

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.

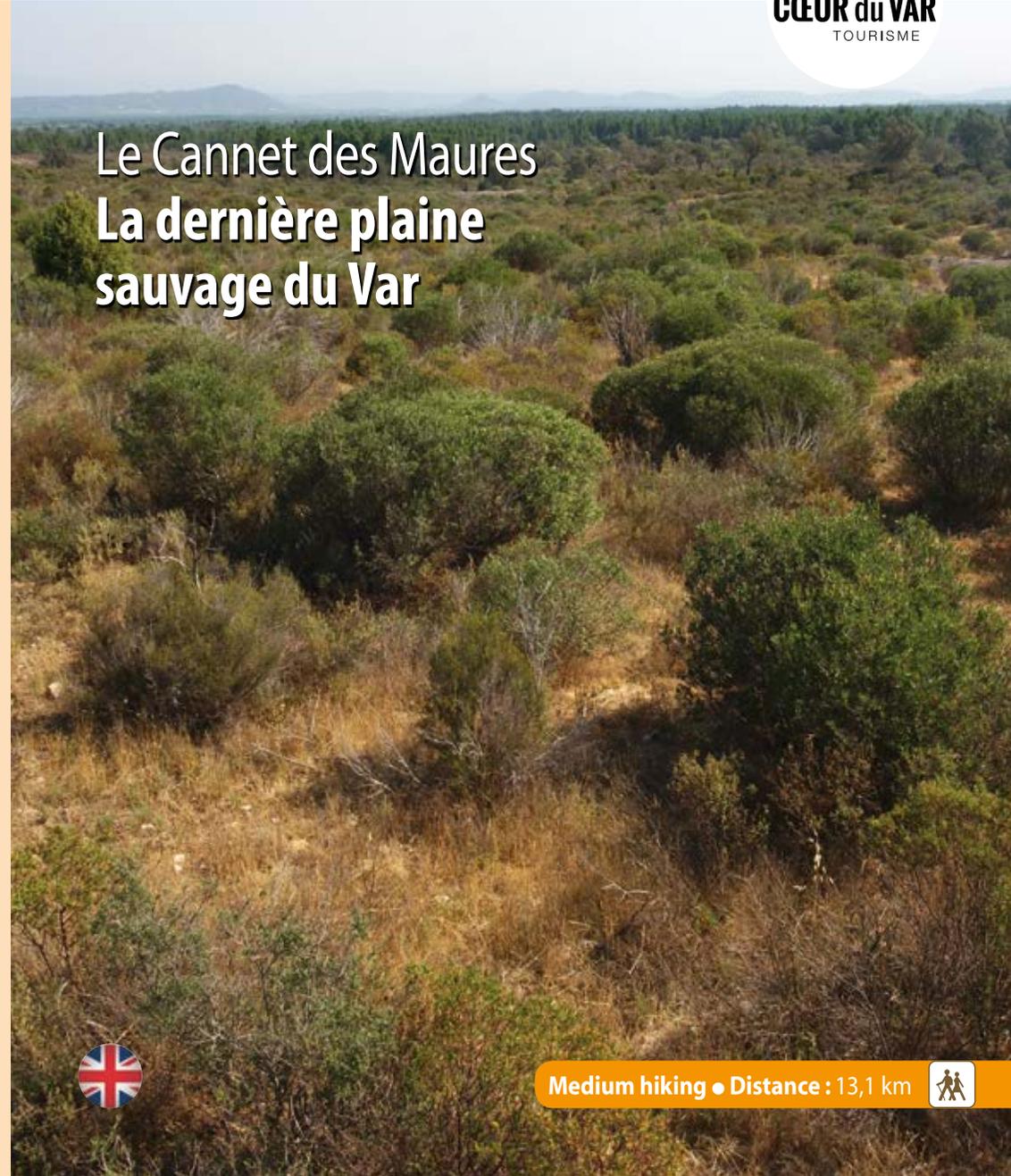
CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

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Rejoignez-nous  

Le Cannet des Maures La dernière plaine sauvage du Var



Medium hiking • Distance : 13,1 km



Le Cannet des Maures

La dernière plaine sauvage du Var

Medium hiking • Distance : 13,1 km • Walking time : 4h00

Discover the Maures Plain, from Val Rouvier to Ciffert, coming across the Grande Pinède and the Aurèdes. Who has never wished to uncover the secrets of these beautiful and rare sceneries ?



D Start

Car park Les Piboules : situated on the D75, at 3,8 km of the D75/D558 crossing, right side and at 2,8 km of the Mayons, left side.

Yellow marking
Change in altitude



Notice :

- Crossing vales wading, slabs of rock, little ponds, little stone steps, (furrowed), 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.



12 From the car park Les Piboules, through a path gently lowering into the maquis, join.

11 Val Rouvier (600 m) Continue towards north into a pine forest until you get to

13 La Grande Pinède (1,8 km). Follow the Aurèdes track. You get a feeling of immensity. The track passes near the Aurèdes reservoir, before you get to

14 Les Aurèdes (4 km). Continue towards east. Cut off the Tire track, overcome a small slope, a barrier and join through a furrowed path

15 Le lac des Escarcets (4,8 km). Continue on the edge of the lake towards

16 Le barrage des Escarcets (5,2 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 stoachada lavender, and also planted with cork oak and pine trees. Join

2a Le vallon des Escarcets ouest (6,2 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 (6,3 km). Move on through a path which rises gradually and take left towards a relief, then you get to

3a La bergerie de la Péguière (7,6 km). Leave the ruin on your right aside to get to

3b La bergerie de la Péguière (7,6 km). Move on due south. After you go past a stream added to a rocky and breaking path, you will find a softer ground. Meet up

7a Les Mouleirettes (8,6 km). Follow up to

7b Les Mouleirettes (8,7 km). Take the Ciffert track to your right. Ford cross the Mines vale, and further away the St Daumas vale. Continue towards

9 Saint Daumas (9,2 km). Keep going west. You will meet a barrier, cut off the Tire track again in direction of

10 La Grand Pièce (9,7 km). Follow the vineyards, a beautiful cork oak forest stretches on your right. The maquis dominates again. At the intersection, shift due south. The vegetation is more dense. After you cross a small valley, turn right until you get to an intersection with a path going north-west. Follow it. Go past an old agricultural waste land and meet up to an undergrowth before it opens to an area of sandstone outcrops. At the cork oak, go up a path on your left towards

11 Val Rouvier (12,5 km) to finally meet on your left

12 Les Piboules (13,1 km).

0 200 m