



Camping Douce Quiétude,

3435, Boulevard Jacques Baudion,
83700 St Raphaël, France

T: +33 (0)4 94 44 30 00

F: +33 (0)4 94 44 30 30

GPS co-ordinates

Latitude: 43.4467

Longitude: 6.8067



Campsite Information

Camping Douce Quiétude, St Raphaël

Camping Douce Quiétude is an attractive and friendly site in an idyllic woodland setting, close to the chic resorts of the Côte d'Azur. There is a relaxed, French feel here, yet plenty going on if you are feeling energetic. The resort of Agay is a three mile drive from site - here you will find a glorious beach with plenty of watersports on offer.

Arriving at Camping Douce Quiétude

On arrival go to the campsite reception where you will need to give a deposit for the security bracelet. You will be issued with a barrier card and security bracelet then directed to the Canvas reception where your Canvas couriers will meet you between 16.00 and 20.00.

Early/Late Arrivals

Please note if you arrive before 16.00, your accommodation may not be ready. If you arrive between 20.00 and 22.00 you will find directions to your courier and/or accommodation at the Canvas reception. Arrivals after 22.00 cannot be accepted on site. Please note that if you do arrive late and cannot be admitted onto the campsite, you have full responsibility for finding alternative off-site accommodation. A Canvas courier will be available on site from 09.00 the following day. Please telephone your couriers if you know that you are going to be late.

Reception

The reception is open from 08.00 to 20.00 and all the staff speak English. In low season the hours are 09.00 to 18.00.

Barrier

The barrier is open between 06.00 and 23.00 all season. Should you wish to depart early in the morning, please leave your car outside the barrier in the car park. Please note that every guest on site will need to wear a bracelet throughout their stay for security reasons.

Currency Exchange

Currency can be exchanged at the campsite reception. There is a small commission fee payable for this service.

Safety Deposit Boxes

Safety deposit boxes are available to rent at reception, for €4 per day or €20 per week, or €55 per month.

Web / Email Access

There is access to the Internet next to the phones by reception. There is also WiFi access available for customers with their own laptops.

Telephone

There are card-operated telephones on site. Cards are available from the campsite reception.

Shopping

There is a small shop on site which is open from 08.00 to 12.00 and then 17.00 to 19.00 in both high and low season. The shop sells essentials including meat and dairy products, fruit and vegetables, frozen products, fresh bread and alcohol.

There is also a market stall in high season, selling clothes, henna tattoos and local produce. It is open from 16.00 until 21.00.

Washing and Toilet Facilities

Washing machines and tumble dryer (tokens available to buy at the reception, price €7 for a wash including detergent, and €4 for a dry), free iron (a deposit of €30 is required) free hot showers, baby room, standard toilets.



Post

The post is collected daily at noon, from the post box at main reception. Stamps and postcards can be bought at the shop.

Eating and Drinking

Bar: The bar is open from 10.00 to 22.30 in low season and 10.00 to 23.00 in high season. You can order snacks, such as hamburgers, chips, ice creams, pancakes and sandwiches. This is also the location for the evening entertainment in high season.

Takeaway: Sells a variety of snacks and is open from 12.00 to 15.30 and from 17.30 to 18.30. These hours may be extended in high season.

Restaurant: The small restaurant on site serves local and international dishes, such as moules, steaks and pizzas. The set menus come highly recommended and a children's menu is available. It is open from 12.15 to 13.10 and 19.15 to 21.30 in low season, times may be extended in high season.

Entertainment

The entertainment team organise a range of activities for children and adults in July and August. Ask your courier for details of the activity programme for children. There are various events organised in the bar including karaoke, live music, sports competitions and shows. There is also a disco on site which runs daily from 23.00 to 02.30 in high season. There is an entrance fee of €3.50 for the disco.

Recreation

Swimming: The impressive pool complex consists of two large pools, a children's pool, water slides and Jacuzzis. The pools are open 10.00 to 18.00 in low season, 09.00 to 19.00 in June, and 08.00 to 20.00 in high season. Please note that swimming trunks are compulsory in the pools and that you must wear a band to gain access. The Jacuzzi is for adults only.

Tennis: There are tennis courts for use on site. They are free to use in low season, and in July and August cost €10 per hour. Equipment is available for hire.

Mini Golf: Available all season. Mini golf and equipment is free in low season. In July and August it costs €3.50 per person plus a deposit.

Cycling: Bikes are available to hire on site, you can expect to pay around €12 for a day's hire or €50 for a week. Helmets are available, but you will need to provide your own child seat.

Archery: Available throughout the season for free to all those under the age of 16.

Fitness Room: There is a fitness room, sauna and a gym on site. Available for €10 per day or €30 per week, please ask your couriers for details.

Other facilities include table tennis, volleyball, basketball, boules and play areas for children. There is also a games room on site which is open from the end of June to mid-September.

Rules and Regulations

- Silence and no driving on site between 23.00 and 08.00.
- Security bracelets must be worn at all times.
- No charcoal BBQs permitted.
- 10km/ph speed limit on site.
- Swimming trunks are compulsory in the pool.
- Please do not attach clothes lines to the trees.
- Please use the waste recycling system.



Local Information

Beaches

The coast is striking in its diversity. There are intimate coves and long open beaches of shingle, pebble and fine sand, often with a backdrop of exotic vegetation. The wide sandy beaches at Fréjus and St Raphaël (4.5km away) are around 7 kilometres long and have lifeguards. In high season these beaches can get very busy and parking can be difficult. Also worth visiting are the little coves belonging to fishing villages like Rayol and Cassis. Cap Ferrat is a promontory with numerous small beaches. Other notable beaches are Le Lavandou, Cavalaire, Bonportreau, Gigaro, Ste Maxime, St Aygulf, and of course St Tropez, famous for its all-over tans. Further east are the sandy beaches of Menton, Antibes and Juan les Pins.

Shopping

Supermarkets: The closest supermarket is E.Leclerc in St Raphaël. This is open Monday to Saturday, 08.30 to 20.00. There are also good supermarkets in Fréjus and Agay.

Souvenirs: There are several gift shops in St Raphaël, St Aygulf and Fréjus.

Local Markets

Monday: Boulouris.

Tuesday: St Tropez, Cannes and Roquebrune-sur-Argens, St Aygulf.

Wednesday: Cogolin and Mandelieu-la-Napoule, Agay, Fréjus.

Thursday: Port Grimaud, St Tropez, Mandelieu-la-Napoule and Ramatuelle.

Friday: Ste Maxime, St Aygulf, Théoule-sur-Mer and Roquebrune-sur-Argens.

Saturday: St Tropez, Mandelieu-la-Napoule, Cogolin and Fréjus.

Sunday: Port Grimaud, Antibes, Cannes, Ramatuelle, Fréjus plage and St Raphael.

Over the border in Italy, the largest open air market in Europe is held daily in Ventimiglia.

Facilities

Petrol: There is a filling station at the E. Leclerc, open the same hours as the supermarket.

Chemist: The nearest chemist is in St Raphaël at E.leclerc, and also at the Géant supermarket in Fréjus.

Banks: There is a branch of Crédit Agricole in Agay, which has a cash dispenser. There is also a cash dispenser at E.Leclerc and the Geant supermarket.

Post Office: There is a post office in Agay. It is open daily, 10.00 to 12.00 and 14.00 to 16.00, except Sunday. Please ask your courier for directions.

Tourist Information: There is a host of information available on site at the campsite reception and at the offices in St Raphaël, Fréjus or Agay.

Distances

Agay: 6km (4 miles)
St Raphaël: 6km (4 miles)
Fréjus: 7km (4.5 miles)
Cannes: 40km (24 miles)

Local Transport

The station of St Raphael is served by the Marseille-Nice-Ventimiglia (Italy) main line, with trains to Nice or Marseille leaving up to every 30 minutes. In St Raphaël there is also a large bus station, located just next to the train station, from where you can catch buses to all towns in the local area. Please note that roads tend to get very busy so it is often a quicker and more convenient option to use public transport.



Doctor

In high season there is a doctor on site twice a day by the pool entrance, at noon and at 7pm.

Dr Boivin, Les Cazeaux, 15 Bd Christian Lafon, St Raphaël.

Tel: 04 94 95 38 72.

(Appointment required – please ask at the campsite reception for assistance in booking an appointment).

Dentist

Dr. Alain Mace, 41 Promenade René Coty, St. Raphaël.

Tel: 04 94 95 10 07

Hospital

Avenue André Leotard, Fréjus.

Tel: 04 94 40 21 21

Emergency Services

There is a two-digit phone number for emergency services:

Police	17
Fire	18
Ambulance	15

Eating and Drinking

You may like to try these restaurants and bars, which have been recommended by customers and couriers in previous years:

Bar du Marché: In Fréjus. Good 'people-watching' terrace and enormous pizzas.

La Soupière: In St Aygulf. A popular restaurant, which specialises in fresh fish. Also serves pizzas and traditional French dishes.

Templiers: In Roquebrune. Serves superb food at reasonable prices in a lovely atmosphere. A great village setting.

Pizzeria La Romaine: In Fréjus, along the main Boulevard. Excellent pizzas for around €10, in a lively, informal atmosphere.

Restaurant Le Bishop: In St Raphaël. Serves excellent local food – chicken, steak and fish dishes, accompanied by great wines. Around €25 per person. Quiet, but pleasant.

Activities

There are opportunities for all manner of water sports along the coastline including waterskiing, parasailing and windsurfing. The 'Centre Loisirs' company organise many activities in the area,

including jet skiing, bungee jumping, rafting, horse rides and climbing - you must book two days in advance - ask your courier or the campsite reception for more booking details.

Nearby

Fréjus • A Roman town founded by Julius Caesar as Forum Julii in 49BC. You can visit the ruins of a Roman aqueduct, theatre and amphitheatre, where bullfights and concerts take place in July and August. A Gothic cathedral marks the entrance of the Cité Episcopale, which contains a wonderful complex of buildings.

Cannes • A city of festivals and entertainment. The famous Boulevard de la Croisette, lined with gardens and palm trees, runs from the Palais des Festivals (where the International Film Festival is held in April-May) along the sandy beach. Look out for 'the hands of fame' - famous people's hands which have been set in concrete. The old town is centred on the Le Suquet district built on the slopes of Mont Chevalier. Here you will find the 11th century watchtower, the Tour du Mont Chevalier, from which there are wonderful views. Nearby is the Musée de la Castre, which houses an archaeological and ethnographic collection (Open daily *A).

Nice • The capital of the Côte d'Azur and a delightful city with many fine shops, restaurants and museums. The old quarter is a maze of narrow streets and lanes lined with 17th and 18th century buildings. The buildings open into tiny squares, each with a chapel. Dominating the old town is the Colline du Château (castle hill). You can climb to the top (or take a lift from the Quai des Etats-Unis) and wander around a garden of exotic flowers and the remains of a 6th-century castle. The Musée d'Art Moderne et d'Art Contemporain includes work by Warhol and Lichtenstein. Beyond here is the place Masséna, the city's main square.

To the east of castle hill, the Musée Terra Amata has a fascinating collection of models, bones and tools. Films with English commentaries explain what the day-to-day life of Nice residents was like 400,000 years ago (*A). In the fashionable Cimiez district on the hills overlooking the town, you will find the Musée Matisse and the Musée Chagall, which contains the largest collection of this artist's work (*A).

Regional Information

Côte d'Azur

This area is renowned for its wonderful climate. Its southerly location and the protective backdrop of mountains combine to produce good temperatures all year round. The scenery is very diverse. Pine and cork trees crown the hills of Provence, and on the slopes of the Côte d'Azur tropical vegetation includes an abundance of orange, eucalyptus and mimosa trees. The coast, from Marseille to the Italian border, is one of the most beautiful in Europe with rugged headlands and wooded coves. There are numerous 'villages perchés', fortified hilltop villages, built to escape the attentions of foreign raiders and conquerors. You will find beautiful examples of Romanesque and Gothic architecture and there are many museums which confirm the presence of cultures from prehistory to the present.

Eating & Drinking – Regional Specialities

Cooking in the region is generally à la Provençale, which means that it includes garlic, olive oil, olives, tomatoes and herbs. Fruit, spices and vegetables are abundant and can be bought fresh at local markets. Tomato, aubergine and courgette stewed together, along with green peppers, garlic and herbs produces a favourite Provençale dish, ratatouille. This area is home to some splendid fish soups. The local wines are the Côtes de Provence, of which the best known are the light and refreshing rosés. The reds of Bandol are smooth and full, and Cassis produces a refreshing, dry, white wine. There are many caves where you can sample them. For an aperitif try the aniseed-flavoured pastis, the Riviera's favourite drink.

Things to do and see

*A • an admission charge is payable for these attractions.

If you are planning to visit several museums and monuments it is worth buying La Carte Musée, which entitles you to unlimited admission to many museums and other sites in the Côte d'Azur. Tickets, valid for three or seven consecutive days, are on sale at participating museums and monuments and Tourist Information Offices.

Family Fun & Days Out

Aquatica • A water park with slides, toboggans, pedalos, playgrounds and much more. (Customer Tip - worth a trip for teenagers and older children but be prepared to wait in queues for the rides.) In Fréjus. (Open daily. *A).

Park Zoologique de Fréjus • Walk or drive around this zoo amongst animals from all over the world. In Fréjus. (Open daily. *A).

Marineland • A huge leisure park in Antibes containing: Marineland, with aquariums, dolphin shows, and a marine museum; La Jungle des Papillons, with exotic butterflies and an insectarium; La Petite Ferme with farmyard animals for children to pet; and Aqua-Splash, the biggest water park on the Riviera (All open daily. *A for each). The park also includes mini golf in an adventure setting with waterfalls and caves (*A). Also in Antibes is Antibes Land, an amusement park with a roller coaster and other fairground attractions (*A).

Musée Océanographique • A fabulous aquarium in Monaco with many rare species of marine life, as well as a fascinating museum. Underwater explorer Jacques Cousteau established his research centre here (Open daily *A).

Parc des Miniatures • See France in miniature with models that retrace the history of the French Riviera. In Nice. (Open *A).

Zoo du Cap Ferrat • Discover wild animals in an unspoilt setting. Children will enjoy daily 'chimpanzee school'. In St-Jean-Cap-Ferrat (Open daily. *A).



Gorge du Verdon • A superb natural canyon formed by the River Verdon cutting through chalky mountains. The cliffs plunge to 700m in places. The Grand Canyon runs from Rougon to Aiguines. There are roads running along both the north (La Rive Nord), and south (Corniche Sublime) of the canyon. To do justice to the dramatic scenery, allow at least half a day for each side. There are specially constructed viewing points (belvédères) with fine views including the Point Sublime, which is not for those without a head for heights.

Places of Interest

Grasse • A charming town, situated in the hills behind Cannes. The sweet smell in the air comes from the perfume distilleries for which it is world-famous. Tours in English are offered by several of the perfume houses, including Parfumerie Fragonard, Molinard and Gallimard. The Musée International de la Parfumerie shows the history and manufacturing process of perfume and has an interesting collection of perfume bottles and advertisements (Open daily. *A). The artist Jean-Honoré Fragonard was born in Grasse, and you can see some of his work at the Musée Villa Fragonard. Nearby, the Musée d'Art et d'Histoire de Provence exhibits collections from archaeological finds to paintings by local artists (*A).

Grimaud • The village of Grimaud dates from the Gallo-Roman period. Its location at the top of a hill made it ideal as a defensive stronghold since it dominated the Gulf of St Tropez and controlled access from the North and the Maures Mountains. St. Michel's Church, built during the Roman era, has three chapels: Notre Dame de la Queste (11th century), the Penitents' Chapel (15th century), and the St. Roch's Chapel (18th century). The village's water was supplied by the Pont des Fées, a gravity system constructed in the 16th century bringing water from a hill three kilometres from the village.



Monaco • Worth a visit if only to see the pink palace and the wonderful Musée Océanographique (see Family Fun). A guided tour of Prince Rainier's Palace is available during the summer (Open daily. *A). Children might enjoy the Musée National with its collection of mechanical toys and dolls (Open daily *A). The casino in the district of Monte Carlo makes for a perfect end to an evening, but remember to take a jacket and tie if you want to play the tables. For a lightning tour of Monaco take the tourist train which takes you around the town giving views of the casino, the Palace, the port and some of the Grand Prix course.

Antibes • An attractive old town with narrow streets and a colourful market. Picasso lived and worked here after the war. You can see a collection of his work at the Musée Picasso in the Château Grimaldi (*A). The 17th Century Bastion St-André was constructed by Vauban, Louis XIV's military engineer. It now houses a museum which exhibits a large collection of objects illustrating 4,000 years of regional history (*A). From the Plateau de la Garoupe, the highest point on the Cap d'Antibes, you get a marvellous view of the town, the coast, and the Alps.

Hyères • Hyères was once the favourite summer resort of celebrities, the intellectual elite and the rich. The magnificent homes built near the old city in the beginning of the century are still there. Place Massillon is worth visiting; the 12th century Tower Of Saint-Blaise, once home to the Temple Knights commandery, overlooks the terraces of the cafés and restaurants and the daily market. The observation table in the old town offers stunning views over the coast and plains below. Take a stroll through Park Bernard, near Porte Barruc, where walkways, steps and arches take you through olive and pine shaded gardens. Each level and plot provides benches and low walls for appreciating both the view over the coast and the myriad of exotic Mediterranean plants.

St-Tropez • Once a self-governing republic, the little fishing village of St Tropez was 'discovered' by many artists, including Signac, Bonnard and Matisse. Some of their work can be seen in the excellent Musée de l'Annonciade housed in a former church (*A). In the 1950s St Tropez was popularised by the film 'And God Created Woman' starring Brigitte Bardot and has never looked back. Despite the crowds, St Tropez has managed to retain much of its charm. From the hilltop citadel, there is a magnificent view over the Gulf of St Tropez.

Every effort has been made to ensure the information contained within this guide, to the best of our knowledge, is both helpful and correct at the time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.