

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

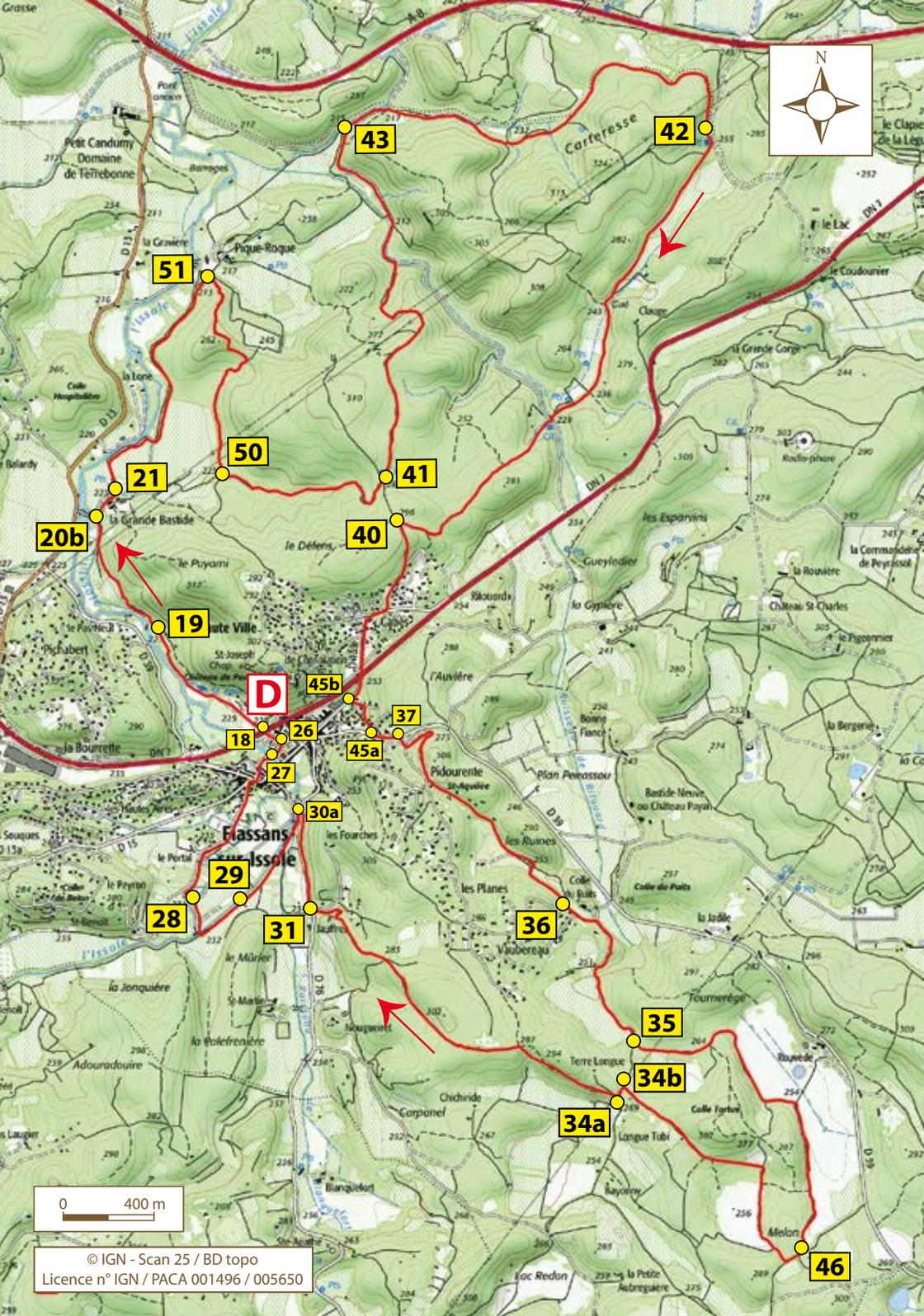
Rejoignez-nous  

Flassans s/ Issole Les drailles des Pontevès



Mountain biking route • Distance: 25,4 km





Flassans s/ Issole

Les drailles des Pontevès

Mountain biking route • Distance: 25,4 km • Cycling time: 3 hrs 10 mins

A rolling route over varied terrain, made more interesting by the alternate single-track and undulating sections.

18a From the Les Grands Prés car park, take an undulating path then a single-track road along the Issole river to

19 La fourche des Grands Prés (800 m). Follow the path towards

20b Le pont de la Grande Bastide (1,6 km). Continue straight ahead towards

21 La Grande Bastide (1,8 km). At the fork, go down to the left, and cross the vineyard. Follow the logging road parallel to the Issole to your right, which becomes a rural path. Keep right to reach

51 Piqueroque (3,3 km). Continue to the right along the edge of the wood, then take a challenging ascent (12%, a single-track road through a wooded area). The descent begins after a short flat section. On leaving the wooded area, turn right down a steep slope, and follow a grassy path on a hillside to

50 Le vallon de Puyami (4,5 km). Go straight ahead on the loose gravel track, which climbs steadily up the valley, then follow a steeper loop to

41 Défens (5,4 km). Continue left across the plateau then descend quickly and cross a surfaced track. Continue to the left towards

43 Carteresse (7,8 km). Turn right onto a poor-quality surfaced section. At the oak, take a stony track between low walls, which climbs gently. Keep to the left until you reach a path leading to

42 Voie Aurélienne (10,3 km). Go straight ahead then at the crossroads take a very undulating path to the right, which becomes a surfaced path. Cross a surfaced track and climb straight ahead to the

40 Chemin de Clauge (13,1 km). Turn left, go through a DFCI (defence against forest fires) gate to a surfaced road. Keep right until you reach

45b Vigne Presse (14,4 km), then on the left,

45a Vigne Presse (14,6 km). Take the D39 up to

37 L'ubac de Sainte Achquilée (a north-facing slope) (14,8 km) Turn right, and continue your ascent on the earth track to the left. At the junction, take the partly surfaced Ste Achquilée path to

36 Vaubereau (16,3 km). Continue to the left on the surfaced path. Turn right at the bend. Cross a wood to reach a vineyard. At the triangular junction formed by an oak tree (and a 'tube!'), take the grassy path on the left to

35 Colle Tortue (17,2 km). Go straight ahead on undulating sections, alongside a vineyard and then a wood. On leaving the wood, turn right along the Rouvède sinkhole (doline) to

46 Melon (19,1 km). Turn right. Leaving the vineyard behind you, keep right alongside an abandoned field. Then climb to another field. Take the rising path to the left, that runs alongside it then turns into an easy track as it enters the woods. Take the logging road to

34b Collet de Bayonny (20,6 km). Continue to the marker (34a) 50m further on, on the left. Continue to the right on a rising single-track road. The path becomes easier and turns into a downhill forest path where you can pick up speed before reaching

31 Jauffret (22,7 km). Take the D78 for 500m on the right to

35 Le lavoir de la Rouquette (23,2 km). Bear left on the bank of the Issole river to

29 La rivière neuve (23,7 km). Continue to

28 Les Clèdes (24,2 km). Take a small road and go through the village to

27 Le pont de l'Issole (25,2 km), then

26 L'école (25,3 km), and return to your starting point

18b Les Grands Prés (25,4 km)



D Parking

Les Grands Prés : go under the DN7 after the Gavoty hall.

Yellow markers

Elevation: 298 m



Warnings:

- Quite steep in places, but short ascents.
- Steep descent after the wooded area between 51 and 50.
- Muddy areas in the Rouvède circular depression (during wet weather)

On the route:

- Vineyards and woods.
- The Issole, its canals and hamlets.
- Old Roman road.

0 400 m