Aid stations

Qualified lifeguards supervise areas reserved for swimming at the aid stations from June to

mid-September.

Plage du Veillat : Tél. 04 94 83 94 76 Plage Beau Rivage : Tél. 04 94 95 02 84 Plage d'Agay : Tél. 04 94 82 05 98 Plage du Lido : Tél. 04 94 82 78 95 Plage de la Péguière : Tél. 04 94 40 54 78 Plage du Dramont : Tél. 06 23 49 46 45



Plage du Veillat - Town centre

Le Rocher: bar and restaurant looking out on Lion-de-Mer island. Specialities: world cooking, Provençal cuisine and fish. Tel. 04 94 44 78 40 www.lerocherplage.fr

Le Malibu: bar and restaurant Tel. 04 94 82 37 99 www.malibu-plage.com

Le Sandy plage: a private beach and a restaurant specialised in fresh, local fish and Mediterranean cuisine, facing Lion-de-Mer. Tel. 04 94 40 59 47 www.sandy-plage.com

Boulouris

La Tortue: with its vast private beach, a restaurant and beach club serving fish and seafood specialities. 2452 Route de la Corniche Tel. 04 94 83 60 50

Le Maobi Plage: this relaxed club includes a restaurant serving Mediterranean cuisine, a lounge bar and a private beach. 124 Boulevard de la Plage Tel: 04 94 44 18 08 maobiplage.com

Auberge de la Rade : restaurant, wine bar and private beach. 356, bd de la plage. Tel. 04 94 82 00 37 www.aubergedelarade.com

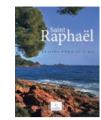
La favouille : at Baumette Beach, a restaurant and private beach. Plage de la Baumette. Tel. 04 94 54 47 25-06 14 09 07 81

Restaurant Club Agathos 1510, bd de la Baumette Tel. 04 94 82 12 31

Naturist beaches: www.plages.tv

Bathing water quality Health control of bathing water is also implemented by the Regional Agency of Health (ARS) during the summer season. The results are displayed on the dashboards in front of the referred beaches at the emergency stations. It is possible to know the quality of bathing waters on www.baignades.sante.gouv.fr

On sale in the boutique



L'histoire de St-Raphaël : 12€







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BAR RESTAURANT T. + 33 (0) 4 94 95 02 42 Promenade du Président René Coty SAINT-RAPHAËL www.excelsior-hotel.com 🚹 Excelsior Saint-Raphaël

Office de Tourisme de Saint-Raphaël. Tél. 04 94 19 52 52. www.saint-raphael.com Monday to Saturday 9am to 12.30pm and 2pm to 6.30pm. July and August: Monday to Saturday 9am to 7pm and Sunday 9.30am to 12.30pm and 2.30pm to 6.30pm SaintRaphaël

English

Discover the coast



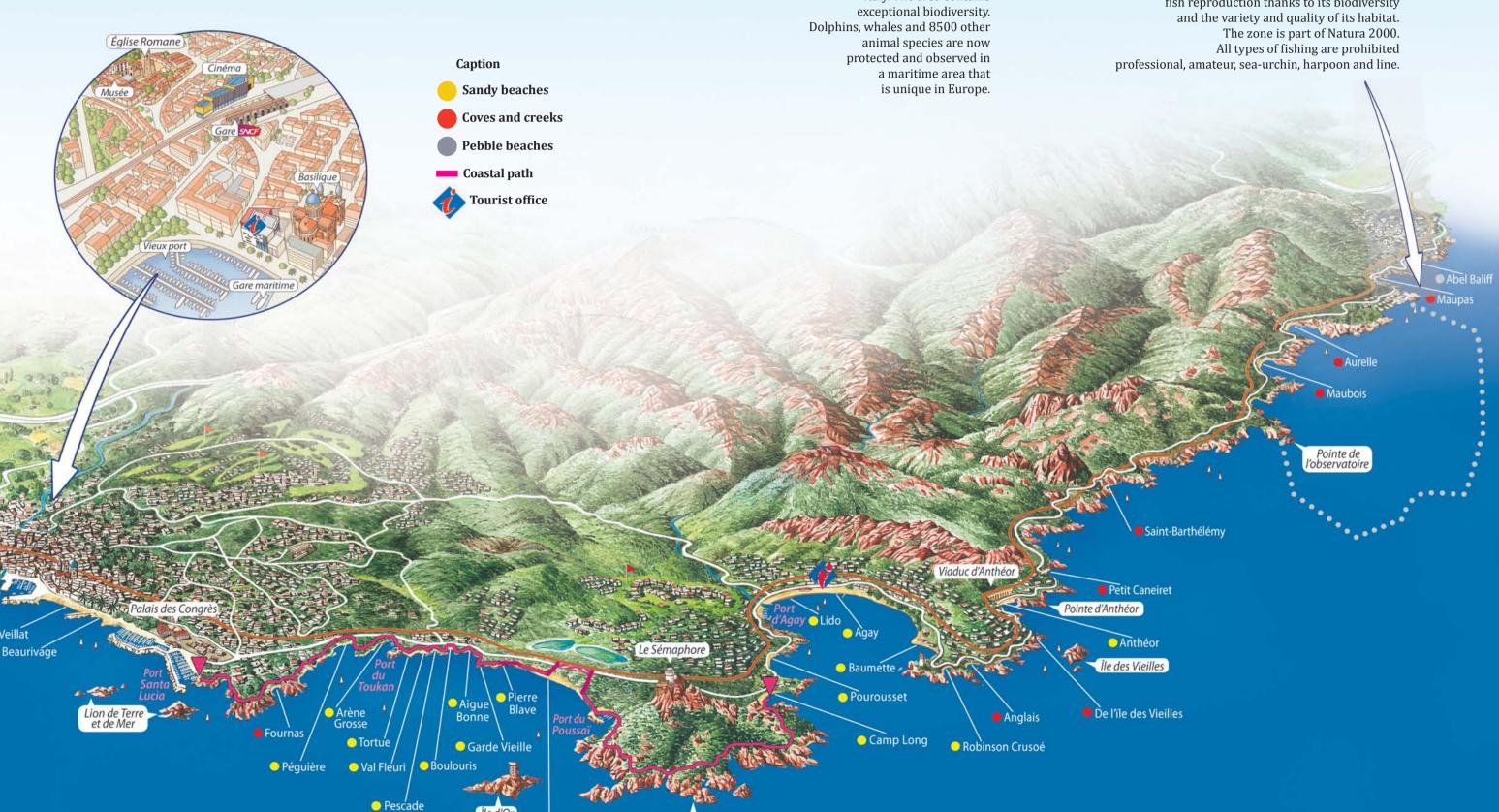


Map of the beaches

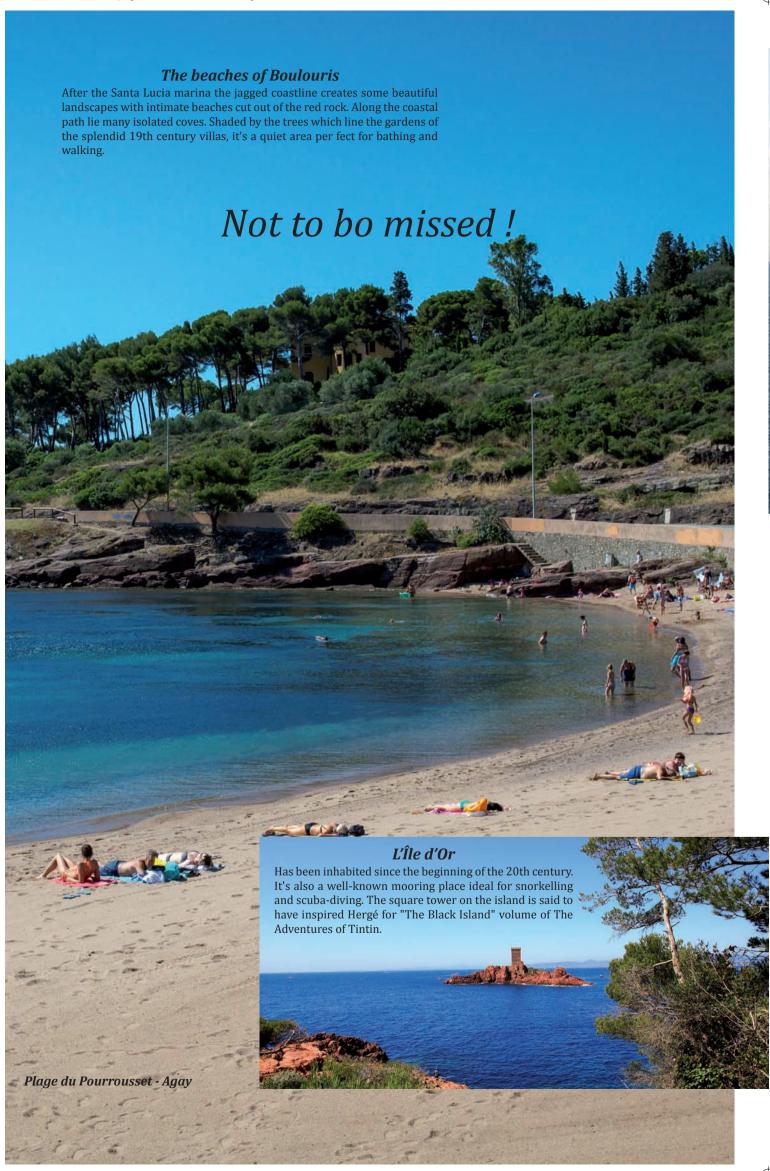
36 km of coastline to explore... The rugged coastline has a wide range of beaches: sandy, pebbled or shaded shingle beaches, creeks and calanques. **Pelagos Sanctuary** Saint-Raphaël and its coast are part of the marine park that stretches all the way to Italy. The area contains exceptional biodiversity.

Marine nature reserve

Cap Roux is the largest marine nature reserve in France. This 445 hectare reserve is an ideal place for fish reproduction thanks to its biodiversity



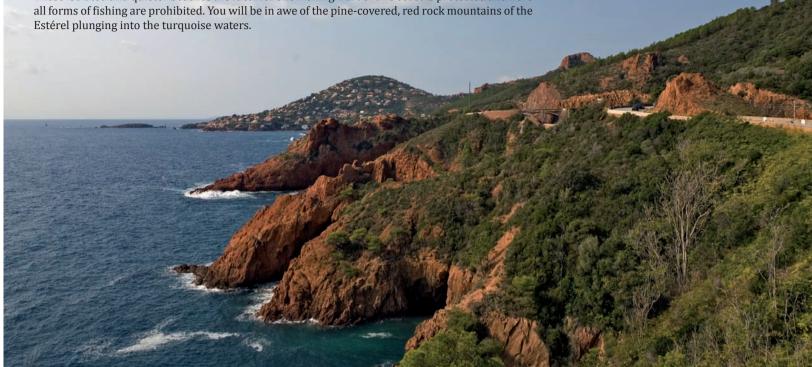
Cap Dramor

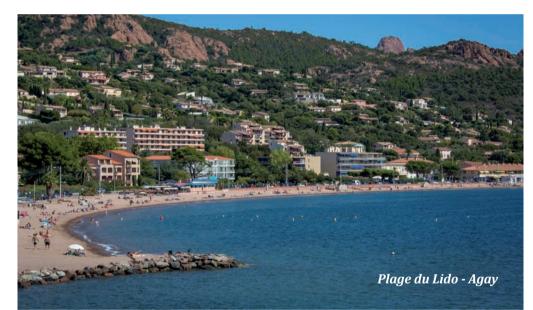


The corniche d'or

At the foot of the Estérel lie a dozen coves and small rocky beaches set in a wild landscape. **The Corniche d'Or** road, opened in 1903, is cut into the rock and offers several parking areas where you can enjoy the views or walk down to the bottom of **the coves**.

These isolated and quieter beaches are ideal for snorkelling. Part of this coast is protected and here all forms of fishing are prohibited. You will be in awe of the pine-covered, red rock mountains of the





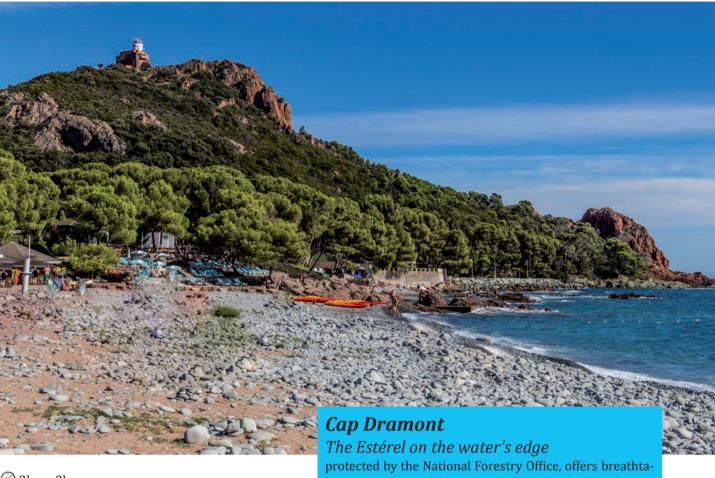
The Bay of Agay

At the foot of the magnificent rocks of the Rastel, the **bay of Agay** opens onto a large sandy beach where many summer water sports are offered: windsur fing, kayaking, parascending and jet-skiing. Make the most of these unforgetable moments in these clear waters. The bay, sheltered in the West by the Cap Dramont and in the East by the Baumette, is the natural gateway to the Estérel Massif.



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Coastal walks



2hrs - 3km **Departure point:** Camp Long beach how to get there:

. By car: Take the coastal road towards Agay until you get to the Dramont. Turn right when you see the sign "Tiki Plage" and park in the car park at the end of Allée Robinson.

. By bus: Number 8 - Camp Long stop . By train: TER 03 - Le Dramont stop

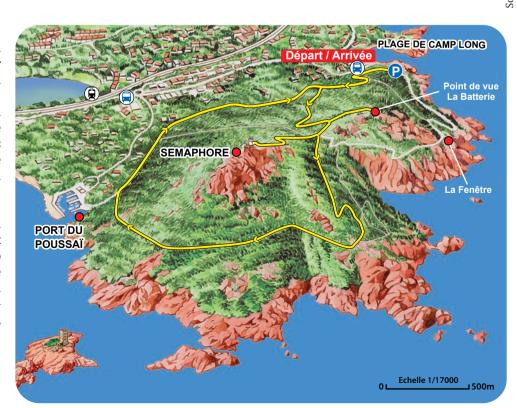
Itinerary: Join the path at the wooden barrier below the car park, then after 200m turn right onto the dirt path and continue as far as the tarmac track.

At the 2nd bend, continue straight ahead and you can admire the view from the Battery over Agay Bay. Retrace your steps and follow the tarmac track up to the **Semaphore** (go round it on the right) and enjoy another breathtaking panorama.

Go down as far as the intersection and turn right along the tarmac track that looks down over the southern face of Cap Dramont. At the end of the track, before turning right onto the path that will lead you back to your starting point, take a detour to the left as far as Port du Poussaï, a typical and colourful little port.

Path signposted in yellow

king panoramas of the red-rock cliffs, the Ile d'Or, the Bay of Agay and the Estérel. **The sémaphore** at the top of the Cap was built in 1860 on the ruins of the watchtower which dated back to 1562. The Cap is bordered by the Plage du Débarquement beach, where the American soldiers landed on the 15th August 1944. This shaded beach looks out onto the Ile d'Or.





Coastal path

4 ½ hours - 11km (one-way) Departure point: Santa Lucia Marina How to get there:

. By car, take the coastal road towards Agay and park in the Santa Lucia marina car park. Go to the boatyard at the eastern-most end of the marina: a wooden sign signals the start of the coastal path..

Take the path (yellow markings). The path runs between the sea and the beautiful late 19th century villa gardens.

After 6km leave Pierre Blave beach and go onto the road for 700m until you reach the Plage du Débarquement beach where you can get back onto the coastal path. The walk ends at Camp long beach. You can return by public transport (bus number 8 or 5 or TER train 03).





Eco-AWARENESS

During your walks or hikes you will cross natural areas. Some are under the control of the National Forestry Office. We recommend you:

> to follow the instructions stipulated

>to remain on the marked paths to prevent soil erosion.

>to avoid any deterioration of flora and to minimize harvesting.

> not to abandon waste outside the appropriate specific installations for waste disposal.

> to pay attention not to cause a fire. > to park in order not to impede the

passage of emergency relief. >to keep your dog on a leash and to bring your bag of cleanliness.

