

MUST-SEE PLACES IN THE VAR

Between mythical beaches, grandiose landscapes and historical monuments, the Var is full of sites to visit.

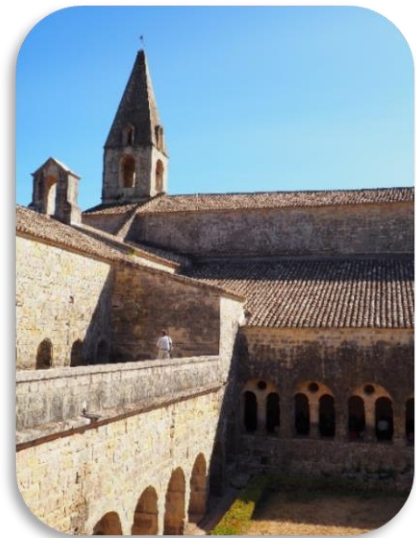
A holiday at Domaine des Naiades is the perfect time to discover these treasures!

Visit monasteries to refresh yourself, kayak in the Gorges du Verdon, snorkelling (mask, palm snorkel) in the Port-Cros national park, hiking along the coast of Port-Cros, hiking along the coastal path to Cap Taillat, road trip along the breathtaking road between the sea and the Esterel massif... You have the choice!

THORONET ABBEY

The "wonder" of Cistercian Cistercian abbeys. Built between 1160 and 1230, the abbey of Thoronet is, with Silvacane and Sénanque, one of the three Cistercian abbeys of Provence. A masterpiece in danger after the Revolution, its restoration began in 1841. This beautiful example of Romanesque architecture impresses by its pure lines. The building was designed according to the Cistercian rule: it was to bring together water, a mill, workshops and a garden.

<http://www.le-thoronet.fr>



CHARTREUSE DE LA VERNE

Founded in the 12th century, the monastery of La Verne called "La Chartreuse de la Verne" is nestled in the heart of the Maures massif, in a grandiose solitude, in the middle of a forest of cork, oaks and chestnut trees. It is enthroned like a jewel splashed with by the golden rays of the sun.

<https://bethleem.org/monasteres/laverne.php>



THE VERDON GORGE AND THE LAKE OF STE CROIX

A unique site in France, the Parc Naturel Région du Verdon offers fantastic landscapes and a host of activities. The Verdon has carved out the largest canyon in Europe, in the middle of cliffs 250 to 700 metres high. 14 kilometres await the hiker on the Blanc-Martel trail. It is possible to practice canyoning and rafting in the upper part of the gorges (towards Castellane), and canoeing between the lakes Esparron and Quinson. At the mouth of the canyon, the Verdon flows into the Sainte-Croix lake, the third largest lake in France. Beaches and turquoise and waters are waiting for you. To ensure your peace and quiet, only electrical boats are allowed.

NATIONAL PARK OF PORQUEROLLES AND THE PORT-CROS AND LEVANT ISLANDS

Jewels of the Mediterranean, they offer the visitor a little piece of paradise. Each with its own character, they are sure to enchant you. Family walks, large sandy beaches, wild sandy beaches, wild hikes, small creeks... Porquerolles, Port-Cros and Le Levant offer exceptional landscapes.



THE ESTEREL MASSIF

With its red porphyry rocks, the Estérel massif is unlike any other. Located between Saint-Raphaël (83) and Mandelieu (06), the landscapes are grandiose: gorges, cliffs and jagged ridges follow one another in striking contrasts. Standing out against the azure blue sky, it majestically dominates the Mediterranean, certainly to better plunge into its marine blue waters. The most spectacular part of the coast is the peak of Cap Roux, where the rock slopes down into the sea from the top of its 452 m.

THE PENINSULA OF ST TROPEZ

The coastal path from the Canoubiers beach in Saint Tropez, passing by the beach of the Salines, the beach of Pampelonne, the Cap Camarat, the beach of Escalet, the Cape Taillat, Cape Lardier and all the way to Gigaro beach in La Croix Valmer. The 3 Capes have been protected areas for several decades. Lardier, Taillat and Camarat are the guardians of the Saint-Tropez peninsula. Overlooking the bay of Cap Camarat and its lighthouse watch over the mythical and magnificent beach of Pampelonne. From the lighthouse, an exceptional panorama spreads out, with magnificent landscapes of vibrant colours.

