

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.

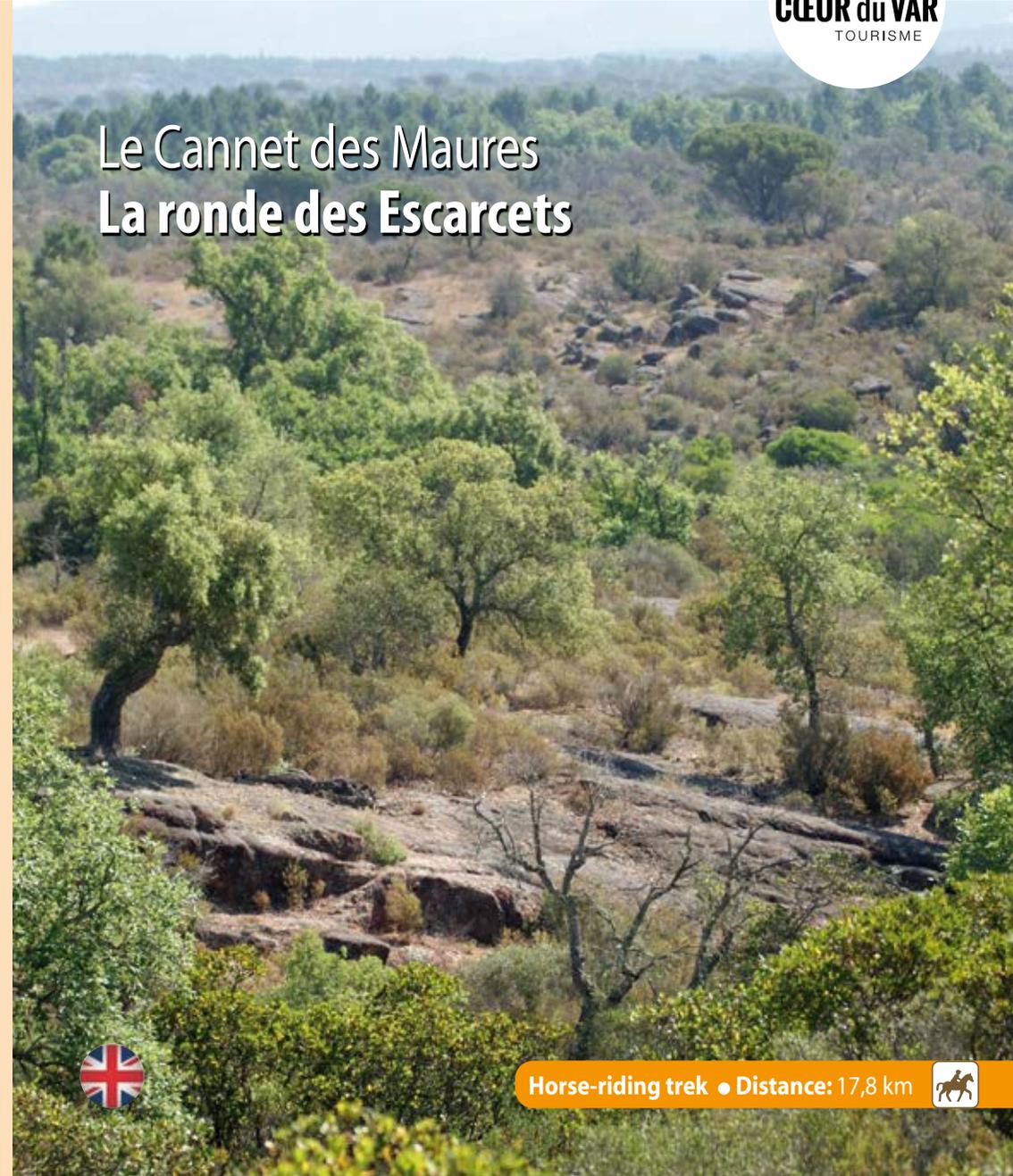
CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

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Rejoignez-nous  

Le Cagnet des Maures La ronde des Escarcets



Horse-riding trek • Distance: 17,8 km



Le Cannet des Maures

La ronde des Escarcets

Horse-riding trek • Distance : 17,8 km • Riding time: 2 hrs 30 mins

Roam on horseback along the paths belonging to the *Conservatoire du Littoral* at the heart of the Maures plain national nature reserve and experience this landscape unique in France, reminiscent of an African savannah.



D Parking

Le Ginestrier (La Tire track). On the right side of the D558, 6km from the roundabout at the A8/A57 Cannet des Maures motorway junction.

Yellow markers

Elevation: 116 m

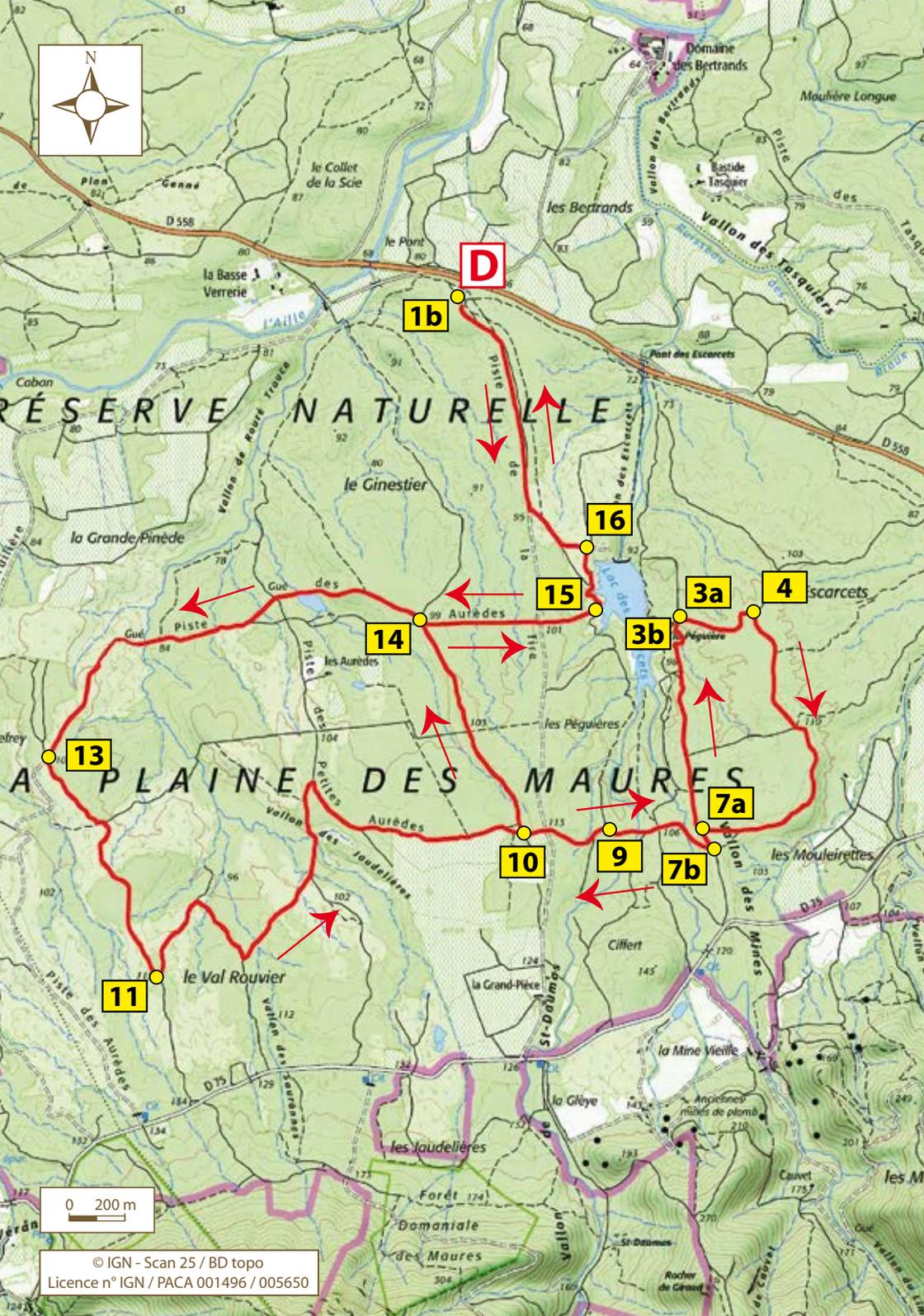


Warning:

● Caution is advised on the various fords, rock slabs, wetlands, small rocky steps, gullies, and sandy, stony and muddy areas, where the degree of hazard varies with the seasons.

On the route:

● Explore the Natura 2000 site and the Maures plain national nature reserve.
● Viewpoints over the Les Escarcets lake and the Maures plain with the Alpine foothills of the Haut Var as a backdrop.



1b From the Le Ginestrier car park, take the La Tire track to

16 **Le barrage des Escarcets (1,5 km)** The *Conservatoire du Littoral* provides a guide to its sites in the car park. Enjoy the view of the lake with the Maures massif as a backdrop. Then continue along the riverbank towards

15 **Le lac des Escarcets (1,9 km).** Turn right then go up a gullied path up towards the La Tire track, crossing it to reach

14 **Les Aurèdes (2,7 km).** Continue westwards on the Les Aurèdes track. There is an overwhelming feeling of vastness. The trail runs close to the Retenue des Aurèdes lake, before reaching

13 **La Grande Pinède (4,9 km).** Turn left and climb southwards to

11 **Val Rouvier (6,1 km).** Take an easy path to the left, which winds through the *maquis* scrubland with some surface rocks. Bear left at the cork-oak and go through a wooded area, then past an old abandoned field to another wooded area. Turn left at the junction. The vegetation becomes more dense now. At the next junction, keep left past a stream to a triangular junction. Then take the right fork. The path leaves the *maquis* to run alongside vines and a cork-oak forest to

10 **La Grand Pièce (8,9 km).** Continue eastwards, cross the La Tire trail again, then go through a gate towards

9 **Saint Daumas (9,4 km).** Continue on this track, crossing the steep-sided Saint Daumas valley at the ford and then the Mines valley, to reach

7b **Les Mouleirettes (9,9 km).** Turn left towards

7a **Les Mouleirettes (10 km).** Continue due north between a few cork-oaks (a superb view over the lake). Cross a stream on a stony, crumbly path and climb towards

3b **La bergerie de la Péguière (11 km).** Continue towards the ruins and the nearby marker.

3a **La bergerie de la Péguière (11 km).** Turn right and take

4 **Piste de la Péguière (11,4 km).** Turn right again in an area of maritime pines and take the good track to

7a **Les Mouleirettes (12,9 km).** Return by the same route, passing the markers in order:

7b **Les Mouleirettes (13 km)**

9 **Saint Daumas (13,5 km)** to

10 **La Grand Pièce (14 km).** Turn right. In wet weather, the area is largely wetland (large puddles). Return to

14 **Les Aurèdes (15,1 km).** Turn right, and follow the outward route in reverse past the markers:

15 **Le lac des Escarcets (15,9 km)**

16 **Le barrage des Escarcets (16,3 km)** back to your starting point

1b **Le Ginestrier (17,8 km)**