



DOLCE FRÉGATE PROVENCE

THE DOLCE DESTINATION COLLECTION

Come discover Provence and its Mediterranean charms at Dolce Frégate Saint Cyr sur Mer.

Few hotels in Provence nourish the mind, body and soul as Dolce Frégate Provence does. In comparison with other hotels in Provence, Dolce Frégate Provence welcomes visitors in a truly authentic Provencal ambience combined with the regional cuisine and Bandol AOC wines, the magnificent views of the Mediterranean Sea, the golf courses and lush vineyards, and the subtle scent of wild lavender. Whether with friends or family, we warmly welcome you to stay in this 4-star hotel in Provence, located near Bandol and Cassis.

Accommodations - In the heart of the Bandol vineyards, the Dolce Frégate Provence hotel offers 163 spacious rooms and suites, all opening onto a terrace overlooking the Mediterranean Sea. The hotel has rooms for guests with limited mobility. The rooms on the hotel grounds all offer a breathtaking view of the Mediterranean Sea, and also of the golf course for some. Spacious (minimum 28m²), they have a bathroom and shower as well as a terrace with incomparable views of the vineyards, golf course and the Mediterranean. Suites are also available for Couples (wedding night, anniversary ...) & Families (up to 4 people). And for the comfort of all, all of our rooms are non-smoking.

The Apartments overlooking the golf course and sea are the perfect accommodation for your family holiday. Stay with your children in one of the apartments, which opens onto a terrace overlooking the golf course and the Mediterranean Sea (45 or 62m² for 4 to 6 people).

Within the Bastide, done in rustic chic decor, the natural textures evoke the sandy beaches of the South and the light driftwood takes you on a journey of tranquility and absolute serenity, all within 45 or 62m², ideal for sharing with your friends or your family. The choice of decoration is a marriage between modernity and traditional spirit. Azure hues blend perfectly into this atmosphere, mixing the deep blue of the sea and the clear blue of the sky. Elegantly decorated, all of our rooms are equipped with hypoallergenic bedding in queen size or twin beds, a desk, a closet, free wi-fi access, individual reversible air conditioning, a flat screen TV, minibar, and even a telephone. The bathrooms are also equipped with a bath, a shower, hairdryer, welcome products, robes and soft slippers ...

Seminars & Conferences - Dolce Frégate Provence offers you a invigorating, convivial and functional setting for your professional events in the heart of Provence. Since its opening in 1993, Dolce Frégate Provence has devoted itself to the success of professional events hosted in Provence and made this mission its field of expertise.

Whatever your needs: training, product launch, incentive or golf competition, Dolce Frégate Provence, member of the IACC (International Association of Conference Centers), offers a package tailored to meet the requirements of your agenda and budget in order to organize your meeting in Provence. Featuring high performance audio visual equipment and technology, the conference center also provides you with a conference coordinator dedicated to your event. Our 13 natural light meeting rooms in a 811m² area, can accommodate up to 200 people and are easily adaptable to your specific needs in terms of layout. They are equipped with high speed Wi-Fi, ergonomic furniture, coffee break areas and an on-demand print service. These air-conditioned and soundproofed meeting rooms are equipped with projectors, LCD screens and DVD players for optimum comfort. The signature CMP 3.0 event is an opportunity to enjoy the culinary delights of Dolce and to enhance your seminar by selecting a "Signature" activity, exclusive to Dolce Frégate Provence: rugby activity, golf, or Provencal aperitif, to build team spirit in your team. You will also have the opportunity to give an environmental dimension to your event in Provence by opting for all-inclusive transfer from the airport via the "Dolce Eco Shuttle" or by tasting our savory dishes made with seasonal local produce from the AMAP Association, La





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Ferme des Olivades.

Teambuilding - To offer innovative activities that strengthen team spirit and are specifically designed to encourage your team to excel, develop skills and to encourage growth. Organizing your training at Dolce Hotels and Resorts is to make a very special gift to your team, because when you leave, you will no longer just be independent associates but a strongly bonded team. A sunny getaway at Dolce Frégate Provence can also be arranged amongst employees. In this lush and spacious environment, we invite you to foster the spirit of team and strengthen the cohesion of your group through Team building workshops. A panel of innovative activities specifically designed to encourage your team to excel, develop skills and promote growth, together:



Boot camp, whether to improve the team spirit of your employees, the cohesion in your group or to manage the stress of your staff, Dolce Frégate Provence offers methods that have proven themselves in military groups. Depending on your goals, your availability and your budget, you can combine several activities on a half day, one day, an evening ... Starting at the hotel, the group, led by an instructor, will go through an outdoor course comprised of natural obstacles. We can customize your Boot Camp according to your goals and your needs (cohesion, sales force, team leadership). Challenges, adaptability and mutual aid are the key words in this adventure to forge an unflinching team spirit.

Dolce Frégate Provence, partner of Toulon Rugby Club since 2006, puts team building in the spotlight at your next event in Provence. This year, our godson is none other than New Zealander Carl Hayman, current mainstay and captain of RCT - Rugby Club Toulon. Through the sequence of several workshops, taking key games into play, like touch rugby, the scrum, the passing game, as well as a session of "aka" New Zealand, your teams will work on both their group building as well as their competitive spirit. Playing at the RCT Toulon training camp: walking in the footsteps of Toulon Rugby Club players while training at the team's training camp. Be moved and live the experience of training with professionals.

Other team building activities possible from Dolce Frégate Provence:

- Eco City: pedestrian and eco rally in the heart of Provence
- Sea Adventure: thrill in the heart of the valleys
- Obstacle Course Race in Castellet (Paul Ricard HTTT)

After the effort, the comfort, around a game of golf or bowls, enjoy our themed aperitifs. Admire the sunset overlooking the Mediterranean Sea while savoring delicious appetizers and an assortment of wine being served throughout the activity.

Themed Aperitifs - The getaway to the vineyards, opens the doors to lead you to discover Bandol AOC and its land with a walk in the heart of its vineyards. Let yourself be carried away by the scent of its cellar and the wine tasting offered.

The bowls aperitif is idyllic, being accompanied by the song of cicadas, while trying the great sport of a Provencal aperitif, an essential practice of the South. Combine leisure and taste thanks to the bowls tournament interspersed with some culinary stops for an extraordinary and enjoyable time.

The Swing aperitif is ideal for discovering the delights of golf through an initiation activity as a challenge based on rounds of the game! Enjoy a moment of sporty tasting together under the banner of team building and some friendly golf.

The Dolce Frégate also features the Street aperitif, enjoy this unusual activity to bond together with your team in a challenge. So that you may all spend an enjoyable and delightful moment together, an appetising aperitif is offered alongside the golfing activity. The hole 10 aperitif, meanwhile, has you embarked on a course for an unforgettable experience. The meeting point is at Hole No. 10, as its name suggests, for breathtaking scenery with stunning views over the Mediterranean Sea. Be exhilarated by this awakening of taste and the beauty of the



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Mediterranean countryside for an enjoyable and exceptional event that you will not forget!

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