



The Blue Coast





The Blue Coast refers to part of the Mediterranean coast located to the west of Marseille (after Estaque) until the town of Carro. It is the maritime border of commons of Rove for Ensues-la - Redonne, Carry le Rouet, Sausset -les-Pins and Martigues. The seaside dominated by the massive Rove is leakage is small creeks all many cohabitants. The name " Blue Coast " refers to the color of the water which surrounds the massif. If this remains a rare Cote Place and preserve, it is because it has benefited in 1983 of a creation of a marine park. Between Marseille and Martigues is 40 km landscapes pass before your eyes which since the walks, sea or since The Blue Coast Train, If you have the good idea to visit the sites that way !



The Vesse Creek

Access : From the Rove route: Take the Niolon route and go down until the parking spot on the sea side. Forbiden access to the vehicles from Mai to August, week-ends and holidays.

Description : Habited Creeks, located from The Nerthe Massif. The Viaduc.The railway viaduct blends harmoniously into the landscape. For a swim you can choose between a small beach under the viaduct , another barely further with sand and shallow water, or the rocks beside the sea. This creek open to sea will offer a mineral universe both arid and welcoming. It's a better place for scuba diving on the Blue Coast .



The Niolon Creek

Access : From the Rove route : Take the Niolon route et go down until the train station parking spot (located on the right before the viaduc).

From the Vesse creek : Take the hicking road and the stairs at the parking, which links the coast creek in 5 minutes. Forbiden accessto the vehicles from Mai to August, week-ends end holidays.

Description : Nestled in the cove, port Niolon is a window on the Mediterranean. Location preserved with a mid- plagette sand , half gravel. It is best to arrive early in the morning in season, or early afternoon off season as places are rare. In front you can admire the islands of Frioul and If and Notre Dame de la Garde. Range of contrasting colors : deep blue sea , light blue sky , white limestone massifs, green pines and scrubland ; you tighten charmed by the intimacy and authenticity of the place. Above the harbor you will have a beautiful view from a lookout : a small path leads there but **be careful not to approach the edge!**



The Mejean creek

Access : From the Rove route : Go to Ensuiès-la-Redonne. You will need first to go down to the cove of la Redonne to follow the narrow and winding whiwh goes to the small Méjean. Go down the road after the viaduct where the visitor parking is located.

From the Niolon Creek : Follow the Douaniers Trails (East diretion). Pass through the Elevine Island. Forbiden access to the vehicles from Mai to August, the week-ends and holiday from 9h to 18h.

Description : The Mejean creek is divided in two parts : the big and the small Mejean. With its fishinf port, its cove (Figuières), and its trails, the small Mejean offers un little peacefull place on the heart of the mediterranean vegetation and sea spray. On the Big Mejean side, you can access to a really nice creek if you take the little trail at the end on the port. It is possible to make many trails around the cove. An indicator at the entrance of the visitor parking panel gives details .

High traffic in high season.



The Redonne Creeks

Access : *From the Rove road* : Take the road down the Vallon de Graffiane which leads to the Redonne. Parked on the right side of the parking, height before going down in the cove. The road down to the harbor is very inclined and squares at the port worth gold . Forbidden access (to port) to the vehicles from May to August , week-ends and holidays.

From the Mejean cove : Follow the Douaniers trail.

From the Rouet : Take the Douaniers trail.

Description : The Redonne cove is composed of the Anthénors cove and the Escayole cove. Its little port will leads you in a typical Son petit port vous plongera dans environment to the Blue Coast, overhung the overpass of the railway line . You can swim in the creeks or the sandy beach of Dugue.

The Gignac's Madrague (Redonne city)

Accès : *From the Madrague road*: From the SNCF bridge and which goes down to the port.

From the Redonne trail: Trail from the Madrague road, before to arrived to the port and which joins, after a little walk , on the Dugue road at the tunel level under the railway.

From the « impasse des Cigales » : Trail from the Madrague road, just on the left side, after the SNCF bridge and which ends at the top of the small promontory separating the two creeks.

From the Douanier Trail : *From The Rouet or Niolon*.

Description : The Madrague of Gignac is one of the oldest Madrague of the mediterranean Coast (the Madrague is a technique for tuna fishing). Panoramic views of the two ports of the trap of Gignac and the Redonne offered to you if you agree to climb a few steps from a trail laid out on the right port . You can swim in the harbor of the Madrague.

The Elevine Creek

Access : *From Niolon* : Park on the sloping parking at the entrance of the village before the first houses. Follow the road that enters the village. Before you go under the railway bridge, leave the road by a right track (barrier). Follow the trail that turns into patch along the railway. Down in a valley to the right is Niolon's fort on the heights. Down the valley, leave the main trail and down steps of a staircase on the left (blue signs) and then back in front. The trail passes under the arch of a railway bridge, then winds.

While identifying the signs and traces of wear on the rock. Do not borrow the cave on your right (appearance of endorsement by the with of the track which continues), but be part of a natural fault a little below to bypass a steep valley. Arrived nearby the Moulon's rock (recognizable by its rounded shape and lying), and back up a little above to find well marked path that zigzags through the bush. The trail reaches an area equipped of ancient anchors. Do not go directly to the cove now clearly visible beneath a railway bridge, but to embark on the passage formerly protected that goes back a little. On the bridge, a steep, rocky trail quickly leads to the creek , opposite to the Elevine Island.
The return is in the opposite way.

From Mejean's port: Starting on the left and pass the bowling green. After the staircase take the coastal path that alternates between small climbs, flat stairs. You may discover many small creeks and coves. After about 45 minutes walking you will see the island of Elevine. The trail crosses the railway and allows to arrive at the island Elevine.

Description : Steep path.

Small cove with clear waters, opposite to the Elevine Island.



The Salted Waters Creeks - Puy's cove

Access : From the Rouet : Follow the privated road on the left side of the parking which leads the beach, ands go up to the chapel of Notre Dame du Rouet. Arrived on the top, leave the road by following the trail on the meft side (the salted waters sign). The trail follow the railway. Arriving near the bridge, down the stairs to get to the creek .

From the Madraque of Gignac : Follow the Douaniers trail for 30 minutes.

Description : The Salted Waters creek is named after its brackish source. Its clear and limpid waters coexist in harmony with the toothless relief of the Blue Coast. The medium sized cove is wide open on the wide and has a beach composed of large pebbles. The Salted Waters' Viaduc overlooks this special place to practice diving and sea kayaking. In the distance you will see the rock of Grand Mornas (also called Grande Mona). Continuing your way to Redonne, you can have access the cove du Puy (or Puits), which is a narrow cove, mineral, and devoid of vegetation. Its original topography is made of agglomerated pebbles with sand.

The Douaniers trail (East Cost to Marseille)

Departure : The Rouet Beach **Arrival** : Niolon / l'Estaque **Lenght** : 16 km

Markup : Red and White (GR 51) **Time** : about 6h RT

Difficulties : Medium/Hard **Information** : At some moments the trail pass through habited zones (residences). It is possible to take the Blue Coast TER: Marseille-Miramas, to make a part by train. The access conditions to the massifs are regulated, available information at ☎ 0811201313.

From the Rouet Beach, take the Salted Waters trail and go up to the Chapel of Rouet. From there, you may enjoy the view of Marseille. Go down and take the road until the Salted Waters creek. After the cove, take the stairs, pass through the habited zone and continue to the Madraque of Gignac then the port of la Redonne. From the port of la Redonne, go up to a little trail whichoverlooks the sea until the Anthénors creek. The seaside cotinue until the Elevine Island. The trail continue until the doors of Marseille in the district of l'Estaque.

The Rouet / The Redonne - Méjean : About 8 km

The Redonne - Méjean / Niolon : About 8 km



The Cap Rousset Creek - The Bouchons Creek

Access : *From the city center of Carry le Rouet* : Follow the Gérard Montus Avenue by the Blue road (the Rouet direction, 15 minutes by foot from the city center). By car, take the Blue road (the Rouet direction) and the Tasse Avenue to join the Gérard Montus Avenue (5 minutes). In summer the creek is very popular and places are expensive (free parking spaces 32 + 2 disabled spaces).

Description : This beautiful cove beach fitted in the heart of the marine reserve . Possibility to discover the underwater trail mask fins and snorkel with the Marine Park of the Blue Coast . Season Tuesday, Thursday and Saturday mornings with booking.at ☎ 0683093842.

This beach has a first aid station in season, and an ice cream snack on site " La Buvette du Cap" , open from April to October . Continuing your way to the small coastal path to Rouet (by the subdivision Barqueroute) , you can access the cove plugs .



The Tuilière Creek - The Beaumettes Creek

Access : *From the city center of Carry* : Go to the Maleville dock, continue on the Lézard trail on the Fernandel beach, and take the stairs which leads to the lighthouse. Continue on the Lézard trail to the creek.

By car take the Moulins Boulevard and Draïo de la Mar Avenue. The coves are on your left side.

Description : Situated at 1 km from the city center and from the port, the Tuilière creek is a small creek with rocks. Nearby the beach you may find the Tout proche de la plage se trouve up-to- private water (managed by the Calanquais of the Tuilière), shower and toilets. Free parking (41 seats + 3 disabled spaces). In addition, you will find accommodation and food nearby. If you continue on this road you will have access to the Beaumettes Creeks.

The Lézard Trail

Departure : City center of Carry-le-Rouet

Arrival : Sausset-les-Pins

Lenght : About 4 km

Markup : Red and White (GR 51)

Time : About 1h30 RT

Difficulties : Easy

Go to Maleville dock, cross the Fernandel beach and the stairs which leads to the lighthouse. The trails begins from here. All along the trail you will find signs which will explain you all about Fauna and Flora as many bench to enjoy the view of Marseille.



The Douaniers Trail (West Coast to Martigues)

Departure : Sausset-les-Pins

Arrival : To Laurons

Lenght : About 15 km

Markup : Red and White (GR 51)

Time : About 6h RT

Difficulties : Easy

Take the direction to the lighthouse and the port. Follow the beaches of Sausset-les-Pins. In front of the dams, go up the street and cross the village on the left. Down to the harbor and follow it to the right. Follow the path laid coastline (Corniche). Go past the beach of Grand Vallat. Continue straight enjoying the charm of the Coast. Go past the blue cove beach. After about 200 meters, the path laid disappears. Continue down towards the beach at Great Divide. Here restarts the GR 51; keep up the hill. The trail passes through the scrubland and along the beach of Tamaris. Back on the road, the descend and arrive on port des Tamaris. Along the harbor and follow the GR on the left. Arrived on the Sainte-Croix's plateau. Go past the chapel and see the beach of St. Croix. Continue GR and down on the second beach, the beach of the Saulce . Continue the path until Laurons through the Couronne, Carro and Bonnieux .

The Douaniers Trail (West Coast to Martigues)

All along this trail, you will discover amazing things. You will discover the Cap Couronne's lighthouse which reigns at the scene showing off its colors , or stone quarries operated from the coast since the second century BC by the Romans and later by Louis XIV and Louis XVIII. Around Carro , you will see old fishermen's houses converted into pretty seaside residences. You will have great views of the wide and coastline in a mineral atmosphere.

The kites players can come and taking advantage of wind gusts. The port of Carro offers a discreet charm with sharp and other boats docked in clear waters. This trail presents a rich panel of our heritage; ideal for families. It is marked by 42 educational boards providing information on the marine and terrestrial ecology, geology, archeology, history and human activities. All along the road you will have the opportunity to join the coves and beaches to take a break in this idyllic setting. On the course you can see the unique display at outdoor fossils of Bouches-du-Rhône .

A fitness trail for a distance of 1600 meters between the sea and pine forest will allow you to do fitness exercises passable by all the family.



Some tips for a walk in peace

Prepare your circuit before your departure.

- Stay on the marked trails.
- Find out about travel time and weather.
- Make sure to have an IGN map of places.
- Do not overvalue your physical strengths.
- Avoid leaving alone, or prevent some of your journey.
- Bring water, at least 1L / person, a pharmacy kit, a compass.
- Equip yourself properly with hiking shoes, warm clothes and rain, hat.

ATTENTION: For your safety and the preservation of the forest massifs, access to natural areas is regulated from June to September. Valid for all hiking trails (off Lizard trail).

Consult the conditions of access to the massifs:

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



Let's protect and respect the environment and nature

- Respect the regulations in force.
- Do not enter the mountains with vehicles. outside roads open to public traffic - Respect winemakers and farmers, do not pick their produce
- Know how to cohabit with hunters and others users
- Do not light a fire, do not smoke
- Please leave the sites clean, do not give up no objects, no rubbish
- Be sure to use the garbage cans and beach ashtrays (available at the Tourist Office).
- Win your trash.
- Respect the trees, admire the plants, do not cut them do not pick them.
- Do not pick up fossils
- Do not make barbecues
- Do not ride on motorbikes or quads ...

The forest, the hill, the creeks are sources of life. These places benefit everyone but do not forget that they are fragile.





11-13 Route Bleue 13620 Carry-le-Rouet
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 Coordonnées GPS : 43.330808, 5.153748
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Horaires d'ouverture :



En saison (de juin à septembre) :

Lundi au samedi: 9h30-12h30 / 14h-18h
 Dimanches et jours fériés : 9h30-12h30

Hors saison :

Mardi au samedi : 10h-12h / 14h-17h
 Dimanches de grandes manifestations :
 9h30-12h30

Horario de apertura :



Temporada (De junio a septiembre)

Lunes a sábado: 9h30-12h30 / 14h-18h
 Domingo y días festivos : 9h30-12h30

Fuera de temporada :

Martes a sábado : 10h-12h / 14h-17h
 Domingo en las grandes
 manifestaciones: 9h30-12h30

Opening time :



High season (June/September) :

Monday to Saturday : 9.30am-
 12.30pm 2pm - 6pm
 Sunday and public holidays : 9.30am
 - 12.30pm

Low season : Tuesdays to Saturday:
 10 am - 12pm / 2 pm - 5 pm -
 Sunday of big
 events: 9.30 am - 12.30 pm

Öffnungszeiten :



(Von Juni bis September):

Von Montag bis Samstag: 9.30 - 12.30 /
 14.00 - 18.00 Uhr. Sonn- und Feiertags :
 9.30-12.30 Uhr.

Außerhalb der Saison :

Von Dienstag bis Samstag: 10.00 - 12.00 /
 14.00 - 17.00 Uhr. Sonntags Großer Ve-
 ranstaltungen: 9.30 -12.30

