

CAVALAIRE
— SOLÉIL DE SAINT-TROPEZ —

HIKING IN CAVALAIRE

ON FOOT

DISCOVERING CAVALAIRE



Cavalaire, your nature destination

Nature lovers, Cavalaire-sur-Mer offers several trails where you can discover breathtaking landscapes.

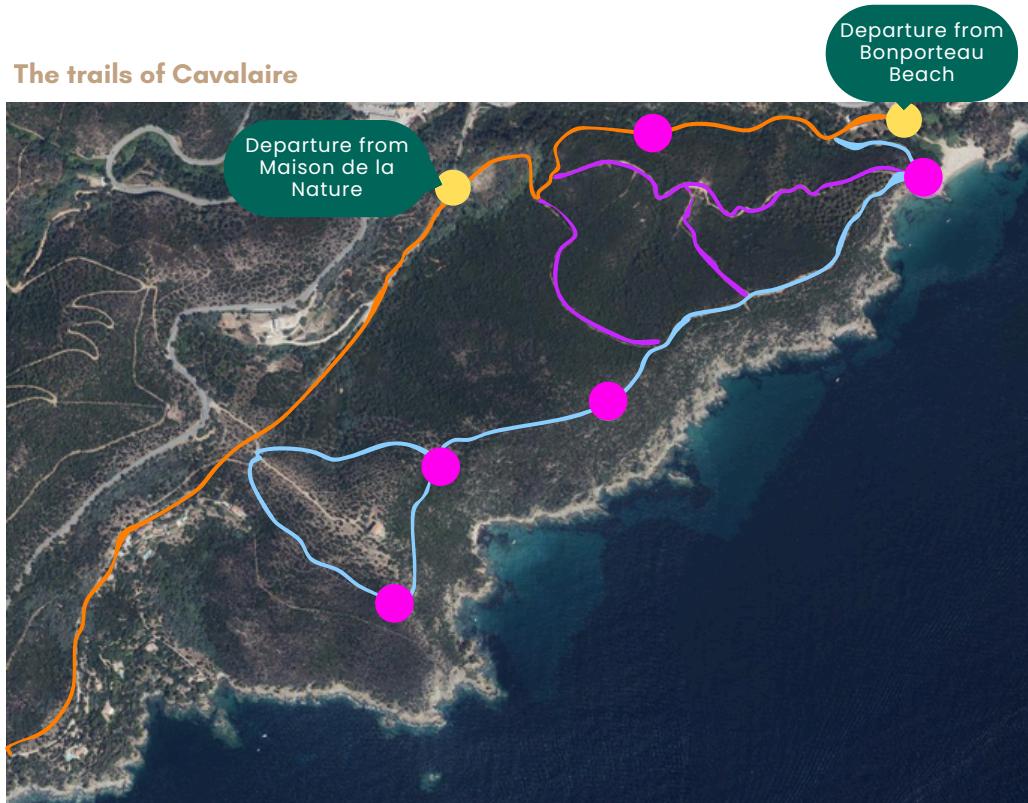
Whether you're athletic or a beginner, take in the incredible sea views.

Explore the routes and best practices for hiking in Cavalaire-sur-Mer.

Enjoy exceptional moments surrounded by nature. As you explore, you will pass through pine forests and flower-covered hills overlooking wild coves. Look up and discover breathtaking views of the Mediterranean Sea.

We wish you a wonderful getaway!

The trails of Cavalaire



 "Old Railway Line" Trail

 "Fenouillet (Vallon)" Trail

 "Around the Foncin Estate (Coast)" Trail

 Departures

 Viewpoints

The Fenouillet Trail



A route rich in varied landscapes: a cool, green damp valley; scrubland that is fragrant in summer and blooming in spring; rocks and cliffs on the coast; a sea of different shades of blue; and islands on the horizon. Once you have completed the loop, return to Bonportea beach for a refreshing break in the sun.



- Departure : Maison de la nature or Bonportea Beach
- Car park : Along the RD 559
- Distance : 2,5 km
- Elevation difference: 6m
- Duration : 1h30 Loop
- Difficulty : ★★



The Fenouillet Trail can be explored independently, as it is signposted.

This is a must-see route between the sea and the Massif des Maures, offering typical landscapes and breathtaking views.

The Fenouillet trail is located between Bonportea beach and the hamlet of Le Dattier. You will have the opportunity to explore a wilderness area that belongs to the Conservatoire du Littoral (Coastal Conservation Authority).

This implies a few rules to best preserve this setting.

The Old Railway Trail



Walk along the path of the Old Railway Line of the Train des Pignes. **Take the old pine nut train route and go through the 285-metre-long Dattier tunnel.** The train that passed by was pulled by a steam locomotive. It was known as **Train des Pignes or 'Macaron'.**

The first name would refer to **the slowness of the train** which allowed a passenger to get off the moving train to pick up pine cones (pignes) and then get back on. The name 'Macaron' may come from 'Lou mascaroun', which means 'the black one' and more specifically a **person blackened by coal** (train drivers and passengers).

During the Second World War, **the track was sabotaged and bombed** which condemned certain parts of it. Faced with competition from the motor car, **it was finally completely dismantled in 1949** and replaced by a coach service.

- Departure : 2km after leaving Cavalaire, turn left onto Chemin du Dattier.
- Car park : Car park opposite the Maison de la Nature
- 📍 Distance : 5 km
- ▲ Elevation difference : 100 m
- ⌚ Duration : 2h30 Loop
- Difficulty : ★★



The trail around the Foncin Estate

Take this path for a walk that will offer you spectacular views of the Domaine Foncin.

At the western entrance to the town, the Maison Blanche, with its distinctive architecture, sits atop a hill overlooking the sea.

This 45-minute walk will allow you to discover the beauty of the Corniche des Maures hills and the Domaine Foncin.

The 'Maison Blanche' quickly became an essential landmark for sailors and aviators, and is therefore marked on navigation charts.

If you would like to explore the interior of Maison Foncin, you can book your visit at: <https://lusine.org/>



- Departure : Identical to the previous trail.
- Car park : Opposite the Maison de la Nature
- 📍 Distance : 1,5 km
- ▲ Elevation difference:100m
- ⌚ Duration : 45 min Loop
- Difficulty : ★★

The Factory House of Nature



A FLAGSHIP PROJECT IN CAVALAIRE-SUR-MER

In 2005, the town of Cavalaire acquired a former household waste treatment plant (UTOM). Covering an area of 300 m², the building was located on a 14,061 m² site. Commissioned in 1978, it ceased operations in 1999, before being purchased, decommissioned and decontaminated in 2005. Driven by his desire to develop year-round 'green tourism', the mayor of the commune, Philippe Leonelli, wanted to turn this site into a must-see destination dedicated to nature, a benchmark for all lovers of the Corniche des Maures.

At the heart of Mediterranean flora.

Between the sparkling sea and green hills, the Maison de la Nature invites you to explore the heart of a preserved natural setting. Nestled along the greenway, it offers access to hikers, joggers and cyclists. It is an opportunity for visitors to discover the diversity of our flora and raise awareness of environmental issues. Exhibitions, fun and educational workshops, and conferences cover all topics related to the environment.

The House of Flavours

But that's not all! To complete the experience, take a seat on the terrace and sample the delicious offerings from the chef at Maison des Saveurs.



⌚ **Opening hours** : Open year-round, every day except Mondays from April to October, and Mondays and Tuesdays from November to March. **Timetables are subject to change.**

Access : Via the RD 559, free parking at Parking du Dattier. By bus, from June 1st to August 31st, shuttle bus line 4 departing from the Tourist Office - Stop at Maison de la Nature. By bike via the greenway (bike parking).

RATES AND BOOKINGS



Foncin Estate

A PLACE STEEPED IN HISTORY

Located at the western entrance to the town, the Domaine Foncin is particularly remarkable for its white bastide, situated at the top of a hill overlooking the sea.

At the end of the 1880s, Pierre Foncin, a renowned French professor, historian and geographer, travelled with his wife Jeanne Marie de Pozzi on their honeymoon to the French Riviera on the Train des Pignes. There they discovered the Corniche des Maures and the little paradise that is Cavalaire. In 1890, they bought a 15-hectare estate in Le Dattier and in 1894 built a holiday home there: Le Casteou Dou Souleu.

The 'White House' quickly became a landmark for sailors and aviators and was thus marked on navigation charts.

After their father's death in 1917, his daughters Mireille and Myriam Foncin stayed on the estate from time to time. Mireille was one of the first members of the Regional Association for the Protection of Birds and Nature. In 1975, she moved to the estate permanently and, in 1977, she donated her property and the 15 hectares surrounding it to the Conservatoire du Littoral in order to guarantee its permanent protection: this was the first bequest made to the Conservatoire du Littoral. After her death in 1996, the Conservatoire du Littoral undertook serious studies, wanting to give this emblematic site an exceptional use that was compatible with the wishes of the donor: education and nature conservation.

The Domaine Foncin is now open to the public in the form of guided tours through the Maison de la Nature!

Book your guided tour





The right moves for hikers

ADOPT THE RIGHT HABITS

In Cavalaire-sur-Mer, the Corniche des Maures mountain range, along with our beaches and coves, are natural areas of great richness and unspoilt beauty. These sites are precious and protected, and it is essential to ensure their preservation during every hike. By adopting responsible behaviour, we ensure harmonious coexistence between hikers, fauna and flora. Every action counts in maintaining the balance and ensuring that these natural treasures remain accessible to future generations.

Here are a few things you can do:



Respect protected areas.



Preserve the flora and fauna of our natural environment (Do not pick flowers or take cuttings).



Find out about hunting seasons (Please observe the signs and instructions given by hunters).



Recycle your waste (bring a small bin bag to store rubbish and organic waste such as peelings or banana skins).



Remain neutral with animals (Do not feed them or touch them, as this could disrupt their ecosystem and make them dependent).



Keep your pets on a lead.



Walking sticks with tips are permitted.



Forest fires and barbecues are prohibited.



Do not drive motor vehicles on the trails.



No bicycles allowed



Do not camp in the wild.



Do not smoke or vape



Be discreet (shouting, loud music).

Monitor the risk of fire

Forest fire prevention



When you go hiking in the countryside, it is necessary to put some safety measures in place. It is essential to plan your trips to the forest in advance and check the weather forecast, remember to take your phone with you, tell someone about your itinerary, and never stray from the marked paths.

On days when the weather forecast is classified as exceptional risk by Météo-France, access to forest areas is completely prohibited. The prefecture's fire risk map is updated at 6 p.m. every evening.

Map of current fires



Check the weather conditions.

Weather alert from Météo France



It is essential to check the weather forecast before setting off.

Be prepared for thunderstorms. Do not enter areas that are particularly exposed to lightning (plateaus, ridges, peaks, etc.).

Our tips for preparing your hike

Our Holiday Advisors take care of you!



“

For a pleasant hike, we recommend wearing sturdy good shoes to navigate the narrow, muddy and rocky paths. To protect yourself from the sun, wear a hat, bring water bottles and, most importantly, take your picnic with you after your lunch break. ●●

Laure

“ It is important to choose a hike that suits your physical abilities and to know when to turn back to ensure your safety. If you are hiking alone, remember to tell someone your route and schedule. Stay on marked trails to preserve vegetation and prevent erosion: the flora and natural environments you will be passing through are fragile. ●●



Catherine

The Director of the House of Nature invites you!



“

The team at the Maison de la Nature invites you to relax, refresh, and enjoy a delicious snack in a verdant setting, with a unique view of the Maison Foncin and the Massif des Maures. Take advantage of this timeless moment to visit the current exhibitions.

Céline

And for donkey lovers, extend the experience with a walk in their company! ●●

Species to observe



Hermann's tortoise

You have to watch carefully to see it quietly making its way through the scrubland, bearing witness to the richness of life on earth. Be careful, you must not touch it! It is one of the most endangered reptiles in Europe and worldwide.



Ocellated lizard

It is one of the largest lizards in Europe and has bright colours. This protected species moves nimbly between rocks, adding a lively touch to the Mediterranean landscape.



The Mediterranean scops owl

The Mediterranean scops owl is a nocturnal bird of prey with bark-coloured plumage, brown and grey, perfect for camouflaging itself among the trees. Its melodious, soft and rhythmic song adds a touch of magic to the night, making it a true gem of nocturnal wildlife.



Cicadas

They herald summer with their vibrant song, a natural symphony that accompanies every walk.

