

HORAIRES D'OUVERTURE

SAISON JUIN A SEPTEMBRE
LUNDI AU SAMEDI 9H30-12H30 / 14H-18H
DIMANCHES ET JOURS FÉRIES 9H30-12H30
HORS SAISON
MARDI AU SAMEDI 10H-12H / 14H-17H
MANIFESTATIONS 9H30-12H30

OPENING TIME

HIGH SEASON JUNE TO SEPTEMBER
MONDAY TO SATURDAY 9.30-12.30 / 2-6PM
SUNDAY PUBLIC HOLIDAYS 9.30-12.30
LOW SEASON
TUESDAY TO SATURDAY 10-12 / 2-5PM
BIG EVENTS 9.30-12.30

HORARIO DE APERTURA

TEMPORADA JUNIO A SEPTIEMBRE
LUNES A SABADO 9H30-12H30 / 14H-18H
DOMINGOS Y DIAS FESTIVOS 9H30-12H30
FUERA DE TEMPORADA
MARTES A SABADO 10H-12H / 14H-17H
DIA DE EVENTOS 9H30-12H30

OFFNUNGSZEITEN

VON JUNI BIS SEPTEMBER
VON MONTAG BIS SAMSTAG 9.30-12.30 / 14-18
SONN-UND FEIERTAGS 9.30-12.30
AUßERHALB DER SAISON
VON DIENSTAG BIS SAMSTAG 10-12 / 14-17
SONNTAG GROBER VERANSTALTUNGEN
9.30-12.30

11-13 ROUTE BLEUE
13620 CARRY-LE-ROUET
WWW.OTCARRYLEROUET.FR
tourisme@otcarrylerouet.fr
04 42 13 20 36



the creeks of the blue coast



INFOS OFFICE DE TOURISME : 04 42 13 20 36

WWW.OTCARRYLEROUET.FR

tourisme@otcarrylerouet.fr

La Côte Bleue

It is the portion of the Mediterranean coast located west of Marseille (after Estaque), up to the town of Carro. It represents the maritime border of the communes of Rove, of Ensues-la-Redonne, Carry-le-Rouet, Sausset-les-Pins and Martigues. The seaside, overlooked by the Rove massif, is made up of many small inhabited creeks.

The name "Côte Bleue" refers to the color of the water that surrounds the massif. If this coast remains a rare and preserved place, it is because in 1983 it benefited from the creation of a marine park.

It can be visited on foot or by taking the train (line 07). Between Marseille and Martigues, more than 40 km of breathtaking landscapes pass before your eyes!



Calanque de la Vesse

Access: From the Route du Rove: Take the Route de Niolon and go down to the car park by the sea.

Access prohibited to non-resident vehicles in season.

Description: Inhabited creek, located at the foot of the Massif de la Nerthe.

The railway viaduct blends harmoniously into the landscape. To swim you will have the choice between a small beach under the viaduct, another just further with sand and shallow waters, or the seaside on the rocky side. This cove open to the sea will offer you a mineral universe that is both arid and welcoming. It is a mecca for scuba diving on the Blue Coast.

Calanque de Niolon

Access: From the Route du Rove: Take the Route de Niolon and go down to the station car park (located on the right before passing under the viaduct).

From the Calanque de la Vesse: Take the small path and the stairs at the end of the car park which reach the Calanque by the coast in 5 minutes. Access prohibited to non-resident vehicles in season.

Description: Nestled in the hollow of the creek, the port of Niolon is a window on the Mediterranean. Preserved place with a half-sand, half-gravel beach. It is best to arrive early in the morning in season, or early afternoon out of season as places are scarce. Opposite you can admire the Frioul and If islands as well as Notre Dame de la Garde. Range of contrasting colours: deep blue of the sea, light blue of the sky, limestone white of the massifs, green of the pines and the scrubland; you will be charmed by the intimacy and authenticity of the place.

Above the port you will have a magnificent view from a belvedere: a small path leads there but be careful not to approach the edge!

Calanque de Méjean

Access: From the Route du Rove: Go to Ensues-la-Redonne. You must first descend to the Calanque de la Redonne to continue the narrow and winding road that goes to the small

Mejean. Go to the end of the road after the viaduct where the visitor parking lot is located.

From the creek of Niolon: Continue on the coastal footpath to the east. Go past the island of Erevine.

Access prohibited to non-resident vehicles in season.

Description: The calanque of Méjean is divided into two parts: The small and the large Méjean. With its fishing port, its calanque (Figuières), and its walks, Petit Méjean offers a small peaceful corner in the heart of Mediterranean vegetation and sea spray. On the Grand Méjean side, you can access a very pretty cove by taking the small path at the end of the port. It is possible to do many hikes around the creek. A sign at the entrance to the visitor car park gives details. High attendance in high season.

Calanque de la Redonne

Access: From the Route du Rove: Take the road that goes down the Vallon de Graffiane and leads to La Redonne. Park in the car park on the right, up high before descending to the creek. The road down to the port is very steep and the places at the port are worth gold.

Access prohibited to non-resident vehicles in season.

From the Calanque de Méjean: Continue on the coastal footpath.

From Le Rouet: Take the coastal footpath.

Description: The Calanque de la Redonne is made up of the Calanque des Anthénors and the Calanque de l'Escayole. Its small port will immerse you in an environment typical of the Blue Coast, overlooked by the viaduct of the railway line. You can swim in the creeks or at the sandy beach of La Dugue.



Madrague de Gignac

Access: From the Madrague road: Path that starts from the SNCF bridge and goes down to the port.

From Chemin de la Redonne: Path that starts from La Madrague, a little before arriving at the port and

which joins, after a few steps, the road to the Dugue, at the level of the tunnel under the path

of iron. From the impasse des Cigales: Path that leaves de la Madrague, just to the left, after the SNCF bridge and which

ends at the top of the small promontory separating the two creeks.

From the customs paths: From Le Rouet or Niolon. Description: La Madrague de Gignac is one of the oldest Madrague on the Mediterranean coast (La Madrague is a tuna fishing technique). A panoramic view of the two ports of the trap of Gignac and La Redonne is offered to you if you agree to climb a few steps, from a path laid out on the right of the port. You can swim in the port of Madrague. small path at the end of the port. It is possible to do many hikes around the creek. A sign at the entrance to the visitor car park gives details. High attendance in high season.

Calanque de Niolon

Access: From Niolon: Park in the sloping car park at the entrance to the village before the first houses. Follow the road that enters the village. Before passing under the railway bridge, leave the road by a track on the right (barrier).

Follow the track which turns into a path along the railway line.

Descend into a valley on the right, you can see the fort of Niolon on the heights.

At the bottom of the valley, leave the main path and go down a few steps on the left (blue markings) then go up opposite. The path passes under the arch of a railway bridge, then meanders.

Carefully identify the markings and the signs of wear on the rock. Do not take the cave on the right (appealing by the width of the track that goes into it), but enter a natural fault a little below to circumvent a steep valley. Arrived near the rock of Moulon (well recognizable by its rounded and lying shape), go up and climb a little above to find the well marked path which zigzags in the maquis. The path arrives at an area equipped with old anchors. Do not descend directly onto the calanque now clearly visible at the foot of a railway bridge, but take the formerly protected passage which goes up a little. Arrived at the bridge, a steep and rocky path quickly leads to the creek, opposite the island of Erevine. The return is done in reverse.

From the port of Méjean: Go left and pass the bowling alley. After the stairs, take the coastal path which alternates between small hills, flat and stairs. Many small creeks and creeks are to be discovered. After about 1 hour of walking you will see the island of Erevine. The path crosses the railway line and allows you to arrive in front of the island of Erevine.

Description: Steep path and difficult access. Small creek with clear and crystalline waters, opposite the island of Erevine.

Calanque des Eaux-Salées

Access: From Le Rouet: Follow the private road to the left of the car park which runs along the beach then climb towards the Notre Dame du Rouet chapel. Arrived at the top of the climb, leave the road following the path on the left (panel les eaux salées). The path runs along the railway line.

Arriving near the bridge, go down the stairs to reach the creek.

From La Madrague de Gignac: Follow the coastal footpath for about 30 minutes.

Description: The Calanque des Eaux Salées owes its name to its brackish spring. Its clear and limpid waters rub shoulders in harmony with the toothless relief of the Côte Bleue. The medium-sized calanque is wide open to the sea and has a beach made up of large polished pebbles. The Eaux Salées viaduct overlooks this privileged place for diving and sea kayaking. In the distance you will see the rock of Grand Mornas (also called Grande Mona). Continuing your way towards La Redonne, you can access the Calanque du Puy (or Well) which is a narrow, mineral creek, devoid of vegetation. Its original relief is made of pebbles agglomerated with sand.

Calanque du Cap Rousset

Access: From the city center of Carry le Rouet: Go to avenue Gérard Montus by the blue road (direction Le Rouet, 15 minutes walk from the city center). By car, take Route Bleue (direction Le Rouet), and Avenue de la Tasse to reach Avenue Gérard Montus (5 minutes). In summer the creek is very busy and places are expensive (free parking of 32 places + 2 disabled places).

Description: This pretty cove converted into a beach with terraces is located in the heart of the marine reserve. In season, you will be able to discover the underwater trail with mask and snorkel fins, with the Côte Bleue Marine Park (registration at the Tourist Office).

This beach has a lifeguard station in season, and a restaurant "Le Rest'o du Cap", open from April to October. By continuing your way on the small coastal path towards Le Rouet, (via the Barqueroute housing estate), you can access the Calanque des Bouchons which is wilder.

Calanque de la Tuilière

Access: From the city center of Carry: Go to the Maleville quay, continue on the Fernandel beach, and take the stairs that lead to the lighthouse. Continue on the Léopard path to the creeks.

By car, take boulevard des Moulins and avenue Draïo de la Mar. The creeks are on the left.

Description: Located 1 km from the city center and the port, the Calanque de la Tuilière is a small natural creek made up of pebbles. Very close to the beach is a private launch (managed by the Calanquais de la Tuilière), a shower and toilets. Free parking (41 spaces + 3 disabled spaces).

In addition, you will find accommodation and restaurants nearby.

Continuing on the coastal path you will reach the Calanque des Beaumettes.

Sentier des douaniers

East side towards Marseille

Departure: Plage du Rouet - Arrival: Niolon / l'Estaque

Length: About 16 km - Markings: Red and white (GR 51)

Time: About 8 hours there and back - Difficulty: Difficult - Information:

At several points the trail passes through inhabited areas (subdivisions). It is possible to take the TER from the Côte Bleue: Marseille-Miramas, to do part of it by train. The conditions of access to the massifs are regulated, information available at 0811201313.

From Rouet beach: take the chemin des Eaux Salées and climb up towards the Chapelle du Rouet. From there you can admire the harbor of Marseille, and overlook the sea. Go back down and take the path to the Calanque des Eaux Salées. After the creek, take the stairs, cross the housing estate and continue towards the Madrague de Gignac then the port of La Redonne.

From the port of La Redonne: climb up a small path overlooking the sea to the Calanque des Anthénors. The seaside continues to the island of Erevine. The path continues to the gates of Marseille in the Estaque district. Le Rouet / La Redonne - Méjean: About 8 km / La Redonne - Méjean / Niolon: About 8 km



Sentier du Lézard

Departure: Carry-le-Rouet town center

Arrival: Sausset-les-Pins

Length: About 4 km

Marking: Red and white (GR 51)

Time: About 1h30 round trip

Difficulty: Easy

Go to Quai Maleville, cross Fernandel Beach and climb the stairs that lead to the lighthouse. The trail starts here. Along the whole path you will find boards commenting on the fauna and flora as well as numerous benches to admire the view and the harbor of Marseille.

Sentier des douaniers

West side towards Martigues

Departure: Sausset-les-Pins

Arrival: Au Laurons

Length: About 15 km

Marking: Red and white (GR 51)

Time: About 6 hours round trip

Difficulty: Medium

Head towards the lighthouse and the port. Go along the beaches of Sausset-les-Pins. In front of the dykes, go up the street and cross the village on the left. Go down to the port and follow it on the right. Follow the landscaped coastal path (la Corniche). Pass in front of the Grand Vallat beach. Continue straight ahead enjoying the charm of the coast. Go past the beach of the Calanque Bleue. After about 200 meters, the landscaped path disappears. Continue down towards Grand Fossé beach. Here restarts the GR 51; follow him up the hill. The path passes through the scrubland and runs along the Tamaris beach. Back on the road, go down it and arrive at the port of Tamaris. Go along the port and follow the GR on the left. Arrive on the plateau of Sainte Croix. Go past the chapel and discover Sainte-Croix beach. Continue the GR and go down to the second beach, La Saulce beach. Continue the path to Le Laurons via La Couronne, Carro and Bonnieux.

Throughout this walk, you will make amazing discoveries. You will discover the Cap Couronne lighthouse which reigns supreme over the place displaying its colors, or the stone quarries on the coast exploited since the 2nd century BC by the Romans, then later by Louis XIV and Louis XVIII.

Around Carro, you will see old fishermen's houses converted into pretty seaside residences. You will have a breathtaking view of the open sea and the coastline in a mineral atmosphere. The more players can come and kite there by taking advantage of the gusts of wind. The port of Carro offers a discreet charm with the pointus and other boats moored in its clear waters. Do not miss the small Carro museum which traces the history of the villages of La Couronne and Carro.

This trail presents a sample of the riches of our heritage; ideal for families. It is dotted with 42 didactic panels giving information on marine and terrestrial ecology, geology, archaeology, history and human activities. Along the way you will have the opportunity to reach coves or beaches to take a break in this idyllic setting.

Along the route, you can see the only outdoor fossil display in the Bouches-du-Rhône.

A fitness trail over a distance of 1,600 meters between the sea and the pine forest will allow you to do fitness exercises that can be practiced by the whole family.



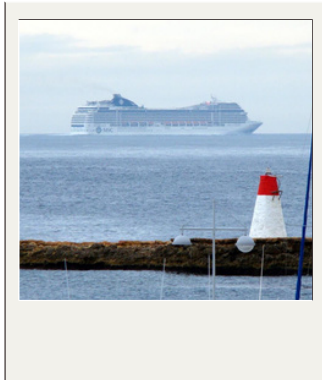
A few tips for walking in peace

- Prepare your circuit before your departure.
- Stay on the marked paths.
- Find out about the travel time and the weather.
- Make sure you have an IGN map of the places.
- Do not overestimate your physical strength.
- Avoid going alone, or let someone know of your trip.
- Bring water, at least 1L/person, a first aid kit, a compass.
- Appropriately bring hiking shoes, warm and rain clothes, hat.

PLEASE NOTE: For your safety and to preserve the forests, access to natural areas is regulated from June to September. Valid for all hiking trails.

Consult the conditions of access to the massifs:

Inquire during the summer period 08 11 20 13 13 (price of a local call) or www.bouches-du-rhone.pref.gouv.fr



Protect and respect the environment and nature

- Respect the regulations in force.
- Do not enter the massifs with vehicles. off roads open to public traffic
- Respect the winegrowers and farmers, do not pick their products
- Know how to live with hunters and others users
- Do not light a fire, do not smoke
- Please leave the sites clean, don't give up no objects, no litter
- Be sure to use the bins present and the beach ashtrays (available at the Tourist Office).
- Take away your rubbish.
- Respect the trees, admire the plants, do not cut them or pick them.
- Do not collect fossils
- Do not barbecue
- Do not ride a motorbike or quad...

The forest, the hill, the creeks are sources of life. These places benefit everyone, but remember that they are fragile.