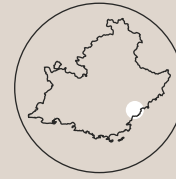


HIKING GUIDE





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A DESTINATION IN THE HEART OF NATURE



Roquebrune-sur-Argens is a destination **which combines the lively atmosphere of the Côte d'Azur and the authenticity of Provence.** It is an inspiring destination for families, couples and groups of friends throughout the year.

THE VILLAGE OF ROQUEBRUNE- SUR-ARGENS

The church, fountains and porticoes all bear witness to its rich historical past. Its narrow streets and picturesque small squares make it the ideal place to stroll around and enjoy the traditional charm of a Provençal village. Succumb, in the shade of the plane trees in Place Perrin or on the cool terraces of Rue des Portiques, to the delights of this charming village, its warm welcome and its way of life. For a real taste of Provençal life, take a look at our local artists and the village's art galleries.



LES ISSAMBRES

All roads lead to the sea! The destination's coastline in the Gulf of Saint-Tropez is dotted with sandy beaches, wild coves and rocky outcrops. Enjoy the breathtaking, idyllic scenery along the coastal path and all the charm of a peaceful seaside resort with an impressive and unusual range of water sports activities.



LA BOUVERIE

Vineyards, prehistoric heritage and mountain walks. This is a land of hills and umbrella pines, well known to prehistoric man. There is so much to see in the outstanding natural environment here, from lush green forests to the ochre-coloured cliffs of the Blavet Gorges. As you round a bend, the wooded setting gives way to a superb panoramic view of vineyards, where Provençal vines carrying bunches of grapes full of sunshine hold the promise of excellent local wines.

THE ROCK OF ROQUEBRUNE

ROQUEBRUNE-SUR-ARGENS

Ideally located between the Esterel, Les Maures and the Mediterranean, the village of Roquebrune-sur -Argens is inseparable from its legendary Rock, which is also a listed site of outstanding importance. **This spectacular, reddish brown-coloured rocky mass emerges from the vegetation and culminates in a winding, saw-toothed, 373-high ridge.**



Its richness in biological terms and its impact on the landscape have led the Rock to be included as one of the NATURA 2000 classified sites. After being completely surrounded by unspoiled natural surroundings, you can enjoy one of the most beautiful panoramic views in the region from its summit.

THE ROCK'S GEOLOGY

The Rock of Roquebrune is a detrital rock made up of materials from the surrounding massifs which have piled up and cemented over time. Its reddish appearance is due to the high concentration of iron oxide in the rock.

This mixture of sands and pebbles where granite is dominant metamorphosed into what is known as the 'Roquebrune arkose', a conglomerate made up of fragments of granite from Le Plan de la Tour, gneiss from the Massif des Maures and blocks of amaranth rhyolite (a rock made from a solidified acid lava) from the Estérel. Tectonic and seismic movements during the Tertiary period caused the landscape to alter, bringing the conglomerate to the surface. As a result, the enormous mass of sedimentary rock, which we now call 'the Rock of Roquebrune', was created. This natural masterpiece, as unusual in its formation as in its isolation, was shaped in the middle of a plain enclosed by two older mountain ranges which have since been levelled by erosion.

FLORA AND FAUNA

The Rock's unique character is also due to the very high ecological diversity across a very small area and remarkable number of plants and animal species.

The forests are made up of holm oaks, chestnut trees, cork oaks, umbrella pines, holly, broom and Montpellier rockrose. Its inhabitants include badgers, snake-eagles, wild boars, hedgehogs, nightjars and two-tailed Pasha butterflies.

In the open areas, these are the cliffs, rocks, agricultural areas, grasslands and scrublands. Tropical ferns, hardy cloak ferns, Ophrys orchids, prickly pears, sand crocuses and Les Maures lavender grow here. The Roquebrune violet (the rock's only endemic plant) also must not be forgotten. This was only identified until quite recently in 2004. Inhabitants include ocellated lizards, eagle owls, bluebirds, hoopoes, giant ants, Montpellier snakes (which can be over 2 metres in length) and Hermann's tortoises - a protected species which is very iconic and cherished in Provence.

THE THREE CROSSES LEGENDS

This site is also known as 'The Rock of the Three Crosses' and has always been a place of great religious value over the centuries.

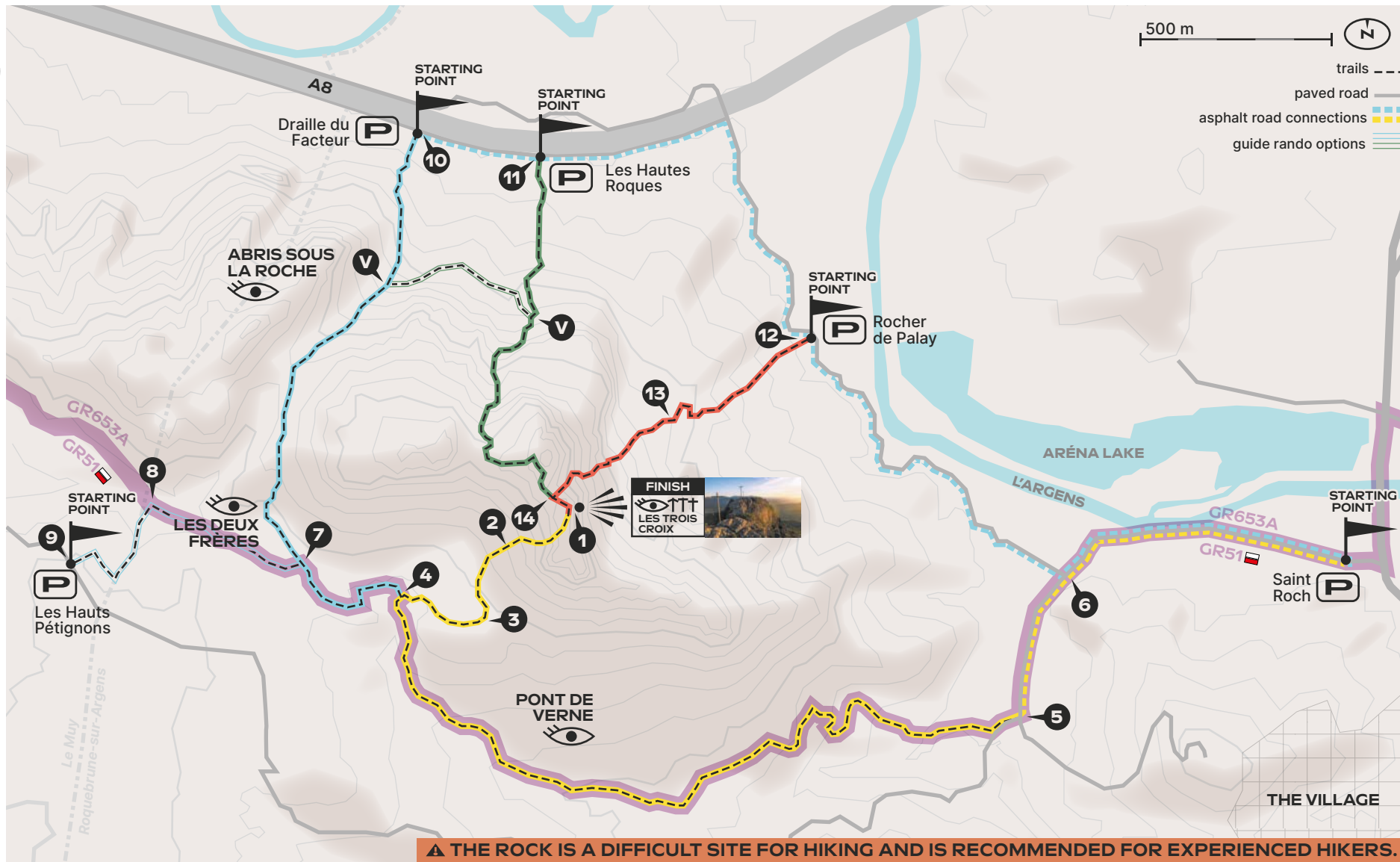
The presence of three crosses on the Rock's summit seems to have been documented since the dawn of time. The legend goes that during the crucifixion of Christ, three cracks opened up in the rock which symbolise the three wounds or the three crosses on Calvary. Three crosses were later erected on top of the rock and were the focus of pilgrimages.

At the start of the 1990s, the sculptor Bernar Venet was asked to make the three monumental steel crosses which currently stand on the Rock. The contemporary artist was inspired by three famous paintings of the crucifixion. These masterpieces were by Giotto, Grünewald and El Greco. The work, which now looks out over the plain of Argens, was inaugurated on 11 July 1991.



Discovering the history of the village of Roquebrune-sur-Argens - an amazing ancient settlement with its Rock towering above it. Strolling through the narrow streets of this charming Provençal village and sampling the local produce on offer at the Maison du Terroir (a shop selling products from local producers).

Getting here:
from the A8 motorway, take exit 37 signposted 'Puget-sur-Argens' or 36 signposted 'Le Muy' and follow the signs for Roquebrune-sur-Argens.



ROCHER DE PALAY TRAIL

- Starting point: Parking Rocher de Palay, route de la Roquette
- Distance: 1 km | A/R
- Elevation gain: +340 m
- Ascent time: 1h30
- Level of difficulty: ★★★★★



LA DRAILLE DU FACTEUR TRAIL

- Starting point: Parking Draille du facteur, chemin des Basses Roques
- Distance: 1,5 km | A/R
- Elevation gain: +210 m
- Ascent time: 1h30
- Level of difficulty: ★★



BASSE ROUQUAIRE TRAIL

- Starting point: Parking Saint Roch, route de la Maurette
- Distance: 2,3 km | A/R
- Elevation gain: +225 m
- Ascent time: 1h45
- Level of difficulty: ★★★



HAUTES ROQUES TRAIL

- Starting point: Parking des Hautes Roques, chemin des Basses Roques
- Distance: 1,5 km | A/R
- Elevation gain: +375 m
- Ascent time: 1h30
- Level of difficulty: ★★★



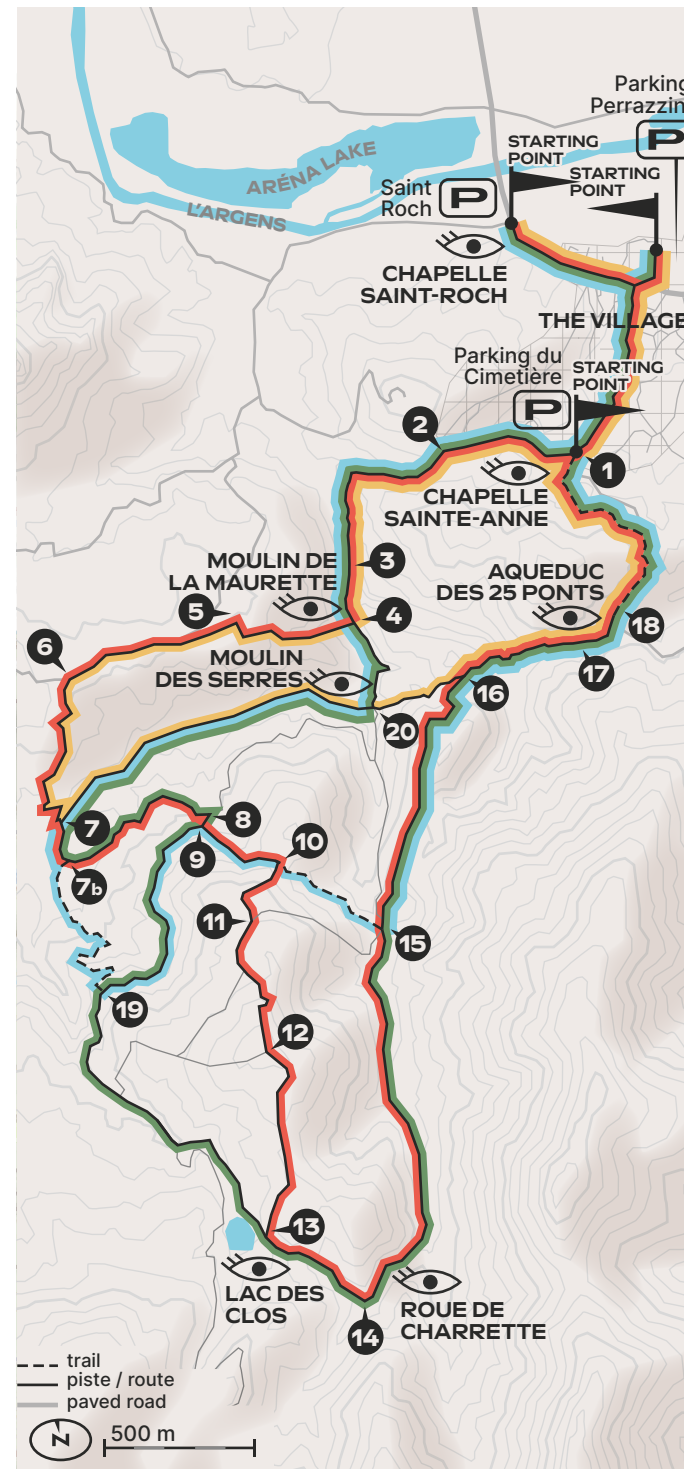
THE 25 BRIDGES CAVALIÈRES

ROQUEBRUNE-SUR-ARGENS

Enjoy a walk through **unspoilt, wild countryside** above the village along the paths that lead to the remains of the ancient 'Aqueduc des 25 ponts' (25 bridges aqueduct). Its solid stonework attests to the **power of this structure**, which supplied the village of Roquebrune with water in the 18th century. You can also visit the ruins of the former Maurette mill dating back to the 17th century, which used to supply flour to the people of Roquebrune.



Explore the village of Roquebrune-sur-Argens and its two museums: the 'Maison du Patrimoine' (heritage museum) and the 'Maison du Chocolat et du Cacao' (chocolate and cocoa museum). Be sure to make a gourmet stop at one of the village's three chocolate makers.



LE MOULIN DES SERRES

8,5 km
+200 m
2h40
★★

LES CAMPONS

11,5 km
+269 m
3h30
★★★

LES CLOS

13 km
+313 m
4h
★★★

LE VAL D'ENFER

14 km
+378 m
4h30
★★★★

La Bouverie, surrounded by vineyards and umbrella pines is the real **rural heart** of the region, overlooked by the imposing Blavet Gorges, which people also like to call the **'Colorado of the Var'**.

Here, you can enjoy the lush green gorges and the steep terrain between La Bouverie and the town of Bagnols-en-Forêt, as well as the red rock that is so characteristic of the Estérel mountain range. The red colour is created from solidified acid lava, known as rhyolite, dating from the Permian period. On this western part of the Estérel, the mountain range is punctuated by spectacular faults such as the 80 m-high Blavet fault. This remarkable, impressive site is crossed by the little Le Blavet river (except during the dry season or summer). There are family walks available along the paths at the foot of the gorges, including a visit to the prehistoric caves. You can also enjoy a more strenuous walk in the gorges in the shade of the trees to the climbing spot, which is a unique place to explore. The Blavet Gorges are a well known place for rock climbing.



THE CAVES

Archaeologists have established that the area around Roquebrune-sur-Argens has been continuously inhabited since prehistoric times. The Bouverie caves are the earliest evidence of this.

A prehistoric complex of four caves was discovered in the 1960s at the foot of a cliff near the Blavet Gorges.

This site is south facing, well protected from the wind, close to a river and in an elevated position from where people could keep watch over the plain. It was an ideal shelter and, as a result, was occupied almost permanently for the final 20,000 years of the Upper Palaeolithic period.

The La Bouverie site is so important that prehistorians have named Homo Bouvérien as the last example of Palaeolithic industry in the region. Their work is typified by the extremely miniaturised nature of the tools and the abundance of small, round scrapers.



THE DU BLAVET SITE

LA BOUVERIE



Discover the collection of prehistoric remains in the Maison de la Préhistoire in the centre of La Bouverie. For food lovers, visit the Rucher de la Bouverie honey farm.

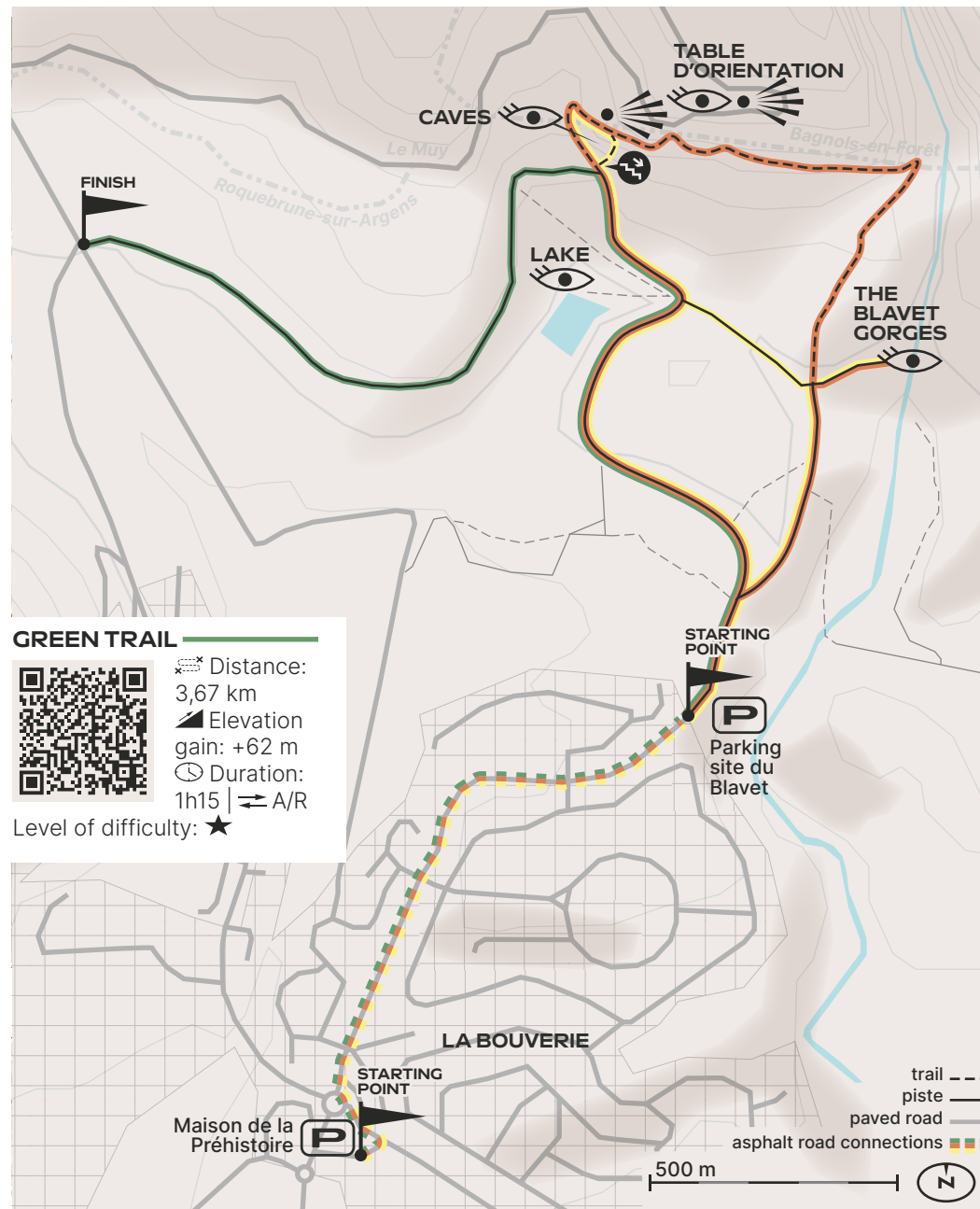


Located at the foot of the Blavet Gorges, there are **family trails** available here which are **ideal for children on foot or by bike**.

The starting point is the Maison de la Préhistoire, Place des Félibres, La Bouverie. Another starting point is from the Du Blavet Site car park, Rue Blériot in La Bouverie.



Green and yellow trails are suitable for all-terrain pushchairs



GREEN TRAIL



Distance: 3,67 km
 Elevation gain: +62 m
 Duration: 1h15 | A/R

Level of difficulty: ★



RED TRAIL

Distance: 5,8 km
 Elevation gain: +104 m
 Duration: 2h10 | Boucle
 Level of difficulty: ★★



YELLOW TRAIL

Distance: 5,5 km
 Elevation gain: +111 m
 Duration: 1h50 | Boucle
 Level of difficulty: ★

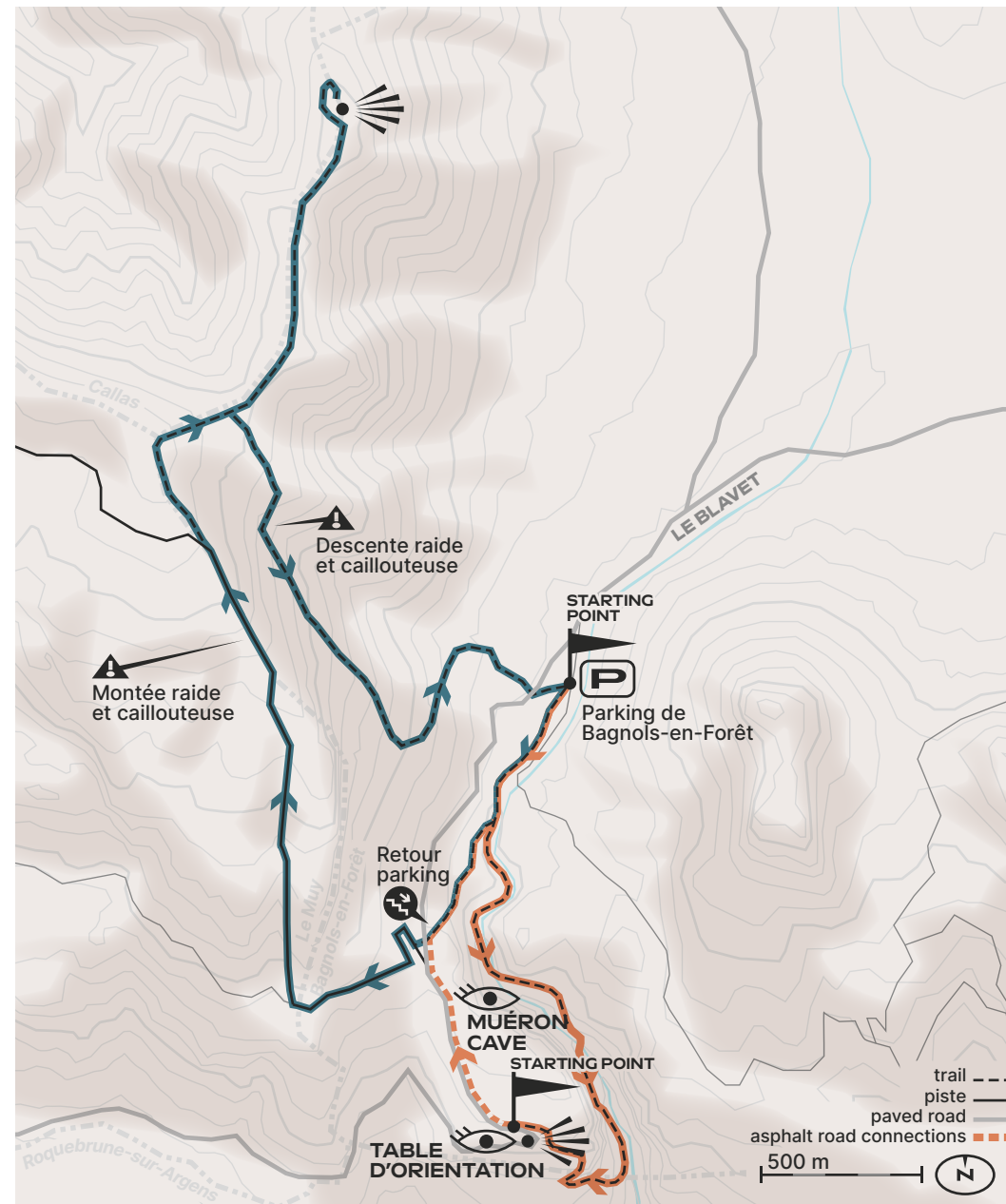
THE BLAVET GORGES

LA BOUVERIE — BAGNOLS-EN-FORÊT



See the collection of prehistoric remains in the Maison de la Préhistoire in the centre of La Bouverie. You can also enjoy a wine tasting* at the Domaine de la Bouverie or the Domaine Marchandise.

The source of the Blavet river is in Bagnols-en-Forêt and it flows into the Argens river. The gorges are carved out of **red volcanic rock** and have a number of **beautiful geological features**, including Muéron cave.



THE BLAVET GORGES VERSION LONGUE

Distance: 10 km
 Elevation gain: 423 m
 Duration: 3h30 | Boucle
 Level of difficulty: ★★★★★



THE BLAVET GORGES VERSION COURTE

Distance: 3,2 km
 Elevation gain: 102 m
 Duration: 2h | Boucle
 Level of difficulty: ★★★

THE RAPHÈLE SITE

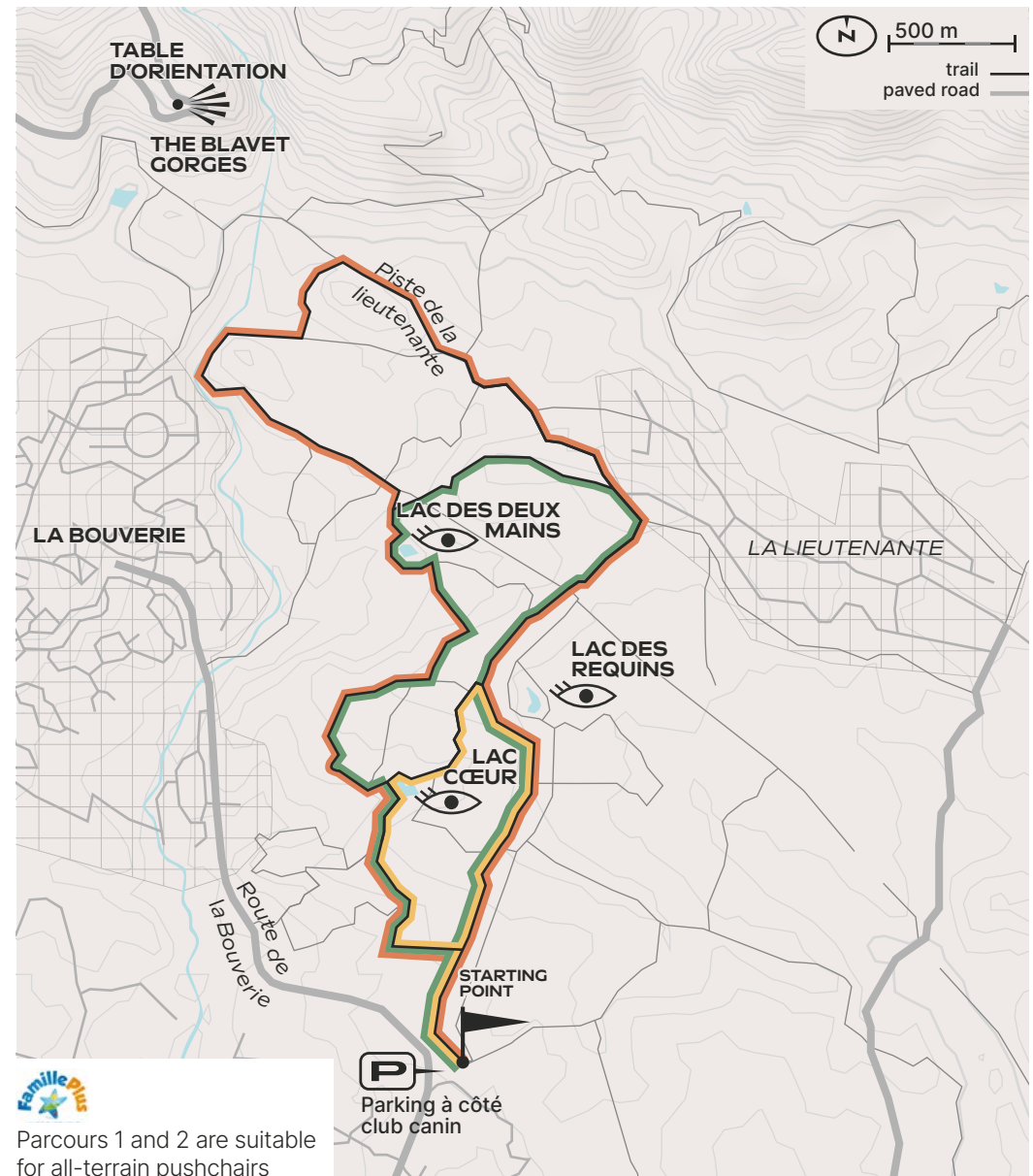
LA BOUVERIE



In a **Mediterranean forest of umbrella pines**, the ochre-coloured earth of the paths contrasts with the blue of the sky and the green vegetation. The trails are easy and short, and some are accessible to everyone. **The walks will take you on a tour of small secret lakes**, including the heart lake, where you can easily imagine its shape. The plants and wildlife of these places are revealed through the seasons on foot or bike.



When you return from your walk, why not visit Frédéric Michel in his new winery in the Domaine du Blavet. This committed winemaker welcomes you to a family estate which has been in existence for 5 generations at La Bouverie.



Parcours 1 and 2 are suitable for all-terrain pushchairs

PARCOURS 1



Distance: 4,2 km
Elevation gain: +40 m
Duration: 1h

Level of difficulty: ★

PARCOURS 2



Distance: 7,6 km
Elevation gain: +82 m
Duration: 2h

Level of difficulty: ★★

PARCOURS 3



Distance: 10,5 km
Elevation gain: +97 m
Duration: 2h50

Level of difficulty: ★★★

ARÉNA LAKE

ROQUEBRUNE-SUR-ARGENS




At the end of your walk, treat yourself to a visit to the medieval village of Roquebrune, and be sure to stop off at the Maison du Terroir for a delicious break. Visit Orchidées Vacherot, located opposite the lake. This is a family-run orchid greenhouse. It is a rainbow of colour all year round.

Aréna lake is an artificial lake located at the foot of the Rock of Roquebrune. With a surface area of around 30 hectares, it is fed by the Argens river.

This site is of great ecological interest, with a thriving population of wildlife. Historically, this lake is the result of the flooding of an old sand quarry that was in operation for some forty years.



- ▶ Starting point: Parking du Lac de l'Aréna
- 📏 Distance: 3,5 km
- ▲ Elevation gain: 6 m
- 🕒 Duration: 1h15
- 🔄 Boucle
- Level of difficulty: ★
-  Suitable for all-terrain pushchairs



There is a walkway for jogging, learning to ride a bike or having a picnic available throughout the year. A footbridge has been created to take visitors all the way around the lake.

THE COASTAL PATH

LES ISSAMBRES



Enjoy a home-made ice cream at Cocoa Chocolaterie or stroll by the sea along San Peïre beach.

The Issambres coastline offers an abundance of water sports activities but also a wide range of walks. **Take a walk along the famous customs trail**, which was created during the Second Empire and used by customs officers during the Revolution to keep an eye on the Var coastline. **Stroll along sandy beaches, creeks and coves.** Along the way, take a look for the Gallo-Roman fish reservoir, listed as a Historic Monument. It is the most beautiful Gallo-Roman fish reservoir known to date in France.



- ▶ Starting point: Parking point de l'Arpillon, plage San Peïre
- 🚗 Distance: 8 km
- ▲ Elevation gain: +4 m
- 🕒 Duration: 2h30 | → Aller simple
- Level of difficulty: ★★★★★

You can return to your starting point by taking the route 876 or 23 Saint-Aygulf > Les Issambres bus. Contact the tourist office for timetables (+33 (0)4 94 19 89 89).

▲ // Some sections are along the D559 road.

THE GAILLARDE VALLEY

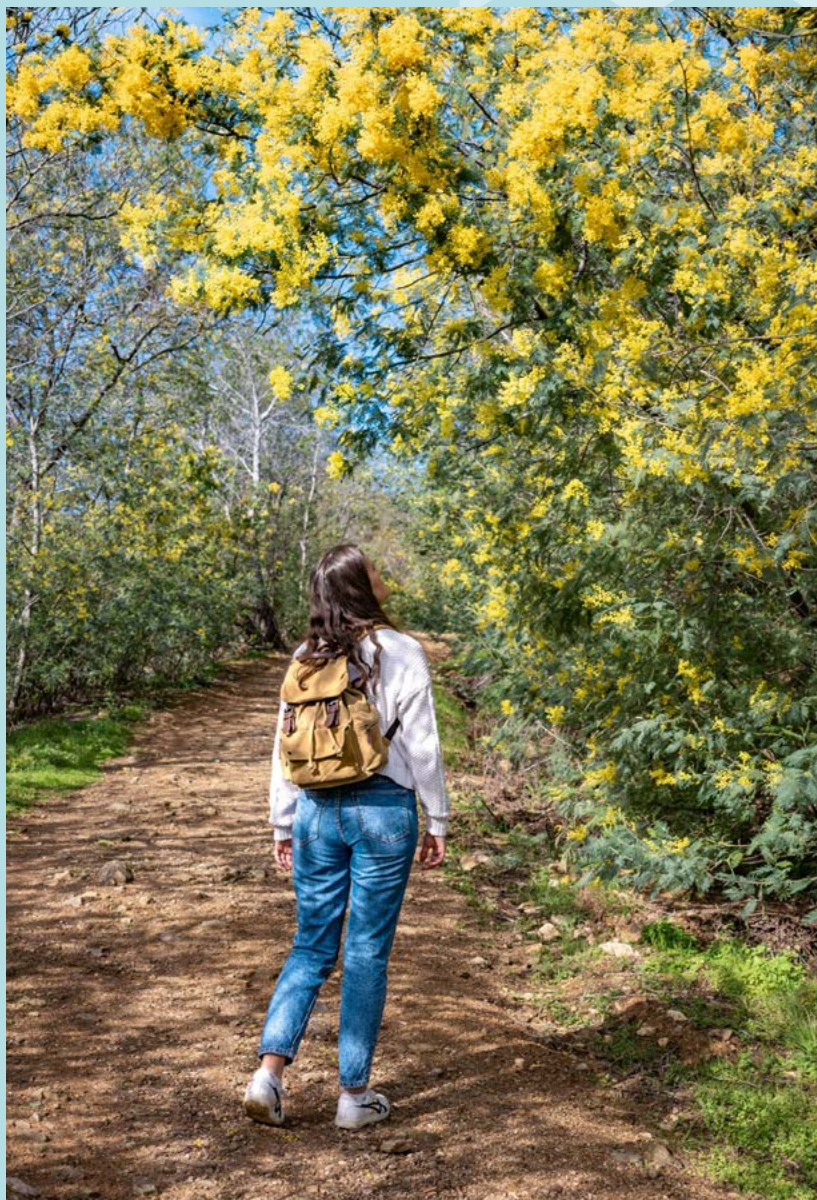
LES ISSAMBRES



Lovers of wide open spaces with sea views will enjoy the Gaillarde valley with its **breathtaking scenery overlooking the Gulf of Saint-Tropez and the Estérel mountain range.** You can combine exercise with exploring the region on walks that take you to **historic remains and through lush green areas.** This natural site, preserved by the 'Conservatoire du Littoral' (Coastal Protection Agency) is a chance to enjoy the great outdoors just a couple of miles from the friendly atmosphere of Les Issambres. You might even catch a glimpse of sheep when they are being moved from the mountain pastures!

TRAILS IN THE GAILLARDE VALLEY

LES ISSAMBRES



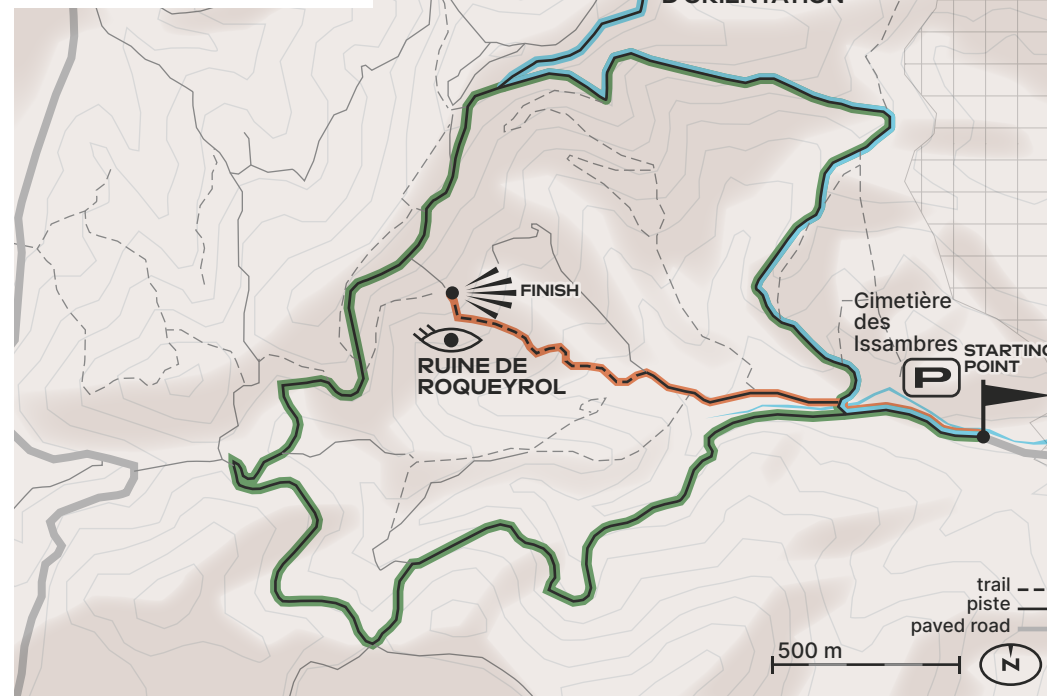
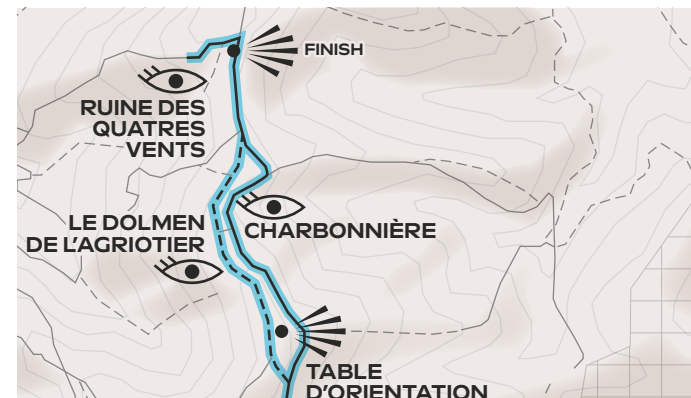
Enjoy a drink on the outdoor seating area of one of the café restaurants in Piazza San Peire or on the beach. The perfect place to watch the sun set.

THE AGRITIOTIER TRAIL



7,6 km
+240 m
3h
A/R | ★★

All along the route, you can discover historic remains such as the Dolmens and the ruin of Les Quatre Vents. A magnificent view over the bay of Les Issambres awaits you at the summit!



THE AGRICULTURE TRAIL



7 km | +100 m
2h30 | Boucle | ★★
A pleasant walk in Les Petites Maures, taking in the Provençal maquis!

THE HISTORY TRAIL



3 km | +130 m
1h30 | A/R | ★
A walk in the hills overlooking the Mediterranean Sea that leads to the agricultural ruins of Roqueyrol. The History Trail is lined with mimosa from January to February. This is an unforgettable aromatic experience.

THE GOOD HIKER'S CHARTER

ENVIRONMENTALLY RESPONSIBLE

What if we all did the right things?

The forests, beaches and coves are natural treasures. **Their preservation is at the heart of every walk.** You are following a hiking trail in a natural area on private or public property.

The trails are for everyone, and it is essential that users (owners, hunters, walkers, mountain bikers, security and protection forces, etc.) live together respectfully and in harmony.



Respect these protected areas:

leave the site clean and respect its flora, fauna and natural heritage.



Choose reusable products:

use a re-usable water bottle rather than a plastic water bottle.



Make sure your equipment is suitable for hiking: hiking boots and a water bottle are essential. A hat and sun cream are also recommended.



Choose a route suited to your physical ability and know when to turn back at the right time to ensure your safety.

If you are walking alone, let someone know where you are going and when.



Stay on marked paths to avoid trampling on plants and causing erosion: the flora and natural environments you cross on your hikes are fragile.



Keep your dog on a lead: for the safety of your pet and the wildlife, it's best to avoid any unwanted encounters.



Take your rubbish with you and leave no mess behind.

Bring a small bin bag for your rubbish. Misconception: some organic waste can take several years to decompose (orange peel and banana skins).



Do not pick flowers and plants: as tempting as it may be to go home with a bunch of flowers, picking endangers the balance of ecosystems. In addition, some species are protected.



Fires are prohibited, and remember that a cigarette butt can start a forest fire.



If the car parks are full, **unauthorised parking is prohibited.** Please postpone your visit and possibly arrange to car share for a future visit.



Hermann's tortoise, a protected species



Wild camping is strictly forbidden.



Do not interact with wildlife as this disrupts their way of life. Feeding animals can also be bad for their health.



Keep a low profile and avoid noise pollution (loudspeakers, shouting, etc.).



Motorised vehicles are not allowed.



Check the weather forecast to help you choose your route and departure time. Avoid hiking during high temperatures.



Hunting is permitted in certain areas. Respect signs and instructions from hunters.



Access to the mountain range is restricted from 15 June to 15 September. Every day, the Var Prefecture issues an authorisation card: www.var.pref.gouv.fr/massifs



EMERGENCY NUMBER : 112



WALKS OFFERED BY THE TOURIST OFFICE

Booking on +33 4 94 19 89 89 or
www.roquebrunesurargens-tourisme.fr

Fine Food & Heritage walk

Discover the secrets of the medieval village and enjoy the tranquillity of Provençal life during a guided tour full of hospitality and indulgence lasting 2 hrs 30 min. Step back in time at the Maison du Patrimoine, a must for discovering the history of Roquebrune, and at the Maison du Chocolat et Cacao for a taste of childhood. Local flavours will be showcased in tasting sessions at our artisan chocolate makers and at the Maison du Terroir.

Tuesday morning

🚩 Starting point: Maison du Chocolat

🕒 Duration: 2 hrs. 30 min.

€8 per adult and €4 per child

Terroir walk

On the way to La Bouverie, the ochre colours of the cliffs appear in the middle of the vineyards. The edges of the Estérel can be seen in these vertiginous gorges through which the small Le Blavet river flows. The scent of savory, thyme and rosemary waft from the maquis.

We are offering a trip in an electric van to find out about dedicated producers in the heart of the unspoiled countryside. There will be tours and tastings at wineries, and honey tasting at a local beekeeper's.

When you return from this walk, you can visit the Maison de la Préhistoire and its exhibition of objects and tools found in the caves at the foot of the Gorges.

Wednesday to Friday in July and August, departures at 9.30 am and 3.00 pm

🚩 Starting point: Maison de la Préhistoire

🕒 Duration: 2 hrs. 30 min.

Free

Guided Walks

The Tourist Office is a partner to a number of hiking guides. If you would like someone to guide you along the walking routes, please contact the Roquebrune Tourist Office or visit our website:

➔ www.roquebrunesurargens-tourisme.fr



MY HIKING MEMORIES:

Series of horizontal dotted lines for writing memories.



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