

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.

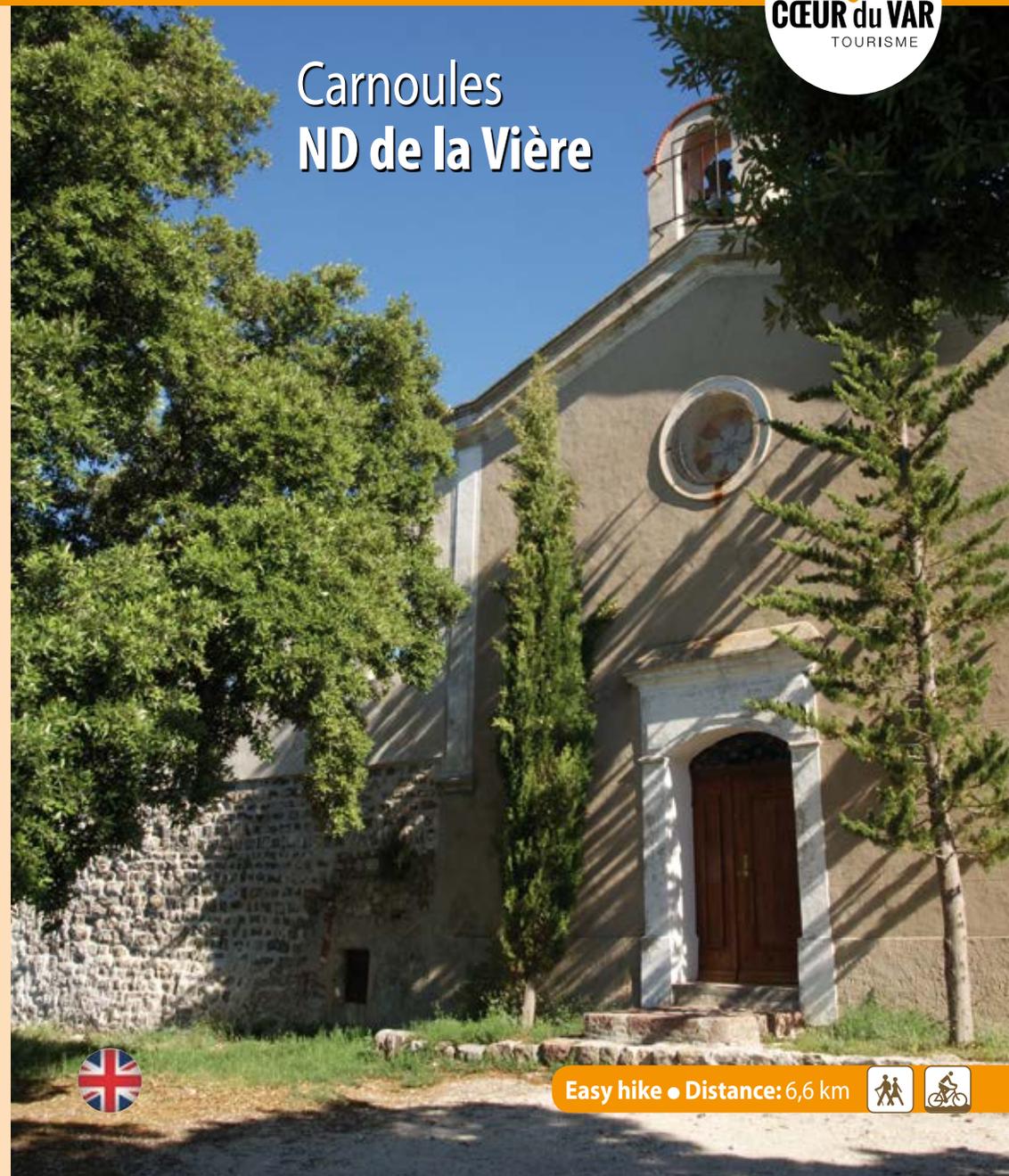
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Rejoignez-nous  

Carnoules ND de la Vière



Easy hike • Distance: 6,6 km



Carnoules ND de la Vière

Easy hike • Distance: 6,6 km • Approximate walking time: 2 hours

Perched 350m high, the medieval castrum of Carnoules was not spared in the civil war of succession to Queen Jeanne of Provence, and was deserted in the 14th century. The Notre Dame de Bon Secours chapel now stands at its summit, where the view is magnificent.

166 From the 19 mars 1962 car park. Take the Rue de la Fontaine de l'Île to the Place Vaillant Couturier. Continue towards the Cours Victor Hugo. Pass the town hall and the church, and continue on the Rue Pierre Curie (D13) to the junction with the Rue de l'Égalité. Turn right onto this road, which becomes a surfaced path, through a residential area. After the cemetery, go up a tarmacked ramp to the right, which loops sharply then crosses the canal supplying the town of Toulon with water (the Carcès-Carnoules section). The ramp gives way to an earth path rising gradually into the hills. It overlooks the Carcès water treatment facility (providing drinking water for Toulon). At the

167 Fourche du Roucas (1,1 km), keep right. The path crosses a concrete track by a cistern. Turn left. At the next junction, keep left. After a bumpy, poor-quality uphill section, the track winds up the north-facing slope of the Roucas hills, through a forest of Aleppo pines, with views to the surrounding hills, the Haut Var and the Alps. At

168 4 chemins du Roucas (2,5 km). Go past one track on the left, and another on the right. This is the start of a botanical trail. Follow it straight ahead towards

169 Fourche de la Vière (2,6 km). Continue past the GR9 which leads off to the right towards the Thèmes plateau. Climb up towards an earth platform. Continue on a path to the left towards

178 Château Royal (2,9 km). Go through a gate and up the concrete path towards the top of the hill and the site of Château Royal. The Notre Dame de Bon Secours chapel was built in the remnants of the seignorial dwelling between 1819 and 1825. A building adjoining the priory provided accommodation for pilgrims on their way to Santiago de Compostela, also built on the ruins of the feudal residence that was enhanced by the addition of an upper floor: its lower part is believed to date from the 12th century. The now ruined houses and the surrounding wall lie on the south slope of the hill. The view extends from the Maures range to the suburbs of Toulon, by way of the wine-growing plain of the 'golden triangle' region (viewpoint indicator). On a clear day, it is possible to see the Mediterranean.

Return by the same route to

169 Fourche de la Vière (3,6 km) then **168** 4 chemins du Roucas (3,7 km). Then turn right towards a cistern. Continue on the track to the left. This track is stony in places, winding around the south-facing slope of the Roucas hills, with uninterrupted views. Return to

167 Fourche du Roucas (5,5 km) and take the same path as on the outward journey to

166 le parking du 19 mars 1962 (6,6 km).



D Parking

19 mars 1962 car park. Access from the D13 which runs through the village.

Yellow and white/red (GR) markers.

Elevation: 350 m



On the route:

- Canal supplying drinking water to Toulon
- Extensive views (viewpoint indicator)
- The 'Château Royal' castrum



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