

An aerial photograph of a coastal area. The top half of the image shows deep blue and turquoise water with visible ripples. Below the water, there are several rocky outcrops and a small, sandy beach area. The rocks are reddish-brown and have some green vegetation growing on them. The bottom right corner shows a dense green forest or scrubland.

Saint-Raphaël

Tourist Guide 2009

Tourist and Congress Office****

www.saint-raphael.com

TOURIST AND CONGRESS OFFICE ****

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SAINT-RAPHAËL 2009 :

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Tourisme et des Congrès.

Nous remercions toutes les personnes
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Distribution : Le guide touristique est dis-
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Pratical Information



ACCESS

By road : A8 motorway. Exit 38 Fréjus /Saint-Raphaël, direction
Saint-Raphaël.

Route Information : 08 26 022 022

By rail : SNCF TGV/TER Train Station Saint-Raphaël Valescure,
Rue Waldeck Rousseau, Every day, 22 TGV trains take 4.45 hours to
run between Paris and Saint-Raphaël, the East Var TGV train station.
For local journeys, the towns of Fréjus, Boulouris, Le Dramont, Agay,
Anthéor, Le Trayas are served by many TER trains going to Ventimillia
or to Les Arcs.

Information and reservations for your national journeys :
www.voyages-sncf.com or by telephone on 36 35.

For all information on your local timetables and fares:
www.ter-sncf.com or Contact TER on 0 891 70 3000

By Air :

- Nice-Côte d'Azur International Airport. Tel. 0 820 423 333
- Marseille Airport Tel. 04 42 14 14 14
- Toulon/Hyères Airport Tel. 0 825 018 387

By bus :

- **Airport shuttle Nice Tel : 04 94 95 95 16**
- Airport connection services on "Practical Information" page

Distances from Saint-Raphaël :

To Nice 60 km (1h) - To Cannes 41km (45mn) - To Marseille 160km (2h)
To Toulon 93km (1h) - To Saint-Tropez 38km (45mn off-peak)
To Monaco 95km (1h15)



**Our receptionists can direct you: leisure activities,
guided tours, restaurants**
Ask for the guide or go to our website
www.saint-raphael.com



Weather: **3250** or **08 92 68 02 83** (the Var only)
www.meteofrance.com

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Région
Provence-Alpes-Côte d'Azur



We'll take a stroll...

Explore, stroll around, this is really where we should start. Go through streets that are full of history and discover narrow, shady alleyways of the old town. Stop and visit the 12th Century Romanesque Church, whose presbytery is home to the archaeological museum, and then from the top of the watchtower enjoy the wonderful panorama over the bay. Go to the Old Harbour and watch the fishermen at work. Go to the beaches which run along past the town centre, push on to the Santa Lucia marina, even if it is just to hear the song of the clicking masts.

In the 19th Century the town became a famous seaside resort: A gambling casino and many luxury villas were built. But Saint-Raphaël didn't finish there, with its many areas for holiday-makers to visit stretching right along the coast of the Mediterranean.

So you must go further afield and take even more time exploring its indented coastline with alternating sandy beaches and steep rocky coves.

And then finally, you can go off into the heart of the Esterel hill-range, to discover its colourful landscapes, its flora and fauna and its heady fragrances.

Guided theme tours

- **From the mediaeval fishing** village to the elegant seaside resort of the "belle époque", your guide will recount a thousand years of history as you amble through the streets of Saint-Raphaël. Every Thursday. Duration: 2 hours.

- **Discovering the Saint-Raphaël megaliths**
The Menhirs and Dolmens of Valescure.

- **The "Belle-Epoque" in Saint-Raphaël**
A tour of the beautiful villas

Tickets : 2,50 € - Dates, times and bookings at the Tourist Office **Tel. 04 94 19 52 52**

Guided tours with your mobile phone

Follow a guided tour by phoning **08 92 68 25 11** followed by the access code : 015 000 (0,34 €/min), putting you on to one of the remarkable 7 sites.

Le Méditerranée



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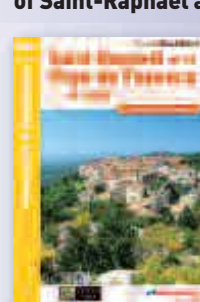
1 AVENUE PAUL DOUMER 83700 SAINT-RAPHAËL
T. 04 94 82 10 99 F. 04 94 82 10 74

www.lemediterranee.fr

The documents listed below are freely available at the Tourist Office.

- Hotel, Tourist Residences, Holiday Centres and Holiday Villages guide, Guest houses and Gîtes
- Campsite guide
- Privately owned self-catering apartments
- Town Plan
- A restaurant guide
- "Top up with leisure activities" Brochure
- Central Reservations office Brochure

The documents are Available in the tourist offices of Saint-Raphaël and Agay :



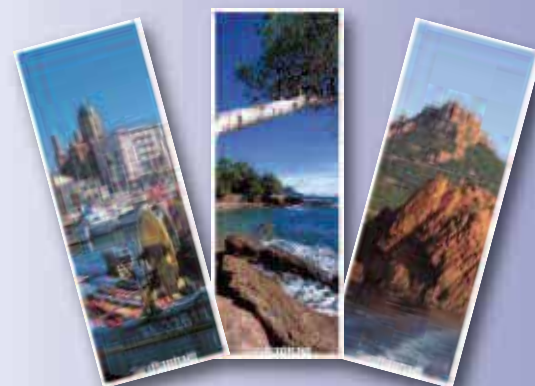
"Saint-Raphaël and the Fayence Area on foot"
25 hikes and walks 8 €



Esterel Guide-book
8,50 €



Map of footpaths and rambles
1 €



Posters of Saint-Raphaël tourist sites
30 x 80 cm : 2 € each

Le Beausejour

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www.hotelbeausejour.fr



Situation exceptionnelle : Résidence pieds dans l'eau
Studios et 2 Pièces à louer - Le Salus - Saint Raphael -
TEL. : 04.94.95.94.85 - 04.93.34.89.90 - S.G.2.P. -
gestion@sgpp.fr

Free guided visits of the town centre

1 - 12th Century Romanesque Church : with fortified ramparts and 14th Century Watchtower. Bas-reliefs from the Middle Ages inside. Panoramic view from its 22m high tower. Historic monument.
- Museum of prehistory and underwater archaeology : it houses collections of local heritage items, from prehistory and also from Roman Antiquity discovered on underwater archaeological explorations.

- From Tuesday to Saturday from 9am to 12pm and from 2pm to 6pm
- Closed: November and Bank Holidays.

Tel. 04 94 19 25 75 - Place de la Vieille Eglise

2 - Napoleon's Pyramid : This small monument is in memory of Napoleon Bonaparte's landing in October 1799 on his return from his campaign in Egypt.

3 - Basilica Notre-Dame de la Victoire : built by Pierre Aublé between 1882 and 1889 is representative of the Romano-Byzantine style in vogue in Edwardian times (la Belle Epoque).

4 - Hotel Excelsior : This villa is the work of Pierre Aublé, who was inspired here by the Palladian style.

5 - Félix Martin Memorial : As Mayor of Saint-Raphaël from 1878 to 1895, he was given the title of "creator of Saint-Raphaël" for the impetus he gave to the development of the town in the Edwardian era (la Belle Epoque).

6 - Promenade des Bains : This promenade was built between 1880 and 1882 then called "Terrace of the Baths". One could consider that this marks the beginning of the first tourist era of Saint-Raphaël, with the arrival on the scene of the Gambling Casino and the Lambert Baths.

7 - Rue Charles Gounod : It was here in Saint-Raphaël, in his villa called "l'Oustalet dou Capèlan" (avenue du Touring Club) that Charles Gounod composed his opera "Romeo and Juliette". His Ave Maria would also be chosen for the inauguration of the Church "Notre-Dame de la Victoire".

8 - Alphonse Karr Memorial : This famous writer settled in Saint-Raphaël in 1865. This man is said to have put Saint-Raphaël on the map for the contribution he made to the town becoming so well-known. This brought a great many men of letters such as Hugo, Lamartine, De Nerval, Dumas... hurrying to this little fishing harbour

9 - Residence Le Méditerranée : This holiday apartment building with its remarkable Victorian architecture opened its doors in 1914 under the name of Hotel de la Plage (Beach Hotel).

10 - La Villa Roquerousse : The villa, built in 1900, is largely inspired from villas in Nice from the 'Belle Epoque' (Edwardian period). The profusion of greenery of the decor is completed by a little town garden looked after by the owner.

11 - Bonaparte Gardens : Overlooking the bay and old harbour, with 20 000 m² of gardens. The central area is formally laid out like a town square with playgrounds for children.

Free tours

Of megaliths : free leaflet available from the Tourist Office



Guidebook on sale at the Tourist Office: 28 €

- 1 Res. Légion d'Honneur (palladien)
- 2 Lou Paradis (mélange de styles)
- 3 Home arménien (néo-classique)
- 4 Villa Pierre Aublé (palladien)
- 5 Les Stylosas (néo-classique)
- 6 Roquefeuil (palladien)
- 7 Villa St Sébastien (mélange palladien/anglo-normand)
- 8 La Louvière (palladien)
- 9 Le Bois Dormant (palladien)
- 10 Les Myrtes (néo-classique)
- 11 Notre Dame (palladien)
- 12 Saint Jacques (palladien)
- 13 Les Glycines (palladien)
- 14 Les Palmiers (palladien)

All these villas are private houses and are not open to the public.

Tours of the "Beautiful villas" of Saint-Raphaël

From the 1880's, with the arrival of a new dynamic Mayor, Félix Martin (1878-1894), Saint-Raphaël would rapidly be transformed into a select seaside resort. This evolution would bring about a big increase in property development. The different origins of the new population would bring about eclectic styles of villas of which the main ones are: Palladian, Neo-Classic, Anglo-Norman and Oriental styles.

The Notre Dame plateau is a good example of two of these styles :

• **The Palladian Style** : The charm of Saint-Raphaël comes from archetypal villas built in a "para-Palladian" style. These luxury villas have sumptuous exterior decor in the Palladian style, with an abundance of pillars, loggias, painted friezes or bas-reliefs, and massive staircases. The architects of the town, in particular Pierre Aublé, would take up this style and apply it in a personal way to their work.

• **Neo-Classic Style** : Like the Palladian style, the neo-classic style uses elements from antiquity but in a much more sober, solemn and moral way. So here we find archway entrances, pilasters and false beams.



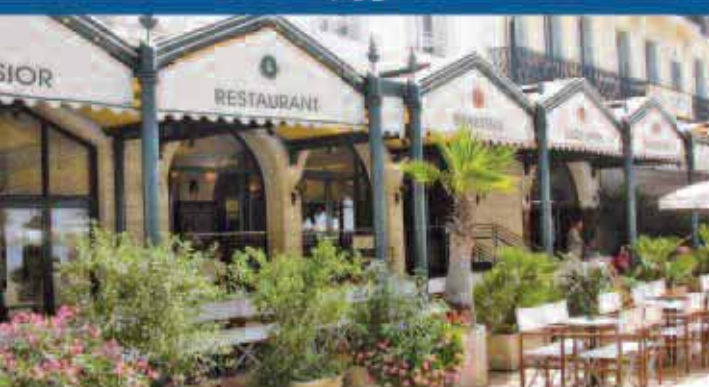
HÔTEL*** RESTAURANT



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face à la mer,
entre les deux ports

PUB



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Tél : 04 94 95 02 42
Email : info@excelsior-hotel.com
Site : www.excelsior-hotel.com

And around the harbours

All year round, Saint-Raphaël's harbours (Vieux Port, Santa Lucia, Boulouris, Poussai, Agay) are buzzing with activity : hiking destinations for some, sporting adventure departure points for others.

The old harbour

Early in the morning at the old harbour, situated in the heart of town, professional fishermen empty their boats (called 'pointus') full of scorpion fish, sea bass and mullet.

Port Authority : Kennedy car park

Tel : 04 94 95 11 19 Fax : 04 94 82 30 69

Weather forecasts: VHF channel 12 local weather forecast permanently posted up at the Harbour Authority office.



Harbour capacity :

230 berths. Visiting boats are welcome depending on available space.

Petrol, fresh water, electricity, toilet facilities, lifting station, used-oil recuperation station, chemical-WC recuperation point, hold pumps.

Marina Santa Lucia

A few hundred yards away and within walking distance from the town centre, Santa Lucia is the third-ranked marina on the Côte-d'Azur. It's an ideal departure point for Corsica, Italy and the Mediterranean coastline. Next to the boatyard is the start of the coastal footpath.

Harbour Authority : Tel : 04 94 95 34 30

serpp-port-santa-lucia@wanadoo.fr www.port-santa-lucia.com

Maritime Business Tel : 04 94 46 92 00 (Toulon)

Customs Toulon : Tel : 04 98 03 22 41



Harbour capacity :

1,600 quay and pontoon berths.

Daily, weekly, monthly or annual berth rentals (waiting list)

Petrol at the entrance to the north basin.

Fresh water, quayside electricity, 2 toilet blocks (WC, shower) private car park. WI-FI connection

Other coastal harbours : Boulouris Harbour : Tel. 04 94 40 49 96

Poussai Harbour : Tel. 04 94 82 71 31 Agay Harbour : Tel. 04 94 82 74 22

Var coastal weather forecasts : 08 92 68 08 83 www.meteofrance.com

Les bateaux de Saint-Raphaël T.M.R.



Une façon originale de découvrir la Côte d'Azur à partir de Saint-Raphaël...pour découvrir les paysages côtiers et les îles de la région, des traversées vous sont proposées de février à octobre.

Vieux port quai Nomy - Gare maritime

- Saint-Tropez
- Saint-Tropez - Ile de Port-Cros
- Les Calanques des Roches Rouges de l'Estérel
- île de Sainte-Marguerite
- départ de Fréjus et St Agulf pour St Tropez et les Calanques

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Along the coast

Saint-Raphaël is spread out over **36 kilometres** of indented **coastline**, offering more than **30 diverse beaches** : fine sand, pebble, shady shorelines, creeks, coves and inlets.



The coastal footpath

From Port Santa Lucia to the Baumentte point, the coastal footpath meanders between the sea and the Estérel. The trail begins at Port Santa Lucia (close to the boatyard). Follow the yellow markers along the 11 kilometre trail and in around 4.5 hours you will arrive at the Baumentte lighthouse. You can make the return journey by bus (N° 8 bus-stops are all along the route) or by local express train.

Boat Excursions/Cruises

T.M.R. Les Bateaux de Saint-Raphaël

Departures from old harbour to several destinations Saint-Tropez, Ile de Port Cros, les Iles de Lérins, (Sainte- Marguerite), the coves of the Estérel Massif. Not to be missed, night 'light and sound' excursions. Palangrotte trailing lines fishing. Open from April to October. November to March by reservation only (minimum 40 people).

Gare maritime, Quai Nomy - Vieux Port Tel. 04 94 95 17 46 - Fax 04 94 83 88 55
bateauxsaintraphael@wanadoo.fr www.tmr-saintraphael.com

Les bateaux de Saint-Raphaël T.M.R.

Départ du port d'Agay

Capitaine Nemo

vision sous-marine



Les Calanques - Ile Sainte-Marguerite - Saint-Tropez
T. 04 94 82 71 45

Captain Nemo - Glass-bottomed boat

Departures from Agay harbour, 50 minutes of wonderful underwater sight-seeing, offering you the opportunity to discover some of the fauna and flora of Cap Dramont. Aboard a traditional launch visit the Esterel coves, the Lérins islands, Sainte Marguerite Island and St-Tropez. Open from April to September. Ouvert de avril à septembre Port d'Agay : Tel. 04 94 82 71 45
bateauxsaintraphael@wanadoo.fr www.tmr-saintraphael.com

Bleu sauvage location

Sailing trips with 'BPPV' State qualified sailing Skipper (voiliers 12 & 14 metre sailing boats) Day, 1/2 Day, Sunset Excursions: Estérel, Lerins, Saint-Tropez, Cap Taillat (Optional extras : barbecue, night at sea, fire-works) explore the Cetaceans.
Holidays : nature reserves at Porquerolles, Port-cros, Corse, St-Florent, la Scandola, Iles Lavezzi. Skipper Training, sailing school. From 3 to 9 people Open from Easter to end December.


Quai Nomy - Vieux Port Tel. 06 11 64 40 94 - Fax 04 94 83 62 10
bleusauvage@voila.fr www.bleusauvage.site.voila.fr

HouseBoat

Explore the coast in a different way some inaccessible, small coves, the Port Grimaud canals, the wonderful Agay bay, or even the Lérins islands... aboard a legendary boat, 'Le Grand Banks 50'. Package includes: skipper and fuel on a well-equipped and comfortable vessel. Up to 8 people. Large outside area to take advantage of the proposed activities: swimming, lazing around, exploring the coast, snorkelling, etc. Daily or weekly rates. Other boats and services available Open all year round.

Port Santa Lucia Tel. 04 94 56 16 59 - 06 63 78 76 26
contact@houseboat-info.com www.houseboat-info.com

AMC Croisières

 Half day or full day trips in a maxi catamaran.
Sunset cocktails and sunset dinners, with water sports activities : kayak, snorkelling, swimming.
Groups and seminars... Open from mid March to mid October.
Open all year round

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

Côté Mer

Limited group of 9 people, fun guaranteed. All year round : trips round the coves and to Saint-Tropez. Out of season (collection from station or airport) : cruises to Porquerolle, Corsica, Balearic Islands...
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A dream of a day on "Little Cloud"
"Little Cloud" and his skipper offer to share some privileged moments with you. Choose your jaunt along the most beautiful beauty spots of the Var Coast, sail wherever your fancy takes you, take the helm or let yourself be steered.
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www.monalisahotels.com



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www.belambra-vvf.fr

3235 Route de la Corniche
83700 Saint-Raphaël
Tél 04 94 82 18 00
Fax 04 94 82 19 99



Beach Information

**The coast is a supervised area.
Respecting the regulations is a question of safety.**

Supervised beaches :

- Plage du Veillat - Beaurivage - Pèguière - Le Dramont - Agay - Le Lido
- Beach co-ordinator : Tel. 04 94 51 43 54

Swimming :

- Check the flags and safety regulations posted at the first aid post



- Take it slowly when first getting into the water
- Swim in the supervised and reserved for swimming zones only
- Constantly supervise your children in the water
- Avoid swimming alone
- Do not go swimming after sunbathing (risk of thermal shock).

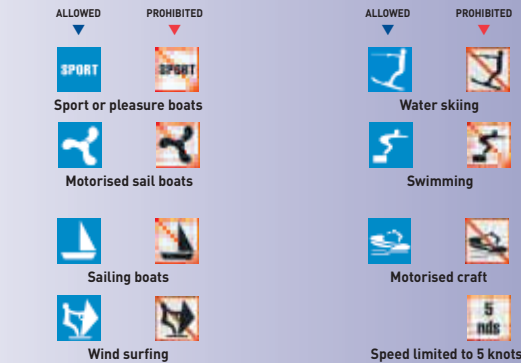
Beach games :

- Never go out further than 300 metres from the shore.
- Marked with yellow buoys.
- Be careful of winds coming from the land.

Snorkelling and diving :

- Always dive in 2's or 3's, mutually supervising each other (risk of fainting)
- Mark your presence on the surface with a buoy.

Sign posts



Beacons : The beacons are used to warn sailors of existing or potential dangers (and especially those which are invisible or hidden under the sea-surface) as well as the boundaries of the navigating channels. The beacons may be floating or fixed, illuminated or not.

Weather-forecasts : Meteo-France broadcasts a range of meteorological bulletins for seaside leisure activities as well as sailing. Consulting the forecast enables you to organise your activities in complete safety.
Telephone : 0 892 68 02 83 VAR (0.34 € / min)
www.meteo.fr/marine Radio VHF VHF on channel 16

Boulouris beaches

Previously called “Boulerie” or “jeu de boules” this much appreciated residential quarter has a train station, shops and businesses and a town hall office. There’s a market every Monday morning. Its 9 beaches - as secluded as those of the Estérel - are separated by jutting breakwaters of red rock and its little harbour can accommodate 60 boats.

L’Ile d’Or - Le Dramont

L’Ile d’Or is one of the 60 most beautiful sites in France. Inaccessible since it was privatised in 1897, it used to be the arena for sumptuous receptions when the owner at the time declared he was king of the island. Its square, crenellated watchtower was built with red rock from the Estérel. The island was immortalised by Hergé, the creator of Tintin in “L’île Noire”.

Cap Dramont is part of the state-owned Estérel forest. On its summit, the semaphore (signal station) was built in 1860 on the ruins of a watchtower dating back to 1562. It is still used for observation: lookouts watch over the safety of sailors and have an active role in the battle against pollution. The main **Dramont beach** was one of the principal points for the Allied landings in Provence. On 15 August 1944, 20,000 GI’s from the 36th Texas regiment landed on the pebble beach in less than 10 hours with tanks and heavy artillery. At the foot of the Cap is the very picturesque **little fishing harbour of Poussai**.



Agay bay

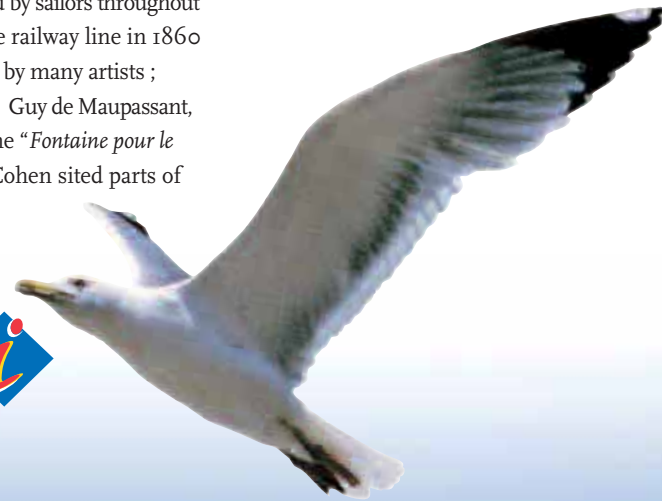
The bay of Agay, situated between Cap Dramont and the Baumette point, and providing one of the most beautiful harbours on the coast, forms the natural gateway to the Estérel hills and is renowned for its beaches and its safe moorings. It has 3 fine sandy beaches and an area converted into a terrace with access to the sea across the rocks. Being very sheltered, it has been favoured by sailors throughout history (in Greek, Agay means favourable). The arrival of the railway line in 1860 gave it a boost and it was soon discovered and appreciated by many artists ; the painter Louis Valtat, composer Vincent d'Indy and writers Guy de Maupassant, Maurice Donnay and **Saint-Exupéry** all stayed there. Visit the "*Fontaine pour le Petit Prince*", erected in homage to Saint-Exupéry. Albert Cohen sited parts of the action in "*Belle du Seigneur*" there.

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 hours winter:
9am – 12pm and 1.30pm – 5.30pm
closed Saturday and Sunday

Summer 9am - 12pm and 3pm
7pm open 7/7



Respect of the environment :

Help us to protect the sea and all its resources

- **Ecoplage** : a pilot operation in the Mediterranean designed to fight against erosion thanks to an innovative procedure that consists of lowering the level of the water table, and therefore helping the process of the infiltration of water brought in by the waves.
- **Organised Mooring** : the town has put in place a large number of new moorings. The mooring line for the boats is simply made of rigging held under tension in deep water by an intermediary float, that particularly protects the underwater flora. 118 boats can now be moored in the bay and the town has organised the collection of used water as well as on board rubbish.

Municipal Harbour Office Digue de l'Escale Tel. 04 94 17 15 57

The Cap Roux fishing grounds :



The largest fishing reserve of Continental France. With an area of 445ha, the Cap Roux area, with its biodiversity, the variety and quality of its local fish population, also offers ideal surroundings for them to reproduce.

The area is part of the marine Natura 2000 reserve. All fishing is prohibited, including professional fishing, amateur fishing, fishing for sea-urchins, underwater fishing, and line fishing 'Ministerial law of 3rd January 2008, (Ministries of Agriculture, Fisheries, Food and Rural Affairs)





Esterel

CARAVANING

Avenue des Golfs - 83530 Saint-Raphaël - France
Tel : 04.94.82.03.28 - Fax : 04.94.82.87.37



Réservez votre mobile home de grand standing
ou votre vaste emplacement
pour votre caravane.

www.esterel-caravaning.fr

Nouveau

Piscine chauffée
et couverte
pour les enfants.



"Jungle Paradise"



Jusqu'à
-50%

Payez moins, voyagez plus

CARTE TOUT PUBLIC

Sur tout le Réseau TER PACA

- ⊕ à partir de 26 ans
- ⊕ -50 % week-end et fériés
- 25 % en semaine
seul ou à deux
- ⊕ 30€/an la CARTE TOUT PUBLIC



Provence-Alpes-Côte d'Azur, notre région



Cap Esterel

Pierre & Vacances

L'Essentiel

A flanc de massif de l'Esterel et dominant la méditerranée, les trois quartiers aux charmes distincts constituant les **210 hectares** entièrement piétonniers de Cap Esterel s'articulent autour d'un magnifique golf 9 trous.

Véritable village provençal avec ses nombreux commerces, bars et restaurants, Cap Esterel est également le temple des loisirs

se redécouvrir



Les Espaces Aquatiques

Retrouvez dans les différents quartiers du village des espaces aquatiques avec fosse à plongeons, toboggans, piscine à vagues, pataugeoires, plages aménagées avec transats et parasols (selon disponibilités), bains bouillonnants...

Pour votre confort, le bassin du **Grand Bleu** est chauffé toute l'année

Les Loisirs et Animations

Soirées spectacle, concerts, marché artisanal, rencontres sportives, nocturnes des commerces...
Un programme d'animation pour toute la famille...

Les sports

Remise en forme avec les cours "les mills" (gratuits).
En pratique libre ou sous forme de stage (avec participation): tennis, golf, trapèze volant, équitation, magie, voile, mini moto, balades nature...

Les enfants

Les Clubs Enfants adaptés à chaque tranche d'âge de 3 mois à 18 ans (présentation d'un spectacle pendant les vacances scolaires).

Village ouvert du 4 avril au 2 novembre 2009

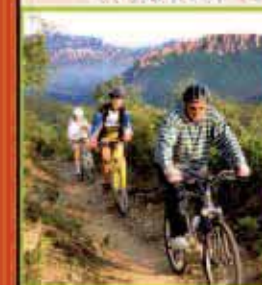
Informations et réservations

Pierre & Vacances - Cap Esterel - 83530 - Agay
04 94 82 50 00 - info@capesterel.com

Pierre & Vacances

OFFRE privilège

Réservez votre séjour à **Cap Esterel**
avec la Centrale de réservation
Esterel Côte d'Azur
et nous vous offrons la découverte du
Massif de l'Esterel en VTT.



Accessible à tous

Dégustation de
produits régionaux

Découverte de la
faune et de la flore

Encadré par un
moniteur diplômé

Bénéficiez également de votre
PASS Découverte

Nombreuses réductions et gratifications sur plus de
50 partenaires loisirs, terroir et patrimoine.

Offre valable pour un séjour d'une semaine au mois de mai, juin, septembre ou octobre
2009 - Une randonnée par personne et par séjour - à partir de 480 €

ESTEREL COTE D'AZUR RESERVATION

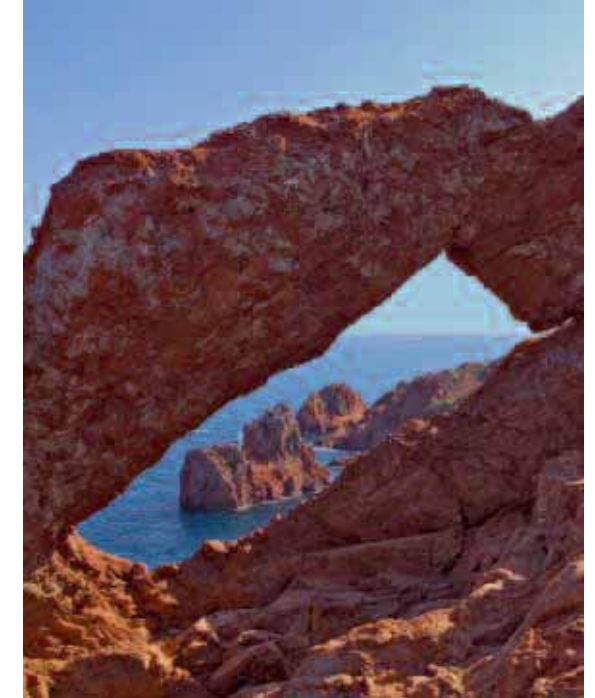
Hébergements - Loisirs - Séjours - Week-end

Tél.: 0033(0)4 94 19 10 60

reservation@esterel-cotedazur.com

www.esterel-cotedazur.com

Esterel - Côte d'Azur
DESTINATION NATURE



The inlets of Anthéor and Le Trayas

At the foot of the Esterel, several inlets and small beaches alternate in landscape and nature, contrasting the red of the rocks with the green of the Mediterranean vegetation and the blue of the sea, reaching their zenith in the steep streets of Le Trayas which lead to some of the most magnificent panoramic views.



La Corniche d'Or

Carved into the rocks, La Corniche d'Or links Saint-Raphaël to Cannes and was opened in 1903 by the Touring Club de France. It overlooks a sea of extraordinary clarity.

Between Mediterranean waters and limestone Provence, the Estérel is a volcanic massif of 32,000 hectares of which 14,000 are listed and protected. Its astonishing red colour, which changes every hour of the day, is related to rhyolite or red porphyry - volcanic rock from the primary era. Its steep slopes, its narrow, thicketed gorges and its sumptuous peaks of amaranthus lava make it an endless source of fascinating exploration and along the way you'll come across some of the area's best curiosities and beautiful scenery :

le Pic de L'Ours, Le Rocher Saint-Barthélémy, la Calanque du Dramont, le Belvédère du Cap Roux, le Mont Vinaigre which reaches 614 metres, le Ravin de Perthus and le Ravin de Malinfret with its natural springs.

And then into the Estérel mountains



Respecting the environment

To love nature is, above all, to respect it. The Estérel Massif deserves to be preserved: respect of its fauna and flora and fire prevention are crucial. All types of fires, including cigarettes, are prohibited all year round and in the event of a strong Mistral wind all access to the Massif is strictly forbidden. Information : 04 98 10 55 41 www.cdig-var.org/ddaf/fermeture.htm Vehicles are forbidden from 9 p.m. to 6 a.m. The hunting season is open from September to January, everyday except Tuesdays, Fridays and Sunday afternoons.

Flora and fauna

Along the paths, banks and shores you will find a diverse range of flora and fauna. Including stag and wild boar, green lizards and stone martens, beetles and butterflies ; Aleppo pine, stone pine, agave, "lentisque", laurel, lavender, "ciste" and broom are typical of the coast whereas the north facing hillsides are covered with tamarisk.

Higher up, You can find cork oak, symbolic of the Mediterranean, holm oak, rosemary, juniper and asphodel. Judas trees grow at altitudes of over 200 metres as do sessile oaks, lime trees, maple trees, heather, arbutus, and mimosa (don't miss their flowering in January).



Suggestions for walks

We can suggest various rambling tours open to all. Remember to wear good walking shoes, take water and protect yourselves from the sun. Please respect the environment you are walking through and we would remind you that smoking is prohibited in the hills. When the Mistral is blowing, the hills are out of bounds to vehicles and pedestrians by order of the Préfect. Information on 04 98 10 55 41.

Squirrel Lake

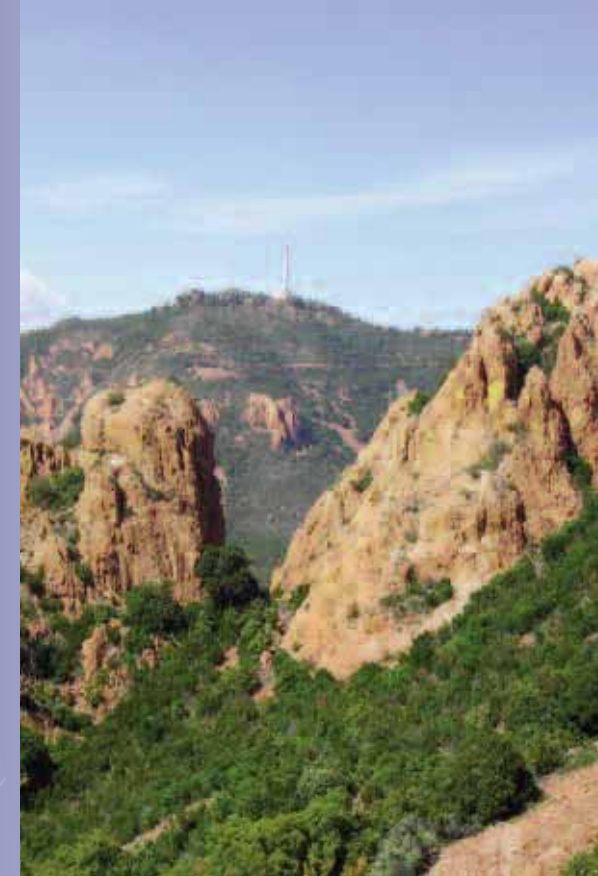
Trip takes : 3 h for round trip **Distance :** 8 km

Depart from : Col de Belle Barbe (parking) - The track starts 200m on the right.

Access by car via Agay : at the roundabout, take the direction "St Raphaël par l'intérieur", (interior road) go under the small railway bridge, go past the trading estate, and immediately after that, take the little road on the right signed "Massif de l'Estérel". Then follow the signs for "Col de Belle Barbe".

Observations : Easy route

First of all the track goes along the river Grenouillet (on your right). After a good half-hour, you go across the river at the ford and carry on along the track. The hills on either side then get steeper and the track looks like a small canyon of red rocks, better known as "canyon du mal infernal". At the next fork, take the left track and go across the ford. The last 200 metres is the only steep part of the route but once you get to the top of the hill, the panorama opens up over Lac de l'Ecureuil (Squirrel Lake). You can picnic by the lake (but there isn't any rest area with picnic facilities).



Tour of Cap Roux

Trip takes : 2 ½ h **Distance :** 5 km

Depart from : Sainte Baume Car-park

Access by car via Agay : at the roundabout, take the direction "Saint-Raphaël par l'intérieur" (interior road) go under the little railway bridge, go past the trading estate and immediately after that, take the little road on the right signed "Massif de l'Estérel". Then follow the signs for "Col Notre-Dame" - "Pic de l'Ours" and stop in the Sainte-Baume car-park.

Go up the steps leading to the chapel in the rocks. Go along the path to the fountain (drinking spring water). Take the footpath on the right for 50m then the track that goes up on the left. Continue for about 1.5 km and at the next crossroads turn sharp left to go up towards the blocks of red rocks of the Saint Pilon col pass. From here you can enjoy an exceptional view of the indented coastline. The track goes along this corniche and then leads to some more crossroads. On the left, the no-through road path takes you 100m to the summit of Cap Roux with its compass table (altitude 453m with a view from Cannes to Cap Camarat). Take the same path down and turn left to continue the walk.

You will leave the sea side of Cap Roux going gently down the escarpment facing the hill range. (Do not take the paths going down on the right). You will then come to the fountain.

Alternative route : Just before getting back to the fountain, there is a footpath on your left going right up to the Sainte-Baume Grotto where the Saint-Honorat hermit used to live. (round trip 45 minutes).

The Sainte Baume grotto

Trip takes : 1h for round trip **Distance :** 3 km
Departure from : same car-park as for the "Tour of Cap Roux" ramble.

Observations : Short path but quite steep, watch children carefully

Go up the steps leading to the chapel in the rock. Go along the path as far as the fountain (drinking spring water). Then take the path on the left for 100 metres. You will come to some crossroads. Take the path on the right that goes straight up to the grotto where the Saint-Honorat Hermit from the 4th Century used to live before founding the Lérins Abbey on the Saint-Honorat island off the coast of Cannes. Beautiful view. Return the same way as you came.



GPS Aventure®

The GPS-Aventure® trails provides permanent, technological educational and fun treasure hunts for all, to do on your own, as a family or with friends.



With no signs and at any time of day, simply guided by your GPS, follow the roads round the Esterel Hills and the Fayence Countryside, to discover its wonders and secrets.

The light and unique landscapes of these places will not be the only treasures you will take home with you at the end of your adventures ...

A dozen GPS-Aventure® trails are available and cover the whole of the Saint-Raphaël and Fayence Countryside area. Road-maps are free and are available from the Saint Raphaël and Fayence Countryside Area Tourist Offices, and by downloading from www.saint-raphael.com

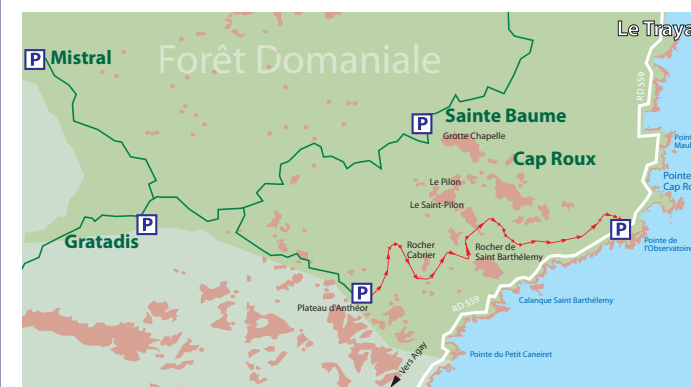
Go off wherever you wish, delve into "the Saint Honorat secrets", go off to the Sainte-Baume Chapel Grotto, on the track of the holy man. Between Cap Roux and Aurelle Summits, take the steep roads of the Col de l'Evêque so as not to miss any of the views. Brought to life again, the memory of this place and of the man who lived here, will lead you right to the treasure ...

Estérel, A great organic Reserve in the heart of the hill range

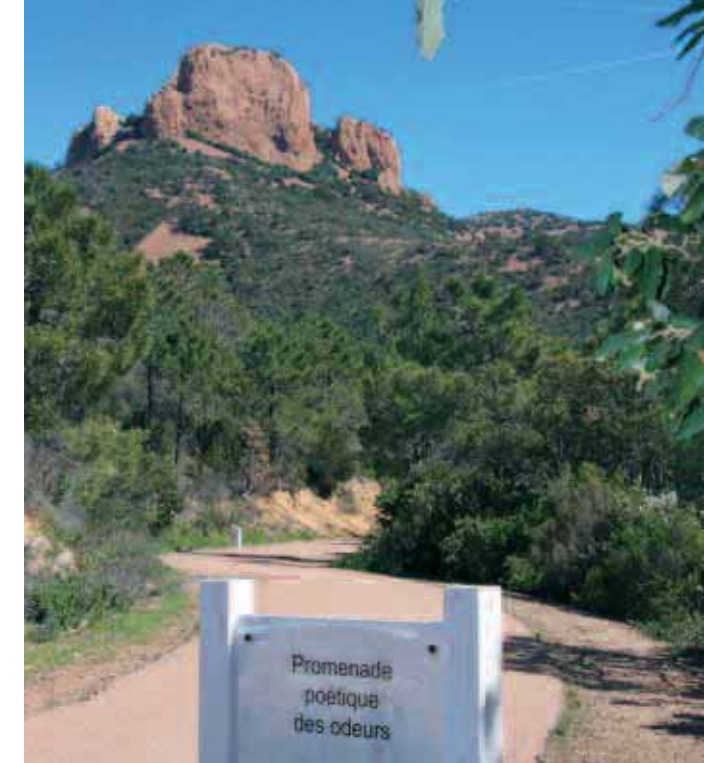


Dedicated to the development, preservation and study of species of vegetation that might be under threat, the creation of an organic Reserve by the National Forestry Commission and Ushuaïa, of almost 800 ha, going from forest and Provencal maquis right to the shore, will allow a greater protection of the remarkable natural heritage of the hill range as well as giving us a better understanding of the flora and fauna and how to reduce the risks they run in their natural habitat.

Organic footpath : A footpath route, accessible to the disabled, has been designed over 2600 metres between the plateau of Anthéor and the Rock of Saint-Barthélémy. This botanical path with seven stops, spread out along the route, presents a selection of essences typical of the Estérel, recognisable mainly by touch and smell: garlic from Sicily, royal osmond, old-man's beard or even wild orchid, represented by a collection of twelve varieties. This show is put on each year, during the flowering period (from April to June) using only temporary and mobile equipment in the desire to protect the countryside.



Route of the organic footpath



Ushuaïa and the National Forestry Commission, a lasting undertaking

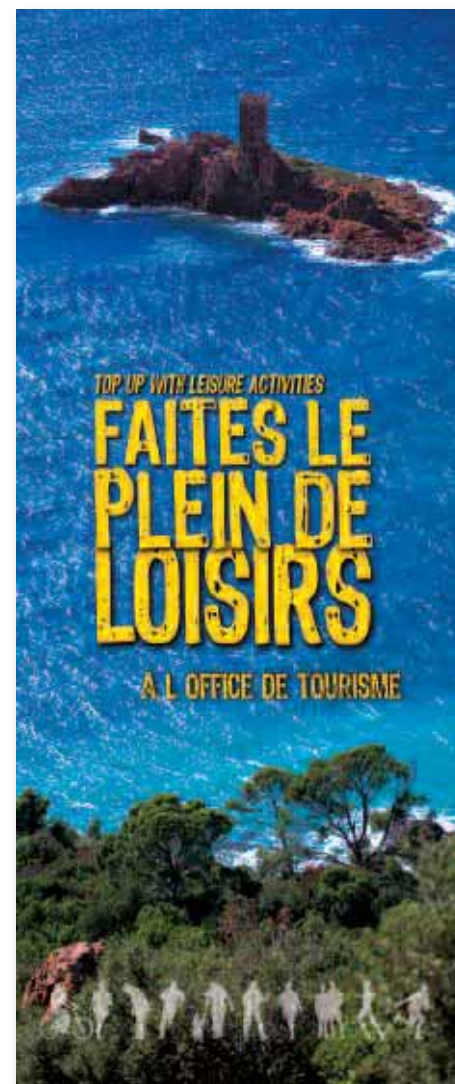
Following the storms of December 1999 which destroyed 130 hectares of national forests in France, Ushuaïa, together with the National Forestry Commission, undertook to replant or develop arboretums, collections and species likely to help protect the diversity of tree species.



We'll stretch ourselves to the limit...

Eventually a day comes when you can no longer ignore the sunny invitation carried on the breeze from a rushing sea which you know will awaken your spirits and enliven your senses and latent sporting abilities.

This is Saint-Raphaël's breath of fresh air and gift to you, offering its rich and natural environment along with all the facilities necessary to enjoy a full spectrum of invigorating activities.



Free Guide book from the Tourist Office

Top up with leisure activities at the Tourist Office

Where more than 110 leisure activities are on offer, all year round, catering to everyone's pace and level.

• **Sea activities :** Diving, light sailboats, sailboarding, sea-canoeing, water skiing and games, sailing school, excursions and sea cruises...

• **Countryside :** rambling in the Estérel, horse-riding, climbing, Paint-ball, golf, quad, buggy, adventure trails...

• **Well-being :** Sea-water therapy, health and beauty cures, balneo-therapy, beauty and seawater care, massages...

• **Children's activities :** Mini-quad and mini-buggy, leisure parks, pony rides for toddlers ...

Information, advice and sales :

- Saint-Raphaël Tourist Office : Tel. : 04 94 19 52 52
 - Syndicat d'Initiative in Agay Tel. 04 94 82 01 85
- information@saint-raphael.com
www.saint-raphael.com

In the curl of the waves

Of course, it's really water sports that are the peak attraction. Whether your aquatic skills are amateur or accomplished, you will have every opportunity to practice and hone them.



Sailing

Centre Nautique Municipal de Saint-Raphaël



• Qualified instructors welcome the Commune's primary and secondary schoolchildren all year round. On Wednesday mornings sailing dinghy beginner's class for 6-10 year-olds in term time: in the afternoons: optimist advanced class for 8-10 year-olds. Beginners and advanced classes for 11-18 year-olds on sailing dinghy, catamaran and sailboard in term time, as well as refresher courses for federation instructors. • Courses for everyone from the age of 6 during school holidays : 6-10 year-olds Ship's boys: water gardens (activities for the very young). Learners and advanced classes on Optimist and sailing dinghy. 11 year-olds and over: beginners and advanced on sailing dinghy, catamaran and sailboard. • Preparation for federation sailing instructor training all year round. • Caters for group parties depending on period or season. Open all year round

Port Santa Lucia Boulevard du Général de Gaulle
Tel. 04 94 83 84 50 www.ville-saintraphael.fr/sport/stages.htm

Club Nautique de Saint-Raphaël



Sailing school offering beginner and advanced courses for: optimist, catamaran, windsurfing. Sports School for optimist. Organises local, national and international regattas.

Open all year round 9am – 12 noon / 2pm – 6pm

Base Nautique de Santa Lucia Boulevard du Général de Gaulle
Tel. 04 94 95 11 66 - Fax. 04 94 83 95 79 cnsr83@wanadoo.fr
www.asso.ffv.fr/saint-raphael

Wind Club d'Agay



Catamaran courses from 7 years and upwards. Windsurfing courses from 10 years and upwards. Private lessons. Storage. Catamaran and windsurf rental. Awarded the "Ecole Française de Voile". stamp of quality. Open all year except January.

Complexe Nautique - RN98 - Agay Tel. et Fax 04 94 82 08 08
<http://wica.cabanova.fr>



Deep sea diving

Club sous l'eau



2 boats and a safety boat. Qualified state and federation instructors. Excursions in all weathers. Activities for beginners (initiation dives) and experienced divers (selection of diving options). Diving for children (1 instructor per child). Can take Federated and PADI certificates. Teaching courses given by second grade instructors. Theme dives: wrecks, Nitrox, photo, scooter. Open all year round from April to mid-November, 9a.m – 2.30p.m, and mid-November to end of March by appointment.

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



Diving at Agay ? Why not ? We do the same as all other clubs but with perhaps a little extra something, come and see.

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

Estérel Plongée



Instructors with state and federation qualifications. Specialists in theme diving: flora, photography, shipwrecks, deep water for children...and training : air, nitrox, recycled. Training course and taking exams : FFESSM, PADI, ANMP, TDI. Exploratory dives and customised diving in small groups. Possibility of booking the boat and equipment for 4 divers or more. Open all year round.

Port de Boulouris 2170 route de la Corniche Tel. 06 64 65 25 79
esterelplongee@wanadoo.fr www.esterel-plongee.fr

Euro-Plongée



Qualified instructors, 3 fully equipped boats, initiation dives, exploratory dives, courses, certificates underwater swimming with flippers. Groups catered for on request all year round. NITROX Centre. 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 Fax 04 94 95 50 76
contact@europlongee.fr www.europlongee.fr

Ecole de plongée Ile d'Or



An international centre and deep-sea diving school. We offer CMAS courses, beginners courses. Course languages : French, English, German, Italian and Dutch. Open from April to October from 8am to 8pm.

Camping Campéole - RN98 Le Dramont
prambow@aol.com www.dive.fr
Tel. 04 94 82 73 67 - 06 27 13 17 96 Fax 04 94 82 75 93

Aventure Sous-Marine



With Didier, state-certified instructor, discover a new sport, perfect your existing skills (all levels air, nitrox, trimix) or simply discover the rich depths of the Estérel Parc in a friendly environment. Chose ASM for their experience in child-orientated dives and other specialties. Open every day from Easter to the end of September. Open all year for groups. Departure for the dives at 8.45am and 2.30pm. .

Galerie du parvis - 165 Quai Albert 1^{er} Tel. 06 09 58 43 52 Fax 04 94 19 33 70
aventuresousmarine@hotmail.com www.aventuresousmarine.fr

Agathonis plongée



Instructors with state qualifications, in a recognised diving centre affiliated to ANMP, FFESSM (French Federation of Underwater Studies and Sports), PADI. We can offer exploration, training, discovery courses, diving for children, beginners. With accommodation on the spot, we welcome divers and non divers. Open from 01/03 to 05/11

Situated in the 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

Centre de plongée du Dramont



Training from beginner to instructor, children/adult beginner dives. Exploration, hire of equipment Air Station for filling diving bottles. Open all-year round

Port du Poussaï - Boulouris - Tel. 04 94 82 76 56 / 06 99 48 39 00
contact@cip-dramont.com www.cip-dramont.com



Canoe - sea Kayak Sailboarding

Base Nautique Municipal d'Agay



Learn sea canoeing on Wednesday afternoons during term time. Multi-activity sailing courses in the morning for 8-13 year-olds during the summer holidays. Hourly 'Discovery' season tickets, single or family, every day from June to September. In July and August: All-inclusive Trips round the Coves with an instructor, treasure hunting in conjunction with the archaeological museum, sea canoeing trips for groups by reservation only. Open from Easter to end of October.

Plage de l'Escale 83530 Agay Tel. 04 94 82 71 42
www.ville-saintraphael.fr/sport/stages.htm

Terrescale.com



40 self-emptying, one-seater, two-seater & three-seater sea kayaks, safety boats, changing rooms. B.E. supervised inshore boating along the Dramont coves. Groups welcomed all year round (on request). Hire, sale of equipment, possibility of storing your equipment. Open from mid-June to mid-September, from 9am-6pm.

Plage du Dramont Tel. 04 94 19 19 79 / 06 19 26 26 69
Fax 04 94 19 07 69 olivier.auneau@terrescale.com www.terrescale.com

Papagliss

Hire of single or double sea canoes, sailboards and private or group lessons. Open from 1er/05 to 30/09.

Plage de la Tortue - Boulouris Tel. 06 80 41 82 55
papagliss@hotmail.fr



Water games

Fun ski school



Water-skiing and wake-board school, sailing games and parasailing. 2 water ski boats, 1 prestigious landing stage. For beginners, from the age of 5, private lessons with a State qualified instructor. Games : rubber rings, plates, knee-board, banana, stealth, ski chariots and sonar. 1 boat for para-ascending: parasail with 1, 2, 3 people and even 4 and 5 children together. Open from 15/05 to 30/09 from 9am to 7pm; and July and August from 8am to 8pm.

Epis du lido - Plage d'Agay Tel. 06 07 08 17 17 www.funskischool.com

Slide water camp



Water Ski and wake board school, 2 State qualified instructors Lessons for beginners from the age of 5. Specialists in water games, different rings, scrambler, towable mable and banana. Open from mid June to beginning of September.

Plage Beurivage (behind the mini-golf)
Tel. 06 09 84 23 41 / 06 65 33 74 96 franck.dauzac@wanadoo.fr



Provençal Jousting

Les Joutes Raphaëloises



Organisation of tournaments and Provençal jousting training on boats and optimists, for children, teenagers and adults.

The Raphaëloises Jousting is the top ranking club in France.

We welcome many young people and groups, do not hesitate to get in touch with us. Open from 1st April to 31st October.

Vieux port - port Santa Lucia - port de Boulouris

BP. 145 - 83700 Saint-Raphaël Tel. 04 94 85 25 74/ / 06 09 77 89 67

E-mail : olivier.balderiotti@wanadoo.fr

Agay-Nautique



Since 1953 the Agay jousting get together from May to the end of September for training sessions, shows, friendly and official tournaments, championship trials or the French Cup.

Espace Agay-Nautique or plan d'eau (Agay River)

Tel. 04 94 82 01 49 / 06 60 06 15 82 agaynautique@wanadoo.fr



Sailing Schools

Bateau école



Yachting for everyone with the 1st boating school in the Var. Proposed activities: inshore boat license course, extension to ocean-going license and VHF certificate.

Teaching and exams: in 5 days during all holiday periods, or weekends out of season. Open all year round, car park, air-conditioned classroom.

Port Santa Lucia Tel. 04 94 83 11 21 / 06 09 46 00 90 Fax 04 94 95 53 50

o.lacourtablaise@wanadoo.fr www.permisbateau83.com

Ecole de croisière sillages (all levels, beginners accepted)



Has been a school since 1979. Accredited by 'Youth and Sport' and the Merchant Navy Courses with accommodation and life on board a sailing yacht single-handed. The boat leaves harbour and comes back at the weekend, Friday evening (direction: Italy Corsica - Iles d'Hyères, but also according to availability)

- Daily outings, sailing or active participation: you take part in all manoeuvres under the supervision of a qualified instructor.
- Complete boat hire, per day, per week with skipper. Conditions : able to sail single-handed, over 16 years old or an accompanied minor.

Capitainerie du Vieux Port Tel. 06 10 27 13 83 www.sillages.fr

Skippeo



Specialist in training for boat licences : coastal sailing, ocean-going and advanced. Motor boat hire

Port de Santa Lucia - Tel. 04 94 82 79 86

saint-raphael@skippeo.com www.skippeo.com

Boat Excursions + Cruises : see pages 11 and 12



Swimming

Stade nautique

This sports hall of some 6900m² includes :

- 1 50m Olympic size swimming pool (21m wide, 2m deep)
- 1 25m training pool (10m wide, 0.80m to 1.20m deep)
- 1 paddling pool for the very young with water games
- 1 physical training room
- 1 keep-fit area including : 2 saunas, 2 Turkish baths, 2 spas and rest room

The facilities offer the following activities : Accommodating outside training courses, private or group swimming lessons, aqua-gym for young children, swimming school, gentle gym for senior citizens, mini summer course. Open all year round.



Available to the disabled with limited mobility with wheelchair access into the water and 'water' wheelchairs to go into showers.

Boulevard de l'Europe 83700 St Raphaël Tel. 04 94 52 18 96

ECOLE DE SKI NAUTIQUE & WAKE-BOARD JEUX NAUTIQUES & PARACHUTE ASCENSIONNEL

Jeux nautiques :
banane, bouées
creuses, plates,
knee board, stealth,
skis chariots,
sonar...



Parachute ascensionnel

(Décollage et atterrissage
d'un bateau plate-forme).
Tout en profitant du cadre
exceptionnel de l'Estérel,
venez voler en solo, en double
ou plus en toute sécurité dès
l'âge de 8 ans. Accessible à tous.



Leçons
accompagnées
sur mesure par
1 moniteur di-
plômé d'Etat
dès l'âge de
5 ans.

Dans la baie d'Agay, au cœur de l'Estérel,
rade d'exception pour la pratique du
ski nautique et du wake-board.

2 bateaux "Correct-Craft" + 1 bateau parachute
1 ponton d'accueil luxe - matériel Connelly neuf
moniteurs diplômé d'Etat.

FUN SKI SCHOOL

Ouvert de mai à octobre, tous les jours non-stop

Baie d'Agay Tél. 06 07 08 17 17

www.funskischool.com

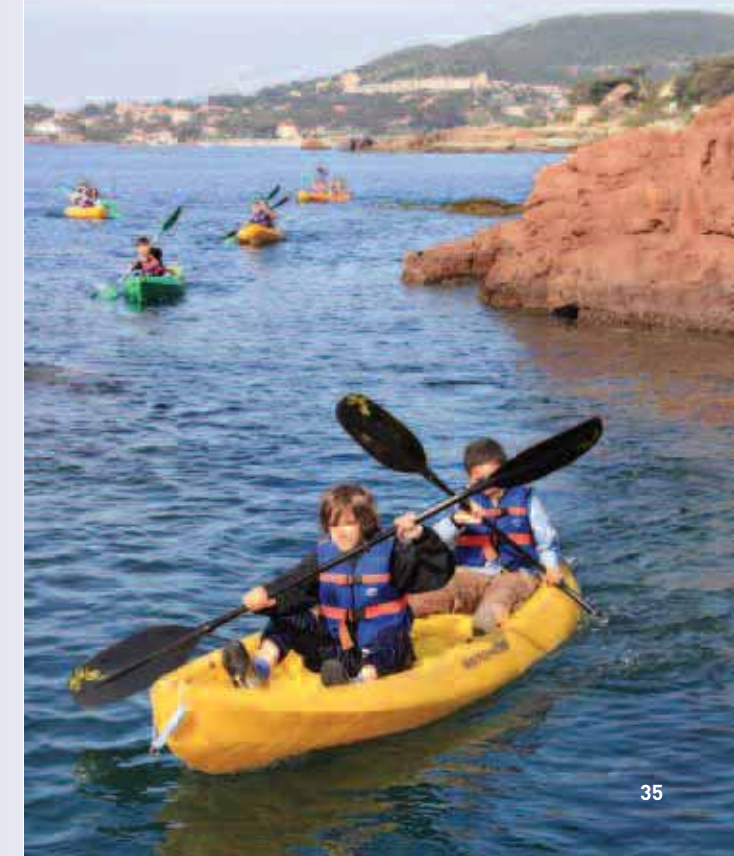


Water sports centre

Saint-Raphaël received the quality accolade of "French Water Sports Resort", granted by the French Sailing Federation. This organisation which is the communications office for water sports at a local level, distributes all the information about water sports activities put on by organisers who have obtained the **certificate of quality** : Schools for cruises, sea excursions, glass-bottomed boats, water sports activities, diving clubs who are lucky enough to be able to explore a unique under-water archaeological field. A "Water Sports Resort" guide book gives full details of all these activities.

Organiser of events and statutory regulations.

Port Santa Lucia - Bd du Général de Gaulle Tel. 04 94 95 77 64
www.france-nautisme.com

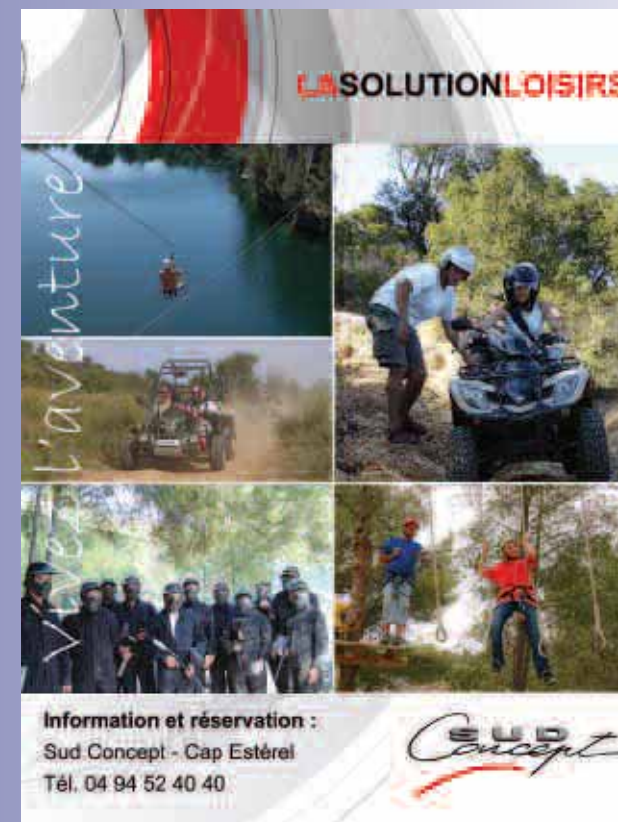


In the heart of the countryside

Numerous tracks run all through the Estérel, so imagine the joy of walking on the cusp of sea and mountain in this particularly wonderful part of Provence.

Time to explore

You can visit the massif in a sporting way, but also take the time to appreciate its natural and geological heritage. Many circuits exist for **mountain-bikers** (100 km of sign-posted tracks) and **riders** (100 km of bridle paths) and **walkers** (45 km of footpaths).



Multi-activities

Sud Concept

• **Private Individuals** : speedboat or water karting (children +16 years) on the Dramont Lake, buggy, quad in the form of trips, adventure trails, paint-ball and for the very young "junior city : mini-quad and mini-buggy tour" and mini-golf by reservation only. Open all year from 9am to 7pm.

Cap Estérel-Agay Tel. 04 94 52 40 40
sudconcept@dupratconcept.com www.sudconcept.com

• **Companies** : Organisation of team-building programmes: Esterel experience, speed boat endurance, land and sea... minimum 10 people. Open all year round from 9.30am to 12.30pm and from 2pm to 6pm.



Hikes and Walks



The National Forestry Commission can offer :

Tours throughout the year on different themes :

Spring in the Estérel, mimosa, the history of the hill range, geology.... Day and Night trips.

Tickets : 9€ adults, 7€ children

Enrolment and reservations at the Tourist Offices :

Tel. 04 94 19 52 52 / 04 94 82 01 85.

Ecoloisirs Développement



"Green" walks and theme packages (flora, fauna, geology, land ecology). Hikes, conferences, writing books and articles, professional training. Advice on developing ecotourism.

Open all year round.

Tel. 04 94 40 58 06 ou 06 60 96 14 00 ecoloisirs@wanadoo.fr

Discover the countryside all year round



Marjorie Ughetto, "Autres regards"

Professional Nature guide.

Explore the Estérel massif and the Var all year round. The Provençal walks are cultural outings with commentary about the wildlife, flora and volcano – geology, the Mediterranean... Personalised service, numerous themes. 1 hour, half day, full day and night time walks about wildlife and astronomy... Lectures/slide shows/school visits /discussion groups all year round. Minibus service.

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

Contraste & Fusion



Discover the natural and cultural heritage on foot with qualified guides. Accompanying organised trips.

Individuals, families and groups welcome.

Open all year round.

Tel. 06 22 41 56 42 Antoniolijer@aol.com



Mountain Bike trip

Natura Bike



Mountain bike trips in the Esterel Hill range. Completely at one with nature, mountain biking lets you get to wild lonely spots. Convivial outings in small groups. You are doing your body good with gentle exercise in protected, listed surroundings. A state qualified instructor will be on hand to give you technical advice and help with adjustments to help you improve your cycling skills.

Tel. 06 12 29 47 67



Drives

Discovering the Estérel



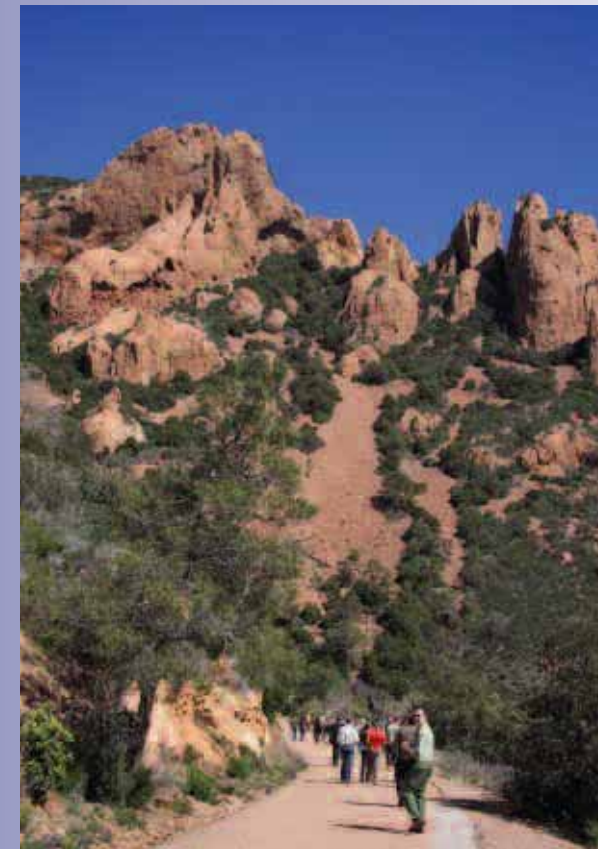
Joseph, in partnership with the National Forestry Commission, offers an original way to discover the Estérel forest.

Your Provençal guide will accompany you and share his passion for the region. At the wheel of one of his vehicles you will discover the mysteries of the forest. A selection of local produce will be waiting for you to sample at the end of the tour and you will be given your souvenir photos.

Open all year round. Located in the Cap Estérel car park.

JDC Loisirs Tel. 06 09 09 73 90

joseph@decouvertedelesterel.com www.decouvertedelesterel.com



• Unaccompanied walks

Suggestions and routes for walks and rambles :
page 24 to 26



Horse riding

Les 3 Fers - L'Estérel à cheval and Pony Club de l'Estérel



L'Estérel à cheval : excursions in the Estérel for beginners and experienced riders. VIP excursions: top quality service in an exceptional location!

Pony Club : horse riding lessons and courses. Baby pony and baby riders from 2 years olds. Label of quality "Ecole Française d'Equitation". Holiday cheques accepted. Open all year round by reservation.

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

Ranch Estérel



Accompanied rides in the heart of the Esterel mountains. For beginners and experienced riders. Pony walks for 3 years olds.

Horses for 12 years olds. Loyalty cards. Open from April to September

Avenue des Golfs - Agay Tel. 04 94 82 89 47 www.esterel-caravaning.fr
contact@esterelranch.com www.esterelranch.com



Rock Climbing

Camp 4



Come and climb the red rocks of the Estérel massif, accompanied by state-qualified professionals. In the unique surroundings of the Dramont coves, discover rock climbing, abseiling, tyrolean cord, and the aerial sensations of a bridge high above the water: the "via cordata". Open all year round on request.

Cap Dramont - Massif de l'Estérel Tel. 06 62 240 214
contact@camp-4.com wwwcamp-4.com



Lake, seaside fishing

Verdon Estérel pêche



Fishing lessons and introduction the best fishing sites by a fishing expert. 1/2 day initiation for children on the Estérel lakes. Fly-fishing lessons. On-shore fishing.

Open all year depending on the weather.
Estérel Massif, Saint-Raphaël and Fréjus coast and the Verdon Gorges.

Tel. 06 07 14 51 14 ch.pironnie@free.fr http://verdonpeche.free.fr



Paint Ball

Paint Ball de Cap Estérel



2 teams compete in a field to recover a pennant. To win you have to place the pennant in the opponents' camp without getting hit by a paint ball. Tactical and strategic group activity supervised by a referee. Open all year round..

Cap Estérel-Agay Sud Concept Tel. 04 94 52 40 40

• Other activities : archery, tennis, squash ...



Douce Quiétude ★★★★★

DES VACANCES PRIVILÉGIÉES

Sous une pinède, au cœur 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.
*Équipement de standing ; terrasse, bain de soleil, téléphone, prise TV : 21 programmes.
 Animation de qualité pour vous et vos enfants (de 9h30 à 23h)*

Séjours à thème, possibilité de demi-pension et pension complète.

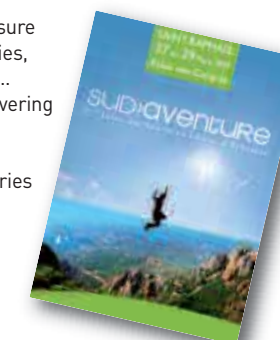
3435 Bd Jacques Baudino - 83700 Saint-Raphaël
 Tél. 33 (0)4 94 44 30 00 00 - Fax 33 (0)4 94 44 30 30
 www.douce-quietude.com - mël. info@douce-quietude.com

Sud Adventure from 27 to 29 march 2009

at the Palais des Congrès **Sports and Adventure Leisure Activities Exhibition**

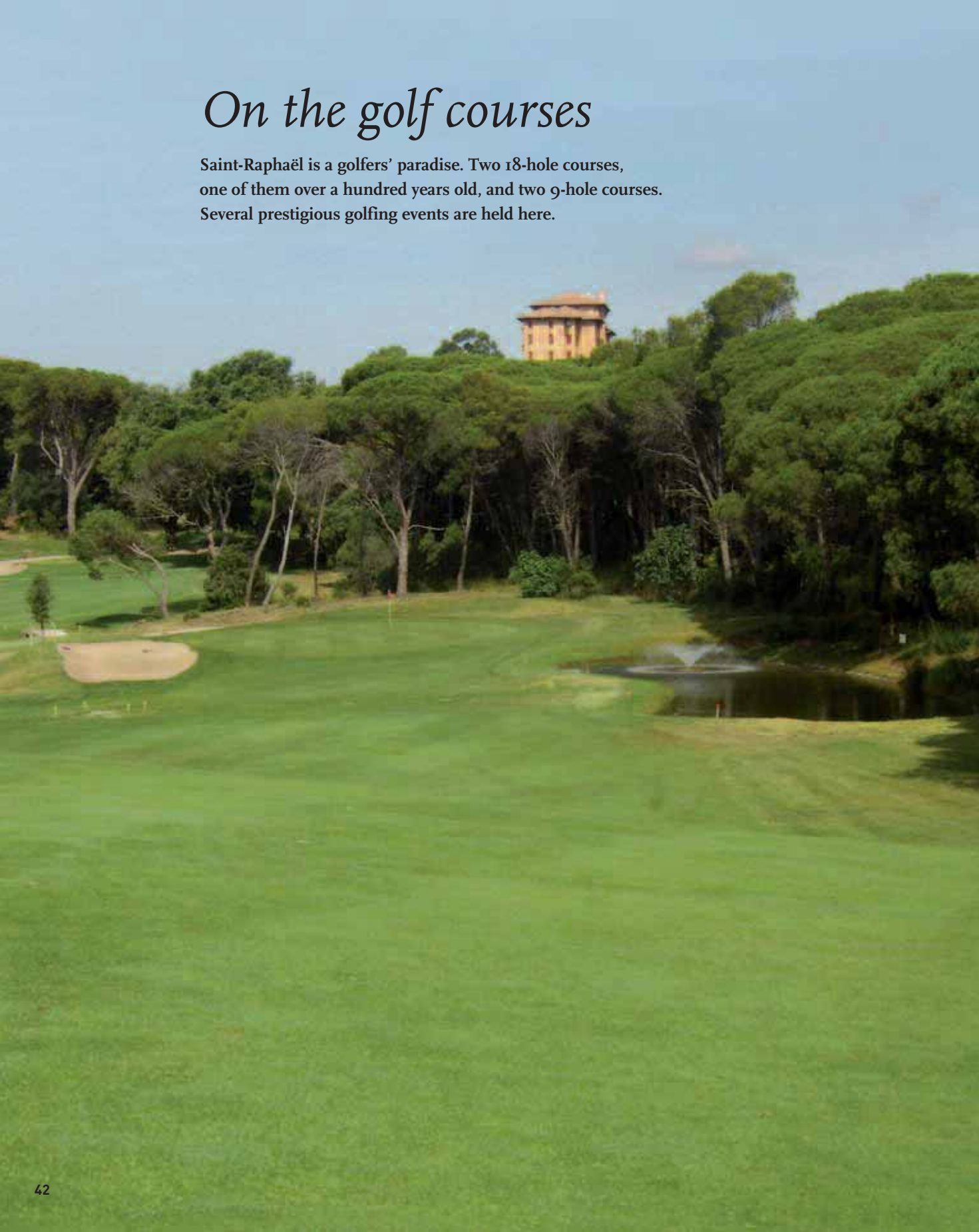
- Exhibitors: Providers of leisure activities and new technologies, Sports equipment suppliers...
- Beginners' courses : Discovering dry land and water sports activities
- lectures and adventure stories
- GPS Adventure®: 2 days of treasure hunting under real conditions

www.sudaventure.fr
Admission by ticket only



On the golf courses

Saint-Raphaël is a golfers' paradise. Two 18-hole courses, one of them over a hundred years old, and two 9-hole courses. Several prestigious golfing events are held here.



Golf
Hôtel
Valescure



*Un golf mythique au coeur
des pins parasols...*

Créé en 1895 par Lord Ashcomb, le golf de Valescure est le plus ancien golf varois et le 5^{ème} de France.

Certi par une forêt de pins parasols et d'une longueur de 5005 mètres, par 68, le parcours, d'une conception proche d'un parcours britannique, accueille chaque année de grands événements tel l'Omnium de la Riviera.

Le Club House, jadis Pavillon norvégien à l'Exposition Universelle de Paris en 1900, vous accueille pour vos déjeuners, à moins que vous ne profitiez de la cuisine du restaurant Les Pins Parasols.



Entièrement remodelé, le Golf Hôtel Valescure poursuit sa montée en gamme et vous propose 62 chambres et suites, 200m² de salles séminaires et banquets ainsi qu'un espace bien-être pour vos instants de détente.

GOLF HÔTEL VALESCURE***
55, avenue Paul L'Hérnite
F-83700 SAINT-RAPHAEL
Tél: +33(0)4 94 52 85 00
valescure.hotel@najeti.com

Najeti
HÔTELS - GOLFS

www.valescure.com



Golf de l'Estérel

A few kms from the beaches and train station of Saint-Raphaël, this international golf course is situated at the foot of the magnificent Estérel massif. Splendidly sculpted in the middle of a pine forest this course offers a real feeling of serenity. Robert Trent Jones Senior used to his advantage this natural habitat to offer a physically easy but technically difficult course. The quality of the layout with the lovely water features, notably his famous 15th hole, "lac des Dames" (Ladies lake) will leave no golfer indifferent. This calm atmosphere offers an unrivalled course in terms of quality and ease of play, all year round. The Golf de l'Estérel belongs to the Formule Golf chain. The restaurant with a terrace found next to the putting green offers quality, regional cuisine.



Architect : Robert Trent Jones Senior
Course : 18 holes on 5852m
Built : 1989
Pro-Shop Tel. 04 94 52 68 30
Restaurant Tel. 06 12 77 34 85
Open every day
Required handicap : minimum green card and mandatory licence

The golf Academy offers a 9-hole training course for young players.



Course : 9 holes on 1456 m
Pro-Shop Tel. 04 94 44 64 65
Restaurant : Tel. 04 94 53 34 08
Open every day
Teaching course, no handicap required.

745 Boulevard Darby 83700 Saint-Raphaël
Tel. 04 94 52 68 30 Fax 04 94 52 68 31
www.formule-golf.com

Golf de Cap Estérel

Whether you are a beginner or premier handicap, the technical challenges of this course offer a real opportunity to perfect your skills, accompanied by qualified instructors. It is a superb rolling and tight course with views over the Estérel massif and Agay bay.



Architect : Yves Bureau
Course : 9 holes
Length : 1580 m
7 par 3 from 80m to 210m
2 par 4 of 275m par 29
Built : 1990
Practice posts : 55
Pro-Shop Tel. 04 94 82 88 20
5 Restaurants Tel. 04 94 82 55 00
Closed from November to February (except school holidays).
Open from 9a.m to midday, and 2pm to 6pm.
Required Handicap: Green Card or equivalent
On-site facilities: Tennis, swimming-pool, mountain-biking, archery, hotel and self-catering apartments, water games area, children's club, multimedia, theatre, circus training course, pony-riding (subject to availability).

Cap Estérel - Agay
Tel. 04 94 82 55 00 - Fax. 04 94 82 58 73
jcgodeau@pierre-vacances.fr
www.capesterel.com

Golf de Valescure

Built in 1895, the Valescure Golf Course is the oldest course in the Var and the fifth oldest in the whole of France. Measuring 5061m long with a par 68, this British-style course offers several relatively short holes. The Saint-Raphaël/Valescure "Golf School" situated in Boulouris, with 6 "Pitch and Putt" holes (5 par 3 and 1 par 4) is approved for competitions. This amenity is particularly well-suited to beginners wanting to play on a real golf course.



Architect : Lord Aschcomb
Course : 18 holes
Built : 1895
Practice 35 posts
Pro-Shop Tel. 04 94 52 85 09 - 06 12 77 91 66
Restaurant Tel. 04 94 52 85 03
Open every day from 8am to 6pm.
Handicap required : 24/men, 28/women
On site facilities : sauna, tennis, archery.

Route des Golfs 83700 Saint-Raphaël
Tel. 04 94 82 40 46 Fax 04 94 82 41 42
golfdevalescure@wanadoo.fr
www.golfdevalescure.fr



The Well-Being exhibition from 3rd to 6th april 2009

at the Palais des Congrès **Several theme stands to add to your well-being**

- New : "Well-being Holiday" stand
- Health, Beauty and Figure stand devoted to nutrition and slimming.
- Beauty care products
- Press and publishing stand with authors' autographs
- organic producers and restaurants
- Lectures given by specialists,
- Advice and animations designed to favour the development of products and services contributing to your Well-Being



Admission by ticket only

www.salonbienetre.fr

Les Bains de Cléopâtre

Oriental de luxe Turkish baths Spa in pure Moroccan tradition. Facial and body care with 100% natural products. Open by appointment from Tuesday to Sunday from 10.30am to 7.30pm.

760, avenue de Valescure Tel. 04 94 53 37 50
info@lesbainsdecleopatre.com www.lesbainsdecleopatre.com

Le Centre du Bien-Être

Make your skin young-looking and take on a new lease of life with your passports to relaxation and well-being. Thanks to various techniques, ayurvedic sensory massages, shiatsu and South African plantar reflexology, the Well-Being Centre offers customised courses of treatment to get you back into shape, get rid of stress, get fit and well, feel well-adjusted, at ease, revitalised and end up with a flat tummy into the bargain. A la carte care or treatment courses lasting 2, 3 or 5 days. Open all year round by appointment from Monday to Sunday.

555 chemin de la Lauve - Immeuble le Pasteur
Tel. 04 94 17 30 95 contact@lecbe.com <http://www.lecbe.com>

Stade Nautique

Physical training room, keep-fit area including : 2 saunas, 2 Turkish baths, 2 spas and rest room.
 Open all year round.

Boulevard de l'Europe Tél. 04 94 52 18 96

Estérel Forme

Marine-water and seaweed treatments and spa, beauty treatments, Turkish baths, heated pool. Open from February to November 9a.m.- 12.30pm, and 2p.m - 7p.m

Cap Estérel-Agay Tel. 04 94 82 52 34 Fax 04 94 82 89 93
info@esterel-forme.com www.esterel-forme.com



Tao

Beauty care, well-being and relaxation.

Bd Jean Moulin - Immeuble Forme & Beauté - ZAC Les Genets
Tel. 04 94 53 74 97 www.taomaisondebeaute.fr

*For your
well-being*

Saint-Raphaël, a town for relaxing and feeling good

Due to its mild, sunny climate, Saint-Raphaël offers an excellent environment to keep fit and healthy throughout every season. Come and make the most of customised care, Turkish bath sessions, massages, sauna, health and beauty cures in exceptional surroundings. Just relax and enjoy this moment of tranquillity.

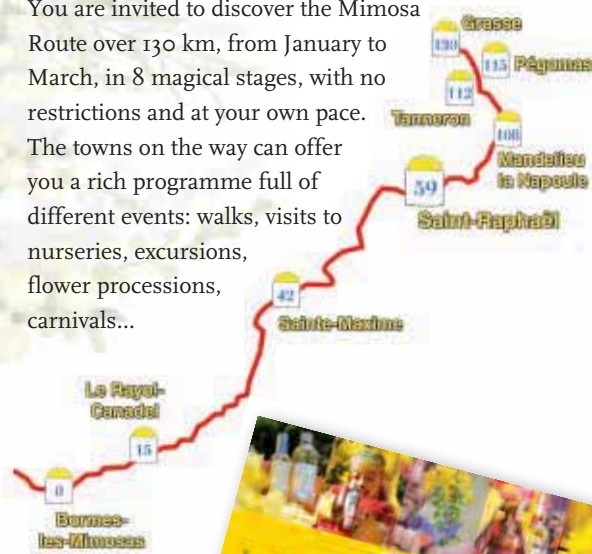
We'll go and party...

Saint-Raphaël has been cultivating the art of entertaining visitors since the end of the 19th Century and has been developing its love of festivals and cultural dynamism on a daily basis: concerts, theatre plays, traditional fêtes, festivals, exhibitions and sporting events ...

Winter in the Mimosa countryside

Saint-Raphaël on the Mimosa Route

You are invited to discover the Mimosa Route over 130 km, from January to March, in 8 magical stages, with no restrictions and at your own pace. The towns on the way can offer you a rich programme full of different events: walks, visits to nurseries, excursions, flower processions, carnivals...



Free Guide from the
Tourist Office

“Viva Mimosa”

From 7 to 15 february 2009

Saturday 7th and Sunday 8th from 10 am to 6 pm

■ “Mimosa in a state”

Bonaparte Gardens – Admission free. Sales Exhibition devoted to mimosa, its by-products and to Mediterranean winter plants and camelias.

Saturday 7th at 9 pm

■ Election of Miss Saint-Raphaël

Palais des Congrès - By ticket only

Saturday 14th at 6.30 pm

■ Evening Carnival in the town centre

“l’Odyssée des Saltimbanques” - Compagnie “Quai des Arts”

Sunday 15th

■ Mimosa Fête at Agay

Tuesday 10th - Friday 6th and 13th

■ **Coach Excursions** into the Tanneron hill range, visits to nurseries from 1.30 pm to 6.30 pm

Tickets : 20€ adult and 17.10€ children
Tickets from the Tourist Office.

Tuesday 10th - Wednesday 11th - Thursday 12th

■ **Guided Walks** in the Esterel range with a Forestry Commission guide. **Walk takes** : 3h from 9am to 12pm and from 2pm to 5pm **Tickets** : adult 9€, children aged 8 - 12 ans 5€, under 8's free

From 7th to 14th • **Exhibition** Acacia Dealbata or Mimosa in the archaeological gardens.

Excursions from February to March by coach into the Tanneron hill range Every Friday. Information and bookings at the Tourist Office



Light Festivals

These are the town's highlights with :

- Lighting up the town centre and the most notable places.
- A street theatre festival with 6 processions of lights on 25th and 31st December, actors, lights and music ever-changing with the fête decorations.
- A “Christmas Village” with a lot of entertainment.
- A skating rink in the heart of the town

Concerts and different kinds of entertainment will bring the Christmas and New Year's Eve atmosphere to life.

Merry Christmas and a Happy New Year !



Calendar 2009

February

- HOME AND GARDEN EXHIBITION

March

- EXHIBITION PROV' HIGH TECH
- EXHIBITION SUD AVENTURE

April

- THE WHEEL-BEING EXHIBITION
- MARINE FLEA MARKETS
- ST-RAPHAËL TRIATHLON EVENT

May

- SAILING FESTIVAL
- SAINT BAUME FESTIVAL

June

- PRO-AM VALLIS CURAN GOLF COMPETITION EVENT

July - August

- JAZZ NEW-ORLÉANS COMPETITION
- TEMPLARS MUSICAL EVENINGS
- SUMMER CONCERT BY SAINT-RAPHAËL CHAMBER ORCHESTRA
- SAINT-PETER'S FESTIVAL

September

- NATIONAL HERITAGE DAY
- COMEDY FESTIVAL
- EUROPEAN CINEMA WEEK

October

- “VOYAGE EN MULTIMÉDIA” FESTIVAL
- HIKING IN THE VAR WEEK
- STRING QUARTET FESTIVAL IN FAYENCE

November

- MINERAL AND FOSSIL EXHIBITION
- WEDDING EXHIBITION
- GOURMET FAIR

December

- LIGHT FESTIVALS

Programme subject to change

For all information :

- Tourist Office Tel. 04 94 19 52 52
- Cultural Centre Tel. 04 98 11 89 00

*And we can have
a good time with
our children*

Learning and exploring,
Visiting theme parks and being with the animals,
Learning and topping up with new leisure activities,
And, we can let you into a few secrets for having
fun with all the family...

Shhh, ...follow us !



Saint-Raphaël-Fréjus

Minigolf Beaurivage

18-hole course on the seafront set amongst palm trees and tropical plants. 300-bay car park close by

- **Opening times high season 7/7:** April to June from 2pm to 7pm approx, July and August from 10am to 1am, September from 2pm to nightfall.
- **Out of season October to March :** Wednesdays, Saturdays, Sundays, bank holidays and school holidays from 2pm until nightfall.
- **Tickets :** children (4 -11) : 6€, adults : 7,50€

Bd du Général de Gaulle Tel. 04 94 82 39 03 / 06 24 20 16 61

Circus School

- Circus activities for children from 6 to 12 yrs; Trampoline, juggling, trapeze, tightrope, acrobatics.
 - Flying trapeze activity for adults and teenagers 13 yrs and over.
- Open from April until 15/09 • Tickets on request.

Tel. 04 94 82 58 68 www.capesterel.com

Cinéma le Lido

Open everyday according to the program. 3 air conditioned auditoriums, Dolby SR, car park 50metres away • **Prices :** 7,50 € or reduced at 6 € (Valid Mondays and Wednesdays for all showings between 5pm and 6pm).

Rue amiral Baux - Tel. 04 94 95 16 63/08 92 68 69 28 (0,34€/mm)

Fréjus Zoo

Spread over 20 hectares, visit the 130 animal species from the 5 continents, on foot or by car. Open every day all year round.

- **Tickets :** Children from 3 to 9 : 9€ - adults : 13€

Le Capitou 83600 FRÉJUS Tel. 04 98 11 37 37 www.zoo-frejus.com



"Top up with
leisure
activities": p 29
Water sports
activities :
p 31 to 35
Countryside
activities: p 37
to 40

Luna park - Fréjus

Attraction park for young and old alike. Open during the summer season.

RN98 quartier Le Capou 83600 FRÉJUS Tel. 04 94 51 00 31

Aqualand - Fréjus

"The biggest water theme park attraction on the French Riviera" Water activities for all the family: toboggans, pool with waves and shows in July and August. Restaurant, shady areas to relax in, boutique, solarium areas (sun-loungers for hire) amidst luxuriant vegetation. Qualified staff to watch over your slightest moves and keep an eye on all the pools.

Private groups welcome (30 people.) by reservation.

Open from beginning of June to beginning of September.

- **Tickets on request** from the Saint-Raphaël Tourist Office.

RN 98 Quartier Le Capou 83600 FREJUS Tel. 04 94 51 82 51

Accès : A8 sortie 38 puis direction Saint-Tropez www.aqualand.fr

Leisure park "Francois Léotard" - Fréjus

135 hectares of natural parkland. Swimming pool, cycle track, 2 stadiums, playground, roller-blading facilities, skate park, BMX. For hire by the hour or half day, day, week: sulkies for 2 to 6 year-olds, beginners segway lessons, cycles or children's scooters, baby tricycle, tandems.

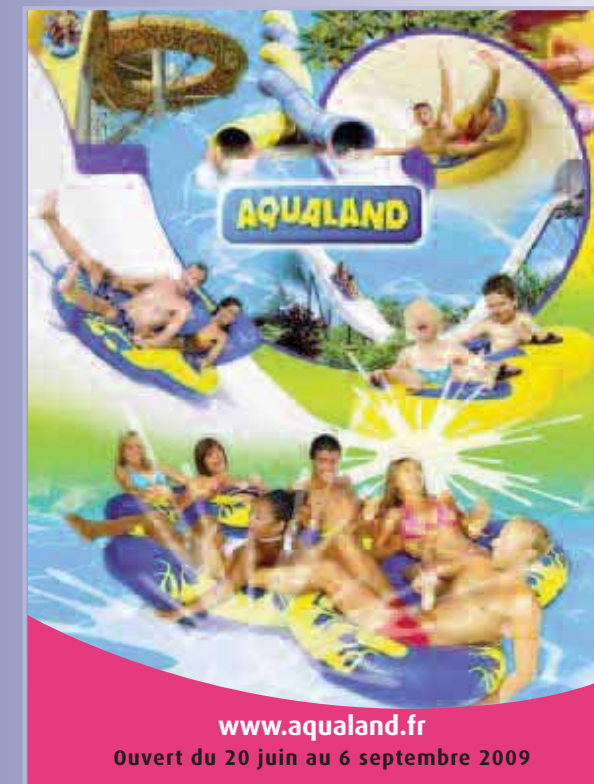
Restaurants, beach. Paying car-park. Sports activities reception. Hire of equipment: Tel. 06 74 83 86 42 Open all year round.

Tel. 04 94 51 91 10

Parc Areca

3.5 hectares of exotic gardens opening out onto a panoramic view and palm, bamboo and oak groves, a botanical trail, orientation panel and games area. Open from 8am to 8 pm from 1st /05 to 30/09 from 1st/10 to 30/04. Admission free. Walk round on your own.

Avenue Alfred de Musset, 83600 Saint-Aygulf. Tel. 04 94 51 83 83



www.aqualand.fr

Ouvert du 20 juin au 6 septembre 2009



Fayence area

Saint-Cassien Lake

Canoeing, pedalo and inflatable dinghy trips. Family Pass'Adventure : day out canoeing. Open from June to September. Tickets on request.

Reservations Tel. 04 93 90 83 15 / 06 20 85 14 55

Mandarin Bamboo

At Montauroux on the banks of the Siagne, follow the labyrinth of shaded alley-ways and you'll discover more than 80 types of bamboo. Open from March to November and every Saturday for the rest of the year.

Guided tours : Tel. 04 93 66 12 94 - MONTAURoux



Var

Ice Museum

Manufacturing and marketing ice in Europe and all over the world (using the example of glaciers found on the Sainte-Baume mountain range). Open from June to September every day except Mondays, and from October to May Sundays only and weekdays for groups by reservation.

• **Tickets** : 2,30€

**Hameau du Château 83136 MAZAUGUES Tel. 04 94 86 39 24
www.museedelaglace.free.fr**

Tropical Birds

Ornithological and botanical gardens with an incomparable collection of birds and plants. Open from 01/06 to 30/09 from 9.30am to 7.30pm and from 01/10 to 30/05 from 2pm to 6pm • **Tickets** : children : 5€ - adults : 8€

RD 559 83250 LA LONDE - Tel : 04 94 35 02 15 www.jotropico.org

The lost Valley

Adventure trail, "Tyroliennes", monkey bridges, beams...

• **Tickets** : from 9€ to 17€. Horse-riding • **Tickets** : from 6,50€ to 20€
Open air activities for the over 3's. Open from Easter to All Saints' Day.

**721, chemin du Jas de la Paro 83490 LE MUY
Tel : 04 94 45 11 43/06 86 87 82 36 www.cesar-et-leonie.com**

Aoubre, Nature Adventure

Treetop Adventure trail-up to 15m high: 30 hectares. New for 2009: butterfly garden of hiking routes and orientation trails accommodating both wild and farm animals. Open all year except January.

• **Tickets** : from 11.50€ to 19.50€

Parc des cèdres 83340 FLASSANS SUR ISSOLE

By reservation Tel. 06 12 58 02 26 www.aoubre.fr.

Tortoise Village

On the road to Saint Tropez, the village provides sanctuary and care, observation and conservation to more than 2,000 tortoises. Open everyday 9 am to 7 pm all year round.

• **Tickets** : 5 to 16 years : 6€ - adults : 10€ Free for the under 5's

83590 GONFARON Tel. 04 94 78 26 41 www.villagetortues.com

The enchanted cabin

Leisure park. Moto-quad Circuit, little train, electric cars, inflatable castle, mini-golf, pony rides... Children's birthday. Open on Wednesdays, Saturdays and Sundays, bank holidays and school holidays from 10.30am/7pm (summer) and from 10.30am/5pm (winter)

• **Tickets** : from 2€ to 14€

Plaine de Bourdon RN7 83910 POURRIÈRES Tel. 04 94 78 43 15



Alpes-Maritimes

Adventure Labyrinth

The Adventure Labyrinth is a giant maze of 4 km of paths and dead-ends, in which games are hidden for big and small alike. An atmosphere to give visitors a real headache, leading them on to the track of great explorers. Open from 07/04 au 11/11

• **Tickets** : children 4 - 11 years : 7.50€ - 12 year-olds and adults : 9.50€

**2559 Route de Grasse VILLENEUVE LOUBET Tel. 04 92 02 06 06
www.labyrinthedelaventure.com**

Phoenix Parc

20 theme gardens and an animal park spread over 7 hectares. Visit the greenhouse, one of the biggest in Europe, which re-creates 7 tropical climates ; and its aviaries for nocturnal birds of prey and parrots. Otter pond. Prairie dogs and recently two porcupines at Hystrix ridge. Open from 1st/04 to 30/09 from 9.30am to 7.30pm and from 1st/10 to 31/03 from 9.30am to 6pm

• **Tickets** : 2€ Free for the under 12's

405 promenade des Anglais 06200 NICE Tel. 04 92 29 77 00 www.nice.fr

Marineland and parks

The entrance ticket to the Marineland park allows entrance to all scheduled shows during the day. Unique shows :

- Dolphins and whales, unique in Europe, sea-lions and birds of prey.
 - The shark tunnel 30m long and viewing window.
 - Seeing and contact with the dolphins (tickets: 69€/pers, including entrance to VIP area) "And the sea-lions" (tickets : 29€/pers, including entrance to VIP area)
- These attractions are subject to certain conditions, please ask us for details.

The parks : Aqua-splash, the Far West Farm, Adventure Golf.

Possibility of combined tickets for several Parks. For our opening days, please consult the website **www.marineland.fr**

306 avenue Mozart 06600 ANTIBES. Tel. 0 892 30 06 06 (0,34€mm)



A little further afield

"Villa Sauber" Museum

The "Belle Epoque" Edwardian style Villa Sauber is home to one of the most beautiful collections of dolls and clockwork figures from the end of the 19th century, put together with care by Madeleine de Galéa. This collection allows us to take a look at the last century in the period atmosphere recreated in all its niceties by the furniture, chinaware and objects from everyday life. Open every day from 10am to 6pm.

• **Tickets** : 6€ adults - 2.50€ children - free for the under 6's

17 avenue Princesse Grasse 98000 MONACO Tel. 00 377 98 98 91 26

Oceanographic Museum and its aquarium

Oceanographic history, temporary exhibitions and permanent activities. New exhibition : "The Polar ice-caps... for future generations", an exceptional tour round explorations, arts and sciences. Open all year.

• **Tickets** : 12.50€ adults - 6€ children - free for the under 6's

**Ave Saint-Martin MC 98000 MONACO Tel. +377 93 15 36 00
www.oceano.mc**

The Gorges du Verdon Museum of Prehistory

One of the biggest museums in Europe, a prehistoric village brought to life: cutting flints, throwing spears, archery, making fire without matches and the "Baume Bonne" Caves. • **Tickets** : 3.50€

Route de Montmeyan 04500 QUINSON

Pratical Information

EMERGENCY SERVICES

- Fire, ambulance and rescue services : 18
- S.O.S Doctor (on call) : 04 94 95 15 25
- Police : 17
- Aids information service : 0 800 840 800
- S.O.S. Veterinary (on call) : 04 94 51 51 47 (everyday from 7pm, and Sundays & bank holidays)
- Anti-poison centre : 04 91 75 25 25
- Lost Properby Office: 04 94 82 15 03

HEALTH

- District hospital, av. A Léotard Fréjus : 04 94 40 21 21
- Notre-Dame de La Merci Clinic 215 av. Mar Lyautey : 04 98 11 00 00

A list of doctors is available at the Tourist Office.

ADMINISTRATIVE OFFICES

- Town Hall. Place Sadi Carnot : 04 94 82 15 00
- Municipal Police. Rue de Châteaudun : 04 94 95 24 24
- Police Station : Rue de la République : 04 94 95 00 17
- Chamber of Commerce : Place P. Couillet : 04 98 11 41 30
- Post Office : Av. Victor Hugo : 04 94 19 52 00
- Youth Information Office : Place Galliéni : 04 98 11 89 75
- Cultural Centre : Reception, Information : 04 98 11 89 00 (closed on Mondays)

TAXIS The association "Taxis de Saint-Raphaël"

- 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
- Cap Estérel Tel. 06 09 52 12 35

The association "Taxis de Saint-Raphaël" offer personalised transport by reservation.

NICE AIRPORT LINKS

- Maccy Coast'n Country : Tel. 04 94 44 86 82
infos infos@maccy-provence.com
- SudWay : Tel : 04 94 19 52 22 SUDWAY@wanadoo.fr
- Airport Transfer Service : by minibus Tel. 04 5053 6397
www.a-t-s.net
- Van-services : Tel. 04 94 44 62 97 van-services@wanadoo.fr

2 WHEEL RENTAL

- Patrick Motos : 260 Av. du Général Leclerc : 04 94 53 65 99
- Atout Cycle : 330 Bd Jean Moulin : 04 94 95 56 91
- Booking Office : Rue Waldeck Rousseau. Tel. 04 94 19 10 60

CAR RENTAL

- AVIS. 190 Place Pierre Couillet : 04 94 95 60 42 www.avis.fr
- BUDGET. 123 Av. de la gare : 04 94 82 24 44 www.budget.fr
- HERTZ. 32 Rue Waldeck Rousseau : 04 94 95 48 68 www.hertz.fr
- ADA. Hall gare SNCF : 04 94 95 01 83 www.ada-location.fr
- EXPRESS CAR. 52 Place Couillet : 04 94 83 71 08
- EUROPCAR. 54 Place Couillet : 04 94 95 56 87 www.europcar.fr
- NATIONAL CITER. 20 Rue Waldeck Rousseau : 04 94 19 20 06
www.citer.fr

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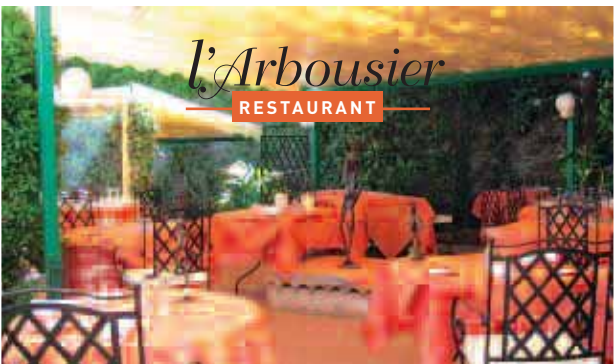


route Nationale 7 83460 Les Arcs sur Argens
Tél : 04 94 99 50 20 Fax : 04 94 99 50 29 www.caveaucp.com



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- à 20 minutes de St Raphaël

Château Sainte Roseline 83460 Les Arcs sur Argens
Tél. 04 94 99 50 30 - www.sainte-roseline.com

Markets

The markets of Provence have kept the colour
and fragrance long celebrated by poets.
Saint-Raphaël has several :

Food markets

Place Victor Hugo :
every morning except Mondays

Place de la République :
every morning except Mondays

Place de la Poste in Boulouris :
Monday mornings

Place Giannetti à Agay :
Wednesday morning

Fish Market

Old Harbour :
every morning from 7.30 am

Flea Markets

Place Couillet : every Tuesday

Dramont :
every Sunday (except July & August)

Agay sea front :
the 1st Friday of every month

Clothes and manufactured goods markets

The Landings car-park :
Wednesday mornings

Seasonal Night Markets July and August

Every evening on the seafront
Friday and Saturday evenings :
Agay sea-front
Every Wednesday :
Cap Estérel

All year round :
Every Sunday on
the Promenade des Bains :
Arts and Handicrafts
Tel. 06 73 89 21 21



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