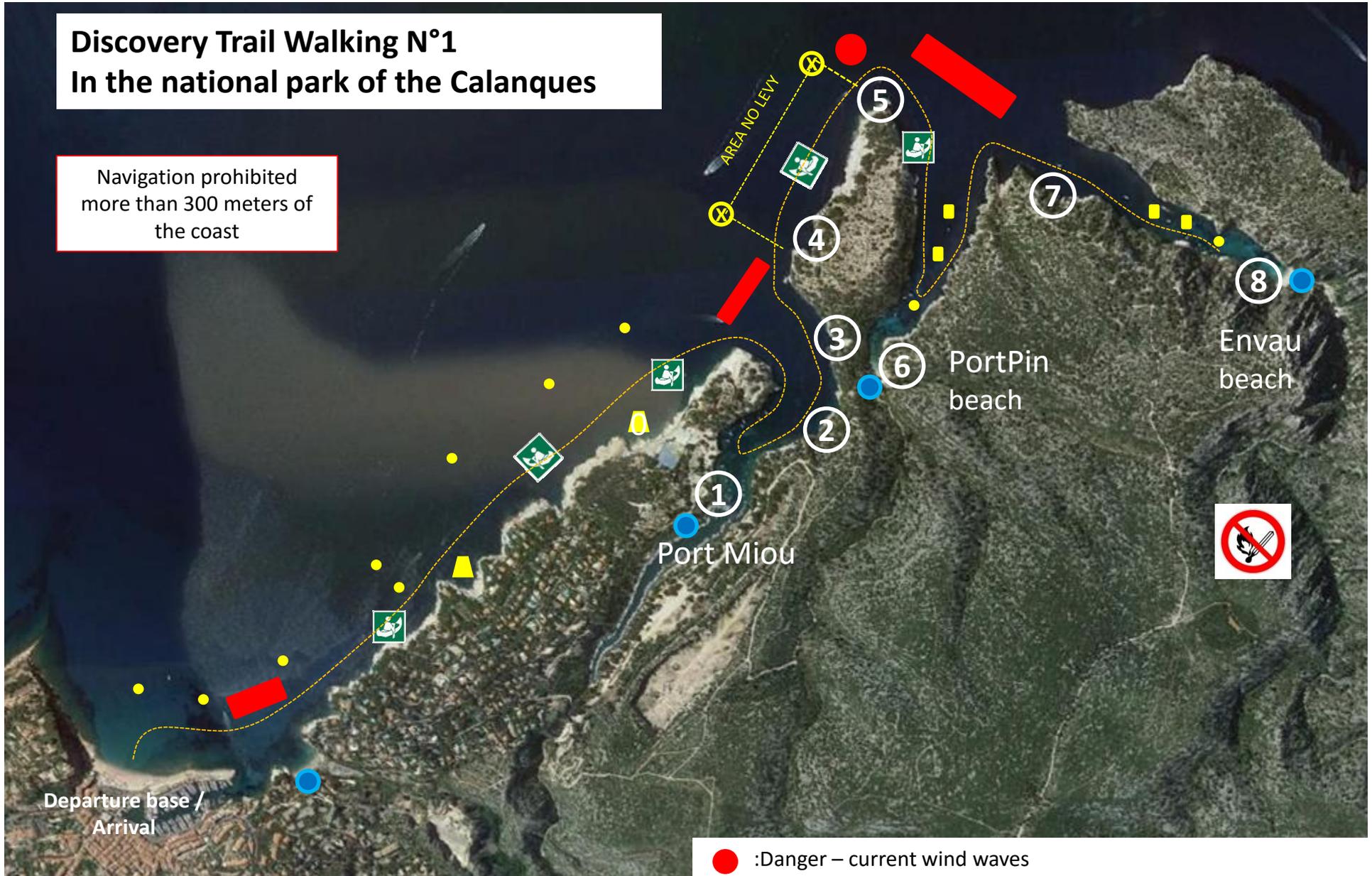


# Discovery Trail Walking N°1 In the national park of the Calanques

Navigation prohibited  
more than 300 meters of  
the coast



Departure base /  
Arrival

-  :Danger – Input traffic crossing area and boat exit
-  :Buoys 300m
-  :Drop area

-  :Danger – current wind waves
-  :Kayak trip within the area of 300 meters
-  :Remarkable points
-  :Mooring buoys

## In The "Calanque" National Park

The origin of the word "Calanques" finds its roots as an Indo-European term, Kal (stone). It evolved into the word "Calenco" (meaning steep) in Provençal. This origin goes back as far as the quaternary period when huge blocks of consolidated limestone from the Cretaceous period were affected by glaciers. Glacial valleys were uncovered by the melting ice. Under the action of the runoff, limestone was formed and the runoff consumed and flooded the rivers that ran through the valley formations. The valleys were immersed by a rising sea level that invade the valley corridors. This is how the creeks were born six thousand years ago. The presence of many sweet water resurgences in the Calanques explains the cool water temperatures found there.



**1 The Port-Miou creek** is the first one that you will find in Cassis. It is an old limestone quarry, used for the Suez Canal. Very curvy, Port Milou goes deep inland and is a natural harbor that accommodates over six hundred boats.

**2 Sweet water resurgence:** At Port-Miou, the flow of a huge underground river can be seen from the sea surface. This brackish water resurgence comes from a gallery of 400m<sup>2</sup> section (20 X 20m). Water flows at a rate of three thousand liters per second and can go up to several tens of thousands of liters during floods.



**3 Hole blower or Narine of Neptune:** A cave of sorts where waves rush in, pushing air out. This air escapes through a pipe, and on windy days you can hear it blowing up in a radius of one hundred meters.



**4 Hoppers:** Big funnels at the water's edge were left from the former Solvay quarry where limestone was mined for lime production from 1900 to 1981. The limestone was extracted with dynamite and then crushed and loaded on ships waiting outside the hoppers.



**5 Cacaou tip:** This is the Cassis stone, the hard compact rock, teeming with fossils: rudists (reef like formations), Lamella branches of horn-shaped shell, was quarried from the tip Cacaou in 1720. It was loaded into ships by a hopper system. It became famous after it served as the foundation of the Statue of Liberty.



**8 Calanque d'En Vau** is located between Marseille and Cassis, with a pebble beach, clear water and unique environment. The cove of En Vau is probably the most beautiful of all the coves.



**7 Lithophyllum lichenoides:** red alga (seaweed) whose thallus forms a white purple or pale green pad. It is hemispherical, five to ten cm in diameter, strongly impregnated with lime, welded tightly to the rocks. The rocks are covered by peaks of brittle ridges.



It is particularly sensitive to trampling and pollution.



**6 The creek of Port Pin** is named after the Aleppo pines that appear balancing on the rock. This dream location features a sandy beach with a generous pine forest.

### Waste management

is required before leaving. Take minimum paper package. Do not throw anything overboard, or in the creeks. Bring all waste back to shore.

### Landing on the coast for boaters and kayakers:

The landing is allowed on the entire coastline of the heart of the park except on sidewalks Lithophyllum. A prefectural order on the fire risk may prohibit landings in the creeks where the clumps are closed to the public. (Calanques and Cap Canaille)

### We do not touch Urchins outside of the designated collection period.

It is prohibited to collect sea urchins between April 16 to October 31 in the Bouches-du-Rhône, even if consumed on site (Decree of October 2 2008). The minimum fishing size is 5 cm off quills. Fishing from the edge, the catch should not exceed four dozen per angler. By boat, the catch should not exceed four dozen per person onboard with a maximum of 10 dozen in total.



Special brand whose role is to report reserved or access restricted areas. They also serve to indicate some obstacles.



### Emergency Numbers :

- CSLN : 04 42 01 80 01  
06 84 15 56 52
- Samu 112
- Cross 196



No smoking  
in the creeks

### Yellow buoys

mark restricted areas in the range of 300m from the coast (spherical, conical, cylindrical ...). For the safety of the least visible and most vulnerable users (swimmers, kayakers, in particular) but also to respect of the tranquility of the area (noise reduction, waves, etc) Speed is 5 knots in the band of this 300 meters



### Special brands of activities,

whether professional or recreational fishing, diving underwater or on foot, are strongly rooted in the local economy and culture. This is why it remains open in the heart of the National Park, off the non levy areas (PNAs) and enhanced protection areas (ZNP). Moreover, national, regional and local regulations still apply. Tags have been introduced by the Park to delineate no-take zones (ZNP).