

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.

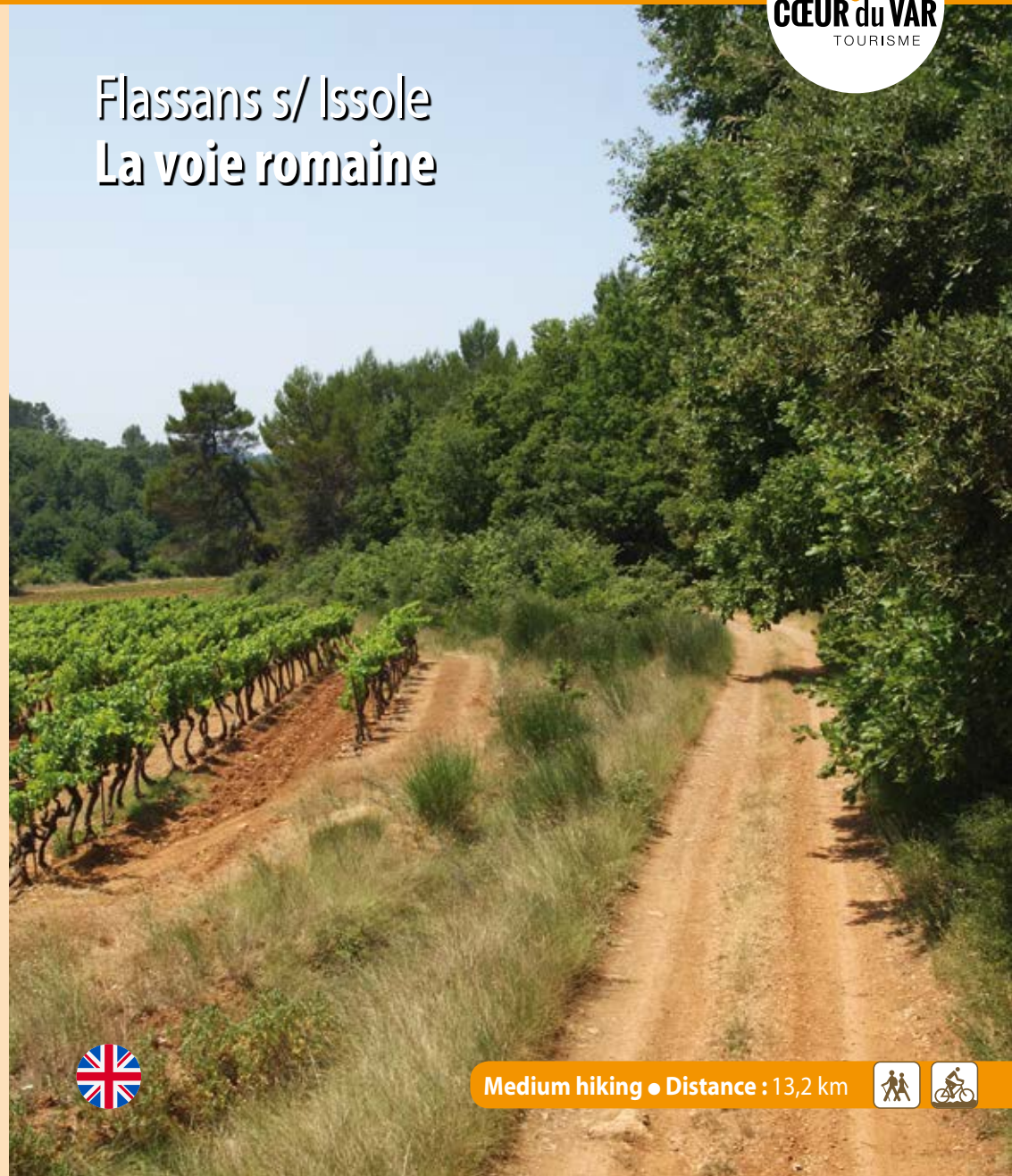
## CŒUR DU VAR TOURISME

04 98 10 43 59 | [tourisme@coeurduvar.com](mailto:tourisme@coeurduvar.com)

Retrouvez d'autres topo-fiches sur [coeurduvartourisme.com](http://coeurduvartourisme.com)

Rejoignez-nous  

## Flassans s/ Issole La voie romaine



Medium hiking • Distance : 13,2 km



# Flassans s/ Issole

## La voie romaine

Medium hiking • Distance : 13,2 km • Walking time : 4h00

The roman road Via Aurélia used to join Rome to Arles. Nowadays, the route forms the limit between Cabasse and Flassans-sur-Issole communities between Le Luc and Brignoles.

**18a** From the car park les Grands Prés, join

**19** La fourche des Grands Prés (800 m). Then, follow the reach, and continue up to

**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. In front of an old mill (turned into a painting gallery), cross the steep path 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-old. Then climb up to

**41** Défens (3,7 km). Take the DFCI path on the left, it crosses the Défens plateau towards north (clear view of the Alpes) to find after a hook under the high voltage line a renovated olive grove. After a severe run, follow a recovered path on your left up to

**43** Carteresse (6,1 km). Continue on the right by following the ancient Via Aurélia route. After a few 300 recovered metres, take the rising breaking then sandy path on the right settled between old walls. Leave the first path going to the right aside. On the left, notice an old ground level well. Continue 300 metres more on the path. When the slope suddenly becomes very steep, take left in a glade. Notice on the right a big stone with an ancient signpost. The path turns into a beautiful path surrounded by hillside oak trees up to

**42** Voie Aurélienne (8,6 km). Keep going straight on then at the trail intersection, take right and leave the ancient roman road that goes to the Luc. Go along the edge of a forest, to find a covered path. Cross the covered Carteresse path again, take the trail in front of you that climbs up to

**40** Chemin de Clauge (11,4 km). Turn left, cross a DFCI barrier and find a recovered path. Keep up with the right, in this way you will join the centre of the village, passing by

**45b** Vigne Presse (12,5 km), then

**38** La chapelle Saint Roch (12,8 km) which guides you to

**26** L'école (13,1 km) before you get back to your starting point

**18b** Les Grands Prés (13,2 km).

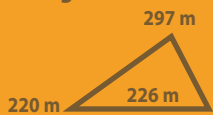


**D** Start :

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.
- Tricky single track between 43 and 42.

On the way :

- Hamlet and Issole canal
- Florence Basset's art gallery (guided tour on reservation 04 94 59 67 24)
- Communal Défens forest and plateau
- Nice view of the Haut Var
- Ancient roman road

