

Follow the guide...

To explore the trails

 2 hrs 30 mins by the **National Forests Office** 
Walks in the daytime or at dusk from February to September.
Reservation from the St-Raphaël Tourist Office:
Tel. 04 94 19 52 52 and Agay : Tel. 04 94 82 01 85
Prices: 12€/Adults - 6€/children

...or footpaths in the Estérel range

 2 hrs 30 mins to 3 hours

Departure: from Port du Poussaï to Cap Dramont.

Explore the Estérel and its aromatic plants with Marjorie Ughetto, a nature guide. In the Estérel, you will learn about the whole process from picking a young plant to bottling the essential oils! On a highly colourful and perfumed path, you will discover the exciting history of essential oils at the heart of one of the most beautiful natural sites on the Côte d'Azur.

During this very "olfactory" outing, you will see why the plants are aromatic, what aromatherapy is, plant properties and essences, and why here more than elsewhere, at the heart of the heath, essential oils really are essential. Tel. 06 08 33 00 68

Prices: 12€/Adults - 6€/children
autresregards.info

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 on each site.
 - 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.

Reproduction interdite, tous droits réservés ©2018. ce guide édité à 21 500 exemplaires a été réalisé par l'Office de Tourisme et des Congrès de Saint-Raphaël. Conformément à la jurisprudence, les responsabilités de l'Office de Tourisme et de l'éditeur ne peuvent pas être engagées en cas d'erreurs ou omissions involontaires malgré les contrôles et attentions portés. Illustration : Monsieur Z - Carto : J.Meissel. Sources : Google Earth/Google map. ©Couverture : S.Whitaker (Instagram TivFoto-Facebook TivFoto-Twitter TivFoto www.tivfoto.co.uk) - ©O.Sagot - N.Gomez - M. Fichez Verhaeghe - Fotolia - E.Montagnier - D.Muller - G.Roumestan. Ne pas jeter sur la voie publique.

S A I N T - R A P H A E L . C O M

SaintRaphaël
tourisme

English
2018

SAINT-RAPHAËL THE ESTÉREL A JEWEL OF NATURE



Office de Tourisme de Saint-Raphaël . Tél. 04 94 19 52 52 . www.saint-raphael.com
16 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

SAINT
RAPHAËL

The Estérel massif

The Esterel has an explosive, volcanic nature, sparkling with colour. The mountain range with its jagged outlines provides breathtaking panoramas all the way to the sea. The red rock, called rhyolite, tumbles down the steep slopes covered in green vegetation before plunging into the deep blue Mediterranean Sea, forming the rocky inlets of the Corniche d'Or.

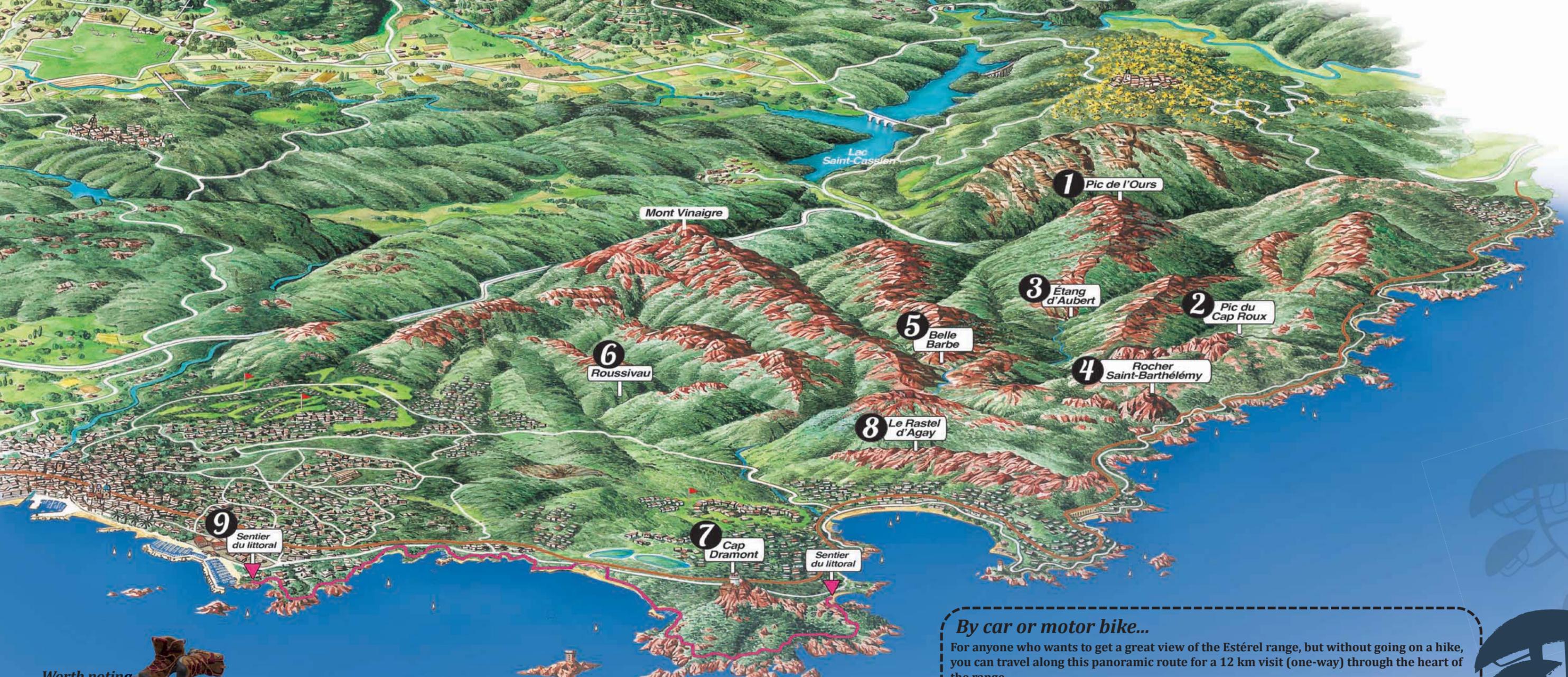
The contrasting landscapes make this a truly unique site, listed as a Natura 2000 site, a grandiose playground and a place of endless wonder, whether you are in a car, on a mountain bike or electric bike or on foot.

Sites Natura 2000

The Esterel with its rich biodiversity and remarkable geological heritage is part of the European network of Natura 2000 sites. The aim is to preserve the most precious natural habitats whilst maintaining the economic benefits and leisure activities of the region. The site measures a total of 15,000 hectares (7,800 hectares of land and 7,200 hectares of marine environment). As part of this project the local authorities of the Var Estérel Méditerranée region (CAVEM), working in tandem with local organisations, are responsible for the management and conservation of the site. Find out about all the Natura 2000 Estérel projects at: <http://esterel.n2000.fr>

Content

Presentation of the mountain range	P 2/3
Map of the mountain range	P 4/5
Pic de l'Ours walk	P 6
Cap Roux walk	P 7
Etang d'Aubert walk	P 8
Family walk	P 9
Cap Dramont walk	P 10
Rastel d'Agay walk	P 11
Coastal path walk	P 12/13
Mountain-bike trail	P 14/15
Road-bike trail	P 15
Guided walks	P 16



Worth noting

The range is closed between 9 p.m. and 6 a.m. throughout the year.
 Before setting out for a walk, please find out about the level of risk for the day.
 You can find this information from 20/06 to 20/09 on var-adm.net/massifs83_web/massifs83.gif
 Renseignez-vous sur les conditions météorologiques. Find out about weather conditions.
 Take suitable equipment and shoes, and don't forget to take enough water with you.
 Keep away from grazing areas and bee hives.



Access to the Estérel range by car



By car or motor bike...

For anyone who wants to get a great view of the Estérel range, but without going on a hike, you can travel along this panoramic route for a 12 km visit (one-way) through the heart of the range.

From the Agay roundabout, head for Saint-Raphaël along the inland road (Avenue du Gratadis) for about 1.5 km. Follow the signs to "Massif de l'Estérel" (to the right) and drive along the tarmac road with Mediterranean plant species on either side, as and flowering mimosas in winter, and go past the Gratadis forestry house. Follow the signs to "Pic de l'Ours". At the intersection, turn right and cross the ford, from where you will have a nice view over Lake Grenouillet. Continue upwards into the heart of the forest, winding your way through landscapes of red rocks. Then turn left to admire Cap Roux and its superb peaks in the distance. Here the road begins to give a glimpse of extraordinary sea views over the Corniche d'Or, and panoramas as far as Cannes and the Lérins Islands. The journey ends at Col Notre-Dame (dead end).

All along the way, you will pass through many areas of scrubland (maquis) and Mediterranean forest with trees such as evergreen oak, cork oak, Aleppo pine, stone pine and shrubs such as strawberry trees, juniper and Montpellier cistus.

Go back the same way to leave the mountain range.

Respecting the environment

To preserve this remarkable mountain range, please follow the regulations: stay on the footpaths, protect nature and:



Explore the Pic de l'Ours



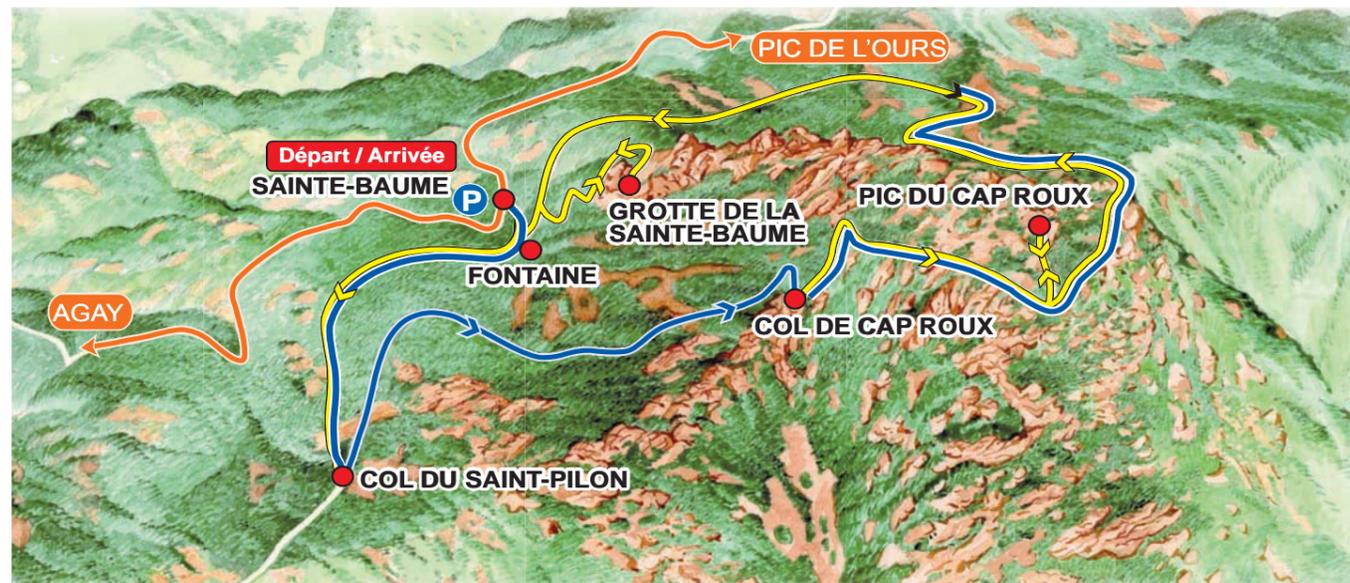
1 🕒 1h30-2,3km circular walk
 🏔️ 200 m
Departure point: Col Notre-Dame

How to get there by car: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked "Saint-Raphaël par l'intérieur". Go under the small railway bridge and past the shops (bakery, boat and car repairs...) then turn right onto a small road signposted "Massif de l'Estérel". Next follow the signs for "Pic de l'Ours" (8km).

Itinerary: A number of routes leave from Col Notre-Dame: follow the path with wooden arrows marked "Dent de l'Ours - Pic de l'Ours". The path climbs slightly at the beginning. Turn right at the intersection, and you will arrive at the foot of the Dent de l'Ours. At the rock, enjoy a breathtaking view over the bay of Cannes and the famous Lérins islands, with the bay of Fréjus and the Maures mountains in the distance. Retrace your steps, and after 20 metres turn right along the path going up towards the summit of the Pic de l'Ours.

At a height of 492m it offers a stunning panorama of the Esterel. The diverse ecosystems of the Massif can be seen: jagged summits, red rock cliffs, vegetation, ravines... The flora is just as diverse: cork oak (dominant species), maritime pine, heather, strawberry trees. This environment is typical of the Mediterranean. Go past the transmitting antenna and continue about 50m on the road then take the path on the left which heads downhill (beware - steep path).

You can also head back on the tarmac road (20 mins longer but easier).



Path signposted in yellow 
 Path signposted in blue 
 Tarmac road 

Make a tour of Cap Roux

2 🕒 2 hrs - 4.3km round-trip
 🏔️ 360 m
Departure point: parking of the St-Baume

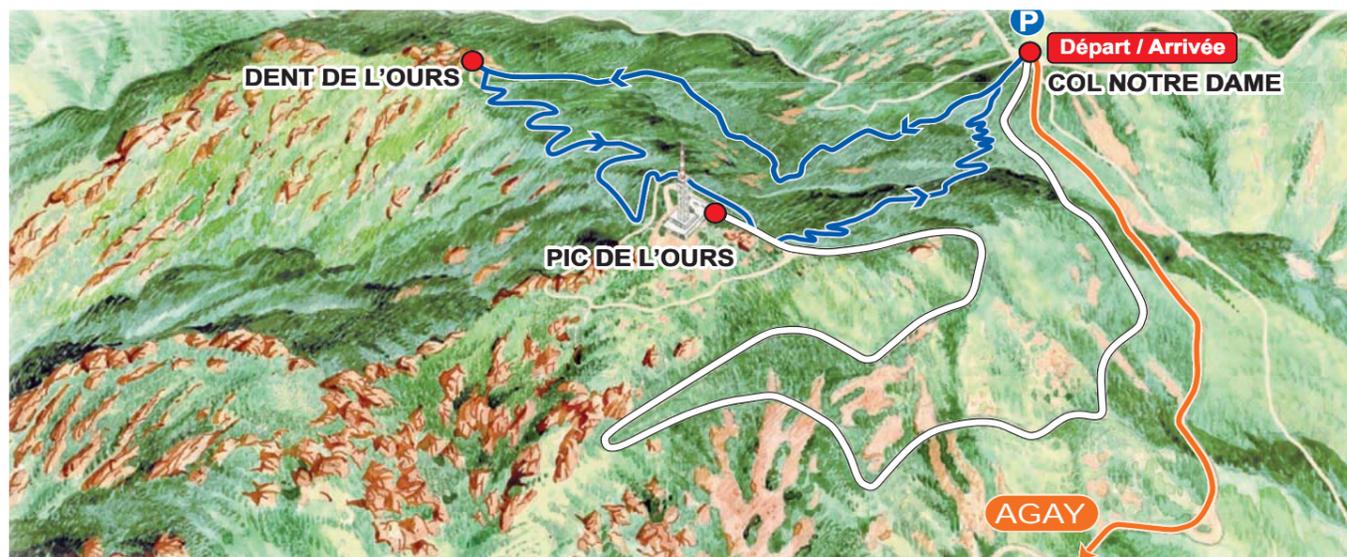
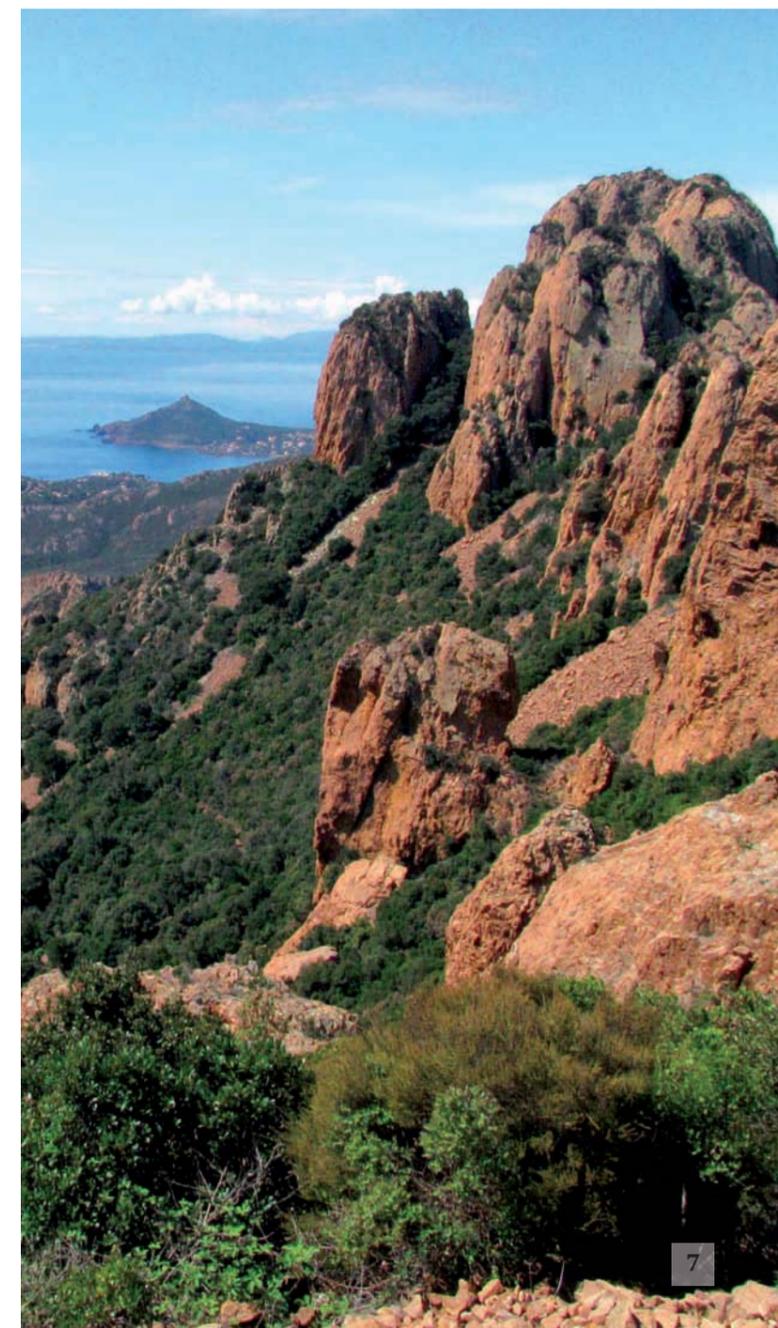


Please note: the path goes through areas of scree (loose stones), so you'll need good walking shoes

How to get there by car: Take the coastal road towards Agay and when you arrive at the roundabout in Agay follow the D100 towards "Massif de l'Estérel". Go under the small railway bridge and past the shops (bakery, boat and car repairs) then turn right onto a small road signposted "Massif de l'Estérel". Follow signs for "Pic de l'Ours" and park in the Sainte-Baume car park.

Itinerary: Go up the steps leading to the chapel in the rocks. Follow the path until you come to the fountain (drinking water). Take the path on the right and continue for 50m then take the path on the left that leads uphill. Follow the path for about 1.5km and at the crossroads take a sharp left and head uphill towards the red rocks of Saint Pilon col. From here you have an exceptional view of the rugged coastline. The path follows the coastline and comes to another crossroads. On the left there is a path (dead end) that takes you 100 metres to the summit of Cap Roux and the viewpoint indicator (453m altitude with views from Cannes to Cap Camarat). Come back down the same path and turn left to continue your walk. You will head slightly downhill and away from the coastal side of Cap Roux towards the massif. Continue straight on, ignoring the blue cross (don't take the paths leading off to the right). You will arrive back at the fountain.

Alternative route: Just before coming back to the fountain there is a path on the left heading up the hill that leads to the Sainte-Baume Grotto where the Saint-Honorat hermit used to live (round-trip 45 mins)



Path signposted in blue 
 Tarmac pedestrian route 
 Tarmac road 

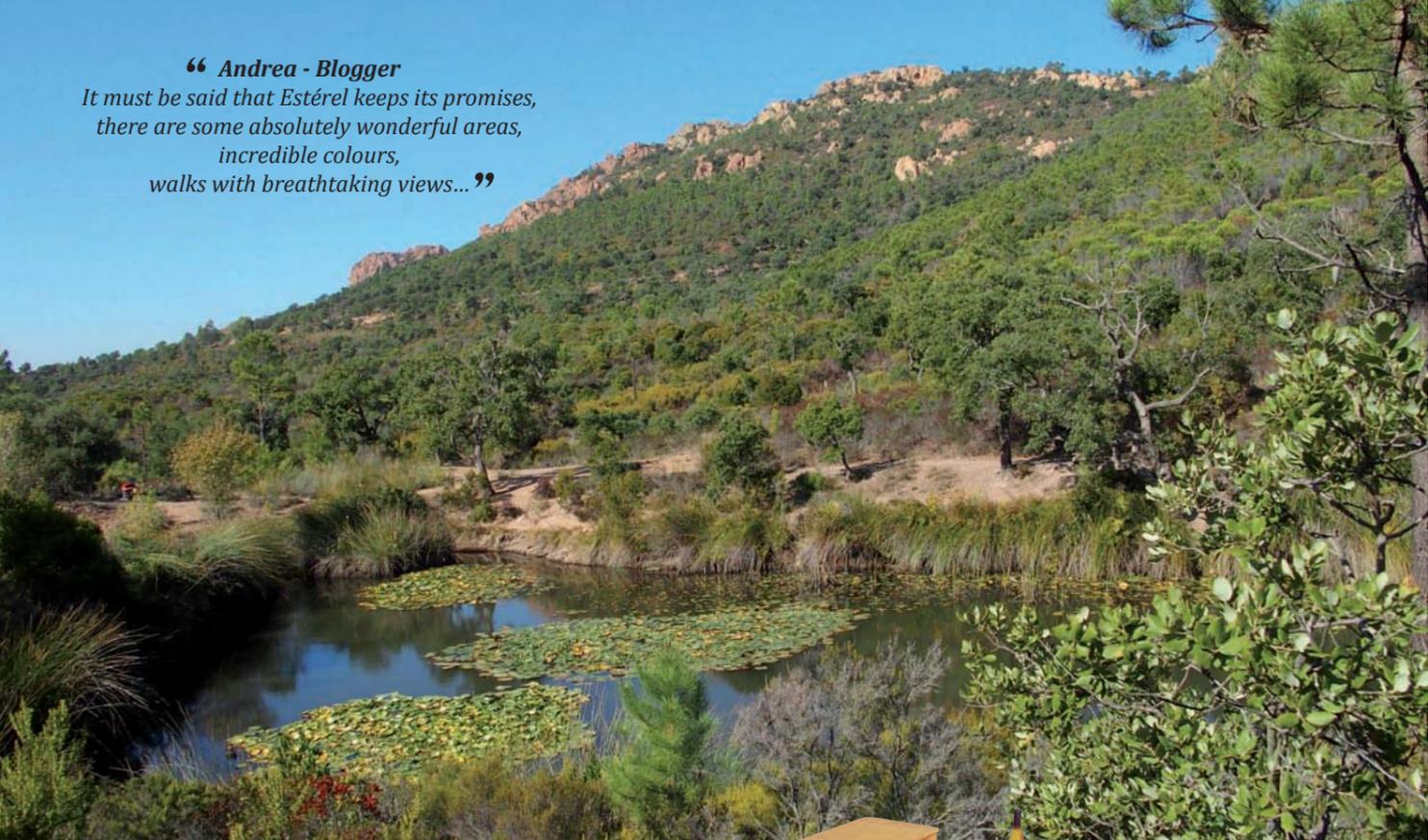
Résidence Agathos

"Un jardin sur la plage" de la Baumette à Agay



Ouvert toute l'année
 www.residenceagathos.com
 Tél. +33 (0)4 94 82 86 38
 resagathos@wanadoo.fr

“ Andrea - Blogger
It must be said that Estérel keeps its promises,
there are some absolutely wonderful areas,
incredible colours,
walks with breathtaking views...”



Enjoy a picnic at Lake Aubert

3 ⌚ 1hr 30mins - 3,8 km
🏔️ 140 m
Departure point: Col de Belle Barbe car park
In the heart of the Esterel

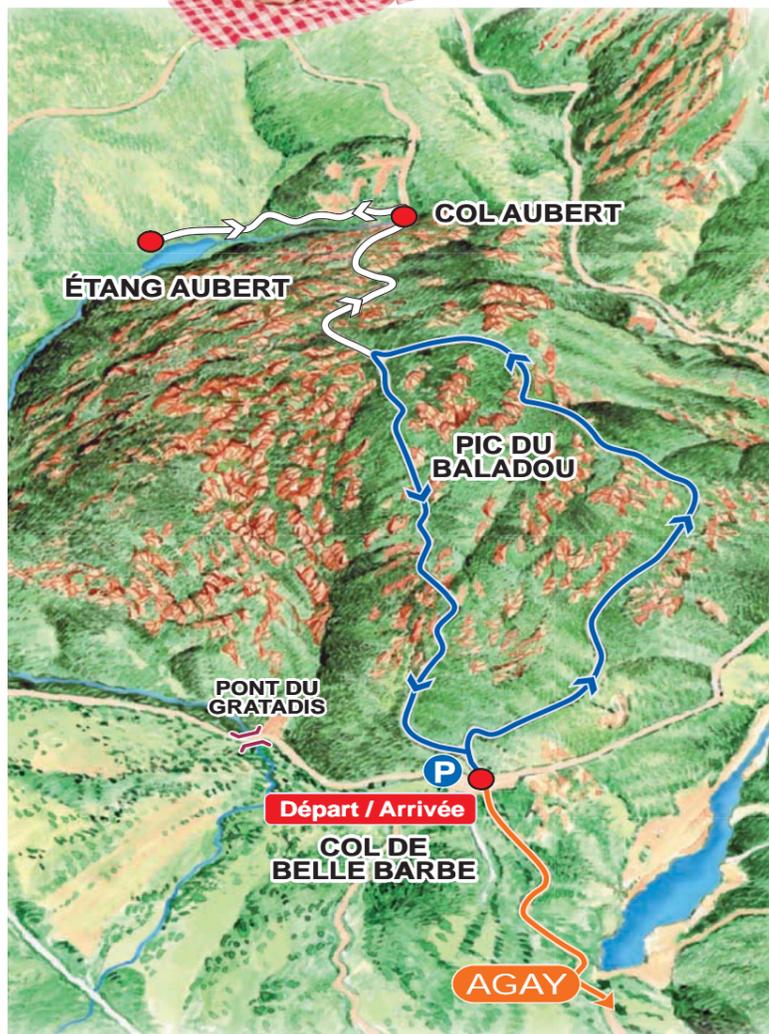
How to get there by car: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked “Saint-Raphaël par l’intérieur”. Go under the small railway bridge and past the shops (bakery, boat and car repairs...) then turn right onto a small road signposted “Massif de l’Estérel”. Follow signs for “Col de Belle Barbe”.

Itinerary: From the Col de Belle Barbe take the path signposted in blue. After 50m turn right (leaving the path to get back on your left). At first the path overlooks the Malinfernet stream then continues through a pine forest before arriving at a crossroads. The path to go back is on the left but for the moment keep going straight on. Follow the path to discover the magnificent view of the rugged rocks of the Perthus.

You arrive next at the Col d’Aubert where several paths come together. Take the path on the left which leads downhill. After 500m you will arrive at the “Étang d’Aubert”, a small area of water ideal for a picnic stop. This area is filled by the rain water which flows down from the Baladou. In summer the water lilies are in flower.

Retrace your steps and go back to the Col d’Aubert. From there, turn right along the path you followed on the way out, all the way to the intersection. The path to the right takes you down to Col de Belle Barbe through the trees.

Path signposted in blue 
Path not signposted 
Tarmac road 



Family walks...

Rocher Saint-Barthélémy

4 ⌚ 1 hour approx - 3.2 km (return trip)
🏔️ 75 m
Departure point: Rocher car park Shelf of Anthéor

How to get there by car: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked “Saint-Raphaël par l’intérieur”. Go under the small railway bridge and past the shops (bakery, boat and car repairs) then turn right onto a small road signposted “Massif de l’Estérel”. After the Gratadis forester’s house turn right in the direction of “Pic de l’Ours”. At the next crossroads turn right towards “Rocher Saint-Barthélémy, Plateau d’Anthéor”, then continue until you get to the barrier. Park your vehicle (remember to leave the access road clear for fire engines).

Itinerary: Go through the barrier and follow the road for 1.5km (approx 30 mins). The road is flat and closed to traffic. It overlooks the Corniche and offers excellent views over the sea. To return, simply retrace your steps. You can continue the walk after the rock up to the coast (2km round-trip).



From Col de Belle Barbe to Pont du Perthus

5 ⌚ About 1 hour - 4 km (round trip)
🏔️ 110 m



Route by car: From Agay follow the signs to “Massif de l’Estérel”. Pass by the Gratadis forestry house, turn left towards “Col de Belle Barbe”. Continue as far as the barrier across the road. Here you can park.

Hike: go through the barrier and walk along the tarmac road. At the Col du Mistral roundabout, turn left onto the forest road that goes downwards. The road leads down as far as the Perthus bridge, where a pretty river flows. Turn around.

You can also continue the walk as far as the Roussivau forest house (extra 1-hour round trip).



From the Roussivau Forest House to Perthus Bridge.



6 ⌚ About 1 hour - 3.5 km (round trip)
🏔️ 60 m
Only from 20 September to 20 June



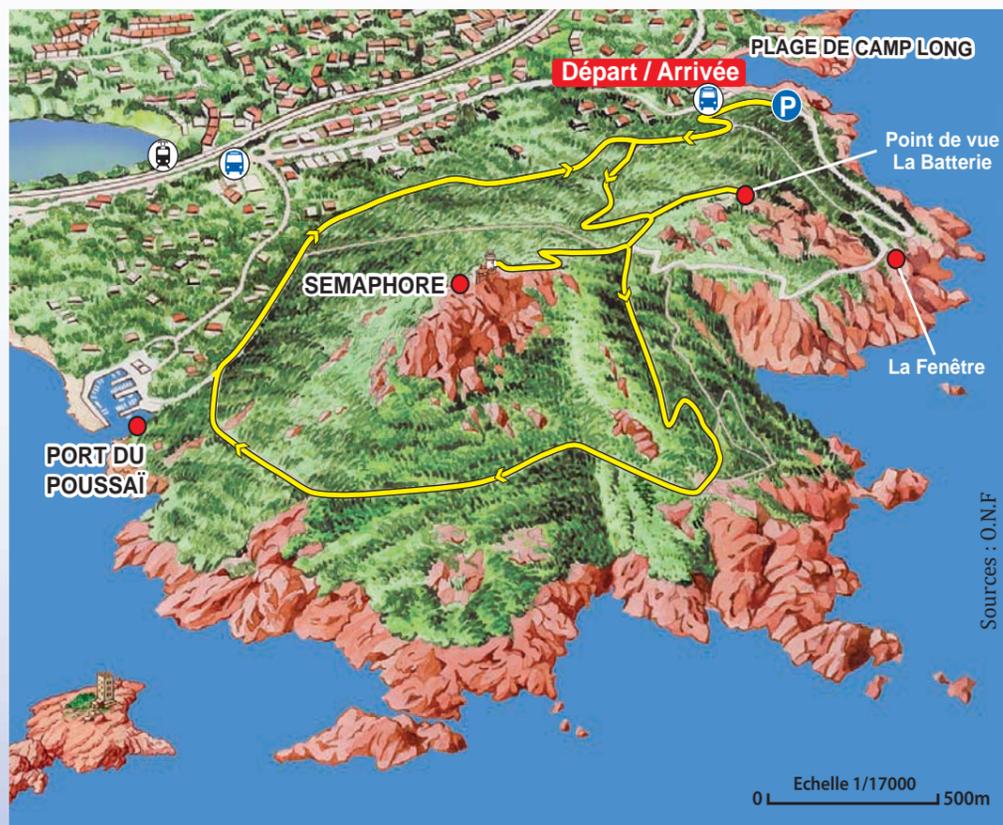
Route by car: From Valescure, head for Agay and turn off towards the “Estérel Caravanning” campsite. Continue for 5 km as far as the Forest House, where there is a large car park. Follow the tarmac road running alongside the Forest House.

Walk: You first walk past the farm’s old wood area, before arriving at a site looking down on the river in its ravine to your right. The shaded trail gently goes down as far as the Perthus bridge, where a pretty river flows.

Go back the same way.



Going up in the world at Cap Dramont



Path signposted in yellow

7 2hrs - 3km
170 m
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.

Cap Dramont

Protected by the National Forestry Office, offers breathtaking 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.

Walk up as far as the orientation table of Rastel d'Agay



Path
Tarmac road

8 2 hrs approx - 7km (round-trip)
360 m
Departure point: place du Togo in Agay

How to get there:

- . By car: free parking at place du Togo
- . By bus: number 8. "relais d'Agay" stop
- . By train: TER 03. "Agay" stop

Itinerary: Go along the avenue du Gratadis for 50m and take the steps on the right that lead to the "Domaine du Rastel". Keep going uphill along the boulevard du Rastel (several bends). On your left you'll see a forest path called "le drapeau". Keep it on your left and continue 200m along the boulevard. After a large hairpin bend you'll see the second path also called "le Drapeau". Go through the green barrier onto the path and keep going uphill until the summit. A viewpoint indicator explains the superb panorama over the Bay of Agay. To return, retrace your steps.

“ Josephine from Grenoble
A soothing and enchanting place...
I've now been coming back to the area every
summer for the past 15 years...
and I am still just as moved by the beauty of the
south, to see the blending of the land and the sea.
It's simply magnificent.”



Along the coastal path

9 ⌚ 4 ½ hours - 11km (one-way)
⚡ 140 m
An energetic and steep trail

Departure: Port de Santa Lucia

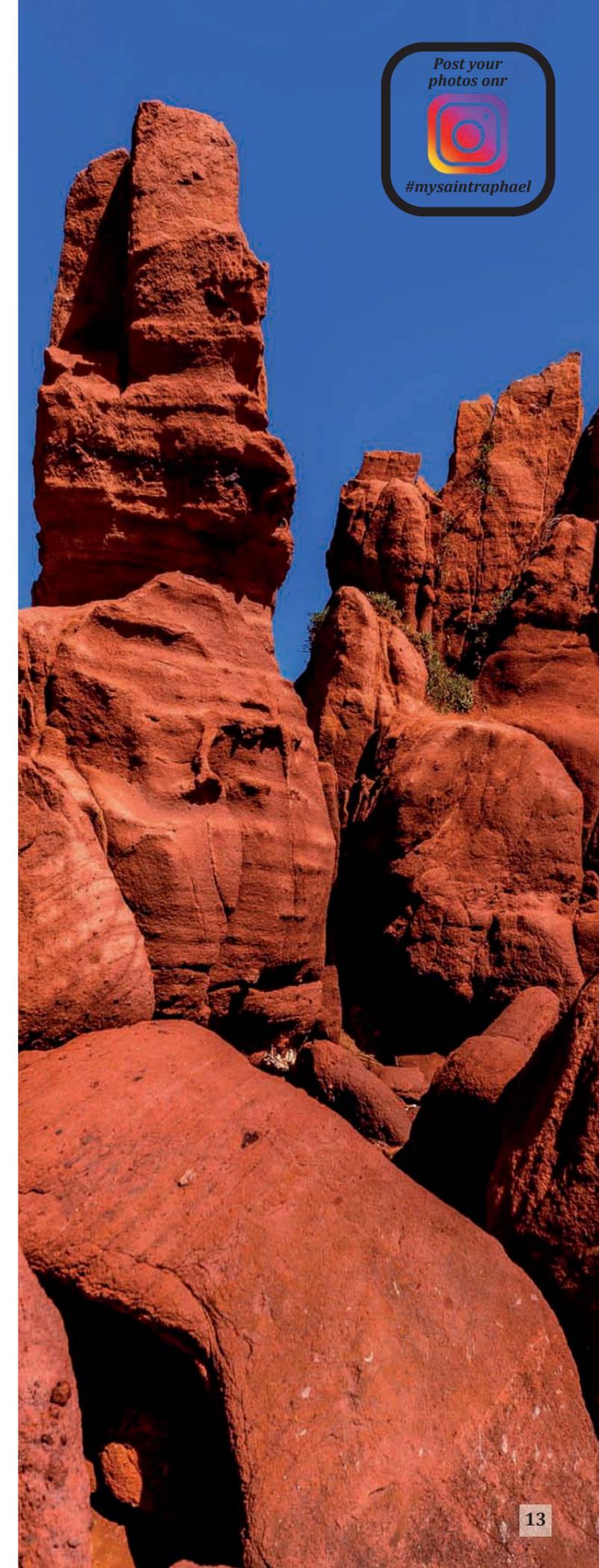
Access: We strongly recommend you use public transport to get to the hiking trail departure points, then to go back on foot (there is little public transport on the way back).

- From the centre of Saint-Raphaël, take bus n° 8 (at the Camp Long stop) or the train (the Agay stop), then come back on foot.
- From Agay, Le Dramont, take bus n° 8 (Saint-Raphaël "Gare Routière" stop) or the train (Saint-Raphaël Valescure stop), and then go along the Promenade des Bains as far as Port Santa Lucia, where the path begins, then come back on foot.

Route: Follow the path with yellow signposts. There is a break in the trail for 700m between Pointe de Pierre Blave and Plage du Débarquement, where you need to walk beside the road. During the hike, you'll alternate between red rock cliffs, creeks with jagged rocks and beaches that are ideal for a dip or a picnic break. On the way, you'll see typically Mediterranean vegetation, pines, aloes and Barbary fig trees that heroically grow on the rocks with their contrasting colours, bearing witness to the rich geological past of the coast (red rhyolite, esterellite in Le Dramont, sandstone).

So, it is hardly surprising that at the end of the 19th century, the bourgeois and aristocratic elites chose this unique coast to build residences in enchanting styles, which perfectly blend in with the highly irregular coastline and that we can glimpse at the end of the splendid gardens overlooking the path. The most spectacular part of the trail is probably Cap Dromont, with its cliffs and dizzying view over the Île d'Or.

Trail shown in pink on the map p. 4/5



Mountain bike trails

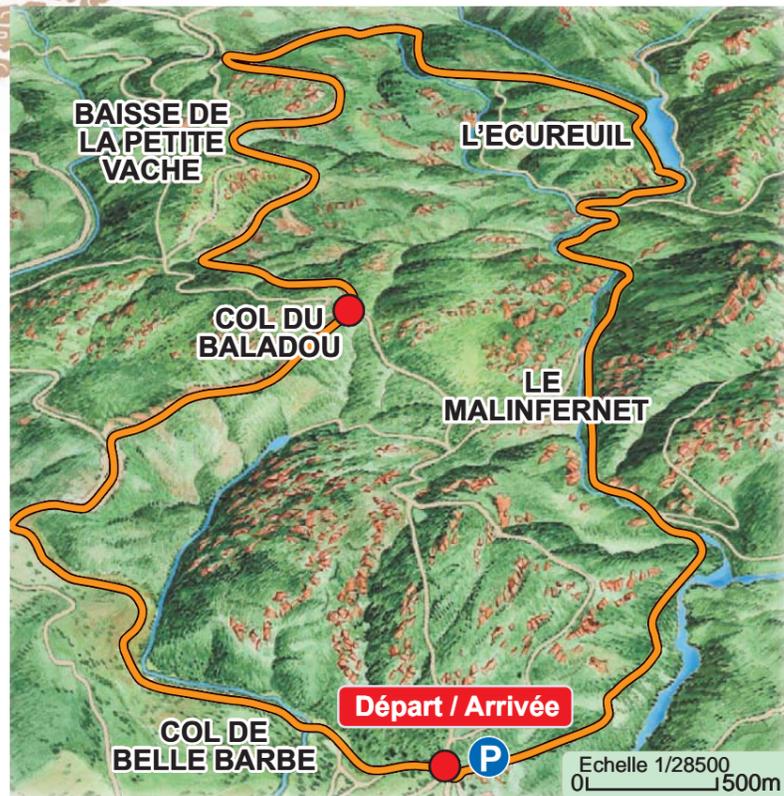
Le Malinfernet

Length: 11.7km - 1 hour
Incline: 250 m
Difficulty: Medium

This trail alternates between narrow, rocky trails and tar-macked paths.

How to get there by car from Agay: At the roundabout take the exit towards St-Raphaël (inland route), go under the small railway bridge and past the shops (bakery, boat and car repairs...) then turn right onto a small road signposted "Massif de l'Estérel". Follow signs for "Col de Belle Barbe".

Mountain bike departure point: Col de Belle-Barbe car park. Turn right in the direction of the Lac de l'Ecureuil and go along the Grenouillet river. When you arrive at the ford continue on the left along the "canyon du Malinfernet". At the fork take the left hand trail by cycling through the ford. When you get to the lake "Lac de l'Ecureuil" (dry lake), go along the left hand trail and continue for about 2km until you get to the Baisse de la Grosse Vache crossroads. Take the left-hand trail for 3km until you reach the Col du Mistral. At this point take the trail on the left which leads to the Col de Belle-Barbe.



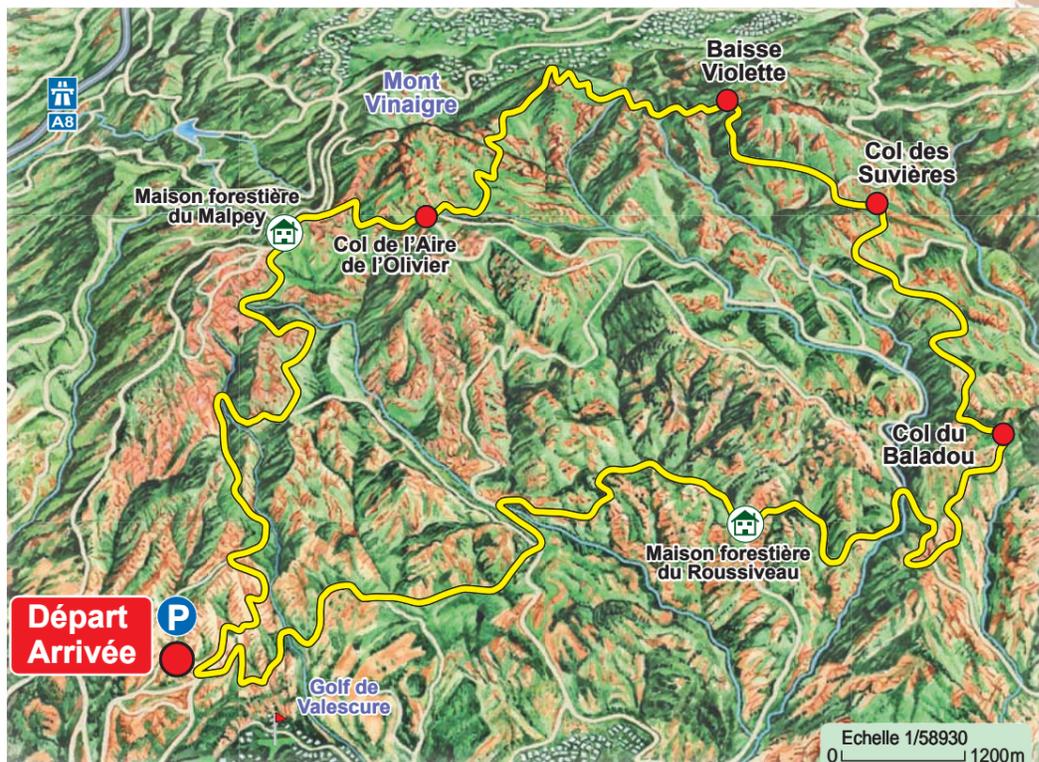
Les balcons d'azur

Length: 34km - 2 to 3 hours
Incline: 580m
Difficulty: Medium

Access by car: From Saint-Raphaël, head towards the Golf de Valescure, then park after the San Pedro hotel, near the roundabout.

Mountain bike departure point: continue on straight ahead for about 1 km. Go past the first car park on the right (in a left-hand bend) and, 100 m further on, you will come to the Colle Douce car park. Take the large path towards Mont Vinaigre then at the Roche Noire crossroads turn left in the direction of the Cantine du Porfait. Next you'll come to a tarmacked part of the trail to reach the Malpey forester's house. Take the trail on the right in the direction of the Col de l'Olivier (stone marker) then go along the main trail until you reach the Duchesse forester's house.

Continue uphill (straight on) to the Baisse Violette then the Col des Suvrières. At the Col du Mistral, turn right towards the Baisse de la Grosse Vache. This tarmacked trail will lead you to the Roussivau forester's house. At the barrier take the Castelli trail on the right which will lead you right back to your departure point.



Find all the other hiking, mountain-biking and road-bike trails on circuits.esterel-cotedazur.com

Cap Estérel

Col de Belle Barbe

A short mountain bike trail, ideal for families. This trail takes you into the Estérel and close by the Gratadis lakes.

Length: 6 km (one way) - 30 min
Incline: 280 m
Difficulty: average
Access by car: Cap Estérel car park

Departure: Walk along the path on the right, "Les Sentiers de l'Estérel", and after the two wooden footbridges, turn right onto the large path and turn off to the right again (1.5km) where you will come to a very pleasant descent (single track) leading to the Ferrières valley.

Continue to the right along the tarmac road as far as the ford of Pont de la Charette (3.7km), then turn left onto the large road and you will see "Massif de l'Estérel" on the right. Walk along the banks of the Gratadis lakes, then head towards Col de Belle Barbe.

Cycle Routes

The Esterel massif

Distance: 15km
Time: 1h
Difficulty: Green - Family route

How to get there by car: Take the coastal road towards Agay. At the roundabout in Agay take the "Saint-Raphaël par l'intérieur" exit. Go under the railway bridge then park at Place du Togo on the left.

Itinerary: Go along avenue du Gratadis for 1.5km then turn right towards the Estérel Massif. After the Gratadis forestry house turn left (3.8km) towards the col de Belle Barbe. Go through the barrier and head towards the col du Mistral, then past the Roussivau forestry house and Estérel Caravaning campsite. Finally turn left onto the cycle path which will lead you back to the start.

The Corniche d'Or

Distance: 60km
Time: 2h30
Difficulty: Blue - Warning, this itinerary requires vigilance and caution (not recommended for families)

Itinerary: From Saint-Raphaël follow the Corniche d'Or coastal road until Théoule. At La Napoule roundabout turn left (uphill) then left again at the Peygros roundabout. Go along the RN7 road towards Saint-Jean-de-Cannes until you reach the col du Testanier (Esterel summit). All that's left to do is head back to the start via Fréjus.

