



*Walks & Hikes  
Brochure*



*La Cadière d'Azur*







Panoramic view of village  
propose you to discover its  
lush campaign.



Presentation.....P .2

Sumary.....P .3

Forest Path.....P .4

Begude-Malpasset Walk.....P .6

Fontanieu Fountain Walk.....P .8

Juniper Ovens Walk.....P .10

Fontanieu-Pibarnon-St Côme Walk .....P .12

To discover in La Cadriere d'Azur.....P.14

Fire risk.....P.15

Information Tourism House.....P .16



# 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 Tourism House, 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).

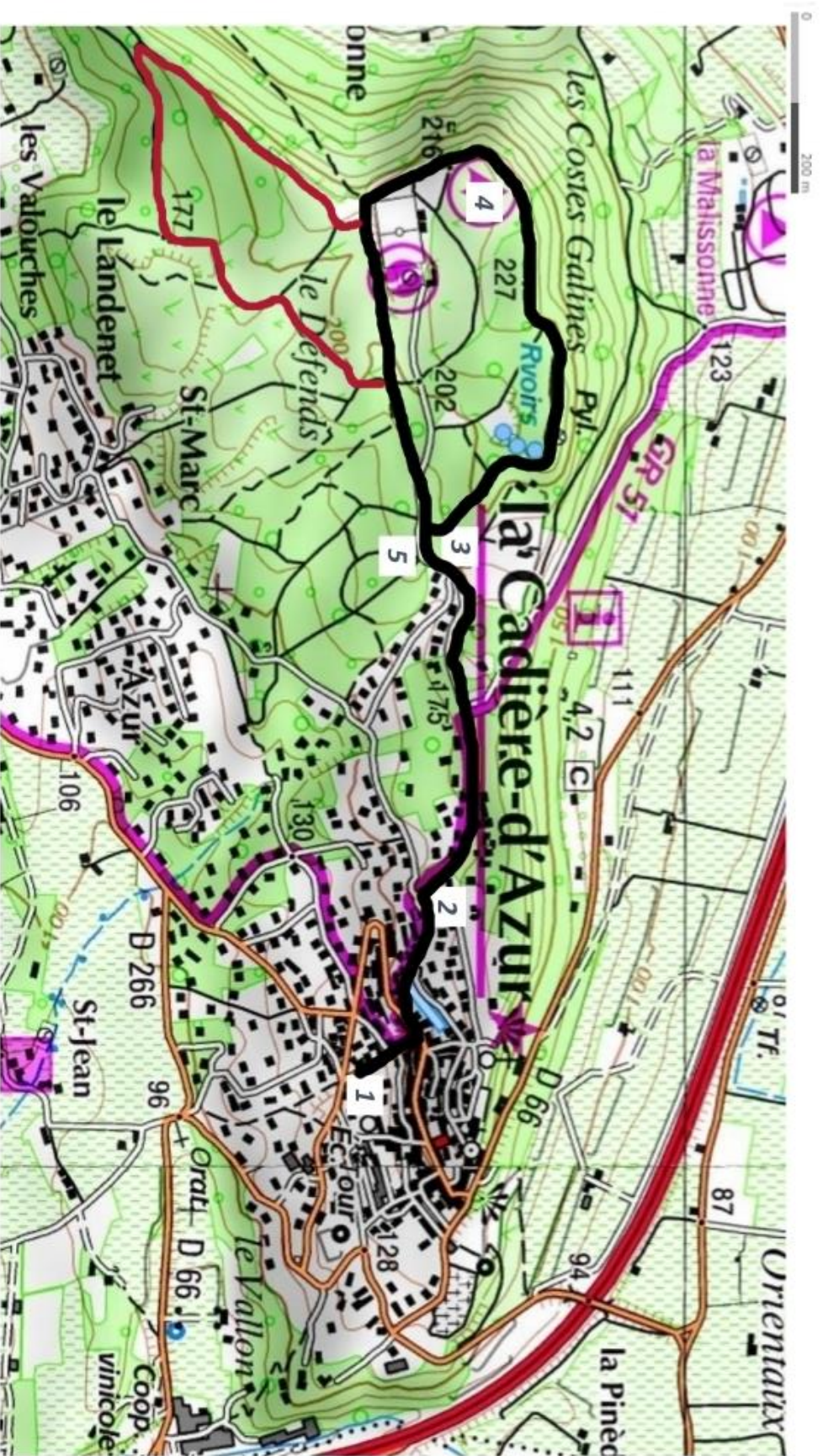
5. / Take back the tarmac way (Chemin du Stade) and retrace your steps to return to the Tourism House.



©Sergent Thomas

©Sergent Thomas





**FOREST PATH :** —

**Additional loop :** —



# Begude-Malpasset Walk

Duration: 3 H

Distance: 12 Km

85% of tarmac ways

15% of dirt road

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

N 43.195450 - E 5.754830

Height difference positive and negative of 58 meters, from 96 M to 164 M.



©Delsanti Sophie

Throughout the walk you will discover two old windmills, roads weaving across the Bandol AOC vineyard, you will also admire a wonderful view of hills and the bay of Saint-Cyr-Les-Lecques, a splendid alley of Olive trees and our water reservoirs.

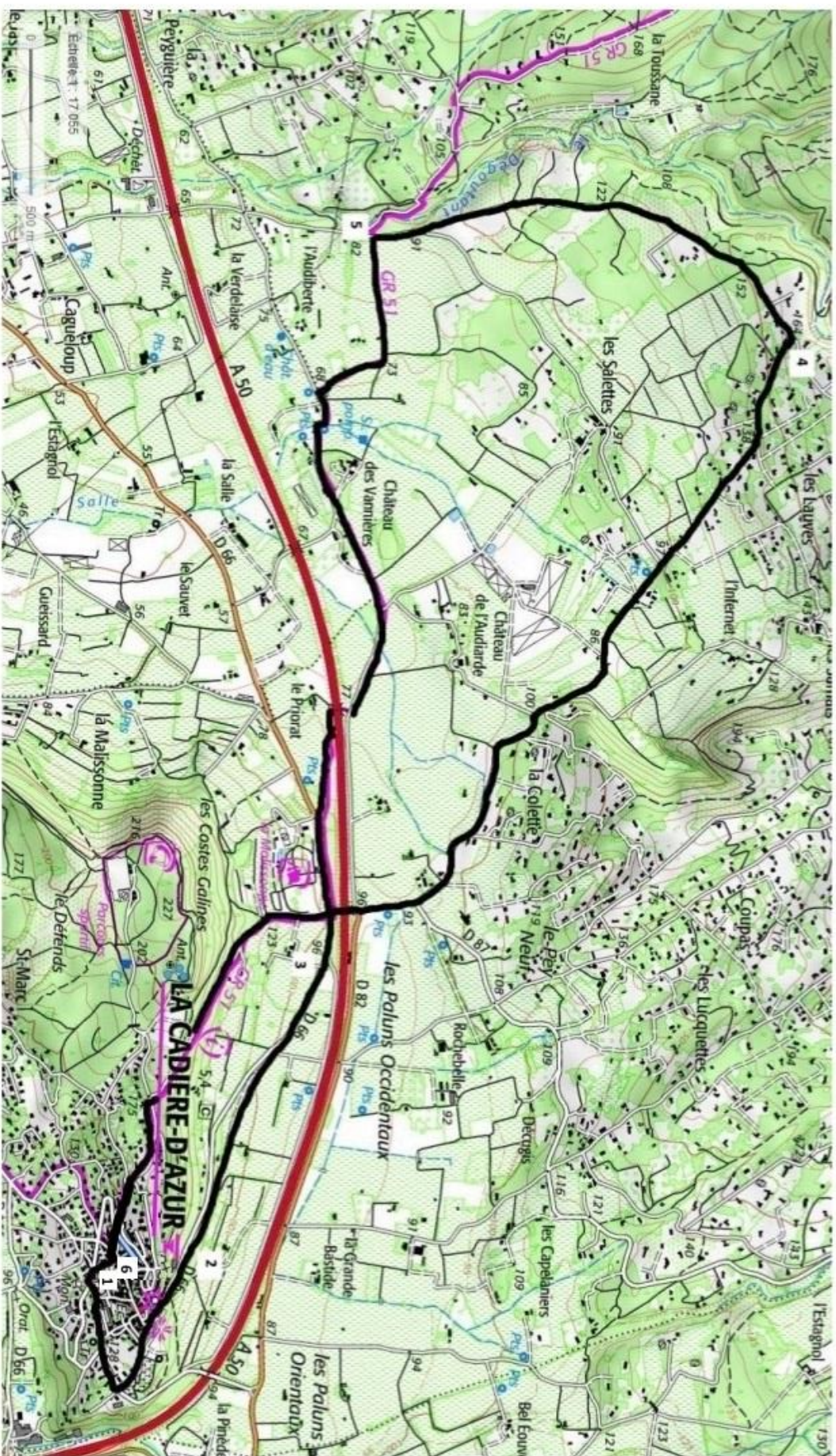
©Delsanti Sophie

1. / At the stop sign under the Tourism House, turn left and left again and then follow "Rue du Moulin", at the end of this road on your right one of our 5 old windmills, "Le Moulin des Aires". It was built around 1762 and 1770, at this time it was called "Moulin de Margot". On this ground which surrounded it, there was a field of carper tree. In 1985 the municipality bought it and this place was transformed in a play area. The term "Aire" suggests the presence of a former threshing wheat area. At the stop go straight ahead and after on your left ("cimetiere" direction), you go up and you see on your right "Moulin de la Font d'Abeille" : an old windmill, we find on its façade the date of 1574 et the owner name Philippe Rostand. This property was acquired by the Municipality since 2000. You keep on going up, after you go down (always street "D66").
- 2./ At the little roundabout you take the street "Ancien Chemin de La Ciotat", at the end of the street, you recover the street D66 on your right direction the bridge.
4. / Join the principal road, on your right cross the bridge over the highway, then take opposite in the direction of "St Anne du Castellet"(D87) After that the first left "Chemin de la Bégude". Meaning of the term "Bégude": Stop signal of diligences, where you can also find refreshment area. You will weaving cross the vineyard AOP Bandol. Climb this path, beautiful view on "Le Castellet", la Cadière and the bay of St Cyr-sur-Mer.
3. /When you will arrive in front of a white portal, (house n°2500), you will turn left to join " chemin de Malpasset and Muscatière".
4. / Go down and follow on your left the dirt marker road (red and white : GR51) you can admire 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. Then follow the marker road of this GR until "Rue André Favory": Water reservoirs: (slab on those reservoir) at first the village was only supply by "Candis's Source", at the forest entrance. The building of reservoirs took around 2 centuries. That one is the 4<sup>th</sup> and also the last.
5. / Go below to "Place de la Dime", go down and turn left to arrive at "Calade St Eloi", you are at the Tourism House. (Possibility to go to the 3/ by car and make a loop on foot until there (7Km))



©Delsanti Sophie





Walk : —





# Fontanieu Fountain Walk

Duration: 2h

Distance: 7km

100% tarmac ways, not a loop

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

N 43.195450 - E 5.754830



©Delsanti Sophie

Height difference positive and negative of 46 meters, from 124 M to 78 M.

Throughout the walk you will discover the vineyard, principally AOP Bandol, a wonderful view above villages la Cadière d'Azur and le Castellet and also the Fontanieu's Fountain.

1. / At the stop sign under the Tourism House cross the road, take opposite "la Calade St Eloi" (just below).

At the end of this road you will arrive to a stop sign, turn left, at the second stop sign turn right and you will pass in front of the new Saint Jean oratory.

The pillar with stoup is composed of rock, this oratory was built in 1866, restored in 1934 and 1980.



©Delsanti Sophie



©Delsanti Sophie

2. / Take first right "Chemin de l'Argile", 10 meters after, turn left at the junction (chemin de l'Argile). Keep this way. You will walk on a path snaking in AOP Bandol vines : Under cover of wooded hills like Sainte Baume Mountain, the vineyard goes down in terraces towards the Mediterranean sea. This terroir is concentrated on 9 villages La Cadière is located at the center of the appellation. Bandol wine offers three colors : white, red and rosé.

3. / At the crossroad take on your right (chemin de Fontanieu)
4. / Take "chemin de Fontanieu bis" at the junction.
5. / Straight ahead, then take chemin de la Paguette and you will find at some point "Fontanieu" Fountain, below, on your left. We haven't found yet its date of creation in the archives. It consists of three ponds. In the first, farmers, coming to work in the vineyard, put their drinks cool, it also served as watering place for horses and the two others were laundries. Near, it was a lignite mine, in activity from 1540 to 1940. It is no longer accessible nowadays.
6. / Then, make a U-turn







# Juniper Ovens Walk

© Bonifay Corinne



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

Possible to "Grand Caunet" Mountain : add 1h30 & 5km

Start: Car Park under housing "Pins Bringuiers" (around 180<sup>th</sup> 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-Cyrles-Lecques & La Ciotat and of Ste Baume Mountain. You'll also discover "Fours à cade" (juniper oven) and Mediterranean flora.



©Delsanti Sophie

1. / From car park, under housing "Pin Bringuiers" (around 180<sup>th</sup> 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.





Fours à Cade Walk : —

Additional loop to the Grand Caunet : —





# Fontanieu-Pibarnon-St Come Walk

Duration: 2h30

Distance: 10km

90% tarmac ways, 10% dirt road

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

N 43.195450°, E 5.754830°

Height difference positive and negative of 213 meters, from 78 M to 291 M.



©Delsanti Sophie

You'll discover all along this ride the Bandol vineyard, a panoramic view of St-Cyr-La Ciotat bay, view of Ste Baume Mountain, Le Castellet and Ollioules Canyon.

1. / At the stop sign under the Tourism House cross the road at the zebra crossing, take opposite "la Calade St Eloi". At the end of this road you will arrive to a stop sign, turn left, at the second stop sign turn right and you will pass in front of the new Saint Jean oratory.

The pillar with stoup is composed of rock, this oratory was built in 1866, restored in 1934 and 1980.

2. / Take first right "Chemin de l'Argile", 10 meters after, turn left at the junction (chemin de l'Argile). Keep this way. You will walk on a path snaking in AOP

Bandol vines : Under cover of wooded hills like Sainte Baume Mountain, the vineyard goes down in terraces towards the Mediterranean sea. This terroir is concentrated on 9 villages La Cadière is located at the center of the appellation. Bandol wine offers three colors : white, red and rosé.

3. / At the crossroad take on your right (chemin de Fontanieu)

4. / At the crossroad, take on your right (pinhead bend, markup white & red of walk named "GR51"). Follow this markup, so you go up and the tarmac road will give way to little dirt road.

5. / At the exit of this little dirt road, on your left, you follow always the markup white & red.

6. / At the end of « Chemin de la Croix des Signaux » (street name), on your right on "Chemin de Marenc et des Costes" (always the markup white & red).

7. / You straight on until "Chemin des Roquettes" on your left (pinhead bend, always markup).



©Delsanti Sophie

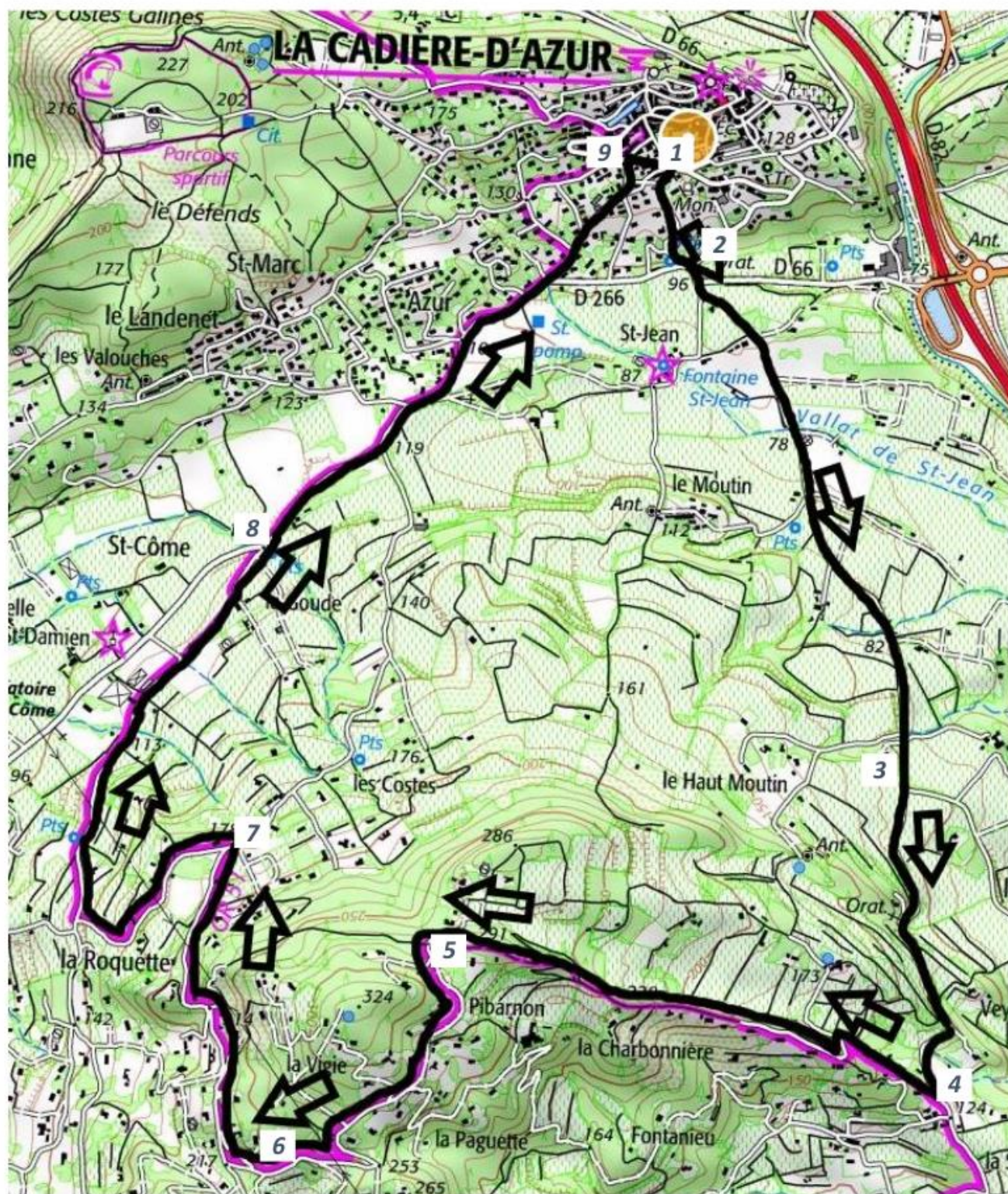
8. / So you go down, at the crossroad on your right on "Route de St Come, CD 266", you'll walk near "Notre Dame" oratory : at the enter of dirt road leading to Garenne's vineyard. It was at this crossroad "Notre Dame de la Consolation" church, forsaken to the Revolution. An oratory substituted it in the XIX°, it's called locally "des Trois Croix" (Three Crosses).



©Delsanti Sophie

9. / Keep the road CD266. At the top of this road, on your right (Street D66 named Avenue de la Libération), and after the second street on yours left to join the Tourism House.







## TO DISCOVER IN LA CADIERE



### The craftsperson art of village and local products to discover

(workshop of jewelleries and accessories, tattoo artist, paintings and ceramic, ironwork of art, of seam, creation of workshop of African fashion).

Products of territory: dairy of goat cheese, mill of olive oil, craft brewery, AOP Bandol wines.



### ELECTRIC BIKE

VAR OUEST E-BIKE: new way to discover the area, in center of AOP Bandol, renting bike. Possibilities to offer accompanied walks.

+33 6.61.92.83.63

[contact@location-velo-var.fr](mailto:contact@location-velo-var.fr)

<http://www.location-velo-var.fr>



TO EAT, FOR HOUSING, CONTACT TOURISM HOUSE : +33 4 94 90 12 56





## RISK OF FIRE

The commune, as well as the forest of the Defends, is classified in sensitive zone "Plan of Prevention of Risk of Forest Fire" (PPRIFF).

The Cadière, enumerates heavily wooded areas, fire risk are therefore important, especially in the summer with drought.

It is therefore imperative to be vigilant about the actions we take, in order to preserve the environment.

Moreover, access to the massif is regulated in summer period (from June 21 to September 29) by the prefectural & communal authority, depending on climatic conditions & tourism.

GREEN	Light fire hazard level : Use caution
YELLOW	Moderate fire hazard level : Use caution
ORANGE	Severe fire hazard level : Penetration into the massif isn't recommended
RED	Very severe or Extreme fire risk level : Access, presence & work in the massifs are prohibited

It's preferable to inform yourself beforehand on the risk level map on the website of the Prefecture of the Var, or if you're directly on the spot, with the Tourism House or the fire station.

This map is available at 06:00pm, the day before the desired day.

For these reasons, we remind you that it is forbidden to make wild camping or barbecues.

The Prefectoral order of May 15, 2006  
provides a fine of 135€ in case of non-compliance with these provisions

Numbers phone useful in case of fire :

18 or 112 (for GSM)

For some information

Prefecture : +33 4.98.10.55.41 / [www.var.prefecture.gouv.fr](http://www.var.prefecture.gouv.fr)

Tourism House : +33 4.94.90.12.56



Offices de  
Tourisme  
de France

## TOURISM HOUSE

Maison des Gardes  
11 Place Charles de Gaulle  
83740 La Cadière d'Azur  
+33 (0)4.94.90.12.56

[tourismecadiere@orange.fr](mailto:tourismecadiere@orange.fr)

[www.tourisme-lacadieredazur.fr](http://www.tourisme-lacadieredazur.fr)



### Opening time July & August

Monday to Saturday  
09:00am to 01:00 pm  
& 03:00 to 07:00pm

### September – October – April – May – June

Tuesday to Saturday  
10:00 am to midday  
02:00 to 06:00 pm

### November to March

Tuesday to Saturday  
10:00 am to midday  
01:30 to 05:30 pm

