



Saint-Raphaël

Splashing around in water, playing
in the countryside what fun!



2021

SaintRaphaël
Tourisme



ENGLISH
saint-raphael.com

Welcome to Saint-Raphaël!

This guide has been made specially for you, so you can have fun exploring the town.
It includes games, details about the plants and animals you might
come across during your stay and even a recipe!

So have fun and make sure you share your photos
on Instagram with **#mysaintraphael**
Have a great holiday!



The recipe...

Cookie vegetable patch

For the cookie dough: 85 g butter. 1 egg. 85 g sugar.
150 g flour. 100 g plain chocolate.
1 teaspoon of salt. 1 teaspoon of baking powder.

For the icing: 10 cl single cream.
100 g plain chocolate.

For the chocolate crumble: 100 g softened butter.
100 g flour. 60 g sugar. 60 g almond powder.
20 g sugar-free cocoa powder.

For the decoration: 100 g of coloured marzipan,
parsley or chervil.

Utensils:
1 square or rectangular mould.
1 hand blender or whisk. 1 oven. Baking paper
Dried pulses. A rolling pin

1hr 30 mins preparation time: 30 mins
Baking: 15 min + 20 min

1. First, make the cookie dough. Mix the softened butter and sugar using a fork, then add the other ingredients. Stir until you have a smooth dough.
2. Spread the dough 1 cm thick in a rectangular/square mould, raising the dough around the edges.
3. Cover with baking paper, weigh down with dried pulses and bake in the oven at 200°C (thermostat 6-7) for 15 mins.
4. Leave to cool.
5. Make the icing: chop up the chocolate, then pour hot cream over it. Leave for 2 minutes, then stir until you have a smooth cream. Pour over the cookies.
6. Now make the crumble. Pre-heat oven at 180°C.
7. Put the butter and flour, sugar, almond powder and cocoa powder in a large bowl.
8. Use your fingers to mix the ingredients together well.
9. Spread the crumble mixture over greaseproof paper on a baking tray.
10. Bake in the oven for 20 mins at 180°C until you have a blackish powder (this is the "soil"). Sprinkle it over the icing.
11. Make small balls of sugar paste and roll them into sausage shapes but which are wider on one side than on the other to make half a carrot shape. The bottom should be flat so you can put it on the "soil". Use a toothpick to make a hole in the top of the carrot for a sprig of parsley to make the carrots' green tops.
12. Put them on the "soil". It's ready!



Don't forget to post the
photo of your cookies on



#mysaintraphael

SAINT-RAPHAËL**UNDERWATER****musée de France****ARCHAEOLOGY AND PREHISTORY MUSEUM**

Head off on a journey to discover a wealth of objects recovered by archaeologist-divers. All these treasures from the Roman era are showcased for you. Don't forget the Paleolithic men who tell you all about their life, their tools, etc. In the Romanesque church, you will head down to discover the crypts and the tombs of our ancestors. Finish with a bit of sport and climb the 129 steps which will take you to the top of the square tower! Tel: 04 94 19 25 75 Place de la Vieille Eglise. Opening times and information: musee-saintraphael.com

The museum proposes 2 activities all year round:

. **Archéo Mômes** Accompanied by a Museum guide kids become apprentice archaeologists. Experiment with our ancestors' building techniques, enjoy the thrills of mysterious digs and find hidden treasures. Price: €2 booking required.

. **Archéo-palmus** This tablet game will immerse you in the world of underwater archaeologists.

**THE MICRO-FOLIE DIGITAL MUSEUM**

The Micro-Folie digital museum features a selection of 400 art treasures from 12 major French museums. Cultural Centre Marcel Pagnol room. Tel. 04 98 11 89 00

Opening times and information:

saintraphael.micro-folies.com

**MUSÉE LOUIS DE FUNÈS**

A colourful visit for children, games to share with all the family, vintage telephones you can use to dial a real number and a chance to learn dance steps featured in Louis de Funès' films with side-splitting laughter guaranteed. Free for under 18s. Last admission: 30 minutes before museum closes. **Tickets on sale at the Saint-Raphaël Tourist Offices and the Agay Information Office.**

Opening times and information: museedefunes.fr

MACO "MUSÉE À CIEL OUVERT"

See around 15 works in the streets of the town on building façades, feeder pillars, steps and walls. An artistic trail filled with fascinating things! Free visit, reservation required from the cultural centre. Tel. 04 98 11 89 00



ROQUEBRUNE SUR-ARGENS *at 15 km***LA MAISON DU CHOCOLAT**

Today, nearly 1,000 objects are on display there. Creative, fun-filled chocolate-focused workshops for kids. Treasure hunts and sleuth games all year round, booking required. Chapelle St-Jacques-Rue de l'Hospice. Tel. 04 94 45 42 65

roquebrunesurargens-tourisme.fr

QUINSON *at 100 km***VERDON GORGE PREHISTORY MUSEUM**

Prehistoric village activities (from 6 years old). Guided tours of the Baume Caves (from 7 years old, booking required). Route de Montmeyan. Tel. 04 92 74 09 59 museeprehistoire.com

MONACO *at 90 km***OCEANOGRAPHIC MUSEUM OF MONACO**

From the aquariums to the Natural History collection, from the shark lagoon to the turtle odyssey, the Museum offers visitors a unique opportunity to learn about, to love and to protect the oceans. Ave. St-Martin. Tel. +377 93 15 36 00 oceano.org

CANNES *at 35 km***THE IRON MASK AND ROYAL FORT MUSEUM**

The Sea Museum is now named the Iron Mask and Royal Fort Museum. It is located in the fort on Sainte-Marguerite Island in Cannes Bay. The museum focuses on archaeology on land and underwater. The famous Man in the Iron Mask was imprisoned in this site for eleven years. Tel. 04 89 82 26 26

Île Sainte-Marguerite. cannes.com

***creative workshops***

Drawing, watercolour, papier mâché, pottery discovery sessions and courses.

Ateliers de la rue Safranié à Saint-Raphaël :

. Sabine Belli Tel. 06 82 86 92 92 sabine.belli@free.fr

. Liliana Anic Tel. 06 63 07 11 04 anic.liliana@sfr.fr

. Laetitia Le Bihan Tel. 06 71 22 85 72 laet.lebihan@gmail.com

. Sophie Chiotti Tel. 06 51 04 13 03 sophiechiotti@gmail.com

. Atelier Serpentine Tel. 06 62 49 77 03 atelier-equilaterre.org

. Atelier d'Emma Tel. 06 71 99 46 03 picq.emma@gmail.com

SAINT-RAPHAËL

AQUAPARC

On one of the lakes of the Dramont in Agay, we propose you to come and have fun on a real water park: trampolines, slide, balance games, climbing wall.

Team Active Tel. 04 94 52 40 40 leslacs-adrenaline.com

WATERSPORTS GAMES

Must know how to swim. Jet skiing for beginners, wakeboarding, water bananas, parasailing, a water park... stock up on thrills!

. **Fun ski school** Tel. 06 07 08 17 17

. **Slide water camp** Tel. 06 09 84 23 41/06 65 33 74 96

. **Parachute Saint-Raphaël** Tel. 07 86 613 812

. **Agay Watersports** Tel. 06 70 17 07 75

. **Wave Azur** Tel. 06 13 26 35 38

. **Jet Style** Tel. 06 71 61 52 25

GLASS-BOTTOMED BOAT

Trip across Agay Bay to discover the underwater fauna and flora.

Capitaine Nemo Tel. 04 94 82 71 45 bateauxsaintraphael.com

DIVING

Must know how to swim. Diving initiation, discovery class up to "GOLD diver" level, treasure hunt, snorkelling outings.

. **Aventures sous-marine** Tel. 06 09 58 43 52 aventuresousmarine.fr

. **Club sous l'eau** Tel. 04 94 95 90 33 clubsousleau.com

. **Euro Plongée** Tel. 04 94 19 03 26 europlongee.fr

. **École de plongée de l'Île d'Or**

Tel. 04 94 82 73 67/06 27 13 17 96 dive.fr

. **Centre de plongée du Dramont** Tel. 04 94 82 76 56

cip-dramont.com

. **Agathonis plongée** Tel. 06 16 16 20 96 agathonisplongee.com

. **Plongee libre.com** Tél : 06 63 31 40 44 plongeelibre.com

FREE DIVING

Ages 6 and over. A sea trail in the company of a naturalist guide.

Finswimming is a great all-round physical activity. Tel. 06 09 48 09 83

plongeelibre.com

RAND'EAU

Ages 6 and over. Supervised day out with swimming in the most hidden spots! Natural pools, caves, secret creeks. Ideal for families. Tel. 06 08 01 66 38. randeau83.com

KAYAK - PADDLE

Must know how to swim. Initiation and sea trips to discover the Estérel creeks and calanques. With your parents or accompanied by an instructor.

. **Team Active** Tel. 04 94 52 40 40

. **Paddle House** Tel. 06 52 00 29 99

. **Esterel Kayak 83** Tel. 06 60 13 11 07

MULTI-NAUTICAL ACTIVITIES

. **Centre de loisirs jeunesse** Tel. 06 16 19 91 73

. **Base nautique des Lacs adrénaline** Tel. 06 16 19 91 73



DINGHY SAILING

Must know how to swim. Optimist, drifter, catamaran, windsurf. And, even sea nursery for toddlers

- . Centre nautique municipal Tel. 04 94 83 84 50
- . Base nautique municipal d'Agay Tel. 04 94 82 71 42
- . Club nautique de Saint-Raphaël Tel. 04 94 95 11 66

JOUSTING

Must know how to swim.

- . Agay Nautique Tel. 04 94 82 01 49/06 60 06 15 82
- . Joutes Raphaëloises Tel. 06 09 77 89 67

SWIMMING POOL All year round - Watersports centre: 25m and 50m, pools, recreational pool with water games for toddlers. **Stade Nautique** - Bd de l'Europe. Tel. 04 94 52 18 96

FRÉJUS *at 6 km*

AQUALAND During the season. Water fun for all the family: slides, wave pool. D559 Quartier Le Capou. Tel. 04 94 51 82 51 aqualand.fr

Tickets on sale at the Saint-Raphaël Tourist Offices and the Agay Information Office.

PUGET-SUR-ARGENS *at 11 km*

WATERWORLD

Bouncy water park with a fun-packed water adventure course. For children and adults. No reservation required. Mandatory life jacket provided. Lacs de la Gaudrade. Tel. 06 86 49 48 01 waterworld83.jimdo.com

PLAYCITY

Outdoor play park for families and children from 1 to 12 years old. Water slides, inflatable structures. Route de la Bouverie. Tel. 06 22 60 15 49 playcity.fr

Enigmas and adventures

SAINT-RAPHAËL

TOTAL XScape

Life-size escape game for fun with your family or friends in teams of 2-6 people. Children under the age of 15 must be accompanied by an adult. Duration: 1hr. 54 rue de la Garonne. Réservation Tel. 06 59 51 48 89 or on total-xscape.com

DESTI'VR

For ages 10 and over. Come and enjoy a great experience in the first Virtual Reality room. 207 Rue Joseph Pierrugues. Tel. 06 72 96 28 71 destivr.com

DISCOVERY RALLIES

From sleuth games to sports raids, you're the hero of these real-life adventure games,

Estérel Aventure Tel. 04 94 40 83 83
esterel-aventure.com



Take care of the sea

Everything that is thrown away and ends up in the rivers and sea is called marine litter. Litter always comes from people! After it is carried along by the wind and rain towards the rivers, the litter ends up in the sea. Litter in the water is dirty, it pollutes the sea and is dangerous for animals! They sometimes think it is food... So take good care of the sea.



The sea depths:

In 1934, the first deep-sea diving equipment was invented and the first diving club set up. These pioneers found animals and plants in their natural state. Today, all the coastal strip is listed as a Natura 2000 site. To explore the exceptional sea depths, there's nothing like making your first scuba-dive! Don't hesitate to ask for our free guide to diving in Saint-Raphaël or download it on saint-raphael.com



Did you know?

Posidonia plants:

Posidonia plants form a real underwater prairie and are considered as the "lungs" of the Mediterranean. Every day they produce almost 12 litres of oxygen per square metre. Posidonia plants are also an ideal habitat for fish, providing protection, a source of food and a nursery for the young.

This diver seems to have forgotten his equipment. Help him put all his equipment in the right place!



EXPLORE THE TOWN WITH YOUR FAMILY!

QUIZ



**IN THE
OLD TOWN
CENTRE**



RIDDLE

Go to the fountain in the old town and find out what is hiding behind these clues:

- I hid in its waters
- I took refuge on 4 feet

I am ----- ?



A BIT OF EXERCISE

Go up the San Rafeu Tower
(next to the archaeology museum),
How many steps are there?

Right at the top, you will see a date written
on the bell tower.
What is the date?



WHERE IS IT?

Find this detail on a wall painting in the town
and name the square where the painting
is located ?

What kind of liquid
is kept in this amphora?
☐ Olive oil
☐ Wine
☐ Brine



CLUE: COMES FROM THE GRAPE



A BIT OF HISTORY

In which century was the photo on the left taken?

- ☐ 17th century ☐ 19th century

What is the main building on the right
of the photo?

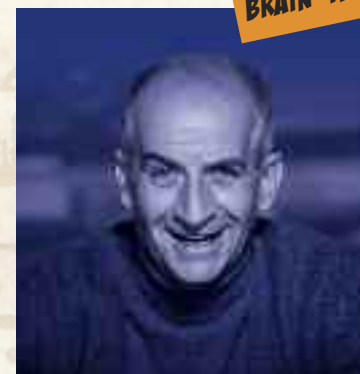
In the Jardin Bonaparte, find the statue of the man who gave his name to the
town. He is holding a little boy's hand.

What is his first name ?

In the same spot, you will see the name of the
animal that is lying in the sea?



RIDDLE



BRAIN-TEASER

Louis de Funès Museum

In which film did this actor star?

- ☐ The Gendarme of Saint-Tropez
☐ The Fireman of Saint-Tropez

At the port

What kinds of boat are there in the port?

Beware there is an intruder!

- ☐ Yacht
☐ Pointu (fishing boat)
☐ Submarine
☐ Pleasure boat
☐ Sightseeing boat

TAKE YOUR PICK



**IN THE
MODERN
TOWN
CENTRE**

Did you know?

Hermann's tortoise

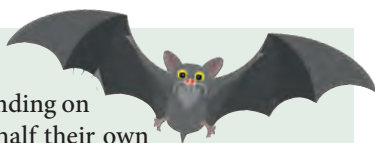
Hermann's tortoises mainly eat grasses (clover, dandelions, daisies) and can digest some poisonous plants. They also eat some invertebrates, such as snails, woodlice, beetles and earthworms.

The tortoises' drink comes mainly from their food, which means they can resist periods of drought. But in summer they sometimes walk hundreds of yards in search of a source of water.



Bats are useful!

Bats aren't very big (3.5 to 76 g, depending on the species), but they can eat up to half their own body weight in insects every night (up to 60,000 mosquitoes a year!). These creatures of the night help keep down the insect populations. They won't try to grip onto anyone's hair or suck their blood. All that is just a legend! They only like eating insects. What's more, their guano (excrement) is one of the best animal fertilisers.



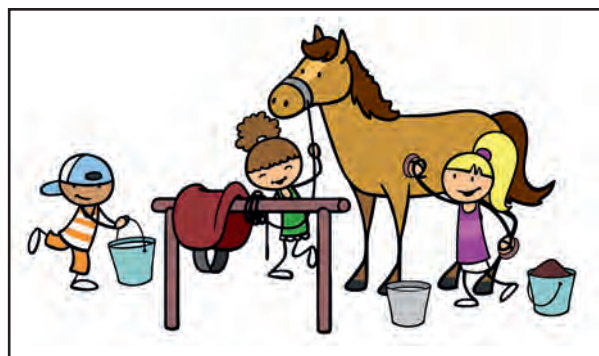
Can you recognise them?

To protect nature, please follow the regulations

> Stay on the footpaths

> Protect nature

Can you recognise the signs below?



Choose the colours
in this drawing!



SAINT-RAPHAËL

HORSE-RIDING

For 2 years. Internships and sessions. The little ones are welcome for real riding sessions adapted to their size and age. Accompanied treks through the Estérel for 12 year olds. **Les 3 Fers**

Tel. 06 85 42 51 50 **les3fers.com**

MULTI-ACTIVITIES booking required

. Paint ball for 8 year olds and over

. Tir à l'arc for 7 year olds and over

. Junior circuit: electric go-cart (aged 3 and over), Mini quad (ages 6 to 12).

. Junior trail: minimum 1.10m.

Team Active Tel. 04 94 52 40 40 **lasolutionloisirs.com**

MINI-GOLF

. **Beaurivage** : 18-hole course facing the sea.

Bd du Gén. de Gaulle. Tel. 07 68 75 54 04

minigolf-saint-raphael.fr

. **Plant mini-golf**: Village de Cap Estérel-Agay Tel. 04 94 52 40 40
lasolutionloisirs.com

CLIMBING - VIA CORDATA

. **Camp 4** Tel. 06 62 24 02 14 **camp4.fr**

. **Canyon Azur Escalade** Tel. 06 66 78 16 98

canyon-azur-escalade.fr

ELECTRIC VEHICLES

. Electric mini go-kart circuit. Jardin Beaurivage

Tel. 07 49 57 87 44 **mini-circuit-electrique.fr**

. Segway **Team Active** Tel. 04 94 52 40 40 **lasolutionloisirs.com**

. Electric scooters **Cap Estérel Bike** Tel. 06 58 76 70 80

cap-esterel-bike.fr

. Electric mountain bikes **Passion Estérel** Tel. 06 12 29 47 67

passion-esterel.com

JUNIOR ADVENTURE COURSE From 1.10m.

Team Active Tel. 04 94 52 40 40 **leslacs-adrenaline.com**

CIRCUS SCHOOL IN AGAY

Large trampoline, floor acrobatics, balance ball, balance wire, set and flying trapeze. Tel. 06 14 89 18 64 **trapeze-agay.com**

CLUB LES LOUSTICS

On Agay beach, activities run by a group leader. Free access under parents' supervision. Bd de la Plage 83530 Agay. Tel. 07 60 18 56 87

FRÉJUS *at 6 km*

INTER RACING KART

130m tracks for children aged 7 and over.

Av. du 8 mai 1945 - Tel. 04 94 97 50 97 **interracingkart.com**

ROQUEBRUNE SUR ARGENS *at 11 km*

FUN DRIVING

Quad-driving on a circuit with qualified instructors.

RN7- Tel. 06 09 77 26 73 **fundriving.fr**

FRÉJUS *at 6 km*

BASE NATURE FRANÇOIS LÉOTARD

Outdoor site converted to host sports and trekking. Swimming pool, 2 stadiums, playgrounds, roller rink, skate park, BMX park. Rent a sulky for 2-6 year olds, or a bike or scooter, baby tricycle, tandem. Free access. frejus.fr

LUNA PARK

Funfair for young and old alike. RN 98-D559
Quartier Le Capou lunaparkfrejus.fr

**PUGET-SUR-ARGENS** *at 9 km*

OXYGÈNE ÉVASION

Treetop adventure, paintball, maze. Over 20,000 m² of activities in the shade of the trees. 9 adventure courses with 130 treetop workshops and over 90 different games from easy, fun levels for children to challenging activities for adults. Elastic trampolines. Snacks, refreshments, shaded terrace. Chemin des Vernèdes.
Tel. 06 46 09 24 03 oxygeneevasion.fr

MONTAUROUX *at 35 km*

PARCABOUT

Games area: Laser Game, family treetop adventure, giant nets, mini-golf. Educational orientation courses on site: insects, animals, mushrooms, plants, dinosaurs, prehistory, waste recycling. Chemin du Stade - Tel. 06 66 53 74 28 parcabout-montauroux.com

VILLENEUVE-LOUBET *at 60 km*

LE VILLAGE DES FOUS

A 2-hectare theme park with totally crazy games for all ages, plus a chance to make new discoveries and see curiosities with plenty of fun surprises. 2559, RD2085. 06270 Villeneuve-Loubet
Tel. 04 92 02 06 06 levillagedesfous.com



FRÉJUS *at 6 km*

ZOO

Animal park with walking trails to discover mammals, tigers, chimpanzees, elephants, birds and reptiles. Feeding sessions and activities. 240, rue H.Masquefa. Le Capitou Tel. 04 98 11 37 37 zoo-frejus.com

FUN CITY

Explore 2,300 m² of games. Real-life herd of dinosaurs, with 2 animated ones! Play areas adapted to age groups: Baby corner, games for 3 year olds and over 3s, bouncy structures, electric kart racing, climbing tower, trampolines, etc. 3D cinema, treetop adventure and mini bowling. Catering. RD 37 - Zac St Pons. Tel. 04 94 83 65 53. frejus.fun-city.fr

BAGNOLS EN FORÊT *at 20 km*

LA FERME D'IDÉFIX

On the farm you can have fun meeting all our feathered or furry boarders of all sizes. You can pet them and give them their favourite treats... and get to know the most impressive of our guests. Emotions guaranteed! Recreational and educational activities. Horse and pony rides or a ride in a horse-drawn carriage. Refreshments and picnic tables. Visits with activities or guides. 1800 ch. de la plaine, Quartier ruel - Tel. 06 73 84 54 37

<https://ferme-idefix.wixsite.com/fermedidefi>

NICE *at 65 km*

PARC PHOENIX

7-hectare park: themed garden, zoo, a greenhouse recreating 6 tropical climates, a little farm with animals and a parrot aviary. Crocodile pen, otter pool, marmosets, iguanas, Hystric crested porcupines and wallabies. 405 Promenade des Anglais Tel. 04 92 29 77 00 parc-phoenix.org

SAINT-AYGULF *at 10 km*

PARC ARÉCA

Plant-themed park, bowling ground. A gateway leads directly to the coastguard path and to the creeks. Ave Alfred de Musset.

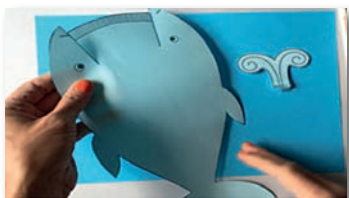
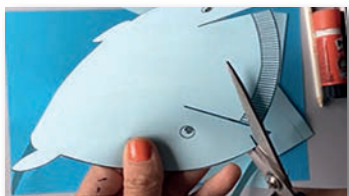
ANTIBES *at 56 km*

MARINELAND

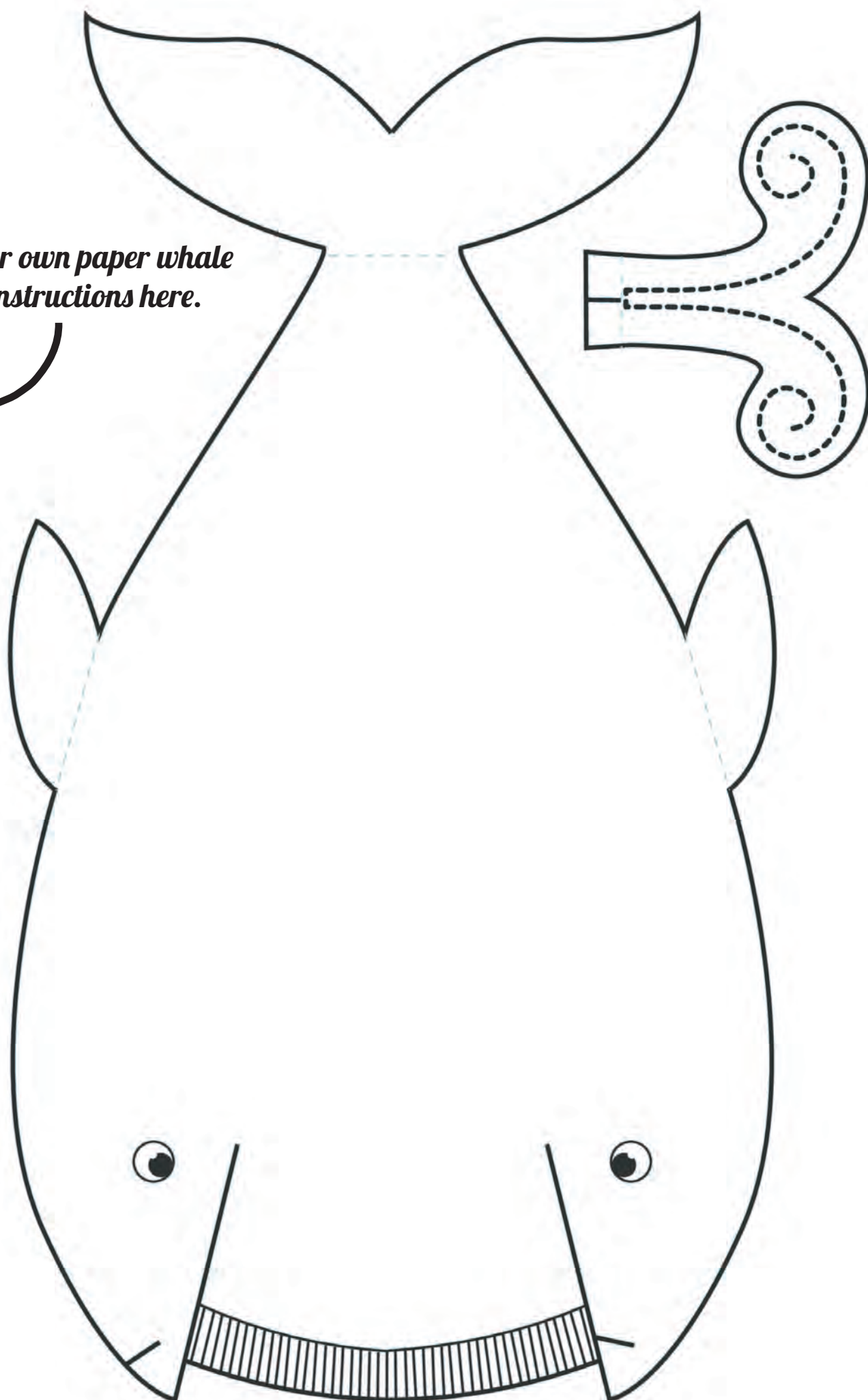
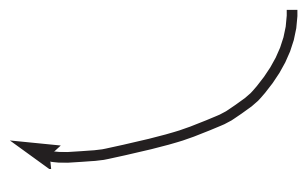
Marineland is home to a wide range of animals, including penguins, sharks, killer whales and sea lions. Most of them are listed in European reproduction programmes. Marineland invites visitors to explore all aspects of marine biodiversity with its riches but also its fragility. Come and share our passion for marine animals! Aquasplash, Kid's Island, Adventure Golf. Combined tickets for several parks available. Tel. 04 93 33 49 49 30 - 6 ave. Mozart. **Billets en vente à l'Office de Tourisme de Saint-Raphaël et au Bureau d'Information d'Agay.** marineland.fr

*To make your paper whale:
choose a colour,
cut out the shapes and assemble the pieces.*

Just follow the instructions in the pictures.



*Make your own paper whale
with the instructions here.*



Activities all the year round

Exhibitions for young people Shows, activities, workshops, courses, concerts, etc.

Chalk Festival Everyone can be a street artist for the day

Comic Book and Youth Festival Autograph signing, shows, activities

Mômes en fête Trails, shows, wooden games, artistic workshops, treasure hunts, etc.

The Games Village Strategy games, board games, cards, videos, etc.

Noël à Saint-Raphaël Entertainment, shows for all the family, big wheel, sightseeing train, etc.

Information Tel. 04 94 19 52 52
saint-raphael.com ville-saintraphael.fr

Réservez en ligne vos ACTIVITÉS ENFANTS !

Parcs Aventure

Jet Ski

Plongée

Chasse au trésor

Club Mickey

Poney Club

Et bien d'autres !

Sur [ExperienceCotedAzur.com](https://www.ExperienceCotedAzur.com)

SAINT-RAPHAËL TOURIST OFFICE "CHARLES OMÉDÉ"

99, Quai Albert 1^{er} - B.P. 210 - 83702 Saint-Raphaël Cedex

Tél : +33 (0)4 94 19 52 52

information@saint-raphael.com



AGAY INFORMATION OFFICE

Place Giannetti - 83530 Agay

Tél. +33 (0)4 94 82 01 85

info@agay.fr



@Saint-Raphael Tourisme

See our opening days and times on:

www.saint-raphael.com



@saintraphael-tourisme

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