

**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 Montauts de Rouvède



Medium hiking • Distance : 11,9 km



# Flassans s/ Issole

## Les Montauts de Rouvède

Medium hiking • Distance : 11,9 km • Walking time : 3h40

The Montauts stretch at the boundaries of Flassans-sur-Issole. It is an out of the way forested and farming area, its relief is formed by little hills and plains with a typical calcium ground vegetation.

**18b** From the car park les Grands Prés, join

**26** L'école (100 m), then take left towards

**38** La chapelle Saint Roch (400 m). Continue with the chapel adjoined raising back street. The alleyway becomes a rapidly rising path. It turns into a stoned then concrete path which serves a residential area. At the intersections, go straight on to find

**36** Vaubereau (2,5 km). Continue on the covered path. At the change of direction, take the right path. Cross a forest to get to vines. At the intersection, formed by an oak tree (and a van!), take the left path to join

**35** Colle Tortue (3,4 km). Keep straight on, go underneath a high voltage line, go along a vine before getting to a forested environment. At the end of the forest, take right and go along the Rouvède plain. Keep going straight on a grassy path up to the end of this circular plain to get to

**46** Melon (5,3 km). At the agricultural path, take right. Do not follow up to the vines, instead follow a path on the right which takes you to another farming area. Keep going right and move up a grassy path along the field. Then join another "campa" through an agricultural path which climbs up between woods. Take the path on your left that goes along this wasteland. It sinks into the woods before becoming a nice path. After you have been along a ruin, find an agricultural path and join

**34b** Collet de Bayonny (6,8 km). Follow on the left and find the marker (34a) situated 50m away to turn to

**33** Le chemin de l'Aubrèguière (7,7 km). The temporary Redon lake (Natura 2000 site) at 250m at south. Go back to marker 33 (8,2 km). Continue on a nice path up to

**32** Nougueiret (9,8 km). Take the D78 for 500m. At the informer, take the path on the left which goes into a vineyard. Join the edge then

**29** La Rivière Neuve (10,8 km). Climb up to the bank thanks to the wood steps (bike carrying) then follow the bank on the right until you get to

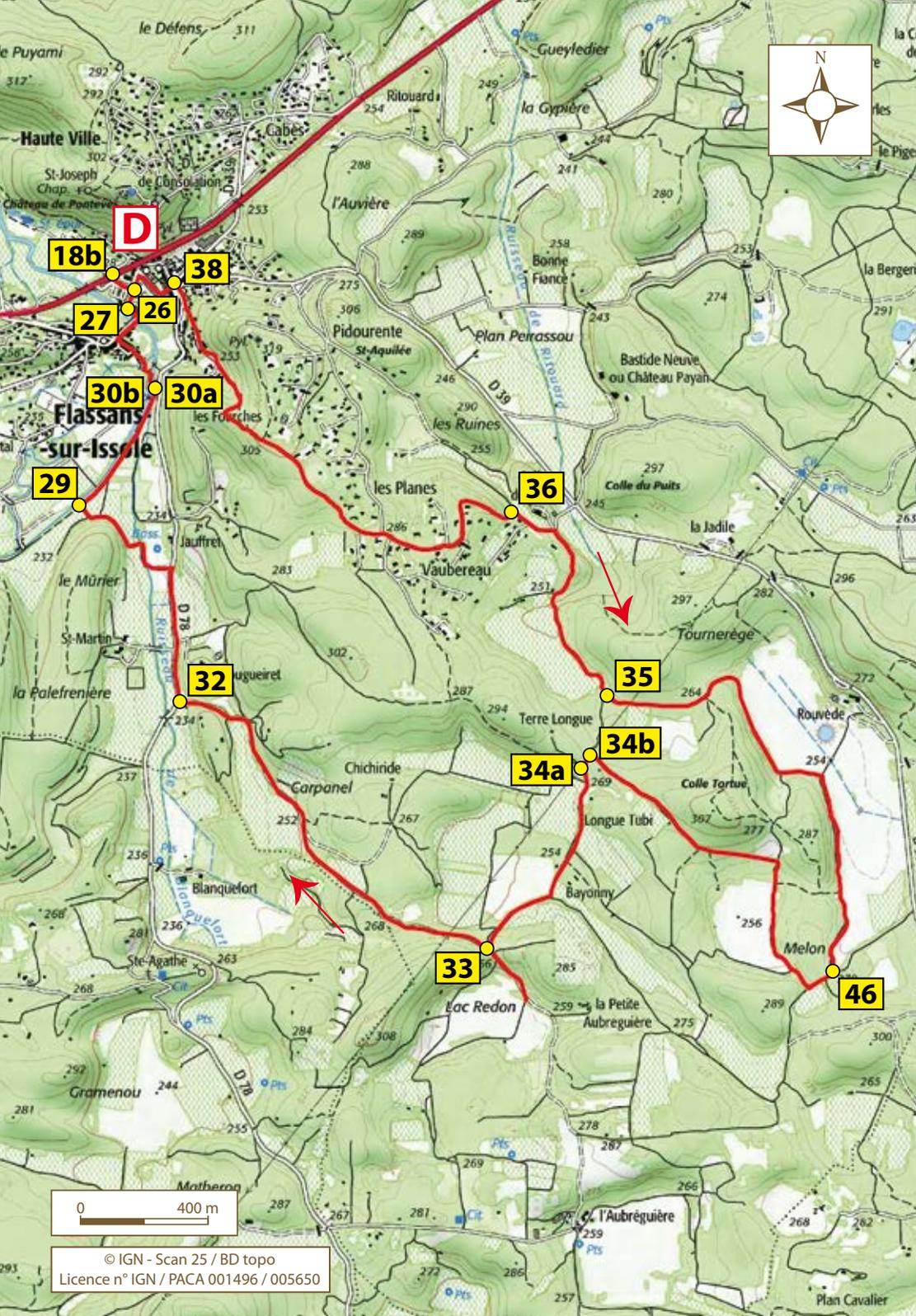
**30a** Lavoir de la Rouquette (11,3 km). Before the bridge, admire the water control dam, then the lavatory on the right at the bridge, and further away the Saint Roch Oratory. Take left to the marker situated not far.

**30b** Le lavoir de la Rouquette. Take a grassy path on the right, cross a footbridge which steps over the Issole and the source du Colombier (bike carrying). Continue through the rue source du Colombier up to the Général De Gaulle avenue, cross it by staying on the right, to join

**27** Le pont Vieux (11,7 km) then

**26** L'école (11,8 km) to get back to

**18b** Grands Prés (11,9 km).

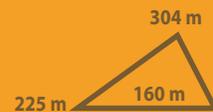


**D** Start

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 after the marker 38.
- On a bike, carrying at 29 and after 30b.

Caution :

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

On the way :

- Saint Roch XVIIIth century chapel.
- View of the village and the castle between 38 and 36.
- The Natura 2000 site of the Redon lake.
- The Issole.