

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

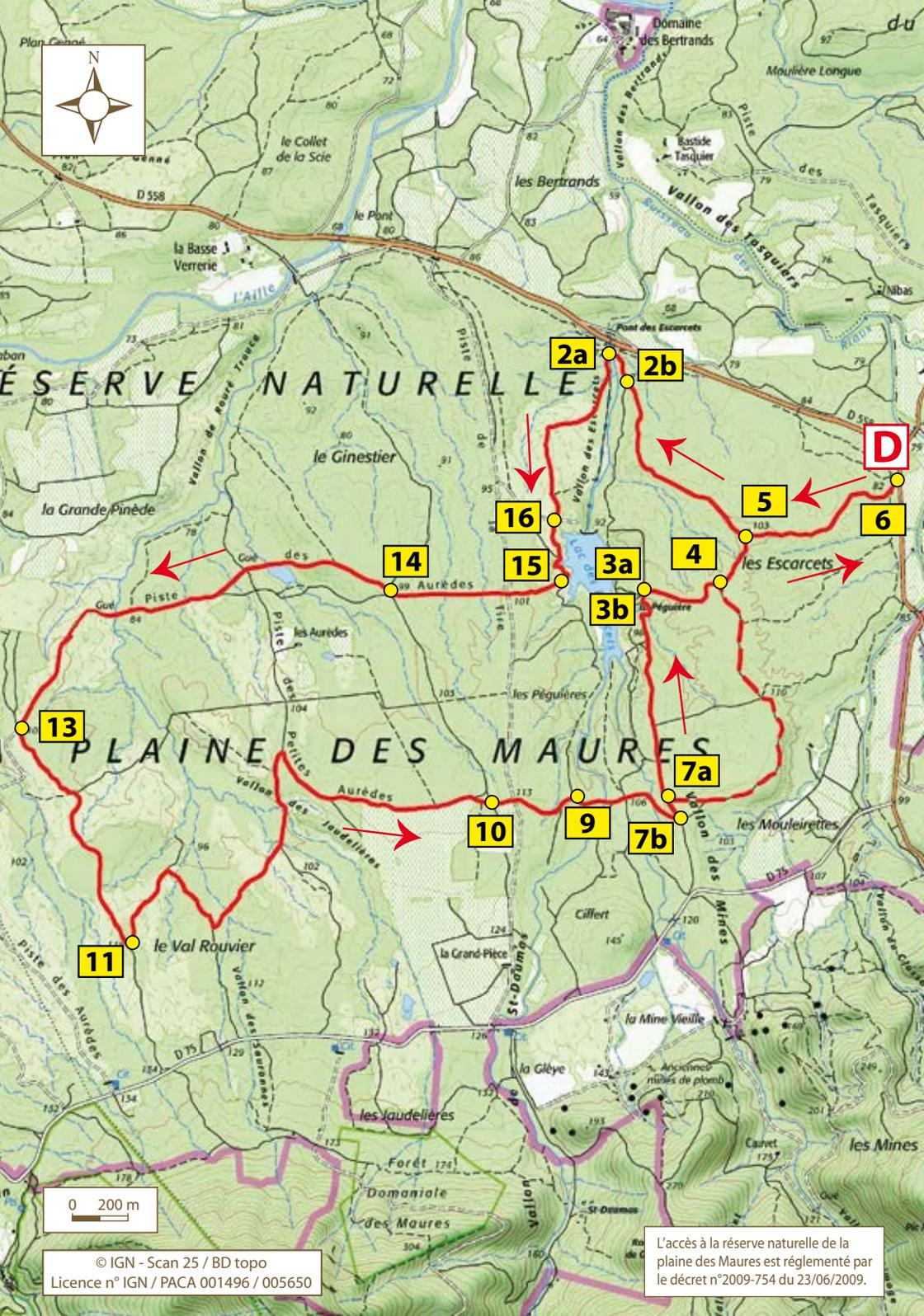
Rejoignez-nous  

Le Cannet des Maures Les drailles des Escarcets



Mountain biking route • Distance: 14,2 km





Le Cannet des Maures Les drailles des Escarcets

Mountain biking route • Distance: 14,2 km • Cycling time: 1 hr 35 mins

An enjoyable route, accessible to all, exploring the Conservatoire du Littoral site at the heart of the Maures plain national nature reserve.

6 From the car park at the Pont Romain bridge, take the la Péguière track to

5 Le collet des Escarcets (0,9 km). Take an old path to the right, which soon becomes a single-track road down to the

2b Le vallon des Escarcets est (2 km). Follow the single-track road over a sandy, rather poor-quality surface to a valley. Dismount, and cross the valley on foot (short portage). Continue under a duct to

2a Le vallon des Escarcets ouest (2,1 km). Turn left onto another single-track road. This section is quite technical (cycling it all is great exercise). The surface is bumpy at first, becoming unstable as the single-track road ascends. Pass a rut followed by sandstone steps then take the path leading to the

16 Le barrage des Escarcets (3,1 km). The Conservatoire du Littoral provides a guide to its site in the car park. Enjoy the view of the lake with the Maures massif as a backdrop. Then continue on an easy trail along the riverbank to

15 Le lac des Escarcets (3,5 km). Turn right, and take a gullied path up towards the La Tire trail, crossing it to reach

14 Les Aurèdes (4,3 km). Continue westwards on the undulating Les Aurèdes track. There is an overwhelming feeling of vastness. The trail runs close to the Retenue des Aurèdes lake, before reaching

13 La Grande Pinède (6,5 km). Turn left onto a gradually climbing path with alternate earthy and stony sections between sparse maritime pines, to

11 Val Rouvier (7,7 km). Take an easy path to the left, which winds through the maquis scrubland with some surface rocks creating little steps. At the cork oak, turn right onto a path. Go through a wooded area, then

past an old abandoned field to another wooded area. At the junction, take a path to the left. The vegetation becomes denser now. At the next junction, keep left past a stream to a triangular junction, then take the right fork. The path leaves the scrub to run alongside vines and a cork oak forest to

10 La Grand Pièce (10,5 km). Continue eastwards, cross the La Tire trail again, then go through a gate towards

9 Le vallon de Saint Daumas (11 km). Continue in this direction. Cross the Saint Daumas valley at the ford (you may need to dismount, depending on the water level). Then go up a slope with an unstable surface. After a flat section, cross another ford (vallon des Mines) to reach

7b Les Mouleirettes (11,5 km). Turn left towards

7a Les Mouleirettes (11,6 km). Continue due north on a path towards the second technical section of the route. Go down a stony, very crumbly path, cross a stream and climb a short but steep slope (unstable surface) towards

Alternative route avoiding the technical section between 7a and 3b: at marker 7a, turn right and go directly to marker 4 on an undulating track.

3b La bergerie de la Péguière (12,6 km). Continue towards the ruins and the nearby marker.

3a La bergerie de la Péguière (12,6 km). Turn right and take an undulating track to

4 La piste de la Péguière (13 km). Continue in this direction towards

5 Le collet des Escarcets (13,3 km). To return to your starting point,

6 Le pont Romain (14,2 km).



D Parking

Le Pont Romain bridge. On the right side of the D558, 8,5 km from the roundabout at the A8/A57 Cannet des Maures motorway junction.

Yellow markers

Elevation: 116 m



Warning:

- Caution is advised on the various fords, rock slabs, wetlands, small rocky steps, gullies, and sandy, stony and muddy areas, where the degree of hazard varies with the seasons.

On the route:

- Explore the Natura 2000 site and the Maures plain national nature reserve.
- Viewpoints over the Les Escarcets lake and the Maures plain with the Alpine foothills of the Haut-Var as a backdrop.

