

**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

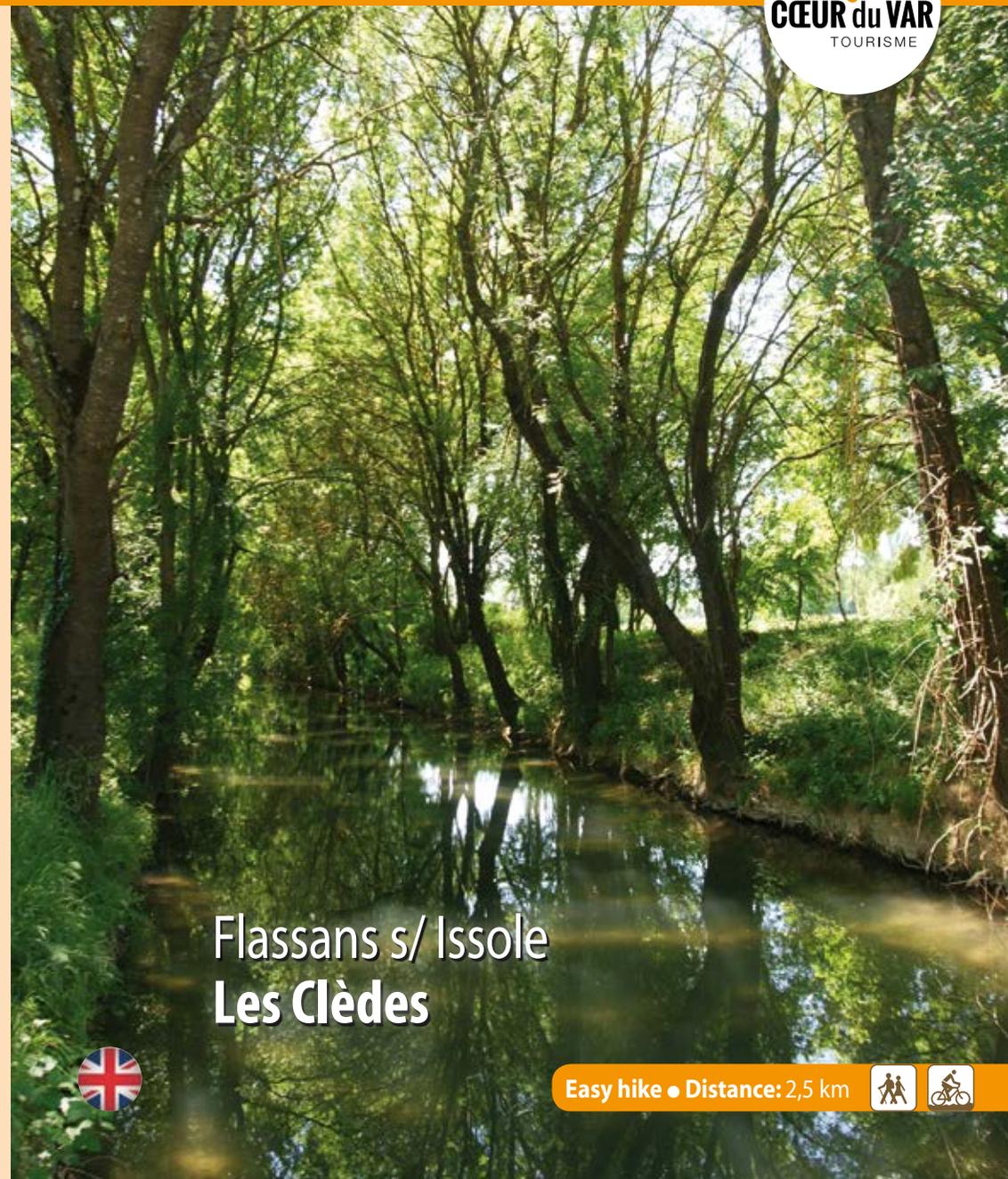
Let us know if you come across any anomaly while you use the topoguide or while you go past the paths.

## 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 Clèdes



Easy hike • Distance: 2,5 km



# Flassans s/ Issole Les Clèdes

Easy hike • Distance: 2,5 km • Walking time: 40 mins

A walk in the immediate vicinity of the village, long enjoyed by families from Flassans sur Issole.

**18b** From the Grands Prés car park, go to

**26** L'école (100 m). Turn right to

**27** Pont Vieux (200 m). After crossing the bridge, go past an old oil mill and an 'ecological' garden. Take the Rue Source Saint Michel to the left, then the steps to the right leading to the Place Pasteur. Cross the square to the Les Clèdes surfaced path on the south side, and follow this to

**28** Clèdes (1,2 km).

There are two alternative routes from this marker:

**Route 1:** Turn left on the surfaced path towards the **30b** *lavoir de la Rouquette* (1,9 km).

**Route 2 (+300 m):** Go along the right bank of the Issole river. Head south to reach it, crossing the bridge over the river, and go eastwards to the left, following the riverbank to **29** *La rivière neuve* (1,7 km). Stay on a pretty path on the riverbank to **30a** *Le lavoir de la Rouquette* (2,2 km). Stop to admire the dam controlling the water level before the bridge, the wash house to the right by the bridge, and the Saint Roch Oratory further on. Turn left towards the nearby marker.

**30b** *Le lavoir de la Rouquette*. Take a grassy path to the right, cross a footbridge straddling the old Issole river bed and the Colombier spring (portage for mountain bikers). Continue on the Rue Source du Colombier to the Avenue Général De Gaulle, crossing this and keeping to the right on the avenue to reach ,

**27** *Le pont Vieux* (2,3 km) then

**26** *L'école* (2,4 km) to return to the

**18b** *Grands Prés* (2,5 km).



**D** Parking

Les Grands Prés : go under the DN7 after the Gavoty hall.

Yellow markers

Elevation: 236 m



On the route:

- 17th-century hump-back bridge
- 16th/19th-century oil mill
- St Michel quarter
- The Issole and its amenities.

