
La Ciotat – The Cap Canaille & The Calanques Massif



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OFFICE de TOURISME de LA CIOTAT CATEGORIE I CERTIFIE QUALITE
TOURISME

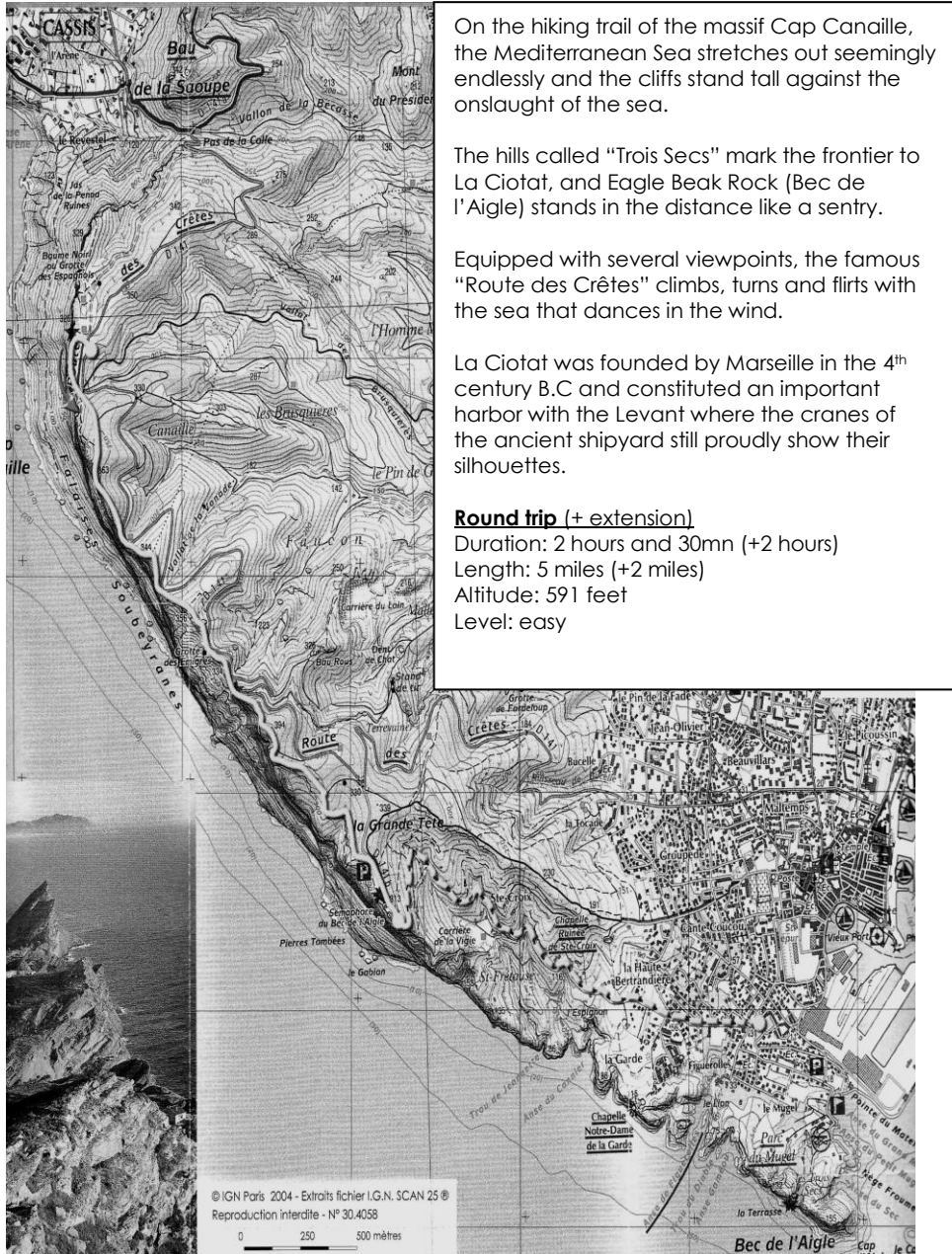
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www.laciotat.info

Open all year long in Winter from Monday to Saturday from 9H00 to 12H00 –
14H00 to 18H00 in Summer from Monday to Saturday from 9h00 - 20h00 and
Sunday & public holidays 10h00 - 13h00

THE CAP CANAILLE MASSIF

Up high above the sea you will get a different view on your holiday.



On the hiking trail of the massif Cap Canaille, the Mediterranean Sea stretches out seemingly endlessly and the cliffs stand tall against the onslaught of the sea.

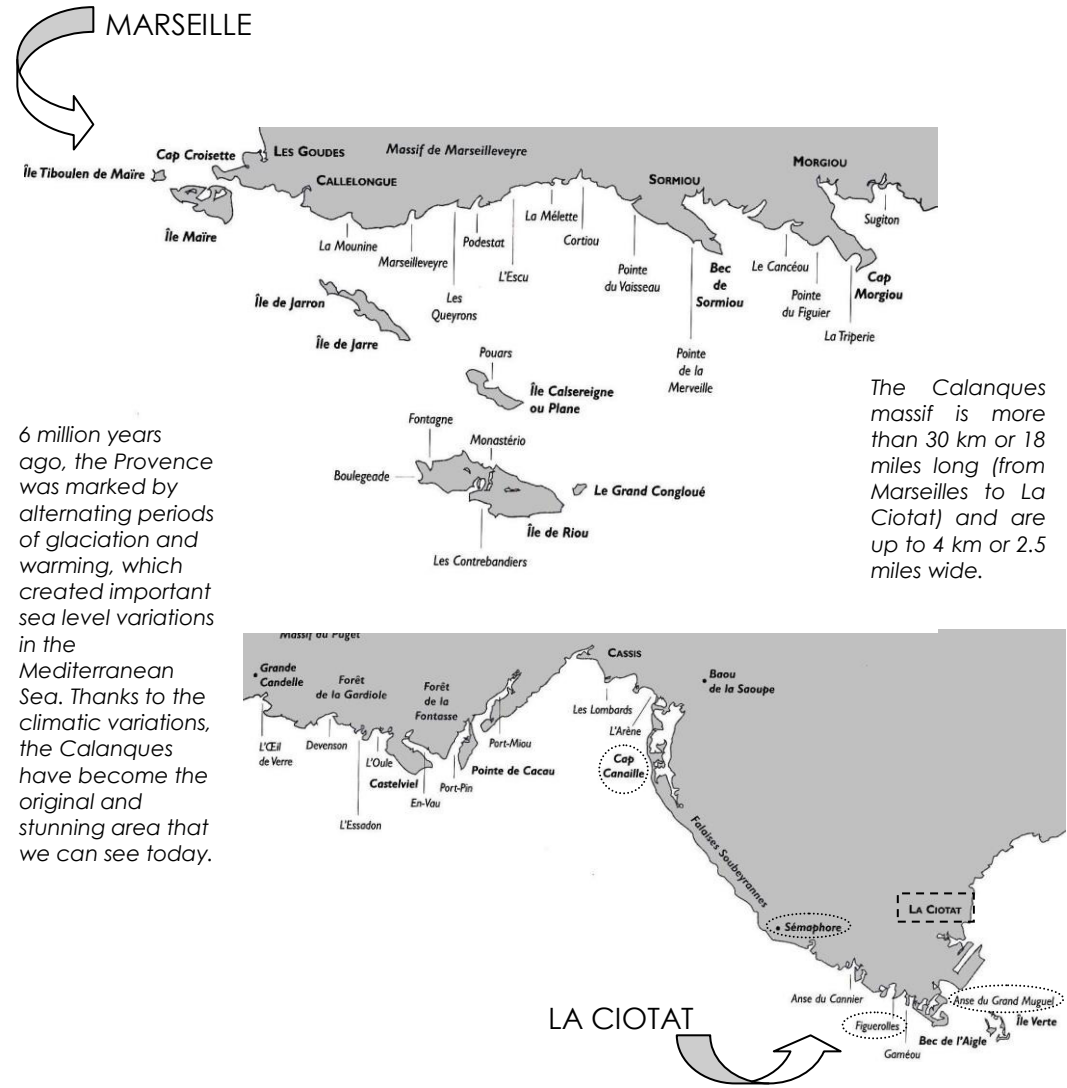
The hills called "Trois Secs" mark the frontier to La Ciotat, and Eagle Beak Rock (Bec de l'Aigle) stands in the distance like a sentry.

Equipped with several viewpoints, the famous "Route des Crêtes" climbs, turns and flirts with the sea that dances in the wind.

La Ciotat was founded by Marseille in the 4th century B.C and constituted an important harbor with the Levant where the cranes of the ancient shipyard still proudly show their silhouettes.

Round trip (+ extension)
 Duration: 2 hours and 30mn (+2 hours)
 Length: 5 miles (+2 miles)
 Altitude: 591 feet
 Level: easy

THE CALANQUES MASSIF from MARSEILLE to LA CIOTAT



6 million years ago, the Provence was marked by alternating periods of glaciation and warming, which created important sea level variations in the Mediterranean Sea. Thanks to the climatic variations, the Calanques have become the original and stunning area that we can see today.

The Calanques massif is more than 30 km or 18 miles long (from Marseilles to La Ciotat) and are up to 4 km or 2.5 miles wide.

Dug into resistant limestone (like in Marseille or Cassis) or formed by a pebble conglomerate (like in La Ciotat), the creeks form many different landscapes on the Mediterranean coast. In their shape, the Calanques are comparable to the fjords or the Breton cliffs.

A multitude of hiking trails lead over the Cap Canaille and the Calanques Massif, ranging from a mere walk to a sporty path.