

GUEST WELCOME BOOKLET



WIFI :

ID : Les Pierrons

Password : 26dc16f!

SCAN ME



We wish you a warm

WELCOME

We wish you a warm welcome

Welcome to the Gulf of Saint-Tropez, nestled in a green haven between vineyards and gentle hills, at the foot of the Maures mountain range.

You are currently staying at Les Pierrons (known as Lou Pierroneï in old Provençal), one of the 25 hamlets that make up the charming village of Le Plan-de-la-Tour.

These hamlets were originally established by farming families. As the region is predominantly rocky, cultivable land near water sources had to be carefully preserved. Homes and outbuildings were therefore built on the less fertile ground, in order to protect the areas best suited to agriculture.

Over time, as children took over the family work, they built their own homes close to those of their parents. In this way, the hamlets gradually took shape.

Shared spaces naturally appeared – washhouses, wells, bread ovens...

After the two World Wars and the gradual dispersal of families, many properties were sold, and the hamlets slowly evolved into what we know today.

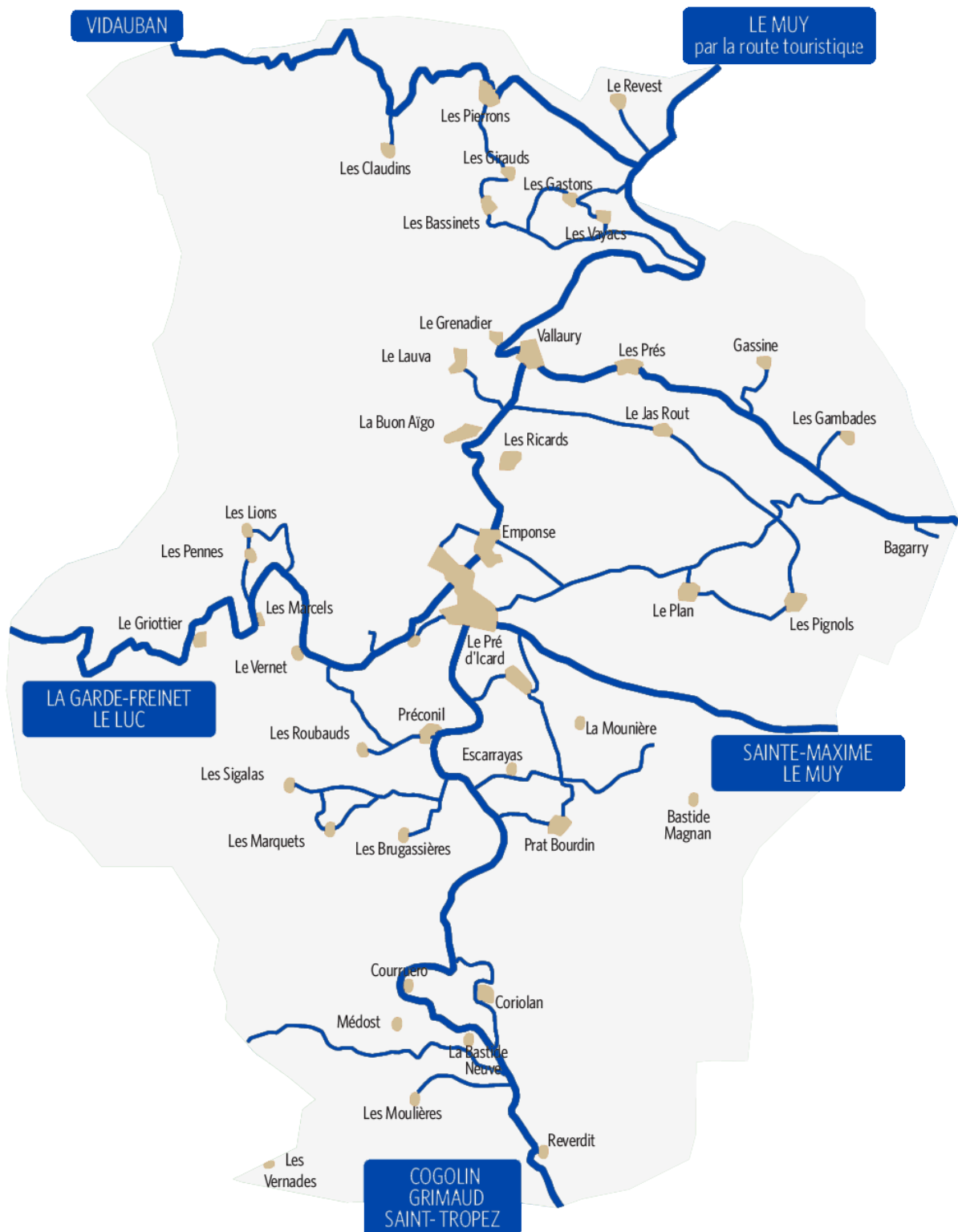
In this welcome booklet, you'll find practical information for your stay: a selection of places to discover, local market times, our favourite restaurants, and the beaches we particularly enjoy.

We wish you a wonderful stay. And if the opportunity arises, we'd be delighted to have a chat with you.



THE HAMLETS

of the village of Le Plan-de-la-Tour



ABOUT THE VILLAGE

Le Plan-de-la-Tour is a peaceful Provençal village, nestled among pine and oak forests – an ideal destination for nature lovers and walking enthusiasts.

Surrounded by 3,680 hectares of vegetation and vineyards, the village is renowned for the quality of its wines – red, rosé and white – often award-winning. This tranquil haven, shaded by plane trees, offers a true taste of the Provençal way of life, animated all year round by its local markets, shops and restaurants.

Benefiting from a privileged location in the heart of the Maures mountain range, Le Plan-de-la-Tour combines peace and quiet with easy access to the coast. Looking for a livelier atmosphere? The seafront is just fifteen kilometres away: Sainte-Maxime and the charms of the Gulf of Saint-Tropez are within easy reach.

The village originally developed around its church and gradually expanded into a mosaic of hamlets.



This unique structure is one of its greatest assets: there are now twenty-five hamlets, each with its own character, footpaths and landscapes.

ABOUT

The hamlet of Les Pierrons, located about 7 kilometres from the village centre, stands out for its remarkable position – on one side, the preserved natural spaces of the Maures; on the other, the beaches and vibrant coastal life.

The surrounding hills are covered with varied vegetation: chestnut trees, cork oaks, evergreen oaks and pines, creating the perfect setting for walks and moments of escape.

Nearby, several other gems are well worth a visit: Collobrières, famed for its chestnut-based delicacies; the Chartreuse de la Verne, a majestic 12th-century monastery tucked into the mountains; Port Grimaud, a surprising lakeside town; and Grimaud, a hilltop medieval village with sweeping views over the mountains and the coastline.



WHO ARE WE ?

HELLO, IT'S BORIS AND MÉLISSA!

A few words about us

Originally from the Lyon region for Boris, and from Haute-Savoie for Mélissa, we settled in Le Plan-de-la-Tour in 2020, charmed by the village's peaceful atmosphere and timeless beauty.

Boris works as a construction project manager, while Mélissa serves in the French Navy.

We share a passion for vintage objects, curiosities, and board games. As nature lovers who enjoy peace and quiet, we also like winding down with a good film, a series, or an anime.

We look forward to meeting you!

CONTACT

Boris : +33 6 28 53 62 55

Mélissa : +33 7 78 25 39 03

borisbonnetin@hotmail.com

EMERGENCY NUMBERS

Medical emergency, on-call doctors: : 15

Fire brigade : 18 et 112

Police : 17

7d/7 Medical centre located in Sainte

Maxime : +33 4 28 70 17 00

Pôle santé des moulins : +33 4 98 13 26 01



HOUSE RULES

- Smoking is not permitted inside the property, and we kindly ask you not to throw cigarette butts on the ground, particularly due to the risk of fire.
- Please keep noise to a minimum between 10 p.m. and 8 a.m. out of respect for the neighbours.
- The property should be left clean upon departure.
- Parties and gatherings are not allowed.
- Please remember to close the parking gate with the padlock after each use.
- Do not dispose of anything in the toilets (including paper, wipes, etc.).
- Pets are not allowed unless agreed with the owners in advance.
- Please keep the windows closed when the air conditioning is on.
- The parasol must be folded down when not in use, as the wind can pick up quickly.
- The swimming pool is freely accessible, but it must be secured after use (the key is on the gate). Use of the pool is entirely at your own risk.
 - Children must be supervised at all times.

INTERNET USE POLICY

Internet access is provided free of charge during your stay.

We kindly ask that you use it responsibly and in accordance with French law.

In particular, you agree to :

- Not use this connection to reproduce, share, make available or distribute works or content protected by copyright or related rights (texts, images, music, films, software, video games, etc.) without permission.
- Not use peer-to-peer file sharing software, which is considered illegal in France. A list of legal download platforms can be found at offrelegale.fr.
- Not access illegal websites, in particular those violating human dignity, containing child pornography, inciting hatred, or promoting crime or violence.
- Not intercept, misuse, share or tamper with email communications, and not install any system that would allow such interceptions.

If you experience any connection issues, feel free to contact us – we'll do our best to help.

AND MOST IMPORTANTLY

Enjoy your stay ! 😊

REGULATION

WHERE TO DISPOSE OF RUBBISH?

Bins for household waste and recycling are available in the hamlet. You'll find them at the end of the main path, just above the house.



SECURITY

FIRE EXTINGUISHER

An extinguisher is available for use – it is located as shown below.



ON DEPARTURE

CHECK-OUT:

On the day of your departure, we kindly ask you to :

- Vacate the property before 9 a.m. during high season.
- Ensure that all windows and doors are securely closed.
- Take all rubbish to the appropriate bins.
- Return the keys via the letterbox only if we are not present.
- Re-lock the parking gate with the padlock.
- Leave all household linen gathered at the entrance of the property.





RATING GUIDE

On your departure, Airbnb will offer you to evaluate your stay with scores from 0 to 5 stars.

You should know that on Airbnb, 5* is good, and 4* is bad. A rating in below 4.8 makes us lose the superhost status.

If you are not satisfied with any aspect of your stay, please let us know the points improvement in private comments during the assessment, or by message.

We will be happy to read them, they allow us to improve!



I enjoyed my stay (but perfection does not exist).



Several points need to be improved (detailed).



Big problems. This housing is uninhabitable, close it.



I will praise this home to my worst enemy.



Call the police, we have to put the host in jail.





THE PROPERTY IS EQUIPPED WITH A TNM WATER SOFTENER AND A TAP FILTER TO PROVIDE YOU WITH WATER THAT IS GENTLER ON THE SKIN AND HEALTHIER TO DRINK.

THE BENEFITS OF SOFTENED WATER

Soft skin, silky hair, softer laundry...

Softened water transforms daily routines. It protects the skin and hair from limescale, which is often responsible for redness, dryness or irritation. People with sensitive skin, children or pregnant women often notice an immediate improvement in comfort.

By reducing limescale deposits, softened water may also help prevent certain skin conditions such as psoriasis or atopic dermatitis.

And that's not all – towels retain their natural softness without the need for fabric softener, offering a heightened sense of comfort after every shower.

THE IMPORTANCE OF FILTERED TAP WATER

Drinking purified water is a simple and responsible choice for your health.

The filtration system installed at the sink effectively removes many unwanted substances, ensuring safer, better quality hydration.

Among the substances filtered out are chlorination by-products (CBPs), pharmaceutical residues, pesticides, as well as elements such as aluminium, radon and lead.

Things to see and do

OUR RECOMMENDATIONS

Whether in the heart of the village, around the Gulf of Saint-Tropez, or a bit further afield in the region, we've gathered here our favourite spots and personal highlights – charming little restaurants, idyllic beaches, scenic walks...

All places we truly enjoy and are delighted to share with you.



WHAT CAN WE DO ?

SIGHTS AND ACTIVITIES AROUND THE GULF OF SAINT-TROPEZ

Staying in the surrounding area, you'll have plenty of choice to plan your days as you wish – nature, culture, gastronomy, crafts...

Here are a few of our suggestions :

- Farniente on the most beautiful beaches of the Gulf
- Walks on foot, by mountain bike or snorkeling
- Visit to the botanical garden at the Domaine du Rayol
- The Château de Grimaud
- The Notre-Dame de Clémence de La Verne Monastery
- The Maritime History Museum; the Gendarmerie and Cinema Museum; the Annonciade Museum
- Discovering Provençal markets
- Visits to local wine estates:
- Les Marquets (in the village)
- Domaine des Beaucas (just outside the hamlet)
- Château des Garcinières (in Cogolin)
- Domaine La Rouillère (in Gassin)
 - The Poterie de Cogolin
 - Master pipe maker: Pipes Courrieu made of briar root (Cogolin)
 - Wooden jewellery from the Var by À l'Orée des Bois (La Môle)
 - Santons by Codou Rosell (La Garde-Freinet)
 - Rigotti reeds (Cogolin)
 - Atelier de Créations Familiales (Cogolin)
 - Lunetier Borizon (Grimaud)
- Enjoying delicious meals on restaurant terraces, snack bars and cafés
- Tasting a genuine Tarte Tropézienne

For children, a family evening at Luna Park Fréjus
Open from 31 May to 1 September each year.



TOURIST INFORMATION OFFICE

7 Place Clémenceau
83120 La Plan de la Tour
Tél. +33 (0)4 94 43 28 27

Open all year round.

Closed on: 1st January, 1st May, 1st November,
11th November and 25th December.

October to March

Monday to Friday: 9:00 – 12:30 / 14:00 – 17:00

April, May, June and September

Monday to Friday: 9:00 – 12:30 / 14:00 – 17:30

Saturday: 9:30 – 12:00

July and August

Monday to Saturday: 9:00 – 12:30 / 14:00 –
18:00

Sunday: 9:30 – 12:30

USEFUL WEBSITES

- <https://tourisme.leplandelatour.fr/>
- <https://www.golfe-saint-tropez-information.com/>
- <https://www.golfe-sainttropez-tourisme.fr/>
- <https://www.risque-prevention-incendie.fr/var/>

The most beautiful BEACHES

THE CLOSEST BEACHES

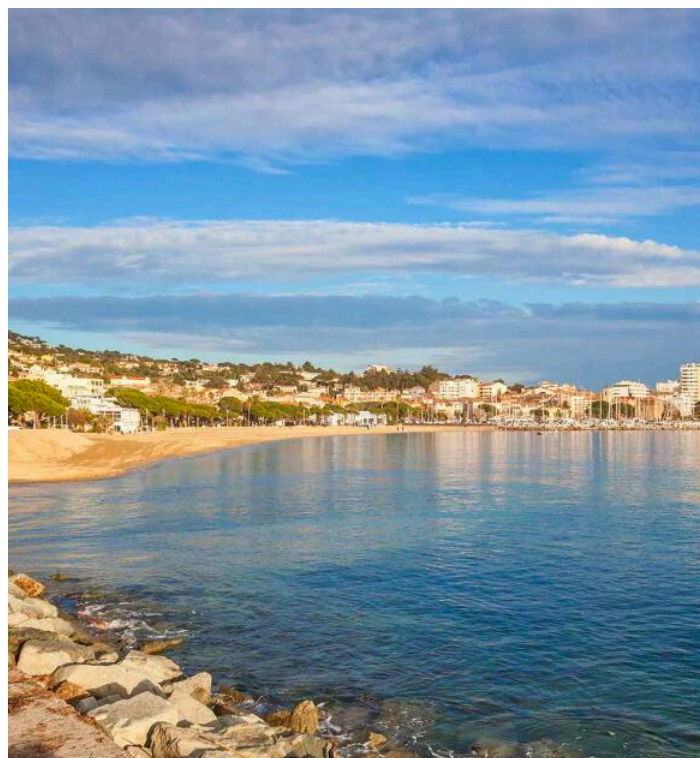
To the east of Sainte-Maxime, Plage de la Nartelle is known for its stunning setting. A long stretch of fine sand, it's ideal for families thanks to its shallow waters, play areas and beach cafés. Magical moments guaranteed: from laughter and sandcastles to shared ice creams and sunny naps, there's something for everyone to enjoy.



Plage de l'Escalet, nestled between Cap Taillat and Cap Camarat, is a captivating succession of little coves, golden inlets and intimate beaches. Here, crystal-clear waters meet soft sand and rocks smoothed by time – an idyllic scene for lovers of unspoilt nature.

IMPORTANT !

Even if the sun seems to be hiding, don't forget your sunscreen.



THE NEAREST BEACH

Right in the heart of Sainte-Maxime, the central beach faces due south and offers a stunning view of Saint-Tropez and its iconic bell tower.

Easily reached on foot, convenient and pleasant, it allows you to combine a swim with browsing local shops, enjoying summer events... or even having lunch in the shade of the pine trees, on a terrace if the mood strikes!



Calanque de Santa Lucia – Saint-Raphaël

To the east of the Santa Lucia harbour, hidden beneath the housing estate of the same name, this discreet calanque is one of the coast's best-kept secrets.

Rarely crowded, even in high season, it remains untouched by the masses thanks to its relatively secluded access: although the coastal path is quite steep, a lesser-known little path leads down more easily. This pebble cove, bordered by the red rock typical of the Estérel and shaded by majestic stone pines, offers a wild and peaceful setting.

For the more adventurous, the effort of the walk is more than rewarded by the beauty of the spot and the tranquillity of its clear waters.

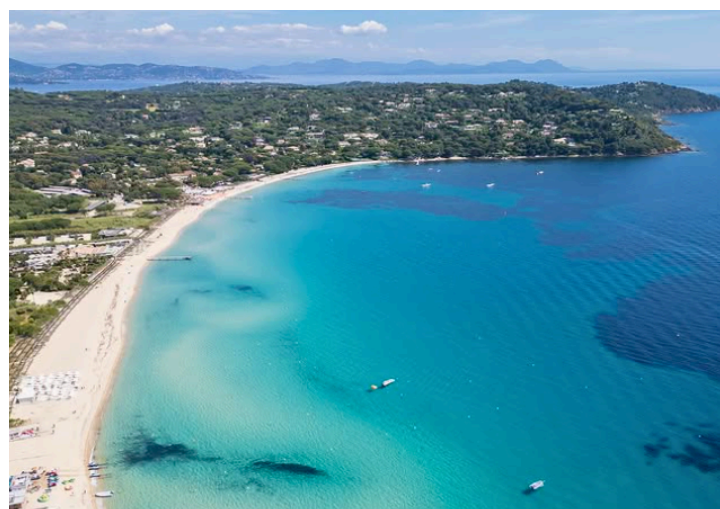


Made famous by Brigitte Bardot in the 1950s, Plage de Pampelonne is perfect for a peaceful day – feet in the water or relaxing on a terrace.

From its shores, you can also reach Plage de l'Escalet via the coastal path, a lovely walk between the sea and untamed nature.



Straddling La Croix-Valmer and Ramatuelle, Plage de Gigaro, near Cap Taillat, is connected to the mainland by a breathtaking natural tombolo.



And for those who love more secluded spots: Plage de la Briande in La Croix-Valmer, wild and unspoilt, or Plage des Graniers in Saint-Tropez, tucked below the citadel, just steps from the historic centre.

LES GORGUES

Discovery loop – Chapelle Saint-Pierre & vineyards

DStart from the Tourist Office, heading out of the village via the RD74 towards Sainte-Maxime. At the Frédéric Mistral roundabout, take the first exit on the right – you'll come across the **ruins of the Chapelle Saint-Pierre**.

After crossing a small rise, turn left and continue to **the Gorgues ford**, a former water catchment that once supplied the **Ressence mill**.

Longez la vigne, puis au croisement situé face à un grand portail, prenez à gauche.

Follow the edge of the vineyard, and at the crossroads opposite a large gate, turn left.

At the next junction, you'll see the telecom mast in the distance straight ahead: turn right to join a section of the GR – the well-known long-distance footpath.

The path will take you through the **Plantourian vineyard** and past a **menhir**, a mysterious relic of the past.

In the **hamlet of Prat Bourdin**, take the small path on the right leading to an **old sheepfold**.

Return to the village via the same route.

Distance : 5.2 km **Walking time :** 1 hour **Difficulty :** Easy **Suitable for :** Walking & Biking

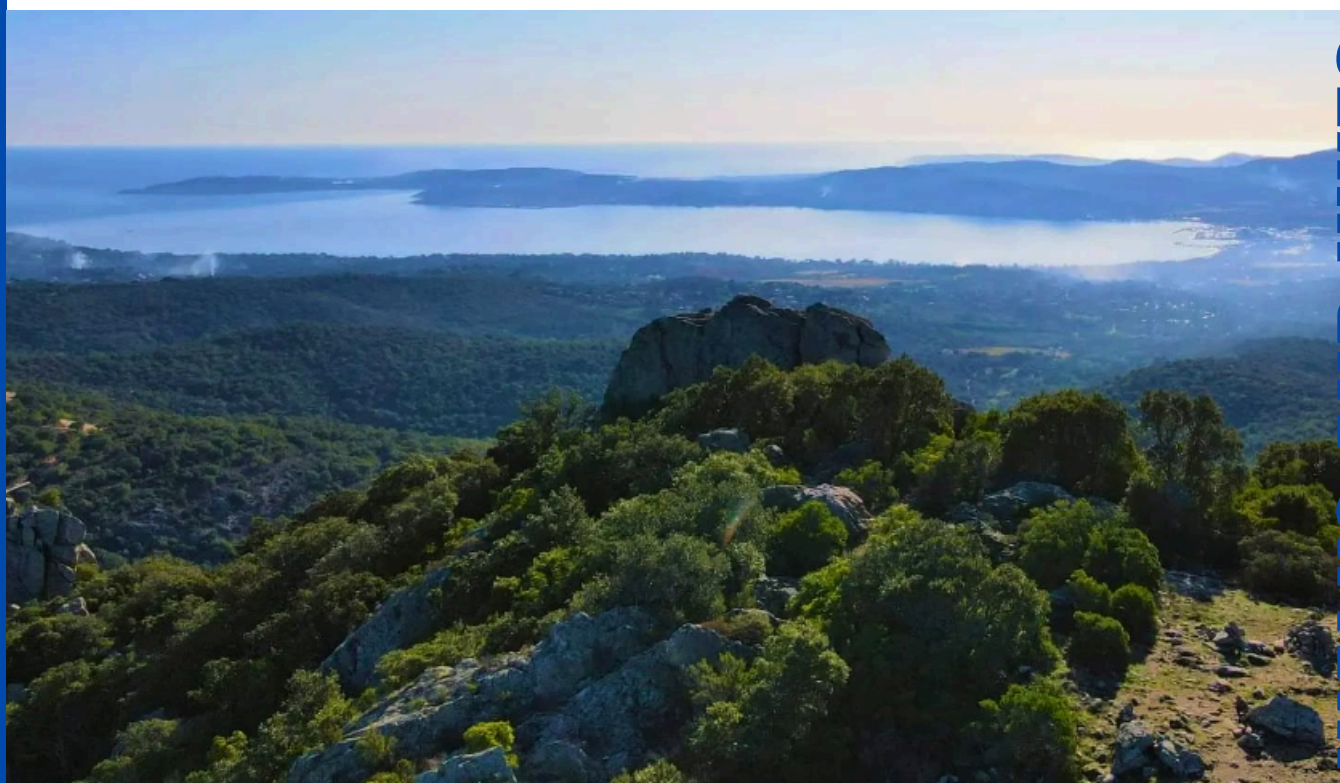
THE HAMLETS

Start from the Tourist Office, at the Foch car park. Leave the village heading towards Grimaud (RD44), then follow the pedestrian path to Chemin du Préconil. At the waste containers, turn right onto Chemin du Préconil. At the centre of the **Préconil hamlet**, near the fountain, continue towards the **hamlet of Les Roubauds**. By the postboxes, take the path on the right, which follows a stretch of the GR (long-distance trail).

At the next junction, leave the GR and turn right, then follow the path uphill to the left towards Le **Vernet hamlet**.

Return to the village via the same route.

Distance : 4.5 km **Walking time :** 1 hour **Difficulty :** Easy **Suitable for :** Walking & Biking



THE VALLAURY MINING TRAIL

This route, located in the commune of Le Plan-de-la-Tour, a charming Provençal village, invites you to step back in time and explore the region's mining past, while enjoying breathtaking views of the Gulf, from Sainte-Maxime to Saint-Tropez along the way.



HISTOIRE, GÉOLOGIE

ENTRÉE DE MINES

Le Plan de la Tour, charmant village provençal, se déploie depuis sa grande plaine viticole vers ses nombreux hameaux nichés dans leur cirque de collines. Depuis l'époque romaine, l'activité minière a laissé ses traces dans le paysage. Le promeneur sur le sentier des Mines de Vallaury trouvera le long du parcours les haldes de minerais issus de l'extraction du plomb argentifère qui s'est poursuivie jusque dans les années 1920. Entre hameaux abandonnés et entrées de mines conservées, la faune et

la flore ont repris leurs droits. Cet itinéraire vous propose une balade à la découverte d'une activité peu connue et offre de magnifiques panoramas sur le village et le Golfe de Saint-Tropez.



Le sentier des mines de Vallaury

2 H 30
7 km

Cet itinéraire situé sur la commune du Plan de la Tour, village provençal, vous fera renouer avec le passé minier et découvrir au loin un panorama sur le Golfe de Sainte Maxime à Saint-Tropez.

SITUATION

Le Plan de la Tour à 9 km de Sainte-Maxime par la D25 et la D74.

PARKING

-Lieu : City Stade à 1,6 km par la D44 et le chemin des Cigales (quartier La Buon Aige)
-Coordonnées UTM : 32T 0300 948 / 48 02 608

DIFFICULTÉS !

- Montée pentue entre le point de repère 1 et 3
- Descente caillouteuse entre le point de repère 5 et 7
- Ressauts raides entre le point de repère 7 et 3

À DÉCOUVRIR EN CHEMIN

- Trois entrées de mine
- panorama : Baie de Saint-Tropez
- Ancien Terril d'extraction
- Ruines du hameau des Martins

À DÉCOUVRIR EN RÉGION

- Le Plan de la Tour : église Saint-Martin du XVIIe, Castrum de San Peire
- La Gardie-Freinet : Fort-Freinet, fontaine, lavoir
- Saint-Maximin : musée des traditions locales.

BALISAGE

Jaune

• Office du Tourisme du Plan de la Tour : 04 94 43 28 27, contact@visiteplanladelatour.com, www.leplanladelatour.fr.



• Comité Départemental de la Randonnée Pédestre du Var : 04 94 42 15 01, var@frandonnee.fr, varfrandonnee.fr.

Hébergement

FFRandonnée® - Le nom Randonnée® est une marque déposée, qui ne peut l'utiliser sans l'autorisation de la Fédération française de la randonnée pédestre. © FFRandonnée 2013.

Ne pas jeter sur la voie publique

030620202253-453

PR Le sentier des mines de Vallaury



1 Du parking, se diriger vers l'aire de jeux du City Stade. S'engager à droite sur le chemin caillouteux qui grimpe fortement.

2 À l'intersection, poursuivre à gauche par la piste E 743 [> Une entrée de mine à droite] qui monte sur 1,6 km.

3 À la croisée, emprunter à droite la piste C 744 sur 230 m.

4 Monter à droite par le chemin caillouteux rejoindre le point de vue.

4 [> Panorama sur le Golfe de saint-Tropez, la pointe du Rabiou et le sommet du San Peire (403 m) et le saint Sébastien (333 m)] (250 m aller/retour) Revenir au point 4.

Emprunter à droite la piste C744 et gagner un croisement (citerne).

5 S'engager à gauche sur le sentier caillouteux par endroits, érodé, raviné, qui dévale la pente. [> Du point 5 faire environ 300 m pour voir, à gauche, l'entrée de la mine Victor.]

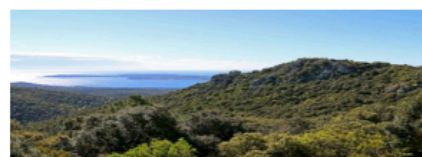
6 Poursuivre la descente et rejoindre le vallon Marri Vallat (ruisseau intermittent).

[> Ancien terril d'extraction, à droite mine Berenguer.]

7 Prendre à gauche le chemin terreux bordé de ciste, bruyère, myrte. Passer un cabanon et arriver aux ruines du hameau Les Martins, rappelant la vie d'autrefois dans les collines. Puis remonter quelques ressauts raides et rejoindre la croisée.

3 Reprendre à droite la piste et rejoindre le point 2.

2 Rejoindre le parking de départ.



Vue sur le Golfe de Saint-Tropez

030620202253-453

The flavours and fragrances of our **MARKETS**

MONDAY

Les Issambres

TUESDAY

Saint-Tropez

WEDNESDAY

Cogolin / Cavalaire /
La Garde Freinet

THURSDAY

Le Plan-de-la-Tour
Ramatuella / Port-
Grimaud

FRIDAY

Sainte-Maxime

SATURDAY

Saint-Tropez /
Cogolin

SUNDAY

Port-Grimaud / Ramatuella
La Garde-Freinet / Cogolin
(flea market) / La Croix Valmer



Found here and nowhere else

LOCAL SPECIALITIES

LE PLANTOURIAN

A signature delicacy of the village of Le Plan-de-la-Tour, the Plantourian proudly bears the name of its birthplace.

This delicious tart is made with a buttery shortcrust pastry base, topped with a generous citrus-infused fruit filling, and delicately finished with a hazelnut crumble.

A true treat for the taste buds – perfect at any time of day!

Good news: it keeps well at room temperature and stays delicious for several days.

You'll find it at the bakery Céline & Micka, in the heart of the village.

Tip: it's very popular, so we recommend ordering ahead!

LA PATIENCE DE LA GARDE-FREINET (ALSO KNOWN AS PATIENCE FRAXINOISE)

Don't be fooled by its simple appearance – this small biscuit, shaped like a cat's tongue, hides a tender, melt-in-the-mouth centre.

A local speciality of La Garde-Freinet, the patience dates back to the late 19th century, between 1880 and 1890. Its name refers to the slow process of making fresh cream from raw farm milk – a time-consuming step that required... patience.

A delicious nod to the art of taking one's time – just like the Provençal way of life.

LA MAXIMOISE

A must-try from Sainte-Maxime, this flaky brioche is filled with a delicate almond cream made with Provence almonds and subtly enhanced with a hint of rum. It's topped with colourful candied fruits for a vibrant, indulgent touch.

You'll find it at the pâtisserie proudly bearing the name of its creator: Charles Pierrugues.

A sweet delight to share... or not!

LA TARTE TROPEZIENNE

No introduction needed for this iconic regional treat!

Created in the 1950s by Provençal pastry chef Alexandre Micka, this soft brioche, sprinkled with pearl sugar, hides a generous layer of silky, delicately flavoured mousseline cream.

Now legendary, the Tarte Tropézienne perfectly captures the spirit of the Côte d'Azur – sunny, generous, and truly one of a kind.



Our favourite foodie spots

RESTAURANTS

The village of Le Plan-de-la-Tour is full of charming little places where you can eat well.

Here are a few establishments we've particularly enjoyed, for their quality, atmosphere and simplicity :

- **La Tour du Plan**

Flavourful Provençal cuisine in a pleasant setting. Prices are slightly above average, but the quality is worth it.

- **Mauricette Cantine**

A short, well-thought-out menu with high-quality dishes – all at very reasonable prices.

- **Le Bon Coin**

Simple and efficient crêperie, with quality ingredients and quick service. Affordable prices.

- **Pizza Bella**

Generous pizzas, available to take away or eat in. Great value for money in its category.

- **Le Café**

Friendly brasserie serving fully homemade food. All-day service, a warm atmosphere, and prices in the average range.

Around the Gulf :

- **Tandoor c'est** - Ste Maxime

Small traditional Indian restaurant. Tasty homemade daily specials at very friendly prices.

- **La Planque** - Ste Maxime

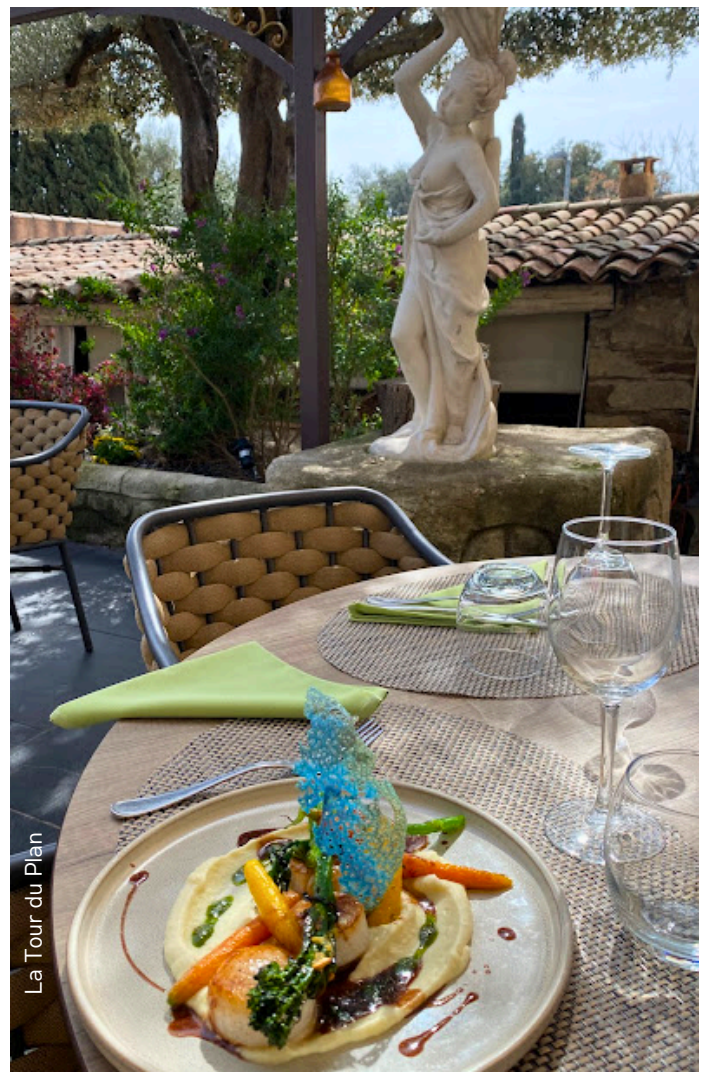
Excellent pizzas with original flavours, carefully prepared. A delicious and affordable spot.

- **Le Golfe Azur** - St Tropez

Traditional, home-style cooking with a wide selection of Provençal specialities. Located by the beach, with a pleasant setting and reasonable prices.

LA VAGUE D'OR

In Saint-Tropez you'll find one of France's most renowned (and priciest) gourmet restaurants. We haven't had the opportunity to dine there ourselves... so we'll refrain from commenting – but the experience is surely unforgettable!



Your stay is coming to an end...

THANK YOU FOR YOUR TRUST

We hope you made the most of your stay and that our home provided the peace and comfort you were looking for.

We sincerely thank you for your visit.

Your feedback and suggestions are truly valuable – they help us improve every little detail to welcome you even better in the future.

It has been a real pleasure to host you.

We would be delighted to welcome you again, should you pass through Le Plan-de-la-Tour in the future.

