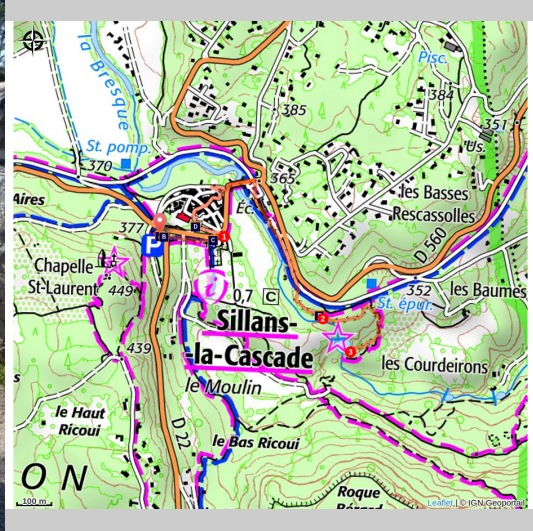


## Sillans waterfall

Sillans-la-Cascade



Detail des remparts (©Stefano Blanc - PNR Verdon)



*A waterfall where the waters of  
Bresque increased with those of the  
source of the castle of Bresc and the  
Oure valley rush into a small lake  
swirling from a height of 42m.*

After exploring the small streets full of charm of this village of the hinterland, enjoy, from the panoramic viewpoint, the highest waterfall in the Var which vaporizes its spray when hitting the pond surface with emerald waters, a small charming corner where you can cool off in the spring or summer.

### Useful information

Practice : WALKING

Duration : 1 h 30

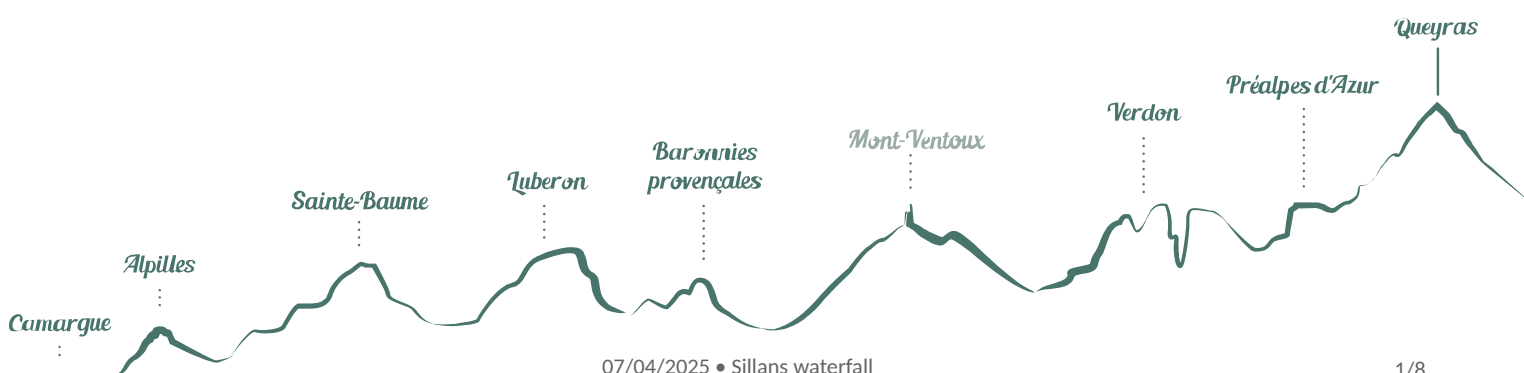
Length : 3.0 km

Trek ascent : 64 m

Difficulty : Easy

Type : Aller-retour

Themes : Geology, Heritage and  
history, Waters and rivers



# Trek

Departure : From the car park under the ramparts

Arrival : At the car park

Markings :  Non balisé

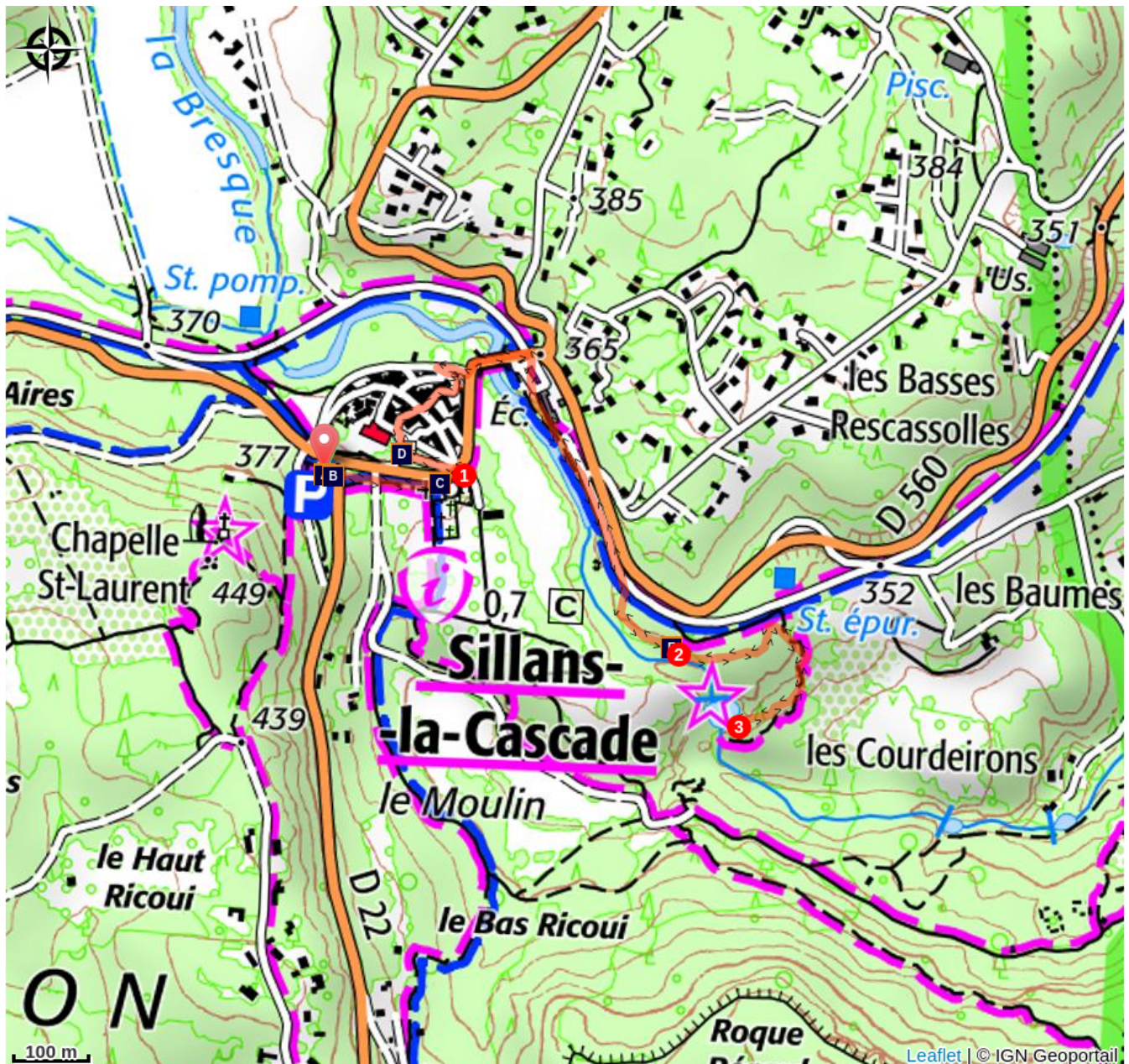
From the car park, follow the signs "belvédère par le village" (panoramic viewpoint through the village). Cross the D22 by the pedestrian crossing and the paved road. Continue straight through the olive grove in the village.

**1-** After the olive grove, turn left up the stairs. Cross the D560 on the pedestrian crossing and take the "monté du château" (rise to the castle) in the direction of the Town Hall. Turn right before the war memorial, pass through the Place du Verger and go down the Rue Courte. Continue on the Rue des Safraniers and follow the signs "la cascade belvédère". Down the street, go down the stairs and cross the bridge over Bresque staying to the left. After the bridge, turn right by the pedestrian crossing and go straight passing to the right of the school, continue on the paved road to the entrance of the path that leads to the waterfall on the right.

**2-** Continue along the path between the riprap for 200m then turn right onto the trail. Go down several sets of stairs and walk through the woods to the waterfall panoramic viewpoint, and then head back by the same route.



## On your path...



A Sensitive Natural Area to protect (A)



The parish church of Saint-Etienne (C)



Sensitive Natural Area ... a natural heart (E)



The Walls (B)



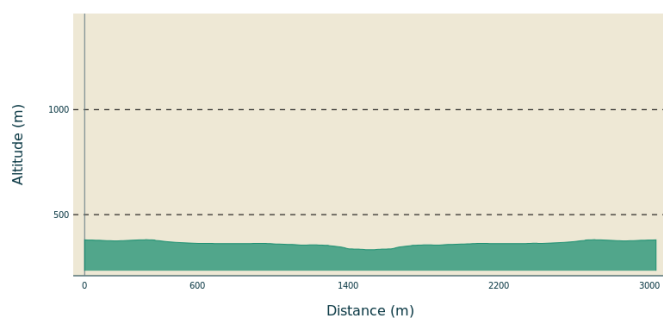
The Castle (D)

# All useful information

## **Advices**

Warning, slippery steps in case of rain, dogs must have a leash, do not leave the trails, no swimming.

## **Altimetric profile**



Min elevation 333 m

Max elevation 381 m

## **Access**

At 6.5km West of Salernes, through the D560.

## **Advised parking**

Car park of the ramparts

## **Information desks**

House of the Verdon Regional Nature Park



Domaine de Valx, 04360 Moustiers-Sainte-Marie

[info@parcduverdon.fr](mailto:info@parcduverdon.fr)

Tel : +33 (0)4 92 74 68 00

<http://www.parcduverdon.fr/>

OT Aups

Place Martin Bidouré , 83630 Aups

[aups83@wanadoo.fr](mailto:aups83@wanadoo.fr)

Tel : 04 94 84 00 69

<http://www.aups-tourisme.com/>

# On your path...

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## A Sensitive Natural Area to protect (A)

The ENS of Sillans-la-Cascade is a natural area with varied environments: Natural meadows, riparian forest, river, mixed forest, etc. With an exceptional scenery, varied environments and the presence of waterfalls, extremely favorable to biodiversity. Protected species: bats, orchids, mammals. It is also a place of contracted or regulated uses. Help us to protect this exceptional site and comply with regulations: no fire, dog on a leash, no swimming.

Attribution : Stefano Blanc PNR Verdon

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## The Walls (B)

The walls appear to date from the medieval period, at a time when the villages wanted to protect from attacks of various origins: looters, war, plague,... If the castle was completely refurbished by the Marquis de Castellane, it is not the same thing for the medieval walls. The crenellated part of the tower was rebuilt in the 19th century.

Attribution : Stefano Blanc PNR Verdon

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## The parish church of Saint-Etienne (C)

The Church of Sillans-la-Cascade is under the patronage of the relics of Saint-Etienne, a martyr whose feast is celebrated on 3 August. The church preserves a relic of the first martyr, Saint-Etienne. It was brought in the end of the 12th century by a member of the noble family of Pontevès returning from a crusade. It succeeded an ancient chapel dedicated to Saint-Laurent, published in 1079 in a bull of Pope Gregory VI. It still existed in the beginning of the 19th century.

Attribution : Stefano Blanc PNR Verdon

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## The Castle (D)

Sillans-la-Cascade was a village with three castles: the first one, a medieval castle, ruined in the late Middle Ages. The second one, built in 1609 in the surrounding area, was destroyed during the Revolution. The third one, built in the early 19th century by Rolland Sillans in the middle of a park, was bought by the town in 1992 to the Count François de Castellane.

Attribution : Stefano Blanc PNR Verdon





## Sensitive Natural Area ... a natural heart (E)

The ENS of Sillans is a Sensitive Natural Area whose natural and landscaped heritage accounted for the purchase of 367ha of natural lands by the County Council of the Var from 1989 and 1992. A Departmental Property whose objective is to preserve the natural heritage and make it accessible to the public. Some significant improvements have been carried out to allow the public access to the belvedere opposite the waterfall in total safety. Sillans la Cascade is classified as "natural heart".

Attribution : Stefano Blanc PNR Verdon



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Le projet Chemins des Parcs est financé par la Région Provence-Alpes-Côte-d'Azur et les Parcs naturels régionaux des Alpilles, de Camargue, du Luberon, du Queyras et du Verdon.

Ce projet partenarial rassemble également le Comité Régional du Tourisme, les agences départementales de développement touristique, les offices de tourisme et les syndicats d'initiative.

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This project was developed in partnership with the Regional Tourism Committee, the departmental tourist development agencies, and tourist offices.

**www.cheminsdesparcs.fr**

*Tours et détours dans les Parcs naturels régionaux  
de Provence-Alpes-Côte d'Azur*

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