



Teenage Kicks

Entertaining the kids can prove tricky.

Here are some suggestions when chilling on the beach doesn't cut it.

1. Visit **Marineland** (www.marineland.fr) and **Aquasplash**. A large water park at Marineland draws the summer crowds for water slides, tunnels, pools, and more. One slide has age restrictions and propels you out so fast and high above the water you have to wear a helmet for protection. If there's any energy left, very close by is a large funfair open from 4pm. If you are not in a car, take the train or 200 bus from Nice. It's about 5 minutes walk from Biot station.

2. Want to feel real fear? **The Bureau des Moniteurs** (www.nicebdm.com) will arrange minivan pick-ups to take you to the mountains for adrenalin-charged activities like via ferrata (vertigo-inducing wire bridges and walkways in the mountains), and canyoning (following the course of a river via wading, swimming, jumping, abseiling, and sliding). Tip: take along a waterproof camera – a disposable one from a supermarket would do.

3. Teens can enrol on scuba diving trips with **Diamond Diving** (www.diamonddiving.net). No experience of scuba is necessary as beginner dives are available.

4. If the kids have a soft spot for dolphins (and who doesn't?), then book on a boat trip with **Acti Loisirs** (www.dauphin-mediterranee.com). Boats depart from Villefranche-sur-Mer from June to September. Please check their website for days of departure, usually Sundays, Wednesdays, and Fridays. If you reserve on-line you are entitled to a 10% discount.

5. Head to Frejus for the water park **Aqualand** (www.aqualand.fr). Rides range from Kamikazes, Black Holes, and less adrenaline charged floating rings. There are many pools, snack bars, and general chill out areas and overhead palms shade some parts. Open 19 June – 5 September from 10am until 6pm (7pm for some weeks of July and August). Adults entry is €25 and concession (children 3–12 yrs and adults over 65 yrs) €18.50.

6. The legal age to buy alcohol in France is 16, so it's an opportunity to learn to drink like the French – who can make one small beer stretch an hour or two at an outside café while looking cool and appraising all who pass by. If preferred, let them order a glass of Pschitt (the p is silent) lemonade with a straight face.

7. An opportunity for making new friends is to join in with volleyball. Two enclosed and sanded volleyball courts (the sand is imported specially) can be found on the public beaches opposite the Ponchettes art galleries by the Cours Saleya, midway between Castel Plage and Opera Plage private beaches. It is just a couple of Euros for the whole day.

8. For ages 15 and above, **Nice Cycle Tours** (www.nicecycletours.com) offers two great bike tours, both starting from the Promenade des Anglais in Nice. There's no cheesy commentary or chug-a-long tourist train, just a knowledgeable guide, dedicated bike lanes, small groups, and in-depth local knowledge not just about history, architecture, and culture, but also the best bars, clubs and restaurants. The breeze on your face is wonderful.

9. Much of the looking cool and wearing dark shades takes place in Place Masséna. Try and sneak in a photo opportunity by the Soleil fountain—some of the well-endowed sculptures there lend themselves to a cheeky composition. Or commandeer the benches on the Place and assess the skills of the local skateboarders in the gardens and walkways of the nearby Espace Masséna.

10. Sign up for the weeklong morning or afternoon sailing course with the **ASPTT Nice Voile** (www.asptt.com) on Bd Franck Pilatte. The courses accommodate ages from 6 to 17 years. Some school French will prove valuable.



11. On the public beach near the Beau Rivage Beach Club, you can sign up for paragliding, scrabbling, and even water skiing. For jet ski-ing, head to **Jet Evasion Nice** (www.jetevasiono6.com) located on the Plage de Carras, the last beach in Nice before the airport. From 15 minute taster trips to a full three-hour trip to Monaco, prices start from €50 a person, with discounts for two people booking to ride together. You can only jet ski alone if you are 16 or over.

12. Hire skates and slide or skid down the Promenade. If you have all mastered rollerblading already, look out for posters advertising en masse rollerblading along the Prom. Starting on Nice's Promenade opposite the Beau Rivage Hotel, this event usually takes place on the 2nd Friday in the month.

Fast (but good) food can be the answer for teen dining. Many of the smaller cafés and kiosks have a tiny dining area, often just one or two tables and high stools, and offer a *Formule* lunch menu – usually a sandwich and a drink for around €5.



Typical fast food available in Nice includes pizza, panini, baguette sandwiches, socca, and pasta dishes.

René Socca on rue Pairolière is one of the best places to try out Niçoise food, as is



Lou Pilha Leva on Place Centrale.

For pudding, work your way through **Fenocchio Glacier's** 96 flavours of ice cream, from vanilla to beer, M&M's® to tomato and basil, and even lavender. Ask for as many scoops or *boules* as you wish in a bowl or cone.



PEBBLES TIP

There is more detailed information about the attractions listed here, and more, on our websites.

See the Explore section of Riviera Pebbles or the About Nice section of Nice Pebbles.

If you need a ride to the attractions, call us to arrange transport for you!

www.nicepebbles.com
www.rivierapebbles.com

Fun for Tots

Learning and Fitness Activities for Kids

Here are some cool suggestions made for your terrific little ones.



La Tasse de Couleur

Paint your own ceramics café

www.latassedecouleur.com

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In the medieval village of Biot you can find this cute and friendly paint your own ceramics café run by Suzanne and Jacqui, both English. There are plenty of possibilities for pottery painting and you don't have to be a child to take part in the fun. With cupcakes, cookies, Italian coffee and English tea on offer, it is a big hit for all families and groups of friends looking for a fun day out. Workaholics can take their laptops if they must and catch up whilst the kids paint.

Also ideal for gifts, Jacqui & Suzanne can recreate and paint a special piece based on your own ideas and photos. They also have pre-painted items for sale.



La Ferme du Far West

www.marineland.fr

This is part of the Marineland complex. A great fun fare for tots with inflatables, ball pool, obstacle courses, and garden mazes for over 3 years. You can see all the attractions and book advance tickets on-line in English. Open daily between April–August. Check their on-line calendar website for opening hours between September–March, as they vary.



Parc Phoenix

www.azuralive.com

Heading back to Nice airport, this is a giant greenhouse. Attractions for youngsters include a Butterfly Jungle, the Louisiana garden, the Thai garden and the Austral African Garden. It is free admission for children under 12 and adult entry is €2. Open daily 9am–6pm.

W Aero Jump

This harnessed trampoline is found on Nice's beach during May–September – a big hit with children and adults alike.

W Place Masséna

If you wander around Place Masséna in Nice, you will often come across a park of slides, bouncy castles, and miniature trains set up for peak season tourist trade. Then of course there is always the famous carousel next to the Théâtre de Verdure.

W Beaches

We've found that little feet easily navigate over the pebbles on Nice's beach, so don't be put off. Tots love building pebble towers too. If sandcastles are more their thing, then sandy beaches can be found at Antibes, Villefranche, Cannes, Golfe-Juan and Juan-les-Pins. The last two would be our first choice for family beach days.

<http://www.latassedecouleur.com>
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