

HIKING AND BIKING

GUIDE



Tourist office of La Ciotat
www.destinationlaciostat.com
#destinationlaciostat





Discover La Ciotat **with hiking and cycling**

La Ciotat is a «reserve» that offers many hiking and cycling routes. For several years, Provence Tourisme has been publishing **topos guides of hiking routes within the whole département**. You can download them at www.myprovence.fr

HOW TO KNOW ABOUT THE LEVEL ACCESS TO THE MASSIFS

In Bouches-du-Rhône, from 1 June to 30 September inclusive, **access** (including by sea), **traffic and the presence of people and work in forest areas are regulated** by prefectural decree and may also be so by municipal decree. These danger levels are determined daily by forest massif and by town. They are made available from 6 p.m. Except in exceptional circumstances, this information is valid for the following day. It is therefore important to refer to it before starting any hike.

MORE INFO ON

www.myprovence.fr/enviedebalade



Carnoux-en-Provence

Roquefort La Bédoule

Cassis

Ceyreste

LA CIOTAT

St-Cyr-sur-Mer

TRAIN MARSEILLE - TOULON/HYÈRES

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—○— HIKES
—○— CYCLING ROUTES

Focus on **the Calanques National Park**

Created on April 18, 2012, the Calanques national park is the 10th French national park and the first in Europe to be both terrestrial, marine and peri-urban.

In the heart of the limestone coastal Provence, the National Park, which extends over the communes of Marseille, Cassis and La Ciotat, is known throughout the world for its sublime landscapes, but also for its remarkable biodiversity and its cultural wealth.

03 Earthly heart	8,500 hectares
Sea Heart	43,500 hectares
Biodiversity	140 terrestrial species and 60 aquatic species
Number of visitors	2,000,000 visitors per year

A REMARKABLE NATURAL HERITAGE

Linking the towns of La Ciotat and Cassis, the **Soubeyranes cliffs** are a hot-spot for mineralogy. These grandiose landscapes overlooking the sea are among the highest maritime cliffs in France and offer spectacular views accessible from the **route des Crêtes**. Of ochre-orange color, these cliffs are constituted of **poudingue** (conglomerate of pebbles), contrary to the massif of Calanques formed of white limestone as in Marseille for example.

— DID YOU KNOW THAT... —

La Ciotat is one of the main gateways to the National Park. The town has many sites in the heart of the Park, including the two emblematic calanques of Figuerolles and Mugel.

PHOTO CREDIT: © VOL D'OISEAU

A REGULATION FOR A BETTER PRESERVATION

In order to protect this exceptional natural heritage, regulations have been put in place to better channel the frequentation. The eco-guards, seasonal agents of the National Park, come to meet you to inform you and guide you in the discovery of this territory.

MORE INFO ON www.calanques-parcnational.fr

| 04



SMOKING



LIGHTING A
FIRE



WALKING OFF
THE BEATEN
PATH



PRODUCING
NOISE
POLLUTION



DISTURBING
AND FEEDING
WILDLIFE



USING
MOTORIZED
VEHICLES
OUTSIDE THE
LANES



PARKING
OUTSIDE THE
PARKING LOTS



DEGRADING
THE SITE
(GRAFFITI...)



DUMPING
WASTE



CAMPING OR
BIVOUACKING



COLLECTING
FLORA



FLYING OVER
THE SITE WITH
A DRONE



WALKING A
DOG ON LEASH

VOIE DOUCE PATRICK BORÉ

Duration 45 min (one way) • 5.4-km walk • Relatively flat
Easy hike • Dogs allowed on leash



EASY

The Voie Douce Patrick Boré is a 5.4 km long former railroad track that allows you to cross the town on a path with a beautiful view. You will discover the different areas of La Ciotat by following the evolution of the urbanisation around the railroad.

It is a stroll to discover the Mediterranean flora as well as the heritage such as the old Ceyreste station or the Bastide Marin. Benches allow visitors to stop and breathe in the scents of the plants and trees.

05 |

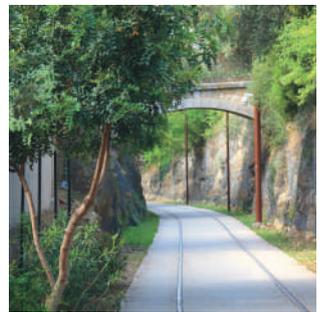
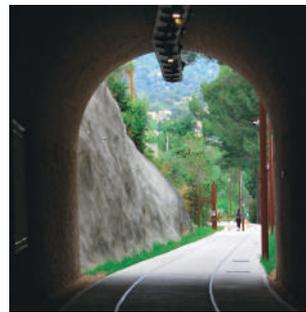
The departure is from **Avenue Frédéric Mistral (1)**, in front of the Hospital Centre of La Ciotat. The concrete path occupies the place of the old railway line and passes over the **bridge of the Vallat de Roubaud (2)** and in front of the **old railway station (3)** which bears the same name, inaugurated in 1887 then closed in 1986.

The hike continues along a long **fresco (4)** with pretty landscapes of the town to then cross the **RD559 road (5)**. Continue to reach the **Bastide Marin (6)** on the left, with its trees, its extraordinary gardens, and its educational farm.

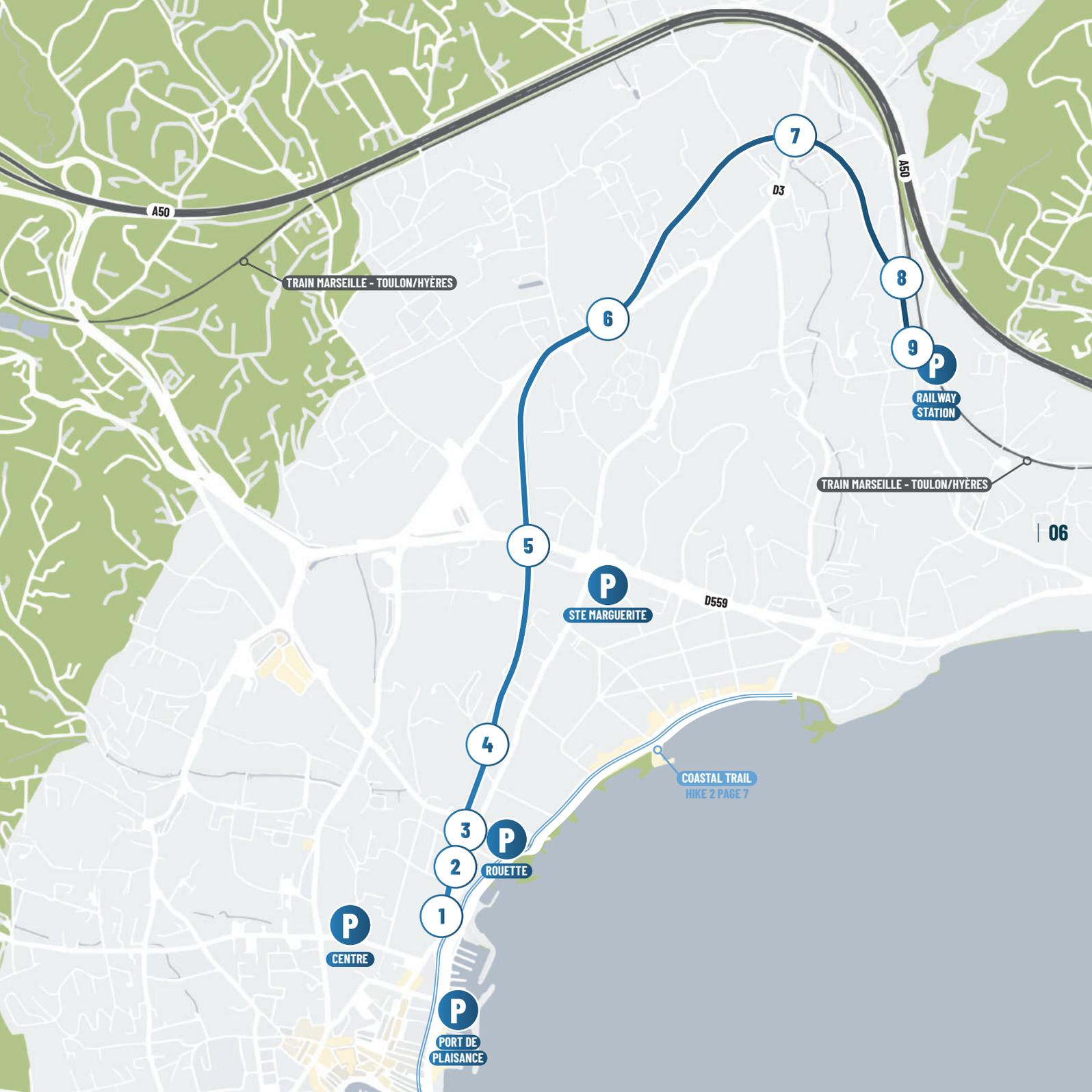
The walk winds between the trees, crosses the D3 road which connects La Ciotat to Ceyreste and passes in front of the **old station of Ceyreste (7)**, hidden behind the plane trees.

Enter the **musical tunnel (8)** to reach the **railway station (9)**, where the famous train entered the station in 1896 (one of the first films in the history of cinema, shot by the Lumière brothers).

Go back to the start the same way.



© PHOTO CREDIT: OFFICE DE TOURISME DE LA CIOTAT



A50

TRAIN MARSEILLE - TOULON/HYÈRES

D3

A50

TRAIN MARSEILLE - TOULON/HYÈRES

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P
STE MARGUERITE

COASTAL TRAIL
HIKE 2 PAGE 7

P
CENTRE

P
ROUETTE

P
PORT DE
PLAISANCE

P
RAILWAY
STATION

2

COASTAL TRAIL

Duration 30 min (one way) • 2.5-km walk • Relatively flat
Dogs allowed on leash (not allowed on the beach)



The coastal trail follows the different beaches of the town to appreciate the most beautiful bay in the world in 2019 in all its aspects.

From **the Tourist Office (1)**, go along Boulevard Anatole France then Boulevard Georges Clemenceau (the Eden Théâtre, the oldest cinema in the world still in operation, is on your left) before turning right onto Avenue du Président Wilson. On the left, pass in front of **Square Eugène Mouton (2)** which has welcomed many players of *pétanque* since 1930.

Then pass in front of the former Flots Bleus casino, which has now been renovated into gourmet halls, then go along **the port and the Plage des Capucins beach (3)**.

Go around the famous **carousel and the sumptuous Villa des Tours (4)** to reach the **Cyrnos beach (5)** followed by the **Lumière beach (6)**.

Cross the Henri Langlois esplanade and go to the **Lumière monument (7)**, erected as a triumphal arch on the edge of the beach in memory of the inventors of cinema Louis and Auguste Lumière.

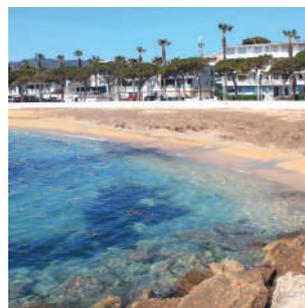
The coastal walk ends at the **Grande Plage beach (8)**, where bars and restaurants follow one another in front

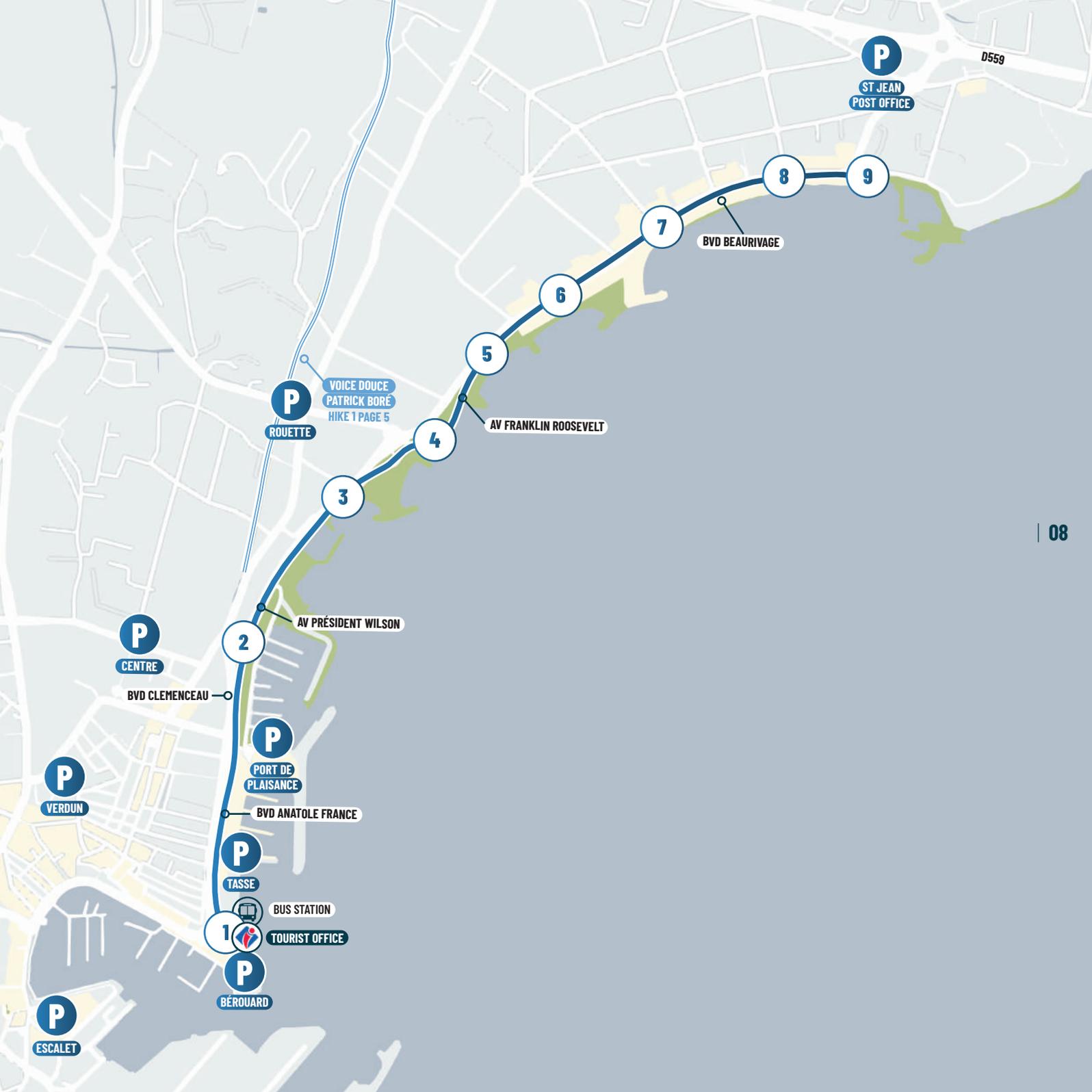
of the Ile Verte and the Bec de l'Aigle, then at **the Saint-Jean port and beach (9)**.

Go back to the start the same way.

— DID YOU KNOW THAT... —

A cycling path goes from the Tourist Office to the Capucins beach (2). Children's playgrounds and fitness areas are available along Boulevard Anatole France and Avenue du Président Wilson.





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ST JEAN
POST OFFICE

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9

BVD BEAUVILLAGE

7

6

5

AV FRANKLIN ROOSEVELT

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ROUETTE
VOICE DOUCE
PATRICK BORÉ
HIKE 1 PAGE 5

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AV PRÉSIDENT WILSON

2

P
CENTRE

BVD CLEMENCEAU

P
PORT DE
PLAISANCE

BVD ANATOLE FRANCE

P
TASSE

BUS STATION

TOURIST OFFICE

1

P
BÉROUARD

P
VERDUN

P
ESCALET

SEMAPHORE LOOP

Duration 3h30 • 11-km walk • 526 m of cumulative height difference
Dogs allowed on leash

© PARC NATIONAL DES CALANQUES



MEDIUM

Despite a very mineral aspect, the Cap Canaille massif conceals numerous habitats and animal and plant species, several of which are protected at the national or international level.

This hike starts at the **rond-point des Messageries Maritimes (1)**. Take Quai François Mitterrand and go around the shipyards. Take Avenue Victor Giraud, then Avenue des Calanques.

09 | Chemin de la Calanque du Mugel (hike no. 4 page 11) is located on the left at the end of this avenue (2).

Take Avenue du Mugel, turn right on Avenue de Figuerolles and then left on Chemin Notre-Dame de la Garde.

At **the intersection with Chemin du Sémaphore du Bec de l'Aigle (3)**, take a small path that goes to the left and climbs to the Chapel Notre-Dame de La Garde (20 min round trip). This chapel, open to the public in summer, has a panoramic view of the Ile Verte, the Bec de l'Aigle and the bay of La Ciotat. Back at the bottom, follow the road as it gradually climbs pack up. When it diverges to the left, **stay to the right (4)** then continue for 100 m.

In front of the "*propriété privée*" sign, turn left onto the "balcony path" that runs along a low wall of the Semaphore, ignoring the other paths. Pass in front of the **Sémaphore du Bec de l'Aigle (5)** and the orientation

table then follow the path on the right that goes around them to arrive on the Route des Crêtes. Follow this scenic road for 100 m to the **directional sign (6)**.

Turn right towards La Ciotat and take Chemin de Sainte-Croix until it ends. When you reach an intersection, **stay on the path on the right (7)**.

When arriving in town, this road becomes tarred. Continue by crossing **Avenue François Billoux (8)** then go down the stairs. Follow Avenue de la pétanque, then Avenue Gallieni and turn right on Boulevard Guérin.



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VOICE DOUCE
PATRICK BORÉ
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P
ROUETTE

COASTAL TRAIL
HIKE 2 PAGE 7

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CENTRE

P
PORT DE
PLAISANCE

P
TASSE

T

P
BÉROUARD

P
VERDUN

BVD GUÉRIN

AV GALLIENI

AV DE LA PÉTANQUE

P
VIEUX PORT

QUAI FRANÇOIS MITTERRAND

AV VICTOR GIRAUD

P
ESCALET

CHEMIN DE LA GARDE

AV DE FIGUEROLLES

AV DU MUGEL

AV DES CALANQUES

P
FIGUEROLLES

P
MUGEL

EXPLORING
THE CALANQUES
HIKE 4 PAGE 11

ROUTE DES CRÊTES

SOUBEYRANES CLIFFS
HIKE 5 PAGE 13

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CHEMIN DE STE CROIX

7

6

5

SÉMAPHORE

4

CHEMIN DU SÉMAPHORE

3

LA GARDE >
STE FRETOUSE
HIKE 6 PAGE 15

CHAPELLE NOTRE-DAME
DE LA GARDE

LOOP 394
HIKE 7 PAGE 17

SÉMAPHORE > CAP CANAILLE
HIKE 9 PAGE 21

10

EXPLORING THE CALANQUES

Duration 2h • 3-km walk • 150 m of cumulative height difference
Dogs allowed on leash (not allowed on the beach)

© ATELIER BLEU - CPIE CÔTE PROVENÇALE



EASY

La Ciotat is home to two of the National Park's calanques (rocky inlets): Mugel and Figuerolles. Discover these unforgettable natural sites perched on the sea.

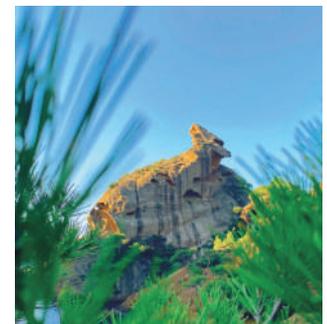
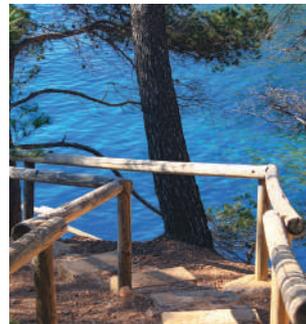
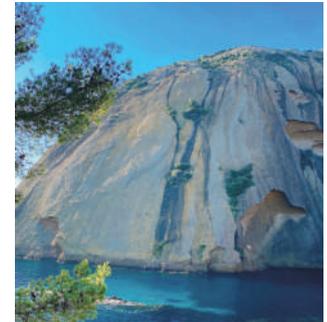
Start the hike by going to **Chemin de la Calanque du Mugel (1)** which goes down to the Grand Mugel beach, where it is possible to have a snack and enjoy the panoramic view of the Île Verte located only 420 meters from the shore. Go around the top of the beach and access a second beach, the Petit Mugel.

On the left is the Parc du Mugel, a magnificent 12-hectare botanical garden with many tropical and Mediterranean species as well as a large picnic area and children's playground. Take the first path on the right to go around the Villa Bronzo and then access the **first viewpoint (2)** which offers a breathtaking view of the Anse du Sec. A little higher up, a second viewpoint (3) allows you to admire the domes that make up the Trois Secs massif.

Go back down slightly and turn left to go up a hundred steps: you have arrived at the **belvedere (4)** which culminates at 82 m!

Retrace your steps to reach the holm oak forest and the bamboo grove. Pass in front of **the house of the Bec de l'Aigle (5)**, which welcomes today the *Atelier Bleu - CPIE Côte Provençale* association.

Go back to the starting point (1) and turn left on Avenue du Mugel and then left again on Avenue de Figuerolles. Go down the 87 steps to reach the second *calanque* of La Ciotat that deserves to be visited as well: **Figuerolles (6)**.



© PHOTO CREDIT: OFFICE DE TOURISME DE LA CIOTAT



P

TASSE



P

BÉROUARD

P

VIEUX PORT

P

ESCALET

SEMAPHORE LOOP
HIKE 3 PAGE 9

AV DE FIGUEROLLES

P

FIGUEROLLES

AV DU MUGEL

P

MUGEL

6

CALANQUE DE
FIGUEROLLES

1

CHEMIN DE LA
CALANQUE DU MUGEL

5

CALANQUE DU PETIT
MUGEL

3

2

ANSE DU SEC

4

FREE
ENTRANCE

Parc du Mugel

The **Parc du Mugel** is located in the delta of an old river that ran here nearly one hundred million years ago. As it travelled, it carried the sand, gravel and pebbles that accumulated and melded to each other. This formed a reddish rock with large pebbles that geologists call **poudingue** [puddingstone]. With erosion, this rock has taken on mysterious shapes, like those of the **Trois Secs** or the **Bec de l'Aigle** [Eagle's beak], an old landmark for sailors.

The rocky inlet shelters a 12-hectare **botanical park** that invites you to stroll and discover many of our region's plants, including some that are very rare. It boasts dense vegetation, comprising green oaks, sweet chestnuts, bay, cork oaks, carob trees, laurustines, Aleppo pines, stone pines and maritime pines, bamboo groves and even wildflowers.

A fairly steep path leads up to a **panoramic viewpoint** at an altitude of 82 m and overlooking the immense expanse of the sea.

Opening times:

From 1 April to 30 September: 8:00 to 20:00 / From 1 October to 31 March: 9:00 to 18:00*

**except in bad weather conditions (strong mistral wind, heavy rain, high flood risk), by Prefectural decision.*

Access:

By car : Mugel car park (free from 1 October to 30 April), Avenue des Calanques, 300 m from the park's entrance.

By bus : line 30 ("Mugel" stop)

Regulations



Dogs on leash



Clean up after your dog



No ball game

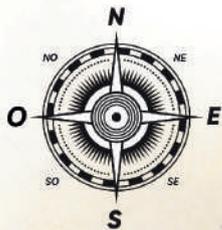


No smoking **



No open fire **

*** Municipal Decree No. 387 dated 11/07/2011 on the ban on smoking, lighting fires and picnicking outside the space provided for this purpose (No. 6 on the map)*



LEGEND

THE GARDEN

- 1** Entrance
- 2** Palm grove
- 3** Exotic garden
- 4** Cacti
- 5** Grasses
- 6** Lawn
- 7** Fountain
- 8** Panoramic terrace
- 9** Small panoramic viewpoint
- 10** Large lake
- 11** Bamboo grove

THE NATURAL SPACES

- 12** Olive cultivation terraces
- 13** Scrubland
- 14** Cork oaks
- 15** Rest area
- 16** Small lake
- 17** Green oak forest
- 18** Large panoramic viewpoint

THE BUILDINGS

- A** Park keeper's house
- B** Bec de l'Aigle house
- C** Remains of the Bastide Bleue [Blue farmhouse]
- D** Villa Bronzo
- WC
- Picnic area



5

SOUBEYRANES CLIFFS

Duration 2h • 2.6-km walk • 150 m of cumulative height difference
Dogs allowed on leash

© PARC NATIONAL DES CALANQUES



EASY

Nestled between La Ciotat and Cassis, the Soubeyranes cliffs are among the highest in Europe and offer an exceptional panorama with an unobstructed view of the vastness of the Mediterranean.

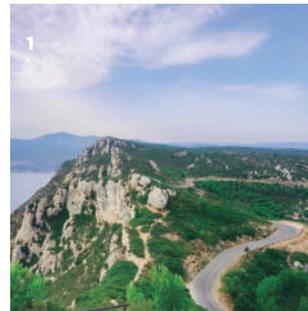
The departure is made from the **summit of the Grande Tête (1)** which faces the Cap Canaille massif. Go down the slope to reach the **Sémaphore du Bec de l'Aigle (2)**, accessible from downtown with the hike no. 3 (page 9).

15 | Go back to the **intersection (3)** then leave the road to turn left onto a marked trail that winds over the cliffs. In the middle of the sea, a beacon marks the beginning of a 13 km long submarine canyon that goes down more than 1,900 m deep.

At the bend in the road **(4)**, the highest peak of the Cap Canaille massif, the Grande Tête, appears, culminating at 399 meters. Continue on the trail and turn left at **the intersection (5)**.

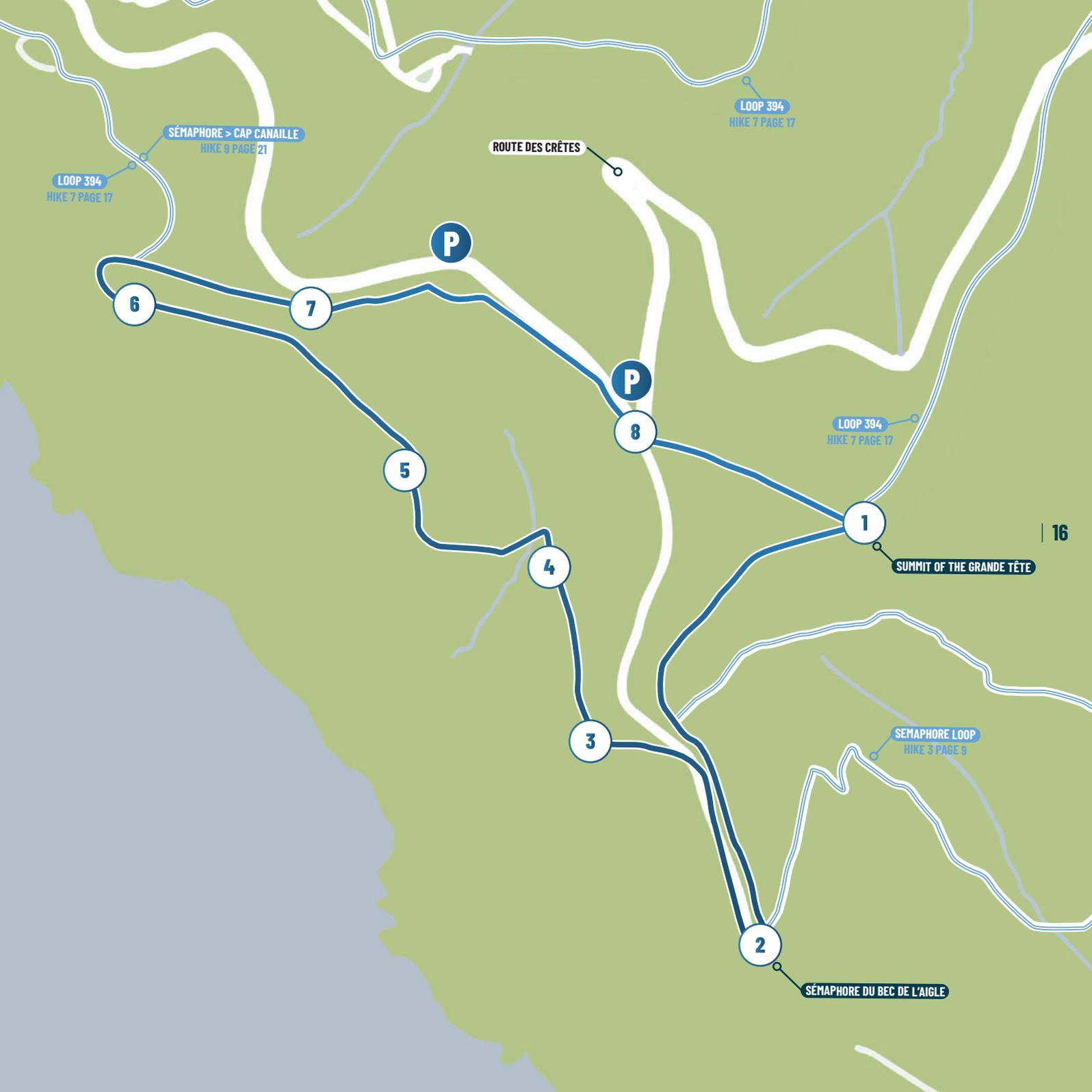
The path continues until **the steepest point (6)**, which overlooks the Mediterranean Sea at a height of 370 m! From this spot you can admire the Calanques massif on the Cassis and Marseille sides, with an interesting view of the Riou island.

At the junction with **Route des Crêtes (7)**, go straight ahead and follow this road in the shade of the trees. At **crossroads (8)**, go up the hill to reach the starting point.



PICTURE 1: © G.ARMAND

PICTURE 2: © M.BÉRENGER / PARC NATIONAL DES CALANQUES



ROUTE DES CRÊTES

SÉMAPHORE > CAP CANAILLE
HIKE 9 PAGE 21

LOOP 394
HIKE 7 PAGE 17

LOOP 394
HIKE 7 PAGE 17

LOOP 394
HIKE 7 PAGE 17

SUMMIT OF THE GRANDE TÊTE

SÉMAPHORE LOOP
HIKE 5 PAGE 9

SÉMAPHORE DU BEC DE L'AIGLE

LA GARDE > SAINTE FRETOUSE

Duration 2h30 • 3.3-km walk • 350 m of cumulative height difference

Dogs allowed on leash ⚠️ **Some steep passages**

© PARC NATIONAL DES CALANQUES



MEDIUM

From **Chapelle Notre-Dame de La Garde (1)** go down the traverse and take the path on the left.

Arriving at a **first intersection (2)**, leave the path on the right that leads to the Villa Michel Simon. The trail leads away from the **cliff (3)** and turns right, going into a deep valley on the side of the rock thanks to a rope passage. In a few steps, the path evolves in an oak forest sheltered from the sun.

17 | Follow the trail to the left to **viewpoint (4)** overlooking the Anse du Cannier and the Trou de Jeannette. This spot is ideal to observe cormorants.

Continue along the trail at **heading west (5)**. The trail descends into a second wooded canyon, then climbs back up onto the scrub-covered ridge.

Stay on the ridge until you reach **villa Spaeny (6)**, old farmhouse destroyed by fire.

The trail joins **Chemin du Sémaphore (7)**. Go down gradually.

There are two options for the rest of the course:
 – take a **path on the right (8)** that leads to the villa that belonged to Michel Simon and join the checkpoint no. 2 of the walk,

– or go straight on and **turn right (9)** on the traverse Notre-Dame de la Garde to reach the Chapel.

— DID YOU KNOW THAT... —

The Villa Michel Simon is a *bastide* of the 18th century, formerly occupied by the French actor Michel Simon (1895-1975), who had acquired it in 1946. Abandoned for several years, it was bought by the municipality which decided to bequeath it to the Calanques National Park (Parc national des Calanques), in charge of its renovation.



© PICTURE 1 – C. BELLANGER / PARC NATIONAL DES CALANQUES

© PICTURE 2 – F. FERREIRA / PROVENCE TOURISME



SEMAPHORE LOOP
HIKE 3 PAGE 9

SEMAPHORE LOOP
HIKE 3 PAGE 9

7

6

VILLA SPAENY

CHEMIN DU SÉMAPHORE

8

VILLA MICHEL SIMON

9

SEMAPHORE LOOP
HIKE 3 PAGE 9

5

TROU DE JEANNETTE

4

3

ANSE DU CANNIER

2

TRAVERSE NOTRE-DAME DE LA GARDE

EXPLORING
THE CALANQUES
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P
FIGUEROLLES

CALANQUE DE
FIGUEROLLES

CHAPELLE
NOTRE-DAME DE LA GARDE

ROCHER DU CAPUCIN
TÊTE DE CHIEN

1

LOOP 394

Duration 4h • 9-km walk • 460 m of cumulative height difference
Dogs allowed on leash

© AMBITION RÉUSSITE



DIFFICULT

From the starting area, go down the road for about 100 meters to turn right and go up towards the Chemin des Jonquières. After 250 m, leave the road at **point no. 1** on the left (Calanques national park sign at 20m) and start the ascent to the Grande Tête (after crossing the Route des Crêtes at **point no. 2**). A magnificent view is to be admired on the Bay of La Ciotat and the Pont Naturel. The path becomes marked (yellow PR).

Join the Semaphore by the **point no. 3** and begin the crossing of the Crêtes Soubeyranes.

Go to **point no. 4** at the level of the Grande Tête, the highest sea cliffs in France (399m).

Follow the yellow markings to **point no. 5** (356 m), with a succession of small bumps with numerous exceptional viewpoints. Some geological curiosities are to be observed, such as the "Mushroom" or the "Elephant's Head".

Go back to **point no. 6** (the "mushroom"), then leave the marked path (yellow PR) and take a short passage on the road (200m).

Turn left (barrier) towards the "Bau Rous", then go down on your right towards the Mallombre valley (small scree). At **point no. 7**, climb a small hill always on the right to follow a whole climbing area. Pass by the "Abri au

Renard", the "Grotte du Graal", the famous "Pont Naturel" and further down, the "Dent du Chat".

At **point no. 8** (200 m after the Dent du Chat), turn left to find 300 m after a tarred part which returns to the starting point.



© PHOTO CREDIT: AMBITION RÉUSSITE



SÉMAPHORE > CAP CANAILLE
HIKE 9 PAGE 21

ROUTE DES CRÊTES

GROTTE DES ÉMIGRÉS

5

CARRIÈRE DU LOIN

8

1

PONT NATUREL

DENT DU CHAT

P

6

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7

CLIFFS OF SOUBEYRAN
HIKE 6 PAGE 13

2

GROTTE DE FARDELOUP

4

P

LA GRANDE TÊTE

3

SEMAPHORE LOOP
HIKE 3 PAGE 9

SÉMAPHORE DU
BEC DE L'AIGLE

SEMAPHORE LOOP
HIKE 3 PAGE 9

EXPLORING FONTBLANCHE

Duration 3h30 • 13-km walk • 563 m of cumulative height difference
Dogs allowed on leash

© PROVENCE TOURISME



Step #1: From the Ceyreste stadium's car park, go up by the track which goes along the sports course. At the fork in the road, pass the large boulders that block the trail to continue straight ahead. Cross a tarred platform (tank 117) and continue to climb on the left. You arrive on the ridge after many turns under the pines, above the Pelengarri valley.

Step #2: Join the GR51 (picnic area near the Grand Caunet equestrian center). Continue to the left, towards the Pas d'Ouillier. Follow the GR markers (white and red). The route, on the ridge track, joins the GR98 which comes to the right from Fontblanche.

Step #3: After a last climb, reach the plateau and the cabanon du Marquis.

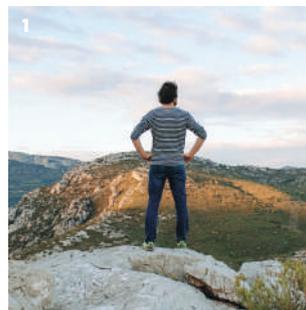
Step #4: At the crow's feet, take the middle trail. Further on, pass a DFCI (Defense de la Forêt Contre les Incendies) barrier and continue towards the watchtower. At the foot of the tower, take the left track. You have arrived at the cabanon des Gardes. From the "refuge de Roquefort-la-Bédoule", continue towards the Pas d'Ouillier.

Step #5: At the level of a pass, the indication "Ceyreste 1h10" encourages to pass the barrier on the left and to find the yellow markings. Warning: About 200m after the barrier, a cairn marks an abrupt change of direction. Take the path on the left, along the pine and kermes oak trees.

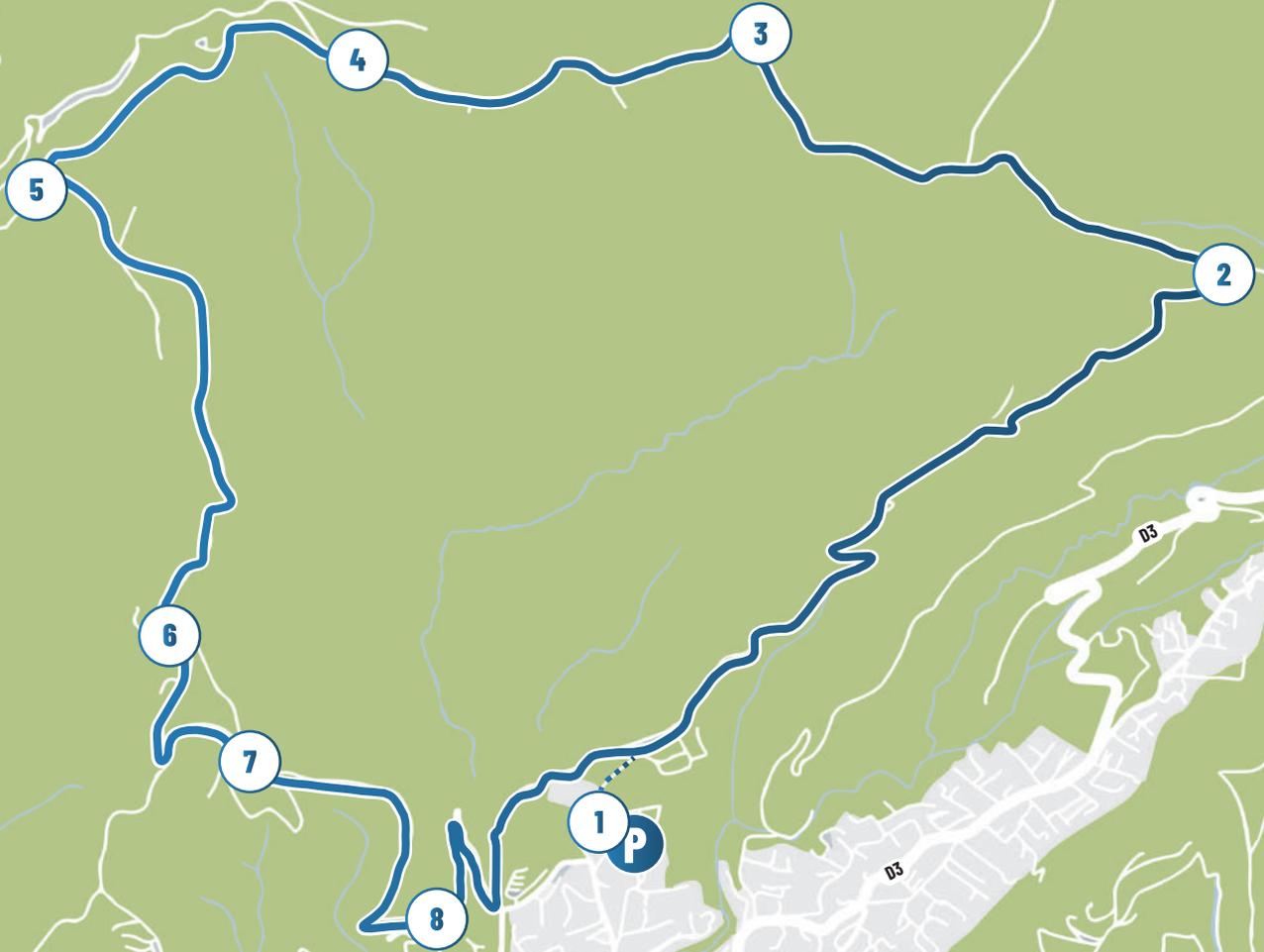
Step #6: When you reach a wider path, turn left. At the crossroads, marked by an esplanade and a cypress tree, take the track on the right, then immediately on the left. Find a trail to join a path that runs along the Gendame valley and a large track that descends for 100m to the right angle bend on the left. Leave the trail on a side road, first parallel to the trail and then diverging to the right.

Step #7: At 100m, leave this path and go left on a path crossing a valley on the side. Go up a path bordered on the right by a low wall. The path goes down to Ceyreste by cutting the laces of a sandy track. Take a left.

Step #8: Do not follow the indication "Ceyreste : 15 min" but go up in the direction of Grand Caunet by a path that climbs towards the campsite.



Roquefort
La Bedoule



Ceyreste

22

SÉMAPHORE > CAP CANAILLE

Duration 3h • 7.6-km walk • 576 m of cumulative height difference
Dogs allowed on leash

© PROVENCE TOURISME

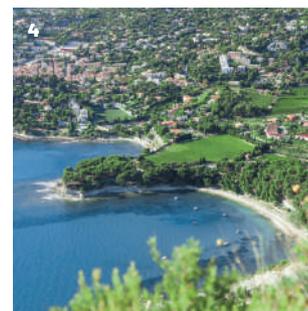


Like an invitation to take off, to travel... the Cap Canaille massif! The Mediterranean stretches as far as the eye can see. The bay opens up to travelers: the cliffs offer their vertiginous peaks to the assaults of the sea; the "Trois Secs" mark the end of the land... And then the rock of the Bec de l'Aigle stands there, like a sentinel.

You will start from the **Sémaphore du Bec de l'Aigle (1)**. Go up the small wooded valley and turn left. Continue on the trail and **along the Route des Crêtes (2)**. Admire on your right the summit of the Grande Tête, a rock culminating at 394m which offers a breathtaking view of Marseille, the *calanques*, Cassis, the Cap Canaille, La Ciotat and Toulon.

Continue down the path (rocky path sometimes a little difficult) and go along the **Soubeyranes cliffs (3)**.

Continue the hike keeping the sea on the left to reach **Cap Canaille (4)**, 394 meters high. The return is done by the same way.



© PICTURE 1 – E. DAUTANT / PROVENCE TOURISME

© PICTURE 2 – V. BEAUME & B. SOULAGE / PROVENCE TOURISME

© PICTURE 3 – SPLASH OF RAIN / PEXELS

© PICTURE 4 – E. DAUTANT / PROVENCE TOURISME

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4

ROUTE DES CRÊTES

3

LOOP 394
HIKE 7 PAGE 17

2

SOUBEYRANES CLIFFS
HIKE 5 PAGE 13

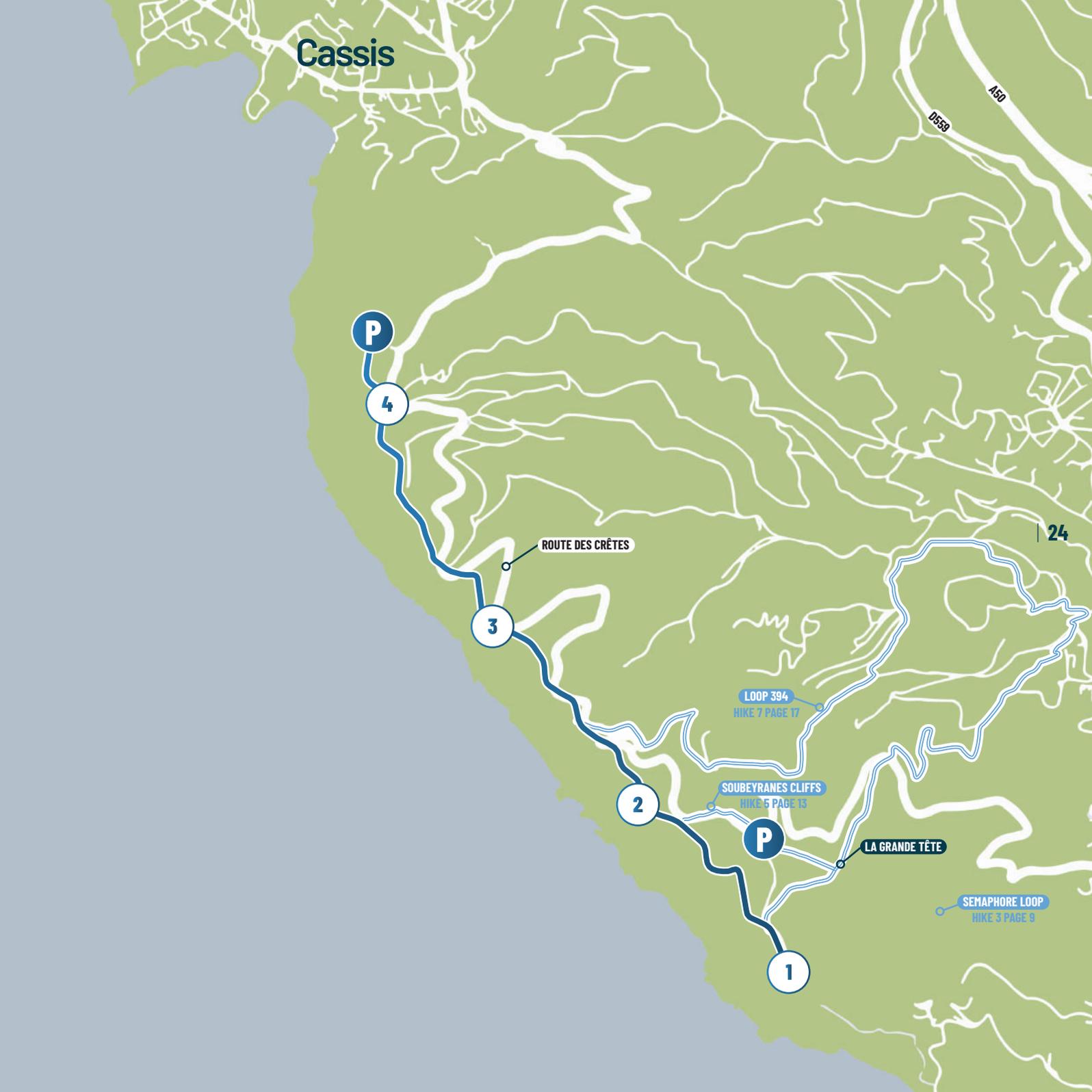
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LA GRANDE TÊTE

SEMAPHORE LOOP
HIKE 3 PAGE 9

1

24



10

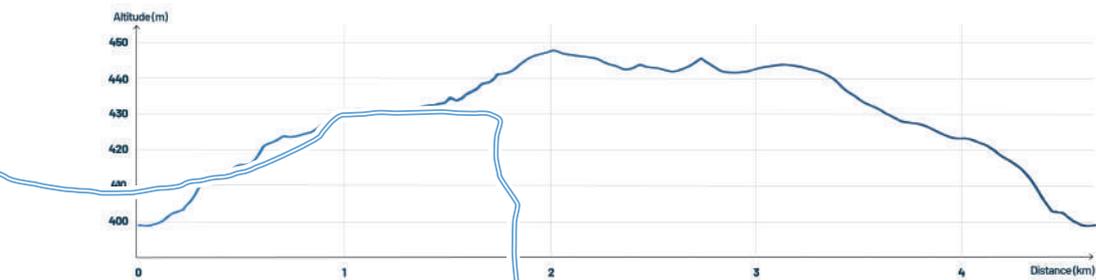
FONTBLANCHE BICYCLE 1

5 km • 70 m of cumulative height difference
Handisport course (accompanying person required)

© DÉPARTEMENT 13



EASY



GPS COORDINATES

X: 5° 40' 13.23"

Y: 43° 14' 7.86"

11

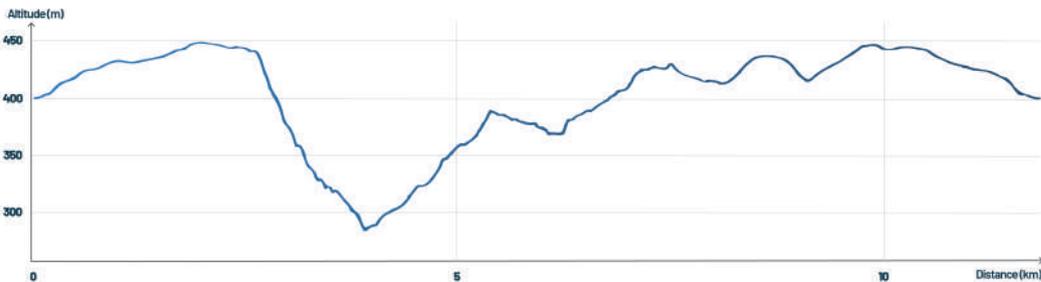
FONTBLANCHE BICYCLE 2

11 km • 350 m of cumulative height difference

© DÉPARTEMENT 13



MEDIUM



GPS COORDINATES

X: 5° 40' 13.23"

Y: 43° 14' 7.86"

12

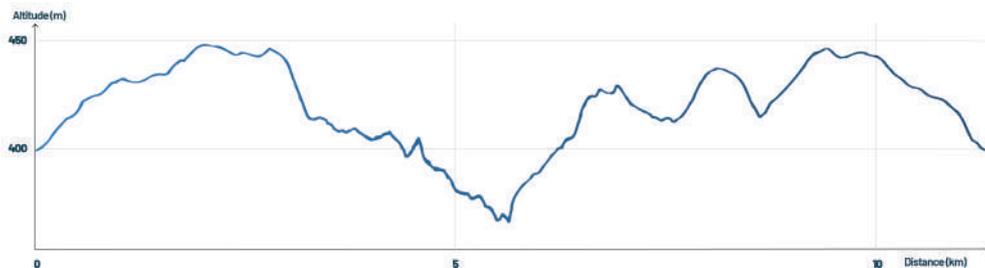
FONTBLANCHE BICYCLE 3

12 km • 390 m of cumulative height difference

© DÉPARTEMENT 13



DIFFICULT

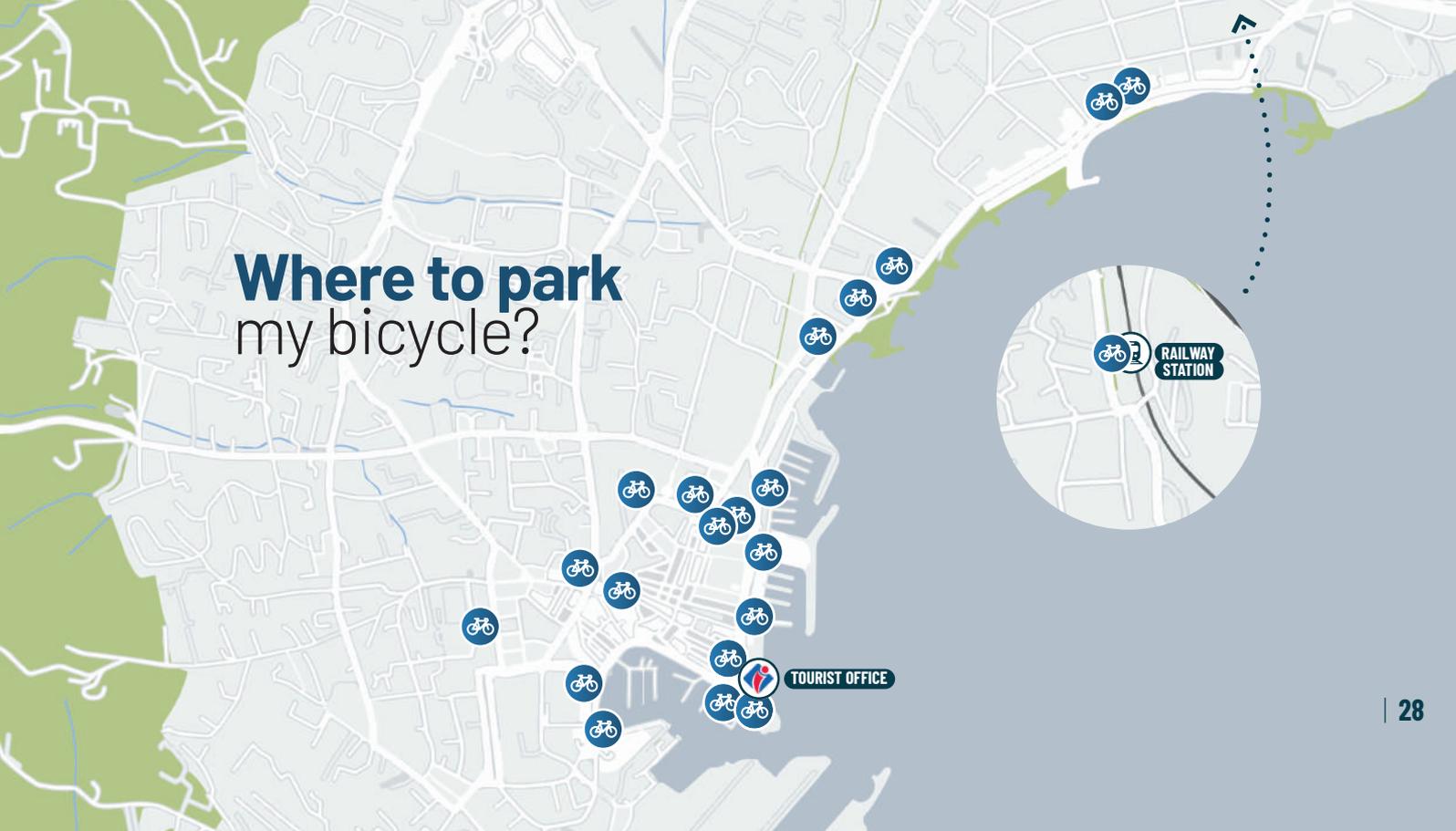


GPS COORDINATES

X: 5° 40' 13.23"

Y: 43° 14' 7.86"

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Email bienvenue@destinationlaciostat.com

Website www.destinationlaciostat.com



SEASONS AND OPENING TIMES

Low season *November - December - January - February - March*

Monday to Saturday (9:00 a.m. to 1:00 p.m. / 2:00 p.m. to 5:00 p.m.)

Mid-season *April - May - June - September - October*

Monday to Saturday (9:30 a.m. to 12:30 p.m. / 2:00 p.m. to 6:00 p.m.)

Public holidays (10:00 a.m. to 5:00 p.m.)

High season *July - August*

Monday to Saturday (9:00 a.m. to 7:00 p.m.)

Sunday and public holidays (10:00 a.m. to 5:00 p.m.)

