

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

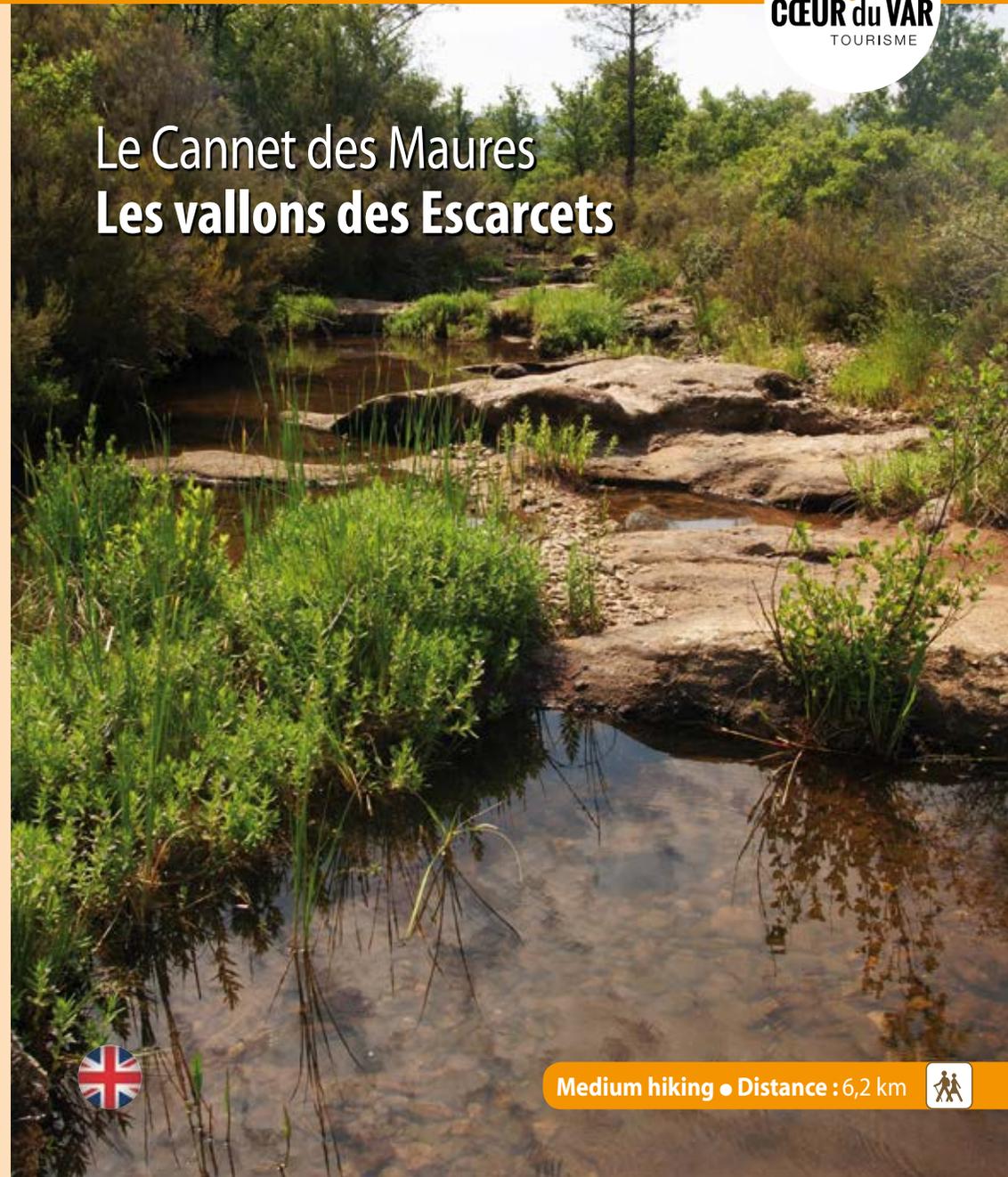
Let us know if you come across any anomaly while you use the topoguide or while you go past the paths.

CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

Retrouvez d'autres topo-fiches
sur coeurduvartourisme.com

Rejoignez-nous  



Le Cannet des Maures Les vallons des Escarcets



Medium hiking • Distance : 6,2 km



Le Cagnet des Maures

Les vallons des Escarcets

Medium hiking • Distance : 6,2 km • Walking time : 1h55

The Escarcets lake belongs to the Conservatoire du Littoral ; it is a reservoir fed by a complex stream network which dries up in the summer. As you follow the crossing of the vales, you will go up and down through a mass of beautiful sceneries.

8 From the car park Ciffert, through the Péguière track, between pine and cork oak trees, join

7b Les Mouleirettes (300 m) Take left on the Ciffert track (old way from Gonfaron to la Garde-Freinet). Ford cross the Mines vale, and further on the St Daumas vale which's hillsides are full of ravines. Follow up towards

9 St Daumas (800 m), Take right towards the riverside of the Escarcets lake. The path is higher up than the lake and follows the St Daumas vale. In some places, canyons have been formed by slabs of rock. The vegetation is more important, you can find oak trees, alders, and poplars. After you get to the south part of the lake, the path becomes a more important one. It follows the riverside and its reed bed until you get to

15 Le lac des Escarcets (2 km) Walk along the lake, you will sometimes find slabs on your way, to come up to

16 Le barrage des Escarcets (2,4 km). On the car park, discover a summary of the Conservatoire du Littoral's propriety. Go past a barrier and keep on due north through an ancient path that narrows quickly. The arid grounds are covered with heathers, rockroses, junipers, and stoehada lavender, and also planted with cork oak and pine trees. You can take advantage of a 360° view of the Maures and the Haut Var. Then join

2a Le vallon des Escarcets ouest (3,4 km). Go under the pipe then cross the vale ford on rock slabs, and join by a sandy path

According to the level of the water, it is recommended to keep on after the marker 2a (towards 1b), go up as soon as possible to the road, then cross the vale by the bridge span by the road and discover quite soon after your right the sandy path and the marker 2b.

2b Le vallon des Escarcets est (3,5 km). Follow a path which mixes scrubland and a small forest where oak trees dominate. This area is rich in temporary rivulets, they feed the Escarcets vale. Move on through a path which rises gradually towards a relief which you get to by taking left, then you get to

3a La bergerie de la Péguière (4,8 km). Leave aside the ruin to your right to get to the next marker

3b La bergerie de la Péguière (4,8 km). Move on due south. After you go past a stream added to a rocky and breaking path, you will find a softer ground. Surrounded by a few pine and cork oak trees, meet up

7a Les Mouleirettes (5,8 km). Follow up to

7b Les Mouleirettes (5,9 km).

18a Ciffert (6,2 km).



D Start

Car park Ciffert : situated on the D75, 1,1 km away from the D75/D558 crossing, right side and 5,5 km away from the Mayons, left side.

Yellow marking

Change in altitude



Notice :

- Crossing vales wading, slabs of rock, little ponds, little stone steps, sandy, rocky and muddy crossings, their intensity vary according to the seasons. These elements invite you to be careful.

On the way :

- Discovery of the Natura 2000 site and of the Maures Plain (game reserve).
- View of the Escarcets lake and the Maures Plain with the pre-Alpes of Haut du Var canvass.



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