

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.

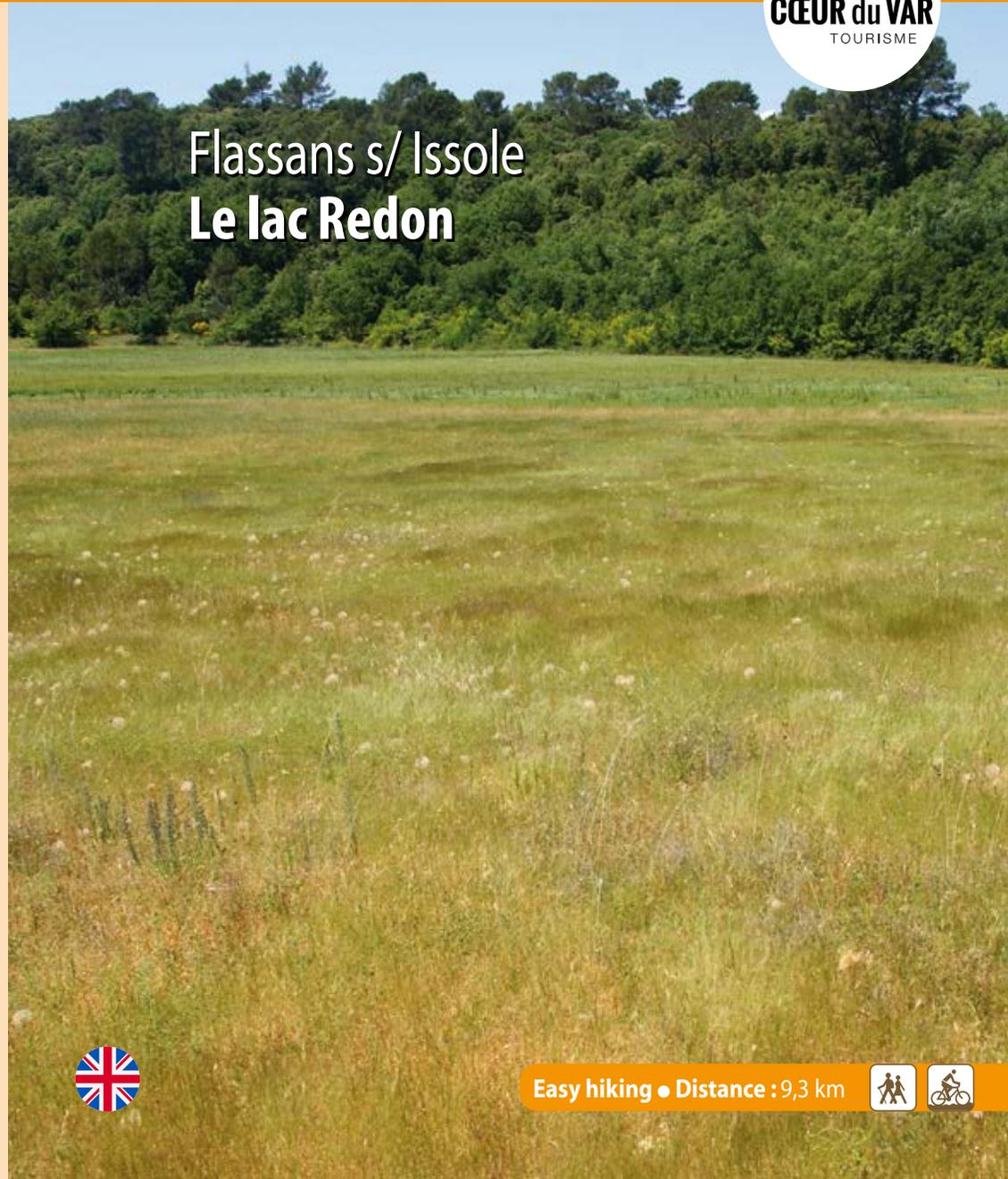
CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

Retrouvez d'autres topo-fiches
sur coeurduvartourisme.com

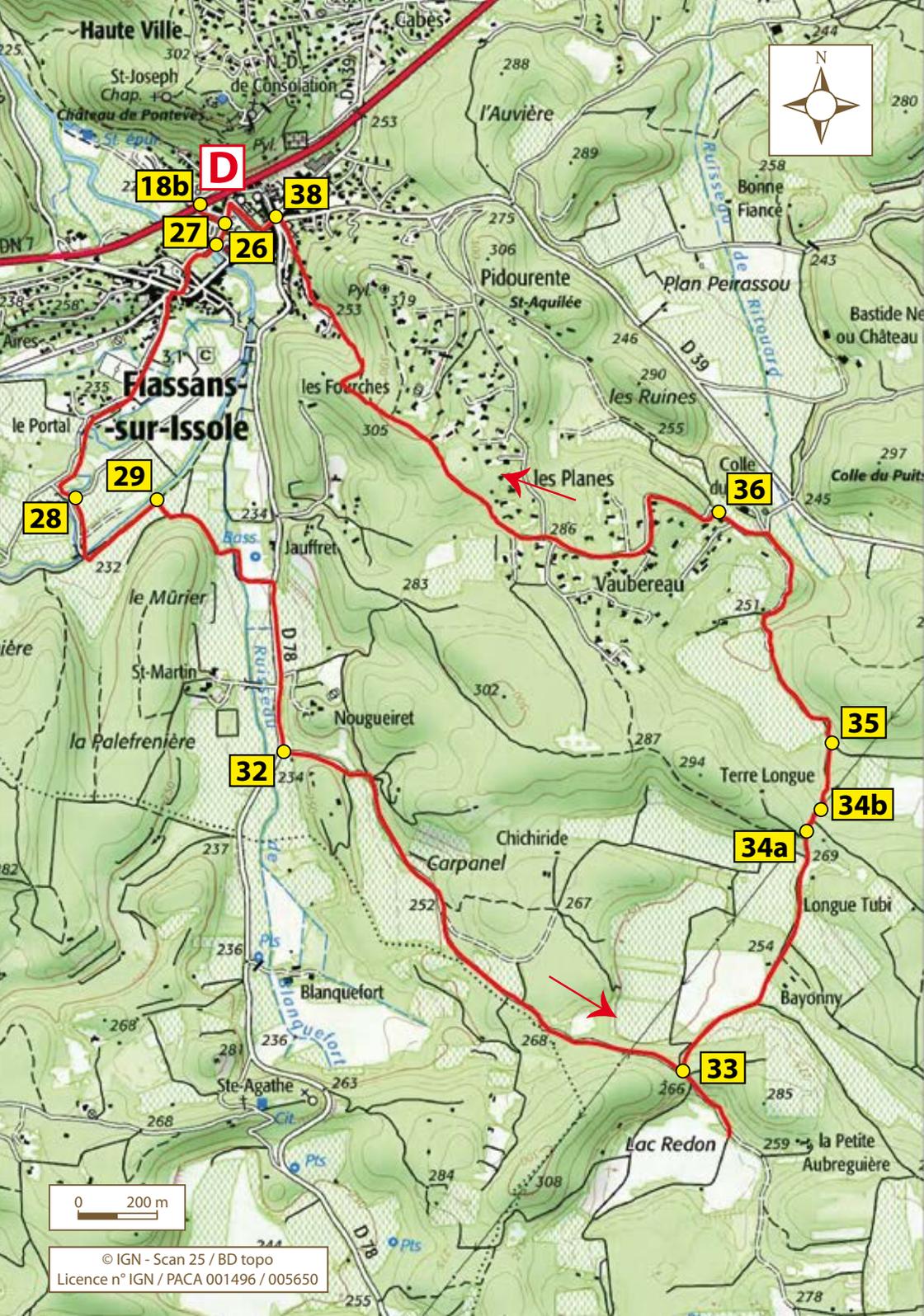
Rejoignez-nous  

Flassans s/ Issole Le lac Redon



Easy hiking • Distance : 9,3 km





Flassans s/ Issole

Le lac Redon

Easy hiking • Distance : 9,3 km • Temps marcheur : 2h50

The Redon lake is considered as a temporary pond because it alternates with humid and dry seasons. Its biological diversity is incredible, counting a few 300 different animal and vegetal species, some very rare, like *Artemisia Molinier*.

18b From the car park les Grands Prés, join

26 L'école (100 m). Take right up to

27 Pont Vieux (200 m). After you reach the bridge, go past an ancient oil mill and an "ecological" garden. Take the Source Saint Michel street on your left, then the right stairs, which will take you to Place Pasteur. Cross it to find due south the Clèdes recovered path, follow it and it will lead you to

28 Clèdes (1,2 km). Continue towards south, cross the bridge on top of the Issole and, towards left and east, take the bank up to

29 La rivière neuve (1,7 km). Go down the bank thanks to the few steps (bike carrying) and go along vineyards to join an agricultural path zigzagging through the vineyard, and which joins the D78. Take it a few 500m (caution : dangerous) before you get to

32 Nougueiret (2,7 km). Take the Aubréguière direction thanks to a nice recovered path that brings you to

33 Chemin de l'Aubréguière (4,3 km). Continue during 250m towards south-east to find the temporary Redon lake (Natura 2000 site) (4,6 km).

Go back to marker **33** (4,8 km) and continue on the right between the dry stone walls towards

34a Collet de Bayonny (5,6 km). Move on with marker **34b**, 50m further away. Join

35 Colle Tortue (5,9 km). Take left to the north. After you have followed firstly vines, stay on the right on the undergrowth path that leads to the agricultural path (and a van!) then go on until an intersection through an uncovered path. Take left at north-west until you get to

36 Vaubereau (6,8 km). Continue on the recovered way. At the next intersection continue, straight on, les Planes, go on the earth path, then on the grassy path that goes left and turns into a bigger way, before taking east and going down. Very nice view of the village and the ruins of the Pontevès castle, before getting to

38 La chapelle St Roch (8,9 km). Join by crossing the Place de l'église

26 L'école (9,2 km), then find your starting point

18b Les Grands Prés (9,3 km).



D Start

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

Yellow marking

Change in altitude



Difficulties :

- 2 severe hooks on the path part after the marker 36.
- On a bike, carrying at 29.

Caution :

- 500 m crossing on the D78 which joins Flassans to Pignans.

On the way :

- The Issole.
- The Natura 2000 site of the Redon lake.
- View of the village and the castle.
- Saint Roch XVIIIth century chapel.

