

# *Destination*

CAVALAIRE-SUR-MER

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May 2026 - May 2027





# CAMPING \*\*\*\* LE MAS DE LA TREILLE

CAVALAIRE SUR MER Côte d'Azur



**Magnifique espace aquatique chauffé avec jacuzzi, pataugeoire avec jeux ludiques pour les plus jeunes... Toboggans aquatiques**

Ouvert d'avril à début octobre, situé à 10 minutes à pied de la plage de Bonporteau et à 15 minutes à pied du centre-ville. Large choix de locations climatisées (de 1 à 3 chambres) ; **des paillottes hauts de gamme** aux cottages, il y en a pour tous les goûts.

Restauration sur place avec dépôt de pain, terrain de pétanque, aire de jeux, wifi, aire de fitness et bornes pour véhicules électriques.



**Nouveau restaurant**

[www.campingdelatreille.com](http://www.campingdelatreille.com)

[campingdelatreille](https://www.facebook.com/campingdelatreille)

[@campingdelatreille](https://www.instagram.com/campingdelatreille)

206 Chemin des Canissons - 83240 CAVALAIRE-SUR-MER - FRANCE - Tél : +33 (0)4 94 64 31 81  
[campingdelatreille@wanadoo.fr](mailto:campingdelatreille@wanadoo.fr)

# Cavalaire sur mer

*Intensely!*

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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.

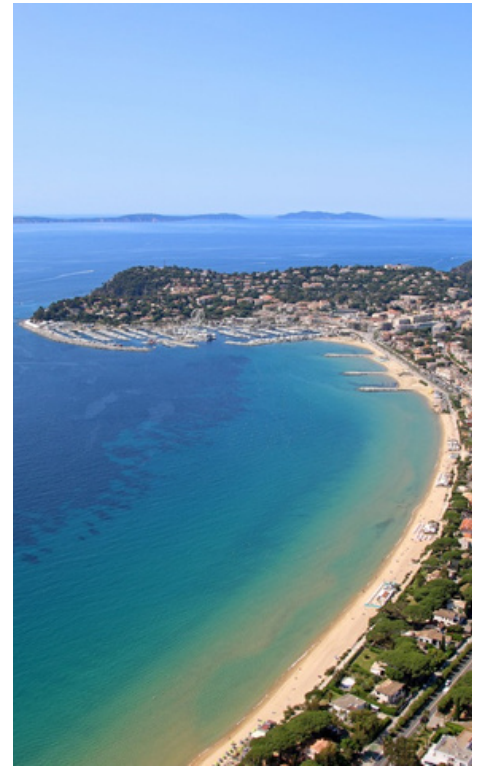
# WELCOME

## to Cavalaire

A commune of the Var since 1929, with a surface area of 1,674 hectares and 8,202 residents (January 1, 2026), 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 9am to 12.30pm and from 2pm to 6pm, and Saturday from 9am to 12.30pm.
- 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



Join us!



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



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.

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



The establishment is committed to a quality approach recognised by the State and has been awarded the national **DESTINATION D'EXCELLENCE** label for one or more of its activities.  
For further information: destinationexcellence@atout-france.fr



Establishments bearing the reference **ACCUEIL VELO** (Cyclists welcome) for the year 2026.  
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](http://www.atout-france.fr/fr/informations/label-vignobles-decouvertes)

Cavalaire Tourisme/IC/KK/LT –  
Mairie de Cavalaire/FM –@E. Bertrand – @Pascal Bacué – @Abkt photography – @FloBeau – @F-B Scotto – @Aldo Ferrucci – @Médiathèque de Cavalaire – @Fotolia – @Service Espaces Maritimes de la Communauté de Communes – @Patrick Borel – @Sailing Evasion@Port Heracléa

Design and production:  
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# 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/24-365 days a year.  
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 SMS: 114

## 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.**

## 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](http://www.cavalaire.fr)

#### LA POSTE

Avenue Gabriel Péri  
Tel: 36 31 (n° not surcharged)

#### WATER SUPPLY - VEOLIA

[www.eau-services.com](http://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

Waste Department: +33 (0)4 94 96 06 68  
[contactdechets@golfe-sainttropez.fr](mailto:contactdechets@golfe-sainttropez.fr)  
[www.golfe-sainttropez.fr](http://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](mailto: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), 5pm (from November to March)

#### 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

# The sea, *passionately*

## **Cavalaire is THE ultimate sailing destination**

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: water skiing, sea fishing, canoeing, boat hire, cruises, parasailing...
- ★ 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*



## Good to know!

From PORT CAVALAIRE to:  
(in nautical miles)

- Le Lavandou : 9
- Porquerolles : 19
- Saint-Tropez : 18
- Ajaccio : 131

## Let yourself be tempted by a stopover of one or more nights:

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 Ecobeu project.

To find out more about this, please visit [www.port-heraclea.fr](http://www.port-heraclea.fr)

## 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 would like to apply for **ISO 18725 certification "CLEAN PORTS ACTIVE IN BIODIVERSITY"**, once the work has been completed.

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) - some of these features will not be available for the 2026 season.
- 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](http://www.observatoire-marin.com)),
- **The use of Ecocert products in the washrooms.**

## 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 **all the information about the port and neighbouring communes**. In order to modernise the port, redevelopment work is currently underway. Work will be suspended between July and August.

## 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.

# PORT HERACLEA, *at your service*



## LEGEND

### WATER SPORTS ACTIVITIES (See pages 16 and 17)

- 1 La base nautique (Towboats, parasailing)
- 2 Holeshot (Jet-ski)
- 3 Session gliss (Multi-water activities)
- 4 Azur Way (Electric paddle)
- 5 Yacht club de Cavalaire

### REFUELLING

- 6 Ulysse refuelling station

### BOAT TRIPS (See Page 14)

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

### BOAT HIRE (See page 14)

- 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 18)

- 15 Eau Bleue
- 16 Eperlan
- 17 Mio Palmo Plongée
- 18 Le Sarrazin
- 19 Tiki Dive

### EVERYTHING FOR THE BOAT (See page 10)

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

**PORTS PROPRES**



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

## 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 Ground floor of the Maison de la Mer (on the harbour side)

83240 Cavalaire-sur-Mer  
Tel: +33 (0)4 94 64 17 81  
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](http://www.port-heraclea.fr)  
Visual storm warning signals.

## CrossMed

VHF 16 or 196 from a mobile phone.

## SNSM office

Open on Wednesday mornings.

Information on [www.station-cavalaire.snsn.org](http://www.station-cavalaire.snsn.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](http://www.rioetfils.com)  
E-mail : [contact@rioetfils.com](mailto: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](http://www.captain-nason-group.com)  
e-mail:[accueil@marine-plaisance.com](mailto:accueil@marine-plaisance.com)  
Shipyard, New and second-hand boat sales, USHIP ship chandler, Inboard and outboard maintenance, Winter storage, 50-tonne crane, On-land berths, Careening area.  
Authorised dealer for Jeanneau, Prestige, Four Winns, Wellcraft and Excess.  
Open all year round.

**LOCAVALAIRE**, see "Boat rental"



## Boats for rent

### LOCAVALAIRE

Rue du Port - Les Régates  
83240 Cavalaire sur Mer  
Tel : +33 (0)4 94 64 32 50  
[www.locavalaire.com](http://www.locavalaire.com)  
E-mail : [contact@locavalaire.com](mailto: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 Provençal (en face du Bar des Iles)  
Tel : +33 (0)6 77 58 06 05  
E-mail: [www.sillagecavalaire.com](http://www.sillagecavalaire.com)  
[contact@sillage-cavalaire.com](mailto:contact@sillage-cavalaire.com)  
Boat rental. Motorboat rental with licence, rigid and semi-rigid.  
Open from April 1st to October 31st.

## 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](http://www.missboat.fr)  
E-mail: [contact@missboat.fr](mailto: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: 8.30am to 6pm.

**New for 2026:** Full-day tour with a packed lunch and an aperitif/sunset outing (booking required).



# BEACH ESTABLISHMENTS

*Everyone to the beach*

## 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.

## MARINA VIVA BEACH

Allée des Anthémis  
83240 Cavalaire sur Mer  
Port : +33 (0)6 87 49 24 15  
e-mail:  
marinavivabeach@gmail.com  
Mattresses, sunbeds, beach umbrellas.  
Bar, grill, salads, fish, tip of the day.  
Thai specialities.  
Boat access channel.  
Open from mid-April to the first week of October.

## LA PLAGE

Plage de Pardigon  
Reservation recommended :  
07 67 81 80 80  
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 and every evening in July and August.

## 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 : florezoagli@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.

## PLAYA MEZCALA

822 Avenue de Saint-Raphaël  
83240 Cavalaire sur Mer  
Tel : 07 88 70 99 11  
e-mail: :  
reservation@playamezcala.com  
www.playamezcala.com  
 [playa\\_mezcala/](#)  
 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

## TAMARIS BEACH

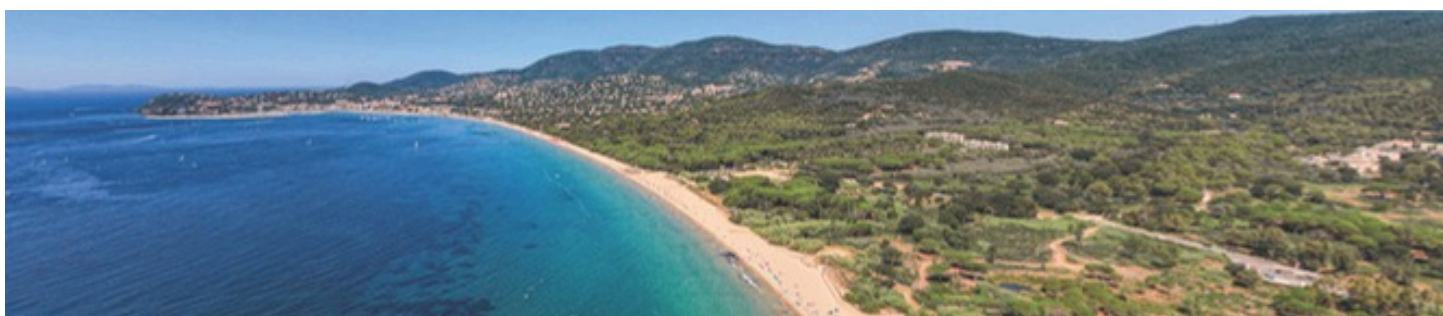
Promenade de la Mer  
Phone : +33 (0)6 63 19 31 83  
Sun umbrellas, sun loungers.  
Bar, dish of the day.  
Grilled meat and fish.  
Breakfast.  
Indoor dining area.  
Open from March 25th to November 5th.

**Free shuttle to beaches**

**A free shuttle to the village centre from July 1st to August 31st.**

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

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



# 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

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

Health checks on bathing water quality are carried out throughout the bathing season by the Regional Health Agency (ARS), with samples taken every two weeks. Once again this year, all the town's beaches have been classified as being of excellent quality.

In addition to these regulatory checks, the Gulf of Saint-Tropez carries out its own monitoring of bathing water quality from 1 June to 30 September as part of the 'Bathing Water Quality Initiative' certification scheme. The frequency of testing can vary from one to five samples per week, depending on the beach and the time of year. This strategy is implemented across all 43 beaches in the inter-municipal area. To view the latest results for your favourite beach, visit the Gulf of Saint-Tropez website: <https://www.golfe-sainttropez.fr/> or check directly via the mobile app.

## SECURITY

Everyday, first aid stations on the beach hoist flags according to the sea conditions, please follow instructions:



**Supervised bathing and lack of particular danger**



**Supervised bathing with limited or marked danger.**

Information available from the first-aid post



**Bathing prohibited**



**Supervised bathing areas are marked by two red and yellow flags.**



## 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 13th to September 30th 2026

### Plage des Dauphins:

Tel: 04 94 22 03 36

### and Plage de Pardigon:

Tel: 04 94 64 43 49

June and September: from 10 am to 6 p.m.

July and August: from 10am to 7pm.



## 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.



## USEFUL INFORMATION:

Please note that pets are not allowed on the beaches between 6 am and 9 pm, even if they are kept on a lead.

# BEACH *Map*



## 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.

## MAP LEGEND

-  Public toilets
-  Accessible to people with reduced mobility
-  First aid post
-  Permitted navigation for sailing vessels
-  Ship access channel to the shore



# A WIDE RANGE

*of nautical activities*

## Sports on the beach

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

From July 1st to August 28th: 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.

Information:

+33 (0)4 94 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.**



## 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.

### SORTIES EN CATAMARAN SAILING EVASION

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: packages for groups, businesses and multi-activity options (sailing regatta, snorkelling, etc.)

Open from May to mid October

### VISITE DES CALANQUES

Boarding and ticket office :

Place Sainte Estelle, behind the Maison de la Mer

83240 Cavalaire sur Mer

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

www.visite-calanques-cavalaire.com

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 11th to September 27th 2026.

## 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:

Ticket office: next to the Maison de la Mer.

Open from 1 May to 24

September 2026 (+ Voiles de Saint-Tropez)

Boarding: Quai Patrice-Martin, from May 1st to August 28th.

### In La Croix-Valmer:

Open from May 1st to September 24. 2026 (+ Voiles de Saint-Tropez)

Ticket office and boarding:

Débarquement beach

### In Le Lavandou:

Open all year round

Ticket office and boarding: ferry terminal

Enjoy unforgettable moments aboard the Vedettes Îles d'Or and Le Corsaire.

Set sail for a day trip to the magnificent islands of Port-Cros and Porquerolles and enjoy a getaway amidst unspoilt landscapes.

Fancy a truly special outing? Set off in search of cetaceans and other natural wonders... a memorable morning awaits!

You'll also love our boat trips along the Mediterranean coast, heading towards Saint-Tropez, the wild headlands or the famous Voiles de Saint-Tropez.

We also offer the Discovery Cruise: a combined trip to Port-Cros (2 hours) and Porquerolles (4 hours), with commentary on board, ideal for sharing a convivial moment with family or friends.





VEDETTES ILES D'OR ET LE CORSAIRE

# PRENDRE LA MER

*Été comme hiver*

Excursions et promenades en mer au départ de Cavalaire, La Croix-Valmer et Le Lavandou  
Sea excursions and boat trips from Cavalaire, La Croix-Valmer and Le Lavandou



## LE LAVANDOU

Gare Maritime  
83980 Le Lavandou

Départ toute l'année  
*All year round*

## CAVALAIRE

Quai Patrice Martin  
83240 Cavalaire-sur-Mer

Départ de juin à août  
*June to august*

Exceptionnellement pour la saison 2026 :  
Départs en mai, septembre et octobre  
déplacés à La Croix-Valmer

## LA CROIX-VALMER

Plage du Débarquement  
83420 La Croix-Valmer

Départ de mai à octobre  
*May to october*

## RÉSERVATION CONSEILLÉE

Île de Porquerolles ~ Île de Port-Cros ~ Île du Levant ~ Saint-Tropez ~ Seascope \*



Caps Sauvages ~ Croisière Découverte ~ Sortie Naturaliste ~ Feux d'artifice



[info@vedettesilesdor.fr](mailto:info@vedettesilesdor.fr)

+33 (0)4 94 71 01 02

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

# A WIDE RANGE

*of nautical activities*

## **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. Self-guided or guided hire, from 30 minutes to 1 hour, paddleboards for 1 or 2 people.

Minimum height required to paddle.  
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!

**TOWED BUOYS:** 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, 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 you!

**TOWED BUOYS:** 20€/person.

**PARASAILING:** Equipped with 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 3 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.

### **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

### **JET-SKI**

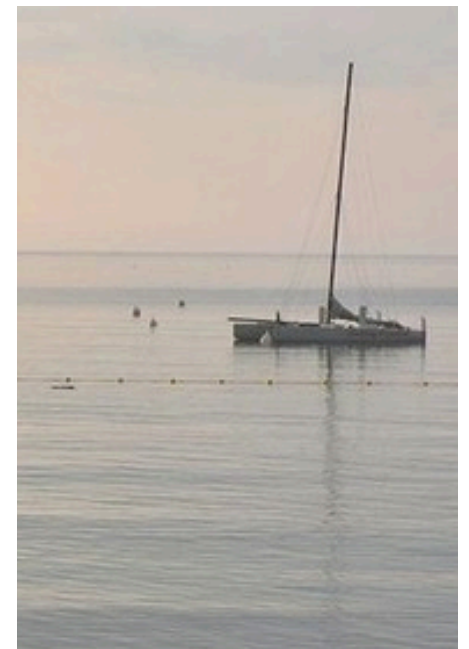
#### **HOLESHOT LOCATION**

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 *trip*

## THE CAVALAIRE YACHT CLUB

Get started with dinghy sailing, either on a course or through private lessons.

- Jardin des Mers: ages 4–5 and Moussaillon: ages 5–6
- Optimist: ages 6–9,
- New Cat: ages 9–11
- Access: ages 12–14,
- RS16: aged 14 and over
- Windsurfing: aged 10 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 - July/August at La Plage des Dauphins.

**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 la plage des Dauphins: advice, lifeguard service, rental and windsurfing, sport catamaran, dinghy, kayak and paddleboard, pedal boat.

**The rental center is open from 10am to 7pm in July and August. (Plage des Dauphins)**

## 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@gmail.com

**CATAMARAN OUTINGS - SAILING EVASION**, see "Sea Excursions"



### 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 de Cavalaire

tramontanedecavalaire@orange.fr  
Harbour Master's Office



# UNDERWATER *escapade*



## 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 **3 diving schools** offering internationally recognised classic training courses as well as training for divers in advanced techniques.

### EAU BLEUE

Port car park, near the boat launch.

83240 Cavalaire sur Mer

Tel : +33 (0)6 78 13 35 03

E-mail : eableue@

plongee cavalaire.com

www.plongee cavalaire.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

In front of the Maison de la Mer.

Tel : +33 (0)6 09 75 62 17

www.eperlanplongee.com

e-mail : eperlan83@orange.fr

L'Eperlan, a diving centre and school,

has an aluminium boat that can

comfortably accommodate up to 35

divers.

Introductory dives, children's dives,

training courses, group bookings: we

offer activities for all levels. Whether

you're a beginner or an experienced

diver, come and dive in complete

relaxation and safety. From the

Hyères Islands to the waters off Cap

Camarat, you can enjoy our many

dive sites.

L'Eperlan also has a filling station

open all year round, offering Nitrox.

Open from April to November.

### 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.



## 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, but can be hired when booking)**: a mask and snorkel are recommended (please bring a shorty or wetsuit depending on the temperature).

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

Prices: Child **8€** / Adult **11€**

Online booking at:

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



And also **a cruise ship** to take you to more distant destinations, living life to the rhythm of the open sea:

### TIKI DIVE

004 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



### Nouveauté !

You can create your virtual dive log on the new mobile app developed by Port-Cros National Park, called CaPeL (Online Dive Log). This tool allows you to record your dives anywhere in the Mediterranean.

<https://app-capel.portcros-parcnational.fr/>



### 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.

- **'Pelagos or Life at Sea':**  
Tuesday 7 July at 3 pm
- **New for 2026: The Loggerhead Turtle's Odyssey:** Tuesday 21 July at 3 pm and Tuesday 18 August at 3 pm
- **'A Journey through Marine Biodiversity':**  
Tuesday 28 July at 3 pm
- **'Underwater Wars and Peace':**  
Tuesday 4 August at 3 pm
- **'The Mediterranean, Sea of Origins':**  
Tuesday 11 August at 3 pm

**Information & booking recommended at the Médiathèque**  
+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 00 46 35



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

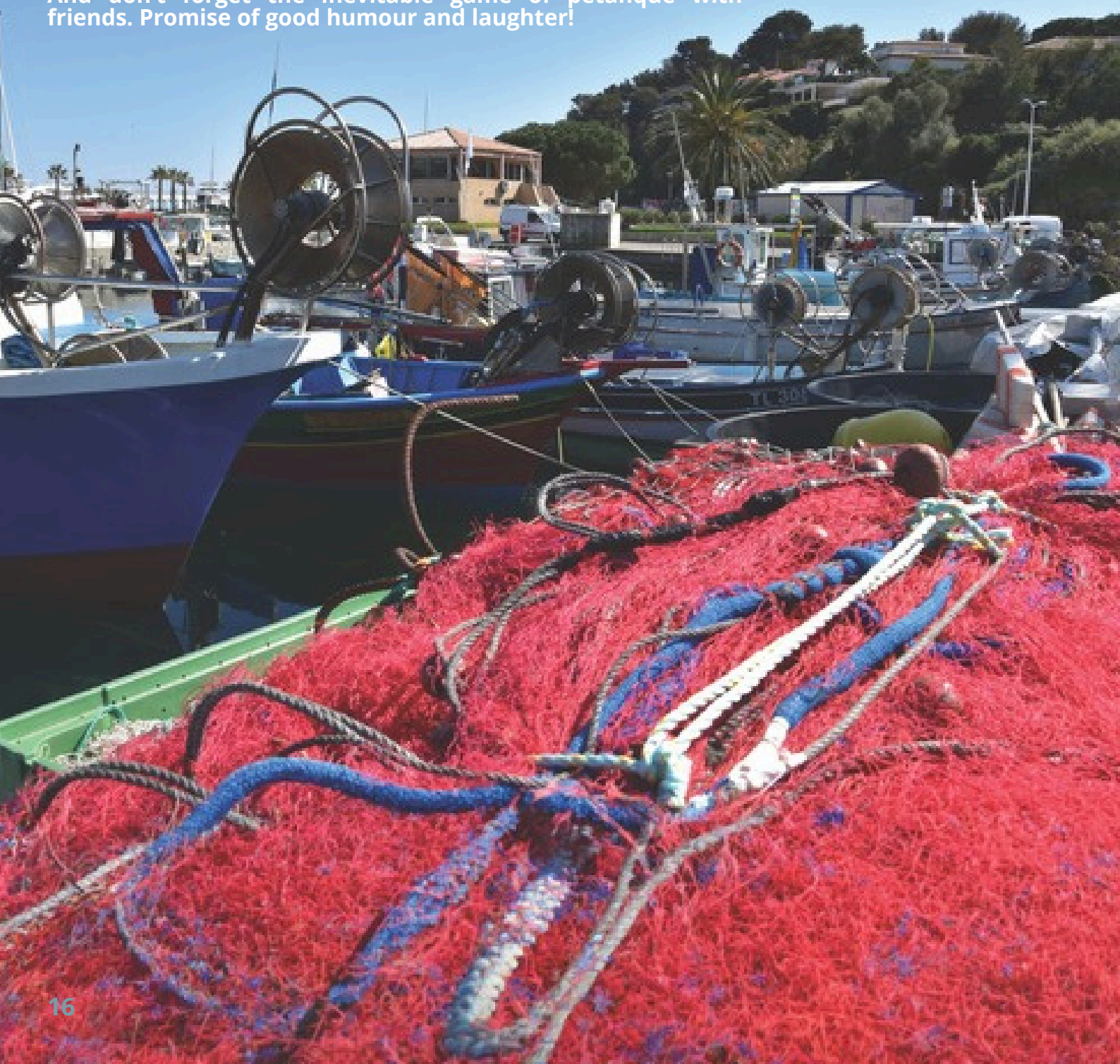
# TRADITIONS AND FLAVOURS OF PROVENCE *typically!*

Warm and friendly, Cavalaire offers you an immersion in the heart of the Provençal country.

Discover the flavours of Provence on the Wednesday market: basil, garlic, olives and olive oil, rosemary, figs...

Wait for the fishermen to return to the old port and discover the colourful and tasty fish of the Mediterranean.

And don't forget the inevitable game of pétanque with friends. Promise of good humour and laughter!



# 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.**



## TRY YOUR HAND AT PETANQUE

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

**LEÏ PETANQUAÏRES CAVALAIROIS**  
Port : +33 (0)6 31 55 97 16

See the section on sports associations "SPORTS" on page 44

## 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, field trips, archaeological surveys, guided tours and themed exhibitions.

### MER, PROVENCE & TRADITIONS

Mar, Provènço é Tradicioun  
Port : 06 12 94 45 31  
E-mail : vanelcath@gmail.com  
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 2026

The Association Mer, Provence et Tradition and the Events Service of the SPL Maures Evénements 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.

Bus Station Square and City Centre beach.

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

### THE FEAST OF ST PETER JUNE 28TH 2026

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, with Provençal folklore, a Provençal mass and a fire on the beach...

So come in great numbers, dressed in white!



# 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.

A selection of board games is also available (on site) for games enthusiasts

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](mailto:mediatheque@cavalaire.fr)

 Cavalaire Mediathèque

## 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 cultural programme from September to June. 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](mailto:office.culturel@cavalaire.fr)  
[www.cavalaire.fr](http://www.cavalaire.fr)

 cavalaire culture

## 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](mailto:archeologie@cavalaire.fr)

 Espace Archéologique

## 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](mailto:gare@cavalaire.fr)

 Cavalaire culture

## TWINNING COMMITTEE

Cavalaire is twinned with Wolfach in Germany and New Port Richey in the United States. Twinning Committee: +33 (0)4 94 00 48 20  
[linda.merbah@cavalaire.fr](mailto:linda.merbah@cavalaire.fr)

Why not watching a good movies?

## CINEMA STUDIO MIRAMAR

Maison de la Mer  
[contact@cinema-studiomiramar.fr](mailto:contact@cinema-studiomiramar.fr)  
Air-conditioned 149-seat theater.

- Mainstream / Children's Films

- Arthouse / Discussions

- Documentaries / Discussions

- Events

- Numerous events: Previews, Film Discussions.

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 Verdure 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](http://www.tragos.fr)

Festival des Tragos :

Theatre (during the summer):  
04 94 64 33 55

[festivaldestragos@gmail.com](mailto:festivaldestragos@gmail.com)  
[www.tragos.fr](http://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](mailto: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 'Castle of the Sun' in Provençal, is nestled in the heart of the listed Corniche des Maures site.

Our enthusiastic guides invite you to explore the exceptional '**Maison Foncin**'. This 2½-hour walk will see the landscape explained through a presentation covering the geology, flora and fauna, and the Train des Pignes. Finally, you'll have the privilege of exploring this unique house, which hosts an exhibition on the history of cartography and the Foncin family.

**Please note:** access to the villa is via a steep, sloping forest path. Walking shoes – a hat and a bottle of water are recommended.

The tour will be cancelled in the event of bad weather, fire risk or if fewer than 6 people have booked a slot.

Book online: scan the QR code,



or at the 'Maison de la Nature' or the Cavalaire Tourist Office.

# IN THE HEART *of the Massif des Maures*

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 path** 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 centre dedicated to environmental education and awareness. It is also a venue for sharing and discussing nature, open all year round, offering a wide range of activities: guided tours, educational workshops, meetings and debates, talks, themed concerts, drinks receptions, private events...

The Maison de la Nature, a former household waste treatment plant, has been completely renovated and transformed into a must-visit destination dedicated to nature – a key attraction for all lovers of the Corniche des Maures, or those wishing to discover it.

It also offers exclusive access to the Domaine Foncin. A short trip that will take you along footpaths for a guided tour of the Villa Foncin. (See Page 23)

A free shuttle bus (line 4) is available, running from the Maison de la Mer in the town centre to the Maison de la Nature from July 1st to August 31st. Alternatively, you can reach it via the RD 559, then the Chemin Pierre Foncin: free parking is available at the Parking du Dattier.

For further information: [www.lusine.org](http://www.lusine.org)

### L'Usine - Maison de la Nature

454 Chemin Pierre Foncin  
83240 Cavalaire-sur-Mer  
Email: [contact@lusine.org](mailto:contact@lusine.org)  
Tel: 04 43 86 05 87

The Maison de la Nature is closed on Mondays and Tuesdays from November 1st to March 31st.

From April 1st to October 31st, the 'Pause gourmande', shop are open on Tuesdays. Full opening hours are available on the [lusine.org](http://www.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](http://www.cavalaire.fun)

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.

**NEW:** A treasure hunt to enjoy on foot or on a pony: 'In the Footsteps of the Green Pony'.

Open all year round.

## ESCAPE GAME

### ESCAPE GAME CAVALAIRE

#### How will you escape ?

Tel : +33 (0)6 73 41 12 86  
[www.cavalaire.fun](http://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 and snowshoeing on the beach, Aeroyoga, Kuduro'fit, Fitball, Osteo-gym, Nature circuit, Zumba®, Bungee Dance, Jumping Fitness, Aerial hoop, Fitness courses

Cerfa 15699-01 required – Medical certificate on request  
[www.esdvar.fr](http://www.esdvar.fr)

Port : 06 83 15 61 97

E-Mail : [esdvar@gmail.com](mailto: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 (FFRP)

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 to have all the information. FFRP licence required or day pass (available from the Association).

The Sunday walking programme is available from the Tourist Office and on the website [www.randocavalaire.fr](http://www.randocavalaire.fr)



MAISON DE LA NATURE  
Ateliers | Sports Doux | Concerts

Ouvert à l'année !  
Du mardi au dimanche  
(horaires selon saison)

MAISON DES SAVEURS  
Restaurant | Salon de thé

454 Chemin Pierre Foncin - 83240 Cavalaire  
lusine.org | contact@lusine.org | 04 43 86 05 87

# CAVALAIRE *by Night*



ÉVÈNEMENTS  
& RÉCEPTIONS

MACHINES À SOUS  
& JEUX ÉLECTRONIQUES

POKER &  
JEUX TRADITIONNELS

BARS &  
RESTAURANT

Contact: 04 94 01 92 40 - communication@casinodecavalaire.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.casinodecavalaire.com](http://www.casinodecavalaire.com)

A must-visit destination just a few minutes from Saint-Tropez.

Immerse yourself in an electrifying atmosphere where every moment awakens your senses... Located just a few minutes from the famous village, the Casino de Cavalaire promises you unforgettable moments, combining entertainment, fine dining and the thrill of the game! A friendly restaurant for the whole family with daily entertainment: breakfasts, afternoon tea & aperitifs, bingo dinners and dinner-concerts, and much more besides!

Over 90 slot machines (stakes from €0.01) and an open-air gaming terrace, ideal for enjoying balmy, starry nights, 2 poker tables (cash games), 3 blackjack tables - one featuring Hyper Blackjack - and 2 outdoor tables, 1 Ultimate Poker Hold'em table with a progressive jackpot, 3 English roulette wheels, and 12 electronic English roulette and blackjack stations.

### A restaurant for all the family

A new setting, a unique experience! The Casino restaurant team welcomes you to a completely revamped setting, ideal for a gourmet break between games or a unique culinary escape, whether on your own or with the family.



Open every day for lunch and dinner, let yourself be tempted by creative, seasonal cuisine bursting with flavour. Enjoy gourmet specialities and exclusive offers all year round... New flavours for ever-changing delights!

Don't wait any longer - come and discover it for yourself!

**Discover the offers and menu at:**

[www.casinodecavalaire.com/restaurant](http://www.casinodecavalaire.com/restaurant)

### You'll love playing

"You're going to love playing" Whether you're on your own, with family or with friends, enjoy exclusive offers and daily entertainment: complimentary breakfast, afternoon tea and aperitifs at your gaming stations, free gaming credits for even more thrills, and dinner-concerts for unforgettable evenings.

**For further information, visit:**  
[www.casinodecavalaire.com](http://www.casinodecavalaire.com)

### Dinner Concerts

A year packed with unforgettable dinner-concerts!

Let yourself be swept away by a unique sensory experience where music and fine dining blend to perfection. Artists spanning a variety of genres: blues, pop, jazz, Latin music... not to mention spellbinding voices, from a soprano to a passionate tenor.

Gérald Mistretta's refined and inventive cuisine will enhance every moment and delight your palate.

A culinary and musical journey not to be missed!

### Electronic games

Discover a unique gaming experience at the Casino de Cavalaire, featuring 12 state-of-the-art electronic English Roulette (minimum stake €1) and electronic Blackjack (minimum stake €2) stations, spread across the ground floor and first floor:

A giant screen, dual wheels and XXL sofas for absolute comfort.

On the programme: Enjoy live sports broadcasts, complimentary cocktails and exclusive entertainment throughout the year (subject to the programme).

### Daily entertainment... open to everyone

Events not to be missed! Every day, enjoy a selection of activities at the slot machines and/or in the traditional gaming room.

From raffles and free game tickets to exchanging loyalty points (Ambassador Diamonds) for game tickets, casino bonuses and much more. Don't miss the chance to boost your odds of winning your first jackpot.

Some offers are subject to holding a loyalty card. Cards are available free of charge on request at the Casino reception upon presentation of ID (for adults who are not barred from gambling).

See the programme and terms and conditions at:

[www.casinodecavalaire.com/agenda](http://www.casinodecavalaire.com/agenda)

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

Programme via:

[www.casinodecavalaire.com/agenda](http://www.casinodecavalaire.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](http://joueurs-info-service.fr) (09 74 75 13 13 - no surcharge)



# A CITY HEART IN ACTION, *absolutely!*



## THE GOURMET'S *corner!*

### BAKERY-PASTRY SHOP

#### LA BOULANGERIE DES PALMIERS

205 Avenue des Alliés  
Tel: 04 94 41 34 96

La Boulangerie des Palmiers welcomes you to Cavalaire-sur-Mer all year round, all day long. Discover our breads and pastries, our homemade cakes and a selection of light bites for lunch. Open all year round.

#### LA BOULANGERIE DES PALMIERS

Place du Parc - Tel: 04 94 64 45 23

Artisan bakery and patisserie with a terrace in Cavalaire-sur-Mer. Bread, pastries, cakes and homemade ice cream, as well as a dining menu featuring daily specials and pizzas prepared on the premises. Enjoy in-house or take away all year round.

#### SŒURS COFFEE & BAKERY

18 Avenue Pierre Rameil

Artisan bakery and patisserie, coffee shop and brunch spot in Cavalaire-sur-Mer. Set in a beautiful venue with a large, sunny terrace. Bread, pastries, cakes, ice cream and meals – all entirely homemade. Discover our speciality, the Croissant Surprise, as well as a selection of delicatessen items and local decorative items, ideal for taking home an original souvenir. A gourmet destination open all year round.

### CONSERVERIA

#### la belle-iloise

90 Avenue des Alliés

Tel: 04 94 30 86 51

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

[contact@labelleiloise.fr](mailto:contact@labelleiloise.fr)

[facebook](#) [instagram](#) [twitter](#)

labelleiloise

Since 1932, La Belle-Iloise has been creating recipes straight from Quiberon, featuring exceptional flavours from the sea. Sardines, mackerel, albacore tuna – all available as flaked fish, spreads, fish soups and new plant-based products made with Breton seaweed... Each of our recipes embodies precious French artisanal expertise and a spirit that combines high standards, creativity and innovation.

That's why our pretty, colourful tins offer something to enjoy from lunch to dinner, including impromptu aperitifs, and our beautiful gift sets – perfect for giving or sharing – are ideal for taking a taste of the sea with you wherever you go!

Enjoy a complimentary tasting at our shop in Cavalaire-sur-Mer and immerse yourself in the delicious and welcoming world of La Belle-Iloise! You'll also discover typical regional specialities...

From sardines with tapenade or Nice olives to Herbes & Citron de Menton mackerel flakes, not to mention rockfish soup and the 'On dirait le Sud' gift set, stock up on southern French recipes inspired by Provence and the Riviera!

Opening hours vary depending on the time of year; please check our website [www.labelleiloise.fr](http://www.labelleiloise.fr) under the 'Our shops' section. You can also order online all year round and follow us on social media!

Open all year round.

### WINERY

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

## 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 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 des Alpes.

Crafted by a master ice-cream maker since 1988.

Exquisite ice creams made in the purest artisanal tradition.

Carefully selected French ingredients, unique, original and indulgent flavours that are sure to delight even the most discerning palates. One guiding principle: 'the pleasure of taste'.

ICE CREAM - HOMEMADE  
CRÊPES - WAFFLES -  
SMOOTHIES - SUNDAES -  
MILKSHAKES - SOFT-SERVE  
ICE CREAM - BUBBLE  
WAFFLES - BUBBLE TEA -  
HOMEMADE PANINIS -  
SAVOURY CRÊPES - COLD  
DRINKS - HOT DRINKS.

Eat in or take away. Quick-service seating nearby.

Sold by the litre or half-litre.

Autumn-Winter: 10am to 6pm.

Spring-Summer: 9am to 11pm.

## SUPERMERCATI - FOOD STORES

### 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.

### 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

#### LA BOULANGERIE DES PALMIERS (See "Snack - Sandwicherie")



## BREWERIES - BAR - COCKTAILS - ICE-CREAM SHOPS

**JOANNA GLACIER** (See "Ice-cream - Sweets") - **CRÉPERIE BAR GLACIER SENEQUIER** (See «Crêperie »)

## BRUNCH, COFFEE SHOP AND TEA ROOM

**SŒURS COFFEE & BAKERY** (See "Bakery-pastry shop")

## CRÊPERIE

**CRÉPERIE BAR GLACIER SENEQUIER**

103 Promenade de la Mer  
Tel: 04 94 64 09 32

Email: creperiesenequier@gmail.com  
www.hotelalizescavalaire.com/creperie-bar-glacier/  
All-day service from 7am  
Terrace with panoramic views of Cavalaire Bay.  
Buffet or à la carte breakfast.  
Crêpes and galettes made to order.

Homemade aperitifs, cocktails and fresh fruit juices.  
Oysters, omelettes, salads and platters.

Master ice-cream maker Jo Saint-Tropez.

Relaxed atmosphere. Attentive and friendly service.

Gourmet, flavourful, approachable cuisine.

Group meals.

Open from March to November.

Open all day:

- Winter: 7.30 am to 9.30 pm,

- from early June to late September: 7.00 am to 10.30 pm.

## 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 35 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 1th to September 30th.

Open Monday, Friday, Saturday (lunch and dinner) and Sunday lunchtime in January, February and October.

**LA BOULANGERIE DES PALMIERS, see "Snack - Sandwich shop" - LÉ PIZZAIOLE, see "Restaurant"**

## RESTAURANTS


### ALPAGE A LA PLAGE - Bistronomique - Lounge - Cocktails

542 Rue du Port

83240 Cavalaire sur Mer

Tél: 04 94 64 16 98

 alpagealaplage

 Alpage-à-la-plage

contact@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

Tel: 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 for all the family. 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](http://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 specialities at exceptional prices, served at lunchtime and in the evening, accompanied by a gaming voucher\* and a dessert for even more enjoyment.

Irresistible offers you simply must discover!

Offers and terms and conditions on our website:

[www.casinodecavalaire.com/restauration](http://www.casinodecavalaire.com/restauration)

(\*Promotional gaming voucher: not redeemable for cash; not issued to minors)

### "À la carte: each season, its share of delights!"

As each new season should be a new journey, our head chef invites you to discover new flavours every day, created using fresh, seasonal produce. A menu that evolves throughout the year to turn every meal into a unique experience.

A creation by Chef Gérard Mistretta for every occasion, sure to delight your taste buds with every bite.

A constantly evolving culinary experience... to be savoured to your heart's content!

Bookings on 04 94 01 92 40

Menu and further information: <https://www.casinodecavalaire.com/restauration/>

Free entry without ID via the Casino reception

*"For your health, don't 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](mailto:contact@lusine.org)  
<https://lusine.org>

Our restaurant-terrace, 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 perfect for relaxation and tranquillity, this is the ideal spot to enjoy lunch dishes brought to life by our passionate chef, to savour homemade pastries or ice cream at any time of day, or simply to take in the magnificent view of the surrounding hills whilst sipping a coffee.

Come and soak up the warm, gourmet atmosphere of this place, where every bite is an explosion of flavours and an invitation to discover something new. Open all year round for lunch from Wednesday to Sunday.

## LE PIZZAIOLE

New Port  
Tel : +33 (0)4 94 05 46 16  
[www.lepizzaiole.com](http://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  
[rvsantais83@gmail.com](mailto:rvsantais83@gmail.com)

Traditional restaurant specialising in plancha cooking. Home-cooked food with panoramic views of the harbour.

We offer a variety of set menus and special offers starting from €20.

Covered and outdoor terraces.

Live sports broadcasts.

We can accommodate groups of up to 100 people.

Open for lunch and dinner every day from April 1st to October 30th.

## LE RESTAURANT DU PARC

7 Avenue du Fleuriste  
83240 Cavalaire sur Mer  
Tél : 04 94 64 08 29

[contact@hotelduparc-cavalaire.com](mailto:contact@hotelduparc-cavalaire.com)

At the Hôtel du Parc, set in lush green surroundings just 350 metres from the beach, there are two dining options available to you.

Lunch is served on the restaurant's terrace.

In the evening, at Restaurant Le Parc – which extends outdoors onto a large terrace overlooking the park – enjoy simple, authentic southern French cuisine.

The chef and his team will prepare dishes using carefully selected ingredients, with touches from across the Mediterranean to take you on a culinary journey a little further afield.

One themed evening every Friday: a barbecue evening featuring comforting, must-try dishes to enjoy with family or friends.

Open from April 24th to October 3rd, 2026.

Closed on Monday evenings.

**BELLINI PLAGES** (See « Beach Establishments ») - **DAUPHIN PLAGES** (See « Beach Establishments ») - **MARINA VIVA BEACH** (See « Beach Establishments ») - **PIZZA DRIVE IN** (See « Pizzeria ») - **ELITE PIZZAS** (See « Pizzeria ») - **LA PLAGES** (See « Beach Establishments ») - **LA PLAGES DU SOLEIL** (See « Beach Establishments ») - **PLAYA MEZCALA** (See « Beach Establishments ») - **TAMARIS BEACH** (See « Beach Establishments »)

## SNACK / SANDWICH SHOPS

**LA BOULANGERIE DES PALMIERS** (See "Bakery - Pastry shop") - **SOEURS COFFEE & BAKERY** (see "Bakery - Pastry")



## 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 and steel jewellery.  
Men's jewellery, watches, watch batteries.  
Handicrafts, minerals, coral.  
Les Georgettes, My First Diamond, Pulsar, Bering, Jourdan, Pig & Hen, Clio Blue, Canyon, Une à Une, Au Fil de LO, Ylume, Lorus, Ice Watch, Diaperis, Sing a Song.  
Open all year round.

**JOCO** (See "GIFTS/DECORATION/SOUVENIRS")



## GIFTS/DECORATION/SOUVENIRS

**JOCO**  
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'))

## 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.

## DIVING EQUIPMENT

**MIO PALMO** (See Scuba Diving)

## MINERALS - ESOTERIC OBJECTS


### L'ÂME DES PIERRES

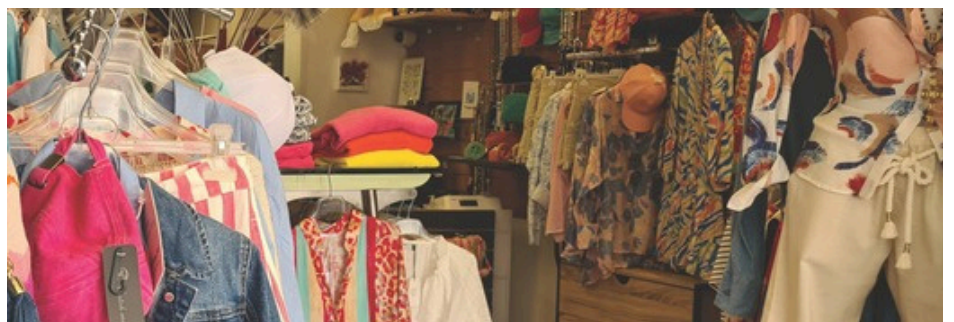
409 Avenue des Alliés  
83240 Cavalaire sur Mer  
Tel: 06 63 92 09 39  
E-mail : chris.vtc83@gmail.com  
We offer: minerals, esoteric objects, incense, books, oracles, candles, jewellery, Buddhas...  
Open all year round.

## 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.



# FEEL LIKE *shopping!*

## PLEINFORMAT

34 Rue du Port

Port : 06 10 08 04 69

e-mail :

pleinformat.cavalaire@gmail.com

Pleinformat, the family photography studio in Cavalaire: portraits all year round, beach and sunset shots, fine art prints, ANTS passport photos, digitisation, framing.

And guided photo walks for all ages!

Shop opening hours:

- Annual closure in

January/February.

- MARCH – NOVEMBER –

DECEMBER: Closed on Mondays

and Tuesdays. Open on

Wednesdays from 10am to 7pm;

and from Thursday to Sunday from 1pm to 7pm.

- APRIL TO OCTOBER: open 7

days a week from 10am to 9pm.

## 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, TEDDY SMITH, MAYORAL, TIFFOSI, QUIKSILVER, ROXI et CROCS !

Open all year round.

## ELECTRIC EQUIPMENT

### ELECTRO-MENAGER-FROID

Ets PEREZ (See "Household appliances" → section "Building services").




## CLOTHING SHOPS

### LES HALLES

Résidence du Port

Tel: +33 (0)4 94 64 65 94

E-mail: leshallesjpk@gmail.com

 leshallescavalaire

200 m<sup>2</sup> 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 : 04 94 64 10 43

 leshallescavalaire

All the latest must-have accessories, shoes and clothing for men, women and children.

Open from March 7th to

November 30th.



## HAIR DRESSERS

### L'HAIR DU TEMPS

Rue Georges Bizet

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

 L'Hair du Temps Cavalaire

Hairdressing salon for men, women and children.

Children's haircut package (0-14 years): 16 euros; Teenage boys' package (15-18 years): 18 euros; Teenage girls' package (shampoo, cut, blow-dry) (15-18 years): 25 euros.

A professional and warm welcome.

Always here to listen to your needs.

Experts in all the latest trends in haircuts, highlights, balayage and Brazilian straightening.

Shampoo and hair treatments, styling and 'ECOTECH' products - paraben-free, aluminium salt-free and made from plants and essential oils.

With the utmost respect for your hair and scalp. Hair colouring with or without ammonia, and always using REVLON products - pioneers in ammonia-free perms.

Unique to Cavalaire: deep conditioning treatments and hair 'Botox' using 'cryotherapy' - harnessing the power of cold for the benefit of your hair.

L'Hair du Temps salon is 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 32 years.

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

Disposable and traditional waxing.

Nails, SEMI PERMANENT NIPPLES (OPI).

Manicure, foot beauty. French manicure, eyelash and eyebrow tinting, make-up, permanent make-up.

Well-being: Californian, Shiatsu and Swedish massages.

CELLU M6 - ENDERMOLOGIE. L.P.G.

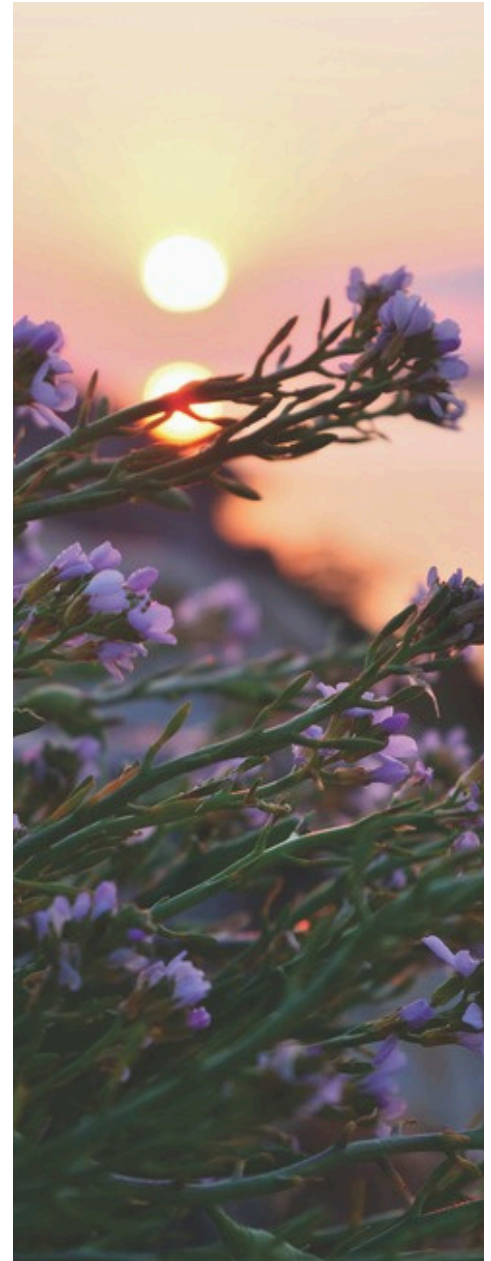
GUINOT products.

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

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

## NAILS CARE

**ANAÏS INSTITUT DE BEAUTE, see "Beauty care-perfumes".**



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 booking:  
Tel: 36 35

## BY BOAT

**VEGETTES 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

**BY TAXI** (TAXI STATION, PLACE DE LA RÉPUBLIQUE)

## 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](mailto: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.

## 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](mailto:bluebikes.cavalaire@orange.fr)

Rental : Cars, Motorbikes, Bicycles. Maintenance, sale and storage. Open from April 1st to November 15th.

### LIBERTY RENT

9 Place de la Gare  
Tel : +33 (0)6 42 15 66 02

[www.liberty-rent.com](http://www.liberty-rent.com)

[libertycavalaire@live.fr](mailto:libertycavalaire@live.fr)

Rental, sale and maintenance of 2 wheels. Car rental. Open from 1st April to 31st October.

## VEHICLE RENTAL

### DOLCE VITA

Rue du Port

Port : 06 95 60 88 76

e-mail

[dolcevita.cavalaire@gmail.com](mailto:dolcevita.cavalaire@gmail.com)

[www.dolcevita83.fr](http://www.dolcevita83.fr)

dolcevita\_83

Dolce Vita, based in Cavalaire, offers electric car hire in the Gulf of Saint-Tropez.

Be enchanted by our 'Mini Mokes' and 'Méharis' (reimagined by Kate and E-Classis) and our Fiat Topolinos.

Let yourself be lulled by the scents of Provence and the song of the cicadas...

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

## PASSENGER TRANSPORT

**TAXI SEVERAL DRIVERS, see "Taxis"**

## 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.



## REAL ESTATE AGENCIES

### AGNES MALECKI AGENCY REAL ESTATE - FNAIM

136 Rue du Port  
Résidence Beurivage  
Tel: +33 (0)4 94 30 00 40  
GSM : +33 (0)6 70 48 59 96  
<http://agnesmalecki.com>  
[agnesmalecki01@orange.fr](mailto: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](http://www.bel-immo.com)  
E-mail : [info@bel-immo.com](mailto: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](http://www.duviviez.com)  
E-mail : [info@duviviez.com](mailto: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](http://www.agencedecavalaire.com)  
[www.bertrand-foucher-immobilier.com](http://www.bertrand-foucher-immobilier.com)  
[agencedecavalaire@gmail.com](mailto: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](mailto:cavalaire-vacances@foncia.fr)  
[www.vacances.foncia.com](http://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](http://www.interhome.fr)  
[cavalaire@interhome.group](mailto:cavalaire@interhome.group)  
As a European specialist in holiday rentals and property management, Interhome offers a wide selection of flats and houses for your holidays or short breaks in Cavalaire. All our accommodation — from simple flats to luxury villas with swimming pools — is carefully selected to suit all tastes and budgets (Chèques-Vacances accepted). On site, our team also offers a hire service for bed linen and towels, as well as baby equipment (cots, booster seats, etc.), subject to availability. Ideal for travelling light!

With Interhome, you can enjoy your stay with complete peace of mind: 24/7 helpline. Do you own a property? Maximise your property's potential with complete peace of mind thanks to our bespoke services and comprehensive support throughout the process. Save time, enjoy peace of mind and boost your income with a trusted partner. Our agency and concierge service is open all year round: come and meet us!

### INSURANCE

#### ABEILLE ASSURANCES

45 Avenue Pierre Rameil  
Tel: +33 (0)4 94 00 44 94  
[www.abeille-assurances.fr](http://www.abeille-assurances.fr)  
e-mail: [toffoli-flavio@abeille-assurances.com](mailto:toffoli-flavio@abeille-assurances.com)  
[toffoli-flavio@aviva-assurances.com](mailto: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](http://www.orias.fr)

## CONCIERGERIE

### MARTIN SERVICES

125 Chemin de Borie  
83240 Cavalaire sur Mer  
Tél : 06 50 44 85 95  
e-mail : [martinservice.lou@gmail.com](mailto:martinservice.lou@gmail.com)  
Martin Services offers a range of concierge services.  
- Welcoming and seeing off tenants (check-in/check-out),  
- Handing over and collecting keys,  
- Pre-occupancy and post-occupancy inspections,  
- Cleaning services (commercial premises, offices, co-ownership properties, buildings and post-construction cleaning),  
- Maintenance of wooden decking.  
Open all year round.

### WELF & CO SERVICES CONCIERGERIE

216 Avenue de la Castillane  
Port : 07 88 24 33 07  
e-mail : [contact@welf-and-co.fr](mailto: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](mailto: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.sospannemoibile.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.

## 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.  
Open all year round.

### DRY CLEANING - LAUNDRY

**PRESSING / BLANCHISSERIE  
DE LA BAIE, see "Linen  
rental".**



## WATERING

**GIRAUDO PÈRE ET FILS, see "Gardeners"**

## 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.

## TILING

**L & CO BÂTIMENT (See "Construction Firm/Swimming-pool") - MR. BRICOLAGE (See "Handicraft work")**

## HEATER

**ELECTRO-MENAGER-FROID - ETS PEREZ (see "Household appliances") - SARL SIMONE (See Electricity - Automatism - Plumbing")**

## AIR CONDITIONING

**ELECTRO-MENAGER-FROID - ETS PEREZ (see "Household appliances")**

## BREAKDOWN SERVICE AT HOME

**MR BRICOLAGE (See "Handicraft Work")**

## ELECTRICITY-AUTOMATISM-PLUMBING

### SARL SIMONE

885 Rue Rouget de Lisle  
Tel: +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 "Blinds") - SOS DEPANNAGE - IDEAL HABITAT (See "renovation of building")**

## 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.

## SWIMMING-POOL MAINTENANCE

### POOLRITUAL

79 Place de la Gare  
83240 Cavalaire sur Mer  
Tel: 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")**

## 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.



## CLOSING

**ELITHOME (See « Blinds ») - TECHNISTORES (See « Blinds »)**

## 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")**

## JOINERY

**ELITHOME, (see "Blinds")- TECHNISTORES (see "Blinds")**

## PAINTER, COVERING, DECORATION

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

## PLUMBER

**SARL SIMONE, (see "Electricity, Automation-Plumbing")**

## RESTORATION

**L&CO BÂTIMENT (See "Masonry - Swimming-pool) - TECHNISTORES (See "Blinds")**

## 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 18 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.





## EMERGENCIES

### Pharmacies on duty

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

### GOLFE DE ST TROPEZ HOSPITAL CENTRE

RD 559 - 83580 GASSIN

#### Reception

+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 Médecine

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.

### 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

1 Rue du Port

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

Le Caducée Building (Ground Floor)

28 Boulevard Pasteur

Tel: 04 94 87 06 18

All year round, Monday to Friday from 8.30 am to 6.30 pm, and on Saturdays from 8.30 am to 11.30 am.

Consultations by appointment only.

Book appointments via Doctolib or contact the reception desk, open from 8.30 am to 12 noon.

## DENTISTS

### Cabinet Dr BRUNO Pierre, Dr GESTIN Alexia et Dr LAMARKBI Yanis

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 8am)

Implantology - Periodontology

Closed on Saturday.

### Cabinet MEKDAD Kahina

Le Caducée

28 Boulevard Pasteur

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

Dental surgeon

### Dr OUATTARA Rabiadou

Le Caducée

28 Boulevard Pasteur

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

Dental surgeon

### 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

Dental surgeon

## DIETITIAN / NUTRITIONIST

### REYNAUD Étienne

Maison Médicale Le Caducée

435 Avenue des Alliés

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

## NURSES

### BON -JOBIC YOLANDE

60, Avenue Pierre Rameil

La Palmeraie B

Port: +33 (0)6 09 54 53 41

### 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 - RATAIRE**

40 Av Frédéric Mistral  
La Palmeraie 2 - Bât C

**Boisard Mélanie:**

+33 (0)6 25 45 76 75

**Rataire Aurélie:**

+33 (0)6 18 42 13 99

At home or by appointment at the office.

## **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

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

+33 (0)6 84 01 26 43

Office hours from 11.00 am to 11.30 am by appointment

Evenings, Sundays and public holidays by appointment.

## **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 office 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.

## **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 11-11:15 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 10.00 am to 10.30 am and in the evenings by appointment every day, including Sundays and public holidays.

## **Cabinet TOUZET Céline & LENICE PINDON Anne**

58 Avenue Frédéric Mistral

La Palmeraie - Bât C

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

+33 (0)6 15 07 07 15

Open every day by appointment.

## **PHYSIOTHERAPY**

### **BLOM Isabelle**

156 Rue des Maurès

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

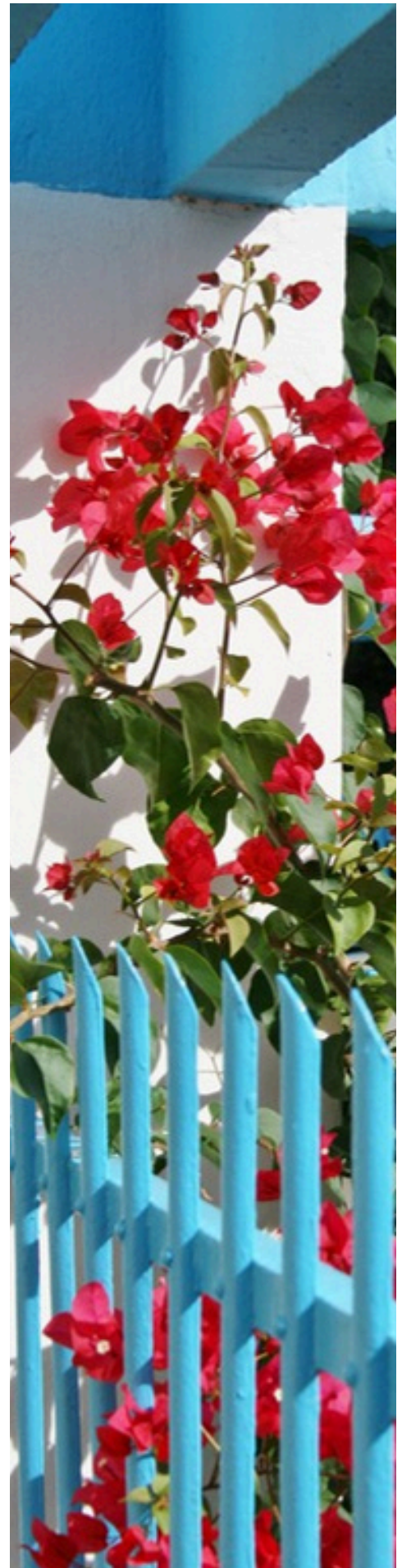
### **THEVENET François**

Le Caducée

28 Boulevard Pasteur

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

Office and home consultations by appointment



## 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

## CHEMIST'S SHOP

### 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 PLAGES

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

## PSYCHOLOGIST - PSYCHOTHERAPIST

### Estelle BENARD PAYSSE- RAND

35 Avenue Pierre Rameil  
Tel: +33 (0)6 52 64 14 12 or +33  
(0)6 03 92 26 95  
estellebenard83@gmail.com  
Clinical psychologist,  
occupational psychologist,  
psychotherapist.

## PSYCHOTHERAPY- MARRIAGE AND FAMILY COUNSELLING

### BADIA ROMANACH Mélodie

28 Boulevard Pasteur  
Le Caducée  
Port : 06 44 74 28 28  
msr.therapies@gmail.com  
<https://msrtherapies.fr>  
Thérapeute en hypnose,  
thérapie de couple,  
sexothérapie, hypnose pour  
enfant.  
Thérapie de l'espace mental  
-esocosma®  
Spécialisations troubles du  
comportement alimentaire-  
addictions.  
Du lundi au vendredi de 8h  
à 20h.

### DE VINCENZI Annie

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.

### PARRADO Carole

509 Avenue des Alliés  
Port : +33 (0)6 13 64 02 66  
sophrologue.cp@outlook.fr

### TAILLEBOIS Bisma

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.

## OSTEOPATHY

### 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

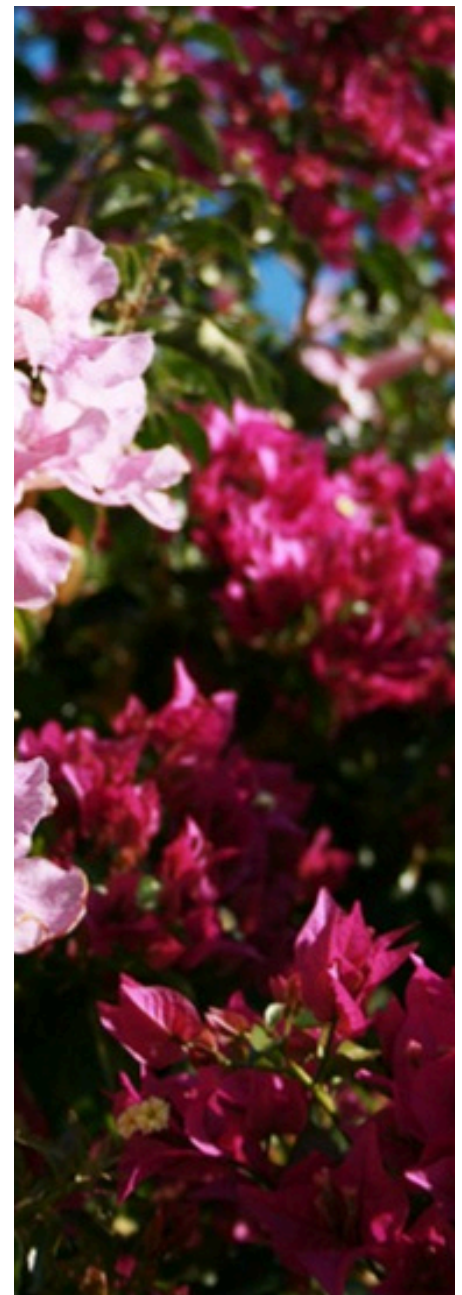
## VETERINARY

### Dr JACKOWSKI Julia

Promenade de la Mer  
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



## Sport on the beach :

The sports department is offering you a summer of sport and aquatics on the Plage du Parc from July 1st to August 28th:

Morning warm-up, aqua aerobics, aqua running, aqua-fins, aqua-baby, water walking, aqua abs and stand-up paddleboarding\* available from Monday to Friday.

## Summer sports programme

No booking required – sign up on the spot with the team for each beach activity. Open to all and free of charge. (Subject to any health and safety guidelines relating to sporting activities and weather conditions)

\*Free use of stand-up paddleboards and life jackets between 8.30 am and 11.45 am. 30-minute slots. Minors must be supervised by an adult. The sports department reserves the right to refuse a booking in order to allow as many people as possible to try the activity.

## Sports evenings :

at the Henry Gros Sports Complex from July 6th to August 20th 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](http://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](mailto: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.

## 1 multi-sports field:

Located in Frais Vallon, it enables young people and adults to take part in basketball, football and handball outside and free access. Open all year round from April 1st to September 30th from 9am to 12am and 3pm to 10pm and from October 1st to March 31st from 9am to 8pm.

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

## NAUTICAL ACTIVITIES

### AQUATIC WALKING

(during term time until 18 June)  
Plage du Parc. Registration required at the sports office.

During term time (except between 18 December and 1 March): Tuesdays from 2 pm to 3 pm and Thursdays from 12 noon to 1 pm.

Free. Medical certificate required.

Tel: 04 94 05 41 28

Email: [sport@cavalaire.fr](mailto:sport@cavalaire.fr)

## MARTIAL ARTS

### ACADÉMIE SPORTS DE COMBAT

Fernand Ottavi Complex  
83240 Cavalaire-sur-Mer  
Practising and learning combat techniques.

Open all year round.

Tel: 06 49 74 07 20

Email: [academie@kc-cavalaire.com](mailto:academie@kc-cavalaire.com)

### AÏKIDOJO 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 : [judoclubcavalaire@gmail.com](mailto:judoclubcavalaire@gmail.com)

### 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](mailto:raffaelli.snackers@gmail.com)

No classes on Sundays.

### Tai Chi Chuan

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

e-mail : [luric@orange.fr](mailto: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.

## 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](mailto:cavalwestern.country@gmail.com)

[www.cavalwestern.jimdo.free.com](http://www.cavalwestern.jimdo.free.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](mailto:missandmisterdancestudio@gmail.com)

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

 [miss\\_and\\_mister\\_dance\\_studio](https://www.instagram.com/miss_and_mister_dance_studio)

### NASHVILLE DANCE 83

Practising and promoting recreational country dancing: introductory sessions, workshops, events, etc., whilst fostering social connections in a friendly, welcoming atmosphere full of good humour.

Annual membership or pay-as-you-go (10 sessions of your choice)

Enquiries: 06 35 93 04 09 or 06 87 90 08 54

Email: [nashvilledance83@outlook.fr](mailto:nashvilledance83@outlook.fr)

<https://nashvilledance83.wixsite.com/country>

 [nashvilledance83](https://www.instagram.com/nashvilledance83)

 Nashville-Dance-83

### PLANÈTE BREAK DANCE

Break Dance classes from 6 to 18 years old. Wednesdays from 5.30pm to 7.30pm in the multi-purpose room at the primary school.

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



**ASK FOR THE  
CLUBS GUIDE**

## 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

## CLIMBING

### ATTITUDE ESCALADE

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   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

### CENTRE SAUVETEUR CAVALAIROIS

Training tomorrow's lifeguards  
The Cavalairois Lifeguard Centre offers first-aid and water rescue courses for children and teenagers aged 10 to 17.  
Supervised by professionals, these courses enable participants to learn life-saving techniques, build confidence in the water and progress from beginner to advanced level.  
Set in the heart of Cavalaire-sur-Mer, within the stunning setting of the Gulf of Saint-Tropez, these courses offer a unique experience combining safety, community engagement and an introduction to the maritime environment.

Course dates: Spring holidays, Autumn holidays, July and August.  
Registration: [www.sauveteurs-juniors-du-golf-de-st-tropez.com](http://www.sauveteurs-juniors-du-golf-de-st-tropez.com)  
Contact: sauveteurjuniorscavalairois@gmail.com  
 and  Sauveteurs Juniors Cavalairois

## SPORTFISHING

### LICHE 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.

### LEŪ 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 delighted to welcome young players, both boys and girls, aged 3 and over to the Blaquières sports complex in Grimaud.  
All age groups, from 3-year-olds to seniors, as well as the 'A.R.G.U.S.' veterans' team, are represented.  
The R.C.G. aims to be a very family-oriented and friendly sports club, committed to passing on the values of rugby.  
A wide range of 'non-rugby' activities are organised, with the full involvement of parents and families.  
An end-of-year trip is organised for all the club's youth teams.  
President: Philippe Cornille :  
06 24 15 71 81  
[rcg83.secretariat@gmail.com](mailto:rcg83.secretariat@gmail.com)

## BOARD SPORTS

### GLISSE ET VENTS DU GOLFE

Email: [glisseetvent@gmail.com](mailto:glisseetvent@gmail.com)  
 [Glisseeetventdugolfe83](https://www.instagram.com/Glisseeetventdugolfe83)  
Water sports: Wingfoil, Kitesurfing, Windsurfing, SUP, Surfing, Pump Foil.  
Meet-ups and gatherings for independent water sports enthusiasts in Cavalaire Bay and the Gulf of Saint-Tropez on days with wind and waves.  
Real-time weather and sailing conditions.  
Meet at the water's edge.  
Activities all year round.

## INDOOR SPORTS

### BADMINTON

Tel : +33 (06 78 92 41 45  
e-mail : [luric@orange.fr](mailto:luric@orange.fr)  
Adults: Thursday from 7pm to 10.30pm  
Adults and children on Saturdays: from 9.30am to 12pm  
Gymnase Henry Gros.

### CS CAVALAIRE BASKET

M. Sylvain Mouyssinat  
+33 (0)6 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](mailto:honoratthierry@orange.fr)

### GYMNASTICS CLUB

Traditional gym classes: toning, abs, glutes, stretching, cardio training.  
Mixed-gender classes, qualified instructors.  
Monday, Tuesday, Thursday, Friday.  
Cardio training classes available once a week on Monday mornings at the Henry Gros sports centre.  
A total of 9 hours per week available.  
Annual membership fee of €170 (from early September to mid-June, excluding school holidays).  
Medical certificate required. No age limit. Let's all get fit!  
Ottavi Centre. Avenue des Alliés.  
And Monday morning cardio sessions at the Henry Gros Sports Centre.  
Enquiries: 06 32 34 64 32

## CLUB DE MUSCULATION

Indoor fitness, cardio training (restricted access – premises under CCTV surveillance).

No coaches or instructors.

Opening hours: every day, 7 days a week, from 8.00 am to 9.30 pm.

Registration by post from 1 January. No day passes available.

Use of equipment and facilities is entirely at the user's own risk.

Wearing a membership badge is compulsory; sportswear and a towel are required.

Fees: €85 for residents of Cavalaire, La Croix-Valmer and Le Rayol, and €170 for residents of other municipalities, regardless of the date of registration, per year; €55 for seasonal workers in Cavalaire, Le Rayol and La Croix-Valmer. Drop-in: €20 per week, €55 per month.

A medical certificate is compulsory for minors (aged 16 and over): confirming fitness for weight training and cardio training, dated within the current year, plus parental consent.

For adults: a medical disclaimer. A form is available on site, to be completed and signed.

For further information regarding the documents to be provided, please contact the Chairman.

Chairman: Mr Vandeveld – Tel: 06 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 and snowshoeing on the beach, Aeroyoga, Kuduro'fit, Fitball, Osteo-gym, Nature circuit, Zumba®, Bungee Dance, Jumping Fitness, Aerial hoop, Fitness courses

Cerfa 15699-01 required – Medical certificate on request  
Timetable and registration at [www.esdvar.fr](http://www.esdvar.fr)

Mobile: 06 83 15 61 97

Email: [esdvar@gmail.com](mailto:esdvar@gmail.com)

## ENTENTE DU GOLFE DE SAINT-TROPEZ

Handball for fun or competition.

Handball club. All age groups, including mini handball for children aged 5–6 and over.

Training sessions take place in GASSIN, COGOLIN or SAINT TROPEZ, depending on the age group.

From September 15th to June 15th.

Serge: 06 27 09 72 06

Pierre: 06 16 33 58 44

## HARMONY PILATES BALL

PILATES classes on mats and using small equipment. Various levels available.

Progressive postural Swiss Ball exercises for SENIORS, stretching and the Gasquet method (abs, core strength, back, etc.).

Adapted Gasquet method (for endometriosis and breast cancer).

Pre- and post-natal yoga.

OTTAVI programme.

From 15 September to 30 June.

Patricia: 06 10 87 60 90

Email: [patricia.l@orange.fr](mailto:patricia.l@orange.fr)

## 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](mailto:isabelle.luporini@gmail.com)

## VOLLEY BALL CSC

Volleyball. Henry Gros Sports Complex - Salle Omnisports

Mainly leisure

Tuesdays: 6pm - 9.15pm: ALL categories.

Youth and beginners: 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

## TENNIS

### TENNIS CS CAVALAIROIS

797, Chemin des Collières - 83240 Cavalaire

Tel: 04 94 94 57 78

Come and play tennis at the magnificent Collières tennis complex, which comprises 5 courts, a practice wall and a clubhouse.

Court hire rates:

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

- 5-hour and 10-hour packages available at a discounted rate,

- €10 per hour during peak hours between 12 noon and 4 pm from 1 July to 31 August.

Racket hire, balls and accessories for sale.

We can help you find a playing partner if you're on your own!

Private lessons and courses. For enquiries, contact Mr Porres on 06 29 43 32 63

For enquiries and bookings, contact 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 14:00 to 16:00,

- Fridays from 16:30 to 21:00

[laraquettcavalairoise83@gmail.com](mailto: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 Etoile.

Tel: 06 86 98 75 31

e-mail:

[franck.nowacki83@hotmail.fr](mailto:franck.nowacki83@hotmail.fr)

## BIKING

### VÉLO CLUB DE CAVALAIRE (VCC)

A cycling and touring club A cycle touring and recreational cycling club whose aim is to organise recreational cycle tours all year round (road cycling, mountain biking, e-bikes).

The association is affiliated to the French Cycle Touring Federation (FFCT).

Departure times and routes are listed on the club's website.

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

Tel: 06 77 75 71 76

Email: [vcc83@orange.fr](mailto:vcc83@orange.fr)

[www.veloclub-cavalaire.fr](http://www.veloclub-cavalaire.fr)



**ASK FOR THE CLUBS GUIDE**

## Creative workshop

### L'ATELIER DECO & CREATIONS DE SARAH

300 Avenue des Alliés  
83240 Cavalaire-sur-Mer

Tel: 06 81 72 10 48

Email: ateliersarah@orange.fr

www.atelierdesarah.fr

 L'atelier de Sarah

 atelierdecocreationsdesarah

Ceramic painting, modelling.

A unique experience painting on the ceramic piece of your choice.

A wide range of items is available.

Once you've given free rein to your creativity, your chosen piece will need to be fired for 16 hours.

You can collect it a few days later.

The workshop also offers introductory sessions in modelling.

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

Postural Stretching®: Strengthen from the inside out, relieve and improve back problems, combine muscle tone with flexibility, activate the deep muscles, counteract the effects of stress, improve body awareness, and complement sports training.

- Henry Gros Complex – Annex hall.

Postural Stretching®: Mondays from 11.00 to 12.00.

- Ottavi Complex:

Yoga: Wednesdays from 11.00 am to 12.00 pm.

Mixed-gender Pilates: Wednesdays from 10.00 am to 11.00 am.

From September to June.

Email:

ass.sourireducorps@gmail.com

Mobile: 06 82 31 92 93

## Hunting

### LOCAL HUNTING SOCIETY "L'UNION"

Mr Guy Corna.

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

e-mail : guy.corna@sfr.fr

## Playing games

### BILLARD CLUB DE LA BAIE

French billiards, known as Carom billiards.

4 tables measuring 2.80 m and 2 tables measuring 3.10 m.

The club is open every day, including public holidays, for members.

Open to visitors from Monday to Friday, 2.00 pm to 6.00 pm.

Club affiliated with the French Billiards Federation (F.F.B)

Ottavi Complex – Clément Navarro Hall – Avenue des Alliés

www.billardcavalaire.fr

Email: cavbcb@aol.com

Tel: 04 94 64 40 02

### CAVALAIRE BRIDGE CLUB

Playing and promoting bridge.

The club is open on Mondays, Thursdays and Saturdays at 2.00 pm; tournaments start at 2.30 pm.

For details of the venue, please contact the bridge club.

Tel: 06 81 71 56 26

Email:

bridgecavalaire@gmail.com

## CAVALAIRE ECHECS

Chess sessions (beginners and experienced players).

Monday to Friday, 5.00 pm to 7.30 pm, from 15 September to 15 June at the Ottavi Complex – Rond-point d'Arménie.

Monday to Friday, 5.30 pm to 7.30 pm, from 16 June to 14 September, beneath the Le Méditerranée building.

Gérard Vizade:

Tel: 06 80 52 27 45

## CAVAL ET ROI DE LA BAIE

Tarot club – organising meet-ups and tournaments

Tel: 06 77 68 10 30

## 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)

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