




THE CALANQUES OF MARSEILLE AND CASSIS

Getaway to the Mediterranean coast




Four days of exploration in the heart of the Calanques National Park, between Marseille and Cassis, to discover spectacular Mediterranean landscapes. From the Frioul Islands to the majestic En-Vau cove, via the vertiginous cliffs of Cap Canaille and the coves of Sugiton, each day offers breathtaking views of the sea, bays, and surrounding hills. Hiking, swimming, and exploring iconic sites follow one another for an intense weekend surrounded by wild nature, turquoise sea, and limestone cliffs.

 4 Days

 Guided / with a guide

 With or without luggage transportation

 Accommodation : Comfortable Lodge

 Level : **

 From : 695€

You will like

- Spectacular panoramic views of the Mediterranean Sea and the bays of Cassis and La Ciotat.
- Wild hikes on the Frioul Islands and in the Calanques National Park, between ridges and balcony trails.
- Swimming in crystal-clear turquoise waters, particularly at Sugiton and En-Vau.
- Cultural and historical discoveries, including the Château d'If, fishermen's huts, Marseille, and Cassis.
- An authentic and friendly stay with accommodation in a gîte that encourages meeting and interacting with others.

The route

Day 1

Meeting at 11.00 am at Marseille Saint-Charles train station.

THE FRIOUL ISLANDS

A short walk through the city takes you to Marseille's Old Port, where you can board a shuttle to the Frioul Islands, just off the coast of Marseille. The crossing takes you past the Château d'If, made famous by The Count of Monte Cristo. A hike lasting a few hours on the islands of Pomègues and Ratonneau then immerses you in a wild, rocky landscape facing Marseille. Return by shuttle to the Old Port, then transfer by bus to Cassis to reach your accommodation.

Night in a gîte, in a shared room.

3.5 hours walk / Elevation: +/- 300 m / 12 km

Day 2

THE CAP CANAILLE CLIFFS

An early morning bus ride takes you to La Ciotat, the starting point for the stage, which is then covered on foot to Cassis. The route quickly joins the Route des Crêtes and runs alongside the iconic Soubeyrannes cliffs, among the highest sea cliffs in Europe. Rising to nearly 400 meters, they offer spectacular views of the bays of La Ciotat and Cassis, Cap Sicié, the sea horizon, and the surrounding mountains: the Calanques massif, Sainte-Baume, and, on a clear day, Sainte-Victoire in the distance. Little by little, the silhouette of Cassis comes into view. The Cap Canaille trail levels out, giving way to the descent to the town, birthplace of the Lumière brothers and cinema.

Overnight stay in a shared room in a gîte.

4.5 hours walk / Elevation: +/- 570 m / 13 km

Day 3

COL DE LA GINESTE - CASSIS

This morning, a short transfer takes us to Col de la Gineste, famous for hosting the annual Marseille-Cassis half marathon. The route begins at the foot of Mont Puget, the highest point in the Calanques, and follows a ridge overlooking the national park. The panorama is spectacular, revealing the mineral power of the limestone cliffs and the wild beauty of the coastline. The main destination is the Calanque d'En-Vau, impressive with its steep walls and crystal-clear water.

Depending on the weather, a short visit to its pebble beach is possible, otherwise the view alone is enough to capture its majesty. The GR then follows the coastline, passing by the Fontasse lodge, before descending to Cassis.

Overnight stay in a lodge, in a shared room.

5 hours walk / Elevation: + 590 m ; - 920 m / 12 km

Day 4

THE CALANQUES OF MARSEILLE

Early morning departure by taxi to Luminy, gateway to the Calanques National Park. The day begins with a ridge walk offering spectacular views of Sormiou and Morgiou, before descending to the picturesque port of Morgiou. The balcony trail runs along the Mediterranean to the Sugiton calanques, where you can take a dip. Return to Luminy by bus, drop off your luggage at the station, and enjoy a final convivial break to round off your weekend in Marseille.

4 hours walk / Elevation: +/- 530 m / 11 km

The trip

LEVEL **

Elevation: +/- 400 to 700m approximately per day.

Walking time: 3 to 5 hours per day depending on the group.

Type of trek: this tour is not technically difficult.

According to the group's fitness level, some higher level variations are possible.

The tour with one hotel only allows you to have rest day during the week at any point.

GUIDING

Number in a group between 6 and 14 people guided by a qualified professional mountain leader.

The mountain guide leader may have to modify the programme to adapt it to the level of the participants and/or the natural conditions. As a last resort, he is the sole decision-maker.

To thank your guide, it is usual to tip him at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

TRANSFER DURING THE HIKE

The agency offers daily transfers to the hikes by minibus as part of the mobility package (€60 extra). If you do not choose this option, you will need to use your own car for the entire journey.

ACCOMMODATION

6 nights in a 3-star hotel in twin/double bedroom. Single supplement: 160€ for the week (depending on availability).

Located 500m from the centre of Morzine, this hotel offers all the comfort for a week of sports and relaxation: a large living room with warming wood fire, spa with sauna, jacuzzi, indoor heated pool and a cosy bar. The hotel is also a food lovers heaven with a large menu of local dishes.

The village centre is within easy walking distance with a large selection of shops and an outdoor ice-rink. Weekly cultural events include: a visit to the sawmills in Morzine old town, the slatamines or the local cheese makers producing tomme, reblochon and abondance. Morzine also offers a lively après-ski nightlife with wine bars, pubs, open air djs, clubs....

MEALS

Breakfast and dinner are taken at the hotel. For lunch, your guide will prepare picnics, generally with salad and regional products. **Please specify any allergies or dietary requirements when booking.** We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra products for your own picnics.

MAPS

IGN Top 25 - 3245 ET Aubagne La Ciotat

IGN Top 25 - 3145 ET Marseille

Practical information

ACCESS TO THE STARTING POINT

Meet at 10:30 a.m. at the Marseille Saint-Charles SNCF train station.

BY TRAIN

Paris - Lyon - Marseille

BY CAR

Marseille Saint-Charles, free parking near the train station or meet directly at the accommodation at the start of day 1 and transfer to the meeting point at Marseille Saint-Charles train station with your mountain guide.

The hike ends on Saturday around 3 p.m. at Marseille Saint-Charles train station.

SUPERVISION

Number of participants between 6 and 14 people supervised by a qualified professional (mountain guide).

The mountain guide may modify the program to adapt it to the level of the participants and/or natural conditions. He/she remains the sole decision-maker in the final instance.

As a token of appreciation, it is customary to tip your guide at the end of your hike, depending on your satisfaction. This is not mandatory but is greatly appreciated.

TRANSFER DURING THE HIKE

Each day, transfers to the hikes will be by bus, taxi, or sea shuttle.

ACCOMMODATION

3 nights in comfortable shared rooms.

Located 500 m from the center of Cassis, the lodge chosen for this trip welcomes you to a beautiful 1930s villa with views of the sea and Cap Canaille. The lodge is a 5-minute walk from the small port of Cassis and the beach, and a 20-minute walk from the Calanques National Park (access via the Calanque de Port Miou). There is also a swimming pool for those who, after a day of hiking, don't have the energy to go to the beach.

MEALS

Breakfast is served at the lodge and dinner is served at a restaurant in the center of Cassis or at the lodge. For lunch, your guide will prepare picnics, usually consisting of a salad and regional products. Please let us know about any allergies or dietary requirements when you book.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring a few extra items for your own picnics.

Dates & prices

THE PRICE

The price includes:

- Supervision by a qualified mountain leader;
- Full board accommodation and snacks, from dinner on day 1 to lunch on day 4;
- Local transfers by taxi and bus during the trip;
- Organisational costs and tourist taxes;

Does not include:

- Cancellation insurance;
- Personal expenses (drinks, etc.);
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts
- Swimming suit
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSPORTATION

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported on the first day from Marseille to your accommodation in Cassis.

HOW TO REGISTER

- Online: www.altitude-montblanc.com
- By telephone: +33 (0)4 50 79 09 16
- By post: please provide your contact details
 - Surname, First Name, date of birth
 - Address
 - Email
 - Telephone
 - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE