



HIKES

in Saint-Cyr-sur-Mer

THE SAND HILL

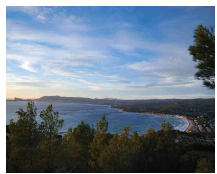
🕒 40 minutes - Distance 140 m
📍 Avenue de l'Abbé Dol



On the path of the vineyard path, **after walking along the estate and the vineyards of Nartette**, and admiring the Orchid Lawn, **follow the path to the next table**: The plated wind dune.

Opposite, **take the small path down the hill** to reach the top of the Gâche and enjoy an exceptional view of the bay.

i The dune was once fed with sand by the beach of Lecques: the Mistral carried the grains of sand to the north-west slope of the Gâche. This sand was then transported to the south slope, forming the Spillway of the Dune Eolienne Plaquée, visible from the trail of the Tour de la Bastide. The flow is still visible today.



THE TOUR OF THE BASTIDE

🕒 20 minutes - Distance 1km (Loop)
📍 Alternative path on the vineyard path

Flare path: in Yellow

The trail is **within the perimeter of the Natura 2000 Point Fauconnière site**.

Follow **the yellow markings**. After taking the stairs that go down from the vineyard trail, **take the path to the left**.

Walk along the path and **discover La Bastide de Nartette**:

In the heart of the vineyard (17 hectares, AOC Bandol production, organic wine) a small bastide flanked by two towers, testifies to the history of the estate. Built at the end of the 16th century, this building is of great heritage value, it is indeed, after the castle of Baumelles, **the oldest building still existing in the territory**.

i After having belonged to lords, then after the French Revolution, to notables, the estate became in 1878 an orphanage for young girls. The Conservatoire du Littoral bought the estate of Nartette in 1997, the Don Bosco Institution retains the property of the former castle of Valmont which today hosts an elementary school and a private college.



TO READ BEFORE YOU GO

- The access to the path (from the Pointe Grenier to the Pointe Fauconnière) is forbidden when it is rainy • or stormy. Local by-law n° 2001-08-920.
- Warning: You must stay on the yellow flare path especially as it goes along private properties.

⚠️ Due to instability risks of the cliffs along the littoral path, risks of falling stones as well as sinking ground, the section between the Pointe Grenier and the Pointe Fauconnière :

The littoral path is closed to public since August 1st 2017 for security reasons. The littoral path will remain closed until the creation of a deviation on this section. A signage will be placed at the earliest possible date.

For your own safety, please respect it.

• **The access to the « Baie de la Moutte » and the beach of La galere is forbidden. Local by law n°2001-05-777 (falling rocks).**

• INFO ON THE OPENING OF THE FOREST AREAS •

• Regulated access to the forested areas due to fire risks : From mid-June to mid-September the prefecture releases for each day a map showing the level of fire risk for the forested areas in the Var. This map is updated daily at 7 pm and informs on the access to the different forested areas for the next day

Find information on the website: www.var.gouv.fr or find the information on the WEATHER page of the Tourist Office's website :



Please respect the strict regulations posted at the entrance of each hiking trail

Do not take shortcuts, stick to the paths.

Take your rubbish home with you.

EMERGENCY NUMBERS

For your security, 32 signalling bounds have been set up on the hiking trails. In case of emergency, **call 112** on your mobile phone and inform the rescue service the number or the name of the closest bound from where you are.

Firefighters 18 / European emergency number 112

On the coast

The heritage path of The Pointe Grenier
20 minutes

The littoral path between Port d'Alon and Pointe Fauconnière
1h30

The Defens path
30 minutes

The littoral path between Port d'Alon and Bandol
2 hours

The Engraviers path
30 minutes

In the vineyards

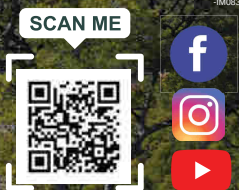
The Vineyard path
1 hour

La colline de sable
40 minutes

Le tour de la Bastide
20 minutes

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The beach of Port d'Alon cove is accessible to dogs on a leash except between 9am and 5pm from April 1st to September 30th.

Times are given for good walkers.
Le sentier du littoral est un sentier sportif.

Flare path: in Yellow

THE HERITAGE PATH OF THE POINTE GRENIER

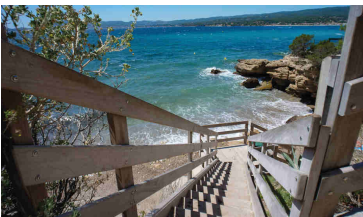
🕒 20 minutes (One way) - Distance : 1 km
📍 Port of La Madrague

Flare path: in Yellow



The starting point of this short hike full of discoveries is from **Port de La Madrague** (check the sign with the path description). Climb up the stairs going on the right and **follow the path between the houses**. Go down on the **Plage de la Reinette** and keep walking along the beach.

After the Plage de la Reinette, we have our first curiosity: **a petrifying spring** made on travertine. **Follow the path, almost in the water**, until the remains of **a military battery** that has been restored. You can admire the chapel, the gunpowder magazine, the barracks and the Tour de Vigie. You can find below **the ruins of a lime mill**, with three arches of the calcination oven remaining. From the high point take the time to admire **the magnificent view of the baie des lecques**.



- 👉 Sentier des Vigies - 3,7 km
- 👉 Tour de la Bastide - 1 km
- 👉 Sentier du Défilé - 3,5 km
- 👉 Sentier des Engraviers - 1,2 km
- 👉 Sentier du Littoral - 9,4 km (Décret de classement préfectoral n° 10 du 31 décembre 1976 et décret du 7 juillet 1977)
- 👉 Sentier Patrimonial de la Pointe Grozier - 1 km
- 📍 Bornes de localisation
- 🌿 Site Natura 2000
- 🌊 Parc marin Natura 2000
- 🏠 Domaine public maritime attribué au Conservatoire du Littoral
- 🏠 Propriétés du Conservatoire du Littoral
- 🏠 Propriétés privées
- 🏠 Propriétés communales de La Glèche

THE LITTORAL PATH BETWEEN PORT D'ALON AND POINTE FAUCONNIÈRE

🕒 1h30 - Distance 4 km (Return trip compulsory : 3 hours)
📍 Calanque of Port d'Alon

Flare path: in Yellow

This sportive path is drawn **at the top of the coastal cliffs** and overhangs the shore **until the Pointe Fauconnière**. Go exploring the preserved nature, beautiful landscapes and confidential coves. When the weather is good, **a breathtaking view** sweeps the horizon from the Massif du Cap Sicié in **the East to the Archipel de Riou in the West**.

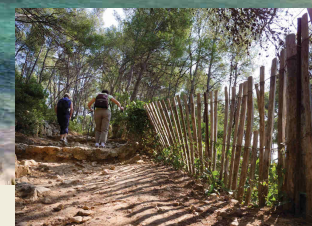
Currently, there is no loop in this itinerary: **the return** will be on the same path, offering a different viewpoint on the landscapes you crossed. The path follows along private properties : to respect its inhabitants, it is mandatory to stay on the path (yellow tagging)

THE DEFENS PATH

🕒 30 minutes (One way) - Distance : 2.5 km
📍 Parking lot above the Calanque of Port d'Alon

This little path in the woods **starts at the parking lot above the Calanque of Port d'Alon**, in front of the emergency barrier. It goes **up on the hill**, until a high point which offers, when the weather is good, **a remarkable view on the Cap Sicié, its islands and hills**.

This path follows the Domaine de Port d'Alon and then joins the Littoral Path : the junction is just before the entry of the estate on the left behind the fence.



THE LITTORAL PATH BETWEEN PORT D'ALON AND BANDOL

🕒 2 hours (One way) - Distance : 5.4 km until la plage des engraviers (Bandol)
📍 Calanque de Port d'Alon

Flare path: in Yellow

Take the rocky path following the **calanque** on your left so you can admire the "La Galère" rock, **in the shape of a submarine** (the access to the rock is forbidden by the prefectural decree N°2001-05-777).

The path follows a shady forest **until the Pointe des Engraviers**. A few steps further, you will enjoy a view on the Ile Rousse and the Embiez archipelago. **Keep going on the Plage des Engraviers** and **cross the Résidence Athéna**.

The path will be larger and it will lead you **on the Capélan peninsula**. Then, skirt the Plage de Rênecros and **walk along the littoral** until Bandol.



THE ENGRAVIERS PATH

🕒 30 minutes (One way) - Distance : 1.2 km
📍 Back beach of les Engraviers

Flare path: in Yellow

The trail is on the grounds of the Conservatoire du Littoral. On the back beach of Les Engraviers, **take a fairly steep forest track**. Follow this track until the intersection with the coastal path. Follow the yellow markup. This path follows **a forest track** and **forms a small loop with the coastal path** in this sector.



THE CALANQUE OF PORT D'ALON

📍 Road of Port d'Alon - Direction Bandol

Port d'Alon is located in Saint-Cyr-sur-Mer and belongs to the **"Littoral Conservatory"**. You can have a picnic on its pebble beach or have lunch at the restaurant "Chez tonton Ju" (which is closed from September to the beginning of April). Pay Parking from April to October

Access to the Calanque of Port d'Alon may be prohibited or limited from mid-June to mid-September. Be aware of the regulations in force at the time of your visit.

THE VINEYARD PATH

🕒 1h - Distance 3.7 km (Return trip compulsory)
📍 From Port de la Madrague to the Calanque of Port d'Alon

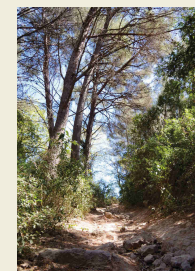
Flare path: in Yellow

🚗 Park in the parking du Hameau de la Madrague and go back up the **Abbé Dol street** until the bus stop. The starting point of the path is in front of it.



Take the stairs going down on the undergrowth, cross, and then **walk along the vineyards**. Always follow the yellow markings. After consulting the first two tables : **the Bastide de La Narrette and the AOC Bandol Vineyard**, you may have the pleasure to observe **the Orchid Lawn in its flowered season**.

🌸 Do not forget that it is strictly forbidden to pick protected plants. Be careful to follow the signs and not to stray from the footpath.



After this area, **turn left** to join the fourth table presenting a unique phenomenon in the region, **the dune eolienne plaquée** better known under the name of **La Colline de Sable**. Join the road at the level of the **Domaine de La Narrette entrance gate**. The path starts again opposite at the **end of the olive trees' alley**.

Then, **the path goes to the right** in the undergrowth and along the fence. In front of the barrier, go up to the right, and then **follow the path**. After around 30 meters, **turn right** at the edge of the vineyards to reach the **last table presenting the olive trees** and the landscapes. Finally, sink again in the undergrowth, **go down on the left**. Take the stone steps and walk along the vineyards up to the chicane at the entrance of the site.

Then, you have the choice between **taking the path the other way round** and see the landscapes from a different angle **or following the road to the Calanque du Port d'Alon** and complete a portion of the Littoral Path.

