

Cassis to Porquerolles

East past the red cliffs of Cap Canaille, among the highest sea cliffs in France, round Cap Sicié and across the approaches to Toulon, to the island of Porquerolles in the Port-Cros National Park.

DATE	Sunday 30 May 2027
DISTANCE	35.5 nm, 6 legs
TIME	6 h 17 min
DEPART	10:00 CEST from Cassis. Mid-morning, after the rest day at Cassis.
ARRIVE	About 16:17 CEST at Porquerolles. In the late afternoon, with about 4 hours 50 minutes of daylight in hand (sunset 21:06 CEST).
TIDES	Range about 0.2 m: no practical effect
WIND	Mistral (west-north-west here) behind you; easterlies on the nose
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 5, with ports of refuge as squares.

Go or no-go

Decide at 09:00 CEST. Go only if all of these hold:

- ☐ No strong easterly; a Mistral up to force 6 is fair.
- ☐ Porquerolles berth confirmed, or Port-Cros buoys as the plan.
- ☐ No navigation warning for military exercises off Toulon (PING).

If the weather is wrong, stay in Cassis. Bandol and Sanary are stops on the way.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 1 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	Cassis harbour	43°12.8'N	005°32.2'E				10:00 CEST	Depart.
1	Cassis approach	43°12.3'N	005°31.8'E	210°T	0.6	0.6	10:09 CEST	Out of the harbour.
2	Off Bec de l'Aigle	43°08.0'N	005°36.0'E	145°T	5.3	5.9	11:02 CEST	2 nm off La Ciotat's h
3	South of Cap Sicié	43°01.0'N	005°51.5'E	122°T	13.3	19.2	13:15 CEST	1.8 nm off the light (F
4	South of Cap Cépet	43°03.0'N	005°57.0'E	064°T	4.5	23.7	14:00 CEST	1.4 nm off. Toulon mil keep clear of warships
5	Off Giens	42°59.5'N	006°07.0'E	116°T	8.1	31.8	15:21 CEST	North-west of Porque Ribaud light.
6	Porquerolles harbour	43°00.2'N	006°12.0'E	079°T	3.7	35.5	16:17 CEST	North side of the islan approximate.
CHECK ON THE C								

Tides and time

CASSIS · SUN 30 MAY · CEST (UTC+2)

HW	04:37	0.3 m
LW	11:36	0.1 m
HW	17:42	0.2 m
LW	22:53	0.1 m

From the Marseille station.

PORQUEROLLES · SUN 30 MAY · CEST (UTC+2)

HW	04:59	0.4 m
LW	11:56	0.2 m
HW	17:34	0.3 m
LW	22:59	0.2 m

From the La Capte station.

Sunday 30 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.

Porquerolles uses the La Capte station on the Giens peninsula.

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 Cassis 06:02 CEST. Sunset at Porquerolles 21:06 CEST.

Weather

- **Mistral.** Blows from the west-north-west along this coast: fair, but gusty under the cliffs.
- **Easterly.** An easterly brings swell and rain; Porquerolles harbour is open to the north-west.

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

- **Toulon.** France's main naval base. The military port's limits are set by an arrêté ministériel of 23 December 2016, with its own water-use rules. Keep well clear of the harbour entrance and of warships; restricted and firing zones off the coast could not be checked.
- **Port-Cros National Park.** Its core marine zone runs 600 m from the coasts of Port-Cros and Porquerolles. The current anchoring rules at Porquerolles could not be checked; a new buoy-field plan is not expected before 2028. [CHECK ON THE CHART](#)

- **Port-Cros, if used instead.** Harbour buoys on VHF 9 (+33 4 94 01 40 72): buoys 1 to 11 up to 10 m, 12 to 42 up to 15 m. Anchoring is banned all year in the Passe de Bagaud. The Bagaud buoy field (68 buoys, 15 April to 15 October) is free by day; nights must be booked at portcros.smartwaters.com. The park advises deep-keeled boats against the buoys near the coast.
- **Anchoring in France.** The Mediterranean maritime prefecture's general anchoring rules apply along this coast (arrêté 123/2019), with stricter rules on seagrass (posidonia) meadows mainly aimed at yachts of 20 to 45 m and over, and a limit on how long a boat may stay at anchor (arrêté 77/2025). The limit itself was not checked for this plan. [CHECK ON THE CHART](#)

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Cassis	Start	Within the first hour	Harbour.
Bandol	2 nm north of the route	Weather turns	Marina. CHECK THE PILOT BOOK
Port-Cros	6 nm east of Porquerolles	No room at Porquerolles	Harbour buoys, VHF 9.

Pilotage

LEAVING CASSIS

1. Leave the harbour and head south-east past Cap Canaille and the Bec de l'Aigle.

ENTERING PORQUEROLLES

1. From Giens, cross to the north side of the island.
2. Call Porquerolles harbour for a berth. VHF, phone and depths: [CHECK THE PILOT BOOK](#)

LIGHTS ON THE WAY

Cap Sicié	FI(2) 6s, 47 m
Cap Cépet	FI(3) 15s, 76 m
Grand Ribaud	FI(4) 15s, 35 m
Porquerolles (Cap d'Arme)	FI(2) 10s, 80 m

Communications

Port-Cros harbour	VHF 9 · +33 4 94 01 40 72
Port-Cros National Park	+33 4 94 12 82 30

CROSS weather, Mont Coudon	VHF 63
Emergency at sea (CROSS)	VHF 16, DSC 70 · telephone 196, free, 24 h
Emergency on land	112

Contingencies

- **Easterly rises.** Stop at Bandol or Sanary.
- **Warship or exercise off Toulon.** Follow instructions from the navy; stand off if told.
- **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
 - ☐ Porquerolles berth booked, or Port-Cros buoy
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- ☐ Fuel for 8 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 9 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

- Port-Cros National Park: portcros-parcnational.fr (réglementation en mer; port de Port-Cros; ZMEL de Bagaud; projet de mouillages).
- Toulon military port: arrêté ministériel du 23 décembre 2016 (premar-mediterranee.gouv.fr).
- 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.