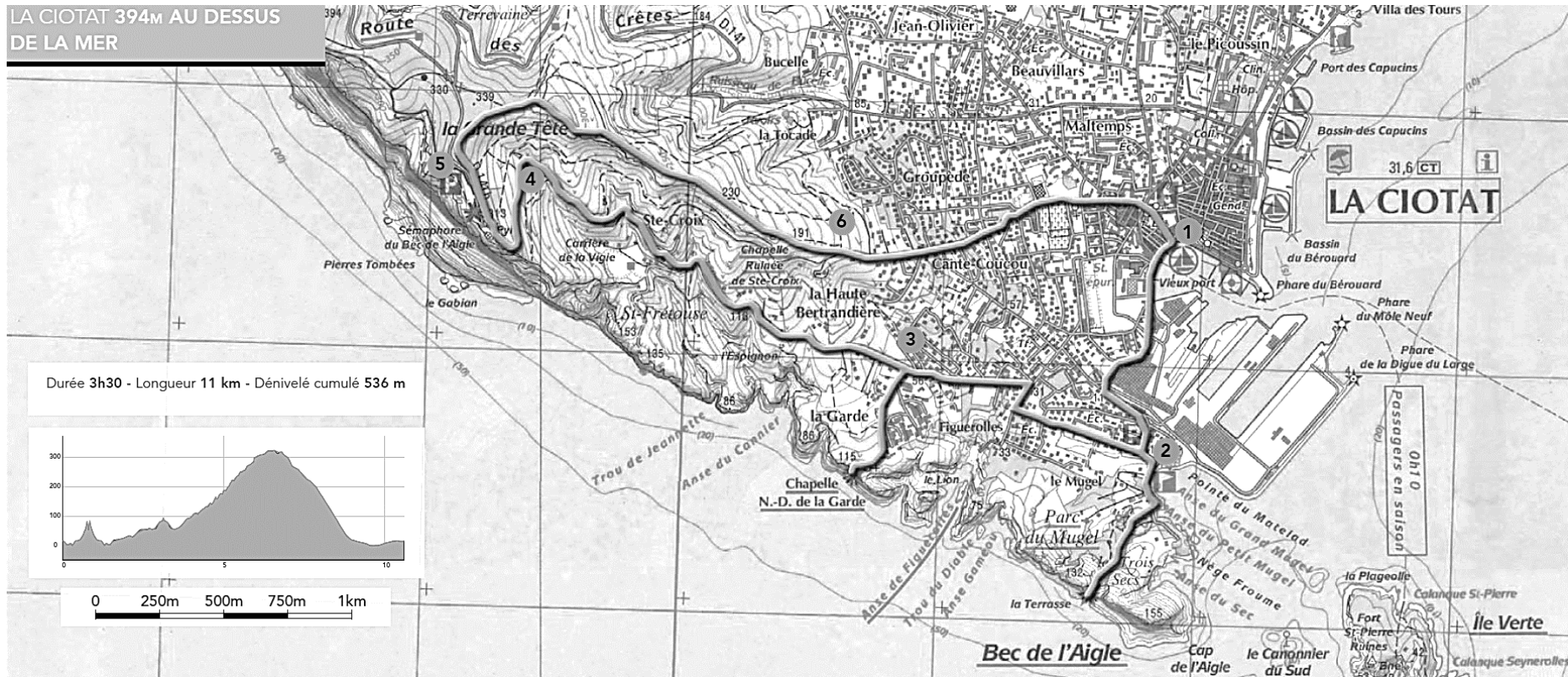


LA CIOTAT 394m AU DESSUS DE LA MER



Attention!

Despite the Cap Canaille's rather mineral milieu, it is a diverse habitat for animals and plants, some of which are nationally and internationally protected species. Please stay on the marked trail (waymarks in yellow) in order to preserve them.

Be aware that the cliffs of the Calanques are a popular territory for climbers, even though you won't always be able to see them. Do therefore not throw stones!

Itinerary:

1 Start at the car park Bérourard and go along the Vieux Port: you will walk along the quays Ganteaume, Général de Gaulle and Francois Mitterrand. Take the street Avenue des Calanques and walk until you reach the natural site Mugel.

2 Follow the avenue du Mugel or use the opportunity to take a walk in the charming botanic garden Parc du Mugel on top of the Calanque du Mugel. It is 12ha/29ac big and is certified as a 'Remarkable Garden'.

A rather steep path brings you to an 82m/269ft high belvedere from where you can enjoy a panoramic view of the sea. If you decide against this detour, simply follow the avenue du Mugel, then take the Avenue Cardinal Maurin at your right, then turn left into the Chemin de la Garde until you reach the intersection.

3 Here, there is another site that is worth a little detour: the promontory of the chapel Notre Dame de la Garde. The chapel is decorated with sailing themed ex-voto images. In order to get there, take the Traverse de la Garde and the path that leads to the chapel and its cliff. From there, you also have a nice view of the Calanques of La Ciotat.

If you decide to leave out the chapel and its promontory, continue straight ahead uphill on the Chemin du Sémaphore. Then stay to the right when the road goes left. Continue for another ~100m/320ft.

4 In front of the sign 'Propriété privée', take the path to your left, along a little low wall that keeps the earth from slipping. Continue until you get to the Sémaphore. Pass the Semaphore on the front side and follow the route to its right. This short paved road is part of the panoramic 'Route des Crêtes'. Stay on this street for about 100m until you reach a road sign.

5 At the road sign, take the trail to your right and follow the path that leads past the ruin of the chapel Sainte-Croix. The road takes a of south-east direction. When you have reached Sainte-Croix, walk along the road that slopes downwards.

6 When you reach the village, this road becomes paved. Continue until you cross the street Avenue Francois Billoux and go down the steps. Follow the Avenue de la Pétanque, then the Avenue Galliéni, the square Esquiros and the Rue Gueymard at your right in order to get back to the starting point: the Vieux Port of La Ciotat.

TOPO RANDO – hiking guide CAP CANAILLE

Length 3h30

Distance 11 km/6miles

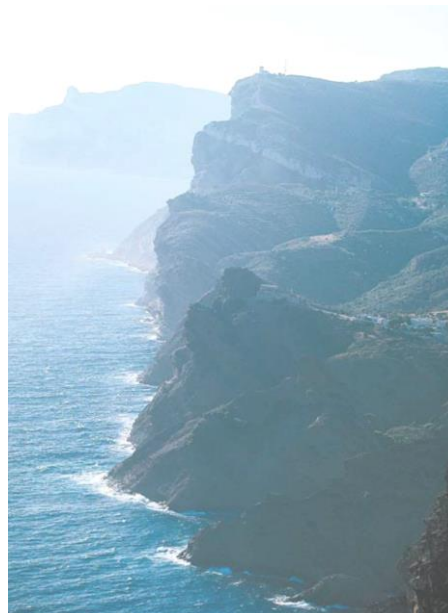
Altitude 536m/ 1758ft

Level of difficulty medium

Waymarks in **YELLOW**



‘La Ciotat – 1292 ft above the sea’



How to get to La Ciotat: If you are on the motorway A50 in the direction of Toulon, take the exit ‘sortie 9’ (La Ciotat). From there on, follow the road signs to the city center.

Car park: Parking du Mugel / Parking Bérourard

This hiking route passes the oasis that is Mugel, the promontory of the chapel Notre Dame de la Garde, and culminates on Europe’s highest maritime cliffs. Due to this variety, the contrast in colors on this trail is remarkable: the deep blue of the sea, the azure blue of the Provencal sky, the reddish and white colors of the Calanques’ conglomerate and limestone, as well as the supple green of the vegetation.

The special natural heritage in this part of the Provence and its incredibly beautiful landscape feature several belvederes from which you can enjoy panoramic views of the bays of Cassis and La Ciotat, where lots of history lies hidden.



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