

Forest Path

Duration : 1h20

Distance : 4,5 km

90% of dirt road With additional loop in red on the map : add 1,6km and 30mn

Start: Car Park Square Charles de Gaulle or Square Athanase Bonifay.

N 43.195450 – E 5.754830

Height difference of 100 meter, from 120 M to 220 M.

Throughout the walk you will discover the Mediterranean flora with some informative sign, The Sainte Croix Chapel from XVII, The peace monument from 1814, a wonderful panoramic view on the Saint-Cyr –Sur-Mer's bay and La Sainte Baume.

1. / From the tourist office, climb the Calade St Eloi.

At the road junction go up following the road on the left to arrive at the square «place de la Dîme». Take in front of you the street “André Favory”

2. / After that take the second road on your right in direction of the sports complex (Complexe Sportif, Chemin du Stade). Keep this way (Chemin du Stade) , you will leave homes and arrive in the local forest.

The main varieties we can find here are:

-For trees and shrubs : “Le pin d’Alep” (Alep pine) “Le Chêne vert” (the green oak tree) “ Le Laurier-tin”(Laurestine) “Le Cade” (Juniper) “L’Amélanchier” ...

-For Herbaceous : different species of Orchid and Iris, Ancathus, Euphorbia etc...

-For the ground : it consists of calcareous soil, marl and rich sand of varied fossil.

3. / Climbing, on your right you will see a parking area with a bench and also a sports tour sign. Follow this forest way, on your right you can observe the view on the Palun's plains and the mountain range of La St Baume. You will pass in front of the Sainte Croix Chapel completely rebuild in 2001. Mass was celebrated here on day's de la Croix in May and September, mass was managed by white penitent from the St Madeleine Chapel.

4. / Following this path you can admire the remarkable view which extends of the whole bay of Saint-Cyr ,la Ciotat's gulf and le bec de l'aigle and la Sainte Baume.

Presence of the peace's monument (Monument de la Paix) facing the viewpoint on the bay of La Ciotat and Saint-Cyr, This historical monument date of 1814 it appears as a block of rocks and a stele. We can read on this tablet “EN ACTION DE GRACE DE LA PAIX DU 30 MAI MDCCCXIII” This structure was raised in tribute of the Bourbon's glory (Louis XVIII) after the treaty of Paris which puts and end to conflicts directed by Napoleon Bonaparte.

Bypass the stadium : 2 possibilities : 1) to find a path which lead to the road of the stadium (chemin du stade) not far from where you leave it. 2) Or on your right you take mountain bike circuit (you follow yellow arrows, it's the additional loop in red on the map).

5. / Take back the tarmac way (Chemin du Stade) and retrace your steps to return at the Tourist Office.