



LES DOMAINES
DE
SAINT ANDRÉOL

Golf & Spa Resort

WELCOME GUIDE



SUMMARY

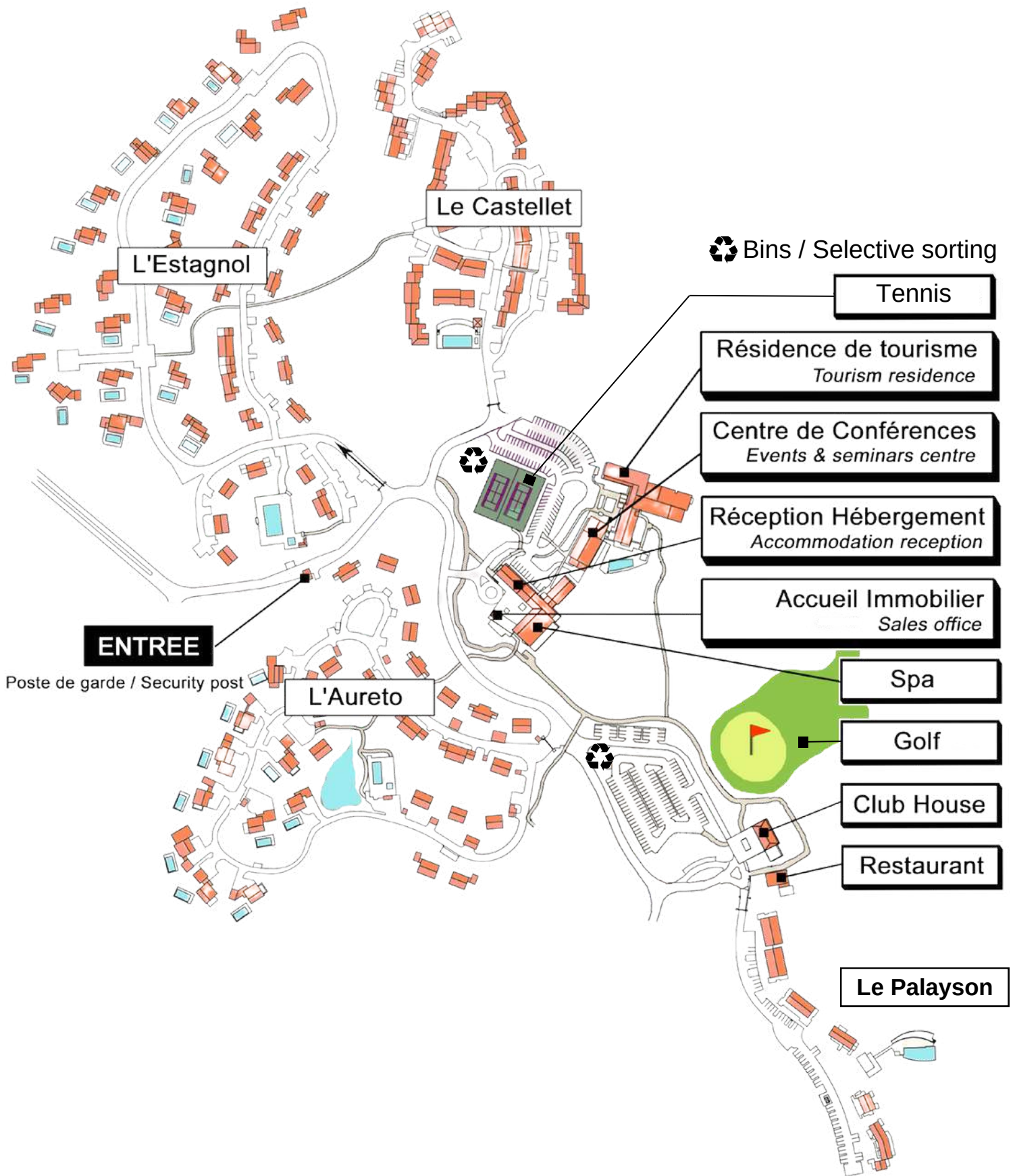


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DOMAIN ORIENTATION PLAN





PHONE BOOK

SERVICE	NUMBER
Reception Rentals	+ 33 (0)4 94 51 82 04
Reception Residence	+ 33 (0)4 94 51 89 80
Golf Reception	+ 33 (0)4 94 51 89 89
Spa reception	+ 33 (0)4 94 51 75 11
Restaurant	+ 33 (0)4 94 51 89 88
Guard post 7:30 a.m. to 9 p.m. <i>Open 24/7 July and August</i>	+ 33 (0)4 94 51 75 02



EXTERNAL SERVICES

SERVICE	NUMBER
Baby sitter	Sabrina: + 33 (0)6 10 70 57 48
Taxi	Renaud: + 33 (0)6 13 13 65 06
Fan de coiffure- La motte	+ 33 (0)4 94 76 10 30

BAKERY : 

Sale of bread and pastries every morning from 8:30 a.m. to 9:30 a.m. on the Spa square, in front of the Hotels and Rentals receptions.

From June 4 to the end of September

 **WIFI USE**

Your accommodation is equipped with wifi access.

In order to take advantage of this service, the livebox LEDs must be lit green and fixed as follows depending on the livebox model.



To connect yourself :

- Select the wifi network indicated on the screen : press several times on "i" or the label on the top of the Livebox and/or on the back of the Livebox Name of the Livebox: Livebox- ****
- Then enter the 26-character Security Key on the label on the back of the box or on the screen. When entering DO NOT PUT A SPACE
Key type: XXXX XXXX XXXX XXXX XXXX XXXX XX



If the information is not on the label, press the button



If you're using Apple®-branded hardware, and you can't connect the device: Reset network settings. Tap Settings > General > Reset > Reset Network Settings. This also resets Wi-Fi networks and passwords, mobile settings, and VPN and APN settings.



POOL RELAVITY RULES

Swimming pool open: April 29 to October 15 - *depending on weather conditions*
In summer season from 9 a.m. to 9 p.m.



The swimming pool is exclusively reserved for residents of the establishment
Keep the door closed + child lock

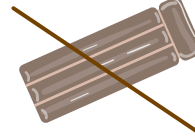
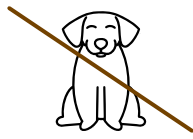
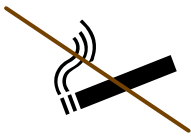
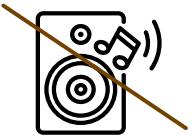
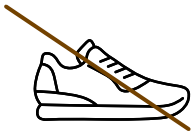
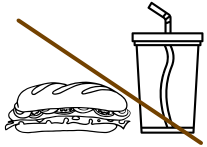


Unsupervised swimming



Obligatory shower + passage to the footbath

THE DIFFERENT PROHIBITIONS



Children must be supervised by an adult. The swimming pool is extremely dangerous for children. A drowning happens quickly and silently.

Close the umbrellas in case of wind and when you leave the place.

EMERGENCY CALLS: 112





INSTRUCTIONS FOR USE AQUALARM SWIMMING POOL ALARM FOR VILLAS

AQUALARM must always be in monitoring mode when there is no swimming in progress.

1. WHEN YOU ARRIVE, AQUALARM IS IN MONITORING MODE

The alarm system does not replace the vigilance of responsible adults.

STATUS	ASSOCIATED SIGNAL	POSSIBLE ACTIONS
Under supervision (Swimming prohibited)	Flashing green light	Switch to swimming mode by entering the confidential code

The alarm is triggered when a fall or activity in the pool is detected while the system is in surveillance mode. It is imperative to react when the alarm sounds and to intervene as soon as possible.

STATUS	ASSOCIATED SIGNAL	POSSIBLE ACTIONS
Alarm in progress	Siren triggered	<ul style="list-style-type: none"> - Stop siren by pressing any button - Automatic shutdown after 60 seconds: surveillance is temporarily deactivated, it is automatically reactivated

2. YOU WANT TO SWIM

You enter your confidential code on the control panel : **1234**

You then have 10 minutes (automatic reactivation time) to enter the water.

STATUS	ASSOCIATED SIGNAL	POSSIBLE ACTIONS
Unattended (Swim Mode)	Flashing red light	It is recommended to wait for the system to reactivate itself for optimal sensitivity. If the pond is too agitated, the switch to manual mode will be refused and a low-pitched beep will be heard.

If you do not return within the time limit, the system does not detect any activity in the water and the alarm automatically reactivates. You are alerted to the impending reactivation by beeps. You can press any key to return to swim mode. If you do not intervene, a longer final beep will be heard and the system will return to monitoring mode. The user must be aware that human supervision must take over.

3. AFTER SWIMMING

The system reactivates automatically when the pool is calm. The system informs you of the imminent reactivation of the surveillance by the lights that flash alternately, but especially by close beeps. Be careful, if the pool is not completely calm, the manual reactivation may be refused or the siren may be triggered.

The use of the communal swimming pools is not allowed for the tenants of the villas.



RULES

Everyone's attention is drawn to the fact that tenants and owners are bound by basic rules detailed below :

- a) **Excessive noise** of any kind is forbidden
- b) The drying of **laundry** outside of houses is forbidden
- c) **Pets** : you can't allow a dog to roam off the lead or to defecate in communal areas (should this nonetheless happen, the mess must be immediately and scrupulously cleaned up)
- d) **Vehicle** : no vehicle may be driven faster than 20 km/h within the confines of your hamlet
- e) **Golf buggies** : may not exceed 5 km/h after dark and may not, at any time, be driven by children less than 18 years old
- f) **Private vehicles** : may only be parked in the space allocated to the concerned house or in a space allocated for visitors' parking
- g) Children are not allowed to **play ball** or other games on the roads.
- h) **Swimming pool** : see the rules at the pool entrance. Tenants of semi-detached villas only have access to the common swimming pool of their residence. Tenants of individual villas only have access to their individual pool.
- i) **Pool and Garden maintenance** : For Estagnol townhouses, the garden maintenance takes place on Tuesday and/or Friday. For Aureto townhouses, it takes place on Monday and/or Tuesday and/or Thursday. For the villas, the garden maintenance is done once per week and the pool maintenance is done every 3 days.
Please note that this planning cannot be change.
- j) An **inventory list** of the items of your house has been given to you in your arrival file. Please take the time to check it and bring it back undersigned (eventually with your comments) at the rental office (close to the Spa) within 48hrs.
In case we don't receive back the inventory or if any damage is not reported on it, we inform that it will be your responsibility.
- k) **Wind** : In order to prevent any damage due to the wind, always leave the shutters secured. 3 possible position: Closed / Open - on the catches / Crossed
Please always leave the parasols closed when the weather is windy and/or when you are away.
- l) **Barbecues** : due to the high risk of fires, please note that charcoal barbecues are strictly forbidden on the resort.
- m) **Security** : our resort is secured (guard at the entrance gate - night patrols). Nevertheless, we recommend closing the ground floor window shutters while you are away and during the night.
- n) **Garbage** : For public health and hygienic reasons, under no circumstances may rubbish be left other than in one of the containers provided for that purpose always in sealed bags available in supermarkets or provided in the cleaning kits.
- o) **Departure** of your accommodation: **BEFORE 10AM**

The day before your departure, please go to the reception desk to pay for your drinks and to inform us of your approximate departure time. The day of your departure thank you to respect the following points quoted in the following page.

This document will be given to you at your arrival against signature so that the tenant commits himself to respect the rules of joint ownership attached during his stay.



RENTAL CHECK-OUT

The departure of the rental must be done before 10:00 am.

Before leaving, please :

- Put dirty sheets and towels in the bathtub
- Throw away disposable pillow protectors and undersheets
- Non-disposable undersheets, pillowcases and pillowcases, blankets and bedspreads should be left on site
- Empty all garbage cans
- Clean and tidy the kitchen: no dishes in the sink, the dishwasher must be emptied and the oven cleaned if it has been used
- Close all windows and shutters
- Lock all doors accessible from the outside

Be sure to leave the keys in the mailbox of the rental office if you leave outside of business hours (9am-5pm).

Thank you for your cooperation.



I LEAVE A REVIEW

Thank you for choosing us for your vacation. We hope you had a pleasant stay. Looking forward to welcoming you again to the Domaines de Saint Endréol.

Do not hesitate to leave us a comment on our google file thanks to the button below:

MY OPINION





GOLF

This 18-hole course of great renown, the jewel of the golf courses of France, takes place under your feet in absolute tranquility, along the Endre river.

Dominated by the imposing Rocher de Roquebrune, which blazes at sunset, the river and the ponds follow one another in the middle of the garrigue, oaks and hundred-year-old umbrella pines.

This hilly course which can be physical and constitute a challenge for golfers does not present any real great difficulties. Saint Endréol offers players of all levels a spectacular course surrounded by nature where each fairway has its own personality.

BOOK A GREEN FEE - Resident price

- **18 holes** 65.00 €
10/06 - 16/09 and 22/12 - 02/01/24 70.00 €
- **9 holes** from N°10 to N°18 49.00 €
Mornings only & subject to availability
- **Golf Cart 18 holes** 41.00 €
- **Golf Cart 9 holes** 29.00 €
Booking required - 04 94 51 89 89

PRACTICE AREA

- 20 workstations including 9 covered putting green
- Chipping green with practice bunker
- **34 balls (1 bucket)** 4.00 €
- **204 balls (6 buckets, 1 free)** 22.00 €
Practice closed on Friday morning

GOLF COURSE

You want to learn golf or perfect your swing, our golf teachers are available on site throughout the year for private lessons.

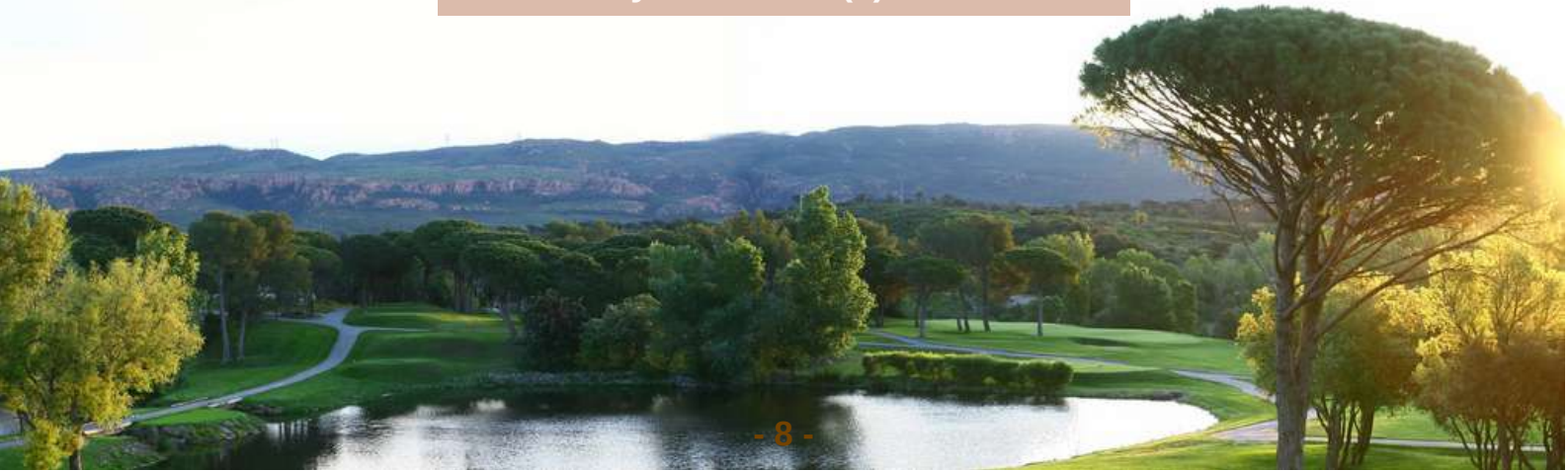
GOLF INITIATION

- Golf lesson 1 hour for 3 to 4 people.
30 € / pers.
- Golf lesson 2 hours from 3 to 4 pers.
50 € / pers.

EXPERIENCED PLAYERS

- Individual golf lesson:
1 hour: €70 - 2 hours: €130
- Duo golf lesson:
1 hour: €90 - 2 hours: €170

Arnaud Poard - + 33 (0)6 21 28 67 97
Loic Kluczynski - + 33 (0)6 61 35 58 17





THE SPA

For a moment of pure relaxation, the 2000 m² spa welcomes you in a soothing setting open to nature.

Access to the Spa is limited to 2 consecutive hours and reserved for people over 16 years old.

OPENING HOURS

Monday from 10 a.m. to 7 p.m. - Tuesday from 2 p.m. to 7 p.m. - Wednesday to Saturday from 10 a.m. to 7 p.m. and Sunday from 10 a.m. to 6 p.m.

The wellness area is composed of:

- Indoor swimming pool with swimming lane
- Balneotherapy
- Underwater jet beds
- Mixed hammam
- Solarium
- relaxation room
- Sauna man & Sauna woman



YOUR VOUCHER GIVES YOU ACCESS TO 2 HOURS PER PERSON PER DAY (Monday to Friday) -
Reserved for people over 16 years old

CARES

In terms of cosmetics, the Saint Endréol Spa has chosen a quality partner. Californian massages, facials, beauty rituals, discover all of our top-of-the-range personalized treatments:

THE CARE MENU

Comfort Zone

Comfort Zone, a multi-sensory brand of products for the body and mind, aimed at both Mr and Mrs thanks to its specific treatments. Find a wide range of products suitable for all skin types at the spa boutique.





WALKING TRAIL

Within the estate, 3 marked trails are available for your walks and jogs from 1.4km to 3km.

- Information and map at reception accommodation -



BIKE RENTAL

Information at the residence or rental reception

- Offices facing the bikes -

1/2 day	12 €
Daytime	18 €
1 week	35 €
3 days	55 €

Recommended booking upon arrival





FITNESS ROOM

Elliptical trainers, rowing machines and exercise bikes are available in the fitness room.

OPENING HOURS

Monday to Saturday from 10 a.m. to 7 p.m. and Sunday from 10 a.m. to 6 p.m.

- 1 hour of access..... 12€/hour

Mandatory booking



TENNIS COURT

- Tennis court rental 12€/hour

Possibility to lend tennis rackets and balls - Loan directly at the Spa

YOUR VOUCHER GIVES YOU ACCESS TO 1 HOUR OF TENNIS PER WEEK FOR FREE

Mandatory booking at the spa





SAINT-ENDREOL RESTAURANT

OPENING HOURS

From 12 p.m. to 3 p.m. and from 7:30 p.m. to 9:30 p.m. - 7 days a week

Reservation strongly recommended: +33 (0)4 94 51 89 88

The Restaurant welcomes you in its dining room with its southern atmosphere or on the terrace with its panoramic view of the golf course.

The recipes, which favor local seasonal products, with Mediterranean flavors, are available in different formulas:

- At lunchtime, you will have the choice between a bistronomic menu and a light menu
- In the evening, you will have the choice between a seasonal menu and a menu of the day
- In summer, you will appreciate the grill evenings on Tuesdays and Fridays

[DISCOVER THE MENUS](#)



THE CLUBHOUSE OF SAINT ENDREOL

For a quick and gourmet snack, the clubhouse bar offers sandwiches, paninis and pastries, to be enjoyed by the fireplace or on the terrace with a view of the hole 18 green. You will also find hot drinks there. cocktails, wine and many other appetizers

[DISCOVER THE SNACKS](#)





THE RESTAURANTS

● **Restaurant de la Maurette**

Route de bagnols en forêt
LA MOTTE 83920
+ 33 (0)4 94 45 92 82

🕒 Open every day - Lunch and Evening

● **Restaurant la Bohème**

Boulevard André Bouis
LA MOTTE 83920
+ 33 (0)4 94 70 54 22

🕒 Open at noon
Open evenings Friday and Saturday
Closed on Tuesday

● **Restaurant la Fontaine**

1 place Clémenceau
CALLAS 83830
+ 33 (0)4 94 67 04 97

🕒 Open Thursday to Monday - Lunch and Evening

● **Restaurant le Moulin des Voisins**

1 place Clémenceau
CALLAS 83830
+ 33 (0)4 94 47 70 52

🕒 Open Wednesday to Sunday - Lunch and Evening
Closed on Monday noon

● **Restaurant la Grotte**

Place des Moulins
TRANS EN PROVENCE 83720
+ 33 (0)4 94 70 87 59

🕒 Open from Tuesday to Sunday for lunch

● **Restaurant la Terrasse**

46 rue du Dr Mourre
LES ARCS 83460
+ 33 (0)4 94 73 92 53

🕒 Open Tuesday to Saturday - Lunch and Evening

● **Restaurant la Table de Pol**

18 BD Georges Clémenceau
LORGUES 83510
+ 33 (0)4 94 47 08 41

🕒 Open from Tuesday to Sunday for lunch

La pizzeria du coin : La Pinède

RN7 quartier Préveyre
LES ARCS 83460
+ 33 (0)4 94 45 91 92



🕒 Open every day - Lunch and Evening



FISH AND SEAFOOD RESTAURANTS

● **Restaurant le Sirocco**

35 Quai Albert 1er
ST RAPHAEL 83700
+ 33 (0)4 94 95 39 99

🕒 Open every day - Lunch and Evening

● **Restaurant le Coelacanthe**

Port Santa Lucia
ST RAPHAEL 83700
+ 33 (0)4 94 83 61 04

🕒 Open Thursday to Tuesday - Lunch or Evening



GASTRONOMIC RESTAURANTS

● **Restaurant les Gorges de Pennafort**

Passionate and demanding, the chef Anthony Salliège delivers at the Hostellerie a gourmet and generous menu from local products

Route de Callas
CALLAS 83830
+ 33 (0)4 94 76 66 51

Open Wednesday to Saturday - Lunch and Evening
Open on Sunday for lunch
From July 17th to August 15th : open on Tuesday evening



● **Restaurant le Relais des Moines**

"I try to glean the best local products. A meticulous work to propose a contemporary cuisine".

- Sébastien Sanjou

Route Ste Roseline
LES ARCS 83460
+ 33 (0)4 94 47 40 93

Open Wednesday to Sunday - Lunch and Evening

● **Restaurant le Castellaras**

"In this Provençal bastide, we cook with local and seasonal products with a great concern for the environment".

- Hermance Joplet

461 chemin de Paymeyan
FAYENCE 83440
+ 33 (0)4 94 76 13 80

Open from Friday to Sunday - Lunch and Evening



● **Restaurant chez Bruno**

Chez Bruno is to enter a world of sharing, respect and a fantastic discovery of the Truffle in all its forms.

2350 route des arcs
LORGUES 83510
+ 33 (0)4 94 85 93 93

Open every day - Lunch and Evening



SOURROUNDING ACTIVITIES



THE VINEYARDS

THE LOCAL MARKETS

TOURIST OFFICES AROUND

NATURAL SITES TO VISIT

VILLAGES TO VISIT

CULTURAL ACTIVITIES

SPORTS ACTIVITIES / WITH CHILDREN





THE WINE ESTATES

Château des demoiselles

This domain steeped in history is known for its elegant and refined rosé wines. Wines here are balanced and charming.



Tasting / Visit of the estate and the cellar

This domain cultivates exception, with rosés for ageing displaying unusual flavours.



Tasting / Visit of the estate and the cellar

Château d'Esclans

Les vigneron de Saint Romain

The wine cooperative has united around it five other cooperative wineries, to insure the extend and the quality of its vineyards and to offer a large variety of wines.



Tasting / Visit of the estate and the cellar

LA MOTTE

Château la Font du Broc

Sylvain Massa has made an equestrian paradise as well as a wine Eden with exceptional vintages. He produces particularly ambitious and unique wines.



Tasting / Visit of the estate and the cellar / Outdoor activities

Classified Growth, classified site. One of the jewels of the Côtes de Provence with the unmistakable packaging of its gastronomic vintages.



Tasting / Visit of the estate and the cellar / Vineyard trails

Château Sainte-Roseline

Chateau Clarettes

They have been active in the development of the winery, with the aim of creating a vineyard that produces wines of the highest quality.



Tasting / Visit of the estate and the cellar

LES ARCS

Château Saint Esprit

It's a beautiful image of Provence: ochre earth, a faded pink bastide, lavender shutters, green vineyards, and old stones golden by time.



Tasting / Visit of the estate and the cellar / Outdoor activities

It has become a reference in Provence for its excellent wine, as evidenced by the many awards gleaned from competitions.



Tasting / Sale of local products

Domaine de la Bouverie

Chateau du Rouet

On this Mediterranean terroir, the alliance of tradition and modern techniques gives wines aromas and characters.



Tasting / Visit of the estate and the cellar / Vineyard trails



THE VINEYARDS

MONDAY

Les Issambres

8 a.m. to 1 p.m. - Place San Peire and rue des Sars

Flayosc

8 a.m. to 1 p.m. - Republic Square

TUESDAY

Lorgues 

8 a.m. to 1 p.m. - Downtown

Saint Tropez

8 a.m. to 1 p.m. - Place des Lices

WEDNESDAY

Frejus

8 a.m. to 1 p.m. - Place Formigé

Montferrat

8 a.m. to 1 p.m. - Place Gabriel Péri

Aups

8 a.m. to 1 p.m. - Downtown

THURSDAY

Les Arcs sur Argens

8 a.m. to 1 p.m. - Place du General de Gaulle

St. Raphael

8 a.m. to 1 p.m. - Rue de la Republic

FRIDAY

Saint-Aygulf

8 a.m. to 1 p.m. - Avenue du Train des Pignes

Roquebrune

8 a.m. to 1 p.m. - Downtown

Sainte-Maxime

8 a.m. to 1 p.m. - Place Jean Mermoz

SATURDAY

Callas

8 a.m. to 1 p.m. - Place Clemenceau

earthenware

8 a.m. to 1 p.m. - Church Square

Draguignan 

8 a.m. to 1 p.m. - Market Square

SUNDAY

Le Muy 

8 a.m. to 1 p.m. - City Center

Vidauban

8 a.m. to 1 p.m. - Downtown



Among the most beautiful markets in the Var






TOURIST OFFICES AROUND

Le Muy

From Tuesday to Thursday:
9 a.m. - 12:30 p.m.
Monday and Friday:
9am-12.30pm and 1.30pm-5pm


 **04 94 50 07 01**

Website



Draguignan

From Monday to Friday :
9 a.m. - 12:30 p.m. and 1:30 p.m. -
5 p.m.
SATURDAY : 9h-12h30


 **04 98 10 51 05**

Website



Frejus

Monday to Saturday :
9:30 a.m.-12 p.m. and 2 p.m.-6
p.m.

 **04 94 51 83 83**

Website

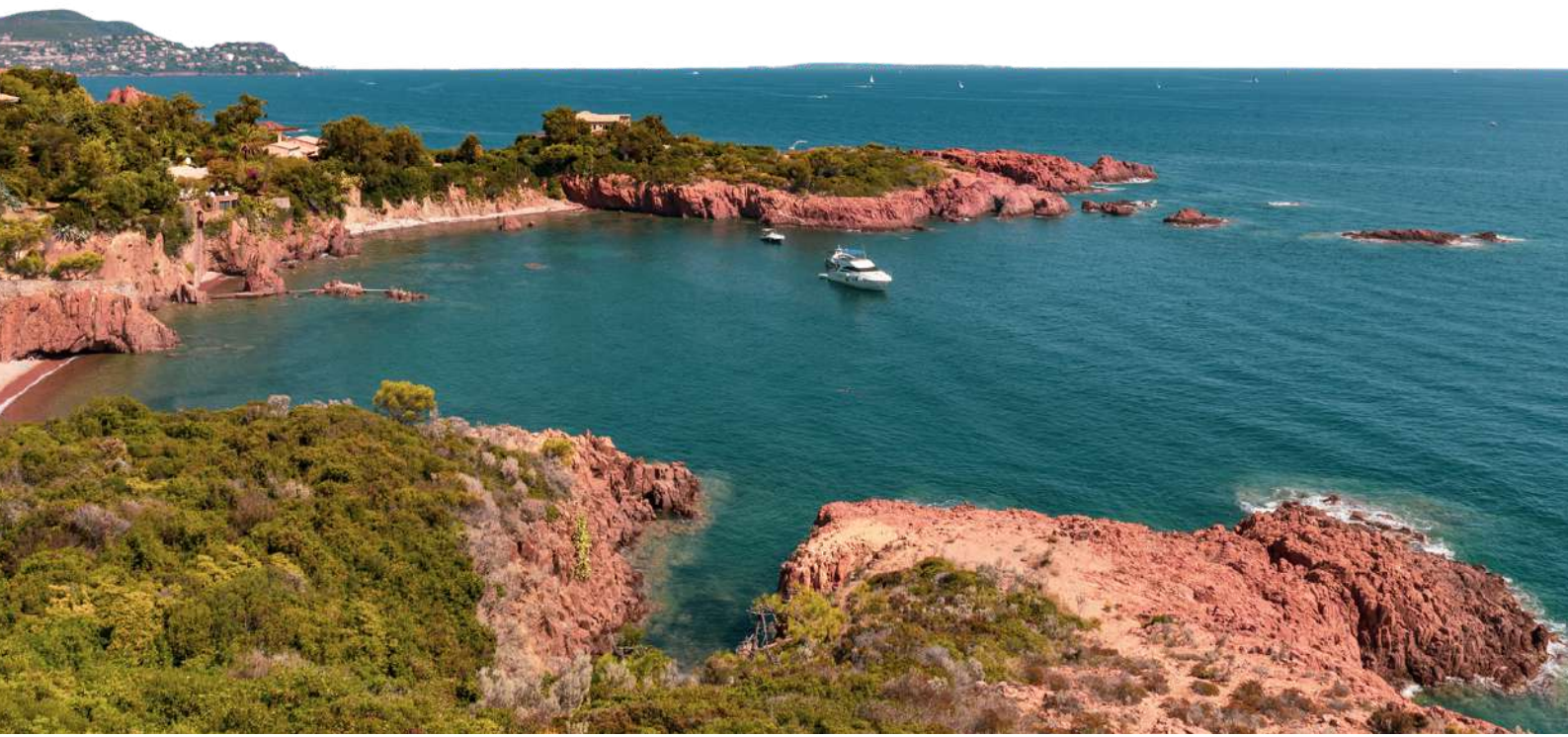


Puget-sur-Argens

From Tuesday to Thursday:
9 a.m. - 12:30 p.m. and 2:30 p.m. -
5 p.m.
Friday : 9am-12.30pm and 4pm-
5pm

 **04 83 09 81 14**

Website





NATURAL SITES TO VISIT

● The blavet gorges

Between Bagnols-en-forêt and La Bouverie, the Gorges du Blavet are a rock formation dug over time into the volcanic rocks of the massif. Discover the Gorges du Blavet for hiking or even climbing! With its breathtaking landscapes, take the time to admire them and breathe a little!



● Rock of Roquebrune

An unmissable rock overlooking the Argens plain, it's the ideal destination for a fun family hike. The Rock of Roquebrune, a classified site of national interest culminates at 373 meters in height. From there, you can discover a superb 360° view of the Argens valley, Fréjus, the Estérel and, in the distance, the Alps.

● Gorges du Verdon

In the heart of the Verdon Regional Natural Park, this enormous canyon forms a huge gash that seems to have been created by the gods. It is the result of the incredible power of erosion in the Verdon onto the limestone plateaus of Provence. The canyon can be explored by canoe or on foot. It can also be admired from the road which offers stunning viewpoints



● The island of Porquerolles

A church, with Mexican accents, sits enthroned on the village square hemmed with giant eucalyptus trees around which cheerfully wrap café terraces and very simple houses abundantly flowered. Perched on a promontory, the stocky Fort Sainte-Agathe stands guard. Next to it, the pretty mill of happiness, fully restored. Take on foot or by bike its paths lined with pines, myrtles and heather... Cliffs and wild creeks, long golden beaches, valleys fringed with vineyards.

On site: Bike rental, Restaurants, Water sports, Exhibitions




VILLAGES TO VISIT

-- > *Less than an hour's drive*

● **Cotignac**

After visiting the caves, which offer excellent views over the roofs of the village, wander along the pretty Cours Gambetta, in the shade of century-old plane trees, refreshed by two beautiful fountains. This square is a nice place to spend some time, sitting at one of the café or restaurant terraces, or wandering through the picturesque old streets, lined with tall ochre-coloured houses. Certified as a 'Village de Caractère du Var'.




Our favorite 
Carpe Diem Castle



● **Seillans**

Certified as one of the 'Most Beautiful Villages in France', Seillans is a particularly charming village that has kept the soul of the Provençal hilltop villages. Its terraced houses, inconceivably interlaced with cobbled streets, shaded squares, craftspeople and artists make it a charming place to visit.

Our favorite 
Val d'Iris domain


● **Villecroze**

A Tuscan garden and caves for a castle! "Village of Character", Villecroze has retained its medieval character with its arcades, narrow streets, fountains and church. To the north of the village stands a cliff from which flows a waterfall that waters the Tuscan garden at its feet. This cliff offers a whole maze of small caves which served as shelters for the inhabitants.



● **Saint Tropez**

In April, May, June, September and October, there's no more showing off, as the 'myth' becomes the little fishing village of former times, revealing itself to be authentic, charming and pleasant. As you wander, you will discover its colourful streets, flowery alleyways, squares, markets and museums. You can climb up to La Citadelle, before descending into a maritime cemetery, and survey the port, where you can relax on a café terrace.

Our favorite 
Cap Taillat and Port Grimaud



CULTURAL ACTIVITIES

● **Abbey of Thoronet**

In the heart of the Var hinterland, Thoronet Abbey is one of the "three Provençal sisters", along with the abbeys of Sénanque and Silvacane. Built at the end of the 12th century, Thoronet Abbey is a model of architecture in terms of the purity of its lines, the simplicity of its volumes, its harmonious proportions and its exceptional acoustics. The absolute stripping of its architecture is a source of inspiration for many 20th century architects, including Le Corbusier.



BUY MY TICKET



● **Cloister of the Cathedral of Fréjus**

Medieval ensemble of beautiful architectural unity, the episcopal group consists of a cathedral surrounded by remarkable buildings: baptistery, cloister on two floors, canonical buildings. The painted wooden ceiling of the cloister presents an exceptional bestiary of fantastic animals.

BUY MY TICKET



● **The Mill of Callas**

every Thursday in July and August at 10:00 on the theme "Discovering olive oil" manufacturing process and discovery of our production of olive oils and tapenade and anchovy toasts tasting accompanied by a wine "Rosé de pays".

Duration: 1 hour, price: free

I BOOK



● **Domain of Rayol**

Conceived by Gilles Clément, it's an invitation to travel through Mediterranean landscapes across the world, as well as others with a drier... or sub-tropical... climate... This small 50 acre fragment of the earth, is a corner of our planet which concentrates and illuminates, with both strength and beauty, those interactions between mankind and nature.

I VISIT





SPORTS ACTIVITIES / WITH CHILDREN

THE VINE BY BIKE



La Vigne à Vélo is ideal for nature lovers and families for whom safety is primary. This route of 20 km in total allows children to pedal in complete safety. The slope is low and the vegetation allows for beautiful shaded areas. With a tarmac surface, pedaling is easier.

For picnicking, tables and fountains are set up along the route.



1 Canoe and Paddle
Roquebrune-sur-Argens

The Base du Rocher is the departure point for lots of outdoor exploration by canoe, by paddle board in the lower Argens valley surrounding by the hills of the Esterel.

April-May: reservation required

June-September: reservation recommended

More information + 33 (0)6 61 41 75 74



2 Oxygen Evasion Park
Puget-sur-Argens

Tree climbing with 6 courses for the big adventurers and 3 courses for the little ones from 4 years old. There are over 125 games in the trees. Paintball and relaxation area with a snack available. Remember to book!

More information + 33 (0)6 46 09 24 03



3 JetFun Escape
Saint-Aygulf

Jet ski rental (from 16 years old) and hikes with or without a licence. FLYboard, towed gear (fly-fish, Banana, Buoy, Air-steam, Sofa) training boat-school.

Open from May 1 to September 30

More information + 33 (0)6 66 48 87 84



4 South Wake Park
Puget-sur-Argens

In the middle of the vineyards and on the lake, the South Wake Park is a water ski lift allowing the practice of sliding sports such as wake boarding and water skiing. You can also relax in the equipped spaces

More information + 33 (0)6 79 01 13 92





SPORTS ACTIVITIES / WITH CHILDREN

5 Sea excursions
Saint Raphael

You will discover the coastline far from the hustle and bustle of crowded beaches. You will sail at the foot of the Massif de L'Estérel, the village of St Tropez and the Lérins Islands.

An unusual boat trip as close as possible to the curiosities of the coast.

More information + 33 (0)4 94 17 52 34

7 Karting Frejus
Frejus

Inter Racing Kart welcomes you all year round for individual adult and child rentals.

Two tracks are at your disposal: one of 600m for the older ones, and the other of 130m for the little ones

More information + 33 (0)4 94 97 50 97

9 Luna Park
Frejus

Luna Park offers attractions for children and adults: carousels, thrill rides, ghost train, bumper cars and many more. A mini-park is also dedicated to the youngest with unlimited access to the rides. Not to mention the brasserie located at the entrance to the park

Opening May 26, 2023

More information

6 Via Ferrata / Climbing
Saint Raphael

Natural adventure trails to discover the Massifs of the region with family or friends. Calanques National Park, Sainte Victoire, Calanques de l'Estérel.

More information + 33 (0)6 62 24 02 14

8 Horse ride
Puget-sur-Argens

Horseback riding in the Esterel massif with calm and safe horses. Paths of several difficulty levels depending on demand and level.

Breathtaking views of the Esterel and Maures mountains, the famous Rocher de Roquebrune sur argens and the bay of Saint Raphael up to Sainte Maxime!

More information + 33 (0)4 94 19 10 60

10 Aqualand
Frejus

Aqualand Fréjus offers a fun festival, with its 19 exceptional attractions on more than 7 hectares.

The reference for winter sports fans, with its 2 unique attractions in Europe!

Opening on June 14, 2023

More information + 33 (0)4 94 51 82 51





LES DOMAINES
DE
SAINT ANDRÉOL

Golf & Spa Resort