

# Côte d'Azur

French Riviera  
2012



# CÔTE D'AZUR - FRENCH RIVIERA

## THE FRENCH RIVIERA, FIRM FAVOURITE OF THE INTERNATIONAL TOURIST SCENE...

*"One day, in her search to become eternal, beauty looked for a place to call home.*

*She discovered the French Riviera. She took up residence and loved it so much that she has lived there ever since."*

Louis NUCÉRA, 1928-2000

The French Riviera is a cosmopolitan Mediterranean destination situated at the heart of Europe. It enjoys a climate blessed by the gods with over 300 days of sunshine per year. Its unique natural environment, intense light and mild climate are key attributes of the stylish living synonymous with the French Riviera.

Land of exception and emotion, the Côte d'Azur - French Riviera owes much of its success to extraordinary diversity and wealth. A unique identity forged by the contrast between sea and mountains. Preserved natural landscapes stretching from the Mediterranean coast to the Southern Alps.

A wonderful cultural heritage which embraces a large part of the history of humanity. An abundant crucible of creative activity for artists from all over the world. A profusion of international festivals and large events. Gourmet food bursting with sunshine given a contemporary twist by the greatest chefs. A wide range of leisure activities and infrastructures which have seduced visitors from all over the world for over a century and a half.

### KEY FIGURES

**No. 1 French tourism destination** after Paris: almost 11 million visitors.

**No. 1 French international airport** after Paris. 105 direct flights to 35 countries.

**651 hotels** with a capacity of **63,000 beds**, over **40% of which are 4\*/ 4\*L and 5\***.

**2<sup>nd</sup> area in France for tourist residences.**

**60% average occupation** for tourist accommodation. Less than one in two trips taken between June and September.

**No. 1 cruise destination:** almost 1 million cruise passengers.

**No. 1 "gambling" destination** in France: 17 casinos, 5 of which are in Monaco.

**No. 1 yachting destination** in Europe.

**20 golf clubs** and 20 courses including 10 "18-hole" courses.

**14 ski resorts** including 3 international and 700 kms of runs.

**1 Natural National Park:** Mercantour National Park.

Over **130 museums and monuments** open to the public.

**100 parks and gardens** open to the public, 11 of which are carrying the label "Outstanding Gardens".

**5,200 restaurants** 36 of which are **Michelin-starred** (2011 awards).

### BY PLANE:

The French Riviera, within 3 hours of over 30 European destinations, offers a wide range of themed stays all year round. With France's 2<sup>nd</sup> airport, Nice Côte d'Azur International Airport, the French Riviera is within reach of over 35 countries, 105 destinations and served by 59 airlines!

The 2012 schedule is available at: [www.nice.aeroport.fr](http://www.nice.aeroport.fr)





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# 2012 NEWS

Celebrations and unmissable events.



From the 100th anniversary of the Hotel Negresco to 15 years of the Nuits des Sud Festival, from 70 years of the Monaco F1 Grand Prix to 35 years of the Cannes Sailing Festival, this year, the French Riviera will pay tribute to the events and locations that have made this famous destination, the ultimate and most desirable meeting point for the world's elite.

## WINTER

### 40 YEARS OF ISOLA 2000 THE TRENDY RESORT WITH A SEA VIEW

Happy Birthday! Ski at Isola 2000 on your 40th birthday! Free day pass.

Isola 2000, the French resort with the most snow fall in recent years, boasts 120 km of slopes, at altitudes ranging from 1800 m to 2610 m. 80% of its skiing area is covered with artificial snow.

> [www.isola2000.com](http://www.isola2000.com)



#### Some history

The Isola 2000 resort opened in 1972.

The idea for a resort arose in 1947, following the Second World War and due to the Italian military road that joined Isola to Vinadio via the Col de la Lombarde where the new border was located.

It all began when an Englishman, on discovering the wonderful site at Chastillon, decided to build a winter sports resort there. The idea gained ground until 1964, the date when the Municipal Council approved the creation of a winter sports resort.

### THE 80TH MONTE CARLO RALLY

17th to 22nd January 2012

The 80th Monte Carlo Rally, part of the 2012 FIA World Rally Championship, will take place from Tuesday 17th to Sunday 22nd January, after an absence of three years.

The return of the World Championships will also mean more miles in the special stages, which will see a 20% increase compared with 2011, the centenary year of the Monte Carlo Rally.

Regional program!

Two now classic stages ("Moulinet - La Bollène Vésubie" and "Lantosque - Lucéram") and a "Power Stage", providing bonus points for the first three teams will end the rally on Sunday 22nd.

In total, the teams involved in this 80th event will compete over more than 430 kilometres of special stages and some 1300 kilometres of road sections.

Following the Rally, the 15th Monte Carlo Historic Rally will take place from Saturday 28th January to Saturday 4th February 2012.

> [www.acm.mc](http://www.acm.mc)

## SPRING

### THE 40TH ANTIQUES SHOW IN ANTIBES

7th to 23rd April 2012

Every year, almost 20,000 enthusiasts, fans and collectors of antiques, bric-a-brac and old jewellery... but also furniture and objets d'art from the 20th century and paintings by the grand masters of modern art converge on the port in Antibes.

The programme presents a true journey through time and the history of art with the exceptional masterpieces exhibited by around one hundred of the best French and foreign exhibitors.

> [www.salon-antiquaires-antibes.com](http://www.salon-antiquaires-antibes.com)

### THE 65TH CANNES FESTIVAL

16th to 27th May 2012

An international event bringing together a total of 4,500 journalists representing 1,000 newspapers and magazines, 300 TV channels, 200 news agencies and 150 radio stations, over around 12 days. Only the Football World Cup and the Summer Olympic Games do better! It must be said that there is always a show on the Croisette. Only the red carpet is, every night, an enchanting and universally photogenic ceremony.

> [www.festival-cannes.fr](http://www.festival-cannes.fr)

#### More info... *Silence on set, filming in Cannes...*

The Mediterranean city has featured in more than one film, lending its sets to around twenty productions over the last 80 years. To name just a few:

1929, *The Iron Mask*, a silent film by Allan Dwan, starring Douglas Fairbanks, alias The King of Hollywood. Location: the Fort on Ile Sainte-Marguerite, the place where the Man in the Iron Mask was really imprisoned. 1955, filmed one year earlier, *To Catch a Thief* was one of Alfred Hitchcock's masterpieces.

The film reunited Cary Grant and Grace Kelly. Location: The Croisette and at the Carlton and all over the French Riviera.

1963, *Mélodie en sous-sol (The Big Snatch)* by Henri Verneuil who was joined by two greats from French cinema: Jean Gabin and Alain Delon. Location: Palm Beach

> [www.palaisdesfestivals.com](http://www.palaisdesfestivals.com)



## 70 YEARS OF THE MONACO F1 GRAND PRIX

24th to 27th May 2012

It was in 1929, on 14th April at 1.30pm, under the Honorary Presidency of H.S.H. Prince Louis II, that the Monaco Grand Prix was born, due particularly to Anthony Noghes (son of the President of the Monaco Automobile Club of the time), who demonstrated great commitment in arranging to host an event of this size in the smallest European state (after the Vatican) with the support of the famous driver from Monaco, Louis Chiron.

On this date, 16 competitors started a 100-lap race of the circuit. That year, the average speed was 80.194 km per hour! After some difficult early days including several cancellations, since 1955, the Monaco Grand Prix has been one of the most anticipated races in the Formula 1 Championship.

> [www.grand-prix-monaco.com](http://www.grand-prix-monaco.com)

# SUMMER

## 2012 - 2013 THE CENTENARY

### LE NÉGRESO - NICE

#### TWELVE MONTHS FOR CELEBRATING A FRENCH WAY OF LIFE

From July 2012 to June 2013, bedecked in its most magnificent décor, Le Negresco will offer its guests a stay full of surprises. Exhibitions, special events, books, talks, small gifts and the utmost attention to detail, Le Negresco will celebrate the French way of life in the best possible way. This was the dream of its founder Henri Negresco, who designed this sparkling white jewel set against its blue background in 1912.

> [www.lenegresco.com](http://www.lenegresco.com)



### *Tribute to Henri Negresco - Suite "100"*

Dedicated to the arts of the Belle Époque, this will be decorated with vintage furniture and art works by famous artists in the great tradition of Le Negresco. It will feature a double private lounge and a spacious bedroom with a view overlooking the sea and the famous palms lining the Promenade des Anglais.

## 15 YEARS OF THE NUITS DU SUD - VENCE

12th July to 11th August 2012

13 evening performances and 26 concerts.

Located about thirty kilometres from Nice, every year, Vence stages the Nuits du Sud Festival in July and August. This event arose out of a desire to organise a festival in the town and for the town. Over the last 14 years, as a result of the energy of the Nuits du Sud team and its 120 volunteers managed by Teo Saavedra, the festival's director, it has become a major event

on the French Riviera, offering music lovers a veritable tour of the musical world for an average ticket price of €14. The 15th event will ring out like an anniversary, rich in discoveries, full of emotion with emerging artists and international stars. Programme being finalized.

> [www.nuitsdusud.com](http://www.nuitsdusud.com)

## THE 35TH SAILING FESTIVAL - CANNES

11th to 16th September 2012

With 80,000 m<sup>2</sup> of land and floating exhibition space and over 500 boats on display, the Cannes Sailing Festival is Europe's leading floating exhibition and without doubt the most prestigious in the world. It attracts over 54,000 visitors, who come from every corner of the globe to discover the most beautiful jewels of the sea featuring the world preview of almost 200 new international products.

> [www.salonnautiquecannes.com](http://www.salonnautiquecannes.com)

# 2012, IS ALSO...

## THE 130TH ANNIVERSARY OF JUAN-LES-PINS

Enjoyed by John Dos Passos, Ernest Hemingway and Francis Scott Fitzgerald, the seaside resort of Juan-les-Pins was created in 1882 and developed at the instigation of the rich American Frank Jay Gould and Edouard Baudoin in the 1920s. Ever since, Juan-les-Pins has been the international capital of a certain "lust for life", with its many luxury hotels and nightlife, that have made it famous all over the world.

> [www.antibesjuanlespins.com](http://www.antibesjuanlespins.com)

### *More info: Frank Jay Gould (1877-1956) - American business man*

The wealthy heir of the American railroad king, Frank Jay Gould first settled in France at the turn of the century, then moved to Juan-les-Pins accompanied by his wife Florence Lacaze in 1925. In partnership with Edouard Baudoin, he became involved in real estate. He financed the construction of the Provençal, a sumptuous luxury hotel in Juan-les-Pins where the celebrities of the time stayed (André Gide, Cocteau, Chaplin, Estée Lauder...) and insisted upon the construction of the Juan-les-Pins railway station. He died in Juan in 1956 leaving an estimated one hundred million dollar fortune. Today, the pine forest at Juan-les-Pins bears his name, Pinède Gould.

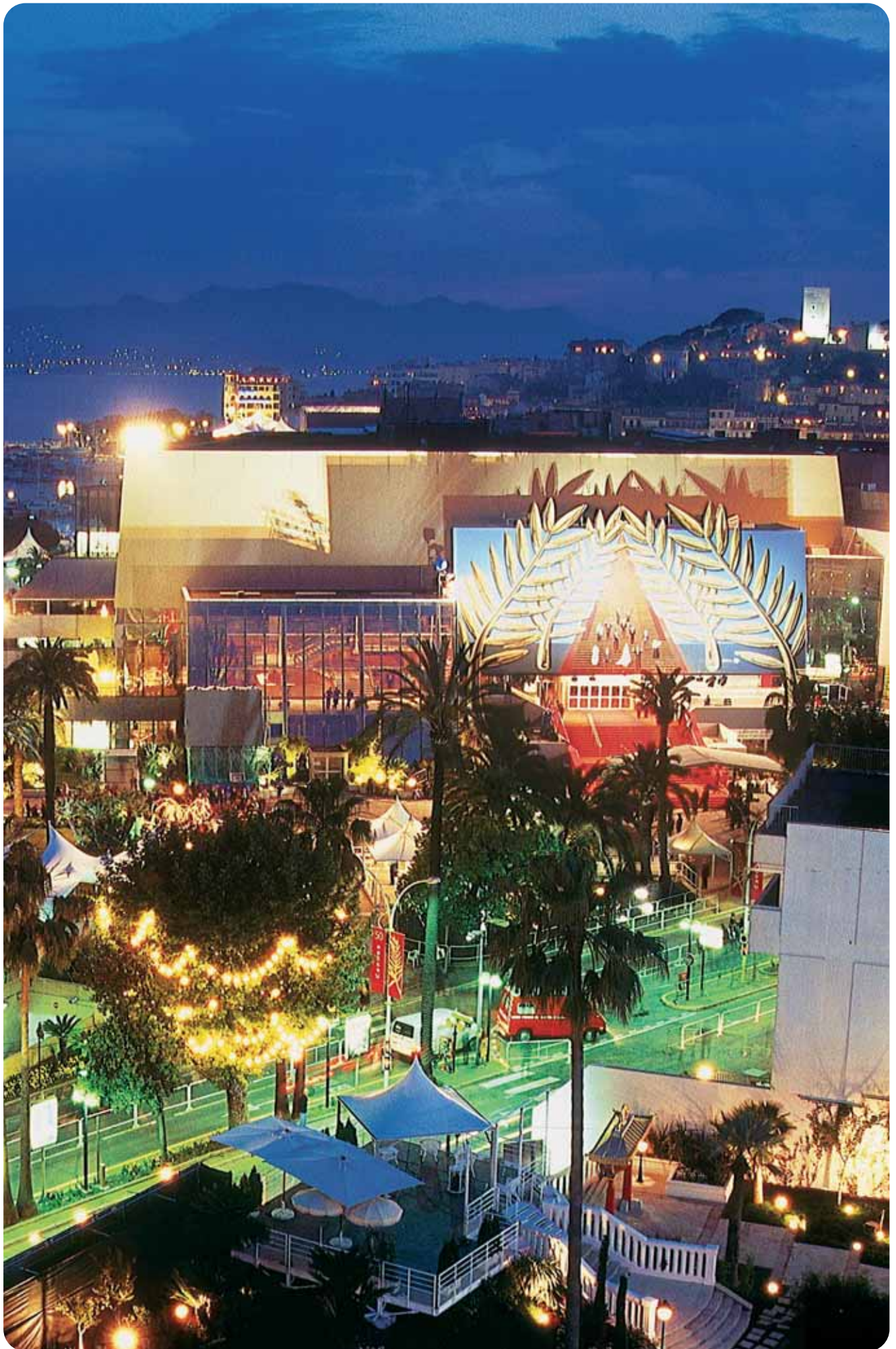
## 30 YEARS OF THE PALAIS DES FESTIVALS CANNES

This history of the Palais des Festivals et des Congrès in Cannes is inextricably linked to that of the Film Festival which began in 1946. In order to host this flagship event, a building was first constructed in 1949 on the Boulevard de la Croisette, on the site of the current JW Marriott Cannes. Faced with the growing success of the Festival and the emergence of business tourism especially with the first MIP TV events from 1965, in 1979, the City of Cannes decided to build a new facility on the site of the Municipal Casino.

Opened in 1982, over the years, the current Palais des Festivals et des Congrès has established itself as one of the most competitive locations for hosting major international events.

> [www.palaisdesfestivals.com](http://www.palaisdesfestivals.com)









# CELEBRATIONS ON THE FRENCH RIVIERA!

The French Riviera boasts over 4,000 events a year! Every day is a celebration and the year is punctuated by a wide range of activities in each town or village, from the coast to the depths of the hinterland. How can you choose from so many wonderful events? Quite simply by satisfying your passions and desires.



Here is a selection of the events for each season highlighting in particular those we consider to be "major events", combining the criteria of both size and international reputation.

## WINTER CELEBRATES TRADITION

In February, enjoy 3 winter celebrations on the French Riviera! February is traditionally the time for major winter festivals on the French Riviera: Mandelieu, Nice and Menton are lit up by a thousand lights to celebrate their respective traditional festivals of the Mimosa Festival, the carnival and the Citrus Festival.

For over fifty years at this time of year, the French Riviera has been the meeting point for families and fans of the popular festivals that enliven the Riviera coast, with their processions of characters, flower battles and carnival floats...

- ▶ 17th - 26th February, Mandelieu-La Napoule  
**FÊTE DU MIMOSA** "The Mimosa celebrates the animals"  
> [www.ot-mandelieu.fr](http://www.ot-mandelieu.fr)



- ▶ 17th February - 4th March, Nice  
**NICE CARNIVAL** "King of Sport"  
> [www.nicecarnaval.com](http://www.nicecarnaval.com)



- ▶ 17th February - 7th March, Menton  
**FÊTE DU CITRON**  
"Menton welcomes the Regions of France"  
> [www.feteducitron.com](http://www.feteducitron.com)



- ▶ 25th - 26th March, Tourrettes-sur-Loup  
**FÊTE DES VIOLETTES**  
Traditional festival celebrating the violet with flower covered floats.  
> [www.tourrettesurloup.com](http://www.tourrettesurloup.com)



# SPRING CELEBRATES GLAMOUR AND THE JET-SET

- ▶ **16th – 27th May, Cannes**  
**65TH CANNES FILM FESTIVAL**  
The most important cinematographic event in the world.  
> [www.festival-cannes.fr](http://www.festival-cannes.fr)
- ▶ **24th – 27th May, Monaco**  
**70TH FORMULA 1 GRAND PRIX**  
One of the oldest and most prestigious motorcar races, played out on a circuit through the city's streets designed in 1929.  
> [www.grand-prix-monaco.com](http://www.grand-prix-monaco.com)



## FOCUS ON

### THE CANNES SHOPPING FESTIVAL 6th – 9th April

The Cannes "Fashion" event will ensure the presence of leading brands and couture houses, based in Cannes and notably on the Croisette. Over 4 days, fashion shows at the Palais des Festivals, gala dinners and exceptional holiday offers will satisfy festival goers who can give free reign to their taste for fashion, luxury and lifestyle. The event will be supported by an international media presence and famous personalities. Prestigious brands and young designers whose cutting edge creativity is supported by the industry's professionals, guarantee a 2012 festival marked by revival.

> [www.canneshoppingfestival.com](http://www.canneshoppingfestival.com)

# SUMMER CELEBRATES MUSIC

- ▶ **June to September**  
**SOIRÉES ESTIVALES DU CONSEIL GÉNÉRAL**  
Discover events featuring dance, classical music, singing, jazz and theatre among others...  
> [www.cg06.fr](http://www.cg06.fr)
- ▶ **8th – 12th July, Nice**  
**NICE JAZZ FESTIVAL**  
A program featuring jazz and international variety acts.  
> [www.nicejazzfestival.fr](http://www.nicejazzfestival.fr)
- ▶ **12th – 22nd July, Antibes**  
**52ND "JAZZ À JUAN" JAZZ FESTIVAL**  
The ultimate Jazz event.  
> [www.jazzajuan.com](http://www.jazzajuan.com)



## MUSICAL HIGHLIGHT

### French Riviera press kit, all the music I love!

Mega concerts, DJ parties, major international stars, plenty of open-air events besides the sea, on the famous promenades, in village squares, in gardens... so many musical invitations on the French Riviera!

...coming spring 2012



- ▶ **12th July – 11th August, Vence**  
**15TH "NUITS DU SUD" FESTIVAL**  
Concerts featuring Latin-American music...  
> [www.nuitsdusud.com](http://www.nuitsdusud.com)



## AUTUMN CELEBRATES THE SEA

- ▶ **25th – 29th September, Cannes**  
**34TH ROYAL REGATTAS**  
This event hosts over 150 of some of the world's most beautiful yachts. For a whole week, these splendid, often hundred-year-old yachts compete in fierce battles yet always with a spirit of fair play.  
> [www.regatesroyales.com](http://www.regatesroyales.com)
- ▶ **19th – 22nd September, Monaco**  
**22ND MONACO YACHT SHOW**  
The ultimate event in luxury yachting. This is the only nautical trade show dedicated exclusively to luxury sailing. It brings together the professionals from international luxury sailing: shipbuilders, brokers, designers, fitters, service companies and more.  
> [www.monacoyachtshow.com](http://www.monacoyachtshow.com)



## DECEMBRE CELEBRATES CHRISTMAS

- ▶ **Lucéram**  
**LE CIRCUIT DES CRÊCHES DE LUCÉRAM**  
For 10 years, over 400 Christmas nativities have been exhibited in the streets and basements of the medieval city as well as in churches, chapels, museums and picturesque places in the surrounding areas. A circuit marked with arrows enables you to discover unusual, original and authentic nativity scenes.  
> [www.luceram.com](http://www.luceram.com)



- ▶ **Roya-Bévéra**  
**LA VALLÉE DES SANTONS**  
Giant open-air nativity scene. This path will lead to the discovery of over 300 nativity scenes from many different origins, exhibited in various locations in the villages of Breil, Fontan, Saorge, La Brigue and Tende surrounded by fir trees and holly.  
> [www.royabevera.com](http://www.royabevera.com)

Christmas markets in the major towns and cities on the French Riviera.

> FIND OUT ALL THE NEWS ABOUT  
THE FRENCH RIVIERA AT:  
[www.cotedazur-en-fetes.com](http://www.cotedazur-en-fetes.com)  
[www.frenchriviera-tourism.com](http://www.frenchriviera-tourism.com)







# THE JOYS OF THE SEA

Along a 120km shoreline, the French Riviera is a succession of famous resorts, 40km of sandy or shingle beaches, beautiful sites, headlands and islands.

The French Riviera, famous for the world's most beautiful light, features magnificent sites for maritime pleasures. Revel in the beauty, the relaxation and the dream..., let yourself be nourished by treatments that are both soothing and surprising depending on your moods and your desires, put to sea with boat trips or simply enjoy strolls along the coast...



## SOME FIGURES

120km of coastline.  
A succession of famous seaside resorts.  
40km of sand or shingle beaches.  
4 capes.  
2 islands.  
150 private beaches (approximately).

# HIKING ALONG THE CAPES

Stroll along the length of the coast. Let yourself be charmed by the beauty of the setting. The coastal paths follow the contour of the capes, Cap Martin, Cap d'Ail, Cap Ferrat, Cap d'Antibes... the Iles de Lérins which inspire peace and splendour...

The fortifications, lighthouses and villas literally on the water's edge are also not to be missed...

### CAP MARTIN

This seaside path presents 3km, 45 minutes through typically Mediterranean vegetation comprised of broom, myrtle, pistachio trees and Aleppo pines. It invites you to follow in the footsteps of Nietzsche or Corbusier, discovering his tiny beach cottage or "cabanon" on the path.

### CAP D'AIL

A wonderful 3.6km path connecting Mala beach to Marquet beach. This coastal walk of about 1 hour allows you to discover the wealth of flora and geology as well as the architecture of the "Belle Epoque" villas.

### CAP FERRAT

11km of coastal paths (approximately 2 ½ hours) for the tour of millionaires' peninsula, a true haven of tranquillity with sumptuous villas. The Sainte Hospice walk (45mins) bordered by Aleppo pines is not to be missed. Another path (approximately 1 hour), connects Lilong cove to Passable beach and you can get to Port de Saint-Jean using the Roy path stretching past the former property of King Léopold II of Belgium. Limestone creeks and cliffs line this coastal walk with luxurious vegetation.

### CAP D'ANTIBES

An exceptional 2.7km coastal walk (approximately 1 ½ hours) along the wild coast, battered by the tides. Lined with Aleppo pines, this path allows you to discover the southern point of the peninsula between Antibes and Juan-les-Pins and its sanctuary, Notre-Dame de la Garoupe, revealing some of the most beautiful views on the French Riviera.

# WATER SPORTS ACTIVITIES

- Sailing / Windsurfing / Kite surfing
- Water-skiing / Power boating (jet-ski, parasailing, rubber rings...)
- Rowing / Sea kayaking
- Scuba diving

- Skin diving
- Deep-sea fishing
- Marineland - the Park of the Sea
- 7 museums dedicated to the sea
- 33 yachting harbours
- Yachting (boat rental)
- Sea excursions

## NOTE

29th March – 1st April  
**MÉDITERRANEA**

World festival of underwater images and adventure. This event aims to be much more than a festival for video directors or photographers.

> [www.festival-mediterranea.com](http://www.festival-mediterranea.com)

# THE FRENCH RIVIERA, A CRUISE DESTINATION

**Riviera Côte d'Azur: the most glamorous cruise destination in the Mediterranean.**

The French Riviera is recognised as a cruise destination throughout the Mediterranean welcoming 1 million cruise passengers all year round at its 4 major cruise ports at Villefranche-sur-Mer, Nice, Cannes and Monaco, and more recently the ports of Antibes and Golfe-Juan.

This represents 7% of the world cruise market.



Launched in July 2007, the French Riviera Cruise Club aims to promote the development of cruises on the Riviera.

The Riviera CRT is a founding member of this club alongside the Alpes-Maritimes Departmental Council, the Nice Côte d'Azur Chamber of Commerce and Industry and the Tourist Offices in Cannes, Nice and Villefranche-sur-Mer.

> [www.frenchrivieracruiseclub.com](http://www.frenchrivieracruiseclub.com)







# BETWEEN SEA & MOUNTAINS, BOTH SIDES OF THE FRENCH RIVIERA

The destination's most spectacular feature with its great variety of landscapes that provide infinite possibilities...



# THE FRENCH RIVIERA'S GREAT ASSETS

## MOUNTAINS, SUNSHINE AND THE SEA ALL WITHIN AN HOUR'S DRIVE!

From peaks towering over 3,000 metres above sea-level to the plains of the Pre-Alps, cross country and alpine skiing enthusiasts can take advantage of more than 660 kilometres of trails in sunny landscapes offering an incomparable range of settings: mountain pastures and forests, the majesty of the high peaks and picturesque perched villages, such is the variety of the Alpes Maritimes.

The Alpes-Maritimes boasts 3 international resorts (Valberg, Auron and Isola 2000) and 11 small family resorts all over the Massif. Their assets in terms of snow and sun are guaranteed just a 1 ½ - hour drive from the coast!

After skiing? There is plenty of choice...

Practice some extreme sports including ice climbing, dog sledding, igloo building in the Mercantour or more simply snowshoeing, ice driving, outings in a horse-drawn carriage or even a few fitness sessions.

But you can also discover local arts and crafts, culinary specialities and historic villages brimming with hidden treasures (painted chapels, museums, etc.).

Why not enjoy the contrast between the sea and mountains and in the late afternoon sit on a terrace on the Croisette or the Promenade des Anglais, followed by an exceptional evening such as those offered by the Cannes Shopping Festival, the Nice Carnival or the Citrus Festival in Menton!

### LOCATION: 1.30 HOUR'S DRIVE FROM THE SEA

- 14 ski resorts including 3 international resorts
- Almost 700km of slopes
- Over 90 ski lifts
- Almost 250 instructors
- 4 snowparks

### TOURIST DATA

- 600,000 tourists in the hinterland

### ACCOMMODATION CAPACITY IN RESORTS

- Over 8,804 beds in 242 establishments

## SPRING, SUMMER, AUTUMN...

### THE MOUNTAINS OF THE ALPES-MARITIMES: A FABULOUS PLAYGROUND.

Once the snow melts, the Alpes-Maritimes become a wonderful playground for thrill seekers, trekkers and sports persons of all levels. The resorts of the Alpes-Maritimes offer 3 high-altitude golf courses, via ferratas and some of Europe's finest canyons... Water, land and air are available from April to October.

We should also recall that the Mercantour National Park is at the heart of the region and represents a major asset for the protection of its natural and cultural heritage.

### ACTIVE LEISURE ACTIVITIES

- Climbing & mountaineering / bungee jumping
- 3 golf courses: Auron, Valberg, Viévol
- Adventure trails
- Fishing
- Horse riding
- Free flying
- Canyoning
- Caving
- Via ferrata / Via souterrata
- Hiking
- Biking
- High-altitude golf
- Whitewater sports

### LOCATION: AN HOUR'S DRIVE FROM THE SEA

- 6,000km of trails and hiking paths
- 6 major hiking trails (GR 4 / GR 5 / GR 52 / GR 52 A / GR 51 / GR 510)
- Mercantour National Park: 6 valleys (Verdon, Var-Cyans, Ubaye, Tinée, Vésubie, Roya-Bévéra)
- 65 mountain bike trails
- 1 National Park: Mercantour National Park
- 30 climbing sites
- 325km of rivers
- 200 caving sites
- 70 canyons

### MERCANTOUR NATIONAL PARK

Created in 1979, this was the last of the 9 French national parks. This protected land of 68,500 hectares extends over more than 120km from the Col de Tende to the Ubaye. It fulfils two essential roles, protecting the natural environment and welcoming and informing visitors interested in nature tourism.

**The open-air temple** of Mont Bégo which rises to 2,872m at its highest point divides the land into 2 valleys sheltering an archaeological treasure of over 30,000 rock engravings. These are the Vallée des Merveilles and the Val de Fontanalbe which were classified as Historical Monuments in 1989.

In this spectacular landscape, shaped by glaciers around 10,000 years ago and littered with a multitude of lakes, bronze age shepherds (1,800 - 700 years B.C) marked their presence on the rocks. Site visits: free using the authorised paths or with an accredited guide.

**Facts** about the Mercantour National Park

- Surface area: 2,147 km over 150km of land.
- 6 valleys: Verdon, Var-Cyans, Ubaye, Tinée, Vésubie, Roya-Bévéra.
- Altitude: from 490m to 3,143m (Mont Gélas).
- Main peaks and passes: Mont Gélas (3,143m), Mont Pelat (3,051m), Mont Bégo (2,872m), Mont Mounier (2,817m), Col de la Bonette (2,862m, highest road pass in Europe), Col de la Cayolle (2,326m), Col de Larche (1,191m), Col de Tende (1,871m).
- Main lakes: Lac d'Allos, Lac Vert, Lac Noir, Lac Nègre, Lac de l'Agnel, Lac Long.
- Main rivers: the Roya, the Tinée, the Vésubie, the Var, the Bévéra, the Verdon, the Cians, the Bachelard, the Ubaye.
- Fauna: 58 mammal species, including 7 wild hoofed animals, the wolf, 153 bird species, 25 reptile species, over 10,000 insect species.
- Flora: 2,000 plant species, including 200 rare and 30 native species. Greatest national diversity.

> [www.mercantour.eu](http://www.mercantour.eu)

### > FOR MORE INFORMATION:

- **The dedicated website for the French Riviera Mountains (summer and winter)** [www.frenchriviera-mountain.com](http://www.frenchriviera-mountain.com)
- **The publications "Activities in the middle and upper country" and "Ideas for weekends and breaks in the middle and upper country"**
- **RandOxygène** [www.randoxygene.org](http://www.randoxygene.org)
- **The Winter 2011/2012 Press Kit for the Mountains**





ART  
& THE FRENCH RIVIERA



The French Riviera is a land of culture, so rich with the presence of the greatest masters of the 20th century, that it has become a legend. Today it is constantly exchanging with the world, generating an unmistakable dynamism and creativity.

At one time or another, many architects, landscape artists, visual artists, designers, photographers, dancers, musicians, comedians and actors, art historians, writers, fashion designers find themselves on the French Riviera, to create or present their work, because this Destination seduces or inspires them.

So we are inviting you to walk in the footsteps of the great painters: Picasso, Matisse, Chagall of course, but also Cocteau and Bonnard to whom the Riviera paid the ultimate tribute in 2011, by creating two new museums dedicated to each one respectively. Here you will also find several unmissable architectural trails on the French Riviera.



And the fun doesn't stop there, Art is always at the Destination's heart, inside or outside, multiple trails allow you to meet the artists of the 21st century... But you can also follow several variations, focusing on love, gardens...

#### > FOR MORE INFORMATION:

Press Kits

- "Art and the French Riviera 2012"
- "Cocteau and the French Riviera"

## SOME FIGURES

The French Riviera has an extremely large collection of museums with over 100 museums in the Alpes-Maritimes and the Principality of Monaco and over 150 art galleries.

## VISITS

(2010 figures)

11 million tourists visited the French Riviera.

3.1 million entries to Museums and Monuments.

## THE MOST VISITED SITES

(source Côte d'Azur Touriscope 2011):

- Russian Church, Nice 273,427 people
- Maeght Foundation, Saint-Paul 165,736 people
- Modern Art & Contemporary Art Museum, Nice 162,951 people
- Chagall National Museum, Nice 150,976 people
- Ephrussi de Rothschild Villa, Saint-Jean-Cap-Ferrat 136,238 people
- Matisse Museum, Nice 135,715 people
- Picasso Museum, Antibes 132,968 people
- Monaco Exotic Garden 128,788 people
- Eze Exotic Garden 124,629 people
- Cagnes-sur-Mer Horseracing 105,532 people (2009)

The 10 principal museums and monuments account for 62% of total entries.








# GARDENS OF THE FRENCH RIVIERA

In a Mediterranean climate, parks and gardens are the result of the creativity of “inventors” and cosmopolitan enthusiasts...





The diversity of its landscapes and its mild climate have made the Alpes-Maritimes ideal for developing the Art of Gardens. The work of travellers or artists with the blessing of the subtropical climate, the Riviera's gardens display their colours and luxuriance: purple bougainvillea, fiery lantana, intense blue ipomoea, orange and lemon trees...

From the eighth century, amid Mediterranean vegetation, between olive, pine and carob trees and vineyards, the British introduced countless exotic plants: palm, banana and eucalyptus trees, bougainvillea, hibiscus, agave, prickly pear, aloes...

Sharing their passion has even led some private owners to open their gardens, confidentially, to reveal their knowledge to true aficionados, an opportunity to exchange information and seeds and a moment of peace in wonderful pristine sites.



### THINGS TO KNOW

#### THE 11 OUTSTANDING GARDENS ON THE FRENCH RIVIERA

Antibes - Botanic garden at Villa Thuret  
 Coursegoules - Vallon du Brec  
 Grasse - Garden at the Villa Fort France  
 Mandelieu-La Napoule - Park of the Château de La Napoule  
 Menton - La Citronneraie  
 Menton - Garden of the Palais Carnolès  
 Menton - Serre de la Madone  
 Nice - Botanic garden  
 Nice - Parc floral de Nice Phoenix  
 Roure - Marcel Kroenlein Arboretum  
 Saint-Jean-Cap-Ferrat - Gardens of the Ephrussi de Rothschild



## MAIN GARDENS

### MENTON: MY CITY IS A GARDEN

In the 19th century, botanists, particularly from Britain, created exceptional gardens in Menton. Taking advantage of the microclimate, they introduced tropical species that were splendidly acclimatized. The public can discover these exceptional gardens thanks to tours organized by the Service du Patrimoine.

For more information on free or guided tours of the gardens...  
 > [www.jardins-menton.fr](http://www.jardins-menton.fr)

### Public Gardens in Menton

Jardin de Maria Séréna  
 Jardin de la Serre de la Madone  
 Fontana Rosa, le jardin des Romanciers  
 Val Rahmeh Botanical Garden  
 Palais Carnolès



### Private Gardens in Menton

Le Clos du Peyronnet  
 Jardin des Colombières  
 La Citronneraie

#### ► June 2012

#### THE MONTH OF GARDENS

For the whole month, open days in Menton's exceptional gardens or in amateur gardens full of plants.

#### ► September 2012

#### MEDITERRANEAN GARDEN DAYS

For almost two decades, over a weekend the Mediterranean Garden Days have opened the doors on a magnificent and fragile, rare and precious heritage.

Over the years, these days have featured events, children's workshops, auctions or even lectures or advice areas for keen gardeners.

> [www.tourisme-menton.fr](http://www.tourisme-menton.fr)



## GARDENS IN ANTIBES JUAN-LES-PINS

Parc Exflora  
Eilenroc gardens  
Parc Thuret  
Fort Carré garden

> [www.antibes-juanlespins.com](http://www.antibes-juanlespins.com)

## GRASSE AND ITS PRIVATE GARDENS

Flowers have made Grasse the International Capital of Perfumery. The city once proudly displayed its gardens, which shone both for their beauty and their fragrance, along with fields of jasmine, rose and tuberose flowers, the three key ingredients in the art of perfumery.

### Private Gardens in Grasse

Charles de Noailles in Grasse (St-François district)  
Villa Fort France garden in Grasse  
> <http://valeriedecourcel.fr/>  
Villa Bouscarella in Châteauneuf-de-Grasse  
The Château de Mouans-Sartoux  
> [www.mouans-sartoux.com](http://www.mouans-sartoux.com)  
The International Perfumery Museum gardens  
> [www.museesdegrasse.com](http://www.museesdegrasse.com)  
Florian Citrus Garden in Bar-sur-Loup  
> [www.confiserieflorian.com](http://www.confiserieflorian.com)  
Florihana in Caussols  
> [www.florihana.com](http://www.florihana.com)



## ÈZE EXOTIC GARDEN

A theme trail, a contemplative area, 15 earthen goddesses by the sculptor Jean-Philippe Richard are displayed along trails creating a poetic botanical itinerary.

> [www.eze-riviera.com](http://www.eze-riviera.com)



## SAINT-JEAN-CAP-FERRAT VILLA EPHRUSSI DE ROTHSCHILD GARDENS

The Villa is surrounded by nine splendid gardens with patios, waterfalls, ponds, flowerbeds, shaded paths and rare trees: Florentine, Spanish, "à la française", exotic, stone, Japanese, Provençal gardens...

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



## MONACO, EXOTIC GARDEN

The Jardin Exotique on the rock is home to thousands of plants known as "succulents" which flower all year round.

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

## ARBORETUM DE ROURE

A village located 1,100 metres above sea level, boasts an arboretum with mountain deciduous trees and conifers from all over the world, plus collections of maple trees and wild roses. The arboretum also offers the chance to see the work of many artists who have appropriated this timeless site.

> [www.arboretum-roure.org](http://www.arboretum-roure.org)

## SAINTE-AGNÈS, MEDIEVAL GARDEN

Nestled inside the restored ramparts of the castle, the small medieval garden, founded and managed by L'Association des Peintres du Soleil, invites visitors to stroll and dream in the paths lined with lavender and discover an exceptional panorama over the Mediterranean Sea which it overlooks from an altitude of nearly 800m above sea level.

The Garden of Virtues, Delights or Vices evokes the days when fine ladies listened to Troubadours singing of Courtly Love. The garden is open to visitors every day from 9am to 1pm and from 2pm to 6pm.

> [www.sainteagnes.fr](http://www.sainteagnes.fr)



**TOURRETTES-SUR-LOUP  
LES JARDINS DE L'HISTOIRE (HISTORIC GARDENS)**  
17 gardens share the Planet's medicinal and culinary history over 4,000 square metres.  
From April to November, guided tours are organised every hour, by appointment.  
Each tour lasts 30 to 45 minutes. Admission fee applies.  
> [www.jardinsdelhistoire.com](http://www.jardinsdelhistoire.com)

**BIOT, CHÈVRE D'OR GARDEN**  
Private garden - guided tour by appointment.  
The Chèvre d'Or Garden extends over almost a hectare, on a hill opposite the medieval village of Biot, near Antibes, and is set out on terraces on about ten levels.  
Its creation began in 1948 by Nicole and Pierre Champin, who were inspired and advised by their friend Charles de Noailles, the botanist Basil Leng and the architect Emilio Terry.  
Since 1999, Antoinette and Alexander Redelé-Dutilh have sought harmony, balance and an alternation between nature and culture. With this revival, the garden continues to evolve and become richer.  
> [www.lachevredor.com](http://www.lachevredor.com)

## THE ROUTE OF GARDENS

The General Council of the Alpes-Maritimes created a "Route des Jardins" of the Riviera including the Belle-Epoque gardens of the French and Italian Riviera. Architecturally, the Belle Epoque is characterized by the rise of eclecticism borrowing decorative elements from the past to achieve a highly dynamic style. Some sixty sites are included along the coast from Mandelieu to Menton.

> FOR MORE INFORMATION:  
[www.cg06.fr](http://www.cg06.fr)

"Découvrir les Alpes-Maritimes",  
"Découverte touristique", "Les Routes à thème".



## FLOWERS AND FRAGRANCES OF THE FRENCH RIVIERA

Rose de mai (Rosa centifolia), jasmine, tuberose, violets, carnations, broom, orange blossom, mimosa, lavender... no other region has so beautifully celebrated the language of flowers. Like olive trees, they are one of the symbols of this sun-drenched region.

### FLOWERING DATES

Mimosa: January to March  
Carnation of Nice: March to April  
Violet of Tourrettes-sur-Loup: March to April  
Orange blossoms: April to May  
Rosa centifolia of Grasse: May  
Wild narcissus: end of May  
Lavender: summer  
Jasmine: July to October  
Tuberose: July to August



## THE MIMOSA ROUTE

The Mimosa Route runs from Bormes-les-Mimosas to Grasse. This 130km itinerary recommended from January to March represents the symbol of the Riviera in winter, which enjoys a gentle climate for holidays between azure blue and sunshine gold.

> FOR MORE INFORMATION:

- "Mimosa 2012 Press Kit".
- The "Mimosa Route" brochure can be downloaded at [www.ot-mandelieu.fr](http://www.ot-mandelieu.fr)





# TOURING

## (TOURIST ROUTES / TOURIST TRAINS)

From the Mediterranean shores to the Great Alps, wonderful itineraries to discover the natural, historical and cultural heritage.

Touring the countryside is one of the key features of the region's attractiveness in terms of tourism. By exploiting its topography (mountains and coast), the Alpes-Maritimes can provide many pedestrian, horse and cycling tourist paths or road routes and is one of the most highly prized areas for touring.

The CRT supports the development of facilities set up by the Regional Council making it possible to promote this type of tourism which is booming.

The mountain railway lines complement other transport methods and enrich the experience of the routes through a multi-transport offer (train - hiking or train - cycling).

## TOURIST ROUTES

### THE ROUTE OF THE GREAT ALPS

Foreseeing the tremendous development in automotive tourism, the "Touring Club de France" devised this route in 1909, linking Lake Geneva to the Mediterranean Sea, from Thonon to Menton, over the main Alpine passes. 600km via 3 National Parks (Vanoise, Ecrins, Mercantour), with a 15,000m height difference.

The Route of the Great Alps and its 16 mountain passes, 6 of them higher than 2,000m above sea level, have offered prestigious victories to cyclists in the Tour de France.

In the Riviera, this historic route runs through Valberg, St-Martin-Vésubie, Sospel and Menton.

> [www.routedesgrandesalpes.com](http://www.routedesgrandesalpes.com)

### LA VIA ALPINA

The first hiking itinerary linking 8 countries in the Alpine Arc was inaugurated in June 2002. It follows existing trails between the Principality of Monaco and Trieste via France, Italy, Switzerland, Liechtenstein, Germany, Austria and Slovenia.

This route reinforces the Alpine identity and that of the regions it crosses. The CRT Riviera Cote d'Azur is an active partner in this project initiated by French association La Grande Traversée des Alpes, since eight stopovers along Via Alpina are located in the Alpes-Maritimes, from Col de la Lombarde (Isola 2000) to La Turbie.

> [www.via-alpina.com](http://www.via-alpina.com)

### LA ROUTE NAPOLEÓN

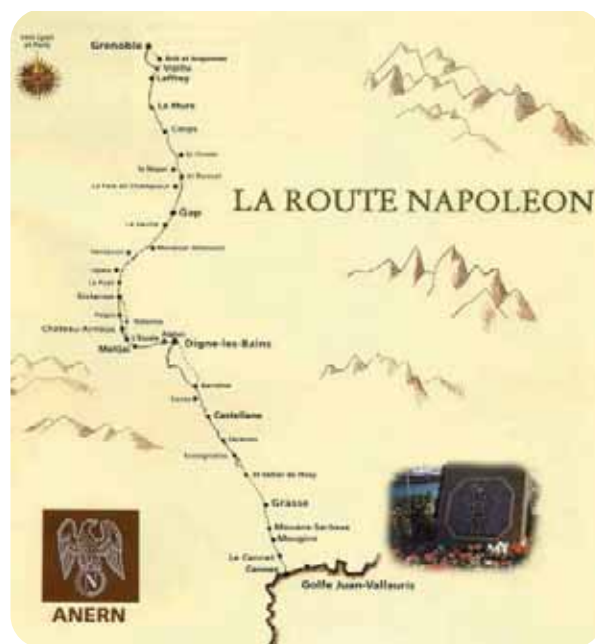
"Heroic and legendary, it marks the beginning of the fantastic cavalcade of the Hundred Days".

Route Napoleon retraces the former Emperor Napoleon's historic march from Golfe-Juan in 1815 after his return from the Isle of Elba. The Route crosses the hinterland of Grasse, then follows Highway N85 through the Alps to Digne and Grenoble.

Information points recall the main stages through the splendid Provençal landscapes: Cannes, Grasse, Saint-Vallier-de-Thiery, Escagnolles, Séranon, Le Logis du Pin, Castellane... Laffrey and Grenoble.

Every year, on the first Sunday in March, Vallauris Golfe-Juan commemorates the Emperor's landing: a show not to be missed.

> [www.route-napoleon.com](http://www.route-napoleon.com)



### HIGHLIGHT

#### LA BONETTE-RESTEFOND: THE HIGHEST ROAD IN EUROPE

The journey between Nice and Barcelonnette can be made via the Restefond Pass at an altitude of 2,802m. Leaving the Riviera coastline, the track crosses the plains of the River Var to the Mescla Gorge and Tinée Valley. A unique view over the Alpes d'Azur unfolds beneath the highest point of this 150-km trek: the peak of La Bonette, above St-Dalmas-le-Selvage, culminating at 2,862m.

## WALKING AND WAR HERITAGE...

### THE AUTHION CIRCUIT

Pilgrimage to the sites of deadly combat in 1794 and 1945. Set off from La Roya and continue on either Piste de la Maglia or Piste du Calros to enjoy a breathtaking view: to the north across the Massif des Merveilles, the Mercantour and the Italian Alps; to the south across the Riviera dei Fiori and the Côte d'Azur coastlines. Access the fortified Authion-Turini Massif via three valleys: La Roya, La Bévère and La Vésubie. The Turini Circuit threads its way through fortifications constructed between 1920 and 1940: Les Mille Fourches, La Forca, Cabanes Vieilles and Plan Caval.



## FORTS ALONG THE TENDE PASS

Pistes de Marguareis or La Route de l'Amitié.

French forts on the Maginot Line in the Alps, and the Italian fortifications opposite them, can be explored along two itineraries crossing alpine pastures.

French side: access via the former salt route or the Piste de Castérino.

Italian side: access via the tarmacked road starting at the northern exit of the Tende tunnel. A panoramic view of the entire valley unfolds below the imposing Fort Central. The circuit takes in Fort Pernante, Le Fort de la Margherie and Fort Giaure.



In the vicinity of Sospel, discover constructions on the Maginot Line built in 1930 to stem the arrival of the Italians: Fort Saint Roch, Fort du Barbonnet and the Agaisen construction on the southern Maginot Line.

> FOR MORE INFORMATION ON THE FORTIFIED VALLEYS OF THE FRENCH RIVIERA

[www.forts-roya-bevera.com](http://www.forts-roya-bevera.com)

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

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



## FORT ON CAP MARTIN

A part of the Maginot Line, built after 1930, the Fort was involved in combat between French and Italian troops in June 1940. Like all elements in the Maginot Line, it was designed and equipped to be completely self-sufficient. It was manned by 343 soldiers and 11 officers.

> [www.roquebrune-cap-martin.com](http://www.roquebrune-cap-martin.com)

## FORT DU MONT ALBAN – NICE

In the middle of the 16th century, Nice was a key point in the defence system protecting the Savoy States from invaders. In 1557, the Mont Alban fort was built on the orders of Emmanuel Philibert, Duke of Savoy, by André Provana de Leyni, from plans by Domenico Ponsello. It predates the Vauban fortifications which saved it from demolition by Louis XIV and was then used as a model. The remaining surrounding walls and ditches were classified as historic monuments in 1913. Despite the numerous attacks which it suffered and in the absence of any major modifications since its construction, it remains a perfectly-preserved and precious example of 16th century structures.

Guided tour: "Mont Alban Fort: the sentinel of the Nice coastline"

> [www.nice.fr/culture/centre-du-patrimoine](http://www.nice.fr/culture/centre-du-patrimoine)

> DISCOVER DETAILED INFORMATION ON THE ROUTES AT:

[www.cotedazur-montagne.com](http://www.cotedazur-montagne.com)



# TOURIST TRAINS

## LE TRAIN DES MERVEILLES

At the initiative of the Regional Council and managed by the SNCF (National Railway), the first tourist train. Train des Merveilles, is part of the regular Nice-Breil-Tende line. Every day from May to September, then on weekends, this scenic route is supported by onboard activities organized by the Comité Régional du Tourisme Riviera Côte d'Azur.

> [www.trainstouristiques-ter.com](http://www.trainstouristiques-ter.com)

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

## TRAIN DES PIGNES

The Chemins de Fer de Provence offers a regular service between Nice and Puget-Théniers year round on a traditional railcar along the Var Valley from Nice to Puget-Théniers, regardless of weather conditions.

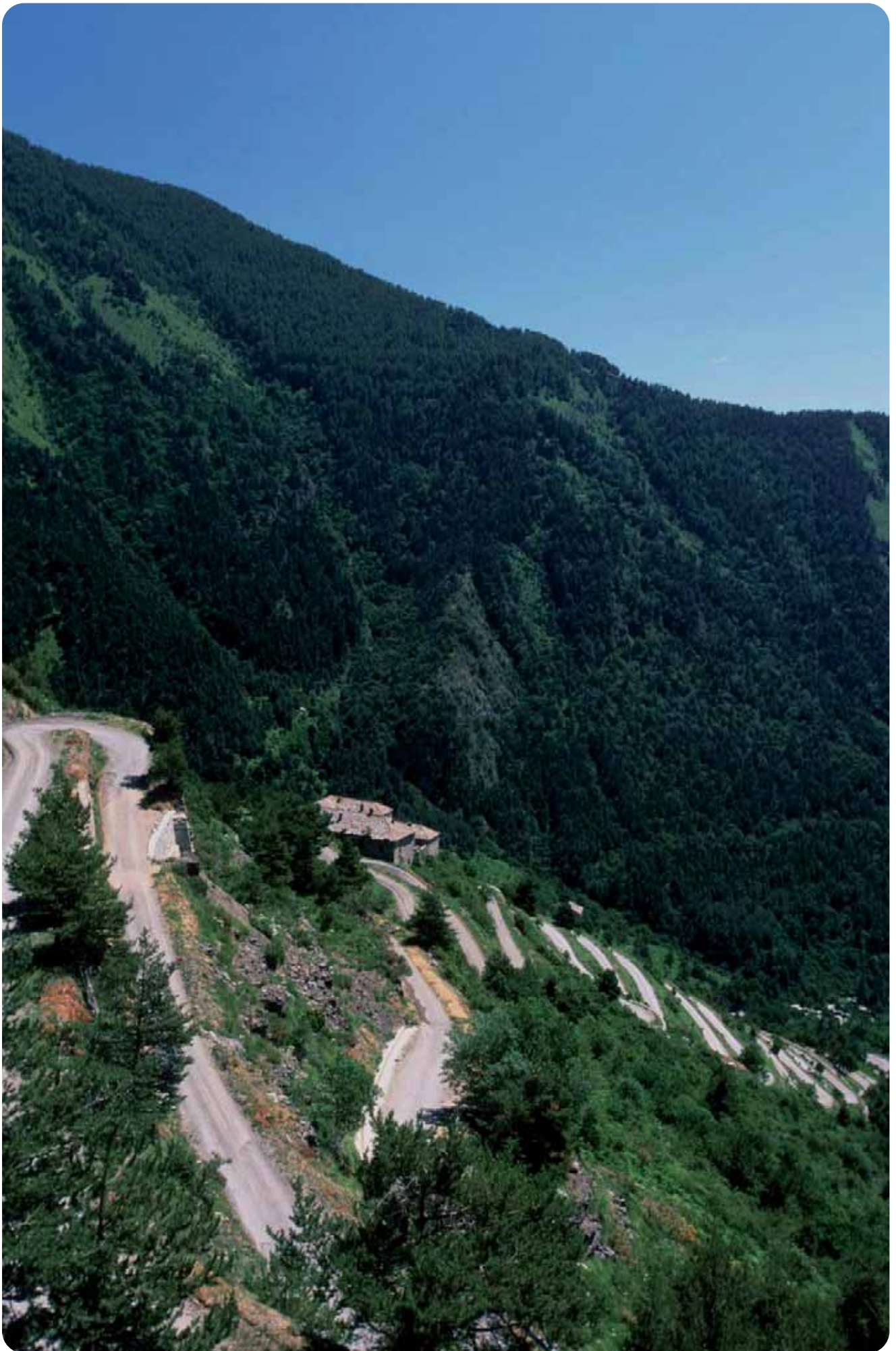
In 2011, the Pignes train line celebrated its 100th anniversary.



## Excursions in an old steam locomotive

Every Sunday from mid-May to mid-October, the Chemins de Fer de Provence organizes a return trip from Puget-Théniers to Annot and back in a steam locomotive, a listed historic monument dated 1909 and recently restored to working condition. A1-hour journey at 20km/h on wooden benches with an open platform... (traditional railcar to get to Puget-Théniers from Nice, with a special timetable).

> [www.trainprovence.com](http://www.trainprovence.com)








# SUN-FILLED CUISINE!

With their profusion of colours and smells, the market stalls of Provence are an invitation to enjoy good food.



These lands of sunshine, with their flavours, rich and varied, suave or potent, have yielded their fruit and vegetables brimming with the warmth of the Midi. Early in the morning, "feel" locally grown aubergines, taste Nice olives, look for squash flowers to prepare fritters and onions for pissaladière (local onion tart). With their sunny accents, market gardeners call out to those who are undecided. Attracted by the fresh produce, the region's greatest Chefs go to these markets to make their selection, transforming these Mediterranean goods into genuine gourmet master pieces.

The **Comté de Nice** is also renowned for its wines, among the **great vintages of Provence**. Especially the **wine of Bellet**, a small vineyard of great renown, with original aromatic whites and sumptuous reds.



So, it's no accident that the French Riviera has **36 starred restaurants** (2011 awards). They all contribute to the region's prestigious position on the gourmet map of France. This culinary wealth also provides an opportunity to discover tourist itineraries with stops at the finest restaurants for an "outing along the coast" or in the heart of the "villages of the Côte d'Azur" where good food is an integral part of the lifestyle.

## SOME NEW RESTAURANTS

### LES DEUX CANAILLES - NICE

After spending 2 years at the Michelin starred Keisuke Matsushima, Tsumoru Takano and Laurent Kenji Inoue have just opened a gourmet restaurant. Both are great fans of gastronomy and entertaining and offer various set menus at lunchtimes (a main course €15, starter or desert and main course €18, starter, main course and desert €25) and two set menus during the evening (€35 - 3 courses and €55 - 4 courses) using regional produce with the vision of a Japanese chef.

Open daily for lunch and dinner. Closed Mondays.

> [www.lesdeuxcanailles.com](http://www.lesdeuxcanailles.com)

### BISTROT DE LA MARINE - CAGNES-SUR-MER

On the sea front at Cros de Cagnes, the famous chef Jacques Maximin has transformed a fisherman's cottage dating from 1869 into a hotel-restaurant featuring family cuisine ("just like your mother makes").

His "Bistrot de la Marine" comprises a dining room for 40 guests, marble tables, benches, mirrors, art works and vintage culinary objects all recalling Maximin's wonderful history with food. The Chef offers meals for around €35, a selection of seafood and shellfish and a menu that takes its inspiration from the day's market.

> [www.bistrotdelamarine.com](http://www.bistrotdelamarine.com)

### MACCHERONI / SUSHIKAN / CAFÉ FLORIAN CANNES

The Nine Square Events company presents three establishments with innovative concepts presenting a tour of various continents through food. These 3 restaurants are located in Rue Florian in Cannes.

- The new restaurant for experiencing a generous, sophisticated Italian cuisine!  
> [www.maccheroni-cannes.com](http://www.maccheroni-cannes.com)
- In a unique, calm atmosphere, tradition and modernity combine for a taste of sushi.  
> [www.sushikan.org](http://www.sushikan.org)
- Well-being, pleasure and harmony on your plate with the savoury, sweet, gourmet, organic and healthy specialities at the Café Florian.  
> [www.cafeflorian.org](http://www.cafeflorian.org)

### A'TREGO - CAP D'AIL

An unusual restaurant on the causeway of the Port at Cap d'Ail on the Monaco border... where Philippe Starck presents a surrealist edge to our dreams and projects it onto a giant, three-floor "screen".

The Chef, Laurent Sturbois focuses on traditional cuisine enhanced by the extreme quality and freshness of ingredients treated simply, but which also feature the Chef's personal extravagant touches.

> [www.restaurantatrego.com](http://www.restaurantatrego.com)



# EXCEPTIONAL PRODUCTS

A great institution on the Riviera for those with a sweet tooth: orangettes, candied fruit and flowers crystallised and candied (rose, jasmine...) await you at **Confiserie Florian** ([www.confiserieflorian.com](http://www.confiserieflorian.com)) at the Gorges du Loup or the Port of Nice.



The Niçois brand **Alziari** based at 14, rue Saint-François de Paule (Old-Nice) ([www.alziari.com.fr](http://www.alziari.com.fr)) founded in 1868, no longer has to prove the quality of its products: enjoy olive oil, olive paté, tapenade, olives... and taste pavé Masséna – a delicious, crunchy praline covered in dark chocolate and one of the latest creations by **Pascal Lac** – Master chocolatier ([www.patisseries-lac.com](http://www.patisseries-lac.com)) – not forgetting the candied fruits and chocolates from the **Maison Auer** - confectioners since 1820 ([www.maison-auer.com](http://www.maison-auer.com)).

In Cannes, you will want to sample cheeses at Maître Fromager **Ceneri** (22, rue Meynadier) and chocolate at L'Atelier **Jean-Luc Pelé** ([www.jeanlucpele.com](http://www.jeanlucpele.com)) (36, rue Meynadier) while appreciating the wines at **La Cave 1862 Wines and Spirits**, one of the oldest shops in Cannes (5, rue Maréchal Joffre).

In Menton, discover the handcrafted jams made from citrus fruits (Menton lemons and oranges) at the **Maison Herbin** ([www.confitures-herbin.com](http://www.confitures-herbin.com)) and the production workshop specialising in Menton lemon ([www.aupaysducitron.fr](http://www.aupaysducitron.fr)).

In Grasse, take part in an oleology session and taste olive oils from the **Domaine de Royrie Estate** ([www.oleologie.com](http://www.oleologie.com)). Then visit a working mill, featuring a stone millstone driven by wooden cogs with settling tanks, old tools still used to produce olive oil in the traditional way at the **Sainte-Anne Oil Mill** ([www.huileriesteanne.com](http://www.huileriesteanne.com)).

Journey into Olive country... to the Canton de Levens in the Nice Hinterland following the **Route des Oliviers** (Route of the Olive Trees) ([www.cantondelevens.com](http://www.cantondelevens.com)).

# COOKING CLASSES

Taught by great (Michelin) star-studded Chefs, these classes enable us to learn their tricks of the trade and cooking secrets.

List available from the CRT.



## COOKING WITH FLOWERS

Flowers are also used by the region's great chefs, enhancing the local cuisine and the originality of gourmet and fleeting creations.

Keisuke Matsushima, Christian Plumail, Mauro Colagregco and Yves Terrillon are some of the chefs who use flowers.

### To be discovered...

Flower cooking classes at Tourrettes-sur-Loup with Yves Terrillon (L'Atelier de la Cuisine des Fleurs). A cooking class (children and adults) offered throughout the year depending on flowering times.

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

The company Marius Auda produces a wide range of aromatic herbs, young shoots for salads, and now edible flowers.

> [www.mariusauda.fr/catalogue-fleurs-comestibles](http://www.mariusauda.fr/catalogue-fleurs-comestibles)

# DATES FOR YOUR DIARY: CULINARY EVENT

## ▶ INTERNATIONAL GASTRONOMY FESTIVAL AND LIFESTYLE FESTIVAL LES ÉTOILES DE MOUGINS

7th year: 14th to 16th September 2012

231 successful chefs representing 276 stars in the Michelin Guide, including 27 chefs with three stars since 2006, 25 guest countries, 300 journalists, 25,000 visitors annually... The figures speak for themselves.

Les Etoiles de Mougins are three days dedicated to excellence: gaze upon and taste dishes prepared live by the best chefs who are keen to share their secrets and skills; take part in high-level talks; taste high-quality products; attend the International Young Chef Competition; visit themed exhibitions...

> [www.lesetoilesdemougins.com](http://www.lesetoilesdemougins.com)

### FOCUS ON

#### MOUGINS

City and Arts & Crafts around Gastronomy

### WHAT TO VISIT:

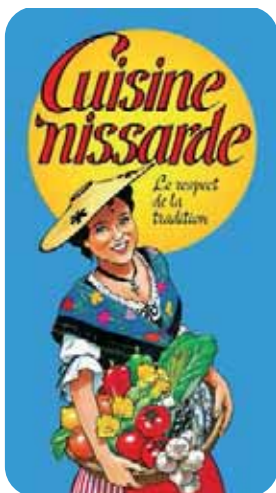
#### ESCOFFIER MUSEUM OF CULINARY ART

The museum is dedicated to Auguste Escoffier, "King of Chefs and Chef of Kings", creator of, among other things, the Peach Melba. It also presents a wealth of documentation about the culinary art, including a collection of 1500 menus...

> [www.fondation-escoffier.org](http://www.fondation-escoffier.org)

## SOME SPECIALITIES

### THE "CUISINE NISSARDE" BRAND RESPECTING TRADITION



The "cuisine nissarde, respecting tradition" brand has been created to protect and promote authentic Niçoise cuisine.

From family to gourmet restaurants, the restaurateurs that hold the brand (indicated by the brand's sticker in their window) offer you the opportunity to discover traditional recipes from authentic Niçoise cuisine.

- > *Pissaladière*: onion tart with fillets of anchovy and black olives.
- > *Socca*: crêpe made with chickpea flour, water and olive oil and baked in a wood-burning oven.
- > *Salade niçoise*: anchovy, tuna, tomato, green pepper, celery, hardboiled egg, black olives and a dribble of olive oil for seasoning (artichoke hearts and baby broad beans can be added in season).
- > *Pan-Bagnat*: round loaf of bread filled with Salade Niçoise and onions or spring onions.
- > *Bagna Cauda*: raw vegetables dipped in a hot fondue of olive oil, garlic and anchovy.
- > *Soupe au pistou*: vegetable soup with carrots, turnips, cabbage leaves, courgettes, beans, leeks, potatoes, garlic, salt, pepper and lard, served with pesto (paste made with basil and olive oil).
- > *Beignets de fleurs de courgettes*: courgette flower fritters.
- > *Petits farcis*: tiny vegetables (tomatoes, courgettes, onions, mushrooms, courgette flowers, bell peppers and aubergines) stuffed with lard, egg, basil, garlic and parmesan.
- > *Tourte aux blettes*: a sweet tart with Swiss chard (only the green of the leaves is used), raisins and pine nuts.
- > *Dried figs*.
- > *Candied fruit*.
- > *Ganses (fritters)*.

"**Cuisine du Soleil**", typical ingredients: garlic, olive oil and aromatic herbs like basil, thyme, rosemary, sage...



### More info

#### Mougins' Pan Bagnat an award-winner in the Elodie Rouge guide

In her work "L'Institution" aimed at all curious foodies, the food journalist, Elodie Rouge has listed 120 specialities to taste before you die. Among them the Pan Bagnat from Mougins! To be found in the "Place de Mougins" restaurant (Chef - Denis Fétysson) and very shortly in all the town's establishments. A sure hit since some luxury hotels in Paris are adding this iconic dish to their room service menu. Prestigious!

> DISCOVER THE RECIPES AND THE LIST OF RESTAURANTS THAT HAVE JOINED THE BRAND AT [www.frenchriviera-tourism.com](http://www.frenchriviera-tourism.com)







# GOLF SWINGING IN THE SUN!

20 golf courses open all year round could ask for no finer backdrop than the landscapes of the French Riviera! This is without doubt what makes the French Riviera one of the choice destinations on "Planet Swing"!

From wherever you are based in the region – Nice, Monaco, Mandelieu-La Napoule or Cannes – you are within half an hour of a golf course. They are all aesthetically and technically perfect, set in outstanding environments and combining every possible pleasure! Great names in the sport are drawn to courses designed by the most illustrious architects (Robert Trent Jones, Don Harradine, Bob van Hagge, etc.). So you may well bump into some highly talented players in the shade of an umbrella pine or mimosa tree...

## TAKE ADVANTAGE OF A GOLFING PASS TO DISCOVER THE DIFFERENT COURSES ON THE FRENCH RIVIERA!

The “GOLF PASS PAYS DE GRASSE” opens the gates to major courses: Golf de la Grande Bastide (Chateauneuf-de-Grasse), Golf d’Opio-Valbonne (Opio), Golf de Saint-Donat (Grasse). Combine sport and lifestyle throughout the seasons.

> [www.grasse.fr](http://www.grasse.fr)

### GOLF PASS “MER ET MONTAGNE”

This pass gives access to 5 courses, starting by the sea and moving to discover the greens of the Grasse hinterland, including: The Old Course of Mandelieu-La Napoule, Le Golf de la Grande Bastide, Le Golf d’Opio-Valbonne, Le Golf de Saint Donat.

Price = €320.

> [www.ot-mandelieu.fr](http://www.ot-mandelieu.fr)

> **FOR MORE INFORMATION:**  
“Golf 2012” Press Kit, currently being published

### SOME FIGURES

- 20 golf courses
- 10 with 18 holes
- 6 with 9 holes
- 3 compact courses with 9 holes
- 4 practice ranges
- 10 golf courses less than 20km from Cannes and the surrounding area
- 12 18-hole courses in the Var
- 3 golf courses in the mountains

