

Contents

Preface	5
Tourist tips from azure-blue sea to zigzag paths	8
Between Menton and Nice: the Maritime Alps	20
1 Roc d'Orméa: first alpine summit between Sospel and Menton ..	22
2 Mont Razet: views inland and to the sea on the Col de Castillon ..	26
3 Cime de Baudon: the eyrie of St. Agnès and Gorbio	28
4 'Balcons de la Côte d'Azur 1': from Menton to St. Agnès	30
5 Grande Corniche: from St. Agnès via La Turbie to Eze-Bord-de-Mer	32
6 Eze and Mont Bastide: Sentier Nietzsche and other paths	36
7 Cap Ferrat: view of exclusive villas on the <i>sentier touristique</i> ..	38
8 Cime de Rocassiera: sunny hours in Coaraze	40
9 Mont Macaron: Sleeping Beauty above Tourrette-Levens	42
10 Mont Chauve d'Aspremont: above the roofs of Nice	44
Haut Pays Grassois: stony waves	46
11 Baou de St-Jeannet: a mountain for climbing and walking	48
12 Pic de Courmettes – Puy de Tourrettes: farming country between Tourrettes-sur-Loup and St-Barnabé	50
13 Montagne du Cheiron: high spot and ridge walk from Coursegoules to Gréolières	54
14 Circuit de Cipières: walk through a sea of stones	56
15 Gourdon: Chemin du Paradis from Le Bar-sur-Loup	58
16 Le Haut Montet – Colle du Maçon: the long walk from Le Bar-sur-Loup to St-Vallier-de-Thiery	60
17 The old Route Napoléon: imperial path from St-Vallier-de-Thiery to Escragnoles	62
18 Gorges de la Siagne: swimming, but not in the sea	64
Estérel: red cliffs	68
19 Île Ste-Marguerite – Île St-Honorat: islands offshore from Cannes ..	70
20 Les Balcons de l'Estérel: seven summits between Théoule-sur-Mer and Anthéor Plage	72
21 Pic du Cap Roux: places of pilgrimage on the Corniche d'Or	76
22 Cap du Dramont: a typical place on the Estérel coast	78
Massif des Maures: green waves	80
23 Rocher de Roquebrune: ladder in the sky at Roquebrune-sur-Argens	82

24 Fort Freinet – Roches Blanches: in the La Garde-Freinet Saracen stronghold	86
25 Chartreuse de la Verne: the Carthusian monastery on the way from Collobrières into the valley of La Môle	88
26 Bormes-les-Mimosas: village round walk and pilgrims' trail to Notre-Dame de Constance	92
Côte varoise: azure-blue coast	94
27 Cap de Saint-Tropez: and the tempting Plage de Tahiti	96
28 Cap Lardier – Cap Camarat – Cap de St-Tropez: two days on the <i>sentier littoral</i> round the Ramatuelle peninsula	98
29 Île de Port-Cros: round a national park	102
30 Île de Porquerolles: stroll to cultural and botanical sights	104
31 Île de Porquerolles: round walk on 'secret' paths	108
32 Presq'île de Giens: coastal path from Badine beach to Giens ..	112
Between Toulon and Marseille: sacred ridges	116
33 Mont Faron: adventurous paths on the local mountain of Toulon ..	118
34 Gorges du Destel: gorge walking above Ollioules	120
35 Cap Sicié – Notre-Dame du Mai: steep coast between Fabrégas and Le Brusac Port	122
36 Von St-Cyr-sur-Mer to Bandol: made possible by rail	126
37 La Sainte-Baume with the Chapelle du Saint-Pilon: pilgrimages at the Hôtellerie de Sainte-Baume	128
38 La Sainte-Baume with Signal des Béguines – Pic de Bertagne: a ridge crossing from Signes to Gémenos	130
Calanques: mountains of the sea	134
39 Calanque d'En Vau: the highly acclaimed but underestimated walk near Cassis	136
40 Mont Puget: summit meeting above the university of Luminy	138
41 Cap Morgiou: the cape in front of Luminy and Les Beaumettes ..	140
42 'Balcons de la Côte d'Azur': from Cassis to La Madrague de Montredon/Marseille in one or two days	142
43 Traversée des Calanques par le bord de mer: twelve-hour coastal walk for alpinists from Callelongue to Cassis	146
44 Montagne de Marseilleveyre: ridge walk between city and sea ..	150
Côte d'Azur: coast of the Alps	152
45 The blue horizon: from Menton to Marseille in 15 stages	154
Index	159