

Season

Every day of the year except in summer time (from end of June to middle of September) when the paths in the Calanques are off limits due to the high risks of fire

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!



Difficulty: grade 4

You walk more than 6 hours on rocky paths the second day and 8 hours the third one. Up and down slopes are very steep and some sections could be difficult. Total altitude gain per day could be over 1,000 m. It's quite challenging and you must have a high level of fitness.

Itinerary

5-day and 4-night self-guided walking holidays

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 MORGIU – 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.

Access to and from

Outward journey

By train : TGV or fast trains between Marseille and main French towns

By car : Marseille is on A7 motorway

By Plane International airport at Marseille

Where to park : Numerous pay supervised car parks at Marseille

Inward journey from Cassis

By train : train or bus or taxi to reach Marseille rail station

Accommodation

4 nights with accommodation in 2-star hotels on Lodging and breakfast basis

Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey.

Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.

Included

- o Twin share accommodation with private facilities
- o Baggage transfer between hotels (except for STD option)
- o Route notes and maps
- o Emergency phone number (8:00am to 7:00pm every day)

Not included

- o Visa fees, transportation fees to and from the walk area
- o Insurance (strongly recommended on all trips)
- o Transfers except those mentioned above
- o Drinks
- o Dinner and Additional meals
- o Spending of personal nature e.g. laundry, souvenirs, phone ...



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