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
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
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More information:
The underwater trails booklet (trail No.8, page 22)
https://fr.calameo.com/read/000318363320cc568f95e
To preserve biodiversity it is prohibited:

• to gather sea urchins from 16 April to 30 November 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.

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