



### **Camping de La Baume,**

Route de Bagnols, Rue des Combattants d'Afrique du Nord,  
83618 Fréjus Cedex, France.

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**F:** +33 (0)4 94 19 83 50

### **GPS co-ordinates**

Latitude: 43.4664

Longitude: 6.7228



# Campsite Information

## Camping La Baume, Fréjus

Camping la Baume is set on the edge of the Esterel forest. The facilities here are unrivalled, and although this is a large and lively site, the woods and terraced landscaping give it a smaller, more intimate feel. The popular tourist resort of Fréjus sits three miles from site. Aqualand (3mils) makes for a great family day out, with waterslides of every description.

### Arriving at Camping La Baume

On arrival, go to the campsite reception. You will be issued with a barrier card and security bracelet here then directed to the Canvas reception. Your Canvas couriers will be here to 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 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 all day every day and all staff speak English. The opening hours may be shortened in low season, depending on demand.

### Barrier

The barrier is open between 07.00 to 23.00. Should you wish to depart early in the morning, please leave your car outside the barrier in the car park.

### Safety Deposit Boxes

Safety deposit boxes are available to rent at reception.

### Telephone

There are 10 card-operated phones on the campsite. Phone cards are on sale at reception.

### Shopping

There is a small shop on site, which is open from 09.00 until 18.00 in low season and 08.00 until 20.45 in high season. The shop sells essentials, including fresh bread, meat and dairy products, fruit and vegetables, frozen products and alcohol.

There is also a gift shop on site selling souvenirs and newspapers, with the same hours as the supermarket.

### Washing and Toilet Facilities

Washing machines and tumble dryer (coin operated, washing machine costs €5, and it is €4 for the dryers), free iron (deposit required), free hot showers, baby room and standard toilets.

### Post

The post is collected and delivered daily at noon. Stamps and postcards can be bought at the shop.

### Web/Email Access

This facility is available on site in the reception and bar for approximately €5 for half an hour. Please ask for more information.

### Eating and Drinking

**Bar:** The bar is open from 10.00 to 02.00 in high season; in low season it opens from 12.00 to 18.00

**Takeaway:** The takeaway is open daily from 11.30 to 13.30 and from 18.30 to 20.00. A variety of snacks are available. These hours may vary in low season, depending on demand. Please check with your couriers on site.



**Restaurant:** The on-site, ivy clad, restaurant, which is located at the pool side, is open from 10.00 until 22.00. Enjoy a snack, or for dinner there are set menus (children's menu also available) to tempt you.

Please note that the restaurant, bar and takeaway may not be open at the very beginning of the season.

### Entertainment

The entertainment team organise a range of activities for children and adults throughout the season. Ask your courier for full details of the activity programme. There are various events organised in the bar, including discos, karaoke, live music, sports competitions and shows. Please note entertainment in high season ends late at night and may not be suitable for young children.

### Recreation

**Swimming:** There is a superb tropical palm fringed pool complex, with two main pools, two children's pools a paddling pool, six water slides and a separate lagoon pool. The pools are open from 10.00 until 18.00.

**Fitness Suite:** This is available on site for those aged over 18yrs only. Please ask for more information.

**Tennis:** You can book a tennis court at the sport office; equipment is also available for hire. It costs €5 per hour to hire the court.

**Archery:** Available in high season to those over the age of 16.

**Aqua Aerobics:** Aqua aerobics is available in high season free of charge.

Other facilities include table tennis, volleyball, basketball, boules and play areas for children. There is also a games room on site, equipped with video arcade games, and a skate ramp, which will be enjoyed by children of all ages.

### Rules and Regulations

- Silence and no driving on site between 23.00 and 07.00.
- No BBQs permitted on site.
- 10km/h speed limit on site.
- Party size is restricted to 6 people.
- A €5 (€4 in low season) charge per day is applicable for customers travelling with more than one vehicle.

### Nearby Beaches

In Agay, there is a long, sandy cove, a good choice for young families. There are also secluded, sandy coves all the way along the coast towards Ste. Maxime. The beaches at Fréjus and St Raphaël have lifeguards but can get very busy in high season and parking is difficult. Plage de Veillat in St Raphaël is a lively beach with a good choice of water sports. Also try the beaches and secluded coves along the Corniche d'Or.



# 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. One of the most beautiful beaches at the western end of the Côte d'Azur is undoubtedly L'Estagnol, nestling at the foot of the tree-covered Maures hills. This is a beautiful stretch of white sand, which looks out towards the Hyères islands on the horizon. Other notable beaches are Le Lavandou, Cavalaire, Bonporteau, 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:** There is a Géant in Fréjus. This is open Monday-Saturday 08.30 to 21.00 and Sunday, 09.00 to 12.00 (Sunday opening is in high season only). There are many supermarkets in St Raphaël, including a branch of E.Leclerc. The nearest branch of Carrefour is 7km from site, it is open Monday to Saturday from 08.30 until 21.00 and, in July and August, on Sundays between 10.00 and 21.00.

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

## Local Markets

**Monday:** Boulouris.

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

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

**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, Le Muy, Fréjus Plage and St Raphaël.

There are daily markets held in St Raphaël - Victor Hugo, Monaco, Grasse, Menton, and Nice. Over the border in Italy the largest open air market in Europe is held daily in Ventimiglia.

## Facilities

**Petrol:** Available from the supermarkets, where you will find that petrol is cheaper.

**Chemist:** The nearest chemist is on the D4, 1.5km from site. Please ask your couriers for opening hours.

**Banks:** There is a branch of Crédit Agricole with a cash dispenser in Fréjus. Open Monday to Friday from 09.00 until 17.00 and Saturday mornings until 12.00.

The nearest cash dispenser is at the entrance of Camping Colombier, 1.5km from site towards Fréjus. Please note that most banks in the area do not accept Travellers Cheques any more, however these can be changed in most Post Offices.

**Post Office:** There is a post office in the centre of Fréjus. It is open Monday to Friday from 09.00 to 12.00 and from 13.30 to 17.30 and Saturday mornings from 09.00 until 12.00.

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

## Distances

Fréjus:	5km (3 miles)
Agay:	10km (6miles)
St Raphaël:	9km (8.6 miles)
Cannes:	35km (30 miles)



## Local Transport

There is a train station in Fréjus, which is served by the Marseille-Nice-Ventimiglia (Italy) main line; however there are only few trains stopping here. The station of St Raphaël is served more frequently, with trains to Nice or Marseille leaving up to every 30mins. The bus from outside the campsite serves the St Raphaël station as its final destination.

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 roads tend to get very busy so it is more advisable to get the train (Cannes, Nice, Marseille, Antibes) or boat (e.g. to St Tropez).

Boats leave from St Raphaël port on a regular basis, both for organised excursion and ferry travel between resorts.

## Doctor

Dr. Didier Troin, Pl. Porte d'Orée, Fréjus  
Tel: 04 94 17 24 24

## Dentist

Philippe Viguier, 1668 av De Lattre de Tassigny, Fréjus  
Tel: 04 94 51 49 75

## 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 Marche:** 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.

## Activities

There are numerous water sport activities in the area including jet skiing, diving, water skiing, sailing and windsurfing. As well as water sports there is also horse riding, quad biking and mini golf available in the area. There are also adventure parks set in the forest around Fréjus and St Raphaël. For the less adventurous there are numerous opportunities for walking and several excellent golf courses in the area.

There are also several companies offering boat trips in the area, some of which also offer evening cruises and fishing trips in high season.

## 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 concerts take place in July and August. A Romanesque cathedral marks the entrance of the Cité Episcopale, which contains a wonderful complex of buildings.

**St Raphaël** • This is a popular resort, its old harbour hosts a daily fish market and the seafront is dotted with cafés and shops. Visit the archaeology museum which has a great collection of Roman pieces.

**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. To the west lie the marshy lakes and lagoons of the lower Rhone valley and the Camargue salt flats, home to white horses, black bulls and pink flamingos. Eastwards the terrain changes to rolling hills, steep gorges and mountains, interspersed with fertile plains. 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.



### 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 Provençal dish, ratatouille. You will also find pasta dishes such as ravioli and canelloni, as well as gnocchi a type of potato and flour dumpling. This area is home to some splendid fish soups. A regional speciality is bouillabaisse, made with a variety of fish and shellfish, seasoned with garlic and herbs. 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. 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

**Aqualand** • 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.) There are two Aqualand parks in the area - in Fréjus, and a slightly smaller park in St. Maxime. (Open daily. \*A).

**Marinland** • 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 (All open daily. \*A for each). The park also includes mini golf in an adventure setting with waterfalls and caves (\*A).

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

**Village des Tortues** • This tortoise village is dedicated to the conservation of tortoises. They have over 2500 tortoises that you can watch in their natural habitat. In Gonfaron. (Open daily. \*A).

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

### Caves

**Grottes de Baume** • Located a 20 minute drive from Grasse, these amazing, ornate underground caves are the best in the area. Guided tours are available in English. (Open daily \*A).

## 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).

**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.

**Antibes** • An attractive old town with narrow streets and a colourful market. Picasso lived and worked here - you can see a collection of his work at the Musée Picasso in the Château Grimaldi (\*A). Vauban, Louis XIV's military engineer, constructed the 17th century Bastion St-André. 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 surrounding area.

**Monaco** • Worth a visit if only to see the pink palace and the wonderful Musée Océanographique (see Family Fun). A guided tour of Prince Albert'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 Grande Prix racing track.

**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 around the Le Suquet district built on the slopes of Mont Chevalier.

**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.

**Gorges 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.

**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 1950's St. Tropez was popularised by the film 'And God Created Woman' starring Brigitte Bardot and has never looked back. 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 time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.*