

Walk : Discovering Fours à Cade

Duration: 4 H
Distance: 14 Km
35% of tarmac ways
65% of dirt road

Possible to "Grand Caunet" Mountain
So add 1h30 and 5km of dirt road

Start: Car Park under housing "Pins Bringuiers" (around 180th Chemin du Stade)
N 43.19685153575453 - E 5.750066074035658

Height difference positive and negative of 313 meters, from 67 M to 380 M (Height difference positive and negative of 333 meters, from 67 M to 400 M to the "Grand Caunet" Mountain).

Along GR51 (national hiking train), from La Cadière to Ceyreste. Come admire all along this ride a wonderful panoramic view of the bay of St-Cyr-les-Lecques & La Ciotat and of Ste Baume Mountain. You'll also discover "Fours à cade" (juniper oven) and Mediterranean flora.

1. / From car park, under housing "Pin Bringuiers" (around 180th Chemin du Stade), keep in direction "Complexe sportif" (Sports Complex), red & white markup of GR51.
2. / Take on your right "Chemin du Pey Neuf" (follow markup).
3. / Always follow markup who makes you go under the highway, after along Chateau Vannières (vineyard), to borrow a little further a dirt road on your right...
4. / Take dirt road where you'll walk along an alley of centenary olive trees. From time immemorial in the agricultural life there were olive trees. A lot of farms had their own oil mill which were activate by humans or animals. The cadastral plan of 1830 mentioned several in the village.
5. / At the exit of the dirt road, take roughly opposite (always with the markup).
6. / After on your right "Chemin de la Péguière", after "Chemin de la Toussane", the tarmac way will give way to dirt road.
7. / After, take a little dirt road on your left, there is juniper oven n°6. In the hill there were dozens of these little stone buildings. There were ovens for juniper oil extraction, there were located where juniper grew in the countryside. The juniper in provençal is called "le cade", don't mistake with "la cade", slab made from chick pea flour. This ovens were working from 1850 to 1930. The property of juniper oil : used in cosmetology (for shiny hair), in medicine (to treat psoriasis, eczema, impetigo...), in veterinary art (to treat scabies, eczema, crack of hooves).
8. / keep on going up, you'll see a cistern & on your left a little further up the Oven n°15 (not at the edge of the dirt road)
9. / Keep on direction Ceyreste the "GR51" to find Oven n°17 (at the edge of the path), after about-turn.

Or... 10./ Keep on direction Ceyreste until Grand Caunet Mountain & after about-turn.