

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

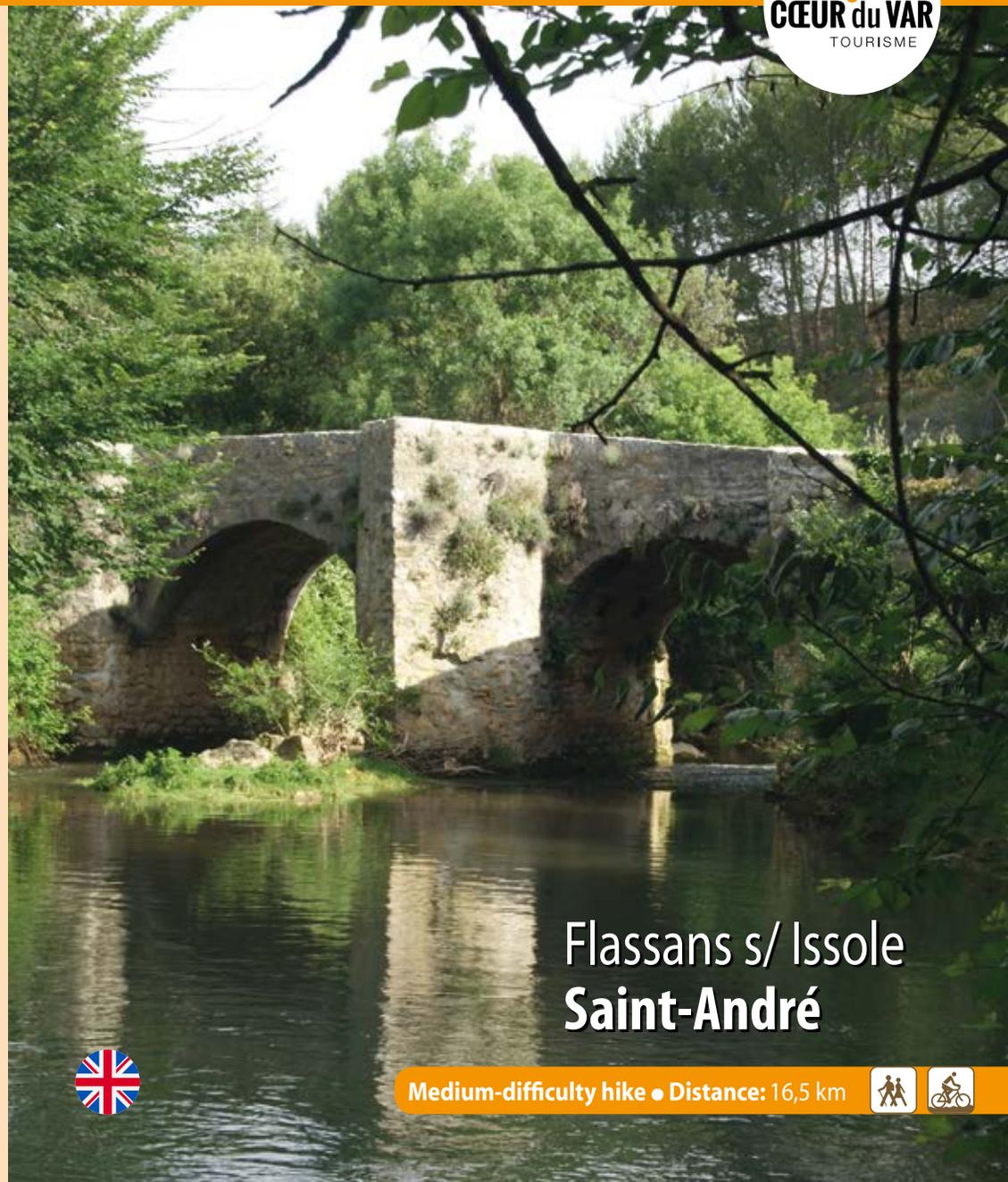
Let us know if you come across any anomaly while you use the topoguide or while you go past the paths.

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 Saint-André

Medium-difficulty hike • Distance: 16,5 km





Flassans s/ Issole Saint-André

Medium-difficulty hike • Distance: 16,5 km • Walking time: 5 hrs

Saint-André and Candumy were important stopping places on the 'Via Aurelia'. The Gallo-Roman villas have now been replaced by vineyards. Candumy's medieval bridge is a remnant of this ancient transport route.



D Parking

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

Yellow and white/green PDIPR markers

Elevation: 298 m



Warnings:

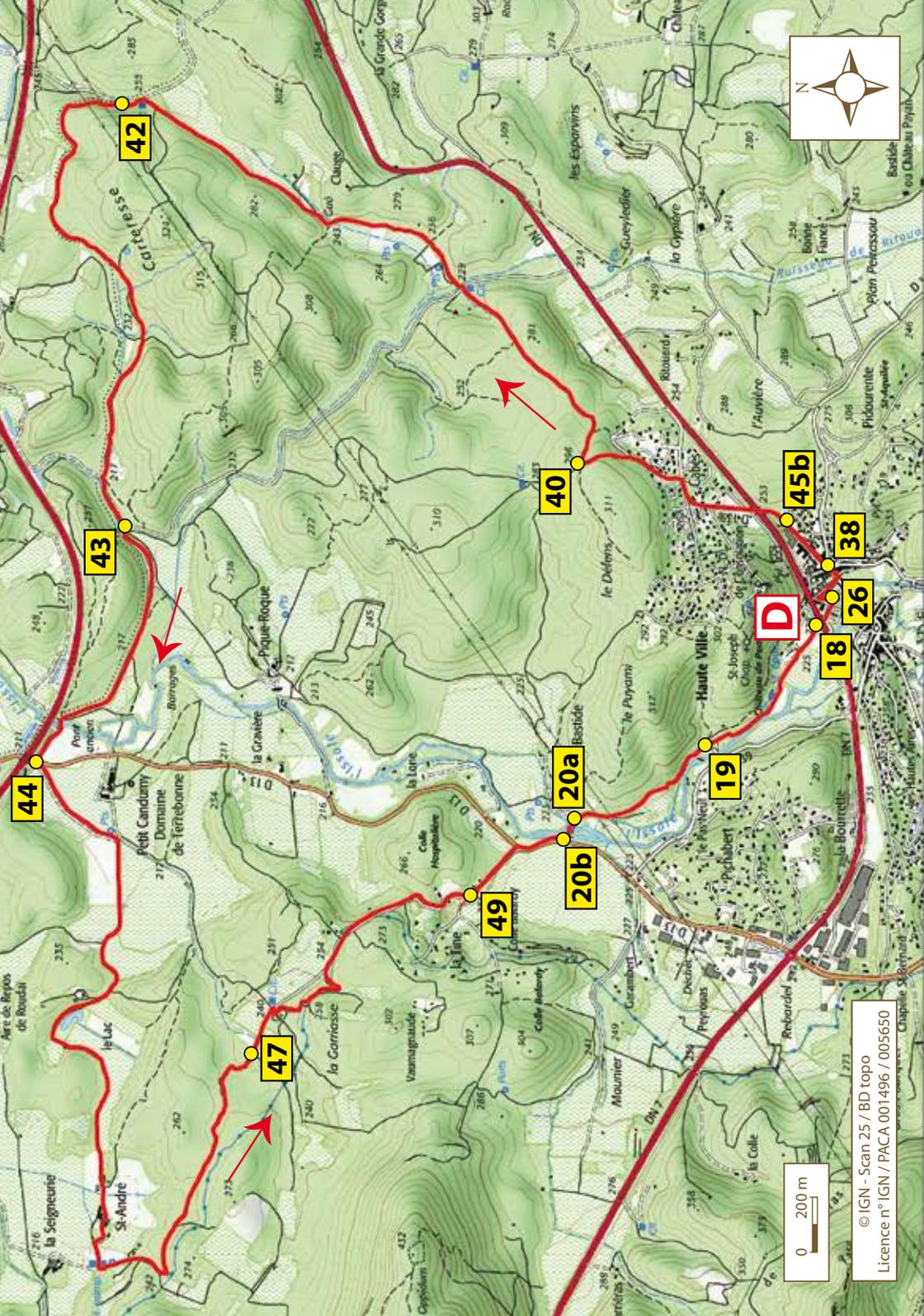
• When crossing the hamlet of Saint-André, please show respect for the local environment, and keep noise to a minimum in consideration for the residents.

Danger:

• 200m section on the D13 between Flassans and Cabasse.
• La Tine rockfall: keep away from the edge - risk of falling.

On the route:

• Ancient Roman road
• 14th-century bridge with cutwaters
• Canal supplying drinking water to Toulon
• La Tine rockfall



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- 18b** From the Grands Prés car park, go to
- 26** L'école (100 m), then turn left towards
- 38** La chapelle Saint Roch (400 m). Follow the avenue past the cooperative towards
- 45b** Vigne Presse (700 m). Stay on the avenue for another 650m, then take the surfaced Le Défens path to the junction with a DFCI (défence against forest fires) track. Keep left, go through the gate and up a stony ramp to
- 40** Le chemin de Clauge (1,8 km). Bear right, and down by a track through the local wood. Cross the Carteresse surfaced track and go straight ahead on the surfaced path, which becomes a logging road between the vines and the wood. At the junction (DFCI cistern), turn left towards
- 42** La voie Aurélienne (4,6 km). Keep left. Take a path on the hillside (former route of the Roman road known as the Via Aurelia). You will come to a clearing. A large rock to your left probably bore a warning sign in ancient times, and you are standing in a coal burner's clearing. Take the path leading gently downhill to the right, which is sandy at first, then crumbly. Go past one track off to the left. On the right, there is an old well at ground level. Keep right to a junction with a poor-quality, surfaced track. Then take this track to the left to
- 43** Carteresse (7,1 km). Continue to the right on the surfaced Carteresse track. Cross the Issole on the 14th-century bridge with cutwaters, known as Candumy bridge, to

- 44** Le petit Candumy (8,4 km). Cross the D13 with caution. Take the beautiful village track. At the well 500m further on, bear right (west) through an open landscape of vineyards and woods typical of the Issole valley to the hamlet of Saint-André. Cross this hamlet. Soon after leaving the houses, go through a gate on your left and take a bumpy path uphill, heading due east into the woods beneath a leafy canopy to reach
- 47** Le plan de Maunier (12,7 km). Go straight ahead on a narrow path. At the next crossroads, turn right then immediately left on the path climbing up from the cistern, and go around the ruined hamlet of La Garriasse. Keep left at the following junctions. You will walk along the canal that supplied Toulon with water (the Carcès-Carnoules section). Leaving this path, turn left under the small aqueduct onto a surfaced path, staying on this to
- 49** La Tine (14,2 km). 100m further on the little road below there is a spectacular rockfall on the right (danger). Return to marker 49 (14.4km). Continue to the D13. Turn right onto this, following the road carefully to
- 20b** Pont de la Grande Bastide (14,9 km). Cross the bridge to marker 20a (15km). Continue to the right, partly along a millrace towards
- 19** La fourche des Grands Prés (15,7 km). Carry on to the valley bottom, returning to your starting point
- 18a** Les Grands Prés (16,5 km).