

Port Camargue to Cassis

Out along the Camargue shore, across the Gulf of Fos and past Marseille's islands, then along the limestone cliffs of the Calanques National Park to Cassis.

DATE	Friday 28 May 2027
DISTANCE	69.9 nm, 8 legs
TIME	12 h 03 min
DEPART	07:30 CEST from Port Camargue. 1 hour 20 minutes after sunrise (06:08 CEST). A long leg.
ARRIVE	About 19:33 CEST at Cassis. In the early evening, with about 1 hour 35 minutes of daylight in hand (sunset 21:07 CEST).
TIDES	Range about 0.2 m: no practical effect
WIND	Mistral (north-west) is the risk; a sea breeze from the south in settled weather
BOAT	35 to 38 ft sailing yacht, 1.9 m draught, 6 kn under sail, 5.5 kn under engine
CREW	Skipper and 3 crew, 2 watches of 2



Track and waypoints 1 to 7, with ports of refuge as squares.

Go or no-go

Decide at 06:45 CEST. Go only if all of these hold:

- ☐ No Mistral forecast: it blows hardest across the Gulf of Fos and off Marseille.
- ☐ Cassis berth confirmed, or La Ciotat or a Port-Miou eco-mooring as the plan.
- ☐ Visibility 3 nm or more: Fos and Marseille are major ports.

If the Mistral is forecast, stay in Port Camargue. Cassis has 2 nights planned, so a day lost here costs only the rest day.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 1.5 nm off land except at the harbour ends. Distances and courses are calculated from them. Plot every one on the current chart before use. Courses are true.

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
0	Port Camargue	43°31.2'N	004°07.7'E				07:30 CEST	Depart.
1	Port Camargue approach	43°30.3'N	004°06.5'E	224°T	1.3	1.3	07:47 CEST	Out of the channel.
2	South of l'Espiguette	43°26.5'N	004°09.0'E	154°T	4.2	5.5	08:29 CEST	Clear of the shoals. CHECK ON THE CHART
3	South of Faraman	43°18.0'N	004°40.0'E	110°T	24.1	29.6	12:30 CEST	3.5 nm off the low Camargue coast.
4	Gulf of Fos	43°14.0'N	004°57.0'E	108°T	13.0	42.6	14:40 CEST	Ships bound for Fos are passing the floating wind farm (Pommes). It lies about 17 km off Fos. Beware of the turbines.
5	South of Planier	43°10.5'N	005°14.0'E	106°T	12.9	55.5	16:49 CEST	1.5 nm south of the light.
6	South of Riou	43°09.2'N	005°23.5'E	101°T	7.1	62.5	17:59 CEST	Off the Calanques National Park.
7	Cassis approach	43°12.3'N	005°31.8'E	063°T	6.8	69.3	19:21 CEST	South of the harbour. CHECK ON THE CHART
8	Cassis harbour	43°12.8'N	005°32.2'E	030°T	0.6	69.9	19:33 CEST	Position approximate, beware of the rocks. CHECK ON THE CHART

Tides and time

PORT CAMARGUE · FRI 28 MAY · CEST (UTC+2)

HW	01:59	0.3 m
LW	09:59	0.2 m
HW	14:29	0.2 m
LW	20:44	0.2 m

CASSIS · FRI 28 MAY · CEST (UTC+2)

HW	02:34	0.3 m
LW	10:08	0.1 m

HW	14:34	0.2 m
LW	20:41	0.1 m

From the Marseille station.

Friday 28 May 2027. **Tides.** The range here is 0.1 to 0.3 m: tides make no practical difference. Wind and air pressure move the sea level more than the tide does.

Cassis uses the Marseille station.

Tide times are predictions made for this plan from the TICON-4 harmonic constants (DGFI-TUM) with the Neaps tide predictor, because the official 2027 tables were not yet published when it was written. Tested against the official APDL table for Leixões on 23 July 2026, the predicted times were within 8 minutes and the heights 0.1 to 0.2 m lower. Heights are above lowest astronomical tide. Check every time against the official 2027 table before sailing.

Daylight. Sunrise at Port Camargue 06:08 CEST. Sunset at Cassis 21:07 CEST.

Weather

- **Mistral.** Strongest at the mouth of the Rhône, across the Gulf of Fos and off Marseille. Well forecast.
- **Sea breeze.** From the south in the afternoon in settled weather.

FORECASTS TO CHECK

- Météo-France marine forecasts, meteofrance.com/meteo-marine: coastal zones Frontière espagnole to Port-Camargue, Port-Camargue to Saint-Raphaël, and Saint-Raphaël to Menton. Special bulletins (BMS côte) are issued for force 7 and above.
- CROSS La Garde on VHF: regular bulletins 3 times a day, announced first on VHF 16. Special bulletins on VHF 80 every hour at 3 minutes past. Transmitters: Néoulos and Port-Vendres VHF 64, Agde 79, La Gâtasse 80, Mont Coudon (Toulon) 63, Camarat 80, Pic de l'Ours (Cannes) 64. Check the time for each transmitter in the Météo-France Guide Marine.
- NAVTEX La Garde: sources disagree on the 518 kHz station letter and times. Check them against the Admiralty List of Radio Signals. [CHECK THE PILOT BOOK](#)
- Notices to mariners (AVURNAV) are published on PING, portail.ping-info-nautique.fr, and broadcast on VHF by the signal stations.

Hazards

- **The Camargue shore.** Low, featureless and shoaling: keep 3 nm off.

- **Provence Grand Large.** 3 floating wind turbines about 17 km off Fos, in service since June 2025. Keep at least 150 m from them; inside the park, boats must be under 25 m, transmit AIS, and keep under 12 kn.
- **Fos and Marseille.** Heavy commercial traffic. VTS channels could not be checked.

CHECK THE PILOT BOOK
- **Calanques National Park.** 5 kn within 300 m of the shore. Anchoring is banned in En-Vau and Port-Pin, and buoys are compulsory at Pomègues, Sormiou, Morgiou and La Ciotat bay. The white eco-moorings at Port-Miou are reserved for passing yachts; do not tie to the yellow buoys. 7 no-take zones; carry a SHOM chart. Landing is banned when the park is closed for fire risk.

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Port Camargue	Start	Within the first hour	Capitainerie 24 h.
Marseille or Frioul	5 nm north of waypoint 5	Mistral arrives	Large harbours. CHECK THE PILOT BOOK
Port-Miou	1 nm west of Cassis	No berth at Cassis	White eco-moorings reserved for passing yachts.
La Ciotat	3 nm east of Cassis	No berth at Cassis	CHECK THE PILOT BOOK

Pilotage

LEAVING PORT CAMARGUE

1. Leave by the channel at 5 kn and head south, clear of the Espiguette shoals.
2. Turn east along the Camargue, 3 nm off.

ENTERING CASSIS

1. From Riou, follow the Calanques 1 nm off, at 5 kn inside 300 m of the shore.
2. Call Cassis harbour for a berth. VHF, phone and depths:

CHECK THE PILOT BOOK
3. If the harbour is full, take a white eco-mooring at Port-Miou.

LIGHTS ON THE WAY

L'Espiguette	Fl(3) 15s, 27 m
Faraman	Fl(2) 10s, 41 m
Fos, Saint-Gervais	VQ(7) 12s, 45 m
Planier	Fl 5s, 68 m

Communications

Port Camargue capitainerie	VHF 9 · +33 4 66 51 10 45
Calanques National Park	calanques-parcnational.fr
CROSS weather, La Gâtasse	VHF 80
Emergency at sea (CROSS)	VHF 16, DSC 70 · telephone 196, free, 24 h
Emergency on land	112

Contingencies

- **Mistral arrives.** Run for Marseille or Frioul; do not cross the Gulf of Fos in it.
- **Fog.** Fog routine; radar and AIS watch throughout.
- **Person overboard.** Shout, point, throw the danger buoy, press MOB, DSC distress alert, Mayday on 16.

Before leaving

- ☐ Forecasts read and logged before the go or no-go time
 - ☐ French notices to mariners (PING) checked for the route
 - ☐ Waypoints entered and checked against the chart
 - ☐ Ship's log started in UTC
 - ☐ Crew briefing: route, watches, safety gear, MOB, fog
 - ☐ Cassis, La Ciotat or Port-Miou plan for the night
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- ☐ Fuel for 12 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 12 hours
 - ☐ Lifejackets with crotch straps, jackstays rigged, harnesses
 - ☐ Liferaft, grab bag, flares in date, handheld VHF
 - ☐ Radar, AIS and navigation lights tested
 - ☐ Passports, boat papers and insurance aboard

Sources

- Provence Grand Large: provencegrandlarge.fr (navigation).
- Calanques: calanques-parcnational.fr (plaisance, schéma de mouillage, réglementation en mer, zones de non-prélèvement).
- Météo-France Guide Marine 2026 (CROSS VHF channels, 196, NAVTEX); meteofrance.com/meteo-marine (coastal zones).
- Préfecture maritime de la Méditerranée, premar-mediterranee.gouv.fr (arrêtés, AVURNAV).
- Lights: The Lighthouse Directory, France (ibiblio.org/lighthouse/froc.htm, frbr.htm, frvar.htm, fralp.htm).
- Tides: predictions from TICON-4 harmonic constants (Hart-Davis, Dettmering and Seitz, DGFI-TUM, 2025, doi 10.17882/109129) with Neaps (openwaters.io). Check against the Instituto Hidrográfico 2027 tables.
- Sunrise and sunset: calculated (NOAA method).
- Lights: The Lighthouse Directory (Rowlett), ibiblio.org/lighthouse, Portugal pages revised August 2024. Cross-check with the IH List of Lights, volume I.
- Pilot: RCC Pilotage Foundation, Atlantic Spain and Portugal, 9th edition (2025).

A planning exercise to RYA Yachtmaster standard. Not for navigation: use current official charts, the pilot book and the forecasts on the day.