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THE VAR TOURIST MAP

Live an infinite experience

VISITVAR

LEISURE AND DISCOVERY

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ITINERARIES

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- The Way of St James and The Pilgrim's Path to Rome
- Coastal Cycling Trail
- Eurovelo 8 Cycling Trail
- The La Vigne à Vélo Cycling Trail

Getting here and getting around

3 TGV STATIONS
Toulon
Les Arcs-sur-Argens
Saint-Raphaël

TRAIN STATIONS
Toulon : +33 (0)970 830 380 (local call rates)
Draguignan : +33 (0)4 94 50 94 05
Le Lavandou : +33 (0)4 94 56 25 74
Saint-Raphaël : +33 (0)4 94 44 52 70
Saint-Tropez : +33 (0)4 94 56 25 74

Toulon-Hyères International Airport
+33 (0)825 01 83 87

St-Tropez International Airport (La Mole)
regular connections in summer
+33 (0)4 94 54 76 40

Le Castellet Business Airport
(no regular connections)
+33 (0)4 94 98 39 99

Nice Côte d'Azur Airport
+33 (0)820 423 535 (€0.12 / min)

Marseille Provence Airport
+33 (0)820 811 414 (€0.12 / min)

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TRAVEL AROUND THE VAR FOR €3!

Thanks to a departmental interurban public transport network, you can explore the department more easily, more quickly and more economically with over 80 routes

2018 Edition

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VAR TOURISME

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Région PACA

CÔTE D'AZUR

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THE ESSENTIALS



NATURAL HERITAGE

Sites of great repute, wild habitats featuring breathtaking scenery, a mix of colours and aromas, the jewels of nature for your eyes only. Discover **Porquerolles (J5)**, **Port-Cros and Le Levant (J7)**, the famous Hyères Islands in the Port-Cros National Park and their idyllic landscapes; the fabulous **Verdon Gorges (A5-8, B1-8, C2-5)** and their turquoise waters in the heart of the Verdon Regional Nature Park; the **Bay of Toulon (I3)**, a site whose true beauty is revealed to you by riding the cable car to the summit of Le Faron; the three great massifs of the Var, **Les Maures (G6)**, **L'Estérel (D10)** and **Sainte-Baume (F2)**, whose variety of landscapes is only equalled by their beauty; and finally, **Cape Camarat (H9)** and the **beach of Pampelonne (G9)**, sites that explode with scintillating colour.

These great museums provide a reminder of the major episodes and local history of the Var. Resolutely modern and accessible to all visitors, they are certain to spark your curiosity. Be sure not to miss the new **Gendarmerie and Cinema Museum** in Saint-Tropez (G8). Amusing and quirky, it is located in « THE » famous gendarmerie; the **Museum of Maritime History** in Saint-Tropez (G8), situated in the extremely beautiful citadel overlooking the port; the **National Marine Museum** in Toulon (I3) that retells the destiny of the Mediterranean basin's largest military harbour; **Terra Rossa – The Architectural Ceramics Centre** at Salernes (D5), a village reputed for its floor tiles and paving stones, presents a fascinating and colourful history; the **Museum of Navy Troops** in Fréjus (E9), telling the story of the human adventure of the Colonial and Navy Troops; and the **Gueules Rouges Museum** in Tourves (E3), a particularly beautiful museum focusing on the local exploitation of bauxite, a red mineral whose dust would cover the faces of the miners. More than 80 museums are waiting for you to reveal the Var, its history and its traditions.

SITES AND MONUMENTS

There are certain places you cannot overlook. They tell you a story, ancient or modern, about the life of men and women, their beliefs and adventures. Among these sites that have forged the Var, visit the **abbey of Le Thoronet (E6)**, a pure Cistercian marvel where the harmony of the stone and the light produce a feeling of utter serenity; the **charterhouse of La Verne** is majestic and scintillating in the heart of the Maures massif (G6), exuding a very particular atmosphere; the **basilica of Saint-Maximin (E2)**, the largest Gothic edifice in Provence, is home to the relics of Saint Mary Magdalen; the **abbey of La Celle (F4)** provides remarkable evidence of Provençal Roman art; **Villa Noailles (H4)**, a jewel of modern architecture, reveals the fascinating history of its original patrons; and the **episcopal ensemble of buildings** in Fréjus (E9) that includes, most notably, a cathedral, a cloister and a baptistry from the V Century...

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LAND AND SEA

Do you feel like getting moving and being astounded? Keep your eyes wide open and take a deep breath. Multiple landscapes await you in this world of contrasts that boasts sublime views. A natural heritage that is especially rich and well-preserved provides an immense playground that is ideal for **countless activities, with enough to satisfy all your needs when it comes to the great outdoors and the open sea. Come and enjoy it all year round!**

ON THE WATER

Whether you like diving, sliding, paddling or surfing along the waves, the important thing is to make the most of it. Sea, islands, lakes and rivers, the Var can offer nearly every activity, from the great classics to the latest innovations: boat trips, kayaking, paddle boarding, kite surfing, fly boarding, jet skiing, freshwater fishing and much more besides. And don't forget our 230 beaches and creeks!

Just a few ideas watch the sun set over the sea whilst paddle boarding, a swimming trail with flippers and commentary, canoeing on the River Argens, electric boats on Sainte-Croix Lake.

Diving The Var offers a range of dives of rare quality: diversity of underwater habitats, well-preserved flora and fauna, diving sites that are renowned the world over and crystal clear waters. The water and air temperatures allow you to dive nearly all year round.

STEP INTO NATURE

The Grand Canyon of Verdon, oak and pine forests, vineyard plains, coastal paths, massifs of red porphyry or white limestone... There are a thousand and one paths along which you can explore the different landscapes of the Var on foot, by bike or on horseback: walking trails, cycling routes along the coast, mountain biking sites, EquiDécouvertes horse riding itineraries... The Var invites you to discover them all year round. For sporty types, the Verdon Canyon Challenge, the Natureman Var at Les Salles-sur-Verdon and the Gulf of Saint-Tropez Marathon offer wonderful opportunities to go to the very limit. Lovers of big thrills can fly above the landscapes in a paraglider, a microlight or a glider!

Just a few ideas a family ride along the La Vigne à Vélo and EuroVélo 8 cycling trails, a horse ride in the Lower Verdon Gorges, a nature walk with commentary, an adventure trail through the treetops, a guided visit in the skies aboard a microlight.

From June to September, the prefecture of the Var sends out a daily bulletin on conditions for accessing the massifs and the risk of forest fires (the A.L.A.R.M.E. Plan). Information is available from the prefecture on +33(0)4 89 96 43 43, at www.var.pref.gouv.fr, in the Var Matin newspaper and at our Tourist Office.

Golf Overlooking the Mediterranean, on the hillsides of the back country or even nesting in the heart of the Provençal countryside, you are certain to find the course for you from among our thirteen 18-hole golf courses. Discover the region's courses with Golfpass Provence and Pass Côte d'Azur Golf.

VISITS AND HERITAGE

SAVOIR-FAIRE : ARTISAN TRADES, ARTS AND CRAFTS AND FACTORY VISITS

Blending tradition and creativity, our local craftsmen open the doors of their workshops and factories to you so that you can explore their crafts, their products and their savoir-faire. **Learn the secrets of their trade and let yourself be seduced by « Made in Var » products.** Set off to discover local companies, arts and crafts. Guided factory visits bearing the « Qualité Tourisme » label let you go behind the scenes: confectioners, nougat producers, soap makers...

TOWNS AND VILLAGES

Your journey across the Var promises a host of surprises. Beyond the major sites, let your curiosity guide you and allow your eye to wander: clifftop villages, fishing villages, slender bell towers, quirky museums, fountains, mills and ice stores... **Fascinating guided visits await you.**

Just a few ideas the Villages of Character, the guided visits of the Towns and Lands of Art and History (Green Provence, Fréjus and Hyères), the Château d'Entrecasteaux, the cave dwellings of Cotignac and Villecroze, the fort of Brégonçon, Bargemon and its little museums, the ice store of Pivaut in Mozauges...

Parks and Gardens Set off for a stroll in a garden, put yourself in nature's hands and discover the unexpected face of the Var. The gentle climate, the spellbinding light, the abundance of water and the diversity of the soils have created no fewer than 30 gardens. To explore these exceptional sites you can look out for the « Remarkable gardens » label!

Just a few ideas the Domaine du Rayol Mediterranean Gardens, the tropical zoological gardens of La Londe, the garden at the Commanderie de Peyrassol and its works of art, the kitchen garden and vegetable garden of Baudouin...

MAJOR ANNUAL RENDEZVOUS

Festivals, international competitions or traditional fairs, the Var provides the perfect rendezvous all year round, with major events that are not to be missed as well as festive and convivial moments. **In spring**: the Corsos Fleuris parades, the Musical Jousts of Spring (Correns) and the Euro Festival Harley (Gulf of Saint-Tropez). **In summer**: the French F1 Grand Prix, the Bol d'Or (Le Castellet), the Jazz festivals. **In autumn**: the Voiles de Saint-Tropez sailing regatta, the Roc d'Azur mountain biking competition (Fréjus), the chestnut festivals. **In winter**: the Fête du Millésime wine festival (Bandol) the Festival of Light and Christmas in Saint-Raphaël, the Tripettes de Barjols traditional festival and the Corsos Fleuris parades.

All major annual rendezvous on visitvar.fr

VILLAGES

Typically Provençal, these magnificent villages that have retained their authenticity are the true soul of the Var. From small alleys to picturesque streets, they are waiting to reveal to you some genuinely heart-stopping highlights and magnificent views. Visit **Bormes-les-Mimosas (H6)**, a clifftop village with flower-filled streets, decorated with mimosas in the heart of winter, boasting unparalleled views of the Or Islands; **Cotignac (H4)** with its Provençal art de vivre, nestling at the foot of its tufa stone crag; the picturesque **Gassin (G8)**, keeping watch over the Gulf of Saint-Tropez and overlooking a landscape of vineyards and forests; **La Cadière-d'Azur and Le Castellet (H1)**, authentic medieval villages overlooking the vineyards of Le Bandol that stretch across their hillsides; **Seillans (C8)**, a wildly charming Provençal clifftop village; and finally **Saint-Tropez (G8)**, which should be explored out of season to appreciate the charming and gentle way of life of this fishing village.



ALL ABOUT WINE

THE TERROIR AND ITS PRODUCE

ALL ABOUT WINE

In the heart of Provence, the terroirs of the Var form part of the most ancient vineyards in France. Nowadays, **AOC wines from Côtes de Provence, Bandol and Coteaux Varois** are enjoyed all over the world. Discover these wines with sun-soaked flavours, as well as the wine producing estates and their vineyards. Beyond simple tastings, you can explore a whole universe of wine tourism discoveries. Guest houses, events, wine tours, tasting workshops...

Just a few ideas look out for the Vignobles et Découvertes label in Dracénie, Provence Verte and Terroir Bandol, follow the Route des Vins de Provence trail or take part in a wine event, such as Art et Vin, Just Rosé, the Fête du Millésime festival...

PRODUCTS OF THE TERROIR

Thanks to its unique terroir, the area boasts a countless variety of local producers. You can find delicious products of the terroir and numerous AOC, such as **olive oil, chestnuts, truffles, figs, honey, cheeses and wine, of course.** These delicious products are widely used in the cuisine of our local chefs. Sit down at the dining table and treat yourself to flavourous dishes with a touch of sunshine. More unexpectedly, you can also discover the nougat, orchids, saffron, spirulina, mimosas...

Just a few ideas visit a mimosa farm, an oil mill, the Vacherot orchid nursery, the Chestnut Festival of Les Maures, the Fig Festival, take a « Provençal » cookery course with a Michelin star Chef...

The Mimosa Route Best enjoyed between January and March, it provides 130km of magnificent landscapes that combine the blues of the sky and sea with the greens and yellows of the hillsides covered in mimosa. From Bormes-les-Mimosas to Grasse, eight towns and villages provide you with a journey into the land of this little yellow ball and its heady aroma: artisan chocolatiers, Corso parades and traditional festivals, farms, nurseries, perfumers...

A DIFFERENT SIDE TO THE VAR

THROUGH THE SEASONS

It's not all about summertime! In order to better understand our magnificent department and its treasures it is preferable to visit in June, September and October, although **the Var is worth visiting all year round.** Come in spring to make the most of sites like Verdon, Port-Cros and Porquerolles, or the abbey of Thoronet, before the holidaymakers arrive in high season. You can enjoy summer without moderation... sunshine, cicadas, the scent of the pine and the scrubland, the pleasures of water sports and the great outdoors. Autumn brings magnificent colours to the vineyards and the forests of white oak. This is the season of chestnut festivals and the ideal time to enjoy beautiful walks. As for winter, here in Provence the light is unparalleled and the sky is dazzlingly blue. We love Christmas and its pastorals, the black truffle, the mimosa, the Corsos Fleuris parades and the clifftop villages that seem to patiently keep watch for the return of spring.

With the family, with grandparents, with friends, with that special someone, or even by yourself, you don't simply visit the Var, you live it! Discover all the experiences on visitvar.fr/experiences

LIVE AN INFINITE EXPERIENCE

It was the Pays de Fayence that seduced Frédéric and Sébastien in late winter: **cocooning, visits to villages and forests of mimosa** in the Tanneron. Olivier and Aurélie enjoyed an **autumn weekend break in Les Maures**, with walks and a visit to the chestnut festival on the agenda! Golf enthusiasts James and Laura opted for a **week of swing and art de vivre**. Like Jean or Isabelle, set off solo for a **multi-activity weekend in the Estérel**, or a **week of diving at the Isles d'Or**. Laurence, Agnès, Pascal and all their friends went to the **Musical Jousts in spring at Correns** to create some unforgettable memories! Karine and Pierre set off on a **quirky weekend** with Paul and Andréa, spending two nights in Bilbo the Hobbit's den that the kids will remember forever! As for Yannick, Amandine and their little clan, a **week on the beach** just before going back to school allowed them to enjoy their holiday right up to the last minute. Florent took the entire family out to the **Verdon for a break at the water's edge**; delightful!

What will your experience be?

QUALITY IN THE VAR

Suppliers that are committed to welcoming visitors and the quality of their products are on hand to ensure you enjoy your holiday! Your trusted advice, brands and labels: Qualité Tourisme, Bistrot de Pays, Maître Restaurateur, Marché des Producteurs de Pays, Route des Vins de Provence, Tourisme et Handicaps, Var Accessible, Vignobles et Découvertes.

Don't hesitate to contact the local tourist offices

: practical info, leisure, visits, unexpected discoveries... They can offer you advice to guarantee a wonderful stay! What is more, a number of activities can be enjoyed here at certain times of the year or under specific circumstances. Find out more.

All these contacts are available on visitvar.fr.