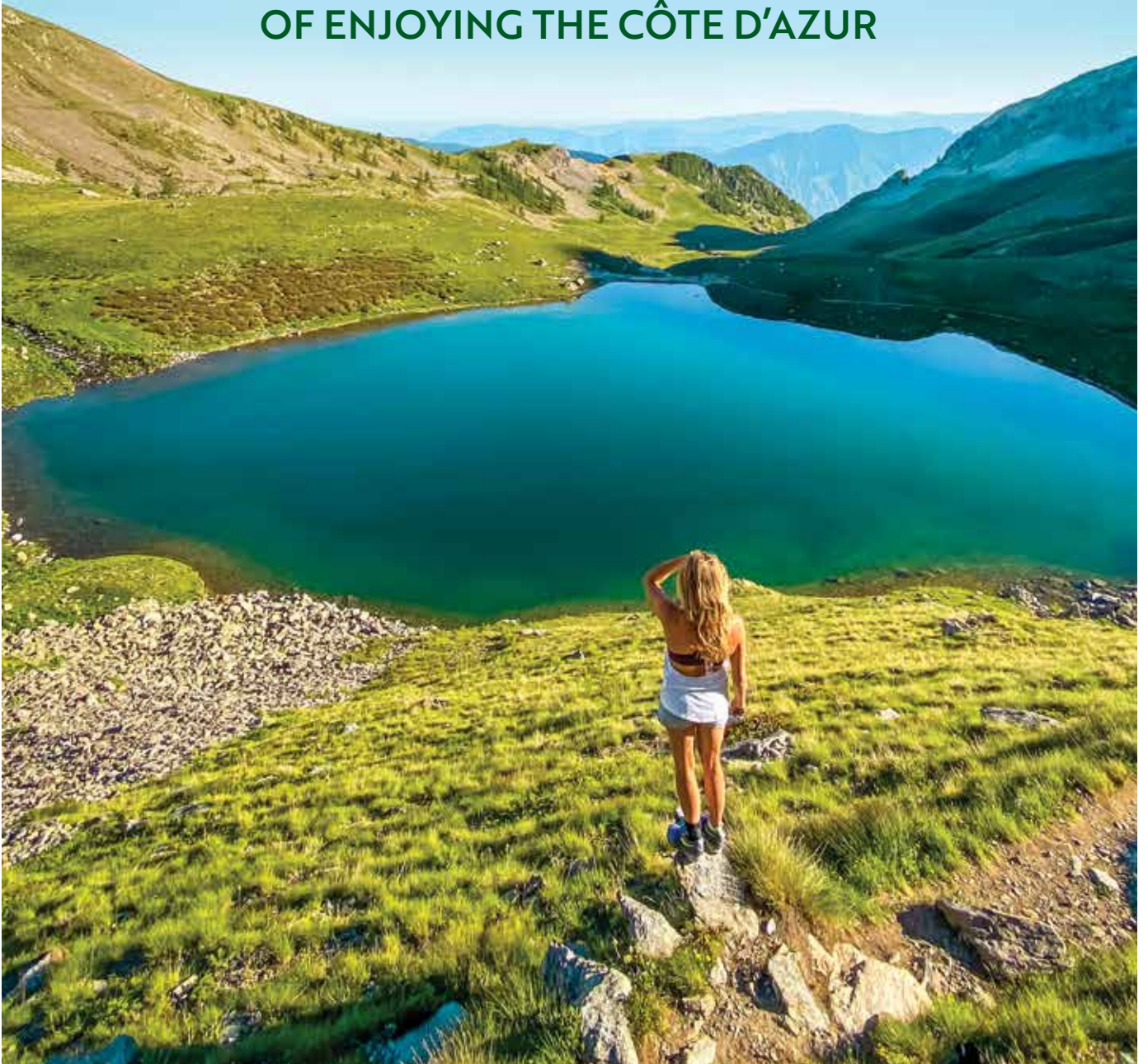


**CÔTE d'AZUR**  
FRANCE

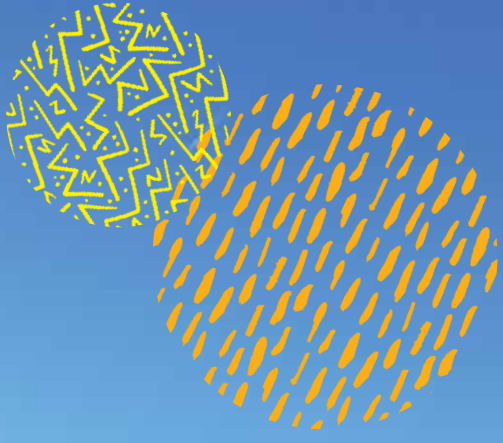
# Slow Tourism

**DISCOVER ALTERNATIVE WAYS  
OF ENJOYING THE CÔTE D'AZUR**





Press kit **Slow Tourism**, DISCOVER ALTERNATIVE WAYS





**Charles-Ange GINESY**  
President of  
the Alpes-Maritimes  
Department



**David LISNARD**  
President of CRT  
Côte d'Azur France

Let yourself be surprised, enjoy a change of scenery and new sensations, take the time to explore alternative ways of travelling. Whether you love sports, enjoy new experiences or you are just a thoughtful person in search of authentic experiences, the Côte d'Azur has everything to offer you.

The French Department of Alpes Maritimes, is putting significant effort into protecting natural species and tackling climate change. Since 2018, it has been promoting the 'GREEN Deal' initiative, an ambitious policy aimed at preserving the exceptional environment of the Côte d'Azur.

From the red rocks of the Estérel mountain range, which resembles the Grand Canyon plunging into the blue Mediterranean, to the crystal-clear water in the rocky inlets, the gorges and islands of the Côte d'Azur, not to mention the rivers and peaks of the Mercantour National Park, the Azurean landscape is a magnificent setting to experience an unforgettable and exotic nature that will uplift your senses.

**From Trail walking, cycling, horse riding to even a trip on a steam train**, there are many ways to discover our region using soft mobility options. Criss-cross the mountains, valleys, conquer the summits of our hilltop villages perched like balconies overlooking the Mediterranean, discover the fauna and flora and chat with our local farmers and craftsmen who will share all the ancestral secrets and know-how.

#### **Are you looking for new thrills?**

Our destination will open up new horizons on land, at sea or in the air, via zip lines, via ferrata, undersea trails, canyoning, paragliding and other via souterrata.

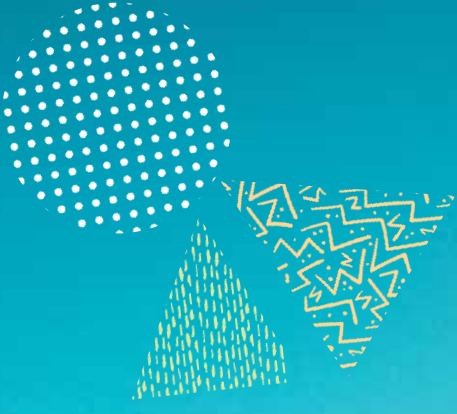
After Storm Alex devastated the Valleys of the Côte d'Azur, they received support and aid from the Alpes-Maritimes Department, along with the State and the Métropole Nice Côte d'Azur. The Valleys are now coming back to life through the major sporting events scheduled for this year. Now, new experiences and new high-quality infrastructure are emerging.

So, whatever you are seeking, now, more than ever, the Côte d'Azur has plenty to offer and is ready to welcome you.

**Come and experience #CotedAzurFrance !**



Press kit **Slow Tourism**, DISCOVER ALTERNATIVE WAYS

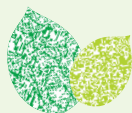




# Contents

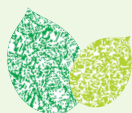
## EDITORIAL 3

Slowtourism Events Calendar	6
Map of Côte d'Azur France	7



## CHILL OUT, ESCAPE 8-25

Mercantour National Park, Nature in its purest state	10-11
Le parc naturel régional des Préalpes d'Azur, (Préalpes Regional Nature Reserve), The 'water tower' of the Côte d'Azur	12-13
The stunningly red Estérel mountain range	14-15
One, two, three... cornices	16-17
The wonderful marine world of the Pelagos Sanctuaries	18-19
Hidden treasures on the Côte d'Azur...	20-21
Flowers Power ! Our top 5 parks and gardens	22-23
Dozens of nature reserves	24-25



## CHANGE THE WAY YOU TRAVEL 26-39

Hiking, Moving forward, walking	28-29
Bike touring, see the Côte d'Azur from your saddle	30-31
The Côte d'Azur on horseback or by train	32-33
Enjoy thrills and nature in the mountains	34-35
Nature experiences at sea or in the air on the coast	36-37
A full range of family activities	38-39



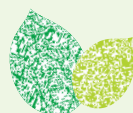
## ENCOUNTERS 40-51

Encountering the fauna and flora of the Côte d'Azur	42-43
Meet local food producers: From the farm to the plate	44-47
Farmers, artisans, and restaurants certified under the 'Fait Maison' label in the Côte d'Azur	48-49
Meeting local artisans in the Côte d'Azur: The magical hands of of the Côte d'Azur...	50-51



## RECHARGE 52-61

Yoga, forest therapy, handicrafts... Well-being in the heart of nature	54
Take refuge in the Mercantour	55
Unusual accommodation, for extraordinary nights...	56-57
Dive deep into the heart of the Côte d'Azur for rich encounters.	58-59
Welcome to your holiday accommodation!	58-59
At the heart of nature... Rooms with a view	60-61



## A COMMITTED, EASILY ACCESSIBLE REGION 62-75

Focus on the O6 GREEN Deal, concrete environmental actions	64
Côte d'Azur Airports: Trees and zero carbon	65
MONACO: The Kingdom of Sustainable Development	66
Hotels and self catering homes committed to the environment	67
Sustainable Development: Committed stakeholders	68
A region within easy reach	69



# Slowtourism Events Calendar

Calendar of recurrent events in the Côte d'Azur.

*Subject to feasibility in view of restrictions due to the pandemic.*



## JANUARY

### Pégomas

Mimosa Festival

## FEBRUARY

### Mandelieu and Tanneron

Mimosa Festival

### Villefranche-sur-Mer

Naval flower battle

### Menton

Craft Fair and Orchid Festival

## MARCH

### Tourrettes-sur-Loup

70<sup>th</sup> Violette festival (2022)

## APRIL

### Alpes-Maritimes

Côte d'Azur garden festival (every 2 years, next event in 2023)

### Bar-sur-Loup

Orange tree Festival

### Falicon

Carnation Festival

### Mouans-Sartoux

'Envie d'Ailleurs' Festival  
Alternative ways to travel:  
by bike, on foot, by van,  
on horseback

## MAY

### Alpes-Maritimes

Outdoor Festival 06 (every 2 years, next event in 2022)

### Côte d'Azur

European Mills Festival

### Grasse

Rose exhibition

### Opio

Rose Festival

### Plascassier - Grasse

Centifolia Festival

### La Colle-sur-Loup

'Autour de la Rose' (Rose festival)

### Vallauris Golfe-Juan

Orange Blossom Festival

## JUNE

### Menton

Garden Month

### Saint-Étienne-de-Tinée

Transhumance Festival

### Isola

Land and Mountain Festival

### Antibes

Fêtes de la Saint Pierre, de la Mer et des Littoraux (St. Peter, the Sea and the Coast Festivals)

## JULY

### Grasse

Jasmine Festival

### Cagnes-sur-Mer

Fêtes de la Saint Pierre, de la Mer et des Littoraux (St. Peter, the Sea and the Coast Festivals)

## AUGUST

### Saint-Raphaël

Saint Peter's Festival

### Vallauris

Pottery Market

### Vallauris-Golfe Juan

Fête des paysans et de la Saint-Sauveur (Festival of farmers, small holders and St. Sauveur)

### Valberg

Departmental Astro'Valberg Festival

## SEPTEMBER

### Seillans

Craft market

## OCTOBER

### Côte d'Azur

MEET Cross-border Euro-Mediterranean Ecotourism Month

## NOVEMBER

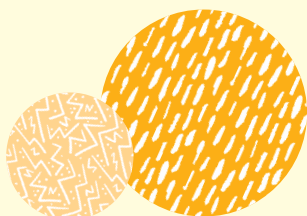
### Isola

Chestnut Festival

## DECEMBER

### Lucéram

Christmas crib tour









# CHILL OUT, **RECH**

Wide open spaces • Nature reserves • Exceptional natural sites





# ARGE





## Mercantour National Park, nature in its purest state



THE LAST CHAIN OF THE SOUTHERN ALPS BEFORE THEY PLUNGE INTO THE MEDITERRANEAN, THE MERCANTOUR NATIONAL PARK IS ONE OF FRANCE'S RICHEST NATURE RESERVES IN TERMS OF BIODIVERSITY.

TAKE A DEEP BREATH OF FRESH AIR IN THE MEDITERRANEAN ALPS, ONE HOUR FROM NICE.

**F**rom **Sospel to Barcelonnette**, you have a choice of six valleys in two departments: Vésubie, Tinée, Roya-Bévéra, the valleys of High-Var/Cians (in Alpes Maritimes), High-Verdon and Ubaye (Alpes de Hautes Provence). The panoramic views of lakes and peaks, gorges are simply breathtaking! Give yourself several days to do justice to all the beauty.

A few sites not to miss during your stay in the Mercantour mountain range:

**La Vallée des Merveilles:** an unmissable site in the Roya valley, dotted with glacial lakes and dominated by Mount Bego.

This is an open-air Bronze Age sanctuary, decorated with some 36,000 prehistoric petroglyphs!

**La Colmiane:** a ski resort located at an altitude of 1500 m which offers many outdoor activities in summer and boasts the longest zip line in France!

**Berthemont-les-Bains:** la station thermale, au cœur de la Vallée de la Vésubie à une heure de Nice, est l'unique de la Côte d'Azur !

**The Authion mountain range** is a true natural fortress culminating at an altitude of more than 2000m and offering grandiose panoramic views from the Mediterranean to the Alps.





**Also worth a visit:** Gélas peak, the highest point in the Mercantour (3,143 m), the Col de Tende, the Gorges de Daluis, the remarkable Ratory forest, the Col de la Bonette, the highest european road, for grandiose panoramic views...

**Exceptional fauna and flora**

You may be lucky enough to come across an Alpine ibex, a chamois, a golden eagle or a grey wolf...

The Mercantour Park is home to a huge diversity of animal species (nearly 9,000) whose populations are constantly increasing.

It is also a paradise for flowers with more than 2000 identified plant species, i.e. more than half of the flora of the PACA region!

The unique location of the Park between the Alps and the Mediterranean lets species flourish year-round.



**Environmentally-friendly tourisme**

The Mercantour is a friend of ecotourism. Enjoy a unique experience, very close to the region, thanks to service providers who respect the environment and the members of the 'Esprit Parc National' trademark.

**Learn more at: [www.espritparcnational.com](http://www.espritparcnational.com)  
[www.mercantour-parcnational.fr](http://www.mercantour-parcnational.fr)**

**For an authentic experience, stay in the Mercantour National Park Mountain Refuges on page 55.**

**The glacial lakes of Vens** are strung out high up in a rocky landscape hemmed in with lush vegetation and exuberant flowers. Their clear waters reflect the peaks and feed a series of dizzying waterfalls.

**The village of Péone** sits proudly amid the rocky landscape. The village's impressive architecture is accentuated by the 'Demoiselles' (dolomite 'needles') which overlook it.

**The Col de la Cayolle** along the 'Route des Grandes Alpes' is the perfect starting point for hikers and cyclists.

With 550 km of marked trails, Mercantour is the paradise for hikers from Spring to Autumn. For sports enthusiasts and mountaineers, the Mercantour offers unforgettable climbing routes. The Vésubie Valley is well known for its Mountain Sports Centre!

**[www.rando.mercantour.eu](http://www.rando.mercantour.eu)**

**Find out more about family activities on pages 38-39.**



# Parc naturel régional des Préalpes d'Azur (*Préalpes Regional Nature Reserve*), the 'water tower' of the Côte d'Azur

WELCOME TO THE PARC DES PRÉALPES D'AZUR,  
AN AREA OF NATURE AND CULTURE WHERE LIFE IS GOOD...

**P**erfectly situated in the **Préalpes (foothills)** around **Grasse**, between the valleys of the Siagne, Loup, Cagne, Estéron and Var, this nature reserve has been dubbed the 'water tower' of the Côte d'Azur. Did you know that thanks to its underground water reserves, it supplies drinking water to many towns in the south of the region?

## Underground journey

Water is the master-builder here. By seeping through the mountains, it creates remarkable underground landscapes that you can admire by descending in the souterroscope of the Baume Obscure cave in Saint-Vallier-de-Thiery or in the cave of Saint-Cézaire-sur-Siagne.

These underground expeditions among the stalagmites and stalactites, will stay with you for a long time.



## Between coast and mountain

Between Carros and Saint-Cézaire-sur-Siagne, passing through Grasse and as far north as La Penne, this intact rural mountain area overlooks the coast. You can walk between rocky landscapes and arid moors (Calern, Caussols, Saint-Barnabé plateaux), criss-cross valleys and their charming villages (Saint-Auban, Aiglun, Sigale, Les Mujouls), drink refreshing water in the steep gorges (Loup and Siagne gorges), explore forests (Sauma Longa wood, Cheiron wood) and farmed or grazed plains (Caille plain).

In addition, if you love mountain walking, the peak of Cheiron at 1,778 metres is waiting for you. Your reward? Views of an infinite landscape stretching over the whole department and even to Corsica in good weather!

[www.parc-prealpesdazur.fr](http://www.parc-prealpesdazur.fr)



## An exceptional biodiversity

The Orsini's viper and the white-clawed crayfish, both rare in France, thrive in the Préalpes d'Azur.

Here, the Mediterranean species coexist with more mountainous or even alpine species, such as the Southern festoon and Apollo butterflies. Wonderful!

A third of mainland France's flora is found here, i.e. more than 2,000 plant species, some of which are unique in the world: *Erodium rodiei* (a type of geranium), *Campanula albicans* (a type of bell flower) and the French snowflake.

Caves and sinkholes are the perfect refuge habitats for many animals such as cave bats.



## The wild lands of the Monts d'Azur Nature Reserve

Located one hour from Nice and 40 minutes from Grasse, the village of Thorenc is the home to the Monts d'Azur Nature Reserve.

An exceptional example of 'rewilding.'

A mix of rocky cliffs, vast meadows and remarkable woodlands, here, Nature plunges you into a world where astonishing prehistoric species of European fauna, such as bison, Prjevalski horses, elks and fallow deer roam wild! !

[www.reserve-biologique.com](http://www.reserve-biologique.com)





In this nature reserve of  
**90,000 m<sup>2</sup>,**  
the 47 municipalities  
work together to protect both  
the environment  
and human activities.





## The stunningly red **Estérel mountain range**

**MAJESTICALLY NESTLED BETWEEN THE MEDITERRANEAN AND THE DEPARTMENTS OF VAR AND THE ALPES-MARITIMES** SPANNING THE TOWNS OF SAINT-RAPHAËL, FRÉJUS, THE REGION OF FAYENCE, THÉOULE-SUR-MER AND MANDELIEU-LA NAPOULE, THE ESTÉREL MOUNTAIN RANGE IS A JEWEL OF THE CÔTE D'AZUR!

**T**he surprising and very characteristic, red rocks (from lava that emerged from the earth 250 million years ago) are sculpted into steep cliffs which give the landscape an exhilarating charm that will not leave you indifferent...

Over the 32,000 hectares of wild landscape (half of which is classified as a Natura 2000 zone), ramblers, horse riders, mountain bikers have the time of their lives taking the various trails.

These include:

Pic de l'Ours, Saint-Barthélémy rock, Cap Dramont, Cap Roux lookout point, Mont-Vinaigre, Perthus and Malinfret ravines, Blavet Gorges...

**More information on these trails:**

[www.circuits.esterel-cotedazur.com](http://www.circuits.esterel-cotedazur.com),  
[www.randoxygene.departement06.fr](http://www.randoxygene.departement06.fr)



### **The Corniche d'Or (Golden coastal) road... Just like in Colorado!**

For 30 km, from Cannes to Saint-Raphaël, the Corniche d'Or, or the Estérel coastal road,

is a superb road bordered by the turquoise waters of the Mediterranean and the red rocks of the Estérel. This is magical place overlooking rocky inlets and magnificent landscapes where you can stop to admire the panoramic views or swim in the coves!

An underwater discovery trail and beautiful spots await you at the Parc naturel départemental de la Pointe de l'Aiguille in Théoule-sur-Mer, as well as secret coves at Le Trayas...

A total change of scenery that makes you feel like you are in the Grand Canyon yet, you are just a few minutes from the red carpet (of the Cannes Film Festival) on the Croisette.





*"Even for those who have seen Switzerland and the Savoie region, admit the Esterel mountains covered by dark greenery is a beautiful sight. The Alps die here with dignity."*

VICTOR HUGO





## One, two, three... cornices, **let's take to the heights.**

AFTER DRIVING ALONG THE SUBLIME CORNICHE D'OR, THE ROCKY COASTAL ROAD LINKING CANNES TO SAINT-RAPHAËL IN THE WEST OF THE DEPARTMENT, HEAD EAST, FROM NICE TO MENTON TO DISCOVER THREE OTHER COASTAL ROADS.



**W**hether you take the low (100 m), middle (300 m) or high (500 m) road, the trio offers breathtaking views with sky and sea as background...

**La Basse Corniche** (low coastal road) is closest to the coast and urban areas. This takes you through **Villefranche-sur-Mer, Beaulieu-sur-Mer, Èze, Cap-d'Ail, Monaco Monte-Carlo, Roquebrune-Cap-Martin et Menton**. It also leads to the famous **Cap Ferrat** and **Cap Martin**.

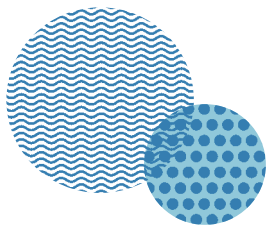
**La Moyenne Corniche**, (Middle coastal road), the old N7 (the holiday road from Paris to the coast), has kept its four lanes and takes you into Monaco from above, an ideal way to visit its exotic garden.

It offers magnificent views of Nice, **Cap Ferrat, Monaco** and goes through the superb hilltop village of **Èze**. The highest point of this coastal road is at 300 m just after Èze... A must-see.

Finally, **la Haute Corniche** avoids all the villages between **Nice** and **La Turbie**, instead, it gives you sumptuous views of Nice, Cap Ferrat and Cap Martin.

It leads to the Nice Observatory, the old village of Roquebrune and its medieval castle as well as La Turbie with its **Roman Trophy dedicated to the Emperor Augustus**.

This village, a legendary spot on the Paris-Nice bicycle race sitting at an altitude of 500 m after the famous Col d'Èze, is full of surprises. If it's spectacular views you are after, **the Fort de la Revère** at an altitude of 700 m offers exceptional 360° panoramic views. Here, **the Astrorama** organises astronomy-related events.









## The wonderful marine world of **Pelagos Sanctuary**

IMAGINE A MARINE RESERVE OF 87,500 km<sup>2</sup> IN THE MEDITERRANEAN  
WHERE MARINE MAMMALS REIGN SUPREME...

**L**ocated between **France** (Hyères), Monaco and the Italian coast (extending as far as Rome), the Pelagos sanctuary was created under an agreement between Italy, the Principality of Monaco and France to protect the marine mammals living there.

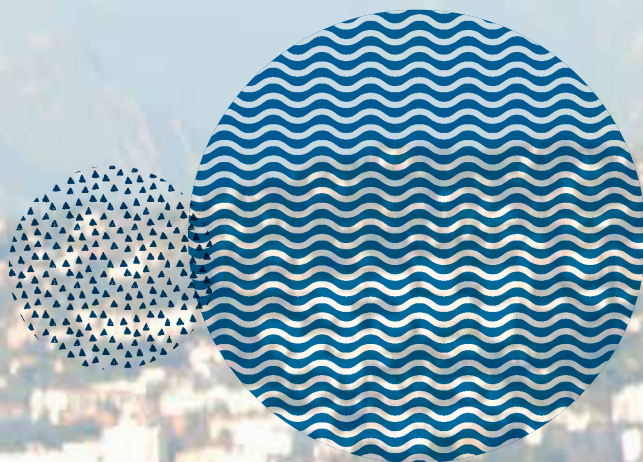
This vast ecosystem is of huge scientific, socio-economic, cultural and educational interest. Fin whales, blue and white dolphins, pilot whales, sperm whales, turtles, sunfish... this aquatic kingdom has over 8,500 species, a remarkable biodiversity!

Despite the good ecological conditions of the basin, it is under pressure from natural fluctuations in the environment and the impact of human activity (pollution, noise, fast motor boats, accidental capture, disturbance from tourists, etc.). Concrete measures have been put in place to protect the areas, notably with the charity, SOS Grand Bleu.

[www.sanctuaire-pelagos.org/en](http://www.sanctuaire-pelagos.org/en)







## Set sail with SOS Grand Bleu...

- **'Action, Education, Protection'** is the motto of SOS Grand Bleu which has been working to protect the marine environment such as that of dolphins and whales – for over thirty years within the Pelagos sanctuary.
- **Come aboard the magnificent yacht, Santo-Sospir** for an environmentally-friendly boat trip from Saint-Jean-Cap-Ferrat. This outing combines awareness raising and marine observation. This is a wonderful way to **discover the Mediterranean coastline and its exceptional marine heritage.**

[www.sosgrandbleu.asso.fr](http://www.sosgrandbleu.asso.fr)



## Hidden treasures on the Côte d'Azur...

ISLANDS, GORGES, WATERFALLS, RIVERS, THE MIMOSA ROAD, A PROTECTED DARK SKY, THE CÔTE D'AZUR HIDES MANY NATURAL TREASURES, OFF THE BEATEN TRACK...  
HERE ARE SOME OF THEM BUT... SHH! DON'T TELL ANYONE! !

### The Lerins Islands: beauty, history and spirituality

Fifteen minutes by boat from Cannes, the Lérins archipelago includes two jewels: the islands of Sainte-Marguerite and Saint-Honorat. A magical setting where nature reigns. Mysteries and historical discoveries await you at the Fort Royal, while on Sainte-Marguerite you can explore eucalyptus trees, a bird sanctuary, the Musée de la Mer (Sea Museum) and unspoilt coves.



Spirituality is the focus on Saint-Honorat. Since the 16<sup>th</sup> century, this timeless and silent island has been home to Cistercian monks who live in harmony with nature and their prayers. Guided tours are offered as well as the opportunity to taste the famous wines produced by the Abbey's monks. A sinful indulgence!

### Waterfalls, rivers, basins...

- **La clue d'Aiglun**, carved by the Estéron, is one of the most famous canyons in Europe. You can swim at the base of the waterfalls and sunbathe on the beautiful polished-stone beaches.



- **Les Gours du Ray** offers a bucolic setting where you can swim in mint-coloured water and enjoy the pebble beach. 3 km after Gréolières, on the road to Andon on the D79.
- **Le Pont des Tamarins** and its large shady picnic area on the banks of the Brague is the ideal spot to spend a day with the family and play pétanque. In Biot, continue on the road to Valbonne (D4) then take the Avenue des Fauvettes.
- And also... **le pont du Cros** and its fine sandy beach: from Plan-du-Var towards the Vesubie valley (M2565), or **the Gordolasque torrent**, a pan at an altitude of 1,600 metres, on the edge of the Mercantour National Park...

### Winter sun on the Route du Mimosa...

From January to March, between Bormes-les-Mimosas and Grasse, you can enjoy a truly fragrant journey along the Mimosa Road! This 130 km tourist road is a symbol of the Côte d'Azur in winter, with its azure blue skies and sunny yellow flowers. It will delight your eyes and warm your heart! Highlights include the Marande garden in Mandelieu-La Napoule, the 'massif du Tanneron' (the largest mimosa forest in Europe) and the waterfront in Pégomas, Let's go! Choose from marked trails, supervised Nordic walking classes, 83.7 km of cycling routes, not forgetting the Corniche d'or or St Cassien and Tanneron lakes.

[www.routedumimosa.com](http://www.routedumimosa.com)





## A protected Dark Sky



After obtaining the international Dark-sky preserve' certification (DSP) in 2019, the region of Alpes Azur Mercantour became a member of the very closed club of astronomical observatories and national and departmental nature reserves which protect their sky. The first reserve to receive this certification in the south-east, 3rd in France and the 14th DSP in the world, it extends over the areas of the Parc régional des Préalpes d'Azur, the Communauté de Communes Alpes d'Azur, a part of the Mercantour National Park, and the mountains above Grasse as far as Ubaye. Make sure you look up to the sky!

## Gorges of Cians and Daluis: Nice's Colorado

The road to Valberg from the coast is worth the side trip alone...

Whether you choose to go through the Gorges of Cians or Daluis, you will be amazed and totally disoriented by these unique geological sites dubbed Nice's Colorado.

This tour can be done by bike or even on foot in some sections of the old road or by following hiking trails.

Here, you will discover the red pelite walls of the Cians gorges, the Petite and Grande Clue, the Amen waterfalls, the legend of the Bride's Bridge and the 'Woman's Head', the guardian of Daluis gorge.



### **NEW 2021: come and discover the fully new 'Geologist treks' !**

In spring and autumn, **the Geologist treks** bring you on a journey through time and space around the geological secrets of the Gorges of Daluis !

The Gorges of Daluis Regional Nature Reserve is the only reserve of the Alpes-Maritimes, created in 2012 thanks to an original partnership between the Alpes d'Azur municipalities and the LPO PACA (Birds Protection League).

**Take a new look at this exceptional landscape.**

**More information: [www.valberg.com](http://www.valberg.com)**



## Flowers Power! Our top 5 parks and gardens.

THANKS TO ITS VERY VARIED LANDSCAPES ITS MILD CLIMATE,  
THE FRENCH RIVIERA IS OVERFLOWING WITH EXCEPTIONAL PARKS AND GARDENS.

**T**he exotic species introduced by the British during the last century have given rise to a veritable mosaic of plant species from all over the world.

**From Monaco to Grasse, discover the top five parks and gardens in the Côte d'Azur.**

### 1 Heavens!... at the Exotic Garden of Monaco

Built into the side of a cliff, this unique public garden offers breathtaking views over the Principality and is full of extravagantly shaped succulents. Enter the Kingdom of Cacti. The garden is also home to the largest collection of citrus trees in Europe. Contemporary sculptures and the Observatory cave give added interest to this Remarkable Garden.

[www.jardin-exotique.mc/en](http://www.jardin-exotique.mc/en)

► **NB: This garden is currently under renovation, with only the greenhouses of the Botanical Centre open to the public. Free entry. The entire exotic garden is due to reopen in 2022.**



### 2 View from above of the Exotic Gardens of Èze

Built on the site of an old medieval fortress 429 metres above the sea level, this 'Remarkable Garden' offers one of the most exceptional panoramic views of Riviera.

At the top, you get views of the Esterel mountains and the Gulf of Saint-Tropez. Magical!

You will love the plants from five continents, Mediterranean plants, caves, waterfall and the chill area with a breathtaking view over the sea !

[www.jardinexotique-eze.fr](http://www.jardinexotique-eze.fr)

### 3 Belle Époque at the Ephrussi Garden of Rothschild

Located between Nice and Monaco, the Rothschild's Villa Ephrussi is a palace surrounded by sumptuous gardens overlooking the Mediterranean.

After visiting the *Belle Époque* villa created by Baroness de Rothschild, take a tour through the nine themed gardens which are full of beauty. You will experience surprise after surprise as you wander through the French, Spanish and Florentine gardens, a rose garden, an exotic garden and a lapidary garden, among others.

[www.villa-efhrussi.com](http://www.villa-efhrussi.com)





## A festival of gardens!

Every two years, **the Côte d'Azur Garden Festival** celebrates the sixty or so gardens open to the public on the Côte d'Azur.

With themes ranging from botanical, pleasure, historical and medieval, there is something for everyone in these gardens! See you in 2023 for the next event!! [www.festivaldesjardins.departement06.fr](http://www.festivaldesjardins.departement06.fr)

*To find out more, consult the 'Gardens of the Côte d'Azur' press kit.*

Audrey Fleurot during the Côte d'Azur Garden Festival - 2021.

## 4 Fauna and flora at the Phoenix Park in Nice

Lovers of plants and animals will be delighted at the Phoenix Park, which houses more than 3,000 animals and 2,500 plant species in one of the largest pyramid-shaped greenhouses in the world with over 7,000 sq. m. of floor space. A family outing! (*more infos on pages 38-39*). [www.parc-phoenix.org](http://www.parc-phoenix.org)

## 5 Perfumed gardens in the Grasse region

The gardens of the International Perfume Museum are witnesses to the smells, perfumes and fragrances created in the Grasse region. Through the roses, orange trees, jasmine and lavender, etc., the olfactory trail offers a sweet-smelling, poetic and fun walk in the former residence of perfumers in Mouans-Sartoux.



Designed in 2003, as the Conservatory for the perfume plants of the Grasse Region, the place is also a haven of peace for birds and insects who have been given their own pergolas. You can even picnic there!

[www.museesdegrasse.com](http://www.museesdegrasse.com)



## The 14 remarkable gardens of the 06

- **Antibes:** Botanical garden of the Villa Thuret.
- **Coursegoules:** The garden of Brec Valley.
- **Èze:** The exotic garden.
- **Grasse:** jardin de la villa Fort France.
- **La Gaude:** The Argelière garden.
- **Mandelieu-La Napoule:** Garden of La Napoule château.
- **Menton:** The Lemon grove of Mas Flofaro, Garden of the Carnolès Palace, Garden of Val Rahmeh, Greenhouse of the Madonna.
- **Nice:** Botanical Garden, Phoenix Park.
- **Roure:** Marcel Kroenlein Arboretum.
- **Saint-Jean-Cap-Ferrat:** Ephrussi Gardens of Rothschild





## Dozens of **nature reserves**

FROM THÉOULE-SUR-MER TO THE ITALIAN BORDER, THE CÔTE D'AZUR HAS 19 DEPARTMENTAL NATURE RESERVES AND ONE MARINE RESERVE. YOU HAVE PLENTY OF CHOICE, FROM WANDERING ALONG THE RIVERSIDE, LOSING YOURSELF IN THE HILLS OR DISCOVERING THE HEART THE CITY!

### ALONG THE RIVERSIDE...

- **Le Parc de la Brague:** spans the municipalities of Antibes Juan-les-Pins, Biot, Mougins and Valbonne. As you walk along the nine kilometres of the magnificent riverside paths of the Brague and its tributaries, you will hear the chattering of waterfalls and bird songs under the pines and oaks... A true haven of peace.
- **Broc Lake Nature Reserve** is a drop of turquoise at the confluence of the Estéron and the Var rivers. 20 km from Nice, it is a beautiful walk for the whole family with **a fun, sports trail, a bird observatory and panoramic views of the lake, the mountains and the hilltop village of La Roquette-sur-Var!**
- **Le Parc de l'Estéron**, named after the eponymous river running through the villages of Roquestéron and La Roque-en-Provence, has a rich architectural heritage. Dominated by the Chapelle Sainte-Pétronille, an exceptional flora and fauna flourish here between the limestone hillsides, the alluvial forest and the river.
- In the **Pointe de l'Aiguille Nature Reserve**, in Théoule-sur-Mer, you can swim in the clear waters of wild inlets under the glow of the famous red volcanic rocks... Truly magical!
- **Le Parc des Rives du Loup**, between the plain and the canyon, this reserve spans the municipalities of Cagnes-sur-Mer, Villeneuve-Loubet and La Colle-sur-Loup. Mallards, badgers, wild boars,

weasels, foxes and rodents make their home here among the ash trees, bay trees and field elms.

- **Le Parc des Rives du Var**, close to the coast, is particularly original because of its 20-kilometre-long walk along both riverbanks, accessible by a cycle track. It is listed as a Natura 2000 site of the lower Var Valley.
- **Le Parc de Vaugrenier**, located in Villeneuve-Loubet, hides the last natural freshwater coastal lake in the Alpes-Maritimes!

### LES EXPLORATEURS DES PARCS !

If you like walking in the middle of nature, whether with family or friends, you will now be able to explore the departmental nature reserves differently!



The « Parc de Vaugrenier » is the first one to be experienced with this new app and will be followed in 2022 by seven other departmental nature reserves.

**More information: [www.departement06.fr](http://www.departement06.fr)**

*To help you explore the diversity of species, the farming and cultural traditions, the Alpes-Maritimes Department organises more than **300 free nature events and nature days** in its nature reserves. For young and old alike!*



## WITH VIEWS...

- **Le Parc du Cros de Casté** is a military fortification of the Maginot Line in Roquebrune-Cap-Martin. At the top of the site, you will enjoy exceptional panoramic views from the Italian border to Cap Martin and a remarkable historical heritage brought to life by a discovery trail...
- **Le Parc de la Grande Corniche** is located between La Trinité, Villefranche-sur-Mer, Èze and La Turbie. Here, you will enjoy breathtaking views over the coastline and even as far as Corsica. Thanks to its exceptional biodiversity, it is listed as a Natura 2000 site of the Corniches de la Riviera. Follow the signs!  
We recommend the Justice, Revère and Forna walks as well as a visit to the Maison de la Nature (Nature Centre) \*!
- **La Maison de la Nature** : welcome to the visitor centre, la Masion de la Nature! Come and discover the history of the site, located in the Parc de la Grande Corniche, including its characteristic Mediterranean flora and fauna, its climate, its different phenomena and unique relief. Sustainable development, ecology and nature are also showcased in the temporary exhibition and video projection rooms.
- **In Parc de Roquevignon**, located 500 metres above Grasse, nature lovers will be charmed by the characteristic landscape of the foothills of the Mediterranean Alps where a large number of orchids have taken up residence.
- **Le Parc du Vinaigrier** on the edge of Nice, is a well-preserved former traditional farm with unique views of the Baie des Angels and Villefranche-sur-Mer harbour. **Mont Vinaigrier**, surrounded by olive trees, rises to 370 metres.
- **Le Parc du San Peyre**, sits atop a **volcanic cone** in Mandelieu-La Napoule also offers a magnificent 360° views of the **Gulf of La Napoule**, the **valleys of Siagne and Argentièrre**, and the **majestic peaks of the Mercantour and the Estérel**.
- **Le Parc du Plan des Noves**: this is a paradise for walkers, **pastoralism and bee-keeping**. **The richness of the environments encountered and its biodiversity has resulted in it being listed in the Natura 2000 site of the Préalpes de Grasse. Get ready for majestic views from the sea to the Mercantour above Baous in Vence.**

## FAR FROM URBAN LIFE...

- **Parc du Sinodon**: set back in Roquefort-les-Pins, this forest area is graced with a hilly relief and gentle slopes making it very accessible.

We love **its tracks and paths**, they are wonderful for walking and discovering the natural environment!

- **Parc de la Valmasque**: with three wooded hills stretching between the Brague, Valmasque and Bouillide rivers, this nature reserve, ideal for children and welcomes you for nature walks, games or jogging circuits. We love the lotus flowers in the Font Merle pond with its birds, carp and ducks...
- **Le Parc de l'Estérel** performs a symphony of colours between the red rocks and the azure blue between Mandelieu-La Napoule and Théoule-sur-Mer. **The majesty, beauty and calm will impress you...**



## AND ALSO...

- **Admire a thousand-year-old olive tree**, in the **Parc d'Estienne d'Orves**, an island of greenery in the heart of Nice where you can follow the heritage discovery trail to explore the site's riches.
- **Visit one of the last remaining coastal forest areas** of the Côte d'Azur at the **Parc du Paradou**, in Vallauris, where eucalyptus and mimosas trees reign!
- **Go mountain biking or hiking** with breathtaking panoramic views in the **Parc de l'Uzac Foran** near Menton and Monaco. The paths and forest tracks hug the Alpine slopes and tower over the Carei valley and the coastline.  
**Learn more at: <https://www.departement06.fr/parcs-naturels-departementaux>**
- **Marine nature reserve at Théoule-sur-Mer**: The department's first marine nature reserve, this 353-hectare site, managed by the Coastline Conservatory at Théoule-sur-Mer, continues on from la Pointe de l'Aiguille and Estérel departmental nature reserves into sea. Discover the shallow coastal waters by swimming along the underwater trail at Pointe de l'Aiguille!







# CHANGE THE WAY YOU TRAVEL

Enjoy exercising • Test out soft mobility options • Slow down, Take time





# Hiking, Moving forward, walking

IN THE COASTAL REGION, THE HILL COUNTRY OR MOUNTAINS,  
THERE ARE PLENTY OF WALKS IN THE ALPES-MARITIMES...  
WHICH ROUTE WILL YOU TAKE?

**B**etween the Estérel coastal path in the Cannes area, the 'puys' (volcanic peaks) of the Grasse area, the limestone 'baous' (rocky outcrops) of the Vençois area and the Menton or Nice area, the coastal area will dazzle you with its colours... As you move away from the coast, you gain height. Pastel colours blend together in a rural environment. The hill country where the cool waters of the Siagne, the Loup and the Estéron rivers flow is a truly stunning landscape. The mountains, in particular, Mercantour National Park, also offer sublime mountain walking paths or climbs!

## Our favourites

- **The Point sublime** des Gorges de Daluis trail in the Réserve naturelle régionale des Gorges de Daluis, surrounded by red rocks!
- **Mont Bastide** above the village of Èze for its breathtaking views.

## 1,200 km of long distance hiking!

Do you love sports? Do you enjoy long-distance hiking? Well, you will be spoilt for choice, among the ten long distance routes which cross Alpes-Maritimes, offering plenty of ascents.

1,000 kilometres of paths, tracks and trails marked with the famous red and white striped signs await you all year round!

A few names to make you start dreaming:

'Grande Traversée du Mercantour' (GR®GTM), 'Balcons de la Méditerranée' (GR®51), 'Panoramique du Mercantour' (GR®52A), 'Sentier des 8 vallées' (GR®510), and 'La Grande traversée des Alpes' from Lake Geneva to the Mediterranean sea (GR 5)...  
Get your Topoguide!!



## Grande Traversée du Mercantour (GR®GTM): From the high mountains to the sea!

*This exceptional itinerary of almost 220 kilometres begins in the upper Var valley, crosses the Tinée and Vésubie valleys, and then descends from the Merveilles mountain refuge to Menton...  
A paradise for (long distance) hikers! !*







### Walk around the towns/cities...

**Nice** : get off the beaten track with 'Lou Camin Nissart!' The first hiking trail to tour Nice through the hills. A true GR du Pays® (local long distance trail) marked out to take you to the most beautiful viewpoints over Nice, to discover the history of "Nissa la Bella" and its secrets...

**From Biot to Valbonne**: over nine kilometres, between these two picturesque villages where living is gentle, the Brague Valley will seduce you with the melody of the birds and its small waterfalls...

**Mandelieu**: you can take the Grand-Duc circuit where the mimosa reigns supreme in the Tanneron Massif, while the Mont Saint-Martin is steeped in the forest atmosphere of the Estérel...

### The Maralpine and the Baous : experience the Préalpes d'Azur!

Take the time to walk or cycle in the Préalpes d'Azur to fully appreciate the alchemy of its landscapes and the authenticity of this region...

**The planned Parcours des Baous**, will offer five days of walking in the midst of nature. The circular route will connect Gillette to Tourrettes-sur-Loup passing by all the villages such as Le Broc, Carros, Saint-Jeannet and Vence.

**The Maralpine** is also a long-distance hiking trail. It takes five days to go from Saint-Auban to Vence or Grasse. Over 75 kilometres, you will discover the landscapes and people who make up the picturesque Préalpes d'Azur...

Rivers and wild waterfalls, cliffs carved by water, ancient heritage sites, pastoral buildings... You will come upon one surprise after another!

### Sleeping in the wilderness

If you really want to immerse yourself in the region's nature reserves, you can sleep in a mountain hut or bivouac. More information from the tourist offices.

**NB: in order to protect it, the heart of the Mercantour Park is forbidden to dogs but some nice hikes and accommodation are reserved for them around the edge of Park and in many other valleys.**

### More info on page 55

Discover all the hiking opportunities on the Côte d'Azur at a glance at:

[www.randoxygene.departement06.fr](http://www.randoxygene.departement06.fr)



### The best hiking apps

Because some trails have been damaged by Storm Alex, it is wise to get the latest information before choosing your hiking route. Several mobile applications are available to tell you whether trails are open or closed, provide details of organised activities, the weather in the Haute Tinée Valley within the Mercantour National Park...

Download the applications:

**exploretineemergantour, Isolife** or on [www.stationdetrail.com](http://www.stationdetrail.com) onto your Smartphone to find out which trail stations are open.



## Bike touring, see the Côte d'Azur from your saddle!

WITH ITS 1,800 KILOMETRES OF CYCLING ROUTES,  
THERE IS PLENTY TO GET YOUR PEDALS MOVING IN ALPES-MARITIMES!  
WHETHER YOU'RE CRAZY ABOUT THE *MAILLOT JAUNE* OR A FAN OF EASY GREENWAYS  
FOR COOL CYCLING OR FAMILY FUN, THE SKY'S THE LIMIT!



### Easy riding with 'Boucles Touristiques.

Eight routes will take you through the hill country of Alpes-Maritimes and four of them will take you through the centre of the Parc naturel régional des Préalpes d'Azur.

These '**discovery**' routes lead you into magnificent regions where gastronomy, geology and history are on the agenda.

### Ready, steady, go!...

Reserved for the more energetic among you, the 'Boucles sportives' cross the wild territories of the Var Valley in the highlands, from the Mediterranean to the legendary Turini pass in the east and across the Vence pass in the west. You can also explore the unspoilt countryside of the Parc naturel régional des Préalpes d'Azur and the Siagne Valley from Mandelieu-La Napoule.

### Cycling with the family

Over short distances and low gradients, these routes take you into the rarely visited mountain and hill regions in Alpes-Maritimes. If you want to mix discovery with relaxation, choose a road bike, a mountain bike or hybrid bike depending on the route.

### Bike touring

It is also possible to head off for several days alone, with friends or family in the department's two large protected nature reserves.

With **Le Grand Tour des Préalpes d'Azur on bike** from Grasse you will discover the different landscapes of the nature reserve: cluses, high limestone plateaus, hilltop villages, overlooking the Mediterranean.

**Find all the maps and detailed routes on**  
[www.departement06.fr](http://www.departement06.fr)

### Le Grand Tour Alpi Maritime-Mercantour

This tour of the Mercantour challenges you to ride over the legendary routes of the great Tour de France champions!

A mountaineering challenge for cyclists to conquer the high passes in the Mercantour, reserved for experienced cyclists.

The tour, has 5 stages – and in as many days, crosses a good part of the Southern Alps with its vertiginous landscapes.

In all: 360 km with almost 10,000 m of ascent!



## On the bike routes...

**EuroVelo 8, the 'Mediterranean by bike'** crosses the Alpes-Maritimes department and the Côte d'Azur to Italy. This is an opportunity to explore magnificent landscapes from the Fayence region and its hilltop villages before heading to the Mediterranean along the banks of the Siagne, the coastline and climbing from Nice to the Col de Tende.

**More information:** <https://fr.eurovelo.com/>

Another itinerary, **the cycle route 65**, links **Nice to Saintes-Marie-de-la-Mer and the Camargue** over a distance of 450 kilometres, crossing the famous Balcons d'Azur in the Alpes-Maritimes.

As of summer 2021, **the Auron-Nice VTTae tour** is a unique in France since it links the Mercantour peaks to the coast and includes 44 routes, 16 municipalities crossed, 261 km with something for everyone!

## 'Vélo & Fromages'

The route takes you to farms, dairies, cheese maturing cellars, sales outlets, etc., across five cycle routes. Take the time to discover the know-how of passionate artisans and almost 1,100 km of countryside! !

**More information and detailed itineraries:**  
[www.departement06.fr](http://www.departement06.fr)



## Vélo et œnologie

The paths of vineyards and estates in the Côte d'Azur are also open to cyclists to explore this wine making tradition of the region.

**In Tourrettes-sur-Loup, Tour'rent Bike** offers a number of routes and tours 'Around the Vineyards' by pedel-assist bicycles (pedelecs).

[www.tourrentbike.fr](http://www.tourrentbike.fr)

**In Nice, EBikeTheRiviera** will take you on a tour of Villefranche, Cap Ferrat and the vineyards of Bellet, also by pedelec.

[www.ebiketheriviera.com](http://www.ebiketheriviera.com)

## Mountain bike heaven!

Thanks to its high relief, its varying terrain, many trails and its mild climate, the Côte d'Azur is a paradise for mountain bikers.

Moreover, great champions such as Nicolas Vouilloz and Fabien Barel, have distinguished themselves here in downhill races.

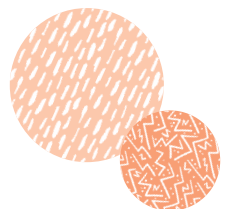
**The 'Chemins du Soleil'** mountain bike trail connects Nice to Lake Geneva. Also, **'VTT Alpes de la Mer'** ebetween the Italian provinces of Cuneo and Imperia, and Alpes Maritimes, awaits professional and amateur cyclists.

From downhill competitions to family outings, mountain biking offers all kinds of thrills, all kinds of styles and brings all generations together!

## The Accueil Vélo brand

With 96 certified service providers, **the Accueil Vélo brand** is growing in leaps and bounds in the department of Alpes Maritimes.

**More info at:** [www.departement06.fr](http://www.departement06.fr)





## The Côte d'Azur on horseback or by train

WHAT IF YOU DISCOVERED THE CÔTE D'AZUR IN STIRRUPS?  
 THANKS TO ITS 44 ROUTES OF DIFFERENT LENGTHS AND LEVELS,  
 HORSEBACK RIDING IS AN ELEGANT WAY TO EXPLORE THE REGION!  
 TAKING TOURIST TRAINS ALONG HISTORICAL ROUTES  
 IS ALSO ENVIRONMENTALLY FRIENDLY AND FUN!

**In the hills of Menton**, Sainte-Agnès, the highest coastal village in Europe, is an ideal place for horseback riding. From the tracks around the village to the medium-altitude-mountain paths, you will marvel at the exceptional beauty of the landscape and the gentleness of the horses from 'Horse and Ventures.'

[www.horseandventures.com](http://www.horseandventures.com)

You can also return to the 19<sup>th</sup> century and proudly follow the legendary Imperial Route Napoleon. On horseback, the route covers the Emperor's footsteps over 350 km between Grasse and Vizille (Grenoble).


In Alpes-Maritimes, the route covers over 40 km from Grasse to Peyroules. After starting with a sea view, you will then enter the medium-altitude mountains (covering 60% of the route) with altitudes ranging from 531 m to 1,228 m.

[www.route-napoleon-a-cheval.fr](http://www.route-napoleon-a-cheval.fr)

### Or by steam train...

The train is leaving now for an unforgettable journey back in time to conquer magnificent landscapes. **The hundred-year-old 'pignes' steam train** gently rocks us at the pace of the last century from Nice to the department of Haute Provence, from the olive country to chestnut land.

You can stop off in the medieval villages of Entreaux and Annot, the region of Grès and up to the region of Fugeret, at an altitude of more than 800 m!

 Bonus: Throughout the summer season, come and discover the different theme trains! Music, Heritage, Chestnut and Olive Trains, find the programme on [www.traindespignes.fr](http://www.traindespignes.fr)

### One train can hide another...

**Le Train des Merveilles** us on the royal road of Baroque, the historical route of the salt trade, from the Mediterranean coast to the Alps.

This tour, far from the crowds, promises to be a panoramic drive in the mountains, through the medieval villages of Sospel with its Saint-Michel cathedral, a hidden treasure from the 17<sup>th</sup> century; Saorge: one of the most beautiful villages in France

with its Monastery; Breil-sur-Roya and its surprising transport ecomuseum. Tende also has some nice surprises in store for you: the Musée des Merveilles, the Mercantour visitor centre and the *Maison du miel et des Abeilles* (Bee & Honey Centre), as well as the wonderful chapel of Notre-Dame-des Fontaines de la Brigue.

At Breil-sur-Roya, you can choose to go down into the Italian Piedmont, to Ventimille. Without a doubt, this is one of the most beautiful train journeys in Europe! For the more curious, note that a tour guide will be in the front carriage of the train during the summer season.

**Plus d'infos sur**

[www.ter.sncf.com/sud-provence-alpes-cote-d-azur](http://www.ter.sncf.com/sud-provence-alpes-cote-d-azur)



### The Train des Pignes

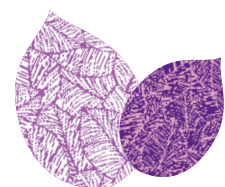
Along the 151 km of the Nice - Digne-les Bains line managed by the Chemins de Fer de Provence, you can visit 25 villages with an extraordinary wealth of history, culture, architecture and gastronomy.

A journey that will also hold many other surprises for you with 60 works of art to discover. .

[www.cpzou.fr](http://www.cpzou.fr)

### La Corniche d'Or (golden coastal road) by train,

a regular TER SNCF line, is no less historic! Unique on the coast, it takes you through the Esterel mountains and its breathtaking landscapes where red rocks literally plunge into the Mediterranean.









## Enjoy thrills and nature in the mountains

SNOW SPORTS IN WINTER, ADVENTURE, ALTITUDE AND ENDURANCE SPORTS IN SUMMER: THE MOUNTAINS OF THE CÔTE D'AZUR OFFER A WIDE RANGE OF SENSATIONAL OUTDOOR ACTIVITIES!

TRAILS, TREE-TOP ADVENTURE PARK, VIA FERRATA, ZIPLINES, PARAGLIDING, CANYONING, RAFTING, SPELEOLOGY... DO YOU DARE CLIMB THE MOUNTAINS?

### Full steam ahead!

**I**f you love skiing, you will love Alpes-Maritimes, which alone has 15 winter sport resorts! With 460 kilometres of downhill ski runs and 153 kilometres of cross-country ski runs, these ski resorts, village resorts and nature areas offer a range of activities and facilities suitable for all levels of ability and the whole family. Dog sledding, snowshoeing and ski touring are also available.

Choose your ski resort, from Auron, Isola 2000 and Valberg! In the summer, they offer a wide range of activities in the water, in the air and even underground...

*For more details on mountain sports activities in winter: see the 'Snow & Ski: The Ski resorts of the Côte d'Azur...' press kit.*

### Into the water!

Jumping, abseiling and tobogganing, **canyoning** provides plenty of thrills in an exceptional environment, amidst emerald-coloured basins, waterfalls and wild nature.

With more than 280 canyoning sites listed, the Côte d'Azur is a hot spot for this sport. **Canyoning, rafting and kayak-rafting** await you amid lush mountain greenery...

### Vertigo

If scaling the heights is your thing, test out the **Via Ferrata!** 'The Balma Negra' of Roubion is one of the shortest routes on the Côte d'Azur, perfect for an introduction to the activity. In 90 minutes, this 300-metre route takes you across a cliff face up to an altitude of 1,500 metres, with views overlooking the entire Tinée valley. For the experienced, the longer 'Baus de la Fremà' route to La Colmiane takes five hours along 1,600 metres of cable! Speaking of cables and Colmiane, don't forget to test out **the largest zipline in France**, whilst you are here! The surprising and unique Via Ferrata of Lantosque overlooks the Vésubie river.

### Underground

If you are looking for a way to cool down and if the underground world enchants you, go to the Parc de la Moulière in Caille for a **Via Souterrata**, a mix between via ferrata and speleology! At a depth of 45 metres, you will discover stalactites and stalagmites along rope bridges, footbridges or by abseiling... A fabulous experience and very rare in France.

### Vesúbia Mountain Park is full of adventures!

In the Vésubie valley, the **Vesúbia Mountain Park** is the place to go if you want to swim, climb, jump, scale the summits, try your hand at canyoning, work on your balance, walk underground, play sports, relax, play, and do all kinds of fun indoor and outdoor mountain activities.  
[www.vesubia-mountain-park.fr](http://www.vesubia-mountain-park.fr)



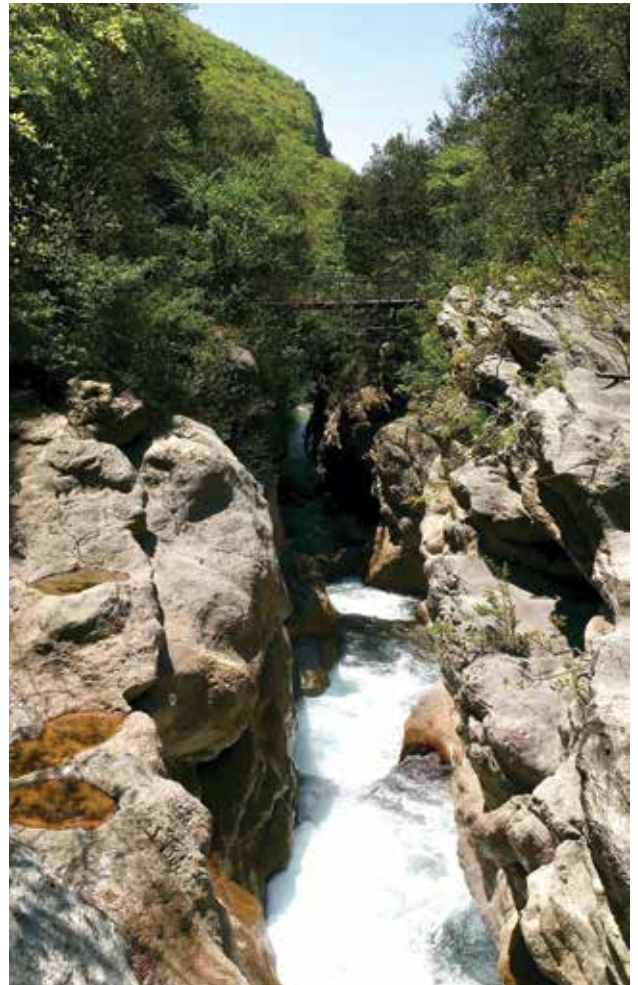
### Micro-Adventures in Côte d'Azur France

Often associated with more sustainable tourism, micro-adventures are small-scale, short-term adventures that require little preparation and a small budget.

Their aim is for you to recharge your batteries and enjoy original outdoor experiences. On the coast, in the hill country and mountain region, the Department of Alpes-Maritimes offers dozens of micro-adventures.

**You can explore the experiences on**  
[www.cotedazurfrance.fr/decouvrir/ecotourisme](http://www.cotedazurfrance.fr/decouvrir/ecotourisme)







# Nature experiences **at sea or in the air on the coast**

SNORKELLING, DIVING, PADDLING, PARAGLIDING...

ENJOY THE THRILL OF NATURE, WITHOUT AN ENGINE, ON THE CÔTE D'AZUR!

## Paddle boarding...

**S**tand Up Paddle boarding (SUP) is a very popular activity, and the perfect sustainable way to relax on the sea. With its calm sea, its little secret coves and islands, the Côte d'Azur is perfect setting for this activity.

Here are some of the best spots we recommend:

- **The Iles de Lérins off the coast of Cannes**, has coves with turquoise water;
- **In la Siagne, starting from Robinson beach** in Mandelieu-La Napoule, enjoy the calm water, amidst ducks, swans and geese;
- **Cap d'Antibes and the Baie des Milliardaires** from the Port de L'Olivette: here you can paddle along intact coves and incredible beach for swimming breaks far from the crowds, and also in Menton, there is a great spot opposite the old town with its colourful façades.

## ... or electric surfing!

Are you a speed junky? **Test out electric surfboard** which can reach speeds of 35 km/h.

**Even more sensational, the eFoil** lets you fly above the water up to 30 km/h, emitting no noise or pollution

**There is no shortage of kite-surfing and sailing spots on the Côte d'Azur**, where you can also rent a sea kayak.

## Scuba diving

The Big Blue is always a paradise for experienced or novice divers. **A plane wreck** awaits you in front of the beautiful bay of Villefranche-sur-Mer. Between Nice and Villefranche-sur-Mer, the most experienced among you can admire the 3 Islets and the red underwater rocks at a depth of 35 metres.

**The Pointe de Saint-Hospice at Cap Ferrat and the 'Tombant du Cap Gros' (a reef drop off) at Cap d'Antibes** are home to an incredible underwater fauna, as is the Estérel Théoule Maritime Park, which you can reach by diving at the Port de la Rague in Mandelieu-La Napoule.

## Snorkeling

Among the remarkable and unmissable snorkelling sites, is **the undersea discovery trail of the Pointe de l'Aiguille**.

This is something anyone can do, and will let you observe, recognise and become aware of the fauna and flora of the Mediterranean shallows.





Another rare sight is **the first ecomuseum of France and the Mediterranean to be inaugurated in Cannes in 2021**, which you visit with your flippers on! Wearing your mask and snorkel, follow the trail some hundred metres from the south coast of the southern shore of Sainte-Marguerite Island and discover **six monumental statues by the artist Jason deCaires sitting at least five metres depth**. This dreamlike work is also environmentally friendly as it serves as a refuge for underwater life.

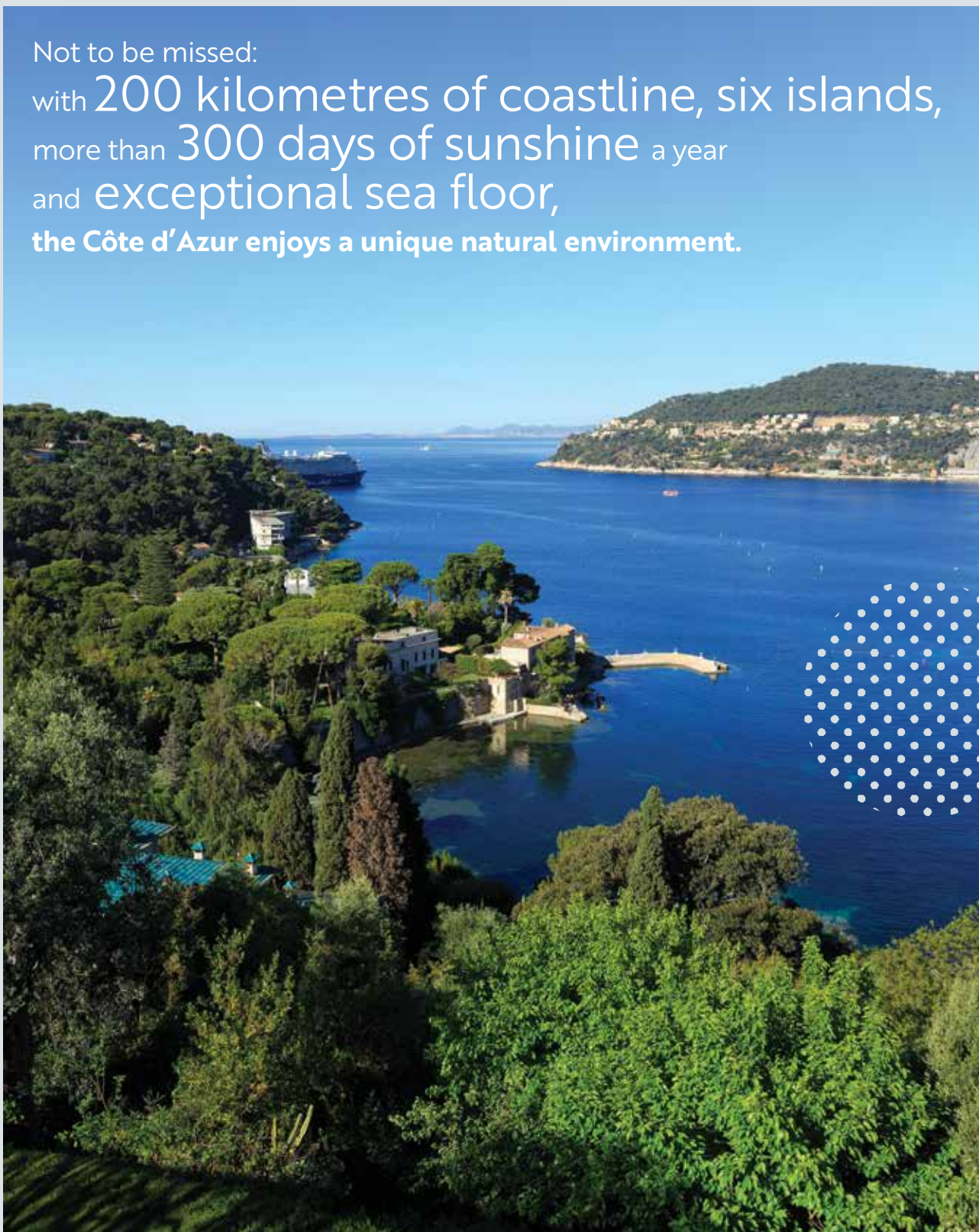
## Paragliding

Because the Côte d'Azur is also sublime seen from above, **why not fly over the coast like a bird, in a paraglider?**

**It is incredibly thrilling and there are plenty of magical views guaranteed between the sea and the mountains**, whether you choose to leave from Roquebrune-Cap-Martin, Grasse or Gourdon...

Not to be missed:

with **200 kilometres of coastline**, six islands, more than **300 days of sunshine** a year and **exceptional sea floor**, **the Côte d'Azur enjoys a unique natural environment.**





## A full range of family activities

UNDERGROUND OR IN THE AIR, UNDERWATER OR WITH ANIMALS, THE CÔTE D'AZUR BOASTS MANY EXCITING, ENVIRONMENTALLY-FRIENDLY SITES FOR CHILDREN.

HERE IS A SMALL SELECTION OF ENVIRONMENTALLY-FRIENDLY ACTIVITIES TO DO WITH YOUR FAMILY.

### Underground in caves

What if one of the region's most precious treasures were waiting for you underground? Water has in fact carved out many caves in the heart of the limestone mountains.

- **The Souterroscope of the Grotte de Baume Obscure** in Saint-Vallier-de-Thiery offers visitors an astonishing spectacle along a specially designed underground path. Treasure hunts, paleo-digs and sky-watching are also available. .
- **The Domaine de la Grotte de Saint-Cézaire** réserve aussi bien des surprises dans son parc also has many surprises in its six-hectare wooded estate 20 minutes from Grasse: a visit to the cave, a 'mini-hike' to discover the Mediterranean flora, a tree-top adventure trail with more than 50 workshops, and much more...!



### In the air in the trees

- **Le Bois des Lutins, Canyon Forest, Pitchoun Forest** in Villeneuve-Loubet, **Riviera Nature Adventure Trail** in Grasse, **Parcabout** in Montauroux, **Colmiane Forest** in La Colmiane, you are spoilt for choice if you are an avid tree climber! Footbridges, zip lines, rope bridges and creepers await your entire herd in the **adventure parks and tree-top adventure trails** of the Côte d'Azur! For the more courageous among you, **Peira Cava Adventure** in Lucéram offers you a thrilling ride with the highest zip lines in the region, suspended almost 200 m from the ground. A unique experience!



### With animals

- **The Phoenix Park** has been awarded the '**Family Plus**' certificate and is a must-see for children and parents alike! On the agenda: seven hectares of greenery in the heart of Nice where 2,500 species of plants and more than 2,000 animals (including 70 species) live together. During the holidays, events are organised for children; While throughout the year, playgrounds: slides, turnstile, games with springs, merry-go-rounds, etc., are available free of charge. An oasis of greenery, education, awareness and relaxation!
- Another idea for a trip is **the Monts d'Azur Reserve** for horse-drawn carriage or walking safaris among the bison and Przewalski horses **(more information on page 12)**.

### Underwater at the Oceanographic Museum

A new escape game room, interactive immersion in the Great Barrier Reef, tactile basin, virtual reality animation, there is no shortage of activities for families at **the Oceanographic Museum in Monaco** in addition to its many aquariums! Since it was set up in 1906 by Prince Albert I, the main mission of the Oceanographic Institute - Albert I Foundation has been '**To inform people about the ocean and ensure it is protected.**'

### Total madness!

Looking for an environmentally friendly amusement park unlike any other? Visit **the Village des Fous** in Villeneuve-Loubet.



Extending over two hectares, this environmentally-friendly leisure place has 30 sensational games and activities for children and adults.

A funny, absurd and utopian village invented by mad scientists where you can wander around freely in the midst of zany decorations, human-powered games and fun learning facilities to learn **NATURALLY**, while having fun!

### Into the Mercantour wilderness

The Mercantour National Park offers a vast natural playground for the whole family: white water sports (canyoning and canoeing...), paragliding, mountain biking, horse riding, trout fishing, summer sledging, tree climbing, mini-golf, via ferrata, swimming pool and more...





# ENCOUNT





# ERS

Experience the thrill of the encounter · Uplift your senses · Explore the depths of human experience





## Encountering the fauna and flora of the Côte d'Azur

THE NATURE OF THE CÔTE D'AZUR IS RICH AND DIVERSIFIED,  
AND OFFERS YOU BEAUTIFUL ENCOUNTERS WITH PLANTS AND ANIMALS!



**B**etween the 8,500 aquatic species identified in the Mediterranean sea, especially in the **Pelagos Sanctuary** with silver moony fish, sperm whales, dolphins, etc., (**read more on pages 18-19**), the 8,744 animal species of the **Mercantour National Park** such as the golden eagle, the grey wolf, the ibex or the famous Alpine marmot, the 2,000 plant species that flourish in the **Parc Naturel Régional des Préalpes** (**see pages 12-13**), not to mention the birds of prey, birds, stags and hinds of the **Estérel mountain range**, the nature of the Côte d'Azur is rich and diversified and offers you beautiful encounters with plants and animals!

### In the Kingdom of Flowers...

**Between Grasse, the world perfume capital and Mandelieu-La Napoule, the Mimosa capital**, the Côte d'Azur is truly a land of flowers and perfumes!

Did you know that Grasse has had a special relationship with **Rosa Centifolia**, the most heady of roses, for centuries?

**ExpoRose has been the largest cut rose exhibition in Europe since 1970.** In mid-May, the town, its gardens and fountains are adorned with pink and activities include a scent trail, culinary workshops, competitions and a market.

### Did you know?

**Grandiflorum Jasmine**, grown in Grasse since the middle of the 19th century, gives off an unforgettable, sweet, floral and fruity fragrance. Its flowers are collected from August to September. **You can discover these plants in the MIP Gardens (International Perfume Museum) in Mouans-Sartoux.**



### Flowerly experience

**In Antibes, Chef Yves Terrillon** offers flower cooking classes for individuals and groups of up to 24 people.

**Don't miss the range of creative floral products in the delicatessen**

[www.la-cuisine-des-fleurs.com/la-cuisine-des-fleurs](http://www.la-cuisine-des-fleurs.com/la-cuisine-des-fleurs)





### **Parc Alpha, Kingdom of the Wolves in the heart of the Mercantour**

Nine months after Storm Alex, **the Alpha park**, a family educational centre devoted to the wolves of the region, has reopened its doors in the Mercantour.

Located just a few minutes from Saint-Martin-Vésubie, its reopening to the public is a real symbol of renewal for the Boréon Valley.

**Closed again for construction work throughout the 2021-22 autumn and winter seasons, the aim is now to reopen in spring 2022.**





## Meet local food producers: from the farm to the plate

MARKET GARDENERS, STOCK BREEDERS, CONFECTIONERS, OLIVE FARMERS, BEEKEEPERS, WINE GROWERS... **ON THE CÔTE D'AZUR, ITS MANY LOCAL PRODUCERS WILL DELIGHT YOU WITH THEIR PRODUCTS!**  
PREPARE YOUR BASKET, YOU'LL LOVE THE QUALITY!

**T**he olive tree is the true symbol of **Mediterranean...** The Alpes-Maritimes department has about thirty olive mills and olive-growing cooperatives, from Menton to Grasse.



Among them, the **Huilerie Saint-Michel \*** founded in 1896 in Menton, has handed down its know-how and exacting standards to get the very best from its olive oil. Some of its innovative products, include oil with lemons from Menton created especially with the Côte d'Azur chef with three Michelin stars, **Mauro Colagrecó!**

Another exceptional oil mill established in 1868, the **Maison Alziari \*** in Nice perpetuates its ancestral expertise for producing great olive oil vintages.



*Did you know that small producers who only have a few trees also bring their olive harvest to be pressed at the mill or the cooperative?*

### On the Côte d'Azur Wine Route!

Thanks to its favourable climate and soil, the Côte d'Azur is also full of wineries.

In Villars-sur-Var, the **Clos Saint-Joseph** is the only winery in the department to sell wines under the famous Côtes-de-Provence appellation.

Although they do not have an AOP, **the wines produced by the monks of Lérins**, on the island of Saint-Honorat, are also worth tasting.



This wine can also be found in the restaurants of Michelin-star chefs in the region. Also unusual is the **AOC Bellet**, one of the oldest appellations in France, created in 1941.

This authentic Nice vineyard, on the hill of Saint-Roman de Bellet, is celebrating its 80<sup>th</sup> anniversary this year! **Château de Bellet**, **Crémat** and the very small vineyard producing organic wines, **Domaine de la Source**, are some of the 9 estates in the appellation!





## Beers made in Côte d'Azur

The Nordic countries are not the only place where beer is a star. It is also cherished here by local brewers who are getting known for their innovative methods, excellent quality and the freshness of their foam!



In Nice, you can try the chickpea beers at the Brasserie Artisanale, **Socca Biera**.

In Antibes, Solène teaches you how to brew your own beer at the **B06** and in Tourrettes-sur-Loup, Robin opens the doors of his **Bacho** workshops on the banks of the Loup.

Unmissable in the region, make sure you taste the beer from **Brasserie du Comté \***, and its beer brewed with Mercantour spring water!



## Bzzzzz... !

Across the fields and scrubland, the bees are queens and the beekeepers harvest their many different types of honey. Lavender honey is the best known. It is pale and has a tangy taste.

In La Colle-sur-Loup, passionate beekeepers Olivier and Xavier Valette have created **Le Petit Caiolais** and **L'Abeille Savonnaise**.

For their honey production, they favour wild corners of paradise in the hills behind Nice: Col de Vence, Escragnoles, the Grès d'Annot are sites of remarkable biodiversity, which produce an exceptional local honey.

In Belvedere, the bees of François and Patricia Guerinot at **La Miellerie** roam freely from their 200 or so hives! These pampered bees produce exquisite honey and high-quality by-products (soaps, candles, gingerbread, nougat, lollies, etc.).

## Holy cow!

The many mountain areas are dotted with barns and 'vacheries' such as **Les Cabanes Vieilles** in Moulinet, in the Authion mountain range, where you can taste tomme and milk from the cows that roam the mountain pastures.

In the Mercantour, at the **Vacherie de Chastillon d'Isola 2000**, you will learn all the secrets of milking! Not far from there, at the **Fromagerie de la Chèvre Blanche de Bouyon**, you will be welcomed to the farm where you can learn all about farming.



\* Trademarks followed by an asterisk are licensed to **Côte d'Azur France**. More information on the departmental trademark and licensing programme on page 51 and in the press kit '**Côte d'Azur France, a trademark that became a collection!**'. Find all the local products under license to Côte d'Azur France at the online shop: : [www.boutique-cotedazurfrance.fr](http://www.boutique-cotedazurfrance.fr)





## Meet local food producers: from the farm to the plate



### In lemon land...

A must for all lemon lovers, make sure you visit **Au Pays du Citron** \* a PGI, which specialises in Menton lemons in all their forms and 100% home-made!

The shop-workshop in the heart of Menton offers gourmet creations based on traditional recipes.

With both Organic and PGI certification **La Maison du Citron** opens the doors of its farm to you thanks to the *Bienvenue à la Ferme* network.

Also, a young man in his thirties, Adrien Gannac, is a citrus fruit producer and in particular a producer of Menton lemons.

He also organises open days and guided tours of his farm. He also produces jams, confectionery, olives and flavoured terrines, as well as liqueurs, beers and aperitifs with tangy flavours.



### Sweet and flowery treats

Among the Côte d'Azur's delicacies really worth tasting are the sweet treats from the famous **Confiserie Florian**\*, which sells more than 200 products inspired by the fruits and flowers of the South in Tourrettes-sur-Loup.



In the same village, the '**Coche farm**' also makes and sells home-made cistallized violettes. Just delicious !

Traditional jams at **La Maison Herbin** a master jam maker in Menton, and the Provençal biscuits made on site at the **Biscuiterie d'Azur** \* in Châteauneuf-Grasse.





### 'Our local farmers make us proud'!

With 1,900 agricultural sites, the Alpes-Maritimes produces a wide variety of products across an area stretching from the coast to the high mountains.

**The association 'Made in 06'** was set up by the department to develop local food production and short circuits. It promotes creating links between consumers and farmers.

**Find all the distributors on:**

[www.made-in-06.com](http://www.made-in-06.com)

### Did you know?

**The chestnut**, which grows locally in Isola, once made the village wealthy, and is now used in a whole range of products.

**Le canal de la Châtaigneraie** (Chestnut canal) is a wonderful walk to do in Isola.

The much rarer **saffron** is also grown in the **Alpes-Maritimes!**

Still in Isola, at **'Chez Céline et Sébastien,'** you can explore a saffron farm in the heart of the Mercantour National Park; Unless you prefer to go to **'le Jas des Rochers'** of Claude and Emmanuelle and their farm located at an altitude of 1,000 metres in Cipières, in mountains above Grasse.

\* Trademarks followed by an asterisk are licensed to **Côte d'Azur France**. More information on the departmental trademark and licensing programme on page 43 and in the **press kit 'Côte d'Azur France, a trademark that became a collection!'**. Find all the local products under license to Côte d'Azur France at the online shop: [www.boutique-cotedazurfrance.fr](http://www.boutique-cotedazurfrance.fr)



**In Golfe-Juan**, the farmers' cooperative **Nerolium** has been distilling the region's local orange blossom since 1904; this speciality has multiple virtues and applications including food, aromatherapy, perfumery and cosmetics.

A sweet and delicious air pervades the former workshops which you can visit as well as the very modern facilities where jams, orange aperitifs (La Bigarade), orange blossom water, etc., are manufactured. **A wonderful team of enthusiasts are awaiting your visit!**





## Farmers, artisans, and restaurants certified: under the 'Fait Maison' label in the Côte d'Azur.

LOCAVORES, BISTROT DE PAYS, MAÎTRES-RESTAURATEURS, FIERs DE NOS AGRICULTEURS, MER DE LÉRINS, CUISINE NISSARDE, THESE ARE SOME OF THE MANY CERTIFICATION LABELS WHICH ARE AWARDED TO THE CÔTE D'AZUR'S HOME-MADE PRODUCTS.



**W**hat is *Locavorisme*? It is a movement that advocates respect for the environment by improving consumption patterns and buying quality produce from local farmers through short circuits and by buying fresh seasonal produce.

The Côte d'Azur has many **locavore farmers and restaurants** that consider that their produce is 'home-made.'

A brief overview of these certification labels. This is the perfect way to find what you are looking for!!

### Long live the 'Cuisine Nissarde!'

The 'Cuisine Nissarde' label totally reflects culture and lifestyle of Nice, where cuisine takes pride of place.

The restaurants of Nice reflects the notion of well-being, respect for region's produce and its traditions.

The certification label is divided into two categories: twenty or so Restaurants and ten or so "Merenda e Goustaroun", which showcase excellent snack bars and takeaways.

[www.nicetourisme.com](http://www.nicetourisme.com)







### Conviviality and Local produce at the 'Bistrot de Pays'

The 'Bistrot de Pays' trademark supports and promotes 170 village cafés-restaurants in France, including seven in the Alpes-Maritimes.



Conviviality and local food are the key to describe these establishments located in small villages of less than 2,000 inhabitants.

You will find them mainly in the Mercantour National Park and the Parc Régional des Préalpes d'Azur.

[www.departement06.fr](http://www.departement06.fr)

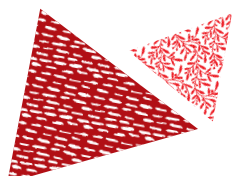
### Good, fresh and local food at the Maîtres-Restaurateurs

This title, awarded by the Nice Côte d'Azur Chamber of Commerce and Industry, is your guarantee of good, fresh, local food prepared in-house.



The department has about forty Maîtres-Restaurateurs.

[www.maitresrestaurateurs06](http://www.maitresrestaurateurs06)



### Supporting local fishermen

'Mer de Lérins' promotes and supports the local fishing industry and guarantees consumers that the fish has been freshly caught in Cannes harbour. Some fifteen restaurant owners have obtained the precious certification label by committing to buy 200 kilos of fish per year from local fishermen.

[www.cannes.com](http://www.cannes.com)



### 'Fiers de nos agriculteurs' (proud of our farmers)

This certification label, launched in 2016 by the Department, is intended to promote quality produce that has won awards and recognition at the local, regional, national or international level and to showcase the best of our farmers in Alpes-Maritimes.

[www.departement06.fr](http://www.departement06.fr)





## Meeting local artisans in the Côte d'Azur: the magical hands of the Côte d'Azur...

TEEMING WITH CERAMISTS, POTTERS, GLASSMAKERS, PERFUMERS AND SCULPTORS,  
THE CÔTE D'AZUR IS NOTHING IF NOT CREATIVE!

IN ALL THE FOUR CORNERS OF THE DEPARTMENT, YOU CAN PUSH OPEN THE DOORS  
OF THEIR WORKSHOPS, DISCOVER THEIR SPECIALITIES AND LET YOURSELF  
BE CHARMED BY THESE ARTISTS AND CRAFTSMEN WITH GILDED HANDS!

**T** rue to the traditions of the Côte d'Azur,  
artists and craftsmen exhibit their know-how  
and talent in many towns and villages  
of Alpes-Maritimes.

### You will be surprised by their diversity!

These include clay and ceramic workshops  
in Vallauris Golfe-Juan;  
Master glassmakers, mosaic workshops in Sospel  
and La Colle-sur-Loup;  
Terracotta and enamelled blade workshops  
in Cagnes-sur-Mer and glassworks in Biot...

You can also enjoy a poetic walk through the many  
workshops and art galleries of **the charming village  
of Saint-Paul-de-Vence**.

### The art of glass and ceramics

Below the town of Biot, there is a treasure trove:  
the oldest factory, which in 1956 brilliantly  
transformed a recurring defect in the production  
of glass objects.

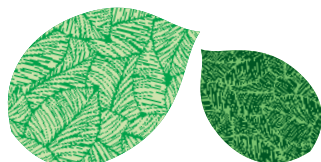
The tiny bubbles embedded in the centre  
of pieces became a fashionable effect and above  
all a trademark. From then on, Biot's glass craftsmen  
developed an international reputation.

**The Verrerie de Biot \*** welcomes visitors for  
an unparalleled journey into the world of glass  
blowing. This method of using bubbled glass  
comes into its own here in prestigious, historical,  
but also contemporary collections such as those  
designed by **Anne Lechaczynski**, the energetic CEO;  
they adorn the tables with plates, glasses, vases,  
candle holders, pots and bowls magnified by  
a thousand reflections of light

A visit to **the Atelier Pierini \***, located in  
a 15<sup>th</sup> century building, is a must.

Following in the footsteps of his father, Robert,  
a true glass designer, Antoine Pierini, the current  
master glassmaker, designs pieces in blown  
glass and others worked according to traditional  
methods. You will find stunning collections  
exhibited and for sale in this centre dedicated to  
knowledge sharing.

A place of grace!





**Vallauris has the distinction of been awarded the 'Ville et Métiers d'Art'** (Arts and Crafts town) certification label. Here, ceramists, potters and craftsmen perpetuate the passion and know-how that originated with their distant ancestors of the Gallo-Roman period, who were already skilfully exploiting the natural resources of this generous region. In the wake of Picasso's stay in Vallauris, the town has workshops run by great families of potters who have handed down their know-how from generation to generation, and have now been joined by a new wave of young ceramists with innovative and ambitious projects.

As you wander along Avenue Clemenceau, you will be able to explore the sheer depth and breadth of these crafts, which are both preserved and protected, but also reinvented.

A few examples, include **Jonathan Reynaud and his designs** such as a construction game ([www.jonathan-reynaud-design-ceramique.fr](http://www.jonathan-reynaud-design-ceramique.fr)) and **Justine Ribera** ([www.lespetitesporcelaines.com](http://www.lespetitesporcelaines.com)) and her collection of utilitarian and decorative objects with Mexican overtones.

**At MSG Ceramics** ([www.msg-ceramique.com](http://www.msg-ceramique.com)), Maureen magnifies cast porcelain, stoneware, glazes and plate work for beautiful and inventive designs.

Finally, of course, large companies such as Lou Pignatier ([www.loupignatier.com](http://www.loupignatier.com)) are still the leading names in turning, firing and manufactured decorations.

### Terres de Provence

*The Terres de Provence* rassociation brings together ceramists, potters and sculptors from Alpes Maritimes.

Created in 1986, it has over 100 members.  
[www.terresdeprovence](http://www.terresdeprovence)

### The true perfume of the Côte d'Azur

In Grasse, the perfumeries open their doors to the public and organise free guided tours so that visitors can discover the mysterious alchemy of perfume making, from the raw materials, distillation and enfleurage, to the perfumiers and their creations, ending with a visit to the shop.

Some of them even offer introductory courses in the art of perfumery that allow perfume lovers to create their own eau de toilette with the help of a 'Nose.'

Among the most renowned are **Galimard**, one of the first French perfume houses founded in 1747 ([www.galimard.com](http://www.galimard.com)), **Molinard** ([www.molinard.com](http://www.molinard.com)) and the house of **Fragonard** \* ([www.usines-parfum.fragonard.com](http://www.usines-parfum.fragonard.com)) which have been reinventing the perfumes for decades.

Museums, workshops, laboratories, shops... the beautiful perfumeries of the Côte d'Azur are constantly reinventing themselves.

In Mouans-Sartoux, **the Garden of the International Perfume Museum** is a natural setting that testifies to the smells, perfumes and fragrances that form the very essence of the Grasse region.

This former bastide of perfumiers spans over two hectares of crop fields. The traditional flowers of the perfume industry rub shoulders with landscaped areas offering visitors pleasant walks all year round.

### Made in 'Côte d'Azur France'

Do you know the 'Côte d'Azur France' brand ?



It is a trademark managed by the Comité Régional du Tourisme Côte d'Azur France.

Its objective is to promote the region and the trademark, promote know-how, introduce young Côte d'Azur designers, etc.

Some of the 'Côte d'Azur France' license holders, perfectly representative of the region's rich breadth of craftsmanship include:

**Fragonard perfumery** in Grasse, **La Bastide** (savory delicatessen, in the Grasse region by ESAT), **the Nice-based publishing house Eric Garence**, specialised in the heritage and tourism of the South of France, notable for its posters, **the Pierini glassworks**, **the Nice-based jeweller, La Plaia**, **the Saint-Michel olive oil mill**, or the fully new comer, **Malongo** and its Côte d'Azur France-branded coffee with citrusfruits and flowers notes.

Visit the online shop to discover the all the products!

[www.boutique-cotedazurfrance.fr](http://www.boutique-cotedazurfrance.fr)



\* Trademarks followed by an asterisk are licensed to Côte d'Azur France.

More information on the departmental trademark and licensing programme on page 43 and in the **press kit 'Côte d'Azur France, a trademark that became a collection!'**.



Chill out • Experience nature • Environmentally friendly activities



# RECHARGE



## Yoga, forest therapy, handicrafts... Well-being in the heart of nature

TO FULL REVITALISE YOURSELF AND RELAX IN THE HEART OF THE INTACT NATURAL ENVIRONMENTS OF THE CÔTE D'AZUR, TRY A YOGA HOLIDAY, FOREST THERAPY, OR CRAFT WORKSHOPS!

**T**he qualified coaches and therapists of **Happy Trek** offer yoga and forest therapy holidays in the Mercantour near the Vallée des Merveilles.

On the programme: wellness and bivouac hikes, yoga courses, meditation retreats, or yoga and climbing holidays.

These active holidays promise to be authentic, natural, high quality and definitely made in France! It gives you the chance to enjoy a new wellness experience in a beautiful natural setting.  
[www.happytrek.fr](http://www.happytrek.fr)

In the Haute Tinée Valley, **Onil Bosco**, mountain guide, plant and natural health advisor, forest therapy guide, and yoga teacher, runs hiking and well-being trips. Activities include breath awareness exercises inspired by yoga and Afghan walking, guided meditation breaks, reconnecting to the Earth through the senses and forest therapy workshops.

Day outings or trips over several days, on request  
[onil@guidestineemercantour.com](mailto:onil@guidestineemercantour.com)

'**Sagesses de la Nature**' (nature's wisdom) is new series of hikes and unusual experiences in nature organised by the **Tinée Mercantour Guides** in the summer.

Thanks to a team of qualified and passionate professionals, you can learn to recognise and use wild plants, all in the magnificent landscapes of the Tinée valley.  
[www.guidestineemercantour.com](http://www.guidestineemercantour.com)

### And also...

Yoga holidays in Saint-Jeannet: [www.thefrogshouse.fr](http://www.thefrogshouse.fr) or forest therapy and unusual accommodation in Belvedere in the Gordolasque valley:  
[www.focusforet.fr](http://www.focusforet.fr)

In the Vésubie Valley, **Moonlight chalet** hosts and organises wellness retreats in the heart of nature with yoga workshops, meditation, and creative painting: [www.moonlightchalet.com](http://www.moonlightchalet.com)

At just 1 hour from Nice, **the spa town of Berthemont-les-Bains**, the only spa in the department, offers an incomparable panorama of a mountain range overlooking the famous Vésubie valley! A true relaxing break which you can combine with a stay at the brand-new Pure Montagne Resort for a zen weekend: [www.puremontagne.fr](http://www.puremontagne.fr)

### Do it yourself!

Also 100% natural, **the Gaia Luna workshops** in Sospel emphasise "Do it yourself" (DIY) aspect for the activities in the Mercantour Park.

By taking **Jenny Alfonso Relova's** craft workshops, you will be able to learn to weave rustic baskets or make your own laundry or jewellery from natural materials.

From May to September.  
[www.mercantourecotourisme.eu](http://www.mercantourecotourisme.eu)

In Tende, **la Fée Capeline (the Hat Fairy)**, otherwise known as Emilie, will teach you how to make felted wool hats using traditional, ecological methods. Unusual, fun and relaxing!  
[www.lafeecapeline.com/formation](http://www.lafeecapeline.com/formation)





# Take refuge in the Mercantour

THE MERCANTOUR NATIONAL PARK, ONE OF FRANCE'S NATURAL RESERVES WITH THE HIGHEST LEVELS OF BIODIVERSITY, IS WELL WORTH A VISIT.

HIKING, EXPLORING NATURE AND SPENDING NIGHTS IN MOUNTAIN HUTS OR REFUGES ARE SOME OF THE BEST WAYS TO ENJOY THE DIFFERENT VALLEYS. HERE ARE A FEW IDEAS.

## Roya Valley

**Refuge des Merveilles:** located in the heart of the Mercantour National Park in Tende, this refuge which epitomises the 'national Park Spirit' sits on the shores of the upper Long Lake amid the prehistoric rock engravings of the Vallée des Merveilles and numerous lakes and peaks: Bego, Grand Capelet and Cime du Diable...

[www.refugedesmerveilles.ffcarn.fr](http://www.refugedesmerveilles.ffcarn.fr)

**Refuge de la Valmasque:** a little higher, but still in Tende, at 2,233 m, on the banks of Lac Vert, above the Valmasque valley, the refuge of the same name is very comfortable. Opening onto a beautiful wide terrace, it gives beautiful views over a world of rocky lakes and short grass.

[www.refugedevalmasque.ffcarn.fr](http://www.refugedevalmasque.ffcarn.fr)

**Le Refuge de Fontanalbe** is perfect for exploring the rock carvings archaeological site along the Voie Sacrée (Sacred Way). It is also close to the Lac Vert de Fontanalbe, the Lacs Jumeaux, the Vallaurette drop and the entire Fontanalbe valley.

[www.refugedefontanalbe.com](http://www.refugedefontanalbe.com)

## Vésubie Valley

**Refuge de Nice:** not far from there, in Belvédère, the Refuge de Nice, 'Esprit Parc National', is surrounded by the highest peaks and their eternal snow covering. It is a pleasant place to stop and observe the largest mammals of the Mercantour. Ibexes and chamois have taken up residence here. The panoramic terrace overlooks the beautiful Lac de la Fous.

[www.refugedenice.ffcarn.fr](http://www.refugedenice.ffcarn.fr)

**(Chalet) Refuge de la Madone de Fenestre:**

This refuge is set in the heart of a majestic alpine amphitheatre dominated by the local giant, Gélas, the highest peak in Alpes-Maritimes (3,143 m).

[www.chaletmadonedefenestre.ffcarn.fr](http://www.chaletmadonedefenestre.ffcarn.fr)

**Refuge de la Cougourde:** this refuge, which is certified under the trademark 'Esprit Parc National' is perched above the Haut Boréon valley, in Saint-Martin-Vésubie. It sits at the tree line of the last larches and Swiss stone pines, in an exceptional environment, near a mountain stream and a lake.

There are many stunning hikes to explore around this mountain hut: Caïre de Cougourde, Lake Trecolpas...

[www.refugelacougourde.ffcarn.fr](http://www.refugelacougourde.ffcarn.fr)

## Tinée Valley

**The Refuge de Rabuons,** further to the north-west, at Saint-Étienne-de-Tinée, sits high up at 2,523 m and is located in the most alpine but least known site in Alpes-Maritimes. In the centre of a mineral landscape and on the edge of a large, deep mountain lake (100 m), this stone-walled refuge leads to breathtaking panoramic views!!

[www.refugederabuons.ffcarn.fr](http://www.refugederabuons.ffcarn.fr)

**The Refuge des lacs de Vence,** not far from there, is one of the most prestigious sites of the Mercantour Park, also rewarded with the 'Esprit Parc national' trademark. An environment of natural lakes, waterfalls in an ancient glacial cirque, a rich alpine meadow, a rich and varied fauna (mouflons, chamois, eagles, etc.). Take the opportunity to (re) discover the beautiful lakes of Vens and enjoy a local meal in this pleasant mountain refuge.

[www.refugedevens.ffcarn.fr](http://www.refugedevens.ffcarn.fr)

**Refuge de Gialorgues:** this traditional mountain hut in Saint-Delmas-le-Selvage is ideal for those who love peace and quiet. It enjoys a typical Mercantour alpine setting, above the Plan de la Sagne, and under the strange Fort Carra at 2,275 m.

There are many hiking and mountaineering routes from this unstaffed chalet.

[www.refugedegialorgues.ffcarn.fr](http://www.refugedegialorgues.ffcarn.fr)

**Refuge-alpage de Longon:** from the first days of June to the beginning of October, it welcomes day hikers, those crossing of the Alps or walking the GR5, in the midst of farm animals! Closed for renovation in 2021.

[www.refugedelongon.fr/](http://www.refugedelongon.fr/)

## Upper Var Valley

**Le Refuge de la Cantonnière** is located between Guillaumes or Entraunes and Estenc in a magnificent setting. It is organised into 7 rooms/dormitories on two levels.

<https://lacantonniere.wixsite.com/refugelacantonniere>

**PLEASE NOTE:** that following the storm Alex which hit the Alpes-Maritimes very hard at the beginning of October 2020, many paths are still inaccessible and dangerous, particularly those in the Roya and Vésubie valleys. You can check the status of the paths, which is still changing on the Mercantour National Park website:

[www.mercantour-parcnational.fr/fr/des-decouvertes/ou-sinformer/vigilance-sentiers](http://www.mercantour-parcnational.fr/fr/des-decouvertes/ou-sinformer/vigilance-sentiers)



## Unusual accommodation, for extraordinary nights...

IF YOU LIKE BOTH NATURE AND ORIGINALITY,  
CHOOSE ONE OF THE MANY NOVEL TYPES OF HOLIDAY ACCOMMODATION AVAILABLE  
IN THE REGION. FROM TREE HOUSES, ECOLOGES IN THE MIDDLE OF A NATURE RESERVE,  
TEEPEE CAMPS IN THE MOUNTAINS TO BUBBLE HUTS FOR STARGAZING,  
YOU ARE SPOILT FOR CHOICE!

### In your bubble...

If you dream of spending a night under the stars free from annoying insects or the vagaries of the weather, then the bubble huts are for you! Try the experience at **Dreams Bubble in Gourdon** by sleeping under the heavens. A dinner for two, a massage for two in your own bubble, a private spa, everything is planned for an unusual romantic getaway near the Gorges du Loup that will leave you with sweet memories.

[www.dreamsbubble.com](http://www.dreamsbubble.com).

'**La Bulle aux Étoiles**' also welcomes you in a cocoon of well-being in the heart of nature, in Beuil, in the Mercantour National Park. The Boréal Lodge is a novel type of accommodation somewhere between a chalet and a bubble.

An unforgettable experience of sobriety and luxury... On site, enjoy the restaurant, the Grand Cerf spa and an open air jacuzzi...

[www.camping-le-cians.fr](http://www.camping-le-cians.fr)

### In a teepee like the Native Americans

If the Native Americans fascinate you, head off to **Camp Tipis**, between June and September, 35 km from Grasse, for a complete change of scenery, in the Parc de la Moulière, close to many outdoor activities. You can rent your teepee at the foot of the Audibergue ski resort, in the municipality of Caille, at an altitude of 1,400 m. A Canadian atmosphere in a beautiful forest!!

[www.lou-pais.com](http://www.lou-pais.com)

### Hang out in a tree house

Close by, '**Les Cabanes de la Moulière**,' two superb fully-equipped tree houses, await you all year round: The Swallows' Nest, for romantic couples, is linked to the Troll's Cottage, tree house for children. Enjoy the tranquillity of the place to recharge your batteries, listen to the sounds of nature and observe the forest animals.



At the **Cabane des Pins Sylvestres** in Saint-Martin-Vésubie, you can hike in the Mercantour Park, pick mushrooms, climb, paraglide, mountain bike, chill out in the Spa, dream or watch the stars on high up on the tree terrace.

[www.cabanedespinsylvestres.com](http://www.cabanedespinsylvestres.com)

Also, in the Mercantour, test out the '**Lov'nids**' nestled in the mountains or the unusual Hobbit House in the Écrins de Belvédère.

[www.lesecrinsdebelvedere.fr](http://www.lesecrinsdebelvedere.fr)

### In the midst of animals

In order to observe the animals at dawn or at dusk, **the Monts d'Azur Nature Reserve** rents ecolodges for an adventure holiday in the wilderness.

Built from canvas and wood, these ecolodges offer breathtaking views of the Reserve's great plain and lakes, where wildlife is found.

You can also go on a guided safari.

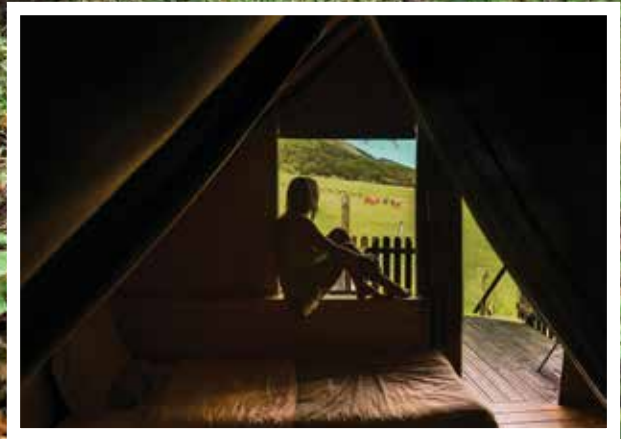
[www.reserve-biologique.com](http://www.reserve-biologique.com)

You can also sleep surrounded by farm animals, at **the Bergerie de Kakisse**, 100% natural, and certified under the Esprit Parc National trademark.

[www.espritparcnational.com](http://www.espritparcnational.com)









# Dive deep into the heart of the Côte d'Azur for rich encounters. Welcome to your holiday accommodation!

TO DIVE DEEP INTO THE HEART OF THE CÔTE D'AZUR  
AND ENJOY AUTHENTIC ENCOUNTERS, HERE ARE A FEW EXCELLENT ROOMS AND  
GUEST HOUSES IN THE HILLS BEHIND MENTON AND THE GRASSE REGION.

## IN THE HILLS BEHIND MENTON

**In Sospel: la Chapelle Saint-Gervais** welcomes you to its Bed & Breakfast, with an agenda of: life, Nature, discoveries and 'idleness' at the gates of the Mercantour National Park!

[www.lachapellesaintgervais.com](http://www.lachapellesaintgervais.com)

**Gaïa Luna** awaits wooffers in its ecological guesthouse in an extraordinary site. On the edge of the forest, you will enjoy delicious meals, courses on ecology and art in the middle of nature.

[www.gaialuna.fr](http://www.gaialuna.fr)

**The Domaine du Parais** is another haven of peace in Sospel. It is committed to the development of sustainable tourism and protecting a natural and cultural heritage through the Esprit Parc National trademark.

[www.domaineduparais.monsite-orange.fr](http://www.domaineduparais.monsite-orange.fr)

## IN THE ROYA VALLEY...

**Ca Da Barrera**, in the heart of the medieval village of Saorge, offers rooms in a fully restored historic house, which was the former village hall and school. The village, clinging to the mountain, overlooks the gorges of the Roya Valley.

It's a great starting point for beautiful walks...

[www.chambresdhotels-saorge.fr](http://www.chambresdhotels-saorge.fr)

**The Gîte rural de Bergiron in Saorge** is ideal if you are travelling with several people as it has a room with six beds, a double room and a single room. Located at 600m altitude, on the GR52A long-distance hiking trail, it gives superb views over the Bendola valley.

[www.bergiron.fr](http://www.bergiron.fr)

## IN THE MOUNTAINS BEHIND NICE...

**The Auberge de La Roche** is a true haven of peace located in La Roche Valdeblore. This new guest house, which opened its doors in January 2021, offers its guests a timeless world in the middle of nature. With the stone fireplace and bathtub, a sky shower and natural beauty products, not to mention the panoramic views over the valley, this is a guest house you'll want to visit very soon!

<https://www.laubergedelarochecom/>

**The Bergerie de Kakisse** is at the entrance to the Mercantour, in the village of Belvédère. This is former barn which has been converted with inspiration and authenticity, where hikers, friends and regulars can meet in a welcoming and comforting mountain atmosphere.



## IN THE REGION AROUND VENCE

**La Bastide les 3 Portes in Saint-Paul-de-Vence** which opened in 2021, is an exceptional guest house, nestling at the top of the hill. Four suites, each with its own style, a contemporary and cosy décor, and high quality, authentic service. With breathtaking views from the coast to the mountains.

[www.bastideles3portes.fr](http://www.bastideles3portes.fr)

**La Maison Mastrorelli** opened in 2021 and located between Grasse and Saint-Paul-de-Vence, the Maison Mastrorelli is a former 18<sup>th</sup> century inn that reveals a refined, authentic and contemporary Mediterranean style.

This bastide has been entirely renovated while conserving the original materials and great care has been taken with the interior design. Here everything is about for well-being, conviviality and comfort.

[www.maisonmastrorelli.com](http://www.maisonmastrorelli.com)

## IN GOLFE-JUAN VALLAURIS

**Les Encourdoules in Vallauris** is a new guest house and art gallery in the heart of a protected and listed site, where the decoration comprises objects picked up in antique shops over the years!

[www.lesencourdoules.com](http://www.lesencourdoules.com)



## IN THE REGION AROUND GRASSE

**The Cabane du Val in Tournefort** is designed to be soothing, cosy and practical, in the middle of a natural setting so that you can rediscover your essence. At breakfast, you will enjoy fresh and seasonal produce as well as eggs and herbal teas from the garden.

[www.lacabaneduval.fr](http://www.lacabaneduval.fr)

**At La Vieille Ferme de Grasse**, Priscilla and Lorenzo welcome you to an old 18th century farmhouse. This eco-friendly guest house works with local farmers and craftsmen so that you can enjoy a slow lifestyle and Priscilla's delicious cuisine. Here, sustainable tourism is paramount!

[www.lavieillefermedegrasse.com](http://www.lavieillefermedegrasse.com)

**Le Domaine des Tilleuls d'Or in Saint-Cézaire-sur-Siagne** is an authentic, intimate, cosy and revitalising place sitting in the heart of nature. Committed to organic farming certified by NATURE&PROGRÈS, the 18<sup>th</sup> century sheep farm in the heart of a centuries-old olive grove offers 100% natural products and services. The swimming pool offers breathtaking views over the Maures and Esterel mountains.

[www.domainedestilleulsdor.com](http://www.domainedestilleulsdor.com)

**Find more holiday accommodation on:**

[www.cotedazurfrance.fr](http://www.cotedazurfrance.fr)





## At the heart of nature... **rooms with a view.**

IN THE MOUNTAINS, BY THE SEA OR IN THE COUNTRYSIDE, THE CÔTE D'AZUR HAS PLENTY OF ACCOMMODATION WITH VIEWS IN EXCEPTIONAL NATURAL ENVIRONMENTS. HERE ARE A FEW SUGGESTIONS FOR A HOLIDAY WHERE YOU CAN TAKE TIME TO ADMIRE THE LANDSCAPE...



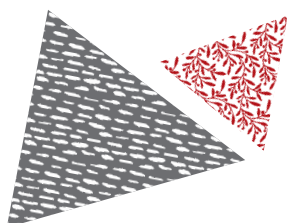
### IN THE MOUNTAINS...

**In Valberg, Le Chant du Mélé** is a chalet of larch wood with five cosy nests in the middle of the Mercantour. It sits at the end of the sublime red rocks of the Gorges of Cians or Daluis. When you taste the dishes, made with local food, you will rediscover forgotten flavours. Ideal for summer or winter!

<https://2.chambres-hotes-valberg.com>

**In Isola, the Lodge Isola 2000** is a guest house with independent, fully equipped suites in a special setting. Located in the centre of the ski resort of Isola 2000, the chalet offers panoramic views and a sauna with a window onto the Alps! A perfect place to recharge your batteries in the mountains.

[www.lelodgeisola2000.com](http://www.lelodgeisola2000.com)







**In Saint-Martin Vésubie, the Pure Montagne Resort & Spa** is a true symbol of rebirth after Storm Alex devastated the area at the end of 2020... Open in the summer of 2021, these self-catering holiday homes are in the heart of the valley and close to leisure activities such as Vesubia Mountain Park.  
[www.puremontagneresort.fr](http://www.puremontagneresort.fr)

### BETWEEN THE SEA AND HILLS...

**Histoires de Bastide, in Tourettes-sur-Loup** is a charming south-facing guest house with breathtaking 180° panoramic views over the superb medieval village and the sea. In addition, the swimming pool, the SPA with a real Turkish bath

and a massage table promise plenty of opportunities to chill out in an idyllic setting at the foot of an umbrella pine forest...  
[www.histoiresdebastide.com](http://www.histoiresdebastide.com)

**The Château Saint-Martin et Spa, Vence**, above the town in the heart nature, offers breathtaking views over the Côte d'Azur bay and sea. This luxurious residence, the former castle of the 12<sup>th</sup> century Templar knights, has been awarded the Green Globe for its sustainable development efforts (such as protecting bees).  
[www.oetkercollection.com](http://www.oetkercollection.com)





Sustainable development • Environmentally friendly



A COMMITTED,  
**EASELY**





Press kit Slow Tourism, DISCOVER ALTERNATIVE WAYS

# ACCESSIBLE

## REGION





## Focus on the 06 GREEN Deal, concrete environmental actions.

SINCE 2020, THE DEPARTMENT OF ALPES-MARITIMES HAS BEEN COMMITTED TO THE GREEN DEAL PROJECT WHOSE AIM IS TO IMPLEMENT SUSTAINABLE DEVELOPMENT PROJECTS.



**T**o conserve the exceptional environment in the region, six major areas and 16 concrete projects are underway:

**Eating better and supporting sustainable development in secondary schools:** by tackling food waste, improving the food quality (50% certified products, 20% of which are organic), and raising awareness and educating people about sustainable development.

**Reconnecting with nature and protecting natural areas:** by acquiring and protecting natural areas to preserve biodiversity (> 100 ha as of 2020), by increasing the number of nature awareness events, and by developing a fun smartphone application to help people explore the Department's nature reserves.

**Providing alternatives to the car:** by developing the network of cycle paths and infrastructure to encourage soft mobility near schools, by increasing the number of carpooling sites, and by creating departmental coworking spaces.

**Encouraging new, healthier practices:** by encouraging 'Zero pesticides,' and by supporting local, environmentally friendly farming.

**Reducing energy expenditure:** by providing financial support for thermal audits and renovation, by renovating the energy facilities in departmental buildings.

**Promoting environmentally friendly methods:** by informing citizens and sharing positive projects, by integrating environmental criteria into departmental subsidies and public procurement contracts.

[www.greendeal06.departement06.fr](http://www.greendeal06.departement06.fr)





## Côte d'Azur Airports: **trees and zero carbon.**

IT IS POSSIBLE TO BE AN AIRPORT AND ENVIRONMENTALLY FRIENDLY  
THANKS TO THE 'CAP 2030' PROGRAMME!  
NICE CÔTE D'AZUR AIRPORT IS COMMITTED TO BECOMING A 0% EMISSION AIRPORT  
WITHIN 10 YEARS AND THE AÉROPORTS DE LA CÔTE D'AZUR GROUP IS COMMITTED  
TO REFORESTING THE DEPARTMENT OF ALPES MARITIMES.

Press kit Slow Tourism, DISCOVER ALTERNATIVE WAYS

**W**ith 'Cap 2030,' the Aéroports de la Côte d'Azur Group (which manages the Nice Côte d'Azur, Cannes Mandelieu and Golfe de Saint-Tropez airports) made a commitment in January 2020 to plant trees in the heart of the Côte d'Azur region and thus making it a carbon sink.

**This is therefore the first time in France** that a tripartite agreement has been signed between an airport operator, two municipalities (Saint-Césaire-sur-Siagne and Carros) and the National Forestry Office. **It commits Aéroports de la Côte d'Azur to finance the purchase of tree seedlings, to plant and maintain them over 30 years.**

Thus, since December 2020, Aéroports de la Côte d'Azur has been **financing the reforestation of 2.6 hectares in the municipality of Carros**, where nearly 5 hectares of forest burned in July 2017.

This first stage represents a total of **2,080 trees**. **The Group will also reforest 0.5 hectares (500 cedars)** in Saint-Césaire-sur-Siagne, near Cannes-Mandelieu airport.

### **The group's reforestation statistics**

**€100,000** is the total budget per year as from 2021 (excluding maintenance costs, which are also borne by the airport management company);

**80% of the communal forest areas** in the Alpes-Maritimes region will be repopulated in 10 years; **300 tonnes of CO<sub>2</sub> equivalent** will be captured thanks to the number of trees planted by 2030.

### **'NetZero Carbon 2030'**

**Aéroports Côte d'Azur** has been committed to a voluntary approach to reducing its environmental footprint for over 15 years, and **is the first 100% carbon-neutral French airport group to commit to not emit a single gram of greenhouse gases in just 10 years (instead of 30), without offsetting for the three airports it manages.**

Nice Côte d'Azur Airport, France's third busiest airport, **is the first airport in France to have achieved carbon neutrality in 2016, reducing its greenhouse gas emissions by 80% in 10 years!**

The target is now zero CO<sub>2</sub> emissions without offsetting in the next ten years!

In addition, Nice airport also offers an excellent and green connection to the city center of Nice thanks to electric buses and new tram lines.

[www.nice.aeroport.fr](http://www.nice.aeroport.fr)

**All three of the Group's airports are certified Carbon Neutral Level 3+ by the ACI.**







# Monaco: the Kingdom of Sustainable Development



**SINCE HIS ACCESSION, H.S.H. PRINCE ALBERT II OF MONACO HAS PURSUED A STRONG SUSTAINABLE DEVELOPMENT POLICY. HIS MEASURES INCLUDE BIODIVERSITY, RESOURCE MANAGEMENT AND GREENHOUSE GAS REDUCTION.**

**T**hanks to the Ministry of the Environment, marine and land species are monitored, listed and protected, especially as part of the 'Pelagos' marine sanctuary.

Monaco also has two other marine reserves with rare species: **Larvotto**, and the second, **on the coral-reef drop-off of Spélugues** where red coral grows. On land, the Principality has identified **880 plant species including 18 heritage species**. The Rock is the refuge for peregrine falcons.

### Breathe, the air is monitored

In order to prevent any discomfort or risk to health and the environment, an automated network of five approved air analysis stations has been operational throughout Monaco's territory for over twenty years. You can check the Air Quality Index (AQI) on the **Government's Internet portal**.



### Seawater too!

The Principality monitors the physical and chemical quality of its coastal waters. **Swimming water is also monitored from the beginning of May to the end of September** with weekly sampling and analysis at each swimming site.

### Managing Resources

Water and waste management is managed sustainably in the Principality. Monaco has two water supply sources. **In recent years, increased awareness has led to a significant reduction in water consumption in Monaco.**

And when it comes to Energy, **the Climate Energy Plan aims to tackle climate change and prepare the State for these changes**, following sustainable development principles.

### Greenhouse gas reduction

**The Principality of Monaco is committed to reducing its greenhouse gas emissions by 55% by 2030 compared to 1990 figures.**

To achieve this objective, the Mission for Energy Transition is taking action in the sectors that emit the most greenhouse gases in Monaco: road transport, waste treatment and energy use in buildings.

### Responsible Tourism Destination

**In Monaco, all the stakeholders are working towards achieving a more responsible tourism sector.**

Most hotels have chosen environmental certification and soft mobility is promoted through enhancing its public transport network. Awareness-raising actions are regularly organised.

The Tourism and Convention Authority launched 'Phase 1' of its reflection on Responsible Tourism at the end of 2020.

**In order to define a strategy, a White Paper has been drawn up for tourism stakeholders** and an online questionnaire has been set up to gather the opinions of residents and visitors to the Principality.

[www.visitmonaco.com/fr](http://www.visitmonaco.com/fr)



## Hotels and self-catering homes committed to the environment



MANY CÔTE D'AZUR ESTABLISHMENTS ARE COMMITTED TO WORK FOR SUSTAINABLE DEVELOPMENT ON A DAILY BASIS.

CERTIFICATION LABELS AWARDED INCLUDE:  
CLÉ VERTE, THE EUROPEAN ECOLABEL AND THE GREEN GLOBE.

### The Green Globe 21



Rewards and supports all tourism organisations **that have opted to improve their environmental and social management of their business activities:**

including greenhouse gas emissions, energy savings and efficiency, water management, protecting biodiversity and air quality, noise management, solid and liquid waste, etc.

**Hotel du Cap-Eden-Roc in Antibes and the Château Saint-Martin and spa in Vence** have been awarded this precious seal of approval thanks to their environmental commitment.

### The European Ecolabel



**The European Ecolabel is the only official ecological label common to all EU countries.** 67 criteria including organisation, renewable energies,

water and waste management, etc., guarantee that the organisation has reduced the environmental impact of their services throughout their life cycle.

Ecolabel certified holiday accommodation on the Côte d'Azur include: **Club Med Opio, the MMV Residence in Saint-Laurent-du-Var, the Negresco (5\*), the Westminster and the Splendid Hotel and Spa (4\*) in Nice, the Eza vista Residence in Èze.**

**The Villa Patricia in Villefranche-sur-Mer and the Camping Côté Mer \*\*\*** located in the bay of Cannes, between the Esterel mountain range and Le Tanneron have also made commitments for the environment and developing the local economy.

In Cannes, **the 'Cannes Jeunesse' international youth visitor centre** located on Sainte-Marguerite Island is certified 'Eco-Loisir' and is a member of the 'Ethic Etap' association.

### La Clé verte



**Clef Verte**

Launched in France in 1998, **the Clé Verte (Green Key)** label was the first environmental certification for tourist accommodation in France, it is now both the oldest and leading certification in terms of the number of establishments awarded the label.

On the coast, the following hotels, among others, have been certified Clé Verte **NH NICE, WindsoR and Radisson Blu Nice, the Pierre & Vacances Self-catering accommodation Les Jardins Ombragés in Mandelieu-la-Napoule and Julia Augusta in Roquebrune-Cap-Martin.**





## Sustainable development: **committed stakeholders**



MANY STAKEHOLDERS IN THE REGION ARE COMMITTED TO ENVIRONMENTAL PROTECTION AND SUSTAINABLE DEVELOPMENT.

SHOPPING CENTRES, OCEANOGRAPHIC MUSEUM, PALAIS DES CONGRÈS, LOCAL AUTHORITIES... HAVE ALL IMPLEMENTED CONCRETE MEASURES!

### Cap 3000: 'BiodiverCity,' a world first for a shopping centre!

At the end of 2019, 50 years after it was built, the 'Cap 3000' shopping centre underwent a major facelift. By expanding and undergoing a large-scale renovation while respecting biodiversity, Cap 3000 has become a textbook case and a worldwide example. **Alteara Cogedim and TPF Ingénierie** overcame all the environmental and regulatory difficulties of the site (coastal law, flood risk prevention plan, **Natura 2000** zone). This is why the shopping centre has obtained the "BiodiverCity" certification, a world first!

### Monaco Oceanographic Museum

The **Oceanographic Museum** is committed to minimising the impact of its activities on the environment. It reduces: its water and energy use (clean energy, LEDs, motion sensors on sinks, etc.), exhaust emissions (preference for hybrid or electric vehicles, in-house laundry, etc.), waste and recycling, and raises awareness among the young and visitors about the protecting the marine environment. [www.musee.oceano.org](http://www.musee.oceano.org)

### MICE destinations and convention centres

The world-renowned **Palais des Festivals et des Congrès de Cannes** follows a sustainable development policy. Its proactive approach was already been recognised in 2009: the Palais became the first European centre to be triple certified.

Since then, the Palais has renewed its quadruple ISO certification: ISO 9001 - ISO 14001 - OHS18001- ISO 26000.

Similarly in Nice, the **Acropolis Convention Centre** is also ISO 14001 certified.

Other notable municipal projects include:

**Sustainable urban planning in Mouans-Sartoux:** thanks to protecting agricultural areas now being included in the local urbanisation plan, the town has created a municipal-run organic farm of 2 ha!

This provides all the organic produce to supply the local school canteens, achieving food self-sufficiency, the preservation of natural spaces and restanques (traditional farm terraces, a heritage feature of the Provençal landscape).

**A 'green belt' in Cannes:** In order to develop the natural and agricultural spaces available in the lower Siagne valley sector, Cannes has created an ambitious and environmental development project on a protected site of 75 hectares: 48 ha given over to organic and sustainable farming, allotments and an educational farm, 20 ha of natural areas, 2 ha of leisure areas and 5 ha dedicated to sports.

**The Maison de l'environnement (Environment Centre) in Nice:** this organisation promotes an eco-citizen approach to meet the challenges of climate change and sustainable development. It includes an educational garden and a library dedicated to environmental issues.



## A region within **easy reach**



**STILL IN THE INTERESTS OF SLOW TOURISM  
AND RESPECT FOR THE ENVIRONMENT,  
HERE ARE SOME ALTERNATIVE WAYS TO GET TO THE CÔTE D'AZUR:  
BY TRAIN, BUS OR CARPOOLING! WE ARE DECARBONING!**

**D**espite the important ecological steps taken by Nice Côte d'Azur Airport and the speed of flights to Nice, **there are other alternatives to reaching the Côte d'Azur** if you are happy to take the time and want to respect the environment...

### **By coach**

Coach companies such as **Eurolines, OuiBus** and **FlixBus** offer regular services to the Côte d'Azur (Toulon, Hyères, Fréjus, Cannes, Nice, etc.) from all over France.

### **By train**

The SNCF's fast and express trains (**TGV, Corail trains**) link the Côte d'Azur to all French regions and to all major European cities.

**The TGV Méditerranée** takes you from Paris to Toulon in 4 hours, Paris to Cannes in 5 hours and Paris to Nice in 5 hours and 25 minutes.

**There are 5 TGV stations on the Côte d'Azur: Monaco, Nice-Ville, Antibes, Cannes and Saint-Raphaël Valescure.**

Would you like to know more about the timetable and costs? **Visit the Oui SNCF website or call 36 35 or 33 (0) 8 92 35 35 35.**

### **By carpooling**

The **Klaxit** application offers discounted carpooling to and from work in Alpes-Maritimes!

For leisure trips, use **blablacar, la roue verte** and other specialised phone apps.

### **Within the region**

Once here, you can get around without a car on the Côte d'Azur, by combining bus and train and even bike!

To facilitate travel, the Provence-Alpes-Côte d'Azur region has set up the **'ZOU'** portal!

A unique site to search routes which is also available via a mobile phone app.

**[www.zou.maregionsud.fr](http://www.zou.maregionsud.fr)**













# CÔTE d'AZUR

FRANCE

## COMITÉ RÉGIONAL DU TOURISME CÔTE D'AZUR FRANCE

455, Promenade des Anglais

Bâtiment Horizon · CS 53126

06203 NICE Cedex 3

**Tél. +33 (0)4 93 37 78 78**

**Fax +33 (0)4 93 86 01 06**

### PRESS CONTACT:

FRANCE: Anthony MATTEUZZI

a.matteuzzi@cotedazurfrance.fr

INTERNATIONAL: Florence LECOINTRE

f.lecoindre@cotedazurfrance.fr

[www.cotedazurfrance.fr](http://www.cotedazurfrance.fr)

[@visitcotedazur](https://twitter.com/visitcotedazur)

[#CotedAzurFrance](https://twitter.com/CotedAzurFrance)

<https://cotedazurfrance.fr/espace-presse>



Côte d'Azur France  
[@Visitcotedazur](https://twitter.com/Visitcotedazur)

Partagez vos expériences  
sur la Côte d'Azur  
avec [#CotedAzurFrance](https://twitter.com/CotedAzurFrance)



CRT Côte d'Azur France



[@ProCotedAzur](https://twitter.com/ProCotedAzur)

COMITÉ RÉGIONAL DU TOURISME  
**CÔTE d'AZUR**  
FRANCE



DÉPARTEMENT  
DES ALPES-MARITIMES

RÉGION  
SUD



PROVENCE  
ALPES  
CÔTE D'AZUR

Explore  
France™

