

WELCOME BOOK



Welcome to Six-Fours-les-Plages, to our house on the heights of the chemin de Jouglas, where we hope you will have a great stay and a wonderful holiday in the Toulon Provence Méditerranée Metropolis and in the Var!

You will find in this guide all the practical information (tourism, Wifi, TV operation, swimming pool, barbecue, waste sorting, good addresses, ...) and useful for a pleasant stay in our house and in our beautiful region.

In case of need:

Concierge :
VEFA Conseil
88 Bd Pierre Gassendi
83000 TOULON
06 35 66 07 14

Owner :
Mr et Mme Molitor
06 67 22 97 58
famille.molitor@gmail.com

Six-Fours-Les-Plages and its surroundings

You will find all tourist and practical information at the Tourist Office:

Promenade Charles de Gaulle, Plage de Bonnegrace,
83140 SIX FOURS LES PLAGES - 04 94 07 02 21

And on the websites: www.tourisme-ouestvar.com ou www.tourismeprovincemediterranee.com

You should know that Six-Fours-les-Plages is located close to La Seyne-sur-Mer and Ollioules. Surrounded by immense forests and wooded areas, this Var town is very popular with both sports enthusiasts and those who enjoy lazing by the sea.

On the one hand, its natural spaces are a delight for hikers and climbing enthusiasts. From the Ollioules gorges to Cap Sicié, it is possible to go hiking, horse riding, mountain biking and climbing in the heart of the 2000 hectares of preserved forest (beware of restrictions in the summer, mainly depending on the wind). The islands are also a great playground. The island of Embiez is nicknamed "the flower island" and presents a vast network of wild coves, rocky spurs polished by erosion and shady groves. This island is a sanctuary for canoeing and stand-up paddling enthusiasts. The islands of Petit and Grand Gaou are better suited for a family picnic or a game of pétanque under the pines (beware of protected natural areas). On the other hand, the seafront is dotted with beaches awarded the "Blue Flag" label. From Sablettes beach to Cros beach, via the pebble-covered La Verne beach, you are bound to succumb to the charm of these vast expanses of fine sand where the sun's rays are reflected. In the hottest hours of the day, if you are looking for some freshness, you can stroll through the streets of the town center of Ollioules, located a stone's throw from Six-Fours-les-Plages. Among the main points of interest: the heritage house housed in a small 17th century mansion; the Palisson mill, which spans the Arrosants canal and remained in operation until the early 20th century; the Saint-Laurent church in primitive Provençal Romanesque style. An escapade that will make you discover the know-how accumulated for generations by local artisans.

Wi-Fi

Before anything else, you will need a high-speed internet connection. To connect to WIFI, connect to the network: **freebox_MN**

Wi-Fi password: AYgMHgKeVmwrJMH99imwhrlqvbsq02sh

Or, simply scan the QR code below, which is also displayed on the refrigerator in the kitchen. You will also find a QR code to access this online guide.

Finally, you will also find the QR code for internet access on the Freebox homepage.



This high-speed Wi-Fi connection is available to you free of charge.

We remind you that French regulations prohibit the illegal downloading of protected works (videos, music, books, etc.).

Inventory and Use

Kitchen

The kitchen is equipped with an oven, a microwave oven in the cupboard above the oven, a dishwasher, an induction hob and a refrigerator with a freezer compartment. There is also a Nespresso coffee machine, a kettle and a toaster.

You have a service, which includes cutlery, plates and bowls, coffee cups, water, wine, beer and champagne glasses, plastic cups for twelve people.

You will also find all you need in terms of pots, pans and dishes for cooking and baking.

Under the sink you will find a number of products at your disposal for cleaning.

Finally, in the cupboard to the right of the oven you will find a vacuum cleaner and equipment to wash the floor. You will also find all the instructions for the household appliances in case of need.

Living room

In the living room, you will find a connected TV that gives you direct access to NETFLIX and access to the Freebox on which you can watch all the free channels and the various programs available on replay.

If you want to use NETFLIX and enjoy the big screen of the TV, you can enter your login details. Please remember to delete them before you leave.

Books and games

A few books and board games are at your disposal in the living room (on the shelves under the air conditioning and wooden crate next to the television).

The games in the children's bedroom are at your disposal. **Depending on the age of your children, some games may not be appropriate and require special vigilance on your part. The use of PLAYMOBILS is therefore under your responsibility.** They can be stored on the upper shelves to be out of reach of your children if necessary. The games must be put away in the provided crates when you leave.

Laundry

A laundry room with a washing machine and dryer is available in the garage. There is also a folding drying rack. You can also hang your laundry on the clotheslines at the back of the house, which are very practical for beach towels. In the garage you will also find an ironing board and iron.

Air conditioning and veranda

There is only one air conditioning unit in the house. It is used for both heating in winter and cooling the air in summer.

Winter:

- The veranda is an economical supplementary heating as soon as the sun rises.
- It is very pleasant to open the doors between the living room and the veranda during the day, but it is better to close them at night.

Summer:

- As soon as the air conditioning is on, or even in general, it is better to close the doors between the veranda and the house to enjoy a cool space.
- Setting the air conditioning to 23° or 24°C, especially at night, allows you to benefit from the coolness in the bedrooms.

Shutters

All the shutters in the house are made of wood. Some shutters work with the seasons and can be a bit hard to close, especially in the children's bedroom.

As for the shutters in the living room, it is best to close them in windy weather (mistral) to prevent them from banging against the facade.

The two large windows also have blinds, the remote controls for which are located on the shelves under the air conditioning. From the middle of the afternoon onwards, it may be pleasant to partially lower the blinds to manage the brightness linked to the sunshine and also the heating of the room in summer.

The shutter of the small window to the right of the television can generally remain open. This window offers you a beautiful view of the Fort de Six-Fours-Les-Plages, which belongs to the French Navy. However, it is advisable to close it in rainy weather with strong winds to avoid any water infiltration at the window. In this case, the rain does indeed hit the north facade of the house, which is particularly exposed.

Outdoor areas

Relaxing outdoors

For your outdoor relaxation, you have a small table and two chairs, placed right next to the veranda. This is a quiet little corner where you can read a book with a coffee, tea or herbal tea, rather during the day in winter and spring, rather in the early morning and late afternoon in summer.

By the pool

Next to the pool, on the wooden terrace you will find a garden shed where you can possibly store your pool games and a garden furniture set consisting of 4 individual armchairs, 2 double armchairs and two small tables, to arrange as you wish. Finally, you can sit on two large benches around a large table for your meals, depending on the season and your desires.



According to the weather forecast, in order to protect them, the furniture can be stored in the garage upon your arrival. In case of strong wind and rain, if you decide to put up a tarp, be sure to tie it down securely with the straps provided.

A parasol is also at your disposal with its stand in the garage. The retaining plates (black triangles) to block the stand are pre-positioned next to the wooden terrace on the side of the fence. In case of strong wind, we ask you to fold the parasol and store it in the garage to avoid any damage.

A gas barbecue completes the set for preparing delicious grilled meats or roasted vegetables. To light the barbecue, open the appliance cover, make sure the gas supply is turned on (red flame visible on the regulator valve, see photo below), then press the green button on the regulator and turn the knob of one of the four burners at the same time. The burners have an automatic ignition that produces a clicking sound. If the operation does not work the first time, try again. It is essential to hold down the green button until the first burner ignites.



Safety Instructions for Gas Appliances and Barbecues

Please adhere to the safety guidelines for using gas appliances, including turning on the gas (red flame visible) and turning off the gas (green line visible). **Always be mindful of fire hazards, especially during the summer months.**

Barbecue Safety: Never leave a lit barbecue unattended.

Gas Bottle Replacement

A spare gas bottle is available in the garage. Once a gas bottle is empty, please inform the concierge so that it can be replaced promptly to ensure you always have a spare.

Cleaning Instructions for Gas Stove

For optimal performance and to prevent grease buildup, it is recommended to clean the stovetop, burner protection triangles, and drip trays after each use. These components are dishwasher-safe.

The pool

The pool measures 3 meters in width and 7 meters in length. The water depth is 1.4 meters.

Pool rules

The use of the pool is subject to the acceptance of a certain number of rules, related to safety, respect for the premises and the well-being of all.

Pool cover

The pool is equipped with a safety cover that prevents children from accidentally falling into the pool. **The protective cover must be put in place, straps taut, as soon as no adult is supervising the area. As soon as the pool is uncovered, children must be under constant supervision.** The cover can be opened either by rolling it up by hand or by using the crank provided. The cover is closed by pulling on the long strap to unroll the cover.

Safety

For safety reasons, it is forbidden to jump into the pool from the sides. All entries into the water must be made from the steps.

Closing the pool

Every evening, the pool cover must be put back in place, both for safety reasons and to prevent excessive water evaporation.

Water level

In this regard, maintaining the water level is important to avoid degrading the filtration system. The water level must be maintained at two thirds of the height of the skimmer at the risk of causing the pump to lose prime. If the water level drops abnormally during your stay, you can top it up using the garden hose next to the veranda.

Filtration and cleaning

The filtration and pump are switched on automatically. The pool is maintained by a company once a week in high season to check the water quality. The company has a key to the gate only.

Cleaning the pool

A skimmer net is at your disposal to collect any leaves or insects that may fall into the water. In case of a problem or a special cleaning need, you can contact the concierge or the owner to request an additional appointment of the pool cleaner according to their availability in view of the high season according to the demand, this service may be charged extra.

Additional services

A set of household linen (bed linens and towels) is provided for stays of 7 nights or more.

Table linen (tablecloths and tea towels) is also included.

For longer stays, housekeeping and linen change services are available upon request from the concierge. Please contact the concierge directly to arrange and pay for these additional services.

Our Way of Life

We are fortunate to live in a special place. However, we are aware of the fragility of this environment and we are convinced that we can play a role, however small, in protecting it.

This is why we want to share this concern with you and inform you of some actions to be taken in terms of environmental respect.

Sorting waste

You will find a waste sorting guide on the living room table. You have 2 bins at your disposal in the kitchen for sorting plastic/metal and cardboard/paper.

We practice composting for the garden: you can use a salad bowl to pour your peels and food scraps into the compost bin on the north side of the house.

Using environmentally friendly cleaning products

You will find in the accommodation some products necessary for its maintenance. White vinegar, baking soda, and all kinds of products carefully chosen for their non-toxicity. Use them daily and if they need to be replaced, choose them for their environmentally friendly qualities.

Saving water, a few examples

Turn off the tap when brushing your teeth or soaping up in the shower. Limit the duration of showers, avoid baths, ...

Wait until the dishwasher and washing machine are full before starting them...

Reducing energy consumption, a few examples

Turn off the air conditioning when you leave the premises or when you have the windows open. Turn on the air conditioning only from 6pm for a restful night.

Prefer the use of reversible air conditioning and the use of towel rails in economy mode to heat the house. Limit the use of additional heating in the bedrooms, which are large consumers of energy...

You may have other ideas or other habits in terms of environmental respect... Do not hesitate to apply them! In advance, we thank you for any effort made in this direction!

But also

Protect our forests

From June 21 to September 20, the Var prefect regulates access to forest massifs and provides information on fire risks. The link below will inform you about the level of fire danger in each massif: <https://www.risque-prevention-incendie.fr/var/>

- Respect access bans during risk periods.
- Respect the signage (protected area, hunting area, etc.).
- Do not light fires.
- Do not litter cigarettes.
- Pick moderately and stay on the trails to protect the flora.
- Keep your animals under control.
- And for your safety: check the weather before setting off on your adventure, bring a map (no network), water, appropriate clothing and footwear, protect yourself from ticks and pine processionary caterpillars.

Respect our beaches

- Leave nothing behind you: in tourist offices or with lifeguards you will find small containers to put your cigarette butts in... not biodegradable.
- Save water from the showers at your disposal.
- Do not dispose of polluting products in the water.
- Sunscreen is one of the biggest pollutants in the Mediterranean Sea. There are sunscreens that preserve the seabed, don't hesitate to use them!
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Some beaches are authorized for animals:

- The beginning of the Bonnegrace beach in Six Fours (next to the Port de la Méditerranée),
- All the way to the end of the Saint-Elme beach,
- At the end of the Sablettes beach, just after the diving club,
- The Dog Beach in Bandol.

Love our cities

- If you have a dog, don't forget to bring a leash and a small plastic bag... Thank you!

Useful Phone Numbers

Concierge: VEFA Conseil - 06 35 66 07 14

Property Owner: Mr and Mrs Molitor – 06.67.22.97.58

Tourist Office: Plage de Bonnegrace - 83140 SIX FOURS LES PLAGES - 04 94 07 02 21

Hospital: Georges Sand - 421 Av. Jules Renard, 83500 La Seyne-sur-Mer - 04 94 11 30 00

SOS Médecins: 15 or 04 94 14 33 33 - <https://sosmedecins-toulon-provence-mediterranee.fr>

Town Hall: Place du 18 Juin 1940, 83140 Six-Fours-les-Plages - 04 94 34 93 00

Fire Department: 18

Police: 17

Recommended Restaurants

Breakfast by the water: La vague d'or à la Seyne sur Mer - <http://lavaguedor.fr>

Local produce cuisine: Les Têtes d'ail à Toulon, local and original cuisine based on regional products, ideal stop for a day trip to the city, accessible by boat bus (departure from the Sablettes or Tamaris pontoon)
<https://www.facebook.com/profile.php?id=100064039934525>

Mauritian and Creole: Mazavaroo Resaturant à Six Fours les Plages au Brusc, overseas cuisine, with a very pleasant terrace in a courtyard at the back of the restaurant - <https://mazavaroo-restaurant.eatbu.com/?lang=fr>

Italian, Mediterranean: La Spiaggia à Six-Fours-les-Plages, corniche du Cros, right by the water - <https://www.spiaggia-ristorante.com>

Mediterranean: Manon des Sources in the center of Six Fours les Plages - <https://manondessources.eatbu.com/?lang=fr>

Burger: La Cantine du Brusc à Six-Fours les Plages - <https://la-cantine-du-brusc.order.app.hd.digital/menus>

Indian: Le Taj à Six Fours les Plages: <https://www.le-taj.com>

Reasonably priced gourmet: Riviera 3 à Six Fours les Plages au Brusc, very pleasant atmosphere - <https://www.riviera3.fr>

Gourmet: Les Pins penchés à Toulon vers le Cap Brun - <https://www.lespinspenches.com>

Sushi: Pink Sushis à Six Fours les Plages - <https://www.pinksushi-sixfours.fr>

Pizzas: Pizza chez Cathy (no delivery and no credit card, but excellent pizzas and very friendly service!)
<https://www.facebook.com/PizzaChezCathy>

Beaches, according to the wind direction

Six-Fours-les-Plages (generally protected from easterly winds)

Plage de la Frégate, Plage de Bonne Grâce, Plage de la Coudoulière, Plage du Cros, Plage du Rayolet, ...

La Seyne-sur-Mer (generally protected from westerly winds)

Plage des Sablettes, Plage de la Vernette, Plage de la Verne (galets), Plage de Fabrèguas (sable noir), ...

Sanary-sur-Mer

Plage du Lido, Plage de la Gorguette, Plage de Beaucours, Plage de Portissol, ...

Bandol

Plage Bendor, Plage de Renécros, Plage du Casino, Plage Eden-Roc, Plage de Barry, Plage Centrale de Bandol, Plage du Grand Valat, ...

Day trip ideas

Here are some day trip ideas. However, please be aware that traffic can be heavy in high season.

Beaches:

- **Plage du Monaco in Le Pradet:** Free parking (aim to arrive around 9am to get a spot) - 500m walk from the car park to the beach.
- **Plage de Cabasson near Le Lavandou:** Pay car park next to the beach - very busy in summer.
- **Closer to the house, our favorite beaches are:**
 - Sablettes (sand) and Fabrèguas (black sand) in La Seyne-sur-Mer
 - Coudoulière (pebbles) in Six-Fours-Les-Plages

Paddle or kayak:

- **Tour of the Embiez islands:** With many coves and the possibility of leaving for the day from one of the beaches of Le Brusc with a picnic.

Towns and villages:

- **Sanary-sur-Mer:** Its fishing port, its markets including Wednesday morning and the night market, its pedestrian streets, its shops, its terraces...
- **The Provençal villages of the hinterland:** Le Castellet, La Cadière d'Azur, Le Beausset, Ollioules

Islands:

- **Ile de Bendor off Bandol**
- **Embiez Islands off Le Brusc**
- **Golden Islands (Porquerolles, Port Cros, Ile du Levant) off Hyères**

Other:

- **Cassis and the Calanques via the Route des Crêtes**
- **Saint-Tropez:** Its port, its shops, its terraces, its gendarmerie...
- **Marseille:** Its port, its museums (including the Mucem and the Villa Méditerranée, the Cosquer cave), its emblematic church (Notre Dame de la Garde), its islands...

Some leisure activities ideas

	Activités	Localité	Site Web	Téléphone
Youth	Amusement park	Six-Fours-les-Plages	Coudouparc / Accrobranche	+33 (0)6 63 77 02 06
	Water park	St. Cyr-sur-Mer	Aqualand	+33 (0)4 94 32 08 32
	Theme park	Cuges-Les-Pins	OK Corral	+33 (0)4 42 73 80 05
	Treetop adventure	Le Castellet	Le Royaume des Arbres	+33 (0)4 94 74 34 67
	Zoo and exotic park	Sanary-sur-Mer	ZOA Parc	+33 (0)4 94 29 40 38
Culture	Cinema	Six-Fours-les-Plages	Cinéma Six n'Etoiles	+33 (0)4 94 26 58 48
		Toulon	Cinéma Pathé Liberté	+33 (0)8 92 69 66 96
	Multimedia library	Sanary-sur-Mer	Médiathèque de Sanary	+33 (0)4 94 32 97 80
	Theatre	Toulon	Théâtre Liberté	+33 (0)4 98 00 56 76
		Toulon	Théâtre Le Colbert	+33 (0)4 94 64 01 58
	Theatre/Concerts	Sanary-sur-Mer	Le Galli / Le petit Galli	+33 (0)4 94 88 53 90
		Six-Fours-les-Plages	Espace Malraux	+33 (0)4 94 74 77 79
	Theatre/Opéra	Toulon	Opéra de Toulon	+33 (0)4 94 92 70 78
Amusement	Bowling	Bandol	Bowling de Bandol	+33 (0)4 94 29 34 34
	Casino	Bandol	Casino de Bandol	+33 (0)4 94 29 31 31
	Karting	Six-Fours-les-Plages	Karting Six-Fours / Fun'ambule Parc	+33 (0)4 94 63 32 23
Sports	Casino	Sanary-sur-mer	Vikings casinos	+33 (0)4 94 88 52 10
	Horse riding	La Seyne sur Mer (uniquement stage)	Poney Club des Oratoires	+33 (0)6 27 06 07 15
		Ollioules	Centre Équestre D'Ollioules	+33 (0)4 94 63 18 54
	Golf	St. Cyr-sur-Mer	Frégate Golf Club	+33 (0)4 94 29 38 00
		Diving	Sanary-sur-Mer	Centre de Plongée de Sanary
	Bandol		Bandol Plongée	+33 (0)6 28 05 24 57
	Six-Fours-Les-Plages		Le Brusca Plongée	+33 (0)4 94 34 13 73
	Tennis	La Seyne sur Mer	L'Hippocampe Plongée	+33 (0)4 94 06 17 59
		Sanary-sur-Mer	Tennis Club Le Rosaire	+33 (0)4 94 74 23 97
		Bandol	Tennis Club de Bandol	+33 (0)4 94 29 55 40
	Sailing	Sanary-sur-Mer	Société Nautique de Sanary - École de Voile	+33 (0)4 94 74 16 39
			Bandol	Société Nautique de Bandol - École de Voile
		La Seyne sur Mer	Yacht Club des Sablettes	+33 (0)4 94 30 52 49
	Pasasailing and towable tube	Six-Fours-les-Plages	Yacht Club de Six-Fours-Les-Plages	+33 (0)4 94 34 18 50
		Six-Fours-Les-Plages	Waky sea	+33 (0)6 27 62 48 56
La Seyne sur Mer		Sports nautiques des Sablettes	+33 (0)6 24 31 25 71	

Enjoy your stay - Nous vous souhaitons un bon séjour !