



4 routes to explore in the Bay of Saint-Tropez

TOUR 1
The blue of the sea
Course : 50 km

From the headlands to the fine sandy beaches, this tour will give pleasure to all sea lovers.

If setting off from the La Foux roundabout, take the RD559 towards La Croix-Valmer, then after 4 km turn left on the RD89 towards Gassin. Outside the village, take the road towards Ramatuelle, then turn left to Moulins de Paillas, re-furbished in 2002 (exceptional view; visits - informations at the Tourist Office). Continue along the road until you arrive in Ramatuelle. Leaving the village, take the road towards Les Plages; go up as far as the lighthouse of Camarat (not open to visitors) by taking the Route de Bonne Terrasse. Having discovered the lighthouse, rejoin the main road; there are alternative ways of gaining access to the beaches of Pampelonne. If you continue along the RD93, turn right before you get to St Tropez, to Tahiti La Garbine. In the village, follow the signs to Route des Salins to get to the Baie des Canoubiers or the Plage des Salins. Return to St Tropez and pass through the Place des Lices and rejoin the RD88 towards the La Foux roundabout. Approx. 2 km before La Foux, take a 1 km detour off to the left to visit the beach and the harbour of Les Marines de Cogolin and Gassin.

PLACES OF INTEREST NOT TO BE MISSED
Gassin (table d'orientation, or compass table) - Ramatuelle (Les Moulins de Paillas, church, perched village, beach of Pampelonne, lighthouse of Camarat) - Saint-Tropez (beaches, old town, port, museums).

TOUR 2
On the trail of "Le Maurin"
Course : 95 km

Experience the mysterious Maures Hills, from the skills of its craftsmen to the delicious cream of chestnuts prepared using a traditional recipe and follow the trail of the mythical character "Le Maurin".

Leaving the village of Cogolin, take the road towards Grimaud, then turn left on the RD48 towards Collobrières passing through the zone artisanale and the Château St Maur. Continue on your left along the D 14 towards Collobrières and visit the Chartreuse de la Verne - the Carthusian monastery, 6 km before you arrive in the village. Double back for 2 km to take a left on the RD39 to Notre Dame des Anges. Continue to Gonfaron and turn right towards La Garde Freinet following the RD75 where you will come across the tortoise sanctuary "Village des Tortues". Leaving La Garde Freinet, take the RD558 towards Grimaud which brings you back to Cogolin.

PLACES OF INTEREST NOT TO BE MISSED
Cogolin (old village, pipe factories) - Collobrières (The Chartreuse monastery of La Verne) - La Garde-Freinet (Fort Freinet, museum, village) - Grimaud (castle, windmill, village, folk museum).

TOUR 3
Wonders of nature
Course : 52 km (or 71 km)

From the valley of La Mole, its dam and from the viewpoint indicator of the Col du Canadel, the Jardins des Méditerranées and the Bay of Cavalaire / La Croix-Valmer, everywhere... breathtaking landscapes.

From the La Foux (gas station) crossroads, take the direction of Toulon up to La Mole, turn right on the light after the village and take the track which will lead you to the dam. Return towards Cogolin up to the airport and set off to the right to the route du Canadel. At the Col du Canadel, come down again up to the road of the seaside and turn left up to the Domaine du Royal, then take the Cavalaire/La Croix-Valmer direction and finally towards the La Foux crossroads to join your starting point.

PLACES OF INTEREST NOT TO BE MISSED
La Croix-Valmer (village, beaches, coastal conservatory, coastal paths) - Cavalaire (fine sandy beach, port, shops), magnificent viewing points along the cliffs towards the coastline - La Mole (storage dam of La Verne, village) - Royal-Canadel-sur-Mer (Domaine du Royal; the garden of the Mediterranean, the huge stairs, the Patec, the pergola with its panoramic view).

TOUR 4
In search of authenticity
Course: 40 km

From the blue of the Mediterranean to the red grapevines of the Maures Hills, this tour will allow you to discover the varied colours of our region.

10 km to the "Col du Gratteloup" and turn right on the RD44. This tourist road will lead you to Plan de la Tour. Once in the village, take the road to Port Grimaud, and visit the famous lakeside city. Then drive back to your starting point Sainte-Maxime via the beautiful coast road.

PLACES OF INTEREST NOT TO BE MISSED
Sainte-Maxime (port, town centre, beaches, musée du phonographe et de la musique mécanique, botanical garden) - Le Plan de la Tour (Chapel of St-Pierre, Saint-Martin's church, hamlets, fountains, bread oven at Le Revest hamlet, wine cellars) - Port-Grimaud, the "Little Venice".

Footpaths, horse riding or mountain biking in the Bay of Saint-Tropez

La Garde-Freinet

Like an island in the forest, this typical village is the ideal place for a hike.

A haven for walkers and hikers, La Garde-Freinet boasts an exceptional choice of itineraries.

Important information hiking trails are marked for walkers only. Indications as to the time required and difficulty relate to walking, and not to routes for mountain bikes or on horseback which may be more difficult.

1 to 8 round trips marked with arrows and panels. Departure points indicated on village plan.

- 1 La Croix et le Fort - walking
1.30 hrs - 3 km - 461 m - 100 m
Departure: 'Aire de la Planète'. This footpath leads to the emblematic site of Fort-Freinet which is said to have been a hide-out for the Saracens present in Provence in the 9th and 10th centuries. It is actually a courtyarded, medieval village dating back to the 12th century, featuring a spectacular moat dug into the rock. Orientation table near the cross.
- 2 Saint-Clément - walking
1.20 hrs - 4 km - 257 m - 150 m
An ideal family outing. Medieval chapel built in honour of the Patron Saint of La Garde-Freinet, restored in the 1960s by the sculptor Di Teana.
- 3 N.-de Miremer - walking
0.9 hrs - 9.7 km - 406 m - 50 m
This medieval chapel and piece of pilgrimage open to the public on September 8th offers magnificent panoramic views over the Bay of Saint-Tropez and Maures hills. Its eastern face, carved into lerozacs (now restored to their former glory), is home to a conservation society for various species of fig tree.
- 4 Peygros - walking
1.30 hrs - 4.5 km - 452 m - 100 m
Remarkable chestnut woods. Views over the plain of Saint Clément and Notre Dame de Miremer. Itinerary: Rue Saint-Jean in front of the Tourist Information. After walking along the small road near the cemetery, cross the RD75 (direction Plan de la Tour) and rejoin the Seigneuries on the footpath over the road. Take the chemin du Currier that goes towards Peygros.
- 5 Les Roches Blanches - walking
0.3-4 hrs - 5.8/8 km - 637 m - 300 m
Remarkable panoramic views. This itinerary will delight geology fans; its name comes from its white quartz rocks.
- 6 Les Hameaux du Sud - walking
0.5 hrs - 16 km - 515 m - 162 m
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Jerdan", "Camp de La Saperle", "Val d'Auber", "Les Vieilles Sinières", "Les Sinières", "Route de St Eloi", return to village.
- 7 La Moure, La Nible et les Maxims - walking
0.5-6 hrs - 19.5 km - 1480 m
Departure: "Parking des Tellies".

Le Plan-de-la-Tour

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

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

- Path 14 A "Les Gorgues" 1.15 hr - 5.2 km - 400 m
From the Tourist Office, at 4 Chemins, head for Sainte Maxime (RD74). At the end of the village on the last roundabout called "Frederic Mistrat", take the first right. With the ruins of the Saint-Pierre Chapel (private property) on your left, follow the path straight ahead. After a small hill at the junction, walk up the slope on the left as far as the Gorgues ford, a reservoir that supplied water to the Renaissance mill. Walk along the vi-nyard and of the junction, facing the gate, turn left. At the next junction turn right, you will see the relay antenne in the distance ahead of you (this is a GR route). Discover the Plantouron vineyard and menhirs. In Prat Bourdin hamlet take a little path on the right to the old sheepfold, then return to the village via the same path.
- Path 14 B "Les hameaux" 1.00 hr - 4.5 km - 370 m
From the Tourist Office, at 4 Chemins head in the direction of Grimaud (RD44). Take the pedestrianised route to the end of the village, then on your right (at the speed indicator sign) go up to the road to Chemin du Préconil and follow the solid path straight ahead towards Préconil hamlet. In the centre of the hamlet at the fountain, go right head-

Sainte-Maxime

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

These walking itineraries start out from Sainte-Maxime town centre. N.B. you can also request the services of a guide. Please call the Tourist Office on 0826 20 83 83 or 1818181818.

- 17 Sentier du Littoral (Costal Footpath) return trip
0.5 mins - 800 m - yellow markings
Departure from the Tourist Office. Take the coast road towards Frièus-Saint-Raphaël. Continue for 0.5 km until the last bend in the road. Parking may be difficult along this road. Departure point adjacent to gate. A natural peninsula known as "La Petite Corse" (Little Corsica), "Pointe des Sardinoux" is an ideal site for family walks and observing typical Mediterranean flora and fauna. Two curiosities: a bunker dating back to WWII and a Roman fish-rearing pond with two tanks carved into the rock, which the Romans used to rear fresh fish and store them for sale. The "Vivier des Sardinoux" is one of the rare Roman fish-rearing ponds dating back to Ancient Gaul still filled with water. Picnic area.
- 18 and 19 "Sentiers du Quillaudou" itineraries
2 round trips marked with signposts and arrows.
Departure from the Tourist Office towards the A8 highway via "Avenue Georges Clemenceau" and "Route du Plan de la Tour". At the "Neuvenberg" roundabout, take the narrow "Chemin Communal des Saquades" road opposite the MacDo-nald's car park and continue for 1.4 km. Park on the right-hand verge. The itinerary starts on the left of the road, by letterbox n°79.
- 20 Sentier de la Castellane
0.1 hr - 1.5 km - 167 m - 2 km
Built in the modern era (16th - 17th century), "Point des Fées" is an aqueduct, formerly used to route water from Panocau spring, situated 3 km away, to the village fountain. It is an exceptional construction and the only one of its kind in Provence.
- 21 Sentier du Pierredon round trip - 0.50 mins - 2 km - 400 m
Follow the description for 14A as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Moure and La Garde-Freinet.
- 22 Sentier du Peyron round trip - 0.40 mins - 2.5 km - 3 m - 3 m
From the Dog Club, follow chemin des Justs and then on your right the dirt track by the vines. On your right follow the river La Gasse, go straight through the giant cane. When you arrive at a gravel road turn on your right to the Dog Club.
- 23 Sentier de la Calade round trip - 0.30 hrs - 3.7 km - 400 m
Departure from "Parking de St Pons les Mures" on the RD 558 road - arrival at "Notre Dame des Anges" in Collobrières. This itinerary crosses the hills of Grimaud, Plan de la Tour, La Garde-Freinet and Collobrières. You can also get on to the footpath from any of these towns.

La Garde-Freinet

8 Las Cabrettes - walking
0.3-4 hrs - 10.5 km - 375 m - 250 m
By car up to hameau de la Moure via RD 75 and RD 74. At the entrance of the hamlet, continue on foot. Superb panoramic views over the Maures plain and wild surrounding scenery. This itinerary is a living reminder of François Ancien Régime, when goats were far more common than sheep, and goat meat was considered a delicacy.

9 Le Pont Romain - walking
0.5-6 hrs - 16.6 km - 180 m - 170 m
Unique walk to the plain of the Maures, a very characteristic landscape of vineyards, pines and rose sandstone.

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

11 Le Moulin d'Adrech - walking
1h30 - 1 km - 400 m - 110 m
Departure parking de la Planète - follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path, at the Cross follow the signs for the "village". Departure parking de la Croix - Follow the blue markers towards the Cross. At the signpost go down left on the steep winding path for 500m. You will arrive at the Baume des Maures. Come back on the same path.

12 La moure et Le Plan de la Tour - a pied
Direction La Garde Freinet
1.30 hrs - 4.5 km - 321 m - 170 m
This itinerary crosses picturesque hamlets and offers panoramic vistas over wild landscapes and the plains of Grimaud and Cogolin. Itinerary: "Route de la Court", "Aire de Val Jerdan", "Camp de La Saperle", "Val d'Auber", "Les Vieilles Sinières", "Les Sinières", "Route de St Eloi", return to village.

13 La Moure, La Nible et les Maxims - walking
0.5-6 hrs - 19.5 km - 1480 m
Departure: "Parking des Tellies".

Grimaud

From the old imposing stones, to the lazy flow of the river, everything evokes emotion, harmony and fulfillment.

20 Sentier de la Castellane
0.1 hr - 1.5 km - 167 m - 2 km
Built in the modern era (16th - 17th century), "Point des Fées" is an aqueduct, formerly used to route water from Panocau spring, situated 3 km away, to the village fountain. It is an exceptional construction and the only one of its kind in Provence.

21 Sentier du Pierredon round trip - 0.50 mins - 2 km - 400 m
Follow the description for 14A as far as the intersection in the pine forest. Turn left and follow the yellow indicators heading for La Moure and La Garde-Freinet.

22 Sentier du Peyron round trip - 0.40 mins - 2.5 km - 3 m - 3 m
From the Dog Club, follow chemin des Justs and then on your right the dirt track by the vines. On your right follow the river La Gasse, go straight through the giant cane. When you arrive at a gravel road turn on your right to the Dog Club.

23 Sentier de la Calade round trip - 0.30 hrs - 3.7 km - 400 m
Departure from "Parking de St Pons les Mures" on the RD 558 road - arrival at "Notre Dame des Anges" in Collobrières. This itinerary crosses the hills of Grimaud, Plan de la Tour, La Garde-Freinet and Collobrières. You can also get on to the footpath from any of these towns.

IGN 3545 OT

Length the times indicated correspond to actual walking times and do not include stop-offs.

Difficulty rating
Open to all
Some difficulties due to steep slope
Tricky and technical sections

Signposted footpath
Altitude
Gradient
Car park
Horse riding
Mountain biking
Tours on ground track, road or coastal path. Follow the signs on post or on the ground.

