

The **Communauté de Communes Cœur du Var** invites you to **discover its territory on foot, by bicycle or otherwise on horseback.**

The paths are sported and lined with directive information. Each directive post is marked with unique reference number and a name referring to the GPS coordinates (wgs84). They are materialized on the maps by their number. The strips indicate the next signpost and its distance in kilometres. They help out the general orientation. In some communities, a code (coloured spot on the strip) defines a circuit proper to the community.

The yellow, white and green paint marking (PDIPR) or the red and white (GR) one guides the hiker from the directive posts. It is affixed on the trees and rocks bordering the itinerary, and on the signposts.

## Reminder on the marking :



Straight on



Change of  
direction



Wrong  
direction

## Good to know :

The average speed of a hiker is estimated to 3,3 km/h. The difficulty of the roads is estimated according to the distance in the difference in altitude. Get fitted with adapted shoes, water, and eventually a hat.

Don't overestimate your biking hiker skills, keep control on your speed, wear a helmet, and don't forget the necessary equipment for repairing. Some roads or parts may force you to get off your bike.

Some tours go past proprieties for which a right to go was to be negotiated. Any damage is likely to annul the authorization to go past and revoke the hiking itinerary.

Do take use of the path only when in authorized period : find out about the state of opening of the forested massif (in the summer in particular).

During the hunting period (autumn, winter), follow the hunters' advice.

The outside conditions can have an impact on the state of a road. It belongs to each hiker, whatever activity he may be

doing, to make sure of the itinerary he is taking, and to be responsible for himself.

Don't forget that you are responsible for the damage you cause, might it be to yourself or to others, and to possessions due to a non adapted behaviour towards the environment and to predictable dangers.

You can meet other users of the paths : farmers, pedestrian hikers, horse riders, bikers, hunters, etc... They are in right, just as you are, to use the paths.

## The hiker's chart

- Look but do not touch, respect the orchards, do not pick up anything, do not take any sample of species and be careful not to disturb the fauna.
- Be careful with the signalization which concerns you, may you be pedestrian, horse rider or biker. Stay on the sported path.
- Do not make fire, do not throw cigarette ends, even lighted off.
- Take your rubbish back with you.
- Stay polite and discreet.
- Use the path only on foot, on a non motorized cycle or by horse.
- Make sure that you close any barrier you bump into after getting over them.
- Keep your dog on a lead.



## Useful contacts :

**Météo France** : 0 899 710 283

**Rescuers** : 112

**Firemen** : 18

Let us know if you come across any anomaly while you use the topoguide or while you go past the paths.

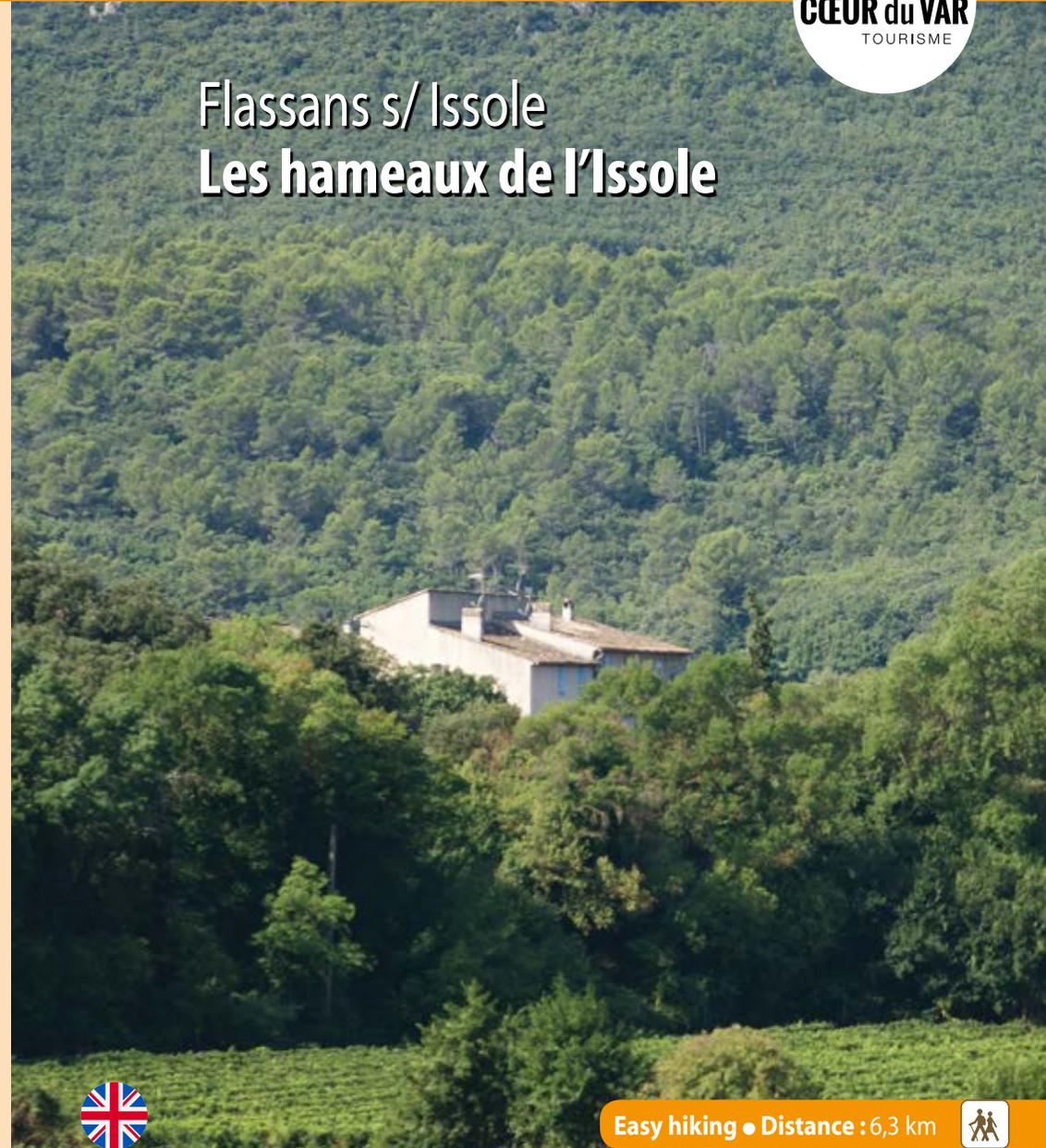
## CŒUR DU VAR TOURISME

04 98 10 43 59 | [tourisme@coeurduvar.com](mailto:tourisme@coeurduvar.com)

Retrouvez d'autres topo-fiches  
sur [coeurduvartourisme.com](http://coeurduvartourisme.com)

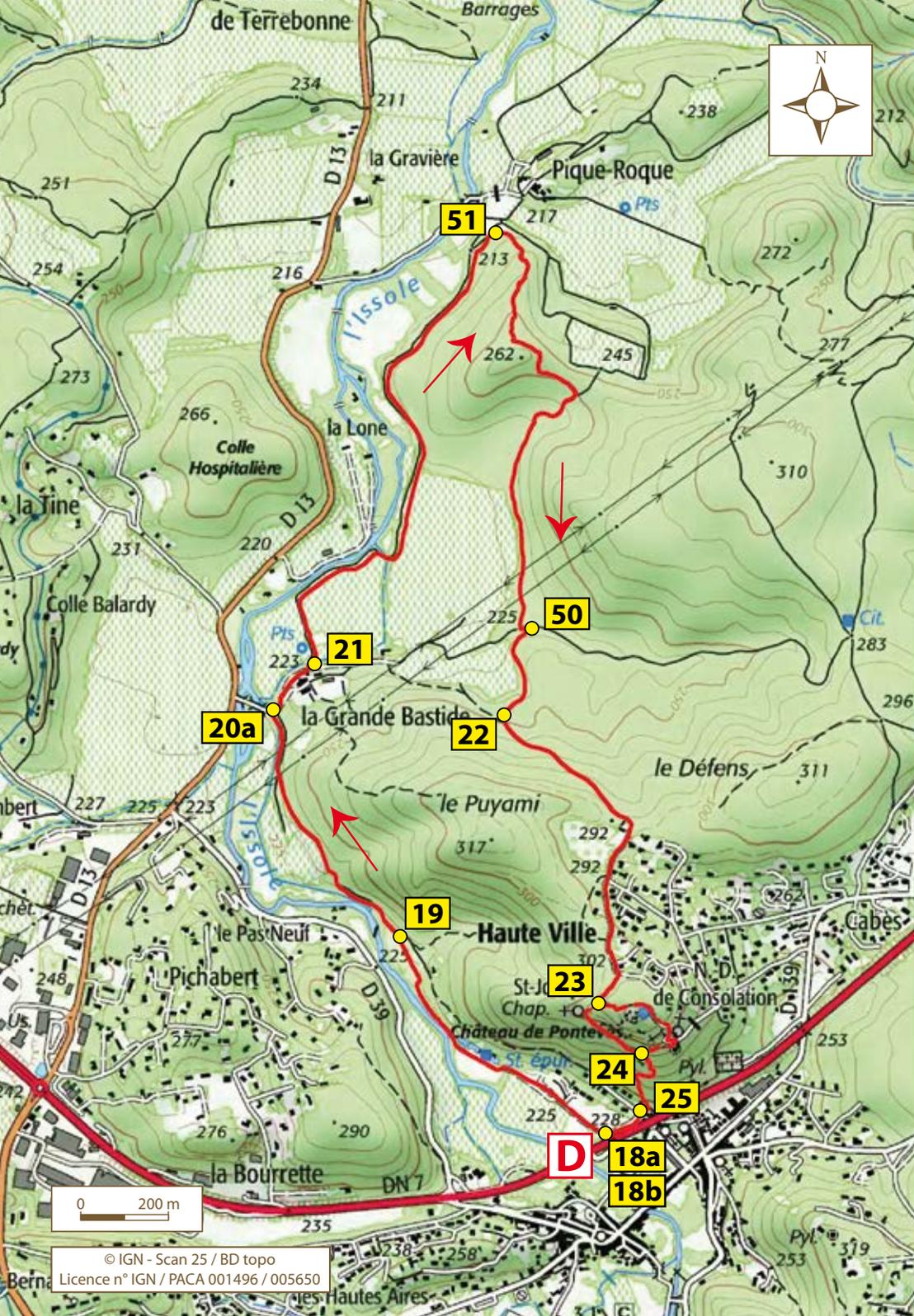
Rejoignez-nous  

## Flassans s/ Issole Les hameaux de l'Issole



Easy hiking • Distance : 6,3 km





# Flassans s/ Issole

## Les hameaux de l'Issole

Easy hiking • Distance : 6,3 km • Walking time : 1h55

Many hamlets are to be discovered on each side of the Issole, from Flassans to Cabasse. Some winegrowers still live in these places. Their vineyards grow down wooded valleys, where their ancestors probably used to be coalmen. The Pontevès castle, with its 323 meters height, still keeps an eye on this territory.

**18a** From the car park les Grands Prés, join

**19** La fourche des Grands Prés (800 m). Then, follow the reach, and continue up to

**20a** Le pont de la Grande Bastide (1,6 km), then towards

**21** La Grande Bastide (1,8 km). At the intersection, go down left to a vineyard. On a lane which runs between two stone walls, you will meet the Issole at the north of the vineyards. The river and the vineyards will accompany you before you take an old covered countryside path, up to

**51** Piqueroque (3,3 km). Follow the edge of the forest and admire the Piqueroque hamlet. Enter into the woods. The path gets higher up while it zigzags under a few green oak and pine trees. A glade delivers a view of the valley and the Gravière hamlet. The path gets deeper into the woods again. You enter into an area with ancient country kiln linked up by the path. At the end of the woods, go down right on an abrupt slope (be careful) which joins a thalweg. You will meet a grassy path on the side of the hill. You can observe the Grande Bastide hamlet from a distance, before getting to

**50** Le vallon de Puyami (4,5 km). Follow up a forest path on the right to get to

**22** Le Puyami (4,9 km). Continue towards south-east with the same path. Cross the barrier and continue into the residential area of the Haute Ville up to blocks of stone. Go past them to find a nice path which will lead you to

**23** Vieux Flassans (5,8 km). At this intersection, 2 possibilities to get to

**24** La calade (6 km).

**Possibility 1** : Take right, cross a threshing area, go past the Saint Joseph chapel and follow the path which runs alongside the ruins of the ancient village. Towards west, at the top of the piton, the ruins of the Pontevès castle dominate.

**Possibility 2** : (+100 m) : Follow up left to the ruins of the castle. You can discover the vestiges : donjon, tank, bread oven, the Issole valley, the Maures and the Alpes. Go down a concrete path towards the Notre Dame de la Consolation chapel, then take right underneath the ruins of the ancient village.

**25** Le Pigeonnier (6,2 km). You will find your starting point

**18b** Les Grands Prés (6,3 km).



**D** Start

Car park Les Grands Prés : go underneath the DN7 after the Gavoty hall.

Yellow marking

Change in altitude



Difficulties :

- Severe slope between 51 and 50.

On the way :

- Vineyards and forest.
- The Issole, its canals and hamlets.
- Country kilns marks.
- The Vieux Flassans and its medieval vestiges (caution : falling rocks).
- The Saint Joseph chapel (possibility 1).
- View of the modern village and the surrounding countryside (possibility 2).