Dolce Frégate Provence
Located between the Marseille and Toulon airports and 20 minutes from the Toulon TGV station, the hotel Dolce Frégate Provence offers 163 rooms overlooking two golf courses and the Mediterranean Sea.

Hotel – 163 Rooms
Our rooms each have a terrace overlooking the sea, the golf course or the pine forest.

ROO M S
- 49 Deluxe Rooms with a terrace with panoramic views of the golf course and the sea
- 34 Superior Rooms with sea view terrace
- 11 Classic Rooms with terrace
- 5 Junior Suites with terrace
- 1 Frégate Suite with terrace
- 33 Apartments with terrace
- 15 Country House Suites opening onto a private patio terrace
- 15 Country House Rooms with private terrace

- Spacious rooms of 24m² to 60m²
- Bathrooms with shower or bathtub
- Large double bed (180 cm) or 2 single beds (2 x 90 cm)
- Flat screen TV
- Working table
- Non-smoking rooms
- Minibar and safe
- Wireless high speed broadband internet (100 M)
- Exclusive: organize your subcommittee on the terrace!

Seminars and events
The Dolce Frégate Provence conference center is certified by the International Association of Conference Centers (IACC) and also received the IACC’s Green Star Medal.

Expertise and Dolce standards
- Conference center with total area of 942 m²
- A reception desk specifically dedicated to the conference center
- 15 meeting rooms with natural light
- Permanent & evolutive coffee break area
- A conference planner and audiovisual equipment dedicated to your event
- Seasonal group menus, chef’s choice
- Outdoor exhibition area of 800 m²
- Wireless high speed broadband internet (100 M)
- Exclusive: organize your subcommittee on the terrace!

Restaurants & Bars
Chef William Maurice, who supports local agriculture, works only with seasonal products from regional and French producers. Restaurant accredited by the Culinary College of France, testimony and guarantee of quality cuisine.

“Le Salon Provençal” and “La Veranda” (up to 200 settings)
“Le Mas des Vignes”, gourmet restaurant (up to 50 settings)
“La Restanque” club house with a terrace overlooking the golf course
“Le Swing” hotel bar, terrace overlooking the golf course and the sea

Onsite activities
- 18-hole, par 72 golf course for advanced players
- 9-hole, par 29 golf course for beginners
- Golf Academy, all levels, team-building courses
- Heated indoor pool, sauna, whirlpool and fitness room
- Open from 6:30 to 22:00
- Omnivorous wellness center
- Cascading swimming pools and a outdoor swimming pool reserved for Bastides guests
- 1 pétanque pitch
- 3 tennis courts
- Frégate beehives 12 beehives located on the golf course, visits by request

Onsite team-building activities
- Golf introductions and activities with the Golf Exclusive Academy
- Wine tasting
- Golf competitions
- Pétanque, Chef’s Aperitif, Golf Aperitif
- Boot Camp
- Triple P, Triplet Mafieux gambling games…
- Footgolf
- Cooking classes
- Koh-Lanta, Treasure hunt
- Rugby Challenge in RCT country

Team-building in the surrounding area
- Cave Olympics
- Cooking classes at a Bastide
- Nautical activities
- Bacchus Olympics
- Calanques de Cassis, îles des Embiez
- Provence Markets, Craft fairs
- Wine tasting at other Domaines in Bandol and Cassis
- Visit to Rade de Toulon naval base
- Gambling Casino
- MUCSEM, Marseille
Room capacity

<table>
<thead>
<tr>
<th>Meeting Rooms</th>
<th>Measurements m²</th>
<th>Measurements ft²</th>
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<tbody>
<tr>
<td><strong>Main Building</strong></td>
<td><strong>Meal</strong></td>
<td><strong>W</strong></td>
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<tr>
<td>Frégate</td>
<td>225</td>
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<td>Alan Shepard</td>
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<tr>
<td>Frigalon</td>
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<td>Port d'Alon</td>
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<td>Bandol</td>
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<td>Cassis</td>
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<td>SainteCy</td>
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<tr>
<td>Cannes</td>
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<td>le Cha*</td>
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<tr>
<td>le Pavillon*</td>
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<td>22</td>
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</tbody>
</table>

* Ces salles se situent à proximité de l'hôtel, à 5 min à pied.
* These rooms are situated in a place near the hotel, only 5 min walking.

Floor Plans

**Bastides**

**Level 1**
Frégalon Room + Cassis Room