



## HIKE 8

### LES CABRETTES



Starting from the hamlet of la Mourre discover the wild and preserved nature of the plain of the Maures as well as the views over the Maures mountains, « Mauro » in Provençal (Mistral), which means « the dark mountains ». Some small hamlets on your way will adorn this walk.



Hamlets of la Mourre, les Poulas, Camp Long, les Hauts Oliviers, les Basses and les Hautes Cabrettes.



3-4 hours



10,5 km, easy

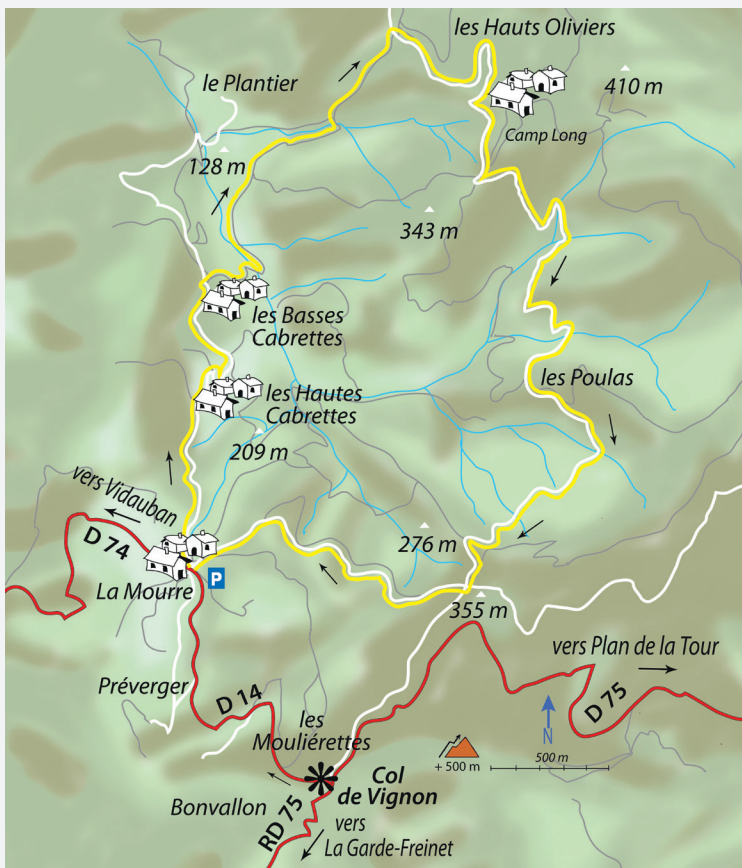


Hameau de la Mourre



Office de Tourisme de La Garde-Freinet  
Chapelle Saint-Jean | 83680 La Garde-Freinet  
Tél. 04 94 56 04 93 | [lagardefreinet@golfe-sainttropez-tourisme.fr](mailto:lagardefreinet@golfe-sainttropez-tourisme.fr)  
[www.golfe-sainttropez-tourisme.fr](http://www.golfe-sainttropez-tourisme.fr)





## ITINERARY

Take the D75 direction Plan de la Tour by car, at the pass of Vignon turn left direction Hameau de la Mourre. Small parking at the entrance of the hamlet.

The hike starts at the entrance of the hamlet (signpost). Follow the earth trail which leads through the forest to the hamlet of Hautes Cabrettes (1 km). Follow the trail to the left, go down for about 500 m to the Basses Cabrettes. Leave the trail and turn right after the ruin, go down the path through the un-dergrowth to the brook (300 m). Cross the small bridge and follow the path (at left) along the brook for about 250 m. Go up at the right and follow the

path along the vineyard near an undergrowth for about 50 m. At the Y-junction (750 m) take the trail going up at the right. At the top (water tank) continue the trail to the right. At 1,5 km you see some houses, Camp Long. The path passes in front of an ancient mine (not accessible) and leads to a place called Les Poulas (1,4 km). Yet another 1,5 km on the same trail - you may admire the distant landscape and the wild nature of the Maures mountains.

At the junction of the 4 paths (water tank) take the trail E 222 which goes down right and leads back to the hamlet of La Mourre (1,4 km).

