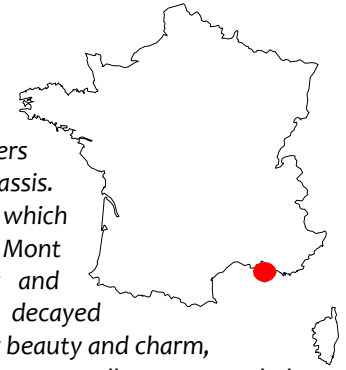


C009-ECO Calanques and Frioul islands

No walks from June 15 to September 15
due to maximum fire risks



The Calanques spread out across twenty kilometers between Marseille and Cassis. This limestone mountain, which reaches 565 meters at Mont Puget, glistens dazzlingly and bristles with ruinous and decayed ridges. Renowned for their beauty and charm, the Calanques consist of narrow valleys surrounded by abrupt rocky facades, dug out through the ages by rivers and now submerged entirely by the sea. On the other side of Cassis, the cliffs of the Canaille Mountain plunge into the ocean from a height of 300 meters! In the midst of all this rocky upset, lies the small fishing port of Cassis, known for fresh fish and one of the best white wines of Provence. Here you will spend your evenings on the terrace, enjoying these luxuries and living a dream!



Itinerary

Day 1 - Arrival at MARSEILLE. This trek begins by Le Vieux Port, where your hotel is located. We suggest you spend some time in this coveted landscape. The church Notre-Dame-de-la-Garde overlooks the bay of Marseille, a splendid and grandiose land that you will not want to leave. *Lodging and breakfast in a 2-star hotel*

Day 2 – CALANQUE DE MORGIUO – MARSEILLE (6 hour walk). Your day will begin with a bus ride to the Luminy University from where you walk to the Calanque de Morgiou across the limestone mountain – dry and arid, but of extreme beauty. This calanque is home to a charming port and several little huts. You will leave this small paradise and climb up to the Crête de Morgiou, then walk down the opposite slope to the calanque of Sormiou. You will climb to the summit of Sormiou and then down again into the next calanque, or will make your way along the rocks that jut out towards the sea, and will continue in this pattern. You will discover the Cirque des Walkyries, will



look down upon the Escu, Podestat and Marseilleveyre calanques, and will then reach the Mounine beach. You will climb again a little ways to reach the Callelongue calanque, the destination point of this day's journey. The most courageous among you may choose to continue along the sea front or take the Esterel massif to the ancient neighborhoods of Marseille, and the hotel. For those who are tired after this walk, you will find your way back to comfort by means of the city's public transportation or by taxi (on your own)

Lodging and breakfast in the same hotel.

Day 3 - CALANQUE DE MORGIU – CASSIS (8 and a half hour walk – gain altitude : 950 meters). You come back to the Calanque of Morgiou and after a drink or a coffee in the tiny bar you will leave the calanque for a impressive trek to Cassis. From the calanques (Saint Jean de Dieu, Oule, En-vau, Port Pin and others)to the passes, or making



your way along the Devenson cliffs, you will pass through striking landscapes, each of them more beautiful than the one before. You may wish to take a quick swim from time to time in the calanques before tackling the next climb, each defeated summit bringing you closer to Cassis, where a cool drink awaits you on the veranda as the sun sets upon the horizon line, illuminating the Soubeyrane cliffs. *Lodging and breakfast in a family-run hotel in Cassis.*

Day 4 - LA CIOTAT – CASSIS (5 hour walk). Today's walk will greatly differ from yesterday's, being less strenuous. You will go by train, bus or taxi to La Ciotat and walk down to the seaside by the calanque du Mugel. Overhead looms the imposing rock structure of Le Bec de l'Aigle. After having descended into the Figuerolles bay

– just to wet your feet a bit – you will head in the direction of the ruins of the Sainte Croix chapel sitting above the Soubeyranes cliffs, reaching up more than 300 meters from the sea's surface. The path continues through sparse vegetation and along the cliff's edge, giving breath-taking views of the ocean, the Cap Canaille and the magnificent bay, where nestles Cassis. This adorable harbor is surrounded at the east by calanques, at the west by the Cap Canaille, and the first foothills of the Etoile chain, covered by vineyards that produce one of the greatest white wines in Provence. You will arrive at the harbor, full of life and of tourists, towards the start of the evening. *Lodging and breakfast in a the same hotel*

Day 5 - CASSIS. The tour ends after breakfast.



Season

All round the year except in summer time when Calanques mountains are closed due to maximum risks of fire

What's included?

- 4 nights with accommodation in 2-star hotels on Lodging and breakfast basis
- Dinners not included
- Hotel to hotel luggage transfer
- A set of maps (1/25 000 scale) with the route marked on and detailed route notes describing the trail.
- A daily itinerary together with information about facilities and places of interest along the trail.
- Phone emergency assistance.

Visa fees - transportation fees to and from the walk area - Insurance (strongly recommended on all trips) - Transfers except those mentioned above – Drinks - Additional meals – Entrance fees - Spending of personal nature e.g. laundry, souvenirs, phone calls,... are not included

Getting there and away

By plane: Marseille international airport is served by low-cost companies from the main European towns

By train: Scheduled links (TGV or fast trains) between Marseille and the French main towns.

By car: Marseille in on the A7 motorway.

Where to park: several pay guarded car parks nearby Le Vieux Port in Marseille

Walk difficulty

Grade 4 : 6 to 7 hours walking a day with long ascents and descents more than 1000 m. You walk high mountains as the Alps or Massif Central, on rough and stony paths. On occasion route-finding may be tricky and request some walking experience. A reasonably high standard of fitness and stamina are essential for enjoyment of this hike.

