

Safety instructions

Before going on a hike, read the safety instructions.

Orientation

Knowing how to orientate oneself and find one's bearings is the first requirement in the field; reading a map at 1:25,000, using a compass, using an altimeter should seem as natural and obvious as walking. The complexity of the relief and the evolution in an alternately wild or urbanized environment sometimes make orientation difficult, a drawback that the directional departmental signage helps to overcome at best. But the markup system has limits (density) and imperfections (degradations) that must be overcome thanks to its own autonomy of interpretation.

Weathering

Sometimes violent and unpredictable, Mediterranean storms descend without warning on our massifs. Their sudden and devastating nature must be prevented by respecting the schedule (leaving in the morning rather) and consulting the weather forecast beforehand. Monitoring the weather, acting according to the degradation of the weather, such must be the permanent concern of the hiker. The fog does not spare the coastal country and some reliefs may be seriously affected depending on the season.

The hunt

An ancestral activity very popular with the locals, hunting mainly concerns the fall season and from September to December we will therefore observe the rules of the most basic common sense: wear showy clothes, do not stray from marked trails that hunters know, appear audibly in the slightest doubt ... Temporary signs affixed by the hunting companies concerned during the hunts (wild boar in particular) warn hikers of a particular danger on the pedestrian routes.

Weather

Before any hike, it is advisable to obtain information about the weather forecast by calling the **Météo France departmental answering machine (08.99.71.02.06)**. This reflex will make it possible to avoid certain disappointments and to adapt their trips and schedules according to the climatic situation. While most of the routes described in this guide can be undertaken in any season, it is obvious that exceptional circumstances must be taken into account:

therefore to avoid the snowy periods which sometimes affect the coastal reliefs in midwinter as much as the heat waves of July-August.

Another factor that can interfere with the enjoyment of hikers and threaten their safety is the wind that generates forest fires; We will therefore refrain from entering the wooded areas on mistral days in particular. Take care to check whether the massif traversed is not closed by prefectural decree.

Cartography

A faithful illustration of signposted routes and signage, the TOP25 series (scale: 1: 25,000) co-published by the National Geographic Institute and the Department is the most effective tool for progress in the field. The precision of these cards (1 cm = 250 m in the field), their level of information and their personalization make their use essential. Two of them (Nice-Menton and Cannes-Grasse) concern the coastal region of the Alpes-Maritimes and will usefully complete the diagrams illustrating the routes described in this guide.

The coastal path

Under an aspect which is mostly peaceful, the Mediterranean hides another face, the treachery of which represents a real danger: sudden sea strikes of extreme violence fall on the coast and submerge certain passages of the famous “customs path”. . We will therefore be careful to respect the prevention signs put in place by the municipalities in the event of a storm and not to venture around the capes in strong easterly or westerly winds (presence of gates or barriers).

Processionary caterpillars

If there are nests or processions, especially between autumn and winter, avoid walking on infested routes. In all cases, do not touch the nests or the caterpillars whose stinging bristles can be dangerous and cause health problems.

Warning

The « randoxygène » guides offer you a wide variety of routes to follow as part of the various outdoor activities. These activities take place in a natural environment that is sometimes difficult and subject to climatic hazards. Each user evolves according to his abilities in this environment under his own responsibility, with knowledge of the dangers involved in the environment or in the activity and must take the necessary precautions for safe practice.

The information provided in this guide is for informational purposes; they do not exempt you from showing vigilance and common sense and adapting your behavior to the circumstances actually encountered in the field.

Particular vigilance should be exercised when crossing fords. Likewise, the routes may occasionally take portions of the road or cross them. Be careful and obey the safety rules, particularly with regard to the visibility of vehicles traveling on these sections of lanes.

Given their interest, some of the proposed itineraries are partly developed in Italy. It will be necessary to check with the managers of these routes of their practicability.