

What to do around La Motte?

Villages, markets, unusual sites, beaches, and vineyards — within less than 1 hour's drive

Welcome to the Heart of the Vineyards 🏡🍷 — La Motte is an ideal starting point for alternating between sea, nature, hilltop villages, and rosé tastings, all within less than an hour by car. Here is our permanent selection, to keep handy throughout your stay.



Provençal villages to visit

- **Les Arcs-sur-Argens** [10 min] — medieval village, castle, and the nearby Sainte-Roseline Chapel
- **Lorgues** [30 min] — large Tuesday market, truffles in season, renowned market hall
- **Figanières** [20 min] — hilltop village, scented garden, view over Dracénie
- **Draguignan** [15 min] — city of art and history, museums, old town
- **Le Thoronet** [35 min] — village and Cistercian abbey
- **Roquebrune-sur-Argens** [20 min] — red rock, old village, banks of the Argens
- **Cotignac** [50 min] — tufa cliff, fountains, authentic atmosphere
- **Seillans** [35 min] — listed among the "Most Beautiful Villages of France"
- **Tourtour** [35-40 min] — the "village in the sky" of the Var, exceptional panorama
- **Fayence** [45 min] — hilltop village, view of the Alps, to combine with Callian, Tourrettes, and Montauroux [Pays de Fayence]



Beaches (20-30 min)

- **Sainte-Maxime** — family-friendly beaches, lively seafront
- **Saint-Aygulf** — coves and turquoise water
- **Fréjus** — large golden-sand beach
- **Saint-Raphaël** — calanques and marina
- **Les Issambres** — more secluded coves



Unusual places & heritage

- **Abbey of Le Thoronet** [35 min] — jewel of Cistercian art, remarkable silence and acoustics
- **Port Grimaud** [35 min] — lakeside village built in the 1960s, nicknamed "the Provençal Venice"
- **Sainte-Roseline Chapel** [10 min, Les Arcs] — mosaics by Chagall and Giacometti
- **Pennafort Gorges** [20 min] — waterfalls and turquoise pools
- **Sillans-la-Cascade** [45 min] — 42 m waterfall and picturesque village
- **Blavet Gorges** [20 min] — wild hike between La Motte and Callas



Parks and family activities

- **Aqualand Fréjus** [30 min] — water park
- Ropes courses and adventure parks in the region [Roquebrune-sur-Argens, Estérel area]
- Water sports centers on the coast — paddleboarding, kayaking, catamaran
- River and sea fishing depending on the season



Provençal markets (year-round, mornings)

Day	Towns
Monday	Flayosc
Tuesday	Lorgues [large market], Figanières
Wednesday	Draguignan, Salernes
Thursday	Les Arcs-sur-Argens, Le Muy, Bargemon
Friday	La Motte [just around the corner!], Lorgues [producers]
Saturday	Draguignan, Callas, Claviers
Sunday	Le Muy, Vidauban, Trans-en- Provence [small market]



Night markets

In the summer season, usually June–September, subject to change depending on the year

Fréjus • Saint-Raphaël • Sainte-Maxime • Port
Grimaud [Monday evening] • Saint-Tropez •
Roquebrune-sur-Argens



Wineries nearby (Côtes de Provence)

- **Château d'Esclans** [La Motte itself] —
Whispering Angel
- **Château Sainte Roseline** [Les Arcs, 10 min]
- **Domaine des Demoiselles**
- **Château Canta Rainette**
- **Domaine du Dragon**
- **Domaine du Fond du Broc**

Tastings, cellar tours, and discovery of
Provençal rosé terroir — remember to book
ahead, especially in summer.



Local tourist offices

- **Dracénie** [Draguignan, Les Arcs, Lorgues,
Figanières] — dracenie.com
- **Pays de Fayence** — fayence-tourisme.com
- **Golfe de Saint-Tropez** [Sainte-Maxime,
Grimaud, Cogolin] — [golfe-saint-tropez-
information.com](http://golfe-saint-tropez-information.com)
- **Fréjus** — frejus.fr
- **Saint-Raphaël** — saint-raphael.com
- **Roquebrune-sur-Argens** —
roquebrunesurargenstourisme.fr
- **Var [general]** — visitvar.fr
- **Côte d'Azur [general]** — [tourisme-
cotedazur.com](http://tourisme-cotedazur.com)

Happy exploring in the Heart of the Vines 🏡🍷