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## NEPTUNE blue trails

# Pampelonne underwater trail



**Warning  
FRAGILE**



**Snorkelling**



**Natural**



**High  
frequentation**

## Geographic location

**France, Provence Alpes Côte d'Azur, Var, Hyères**

## Name of the conservation area (or protected area)

**Marine area adjacent to Port-Cros National Park**

## Level of environmental protection

**Natura 2000 Var coast**

## Name of the dive site

**Pampelonne underwater trail**

## Geographic coordinates (reference system)

**LAT E 06°40'04.263"**

**LONG N 43°12'39.480"**

**Reference system WGS 84**



**LOCATION**



## Access to the dive site

By land – extremity of Pampelonne beach

## Site characteristics

Maximum depth

4 m

Difficulty

Low



Natural

## Information about the managing body

In 2017, the Golfe de St-Tropez District Community Council began to develop a network of 3 underwater trails, including the Pampelonne trail, to enable the public to discover the wealth of coastal natural life. Buoys mark the points of interest and underwater information panels explain life below the surface.

Contact: La Croix Valmer Tourist Office

[www.lacroixvalmertourisme.com](http://www.lacroixvalmertourisme.com)

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INFORMATION



Authorisation not required



Snorkelling

### More information:

The underwater trails booklet (trail No.8, page 22)

<https://fr.calameo.com/read/000318363320cc568f95e>



# BIENVENUE AU PARC NATIONAL DE PORT-CROS



DECouvrez LES SENTIERS SOUS-MARINS



## TRAIL MAP



## Warning FRAGILE

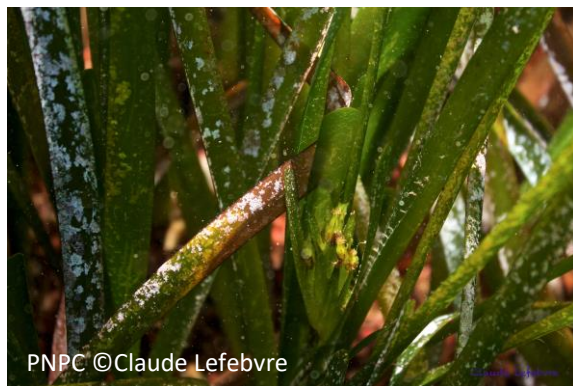
**To preserve biodiversity  
IT IS PROHIBITED**

- to gather sea urchins from 16 April to 31 October in the department of Var
- to capture or hunt octopus from 1 June to 30 September
- to fish or hunt in the zones reserved for swimming, including the underwater trails

## Description of the site of natural interest

The Pampelonne underwater trail consists of several types of habitat: rocky seabeds, rocks richly covered in multicoloured algae, seagrass meadow

Neptune grass  
*Posidonia oceanica*



Striped red  
*Mullus surmuletus*



Peacock's tail  
*Padina pavonica*



Wide-eyed flounder  
*Bothus podas*

NATURAL

### List of main species

- **Snakelocks anemone** *Anemonia viridis*
- **Damselfish** *Chromis chromis*
- **Rainbow wrasse** *Coris julis*
- **Ornate wrasse** *Thalassoma pavo*
- **Peacock's tail** *Padina pavonica*
- **Neptune grass** *Posidonia oceanica*
- **Wide-eyed flounder** *Bothus podas*
- **Striped red mullet** *Mullus surmuletus*
- **Salema porgy** *Sarpa salpa*
- **Common two-banded sea bream** *Diplodus vulgaris*
- **Painted comber** *Serranus scriba*