

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

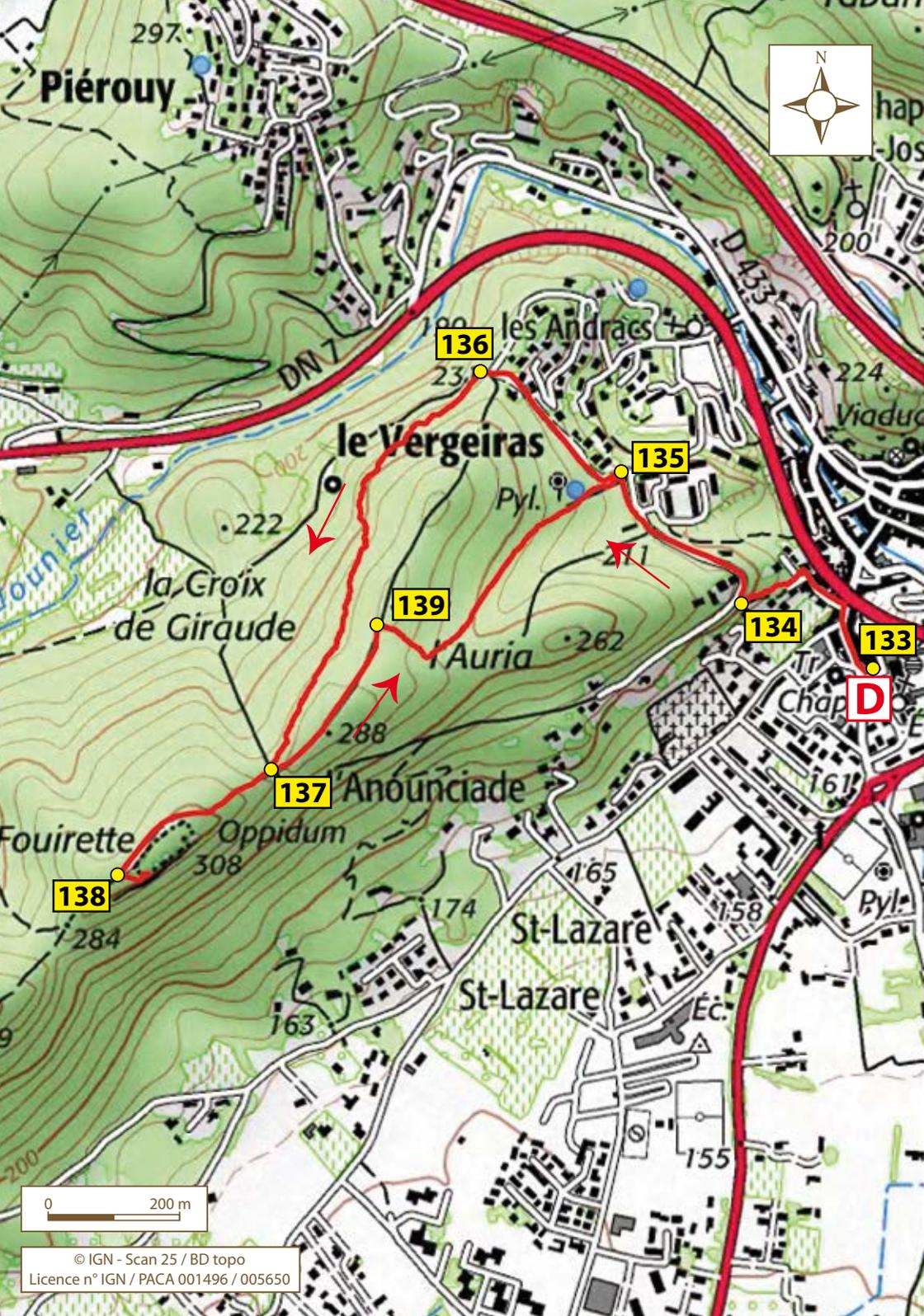


Le Luc en Provence L'oppidum de la Fouirette



Easy hike • Distance: 3,9 km





Le Luc en Provence L'oppidum de la Fouirette

Randonnée facile • Distance : 3,9 km • Approximate walking time: 1 hr 10 mins

The La Fouirette oppidum was a rectangular entrenched camp built in the 4th century BC against a cliff. It has never had settled inhabitants, but was used as shelter in times of invasion by the Celto-Ligurians living on the surrounding slopes. Set 300m high, it offers superb views.

133 From the Place Pasteur (below the Hexagonal Tower), go towards the town centre on the Rue Lamartine. Go past the Rue de la Coopérative on the left and then the Rue de l'Ormeau, then a little further on turn left into the Rue de l'Auriac. After the covered walkway, the street climbs steeply. Bear left after about 70m, then the street becomes a cobbled path. It climbs quickly, offering viewpoints down onto the village. After a hairpin bend you will come to

134 Le chemin de l'Avena (400 m), a surfaced path leading you to

135 Chemin du Défens (700 m). Turn left towards a residential area, and continue to a junction of tracks.

136 Les Andracs (1 km). Leave the tracks and take a path known as 'draille du Défens' (Le Défens sheep track). The draille continues into the local wood. The Le Défens hill rises particularly steeply. The draille follows the hillside through forest typical of a north-facing limestone slope. However this is a more open environment, since the Aleppo pines of the Le Défens wood were cut back a number of years ago. You will come to another junction of tracks at

137 Col de l'Anouciade (1,8 km). Continue straight ahead and up to the north-east entrance to the oppidum. Then take the track leading round below the oppidum to the right. There are remnants of the external wall, sturdily-built with cladding on both sides of a filled cavity. The site of the north-west gate can be identified, and the square tower guarding the entrance. Eric Kalmar, a specialist in

dry stone, undertook the task of restoring parts of the monument. In order to preserve the site, please refrain from climbing on the piles of stones. At marker

138 Oppidum de la Fouirette (2,1 km), leave the track and take the path to the left, leading close to the south-east entrance which also had a square tower (now in ruins). Continue towards the edge of the limestone cliff, the oppidum's natural rampart (do not lean over). The view from here looks down on the whole Maures plain. To the left, the view extends to the Roquebrune rock, with the Maures massif as a backdrop and Notre Dame des Anges to the right, in the so

137 Col de l'Anouciade (2,4 km). Leave the draille and continue straight ahead on the track, an ancient pathway used to move sheep to summer pastures. Ignore the next track, leading off to the right after a mighty oak, and continue for 30m or so until the start on your right of

139 Chemin du Vergeiras (2,7 km). This beautiful rural path runs between the terraces (restanques), former areas of cultivation. The massive walls visible beneath the vegetation are remnants of a time when the forest occupied less space in the Var. After 400m, the path reaches a water tower. Go down a steep, poor-quality track to

135 le chemin du Défens (3,2 km). Turn right, returning by the same route as the outward journey to

134 Le chemin de l'Avena (3,5 km) then

133 la place Pasteur (3,9 km).



D Parking

Place Pasteur, below the Hexagonal Tower in Luc en Provence town centre. Access from the Charles De Gaulle roundabout and the Rue Lamartine from the D97.

Yellow markers

Elevation: 305 m



Warning:

- Refrain from walking on the remnants of the oppidum

Danger:

- Falaise de la Fouirette (cliff): keep away from the edge - risk of falling.

On the route:

- Views over the village of Luc-en-Provence
- Celto-Ligurian oppidum (400 BC)
- Massive dry-stone walls