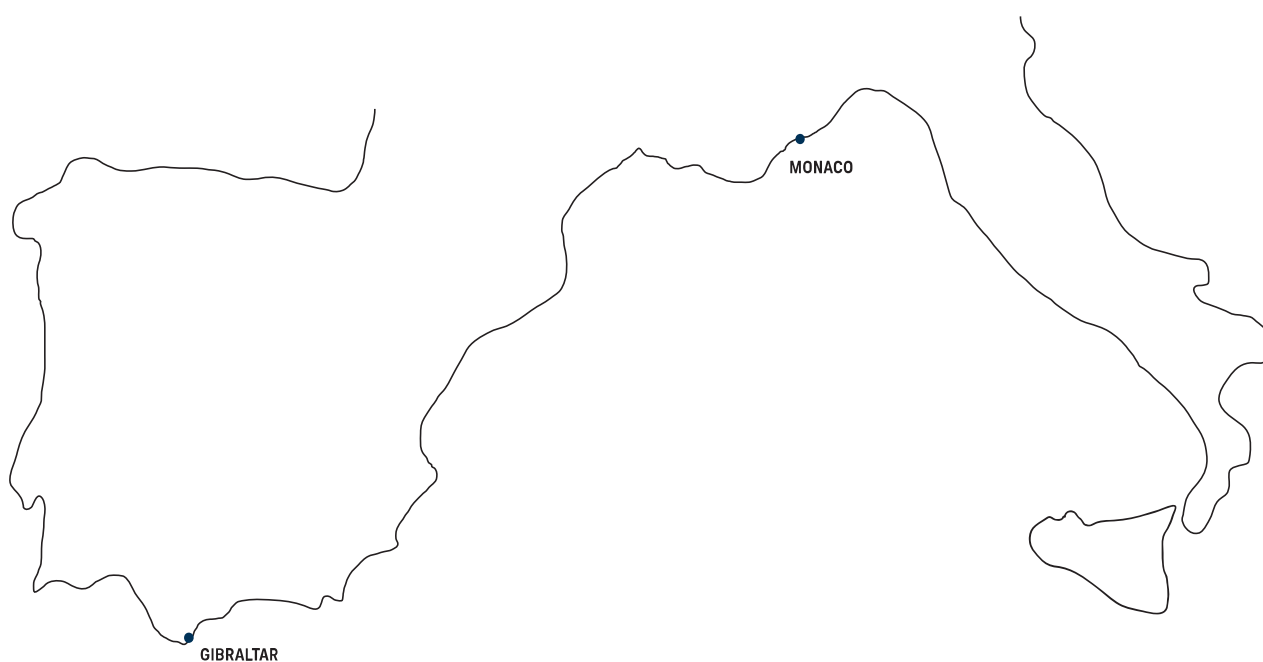
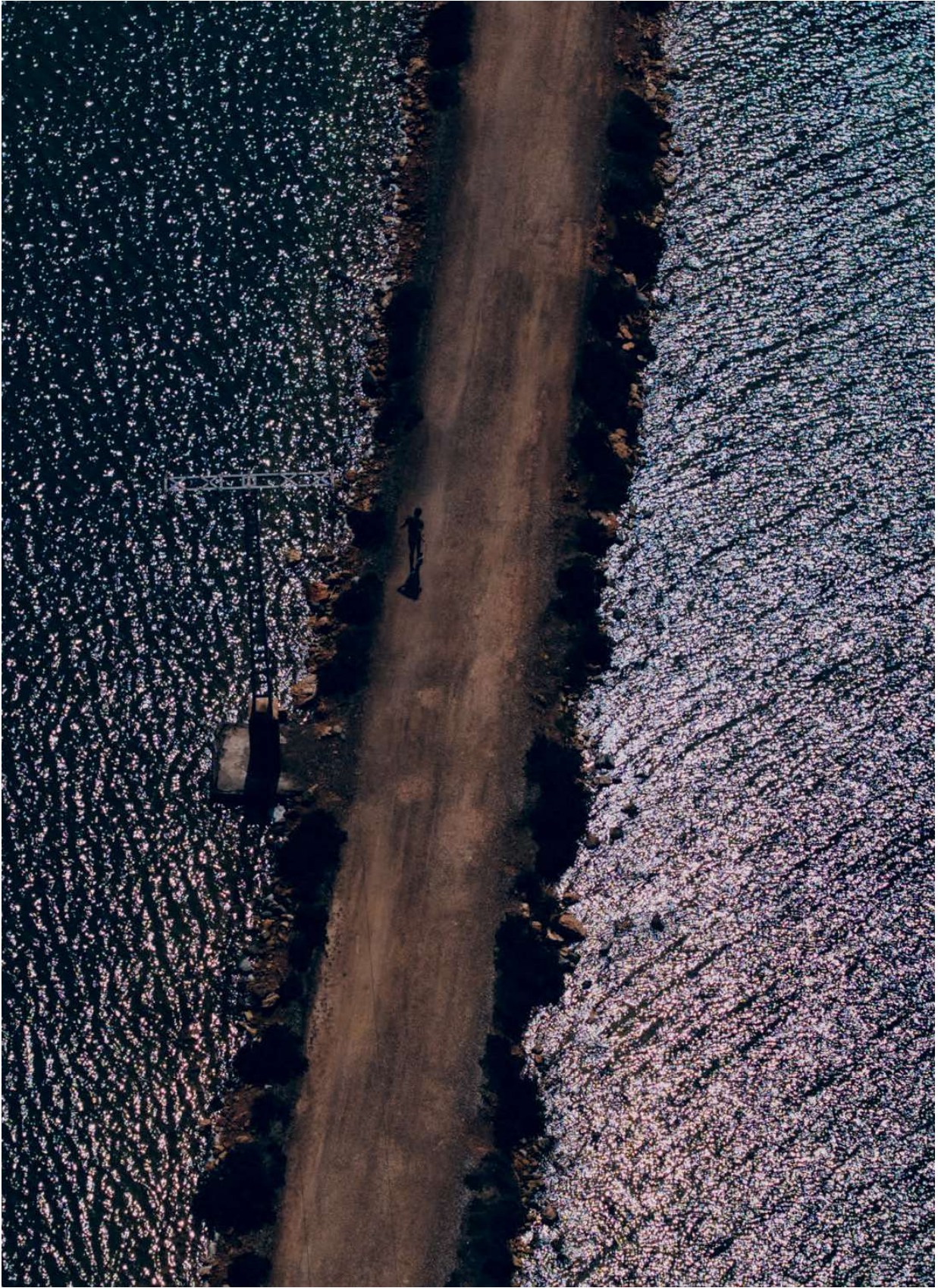


FOLLOW ~ THE COAST —



The Mediterranean Coast

From Gibraltar to Monaco



Follow The Coast III

↳ Foreword

The world is changing.
For the better.

In 2019, we started our crazy project. We set out to run the length of, and document, all coastlines of Europe. We had a clear motivation: to explore the world while inspiring people and rallying a community around a common goal. In a world in search of purpose, we believed our project would have a place. In a world where topics such as depression and solitude are making headlines, our little project could serve as a lighthouse standing proudly on a rocky shore.

During the last seven years, we have covered the tiny coastline of Belgium, the vast Gulf of Biscay, the entire Iberian Peninsula and finally the Mediterranean by foot. We didn't do this alone. We gathered more than 200 brave souls to each run their own 100 km, and completed our little crew with a bunch of crazy photographers who live for the beauty of their art, and the landscapes they explore. Together, we travelled across seven countries, and created three books.

This book and its two predecessors are not only stunning pieces of art and design.
They are invitations.
To dream big.
To venture into the wild.
To connect together.
To see the beauty all around us.

However, these books can't fully capture what we've experienced along the road; their pages of paper and ink can't fully record our raw, lived experience. Because what struck me the most was the beauty of the human soul.

Running 100 km breaks you; it's a brutal challenge for the mind and the body. But people don't show their ugly side when being faced with adversity. They smile. They push through. They laugh. They connect. I'm astonished by the incredible kind of strength of the community we gathered. I'm astonished by what this challenge seems to give back to people.

Today, there is no doubt in my mind we will run every coast in Europe.
What started as a crazy project which could only fail is now gathering steam.

The world is changing.
For the better.

Charles

FOLLOW THE COAST TEAM

Camille Liebaert, Charles Van Haverbeke, Maximilien Monteyne, Pieter Delbeke, Willem Keuppens

PHOTOGRAPHERS

Jules Stallaerts, Michela Pedranti, Gert-Jan D'haene, Leander Rambichler-Praxmarer



ANDALUSIA	14
MURCIA	68
VALENCIA	110
CATALONIA	174
OCCITANIE	250
CÔTE D'AZUR	300

Follow The Coast III

↳ Creators

Stage 96 - Pauline Van Haverbeke, Louise Van Houwe
Stage 97 - Maximilien Monteyne
Stage 98 - Steven Dobbelaere, Gert-Jan Dobbelaere
Stage 99 - Henrik Piroth, Janick Lienau
Stage 100 - Arthur Chambre, Amelie Harvengt
Stage 101 - Marianne Veldhuizen
Stage 102 - Valerie Vervaet, Lisa Vande Weghe, Senne Vandevenne
Stage 103 - Robbe Fioen
Stage 104 - Louis Van Den Broucke, Ben Demonty
Stage 105 - Michiel Knaepkens, Andreas Buts
Stage 106 - Aaron Alonso
Stage 107 - Simon Corne
Stage 108 - Michiel Van Der Bauwhede
Stage 109 - Shiva Zanolli, Joost Krijnen
Stage 110 - Victor Dejonghe, Timmy Dequeecker
Stage 111 - Bram Goewie
Stage 112 - Adam Wade

Stage 113 - Jarich Tyvaert, Rien Hillewaere
Stage 114 - Nicolas Peeters, Maxim Peeters
Stage 115 - Maxim Van Eeckhout, Cedric Schatteman, Ruben Schoenmaekers
Stage 116 - Thibault Melin, Arnaud Melin
Stage 117 - Rik Demaerel, Maximiliaan Moyaert
Stage 118 - Charly Lassalle, Nick Haaker
Stage 119 - Maxime Matthijs, Yentl Dumont
Stage 120 - Yane Verhulst
Stage 121 - Bart De Vlieger, Wouter Baetens
Stage 122 - Thibault De Meester, Alexander Mertens
Stage 123 - Cat De Meyer, Koen Vanderstraeten, Ann Vanden Wyngaerd
Stage 124 - Hans Tollet
Stage 125 - Michiel Van Der Bauwhede
Stage 126 - Charles Van Haverbeke
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D/2026/45/319 – BISAC: TRV009000 / PHO023040

ISBN 978-90-599-6601-7

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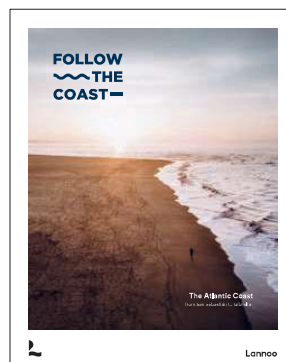
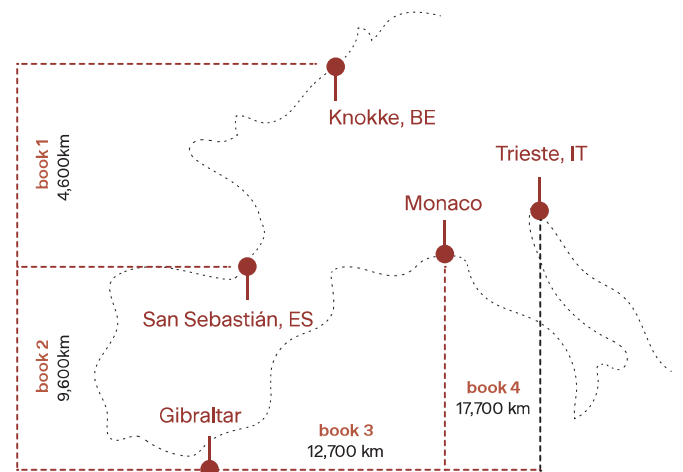
A visual travel guide

↳ This book is your perfect guide to discover the beauty of the Mediterranean coast of Spain and France. You will find incredible images and practical tips and tricks on hidden gems along the way. The book is divided in six regions, which are subdivided again in 'stages', with 100 km of coastline each. Every region section contains information on the culture, how to get around and key highlights you can't miss. Each Stage section features a clear map, local highlights and guidelines, while also sharing the inspiring stories of those who ran the 100 km.

The third chapter

↳ We created this book by doing a relay run along the coast of Europe. We divided the coast into stretches of 100 km which can be claimed by a team of runners who have 24h to run their stage. The runners are followed by a team of professional photographers who capture the beauty of the surrounding landscapes. We started our collective journey on 1th July 2019. We survived COVID and reached Monaco in May 2025. In 2026, we will run from Venice to Athens.

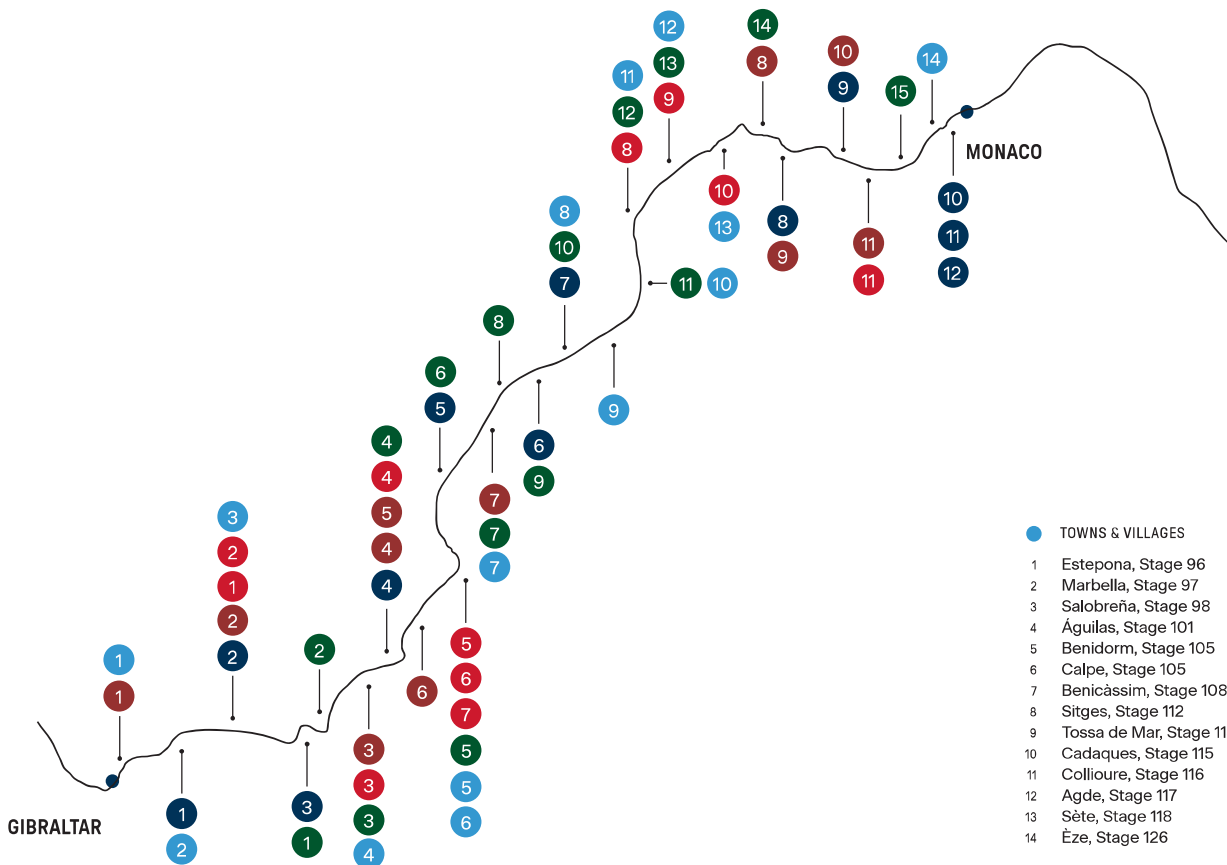
In 2021, we published our first book, covering the French Atlantic coast from Belgium to San Sebastián, of which we sold out the first edition. In 2025, we published our second book on the Iberian Atlantic coast, from San Sebastián to Gibraltar. We are proud to publish our third book in Spring 2026 on the Spanish and French Mediterranean coast, from Gibraltar to Monaco. The fourth book will cover the entire Italian coast. We plan to continue like this, covering 7,000 or more kilometres per year until we cover the entire coastline of Europe.



Follow The Coast III

↳ Overview

To help you find your favourite spot, we have created a handy overview and map. Below is an overview map with the locations of the start of every stage and the 'best of' highlights we selected. On the right page, you can see the list of Stages with the start & finish locations, joined with our evaluation on a handful of criteria.



● CITIES

- 1 Málaga, Stage 97
- 2 Almuñécar, Stage 98
- 3 Almería, Stage 99
- 4 Cartagena, Stage 102
- 5 Valencia, Stage 106
- 6 Tarragona, Stage 111
- 7 Barcelona, Stage 112
- 8 Arles, Stage 120
- 9 Marseille, Stage 122
- 10 Cannes, Stage 127
- 11 Nice, Stage 127
- 12 Monaco, Stage 127

● BEACHES

- 1 La Línea de la Concepción, Stage 96
- 2 La Herradura, Stage 98
- 3 Calnegre Coast, Stage 101
- 4 Portmán Bay, Stage 102
- 5 Mar Menor, Stage 102
- 6 San Pedro del Pinatar, Stage 103
- 7 Costa Daurada, Stage 108 - 111
- 8 Plage de l'Espiguette, Stage 119
- 9 Étang de Beauduc, Stage 120
- 10 Parc national des Calanques, Stage 122
- 11 Côte d'Azur, Stage 123 - 127

● VIEWPOINTS

- 1 Nerja & Balcón de Europa, Stage 98
- 2 Maro-Cerro Gordo, Stage 98
- 3 Cabo Tiñoso, Stage 101
- 4 Cabo de Palos, Stage 102
- 5 Cala del Moraig, Stage 105
- 6 Costa de la Granadella, Stage 105
- 7 Cabo de San Antonio, Stage 105
- 8 Cap Béar, Stage 116
- 9 Gruissan, Stage 117
- 10 Villeneuve-lès-Maguelone, Stage 118
- 11 Route des Crêtes & Cap Canailen, Stage 123

● NATURE

- 1 Parque Natural Punta Entinas-Sabinar, Stage 99
- 2 Parque Natural del Cabo de Gata-Níjar, Stage 100
- 3 Parque Regional Cabo Cope, Stage 101
- 4 Parque Regional Calblanque, Stage 102
- 5 Parc Natural de la Serra Gelada, Stage 105
- 6 Parc Natural de la Albufera, Stage 106
- 7 Parc Natural de la Serra d'Irta, Stage 108
- 8 Parc Natural del Delta de l'Ebre, Stage 109
- 9 Camí de Ronda, Stage 111
- 10 Parc del Garraf, Stage 112
- 11 Parc Natural Cap de Creus, Stage 115
- 12 Côte Vermeille, Stage 116
- 13 Parc naturel régional de la Narbonnaise, Stage 117
- 14 Parc naturel régional de Camargue, Stage 119
- 15 Presqu'île de Giens, Stage 124

Numbers refer to the Stages, 100km stretches of coastline. This book represents Stages 96 to 127.

REGION	STAGE	FROM	TO	PAGE	Wonders of nature	City trip	Lovely village	History	Architecture	Beach	Overall
ANDALUSIA	96	Gibraltar	Marbella	32	●	●	●	●	●	●	●
	97	Marbella	El Peñoncillo	38	●	●	●	●	●	●	●
	98	El Peñoncillo	El Lance de la Virgen	44	●	●	●	●	●	●	●
	99	El Lance de la Virgen	Cabo de Gata	54	●	●	●	●	●	●	●
	100	Cabo de Gata	Villaricos	62	●	●	●	●	●	●	●
MURCIA	101	Villaricos	Cala del Bolete	84	●	●	●	●	●	●	●
	102	Cala del Bolete	Puerto Deportivo Tomás Maestre	92	●	●	●	●	●	●	●
	103	Puerto Deportivo Tomás Maestre	Guardamar del Segura	102	●	●	●	●	●	●	●
VALENCIA	104	Guardamar del Segura	Benidorm	126	●	●	●	●	●	●	●
	105	Benidorm	Deveses	138	●	●	●	●	●	●	●
	106	Deveses	Valencia	148	●	●	●	●	●	●	●
	107	Valencia	El Grao de Castellón	158	●	●	●	●	●	●	●
CATALONIA	108	El Grao de Castellón	Urbanización Las Palmeras	166	●	●	●	●	●	●	●
	109	Urbanización Las Palmeras	Gola de Migjorn	190	●	●	●	●	●	●	●
	110	Gola de Migjorn	Platja del Torn	196	●	●	●	●	●	●	●
	111	Platja del Torn	Vilanova i la Geltrú	202	●	●	●	●	●	●	●
	112	Vilanova i la Geltrú	Barcelona	210	●	●	●	●	●	●	●
	113	Barcelona	Sant Feliu de Guíxols	220	●	●	●	●	●	●	●
OCCITANIE	114	Sant Feliu de Guíxols	L'Illa Gran	232	●	●	●	●	●	●	●
	115	L'Illa Gran	Banyuls-sur-Mer	240	●	●	●	●	●	●	●
	116	Banyuls-sur-Mer	La Palme	268	●	●	●	●	●	●	●
	117	La Palme	Agde	272	●	●	●	●	●	●	●
PROVENCE-ALPES-CÔTE D'AZUR	118	Agde	La Grande-Motte	280	●	●	●	●	●	●	●
	119	La Grande-Motte	Étang de Beauduc	290	●	●	●	●	●	●	●
	120	Étang de Beauduc	Port-Saint-Louis-du-Rhône	320	●	●	●	●	●	●	●
	121	Port-Saint-Louis-du-Rhône	Petit Méjean	326	●	●	●	●	●	●	●
	122	Petit Méjean	Cassis	332	●	●	●	●	●	●	●
	123	Cassis	Toulon	346	●	●	●	●	●	●	●
	124	Toulon	Cabasson	356	●	●	●	●	●	●	●
	125	Cabasson	Port Grimaud	364	●	●	●	●	●	●	●
	126	Port Grimaud	Cannes	372	●	●	●	●	●	●	●
	127	Cannes	Monaco	380	●	●	●	●	●	●	●

● BEST-IN-CLASS ● GREAT ● NOT WORTH THE DETOUR

PLAGE DE L'ESPIQUETTE





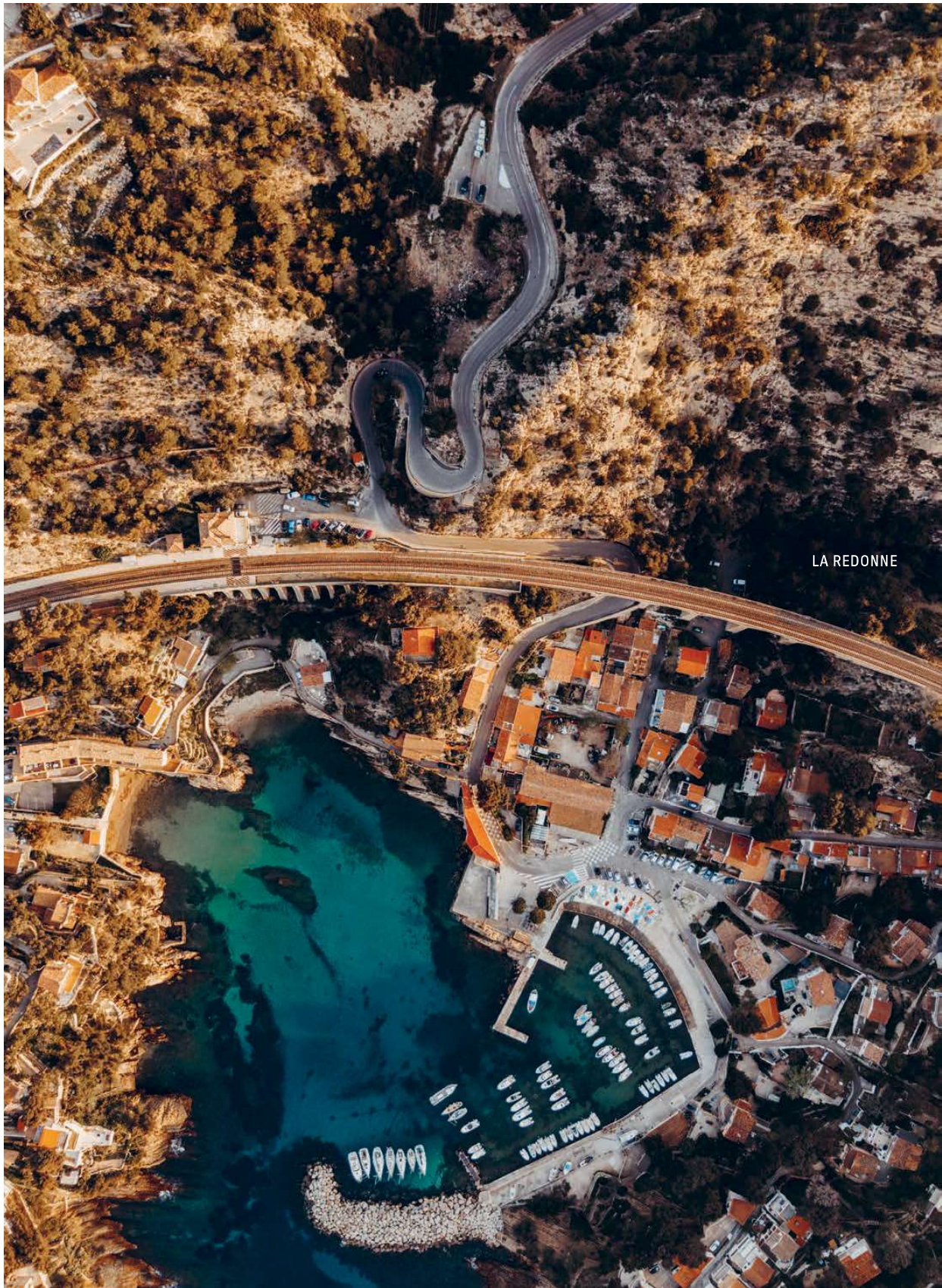
↪ Region 6 / 6
Provence-Alpes-Côte d'Azur

31,400 km²
5,170,312 inhabitants

6

→ CAP BÉNAT





LA REDONNE

↳ Provence-Alpes-Côte d’Azur traces one of Europe’s most varied Mediterranean coasts, where river deltas, limestone calanques, island archipelagos, and long Riviera beaches unfold in close succession. From the wind-shaped flats of the Camargue to the ochre cliffs near Cassis and the luminous bays of the Côte d’Azur, the region is defined above all by its meeting of land, light, and sea.

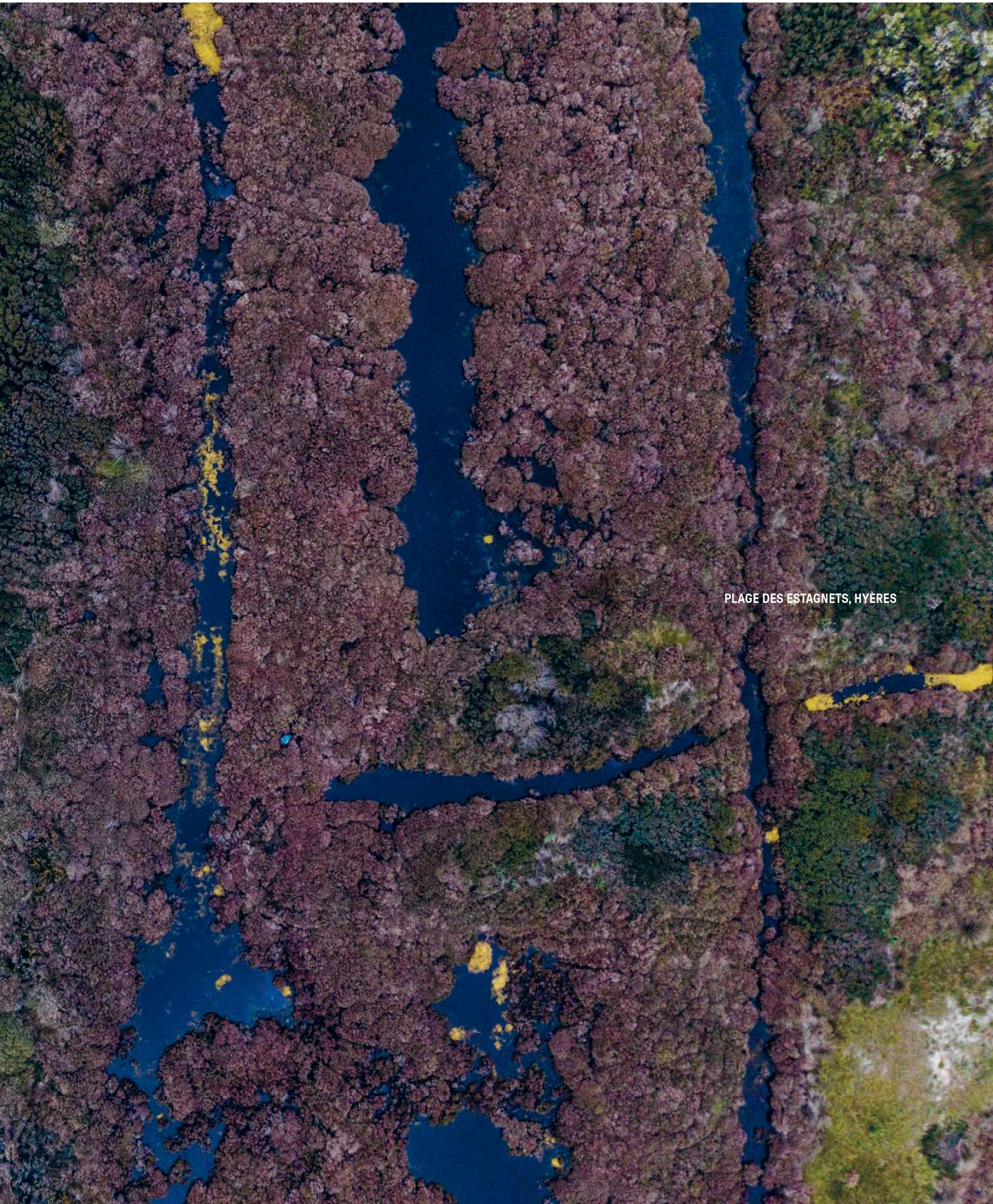
Historic ports, fishing harbours, and coastal fortresses reveal centuries of navigation and exchange, while celebrated seaside cities—Marseille, Toulon, Saint-Tropez, Cannes, and Nice—bring colour, culture, and maritime life to the shore. Between them, protected capes, quiet inlets, and marine parks preserve rare stretches of Mediterranean wilderness, creating a coastline of constant contrast between raw nature, cultivated landscape, and radiant urban sea.

Light and climate shape the rhythm of this shore as much as geography. Clear horizons, salt-bright air, and long summer evenings have drawn painters, sailors, and travellers for centuries, giving the coast a cultural resonance that extends far beyond France. Along this continuous southern edge, everyday harbour life and iconic seaside glamour exist side by side, forming one of Europe’s most enduring maritime landscapes.

Provence-Alpes-Côte d’Azur

900 km Coastline
Capital: Marseille

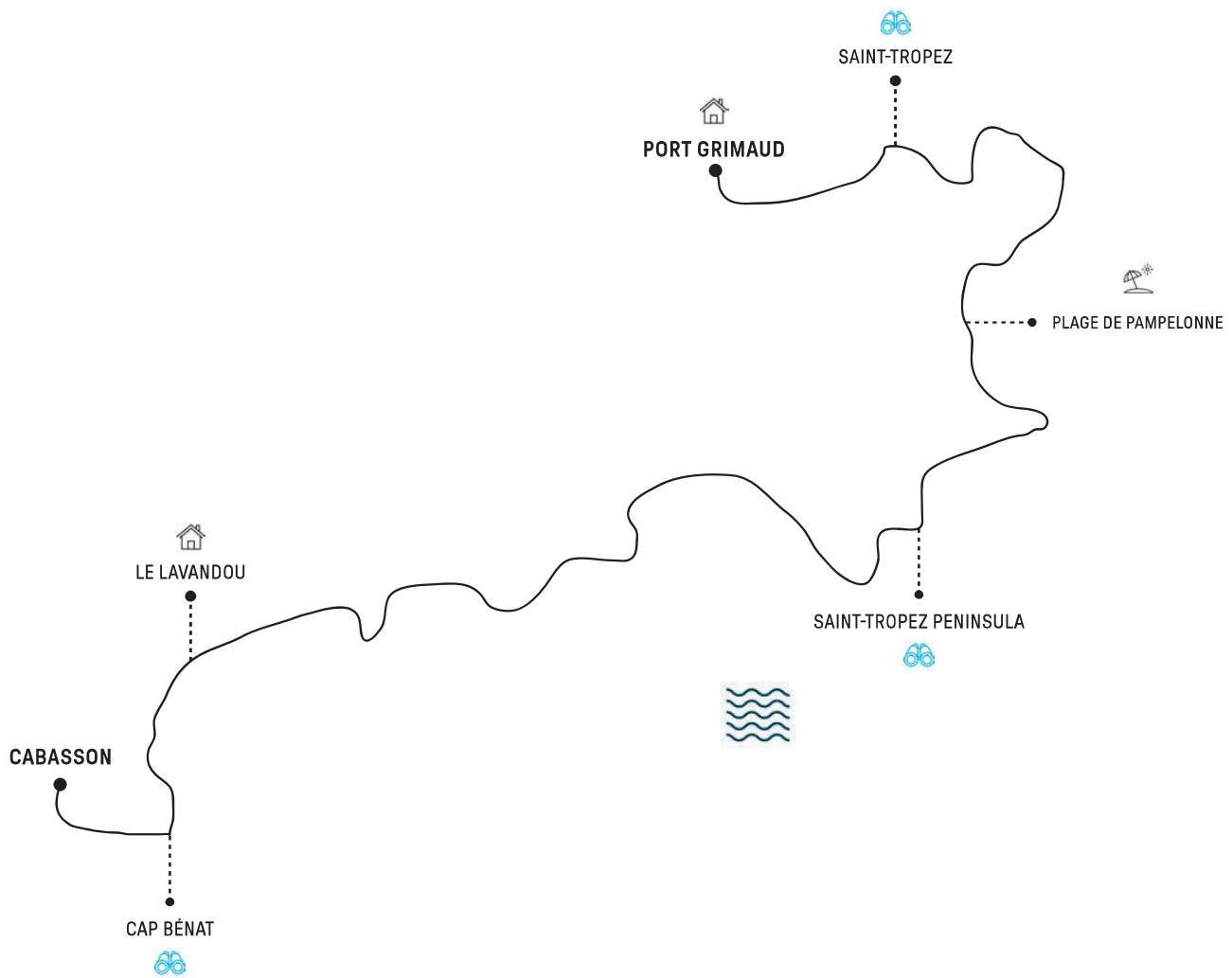
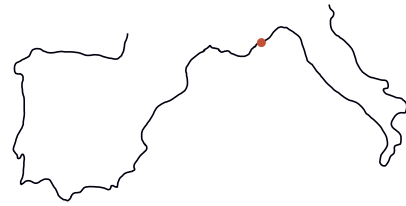




PLAGE DES ESTAGNETS, HYÈRES

Stage 125

CABASSON > PORT GRIMAUD



DATE	13/04/2025
DISTANCE	86.18 KM
ELEVATION	1,983 M
TOTAL TIME	11H00
MOVING TIME	9H57

SHOREHOLDER
Michiel Van Der Bauwhede



FORT DE BRÉGANÇON