

# Fréjus

PORT-FRÉJUS

a port of call at the heart of French Riviera



2024 - 2028

FRÉJUS  
FRÉJUS  
CÔTE D'AZUR

# summary


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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.*



**S**un, 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.

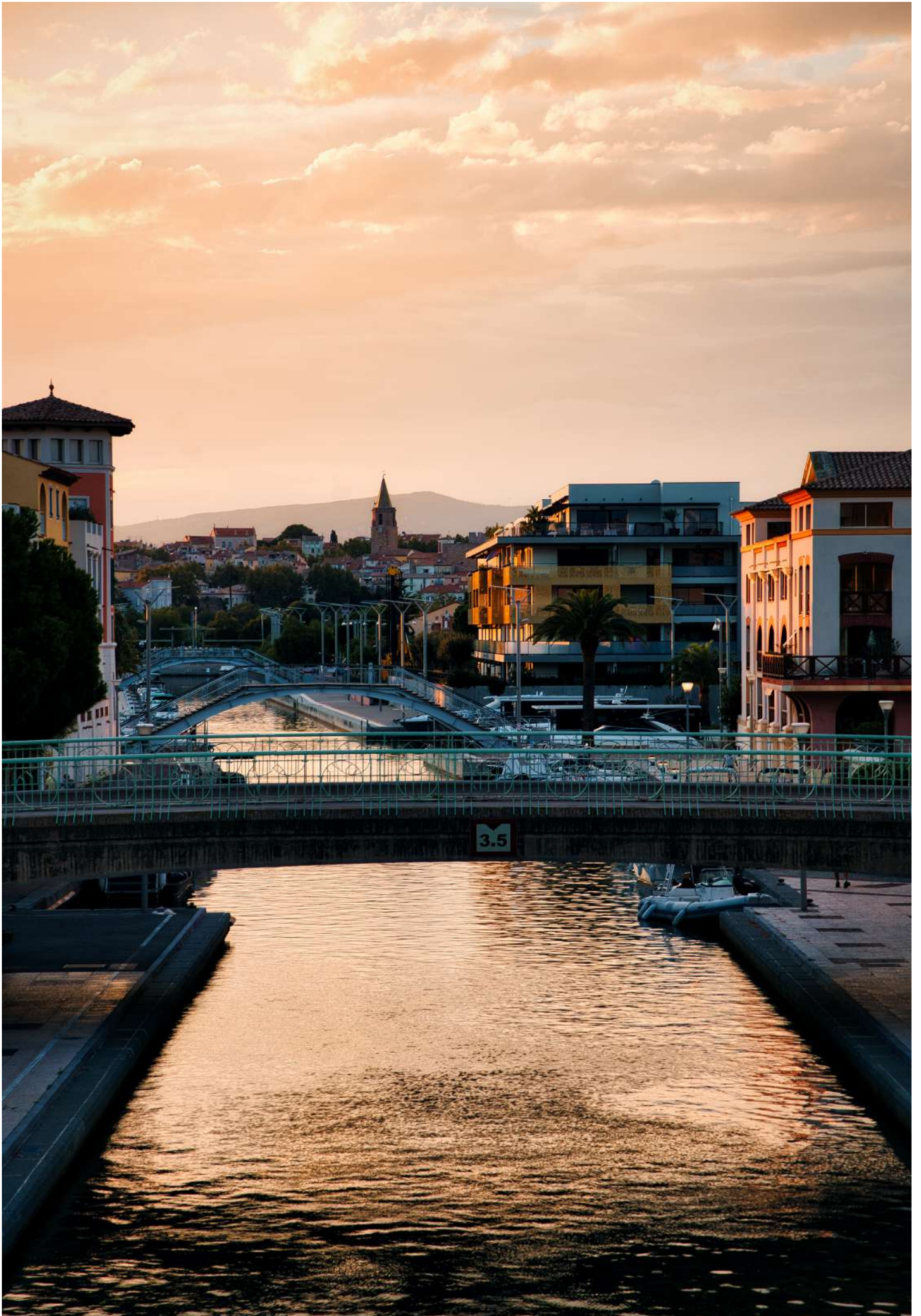
An abundance of Roman and medieval monuments, including 29 classified as historical monuments that punctuated the history of the city's ancient and medieval days, promises a change of scenery and cultural enrichment to all of its visitors.

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  
of **French Riviera**



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 2<sup>nd</sup> century AD, created to protect the coastline from the Gauls.

## Forum Julii and the sea, the roman spirit

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.

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 9<sup>th</sup> 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



**F**réjus 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 m<sup>2</sup> 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 la tache

3.5

# 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 m<sup>2</sup> of habitations and 7000 m<sup>2</sup> of public equipment.

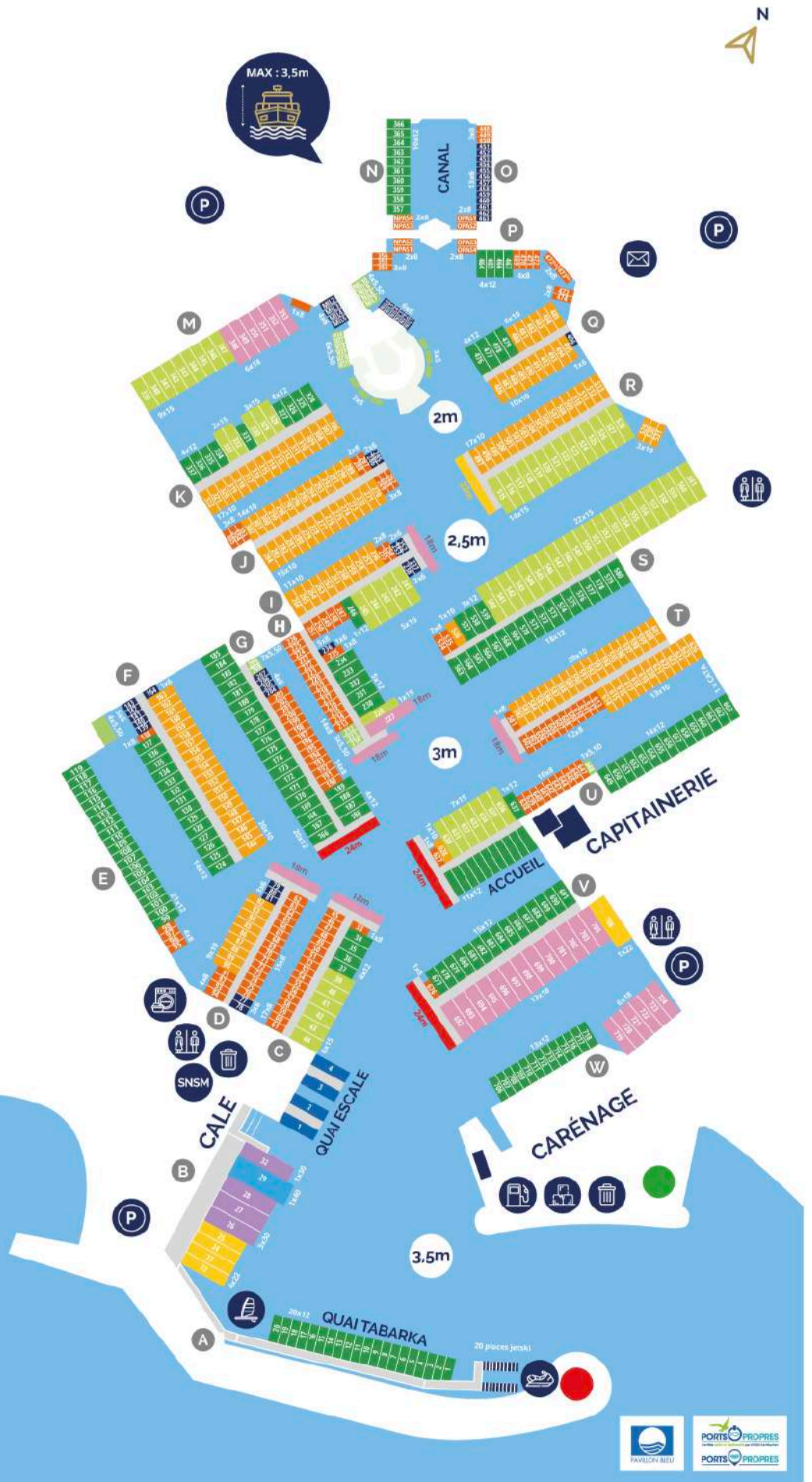
# MAIN PORT

## 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



## 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)**



the port of call  
**technical**  
**information**

## ANCHORAGE INFORMATION

SECURE ANCHORAGE(S) POSITION/LAT./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**



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

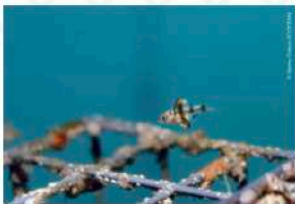


CLEAN HARBOURS  
Certified as active in  
biodiversity by AFNOR  
Certification  
Certified since 2019



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 ?



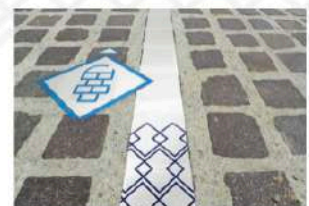
ASK MY SCHOOL  
to participate in the harbour's  
educational programmes



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**



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.

## a recreational intuition to think about protection of marine biodiversity

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

## 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.

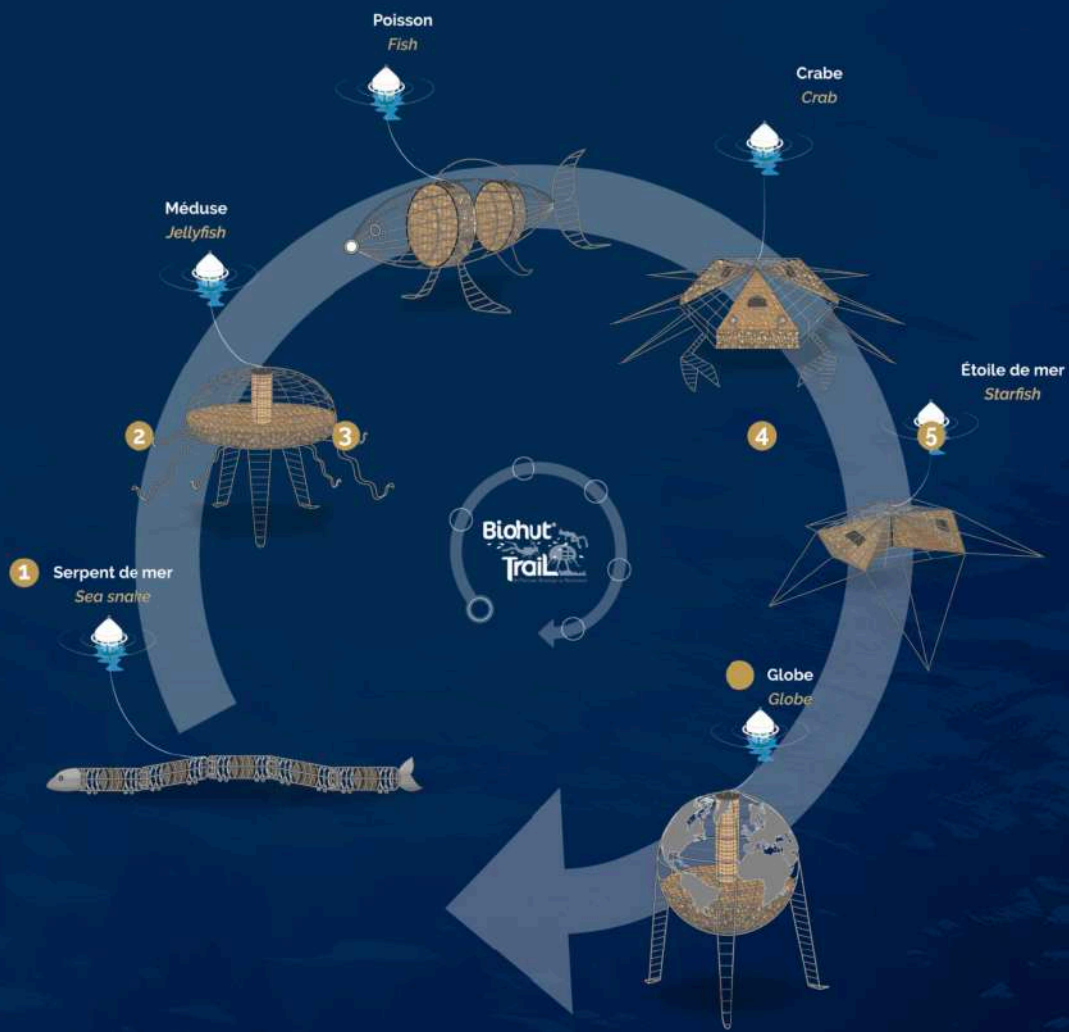
The marine ecosystem is wonderful but remains very fragile.

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

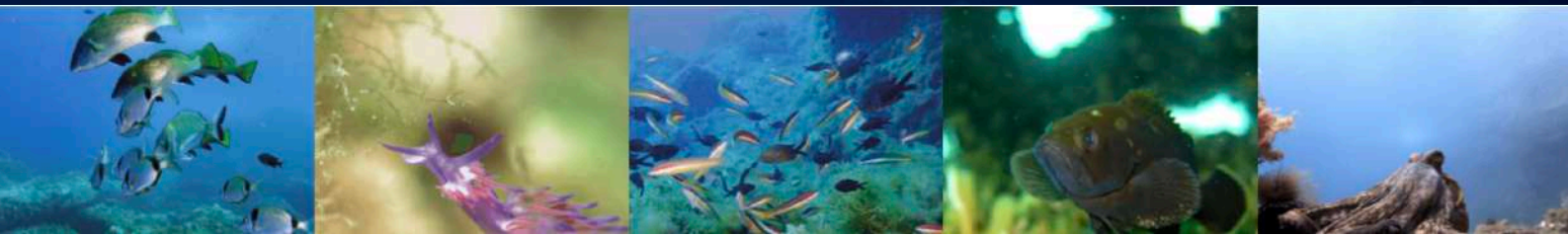
Don't forget, once you are back home, your everyday actions can have repercussions on the sea, so don't litter and use environmentally friendly products.

**The sea will thank you !**

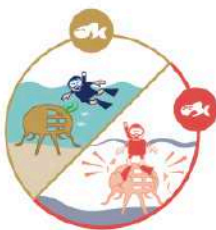
**PORT**  
FRÉJUS



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



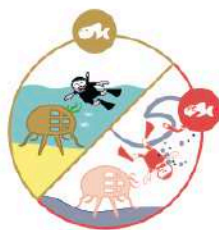
## Rules OF CONDUCT OF THE TRAIL



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

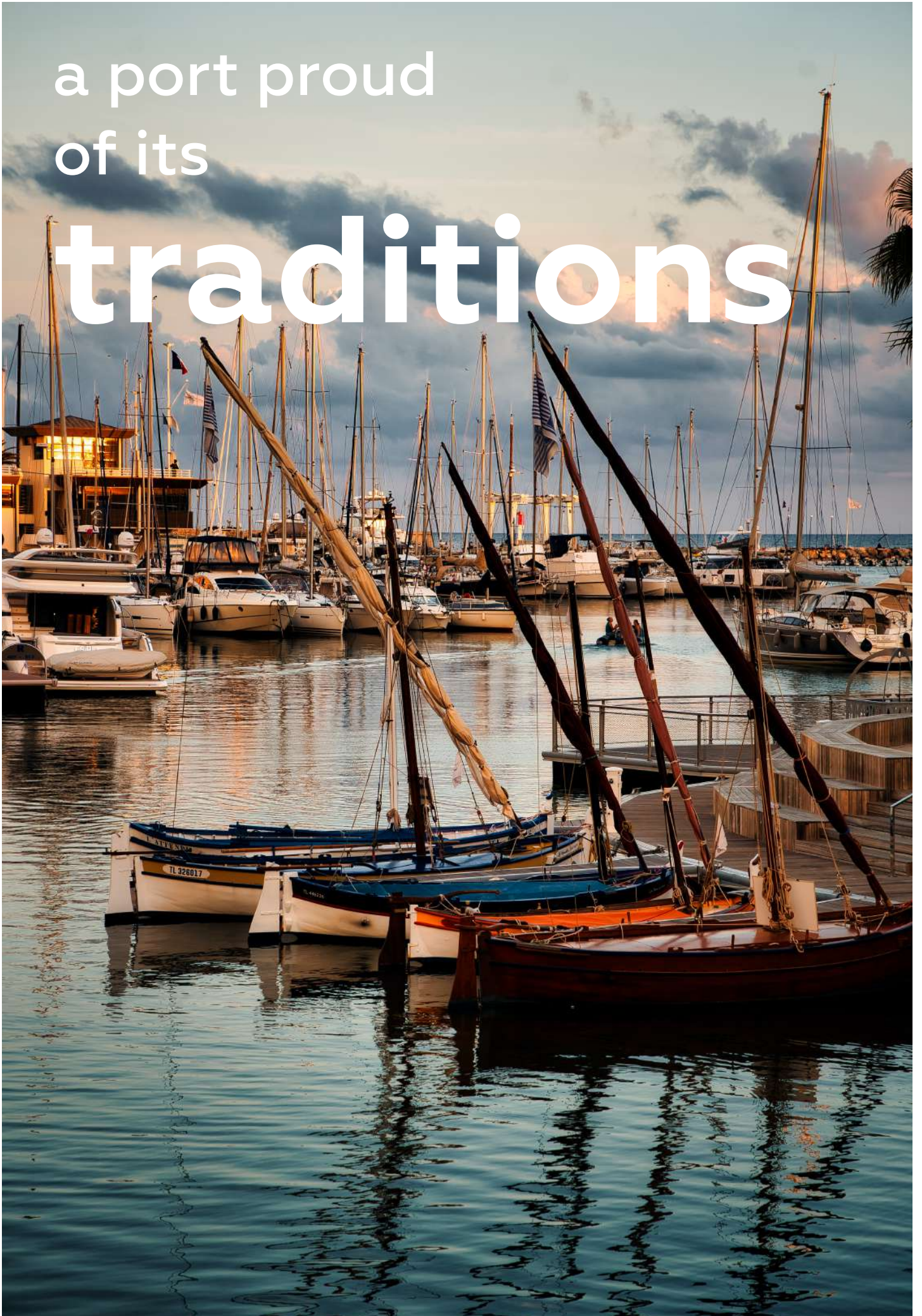


CAUTION

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

# traditions



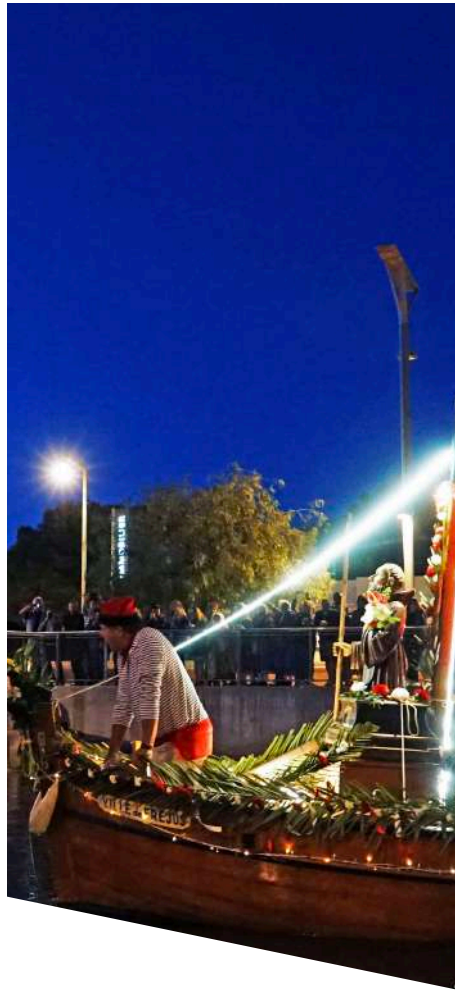


## FRÉJUS FISHING BOATS, to immerse you in the traditions of Provençal fisherfolk.

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...



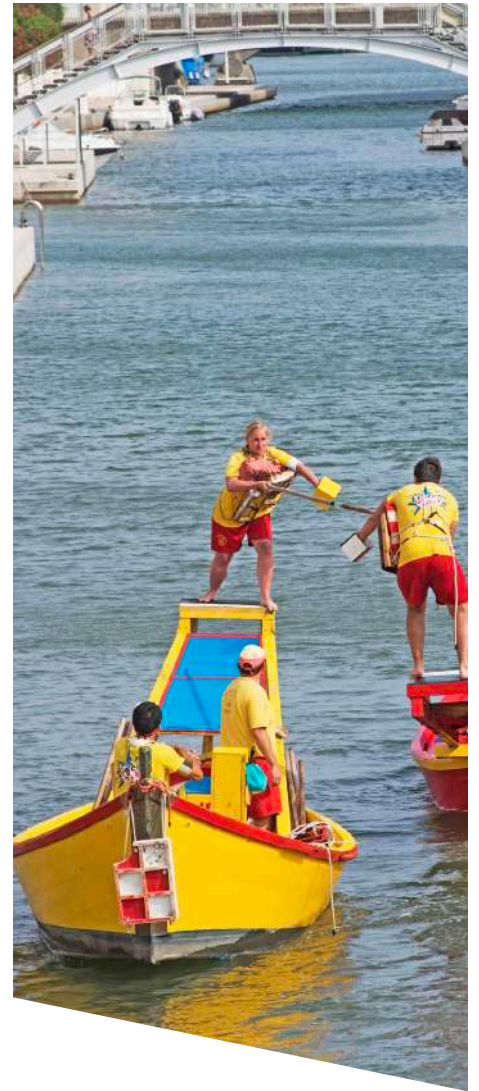
## BRAVADE

**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, in 1482, saved Fréjus from



## THE JOUSTING TOURNAMENTS

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



a port open  
to

# contemporary art

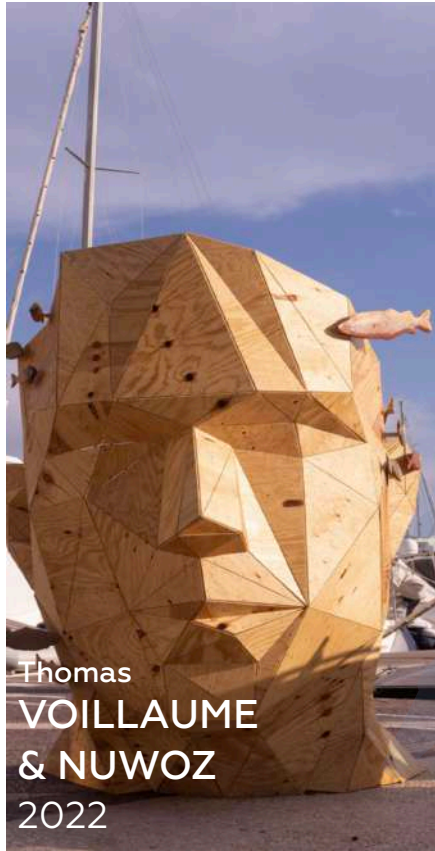
Fresque monumentale  
BRAGA LAST1 ET  
KOWSE WONE  
2021





Nicolas  
**LAVARENNE**  
2019

*eva gnoss*  
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**





# 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 do.**



# 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 - 81 rue Sleyès  
Sacamaillage - 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 Mérrou 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 - 56, 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 Grisolles

Pizza Chez Fred - 93, rue du Dr Ciarnin

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)

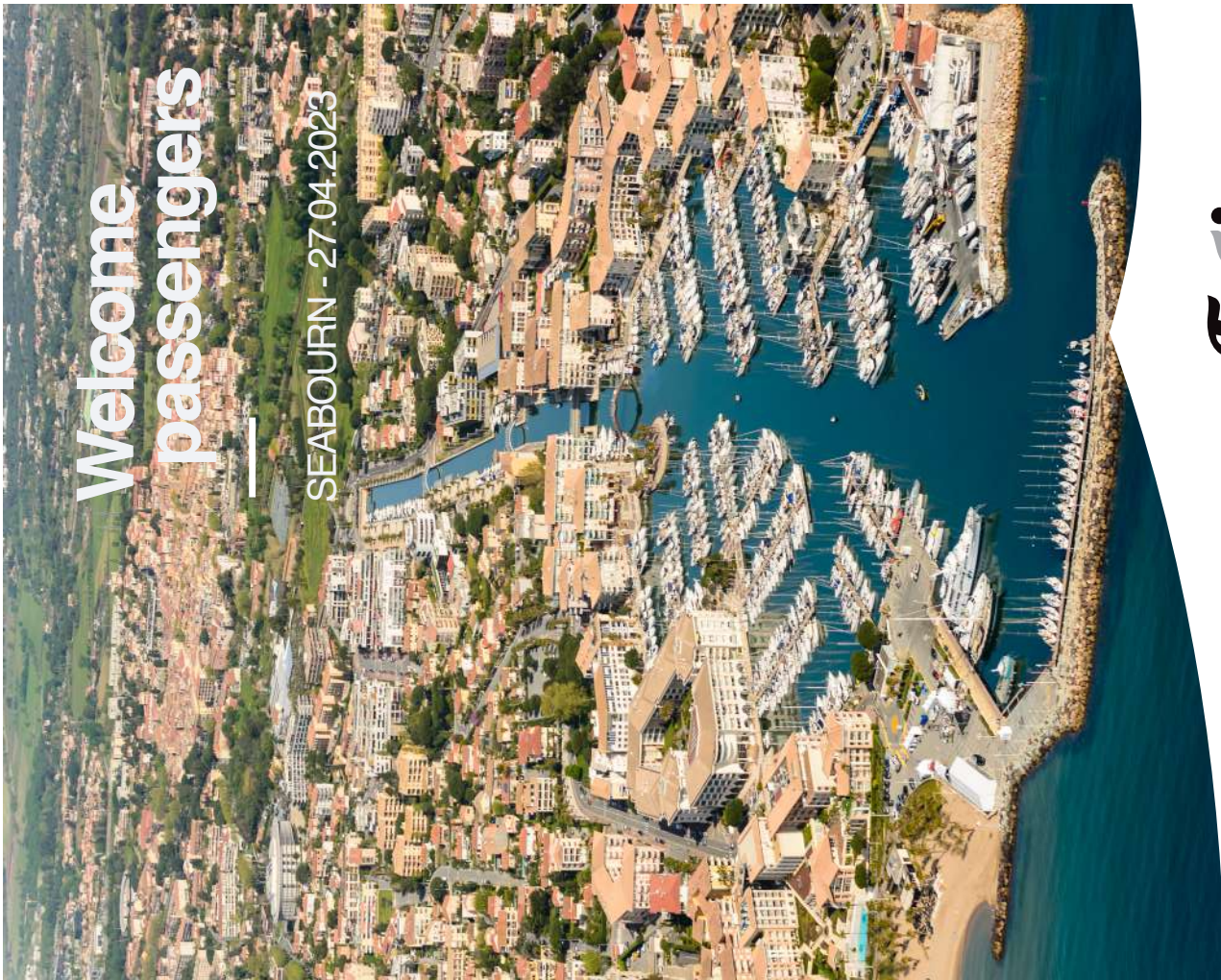


**Souvenir of Fréjus : ideas for Christmas !**

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  
passengers**

**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 am-12 pm and 2 pm-6 pm / 7 days a week in July-August  
 L'Eme del Turisimo vi accoglie tutto l'anno dal lunedì al sabato 9.30-12 e 14-18. Tutti i giorni in luglio e agosto  
 Die Touristinmburo heigt Sie das ganze Jahr rund von Montag bis Samstag 9.30-12.00 Uhr und 14.00-18.00 Uhr täglich im Juli-August.

LE FLORUS II  
 249 RUE JEAN JAURES  
 83900 FREJUS  
 +33 (0)4 94 51 83 83  
 tourisme@frejus.fr

Frejus.fr  
 Coeur d'Azur  
 @frejuscourazur @office.tourisme.frejus



**PRIVATE VISIT OF FREJUS**  
 offered by the **Tourism Office of Fréjus**  
 departure at the little tourist train stop in the Coeur 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 FRÉJUS to COEUR HISTORIQUE**  
 take **THE LITTLE TOURISTIC TRAIN** - free shuttle  
 9 h 30 - 10h30 : PORT FRÉJUS / COEUR HISTORIQUE  
 15h00 - 16h00 : COEUR HISTORIQUE / PORT FRÉJUS



- Patrimoine romain**  
*Romer Heritage / Patrimonio Romano / Römische Kulturerbe*
- 1 Amphithéâtre romain  
*Roman amphitheatre / Anfiteatro / Römischer Amphitheater*
- 2 Théâtre Romain  
*Roman Theater / Teatro Romano / Römischer Theater*
- 3 Aqueduc  
*Roman aqueduct / Acquedotto / Aquädukt*
- 4 Porte d'Orléans  
*Orléans Gate / Porta "d'Orléans" / Stadttor Porta d'Orléans*
- 5 Lanterne d'Auguste  
*Augustus lantern / Lanterna di Augusto / Augustus Laterne / Augustus*
- 6 Porte des Gaules  
*The Gauls Gate / Porta dei Galli / Stadttor Porta dei Galli (Cailleries)*
- 7 Remparts romains  
*Roman walls / Mura Romane / Römische Stadtmauer*
- 8 Musée archéologique  
*Archaeological Museum / Museo Archeologico / Archäologisches Museum*
- 9 Plateforme romaine  
*Roman Area / Spazio Romano / Kulturland Römischen*

- Patrimoine médiéval, moderne et contemporain**  
*Medieval, modern and contemporary Heritage / Patrimonio medioevale, moderno e contemporaneo / Mittelalterliches, neuzeitliches 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<sup>e</sup> siècle  
*Modern town walls / Mura moderne del XVII secolo / Neuzzeitliche Stadtmauer 16. Jh*
- 13 Villa Aurelienne
- 14 Statue d'Agricola  
*Statue of Agricola / Statua Agricolae / Agricolae Statue*
- 15 Villa Marie (Midiathèque)  
*Villa "Marie" (Midiathèque) / Villa Marie (Hechtbibliothek)*

- Patrimoine culturel**  
*Cultural Heritage / Patrimonio culturale / Religioses Kulturerbe*
- 16 Chapelle N-D de Jerusalem ou Chapelle Cortesau  
*Chapel of Our Lady of Jerusalem / Capella Cortesau / Kapelle der Jungfrau von Jerusalem oder Cortesau-Kapelle*
- 17 Mosquée soudanaise ou Mosquée Missiri  
*Sudanese mosque or "Missiri" / Moschea "Missiri" / Sudanische Moschee oder Missiri-Moschee*
- 18 Pagode Hong-Hien  
*Hong-Hien pagoda / Pagoda Hong-Hien / Pagode Hong-Hien*
- Patrimoine militaire** *Military Heritage / Patrimonio militare / Militärisches Kulturerbe*
- 19 Musée des troupes de Marine  
*Marine troops museum / Museo di Marina / Marine Museum*
- 20 Mémorial des Guernes en Indochine  
*Indochina Veterans Memorial / Memoriale per le Indocinese*
- 21 Mémorial de l'Armée Noire  
*Memorial of the Black Army / Memoriale dell' Armata Nera / Memorial der Schwarzen Armee*

**Plage autorisée aux chiens tenus en laisse**  
*Authorized dog beach (dogs on leash)*

**Handicapés**  
*Handicapped persons facilities*

**Plage adaptée aux personnes handicapées**  
*Beach adapted for people with disabilities*

**Domaines viticoles**  
*Wine / Agricol / Weinbau*

**Apiculture**  
*Beekeeping / Apicoltura / Bienstockzucht*

**Chasse**  
*Hunting / Caccia / Jagd*

**Office de Tourisme**  
*Tourist Office / Ufficio del Turismo / Touristenbüro*

**Piste cyclable**  
*Bike path / Pista ciclabile / Radweg*

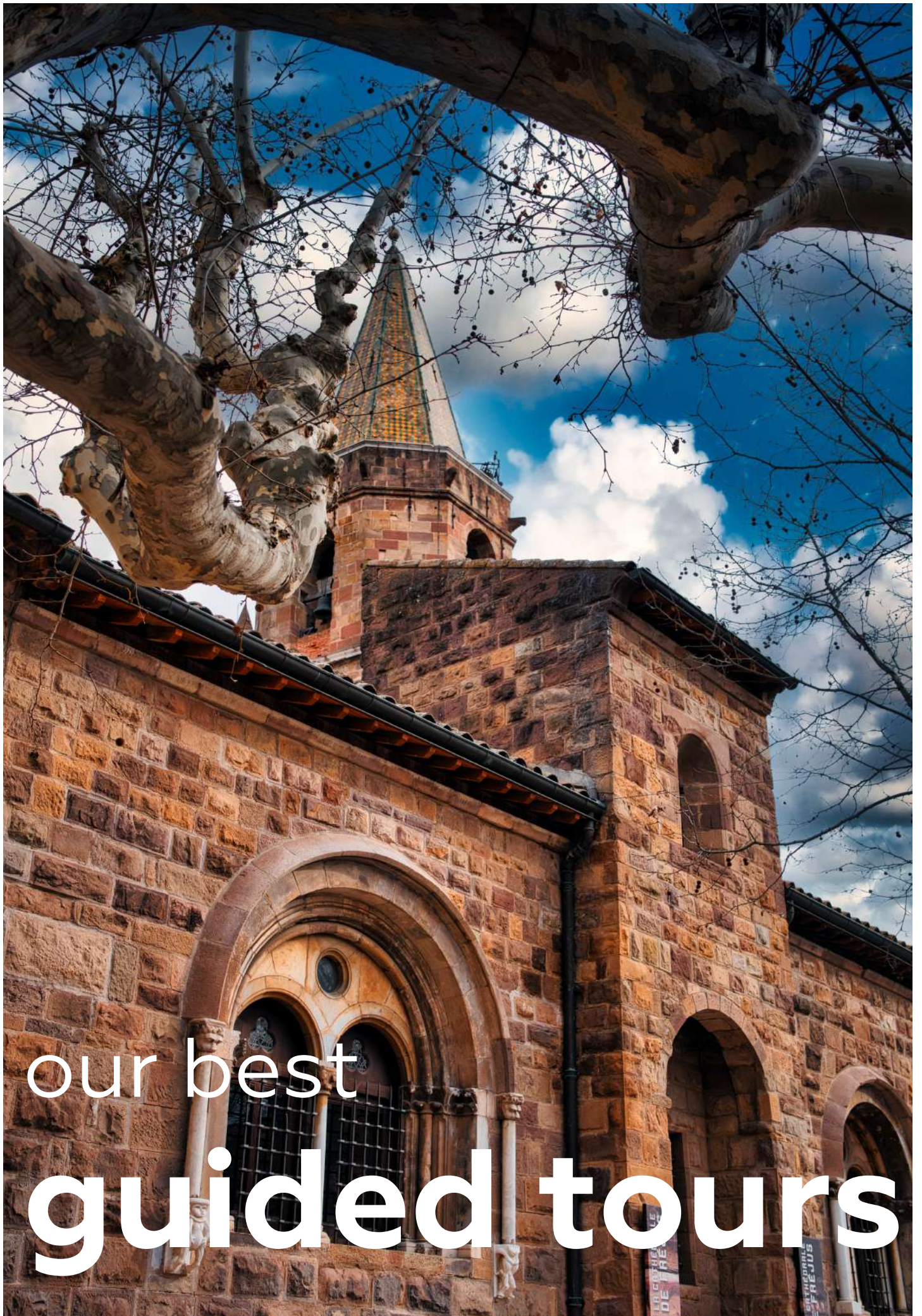
**Circuit des métiers d'art**  
*Artisan circuit / Circuito dei mestieri / Kunstlerweg*

**A faire par temps de pluie**  
*Things to do in rainy weather / Da fare in tempo piovoso / Aktivitäten bei Regen*

**Balaise - randonnées**  
*Mountain walking / Escursioni / Bergwandern*

**Marché**  
*Market / Mercato / Markt*

**LEGENDE** *Legend / Codes / Legende*



our best  
**guided tours**

## 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 love story is in the cards for you and me, one with a heart of pure azure...

## 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.

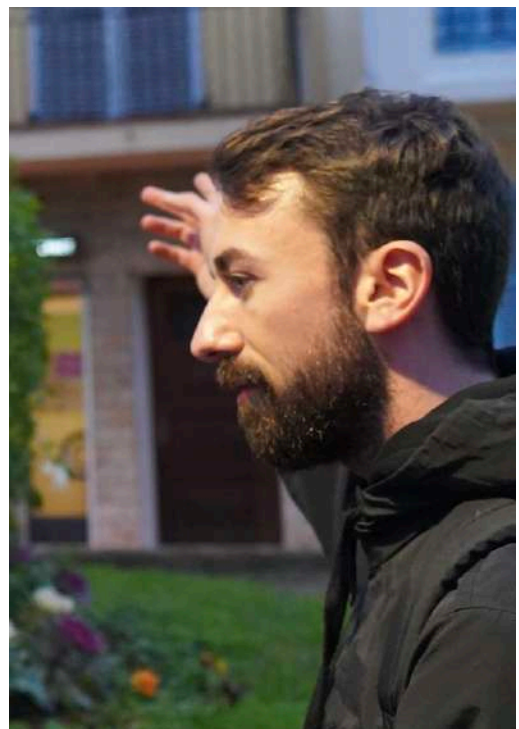
Which is why I have designed these itineraries for you, so Fréjus doesn't become just another destination that you visit without really understanding it.

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 hat

#### Prices

	35 people max On quotation
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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 !

### Useful information



2 hours



5 km



Tourism Office



no access - too difficult



GB



camera - bottle of water - sun glasses  
hat

#### Prices



35 people max

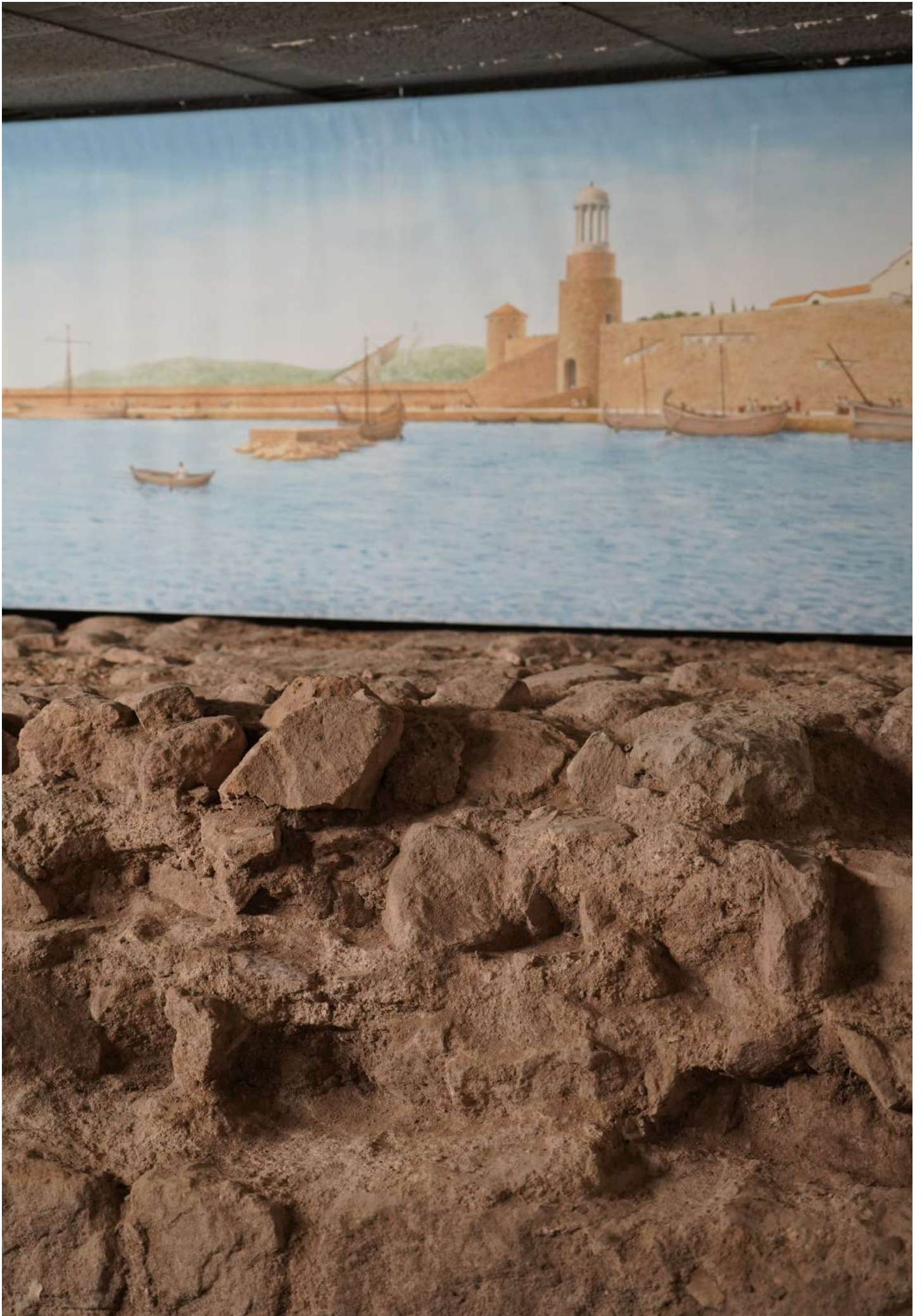
On quotation

**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  
hat

#### 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  
hat

#### Prices

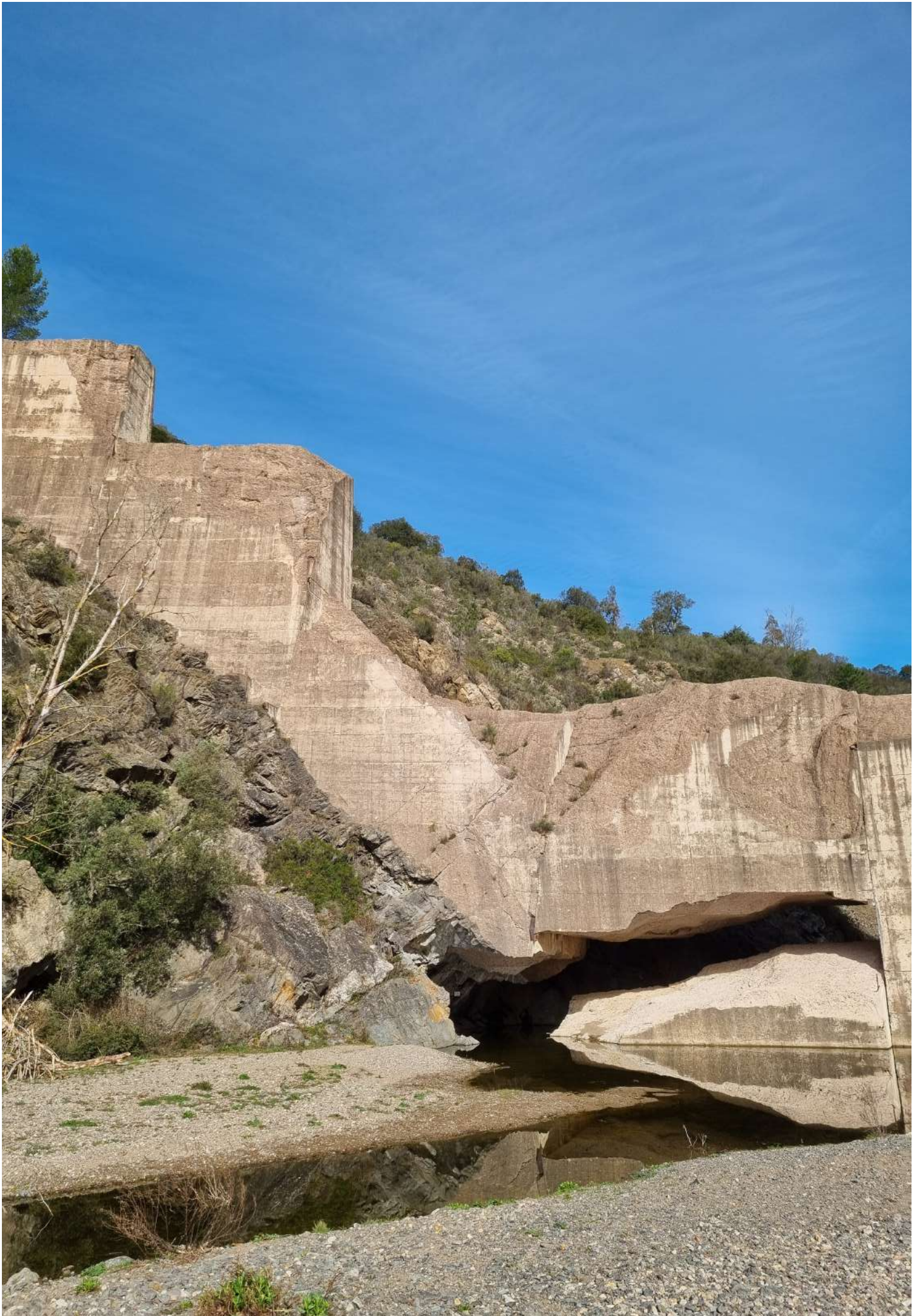


35 people max  
On quotation



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.

### Useful information



2 hours



by bus / by taxi + 6 km walking



Tourism Office



difficult - no disabled access



GB



camera - bottle of water - sun glasses  
hat

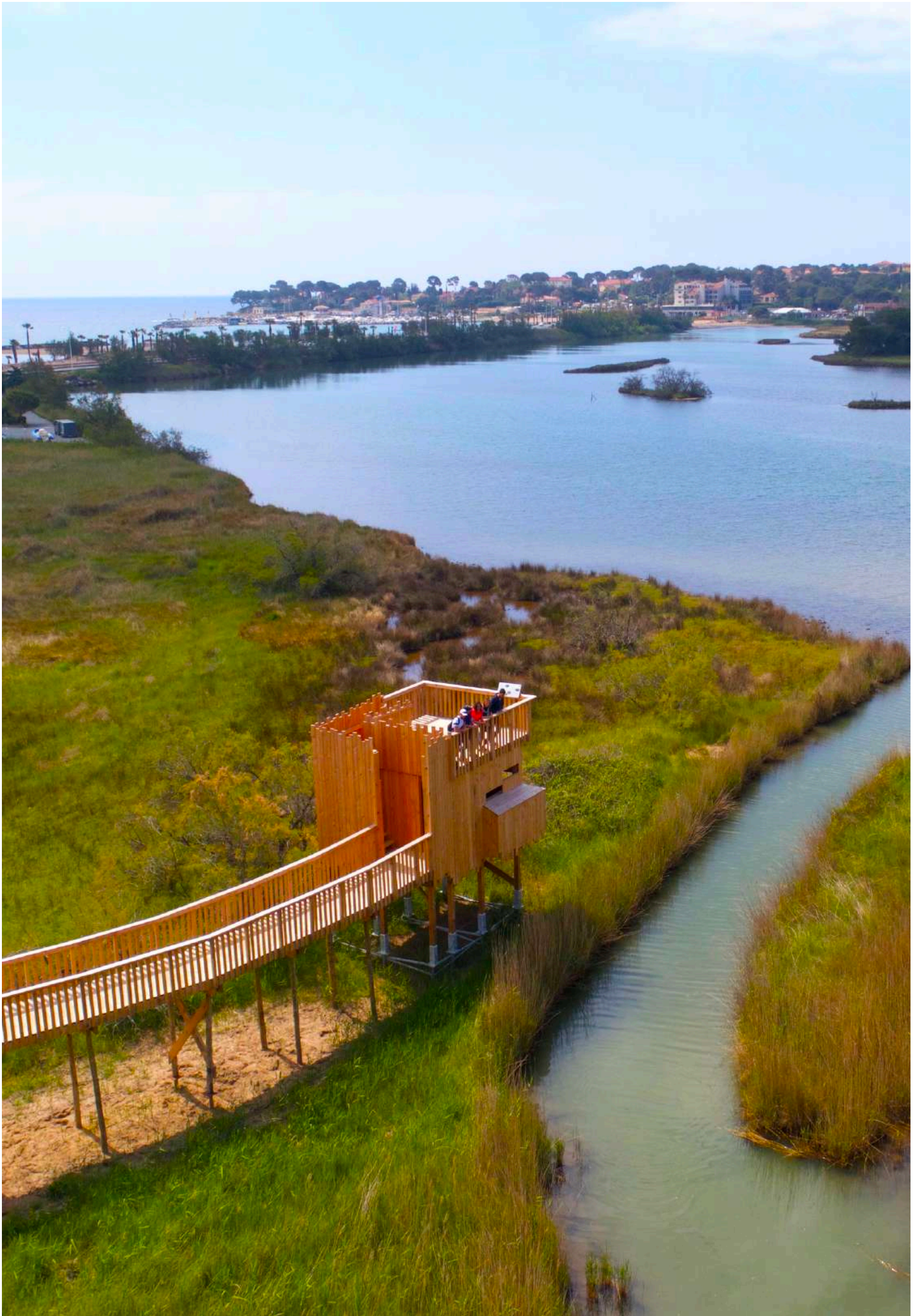
#### Prices



35 people max  
On quotation



FRÉJUS  
CÔTE D'AZUR



## 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 km<sup>2</sup> 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.

### 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 glasses  
hat

#### 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  
hat

#### Prices



12 people max  
On quotation



FRÉJUS  
CÔTE D'AZUR





free time  
in **Fréjus**

*During your stay in Fréjus, you will discover the « Fréjusienne 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.*

*You will take home wonderful memories.*

*It's the best I want for you.*

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



**Laura**  
Travel Consultant  
Responsible for field of cruises  
Quality Manager



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. Painters, framers, ceramicists, potters and gilders are waiting for your visit!

The Arts and Crafts 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...

## Useful information



free time



by bus / by taxi



Tourism Office



easy



it depends on the owner

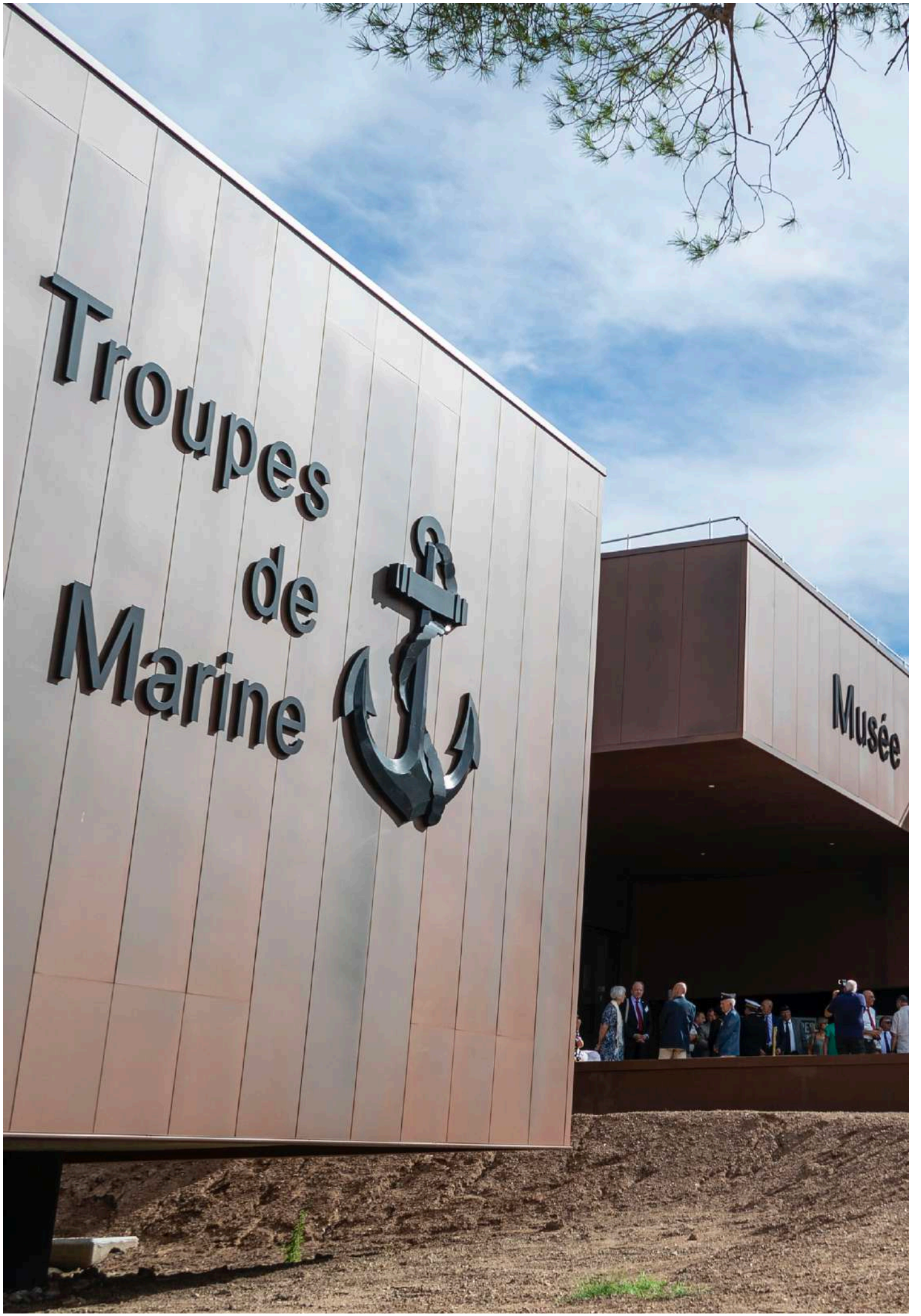


open from Tuesday to Saturday (flexible hours)



FRÉJUS  
CÔTE D'AZUR





Troupes  
de  
Marine



Musée



## 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!

### 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

True images of ideal country living, our vineyards, fortified mediaeval towns and -Provençal châteaux have left their mark on the land in and around Fréjus!

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.

Between themed tours of wineries and vineyards, cultural exhibitions and other activities throughout the year, Fréjus's wine professionals make the four seasons work for them, amidst their 2000-year-old grapevines. Discover also the pleasure of playing pétanque, a typically Provençal boules game.

You can find all of these properties at the Grape Festival, the first weekend in August, or by visiting them directly. Either way, you will meet people who are passionate about what they do and who will be happy to talk to you about their family traditions, as well as scenery, history, food and ancestral know-how.

### Useful information



free time



by taxi



medium



GB



camera - bottle of water - sun glasses  
hat - 18 years and older for alcohol

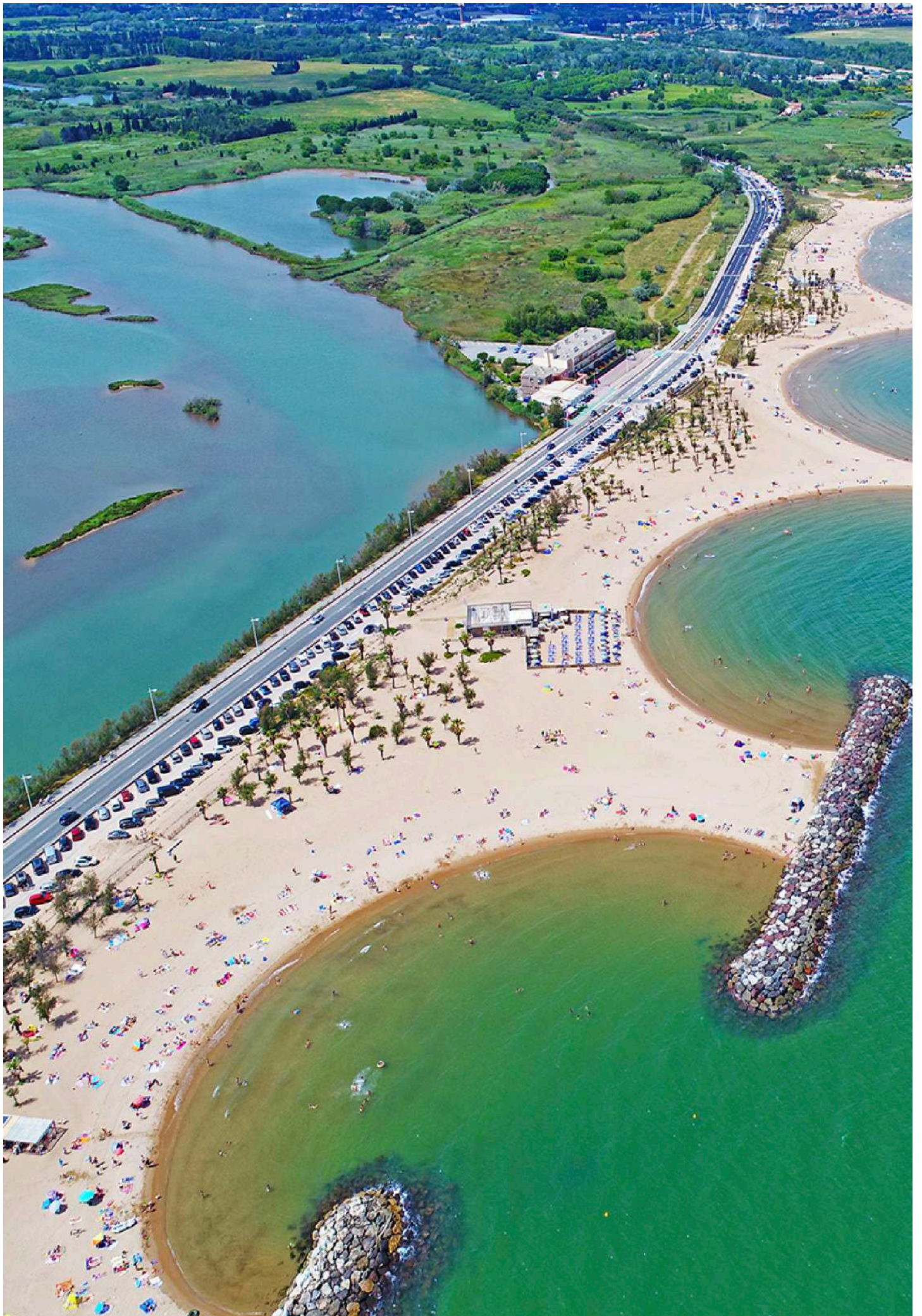
#### Prices



On quotation  
to book 3 months in advance



FRÉJUS  
CÔTE D'AZUR



## 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 us.

### 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.



## 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.**

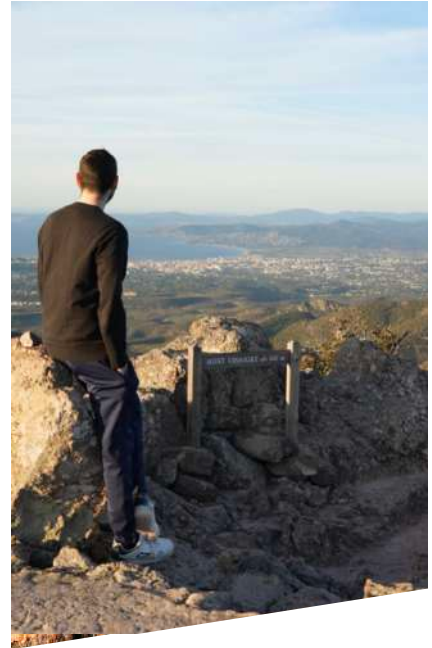


## RELAX

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**

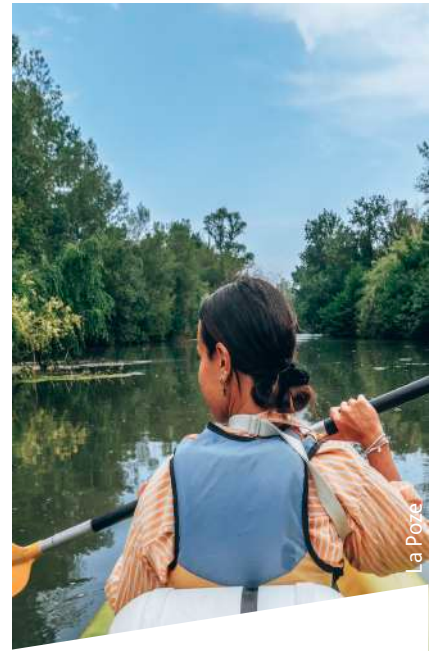


## FOOT or BIKE ?

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.**



## 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 Ester el massif or Saint-Tropez?

**On quotation  
According to the weather  
forecast**

## VISIT THE BAY

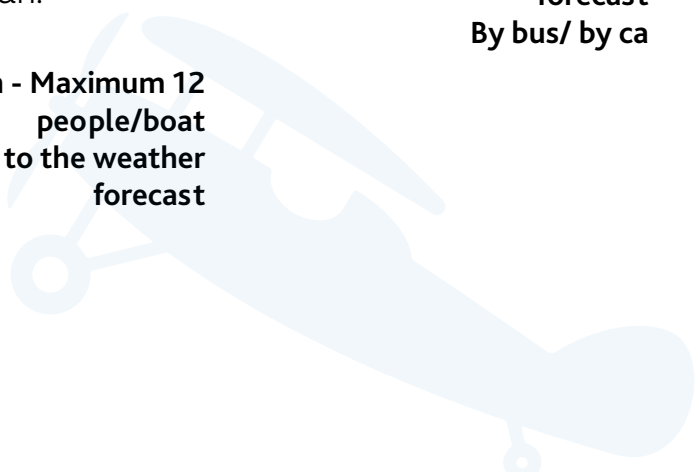
From visits to the Bay of Fréjus to crossings to Saint-Tropez, enjoy a private outing on a semi-rigid boat. Its size allows it to get as close to the coast as possible, and your guide will tell you the most beautiful stories of the Fréjusian Mediterranean.

**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....

**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....

### 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 for a gargantuan omelette.

And to be savoured in friendship, with generosity and a willingness to share.

## 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.



FRÉJUS  
CÔTE D'AZUR



# 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, painted a magnificent portrait of him as a pious, gentle and loving man.

Although he is buried in Plessis-lèz-Tours, you can still see and pray over the relics of this saint who is so dear to the people of Fréjus in Saint-Léonce Cathedral and in the chapel that bears his name at the gateway to the historic centre.

## Useful information



free time



by taxi / by bus



historical center of Fréjus



medium



GB



on the 3rd Sunday following Easter

### Prices



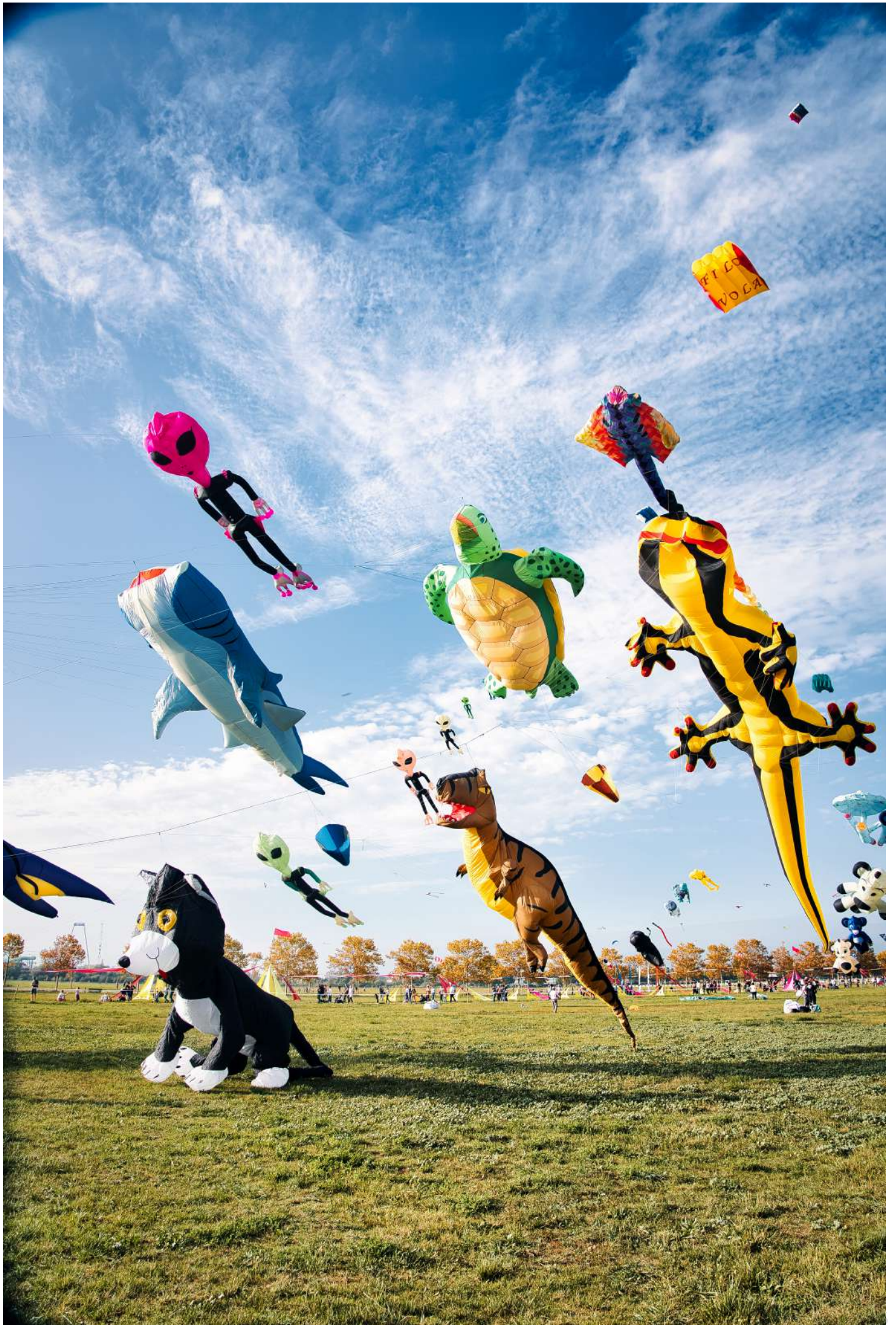
free entrance

**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.

### Useful information



free time



at 5 min from Port-Fréjus



Base Nature



easy



GB



on the 3rd week-end of October

#### Prices

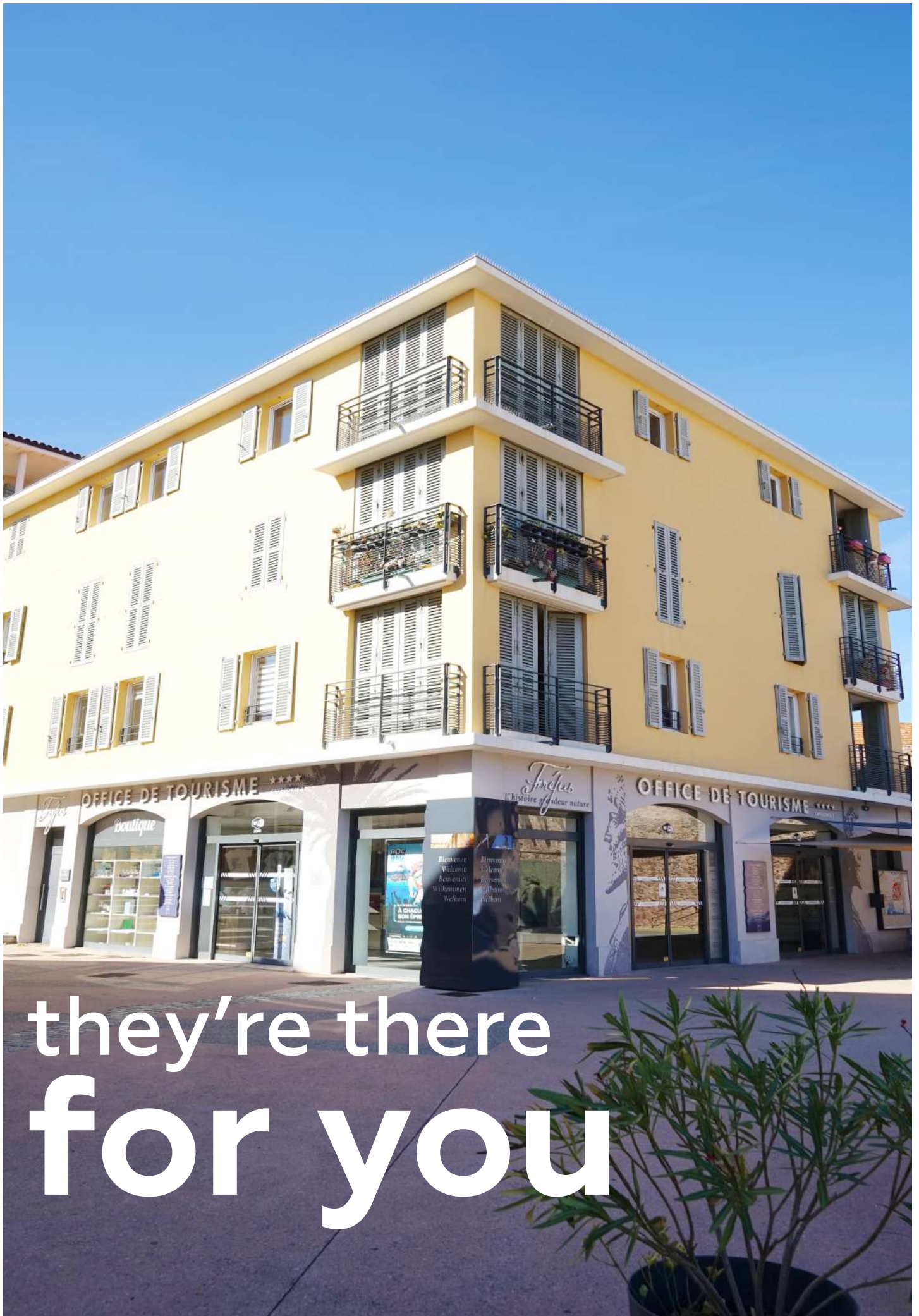


free entrance

**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.

