

COASTAL PATH

Length: 4 hours one-way

Kilometres: 11 km

Start: Santa Lucia Marina (next to the shipyard)

End: Pourrousset Beach (Agay)

Direction colour: Yellow



Remarks: Good walking shoes or sport shoes recommended because of the steep path. You can walk as far as you want and return at anytime by bus or train.

Return:

- By train TER (Boulouris, Dramont or Agay station)
- By bus: Bus line #8 (stops every 500m along the road RN98)
Bus line #5 (stops every 500m along the road RN98)

This path guides you along the creeks of Boulouris and lets you discover the geological particularities of the area: The Esterel volcanic rocks.

Following the path, you arrive at the 'Débarquement' beach, historic site of sea borne assaults in 1944.



(Be advised: before arriving on the beach, you have to go around a villa on the busy road).

The path takes you to the little harbour « Poussai » and rises up along the Dramont Cap where the view of the « Ile d'Or » is breathtaking.

Finally, take the steep path down that ends on the beach of Pourrousset.

Possibility to further by following the beach round to the Beaumettepoint.

SQUIRREL LAKE (Lac de l'Ecureuil)



Length : 3 hours round-trip

Kilometres : 8 km

Start: Colle de Belle Barbe (car park)

Start in Agay by car : At the roundabout, take the direction « St Raphaël par l'intérieur », go under the little railway bridge, continue for a few kilometres and then take the little road on your right indicating : « Massif de l'Estérel » (opposite a garage)

Follow the road signs marked « Col de Belle Barbe »

Remarks: Easy walk

The track follows the Grenouillet River (on your right). After a good half an hour, cross the river by the ford and follow the path again.

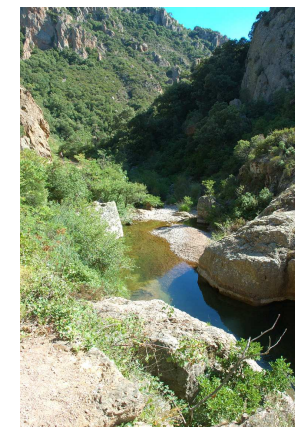
The landscape becomes more dense and changes into a small red rock canyon well-known as « *canyon du mal infernet* ». This nickname comes from the middle ages when the pest-ridden (pest = infernal pain) were thrown into this ravine.

At the following junction, take a left and cross the ford.

The last 200 meters are a little bit harder, but once you arrive at the top, you have a magnificent view over the Ecureuil Lake.

You can picnic around the lake, but there is no designated area.

Return along the same path.



BEAR PEAK (Pic de l'ours)

Length: 1½hr round trip

Kilometres : 2,5 km

Difficulty : on your way back, the path is very steep



Start : Col Notre Dame

Start in Agay by car : At the roundabout, take the direction « St Raphaël par l'intérieur », go under the little railway bridge, continue for a few kilometres, and then take the little road on your right indicating : « Massif de l'Esterel » (opposite a garage).

Follow the road signs marked : « Col Notre Dame » and « Pic de l'Ours » (for about 8 km).

Several tracks leave the Col Notre Dame. Take the track that's marked « Dent de l'Ours, Pic de l'Ours »

The walk begins with a slight uphill slope. Take a right at the intersection, and you'll arrive at the bottom of the « Dent de l'Ours » (*Bear's tooth*). Enjoy the magnificent view of the bay of Cannes with the famous Lérins islands, the bay of Fréjus and the Maures Massif in the distance.

Follow the path that goes left and up to the top of the Pic de l'Ours. Its altitude of 492m gives you a panoramic view of the Esterel.

The massif offers you, at a glance, a multitude of an eco-systems: dented summits, red rock cliffs, flore, ravines... The vegetation is very different: cork oaks (main vegetation), maritime pines, heather, cane-apple bush and much more.

This area is very representative of the Mediterranean environment.

Go past the antenna and follow the downward path. Be careful, this path is quite steep. You could choose to take the other path (tarmac), which takes 20 minutes longer but the slope is more gentle!

You can plan other walks in the Esterel Massif which has about 140km of walking tracks. See the Forestry Commission map for sale at the Tourist Office.

SAINTE BAUME GROTTTO

Length : 1 hour round trip

Kilometres : 2 km



Start : Ste Baume car park

Start in Agay by car : At the roundabout, take the direction « St Raphaël par l'intérieur », go under the little railway bridge, continue for a few km's, and then take the little road on your right indicating : « Massif de l'Esterel » (opposite a garage).

Follow the road signs indicating « Col Notre Dame » and « Pic de l'Ours ». Stop at the Ste Baume site (parking permitted on the roadside).

Remarks:

Easy, short path, but quite steep.

Take the steps to the chapel. The chapel was built into a natural recess in the rocks. A mass is held there once a year during Saint-Honorat Celebrations. Follow the path to your left for about 100 meters. At the intesection, take a right, which takes you directly to the cave.

Be careful with children, this path is quite steep.

Before arriving at the cave, you will go underneath an ancient doorway, that was built in the middle ages by the monks to protect themselves.

This place served as a hermitage to Saint-Honorat in the 5th century. The story of this hermit is told inside the cave.

The site offers you a good view of the sea and the Esterel Massif.

Forestry Commission answering machine
(in French) : 04.98.10.55.41

