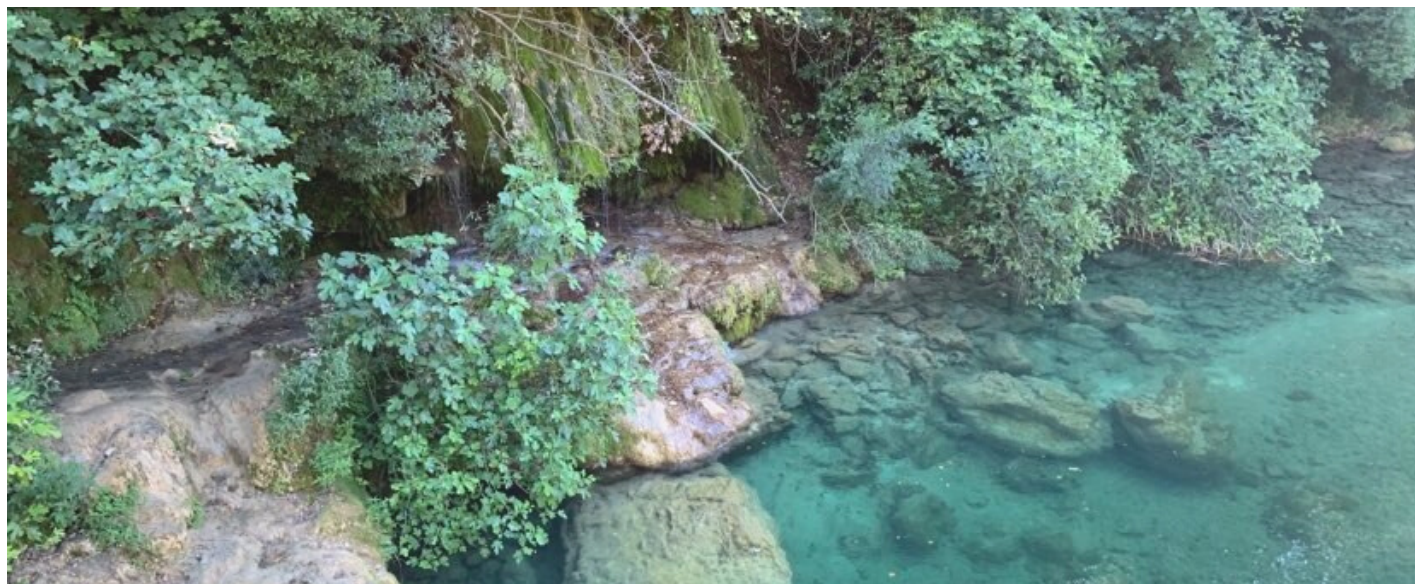


HIKING THE TUVES BRIDGE



DURATION : 2 HOURS 30

LEVEL : MEDIUM

DISTANCE : 6 KMS

DROP : 250 METERS

You are in the Gorges de la Haute-Siagne, the natural boundary between the Var and the Alpes-Maritimes. This site is fully protected and certified Natura 2000.

Access: From the village, take the direction of the Défens municipal stadium, chemin du stade. At the very end, park your car near the stadium.

Departure point: To the left of the stadium and the changing rooms, path in the extension of the road, behind the forest barrier.

Itinerary:

- Head towards the track which extends the road to the cistern
- Take the path to the right, behind the cistern
- Walk down the path on a slope (quite steeply) to arrive on a rather wide track
- Then turn left and let yourself be guided by a downhill path.
- You will pass in front of an old ruined mill and a small cave
- You will arrive on the Pont des Tuves. At the end of the bridge, you will have the pleasure of admiring a pretty little waterfall. This waterfall is the starting point of a path leading to Saint-Cézaire.
- To come back, take the same way.

CAREFUL It is a sharp descent. No phone network in the Gorges. To preserve the beauty of this site and its fragile environments, please do not leave anything in your path, do not pick flowers or plants, do not make a fire, do not camp, keep animals on a leash ... etc.