



Things to do and see in NICE for the first time visitor

W The Beach and Promenade des Anglais

The pebbled beach is a mixture of private and public spots. For a beach holiday to remember, head to one of the private beaches. Our favourites are Castel or the Beau Rivage Beach Club. The Blue Beach further down the Promenade is also good and a cheaper alternative. A day at the beach club will cost around €25 each in peak season.

The public beaches are still well maintained with flushing toilets, showers, and a lifeguard.

Paddle boats, water-skiing, wind surfing, or paragliding are all on offer from the beach front. For sandy beach options, head for Antibes, Cannes or Juan-les-Pins.

All walks of life parade along the Promenade and it is great for a stroll in the early morning or evening. For the more energetic, hiring a bike or skates or taking a jog on the Promenade are a must. From the Port, past the airport, through Cagnes and beyond are options for skaters, cyclists and (very fit) joggers amongst you.

W Open Top Tourist Bus: Le Grand Bus Tour

Directions: The main stop is where the Promenade des Anglais merges with Quai des Étas-Unis. Look for the Beau Rivage Beach Club.

Departing from the Promenade des Anglais, with stops at the Port, Cap de Nice, Cimiez Hill (for the Chagall and Matisse museums), the bus can be a good way to get your bearings around the city. The full route takes an hour and a half and you can hire headphones with English commentary. At around €20 a person for a day ticket this is expensive but good if you want to get your bearings around the city or visit the Chagall Museum or the Matisse Museum. A two-day pass is also available.

W The Tourist Train

Directions: Next to the Le Grand Bus Tour, where the Promenade des Anglais merges with Quai des Étas-Unis. Look for the Beau Rivage Beach Club.

Good if you are with small children or those who prefer not to walk. The little train will cruise around the Old Town and up to the Château on the hill. You can stop off at the Château for as long as you wish and take another train down when you are ready. It takes around 40 minutes for the round trip.

W You can walk!

 Bus

 Train

Check www.nicepebbles.com and www.rivierapebbles.com for up-to-the-minute information for you to enjoy your holiday.



W Mobil Board

Directions: head to 2 Rue Halévy just off the Promenade to start the tour or the Tourist office on the Promenade for more information.

Glide and ride is the modern way to take a two-hour tour of the city with English commentary and photo stops. The tour costs €45 per person. There is a shorter tour if time or budget is limited. Tours run every two hours.

W Château Hill

Directions: walk along the Promenade towards the Port. Look for the Hotel Suisse. The steps to the Château are next door. There is also an elevator for around €1 between 10am and 7pm.

The Château is now barely there and is no longer what brings hoards of tourists up the top of the 92-metre high hilltop. The landscaped park of the Colline du Château is now more famous for the spectacular panoramic view of sun-drenched rooftops, gleaming yachts bobbing gently at anchor, and the never-ending sweep of the Promenade des Anglais. Don't forget your camera!

Worth a look here are the Roman ruins of two cathedrals, the mosaics, the dramatic artificial waterfall, and the Bellanda Tower, as is the Cimetière du Château, a Jewish cemetery, hailed as one of the most beautiful resting grounds in the world.

The Château is also a good spot for children with plenty of running around space and a play area as well as some cafés selling drinks, snacks and ice cream. The park closes at 8pm in the summer and around 7pm in winter.

W Palais Lascaris

Directions: Rue Droite, Vieux Nice.

Almost hidden in the winding streets of Vieux Nice on Rue Droite is the fading beauty of the small Palais Las-

caris which dates back to the 18th century. It is probably best appreciated after you have been inside. The Baroque palace, which is now a museum, houses a large collection of antiquities, including a recreation of a 19th century French pharmacy. It was the residency of the Lascaris-Vintimille family and remained their home until the French Revolution. The vaulted ceilings of the rooms are decorated with frescoes depicting mythological themes and the furniture and Flemish tapestries are reminiscent of a bygone era.

It will only take 20 minutes to an hour to walk around as it is small and there is not a lot of information offered about the history. So since entrance is free, it is worth just popping in as you explore the Old Town. We wouldn't advise making a special trip for this. If you are very interested in the history of the Palais and antiquities there is a guided tour for around €5. Tours operate on Wednesday, Friday and Saturday at 3pm, but check as English tours are not guaranteed.

W St-Nicholas

Russian Orthodox Cathedral

Directions: Boulevard du Tzarévitch – a ten minute walk from behind the Nice train station

Inaugurated in 1912, this ornate cathedral is considered to be one of the most beautiful cathedrals outside of Russia. It was built by Tsar Nicholas II in the early 1900s for the community of wealthy Russians who resided here in the winter. Not all Russians saw him as a hero however, and not long afterwards he was assassinated. It is generally open from 9am–6pm with a lunch break between noon and 2.30pm. Entry is around €3. There is an English leaflet guide given on entry.

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Things to do and see in Antibes for the first time visitor

W Le Petit Train

Map ref. C4

The Petit Train Touristique is a great way to see the Antibes area, especially if you are travelling with children. The train departs from near the carousel on Rue de la République and weaves around the streets of the Old Town before crossing the Cap d'Antibes and finishing up in Juan-les-Pins. The commentary, in French or English, provides historical and cultural details about the buildings and sights you pass. The train operates between April and October.

W Beaches

Map ref. La Gravette D4, Le Ponteil C6, La Salis D7

Sandy beaches are rare along the French Riviera, so it's good to know about the three small public beaches in Antibes, all of them ideal for families on a budget. The first, **La Gravette**, is a gentle cove just steps away from the ancient ramparts of the Old Town and the Port. Particularly popular in high season, it's a lovely place to while away an afternoon at any time of year. Follow the ramparts and you'll pass a small sandy beach, **Le Ponteil**, before arriving at Antibes' largest public beach, **Le Salis**, at the start of the Cap d'Antibes.

W Cap d'Antibes

Map ref: D8 – Eg

The Cap d'Antibes, straddling Antibes and its sister town Juan-les-Pins, is a quiet haven from the hustle and bustle of the town. There are several quiet little pebbled coves, perfect for sunbathing or picnics. Walkers or cyclists will love the scenic walk around the Cap, finishing in Juan-les-Pins. The Cap is a perfect spot for scuba diving or snorkelling. Even beginners can share the experience at **Fabulite** (150 Traverse des Nielles, 04.93.61.47.45, www.fabulite.com).

W Le Fort Carré

Sentier du Fort Carré

Tel: 04.32.90.52.13

Map ref. D1

This 16th century fortress dominates the town of Antibes and characterises the coastline. It was built during the reign of Henri II of France to protect the border between France and the separate Comté de Nice. On a clear day, the Fort Carré is visible from Nice. The fortress is surrounded by parkland from which visitors can enjoy beautiful views.

Open Tue-Sun 10am-4pm (Sept-June), 10am-5:30pm (June-Sept). Entry fee: Adults €3, children €1.50.





Things to do and see in Cannes for the first time visitor



W Le Palais des Festivals

15 Rue Jean de Riouffe

Tel: 04.93.39.01.01

Map ref. D5

Festivals and exhibitions are held here year round, but the Palais des Festivals comes into its own in May when world-famous movie stars make their way up the red carpet for the Cannes International Film Festival. If you manage to get tickets to one of the many shows held here, you'll be following in the glamorous footsteps of thousands of stars that have sat in your place before you. If you're not so lucky, there are cinemas all across town with showings and, at any time of year, you can enjoy the pavement cemented handprint trail along the Allée des Stars, in front of the festival hall.

W The Croisette

Map ref. F5

The Croisette embodies all that people imagine the Riviera high life to be. On one side you have the golden sandy beach and the turquoise Mediterranean, and on the other, designer shopping and luxury cars. No first-time visitor should miss this glorious 2km stretch. The blue chairs lining the Croisette are perfect for people watching. If you're a designer fiend, the seafront shops will certainly not disappoint. There are also countless restaurants, bars, and, at the far end, the Casino Croisette. For evening strolls there are fine views of the Esterel mountains.

W The Beach

Map ref F5

Cannes is one of the few towns on the Côte d'Azur with a sandy beach. Cannes imports tons of sand each year to replenish its naturally pebbled coastline. Hotels have laid claim to most of the beaches, though you can still find public sections. If your budget will allow, it can be worth paying for the convenience of a private beach for a relaxing, less crowded experience. After all, you are on holiday! If you're not a sun seeker, you can still try one of the beach restaurants for a memorable meal in a picture-perfect setting.

W Rue d'Antibes

Map ref. E4 – G4

Running parallel to the over-the-top Croisette, this seemingly endless street is lined with much more affordable shops. You'll find everything from clothes and shoes to perfumes and music. Rue d'Antibes is home to French high street shops such as Zara, Sephora, FNAC and Mango, alongside a few designer shops. Don't miss Bathroom Graffiti, where you'll find some great bits and bobs for the home. If you need a break, splash out on a coffee accompanied by some exquisite patisseries at Lenôtre. The two cinemas on Rue d'Antibes usually have a couple of films in English on offer. The Château is also a good spot for children with plenty of running around space and a play area as well as some cafés selling drinks, snacks and ice cream. The Park closes at 8pm in the summer and around 7pm in winter.



W Le Suquet

Map ref. B4

A first time visitor should never leave Cannes without having visited Le Suquet, the city's Old Town. Starting at the end of Rue Meynadier, this picturesque neighbourhood is perched on a hill facing the sea. Some of Cannes' finest restaurants can be found here and it's the perfect place for a pre- or after-dinner stroll along the narrow, winding streets. If you make it all the way up you will be rewarded with a breathtaking view of the bay below. At the top, **Notre-Dame-d'Espérance** is a popular wedding spot, especially in summer. One visit here and you'll understand why!

W Forville Market

Map ref. C4

Enjoy the vibrancy of this colourful market every day except Monday. Local farmers sell their wares with a smile. Marché Forville is one of the best food markets on the Riviera, drawing top chefs who weigh up the shiny produce. As well as cheese, sausages, fruit and vegetables, oils, spices and freshly caught fish, you can sample wine, oysters, caviar, *daube* (beef stew) and other Provençal specialities.

W Vieux Port

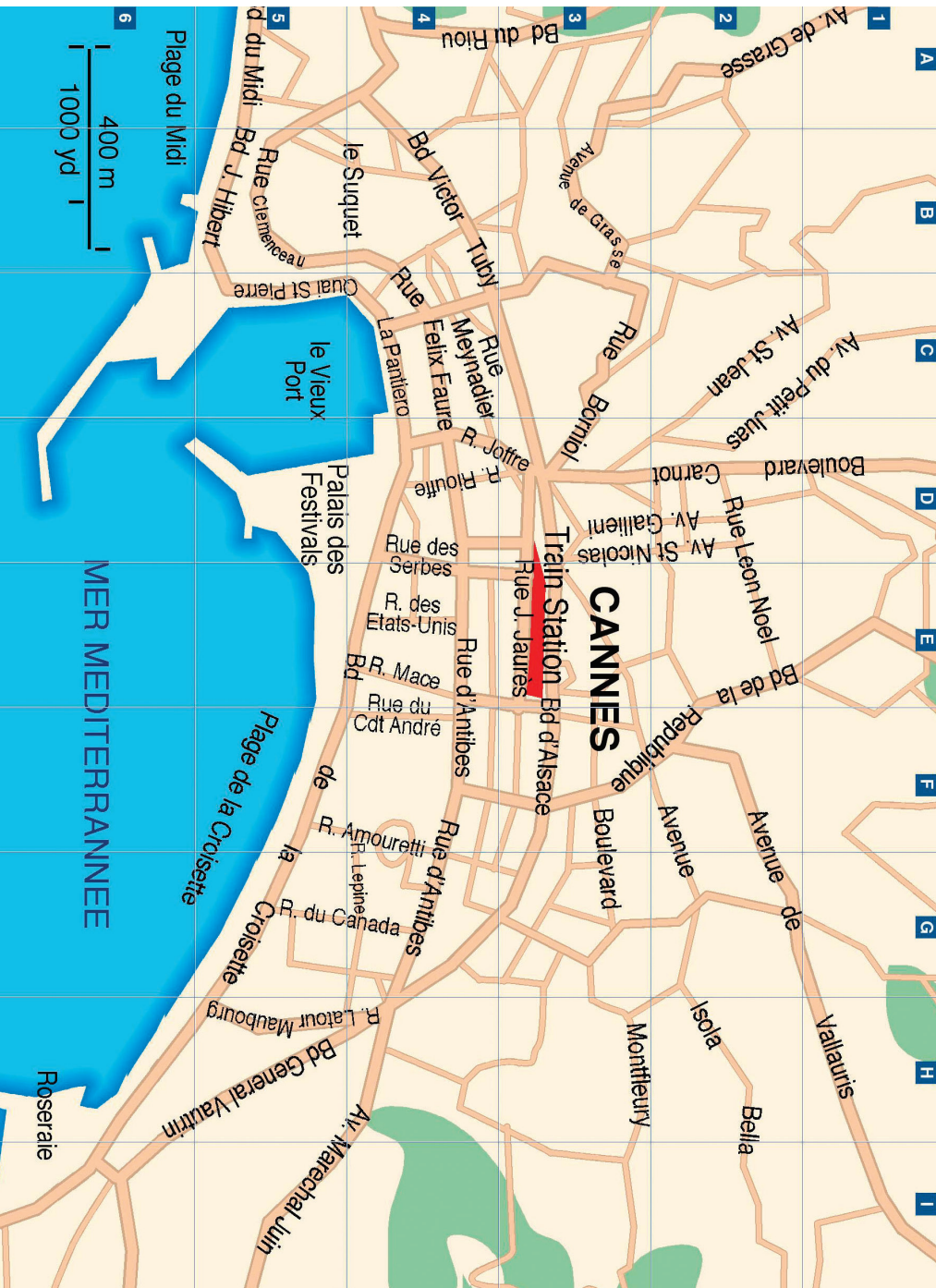
Map ref. C5

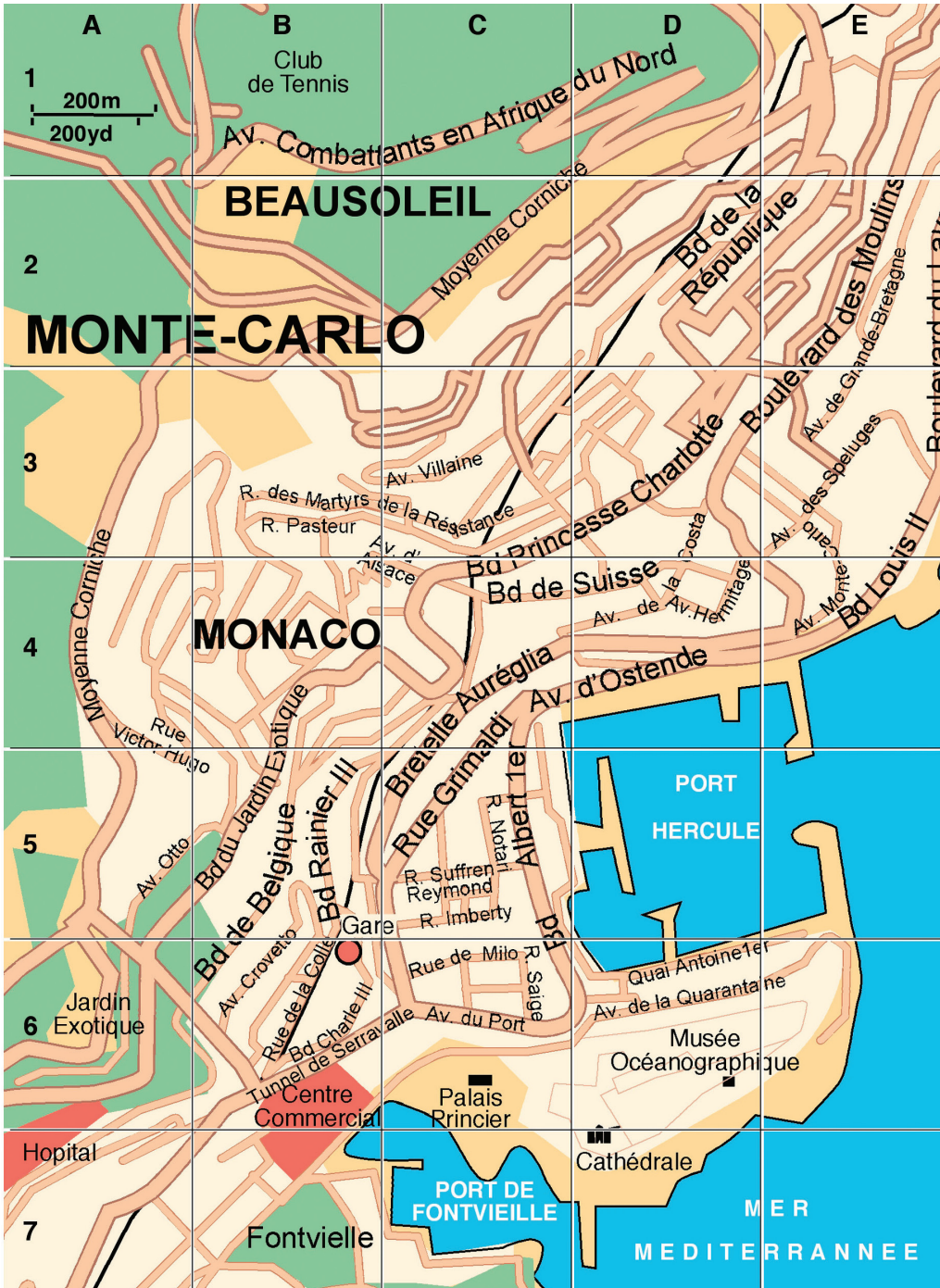
At the foot of Le Suquet, the Old Port along Quai St-Pierre is a great place for lunch. Sit back and enjoy the view of the super yachts with smatterings of bobbing weathered fishing boats alongside them. If you have time, this is the place to catch a boat that will take you across to the Îles de Lérins.



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Things to do and see in Monaco for the first time visitor

W The Monte Carlo Strip & the Monte Carlo Casino

Directions: Follow the Avenues des Spélugues down the hill to Avenue Princesse Grace.

Map ref: D3

World renowned, this majestic amusement park for the idle rich is always worth a visit. Masterminded by Charles III to save himself from bankruptcy, it certainly accomplished his mission – this once barren land now has something for everyone. As well as the Monte Carlo Casino (Place du Casino, +377.98.06.21.21,

www.casinomontecarlo.com), there are imposing villas, pristine Italian Renaissance styled buildings (alongside some hideous 1960s and 70s architecture), exotic plants and trees, flowered terraces, dramatic hill heights, toy-land palaces, and luxurious shops.

The heart of the strip is of course the Casino. If an entry refusal will break your heart, you should have your passport with you, dress a little more formally than shorts and t-shirts, and be at least 18 years old. Entrance fee: €10 (€ 20 for the Salons Privés).

Most visitors enjoy sipping a café or a cocktail at the upmarket **Brasserie le Café de Paris**, watching the world go by. In the evening you can gape at the exploits of spoiled boys as they compete in “who has the best new Ferrari” and “who is best at engine revving round the square.”

If you can afford it, treat yourself to a meal at one of the best restaurants in the world. The **Louis XV** with its three Michelin stars and opulent setting is opposite the café in the **Hôtel de Paris**. Be sure to book your table well ahead, especially for dinner.



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W **Palais des Princes de Monaco & Changing of the Guards**

Place du Palais
 Tel: +377.93.25.18.31
 Map ref: C6

High on a hill and built into a rock face is this Alice in Wonderland Palace protected by cannons and guards. With much pomp and circumstance, the Changing of the Guard takes place every day at 11.55am sharp. The ceremony lasts for 15 minutes. During the summer, visitors can take a tour of the Palace to marvel at the expensive fixtures and fittings, including marble stairways and 16th century frescoes.

W **La Condamine**

Map ref: D6
 This manufactured Port and Promenade makes for a pleasant stroll. Traffic is minimal and you can gaze at the jaw-dropping yachts. You can also try a mini-cruise in a catamaran or enjoy the Olympic-sized swimming pool and diving boards. There is an open-air market every morning at Place d'Armes and plenty of shopping to be done around the surrounding streets and the Princess Caroline shopping centre.

W **Jardin Exotique**

62 Boulevard du Jardin-Exotique
 Tel : +377.93.15.29.80
 Map ref: A6

Many of our guests have been wowed by the sheer size and beauty of the tropical gardens displaying plants from the United States, Mexico, South America, and Africa. A peaceful afternoon can be spent marvelling at the colourful blooms with views of the Mediterranean and the harbour below. Visitors can also explore the sparkling underground caverns with well-lit and maintained pathways. A good complement to the caverns is a visit to the prehistoric anthropology museum. Next to the gardens, the museum documents the history of human evolution and features some of the relics found in the caves 200,000 years ago when it is believed they were inhabited by humans as well as cave bears. The garden, caves, and museum are open every day except Christmas Day and the Monaco bank holiday on 17 November.

W **Oceanographic Museum**

An award winning aquarium and museum. See page 54 for more details.

