above all conviviality and family spirit.
Every year, on the 1st of May, we organise a 5x5 tournament (family: parents, children, friends) open to everyone.
President: Philippe Cornille : 06 24 15 71 81
rcg83.secretariat@gmail.com

INDOOR SPORTS

BADMINTON

Tel : +33 (06 78 92 41 45
e-mail : luric@orange.fr
Adults: Thursday from 7pm to 10.30pm
Adults and children on Saturdays: from 9.30am to 11.30am
Gymnase Henry Gros.

CS CAVALAIRE BASKET

M. Sylvain Mouyssinat
+33 (06 18 99 28 20
Mr Michael Julien
+33 (0)6 50 63 25 94
From September 1st to June 20th at the Henry Gros Complex.

CAVALAIRE GYM AVENIR

Women's artistic gymnastics (GAF).
Gymnastic awakening (4/6 years).
Baby gym from walking to 3 years old. Gymnastics from 6 years old.
Gymnase Henry Gros.
Port : +33 (06 79 93 27 38
honoratthierry@orange.fr

GYMNASTICS CLUB

Classical gymnastics: toning, abs, buttocks, stretching, cardio-training.
Mixed classes, qualified instructor.
Monday, Tuesday, Thursday, Friday.
Cardio-training classes available once a week on Monday mornings at the Henry Gros sports complex.
A total of 9 hours per week.
Annual membership fee of €170 (from September to mid-June, except Christmas holidays).
Medical certificate required. No age limit. Get fit!
Complexe Ottavi. Avenue des Alliés.
And cardio-training on Monday mornings at the Henry Gros sports complex.
Information: 06 87 32 11 08

CLUB DE MUSCULATION

Open: Winter: 8am to 8.30pm every day, 7 days a week.
Summer: 8am to 9.30pm.
Registration by post from 1 January. No daily registration.
Use of equipment and materials is the sole responsibility of the user.
No instructor. Badges must be worn, sportswear and towels compulsory. Rates: €80 for the communes of Cavalaire, La Croix-Valmer and Le Rayol and €160 for other communes regardless of the date of registration per year, €50 for seasonal workers in the communes of Cavalaire, Le Rayol and La Croix-Valmer. Passage 15 € / week, 50 € per month.
Medical certificate required for minors (minimum age 16): fitness for bodybuilding and cardio-training dated for the current year + parental authorisation. For adults: medical discharge. On-site document with information sheet to be completed and signed.
For more information on the documents to be provided, please contact the President.
President: M. Vandeveld
Tel: +33 (0)6 81 80 89 13
Centre Ottavi - Avenue des Alliés.

ENERGY SPORT DANCE

Sport for everyone and the whole family, even outdoors!

Dynamic and progressive sessions all year round. Qualified sports instructor. Nordic Walking, Aeroyoga, kuduro'fit, Fitball, Osteo-gym, Nature circuit, Zumba®, Bungee Dance, Jumping Fitness, Aerial hoop, Fitness courses

Cerfa 15699-01 Compulsory - Medical certificate on request

Schedule and registration:

www.esdvar.fr

Port: +33 (0)6 83 15 61 97

www.esdvar.fr

E-mail: esdvar@gmail.com

ENTENTE DU GOLFE DE SAINT-TROPEZ

Leisure and competitive handball.

Handball club. All categories, mini handball for children aged 5 and over.

Training in Cavalaire at the Henry Gros sports complex for 10/12 year-olds. For all other categories, training takes place either in GASSIN, COGOLIN or SAINT TROPEZ depending on the age category.

From 15 September to 15 June.

Serge : 06 27 09 72 06

Pierre : 06 16 33 58 44

HARMONY PILATES BALL

PILATES on mats and small equipment. Several levels of practice.

Swiss Ball postural, Swiss Ball postural SENIOR. Stretching. Practice of the

method by Be de Gasquet (pre- and post-natal yoga, endometriosis and breast cancer).

OTTAVI complex.

From 15 September to 30 June.

Patricia : 06 10 87 60 90

Véronique : 06 71 92 77 38

e-mail : hpilatesball@gmail.com

JUSTE AVEC LE COEUR (JALC)

Sport adapted to children with mental health problems. psychological disorders. Henry Gros complex, Mondays from 9.30am to 11.30am. 11h30.

All year round except August.

President: Mme Luporini

Tel: +33 (0)6 26 79 50 78

isabelle.luporini@gmail.com

VOLLEY BALL CSC

Volleyball. Henry Gros Sports Complex - Salle Omnisports

Mainly leisure

Tuesdays: 6pm - 9.15pm: ALL categories.

Youth: 6pm to 7:30pm; Adults: 7:30pm to 9:15pm.

Other days may be added depending on room availability.

For further information, please contact 06 01 78 17 31

SPORT / COHESION

TACTIPOL

Association whose aim is to promote the development of the skills of people. The aim of the association is to promote the development of the skills of people who are authorised to use and/or carry a firearm, either for sport or professionally.

Training, assistance and advice, in France and abroad, in the fields of sports and professional shooting, self-defence, tactical first aid and related activities. All year round.

Tel: +33 (0)6 64 51 77 97

or +33 (0)6 64 51 77 97

E-mail : contact@tactipol.fr

TENNIS

TENNIS CS CAVALAIROIS

797, Chemin des Collières - 83240 Cavalaire

Come and play tennis at the magnificent Collières tennis complex, which has 5 courts, a wall and a club house.

Rental rates :

- 20 € / hour per court, for 2 or 4 players,

- 5-hour and 10-hour packages available on a sliding scale.

Possibility of finding a player if you're on your own!

Private lessons and courses.

Information: 06 29 43 32 63

Information and registration with Tennis des Collières.

TABLE TENNIS

La Raquette Cavalairoise

Table tennis. Leisure activities and championships.

Open at the Henry Gros gymnasium in Cavalaire, annexe room:

- Tuesdays from 16:30 to 21:00,

- Wednesdays from 13:00 to 16:00,

- Fridays from 16:30 to 21:00

laraquettcavalairoise83@gmail.com

Port : 06 17 43 82 31

PYTHON CLUB

Recreational and competitive shooting sports.

Monday and Friday afternoons from 14:00 to 16:00, Tuesdays from 17:00 to 19:00 and Sundays and public holidays from 9:00 to 12:00.

Venue: Fenouillet Étoile.

Tel: 06 86 98 75 31 or 04 94 64 35 14

e-mail:

franck.nowacki83@hotmail.fr

BIKING

VÉLO CLUB DE CAVALAIRE (VCC)

A cycling and touring club whose aim is to offer cycling tours all year round (road, mountain bike, VAE).

The association is affiliated to the Fédération Française de Cyclotourisme (FFCT).

Departure times and routes can be found on the club's website.

The meeting point is at the beginning of the Promenade de la Mer.

Port: 06 77 75 71 76

E-mail: vcc83@orange.fr

www.veloclub-cavalaire.fr



LEISURE ACTIVITIES

L'ATELIER DECO & CREATIONS DE SARAH

300 Avenue des Alliés
83240 Cavalaire sur Mer
Port : 06 81 72 10 48

e-mail : ateliersarah@orange.fr
www.atelierdesarah.fr

 atelierdecocreationsdesarah

 L'atelier de Sarah

Painting on ceramics, modelling.

A unique opportunity to paint on the ceramic of your choice.

A wide choice of objects is available.

Once you have expressed your creativity, the chosen object must be fired for 16 hours.

You can pick it up a few days later.

Detailed description

The workshop also offers introductory modelling courses.

Open all year round.

Wellness

HOLOS

Relaxation, sophrology. Nature walks/ Sophro. Group and individual sessions. Training courses. All year round.

Tel: +33 (0)4 94 96 71 98

Port: +33 (0)6 43 25 97 03

E-mail: sophroholos@hotmail.fr

SHANTI YOGA

Discover a hatha yoga that combines a experience of yoga that is both invigorating and meditative yoga experience, accessible to all, bringing you flexibility, tonicity and deep relaxation.

A time of presence to oneself, which consolidates our Being, through the meeting in of our body and our mind. 12 € per session. Annual membership of the association: 15 €.

Classes on Mondays from 9:30 to 11:45 am at the Ottavi Complex. Ottavi Complex.

Tel: +33 (0)6 22 26 42 38

Teacher: Julie Kaux.

LE SOURIRE DU CORPS

Stretching postural®: Build muscle from the inside out, relieve and improve back problems, combine tone and flexibility, awaken deep muscles, compensate for the effects of stress, improve body shape, complement sports preparation.

- Complexe Henry Gros - Salle annexe.

Stretching Postural®: Mondays from 11am to 12pm.

Yoga: Fridays, 10am to 11am.

Complexe Ottavi:

Mixed Pilates: Wednesdays from 10am to 11am.

September to June.

e-mail:

ass.sourireducors@gmail.com

Port: 06 82 31 92 93

Hunting

LOCAL HUNTING SOCIETY "L'UNION"

Mr Guy Corna.

Tel: +33 (0)6 27 03 29 48

Playing games

BILLARD CLUB DE LA BAIE

French billiards known as Billard Carambole.

6 billiard tables: 2 tables of 3.10 m and 4 tables of 2.80 m.

Billiards room open every day and public holidays.

Opening hours: 9am to 12pm and 2pm to 6.30pm.

Club affiliated to the French Billiards Federation.

Complexe Ottavi

Salle Navarro - Avenue des Alliés

www.billardcavalaire.fr

e-mail: cavbcb@aol.com

Tel: 04 94 64 40 02

CAVALAIRE BRIDGE CLUB

Practice and dissemination of the game of bridge. Club open Mondays, Thursdays and Saturdays at 2pm, tournament starts at 2.30pm.

To find out where the activity takes place, contact the bridge club.

Tel: +33 (0)6 81 71 56 26

E-mail:

bridgecavalaire@gmail.com

CAVALAIRE ECHECS

Chess practice (beginners and advanced).

Monday to Friday from 5.30pm to 7.30pm from September 15th to June 15th at Complexe Ottavi - Rond-point d'Arménie.

Monday to Friday from 5.30pm to 7.30pm from June 16th to

September 14th under the building called "Méditerranée".

Tel : +33 (0)6 80 52 27 45

CAVAL ET ROI DE LA BAIE

Practice of Tarot - organisation of meetings and tournaments.

Tel: +33 (0)6 73 87 23 25

+33 (0)6 77 68 10 30

de paragraphe

Music

FACE B

Face B is a meeting place for musicians of all levels.

associationfaceb@gmail.com

or pierre.marceau@free.fr

Activity all year round.

Tel: +33 (0)6 51 91 24 55

Philately

CLUB PHILATÉLIQUE DU GOLFE

Meetings every 1st Sunday of the month at the Bastide Pisan in Cogolin from 9.30am to 11.30am and every 3rd Sunday of the month in the other towns of the Gulf of St Tropez from 9.30am to 11.30am, Saturdays in Ste Maxime depending on the calendar. From 1st September to 15th July.

Tel: +33 (0)4 94 01 96 09

And also...

CAPT (Activity Centre for All)

Multi-leisure activities for all (Tai Chi Chuan, chess, badminton, Argentinean Tango)

Ottavi Complex or Henry Gros Gymnasium, all year round.

E-mail: luric@orange.fr

FRANCO-AMERICAN MUSEUM OF THE LANDING OF PROVENCE

Exhibition and parade of military equipment

Tel : +33 (0)4 94 15 43 61

Ask for the Guide

E-mail: poupsy83@free.fr

Maison de la Mer
50, Rond-Point St Exupéry
Tel : +33 (0)4 94 01 92 10
contact@cavalairesurmer.fr
www.cavalairesurmer.fr

