

The Communauté de Communes Cœur du Var invites you to discover its territory on foot, by bicycle or otherwise on horseback.

The paths are sported and lined with directive information. Each directive post is marked with unique reference number and a name referring to the GPS coordinates (wgs84). They are materialized on the maps by their number. The strips indicate the next signpost and its distance in kilometres. They help out the general orientation. In some communities, a code (coloured spot on the strip) defines a circuit proper to the community.

The yellow, white and green paint marking (PDIPR) or the red and white (GR) one guides the hiker from the directive posts. It is affixed on the trees and rocks bordering the itinerary, and on the signposts.

Reminder on the marking :



Straight on



Change of direction



Wrong direction

Good to know :

The average speed of a hiker is estimated to 3,3 km/h. The difficulty of the roads is estimated according to the distance in the difference in altitude. Get fitted with adapted shoes, water, and eventually a hat.

Don't overestimate your biking hiker skills, keep control on your speed, wear a helmet, and don't forget the necessary equipment for repairing. Some roads or parts may force you to get off your bike.

Some tours go past proprieties for which a right to go was to be negotiated. Any damage is likely to annul the authorization to go past and revoke the hiking itinerary.

Do take use of the path only when in authorized period : find out about the state of opening of the forested massif (in the summer in particular).

During the hunting period (autumn, winter), follow the hunters' advice.

The outside conditions can have an impact on the state of a road. It belongs to each hiker, whatever activity he may be

doing, to make sure of the itinerary he is taking, and to be responsible for himself.

Don't forget that you are responsible for the damage you cause, might it be to yourself or to others, and to possessions due to a non adapted behaviour towards the environment and to predictable dangers.

You can meet other users of the paths : farmers, pedestrian hikers, horse riders, bikers, hunters, etc... They are in right, just as you are, to use the paths.

The hiker's chart

- Look but do not touch, respect the orchards, do not pick up anything, do not take any sample of species and be careful not to disturb the fauna.
- Be careful with the signalization which concerns you, may you be pedestrian, horse rider or biker. Stay on the sported path.
- Do not make fire, do not throw cigarette ends, even lighted off.
- Take your rubbish back with you.
- Stay polite and discreet.
- Use the path only on foot, on a non motorized cycle or by horse.
- Make sure that you close any barrier you bump into after getting over them.
- Keep your dog on a lead.



Useful contacts :

Météo France : 0 899 710 283

Rescuers : 112

Firemen : 18

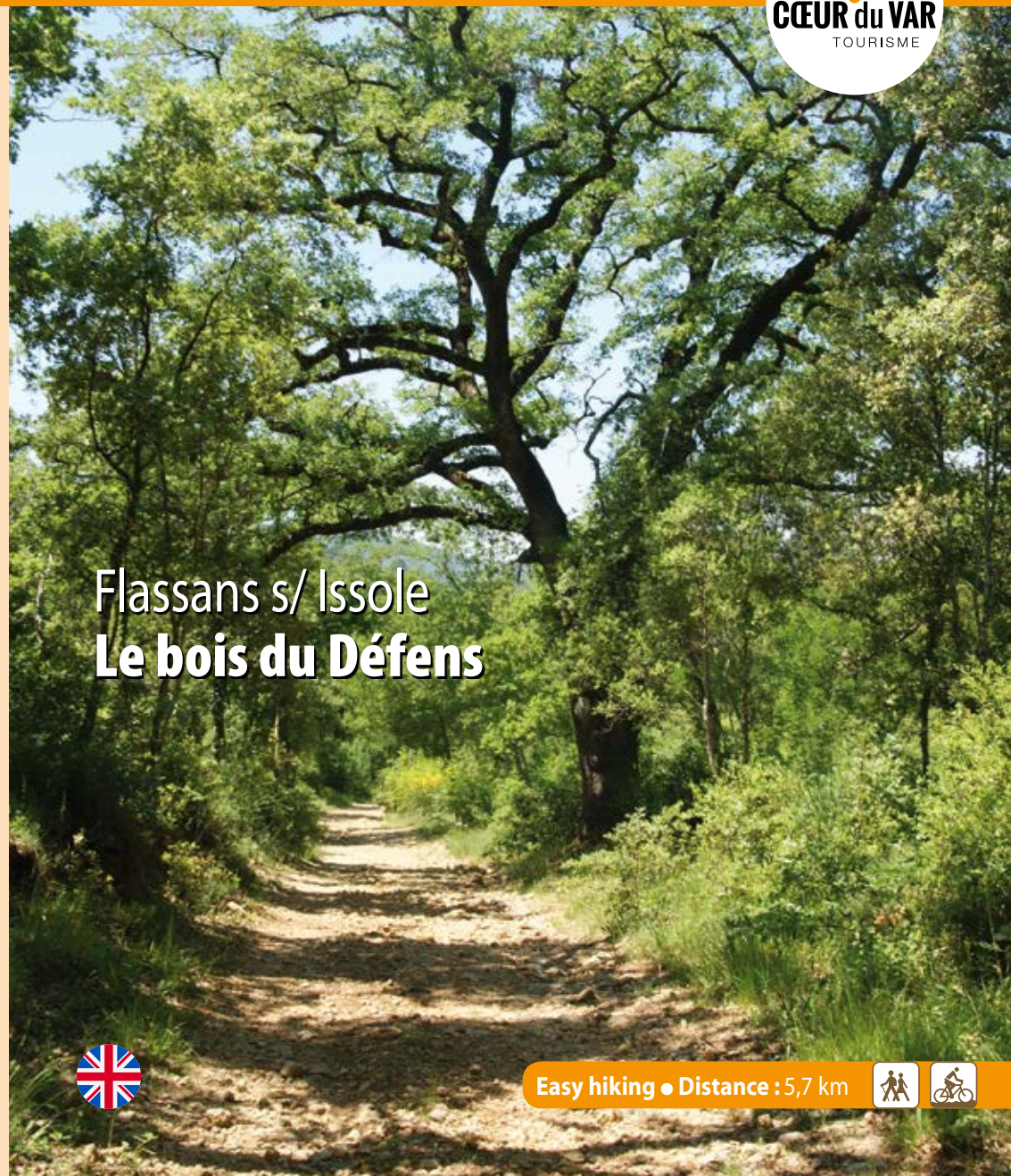
Let us know if you come across any anomaly while you use the topoguide or while you go past the paths.

CŒUR DU VAR TOURISME

04 98 10 43 59 | tourisme@coeurduvar.com

Retrouvez d'autres topo-fiches
sur coeurduvartourisme.com

Rejoignez-nous  



Flassans s/ Issole Le bois du Défens



Easy hiking • Distance : 5,7 km



Flassans s/ Issole

Le bois du Défens

Easy hiking • Distance : 5,7 km • Walking time : 1h45

The Défens forest creates a plant barrier at the north of the community. Imposing white oak trees rise upon the undergrowth. Their long and massive branches cut the sky into winding arabesques.



D Start

Car park Les Grands Prés : go underneath the DN7 after the Gavoty hall.

Yellow and white/green marking (PDIPR)

Change in altitude



Difficulties :

- For bikers, a short but steep path between 21 and 22.

On the way :

- View of the village between 25 and 19
- Hamlet and Issole canal
- Florence Basset's art gallery (guided tour on reservation 04 94 59 67 24)
- Vineyards
- Communal Défens forest



18b From the car park les Grands Prés, join

25 Le Pigeonnier (100 m) then take left to the north-west towards

19 La fourche des Grands Prés (900 m). The country road becomes a shady hillside road. Very nice view of the village and of the Issole valley. Bikes will go directly from marker 18a to marker 19, by the path that goes along the Issole (-100 m of the total distance of the itinerary).

Then, by going along a reach, keep up towards

20a Le pont de la Grande Bastide (1,6 km), then towards :

21 La Grande Bastide (1,8 km). The road is situated next to a hamlet. Cross the steep path in front of an old mill (turned into a painting gallery), and take the grassy path on the left to join

22 Le Puyami (2,4 km). From this marker go down left on a forest track at the edge of the Défens Forest towards

50 Le vallon de Puyami (2,8 km). Continue on your right towards west, deep into the vale, between white oak trees, some of them are hundred-year-olds. Then climb up to

41 Le Défens (3,7 km). Leave aside the DFCI tank and keep on towards your right to go down south and find

40 Le chemin de Clauge (3,9 km). Stay on your right, cross a DFCI barrier and meet a concrete path. Keep up with the right, in this way you will join the centre of the village, passing by

45b Vigne Presse (5 km), then

38 La chapelle Saint Roch (5,3 km) which guides you to

26 L'école (5,6 km) before you get back to your starting point

18b Les Grands Prés (5,7 km).