

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

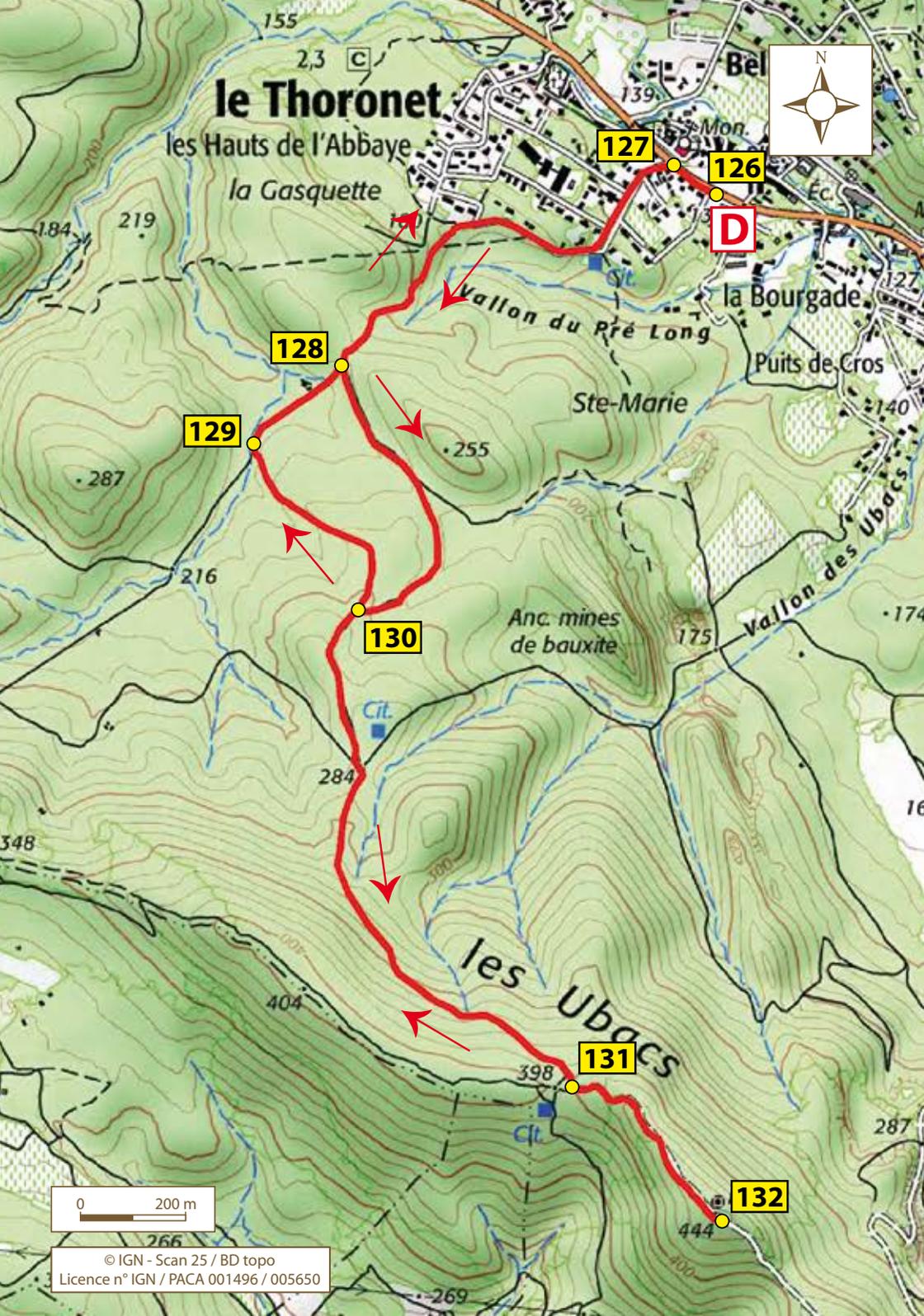
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Rejoignez-nous  

Le Thoronet La vigie des Ubacs

Medium-difficulty hike • Distance: 7,4 km





Le Thoronet

La vigie des Ubacs

Medium-difficulty hike • Distance: 7,4 km • Walking time: 2 hrs 15 mins

A climb to the top of Les Ubacs, which was for a long time a bauxite mining area. The extensive views from the top extend from the Maures to the Sainte Baume massif, and from the Esterel to the Alps.

126 From Place Louis Rainaud, go down a few steps to the pavement and follow the D79 to

127 Rue des Ubacs (200 m). Turn left onto the road, ignoring any side streets. The road climbs gradually then becomes a surfaced path through a residential area. The surfaced path gives way to a rather poor-quality stony path, climbing more steeply into the pine forest towards

128 Le Château (1,1 km). At this pass, continue to the left on the DFCI (defence against forest fires) track. Keep right, passing a former path leading off to the left. After a bend, the track climbs steeply, past

130 Piste M880 (1,9 km), then runs for a time through a less hilly, open section. The Barre des Ubacs appears, like a rampart barring the way to the Luc territories to the south. At the junction, ignore the tracks to the left and right. Continue straight ahead on the M880 and begin the climb up this steep hillside. The track (an old path known as the Val de Soliès path that linked Le Thoronet to Luc) carves its way through the steep slopes, where dark green undergrowth clings on beneath small holm oaks. Despite some difficult sections, the climb is in fact relatively steady (11% on average). You will reach a small pass.

131 Les Ubacs (3,2 km). Then go left and continue the ascent. After two very tight hairpin bends on rather unstable ground, the track merges with the ridge line and the slope becomes more gentle. Stop at the summit, at

132 La vigie des Ubacs (3,7 km). The DFCI (defence against forest fires) watchtower is open: respect the environment, remember to close the windows and door and take care on the iron staircase at the entrance, which can be dangerous. The view over the entire central Var region is breathtaking. Enjoy picking out landmarks in the distance, including the Coudon, the Loube and Aurelian mountains, Sainte Victoire, the Bessillons, the Alpine peaks, and the Roquebrune rock. There is even a glimpse of the Lure mountains. An NGI map on a 360° viewpoint indicator inside the tower will help you find your bearings. Le Thoronet looks like a miniature village sprawling in its valley below. To the north are scars left by bauxite mining.

Return by the same route to marker

131 Les Ubacs (4,2 km) then

130 Piste M880 (5,5 km). Turn left onto a pleasant path through the pine forest (the rural Val de Soliès path), which leads onto a DFCI track.

129 Chemin du Soliès (6 km). Go right, noting the ruins known of the so-called castle hamlet (a former staging post), and go up the slope to the first small pass.

128 Le Château (6,3 km). Take the same path back down to

127 Rue des Ubacs (7,2 km) then

126 Place Louis Rainaud (7,4 km).



D Parking

Place Louis Rainaud near the tourist office.

Yellow markers

Elevation: 440 m



Warnings:

- Stony ground with rocky patches that can be unstable in places
- Substantial gradient (pace yourself)
- This route can be covered by mountain bike and on horseback. The ascent is challenging by mountain bike as the surface in some sections is unstable, gullied or crumbly, and the hillside in particular represents a significant gradient (11% average between spot heights 280 and 440).

On the route:

- Ancient terraces (restanques) in the pine forest
- Multiple views
- Ruins of the castle hamlet



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