

PORT

Fréjus

*a port of call at the heart
of French Riviera*

2024 - 2028



FRÉJUS
CÔTE D'AZUR

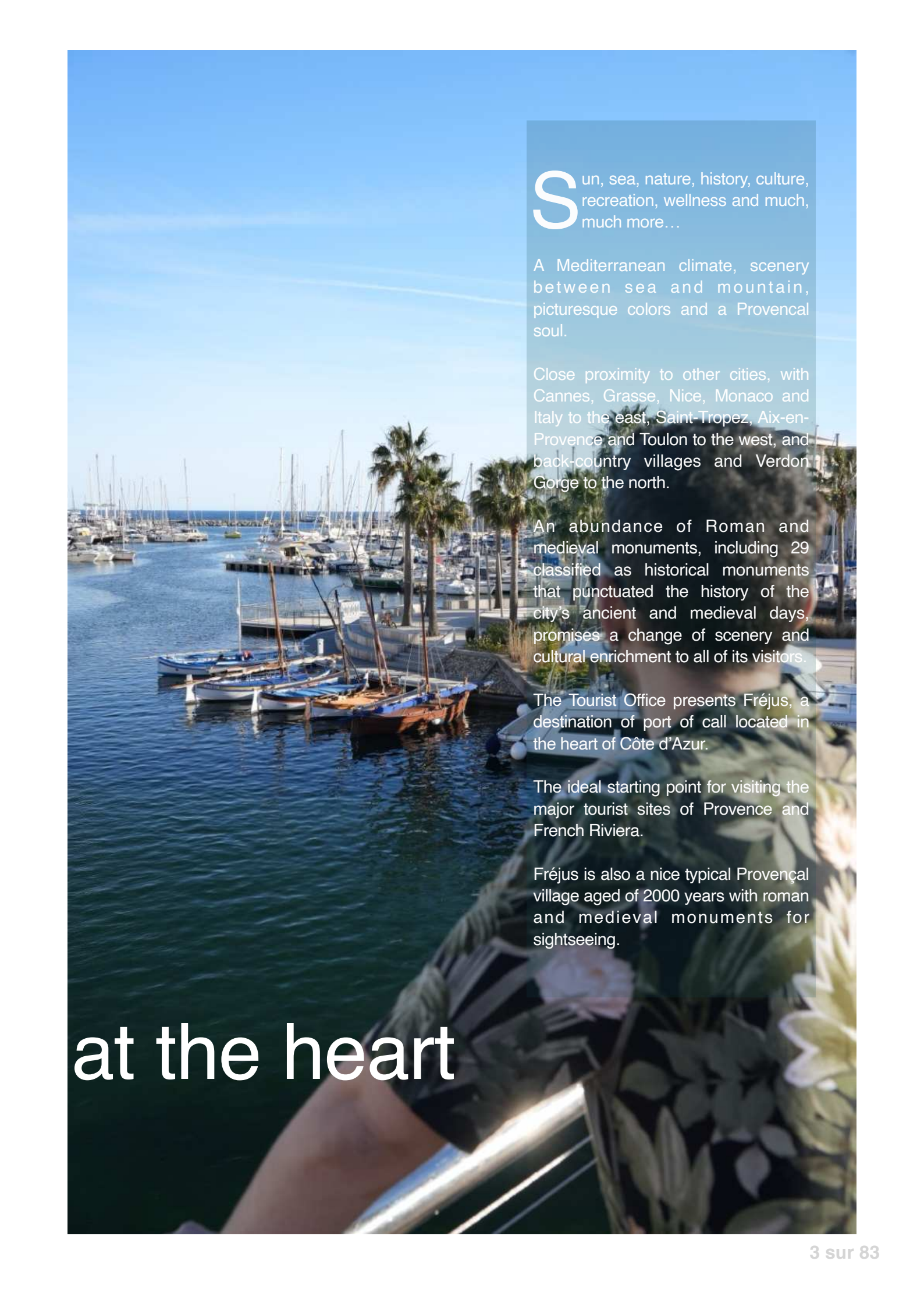
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This document is a guide, a Fréjus calling card for ship-owners, companies and port agents. It introduces Fréjus and its port named Port-Fréjus, and provides all the essential information to plan a stopover or a visit to the destination.

Our only aim in providing this information is to make their work easier and to share with them, for their passengers, all that we love about Fréjus.

The information provided is for guidance only and has no contractual value. It forms the basis of a visit program that our teams will be delighted to draw up with you and for you



Sun, sea, nature, history, culture, recreation, wellness and much, much more...

A Mediterranean climate, scenery between sea and mountain, picturesque colors and a Provençal soul.

Close proximity to other cities, with Cannes, Grasse, Nice, Monaco and Italy to the east, Saint-Tropez, Aix-en-Provence and Toulon to the west, and back-country villages and Verdon Gorge to the north.

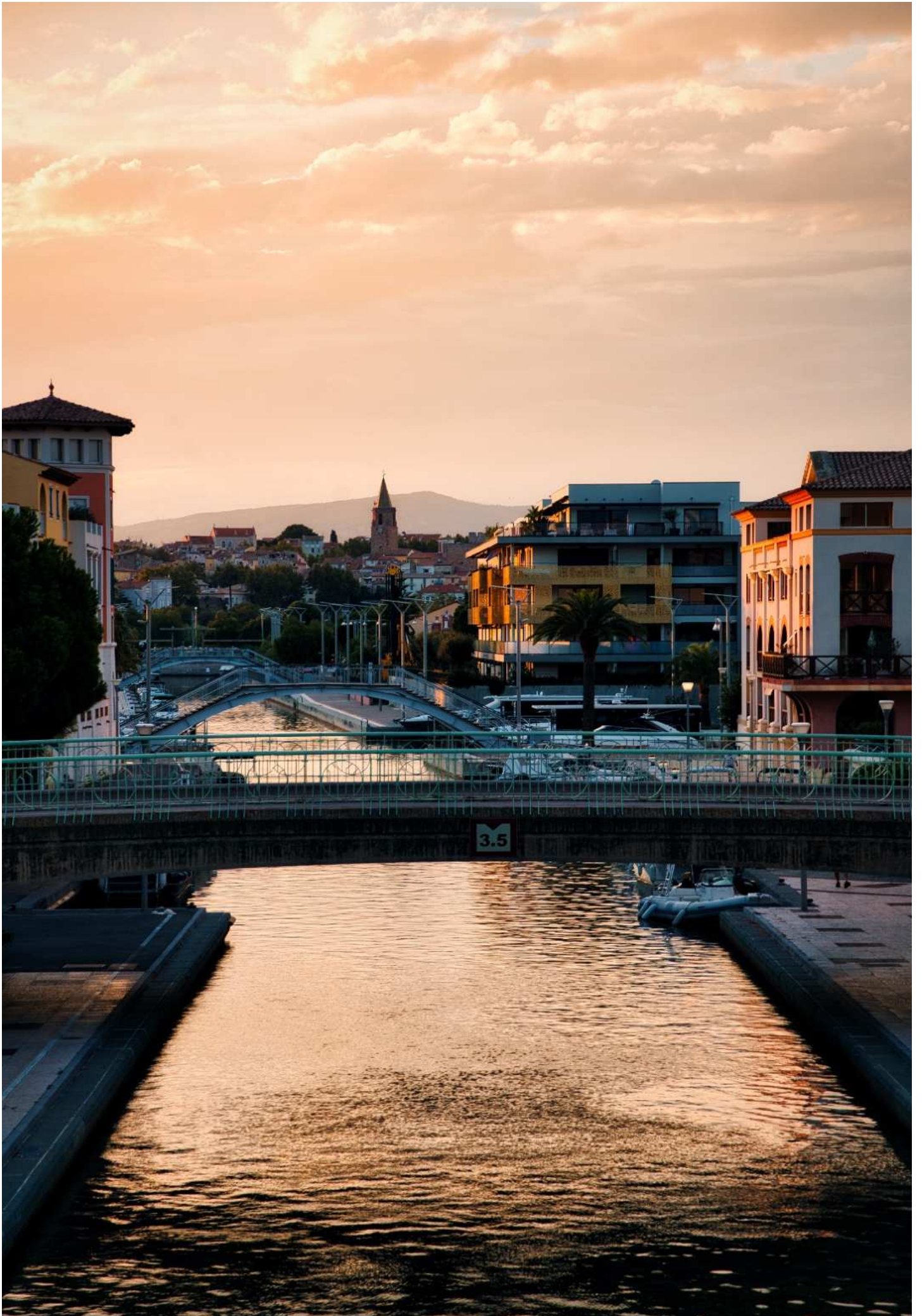
An abundance of Roman and medieval monuments, including 29 classified as historical monuments that punctuated the history of the city's ancient and medieval days, promises a change of scenery and cultural enrichment to all of its visitors.

The Tourist Office presents Fréjus, a destination of port of call located in the heart of Côte d'Azur.

The ideal starting point for visiting the major tourist sites of Provence and French Riviera.

Fréjus is also a nice typical Provençal village aged of 2000 years with roman and medieval monuments for sightseeing.

at the heart



Fréjus

Embarking on a luxury cruise ship is a promise of distant horizons, rich and varied cultures, and unforgettable discoveries.

Each wave is an invitation to escape, and each port of call, a window open to the world.

Scan me to see more.



Forum Julii is the name that the Romans gave to the city of Fréjus, founded some 2,000 years ago by Julius Caesar, when they made it into one of the largest military ports on the Mediterranean. Even bigger than the one in Massilia (Marseille), and also more active, livelier and prouder than its neighbors, the port would forever mark the history of Fréjus.

Forum Julii was one of the Roman fleet's largest naval bases between the Augustan Age and the end of the 2nd century AD, created to protect the coastline from the Gauls.

The port's development really took off after the Battle of Actium in 31 BC, at which Octavian emerged victorious, when all or part of Cleopatra's and Antony's military fleet was transferred to Fréjus.

Forum Julii and the sea, the roman spirit

Despite the weather and its ravages, and despite its silting and abandonment, the ancient port remained on people's minds, as if it were only awaiting the time when it would return their shared destiny – the

sea – to the city and its inhabitants.

Fréjus was nicknamed “the Provençal Pompeii” for its outstanding ancient heritage by historian Camille Julian, born in Marseille in 1859 and author of a monumental work on the history of Gaul, published between 1907 and 1928, in the first scientific work on the subject.

Nowadays, Forum Julii is the best-preserved and best-known Roman port, with its remains including a wharf, fish tank, baths, maritime prefecture and the monumental finery of the Lantern of Augustus.

Fréjus is a town whose past began more than 2,000 years back, forming a rich heritage that has left its mark on the area. Since the 9th century, travellers have been admiring the monumental grandeur of the first Roman and then episcopal town, visible in its scenery. Victor Hugo glorified its romantic ruins in his travel diaries, and Prosper Mérimée added the amphitheatre ruins to his first list of Historic Monuments in 1840, in recognition of this extraordinary legacy.

The archaeological digs conducted in the area over the past two centuries are also proof of the town's importance to researchers. Nowadays, Fréjus has its own team of archaeologists and certified archaeological specialists, who tirelessly monitor its urban transformation and carry out preventive digs to uncover the town of yesteryear. One of the most noteworthy recent discoveries was a series of amazingly well-preserved Roman fishponds that were found on Rue Aristide Briand in 2009. After the dig, a process of protection and promotion was undertaken to make the fishponds visible to the public today, as part of an underground archaeological complex.

All this archaeological activity makes Fréjus, formerly known as Forum Julii, one of the most studied and best known towns of Roman Gaul, and the one whose Roman legacy is the most visible. Some of its monuments are truly unique, serving as points of reference for researchers, like on the Roman platform and Saint-Antoine Hill, as well as the fantastically well-preserved port.

A town is a thing in perpetual motion. And Fréjus, which is neither frozen in its past nor indifferent to its future, has made the choice to promote its history through town planning that is always changing and evolving. For example, that's how the Roman Platform Park and the promenade along Saint-Antoine Hill came into being.

More projects are on the horizon, like enhancements to the visitor experience at the Roman port, which serves as the link between the old town centre and the new Port Fréjus.

IN FRÉJUS, archeology keeps our history alive and present



Pierre EXCOFFON,
Archéologue,
Directeur de l'Archéologie et
du Patrimoine de la Ville de Fréjus



PORT
FRÉJUS



Port Fréjus, yesterday, today and tomorrow

PORT-FRÉJUS, full blown place of life

Today, Port-Fréjus is one of the main marinas of the Mediterranean coastline, with an area of 7.2 hectares, 900 boat rings up to 40 meters... and its sweetness of life. It is also a real full blown neighborhood, with its housing, shops, restaurants and entertainment during the summer.

Since its creation, Port-Fréjus has been strongly committed to protecting the environment. Some 50 fish nurseries are located under the docks, and its policy for the preservation of marine biodiversity has payed, pays and continues to pay off:

Since 1993: the port is labeled "Blue Flag"
2011: Port-Fréjus is certified «Clean Ports»
2018: «Ports Clean biodiversity assets»
2019 and 2022: Innovation Award environmental section by France Station Nautique
2021: Circular Port 2021 winner, call for innovative ideas

And tomorrow ?

In the continuity of the construction of the Promenade des Bains connecting Saint-Raphaël to Fréjus, Port-Fréjus will transform itself in the next ten years in order to adapt to the image of its customers and the evolution of the destination.

The customer service will be privileged as well as the economic development linked to the sea, thanks to the optimized management of the infrastructures. Natural areas will continue to be protected as water and electricity counters will be upgraded. For communication, interactive totems will soon be installed around the port to limit the use of paper.

Finally, Port-Fréjus will create a boat washing centre with recycled water to save this precious resource that freshwater became.

Work will begin this year.

Glenn FAUCHON
Director

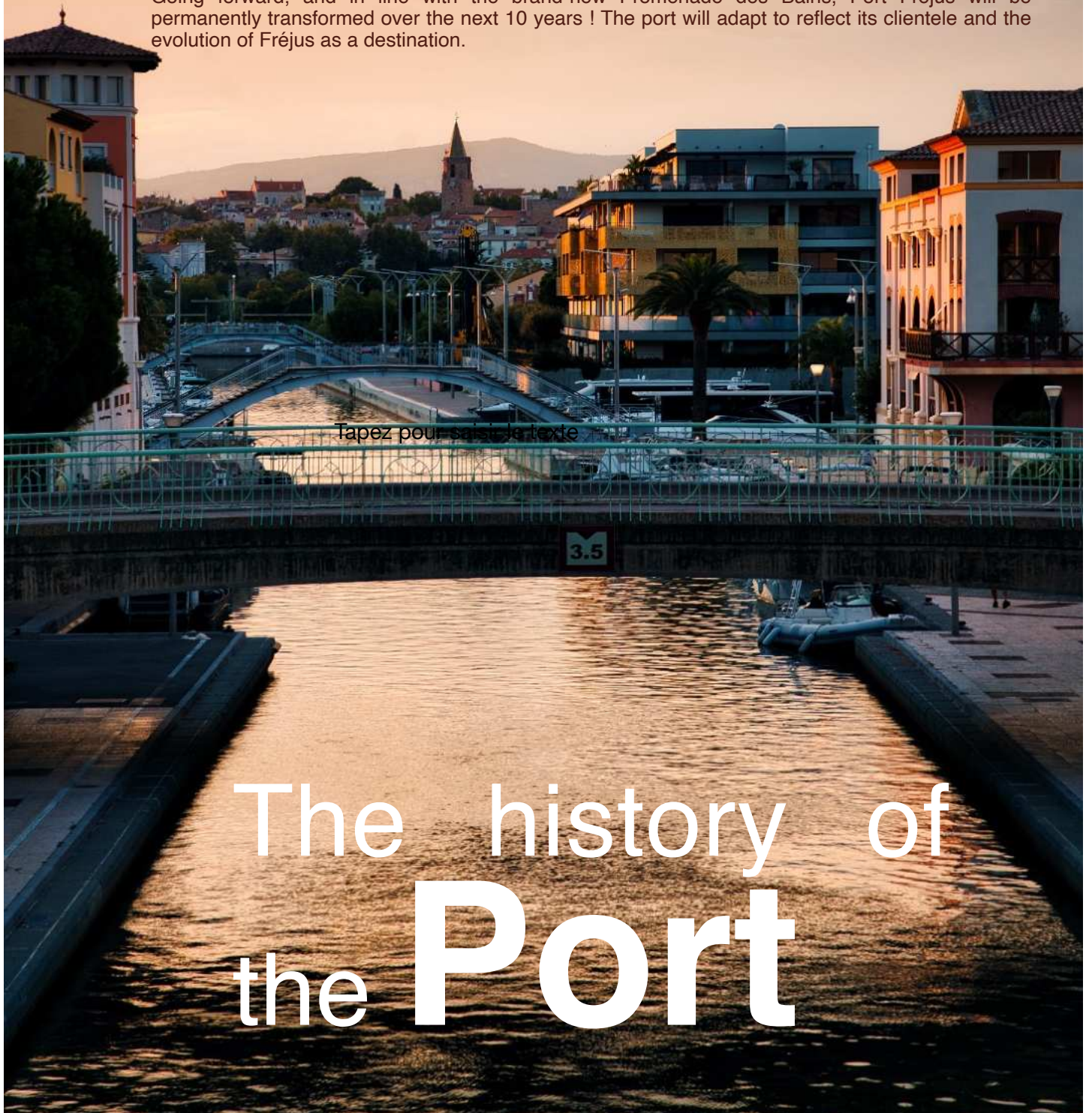
Fréjus wouldn't be what it is and wouldn't exist at all without its port ! Originally built by the Roman Legion under Caesar and Augustus to serve as a naval military and merchant base, its founding purpose was to make Forum Julii (now Fréjus) a port town oriented towards the Mediterranean.

Although the fleet of Augustus, who defeated Cleopatra and Marc Antony, never made its way to the Gulf of Fréjus, its port still holds secrets and distinctive features unlike anywhere else in the world !

Port Fréjus is one of the main marinas on the Mediterranean coastline. Spanning 72,000 m² with 900 mooring rings and a legendary laid-back lifestyle, thousands of boats dock here each year, including yachts more than 40 metres in length.

The port is Blue Flag and Clean Port certified, and it even won an award for nautical environmental innovation in 2019 and 2022.

Going forward, and in line with the brand-new Promenade des Bains, Port Fréjus will be permanently transformed over the next 10 years ! The port will adapt to reflect its clientele and the evolution of Fréjus as a destination.



Tapez pour saisir le texte

The history of the **Port**

Rediscovered marine tradition

François Léotard, Fréjus city mayor, opens Port-Fréjus on the 12th July 1989. Thanks to its creation, the town gets its naval vocation back, which is the reason why it did so well through the Roman time.

In creating Port-Fréjus, the local council wants also to convert and make the coastline more beautiful : tourists loves Fréjus-Plage, looking for a family and peaceful seaside resort.

The Port-Fréjus marina brings the sea and the town centre together, thanks to a urban link marked out by cultural and leisure activities, by shops and restaurants.

The marina construction permitted to quickly reach these goals, and to give it its own identity.

Yesterday roman harbour

Two thousands years ago, the Roman people called Fréjus « Forum Julii ». It is one of the most important Mediterranean harbours : bigger, more animated, more full of life than Marseille (Massilia). Fréjus fights the devastating time effects : during the Middle Ages, Fréjus picks up again after getting stuck in the sand and keeps prospering thanks to the trade.

The ancient harbour kept the ruins of its hours of glory : they are still proudly up in the town.

Today european marina

For more than ten years, a team of passionate men and women are working relentlessly to build Port-Fréjus. The inauguration rewards them for their efforts, and the results are stunning : a 7,2 hectares surface area, a opening 65 meters large, a breakwater 220 meters long...

Today, Port-Fréjus has 849 mooring rings for ships of 40 meters maximum : it is still one of the principal marinas on the Mediterranean coastline.

Even the marina conception makes it different of the others : Port-Frejus is not only a beautiful marina, but a real neighbourhood thanks to its three thousands houses, shops and its own events.

Port Fréjus II the canal

In order to build this extension, the town of Fréjus worked with experts (jurists, technicians, chartered accountants, urban planners and architects).The neighbourhood is organized around a navigable channel, dug in the bell tower of the town centre axis. Modern buildings are running alongside the quays, which are set up for pedestrians. The promenade is quiet, far from the principal marina excitement.

The project in figures : 33 000 m² of habitations and 7000 m² of public equipment.

POSITION

43°25',2N - 006°45,1E

ANCHORAGE OR DOCK MAXIMUM DRAFT (M)

between 20 and 30 m

APPROACH

easy access

DISTANCE ANCHORAGE - DOCK

between 0.7 nautical mile maximum

DOCKING PLACE TENDERS

quai Escale

SERVICES

phone, restrooms

DISTANCE HARBOR - CITY CENTER (M)

1 700 m. (shuttle services)



ANCHORAGE INFORMATION

the port of call
**technical
information**

SECURE ANCHORAGE(S) POSITIONLAT./LONT.

43°24'70 N/006°45'30 E

MIN DEPTH OF ANCHORAGE

20 m

TYPE OF BOTTOM

sand

WIND CURRENT

E / W

GENERAL SLOPE OF BOTTOM

Flat

DISTANCE TO TENDER LANDING DOCK

0.7 nautical mile

MINIMUM DEPTH OF CHANNEL OR FAIRWAY TO TENDER DOCK

5 m

MINIMUM DEPTH OF WATER AT TENDER DOCK

4 m

DISTANCE TO TENDER LANDING DOCK FROM ANCHORAGE

0.7 nautical mile

NUMBER OF TENDER BERTHS (for 150 person ship tenders)

2

TYPE OF BITTS/BOLLARDS AT TENDER BERTH

Bollards

HEIGHT OF TENDER DOCK ABOVE THE WATER AT LOW AND HIGH TIDE

1 m - 1.5 m

THE WAY PASSENGERS GET ON/OFF THE TENDERS




direct access

TENDER AREAS WHEEL CHAIR ACCESSIBLE

yes

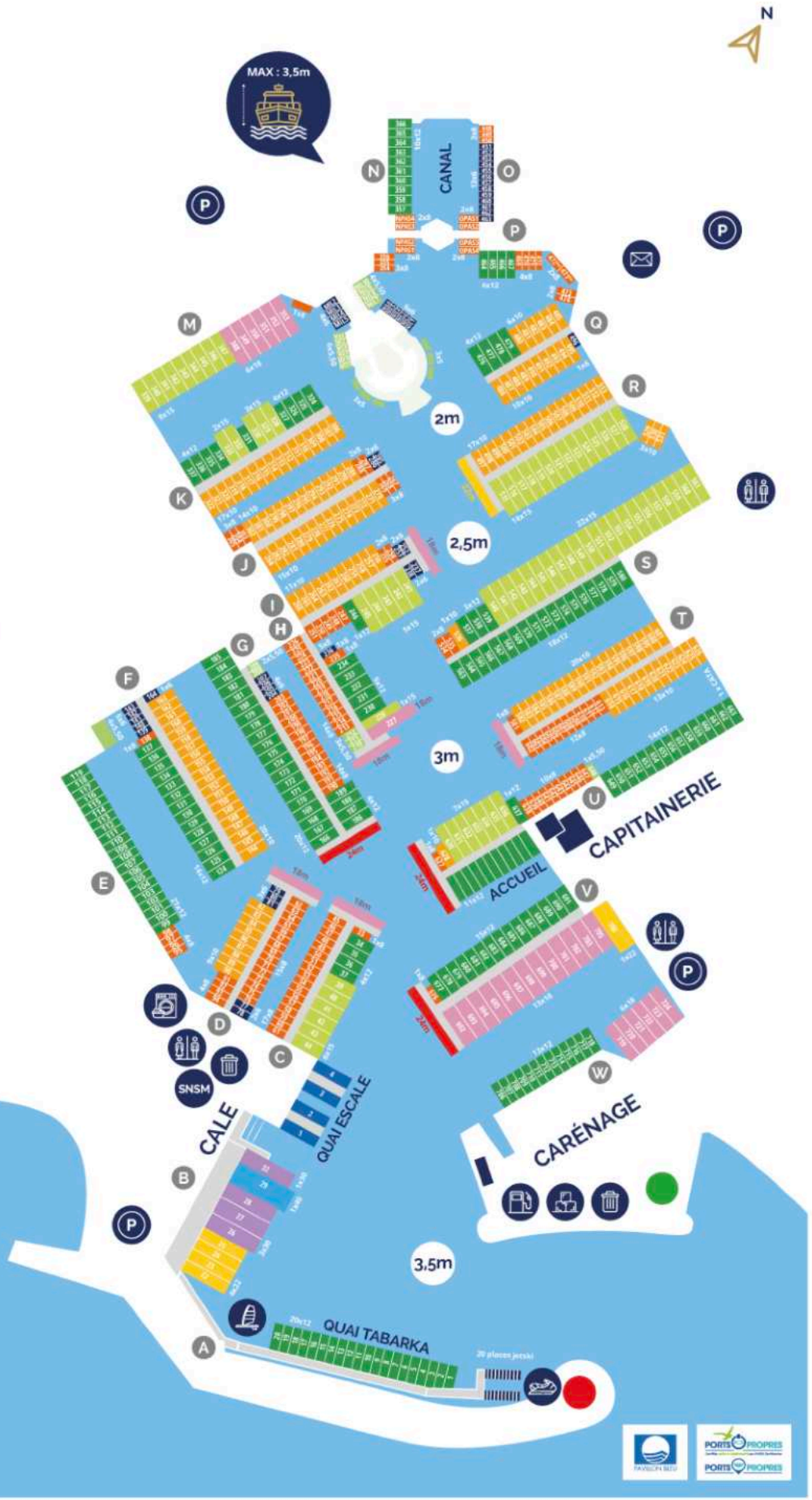
MAIN PORT

SERVICES

-  Telephone booth
 -  Laundry
 -  Pleasure boaters' parking places
 -  Letter box
 -  Fuel
 -  Showers/toilets
 -  Ice cubes
 -  Refuse area
 - Waste oil
 - Oil and diesel filters
 - Batteries
 - Cells
 - Soiled waste
 - Hydrocarbon
 - Non-soiled paper packaging
 -  Jetski places
 -  Docking and provisioning
 -  Holding tank emptying
- Free service for boats measuring a maximum of 15 metres:
 ECOTANK au 06 85 50 18 35
 (by appointment only)

895 BERTHS

-  59 berths of 5.50 / 2.20 m
-  102 berths of 6.00 / 2.50 m
-  22 berths of 6,00 / 2,50 m - waterway
-  192 berths of 8.00 / 3.00 m
-  14 berths of 9.00 / 3.50 m - waterway
-  171 berths of 10,00 / 3,50 m
-  2 berths of 15.00 / 4.50 m - waterway
-  191 berths of 12.00 / 4.00 m
-  2 berths of 12.00 / 7.00 m
-  71 berths of 15,00 / 4,50 m
-  31 berths of 18,00 / 5,15 m
-  4 berths of 20,00 / 6,00 m - port of call
-  6 berths of 22,00 / 6,00 m
-  3 berths of 24.00 m
-  4 berths of 30,00 / 7,00 m
-  1 berths of 40,00 / 9,00 m
-  20 jetski places





a port committed
to the
environment

How does THAT AFFECT ME ?

PORT FRÉJUS, Sustainable commitment for over 25 years

Certifications and prices that materialise **constant and growing requirements**.



PAVILLON BLEU
Quality certified since 1993



CLEAN HARBOURS
Certified since 2011



CLEAN HARBOURS
Certified as active in
biodiversity by AFNOR
Certification
Certified since 2019



NATIONAL PRIZE FOR
INNOVATION IN THE
ENVIRONMENT 2019
3 starred Nautical France
Station

What justifies THESE QUALITY CERTIFICATIONS ?



INSTALLATION OF 56 "BIOHUT"
fish nurseries



ACTIONS TO RAISE
AWARENESS AND EDUCATE
different populations



MODERN SERVICES AND
EQUIPMENTS
to encourage eco-citizenship



CREATION OF AN ARTIFICIAL,
ECOLOGICAL UNDERWATER
TRAIL

What CAN I DO ?



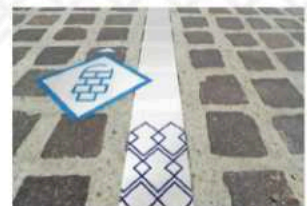
ASK MY SCHOOL
to participate in the harbour's
educational programmes



HELP RAISE AWARENESS
of the echo of the Cachalot as
a harbour vacationer



PARTICIPATE IN THE
HIPPOCAMPE OPERATION
Certified since 2011



PARTICIPATE IN DISCOVERING
THE LEARNING AND
BEHAVIOURAL TRAIL
on the quays

Welcome to **the** **grouper** **trails**



a recreational intuition to think about protection of marine biodiversity

By offering artificial nurseries like « Biohut » to the fish, we have made Port Fréjus back into a habitat zone which is theirs, in order to enable them to reach adulthood.

Every day, we ensure that their growth evolves in the best possible conditions by inviting our boaters to preserve the quality of the water in our harbour.

But in the face of the crucial issue of respecting marine biodiversity, we will never achieve enough, so we wanted to do more.

Hence the idea of creating **A LAND TRAIL & AN UNDERWATER TRAIL** with the aim of explaining why the preservation of our marine environment is vital for us. We named these trails “ Les sentiers du Mérou” (The Grouper trails).

Thanks to these trails, we hope to hand you the keys to ensure respect of the marine environment which surrounds us, and which is essential for our survival.

Let yourself be guided

This land trail will take you to different modules, set up along the quays of Port Fréjus. These modules each have a different theme, but are linked to the preservation of the marine environment, and positioned in order to entertain and inform you while strolling around the harbour.

Port Fréjus is an innovative and active harbour, a committed and fervent defender of the environment, and we wish to share these values by offering you these two trails.

We hope you will enjoy a pleasant moment on our land trail “le Mérou”, and also invite you to dive in with goggles and snorkel to discover our TRAIL UNDER THE SEA.

Welcome to Port Fréjus. Welcome to the habitat zone for fish. Enjoy discovering our trails.





preserve the
marine
environment.

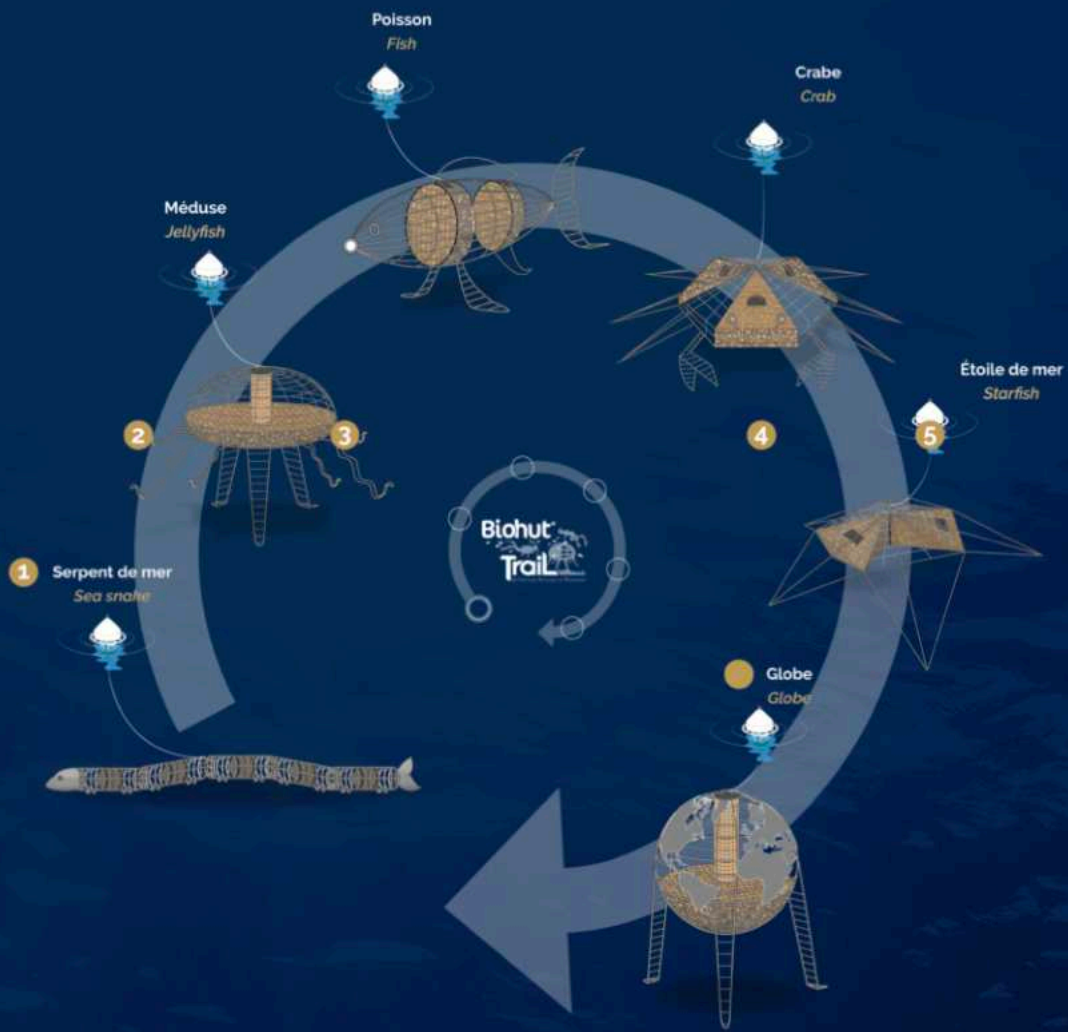
The marine ecosystem is wonderful but remains very fragile.

Biohut Trail is a fun way to visit this magical world without disrupting it.

Don't forget, once you are back home, your everyday actions can have repercussions on the sea, so don't litter and use environmentally friendly products.

The sea will thank you !

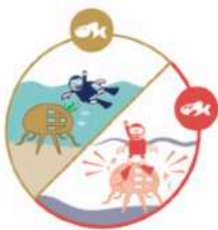
**PORT**
FRÉJUS



Each of the 6 numbered buoys on the water marks a different fish habitat



Rules OF CONDUCT OF THE TRAIL



DO NOT HANG ON THE
MODULES



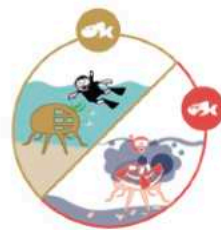
OBSERVE THE FISH WITH
RESPECT



IF THE WEATHER ISN'T
GOOD, DON'T VENTURE
OUT ON THE TRAIL



BE ACCOMPANIED (BY AN
ADULT OR A GUIDE)



WATCH OUT FOR FLIPPER
KICKS



CAUTION

THIS TRAIL IS IN OPEN ACCESS, WE ARE NOT LIABLE FOR THE MONITORING OF THE PERSONS THAT PARTICIPATE IN THE TRAIL.

a port proud
of its

traditionss





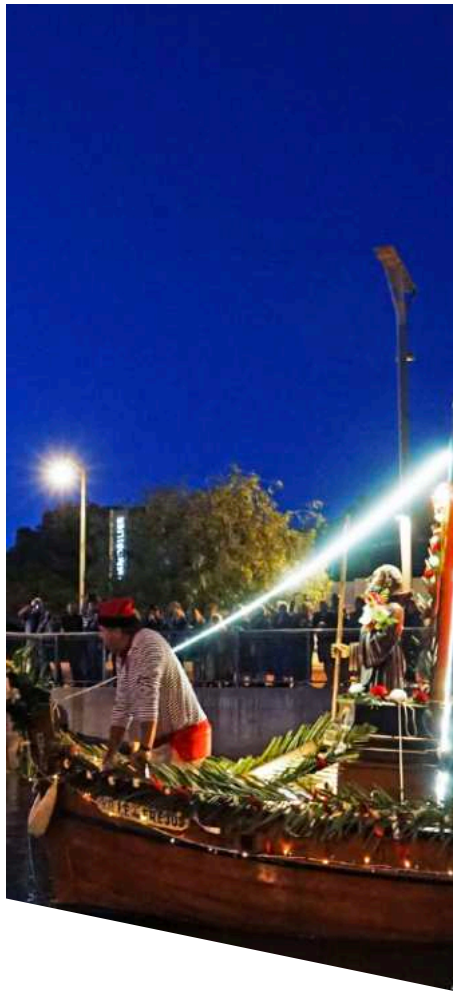
FRÉJUS FISHING BOATS,

to immerse you in the traditions of Provençal fisherfolk.

These pointus – small boats that are typical of the ports of Provence – can be found along the coast of the French Riviera. Although mainly used as fishing boats, they can also serve as passenger boats or pleasure boats, whilst maintaining a certain romantic, nostalgic je ne sais quoi.

Don't hesitate to admire them, take pictures of them and chat with their owners, who always have plenty of anecdotes and one-of-a-kind knowledge to share.

Important: A pointu isn't a pleasure boat that you can hire, as witnessed by the Provençal proverb, "Si me coneïsse pas, me toques pas!" ("If you don't know me, don't touch me!"). These hard-to-manoeuvre boats are original watercraft that remain true to the fishing skippers or amateur sailors who own them...



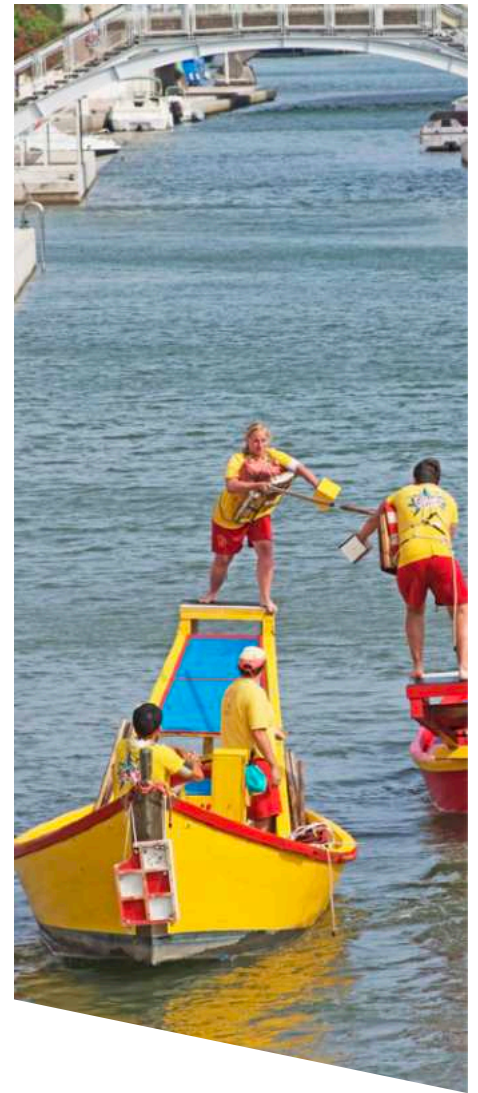
BRAVADE

The reception of the boat of Saint-François de Paule as part of the Bravade.

Fréjus, saved and grateful : the story behind the Bravade

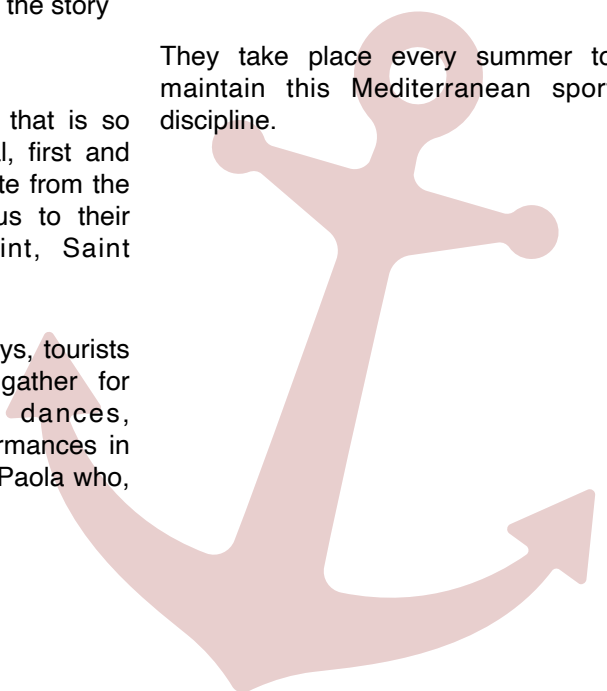
The roots of the Bravade that is so beloved today are spiritual, first and foremost, since it is a tribute from the women and men of Fréjus to their saviour and patron saint, Saint Francis of Paola.

Over the course of four days, tourists and locals of all ages gather for processions, parades, dances, Masses and original performances in honour of Saint Francis of Paola who,



THE JOUSTING TOURNAMENTS

They take place every summer to maintain this Mediterranean sport discipline.



a port open
to

contemporary art

Fresque monumentale
BRAGA LAST1 ET
KOWSE WONE
2021





Nicolas
LAVARENNE
2019

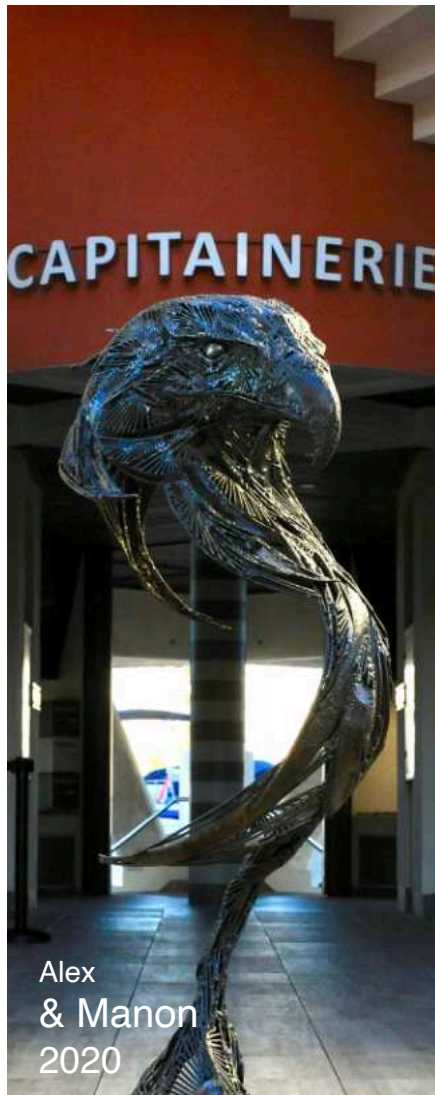
eva gnos
PHOTOGRAPHY



Thomas
VOILLAUME
& NUWOZ
2022



Isabelle
THILTGUES
2021



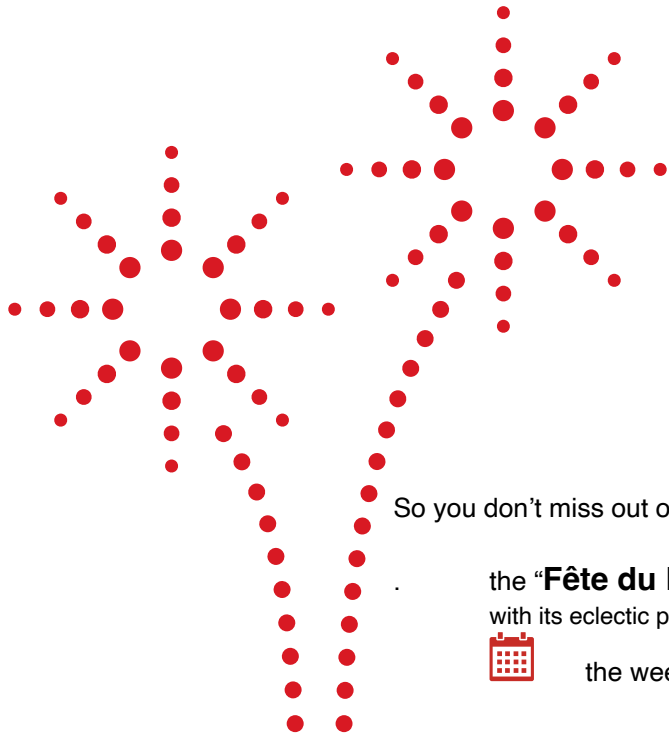
Alex
& Manon
2020



Rob
MULHOLLAND
2023



activities &
events



So you don't miss out on any of the festivities Port Fréjus has to offer, starting with :

the "**Fête du Port**"

with its eclectic programme which only gets better each year, activities,



the week of july the 13th

the "**Nuits de Port Fréjus**" with fireworks extravaganzas



each week, on monday, in july and august

the **summer night market**,



each week, on monday, in july and august

Provençal water jousting,



according to the planning training, each week

Les **Festives des Voiles Latines**, live concerts



every week in july and august

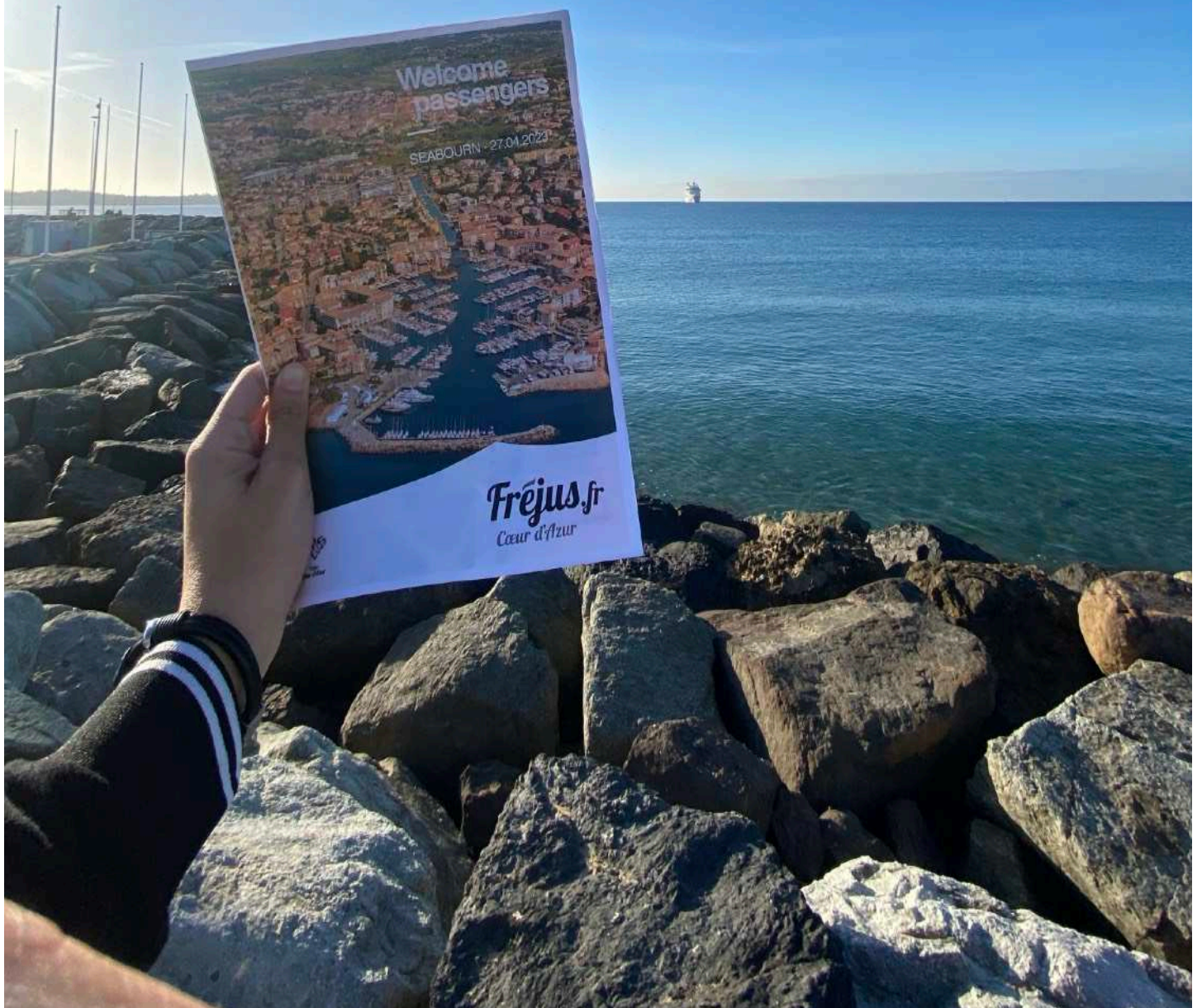
the **Affoilante week**

and the **Port Fréjus Trophy regatta**

You won't have time to be bored !



following passengers



Each port of call has its own tailor-made reception facilities. It is designed and developed by a team :

Laura, the responsible for field of cruises and Maxime, Head of the Promotion and Marketing Department at the Tourist Office.

Our aim: to ensure that every passenger's stopover with us is unique and one of their best memories of the Mediterranean...

Professionalism, hospitality and quality are at the heart of what they



following passengers



From the tender



Landing quay



Landing

following passengers



Hospitality desk



Port Fréjus shuttle



Welcome signs



Upon presentation of this document, these shops in Fréjus will give you a special welcome.

COEUR HISTORIQUE

Restaurant L'Atrium - 28, pl. P. A. Février
 La Carricole des terroirs - 31 rue Sleyès
 Sacamainliege - 43, rue Gal de Gaulle
 Pharmacie Niemczycki - 124 rue Mongolfier

PORT FRÉJUS

Atelier de Claire - 10 place des Galoubets
 Miramar Yachting - 54 quai d'Agrippa
SAINT-AYGULF

Restaurant le Dit Vin - 90 Av. Lucien Bœuf



Wether you need :

TAXI

Centrale Radio taxis Fréjus : 04 94 51 51 12

VEHICULE WITH DRIVER

Hermès Vic - 07 78 64 86 01
 Allo Fréjus chauffeur : 06 89 74 24 52
 Vic Méditerranée : 06 95 82 99 06

Riviera 83 : 06 61 80 33 64

Azur Elite driver : 06 88 42 03 82

Azur Shuttle : 06 60 11 11 14

MOTOCYCLE TAXI

Var-Road : 06 27 27 54.70



An idea for lunch ?

FRÉJUS-PLAGE

Les Sabiettes - bd de la Libération

Le Kazaar - bd de la Libération

Le Milano - 647, bd d'Alger

Le Mérou Ardent - 157, bd de la Libération

Cuba Plage - bd d'Alger

La Moule Joyeuse - 47, bd de la Libération

La Bocca - 407, bd de la Libération

Le Tire Bouchon - 9, pl République

PORT FRÉJUS

Évasion Brasserie - P des Galoubets Port

L'Oriando - 55, pass. des Caryatides

Sépia - Bleu Marine, 37 Quai Marc Antoine

Le Nicols - 35, quai Cléopâtre

La Bodega - Pl. dei Tresmas

A la Marée - Place Des Galoubet

COEUR HISTORIQUE

Brasserie le Palais - 227, rue Jean Jaurès

L'Absolu - 52, pl. P.A. Février

A Table - 137, rue Grisolie

Pizza Chez Fred - 93, rue du Dr. Ciannin

L'Atrium - 28, Pl. P. A. Février

Le Grand Café de L'Estérel - 10, pl. Agricola

Brasserie l'Hermès - Place Formigé



Have a walk in complète freedom !

PORT FRÉJUS

- **MONDES ENGLOUTIS** « Underwater world »
 Contemporary art exhibition - Come across the remains of a submerged civilisation. Several monumental sculptures are to be discovered on the quays of the port.

- **SENTIER DU MÉROU** - Underwater life awareness tour

Stroll along the quays of the port and discover the various modules intended to raise awareness of respecting and preserving our marine environment.

COEUR HISTORIQUE

Explore the alleyways of the historical center, visit the emblematic monuments of Fréjus and meet its merchants.

What you should no miss :

- Visit **Noire-Dame of Saint-Léonce Cathedral**
- Explore the small squares of **Provence**
- Browse the shopping streets
 (rue Sleyès, rue du général de Gaulle, rue Jean Jaurès)

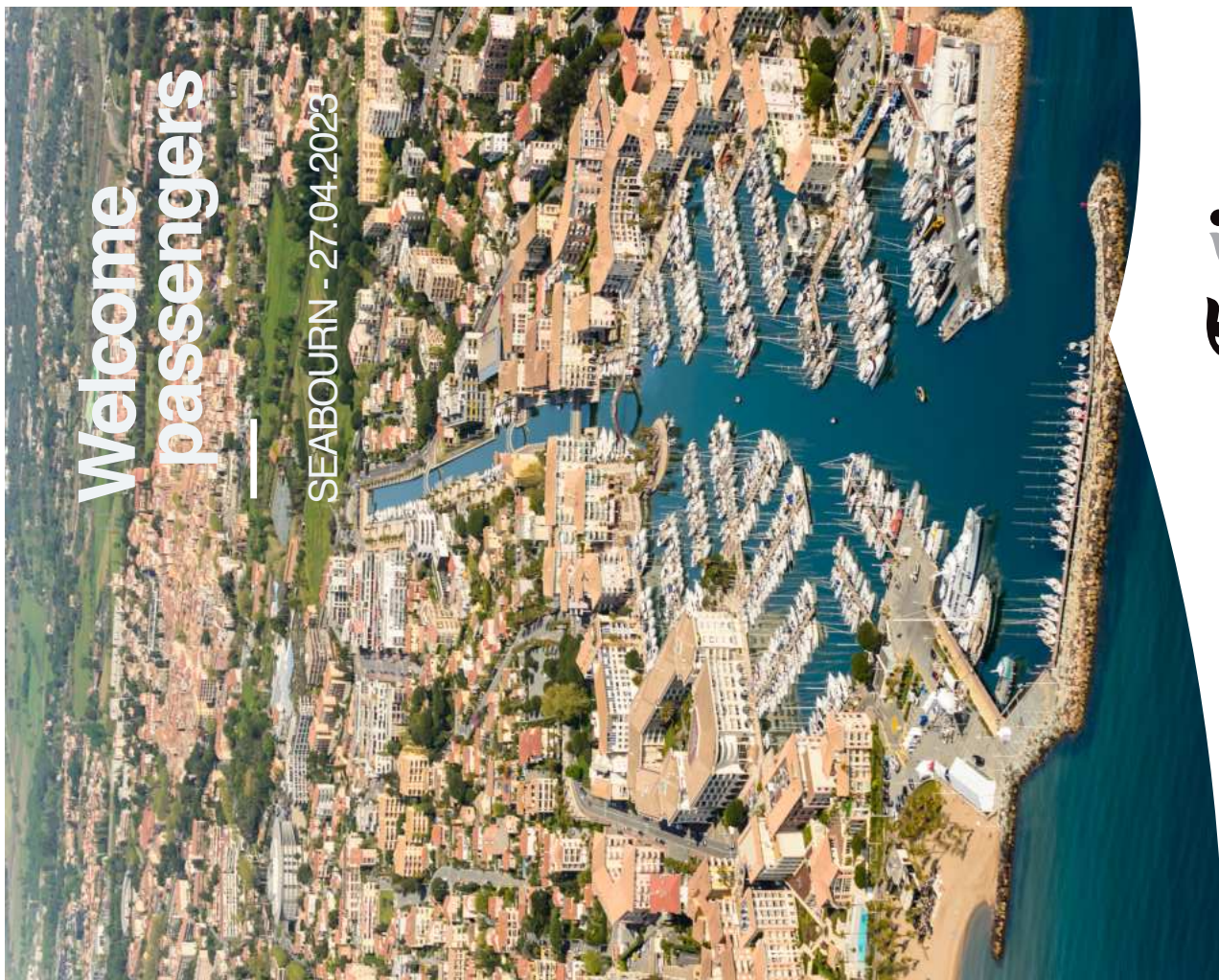


Souvenir of Fréjus : ideas for Christmas !

The Fréjus tourist office invites you to discover its shop, 325, rue Jean Jaurès - 9:30 a.m. - 12 p.m. / 2 p.m. - 6 p.m.



More information on Fréjus ...



**Welcome
 passangers**

SEABOURN - 27.04.2023

Fréjus.fr
 Cœur d'Azur



CARTE TOURISTIQUE

Tourist map / Carta Turistica / Touristische Karte

L'Office de Tourisme vous accueille toute l'année du lundi au samedi 9h30-12h et 14h-18h 7/7 en juillet-août

The Tourist Office welcomes you all year round from Monday to Saturday 9.30-12 pm and 2 pm-6 pm / 7 days a week in July-August

L'Ente del Turismo vi accoglie tutto l'anno dal lunedì al sabato 9.30-12 e 14-18. Tutti giorni in luglio e agosto

Das Touristenbüro heißt Sie das ganze Jahr über außer in den Monaten Juli - Samstag 9.30 - 12.00 Uhr und 14.00 - 18.00 Uhr Täglich im Juli-August

LE FLORUS II
249 RUE JEAN JAURES
83600 FREJUS
+33 (0)4 94 51 83 83
tourisme@frejus.fr



Frejus.fr
Cœur d'Azur



PRIVATE VISIT OF FREJUS
offered by the **Tourism Office of Fréjus**
departure at the little touristic train stop in the Cœur Historique :
9 h 45 / 10 h 45

Welcome in Fréjus !
You are here !
Free boat shuttle to cross the port to Fréjus-Plage
8h30 / 10h00 - 13h00 / 15h00

from **PORT FREJUS to COEUR HISTORIQUE**
take **THE LITTLE TOURISTIC TRAIN** - free shuttle
9 h 30 - 10h30 : PORT FREJUS / COEUR HISTORIQUE
15h00 - 16h00 : COEUR HISTORIQUE / PORT FREJUS

- Patrimoine romain**
Romain Heritage / Património Romano / Römische Kulturerbe
- 1 Amphithéâtre romain
Römisches Amphitheater / Amphitheatro Romano
 - 2 Théâtre Romain
Römisches Theater / Teatro Romano / Römische Theater
 - 3 Aqueduc
Römisches Aquädukt / Acquedotto / Aqueduct
 - 4 Porte d'Orée
Öst-Tor / Porta "d'Orée" / Ostertor / Ost-Tor
 - 5 Lanterne d'Auguste
Augustus-Lanterne / Lanterna di Augusto / Augustus-Lanterne / Augustus-Lanterne
 - 6 Porte des Caules
Die Caules / Porta dei Caules / Ostertor / Ost-Tor
 - 7 Remparts romains
Römisches Mauerwerk / Mura Romane / Römische Stadtmauer
 - 8 Musée archéologique
Archäologisches Museum / Museo Archeologico / Archäologisches Museum
 - 9 Plateforme romaine
Römisches Forum / Forum Romano / Römische Forum

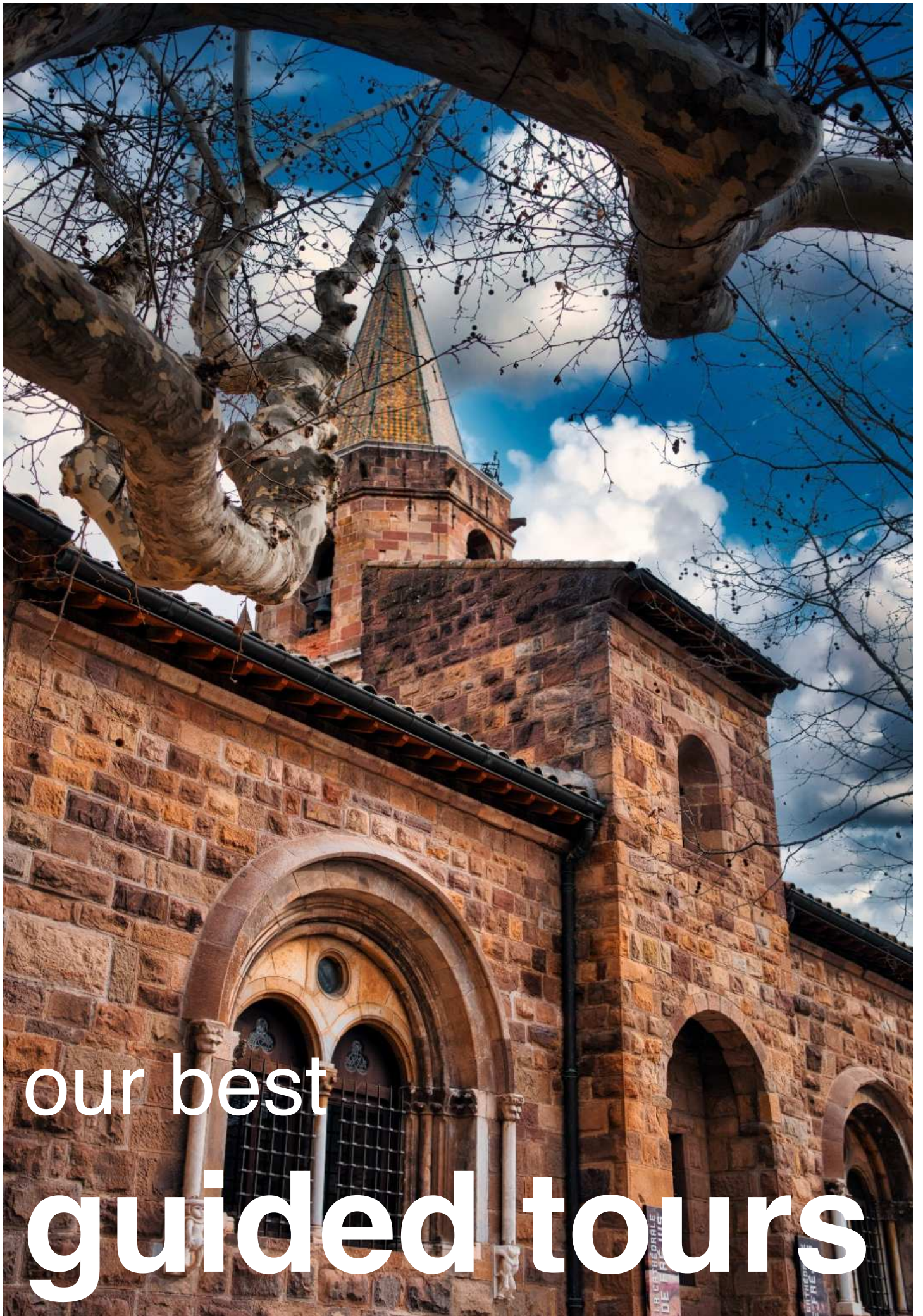


- Patrimoine médiéval, moderne et contemporain**
Medieval, modern and contemporary Heritage / Patrimonio medievale, moderno e contemporaneo / Mittelalterliches, modernes und zeitgenössisches Kulturerbe
- 10 Groupe Episcopal : cloître, baptistère, cathédrale
Episcopal group / Gruppo Episcopale / Bischofsplatz
 - 11 Musée d'histoire locale
Local history Museum / Museo di storia locale / Museum für lokale Geschichte
 - 12 Remparts modernes XVII^e siècle
Academy town walls / Mura moderne del diciannovesimo / Heutzeitliche Stadtmauer 18. Jh.
 - 13 Villa Aurélienne
Statue of Agricola
Statue of Agricola / Statua di Agricola / Agricolus-Statue
 - 14 Villa Marie (Médiathèque)
Villa "Marie" (Médiathèque) / Villa Marie (Bibliothek)

- Patrimoine culturel**
Cultural Heritage / Património cultural / Religiöses Kulturerbe
- 15 Chapelle N-D de Jérusalem ou Chapelle Cocteau
Chapel of Our Lady of Jerusalem / Cappella "Cocteau" / Chiesa di Gerusalemme / Capella Notre-Dame de Jérusalem oder Cocteau-Kapelle
 - 16 Mosquée soudanaise ou Mosquée Missin
Sudanese mosque or "Missin" / Moschea "Missin" / Sudanesischer Moschee oder Missin-Moschee
 - 17 Pagode-Hong-Hen
Pagode-Hong-Hen / Pagoda-Hong-Hen / Pagoda-Hong-Hen
 - 18 Patrimoine militaire
Military Heritage / Património militare / Militärisches Kulturerbe
 - 19 Musée des troupes de Marine
Museum of the Marine Troops / Museo delle truppe di Marina / Museum der Marine-Truppe
 - 20 Mémorial des Guarnes en Indochine
Memorial of the Indochina War / Memoriale della guerra in Indocina / Memorial für die Indochinakrieg
 - 21 Mémorial de l'Armée Noire
Memorial of the Black Army / Memoriale dell' "Armata nera" / Memorial für die Schwarze Armee / Schwarze Armee

- Plage autorisée aux chiens**
Authorized beach for dogs / Spiessplatz für Hunde / Spiessplatz für Hunde
- Handicapés**
Handicapés / Handicapados / Behinderte / Behinderte
- Handiplage**
Handiplage / Handicapados / Behinderte / Behinderte
- Domaines viticoles**
Wine domains / Domains viticoles / Weinberge / Weinberge
- Apiculture**
Beekeeping / Apiculture / Bienenhaltung / Bienenhaltung
- Huile d'olive**
Olive oil / Huile d'olive / Olivenöl / Olivenöl

- Office de Tourisme**
Tourist Office / Ufficio Turistico / Touristenbüro
- Piste cyclable**
Bicycle path / Pista ciclabile / Radweg / Radweg
- Circuit des métiers d'art**
Circuit of crafts / Circuito de oficios / Handicraft circuit / Handicraft circuit
- A faire par temps de pluie**
To do in rainy weather / Da fare con tempo piovoso / To do in rainy weather / To do in rainy weather
- Baignade - randonnée**
Swimming - hiking / Baignade - randonnée / Swimming - hiking / Swimming - hiking
- Marché**
Market / Mercato / Markt / Markt



our best
guided tours

Fréjus

At the beginning, my name was Iulii...

When you wander through my streets and alleys, you have entered one of the oldest towns in all of France!

I know what you're thinking: I don't look my age! But the men who built me, the Romans, died long ago, and I'm still here!

Over the seasons, the years and the generations, the people of Fréjus have formed strong bonds with me and the more than 2,000 years of heritage that I contain, an immense source of pride that they are always happy to share.

My Roman domūs (villas) and my shopping thoroughfares where people once communicated in Latin eventually gave way to ramparts and armoured men ready to do anything to defend my churches and chapels. Then, after those troubled times, Napoleon appeared on my shores as yet untouched by contemporary tourism.

Finally, at the dawn of the modern age, I became a garrison town that was open to the world, which pointed me straight towards the town I am today, in a wonderful mix of ancient heritage and vibrant daily life.

In addition to my 30 historic monuments, I am also home to extraordinary natural heritage: calanques, fine sandy beaches, the Ponds of Villepey, umbrella pine forests, the Base Nature leisure facility and nature area, and the Estérel Mountains are all preserved spaces that make me a wellspring of joy and love, and a great place to live. In other words, I provide an idyllic setting between sea and mountains, where the sun shines down more than 300 days a year!

So, let your inspiration guide you, and who knows? Perhaps a

Scan me to see more.



Why should you go on a guided tour?

Because the monuments of Fréjus aren't only there to be admired.

They need to be examined, explained and narrated.

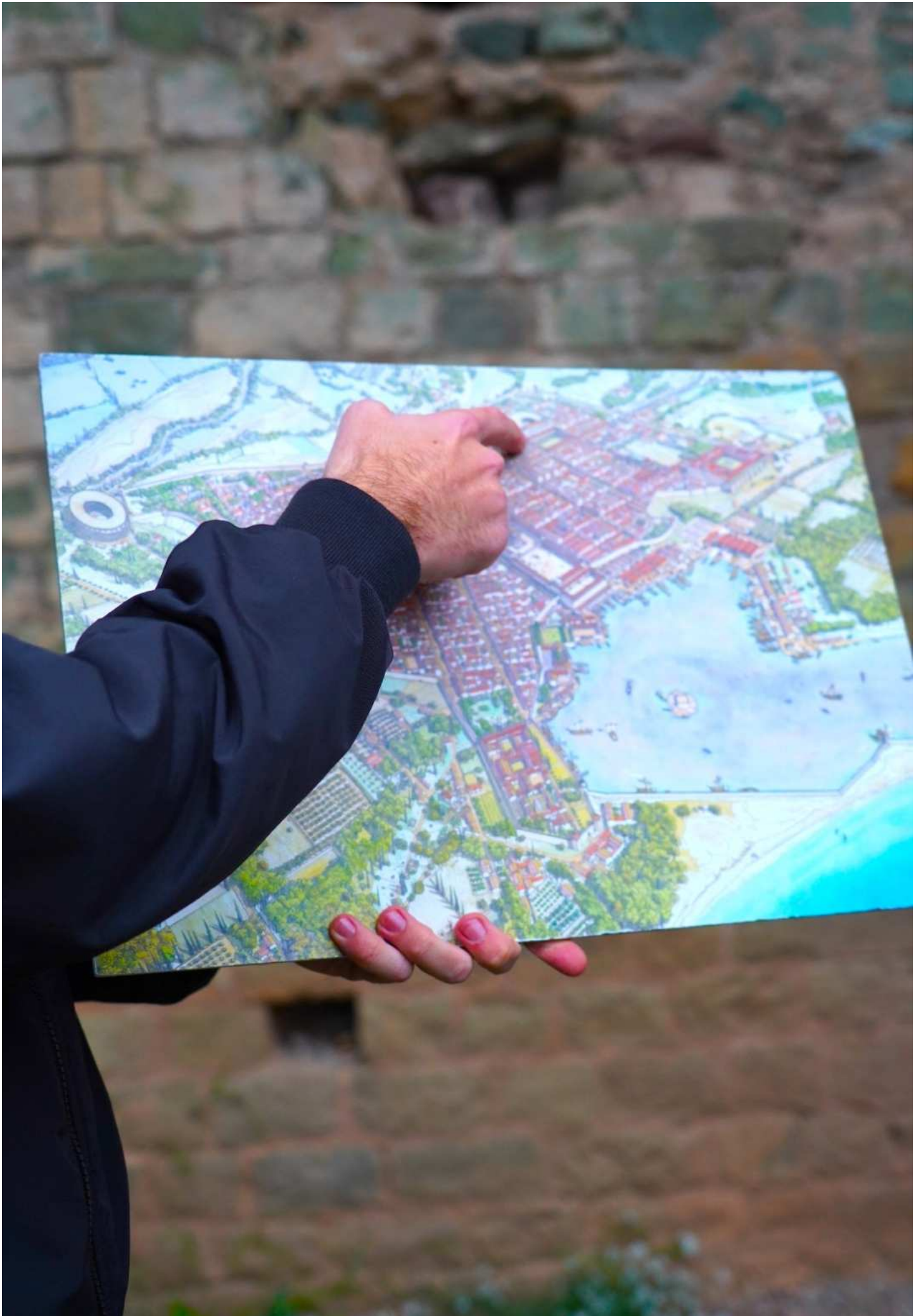
Which is why I have designed these itineraries for you, so Fréjus doesn't become just another destination that you visit without really understanding it.

This way, you will leave with your mind full of memories and anecdotes.

For once, you'll really remember your trip!

Jérémy
Guide conférencier de
l'Office de Tourisme





Unabridged Fréjus : discover the complete history of the town!

A key town and port under the Roman Empire, an important diocese during the Middle Ages, a prosperous modern municipality...going on a tour of the historic town of Fréjus means travelling back in time.







It's about speaking latin and becoming a knight or a cathedral builder whilst witnessing the advent of the French Revolution, followed by the Emperor's return.

Fréjus is an ancient town, a medieval town, an imperial town...


Travel through two millennia of history with a two-hour tour !



Useful information

-  2 hours
-  3,5 km
-  Tourism Office
-  medium
-  GB
-  camera - bottle of water - sun glasses

Prices

-  35 people max



FRÉJUS
CÔTE D'AZUR



In the footsteps of roman legionaries : escorted tour by legion VII octavia

You've always dreamed of living during the roman era ?

Here's your chance ! Enlist in the Roman Legion and come share the lives and weapons of Roman legionaries during a tour of ancient monuments.

Intended for young and adults alike, this extraordinary visit is a real trip back in time animated by roman legionaries larger than life !







This visit is led by legionnaires passionate about Roman culture, meticulously recreated down to the smallest detail and based on extensive archival work. The LEG VII OCTAVIA is present at all Roman-era reenactment events in France and Europe.

Meeting them and interacting with them is another way to delve into History,


Scan me to see more.



Useful information

-  2 hours
-  5 km
-  Tourism Office
-  no access - too difficult
-  GB
-  camera - bottle of water - sun glasses

Prices

-  35 people max
- On quotation
- minimum 2 months advance booking**



FRÉJUS
CÔTE D'AZUR



Archaeology Museum and underground Roman fish pond : descend into the bowels of the earth.

Presented in a superb medieval setting, it's impossible to remain impassive in front of the magnificent collections at the Archaeology Museum : statues, mosaics and wall frescos dating back to the Roman Empire are proudly displayed, just waiting for you to admire them. Fréjus is definitely worthy of its nickname as the "Provençal Pompeii" !

After touring the museum and admiring its best pieces uncovered by archaeological digs, head below ground to check out the latest discovery made in Fréjus. Unearthed by the archaeologists and completely undreamed of before beginning the construction of a building, a Roman Fish pond was discovered and is now opened to the public. Go beneath the surface and admire the best-preserved roman monument of the city !



Useful information



2 hours



5 km



Tourism Office



no access - steps - underground



GB



camera - bottle of water - sun glasses

Prices

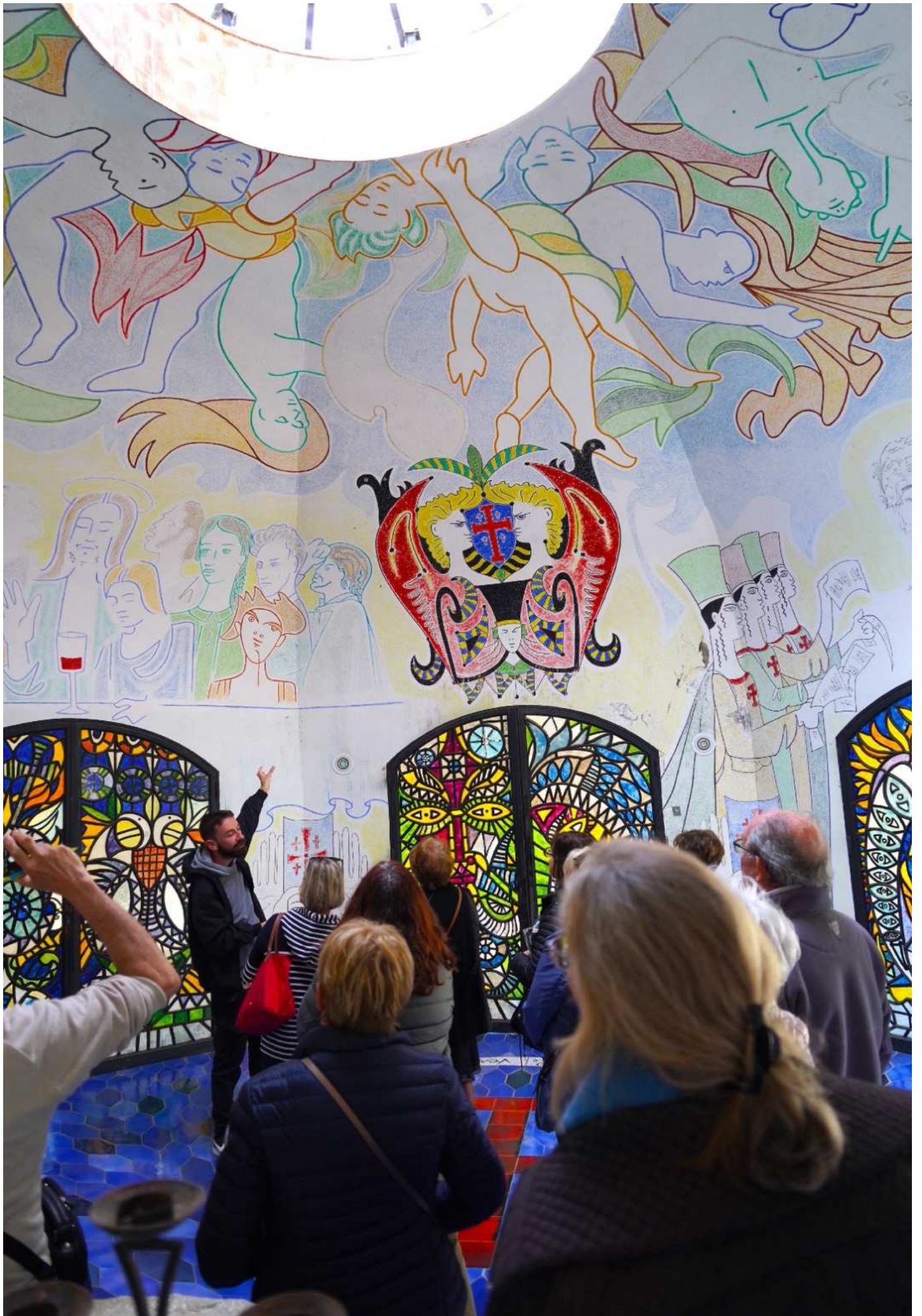


18 people max

On quotation



FRÉJUS
CÔTE D'AZUR



Notre-Dame-de-Jérusalem Chapel : Jean Cocteau's legacy in Fréjus.

In 1962, Jean Cocteau gave in to the requests from Fréjus : he would create decorations for its new chapel.

His spirits, his friendships and his loves are on display in this beautiful chapel, a gem hidden among the pines, a sort of last will and testament recorded in the stone of this sacred place. Drawings, sketches, stained glass windows and mosaics, the great Cocteau used all of his talents to design this shrine, tinged with symbolism, that our guide will help you decipher.



Useful information



1 hour



by bus / by taxi



Tourism Office



easy



GB



camera - bottle of water - sun glasses

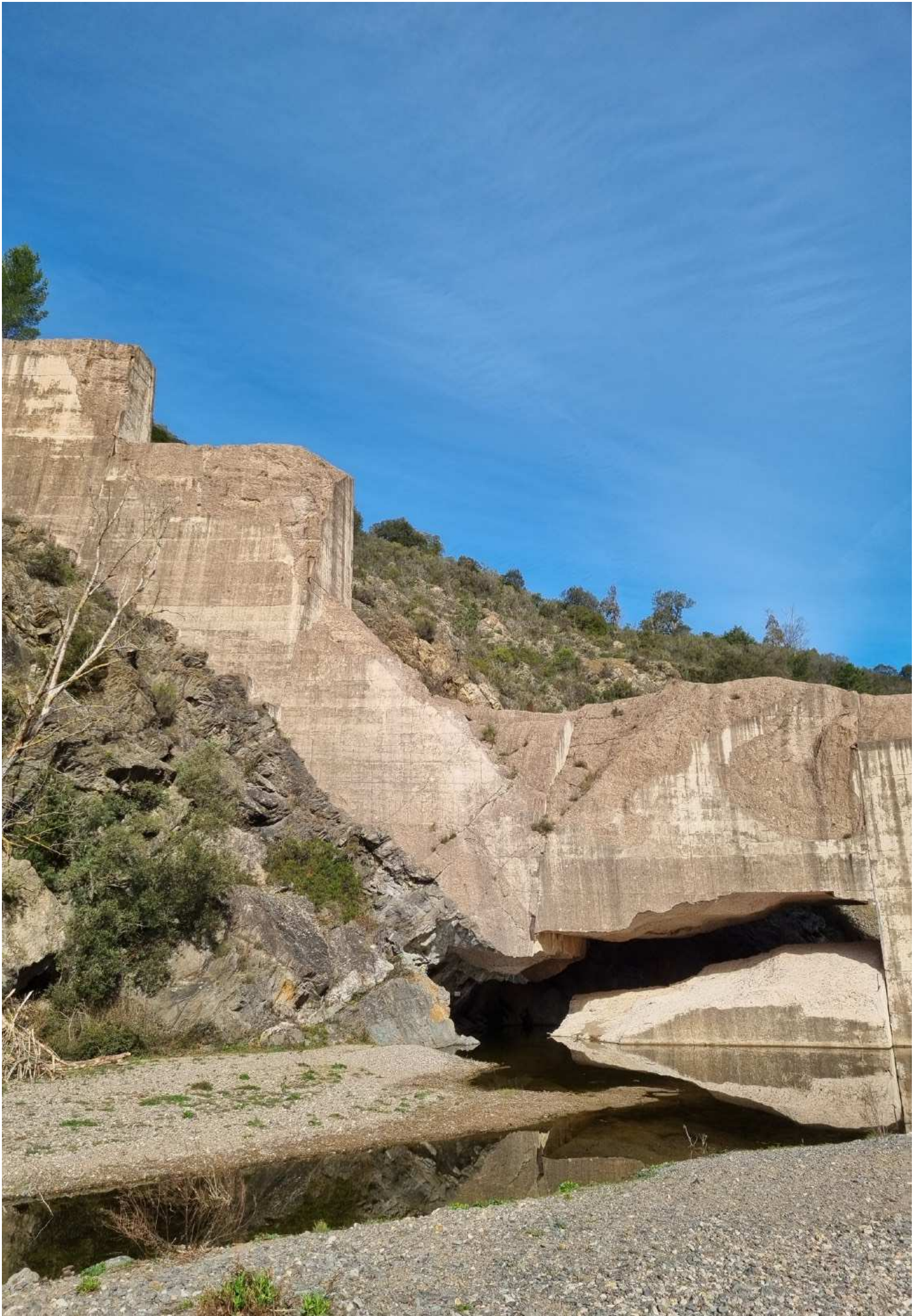
Prices



35 people max
On quotation



FRÉJUS
CÔTE D'AZUR



Malpasset dam : the story of a catastrophe.

Malpasset was aptly named (in French, it sounds like “goes badly”): it has left a permanent mark on the history of our town and our country, owing to its violence and the devastation caused by the catastrophe.

On 2 December 1959, the Malpasset Dam gave way in the middle of the night.

The immense wave that crashed into Fréjus, carrying away 423 of our citizens, was the chaos that preceded the unprecedented reconstruction of our town, where not only the stones had to be rebuilt, but also the people’s souls.







Since 1959, life there has recovered, but nothing is quite like it was.

These days, the site is a place of remembrance forever scarred where the dam’s ruins still lie in the valley.


Scan me to see more.

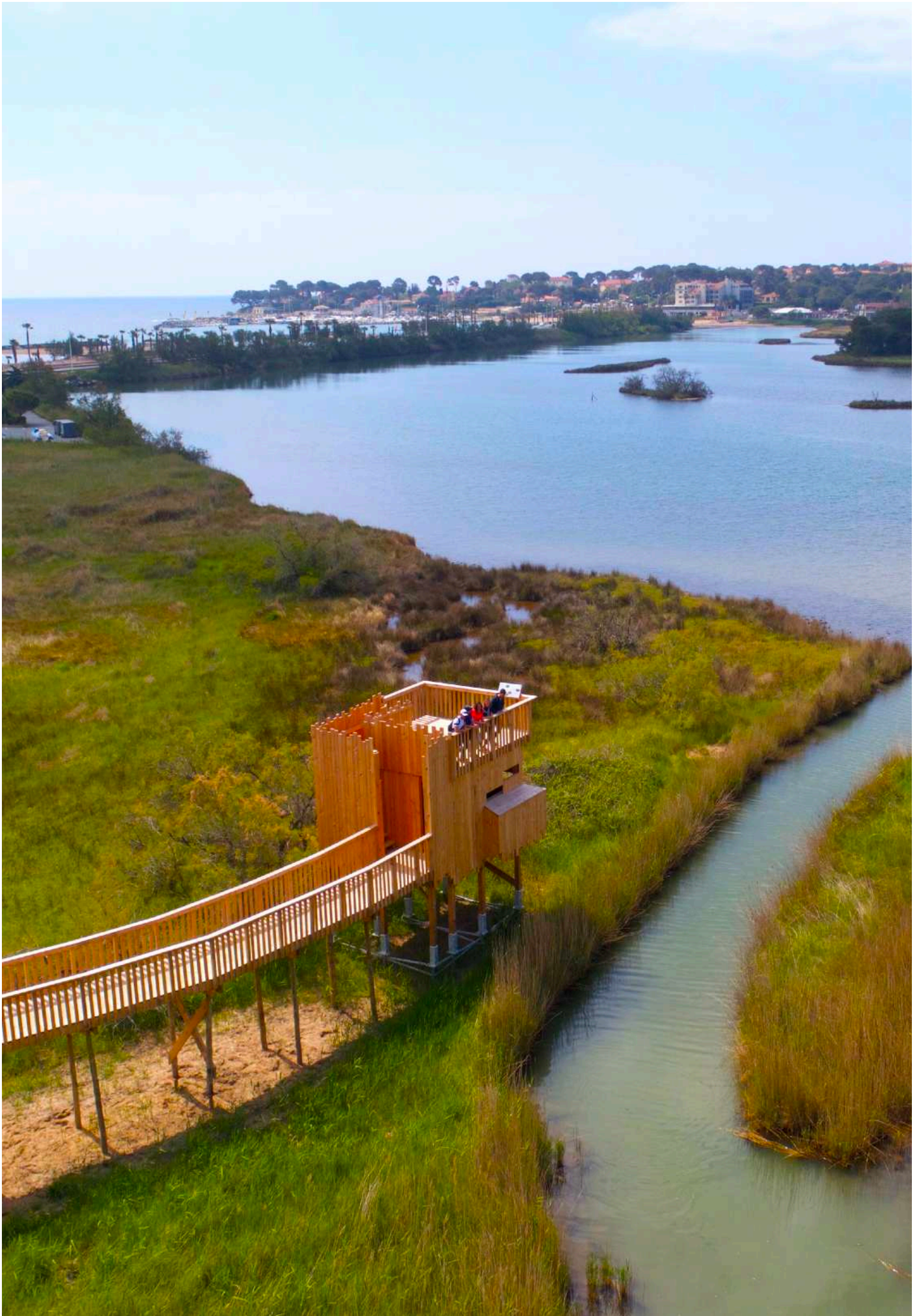


Useful information

-  2 hours
-  by bus / by taxi + 6 km walking
-  Tourism Office
-  difficult - no disabled access
-  GB
-  camera - bottle of water - sun glasses

Prices

-  35 people max
- On quotation



The Ponds of Villepey, an unspoilt garden of Eden within reach of town

Between a fine sandy beach and the Argens River, the Ponds of Villepey are a unique, unspoilt oasis within easy reach of town!

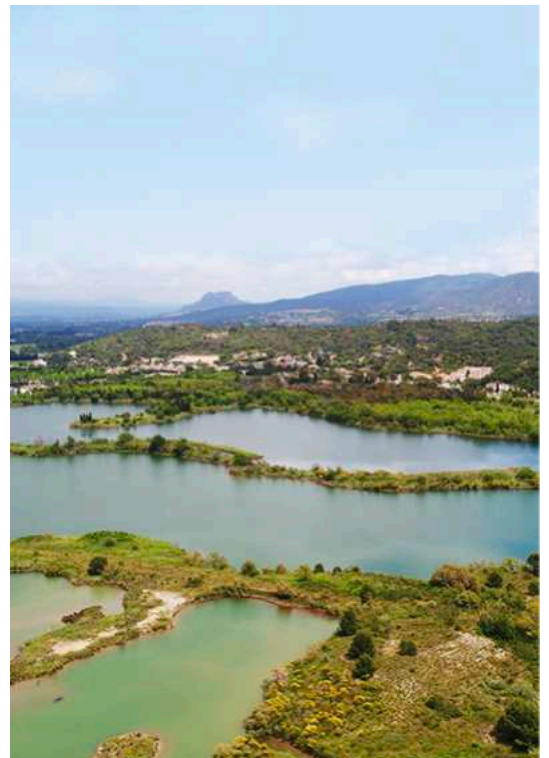
A preferred safe haven for more than 220 species of animals, with an immense variety of plantlife, the Ponds of Villepey are amongst the rare coastal wetlands on the French Riviera and are of particular interest for their flora, their fauna and their scenery that enchants visitors all year long.

The 2.6 km² of this protected nature area are completely open to you, so long as you follow the site's strict rules for protecting the health and safety of its plantlife and wildlife.

Fans of nature, the plant and animal kingdoms, and photography in all its forms, you've definitely come to the right place!

Take a walk along a kilometre-long loop to discover a strip of dunes, its particular vegetation, a series of extraordinary bodies of water, and uniquely diverse atmospheres.

Scan me to see more.



Useful information



2 hours



by bus / by taxi Tourism Office



difficult



GB



camera - bottle of water - sun glasses



hat

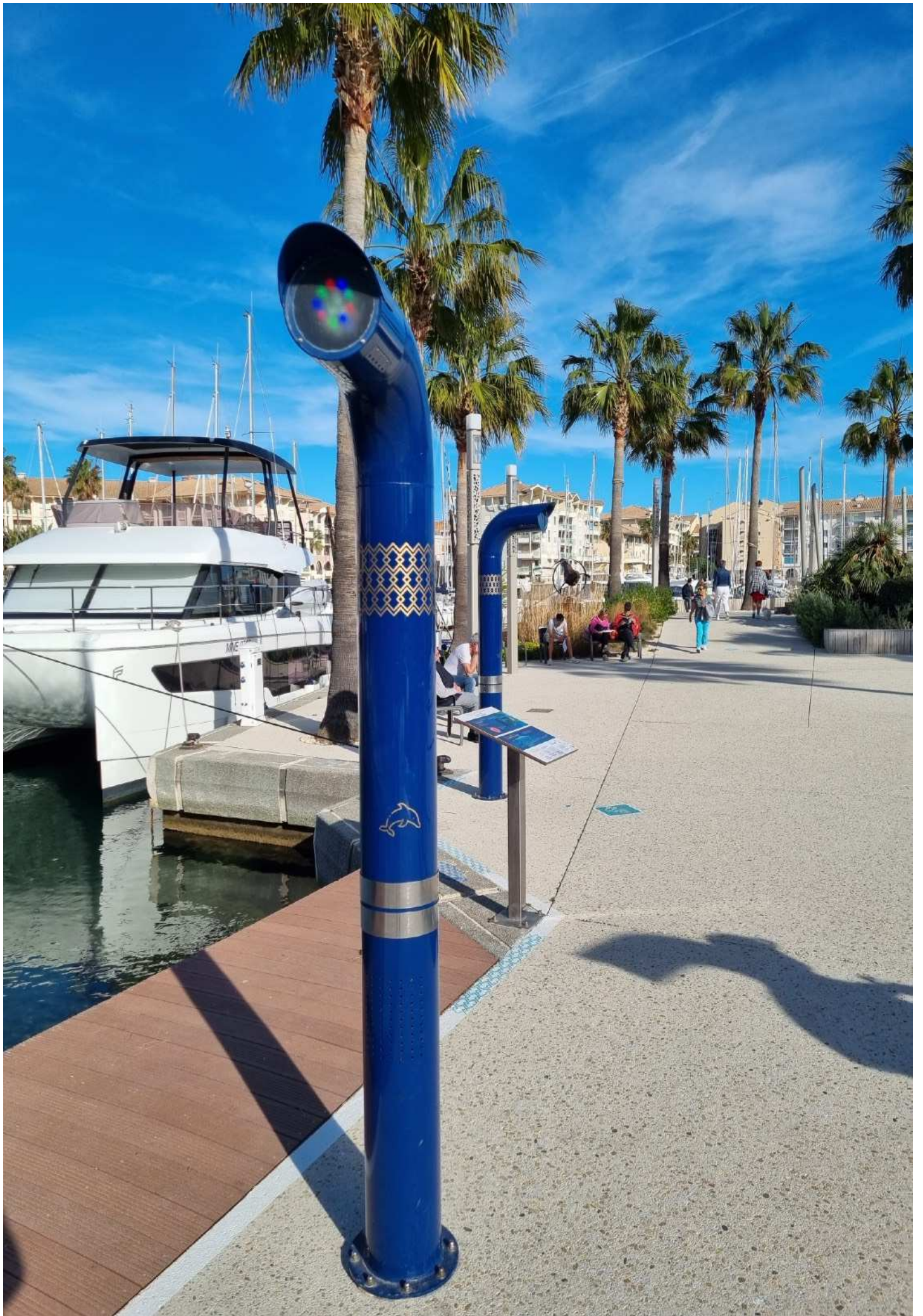
Prices



35 people max
On quotation



FRÉJUS
CÔTE D'AZUR



Port Fréjus... to be continued

Already at the cutting edge of environmental protection and preservation of the marine biodiversity, Port Fréjus plans to go even further in the near future.

Devices destined to raise awareness among sailors and tourists have been inaugurated.







More than fifty 'Biohut' (artificial nurseries) have also been installed in order to transform the port into a safe habitat zone for the fishes.

Not to mention the modern services and equipments offered to preserve the quality of the water in the harbour.


Thanks to all these measures, Port Fréjus is now saluted as an innovative and eco-friendly harbour. And there is more to come soon !



Useful information

-  2 hours
-  direct by the Port-Fréjus shuttle
-  Capitainerie
-  easy - difficult - no disabled
-  access
-  GB
- camera - bottle of water - sun

Prices

-  35 people max
- On quotation



FRÉJUS
CÔTE D'AZUR



Fréjus’s fishing boats, to immerse you in the traditions of Provençal fisherfolk.

These pointus – small boats that are typical of the ports of Provence – can be found along the coast of the French Riviera. Although mainly used as fishing boats, they can also serve as passenger boats or pleasure boats, whilst maintaining a certain romantic, nostalgic je ne sais quoi.

Don’t hesitate to admire them, take pictures of them and chat with their owners, who always have plenty of anecdotes and one-of-a-kind knowledge to share.

Important: A pointu isn’t a pleasure boat that you can hire, as witnessed by the Provençal proverb, “Si me coneïsse pas, me toques pas!” (“If you don’t know me, don’t touch me!”). These hard-to-manoevre boats are original watercraft that remain true to the fishing skippers or amateur sailors who own them...



Useful information



2 hours



2 km



Port Fréjus



no disabled access



GB



camera - bottle of water - sun glasses

Prices



12 people max
On quotation



FRÉJUS
CÔTE D'AZUR



free time
in **Fréjus**

Fréjus

During your stay in Fréjus, you will discover the « Fréjusien way of life ». My way of life !

What I love about living in Fréjus, and what I'd like to share with you, is strolling through the colourful streets of the historic centre on market days. It's like being in the heart of history.

Afterwards, I like to enjoy a fresh fruit juice in the town square, with the only view being of our magnificent cathedral and cloister.

To make your stopover in Fréjus unforgettable, I would like to suggest a few activities.

I also love spending time in nature, birdwatching at the Villepey ponds, where you feel both close to and far from the city.

After that, I cross the road and I go to read a book on the Saint-Aygulf beach listening the sound of the waves.

Life here is slow. Peaceful. Joyful.

Scan me to see more.



What if you became a **Fréjusien** for a moment?



Laura
Travel Consultant
Responsible for field of cruises



through the workshops of the arts and crafts circuit

Don't Stroll through the "histo-rich-al" centre!; you can explore the historic centre on foot, by bicycle or by kick scooter, but on foot is the best way for Fréjus to open up to you with all its sparkling colours.

Its narrow mediaeval streets that will inspire your imagination, its small Provençal squares bedecked with fountains, olive trees and small community gardens, its bright and colourful doors worn by the weather and human hands, and its eccentric, twisted and whimsical byways are just some of the wonderful, quirky, original and infinitely Instagrammable things for you to discover as you stroll through our historic town by day or by night.

And don't forget the Arts and Crafts Circuit in the town centre, which you can explore according to your tastes and preferences! When craftspeople moved into the historic centre of Fréjus, they revived a tradition that originated in potters' studios located inside the ancient town, before it died out in the 18th century.

As a member of Ville et Métiers d'Art, a network of municipalities that actively support their crafts industries, Fréjus encourages the set-up of these year-round art studios and invites you on this tour to discover traditional methods that are constantly being updated.

The circuit includes 37 artists and craftspeople, 16 of whom occupy a local. Among the various trades on offer are: bronze founders, potters, decorative upholsterers, lithographers, bookbinders, glassmakers, painters, photographers, sculptors, graphic artists, plastic artists, picture restorers, decoration designers, clothing and jewelry designers...

Scan me to see more.



Useful information



free time



by bus / by taxi



Tourism Office



easy



it depends on the owner



open from Tuesday to Saturday (flexible hours)



FRÉJUS
CÔTE D'AZUR



Fréjus, berceau des Troupes de Marine

Since their creation by Cardinal Richelieu 401 years ago, the Marine Troops made history in the four corners of the world. Whether they were colonial footsoldiers (called “Marsouins”) or gunners (“Bigors”) or indigenous troops, their unit operated under the golden anchor of the Marines. They distinguished themselves with success after success in France’s overseas territories.

In Europe, they were on the front lines of the Crimean War and the Franco-Prussian War in which, during the battle of the “last cartridges” in Bazeilles, some men under Commander Lambert fought down to their last ounce of strength in a testament to the valour and honour of those elite soldiers.

This legendary heroic feat has become synonymous with a grand celebration for the Marine Troops who honour their fallen heroes each year on 31 August, in Fréjus’s Roman arena

The MARINE TROOPS MUSEUM has a new look !

This museum was built on the recollections, the heroic actions and the blood of the Marine Troops. It pays tribute to a branch of the French Army that has been so invaluable to the nation and to Fréjus.

The only one of its kind on the French Riviera, it contains uniforms, weapons, furniture, reconstructions, documents, archives and many other collections relating to those who wrote France’s history in letters of blood and gold!


Scan me to see more.



Useful information

-  free time
-  by bus / by taxi
-  Museum
-  easy
-  free visit
-  camera

Prices

-  free acces
- minimum 2 months advance booking**



FRÉJUS
CÔTE D'AZUR



A market that warms the hearts

Tapenade, garlic, olive, fougasse, melon, white or yellow peach, does it ring a bell?

Stop searching at them: their unique flavors are waiting for you on our markets.

The historic center and its provençal market with its colorful stalls and its food shops where the local accent echoes, invites you to an authentic quest: the local speciality, which will make you melt with gluttony at the idea of an improvised lunch.

On Sunday mornings in Fréjus- plage, we put down our shopping baskets to enjoy a coffee or a «petit jaune» on a terrace to soak up with the sun and its reflections in the Mediterranean Sea. There, really, whatever the period, HOLIDAY ATMOSPHERE GUARANTEED!

And in summer, place is given to the night market on the seaside to stroll by fresh air and look for « THE » souvenir to bring back and offer.

Our terroir, is also our wines, gathered around an « AOP FRÉJUS CÔTES DE PROVENCE rouge, blanc or... rosé? Don't hesitate to take the uncommon path, bordered by vineyards and visit our wine estates. And why don't you try a degustation... Here, our terroir is enjoyed without reserve! Great discoveries for all!



Useful information



free time



by bus / by taxi



easy



free visit



Fréjus-Plage & Saint-Aygulf

Tuesday & Friday

Old Town

Wednesday & Saturday

Fréjus-Plage

Sunday (the biggest of the week)



FRÉJUS
CÔTE D'AZUR



Fréjus, a land of wine, GUIDED TOURS AND TASTINGS AT THE VINEYARDS

As it's said in Fréjus, "God makes the wine, and the people of Provence harvest it"! Our town is the gateway to the vineyards and great wines of the Var department. Bordered by several mountain ranges, the land around the town is very special, the legacy of the Romans left to the people of Provence and Fréjus to develop in the 21th century.

Three wine estates invite you for their tasting tours.

Château Paquette Acquired in 1952, the Curebéeasse estate has evolved over the years and generations into one of the jewels of the Côtes de Provence Fréjus appellation. Now known as Château PAQUETTE, it remains a family-run business driven by Jérôme PAQUETTE and his passion for the land.

Clos des Roses This family-owned winery, deeply rooted in its terroir, produces high-end wines through organic farming. A bold and committed choice to write a new chapter in the history of these vineyards at the foot of the Esterel mountains. The wines of Clos des Roses combine terroir, naturalness, expertise, and quality. In addition to its vineyards, the estate offers a charming hotel, a restaurant, and a relaxation area, providing a peaceful haven where it is delightful to take a break.

Le Jas des Oliviers The name "JAS" means sheepfold, recalling that originally, an old sheepfold stood where the estate is now, and sheep grazed in the surrounding meadows. Today, this family-run estate continues its wine and agricultural activities using traditional methods. All the work on

Scan me to see more.



Useful information



free time



by taxi



medium



GB



camera - bottle of water - sun glasses

Prices



On quotation
to book 3 months in advance



FRÉJUS
CÔTE D'AZUR



Fréjus, a land of wine, GASTRONOMY AMONG THE VINEYARDS

Lunch or dinner at the BASTIDE DU CLOS DES ROSES is an elegant journey filled with expertise and emotions.

With its à la carte menu or a personalized menu for an even deeper discovery, the Chef will make this part of your stay unforgettable. You will enjoy a blend of flavors from the estate's gardens, with meticulous selection of ingredients and inventive dishes. All accompanied by the finest wines produced on site.

Here in Provence, you will discover its rich Mediterranean flavors.

The BASTIDE DU CLOS DES ROSES can be privatized.

Personalized service, refined decoration, and a specific setup with a table under the olive trees for a total immersion in the estate are all possible.

A high-end special menu, tailored to your wishes and in direct collaboration with the Chef, can be offered. Custom cocktails are also an option. It is even possible to bring in a music group.

The event service of CLOS DES ROSES is at your disposal to create a tailor-made, high-quality proposal that meets all your expectations.



Useful information



free time



by taxi



medium



GB



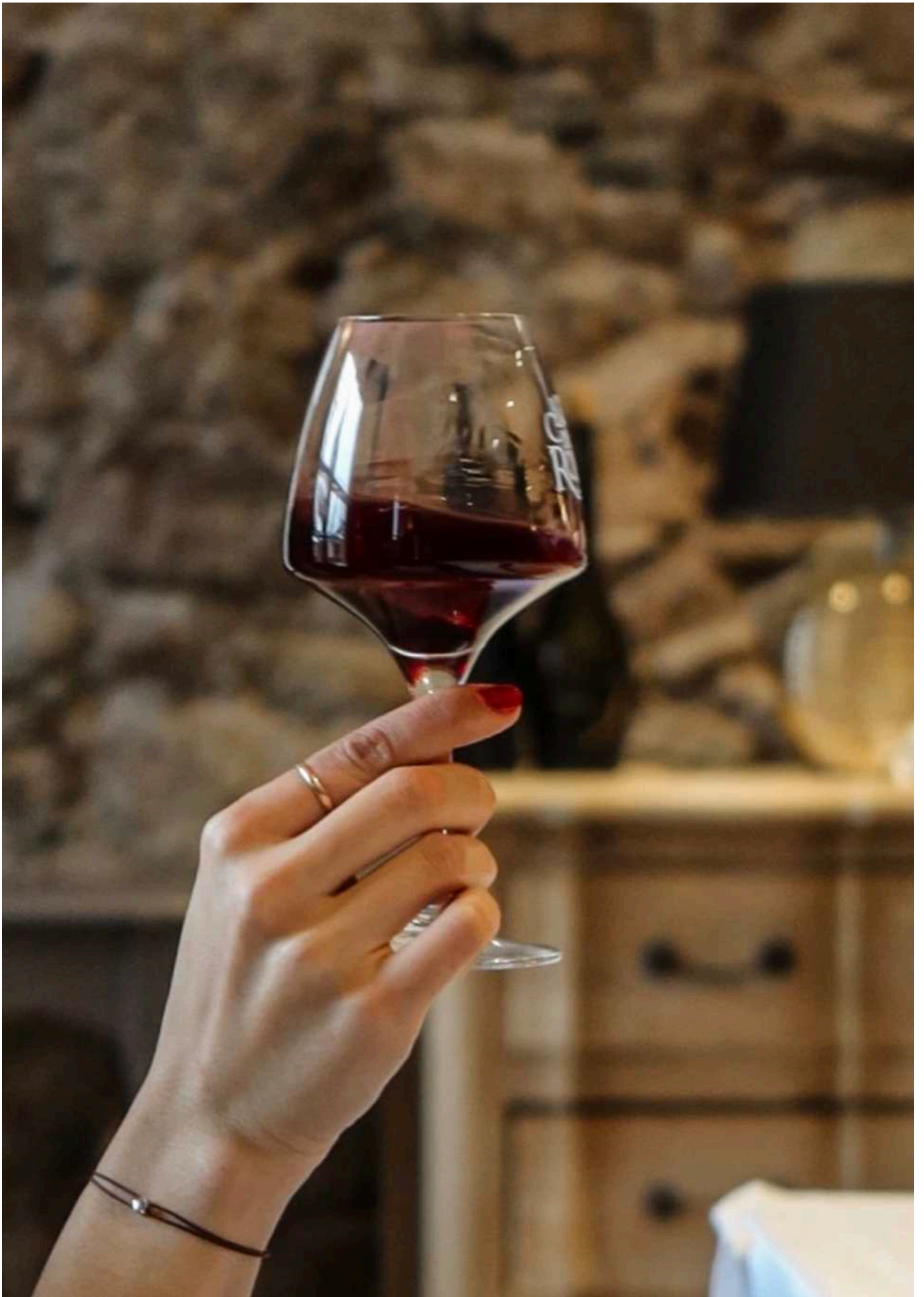
camera - bottle of water - sun glasses



Prices



On quotation
to book 3 months in advance



Fréjus, a land of wine, GUIDED TOURS AND TASTINGS AT THE VINEYARDS

Enjoy an intimate guided tour of the LE CLOS DES ROSES estate, including a visit to the chapel, the cellar, and the wine storehouses. This unique experience is complemented by a commented tasting of our 100% organic wines.

Oenology Workshop

In the heart of the cellar, you are invited to participate in an in-depth oenology workshop, where you will learn the secrets of the art of tasting. The estate's experts will guide you through the different stages, from the visual observation of the wines to the analysis of their structure and aromas. You will discover how to identify and appreciate the subtle nuances that characterize our organic wines, while deepening your knowledge of winemaking methods and the specificities of the grape varieties we cultivate.







Aromas and Scents Pairing Workshop

Next, immerse yourself in a sensory journey through the workshop dedicated to the pairing of aromas and scents. You will be introduced to the delicate art of aroma identification through a series of practical and playful exercises. Using aromatic samples, you will learn to recognize the different olfactory families present in our wines, such as floral, fruity, spicy, and mineral notes. This workshop will help you develop your nose and refine your palate, while discovering the fascinating links between scents and the terroirs of Provence.



This is a truly immersive and educational experience that will enchant you with the richness and diversity of the wines from the LE CLOS DES ROSES estate.

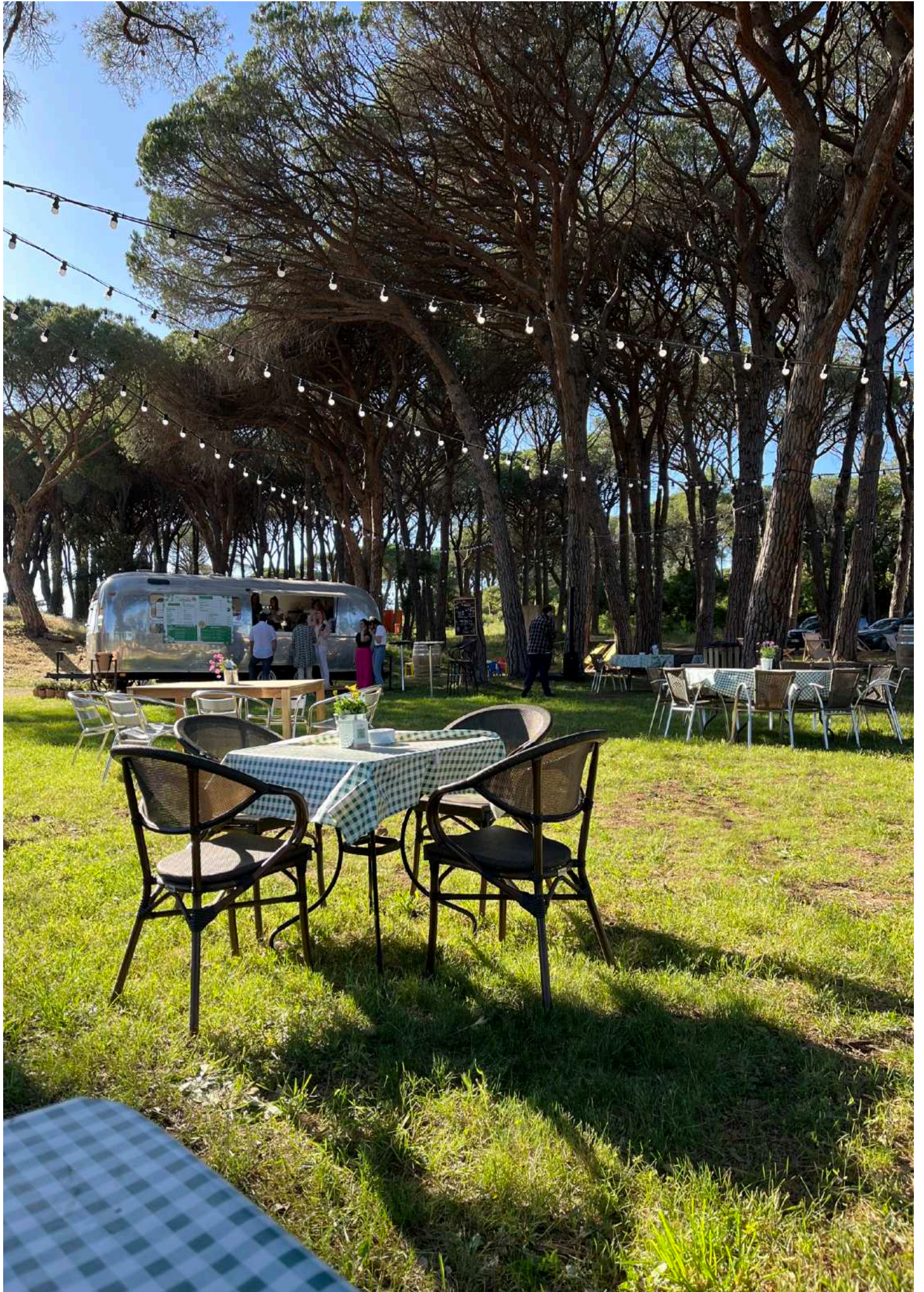


Useful information

-  free time
-  by taxi
-  medium
-  GB
-  camera - bottle of water - sun glasses
- 

Prices

-  On quotation
-  to book 3 months in advance



Fréjus, a land of wine, GUINGUETTE DU CLOS DES ROSES

Each summer, the Clos des Roses vineyard in Fréjus transforms into an enchanting venue for unforgettable guinguette evenings.

Nestled in the heart of the vineyards, the estate welcomes guests into a festive and convivial atmosphere, reminiscent of the traditional guinguettes of yesteryear.

Under the string lights, visitors can savor refined wines from the estate, accompanied by delicious dishes made with local products.

Live music, often performed by jazz or musette bands, invites dancing and creates a warm and authentic ambiance. These evenings offer a timeless escape, where Provençal charm and the French art of living harmoniously blend.

Whether with family or friends, the guinguette evenings at Clos des Roses promise moments of joy and sharing, amidst the vines and under the starry summer sky.



Useful information



free time



by taxi / by bus for groups



medium



GB



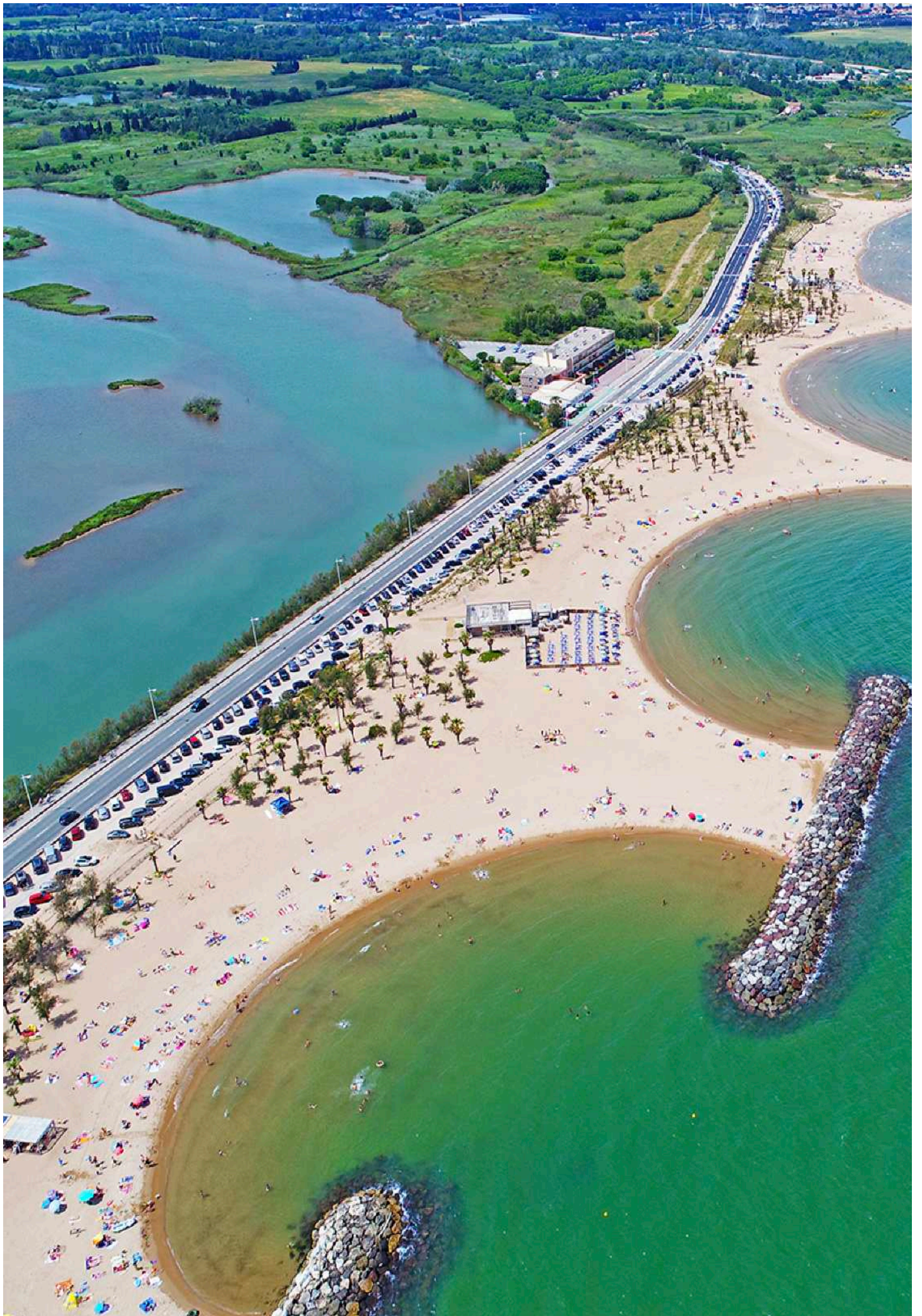
camera - bottle of water - sun glasses

Prices



On quotation
to book 3 months in advance

Exclusively in summer and
by reservation 3
months in
advance



parasol and deckchair : relaxing on a private beach

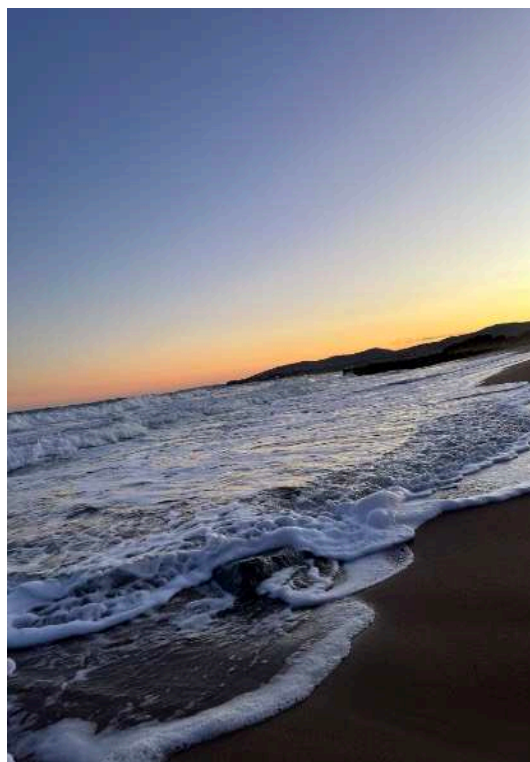
During your cruise, take advantage of a stopover to relax on our private beaches.

Take the shuttle across the harbor and you'll be on your way to the sun-beds in just a few minutes.

You can already enjoy sunbathing from your cruise ship. In Fréjus, enjoy sunbathing on real warm sand. Let yourself be lulled by the sound of the waves with your feet in the sand while enjoying a refreshing drink.

For lunch, sample the excellent French cuisine of our private beaches while enjoying a magnificent view of the sea.

Opposite the private beaches, stroll through the souvenir shops of Fréjus that will remind you of your stay with



Useful information



free time



by taxi



easy



GB



Open everyday
from May to September
according to the weather forecast

Prices



On quotation
to book 3 months in advance



FRÉJUS
CÔTE D'AZUR



for the thrill
seekers

Life in Fréjus happens both on land, in the air or in and on the sea!

On land, the Estérel Mountains feature way marked trails for your cycling and mountain biking excursions. Fréjus is a bike-friendly town. Between its public cycling area, cycle lanes, seashore and more, there are many varied options for riding a bicycle.

Fréjus is also the top family destination on the French Riviera! Its many amusement parks, its go-kart track, its bowling alley, its escape room, its crazy golf course and its treetop adventure provide plenty of opportunities to let off steam whilst having fun between spending time at the beach and visiting one of our ancient monuments.

For some more unusual options, you could explore the historic district by Segway (an electric personal transporter) or have a go on a Onewheel (a single wheel electric skateboard).

In the air, what could be more romantic than stargazing in Fréjus?

From our plains, our beaches or the Estérel Mountains, the astronomical display in the sky will delight you and leave you with another magical memory from your trip – or trips? – to Fréjus!

The usual introductory flights in ultralight aircraft and parasailing are of course available to anyone who isn't afraid of heights.

On and in the sea, if it's thrills you're looking for, activities like kitesurfing, jet skiing, electric hydrofoil surfing, flyboarding and sport fishing await you on our beaches and at Port Fréjus.

Speaking of the seabed, don't hesitate to grab your mask and snorkel to head out and explore the submerged artwork along the Port-Fréjus Underwater Trail! Each of the 50 buoys along the trail indicate a work of art below the surface, surrounded by Mediterranean flora and fauna.

Designed and introduced by Ecocean, and modelled after its Biohuts, this trail features multiple fun modules shaped like crabs, jellyfish, sea snakes and more, and also has the benefit of providing habitats for underwater species of plants and animals that take refuge in these sunken houses that were installed a few years back by the docks at the port.

If you don't want to make anyone jealous or if you want to enjoy a little freshwater, there is no shortage of private and municipal swimming pools in our region.

If you want to go exploring, you can absolutely go kayaking or boating on one of our rivers! You'll be able to paddle up the Argens whilst making the most of its riverbanks.

Activities on and under the water are perfectly at home in blue Fréjus, from more traditional options to others in discovery or adventure mode, in a park or in the depths of the Mediterranean.

Scan me to see more.





SNORKELLING

During your cruise, you'll have the chance to see many beautiful landscapes. How about some beautiful underwater scenery for a change?

Snorkeling allows you to explore the underwater scenery while remaining on the surface. The Fréjus seabed is rich in biodiversity, with a wide variety of flora and fauna that your naturalist guide will help you discover.

**On quotation
open to beginners and
advanced riders aged 5
and over.**



RELAX

Do you like your cruise? Then you'll love a sailing tour.

Relax and let the wind take you aboard a magnificent sailboat. Enjoy the magnificent view of the Estérel massif or the Maures massif while soaking up the sun.

**On quotation
According to the weather
forecast**



FOOT or BIKE ?

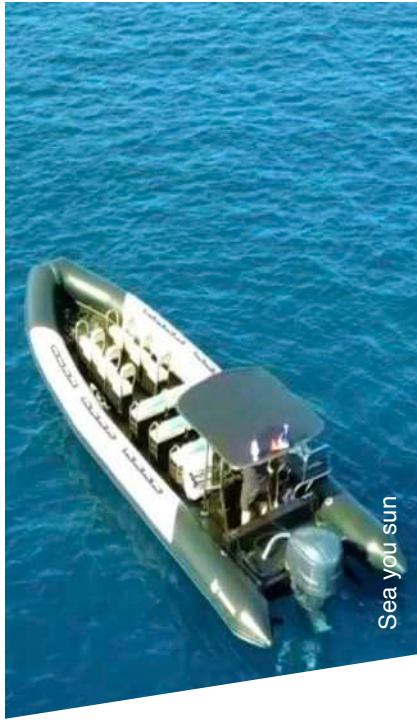
After days at sea, come and stretch your legs in the great outdoors, accompanied by a guide. On foot or by bike, come and discover the colorful beauty of the Esterel, our red rocky mountain. Reach the summits of the Mont Vinaigre for a magnificent view over the bay of Saint-Tropez, Fréjus and Cannes.

**On quotation
sports activity -
According to the weather
forecast**

**Let yourself be carried
away by all that Fréjus has
to offer.**



Guillaume Voiturier



Sea you sun



La Poze

FROM THE SKY

What if you could see your cruise ship from the sky? Come and discover the breathtaking scenery of Fréjus and the surrounding area from the sky from a microlight! A memory that's sure to stay with you forever. So, what's it going to be? The Esterel massif or Saint-Tropez?

On quotation
According to the weather forecast
By bus/ by ca

VISIT THE BAY

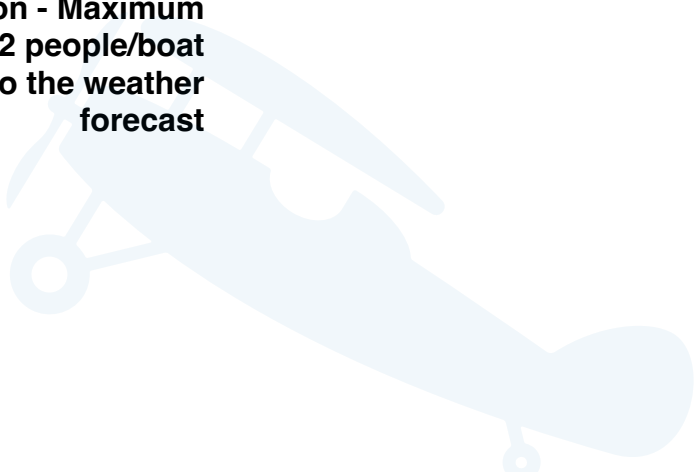
From visits to the Bay of Fréjus to crossings to Saint-Tropez, enjoy a private outing on a semi-rigid boat. Its size allows it to get as close to the coast as possible, and your guide will tell you the most beautiful stories of the Fréjusian Mediterranean.

On quotation - Maximum 12 people/boat
According to the weather forecast

ABOARD KAYAK

Come and relax on the calm Argens river aboard your kayak. Enjoy the fresh air and the shade of the trees surrounding the river. Head for the beach and enjoy a swim and relax in the warm sand.

According to the weather forecast
By bus/ by ca





fréjus on
the moove

Fréjus, a land of festivals for 2,072 years!

Celebrations in Fréjus are a matter of course. Located between Monaco and Saint-Tropez, in the heart of the French Riviera, your best nights will be the ones you spend in Fréjus!

Since it was founded by Julius Caesar, the town of Fréjus has offered the greatest spectacles to its residents and tourists passing through.

The 2,072-year-old reputation of “Fréjustival” was built on the festivals and events for all ages and all audiences that take place throughout the year.

The calendar of events and activities organised by the Town of Fréjus and its Tourist Office is another draw for our tourist destination, supplementing the services offered by our professionals, who will all be happy to share this festive spirit with you, whether they are purveyors of accommodation, food or leisure. It also contributes to our town’s vitality, promoting and extending its reach.

Fréjustival includes, amongst others:

- . The Bravade, with its traditional homages, its Provençal costumes and its musket fire
- . Nuits Auréliennes, featuring every form of theatre
- . The Grape Festival and the Côte de Provence Fréjus AOC
- . Summer Vibes, the biggest EDM festival on the French Riviera
- . Evening festivities and big shows at the arena, all summer long
- . The Giant Omelette, in honor of Gargantua
- . The International Air Festival, with its thousands of kites
- . Roc d’Azur, where mountain bikes rule....

Scan me to see more.



access to the calendar





The grappe festival « LA FÊTE DU RAISIN »

Take advantage of the traditional grape festival for a wine tasting. You'll also have the opportunity to stroll through the colorful streets of the old town and discover our beautiful cathedral.







The importance of the vine is evident throughout the history of the creation of Fréjus. The people of Fréjus settled there, became farmers, planted vines, olive trees and fruit trees and then developed wine production by building large wine estates.

The traditional and Provençal Grape Festival, is reborn each year to celebrate the first grapes....


Scan me to see more.



Useful information

-  2 hours
-  by bus / by taxi
-  Tourism Office
-  medium
-  GB
-  On the 1st week-end of August

Prices

-  3,50 € the engraved glass
- Please contact us in advance to arrange the welcoming passenger on the event.**



FRÉJUS
CÔTE D'AZUR



The GIANT OMELETTE

Come and discover the traditional giant omelette of Saint-Aygulf.

For the little story...

Since 1986, the district of Saint-Aygulf has celebrated the « OMELETTE GÉANTE » on the occasion of a big festival which takes place every second Sunday of September.

Saturday is devoted to the preparation of a giant omelette for the children as well as a giant onion soup.







On Sunday, it's time to prepare the official giant omelet. Preceded by a parade of brotherhoods, the preparation of the omelet is followed by a tasting.

15 000 eggs, 15 liters of oil, a bucket of herbs... Gargantuan proportions


Scan me to see more.



Useful information

-  2 hours
-  by bus / by taxi
-  Saint-Aygulf
-  medium
-  GB
-  On the 2nd Sunday of September

Prices

-  free entrance
- Please contact us in advance to arrange the welcoming passenger on the event.**



The BRAVADE

Fréjus, saved and grateful: The story behind the Bravade

The roots of the Bravade that is so beloved today are spiritual, first and foremost, since it is a tribute from the women and men of Fréjus to their saviour and patron saint, Saint Francis of Paola.

Over the course of four days, tourists and locals of all ages gather for processions, parades, dances, Masses and original performances in honour of Saint Francis of Paola who, in 1482, saved Fréjus from the bubonic plague, which was ravaging all of Europe.

Saint Francis of Paola, the apostle of charity

Fréjus is intimately linked to its patron saint, Saint Francis of Paola. He became a hermit when he was 12 and founded the Order of Minims at the age of 19, whose motto, “Charitas” (“Charity”) became legendary and inspired a spiritual reawakening in the late 15th century. During his lifetime, the young Francis of Paola (a town in Calabria, Italy) already came across as a saint. Praying, fasting and helping the poorest and sickest people at any hour of day or night, his contemporaries, be the humble, monks, kings or soldiers,

Scan me to see more.



Useful information



free time



by taxi / by bus



historical center of Fréjus



medium



GB



on the 3rd Sunday following
Easter

Prices



free entrance

**Please contact us in advance to
arrange the welcoming passenger on
the event.**



FRÉJUS
CÔTE D'AZUR



The INTERNATIONAL AIR FESTIVAL

At this point, does this international festival, traditionally held late in october at the Base Nature, need any introduction ?

The International Air Festival is the third largest of its kind, attracting all kiting enthusiasts and fans.

A major event in the South of France that was launched in 1997, this major event for the disciplin of kiting unfurls its wings along the Mediterranean, at he Base Nature in Fréjus, in a veritable kaleidoscope of colors, shapes and forms.

The programme oft this great areal ballet includes demonstrations, competitions, introductory classes, play areas for the general public, and the list goes on...

Each year, this event gathers tens of thousands of spectators in Fréjus

Scan me to see more.



Useful information



free time



at 5 min from Port-Fréjus



Base Nature



easy



GB



on the 3rd week-end of October

Prices

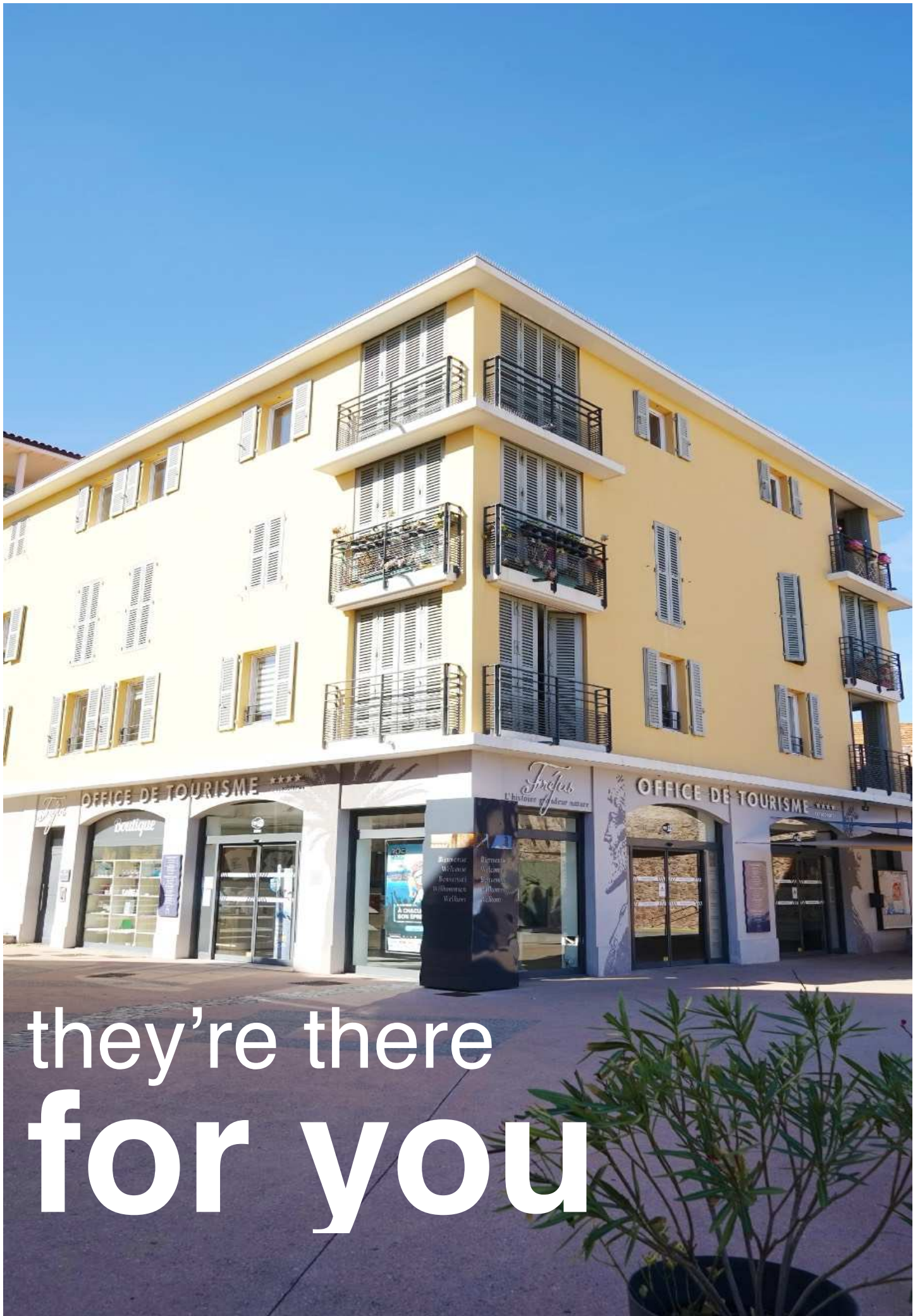


free entrance

Please contact us in advance to arrange the welcoming passenger on the event.



FRÉJUS
CÔTE D'AZUR



they're there
for you



Laura PASSET

Travel Consultant
Responsible for field of cruises
Quality Manager

- welcoming, informing and advising tourists on their holidays
- Welcoming visitors on site and promoting the city
- supporting and training seasonal workers
- drive and manage the organisation's quality policy

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Maxime SGOLMIN

Promotion manager

- maintain relations with the region's socio-professionals
- promote the city to the general public and socio-professionals
- create product lines for the shop
- Welcoming reporters and bloggers
- Keeping an eye on the competition and the future
- market and manage the shop

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Make your visit to
Fréjus a unique,
exciting
and
rewarding experience.

