Var Provence Cruise Club
Excursion ideas: Experience Var-Provence!
Bormes-les-Mimosas
- Bormes is a hilltop village called the “little Provençal Paradise”. It is renowned because of the gorgeous yellow flowers which bloom in the village from January to March, and its old-stone houses (12th century). Visitors can stroll in the medieval narrowed streets, enjoying the numerous Arts & Crafts boutiques and restaurants located in the village.
- More to do: Bormes is located next to the most outstanding sandy beaches in the Var area. L’Estagnol beach, surrounded by a pine forest, is one of them. A little farther, visitors can find beautiful private beaches and seaside restaurants along the Lavandou beach-walk.

Saint-Tropez and Port Grimaud
- No need to introduce Saint-Tropez, the world-renowned village where stars and tourists come to get a tan on the idyllic beaches, sip a cocktail on the typical fishing port and go dancing in prestigious nightclubs.
- More to do: Port Grimaud is right next to Saint-Tropez and is worth the journey. Built on a lagoon, the village is called the “Provençal Venise” because of its incredible architecture and canals.

Hyères-les-Palmiers
- The visitors can discover the beautiful “City of Palm trees” with a walking tour from the old city-center to the ruins of the medieval castle: Authentic shops, vaulted passages, shady squares, ancient tower of the Knights Templar (12th century), paved and narrowed streets, extraordinary gardens of the Villa Noailles…. stand along the path.
- More to do: the breathtaking and protected Porquerolles Island (boat crossing: 20min.).

Sanary-sur-Mer
- The traditional fishing port, the colorful “pointus” boats, the savors of the Provençal market, make the charm of this beautiful village. What a delight to taste sea urchins with a nice glass of Rosé wine, climb up to the Romane Tower to admire the view, enjoy the beaches and walk on the 1km “Sentier du Patrimoine” path!
- More to do: Bandol, city of wine, is a few kilometers away!
The “Côtes de Provence wine Institute”
- Located in Les Arcs-sur-Argens, in the countryside, the Côtes de Provence wine Institute offers a variety of on-site amenities, activities, and services, including a wine-library featuring 800 Côtes de Provence wines, a shop selling local products and oenology workshops.

The “Route des vins Institute”
- This institute is the official representative of œnotourism in Var-Provence. Thanks to its network of 337 partners, it offers several wine routes which perfectly match the visitors’ interests and aspirations: “Horse ride through the vineyards, “Art & Culture”, “Organic wine route”…
- In the Countryside, close to Les Arc-sur-Argens, the Château Roubine, Château Font du Broc, Château Sainte-Roseline and Château de Berne are part of the most outstanding wineries.
- Along the coast to La Londe, the Château Leoubes and the Château de Brégançon offer a breathtaking view over the Mediterranean Sea.

The “Bandol wine Institute”
- Bandol is a one of the most famous Provençal wines with Protected Designation of Origin. The Bandol wine Institute, located in Bandol, presents about 60 vineyards to explore in the area! Among the most popular: the winery of Souviou and its olive tree fields (olive oil production), the winery of Terrebrune and its organic wine culture, or the Domaine de Frégate for its wide range of activities (picking grapes, tasting sessions…).

Unusual wine estates
- “Fabre wine company” has 7 wineries spread over 550ha around the city of Hyères.
  The Château de l’Auméradé (in Pierrefeu-du-Var) is open to public and offers tours including the 3 500m2 cellar, the garden with its hundred-year-old trees, and the “Santons museum” featuring 1800 figurines, symbol of Provence.
- Also, the Château de la Clapière, located in Hyères, has been restored to its original form, just like Queen Victoria saw it during her stay in 1892. Besides a tour of the estate, visitors can admire a collection of items related to her reign.
## THE MOST BEAUTIFUL BEACHES

### Must-see in Var-Provence

### Nature / Leisure

<table>
<thead>
<tr>
<th>Type of excursion</th>
<th>Resting time, water sport activities</th>
<th>Leisure, Sport - outdoor</th>
<th>VIP Tour □ Medium group ■ Large group ■</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of public</strong></td>
<td>All ages, families</td>
<td>Segment: Economic ■ Medium ■ Luxury ■</td>
<td></td>
</tr>
<tr>
<td><strong>Duration of the visit</strong></td>
<td>About 3-4 hours (depending on the formulas) + transportation</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>VAR-PROVENCE</td>
<td></td>
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</tbody>
</table>

### Along the coast from Bormes-les-Mimosas to Brégançon

- The coast from Bormes-les-Mimosas to Brégançon offers beautiful beaches still preserved from urbanization. **L’Estagnol beach**, surrounded by a pine forest, is the perfect place to swim in the crystal blue waters, enjoy a picnic in the shadow of the trees, and even play a Pétanque game! *(Paddle board and Kayak rentals, 1 restaurant)*. **Cabasson** and **Le Pellegrin** are also untouched beautiful sandy beaches.
- **La Favière**, the largest beach of Bormes-les-Mimosas, is less wild than the others but offers restaurants, water sports, and a coastal path.

### Porquerolles (Hyères-les-Palmiers)

- **Notre-Dame beach**, located in Porquerolles Island, has been ranked #1 of the “Most beautiful beaches in Europe” by European Best Destination *(ahead of Navagio in Greece and Zlatni in Croatia)*. It is simply Paradise!
- **La plage d’argent**, on the other side of the port, is as gorgeous but usually busier than Notre-Dame beach. Renting a bike to visit the island is a must-do.

### Gulf of Saint-Tropez

- **L’Escalet beach** is a jewel nestled between Cap Camarat and Cap Taillat; it is often compared to a Seychelles beach because of its cleared blue waters. All around, outstanding coves to explore.
- The Gulf of Saint-Tropez is well known for its private beaches (mainly located at Ramatuelle). **Nikki Beach** or **Tahiti beach** are renowned for their beauty and… amazing parties!

### Le Lavandou

- Le Lavandou is an outstanding seaside resort. **Saint-Clair beach**, bordered by hills, is very appreciated by locals and tourists alike.
- For higher standing, beautiful **private beaches** stand along the beach-walk between the Tourist Office and the “Pointe de Gouron” site.
INDUSTRIAL HERITAGE
BASTIDE DU PLANTIER
Cook like a Chef in a former Provençal farm
and enjoy your homemade lunch

WHAT TO DO:
• Cooking class with a local renowned Chef in a typical Provençal country house.
• Resting time in a peaceful Mediterranean environment (massages available).
• Explore the sandy beaches of Hyères-les-Palmiers.
• Walking tour of the medieval city-center of Hyères-les-Plamiers.
• More: take the shuttle-boat in Giens for a ride to the breathtaking Porquerolles Island.

What is “La Bastide du Plantier”?

• La Bastide du Plantier is located in Hyères-les-Palmiers, in the heart of a Mediterranean forest. It is a former “Bastide” (a Provençal farm) which was renovated to its original design and spirit. The guests have the possibility to relax with massages, to enjoy a delicious lunch, or even to spend the night (2 rooms available) in this peaceful country environment.

• Brigitte, owner of the place, offers cooking classes with a Chef. The guests learn how to make French Mediterranean dishes in a fun way: they go to the local Provençal market to select the ingredients needed for the recipe of the day, or pick fresh vegetables in the Bastide’s garden while meeting its surprising inhabitants (chicken, rabbits, goose, highland cattle...). The cooking classes take place inside, in a traditional kitchen, or outside when the weather is fine.

La Bastide’s features

• The Bastide du Plantier is a perfect gateway to the medieval city-centre of Hyères-les-Palmiers (10 min’s drive).

• The Bastide is very close to L’Almanarre beach (10 min’s drive), a very popular sandy beach of Hyères. Also, L’Ayguaude Beach - with its numerous cafés, restaurants, and ice-cream shops – is just a few kilometers away.

Type of excursion
• Cooking class in a former Provençal Farm
  www.labastideduplantier.fr
• Gastronomy, Leisure
• VIP Tour □ Medium group ■ Large group □

Type of public
• All ages
• Segment: Economic □ Medium ■ Luxury ■

Duration of the visit
• About 3-4 hours (depending on the formulas) + transportation

Location
• HYERES (closest ports of call: Hyères, Toulon)
## EXPLORE THE ANCIENT MINES OF VAR-PROVENCE

*When History meets adventure underground*

<table>
<thead>
<tr>
<th>INDUSTRIAL HERITAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of excursion</strong></td>
</tr>
<tr>
<td>• Interactive tour of an ancient mine</td>
</tr>
<tr>
<td><a href="http://www.mine-capgaronne.fr">www.mine-capgaronne.fr</a></td>
</tr>
<tr>
<td><a href="http://museedesgueulesrouges.fr">http://museedesgueulesrouges.fr</a></td>
</tr>
<tr>
<td>• Heritage, Adventure</td>
</tr>
<tr>
<td>• VIP Tour □  Medium group ■  Large group ■</td>
</tr>
<tr>
<td><strong>Type of public</strong></td>
</tr>
<tr>
<td>• All ages</td>
</tr>
<tr>
<td>• Segment: Economic □  Medium ■  Luxury □</td>
</tr>
<tr>
<td><strong>Duration of the visit</strong></td>
</tr>
<tr>
<td>• About 2-5 hours (depending on the formulas) + transportation</td>
</tr>
<tr>
<td><strong>Location</strong></td>
</tr>
<tr>
<td>• LE PRADET – (closest ports of call: Hyères, Toulon)</td>
</tr>
<tr>
<td>• TOURVES – (closest ports of call: Toulon, Fréjus, St-Raphaël)</td>
</tr>
</tbody>
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**The mine of Cap Garonne in Le Pradet (copper and lead)**

- According to the scientists, this former copper and lead mine is on the top 5 of the mineralogical sites known so far, because of the wealth of its minerals. Authentic period documents, reconstituted scenes of life, and exhibited stones help the visitors to understand the work of the diggers at the 19th and 20th centuries as well as the secrets of crystals. A very popular site with 600 000 visitors/year, worth seeing!

- The mine is located at the top of the hill of Cap Garonne in a beautiful Mediterranean site. It offers a breathtaking view over the sea, including the Golden Islands of Hyères and the Bay of Toulon. Hiking paths are available all around the site.

**The mine “des Gueules rouges” in Tourves (bauxite)**

- This interactive museum with kiosk terminals offers a fun way to learn more about the bauxite exploitation, the Var department’s major industry in the 19th and early 20th centuries. The pure form of aluminium does not naturally occur in nature, so it was largely unknown until as recently as 200 years ago: the visitors discover the former process that was used to turn bauxite into aluminium, and how this metal is still used nowadays.

- Then, the guests put on their helmets for a guided tour through the underground tunnels of a reconstituted ancient mine, and experience the tough life of the workers.

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**WHAT TO DO:**

- Adventurous guided tour of an ancient mine to learn more about minerals, as well as the life of the diggers in the 19th and 20th centuries.
- Cap Garonne: outstanding walks around the site + beautiful beaches close by (10 mins’ drive).
- Tourves: beautiful walks in the “Gorge of Caramy”, along the river + Balisilica of Saint-Maximin (10 mins’ drive).
- Tip: please remember that it is quite cool in the mine (between 14° C and 16° C). Make sure to take warmer clothing even in summer.
MEET LOCAL AQUACULTURE FARMERS
Taste the famous mussels & oysters of Tamaris!

What is aquaculture?

- With its 420km of Mediterranean coasts, the Var department has a great maritime heritage: visitors can taste delicious fishes (Bass, Sea Bream) as well as specialties such as “fried eperlans”, sea urchins, mussels and oysters, at the Provençal markets or restaurants.

- At the end of the 19th century, aquaculture farmers settled down in the beautiful Bay of Tamaris (also called the Bay of Lazaret), and the mussels of this area became renowned in the whole country because of their quality; today, about 10 producers remain on the Bay and they are pleased to share their passion during guided tours.

- From Toulon or La Seyne-sur-Mer, visitors get on a boat to the Bay of Tamaris with a local farmer. He tells them all the secrets of traditional farming in front of an aquaculture farm built on piles, then docks at La Seyne-sur-Mer (at Les Sablettes beach) for the visit of a production facility.

Tamaris aquaculture’s features

- Aquaculture farms are located a few steps away from Les Sablettes sandy beach. It is perfect to rest, swim and enjoy the restaurants of this touristic area.

Also, the Fort Balaguier is only 10 minutes’ drive from Les Sablettes! This former military fort has a museum, a beautiful botanical garden, and a terrace with a panoramic view over the Bay of Toulon.

WHAT TO DO:

- Guided tour of an aquaculture farm by boat + guided tour of a production facility (on the coast, Les Sablettes beach) with a local fish, oyster and mussel farmer.
- Tasting sessions of aquaculture products with a nice glass of wine.
- Resting time - Les Sablettes sandy beach.
- Tour of the Fort Balaguier and its wonderful garden.

Type of excursion
- Tour of local Aquaculture with a fish, oyster and mussel farmer
  www.terresduvar.fr/content/pierre-et-le-loup#.VsSH9Kwd24g
- Cultural heritage, Gastronomy, Leisure
- VIP Tour □ Medium group □ Large group □

Type of public
- All ages
- Segment: Economic □ Medium ■ Luxury ■

Duration of the visit
- About 2-4 hours (depending on the formulas) + transportation

Location
- Departure at LA SEYNE-SUR-MER or TOULON cruise terminals
EXPLORE THE THORONET ABBEY

DOMAINE DU MUY, A CONTEMPORARY SCULPTURE PARK

FREJUS, A CITY WITH 2000 YEARS OF HISTORY

TOULON OPERA HOUSE

TOULON ROYALE TOWER

MEMORIAL MUSEUM OF WW2 LANDING IN PROVENCE

LA CADIÈRE BEST KEPT SECRET PROVENCAL VILLAGE

CULTURE / HERITAGE

VAR PROVENCE CRUISE CLUB

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+33(0) 494 228 060

www.varprovence-cruise.com
@CruiseVarPce
EXPLORE THE THORONET ABBEY
A jewel in the heart of Provence

What is “the Thoronet Abbey”?  
- Surrounded by hills, the Thoronet is one of the most outstanding abbeys in France. It was built in 1146 by the Cistercian Order and, although it is centuries old, it remains one of the best preserved ancient buildings. The visitors can still admire its fantastic Romanesque architecture made with specific local stones, stroll along different rooms (the church, the refectory…), and admire the cloister.
- The Thoronet Abbey is the perfect place to learn more about the Cistercians through centuries, monks who chose to live outside the modern world to create a place dedicated to labor and prayers. The old cellar, wine tanks or the olive presses are witnesses of the economical, domestic, and spiritual activities in the monastery.

Thoronet Abbey’s features:
- Acoustic of the Abbey is exceptional and contributes to its legend. Even nowadays, the scientists try to understand how the architecture can produce such a perfect and pure sound! All the guides of the Abbey are singers. A renowned medieval music festival, with Gregorian chants, takes place in the Abbey every July.
- With 120,000 visitors/year, the Thoronet Abbey is the 1st historical monument to be visited in the Var-Provence area.

WHAT TO DO:
- Guided tour of the Abbey: The Cellar, the Cloister, the Capitular room, the Dormitory, the Church... Enjoy the exceptional acoustics of the place with a singer guide! + Mass every Sundays.
- Workshops available: Make an herbarium with Provençal plant specimens, a calligraphy bookmark, enjoy tasting sessions of local products made by the Sisters of Bethlehem.
- Have a welcome French breakfast (croissants, bread...) or lunch.
- Visit the souvenir shop for a gift.
- More: visit a vineyard estate located a few steps away from the Abbey.
DOMAINE DU MUY
A contemporary sculpture park nestled in the forest

What is the “Domaine du Muy”?  
- Imagine a 12-ha park nestled in a wild, unspoiled Mediterranean forest. Following a 2km path (about 45 min' walk), the visitors are surprised to find 37 giant sculptures, proof of human presence in a place where it is the least expected! The art collector and philanthropist Jean-Gabriel Mitterrand, founder of the park, wanted artists to exhibit their artwork in a natural stunning site... and his dream came true! Artwork meet the Nature in a stunning way.

- The visitors can admire a wild range of artwork, including famous deceased artists such as Niki de Saint-Phalle or Sol LeWitt, but also emerging artists such as Claudia Comte. Some sculptures are lent to the park by galleries and art collectors, but most of them were created to be exhibited in situ.

Domaine du Muy’s features  
- Opened in 2015, the sculpture park is conceived as an ever-evolving open air gallery, with new commissions added as existing works are sold. In 2016, gardens designed by the landscape artist Louis Benech were added in the park.

- The Domaine du Muy Sculpture Park is ranked on top 5 of the “5 fabulous art destinations to visit on the Côte d’Azur” by Artnet magazine.

WHAT TO DO:  
- The two-kilometers path that leads to contemporary sculptures.
- Visit the art gallery located in the park.
- More: The renowned and beautiful Château Sainte-Roseline is a few kilometers away. It offers visits of its wine cellar with wine tasting sessions (Côtes de Provence). The visitors learn the 3 step-process of tasting (with the eyes, the noise and the mouth) with a bilingual team.

www.sainte-roseline.com
FREJUS
A City with 2000 years of History

Type of excursion
- Tour of Roman and Medieval sites + Rest time at the beach
  http://en.frejus.fr/frejus/
- Culture, Leisure
- VIP Tour □ Medium group ■ Large group ■

Type of public
- All ages
- Segment: Economic □ Medium ■ Luxury □

Duration of the visit
- About 3-5 hours (depending on the formulas) + transportation

Location
- FREJUS

What is Fréjus?
- Fréjus was the first Roman military harbor of the Mediterranean coast. Nowadays it is a popular city of Art and Culture because of its numerous historical monuments to visit. Roman sites such as the Roman Amphitheater or the Roman Aqueduct stand next to medieval ones; the Cathedral Saint-Leonce and its cloister are a rare vestige of medieval times and early Christianity.

After a guided tour, the visitors can stroll in the historical town center, enjoy its boutiques and Provençal market, then walk to the new marina called “Port Frejus” to have a drink or a refreshing ice-cream on the beach!

Fréjus’ features
- Fréjus is ideally located in the heart of Côte d’Azur. The “Esterel Hills” or the “Douanier path” along the coast offer beautiful walks to spend nice days out. For those who prefer to rest, Fréjus has numerous sandy beaches. Further on, the coast that runs from Fréjus to Théoules holds jewels like the “Bay of Agay” or the “Aiguille beach”. Also, Fréjus is surrounded by famous vineyard estates such as “Le Clos des Roses” or “Le Jas des Oliviers”.

- Fréjus is the perfect gateway to the Gulf of Saint-Tropez (50mins’ drive) or to the French Riviera (45mins’ drive).

WHAT TO DO:
- Tour of a Roman or Medieval monument + historical town center + resting-time at the beach
- Play a “Pétanque game” with locals
- “The Douanier path”, a beautiful coastal path.
- Visit of a vineyard estate or the “Maison des vins wine institute” located at Les Arcs-sur-Argens (oenology classes, a shop selling local products, wine-library…).
- More: a ride to the Gulf of Saint-Tropez (Saint-Tropez, Port-Grimaud) or to the French Riviera (Cannes, Nice).
TOULON OPERA HOUSE,
The second-largest opera house in France

What is “Toulon Opera House”?
- Toulon Opera House was inaugurated in 1862 and was at the time the largest opera house in France with a main room of 1 797 seats. The Garnier Opera in Paris opened in 1875, meaning 13 years after Toulon’s, and with a capacity of 100 extra seats only!

- Toulon Opera House was built in a typical French Second Empire style and has a Historic Monument classification since 1992. The visitors can observe many interesting details on the building like geometrical friezes, an example of Byzantine-inspired craftsmanship fashionable at that time.

- But the highlight of the visit is the main hall with its incredible ceiling: The painter Louis Duveau represented no less than 123 characters from Mythology and Theater on this 15 meters’ diameter surface. It is a delight to hear about its achievement from the red coated seats!

Opera House’s features:
- Besides its impressive ceiling and architecture, the opera house has 2 terraces with fantastic views over the old city-center of Toulon.

- The magnificent “Campra Foyer”, which is now a concert hall, features 3 original Second Empire-style chandeliers. It reminds us that, in the late 19th century, Toulon Opera House was on the leading edge as the light and heater worked with gas.

WHAT TO DO:
- A guided tour of Toulon Opera House: the impressive ceiling in the main hall, the monumental southern facade, the 2 terraces with a panoramic view over the city-centre, and the majestic “Campra foyer” where musicians have rehearsals.

- More: the visit of the opera house can be part of a walking tour of Toulon. Meet the shopkeepers and taste their local specialties. For example, the “Comptoir de Mathilde” welcomes cruise guests into a beautiful Provençal-style boutique featuring olive oil, tapenade, biscuits… and aperitif!
THE ROYALE TOWER,
Symbol of Toulon’s marine heritage

Type of excursion
- Guided tour of the Royale Tower - only available for cruise guests
- History, Heritage / Panoramic view
- VIP Tour □ Medium group ■ Large group □

Type of public
- All ages (difficult access for disabled travelers inside the tower)
- Segment: Economic □ Medium ■ Luxury □

Duration of the visit
- About 1-2 hours (depending on the formulas) + transportation + beaches

Location – Free parking lot
TOULON - 10 mins’ drive from Toulon City-Center Cruise Terminal

What is the “Royale Tower”?
- The Royale Tower, also called “the large tower”, is the symbol of Toulon’s maritime past and has a Historic Monument classification since 1947. The tower was built in early 1600’s and was named after King Louis XII who asked for its construction. Strongly defended by cannons, the Royale Tower was the first military fort built in Toulon to protect the bay against maritime assaults.

- Toulon Royale Tower has a passionate history: it was a fort, but also a shelter for protestant families during the 16th century French religious war, a prison for revolutionaries and political prisoners, a place to hide the money of the National Bank during the insurrection of Paris in 1871, and a German weapon storage during the WW2!

Toulon Royale Tower’s features:
- The architect of the fort, Gian-Antonio della Porta, got inspired by the circular-shaped towers from Italy (the “Torrioni”), very popular in the 16th century. The fort is a great architectural accomplishment as the structure is divided in two parts: one was built on water, and the other was built into the rocks. The walls of the tower can be 7-meter thick! From the terrace, the visitors have a panoramic view over the Bay of Toulon

- The Royale Tower is surrounded by a nice park and a sandy beach.

WHAT TO DO:
- Guided tour of the outside and inside (exclusive tour) of the Royale Tower: Bastion, wall-walk, vaulted chamber, fortified gun emplacements…; nice walk on the upper terrace to have a look over the Bay of Toulon.
- Private use of the terrace possible for events or activities/workshops (yoga classes, concerts…)
- Guided walking tour in the park next to the Tour Royale where the “bathyscaphe FNRS3” submarine is exhibited (+ Pétanque field, playground for children…)
- Resting time at Pipady beach, located right next to the tower.
- More: You can add the visit of the Royale Tower to your walking tour of Toulon City-Center.
### MEMORIAL MUSEUM OF WW2 LANDING IN PROVENCE

**A high place of national memory**

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**What is the memorial?**
- Located at the top of the Mont Faron hill which dominates Toulon with an exceptional panorama of the Var coast, the memorial is equipped with the latest advances in historical research and modern technologies to immerse the visitor in the heart of the landing of Provence.

**Memorial’s features**
- The Museum is organized with 3 thematics: The preparation of landing, the landing, and the path of victory.
- A series of documents and objects commemorating the liberation of southeast France by the Allies in August 1944. It also displays exhibits from soldiers in the region: British, American, Canadian, French and German.
- Great audiovisual show. An interactive and emotional visit which charms all publics!

**How to access**
- Climb aboard the red cable car to reach the summit of Mont Faron hill and enjoy the panoramic view of Toulon Bay

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### Type of excursion
- **Guided tour of the memorial**
- **History, Heritage, Panoramic view**
- **VIP Tour**
  - **Medium group**
  - **Large group**

### Type of public
- **All ages, families**
- **Segment: Economic**
  - **Medium**
  - **Luxury**

### Duration of the visit
- **About 1-3 hours (depending on the formulas) + transportation**

### Location
- **TOULON - 10 mins’ driving distance from Toulon Cruise Terminal**
- **Take the modern red cable car to access**

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**WHAT TO DO:**
- **Guided tour of the memorial**
- **Walking tour in the forest:** path discovering local flora named “Garrigue” and admire the panoramic view of the Toulon Bay and the Var coast.
- **Visit of the Chapel “Notre Dame du Faron”**
- **Visit of the Mont Faron zoo** specialized in big cat reproduction

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Var Provence Cruise Club Founding Members

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www.varprovence-cruise.com // @CruiseVarPce
NATIONAL MARINE MUSEUM
The maritime history of Toulon

What is the National Marine Museum?
- Located in the heart of Toulon, the museum retraces the history and evolution of the Navy and of the arsenal of Toulon through the centuries. The evolution of the warships is presented in chronological order, from the ground floor to the first floor.

Museum’s features:
- Discover the history of the arsenal, from the merchant port to the first military port of Europe today.
- Contemplate the paintings of Joseph Vernet. Discover the biggest rope-making of France designed by the well-known Vauban, but also the magnificent models built for the sailor’s instruction and the monumental sculptures centuries-old.
- Appreciate then the technical innovations during the industrial revolution of the 19th century. Experience the WW2 and the scuttling of the French fleet in 1942. Admire finally a torpedo, models of submarines and aircraft carriers.

WHAT TO DO:
- Guided tour of the museum (audio guide in five languages – French, English, Italian, Spanish, German)
- Visit of the annual exhibition
- Flash Tour on Sundays (in French only)

Type of excursion
- Guided Tour of the museum
- History, Heritage
- VIP Tour ■ Medium group ■ Large group ■

Type of public
- All ages, families
- Segment: Economic ■ Medium ■ Luxury ■

Duration of the visit
- About 1-2 hours

Location
- TOULON - 10 mins’ walking distance from Toulon Cruise Terminal
Next to the main entrance of the naval base, 100 meters away from the Marina – Place Monsenergue, Quai de Norfolk
**LA CADIERE D’AZUR**
Best kept secret Provencal village

### What about La Cadière?
- La Cadière, in Southwest of Var, is a typical Provencal village perched with a lot of character. The village holds an exceptional brightness which was immortalized by famous painters like Lucien Fontanarosa, André Favory, Robert Lemercier.
- This medieval village is also the geographical capital of the “AOC Bandol” vineyard.

### La Cadière’s features:
- A provencal village with craftsmen (painters, weavers, potters) where you can discover local products (Bandol vineyards, brewery, oil-mill).

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### Type of excursion
- Medieval village tour, rest time for shopping or discovering the local gastronomy Culture, Art Craft, leisure
- VIP Tour  ■  Medium group  ■  Large group  ■

### Type of public
- All ages, families
- Segment: Economic ■  Medium ■  Luxury ■

### Duration of the visit
- About 1-4hours (depending on the formulas) + transportation

### Location
- Closest ports: Saint-Cyr, Bandol, Sanary and Toulon (20 min’s driving)

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### WHAT TO DO:
- **Focus on the village:** lively all year long thank’s to its art workshops.
- **Rent electric bike** and discover the surroundings and countryside and vineyards
- **Enjoy local flavors and gastronomy or a cooking** class at the renowned Hostellerie Bérard & spa 4*
- **Visit the wine cellar of La Cadierenne and enjoy a wine tasting**
- **Go to the Paul Ricard track** which welcomes F1 races (guided tour, driving lessons, karting…)

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Var Provence Cruise Club, 663 avenue de la 1ère armée Française, 83500 La Seyne-sur-Mer, France // + www.varprovence-cruise.com // @CruiseVarPce
THE RAYOL MEDITERRANEAN GARDEN

FUN ACTIVITIES IN LA CASTILLE WINE ESTATE!

GORGES DU VERDON, THE MOST BEAUTIFUL CANYON IN EUROPE

THE DOMAINE D’ORVES

NATURE / LEISURE

VAR PROVENCE CRUISE CLUB
contact@vpcc.fr
+33(0) 494 228 060
www.varprovence-cruise.com
@CruiseVarPce
THE RAYOL MEDITERRANEAN GARDEN
A green lung right on the beach

Type of excursion
- Tour of the Rayol Mediterranean Garden + workshops
  http://www.domainedurayol.org/
- Garden, Leisure - outdoor
- VIP Tour □ Medium group ■ Large group ■

Type of public
- All ages, families
- Segment: Economic ■ Medium ■ Luxury □

Duration of the visit
- About 2-4 hours (depending on the formulas) + transportation

Location
- LE RAYOL (closest ports of call: Cavalaire, Le Lavandou, St-Tropez)

What is “the Rayol garden”?
- The Rayol is a natural protected site of 20ha, located on the coast between Le Lavandou and Saint-Tropez. The famous French gardener Gilles Clément designed the garden as “a travel through Mediterranean landscapes across the World”, including Canaries, California, Australia, South Africa, and Chili. The visitors experience a walk within a beautiful site while learning about the variety of plants, whether they are interested in horticulture or simply wanting an enjoyable day out!

- The dedicated bilingual team of the Rayol offers a wide range of Garden theme workshops. A lot are suited for families with children.
  In Summer, as the Rayol is located right on the beach, the visitors can also learn more about the Mediterranean’s marine life by experiencing an underwater naturalist course (snorkeling sessions). For the 6-12 years old children, the “Foot on water” workshop is available.

Rayol Garden’s features
- The garden has been designed according the “Garden of the World’s philosophy”: thanks to a good choice of implementation, the garden evolves by itself with very low maintenance.

WHAT TO DO:
- Tour of the outstanding garden + workshops.
- Lunch at the “café des jardiniers” in the heart of the garden.
- Sunbathe and swim at the sandy beaches located next to the Rayol.
- For more: the Rayol garden is on the way to 2 very popular and beautiful villages, Bormes-les-Mimosas and Saint-Tropez.
**FUN ACTIVITIES IN LA CASTILLE ESTATE**

*Enjoy a typical vineyard estate, ideal for a walk, tree climbing & wine tasting*

<table>
<thead>
<tr>
<th>NATURE / LEISURE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of excursion</strong></td>
</tr>
<tr>
<td>• Walk in a 160ha vineyard estate + Acrobranch Park</td>
</tr>
<tr>
<td><a href="http://www.ecopark-adventures.com/fr/ecopark-la-castille">www.ecopark-adventures.com/fr/ecopark-la-castille</a></td>
</tr>
<tr>
<td>• Nature, Gastronomy, Sport, Leisure - outdoor</td>
</tr>
<tr>
<td>• VIP Tour □ Medium group ■ Large group □</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of public</th>
</tr>
</thead>
<tbody>
<tr>
<td>• All ages, families</td>
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<tr>
<td>• Segment: Economic ■ Medium ■ Luxury □</td>
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</table>

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>• About 2-4 hours (depending on the formulas)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>• LA CRAU - 25 mins' driving distance from Toulon.</td>
</tr>
</tbody>
</table>

What is the “Domaine La Castille”?

- La Castille is a beautiful 160ha vineyard estate open to public all year round. It is the perfect place to enjoy a typical Provençal environment by *strolling through the vineyards and along the watercourse*, or by *tasting local wine and products in the cellar shop*. For longer stays, an old mansion (18th century) surrounded by hundred-year-old plane trees shelters a hotel with a restaurant.

- From March to October, visitors (from 7-year-old) can also experience *fun and adventurous activities in the “acrobranch park”*. “Acrobranch” is an outdoor sporting activity that takes place on top of trees: the goal is to go from one tree to another by using Tarzan swings, bridges, nets, zip lines... until the end of the course, without setting foot on the ground. *7 courses are available, depending on the level of difficulties (from very easy to difficult). A mini park is opened for children aged from 3 to 6 years old.*

  The park is managed by a private company, *Ecopark Adventures*, and its dedicated team ensures safety and security of all visitors providing helmets and harnesses.

La Castille’s features

- La Castille estate is managed by the church of Toulon-Fréjus since the 20’s and *produces 15 grape varieties*, one of which is “Côtes de Provence”.

- *Horseback rides through the estate available.*

**WHAT TO DO:**

- Discover a Var-Provence vineyard estate by strolling through the vines.
- Taste local wine and products in the cellar, have a typical Provençal meal in the restaurant.
- Climb on top of trees in the “acrobranch park”.
- *For more:* the hilltop medieval village of Solliès-ville is located 15 minutes’ drive from La Castille.
### Var Provence Cruise Club

**Contact Information**
- **Address:** 663 avenue de la 1ère armée Française, 83500 La Seyne-sur-Mer, France
- **Phone:** +33 (0) 494 228 060
- **Email:** contact@vpcc.fr
- **Website:** www.varprovence-cruise.com
- **Twitter:** @CruiseVarPce

### GORGES DU VERDON
**The most beautiful canyon in Europe**

| Type of excursion | Scenic road + typical villages + canoeing on Lake Sainte-Croix  
|                  | Nature, Leisure - outdoor |
| VIP Tour | Medium group • Large group |

| Type of public | All ages, families |
|               | Segment: Economic • Medium • Luxury |

| Duration of the visit | 1 day with transportation |

| Location | SAINTE-CROIX (closest ports of call: Fréjus, Saint-Raphaël) |

### WHAT TO DO:

- Scenic road + village of Moustiers-Sainte-Marie, city of pottery + lake Sainte-Croix.
- Activities on the lake Sainte-Croix: canoe or pedalo through the canyon.
- **For More:** visit of the “Château d’Aiguines”. High quality services: sauna, swimming pool, cellar wine, art museum.
- **For more:** from June to the end of July, it’s Lavender time! On the road to the Verdon, the “Plateau de Valensole” is the best area to see the purple fields.

### What is the « Verdon Gorge »?

- The Verdon Grand Canyon is considered as the most beautiful and deepest canyon in Europe. Stepping over two departments ("Alpes de Haute Provence" and "Var"), the canyon has been dug by the Verdon river during thousands of years. It is today 50km long with some parts as deep as 700 meters. **This unique site is listed as "Grand Site de France".** What else could it be for such a jewel?

- There are numerous ways to discover the Verdon Gorge. The visitors can admire the spectacular view of the scenic road. The “Point Sublime” is a popular stop to enjoy a breathtaking view over the “Samson Corridor” (a deep cliff) or to start a hike on the “Martel path”.

- For those who only have 1-day call, **the most interesting part of the Verdon Gorge is around the lake Sainte-Croix. The typical village of Moustiers-Sainte-Marie**, city of Pottery, is a must-see: What a pleasure to stroll in the narrowed streets filled with shops and cafés! Also, the village of Aiguines is worth a visit because of its view on the lake and its prestigious hilltop castle.

### The Verdon’s features

- The lake Sainte-Croix, gate to the Verdon Gorge, is the perfect place to swim or enter the canyon by the river (canoe or pedalo).
DOMAINE D’ORVES,
An extraordinary garden next door to the Ports of Toulon Bay

What is the “Domaine d’Orvès”?
- Charmed by the house and its 8 ha. backyard, the artist-painter Pierre Duval bought the estate in 1925 and set up its workshop. Nowadays, the descendants of the painter perpetuate the passionate history of the place, while turning a part of the estate into a majestic garden.

- The 17th century house, a Provençal “Bastide”, has a Historic Monument classification since 1993, and the garden is listed as “Extraordinary garden” by the National Tourism Authority since 2005.

The “Domaine d’Orvès” features:
- The estate is well-known by nature-lovers because of the variety of its vegetation (rose bushes, arbutus trees, mimosas…) and the beauty of its path (about 20mins’ walk) which goes through an olive grove, a wood, and a meadow. Fountains, watering places, and an old chapel stand in the garden.

- The visitors can also come in the “Bastide” to visit Pierre Duval’s former studio, and learn more about this French post-impressionist painter. Some of his work is exhibited in the house, and Art workshops are available.

- The traditional Provençal wooden kitchen is the perfect place to cook local dishes with a Chef, and the living room offers 2 pianos for the musicians!

WHAT TO DO:
- A guided tour of the estate with gardening workshops.
- Cooking classes with a Chef, inside the house (in the traditional Provençal kitchen) or outside (on the terrace).
- Art workshops with a local artist.
- Music sessions in the living-room of the “Bastide”.

Var Provence Cruise Club Founding Members
RECREATIONAL
/ SPORT
/ LEISURE
ENJOY GOLFING AT THE
DOLCE FREGATE PROVENCE GOLF RESORT
The most breathtaking golf course in Europe!

What is the “Dolce Fregate Provence Golf Resort”?
- Dolce Fregate Provence Golf Resort is renowned as one of the most beautiful courses in Europe because of its extraordinary views over the Mediterranean Sea. Located in a typical Provençal environment – with vines and olive trees – the resort has 2 golf courses, the “Fregate Par 72” (18 holes, 6,210m) which offers 15 viewpoints over the sea, and the “Fregate Par 29” (9 holes, 1,700m) dedicated to beginners.

- In addition to the golf courses, the resort is the perfect place to relax. The visitors can enjoy the spa, the outdoor pool (opened from April to December), as well as 2 restaurants and bars. For longer stays, the hotel has rooms and suites.

Dolce Fregate Provence Golf Resort’s features
- The golf courses were designed by the famous American golf architect Ronald Fream.

- From the Resort, a path leads to the “Galère Calanque”, a natural cove where visitors can swim in the crystal blue waters.

WHAT TO DO:
- Enjoy one of the most beautiful golf courses in Europe (18 holes or 9 holes), or have a relaxing time at the swimming pool or spa.
- Have lunch at the restaurant or a drink at the Plazza bar on top of the hotel.
- Play a “Pétanque game” over an aperitif, or go to the “Domaine de Frégate” (wine estate) for a wine tasting session or a grape picking. 5 mins’ walk.
- For more: the resort is ideally located next to Sanary, Saint-Cyr or Bandol, 3 typical fishing ports with beautiful marina’s walks.
TOUR OF THE CIRCUIT PAUL RICARD
Test the most innovative car racing circuit in Europe!

What is the “Circuit Paul Ricard”?
- The Circuit Paul Ricard, also called “the Castellet Circuit”, is a world-renowned racing circuit created in 1970. It has forged its legend in the 70's and 80's by hosting cars, sidecars and motorbikes’ championships; in those days, the circuit was a world reference in term of design because of its famous 1,800 meters’ straight track! The Circuit Paul Ricard welcomed 14 “F1 Grand Prix of France”, 22 “Bol d’Or” and 12 “Moto Grand Prix” until 1999.
- Nowadays, the Circuit Paul Ricard is a high-tech and innovative place with highly secured tracks. Unique in the world, they are coloured in blue, red, and white to improve the visibility of the pilots during the races: it is called the “Blue line concept”. Viewed from the sky, the Circuit looks like an abstract painting!
- The Circuit offers 167 possibilities of tracks, from 826m for the shorter to 5,861km for the longest, and the public can watch the races or the F1 tests seated in new stands (5,000 visitors’ capacity).

Circuit Paul Ricard’s features
- Besides its guided tour, the site offers a unique experience for the most adventurous: karting sessions on the Karting Test Track, Driving classes in GT cars, Segway tours of the racing circuit.

WHAT TO DO:
- A guided tour of the Circuit: The Paddock, the Pit Building Hall, the Track Video Control Room, the Telemetry room, the Medical Center, the Security Lane.
- A ride on the Karting Test Track, driving lessons in GT cars, Segway tours.
- Have lunch in the “High speed Club” Brasserie.
- For more: Hilltop medieval village of the Castellet.

Type of excursion
- Guided tour of a world-renowned racing circuit + activities
  - www.circuitpaulricard.com
- Recreational, Sport
- VIP Tour □ Medium group □ Large group □

Type of public
- All ages, families
- Segment: Economic □ Medium □ Luxury □

Duration of the visit
- About 2-4 hours (depending on the formulas) + transportation

Location
- LE CASTELLET (closest ports of call: Bandol, Saint-Cyr, Sanary)
TOUR OF THE RUGBY CLUB TOULON STADIUM
   Enter the Red and Black’s backstage!

<table>
<thead>
<tr>
<th>RECREATIONAL / SPORT</th>
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</thead>
<tbody>
<tr>
<td><strong>Type of excursion</strong></td>
</tr>
<tr>
<td>· Tour of the RCT Stadium (Toulon’s Rugby Club) + entertainments <a href="http://www.rctoulon.com/accueil">http://www.rctoulon.com/accueil</a></td>
</tr>
<tr>
<td>· Sport, Leisure</td>
</tr>
<tr>
<td>· VIP Tour □ Medium group ■ Large group □</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Duration of the visit</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>· About 1-3 hours (depending on the formulas) + transportation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Location</strong></th>
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</thead>
<tbody>
<tr>
<td>· TOULON - 10 mins’ walking distance from Toulon Cruise Terminal</td>
</tr>
</tbody>
</table>

**What is the “RCT”?’**

- The Rugby Club Toulonnais (RCT) is closely intertwined with Toulon’s History. The Club was created in 1908 and became world-renowned **because of its victories (1st club to win the European Champions Cup 3 times in a row)** and its emblematic legends such as Tana Umaga or Jonny Wilkinson (from 2009 to 2014). The Stadium regularly hosts international teams: the All Blacks, Leinster Rugby, Natal Sharks, London Irish or Saracens set foot on the field!


**RCT’s features**

- The Club is located in the legendary Mayol Stadium, the only stadium in Europe with a 15.500 spectators’ capacity to be situated downtown.

- Mayol Stadium is right in front of Toulon cruise terminal; passengers can even have a look at it from the upper deck of their ship!

- **The Pilou-Pilou is a “war cry” sang by the RCT supporters** before and after a game. It has been written in the 40’s and became very popular in Toulon’s area.

**WHAT TO DO:**

- A guided tour of the RCT stadium: the “legend avenue” (handprints of famous players), the field, the stands, the boxes, the dressing rooms… The presence of players is possible!

- Enjoy a beer at the RCT’s pub, sing famous RCT’s songs (Hells Bells, Pilou Pilou, Coupo Santo) and receive your RCT’s welcome gift.

- Find a gift in the RCT souvenir shop.
**HAVE A TASTE OF PROVENCE**
**ON A FUN VIP TOUR WITH CASINO JOA**
**FROM TOULON OR LA SEYNE-SUR-MER**

<table>
<thead>
<tr>
<th>LEISURE / GASTRONOMY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of excursion</strong></td>
<td></td>
</tr>
<tr>
<td>- Visit of a typical olive oil soap maker</td>
<td></td>
</tr>
<tr>
<td>- Discover a traditional nougat shop</td>
<td></td>
</tr>
<tr>
<td>- Provençal lunch with a breathtaking view of Toulon Bay</td>
<td></td>
</tr>
<tr>
<td>- VIP Tour with maximum of 16 guests</td>
<td></td>
</tr>
<tr>
<td><strong>Type of public</strong></td>
<td></td>
</tr>
<tr>
<td>- All ages, families  (disabled access: Yes)</td>
<td></td>
</tr>
<tr>
<td>- Segment: Economic □ Medium ■ Luxury ■</td>
<td></td>
</tr>
<tr>
<td><strong>Duration of the visit</strong></td>
<td></td>
</tr>
<tr>
<td>- About 2-3 hours (depending on the formulas) + transportation</td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td></td>
</tr>
<tr>
<td>- Departure from TOULON or LA SEYNE-SUR-MER Cruise Terminals</td>
<td></td>
</tr>
</tbody>
</table>

**What is included in this tour?**

- Visit a typical olive oil soap maker and experience its traditional method during a workshop.
- Taste and experiment the traditional recipe of a nougat (a chewy sweet containing nuts).
- Finish your VIP Tour by enjoying a typical Provençal meal with a breath-taking view of Toulon Bay and the military port.
- Free time in the Casino (Passport required)
  The Casino JOA is 15 min’s walking distance from La-Seyne-sur-Mer cruise terminal
- Private transportation from your cruise ship

**WHAT TO DO:**

- Enjoy your tour with a private and exclusive transportation from your cruise ship.
- Discover and visit the backstage of a soap factory, learn how to make the various kinds of soap with natural products.
- Visit the nougat factory to discover our centenary Provençal tradition. Discover the nougat manufacturing, products historically attached to the thirteen Provençal desserts’ Christmas tradition, blend of almonds and honey which has pleased the taste buds for 6 generations.
- Enjoy a Provençal lunch with seaview.
- Gamble at the Casino JOA.
What is included in this tour?

Fly over the jewels of the coast of Provence and its striking contrast (islands, rugged coastline, salt, turquoise water beaches).

From the airport of Toulon-Hyères, you will live a memorable experience and get a full commented description of what you see by your pilot: sensations and emotions guaranteed!

20 min of flight including: The salt marshes and its pink flamingos, La Londe beaches and the Domaine of Léoube and Brégançon, Bénat Cap, the islands of Levant and Port-Cros with its National Park, the island of Porquerolles, which is a classified site and its 3 main beaches: Notre Dame beach (designated Europe’s most beautiful beach by Europe European Best Destination in 2015), the Courtade and Silver Beaches (which takes its name from the color of its sand).
EXCURSION IDEAS

LE LAVANDOU VILLAGE

LE LAVANDOU “PATH OF THE PAINTERS”

“The Cottage of Vines” in Sanary

The Cradle of the Côtes de Provence Wine (from Frejus)

“The Sweet Tooth Craving Chocolate Tour” in Roquebrune-Sur-Argens (from Frejus & Saint-Raphael)

Tourrettes “The Open Air-Museum” (from Frejus & Saint-Raphael)

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FROM LE LAVANDOU
Excursion ideas / ½ -day

DISCOVERY OF LE LAVANDOU VILLAGE

Practical information

<table>
<thead>
<tr>
<th>Disabled Access:</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season:</td>
<td>All year</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Morning excursion</th>
<th>Afternoon excursion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Departure time from the berth:</td>
<td>8:30 am</td>
</tr>
<tr>
<td>Travel duration:</td>
<td>5 mins’ drive (2km/1.2 miles) OR 35 mins’ walk (2km/1.2 miles)</td>
</tr>
<tr>
<td>Starting time of the excursion on-site:</td>
<td>8:45 am</td>
</tr>
<tr>
<td>Leaving time:</td>
<td>11:45am/12:15 pm</td>
</tr>
<tr>
<td>Return at the berth:</td>
<td>Noon/12:30 pm</td>
</tr>
</tbody>
</table>

What to do?

- Duration: about 2h  
  Discover the heart of the village in a fun way through its History, former pictures, emblematic Provençal figures and Mediterranean gardens! Meet the shopkeepers and learn more about the fishing activity and the cork-oak culture in Le Lavandou area.

- Duration: about 1h30  
  Then, let’s go to the Domaine de l’Anglade, a renowned and beautiful wine estate, to experience grape picking (in season), understand the wine-making process, and have some tasting sessions.
FROM LE LAVANDOU
Excursion ideas / ½ -day

THE PATH OF THE PAINTERS

### Practical information

<table>
<thead>
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<td>12:45 pm</td>
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<tr>
<td><strong>Leaving time:</strong></td>
<td>11:45am/12:15 pm</td>
<td>3:45pm/4:15pm</td>
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<tr>
<td><strong>Return at the berth:</strong></td>
<td>Noon/12:30 pm</td>
<td>4:00pm/4:30 pm</td>
</tr>
</tbody>
</table>

### Duration

- About 4 hours (depending on the formulas)

### Location

- LE LAVANDOU

### What to do?

- **Duration: about 2h**
  - **Have a nice walk following the 2km (1.2 miles) “path of the painters”!** Numerous reproductions of paintings stand along a beautiful coastal path, and allow the visitors to discover 2 emblematic neo-Impressionist painters who worked in the Lavandou area: Henri-Edmond Cross and Théo Van Rysselberghe.

- **Duration: about 2h**
  - **The villa-workshop of the painter Théo Van Rysselberghe will be open to the public in June 2017.** The visitors will be able to visit the villa (a major building witnessed to the Lavandou’s Culture and Architecture) as well as an art gallery.
FROM SANARY
Excursion ideas / ½ -day

THE “CABANON DES VIGNES” (THE COTTAGE OF VINES)

<table>
<thead>
<tr>
<th>Practical information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
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<td>No</td>
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<tr>
<td>Season:</td>
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<tbody>
<tr>
<td>Departure time from the berth:</td>
<td>8:30 am</td>
</tr>
<tr>
<td>Travel duration</td>
<td>15 mins’ drive</td>
</tr>
<tr>
<td>Starting time of the excursion on-site:</td>
<td>8:45 am / 9:00 am</td>
</tr>
<tr>
<td>Leaving time:</td>
<td>11:00 / 11:30 am</td>
</tr>
<tr>
<td>Return at the berth:</td>
<td>11:30 / Noon</td>
</tr>
</tbody>
</table>

What to do?

- Duration: about 2h
  - Discover the “Cabanon des vignes” with a local winemaker or a local beekeeper! The “Cabanon des vignes” is a 3.4 ha estate where vines and olive trees grow together: that’s the perfect place to taste some local products and of course, to have a glass of wine “AOC Bandol” made from the vineyard; Gardening in the vegetable/aromatic garden, next to a donkey, some goats and one sow (local inhabitants), is also possible!

- Duration: about 1h30
  - Then, stroll in the beautiful city-centre of Sanary: Provençal market, shops, traditional fishing port...
### Practical information

<table>
<thead>
<tr>
<th>Disabled Access:</th>
<th>Château Font du Broc: No / Côtes de Provence wine institute: Yes / Village of Les Arcs-sur-Argens: No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season:</td>
<td>All year</td>
</tr>
</tbody>
</table>

#### Idea of Trip Planner

| Departure time from the berth: | 8:30 am |
| Travel duration:               | 40 mins’ drive from Fréjus (one way) |
| Starting time of the excursion on-site: | 9:10 am / 9:20 am |
| Leaving time:                  | 2:30 pm / 2:45 pm |
| Return at the berth:           | 3:15 pm / 3:30 pm |

### What to do?

- **Duration: about 1h30**
  - **Visit of the Château Font du Broc (wine estate):** if you like old stones and traditional “savoir-faire”, immerse yourself in this authentic wine estate, and discover its impressive 20 meters’ deep cellar: a masterpiece inspired by Cistercian architecture!

- **Duration: about 1h30**
  - **Stop at the Côtes de Provence wine institute:** you can find a wine-library featuring 800 Côtes-de-Provence wines, a shop selling local products and oenology classes. + Restaurant.

- **Duration: about 1h30**
  - **Stroll in the beautiful medieval city-centre (named the “Parage neighbourhood”) of Les Arcs-sur-Argens:** it is just as if Time has stopped! Cobbled stone and narrowed streets, medieval fortification, dungeon on top of the hill...
Discover « Roquebrune-sur-Argens village »

Hidden treasure of the French Riviera, imagine a village with the old charm and authenticity of Provence. The ancient medieval village of Roquebrune-sur-Argens, dominated by its « Rock », has retained its narrow alleys, the Castrum and tiny Provençal squares that give it a typically Provençal charm. Stroll in the village and combine your visit with the Maison du Patrimoine and the Maison du Chocolat and Cacao.

Well-informed food-lovers, wine aficionados and nature lovers... Roquebrune-sur-Argens is the perfect place to savour the delicious local products from the farms around or shop in the arts and craft boutiques. A rainbow of flavours!

The streets are an open air museum. Through the narrow alleys, the visitors discover the artistic identity of Roquebrune with the different art galleries and the exhibitions held in a reassigned chapel.
Roquebrune sur Argens’ features

Roquebrune-sur-Argens is surrounded by 7 vineyards, oil mills and several beekeepers... Roquebrune-sur-Argens and its unspoilt countryside are real assets of this destination at the crossroad of the French Riviera and Provence.

<table>
<thead>
<tr>
<th>What to do?</th>
<th>1/ The guided Tour in the Provençal village:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>• A guided tour of the medieval and Provençal village with the sampling of local products in the Maison du Terroir</td>
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<tr>
<td></td>
<td>• Tasting of chocolates and nougats in three chocolate makers’ shops of the village</td>
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<tr>
<td>Duration: about 2-3 h</td>
<td>• An Art Gallery tour in the heart of the village</td>
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<td></td>
<td>For more:                                                   Lunch and try a 2-hour Canoeing ride at the foot of the « Rock » of Roquebrune to discover a beautiful small lake.</td>
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<td></td>
<td>2/ The Wine Tour: Wine tasting and the Way of Life in Provence</td>
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<tr>
<td></td>
<td>Discover the wines, estates and producers of the terroir.</td>
</tr>
<tr>
<td>Duration: about 3-4 h (depending on the formulas)</td>
<td>Have a taste of the Provençal way of life! A fascinating escapade for the taste buds of adventurous and epicureans.</td>
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<tr>
<td></td>
<td>2 or 3 Côtes de Provence Winery tour and chocolate shops discovery.</td>
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<tr>
<td></td>
<td>You’ll love:                                                  Discovering great wines (red, white and rosé)</td>
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<td></td>
<td>Meeting with authentic wine growers and chocolate producers</td>
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<td></td>
<td>Being guided by a passionate wine professional</td>
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</tbody>
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TOURRETTES – THE OPEN-AIR MUSEUM
FROM FREJUS OR SAINT-RAPHAEL

Excursion ideas - 1 or ½ -day

<table>
<thead>
<tr>
<th>Type of excursion</th>
<th>1 or ½-day excursion</th>
<th>VIP Tour □ Medium group □ Large group □ All year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of public</td>
<td>All ages (Disabled access: No)</td>
<td>Segment: Economic □ Medium □ Luxury □</td>
</tr>
<tr>
<td>Duration</td>
<td>About 2-4 hours + transportation (depending on the formulas)</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>TOURRETTES – Pays de Fayence</td>
<td>50 mins’ drive from Fréjus and Saint-Raphaël</td>
</tr>
</tbody>
</table>

Discover the hilltop « Tourrettes village »

Tourrettes, a picturesque Village 200m from Fayence (one of the 9 “Pays de Fayence” famous hilltop villages) is built on a hill about 20 km from the sea. In an incredible maze of alleyways, still echoing the hooves of mule trains, ancient stone house, antique doors, rustic porches, opening a wonderful and magical world, you can discover art galleries and workshops and admire over 80 open-air paintings and sculptures, as you walk through the streets of the village.

Tourrettes’ features

« The village as centre stage »!

In the heart of the village, hiding behind the unique façades, doors and shutters, artists have used their expertise to create an assortment of unusual galleries. Within their depths you will find bright landscapes, mischievous portraits, facetious cats, shimmering mosaics, metallic sculptures, doors glinting with bronze and effects created using shadow, light and silhouettes. From realism to surrealism and abstract, they will delight and charm you with their diverse artistic talents.
### What to do?

- **Tour in the Provençal village:**
  - Visit this Open-Air Museum where local artists exhibit their sculptures, mosaics or paintings on facades, doors and shutters strolling in the incredible *maze of streets* full of history and legend. Then meet the craftsmen in their workshop and reach the highest viewpoint **Place de l’Horloge** to admire the panoramic background of the Maures and Esterel mountains with the Mediterranean on the horizon.

- At 15 minutes from Tourrettes, in **Seillans** (another hilltop village of the Pays de Fayence, classified as one of the most beautiful villages in France) lies the sumptuous **Domaine de Selves** which can welcome your groups and organize wines and olive oil tasting, walks or pétanque tournament ... (possibility of parking for buses)

- **For more:** have a lunch in **Fayence Village** and visit its agricultural **Ecomuseum**. Exhibited in remarkable buildings (13th Century flourmill, 17th Century oil-mill) and organized by industry sector: viticulture, cabinetmaker, perfumery, cork-maker, cobbler, glassblower, olive growing..., you can discover or rediscover farming machines and tools as well as objects from everyday life.
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