

Grimaud / Fréjus

Véloroute littorale

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Départ
Grimaud

Arrivée
Fréjus

Durée
1 h 50 min

Distance
27,52 Km

Niveau
I cycle often

Thématique
Seaside

Having gone on foot to explore Port-Grimaud, a town built on water, the Parours Cyclable du Littoral Varois continues by leading you around the Bay, or Golfe, of St-Tropez. In hot weather, it's so refreshing taking a dip in the Mediterranean. Arriving at the resort of Ste Maxime, at the level of the Plage de la Croisette (a beach here), the coastal cycle route comes to a temporary halt. You're led northwestwards along the Préconil River, then eastwards, along a path looking down on the coast. Riders rejoin a former railway track, a balcony of a way, to ride boldly along the Train des Pignes former rail track, the path set between the foothills of the Massif des Maures and the coast road, with panoramic views over the Mediterranean. You arrive at the resort of Fréjus via the Argens Estuary.

The Route

From Port Grimaud, the cycle route leads you along a cycle path running beside the sea and the D559 road, up to Ste-Maxime's Plage de la Croisette where signposting for the PCL comes to an end. Take care along this stretch, as cars cross the cycle path to get to private properties, car parks and beaches. **Be careful** at the round-about of the *Train des Pignes* in Ste Maxime where you have to take a left turn in the midst of traffic in order to follow a route behind the coast to cross the resort.

Leaving Ste Maxime, you join the cycle path along the Train des Pignes route, which isn't signposted but allows you to ride on to the campsite at St-Aygulf. At St-Aygulf, the cycle route is being laid out at time of writing: opposite the campsite, you need for the time being to turn right onto Ave. du Train des Pignes then, having dismounted, turn left, pushing your bike along the one-way Rue d'Alsace, bringing you out at the cycle path beside the D559 road.

At Fréjus, at the end of the cycle lane turn left along Rue des Batteries, then continue straight on, heading up Rue des Campanettes. Further on, turn right onto Impasse Georges Guynemer, which turns into Rue Georges Guynemer. Next, fork left to reach Avenue d'Argens (on the D559 road) and turn right into this street. At the round-about intersecting with Bd. de la Mer (D98B), follow signs for Fréjus Centre (3rd exit).

Link

No cycling signposting for Port Grimaud, a town built on a water

Tourist Offices

- Office de tourisme de [Port-Grimaud](#)
- Office de tourisme de [Ste Maxime](#)
- Office de tourisme de [Fréjus](#)

SNCF train services

- Gare de Fréjus

Don't miss

- **Grimaud**: the medieval village with château; St Michael's Church; the Pont des Fées bridge - Port

Grimaud: a town built on water, with 2,400 inhabitants

- **Ste-Maxime:** Pointe des Sardinaux (a headland with beach, nicknamed La Petite Corse); Les Myrtes botanical garden; the pedestrian streets and markets; the beaches
- **Fréjus:** the Roman theatre and amphitheatre; the Chapelle N.-D. de Jérusalem, also known as the Chapelle Cocteau; the Villa Aurélienne (late-19th century); the Vivier Romain, an archaeological crypt revealing ancient Roman fishponds; the museums on archaeology and local history; the Massif de l'Esterel hills; the port of Fréjus; the bishops' quarter (Cathédrale Saint-Léonce and cloister)

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- A detailed map of the GR100 route from Saint-Tropez to Fréjus. The route is shown as a thick line, primarily green for the main path and red for the final section near Fréjus. The map includes a legend in the top left corner with the following categories:
- Voie cyclable (Green line)
 - Liaisons (Purple line)
 - Route partagée (Orange line)
 - Alternatives (Black dashed line)
 - Parcours VTT (Blue line)
 - Parcours provisoire (Red line)
- Key locations and elevations marked on the map include:
- Les Trois Croix (373 m)
 - Roucas des Lauquiers (513 m)
 - Sommet Bourrète (169 m)
 - Peigros (532 m)
 - Cabasse (349 m)
 - L'Arpillon (173 m)
 - Sanctuaire Pelagos
 - Colle Dure (520 m)
 - Peygros (456 m)
 - San Peire (416 m)
 - Haute-Suane (350 m)
 - Mont Roux (254 m)
 - Saint-Tropez
 - Fréjus

The map shows the Port-Cogolin area in the Var department. Key features include the Grand Canal, La Garde, La Foux, and Les Paris. The map also shows the Canal du Nord, the Complexe sportif des Bègues, Holiday Marina, and the Sanctuaire Pelagos. A green line indicates the route from the Canal du Nord to the Grand Canal.