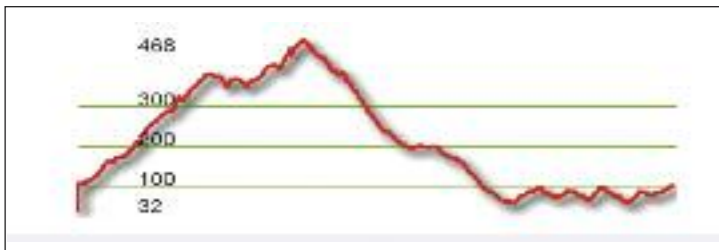


Mountain bike trails



Sources : iPhiGéNie.com: les cartes IGN sur iPhone/iPad



Ask for our other guides

- > Seaside town
- > Discover the coast
- > Sport & Leisure
- > Fun for all



LE LAC DE L'ÉCUREUIL

Length: 11.7km

Incline: 250m

Difficulty: Medium

This trail alternates between narrow, rocky trails and tarmacked paths.

How to get there by car from Agay: At the roundabout take the exit towards Saint-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'Écureuil and go along the Grenouillet river. When you arrive at the ford continue on the left along the "canyon du mal infernet". At the fork take the left hand trail by cycling through the ford. When you get to the lake "Lac de l'Écureuil" 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.

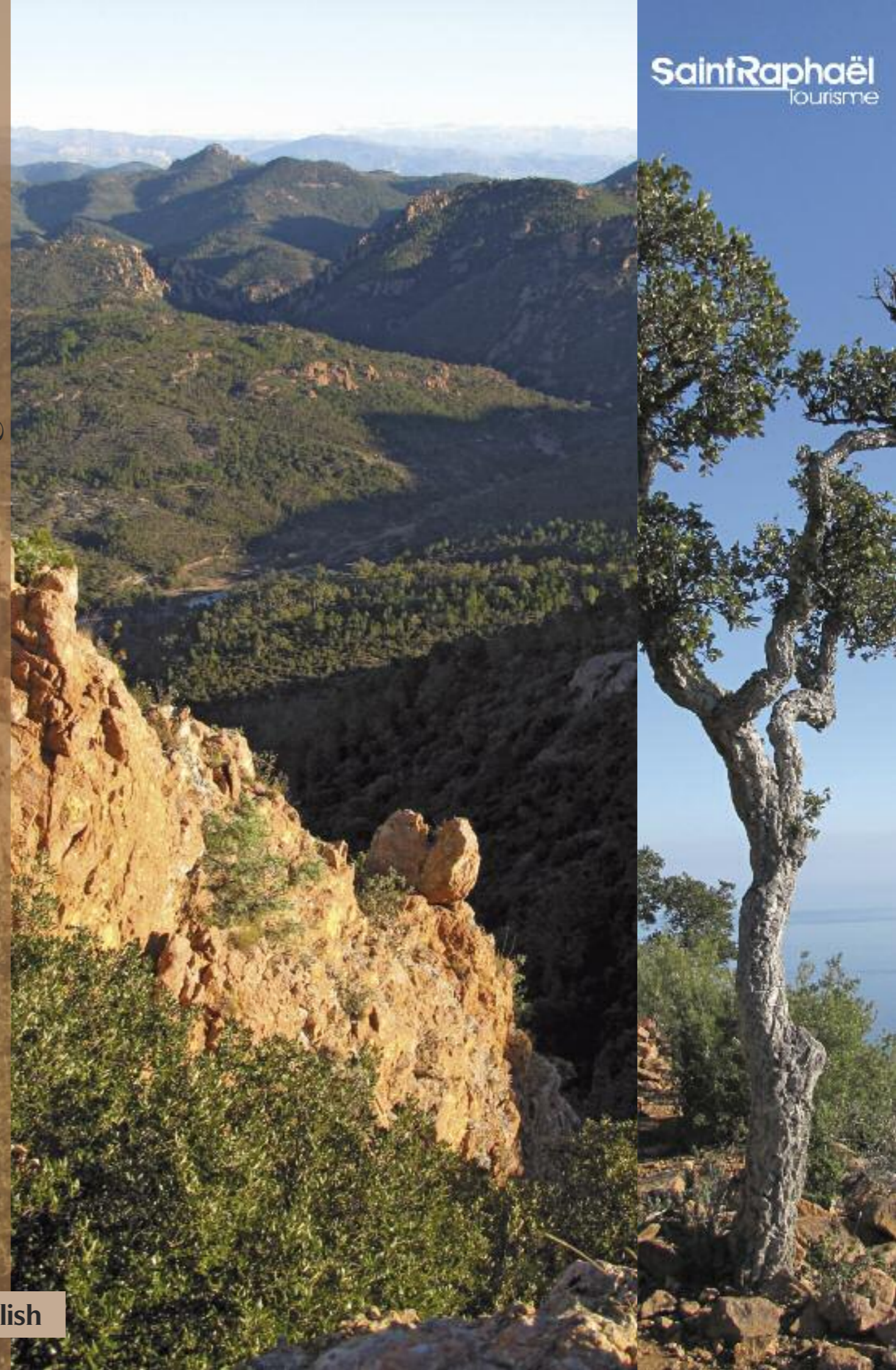
www.esterel-caravaning.fr

CAMPING 5* sur la CÔTE d'AZUR

CAP SUR LE BONHEUR EN TOUTE SIMPLICITÉ

© Photos : G.Roumestan-Fotolia-M.Fichez/Verhaeghe-G.Derivière-F.Muller

The Esterel : the great outdoors



SaintRaphaël
tourisme

The Esterel massif

Nestled between the Mediterranean and Provence, the Esterel is a volcanic massif that stretches over 32,000 hectares of which 14,000 hectares are protected. The surprising red colouring of the Esterel is due to rhyolite and red porphyry volcanic rock, dating from the Palaeozoic Era



A nature reserve in the heart of the massif. The National Forestry Commission and Ushuaïa have created an 800 hectare nature reserve with the aim of protecting and preserving the natural heritage of the Esterel and gaining a better understanding of, and managing, the dangers facing the plants and wildlife.

Respecting the environment

In order to prevent forest fires, all types of fire or flame in forested areas are prohibited all year round.

The authorities may restrict access to the massif in very strong winds. For information go to www.var.gouv.fr and click on politiques publiques/environnement/forêts. Vehicle access is prohibited between 9pm and 6am.

Nature trail

This footpath, accessible for people with reduced mobility, is 2600 metres long and runs between the Anthéor plateau and Saint-Barthélémy's rock. Along the nature trail you will discover a selection of the typical plants of the Esterel, recognizable by their fragrance and texture.

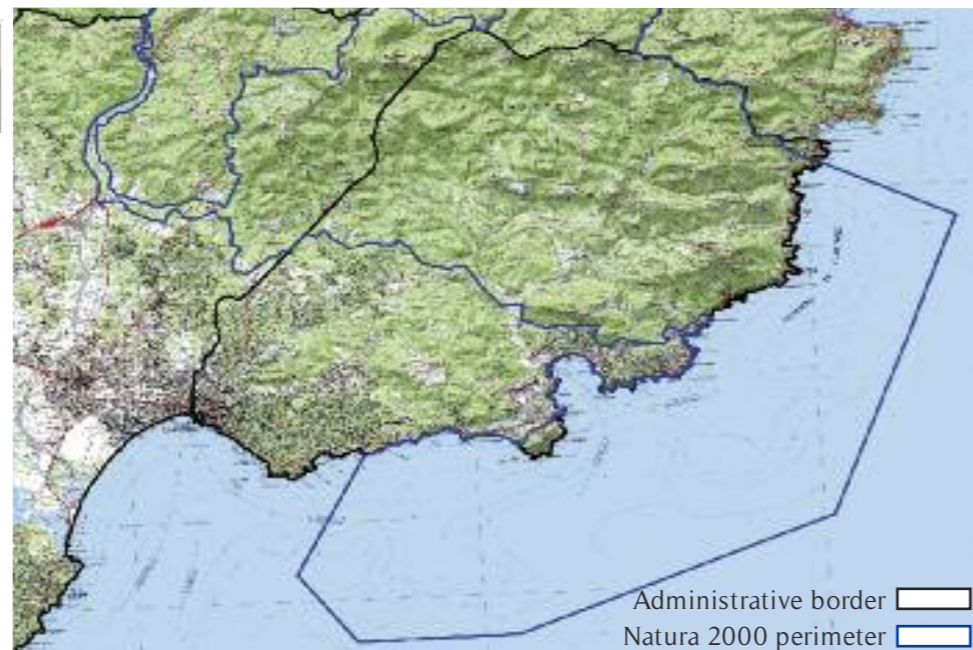
The nature trail is re-created every year from April to June (flowering season) and is made from mobile material in order to protect the landscape.

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, working in tandem with local organisations, are responsible for the management and conservation of the site. <http://esterel.n2000.fr/>



Administrative border
Natura 2000 perimeter

Sources: - IGN / Scan 25-v2006 - DREAL PACA

Suggested walks

LE RASTEL D'AGAY

Length: 2 hrs approx - 7km (round-trip)

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.



Path
Tarmac road
Access road

Sources : O.N.F

Other walks can be done with pushchairs, scooters or tricycles. Ask our guides for the itineraries.



LE ROCHER ST BARTHELEMY

Length: 1 hour approx -3.2 km (return trip)

Departure point: Rocher car park

In the heart of the massif

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 "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". After the Gratadis forester's house turn right in the direction of "Pic de l'Ours". At the next crossroads turn right towards "Rocher St Barthélemy, 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 (2km round-trip).



Suggested walks



LE PIC DE L'OURS

Length: 1h30 circular walk - 2.3km
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 "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". Next follow the signs for "Pic de l'Ours" (8km).

Itinerary: Several paths start at the col Notre Dame: take the path signposted by a wooden sign "Dent de l'Ours - Pic de l'Ours".

The path heads slightly uphill. By turning right at the crossroads you'll arrive at the foot of the Dent de l'Ours.

At the rock, enjoy the unobstructed view of the Bay of Cannes with its famous îles de Lérins, the Bay of Fréjus and in the distance the Maures massif. Continue by taking the path on the left which heads uphill towards the Pic de l'Ours summit.

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 pedestrian route
 Tarmac road █
 Sources : O.N.F



LE TOUR DU CAP ROUX

Length: 2 hrs - 4.3km round-trip
Departure point: Sainte Baume car park

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 "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 "Col Notre-Dame" 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 (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 yellow █
 Path signposted in blue █
 Grotto path (not signposted)
 Tarmac road █
 Sources : O.N.F



Suggested walks



L'ÉTANG D'AUBERT

Length: 1hr 30mins - 3.8km

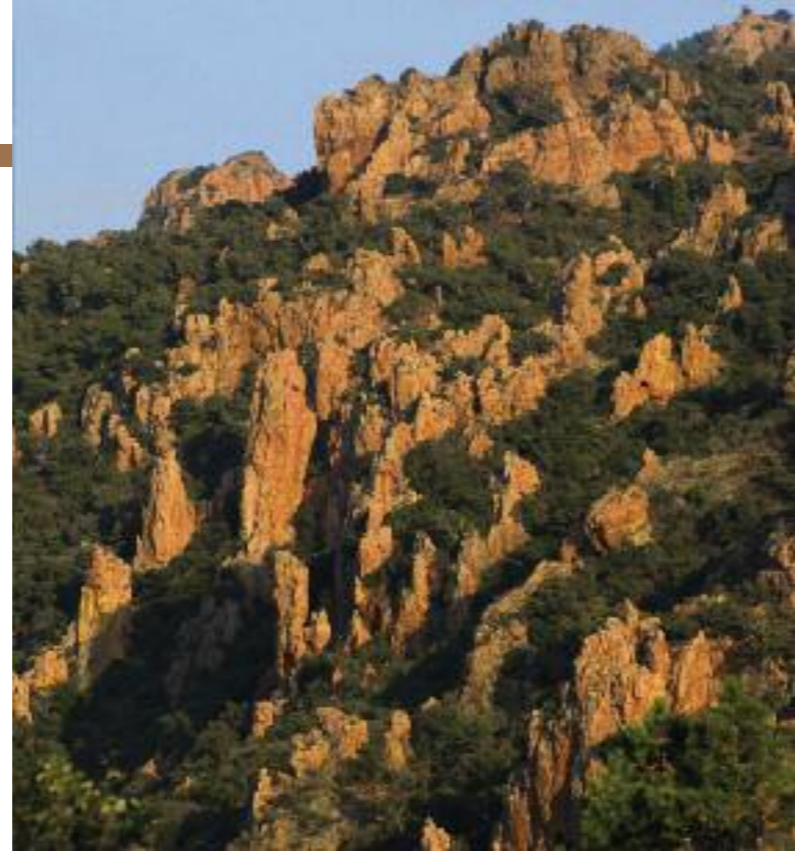
Departure point: Col de Belle Barbe car park
In the heart of the Esterel

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 "Massif de l'Esterel". 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'Esterel". Follow signs for "Col de Belle Barbe".

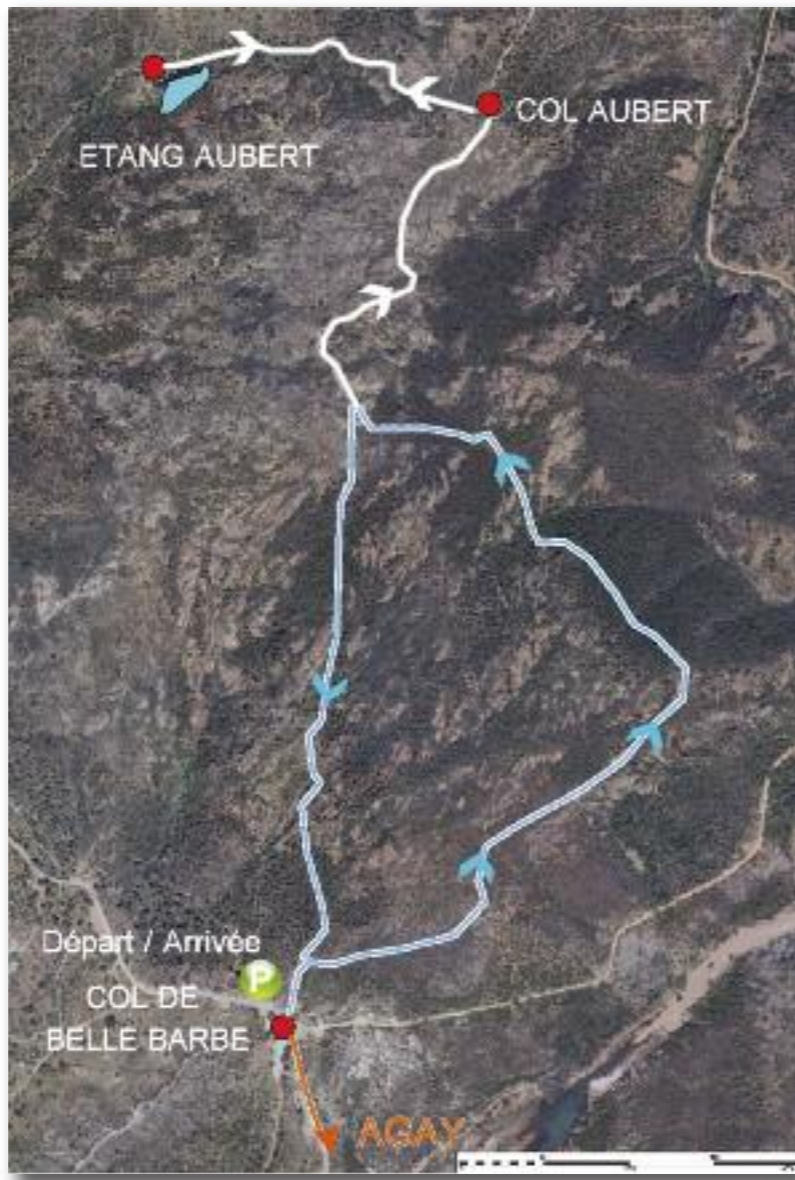
Itinerary: From the Col de Belle Barbe take the path signposted in blue. After 50m turn right (leaving the path to get back on your left). At first the path overlooks the Malinfernet stream then continues through a pine forest before arriving at a crossroads. The path to go back is on the left but for 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 walk back up to the Col d'Aubert. From here take the path on the right (the same one that you came on) until the crossroads. The path takes you downhill through the trees to the Col de Belle Barbe.



Path signposted in blue █
 Path not signposted
 Tarmac road



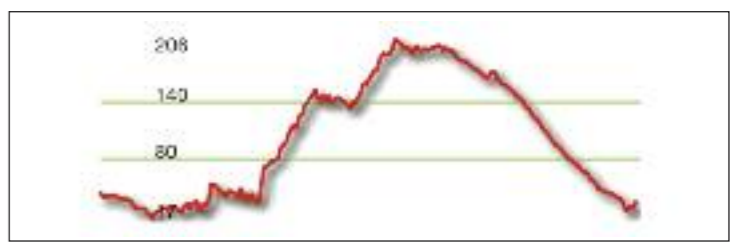
Mountain bike trails

LES BALCONS D'AZUR

Length: 32km - 2 to 3 hours
Incline: 580m
Difficulty: Medium

How to get there by car: From Saint-Raphaël head towards the Golfs de Valescure then turn left after the San Pedro hotel. Go straight on for about 1km. Go past the first car park on the right (located at a left turn) then after 100m you will arrive at the Colle Douce car park.

Mountain bike departure point: 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 Malpet 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 Suvieres.



Sources : iPhiGéNie.com: les cartes IGN sur iPhone/iPad

Turn right towards the Baisse de la Grosse Vache and the Col du Mistral. 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.



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