



50 secret beaches on the Mediterranean

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Weekend

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20 great

spring walks

Along the rivers, through the woodlands, over the hills



Nature walks and
woodland paths



The best trails
along the coast



Rambles with
great views



get busy in July and August, but otherwise remains wonderfully peaceful. Stay at Casa d'Eraclea, a sleek, modern villa that is a ten-minute walk through pine trees to the beach. It sleeps up to six in four bedrooms.
Details A week costs from £2,554 for six (020-7097 1413, solostcity.com). Fly to Palermo

40 Torre Guaceto Puglia

Hidden in a nature reserve, Torre Guaceto is an oasis of peace in an overdeveloped coast. You'll need a car and food and drink to sustain you as there's nothing on the beach itself. Stay at the compact and bijou Calobianca, a three-bedroom B&B near Ostuni, just a short drive from the beach. Minimalism reigns, but there's plenty of blue sky to break up the clean, white decor.
Details A week costs from €630pp B&B, including flights and car hire through Long Travel (01694 722193, long-travel.co.uk)
Annabelle Thorpe



France

41 Plage Gigaro St Tropez Peninsula, Provence

Plage Gigaro is the sandy antidote to St Tropez. There are no sugar daddies or sprayed champagne. Iceing-sugar shores meet azure seas on an almost entirely public beach. Two smaller coves are a ten-minute coastal hike away; family-friendly Plage de Jovat and naturist-friendly Plage des Brouis. The peerless Château de Valmer boasts its own vineyard, a new pastis bar and two luxurious treehouses, plus its own private stretch of Plage Gigaro.
Details Room-only doubles cost from €207 (00 33 4 94 55 15, chateauvalmer.com). Fly to Nice or Marseille

42 Le Canadel Rayol-Canadel, Provence

A little gem. Le Canadel's sandy shallows shimmer gold and silver in Provence's clearest sea. A ten-minute hike west lies Plage Francouquier, overlooked by Carla Bruni's family residence. Ten minutes east lies the private beach of the Domaine du Rayol botanical gardens (domainedurayol.org), with an undersea snorkelling trail. Villa Plageron, a stroll up from Le Canadel beach, books up fast. The guesthouse has private sea access and a secluded sunbathing garden.
Details B&B doubles cost from €116 (00 33 4 94 05 61 15, plageron.com). Fly to Nice or Marseille

43 Plage du Buse Roquebrune, Provence

So beautiful is the fine shingle of Plage du Buse that the architect Le Corbusier built his cabin above it. This public shore shelves into sheltered shallows, splashed by parasenders who float down from the village of Roquebrune perched above. Still undecided? A mile-long coastal path runs from the station at Roquebrune into Monaco, passing several secret coves. You'll have to be quick to book Villa In Quinta, a stiff hike above the beach. This one-room B&B has a private sea-view terrace and use of the owner's swimming pool for less than £100 per night all year round.
Details B&B doubles are from €79 (00 33 4 93 35 19 97, villaquinta.free.fr). Fly to Nice

44 L'Aiguille Théole-sur-Mer, Provence

Between Cannes and Saint-Raphaël, the pine-scented Esterel state-protected park unfurls for ten beach-studded miles. L'Aiguille is its longest and softest stretch of sand, barely populated even in August. Naturists can hop to the two teeny-tiny coves of Pointe de l'Aiguille just beyond. A five-minute drive away, the Tiara

Miramar Hotel reopens this month after renovations. It boasts its own petite private beach and has a wow-factor spa.
Details Room-only doubles are from €166 (00 33 4 93 75 05 05, tiara-hotels.com). Fly to Nice

45 Mala Plage Cap d'Ail, Provence

This stunning cove may be frequented by le jetset, who arrive by speedboat from neighbouring Monaco, but limited parking and steep steps put off mere mortals. Evian-like mineral water seeps from the surrounding cliffs to keep the sea clean and stocked with fish. Above the Côte d'Azur's most secret beach sits its most hush-hush hotel. Bargain rooms at the Hotel Miramar overlook the Med.
Details B&B doubles are from €75 (00 33 4 93 78 06 60, miramarhotel.fr). Fly to Nice

46 La Tour de Calanca Gulf of Valinco, Corsica

From La Tour de Calanca, a 15th-century watchtower near Olmeto Plage on Corsica's west coast, it is just a short walk down to your very own little cove, complete with soft golden sand and crystal waters. The tower, decorated in simple rustic style, sleeps two, and is surrounded by gorgeous gardens.
Details From €899pp for seven nights including flights and car hire (0845 330 2113, corsica.co.uk)

47 Plage de l'Accioli La Balagne, Corsica

The reward for the six-mile return hike from Ostriconi through the spectacular Désert des Agriates is the chance to dive into the turquoise waters and sun yourself on the silky white sand without another soul in sight. Stay at Pietru Monetta, a charming auberge near Ostriconi, which serves up typically rustic Corsican fare.
Details From €64pp per night.

half-board (00 33 6 76 34 86 37, location-agriates.com). Fly to Bastia

48 Maison L'Immortelle near Sartène, Corsica

A luxury villa with almost two miles of peachy white sand and ten different coves is surely unique. The Maison L'Immortelle, a restored shepherd's house surrounded by a nature reserve, is one of 13 properties on an estate of more than 800 hectares and has a private pool and a hammam and spa.
Details From from €8,285 for eight adults and four children (020-7563 7999, cvvillas.com). Fly to Ajaccio

49 Paulilles near Banyuls-sur-Mer, Languedoc-Roussillon

Wander through a former factory in the bay of Paulilles, and you will find three beautiful silver-sanded coves. The Plage de Mitg, in the middle, is the most accessible, but the Plage de Bernardi to the north and the Plage du Pourat to the south are worth a longer walk. Just 50 metres away, the winery, Les Clos de Paulilles, has an excellent restaurant and an apartment for four people. The marine nature reserve is ideal for divers.
Details From €600 per week for four (00 33 4 68 81 49 79, clos-de-paulilles.com). Fly to Perpignan

50 Argelès-sur-mer Languedoc-Roussillon

Exit the Hôtel le Lido in Argelès-sur-Mer and you'll find yourself in the middle of one of France's best beaches with the world and his wife. But head north to the end of the beach and you can relax in peace. The three-star Hôtel le Lido offers views of the beachfront and a lovely pool.
Details Room-only doubles are from €84 (00 33 4 68 81 10 32, hotel-le-lido.com). Fly to Perpignan
Carolyn Boyd and Tristan Rutherford

