

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.

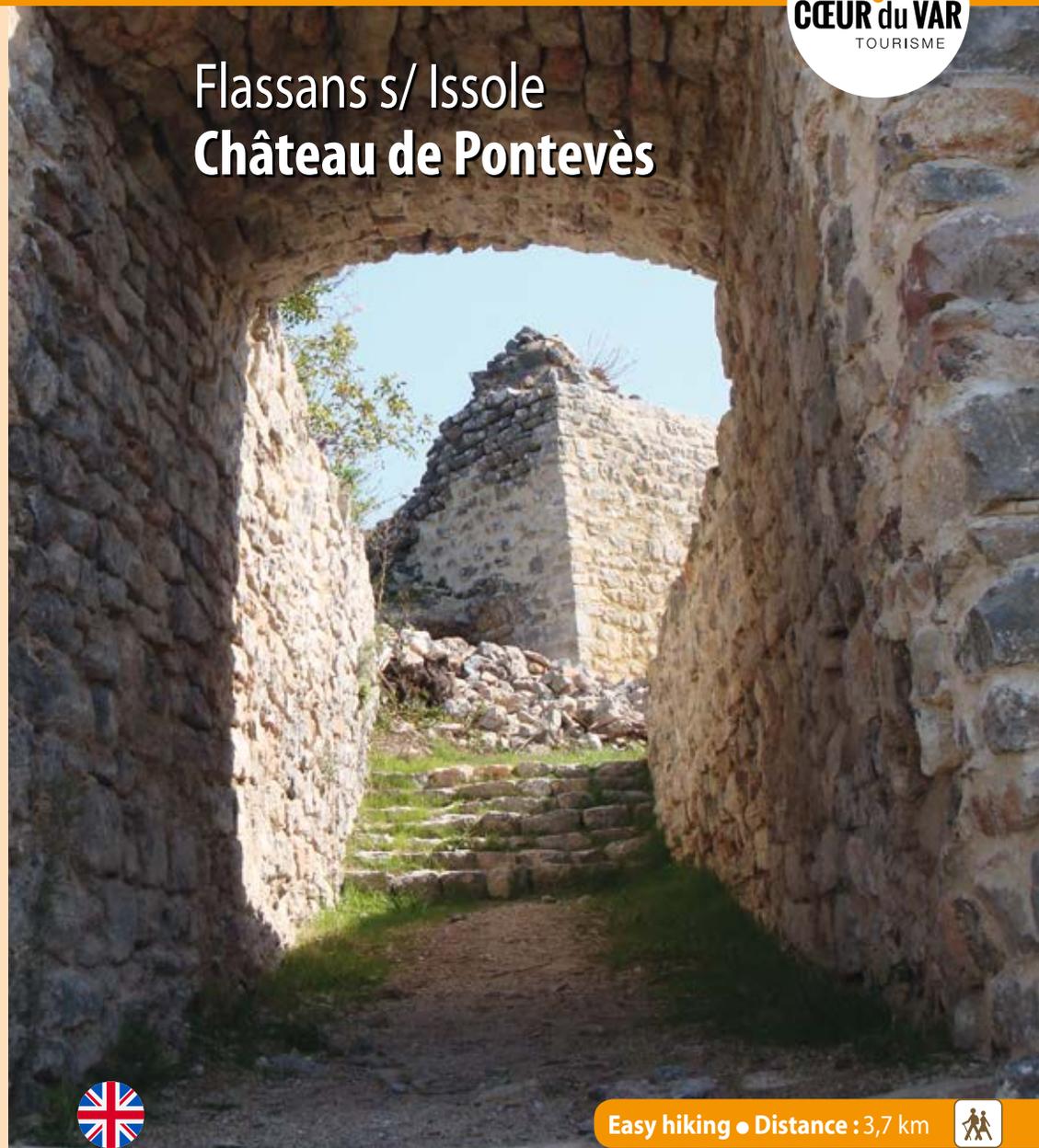
CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

Retrouvez d'autres topo-fiches
sur coeurduvartourisme.com

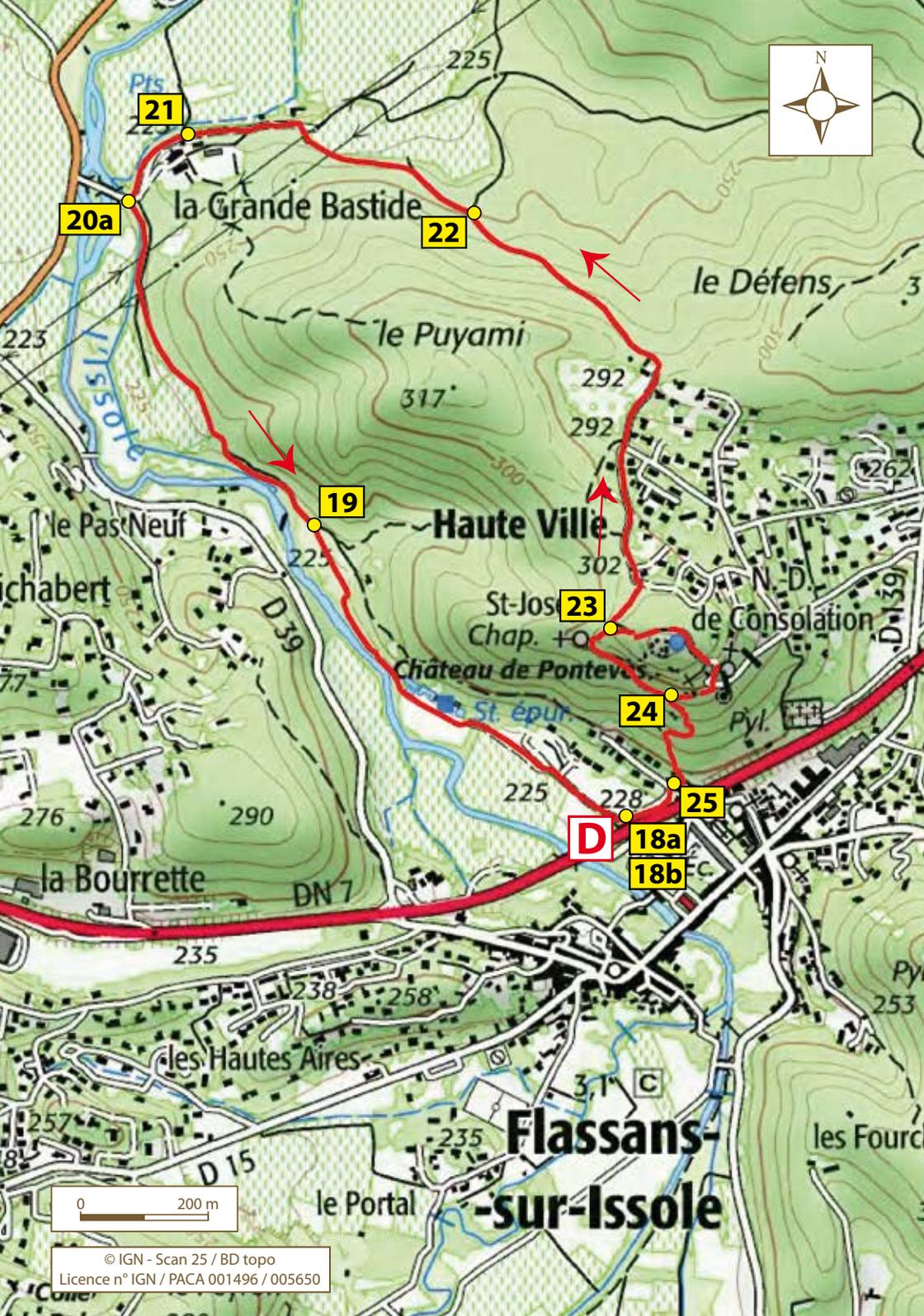
Rejoignez-nous  

Flassans s/ Issole Château de Pontevès



Easy hiking • Distance : 3,7 km





Flassans s/ Issole Château de Pontevès

Easy hiking • Distance : 3,7 km • Walking time : 1h07

This medieval fortress was a catholic stronghold during the XVIth century wars of religion. It has been protecting Flassans since year 1000. Discover the Vieux Flassans on its ancient droveway dating back from the Middle Age.



D Start :

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

Yellow marking

Change in altitude



Difficulties :

- Slopes between 18b and 24 up to the castle by possibility 2.

On the way :

- The Vieux Flassans and its medieval vestiges (caution : falling rocks)
- The Saint Joseph chapel (possibility 1)
- The panorama of the modern village and the surrounding countryside (possibility 2)
- Visit of the Gallery Florence-Basset from April to September 04 94 59 67 24
- Hamlet and canal sailing along the Issole

18b From the car park les Grands Prés, join

25 Le Pigeonnier (100 m) Then, from the experimental plot, turn right to take the paved street on the left, which rises up quickly in a few switch-backs until you get to

24 La Calade (300 m) At this intersection, 2 possibilities to join

23 Vieux Flassans (500 m) :

Variante 1 : Take left and follow the path that runs alongside the ruins of the old village, go past the Saint Joseph chapel, cross a treshing area. Towards west, at the top of the mountain peak, the ruins of the Pontevès castle dominate.

Variante 2 (+100 m) : Take right to join the Notre Dame de la Consolation chapel and go up the left concrete path (severe slope) towards the ruins of the castle. You can discover the vestiges : donjon, tank, bread oven, the Issole valley, the Maures and the Alpes.

Take a nice path following the Puyami marker and enter into a forest. At the edge, at the boulder, take left into the residential area of the Haute Ville. Maintain this direction up to an earth path, cross the barrier, go past the path and go down until you reach

22 Le Puyami (1,4 km). Take the grassy path on your left towards the Grande Bastide. You will find yourself in front of an old mill turned into a painting gallery (Gallery Florence-Basset), continue onto a good path at your left and skirt around the Grande Bastide hamlet towards north to get to

21 La Grande Bastide (2 km). Reach for

20a Le pont de l'Issole (2,2 km) then head towards south, by following at sometimes a reach, towards

19 La fourche des Grands Prés (2,9 km). Continue into the deep valley up to your starting point

18a Les Grands Prés (3,7 km).