For information on train services in the PACA region (times, prices and special offers): www.ter-sncf/paca

Contact TER: 0 800 11 4023 (free from landlines)

By plane:
• Nice Côte d’Azur international airport. Tel. 0820 423 333
• Marseille airport. Tel. 0442 141 414
• Toulon/Hyères airport. Tel. 0825 018 387

By bus:
• Nice airport shuttle bus. Tel. 0494 760 229
• Airport transfer services (see “Useful Information” page)
• Bus and coach station. Tel. 0494 838 763
• Port. Tel. 0494 951 746

Distance de Saint-Raphaël:
Nice – 60km/37 miles (1h), Cannes – 41km/25 miles (45 mins), Marseille – 160km/99 miles (2h), Toulon – 93km/56 miles (1h), Saint-Tropez – 38km/24 miles (45 mins in low-season), Monaco – 95km/59 miles (1h 15 mins)

By car:
From the A8 motorway take exit n° 38 “Fréjus/Saint-Raphaël”, direction Saint-Raphaël. Traffic Information by Bison Futé: 08 26 022 022

By train:
Twenty trains (TGV) daily linking Paris and Saint-Raphaël (summer only). Journey takes 4 hours and 45 minutes. For journeys throughout the region: Fréjus, Boulouris, Le Dramont, Agay, Anthéor and Le Trayas are linked by a frequent service to Nice, Monaco, Vintimille, Toulon, Marseille, Aix-en-Provence, Avignon, Gap and Briançon.

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Let’s go for a stroll...

Explore the narrow, shady streets of the old town. Stop to have a look around the 12th century Romanesque church, which also houses the archaeological museum. Climb to the top of the tower to enjoy superb views over the bay. Head to the Vieux Port and watch the fishermen at work. Wander along the beaches close to the centre of town and head on to the marina of Santa Lucia. The town became a popular seaside resort in the 19th century and a casino and many opulent villas were built at this time. Head out of the town to discover the rugged coastline with its sandy beaches and rocky coves. Venture into the hills of the Esterel massif to marvel at the colourful landscape, observe the local wildlife and enjoy the heady scent of the wild flowers and plants.

Guided tours

Every Thursday- Lasts 2 hours

- “Old Town to Seaside Resort” A thousand years of history, from the medieval village to the seaside resort of the Belle Epoque, brought to life in this guided tour of the streets of Saint-Raphaël.

- “Flavours and Tastes” A mouth-watering walk through the town to discover traditional provençal cuisine (see page 29).

The above tours run every other Thursday

Occasional Guide Tours

- “The megaliths of Saint-Raphaël” Discover the menhirs and dolmens of Valescure.

- The Belle Epoque of Saint-Raphaël A tour of Saint Raphaël’s most elegant villas

Price : 2,50 € - Dates, times and bookings at the Tourist Office – Tel: 0494 195 252
Suggested tours of the town centre

1 - 12th century Romanesque church: with ramparts and a 14th century tower. Bas-relief from the Middle-Ages and Carolingian crypt. Panoramic view from the 22m high tower. Historic monument.

- Prehistory and Marine Archaeology Museum: Houses local heritage and prehistory collections as well as Roman remains from marine archaeological excavations.
  • Tuesday to Saturday: 9am to 12pm and 2pm to 6pm
  • Closed Sunday, Monday and Bank Holidays
  Tel. 0494 192 575 – Place de la Vieille Eglise

2 - Napoleon’s Pyramid: A small monument to commemorate Napoleon Bonaparte’s landing in October 1799 on the return from his Egyptian campaign.

3 - Notre-Dame de la Victoire Basilica: Built by Pierre Aublé between 1882 and 1889. It represents the Romano-Byzantine style that was popular in the Belle Epoque.

4 - Hotel Excelsior: This Palladian style villa is the work of Pierre Aublé.

5 - Félix Martin Memorial: The Mayor of Saint-Raphaël from 1878 to 1895 is known as the "creator of Saint-Raphaël" for the impetus he gave to the development of the town during the Belle Epoque.

6 - Promenade des Bains: This promenade was built between 1880 and 1882 and was called the "Terrasse des Bains". It marks the beginning of the tourist era of Saint-Raphaël, along with the casino and the Bains Lambert.

7 - Rue Charles Gounod: It was here in Saint-Raphaël, in his villa "l'Oustalet dou Capèlan" on avenue du Touring Club, that Charles Gounod composed his opera "Roméo et Juliette". It was his "Ave Maria" that was chosen for the inauguration of the Notre-Dame de la Victoire Basilica.

8 - Alphonse Karr Monument: This famous writer came to live in Saint-Raphaël in 1865. He is credited with having put Saint-Raphaël on the map. It’s thanks to him that this small fishing port attracted so many literary men, such as Hugo, Lamartine, De Nerval and Dumas.

9 - Résidence Le Méditerranée: These remarkable Victorian-inspired holiday apartments opened in 1914 as "Hôtel de la Plage".

10 - Villa Roquerousse: Built in 1900 this villa takes its inspiration from the "villas niçoises" of the Belle Epoque. The exterior of the villa is decorated with flowers and plants and the small urban garden is looked after by the owner.

11 - Jardin Bonaparte: This large 20,000 m2 garden overlooks the bay and the port. In the centre there is a square with a children’s playground.

Suggested tours
Belle Epoque villas and megaliths: free guide available at the Tourist Office
Ports & Harbours

Une touche de charme
face à la méditerranée...

A touch of charme
by the Mediterranean...

Promenade René Coty - 83700 Saint-Raphaël
Tél. +33 (0)4 94 95 02 42
info@excelsior-hotel.com
www.excelsior-hotel.com
The Saint-Raphaël harbour authorities are responsible for the following ports and harbours

Tel. 04 94 17 15 57 - 06 60 57 79 94 dejs@ville-saintraphael.fr

### Vieux port

The Old Port is right in the centre of town. If you pass by early in the morning you might see fishermen offloading their catches of rockfish and red mullet.

**Harbour Master:** Parking Kennedy  Tel. 04 94 95 11 19 capitainerie@ville-saintraphael.fr

Weather forecast: Local weather forecast – available for consultation in the Harbour Master’s office or on VHF channel 12.

**Port capacity:** 230 berths. Visiting boats are welcome depending on available space.

Saint-Raphaël has exciting plans for the Old Port and the sea-front promenade. Starting in spring 2012, this redevelopment will include access for yachts, a new fisherman’s market, panoramic restaurant, shops and an underground car park.

### Port Santa Lucia

Santa Lucia has the third largest marina of the Riviera.

The Palais des Congrès, next to the marina, hosts many exciting events.

**Harbour Master:**  Tel. 04 94 95 34 30

port-santa-lucia@orange.fr   www.port-santa-lucia.com

**Naval affairs**  Tel. 04 94 46 92 00 (Toulon)

**Customs:**  Tel. 04 98 03 22 41 (Toulon)

**Port capacity:** 1600 quay and pontoon berths.

**Pavillon Bleu:** This eco-label is awarded to organisations who strive to increase awareness of environmental issues: water quality, hygiene, equipment, safety, minimising pollution.

### Agay harbour

The little port of Agay lies at the mouth of the River Agay and welcomes small pleasure boats from 1st May to 30th September.

**Harbour Master:**  Tel. 04 94 82 74 22

port.agay@ville-saintraphael.fr

**Port capacity:** 179 berths [21 on the river]

**Controlled anchoring in Agay harbour**

Boats anchor to an underwater rope held in place by a float. This system protects the marine plant, Posidonia and enables 123 boats to moor.

Tel. 04 94 17 15 57

ancreavis@ville-saintraphael.fr

**Other harbours along the coast:**

- **Port de Boulouris:**  Tel. 04 94 40 49 96

- **Port du Poussaï:**  Tel. 04 94 82 71 31

Var marine weather forecast : 08 92 68 08 83  www.meteofrance.com
Along the coast…

Saint Raphaël’s 36 km of rugged coastline offer a wide choice of beaches: fine sand, pebbles, shady shores, creeks and coves.

**The beaches**

Bathing water quality:
A long-term approach:
With the “Qualité des Eaux de Baignade” accreditation, Saint-Raphaël protects the health of bathers during the summer season.
The coastal path

Length: 4 ½ hours (one-way)
Departure point: Port de Santa Lucia
How to get there: By car, take the coastal road towards Agay and park in the marina car park. Go to the boatyard and there you will see a wooden sign signalling the start of the coastal path.
Itinerary: Take the path (yellow markings). It runs between the sea and the Esterel massif. After about 20 minutes you will have to move onto a different path that runs alongside the coastal path in order to avoid a small bridge that collapsed in 2010. Return to the coastal path at the Calanque du Fournas. 6km further on, after Pierre Blave beach, go onto the road and continue to the Plage du Débarquement where you can get back onto the coastal path which ends on Pourrousset beach. You can get back to Saint-Raphaël by public transport (bus numbers 8 and 5 or by the regional express train).

The beaches of Boulouris

Boulouris' intimate beaches are typical of the coves of the Esterel. Red rock acts as a natural boundary for each of its nine beaches and its small port has space for 60 boats.

L’Ile d’Or – Le Dramont

• The small island of L’Ile d’Or has been in private hands since 1897. Many sumptuous receptions have been held here and past owners have even proclaimed themselves king of the island! Its square watch tower was built using the famous Esterel red rock.
• The Cap Dramont is part of the Esterel national park forest. At the top of the Cap Dramont is the Semaphore, built in 1860 on the ruins of a watchtower dating back to 1562. This watchtower is still used today for marine surveillance. The large beach of the Dramont was one of the major World War II landing sites in Provence. On 15th August 1944 20,000 American troops from the 36th Texas division landed here. The small picturesque fishing harbour, the Poussaï, is at the foot of the cape.

The nearest stations are Boulouris and Dramont.

Les Clubs Belambra, la Formule idéale pour partir en vacances en famille.
“Les pieds dans l’eau”
3235 Route de la Corniche 83700 Saint-Raphaël Tél. 04 94 82 18 00 Fax 04 94 82 19 99
Centrale de Réservation Tél. 0 825 808 808 (0,15 € ttc la mn) www.belambra.fr

www.littoral-esterel.com
The Bay of Agay

Agay is one of the region’s most beautiful bays, located between Cap Dramont and the Baumette, it is a natural gateway to the Esterel massif. There are three sandy beaches. In the past the bay was favoured by sailors thanks to its naturally sheltered position (Agay means “favourable” in Greek).

The coves of Anthéor and Le Trayas

There are several coves and small beaches at the foot of the Esterel massif. Marvel at the contrast of the red rock, the green Mediterranean vegetation and the blue sea. The steep streets of Le Trayas lead upwards to one of the most breathtaking panoramas of the region.

La Corniche d’Or

The coastal road that links Saint-Raphaël and Cannes was opened in 1903 by the Touring Club de France. It is carved into the rock and overhangs a sea of extraordinary clarity.

Agay Tourist Office

Place Giannetti 83530 Agay
Tel : 04 94 82 01 85   Fax : 04 94 82 74 20
info@agay.fr  www.agay.fr

Opening times :
Winter – 9am to 12pm and 2pm to 6pm (closed on Saturdays and Sundays)
Summer – Everyday 9.30am to 12.30pm and 2.30pm to 6.30pm
Sailing

**Centre Nautique Municipal**

The public water sports centre is open to everyone, from complete beginners to advanced level. Optimists, dinghies, catamarans and windsurf are available. Sailing classes for young children and training courses for accredited sailing instructors offered (depending on the time of year).

Port Santa Lucia  Boulevard du Général de Gaulle  
Tel. 04 94 83 84 50  Fax 04 94 95 40 69  
centre.nautique@ville-saintraphael.fr

**Club Nautique de Saint-Raphaël**

The sailing school of Saint-Raphaël offers sailing lessons from beginner to advanced level: optimist, catamaran and windsurf. Organisation of regional, national and international regattas. Open year-round: 9am to 12pm and 2pm to 6pm.

Base Nautique de Santa Lucia  Boulevard du Général de Gaulle  
Tel. 04 94 95 11 66  cnsr83@wanadoo.fr  www.cnsr.fr

**Wind Club d’Agay**

Catamaran lessons for adults and children aged 7 years and above. Windsurfing lessons for adults and children aged 10 years and above. Individual lessons. Storage, Catamaran and windsurf hire.

Accredited “Ecole Française de Voile”. Open year-round except January.

Complexe Nautique - D559 - Agay  Tel. 04 94 82 08 08  
http://wica.cabanova.fr

**Canoe • Sea Kayak • Pedalboat**

**Sud Concept**

One, two and three place sea kayak rental at Dramont beach (1, 2 or 3 hours). 4 person pedaloe hire (by hour or ½ hour). Open from 1st July to 31st August. Open for groups year-round (on request).

Plage du Dramont  Tel. 04 94 52 40 40  sudconcept@dupratconcept.com

**Base Nautique Municipale d’Agay**

The public water sports centre is open from the Easter holidays to October half-term [15/06 to 15/09 – Everyday]. Beginner’s sea-kayaking during the school holidays and every Wednesday.

Summer courses for 8 to 13 year olds. Rental by the hour or half-day [01/06 to 30/09]. Supervised groups (pre-booking required).

Plage de l’Escale 83530 Agay - Tel. 04 94 82 71 42  
base-agay@ville-saintraphael.fr

**Sailing schools**

**Permis bateau**

The first ever sailing school in the Var region offers boating licence courses [inshore and ocean-going] and VHF certification courses. The training material used is identical to that used in the exam. Training and exam: in 5 days during school holidays and on one weekend per month bank holiday weekends in low-season. Open year-round. Pre-booking required. Parking available. Air-conditioning.

Port Santa Lucia  Tel. 04 94 83 11 21 / 06 09 46 00 90  
o.lacourtablaise@wanadoo.fr  www.permisbateau83.com

**Sillages Sailing School (all levels from level 0)**

Go to sea on a 13 metre sailing boat. Departure from Saint-Raphaël’s old port (vieux port) near the harbour master’s office. Since 1979 Saint-Raphaël’s sailing school has been offering: Boat trips. Training for all levels including hands-on experience of all sail and motor manoeuvres. Full-day navigation [8 hours]. A beautiful day sailing for you to notch up the miles. Mini-cruise (leisure or training) 3 days and 3 nights with on-board accommodation [all levels]. Individual lessons (on a 13 metre, 13 ton sailing boat). Boat rental with skipper. Accredited “jeunesse & sport”. State-qualified instructor. National school. Professional merchant navy skipper.

Tel. 06 10 27 13 83  francois.midol@sfr.fr
Beach and seaside activities

Cap Roux marine nature reserve:
The largest marine nature reserve in France. This 445 hectare reserve is an ideal place for fish reproduction thanks to its biodiversity. The zone is part of Natura 2000. All types of fishing are prohibited (professional, amateur, sea-urchin, harpoon, line...)

Water sports resort
Quality water sports centre

Saint-Raphaël has been an accredited water sports resort (France station nautique) since 1997. This quality accreditation is awarded to towns that ensure the safety of water sports participants and the protection of the environment. Our organisation coordinates a pilot committee representing the different water sports activities: diving, sailing, windsurfing, jet skiing, canoeing and kayaking, jousting, water-skiing, boat trips, as well as boat dealers, boat rental organisations, boat yards, the naval police, maritime affairs, the fishing industry, the tourist office and local M.P’s. Along the 30km of Saint-Raphaël’s coastline there are supervised areas dedicated to: swimming, scuba diving, water-skiing, sailing and windsurfing.

Port Santa Lucia  bd Général de Gaulle  Tel. 04 94 95 77 64
www.station-nautique.com
Swimming

The jousting club of Saint-Raphaël organises provençal jousting tournaments and training sessions on boats and optimists for children, teenagers and adults. It is the top-ranking jousting club in France. Its open-days are extremely popular with young people and groups. Please don’t hesitate to contact us. Open from 1st April to 31st October.

Events take place at: Vieux port, port Santa Lucia, port de Boulouris et plage du Veillat
BP. 145 - 83700 Saint-Raphaël Tel. 04 94 85 25 74 / 06 09 77 89 67
E-mail: olivier.balderiotti@wanadoo.fr

Parascending • Water-skiing

Fun ski school
Parascending. Come and fly with Denis in the protected area of the Bay of Agay and the Esterel. Spectacular!! No age limit, 1 to 5 people together, hands free, no vertigo, take-off and landing on the boat, 100% safe.
Everyday from May to October.
Call: 06 07 08 17 17 www.funskschool.com denis.delorme.06@gmail.com

Stade nautique

This 6,900m² sports centre includes:
• 1 A 50m Olympic pool
• A 25m learners' pool
• A play pool with water games for young children
• A physical training room for athletes
• A spa area with 2 saunas, 2 Turkish baths, 2 spas and a relaxation room
The following activities are offered: individual lessons, aqua-aerobics for adults, aqua-aerobics for senior citizens and summer courses. Open year-round.

Open year-round. Wheelchair accessible including a poolside chair lift and shower wheelchairs.
Boulevard de l’Europe Tel. 04 94 52 18 96

Fishing Trips

This 3 hour trip (approx) with a professional fisherman gives you the chance to share his passion for the profession, learn about marine life, the management of fish stocks and the secrets of this age-old practice. From 1st July to 30th September there are two trips per week (weather dependant) – an hour before sunrise until about 8am or from 4pm to 7pm. Departure: Vieux Port of Saint-Raphaël.
Price: 60€. Children from 12 years accepted when accompanied by an adult. 2 people per trip maximum. Bring slip-resistant shoes. The fisherman reserves the right to cancel the trip up to 48 hours before departure if bad weather is forecast.

Bookings: Centrale de réservation “Estérel - Côte d’Azur” Tel. 04 94 19 10 60 reservation@esterel-cotedazur.com

PELAGOS SANCTUARY PARTNERSHIP CHARTER

Protecting marine mammals.

The PELAGOS Sanctuary covers a marine area of 87,500 km² and is the result of an agreement between Italy, Monaco and France to protect the marine mammals that live there.
By signing the partnership charter Saint-Raphaël is committed to doing all it can to fulfil the objectives: adapt the Sanctuary for the general public, set up new projects and partnerships for the protection of marine mammals, bring together local partners to promote the aims of PELAGOS and increase public awareness of the Sanctuary.
Scuba diving & snorkelling

Club sous l’eau
2 boats plus 1 safety boat. State-qualified instructors. Trips guaranteed in all weathers. First-time divers, beginners and experienced divers welcome (dives adapted to the level of the participant). Diving for children PADI, FFESSM and other certificates offered. Teaching courses given by highly-qualified instructors. Themed dives: shipwrecks, nitrox, photos, and snorkelling trips. Open all year: April to mid-November and on request from mid-November to end of March.

Port Santa Lucia Tel. 04 94 95 90 33 - 06 89 66 45 97 jp.marin@wanadoo.fr www.clubsousleau.com

Club de plongée d’Agay
The Agay diving club offers everything you would expect but with a touch of something extra. Come and find out for yourself!

483, Route de Gratadis - Agay Tel. 04 94 82 02 03 / 06 63 28 80 40 www.agay-plongee.com

Ecole de plongée Ile d’Or
A diving centre and school with an international and relaxed atmosphere. First-time dives every day plus snorkelling. Groups welcome. ANMP and CMAS training for all levels in French, English, German and Italian. Night diving and wreck diving. Filling station. Open from March to the end of November.

2170, route de la Corniche - Port de Boulouris Tel. 04 94 19 03 26 / 06 09 18 53 74 contact@europlongee.fr www.europlongee.fr

Ecole de plongée Ile d’Or
A diving centre and school with an international and relaxed atmosphere. First-time dives every day plus snorkelling. Groups welcome. ANMP and CMAS training for all levels in French, English, German and Italian. Night diving and wreck diving. Filling station. Open from March to the end of November.

Camping Campéole - 986 Bd du 36ème Division du Texas 83530 Agay (Dramont) Tel. 04 94 82 73 67 – 06 27 17 13 96 prambow@aol.com www.dive.fr

Agathonis plongée
State-qualified instructors, “Jeunesse et Sports” accredited diving centre, FFESSM and PADI affiliate. We offer diving trips, training and first-time dives (afternoons only July/August). Open from 01/03 to 05/11.

Located in the camp site Camping les Rives de l’Agay - Agay Tel. 06 16 16 20 96 / 04 94 51 15 03 agathonis@orange.fr www.agathonis-plongee.com

Open sea fishing

JC. Pêche
Jean Christophe, professional fishing guide, offers open sea fishing trips and coast fishing. Fishing with live bait and lures. Several options available: discovery, initiation, advanced and guidance on your own boat. Open all year depending on weather conditions. Techniques dependant on the season. Fishing zones : Agay, Saint-Raphaël/Fréjus, Saint-Aygulf.

Tel. 06 13 52 86 29 jcepeche@hotmail.fr

Boat trips • Mini-cruises

T.M.R. Les Bateaux de Saint-Raphaël
Departures from the Vieux Port to the following destinations: St-Tropez, Iles de Lérins (Sainte-Marguerite),Calanques du Massif de l’Estérel (the coves of the Estrel massif), Unmissable night-time trips (Son et Lumière) to watch the firework displays. Open from April to October. Pre-booked groups of 40 persons minimum accepted from November to March.

Gare maritime, Quai Nomy - Vieux Port Tel. 04 94 95 17 46 contact@bateauxsaintraphael.com www.bateauxsaintraphael.com

Capitaine Nemo - Glass-bottomed boat
The boat leaves from Agay harbour for a 50 min trip to discover the beauty of the under-water flora and fauna of the Cap Dramont.

Motor boat mini-cruises to the coves of the Estrel Massif, the Iles de Lérins (Sainte-Marguerite) and St-Tropez. Open April to September.

Port d’Agay : Tel. 04 94 82 71 45 contact@bateauxsaintraphael.com www.bateauxsaintraphael.com

Bleu sauvage location
Sailing trips with a qualified skipper on 12 and 14 metre sail boats. Full-day, half-day and sunset trips: Estérel, Lérins, St-Tropez, Cap Taillat (optional extras – barbecue, night at sea, firework), sea mammal watching. Longer trips : Porquerolles nature reserve, Port-Cros, Corsica, St-Florent, Scandola, Lavezzi Islands. Sailing school and skipper training. From 3 to 9 persons.

Open Easter to end of December.

Quai Nomy - Vieux Port Tel. 06 11 64 40 94 bleusauvage@voila.fr www.bleusauvage.site.voila.fr
HouseBoat
Discover the hidden secrets of the Riviera...secluded coves, the canals of Port Grimaud, the magnificent Bay of Agay and the îles de Lérins aboard the legendary Grand Banks 50. Skipper and fuel included. Comfortable boat for up to 8 people with large outdoor area. Enjoy sunbathing, relaxing, swimming, exploring the coastline and snorkelling. Daily and weekly rental. Other boats and services available. Open year-round.
Port Santa Lucia Tel. 04 94 56 16 59 - 06 63 78 76 26
contact@houseboat-info.com www.houseboat-info.com

Côté Mer
Located at the Vieux Port of Saint-Raphaël – Beneteau Cyclades 39.3 (12m) sailboat from 2008 skippered by Yvan, a “capitaine 200 voile” qualified skipper. Trips with commentary all year round: half-day, full-day and sunset with stops for swimming and drinks. Prices start at 30 euros. Sail boat rental with skipper (except mid-July to end of August) for mini-cruises and “Mer & Terroir” (a new concept that brings together sailing and the tasting of local produce). 450€/day (lower for bookings of 3 days or more). Helmsmen and crew members welcome.
Tel. 06 77 12 77 85 yvangombert@orange.fr www.cotemer

Sea Safari
Explore the coves of the Esterel aboard a large semi-rigid 10-seater zodiac (8m, 250 horsepower). Your skipper will take you around the Esterel coastline: coves, islands and volcanic rhyolite rock passages. Swimming, snorkelling, walking and discovery of local curiosities. Individual tickets (6 persons minimum for a departure): 1 hour 30 mins (coves) or 5 hours (Lérins Islands). Water-taxi service and groups (private and corporate events). Open from April to October.
Tel. 09 71 52 41 80 - 06 21 78 20 54 sea.safari@laposte.net www.seasafari.eu

AMC Croisières
Tel. 09 75 39 89 71 - 06 24 71 86 19 info@amczur.com www.amczur.com

Bateau Loc - Boat Rental (licence not required)
Discover the joys of a trip out to sea aboard a 3m50 inflatable zodiac for up to 5 adults (2 children = 1 adult).
All our boats are equipped with a two stroke 6 horsepower engine and you are permitted to go up to 2 nautical miles [2.3 miles] from a mooring point. Fuel is included in the price. Hourly, half-day and full-day rental available. We also rent inflatable boats requiring a licence. Open year-round.
Tel. 06 69 07 86 51 contact@bateauloc.com www.bateauloc.com

Côte de la rivière de l’Agay
Tel. 06 67 24 89 92 nicolas-escoffier@hotmail.fr

Team Yachting
Tell us what you really want. Our tailor-made service will make your weekend or holidays unforgettable.
Tel. 04 94 175 234 contact@teamyachting.com www.teamyachting.com

Jet ski
Tours between Agay and Cannes supervised by state-qualified instructors. Discover the red rocks of the Riviera’s rugged coastline. Tours to Saint-Tropez (advance booking required). Individual lessons for children under 16 years when accompanied by a parent (pre-booking required). First time tours for children (minimum height 1m20). Driving permitted from 16 years (parents must be present and proof of identity required). Open from April to October everyday 9am to 7pm and from October to April for advance bookings only.
Berge de la rivière de l’Agay Tel. 06 67 24 89 92 nicolas-escoffier@hotmail.fr

NAVETTE SAINT-TROPEZ
Capitaine Nemo (Vision Sous-Marine)
Les Galéons de l’Estérel
La Santa & Marguerite Excursions Nocturnes

Allez-y en bateau!

Bateaux de Saint-Raphaël

RENNS. 04.94.95.17.46 - www.bateauxsaintraphael.com - Gare Maritime - Vieux Port de St-Raphaël
Booking your leisure activities at the Tourist Office

Get the best out of the region with

“Faites le plein de loisirs”

An overview of the 130 leisure activities the region has to offer:

• Water sports for thrills and spills
  diving, kayaking, fishing, parascending, water-skiing, catamaran trips, dinner cruise...

• Outdoor activities for the adventurous
  paint-balling, buggy-driving, horse-riding, hiking, and mountain biking

• Children’s activities
  Mini-cars, leisure parks, pony rides, arts & crafts, circus school
  with the Ecole Française de Cirque...

• Health & well-being
  Massage, Jacuzzi, organic facial treatments, Turkish baths, beauty treatments...

Ask us for a free guide and get the best out of the region!

You can book at the following sales outlets:

• Office du Tourisme Saint-Raphaël: Tel. 04 94 19 52 52
• Syndicat d’Initiative d’Agay: Tel. 04 94 82 01 85
  information@saint-raphael.com  www.saint-raphael.com
The Esterel Massif

Nestled between the Mediterranean and Provence, the Esterel is a volcanic massif that stretches over 32,000 hectares, of which 14,000 hectares are protected sites. The surprising red colouring of the Esterel is due to rhyolite and red porphyry volcanic rock, dating from the Paleozoic Era. Take time to explore and discover the landscape: the Pic de l’Ours, Saint-Barthélémy’s rock, Dramont cove, Cap Roux panoramic viewpoint, Mont Vinaigre (614m high) and the ravines of Perthus and Malinférent with its natural spring. There are 100km of signposted cycle routes, 100km of bridleways and 45km of walking routes.

A nature reserve in the heart of the massif
The National Forestry Commission and Ushuaïa have created a 800 hectare nature reserve with the aim of protecting and preserving the natural heritage of the Esterel and gaining a better understanding of, and managing, the dangers facing the plants and wildlife.

Nature trail
This footpath, suitable for both able-bodied and the physically disabled, is 2600 metres long and runs between the Anthéor plateau and Saint-Barthélémy’s rock. Along the nature trail you will discover a selection of the typical plants of the Esterel, recognizable through their fragrance and texture. The nature trail is re-created every year from April to June (flowering season) and is made from mobile material in order to protect the landscape.

Sites Natura 2000
The town of Saint-Raphaël is committed to preserving the Esterel, which, thanks to its wealth of natural resources has been made a Natura 2000 protected site. The Natura 2000 European network has been created to preserve the most precious natural habitats whilst maintaining the economic benefits and leisure activities of the region. The site measures a total of 15,000 hectares (7,800 hectares of land and 7,200 hectares of marine environment). As part of this project the authorities, with the help of local businesses, have put in place management and conservation guidelines for the site.
Respecting the environment

The Esterel massif deserves to be protected. This includes preservation of its wildlife, flowers and plants and especially forest fire prevention. Any type of fire or flame in forested areas is prohibited all year round. The authorities may block access to the massif in very strong winds. Information: 0498 105 541. Vehicle access is prohibited between 9pm and 6am. The hunting season runs from September to January. The massif is open for hunting everyday (including weekends and bank holidays) except Tuesdays, Fridays and Sunday afternoons.

Suggested walks

THE BALADOU LOOP

Length: 2 hours/6km round-trip (3.7 miles)
Departure point: Col de Belle Barbe car park (in the heart of the massif)
How to get there: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked “Massif de l’Estérel”. Go under the small railway bridge and past the shops (bakery, boat and car repair…) then turn right onto a small road signposted “Massif de l’Estérel”. Follow signs for “Col de Belle Barbe” and when past it park near the commemorative stone.
Itinerary: Walk along the road until you reach the mountain bike track on your left. Continue until you get to a crossroads. At the crossroads turn right. The path then goes uphill for about 1km (0.62 miles). At the top of the hill keep on the left hand track and when you arrive at a fork in the track take the left-hand track (keep the road barrier on your right-hand side). Carry on for another 500m (0.3 miles) then turn right onto a path that leads to the road and continue until you reach the Col du Mistral. Take the wide track facing you and continue for 2km (1.2 miles) until you reach the Col du Balladou where you take the GR official hiking trail (marked with red and white) which runs down the hill on the right towards the Col d’Aubert (stone markers). At that point leave the GR hiking trail by turning right to go down to the small valley. You will come to a pleasant pond covered with water lilies. Follow the edge of the stream and walk along the bed for about 200 metres before returning to the path on the right. Go up the hill and you will see the road. Turn left onto the road to return to the car park.

TOUR OF CAP ROUX

Length: 2.5 hours/5km round-trip (3.1 miles)
Departure point: Sainte Baume car park
How to get there: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked “Massif de l’Estérel”. Go under the small railway bridge and past the shops (bakery, boat and car repairs…) then turn right onto a small road signposted “Massif de l’Estérel”. Follow signs for “Col Notre-Dame” and park in the Sainte-Baume car park.
Itinerary: Go up the steps leading to the chapel in the rocks. Follow the path until you come to the fountain (drinking water). Take the path on the right and continue for 50m (55 yards) then take the path on the left that leads uphill. Follow the path for about 1.5km (0.9 miles) and at the crossroads take a sharp left and head uphill towards the red rocks of Saint Pilon col. From here you have an exceptional view of the rugged coastline. The path follows the coastline and comes to another crossroads. On the left there is a path (dead-end) that takes you 100 metres to the summit of Cap Roux (453m altitude with views from Cannes to Cap Camarat). Come back down the same path and turn left to continue your walk. You will head slightly downhill and away from the coastal side of Cap Roux towards the massif (don’t take the paths leading off to the right). You will arrive back at the fountain.
Alternative route: Just before coming back to the fountain there is a path on the left heading up the hill that leads to the Sainte-Baume Grotto where the Saint-Honorat hermit used to live (round-trip 45 mins).

For sale at Saint-Raphaël and Agay Tourist Offices:

“Walks & hikes in Saint-Raphaël and Fayence”
25 hikes and walks 8 €

“Esterel Massif climbing guide”
24 €

Esterel map & guide
8,50 €

Walking & hiking routes
1 €
CAP DRAMONT
Car or bus number 8 (Camp Long bus stop)
Length: 1 ½ hours approx – 3km/1.9 miles (round-trip)
Departure point: Camp Long beach car park
How to get there: By car – Take the coastal road towards Agay until you arrive at the Dramont. Turn right when you see the sign “Tiki Plage” and park in the car park at the end of Allée Robinson.
By bus – Get off at “Camp Long” and continue along the road until you get to the sign “Tiki Plage”. Turn right here onto the Allée Robinson and go to the car park at the end of the road.
Itinerary: Take the small coastal path (yellow markings). The path follows the contour of the rock and comes to an overhang. Continue uphill on the path towards the right as it gets narrower. At the top take the left hand fork. The path runs along the cliff tops with magnificent views of the coast. At the next crossroads turn left to take the path that heads downhill overlooking the sea. You will come to a tarmac road. Keep to the left and continue. You will soon be able to see the Ile d’Or. At the next crossroads turn right to return to the car park.
Observations: Rocky underfoot. Sports shoes recommended.

LE ROCHER ST BARTHELEMY
Length: 1 hour approx – 5.2km/3.2 miles (return trip) – Family with pushchair
Departure point: Rocher car park (in the heart of the massif)
How to get there: Take the coastal road towards Agay and when you arrive at the roundabout in Agay take the exit marked “Massif de l’Estérel”. Go under the small railway bridge and past the shops (bakery, boat and car repairs…) then turn right onto a small road signposted “Massif de l’Estérel”. Past the Gratadis forester’s house turn right in the direction of “Pic de l’Ours”. At the next crossroads turn right towards “Rocher St Barthélemy, Plateau d’Anthéor”, then continue until you get to the barrier and park. Remember to leave the access road clear for fire engines.
Itinerary: Go past the barrier and follow the road for 2.6km/1.6 miles (approx 30 mins). The road is flat and closed to traffic. It overlooks the Corniche and offers excellent views over the sea. To return, simply retrace your steps.
Observations: Routes lacking in shaded areas.

Douce Quiétude  ★★★★★
Des vacances privilégiées
Dans la pinède de Valescure, au pied du massif de l’Estérel, à 10 minutes des plages d’Agay et de Saint-Raphaël.

Des Mobiles-Homes et des chalets de premier choix
Equipements de standing : terrasse, bain de soleil, téléphone (selon type), prise TV.
En saison Douce Quiétude vous propose une animation de qualité pour toute la famille.
Séjours à thème, possibilité de demi-pension et pension complète.

3435 Bd Jacques Baudino  83700 Saint-Raphaël
Tél. 33 (0)4 94 44 30 00  -  Fax 33 (0)4 94 44 30 30
www.douce-quietude.com  email : info@douce-quietude.com
**Buggy driving**

**SSV Buggy**
Guided buggy trips to discover the Esterel massif. Open year-round (pre-booking required). Minimum age 18 years with driving licence and 12 years for the passenger.

Tel. 04 94 52 40 40 sudconcept@dupratconcept.com

**Estérel Aventure**
Buggy trips: 2 hour guided buggy trips to discover the most beautiful views of the Corniche d’Or and go off-road to explore the Estérel. Several stops with commentary plus a stop in a cove for swimming [in summer]. Conditions: Driving licence. Minimum age 10 years for the passenger. Year-round (pre-booking required)

Departure: 964 bd de la 36ème division du Texas - Le Dramont
Tel. 04 94 40 83 83 www.esterel-aventure.com info@esterel-aventure.com

**Assault course**

**Parcours aventure**
“Discovery” or “panoramic” assault courses. 2 levels set in the exceptional surroundings of the Dramont lakes. Minimum height – 1.40m (4’8’’).
Open year-round (pre-booking required).

Tel. 04 94 52 40 40 sudconcept@dupratconcept.com

**Walks & hikes**

Découverte de l’Estérel

Themed tours throughout the year (day and night).
Price: Adults - 10€, Children - 6€

Reservations at the Tourist Office:
Tel. 04 94 19 52 52 / 04 94 82 01 85.

**Ecoloisirs Développement**


Tel. 04 94 40 58 06 ou 06 60 96 14 00 ecoloisirs@wanadoo.fr
3892 Route de la Corniche 83700 Saint-Raphaël

**Marjorie Ughetto, “Autres regards”**

Professional guide. Walks with commentary in the Estérel and Var region throughout the year. Discover Mediterranean flora, traditional uses of plants, aromatherapy, wildlife, wild orchids, geological history and the volcanoes of the Estérel. Tailor-made walks on numerous themes. One hour, ½ day and full-day walks plus night-time walks and themed trips. Lectures, slide-shows, debates and workshops.

Tel. 06 08 33 00 68 marjorie.provence@club-internet.fr

**Orogen**
Discover all aspects of geology
Learn all about the secrets of the Estrel Massif in a fun and enjoyable way with a qualified geologist. Full-day walks. Dogs must be on a lead. Bring walking shoes, sun cream, a picnic and 2 litres of water.

Tel. 07 60 71 17 86 orogen_contact@yahoo.fr http://orogen.e-monsite.com/

**Contraste & Fusion**

Discover the Var, the Lérins islands and the Verdon Gorge on a themed nature walk accompanied by a Natural Heritage guide. Exclusive: Official visit of the île Saint-Honorat (pre-booking required on 04 93 32 332). Easy walks for individuals, families and groups. Open year-round.

Tel. 06 22 41 56 62 Antoniolijer@aol.com

**Nordic Walking**

Discover and enjoy the magnificent landscape of the Var all year round on a Nordic walk. Nordic walking is an energetic walk with two poles that uses 85% of the body’s muscles. Get tips and advice from Julie Quesnoit, state-qualified sports coach. Suitable for everyone. Maximum 15 people. Individuals/groups. Open year round (pre-booking required).

Tel. 06 37 55 05 02 coachjuliequesnoit@yahoo.fr

**Balades Nature**
Nature walks to discover the insects, plants and history of the Estrel Massif. Tailor-made walks year-round on request. Discover the world of insects and Mediterranean plants in the heart of the countryside with an enthusiastic guide.

By Dr Sandrine Cheyppe: Doctorate in Biological Sciences (speciality in Environment and Agronomy), lecturer at Nice-Sofia Antipolis University.

Tel. 04 94 82 37 80 ou 06 64 61 72 64 cheyppe@gmail.com

**Mountain biking**

**Estérel Aventure**
A mountain bike enables you to reach quiet, hard to get to places in total harmony with nature. Easy 2 ½ hour trips for all levels accompanied by our state-qualified guide. Includes a stop for river swimming in the heart of the Estrel massif in summer. Mountain bike, helmet and water provided. Open year-round (pre-booking required).

Departure: 125 bd de la plage AGAY Tel. 04 94 40 83 83
info@esterel-aventure.com www.esterel-aventure.com

**Driving tours**

**Découverte de l’Estérel**
Explore the Estérel with Joseph, your Provencal guide. He will guide you through the Estrel and share with you his passion for the region. You will discover the mysteries of the forest behind the wheel of a jeep. At the end of the drive you will have the opportunity to taste local produce. Open year-round. Located in the Cap Estérel car park in Agay.

Tel. 06 09 09 73 90 joseph@decouvertedeesterel.com
www.decouvertedeesterel.com

**Climbing**

**Camp 4**
The vertical adventure. Climbing, abseiling and “via cordata” on the red rocks of the Estrel in the Dramont coves (year-round). “Via cordata” is a high ropes course over the sea, somewhere between climbing and ferrata. All the family can enjoy canyoning nearby [half or full-day]. Clear pools, jumps, slides and cool water! Supervision by state-qualified climbing and canyoning instructors with expert knowledge of the region. Adult beginners or advanced.

Tel. 06 62 240 214 contact@camp4.fr www.camp4.fr
**Horse-Riding**

**Les 3 Fers - Horse-riding in the Estérel & Estérel Pony Club**


277 rue du Débarquement - Le Dramont  Tel. 06 85 42 51 50 info@les3fers.com  www.les3fers.com

**Ranch Estérel**

Guided horse riding trips in the heart of the Estérel massif for beginners and experienced riders. Pony riding for young children and horse riding for children aged 12 years and above. Open May to September.

Avenue des Golfs - Agay  Tel. 04 94 82 89 47 ou 04 94 82 03 28  www.esterel-caravaning.fr  contact@esterel-caravaning.fr

**Leisure activities**

**Paint Ball**

For families with children 8 years old and above and for adults aged 16 years old and above. The Dramont Paint Ball welcomes you all year round (pre-booking required). Groups and birthdays on request. Open year-round.

Lacs du Dramont  Tel. 04 94 52 40 40 sudconcept@dupratconcept.com

**Mini Golf**

Come and have fun with family or friends at the Estérel's mini golf course with statues, windmill and loop the loop. Groups welcome on request. Open year-round.

Located in the Cap Estérel car park - Agay  Tel. 04 94 52 40 40 sudconcept@dupratconcept.com

**Archery**

Try your hand at archery at the foot of the Estérel Massif (with an instructor). Open year-round (pre-booking required).

Located in the Cap Estérel car park - Agay  Tel. 04 94 52 40 40 sudconcept@dupratconcept.com

**Estérel Aventure**

**Treasure trail : Version I : "Les clefs d’Agay"** (the keys of Agay). A fun activity for all ages. Approximately 3 hours of challenges around the beautiful Agay bay. Solve the 7 stages of the puzzle and rise to the cultural, nautical and underwater challenges to find the code that opens the treasure chest!!

**Version II : “Le Raid". All new challenge coming soon!!**

Year-round (pre-booking required).

Departure : 125 bd de la plage – 83530 AGAY – Tel. : 04 94 40 83 83  www.esterel-aventure.com  info@esterel-aventure.com

**GPS Aventure®**

The GPS-Aventure® permanent treasure trails are fun, innovative and open to everyone. Great fun on your own or with family and friends. Let your GPS or nav guide you through the Estérel massif and the Pays de Fayence whilst solving the puzzles to discover its wonders and its hidden treasures. Set-off from the “Chapelle de le Sainte-Baume” and go on an adventure to discover “The secrets of Saint Honore”. Between the peaks of Cap Roux and Aurelle follow the steep paths of the Col de l’Eveque to take in the magnificent views. Let the memories of the place and of the man who lived here come back to life and lead you right to the hidden treasure.

A dozen GPS-Aventure® treasure trails are available, covering Saint-Raphaël and the Pays de Fayence. The maps are free and available at the Tourist Offices of Saint-Raphaël and Pays de Fayence or by download on the “planète jeux” page at www.esterel-cotedazur.com

**Sud Aventure 14TH & 15TH APRIL 2012**

Water and Adventure Sports Festival at the CREPS, Boulouris

2 days of adventure :  
- Explore the “Sports and Leisure Village” with over 100 exhibitors ready to advise you.  
- Try water and adventure sports for the first time: 300 metre Zip wire – High ropes course – Mountain biking – Sea kayaking – Diving – Sailing – Parasailing – Parascending – Buggy driving – Paint Ball  
- Climbing wall...  
- Learn how to be responsible for the environment

Entry : 5€ www.sudaventure.fr

**Fresh and salt water fishing**

**Verdon Estérel pêche**

A professional fishing guide will instruct you in fishing techniques and accompany you to the best fishing sites of the region. ½ day beginner lessons for children around the lakes of the Estérel. Fly-fishing tuition.

Shore fishing, lake and sea fishing from either a boat or an inflatable “float tube”. Open year-round (weather dependant).

Esterel massif, Fréjus, Saint-Raphaël and Verdon.

Tel. 06 07 14 51 14  verdonpeche@yahoo.fr  http://verdonpeche.free.fr
Golf courses

Saint-Raphaël is a golfers' paradise. Two 18 hole courses, one over a hundred years old, and two 9 hole courses offering a unique golfing experience. Several prestigious events are held here during the warm weather.

GOLF DE CAP ESTÉREL / AGAY

Opened in 1990, this narrow, hilly course has views of the Esterel and the Bay of Agay. Whether you are a beginner or a more experienced golfer, the technical challenges of the course will give you the opportunity to learn and perfect your skills accompanied by qualified instructors. Open every day.
Closed from November to February.
Course: 9 holes
Length: 1,580 metres (1,727 yards)
Driving range: 55 stalls
Handicap required: “carte verte” or equivalent
Pro-Shop: Tel. 04 94 82 88 20
Tel. 04 94 82 55 00 www.capesterel.com

GOLF DE VALESCURE

Opened in 1895, the Golf de Valescure is the oldest course in the Var. 5,061m (5,535 yards) in length, this British-style course offers several relatively short holes. The 6 hole pitch and putt course of the “Golf Ecole” of Saint-Raphaël/Valescure in Boulouris is approved for competitions. This course is particularly suited to beginners. Open every day.
Course: 18 holes par 68
Driving range: 35 stalls
Handicap required: men – 24, women - 28
Restaurant Tel. 04 94 52 85 03

Route des Golfs - Tel. 04 94 82 40 46 www.golfdevalescure.fr

GOLF DE L’ESTÉREL

This golf course was opened in 1989 and is located at the foot of the magnificent Esterel massif. It is a physically undemanding but technically challenging course. The Golf de l’Estérel is part of the BLUE GREEN chain. Open everyday.
Course: 18 holes over 5,852 metres (6,399 yards)
Handicap required: “carte verte” and licence compulsory
Pro-Shop: Tel. 04 94 52 68 30
The restaurant with terrace, offering regional cuisine, is next to the putting green. Tel. 04 94 52 68 42
The “Golf Académie” offers a 9 hole training course for younger players.
Parcours: 9 holes over 1,456 metres (1,592 yards). Beginners’ course, no handicap required.
Academy: Tel. 04 94 44 64 65
745 Bd Darby - Tél. 04 94 52 68 30 www.bluegreen.com

GOLF DE VALESCURE

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Handicap required: men – 24, women - 28
Restaurant Tel. 04 94 52 85 03

Route des Golfs - Tel. 04 94 82 40 46 www.golfdevalescure.fr
Les Bains de Cléopâtre
Luxury, Moroccan-style Turkish baths.
Treatments using 100% natural products for face and body.
Open from 10.30am to 7.30pm, Tuesdays to Sundays (by appointment only).
760, avenue de Valescure  Tel. 04 94 53 37 50
info@lesbainsdecleopatre.com  www.lesbainsdecleopatre.com

Zen Océane
Beauty salon and health spa. Turkish baths, infra-red sauna, body scrub in affusion showers. Massages: Californian, hot rock, ayurvedic, Balinese, Shiatsu, Hypotenuse, Thai, Shirodhara, Tantric, emotional, by candle light, heated shells, Siam, Swedish, Imperial, black diamond and Argan oil.
Energising treatments, Tui Na, Dien Chan, facial and foot reflexology, digito-puncture, relaxation, sophrology, coaching. Conflict and stress management.
1479 Avenue de Valescure - Résidence les Palmiers
Tel. 04 94 95 27 33  zendoc@orange.fr  www.zenoceane.fr

Tao
Beauty treatments, well-being and relaxation, thermal spa and Turkish bath.
Treatments for women and men, couples and organic treatments.
Gift vouchers and gift ideas.
Bd Jean Moulin - Immeuble Forme & Beauté - ZAC Les Genets
Tel. 04 94 53 74 97  www.taomaisondebeaute.fr

Spa Hotel du Golf
In a leafy Mediterranean garden our professional team of beauty therapists offers a wide range of treatments in state-of-the-art surroundings.
Cacao modelling, Siam massage, Polynesian Ritual, Dead Sea salts ritual, golfer’s reward ritual, Foot reflexology, Citrus essential oils shower, Turkish bath, sauna, whirlpool bath. Facial treatments, waxing and manicure/pedicure. Sun terrace onto the garden.
Open to everyone, year-round (appointment required).
55, Ave P. L’Hermitte  Tel. 04 94 52 85 00  info@valescure.com

Estérel Forme
Thalgo marine treatments, spa, beauty treatments, Turkish bath and heated pool.
Open from February to November 9am to 1pm and 2pm to 7pm.
Cap Estérel-Agay  Tel. 04 94 82 52 34
info@esterel-forme.com  www.esterel-forme.com

Corpsessence
Health and beauty spa using new organic products. New: “5 Mondes” organic products and organic essential oils with tailor-made scents, organic massage waxing, organic body treatments, several slimming treatments with Cellu M6, body wraps and tailor-made treatments.
955 avenue du Gratadis - Agay  Tel. 04 94 19 23 72

Health & Well-Being Fair
30th March to 2nd April 2012
at the Palais des Congrès
4 days to learn a new “art de vivre” and discover Health & Well-Being in all its forms
Over 100 exhibitors representing:
• New for 2012 Mediterranean Thalassotherapy destinations
• Health, fitness and beauty
• Personal development
• Diet and nutrition
• Natural cosmetics
• Literature, music and magazines
• Therapeutic accessories
• Healthy lifestyle
• Organic producers and restaurants

Lectures and workshops
Admission fee 6€  www.salonbienetre.fr
**Festivals of light - December**

Seasons Greetings!

Saint-Raphaël moves to the rhythm of parades, illuminations and the end of year celebrations. The town centre and major sites are tastefully illuminated. You will be surprised by the originality of the displays; parades, light shows, sea-front Christmas village, ice-skating in the centre of town, concerts and children’s entertainment.

Ask us for a brochure.
www.saint-raphael-lumieres.com

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**La Route du Mimosa, Experience the South in Winter!**

This scenic route stretching 130km (80 miles) is the symbol of the Riviera in wintertime and is best enjoyed between January and March.

The eight towns that make up the route:
- Bormes-les-Mimosas,
- Le Rayol-Caraduc,
- Sainte-Maxime,
- Saint-Raphaël,
- Mandelieu la Napoule,
- Tanneron,
- Pégomas,
- Grasse,

offer many varied events: walking tours, tours of the hothouses, coach trips to the Tanneron massif and tour of the hothouses, walking tours of the Esterel massif on the theme of Mimosa.

Ask us for the map.

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**Carnival parades - February**

An entertainment filled event and a colourful carnival weekend!

- **Saturday 11th at 6.30pm**
  Night-time carnival “DIVAS ET TAMBOURS DE LA MUERTE”
- **Sunday 12th at 3pm**
  Day-time carnival “LA CHEVAUCHÉE DIVAGANTE”
- **Wednesday 15th at 3pm**
  Children’s Carnival
- **Sunday 19th**
  Agay Flower Festival
- **Coach trips** to the Tanneron massif and tour of the hothouses
- **Walking tours** of the Esterel massif on the theme of Mimosa

Ask us for a brochure.
Programme may be subject to change.
www.saint-raphael-carnaval.com
CALENDAR 2012

Fairs
- HOUSE & HOME  february
- DOGS AND PUPPIES  april
- HEALTH & WELL-BEING  april
- MINERALS AND FOSSILS  november
- WEDDING  november
- FINE FOOD  november

Traditions - Heritage
- SAINT-HONORAT FESTIVAL  april
- SAINT-BAUME FESTIVAL  may
- SAINT-PIERRE FESTIVAL  august
- HERITAGE DAY (Journée du Patrimoine)  september
- SAINT-RAPHAEL FESTIVAL  october

Sporting events
- FRENCH YOUTH SWIMMING CHAMPIONSHIP  march
- SAINT-RAPHAEL TRIATHLON  april
- ELEGANT CAR SHOW  april
- WATER SPORTS FESTIVAL  may
- UNDER-WATER PHOTOGRAPHY TROPHY  may
- PRO-AM VALLIS CURAN  june
- VAR HIKING WEEK  october

Festivals & fairs
- CARNIVAL PARADES  february
- SUD-AVENTURE FAIR  april
- COMEDY FESTIVAL  september
- EUROPEAN CINEMA WEEK  sept./oct.
- FESTIVALS OF LIGHT  december

Music
- NEW-ORLEANS JAZZ COMPETITION  july
- "TEMPLIERS" MUSICAL EVENINGS  july
- SAINT-RAPHAEL CHAMBER ORCHESTRA SUMMER CONCERTS  july and august
- PAYS DE FAYENCE STRING QUARTET FESTIVAL  october

The programme may be subject to change.

Information:
- Tourist Office  Tel. 04 94 19 52 52
- Palais des Congrès  Tel. 04 94 19 84 11
- Cultural Centre  Tel. 04 98 11 89 00
Theme & Leisure Park

Luna park - Fréjus
Rides for children and adults. Open every evening from June to September from 8.30pm and from 5pm to 1am on Sundays.
D559 quartier Le Capou 83600 FREJUS  Tel. 04 94 51 00 31
www.lunapark-frerus.com

Aqualand - Fréjus
"The largest water park on the French Riviera". Water activities for all the family: slides, wave-pool... Restaurant, shady areas for relaxing, shop, area for sunbathing (sun loungers for hire), all of this amidst lush greenery. Qualified staff on-hand to help and supervise all pool areas.

Private groups welcome (30 people) by reservation only. Open from beginning of June to beginning of September.
D559 Quartier Le Capou 83600 FREJUS  Tél. 04 94 51 82 51
www.aqualand.fr  How to get there: A8 exit n° 38 then take direction Saint-Tropez

Prices and tickets available at the Tourist Office of Saint-Raphaël.

Marineland & Parks
The entry ticket for Marineland is valid for all of the day’s shows. One of a kind in Europe:
- Dolphins, killer whales, sea lions.
- 30m long shark tunnel with viewing window.
- Meet and touch the dolphins (price: 69€/person with VIP area access included) and the sea-lions (price: 29€/person with VIP area access included).

These attractions are subject to special conditions, please ask us for more information.

Parks: Aquasplash, Far West Farm, Adventure Golf. Tickets for a combination of parks available.
Information and tickets: www.marineland.fr
306 avenue Mozart 06600 ANTIBES  Tel. 0 892 30 06 06 (0,34€/mm)

LabyFolies 2 parks in 1
LabyFolies is a labyrinth of climbing plants full of games and fun challenges. It’s also the “Village des Fous”, a new area of crazy activities: tree sledge, extravagant tree houses, a huge slide, giant inflatables...
Open from the Easter holidays (zone B) until mid-November.
- Price: 9,50€ children aged 4 to 11 years.
- 11,50€ adults and children aged 12 and above.
2559 Route de Grasse VILLENEUVE LOUBET  Tel. 04 92 02 06 06 / 06 71 93 23 50
www.labyfolios.com

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Information and tickets: www.marineland.fr
306 avenue Mozart 06600 ANTIBES  Tel. 0 892 30 06 06 (0,34€/mm)
Activities for kids: arts & crafts, treasure hunt, circus school... Ask us for a guide!

Museums

Musée de la glace
Visit the ice museum and find out about the making, marketing and use of ice across the world, using examples from the glaciers in the Sainte-Baume massif. Open every day from June to September except Mondays from 9 am to midday and 2 pm to 6 pm. Open Sundays only from October to May from 9 am to midday and 2 pm to 5 pm. • Price: €2.50
Hameau du Château 83136 MAZAUGUES Tel. 04 94 86 39 24 http://museedelaglace.free.fr

Gorges du Verdon Prehistoric Museum
• Permanent and temporary exhibitions - Prehistoric herd.
  Price: Adults €7 - Children €5 Free for children under 6 years old.
  • Prehistoric village activities
  Price: €4, Children (from 6 years) €3.50 [pre-booking required]
  • Baume Bonne guided cave tour
  Price: Adults € - Children (from 7 years) €3.50 [pre-booking required]
  • 3rd week-end of July - Prehistory Day
Route de Montmeyan 04500 QUINSON Tel. 04 92 74 09 59 www.museeprehistoire.com

Oceanographic Museum and Aquarium
The aquarium is one of the highlights of a trip to the Oceanographic Museum. It includes living Mediterranean and tropical eco-systems and a shark lagoon. Open year-round except during the Formula 1 Grand Prix.
  Price: Adults €14 - Children €7 - Free for children under 4
Ave Saint-Martin MC 98000 MONACO Tel. +377 93 15 36 00 www.oceano.mc

Nature areas

Base Nature “François Léotard” - Fréjus
Swimming pool, 2 stadiums, play area, roller-blading track, skate park, BMX. Available to rent: fun buggies for children from 2 to 6 years old. Try a Segway PT, bike, scooter, baby tricycle or tandem. Open all year. Tel. 04 94 51 91 10

Fun CITY - A city for kid
Explore our 2300 m² indoor fun area and discover its original décor, educational material and even a herd of life-size dinosaurs, including 2 moving dinosaurs! Play areas specially adapted for each age group: Baby corner, Games for under 3’s, Games for over 3’s, Inflatable, Electric karts, Climbing tower, Trampolines... 3D cinema, 12 hole indoor mini-golf, High ropes course and Mini bowling. Food available at the Fun Café.
RD 37 - ZAC St Pons Tel. 04 94 83 65 53

Minigolf Beaurivage
18 hole sea front course surrounded by palm trees and tropical plants. Car park nearby: 300 spaces. Open everyday in high season. • Price: €6.50 children 11 years and above and adults
Bd du Général de Gaulle Tel. 06 24 20 16 61

Circus School of France
Under a specially-designed marquee, children aged 4 to 14 years can discover the five main circus disciplines supervised by international-level artists: trapeze, juggling, trampoline, tight rope and acrobatics. Weekly show. Open Monday to Saturday in July and August. Pre-booking recommended.
Information: Tel. 06 73 30 58 78 www.ecolefrancaisedecirque.com

Parc PhoeniX
7 hectare park: Themed gardens, animal corner and a greenhouse recreating 6 tropical climates housing an aviary of nocturnal birds of prey and parrots. Ray touch pool and aquariums. Crocodile enclosure, otter pool, prairie dogs, porcupines and wallabies. Open from 1st April to 30th September 9.30am to 7.30pm and from 1st October to 31st March 9.30am to 6pm. • Price: €2 Free for the under 12’s
405 promenade des Anglais 06200 NICE Tel. 04 92 29 77 00 www.parc-phoenix.org

Zoos & Animal parks

Village des tortues
The tortoise village is a treatment, observation and conservation area for more than 2000 tortoises and turtles. Guided tours at 11am, 3pm, 4pm and 5pm. Open every day from 9 am to 7 pm.
  Price: €8 to 16 years - €12 adults. Free for the under 5’s Discount for groups and for people with a disability.
On the road to Saint-Tropez 83590 GONFARON Tel. 04 94 78 26 41 www.villagetortues.com

Jardin zoologique
Bird and botanical garden with an exceptional collection of tropical birds and plants plus lemurs, monkeys and kangaroos.
Open from 1st June to 30th September 9am to 7pm and from 1st October to 31st March 9.30am to 6pm. • Price: Children €5 - Adults €9
RD 559 83250 LA LONDE - Tel : 04 94 35 02 15 www.jotropico.org

LIDO multi-screen cinema
• A total of 7 screens with tiered seating and air-conditioning. 3 screens adapted for 3D films. Accessible for wheelchair users and induction loops for the hearing impaired. Snack bar.
• Underground parking. Open every day

www.aqualand.fr Ouvert du 16 juin au 5 septembre 2012
Flavours and Colours!

**Markets in Saint-Raphaël**

**Food markets**
- Place Victor Hugo: every morning except Mondays
- Place de la République: every morning except Mondays
- Place de la Poste à Boulouris: Monday mornings
- Place Giannetti à Agay: Wednesday mornings

**Fish market**
- Vieux Port (Old Port): every morning from 7.30am

**Flea market**
- Place Coullet: every Tuesday
- Agay sea front: 1st Friday of the month (except July and August)

**Summer late-night markets (July & August)**
- Every evening: Sea front
- Friday and Saturday evenings: Agay sea front
- Every Wednesday: Cap Estérel

**Craft market**
- Every Sunday and bank holiday on the Vieux Port (old port).
Flavours & Discovery” guided tour  2 hours > 2.50 €

Follow this delicious tour and learn about the culinary, cultural and historical charms of Saint-Raphaël’s old town. You will have the chance to taste the flavours of the Mediterranean, such as olives, oils, tapenades and the tasty Tarte Tropézienne.

Meet local producers, discover their expertise and our local traditions.

Reservations, dates and information:
Tourist Office  Tel. 04 94 19 52 52

Markets nearby

FRÉJUS
- Every Wednesday and Saturday morning
- Historic Town Centre
- Sunday mornings - Sea front

LE MUY
- Large Provençal market on Sunday mornings - Main square

SAINT-TROPEZ
- Market on Tuesday and Saturday mornings – Place de Lys
- Don’t forget that you can take the train

NICE
- Flower market everyday except Mondays - Cours Saleya
- Don’t forget that you can take the train

VINTIMILLE (Italy)
- Fridays - Sea front
- Don’t forget that you can go by coach or train

SAN REMO (Italy)
- Saturdays – Town centre
- Don’t forget that you can go by coach or train

LES RESTAURANTS DE PHILIPPE TRONCY

La-table d’emi
Avenue des Golfs
83700 Saint-Raphaël
Tél. 04 94 44 63 44
Latabledemi.fr

La Brasserie
4, avenue de Valescure
(angles rue M.Allongue)
83700 Saint-Raphaël
Tél. 04 94 95 25 00
Labrasserietg.fr

VIGNOBLE - EVENEMENTS - HOTEL - RESTAURANT
Vente de Vin - Dégustation - Visite Cave

Clos des ROSES
A FREJUS
Route de Mouginset
Quartier Saince Blayette
Useful Information

EMERGENCY SERVICES
- Fire, ambulance and rescue services: 18
- Emergency doctor: 04 94 95 15 25
- Police: 17
- Sida Info Service: 0 800 840 800
- Emergency vet: 04 94 51 51 47 (after 7pm, on Sundays and Bank Holidays)
- Anti-poison help centre: 04 91 75 25 25
- Lost property office: 04 94 82 15 03

AIRPORT TRANSFERS
- Airport Transfer Service by minibus: www.a-t-s.net
- Van services: Tel. 04 94 44 62 97 www.vanservices.com
- Central Radio Taxi Tel. 04 94 83 24 24
- European Shuttle Tel. 04 68 20 91 34 www.europeanshuttle.com
- Société Azur Transports: Tel. 06 66 58 09 87
- Bus Aéroport: Tel. 0 810 006 177

RENTAL SERVICES
2 wheels
- Patrick Motos: 260 Av. du Général Leclerc Tel. 04 94 53 65 99
- Atout Cycle: 330 Bd Jean Moulin Tel. 04 94 95 56 91
- Estérel Aventure: 125 bd de la plage AGAY Tel. 04 94 40 83 83
- Riviera Evasion: 60 av des clairettes Tel. 04 94 40 51 49

Cars
- AVIS: 190 Place Pierre Coullet Tel. 04 94 95 60 42 www.avis.fr
- BUDGET: 123 Av. de la gare Tel. 04 94 82 24 44 www.budget.fr
- HERTZ: 32 Rue Waldeck Rousseau Tel. 04 94 95 48 68 www.hertz.fr
- ADA: Hall gare SNCF Tel. 04 94 95 01 83 www.adalocation.fr
- EXPRESS CAR: 52 Place Coullet Tel. 04 94 83 71 08
- EUROP CAR: 54 Place Coullet Tel. 04 94 95 56 87 www.europcar.fr
- NATIONAL CITER: 20 Rue Waldeck Rousseau Tel. 04 94 19 20 06 www.citer.fr
- SIXT: Rue Waldeck Rousseau Tel. 04 94 16 61 64 www.sixt.fr

TRANSPORT
- Bus: Varlib services: fixed price of 2€ linking the main towns of the Var: Draguignan, Saint-Tropez, Fayence...
  www.varlib.fr Tel. 0 810 006 177

TRAIN
- TGV train station Saint-Raphaël - Valescure

Information
For SNCF Voyages rail connections (national services): www.sncf.com or by telephone on 36 35
For TER PACA rail connections (regional services): Stations: Boulouris - Le Dramont - Agay - Anthéor Cap Roux - Le Trayas
  www.ter-sncf/paca

Contact TER on 0 800 11 4023
(Calls free from landlines)

Free guides available at the Tourist Office:
- Hotel guide – Holiday apartments – Holiday villages – Guest houses
- Campsite Guide – Holiday rentals
- Town map – Restaurant guide
- “Faites le plein de loisirs” leisure activities brochure

ADMINISTRATIVE SERVICES
- Town Hall: Place Sadi Carnot: 04 94 82 15 00
- Municipal Police: Avenue de Valescure: 04 94 95 24 24
- Police Station: Rue de Triberg & Fréjus: 04 94 51 90 00
- Chamber of Commerce: Place P. Coullet: 04 98 11 41 30
- Post Office: Av. Victor Hugo: 04 94 19 52 00
- Young Person’s Information Centre: Place Galliéni: 04 98 11 89 75
- Cultural Centre: Tel. 04 98 11 89 00 (closed Mondays and Sundays)

TAXIS
“Taxis de Saint-Raphaël” association
- Central Radio Taxi Tel. 04 94 83 24 24
- Boulouris Tel. 06 09 52 32 24
- Agay M. Maréchal Thierry Tel. 04 94 83 70 64
- Taxi Tel. 06 09 52 12 35

The “Taxis de Saint-Raphaël” association also offers personalised transport services by reservation.

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- SIXT: Rue Waldeck Rousseau Tel. 04 94 16 61 64 www.sixt.fr

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Ce guide édité à 40 000 exemplaires a été réalisé sous l’égide de l’Office du Tourisme et des Congrès. Conformément à la jurisprudence, la responsabilité de l’Office de Tourisme de Saint-Raphaël et de l’éditeur ne peut être engagée en cas d’erreurs ou omissions involontaires, malgré les soins, contrôles et attentions portés à la confection de ce guide. Document non contractuel. Ont contribué à la réalisation de ce guide:
Saint-Raphaël, coastal resort in the heart of the “Estrel Côte d’Azur” region.

An unspoilt holiday destination between Cannes and Saint-Tropez

The Tourist Office’s reservations service

Hotels • Self-catering accommodation • Guest houses
Mobile homes • Rentals
• A single point of contact for over 186 places to stay
• In-depth knowledge of all accommodation offered
• Immediate and free reservations
• Personalised advice and quality guarantee

Local info straight to your mobile

Scan this QR code to get useful information and recommendations on your smartphone or text “littoral” to 31767 (no text surcharge)

www.ecazur.mobi

Weekends and longer stays

A selection of weekend and longer stays for all requirements all year round:
• Art de vivre • Sea-front • Special events
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Have fun!

Your leisure activities at special prices: Over 80 preferential prices.

240 activities selected for you
• Outdoor activities • Water sports • Aerial activities • Golf
• Excursions • Theme parks • Well-being • Relaxation

Book on-line

Compare prices
• Last-minute deals
• Year-round special offers

Contact  Tel +33 (0) 4 94 19 10 60
72 rue Waldeck – Rousseau (opposite the train station)
83700 Saint-Raphaël
Au cœur de Saint-Raphaël, un lieu légendaire qui...

**Distribue du sourire**

*depuis 1881*

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**Exclusivité dans la région**

*Jouez aux machines à sous en mode terrasse!*

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**Café Barrière**

Menu express le midi à partir de 12€

**175** machines à sous de 1 centime à 5€

**Jeux de table**

Roulette Anglaise • Black-jack • Boule

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**Casino Barrière Saint-Raphaël**

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_MACHINES À SOUS • JEUX DE TABLE • RESTAURANT AVEC VUE SUR LE VIEUX PORT • BAR • MUSIQUE LIVE • SPECTACLES • TERRASSE_

Square de Gond • Ouvert tous les jours de 10 heures du matin à l’aube • Tél. 04 98 111 777 • 844 places de parking face au Casino

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