

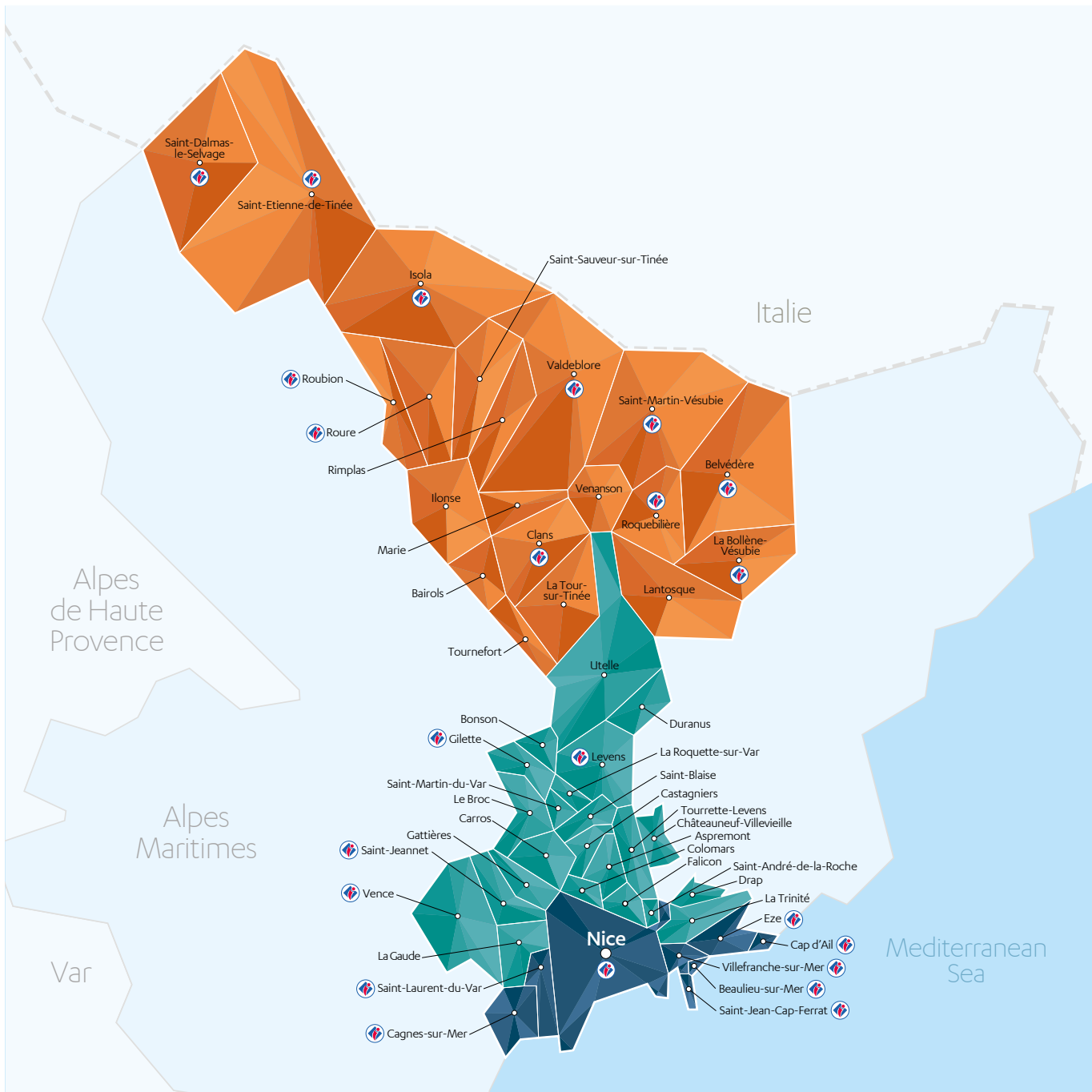


**NICE CÔTE D'AZUR
METROPOLITAN
TOURIST OFFICE**

GUIDE



EXPLORE
NICE CÔTE D'AZUR
TOURISME & CONGRÈS



THE NICE CÔTE D'AZUR METROPOLITAN AREA

The geography and history of the Nice Côte d'Azur metropolitan area gives it a unique identity, shared between coastline, hills, valleys and mountains. From the shores of the Mediterranean to the peaks of the Mercantour, it offers an incomparable quality of life, with gastronomy, casinos, shows, leisure activities, festivals and sports. You only have to look up to appreciate the blue skies and luminosity that have fascinated artists such as Matisse, Chagall, Dufy and so many others, who have left an exceptional cultural heritage. From lively seaside resorts... to unspoilt coves, from fields scented with thyme and rosemary... to charming hilltop villages, from hiking trails... to majestic snow-capped peaks, it's a paradise that's perfect for all kinds of leisure activities. Add to this 300 days of sunshine a year, an international airport and a prestigious hotel park, and it's easy SIGHTS why it's become a legendary and world-famous destination.

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> Classified Family
Plus towns



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EDITORIAL

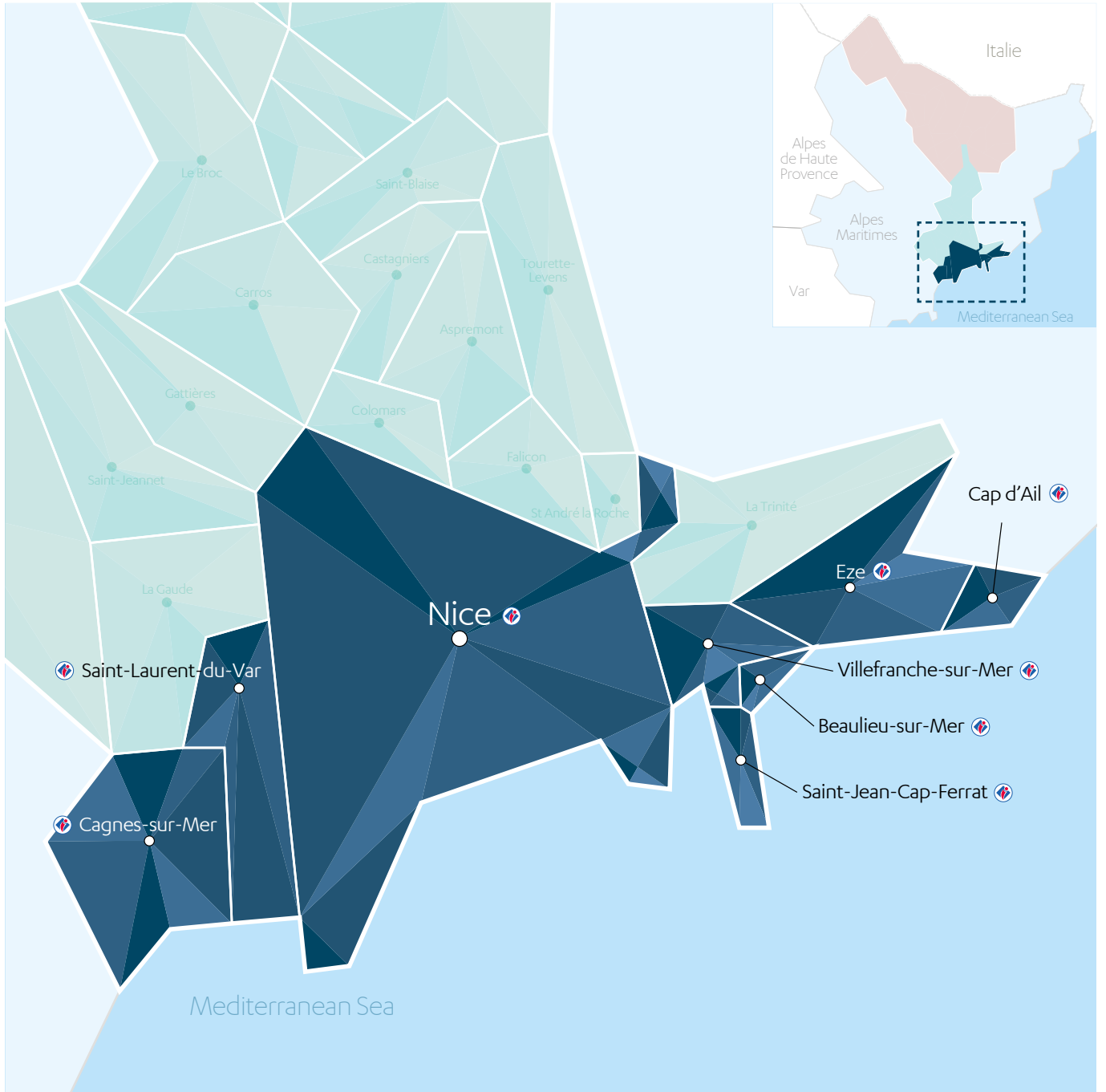
The guide that you are holding in your hands opens the doors to a universe whose many treasures could not be explored in a lifetime! Few areas in the world can offer such a variety of landscapes, a density of remarkable sites, and so many cultural, sporting events and festive activities.

Our 51 communes offer you a journey through time and space, where history is everywhere. Our monuments, our museums, our towns and villages bear witness to this and it is a heritage that we're proud to share. The 21st century is continuing the work that's been done: you'll see just how vibrant the cultural, gastronomic and artistic scene is here with the richness of our history and the splendour of nature. From the depths of the sea to the peaks of the Alps, our region is in itself a Mediterranean condensation of France's geographical diversity. Making it seem like several journeys in one! There's the sea and its horizon, but there's also the midlands and highlands that's bursting with treasures within extraordinarily diverse landscapes. And how can we not say a word about the sunlight? The sun light with these colours, which, in every season, strike our visitors and inspire the greatest artists. Welcome to the Nice Côte d'Azur Metropolitan area! Our Tourist Information Office teams are waiting to welcome you!

Welcome to the Nice Côte d'Azur Metropolitan Area!

Christian ESTROSI

Mayor of Nice
President of the Metropolitan Area
President of the Metropolitan Convention
and visitors Bureau



THE COASTAL AREA

Here you will find the natural splendors of the coastline combined with the riches of its heritage... At all times, its luminosity and dazzling beauty has inspired the most great masters, in varied fields as architecture, art, music or even cinema. The preserved shore faces the Mediterranean and its treasures: coves, beaches and the sea covered with sailing, water skiing or scuba diving. The towns that line the coast are as lively the day as of night: gastronomy, shopping, culture, events, it's all there! Authenticity and the art of living characterize this multifaceted territory, which has been able to reinvent itself over the centuries to also become a pioneer in many areas: sustainable development, smart networks, and research and innovation...

COASTAL AREA



BEAULIEU-SUR-MER
CAGNES-SUR-MER
CAP D'AIL
NICE
ÈZE
ST-JEAN-CAP-FERRAT
ST-LAURENT-DU-VAR
VILLEFRANCHE-SUR-MER

DISCOVER
THE COAST



BEAULIEU-SUR-MER

Between Monaco and Nice, Beaulieu-sur-Mer is a site where sea and mountains rub shoulders. Rich in architecture and exceptional botanical heritage the shoreline is preserved by the exotic plants of the mediterranean. Beaulieu-sur-Mer fully highlights the Côte d'Azur spirit. One can practice water activities, shopping, luxury... or even play at the Casino! Many events take place there every year, like the Beaulieu Festival Night, or the Beaulieu Classic Festival.

 SIGHTS



The Villa Kérylos, is a faithful reconstruction of a sumptuous Ancient Greek residence. The churches, Chapel Sancta-Maria de Olivo renowned exhibition venue, beaches and ports highlights the Belle Epoque heritage.



Office de Tourisme Métropolitain
Nice Côte d'Azur
Bureau de Beaulieu-sur-Mer :
38 bd Maréchal Leclerc
06310 Beaulieu-sur-Mer
 +33 (0)4 89 22 47 31



CAGNES-SUR-MER

Ideally located between Nice and Cannes, the city is notably known for its charm in its medieval village of Haut De- Cagnes, where the Grimaldi castle museum dominates the city. Number of personalities and artists, including Renoir, stayed or lived in Cagnes-sur-Mer. The city has also become a real shopping destination thanks to Polygone Riviera, the 1st open-air shopping center in France. Without forgetting rich program of events all year round and its famous Hippodrome of the French Riviera.

SIGHTS



The Renoir Museum, the medieval village of Haut-de-Cagnes and its Grimaldi castle-museum, the jewelry museum contemporary, the small picturesque fishing port of Cros-de-Cagnes, the Hippodrome of the Côte d'Azur...



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux de Cagnes-sur-Mer :
Centre-Ville :
6 boulevard Maréchal Juin - 06800 Cagnes-sur-Mer
+33(0)4 93 20 61 64

Cros-de-Cagnes :
99 Promenade de la Plage - 06800 Cagnes-sur-Mer
+33(0)4 93 07 67 08

Haut-de-Cagnes :
Place du Docteur Maurel - 06800 Cagnes-sur-Mer
+33(0)4 92 02 85 05
OUVERT EN JUILLET / AOÛT



CAP D'AIL

Situated at the gateway to the Principality of Monaco, the town enjoys a privileged location between the sea and the mountains. The town boasts some splendid villas with architecture dating from the late 19th century. "A listed tourist resort, Cap d'Ail offers visitors a relaxing or sporting holiday. It is also a place of art and culture, with numerous events programmed in sumptuous settings. The seafront path invites you to take a particularly pleasant stroll, with panoramic views over the Mediterranean.

SIGHTS



The Villa les Camélias museum, the Belle Époque villas, the magnificent panorama from the tête de chien path, the coastal path, the gardens and beaches...



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Cap d'Ail :
87 bis av. du 3 Septembre
06320 Cap d'Ail
+33(0)4 93 78 02 33

COASTAL AREA



NICE

As a city that is both authentic and modern, Nice offers countless attractions: urban, cultural, seaside or gastronomic discoveries for a stay rich in excitement, authenticity and modern. With its international airport, nearly 200 hotels, seafront and 7km of beaches, a wide range of activities, major events, cultural festivals, the city-centre and its countless shops. Nice has it all!

The city has a strong commitment to sustainable development and environmental protection in all areas.



SIGHTS



Many museums, exceptional architectural heritage, Old Nice and its picturesque little streets, colourful markets, parks and gardens, breathtaking panoramas... and world-famous Promenade des Anglais.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux de Nice :
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 explorenicecotedazur.com



Nice's city centre is listed on UNESCO World Heritage sites under the title «Nice, winter resort town of the winter resort town of the Riviera».

On 27 July 2021, UNESCO recognised the Outstanding Universal Value of Nice's architectural, landscape and urban heritage and in particular the vast 522-hectare urban complex, an eminent example of fusion of international cultural influences, shaped from the the mid-18th century to the mid-20th century by the cosmopolitan winter resort. This ensemble is constituted by its regulated urban planning, its green spaces planted with exotic species, its promenades, the most emblematic of which is the Promenade des Anglais, and its resort heritage, reflecting contributions from all over the world, with its villas, hotels, palaces, «palaces», residential buildings, as well as buildings, as well as its places of worship and sociability.



COASTAL AREA



ÈZE

Èze is one of the most picturesque villages on the Côte d'Azur. Situated on a rocky outcrop, the village is lined with Michelin-starred restaurants and luxury hotels, as well as boutiques, workshops and galleries for artists and craftspeople. At the top of the ancient fortress is the exotic garden, where succulent plants mingle with Mediterranean species. At an altitude of 429m, you can see all the way to Saint-Tropez. The town stretches out over three ledges, from the seaside to the pine-shaded beaches, all the way to the Grande Corniche departmental nature park at 700m, with its 360-degree panorama.

SIGHTS



The medieval town perched like an eagle's nest above the Mediterranean, the perfume shops, the baroque church decorated with altarpieces and trompe-l'oeil, the exotic garden...



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux d'Èze :
Place du Général de Gaulle - 06360 Eze

 +33(0)4 93 41 26 00

Eze bord de mer :

Av. de la Liberté - 06360 Eze

 +33(0)4 93 01 52 00

OUVERT L'ÉTÉ



SAINT-JEAN-CAP-FERRAT

Peace, luxury and pleasure are the watchwords of this peninsula, located between Nice and Monaco, next to Villefranche-sur-Mer. The former fishing village became a major holiday destination at the beginning of the last century, with the arrival of wealthy foreign families and the construction of large estates such as the Villa Ephrussi de Rothschild. Many artists also stayed here, such as Jean Cocteau, who left his mark at the Villa Santo Sospir. Eight km of footpaths criss-cross the coastline, offering exceptional panoramic views. The beaches and coves are a veritable invitation to tranquility, and there are plenty of water sports on offer for a more sporting holiday.

SIGHTS



The port, the 11th-century chapel of Saint-Hospice and the bronze Virgin Mary, the Villa Ephrussi de Rothschild and its themed gardens, the shellfish museum and the Villa Santo Sospir.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Saint-Jean-Cap-Ferrat :
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06230 Saint-Jean-Cap-Ferrat

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SAINT-LAURENT-DU-VAR

Saint-Laurent-du-Var offers visitors the charm of an authentic village and the liveliness of a listed tourist resort resolutely focused on the Mediterranean and its leisure activities. From the new Promenade littorale next to the Cap 3000 shopping centre, voted the best shopping centre in the world, to the marina, visitors can enjoy an entirely pedestrianised seafront area, with restaurants, pubs and clubs both day and night. With its 2km of beaches, Saint-Laurent-du-Var also offers a wide range of water sports and beach activities, particularly during the Beach Sport Festival.

SIGHTS



The marina, the old village, its 11th-century Romanesque church and its connected historical trail, the ornithological area at the mouth of the Var.

 Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux de Saint-Laurent-du-Var :
1819 Route du Bord de Mer
06700 Saint-Laurent-du-Var
 +33(0)4 93 31 31 21

Centre Nautique, Prom. Landsberg,
06700 Saint-Laurent-du-Var
 +33(0)4 93 31 31 21
DE MI-JUIN À MI-SEPTEMBRE



VILLEFRANCHE-SUR-MER

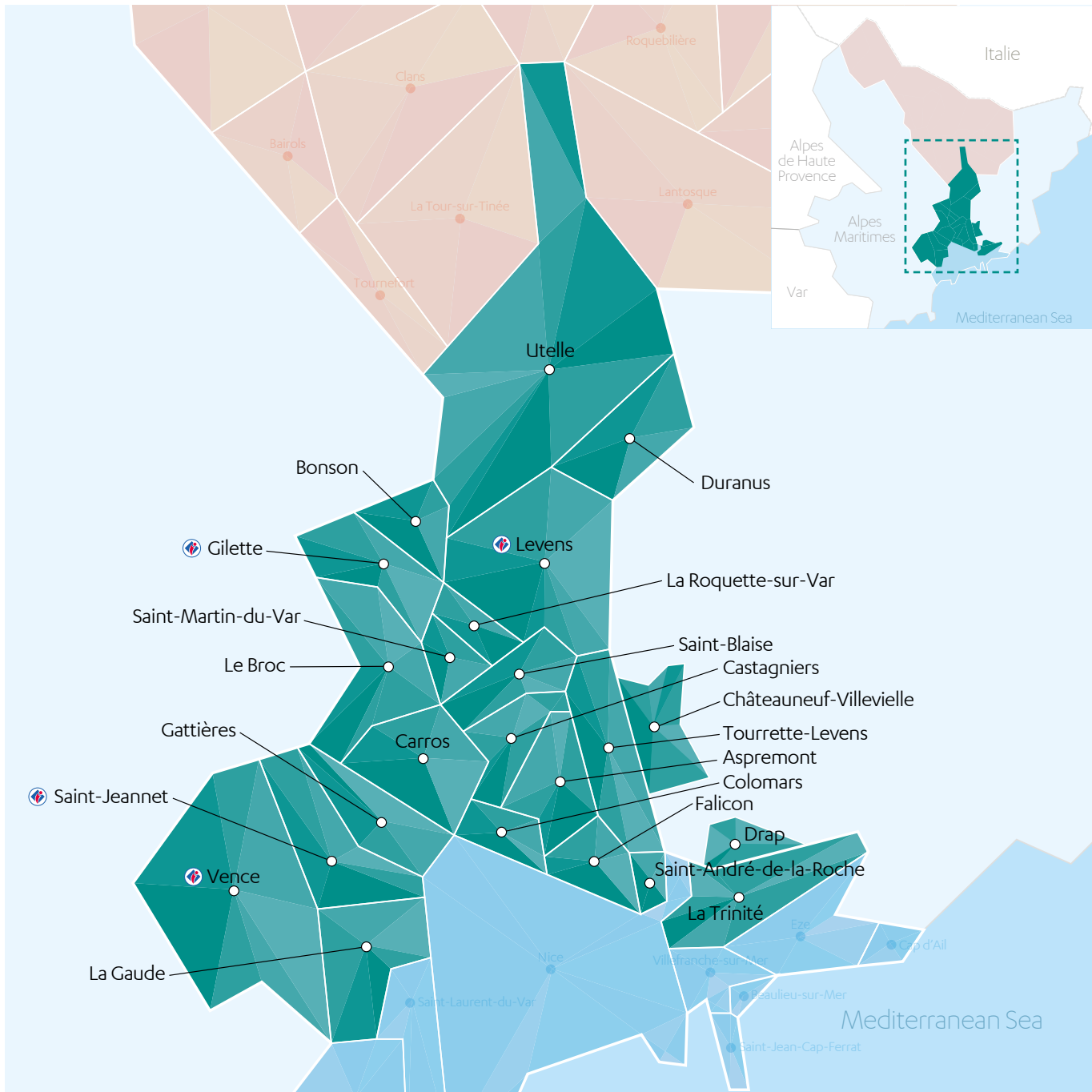
A seaside town in a privileged location, it is one of the major ports on the Côte d'Azur and a stopover for many cruise ships. Its picturesque little fishing port is also home to a flotilla of pleasure boats and pointus (traditional fishing boats). With the majestic curve of its shoreline, its 16th-century citadel and its colourful facades, Villefranche-sur-Mer has also become a popular destination for painters and artists.

SIGHTS



The harbour, the 16th-century citadel and the Volti museum, the Goetz-Boumeester museum, the museum of the city's history and collections, the Port Royal de la Darse, the Saint-Pierre chapel decorated by Jean Cocteau, the Saint-Michel church, the old town, the Rue Obscure...

 Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Villefranche-sur-Mer :
Jardin François Binon
06230 Villefranche-sur-Mer
 +33(0)4 93 01 73 68



MID COUNTRY

Not far from the shores of the Mediterranean, this area offers a haven of calm, freshness and serenity. The villages, nestled in lush green settings or clinging to the cliffs like eagles' nests, offer visitors the chance to stroll through their charming lanes. This unique setting, bathed in sunshine that exalts colours, has seduced the greatest artists. Art lovers will be delighted to follow in their footsteps, in search of the works left behind. The surrounding countryside is a veritable paradise for sports enthusiasts, who can take to the hiking or cycling trails, or cool off in the deep gorges for a canyoning or rafting trip.

MID COUNTRY



ASPREMONT
BONSON
CARROS
CASTAGNIERS
CHÂTEAUNEUF-VILLEVIEILLE
COLOMARS
DRAP
DURANUS
FALICON
GATTIÈRES
GILETTE
LA GAUDE
LA ROQUETTE-SUR-VAR
LE BROC
LA TRINITÉ
LEVENS
ST-ANDRÉ-DE-LA-ROCHE
ST-BLAISE
ST-JEANNET
ST-MARTIN-DU-VAR
TOURRETTE-LEVENS
UTELLE
VENCE

DISCOVER THE
MID COUNTRY



ASPREMONT

The hilltop village of Aspremont dominates the Var plain. The houses spiral around each other, built in concentric circles around its beautiful Gothic church. A visit to the village is a challenge, but the reward is at the end of the road: cobbled streets, vaulted passageways, secret flower gardens, dressed stone houses, fountains and wash-houses... Not to mention a splendid panorama of the Mediterranean!

SIGHTS

The church of St-Jacques Le Majeur (13th and 16th centuries: frescoes, canvas, 18th-century altarpiece, naive statue of the Virgin). Chapelle Saint-Claude (17th century), built as a votive chapel to ward off the plague. Notre-Damedes Salettes chapel, the chapel of the Pénitents Blancs.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/aspromont



BONSON

Clinging to the Mont Vial mountain range, Bonsons rises to an altitude of 480 m, overlooking the Varet and Estéron valleys. A typical perched village in the hinterland of the Côte d'Azur, it is built lengthways, like a vertiginous belvedere, and has preserved part of its medieval architectural heritage. Its south-facing slopes are planted with terraces planted with olive trees.

SIGHTS

St-Benoît church (1494), home to an altarpiece by Antoine Bréa, St-Hospice chapel, Passet chapel, St-Antoine and St-Jean-Baptiste chapels (below the village).

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/bonson



CARROS

Perched 400m above sea level, the village, a listed Picturesque Site in the Alpes-Maritimes département, is huddled around its 12th century castle and has preserved its traditional Mediaeval architecture. Its privileged position offers visitors a grand panorama over the entire Lower Var Valley (Plaine du Var) from the Sea to the Alpine peaks. As a holiday destination or for a short stopover, Carros provides calm and authenticity and a pristine natural setting. Today, the Castle houses an International Contemporary Art Centre.

SIGHTS

Castle of Carros (a listed Artistic Natural Site and Monument); many remains: Ancient, Mediaeval and Modern (11th-18th c.) and Contemporary (19th-20th c.), «the site of the «Roche Fendue»».

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/carros

MID COUNTRY



CASTAGNIERS

Castagniers is a pretty little hilltop village, surrounded by hills and surrounded by lush Mediterranean vegetation, with a superb uninterrupted view over the Var plain. Founded around 1870, the village is dominated by Mont Cima, which rises to 879 metres and offers an imposing viewpoint.

SIGHTS

Oil mill (still active); Saint-Michel parish church (19th c.); Notre-Dame-de-la-Paix Abbey, a convent of Cistercians nuns and its lovely garden (1928); chocolate factory; The Cross of Cuore; Vallon Obscur du Donaré, a protected listed Natura 2000 site.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/castagniers



CHÂTEAUNEUF-VILLEVIEILLE

The village is located on the Villevieille plateau, planted with olive and cherry trees, which is the site of a primitive settlement dating back to Roman times. The church, whose western façade is listed as a historic monument, is a remarkable example of 1st Romanesque art. From the pass, a small road leads to the beautiful ruins of Castel Nuovo, whose fortified remains date back to the 9th and 12th centuries.

SIGHTS

Sainte-Marie de l'Assomption church, the ruins of Castelnuovo (the old Châteauneuf), Saint-Joseph chapel, Rémaurian waterfall, Mont Macaron (discovery trail), Barre du Midi.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/chateauneuf-villevieille/>



COLOMARS

Composed of several hamlets — Les Cabanes, La Madone, La Sirole on the heights; La Manda in the Lower Var Valley — Colomars is a small recent residential village built on a ridge overlooking the Plaine du Var. The commune is known as the land of olive trees, the famous cailletiers du Pays Niçois, which produces olives appreciated for their lemony anise flavour and oil renowned among true gourmets.

SIGHTS

Notre Dame-de-la-Nativité church (19th c.); Saint-Roch chapel at La Sirole (1857); little valleys with botanical and geological features; cascades and aqueducts to bring water to old oil mills.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/colomars



DRAP

Ideally located at the entrance to the Paillon Valley and a few kilometres from the Mediterranean coast, the Drap is worth a visit. The charm of the banks of the Paillon, the Provençal facades, the 18th century bell tower the 18th century bell tower, the village square, will be revealed the visitor. The commune is endowed with heritage treasures for the curious, a space for live and a cultural centre dedicated to exhibitions for culture exhibitions for culture lovers, it offers a wide range of a wide range of entertainment all year round.

SIGHTS

St. John the Baptist Church. Chapel of Saint-Catherine of Alexandria. The chapel of the white penitents. Saint Thecle, historical canal. The Tercier Plateau. The Genoese oil mill. Cultural centre of Les Gras. Espace Jean Ferrat.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/drap

MID COUNTRY



DURANUS

Upon a surprising mountain road, Duranus is built directly on limestone formations overlooking the Vésubie Valley, with houses scattered on the slopes in the heart of pristine nature with oak and olive trees. It is also surrounded by small valleys harboring exceptional biological reserves, cascades and aqueducts. At the exit of the village, the area called «le Saut des Français», to admire the valley of the Vésubie!

SIGHTS

The ruins of the site of Rocca Sparvierra (former 12th century village), the Ste-Eurosie and St-Michel chapel, the Saut des Français belvedere, the old arsenic mine, the 19th century Notre-Dame de la Nativité church.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/duranus



FALICON

With its surrounding countryside planted with olive and fig trees, this medieval village has retained all the charm of the hilltop villages of yesteryear. Behind the walls of its rampart, still pierced by fortified gates, narrow winding streets and cobbled squares, Falicon offers walkers some beautiful views.

SIGHTS

The Nativity church (1624) with its square pyramidal bell tower, the Sainte-Croix chapel (1619), the St-François gate, an ancient well, the Fortin (18th century), the Bastide, the Tonduti residence (16th century), the fountain and the Place Bellevue.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/falicon



GATTIÈRES

Situated beneath the Baous mountain range in the midst of magnificent scenery, the old village of Gattières is home to pretty medieval streets, small flower-filled squares and beautiful fountains. The village is also home to a number of craftsmen working in silk painting, sculpture, cabinet-making and wrought iron. The commune extends along the right bank of the River Var. The plain is home to market gardening, horticulture and fruit-growing.

SIGHTS

Saint-Nicolas church (18th century), Notre-Damedu Var chapel (15th century).

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/gattieres>




GILETTE

Gilette is a village perched at an altitude of 400 metres, at the confluence of the Var and Estéron rivers. Dominated by the ruins of its castle, it is reached by wandering through the peaceful, colourful streets. Along the way, you'll come across the belvedere and esplanade of the castle, with its breathtaking panoramic views over the village, the mountains, the surrounding rivers and even the Mediterranean. In the midst of wild, unspoilt natural spaces, Gilette cultivates its authentic, traditional way of life. The olive tree remains its main asset.

SIGHTS

The Saint-Pierre and Assomption church (17th century) and the Saint-Pancrease chapel, the wash-houses and fountains, the oil mill, the "Lou Ferouil" Museum of Traditional Crafts, a visit to the castle and the Artisans' Boutique.



Office de Tourisme Métropolitain Nice Côte d'Azur
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06830 Gilette
 +33(0)4 93 08 57 19

MID COUNTRY



LA GAUDE

Overlooked by the Baous mountains, La Gaude is a pleasant residential village with Provencal charm, beautiful lovingly restored houses and narrow cobbled streets. Marcel Pagnol, who lived here for 30 years, fell in love with the village. Every November, the village organises the "Jazz sous les Bigaradiers" festival, featuring international and local artists. On the banks of the Var, the Baronne district forms a vast complex of computer, agronomic and horticultural research centres.

SIGHTS

Sainte-Victoire church, White Penitents' chapel Saint-Ange, Saint-Michel shrine, The Provence Ecomuseum Ib Schmedes.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/la-gaude




LA ROQUETTE-SUR-VAR

Perched atop a peak in a superb mountain setting, the village of La Roquette-sur-Var offers a vast panorama from the sea to the highest peaks in the Mercantour Park. Along with its picturesque little streets, fountains and wash house, the village has preserved many traces of the past. The ruins of Castel-Vieil attest to Roman and Mediaeval occupation. On the main square, the traditional game of pétanque adds to the convivial atmosphere of La Roquette-sur-Var.

SIGHTS

Saint-Pierre Baroque church; Castel-Vieil ruins; Notre-Dame del Bosc chapel (15th c.).

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/la-roquette-sur-var>



LE BROC

Perched on a promontory overlooking the confluence of the Var and Estéron valleys, Le Broc is dominated by Montagne du Chiers. The village offers its charming narrow streets lined with old stone houses grouped around a picturesque arcaded square. Many vestiges of the past illustrate Le Broc's rich cultural heritage. Near the former castle, there is a splendid panorama over the Alps.

SIGHTS

Sainte-Marie-Madeleine church (1563); Sainte-Marguerite and Saint-Sébastien chapels; oil mill.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/le-broc



LA TRINITÉ

Built along the Paillon valley, this small town is located just a few kilometres from Nice. Nearby, Notre-Dame de Laghet is the most remarkable monument in its territory, built in the 17th century following several miracles reported in the vicinity. Today, it is one of the most popular sanctuaries in France, drawing pilgrims from all countries.

SIGHTS

Sainte-Trinité parish church (listed Historic Monument); Saint-Grat church (1848, Italian Baroque); Notre-Damede-Laghet and its museum of ex-votos (one of the largest collections of votive offerings in Provence); Astrorama...

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/la-trinite

MID COUNTRY



LEVENS

An old fortified Mediaeval village perched on a rocky spur 600m above sea level, Levens can be visited by following the sloping streets lined with houses built in local stone, under porches and covered passageways. Near the village, the Grand Pré de Levens, is a large open meadow, a privileged place for relaxation with its 13 hectares of greenery: events are scheduled there year round, including Fête du Cheval (a horse show) in July.

SIGHTS



Old gates in the rampart; Napoleonic Marshal André Masséna's house; birthplace of 19th-century political figure François Malausséna, first French mayor of Nice; Galerie du Portal for exhibitions; Saint-Antonin church; Black and White Penitents' chapels.



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Place V. Masseglia - Maison du Portal
06670 Levens

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SAINT-ANDRÉ-DE-LA-ROCHE

Saint-André is a small town adjoining Nice. Its territory extends to the neighbouring hills of Rimiez and L'Abadie. It is made up of several discreet hamlets nestled in the woods. The Banquière River, a tributary of the Paillon which flows into Baie des Anges, runs through the main centre. There is a project for reopening its once famous natural grotto. Saint-André-de-la-Roche is nicknamed 'Lou pais dei babi' ('land of toads', in the local Nissart language) and the call of frogs can be heard on summer evenings.

SIGHTS

Oil mills; Saint-André and Saint-Grat chapels; the grotto; Thaon de Revel castle (17th c.) on a promontory overlooking the village.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/saint-andre-de-la-roche>



SAINT-BLAISE

A road that infiltrates and winds, silvery and delicate landscapes: Saint-Blaise is like a medallion placed in a green setting. The village presents a beautiful colorful ensemble, huddled around its church with its bell tower red tiles. The town is dominated by the old village and the ruins of a medieval castle (13th century), which offer hikers pretty viewpoints over the valley.

SIGHTS

Well-preserved castle ruins (13th c.); its 18th-century church and the attached priory; the 18th-century oil mill; The bridge; works by the artist Jean-Pierre Augier in the village and in the Gallery-Museum, the centuries-old olive groves.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/saint-blaise



SAINT-JEANNET

Nestled at the foot of an immense cliff, the Baou of Saint-Jeannet, which dominates the entire territory, the charming village of the same name is Mediaeval in origin. With its houses huddled closely together to form a rampart wall around the church. A genuine paradise for rock climbers, it offers many routes starting from the village.

SIGHTS



Hiking trails leading to Le Castellet with the ruins of the castle and keep, Castellaras and the dry-stone pastoral heritage; Saint-Jean-Baptiste church (1666) and four chapels in the village; two vineyards.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/saint-jeannet>

MID COUNTRY



SAINT-MARTIN-DU-VAR

Located at the confluence of the valleys Var, Estéron, Vésubie and Tinée, Saint-Martin-du-Var became a separate commune quite recently, built on land obtained by damming up the east bank of the Var River, starting in the mid-19th century. Today, it is a fastgrowing commune. The walks on the heights of the village, offer magnificent views of the confluence of the Var and the Estéron.

SIGHTS

The old village, the two big squares (18th and 19th c.), St-Roch church (paintings 17th c.), Notre-Dame del Bosc chapel (Romanesque style).

Office de Tourisme Métropolitain Nice Côte d'Azur :

 <https://www.explorenicecotedazur.com/saint-martin-du-var>



TOURRETTE-LEVENS

A veritable hilltop village just 15 kilometres from Nice, Tourrette-Levens still boasts a tower from its medieval castle. Today, its dominant position means that visitors can enjoy an exceptional panorama from both the sea and the mountains. An authentic village dedicated to the arts and culture, Tourrette-Levens boasts a number of free museums in the heart of the old village.

SIGHTS

The church of Notre-Dame-de-l'Assomption, the château-natural history museum, the museum of traditional crafts, the prehistory museum, the square and the chapel of the white Penitents.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 <https://www.explorenicecotedazur.com/tourrette-levens>



UTELLE

In the perched village of Tourrette-Levens, there prevails a striking Mediaeval atmosphere thanks to fine houses and the ramparts built of splendid white stone, as well as the last remaining tower of the old castle, once one of the finest in the region. A short path leads around the village and offers a panoramic view of the Haute-Vésubie peaks.

SIGHTS

Notre-Dame-de-l'Assomption Church; square and White Penitents' chapel; in the Castle: Museum of Natural History, Museum of Traditional Trades, Museum of Prehistory.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/utelle



VENCE

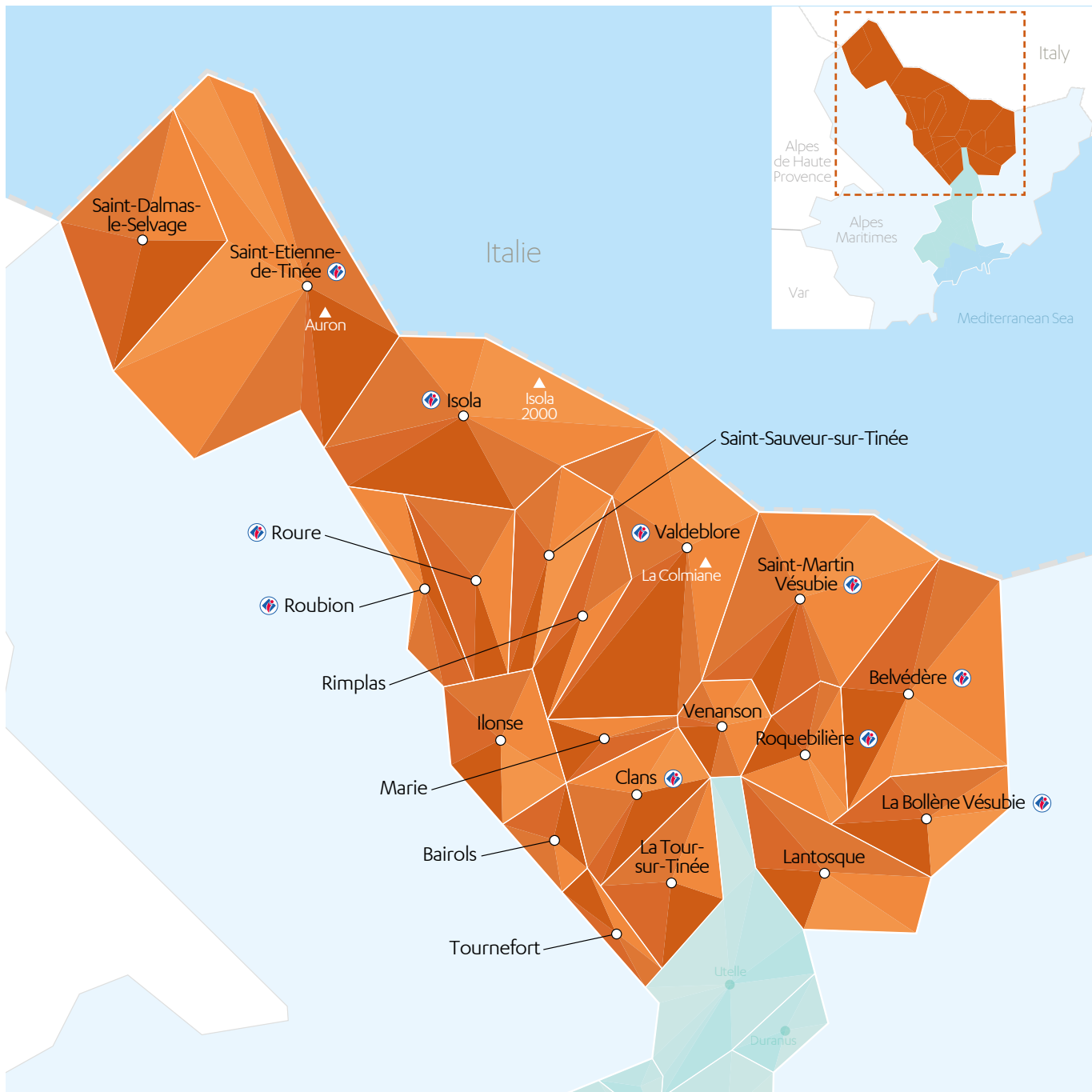
At the foot of the Baous, like a balcony overlooking the Azur, Vence is nestled in a green setting. This historic town with its authentic charm has changed little over the centuries. You'll discover typical narrow streets, squares and little squares, where the changing eras are a constant feature as you stroll around. From Roman remains to medieval and Renaissance buildings, everything here lives to the rhythm of the fountains, which cradle the town in a typically Provençal art de vivre. A lively town with shops, markets and events, ideally situated between the sea and the mountains for all kinds of walks.

SIGHTS



France's smallest cathedral, dating back to the 11th century, the Rosary Chapel designed and decorated by Matisse, the Musée de Vence in the Château de Villeneuve, a mecca for modern and contemporary art, and the Gombrowicz Museum in the Villa Alexandrine.

 Office de Tourisme Métropolitain Nice Côte d'Azur
 Bureau de Vence :
 Place Grand Jardin
 Villa Alexandrine 06140 Vence
 +33(0)4 93 58 06 38



THE HIGH LAND

The citadel of the metropolitan area, with its mountain range culminating at 3143 metres, nature has sculpted some magnificent landscapes here over the centuries. Villages built into the rock or nestling harmoniously in the valleys offer the authenticity of a jealously guarded heritage. In summer, it's the ideal place for an active holiday in the fresh air, renowned for the beauty of its lakes, forests, peaks and valleys... In winter, it's a winter sports paradise, with its ski resorts boasting snow and sunshine... Quite simply, it's a haven of calm and freshness, for an outdoor holiday in a setting of magnificent mountains!



THE HIGH LAND



MOUNTAIN RESORTS

BAIROLS
BELVÈDÈRE
CLANS
ILONSE
ISOLA
LA BOLLÈNE-VÉSUBIE
LA TOUR-SUR-TINÉE
LANTOSQUE
MARIE
RIMPLAS
ROQUEBILLIÈRE
ROUBION
ROURE

ST-DALMAS-LE-SELVAGE
ST-ÉTIENNE-DE-TINÉE
ST-MARTIN-VÉSUBIE
ST-SAUVEUR-SUR-TINÉE
TOURNEFORT
VALDEBLORE
VENANSON

DISCOVER THE
THE HIGH LAND



MOUNTAIN AND SKI RESORTS

AURON

Its alpine ski area, the largest in the département (135 km), combines both pleasure and technique. Throughout the winter, the resort offers activities for young and old alike.

ISOLA 2000

The resort has 42 downhill ski runs (120 km), as well as a snowpark and boarder cross. On a clear day, the summit offers a fabulous panorama, from the Ecrins massif to the Mediterranean Sea, via the Viso and Argentera ranges.

LA COLMIANE-VALDEBLORE

With 30 kilometres of pistes, there's something for everyone, from beginners to advanced skiers, with a kindergarten, toboggan run, snowshoes, ski touring and not forgetting a giant zip-line.

ROUBION

The resort has 6 ski lifts, including a chairlift. The ski area covers more than 30 km of downhill slopes and 12 km of Nordic slopes. A toboggan run is served free of charge by a conveyor belt. Starting point for numerous hikes.

SAINT-DALMAS-LE-SELVAGE

It's a great starting point for Nordic skiing and snowshoeing.

SAINT-MARTIN-VÉSUBIE

Boréon is one of the major Nordic ski centres in the Alpes d'Azur.

TURINI CAMP D'ARGENT

This resort offers perfect sunshine and exceptional landscapes, suitable for alpine ski practice and snowshoeing.



THE HIGH LAND



BAIROLS

A Mediaeval village nestled in a spectacular setting, Bairols is built on a ridge 830m above sea level overlooking the Tinée Valley. This is a 'village of millennial stones' with cool narrow streets, vaults, covered passageways and vertiginous steps leading to remarkable panoramas. It also offers many opportunities for hikers.

SIGHTS

Sainte-Marguerite church (patron saint of the village); the inn in the old mill; the rural lodgings, the circuit of the three chapels; the remains of the mill Queen Jeanne.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/bairols
Mairie :  +33(0)4 93 02 90 46



BELVÉDÈRE

A perched village in the Vésubie Valley, Belvédère is a 'must' for mountaineers heading for the famous Gordolasque Valley. The heart of the village has lost none of its old-fashioned charm: narrow streets, little squares, tall alpine Piedmontese-style houses, covered passageways or old portals, etc. The activities practised in the past thanks to the abundance of water from springs and torrents are still visible: fountains, wash houses, mills and smithy. The village is the starting point for many hiking trails in the surrounding valleys and the Mercantour National Park.

SIGHTS



The circuit of the chapels of St-Antoine, du Planet, St-Roch, St-Blaise and St-Grat; Place des Pénitents Blancs; Saint-Pierre-et-Paul church; Museum of Milk.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Belvédère :
Rue Victor Maurel - 06450 Belvédère
 +33(0)4 93 03 51 66



CLANS

Situated in the valley of the Tinée, Clans is a small village full of pretty treasures: beautiful stone houses, old wash-houses and drinking troughs, a 16th-century flour mill and oil mill. The huge Place du Verger is shaded by plane trees, its many fountains, the very pleasant avenue of lime trees and the enclosed bowling alley are not to be missed. You can also seek out the benefits of nature, find yourself in the heart of one of the most beautiful forests in the department by taking the hiking trails, on foot or by electric bike, or cool off in the organic swimming pool, the only facility of its kind in the heart of the valley.

SIGHTS

Numerous wash-houses, chapels, the Collegiate Church in the centre of the village, the Chapelle St-Jean decorated entirely by the artist Moya, and the listed chapel of St-Antoine.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Clans :

Place de la Collégiale - 06420 Clans

 +33(0)9 63 66 09 78

OUVERT L'ÉTÉ



ILONSE

Perched on a vertiginous peak 1,250m above sea level, the Mediaeval village of Ilonse overlooks the Tinée Valley. It is built in tiers, with a splendid covered wash house with columns, superb stone façades, a Baroque chapel painted bright yellow, a Mediaeval arcaded covered passageway and a little square with a panoramic terrace, etc. At the highest point in the village, an orientation table identifies all the main peaks in the Alpes-Maritimes département.

SIGHTS

Saint-Michel church (13th c.), inside: Choeur (15th c.), listed paintings; Saint-Grat chapel (17th c.); Saint-Pons, Saint-Maur and Saint-Antoine chapels.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 <https://www.explorenicecotedazur.com/ilonse>

THE HIGH LAND



ISOLA

Isola is a picturesque Mediaeval village located 870m above sea level at the confluence of the Tinée River and Castiglione stream, offering calm and serenity. Its historic heritage and local culture make it the pride of its inhabitants. Its many painted trompe-l'oeil façades have been repainted in blue, pink and yellow. Just 15km from the village, the ski resort of Isola 2000, built in the early 1970s, offers a skiing area of 120km as well as many summer activities: fishing, miniature golf, swimming pool, hiking, mountain bike etc...The resort is open all year for a holiday full of emotion.

SIGHTS



Lombard-style Saint-Pierre church tower; White Penitents' Saint-Anne chapel; Saint-Roch chapel; fountains; wash house; Aquavalley fitness centre; Lac des Neiges.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux d'Isola :

Isola Village : Place Gaissa - 06420 Isola Village

 +33 (0)4 93 23 15 15

Station Isola 2000 : Immeuble le Pelevos
Station Isola 2000 - 06420 Isola

 +33(0)4 93 23 15 15



LA BOLLÈNE-VÉSUBIE

On the Route des Grandes Alpes, which reaches the Bévéra Valley over Col de Turini, La Bollène-Vésubie is a very old village built on the slope of a mountain promontory. With its splendid oval layout girdled by the road, it is made up narrow stepped streets lined with tall alpine houses huddled closely together, some built directly on the bedrock. This mountain territory features barns and vacheries (cow sheds), valleys, gorges and the Turini-Camp d'Argent ski resort.

SIGHTS



Entomology Museum; Saint-Laurent church; flour mill; cultural centre.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de la Bollène-Vésubie :

Place du Général de Gaulle
06450 La Bollène-Vésubie

 +33(0)4 93 03 60 54



LA TOUR-SUR-TINÉE

Built on a ridge overlooking the Tinée valley, surrounded by peaks and wooded hills, La Tour-sur-Tinée is blessed with panoramic views and superb natural scenery. The village has retained its medieval layout, with cobbled streets and a square lined with painted facades. From the village of La Tour, there are a number of hiking trails of varying levels, enabling you to complete loops or reach the surrounding villages.

SIGHTS

The chapel of Saint-Jean-Baptiste (14th century), the chapel of the Pénitents Blancs (15th century), the church of Saint-Martin (12th century) and the "Maison des Templiers", the geminated windows (15th century), the Béal crafts area (old oil and flour mills from the 18th century).

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/la-tour-sur-tinee




LANTOSQUE

Destroyed several times in earthquakes in previous centuries, this picturesque village dominates the Vésubie Valley. A mountain village stretching in two groups of buildings on a promontory, it has a few older tall houses, broad series of steps, sculpted portals and a superb fountain dated 1866.

SIGHTS

Saint-Pons church; Sainte-Claire chapel (15th c.); Notre-Damedes-Anges church in Pélasque; Saint-Arnoux church and ruins of the castle (13th c.) in Loda; Pont du Martinet bridge); Fort de Gordolon; Notre-Dame-de-la-Balma sanctuary; Poggioli Museum; Notre-Dame-de-Lourdes chapel.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/lantosque

THE HIGH LAND



MARIE

Marie, whose name is first mentioned in 1066, is a perched Mediaeval village which has preserved all its authenticity. Overlooking the Tinée Valley, it is a holiday paradise with activities essentially turned towards Nature. It offers an over-180° panorama on the valley from Mont-Vial all the way to the Haute-Tinée.

SIGHTS

The church with two paintings (1644) by Giovanni Rocca of Nice; a processional statue of the Virgin Mary (1777) and a processional cross (14th c.); feudal gate; castle; bread oven; oil mill.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/marie



RIMPLAS

A small village built in tiers on a mountain ridge, with a vertiginous view of the Tinée Valley on one side and Val de Blore on the other, Rimplas features lovely little Mediaeval streets in the middle of which runs a rivulet, mysterious covered passageways, paved steps and splendid façades of pinked stone or decorated with painted false marble trompe-l'oeil.

SIGHTS

La Madeleine and La Frassinéa forts; gallery with sculptures by local artist Serge Doglio.

Office de Tourisme Métropolitain Nice Côte d'Azur :

 www.explorenicecotedazur.com/rimplas



ROQUEBILLIÈRE

At an altitude of 600 metres, Roquebillière is a village where life is good, in the heart of the Vésubie Valley, at the gateway to the Mercantour National Park. It's an ideal place for an outdoor holiday. Throughout the year, the village offers a wide range of events in a friendly atmosphere. Its assets: a rural market every Tuesday morning from March to December in the square, three biological pools on the banks of the Vésubie, free tennis courts, a dynamic network of associations and plenty of accommodation. The only spa on the Côte d'Azur, Roquebillière Berthemont les Bains, 7 km from the village, offers sulphurous water cures that are good for the body (respiratory tract, rheumatism, etc.). Open from April to November, reserved in the mornings for those taking the waters and in the afternoons for the public for fitness (SPA, swimming pool, etc.).

SIGHTS



The church of St-Michel-de-Gast, listed as a Historic Monument, the Galerie des Arts Vésubiens (Vesubian Arts Gallery), which brings together local artists, and the Fort of Gordol, part of the Maginot Line in the Alps.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Roquebillière :
26 av Corniglion Molinier - 06450 Roquebillière
 +33(0)4 93 03 51 60



ROUBION

Roubion stretches across five hamlets in the middle of meadows and forests, at altitudes of between 1,335 and 1,920 metres. The village looks like a proud eagle's nest clinging to the cliff, seemingly watching over the valley from the top of its ramparts. Medieval in style, its steep streets and numerous old vaulted passageways lead to breathtaking views. Situated on the Route des Grandes Alpes, Roubion also has a small alpine ski resort (30 km of pistes) and offers a wide range of sporting activities in the summer season.

SIGHTS

The 12th-century ramparts, Saint-Sébastien chapel (16th century, listed as a historic monument), Notre-Dame du Mont Carmel church (18th century), communal oven, sundials, dovecotes and old barns.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Roubion :
Bureau du Tourisme - 06420 Roubion
 +33(0)4 93 02 10 30

THE HIGH LAND



ROURE

Facing due south, Roure enjoys an attractive climate, protected from the prevailing winds. The construction of its violet houses, with their agro-pastoral architecture, is characteristic of the valley. The Marcel Kroenlein Arboretum in Roure is home to trees from the world's mountains, as well as collections of conifers, maples, houseleeks and junipers. It is the only high-altitude arboretum linked to art.

SIGHTS

The listed church of Saint-Laurent (13th-18th centuries), the chapel of Saint-Sébastien (1510), the remains of a castle, the charming hamlet of Tiecs and its chapel of Saint Anne, and the Arboretum.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Roure :
Place Jules Mallet - 06420 Roure
 +33 (0)4 93 03 41 78
OUVERT JUILLET / AOÛT



SAINT-DALMAS-LE-SELVAGE

Near where the Tinée River takes its source, the village is huddled at the foot of a majestic cirque of towering mountains and vertiginous grey cliffs. Strolling through the narrow paved streets offers a chance to admire the many sundials and dark schist façades in the village. Route de la Bonette, Europe's highest road, runs through the territory of the commune. Mountain wildlife — chamois, ibex and marmots, etc. — can be seen on the often snow-capped peaks.

SIGHTS

Church (16th c.); Sainte-Marguerite (15th c.) chapel; ice cascades in winter, climbing rock.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Saint-Dalmas-le-Salvage :
Maison de Pays
06660 Saint-Dalmas Le Selvage
 +33(0)4 93 02 46 40



SAINT-ÉTIENNE-DE-TINÉE

A major crossroads in the heart of the Mercantour National Park, Saint-Étienne-de-Tinée aims to be an authentic cultural centre, surrounded by mountains towering over 3,000m above sea level. The village offers a range of colours and an amazing heritage with its pastel façades, fountains, sundials, chapels, murals and museums. The ski resort of Auron is just 7km away.

SIGHTS



Saint-Étienne church (rebuilt in the 18th c.; church tower dated 1492); chapels: Trinitarians (17th c.), Saint-Sébastien (15th c.), Saint-Michel (Black Penitents), Saint-Maur; Museums of Traditions, Milk and School.

 Office de Tourisme Métropolitain Nice Côte d'Azur
Bureaux de Saint-Étienne-de-Tinée :
Place de l'Eglise
06660 - Saint-Étienne-De-Tinée - Auron
+33(0)4 93 02 41 96

Auron
Av. Malhira - Grange Cossa
06660 Saint-Étienne-De-Tinée - Auron
+33(0)4 93 23 02 66



SAINT-MARTIN-VÉSUBIE

Saint-Martin-Vésubie is nestled, 975m above sea level, at the gateway to the Mercantour National Park amid 3,600 hectares of forest. Dubbed La Suisse Niçoise ('Nice's Little Switzerland'), this Mediaeval village also features various fine mansions (late 18th/early 19th c.). The trails leading to surrounding pine and larch forest are lined with different chalets. The village provides access to many activities to discover the mountains in a remarkable setting, abounding in an incomparable wealth of plant and animal species.

SIGHTS



Cagnoli street; Sainte-Anne gate; parish church; La Madone de Fenestre Sanctuary; Parc Alpha; Vesúbia Mountain Park.

 Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Saint-Martin-Vésubie :
Place du Général de Gaulle
06450 Saint-Martin-Vésubie
+33(0)4 93 03 21 28

THE HIGH LAND



SAINT-SAUVEUR-SUR-TINÉE

Huddled on a loop in the Tinée River, Saint-Sauveur-sur-Tinée offers an enchanting atmosphere: steep narrow streets, lovely round fountain, large covered wash house and, further on, a Baroque church with a painted façade and tall Romanesque church tower (15th c.), as well as carved stone lintels (16th c.), an old bread oven and an flour mill.

SIGHTS

Saint-Michel church; the chapels.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/saint-sauveur-sur-tinee>



TOURNEFORT

Tournefort was rebuilt with dispersed houses after the village was destroyed by the earthquake of 1887. The old village can easily be reached by a trail with broad steps; the ruins of the castle overrun by vegetation are easily accessible thanks to special trails.

SIGHTS

Saint-Pierre church (17th c.); Penitents' chapel (15th-16th c.); vaulted cellars; ruins of the castle.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 <https://www.explorenicecotedazur.com/tournefort>



VALDEBLORE

In the Mercantour National Park, Valdeblore is a pastoral community made up of several mountain villages at an altitude of over 1,000 metres: La Bolline, La Roche, Saint-Dalmas, as well as the hamlet of Mollières (alt. 1,600 m) and the resort of La Colmiane. La Colmiane is open all year round and offers a wide range of activities for families: tobogganing in summer, tree climbing, mini-golf, horse riding, paragliding, trampolining, farm visits, donkey trekking, climbing, Via Ferrata, mountain biking, swimming pool and 30km of ski runs in winter.

SIGHTS



Religious buildings, typical narrow streets and numerous fountains. The giant Tyrolienne (the longest in France) at La Colmiane.



Office de Tourisme Métropolitain Nice Côte d'Azur
Bureau de Valdeblore :
La Colmiane - 06420 Valdeblore
 +33(0)4 93 23 25 90



VENANSON

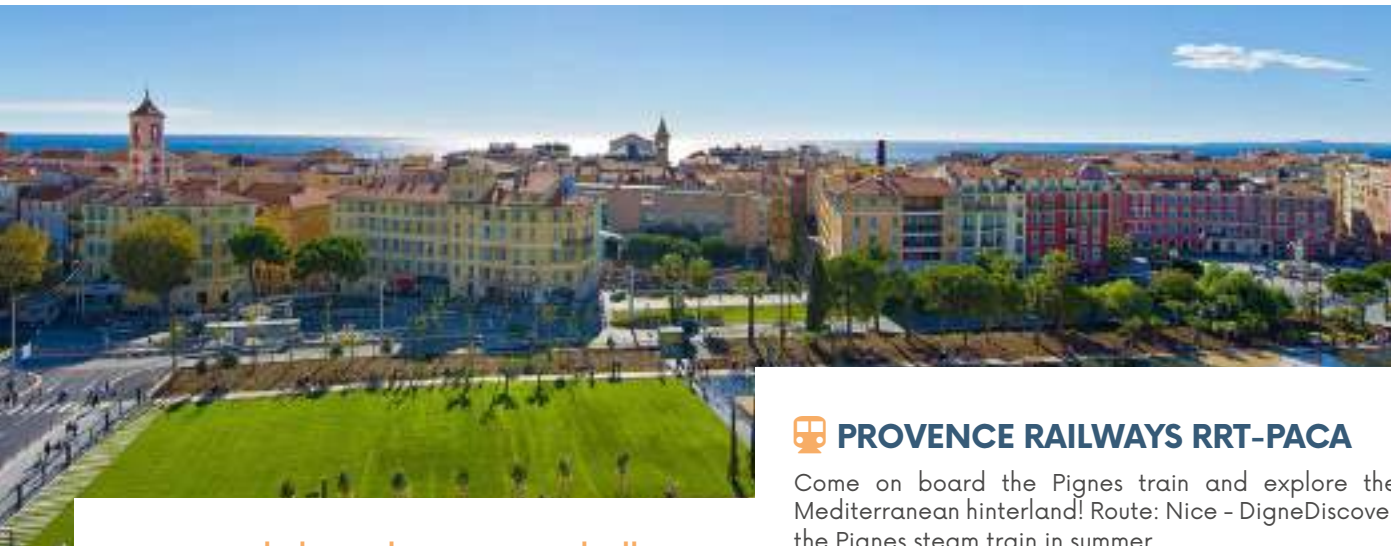
Built on a rocky outcrop at an altitude of 1,164m, Venanson is a veritable belvedere overlooking the Vésubie valley and a charming village with its typical narrow streets and fabulous panoramic views from the edge of the cliff! With its magnificent natural surroundings, the village is a great starting point for walks to observe the deer, which are very present, as well as golden eagles, griffon vultures and bearded vultures.

SIGHTS

The parish church of Saint-Michel (17th century) the chapel of Saint-Claire (15th century), with its frescoes that bear witness to the Renaissance art of the Piedmontese painter Giovanni Baleison, the Pic de la Colmiane.

Office de Tourisme Métropolitain Nice Côte d'Azur :
 www.explorenicecotedazur.com/venanson

PRACTICAL INFORMATION



Transport links to the towns and villages of the Metropolitan area...

BY BUS WITH LIGNES D'AZUR

A single fare for the whole of the Nice Côte d'Azur Metropolitan Area. The azur ticket allows you to travel successively on the urban lines of the Métropole Nice Côte d'Azur and on the departmental lines of the Alpes-Maritimes.

(excluding lines with special fares: Bus 100% neige, "Rando Bus", 100X)
(Tickets must be validated even if purchased on board the bus).

 08 1006 1006 (service €0.06/min + call charge)

 www.lignesdazur.com

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 <https://www.ter.sncf.com/sud-provence-alpes-cote-d-azur/tarifs-cartes/bons-plans/pass-sudazur-explore>

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 + 33 (0)4 97 03 80 80

 www.trainprovence.com

LE TRAIN DES MERVEILLES

This tourist train takes you through the Paillon and Roya-Bévéra valleys and the Mercantour Park, where the Vallée des Merveilles is nestled. A tour guide explains the route and recounts the traditions, culture and landscape of the villages you pass through (in FR/GB).

Every day from June to September inclusive.

Leaves Nice-Ville at 9.15am

 +33(0)800 11 40 23

 <https://www.ter.sncf.com/sud-provence-alpes-cote-d-azur/decouvrir/trains-touristiques/train-merveilles>



Never leave luggage unattended. Please report any suspicious objects or behaviour. Stay vigilant when on public transport and in the most popular tourist sites. Whether on the seaside or in the mountains, don't forget to check the latest weather reports before setting out. Always take appropriate equipment for your activity and leave complete information on your plans and itinerary with a third party.



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- 1 **THE WATER COMES FROM OUR VALLEYS,**
do not waste water

- 2 **FROM THE SEA TO THE MOUNTAIN,**
let's respect wildlife!

- 3 **ZERO PLASTICS,**
adopt the right reflexes!

- 4 **SORT OUR WASTE,**
even on holiday!

- 5 **STAYING ON THE TRAILS,**
means preserving biodiversity!

- 6 **USING PUBLIC TRANSPORT,**
means limiting climate change!

- 7 **TOBACCO-FREE BEACHES,**
better for the environment and our health!

- 8 **PREFER LOCAL PRODUCTS,**
in restaurants and shops!





- 9 **LET'S WALK,**
on the way to an active and healthy life!

- 10 **LET'S SHARE OUR ECO-RESPONSIBLE PRACTICES,** we're all in this together!

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B.P. 4079 - 06302 NICE CEDEX 4

NICE
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