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CÔTE D'AZUR TOURISM

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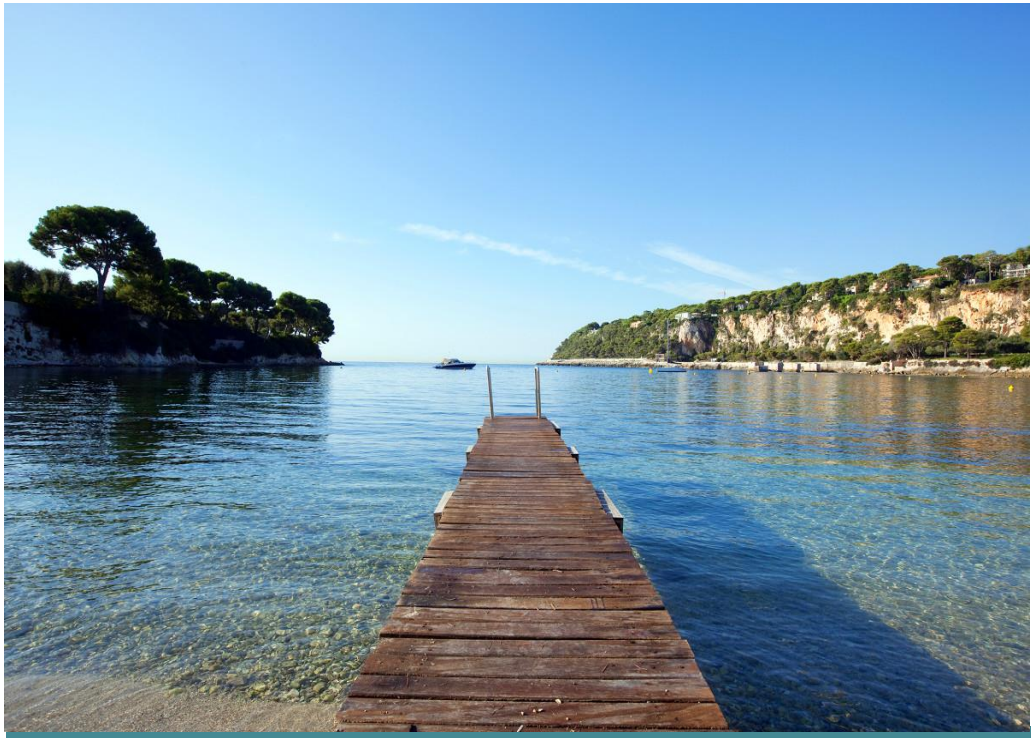
TOP 100 THINGS TO SEE AND DO

CÔTE d'AZUR
FRANCE



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FRANCE

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URBAN OUTINGS

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NICE, « LA BELLE DES ANGES »

Baroque, Belle-Époque, Contemporary: Nice boasts a breath-taking environment along Baie des Anges and its 7.5km of shingle beaches along Promenade des Anglais. The fifth largest city in France, it has always been able to reinvent itself, today becoming a Green Smart City: projects bringing together art and environmental protection are blossoming everywhere, especially on the western side, with the Eco-Vallée de la Plainer du Var and the Allianz Riviera stadium. It is the capital of Metropole Ice-Out d'Azur, made up of 49 communes from the sea to the Mercantour Massif

In the heart of Old Nice

From the top of the Castle Hill, there is a view of the city of Nice from the Prealps to the Mediterranean Sea: Baroque, Belle-Époque and Modern. The tiled roofs of Old Nice display their red colour on either side of the narrow streets where the likes of Garibaldi, Romain Gary, Simone Veil and Le Clézio grew up. This bustling popular district offers such Baroque treasures as the Gesù church, so profusely decorated that it is claimed unruly children were taken there to count the angels, Saint Reparata's Cathedral and La Miséricorde chapel. The state rooms in the Palais Lascaris Museum feature their beautiful painted ceilings as well as an extraordinary collection of 17th and 18th-century musical instruments.

Promenade du Paillon, Fine Art outdoors

In the evening, Jaume Plensa's 7 Buddhas change colours amid the red-ochre façades on Place Massena. Promenade du Paillon was built on the Paillon, the modest coastal river flowing through the city. It supports MAMAC (Contemporary Art Museum) where local artist Benjamin Vautier, aka Ben, questions visitors: "How can you know if it is art or not?" Besides Ben, the museum displays many artists from Nice, like Arman, Yves Klein, Nikki de Saint-Phalle and César. Upstream, the Louis Nucera Library thrives in the gigantic 'Squared Head' by Sacha Sosno. Disseminated in the city, other remarkable buildings attest to the importance the city attaches to contemporary art and architecture: Villa Arson, close to Brutalism, on the 20th-century Heritage list, TNDN (National Theatre of Nice), the Asian Arts Museum by Kenzo Tange and, more recently the Allianz Riviera Stadium by Jean-Michel Wilmotte.

The two stars of Cimiez

Matisse above, Chagall below, both surrounded by olive trees, rule over the fashionable hill of Cimiez which attracted wealthy winter visitors from the British Isles and Russia at the turn of the 20th century. Belle-Époque buildings like Hôtel Excelsior Régina stand near the Ancient Roman baths and the Monastery gardens. The Matisse Museum displays paintings and the largest collection of sculptures by the Master. At the Chagall Museum, the artist himself planned how he wanted his works to be hung, including his famous Canticle of canticles dedicated to Vava, "my wife, my joy and my happiness."

Safe harbour

The Lympia Basin is surrounded by the red-ochre façades on Place Île-de-Beauté, one of the city's three listed squares. Not far, at Terra Amata, lie the remains of one of the world's oldest human settlements with hearths and huts. The Terra Amata Museum preserves, on the very site, traces left by Homo erectus in Nice some 400,000 years ago. Here, Early Man hunted elephant, rhinoceros, deer and rabbit in the marshy waters of the Paillon River. In their huts on the beach, they built hearths, among the oldest known in the world. The new museography has integrated findings from the very latest scientific research. Nearby, another Palaeolithic site is open to visitors: the Lazaret Cave, occupied 190,000 to 120,000 years ago.

MENTON, GREEN PATHS ON THE CÔTE D'AZUR

The gardens of Menton

Winter in Menton: a delicate scent of citrus fruit is in the air. Citrus is the focus of interest in February with the very popular traditional Fête du Citron (Citrus Festival). Menton's subtropical climate is unique in France; the city is in bloom from mid-November, when the protea are flowering along with other splendid plants from the Southern Hemisphere.
The garden city of Menton is filled with secret oases, like the Maria Serena palm grove, conservatories of biodiversity like Val Rameh garden or the citrus collection at Palais Carnolès, creations by collectors with green thumbs, like Le Clos du Perronet. The city itself, from the seafront to the old town of Menton and its ochre houses huddled around the steeple of Saint-Michel basilica huddles around several remarkable trees.

Menton's guardian angel is a poet: Jean Cocteau. He truly loved the city, where in 1958 he painted the Wedding Hall, now recently restored, open to visitors (same hours as the Marie). He also created mosaics in the 17th-century fort on the jetty, now the Cocteau Museum. Near the covered market, a splendid white building designed by Rudy Ricciotti, houses the Séverin Wunderman donation: 1,800 works, 990 by the 'Prince of Poets' himself, displayed in rotation.

ANTIBES, 'JOY OF LIVING'

Antibes (Antipolis) was long the last French port, watching over the border with the Comté de Nice, as attested by **Fort Carré** (Square Fort) on Saint-Roch peninsula. A lovely walk allows visitors to take advantage of a splendid view of the Coast. Going down to Port Vauban, the largest yachting harbour in Europe, you will see La Grande Nomade, an 8-metre high sculpture by Jaume Plensa made of cast-iron letters overlooking Quai des Milliardaires (Billionairs' Wharf).

A few hundred metres away standing by the sea, Château Grimaldi became the **Picasso Museum.** In 1946, Pablo Picasso set up his studio in one of the castle's rooms where he painted for six months, leaving to the Museum almost all the works he made there, his famous Joie de Vivre in particular. It was the first dedicated to the artist in his lifetime!
The upstairs rooms display works by Nicolas de Staël who lived on Promenade Amiral-de-Grasse, along with works by Hans Hartung, who also lived in Antibes, Fernand Léger, who resided in Biot, and many other artists who lived and created in the vicinity.

The 'Joy of Living' is thus Antibes's motto. This includes gastronomy, bread and vegetables sold on **the covered market on Cours Masséna**, and laughter, by visiting the museum dedicated to the humourist Raymond Peynet. In the breezy narrow streets of the old town, strollers can visit Place du Révély, the Saint-Bernardin and Saint-Esprit chapels, the Cathedral and 'Saracen' towers. At the foot of Bastion Saint-André, **the Commune Libre du Safranier** retains its Bohemian spirit. Barely a few hundred metres away, the seaside resort of Juan-les-Pins is dedicated to leisure and music. It rose to fame after 1925 thanks to the American billionaire Frank-Jay Gould, whose villa 'La Vigie' can still be seen.
The Gould Pine Grove provides shade for guest performers at the Jazz à Juan Festival, some of whom have left their handprints on the pavement alongside it. A few steps further lead to the former Villa Saint-Louis, now Hôtel Belles Rives, where F. Scott Fitzgerald wrote Tender is the Night and which witnessed the rise of water skiing.

CANNES, AN ATHLETE IN THE LIMELIGHT

Cannes, capital of outdoor sports
On **La Croisette** in Cannes, strollers occupy ringside seats for the show: fine sandy beaches and azure sea, with two islands so close you feel you can touch them, against the backdrop of the hotels' grandiose architecture. Today, we can add cyclists and joggers.

World-famous for its Film Festival, Cannes is also renowned as a capital of outdoor sports. This city of Stars offers many trails to rediscover while jogging, trail running or trekking, its bay which offers infinite possibilities to sailors, and even the lagoons near the Islands accessible by stand-up paddling. All splendid vistas on the giant screen!
www.cannes.com

Cannes has witnessed the rise of such talents as football phenomenon Zinedine Zidane, the women's volleyball Racing Club of Cannes, European champions for over a decade, and golf star Victor Dubuisson. How is it possible to resist the urge to go sailing, running, surpassing oneself in such an astounding site? Four connected platforms enable everyone to practise their favourite activity: yoga, step aerobics or qigong. **The Croix-des-Gardes Nature Park** overlooking the city offers 80 hectares of gently sloping forest with splendid panoramas and is now equipped with eleven modules under the Aleppo pine, cork oak and mimosa. All over the city, some fifteen trails dedicated for foot racing or trekking are colour coded according to their difficulty. As in Sydney, Rio de Janeiro or Miami, sport enthusiasts and Sunday strollers alike can choose their favourite itinerary from some sixty kilometres of paths.

For a brisk seaside hike, athletes can run on track 1, named 'Long Beach' along world-famous La Croisette. 365 days a year, those who love beach volleyball can play on permanent courts, at Kiosk no. 16. There is a mixed cycling trail. For the delight of swimmers, the beaches of La Croisette, replenished with sand, will gain from 25m to 40m in width. And the hotels, from the Carlton built in 1911 to the Majestic, Martinez and Palm Beach built in the 1920s and 30s, they never stop renovating.

Isles of Lérins: Palme d'Or of the unusual

The Isle of Sainte-Marguerite: eucalyptus trees and Iron Mask

Where can Europe's finest eucalyptus trees be found? Off the coast of Cannes, on the Isle of Marguerite, 3.2km long, and some 900m wide. Botanists come a long way to take the shaded paths leading to **Fort Royal**, now the Museum of the Sea. It houses underwater and terrestrial archaeology collections, and **the Man in the Iron Mask's cell.** This unidentified man condemned to life in prison by order of French King Louis XIV was forced to hide his face under a mask for thirty years; much has been written on the mystery of his identity. This is a page of history to be discovered within easy reach of La Croisette.

The Isle of Saint-Honorat: lagoon and monks' wine : As hard as it is to believe, it was in Cannes in AD 410 that by Saint Honoratus promulgated the first Rule of monastic life in Gaul. A few centuries later, the first fortified monastery was built and reinforced by a keep. **Today a community of some twenty Cistercian monks live there and cultivate eight hectares of vineyards** producing 35,000 bottles of wine, served in particular at the Élysée Palace. Beside the winery that is open to visitors, the island features a restaurant and snack bar. And its lagoon's limpid waters are very much appreciated by swimmers. Regular shuttle service connects the islands by boat with Cannes from Quai Max-Laubeuf.

GRASSE, FLOWERS ON THE CÔTE D'AZUR

The Capital of Perfumery attracts many visitors. Built in the foothills of the Prealps overlooking the sparkling waters of the Mediterranean Sea, it is famous for its steeply sloping Old Town, with fine townhouses and museums. The surroundings enjoy an exceptional microclimate with many picturesque villages: Cabris, Auribeau-sur-Siagne, Mouans-Sartoux and the gourmet capital, Mougins.

Grasse, the land of flowers

The flowers grown in its fields have made Grasse the World Capital of Perfumery: 65 businesses are dedicated to perfumery and flavours. Around the city, 40 hectares of fields of jasmine, rose and rare tuberose, in full resurgence, reassure aficionados of a certain Chanel N°5 and other natural perfumes. The main perfume makers find here the raw

materials for their fragrances. Perfume lovers can thus approach and even touch the five perfume flowers of Grasse — Royal jasmine, Rose de mai, Iris pallida, tuberose and Rosat geranium. Flowers have their territory: Rosa centifolia — Rose de mai - and Royal jasmine have nothing to do with those from elsewhere, as attested by the 'noses' and perfumers of repute established in the city. Grasse has a rich architectural heritage and fine museums. On Wednesdays, its market set up on Place du Cours, with a dazzling panorama over the shining sea. Vendors offer socca, chickpea flour and for sale and the scent of rose and jasmine pervades the air…

An Old Town in the know

A smell of orange blossom, used to flavour fougasse, a kind of brioche that is one of the city's specialities, permeates the narrow streets lined with fine 17th, 18th and 19th-century homes. Perfumers, including Maison Fragonard, set up elegant museums in these former noble residences. After the arts and crafts and perfume shops on Rue de l'Oratoire, Notre-Dame-du-Puy Cathedral (13th century) is fascinating in its austerity. Its vaults and discreet decoration reflect Lombard and Ligurian influence. It boasts works by Rubens, and The Washing of the Feet, a rare religious painting by Jean-Honoré Fragonard.

The International Perfumery Museum. At the entrance to the city, including the 14th-century rampart and Pontevès town house (hôtel particulier), the MIP (International Perfumery Museum) is dedicated to fragrance, aroma and perfume. Artefacts from all continents reveal them in all their aspects: raw materials, trade, usages, etc.

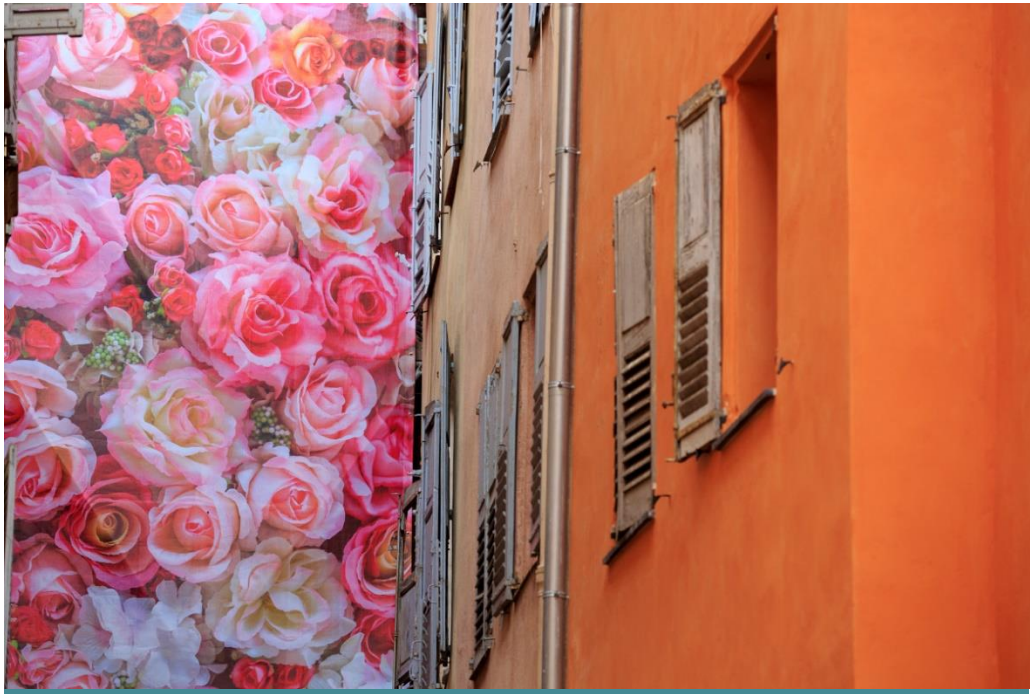
International Perfumery Museum (MIP) Gardens

On 2 hectares, they grow all the perfume plants that have made the renown of Grasse, creating a genuine olfactory landscape. Across from the old town, in the territory of Mouans-Sartoux, fields of Rosa centifolia and jasmine, citrus orchards with orange and lemon trees grow around an old canal and farmland.
Discover private and public gardens in Pays de Grasse with the Passion Jardins brochure.

'Do it Yourself': create your own perfume

The three main perfumeries of Grasse, Molinard, Fragonard and Galimard, organise guided tours, all fascinating and each one different, followed by a visit to the shop.
They also offer visitors a chance to try their hand at being a perfumer's apprentice and creating their own scent. This is the best way of approaching the secret universe of haute-parfumerie at affordable prices, given the cost of raw materials (€4,000 for a litre of essence of neroli, for example). A professional 'nose' assists in arranging base notes, top notes and heart notes. To your organs and pipettes to take your creation home with you!

Shopping COLLECTION 2018 CÔTE d'AZUR FRANCE
Scents and perfumes **CÔTE d'AZUR FRANCE x FRAGONARD**
www.boutique-cotedazurfrance.fr



CÔTE d'AZUR
FRANCE

PRESERVATION

#CotedAzurFrance

DECEMBER 2018 - 'EXPERTISE RELATED TO PERFUME IN PAYS DE GRASSE' INSCRIBED ON THE REPRESENTATIVE LIST OF THE INTANGIBLE CULTURAL HERITAGE OF HUMANITY BY UNESCO

This prestigious recognition is a historic landmark for Pays de Grasse & for the Côte d'Azur. This inscription was grounded in the strong values of authenticity, transmission and expertise that also characterise the global brand CÔTE d'AZUR FRANCE shared with Pays de Grasse.

Did you know? Born in Cannes and made us of the finest flowers of Grasse, Chanel N°5, has close ties with the Côte d'Azur.
Even today, eighty years after its creation, the suave fruity fragrance inspired by Gabrielle Chanel remains one of the most popular in the world.
It all began in 1921 in Cannes-La Bocca, a popular neighbourhood west of La Croisette. This is where Ernest Beaux, former perfumer for the Tsar, exiled in Cannes since the October Revolution, set up his studio. At the request of Coco Chanel, he had met the previous year through Grand-Duke Dmitri, the 'nose' prepared ten prototypes he numbered from 1 to 5 and 20 to 24. The couturiere was very much taken by N°5: a legend was born.

A promising association: Les Fleurs d'Exception en Pays de Grasse.
This is an agricultural organisation in the territory of perfume plants, with some forty producers in Pays de Grasse today. It has undertaken the following missions:
Promoting and optimising the production of plants and flowers in Pays de Grasse.
Showcasing a sector of territorial excellence for perfume, aromatic and medicinal plants (PPAM) in Pays de Grasse;
Participating in the mission of general interest for the preservation and enhancement of the territory, landscapes, local traditions and skills that have made Pays de Grasse a cradle of culture for perfume plants and ensuring the mission of the Organisation for the Defence and Management of Geographical Indications;
Promoting and optimising organic farming of plants and flowers in Pays de Grasse;
Encouraging and facilitating the work of new farmers in emblematic flower production;
Developing agritourism in cooperation with local communities.

NICE, CAPITAL OF RIVIERA TOURISM

Candidature of Nice for inscription by UNESCO to the World Heritage List

In January 2020, the French government decided to submit the candidature of 'Nice, Capital of Riviera Tourism' for inscription on the UNESCO World Heritage List. This candidature will be examined by the UNESCO World Heritage Committee in its July 2021 session.

On this exceptional location, between the sea and mountains, around a pre-existing urban core, there arose a new cosmopolitan town whose development, from 1760 to 1960, was determined by its function as a resort.

In submitting the candidature of 'Nice, Capital of Riviera Tourism', the City of Nice aims to draw the attention of the universal heritage conscience to an exceptional urban complex, arising from the emergence, followed by the development of Riviera tourism. This property is characterised by attributes, the first of which is the urban use made of an exceptional site with a mild sunny climate.

Its second attribute is the unique urban development to which this use gave rise, by extension of the historic core.

The third is the choice of adding an abundant wide variety of vegetation to enhance the appeal and exoticism of the urban landscape.

The last attribute results from the architectural heritage of tourist accommodation and hospitality, a heritage featuring many different stylistic influences resulting from the city's cosmopolitism.

Today, tourism has become a major civilisational and economic phenomenon. Judging from the 2018 World Tourism Organisation report, it concerns nearly 1.4 billion people, generates 10% of global GDP and is pursuing its growth. Although the consequences may occasionally jeopardise preservation of the heritage, the example of Nice demonstrates that tourism was also gave rise to a highly original heritage. At present, none of the properties on the World Heritage List relates to the theme of tourism as such. In this respect, the candidature of Nice provides a novel exploration of a new domain of the World Heritage.

Several forms of resort culture (sometimes referred to as 'proto-Tourism') spread in the 18th century: thermal, climatic and seaside resorts, stays in the mountains… They subsequently gave rise, after a series of mutations, to contemporary forms of tourism.

In Nice, a specific form of tourism developed: Riviera tourism, first climatic, then seaside.

The word Riviera is the Italian form of the Latin ripa (meaning 'shore') which from the 17th century designated the region between the Apennines and the Sea,

NICE, CAPITAL OF RIVIERA TOURISM

From the end of the 18th century, Nice was the first site to attract winter tourism to this coastline, deemed until then to be inhospitable and of difficult access. Thus, Nice is where the appeal of what would become the Riviera, in the touristic meaning of the term, was first discovered: the specificity of its picturesque landscapes due to the proximity of the sea and mountains, the mild winter climate, exotic vegetation and even, to a certain degree, the singularity of lifestyles of the local population. In the second half of the 19th century, other resorts grew on the Riviera on the Ligurian coast (Italian Riviera), Dalmatian coast (Austro-Hungarian Riviera, around Opatija), Crimea (Yalta) and around the Alpine lakes.

Thus, the term Riviera designates a specific form of touristic spatial organisation that first appeared in Nice and spread to the other coastal regions, anticipating what privileged tourist destinations would be in the 20th century, made accessible by modern modes of transport.

Such Riviera tourism gave rise in Nice to a true city, dubbed 'winter capital' at the turn of the 20th century.

There are several reasons for the title 'Capital'. First, the growing number of residents: 150,000 a year in 1900; no other resort attracted so many people at the time. Second, the cosmopolitism of this population: initially English, then from Russia and the German and Austro-Hungarian Empires, followed by visitors from all over Europe and the Americas.

This extraordinary density created a genuine urban setting, with an impressive heritage of hotels and villas, as well as leisure housing for rental, in a vast territory (the nominated property covers nearly 600 hectares) unique among resort towns.

The Operational Guidelines for the implementation of the World Heritage Convention, the exceptional universal value of Nice as a property is based on its nature as a 'new type of human settlement' (criterion (iv)). The diversity of cultural influences shaping its urban growth and architectural forms, as well as the universal scope of the artistic and literary works associated with the property, corresponding respectively to criteria (ii) and (vi) in the Operational Guidelines (from the press release for the Candidature).

CANNES, THE ISLES OF LÉRINS

David Lisnard, Mayor of Cannes and Vice President of the Alpes-Maritimes, in partnership with the Abbey of Lérins, wishes to protect and enhance the cultural and natural heritage by proposing the Isles of Lérins for inscription on the UNESCO World Heritage List.

Occupied since Ancient times, the Isles of Sainte-Marguerite and Saint-Honorat have preserved cultural remains of a succession of populations. Today the Abbey offers a threefold tradition: that of its founder Honoratus, and primitive monachism, that of the Rule of Saint Benedict and Benedictine monachism, which left a profound mark on the architecture of the buildings and that of the Cistercian tradition since the second half of the 19th century.

The Abbey of Lérins is, with that of Ligugé, one of the very few religious complexes in France to have been re-established after the Revolution in a Palaeo-Christian monastic site marked by the prestige of its first generations of Saints. Still in activity, it is one of the oldest centres of monastic life in Western Christendom.

A holistic vision also reveals the strategic importance of the Isles of Lérins with its rich, varied and well-preserved military presence. All the major periods of military architecture are represented, from the exceptional singularity of the 11th-century monastery tower to the bastioned fortress, the mediaeval keep to the standardised bunker. The landscape itself, shaped by the presence of troops (and prisoners) at different times, bears the imprint of political projects, technical innovations, threats and conflicts that left their mark on the islands' history. The persistence of the military phenomenon over a very long period of time is, in itself, one of the archipelago's most remarkable aspects.

While preparing the candidature, David Lisnard, Mayor of Cannes, decided to set up a scientific committee made up of curators and scientific experts to provide support for the project.

This scientific committee met regularly to analyse the different aspects of the heritage of Cannes: religious, holiday resort, military, natural, archaeological and intangible.

This consultation of scientists and experts led to examining the historical, natural and architectural characteristics of the islands' heritage to justify its 'Exceptional Universal Value'.

At the same time, seminars, colloquia and awareness actions on the heritage of Cannes will be organised regularly to discuss and reflect on the Isles of Lérins' candidature for the UNESCO World Heritage List.

THE 'EXCEPTIONAL UNIVERSAL VALUE' OF THE ISLES OF LÉRINS

From Ancient times to the present, the Islands have undergone exceptional traditional, military and religious occupation of this island complex.

The Isles of Lérins are home to a well-preserved rich heritage, which is an essential argument for the candidature, thereby proving the authenticity and integrity of the property. Sainte-Marguerite has preserved its cultural features practically intact since the 17th century and Saint-Honorat, since the 19th century, with exceptional architectural traces of human occupation, from Ancient times to the present, which provide an eminent example of traditional use of an island territory on a global scale. Thus, the 'Exceptional Universal Value' lies in the continuity of the two islands whose religious and military heritage represent a palimpsest of different periods from Antiquity to contemporary times.

This demonstrative comparative analysis was drafted to file candidature for inscription of the Isles of Lérins on the Indicative List of French properties in December 2017 and reach the first step in the selection to claim listing of the archipelago as a World Heritage site.

CÔTE d'AZUR
FRANCE

PORTRAITS OF VILLAGES

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'VILLE & MÉTIERS d'ART' IN #CotedAzurFrance

The 'Villes & Métiers d'Art' label marks recognition of towns and villages offering "an invitation to discover sometimes poorly known resources reflecting a French spirit, where creation serves a certain art de vivre…"

This label was created in May 1992 to promote what are considered to be multisecular trades and expertise. It goes to communes that strive to help craftsmen, promote the creation of studios, and create structures for local promotion.

In the Alpes-Maritimes region, the following councils have been awarded the label: Antibes **Juan les Pins – Biot - Cagnes sur Mer – Le Cannet – Mougins - Vallauris Golfe Juan** Itineraries are proposed in studios and museums, and lectures and meetings.

VILLAGES OF THE HINTERLAND

MOUGINS, village of artists and gourmets

On a verdant hilltop, just six kilometres north of Cannes, Mougins is an adorable village. Its narrow spiralling streets are punctuated with tiny squares, stairs, vaulted ground-floor rooms occupied by a milliner, cabinetmaker, painters or fine tables, since Mougins is where gourmets meet in southern France. From **Porte Sarrasine** (14th century), there is a spectacular view towards the sea in the distance. Punctuated with works of art, statues and paintings, the village is often transformed into an outdoor gallery. In **its MACM (Museum of Classical Art of Mougins)** contemporary works are shown with antiquities like Roman helmets (there is a remarkable collection of ancient helmets in MAC).

Picasso in Mougins

Since spring 2018**, a monumental statue representing Picasso's head** graces the entrance to Mougins. It commemorates the 45 years since the Master's disappearance on the very site of his death. Pablo Ruiz Picasso died on 8 April 1973, at the age of 91, in his home, Notre-Dame-de-Vie, which was also his last studio, where he lived for 12 years. The artist had already spent time with Dora Maar from 1936 to 1939 in the village where he met with friends like Paul Éluard, Man Ray, René Char and Lee Miller. In 1961 he gave Me Mas Notre-Dame-de-Vie, near the chapel of the same name, as a gift to his last wife, Jacqueline Roque. The period from 1961 to 1973 was prolific with work on sculptures made of painted, cut-out metal sheeting: La Chaise, La Femme aux Bras Écartés, La Femme à l'Enfant. In November 1962, he painted the Rape of the Sabine Women. In Mougins, **the André Villers Museum of Photography**, named for Picasso's official

photographer, displays snapshots by Lucien Clergue and André Villers showing the artist on his estate in Mougins.

Mougins, fine eating

In 1969, Roger Vergé opened his Moulin de Mougins with a menu at 28 francs (not quite €4). His 'sunshine cuisine', his talent, his kindness and that of his wife, attracted all the Riviera's gourmets! Today, Mougins can be proud of its many restaurants, with its two stars and friendly terrace across from the elm tree on the Grand-Place. To celebrate gastronomy, regional products and the gentle life on the Côte d'Azur, every year for the past 15 years, Mougins hosts in June, in the heart of its mediaeval village and outdoors, **Les Étoiles de Mougins**. With nearly 130 chefs present, a gastronomic trail, a dozen studios, five contests, a Provençal market featuring local small-scale producers and vintners, it has become one of the main meetings with Chefs and the general public.

CABRIS, a writers' village

The Siagne River and its gorges form a natural boundary between the regions of Fayence and Grasse. In the vicinity, there are lovely villages, like Cabris, just six kilometres north of Grasse and perched on a rocky outcrop. Place Mirabeau adjoining Notre-Dame-de-l'Assomption church, offers a splendid view on the entire coastline.

Literary anecdotes!

Cabris attracted illustrious thinkers and artists, including Antoine de Saint-Exupéry, André Gide, Albert Camus, Marcel Pagnol, Paul Claudel, André Malraux and Jean-Paul Sartre. Albert Camus wrote The Rebel (L'Homme Révolté); Antoine de Saint-Exupéry proofread Wind, Sand and Stars (Terre des Hommes); Marcel Pagnol finished César and Jean-Paul Sartre added the last touches to No Exit (Huis Clos)… Today, the famous landscape architect Jean Mus has set up his studio and it has become home to the finest 'noses'.

SAINT-CÉZAIRE-SUR-SIAGNE and its caves

This village in Pays de Grasse overlooks the Siagne Gorges.

It may be best known for its caves, over 6 million years old, discovered thanks to a farmer's providential shovel in 1890. They combine exceptionally rich concretions and fantastic forms of surprising beauty.

Nearby: Caille and Via Souterrata

The Dévoluy and Marguareis mountains are rich in cavities, with properly equipped underground trails providing access to these hidden depths. They combine a Via Ferrata and caving opportunities: appropriate attire and headlamp required.

- At the foot of the Audibergue mountain, a limestone bastion of the Prealps, there are many karstic caves, like the two fitted sinkholes in Parc de la Moulière. www.lou-pais.com

GOURDON, an aerie

A village listed as one of the most beautiful in France, clinging to the top of a sheer precipice 760m above sea level, Gourdon is a balcony open on the Loup River Gorges and the Mediterranean Sea. Huddled behind an imposing castle surrounded by gardens designed by Le Nôtre, its old houses are well preserved and restored in this lively village with many craftsmen.

In the village: Romanesque Saint-Vincent church (12th century), Place Victoria, lavender fields of the perfumed spring (Source parfumée), Saut du Loup (Loup River Gorges).

-Panorama: view over the valley and the entire coastal plain to the Mediterranean from Place de l'Église.

HAUT-DE-CAGNES, Montmartre on the Côte d'Azur

Tiered on a steep hill, the old mediaeval centre, Haut-de-Cagnes is one of the places of silence to discover on the Côte d'Azur. At its core, Château Grimaldi has become a museum with a section on the olive tree and rooms dedicated to portraits of Suzy Solidor, a singer and cabaret owner who became a local icon, by some great 20th-century painters 20th. Auguste Renoir spent the last 12 years of his life in his home here, Domaine des Collettes, now a museum featuring his original works.

Literary anecdotes!

Prévert wrote a poem; Georges Simenon bought a pied-à-terre to use as a discreet hideout; Simone de Beauvoir started writing The Mandarins.

Artistic anecdotes!

Along with the most famous — Renoir, André Derain, Soutine, Modigliani, Klein, Ziem — they all fell in love with Cagnes, its history and vistas…

BIOT, glassblowers' village

A mediaeval gem set in a leafy setting, ideally located East of Antibes, Biot has preserved a wonderful quality of life and an identity inherited from its history and craftsmen.

The presence of such artists as Fernand Léger, whose Museum was built at the foot of the village, and Éloi Monod, at the origin of the village's glassblowing tradition. In his dynamic artistic wake, there appeared glassworks, as well as pottery, ceramic and jewellery makers. The extension of the Sophia Antipolis Science Park today is giving Biot a new soul resolutely turned to the future.

Since La Verrerie de Biot was founded by Éloi Monod, many glassblowers trained in Biot have opened their own studios. These artists invite you to share their passion, and welcome you for a demonstration in their studios and galleries.

The national 'Villes & Métiers d'Art' label was granted to Biot by the Société d'Encouragement aux Métiers d'Art and the Confédération Nationale des Métiers d'Art.

For more L'info en plus : discover the COLLECTION **CÔTE d'AZUR FRANCE x ANTOINE PIERINI**

Shopping COLLECTION 2018 CÔTE d'AZUR FRANCE
Deco – Glass pebbles
CÔTE d'AZUR FRANCE x PIERINI VERRIER CONTEMPORAIN
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VILLAGES AROUND NICE

LUCÉRAM, the village with 450 Christmas cribs

The authentic mediaeval village of Lucéram remains a place of peace and silence. Every year in December, it sets out to display over 450 Christmas cribs. From the tiniest in a half-nutshell to the largest, over 10 metres long, there are visible in the village streets and cellars, on fountains, under porches, in the church, at the Tower, in chapels, at the bread oven, in the museums (Musée de la Crèche with Christmas cribs, Musée des Vieux Outils with old tools), at La Maison de Pays, la Placette, and in the shops.

The commune of Lucéram includes the Peïra-Cava ski resort: 1,500m above sea level, some 40 kilometres from Nice. It is the first ski resort in the Alpes-Maritimes département, founded by Victor de Cessole. Skiing is possible at Turini.

COARAZE, village of sundials

Coaraze is listed among the 100 finest villages in France.

Perched 650m above sea level, not far from the Mercantour National Park, Coaraze is the 'Village of the Sun'. Its narrow sloping paved streets, vaulted passageways, stone houses or façades rendered in various colours (blue, yellow, pink) in an Italianate style and flower-decked squares have attracted many artists and celebrities some of whom, like Jean Cocteau or Angel Ponce de León, designed the sundials in the village.

Must-sees: Chapelle Bleue, Saint-Sébastien chapel, Saint-Jean-Baptiste church, Musée Figas (l'Engarun)

SAINTE-AGNÈS, the highest coastal village in Europe

A belvedere over the Mediterranean perched nearly 800m above sea level, this former defence post on the Maginot Line on the Franco-Italian border was long a key military site. Today, the village offers visitors in search of authenticity, its narrow cobbled streets, breath-taking view on the Côte d'Azur and sunny climate.

Exclusive: the Maginot Line fort

Panoramas: view over the Bay of Menton and the Italian border from the Château

ÈZE and its Exotic Garden, for a 360° panorama on the sea and cost

This perched village East of Nice is a labyrinth of narrow streets lined with arts and crafts shops and prestige hotels with rooms discreetly dispersed in the little paved lanes. At the highest point, an Exotic Garden graces the ruins of the Castle with its amazing view.

The Nietzsche trail start by the sea, winding its way up the steep slope all the way to the perched village. Nietzsche, who lived in Nice at the end of his life, and was very sick, is said to have used this trail, which inspired his writing of the third part of Thus Spoke Zarathustra.

VILLAGES IN THE MOUNTAIN HINTERLAND

SAINT-MARTIN-VÉSUBIE, Little Switzerland of Nice

In the early 20th century, the high society of Nice spent their summer holidays in La Suisse Niçoise (Little Switzerland). Indeed, here, the Mercantour Massif reveals its full diversity: landscapes, flora and fauna, which makes it a gateway to the Mercantour National Park and an outdoor activity centre.

It is also ideal for trekking in the valleys of the Boréon and Madone de Fenestre with the pilgrimage in June, as well as fishing in the lakes and torrents.

SAORGE, 'Tibetan' village

With its maze of narrow streets and vaulted passageways, Saorge, a typical mediaeval village, is an old fortress clinging to the mountainside, towering over the steep Roya Gorges. Once defended by three forts, the stronghold of Saorge, reputedly impregnable, controlled all access through the valley. This listed village, which has something 'Tibetan' about it, is one of the most beautiful villages in France.

Heritage: Franciscan Convent

ROURE - The Arboretum, mountain garden

Roure, a mediaeval village 1,100 metres above sea level in the Tinée Valley set up an arboretum representing the mountain stage (1,000 to 1,700m above sea level) with deciduous trees and conifers from mountains the world over as well as collections of maple, old fruit-bearing trees, wild rose, houseleeks, and Chalet de l'Arbre with a carpothèque (collection of seeds and fruit of conifers), xylotheque (collection of wood specimens for cabinetmakers). The site having become the basecamp for 'No-Made', artists entrust their works to Nature which refashions them in turn with the seasons — snow, hail, rain, wind, sun.

A well-equipped valley. the Vésubie Valley aims to become a major outdoor destination. Today, it offers top-level sporting facilities: the village of Saint-Martin-Vésubie has the Station Trail® label, Vésubia Mountain Park (indoor centre for outdoor activities), managed by UCPA opened for the joy of fans of canyoneering, a zip-line (the longest in France) has been set up in winter and summer at La Colmiane. The Alpha Wolf Park is located at Le Boréon, 1,500m above sea level. After the three 3 'Scénovisions' (multisensory presentations) showing the natural permanent return of wolves, visitors can observe wolf packs in relative freedom, from different blinds, especially during feeding.

CÔTE d'AZUR
FRANCE

PLACES OF SILENCE

#CotedAzurFrance

ABBEY OF LÉRINS - CANNES

Peace and tranquillity just a 20-minute boat ride from Cannes, the Festival City!

The Isle of Saint-Honorat and Saint-Honorat Abbey

This monastery founded in 410 by Saint Honoratus was one of the most important establishments in Western Christendom in the 5th and 7th centuries. Today it is home to a community of Cistercian monks who produce wine and liqueur (La Lérina).

The community living at present in the Monastery of Lérins is made up of 21 monks from various cultural horizons. Their lifestyle is communal, their days being structured by prayer, work, study and greeting visitors. All belong to a congregation of monasteries, the Abbey of Lérins being the 'mother house'. The Monastery organises retreats for lay people.

CHAPELLE DU ROSAIRE - VENCE

Matisse's masterpiece

From 1948 to 1951, Matisse worked on the blueprint for the Chapel and all the details of its decoration: stained-glass windows, ceramics, stalls, stoups, religious objects, priestly vestments, etc. For the first time, a painter was creating a monument in its entirety, from the architecture to the furniture and stained-glass windows. Henri Matisse declared: "This work took four years of exclusive and diligent labour, and it is the result of my whole life's work. I consider it, despite all its imperfections to be my masterpiece."

LA GUERRE & LA PAIX - PICASSO CHAPEL - VALLAURIS

The Great Master's last politicised work

Picasso discovered ceramics through the work of Georges and Suzanne Ramié, owners of the Madoura pottery. In the summer of 1947, he spent time in their studio and learned the techniques of ceramics. Charmed by the intellectual effervescence of Vallauris, he decided to move there and even opened his own studio (in 1949) in a former perfumery. Le Fournas studio provided all the room necessary for Picasso to create paintings (Massacres en Corée, Fumées à Vallauris, etc.) and 'assemblage sculptures' (La chèvre, Petite fille sautant à la corde, etc.). He produced over 4,000 ceramic works, some of which are on display at the Picasso Museum of Antibes and the Magnelli Museum in Vallauris. The 'Picasso effect' on Vallauris was remarkable: many painters, sculptors and ceramicists were drawn to the city. Even today, Vallauris has kept traces of Picasso's presence. On Place de l'Église, in front of the entrance to the Picasso National Museum - La Guerre & la Paix, stands the statue of L'Homme au mouton, made in 1943 and considered a masterpiece by Picasso.

La Guerre & la Paix (War & Peace) is actually two works by Picasso, his last large political composition, place in the chapel of Château de Vallauris in 1959.

NOTRE-DAME-DES-FONTAINES - LA BRIGUE

The Sixtine chapel of the Southern Alps

This chapel is entirely decorated with murals dated 1492, the year Christopher Columbus discovered America. They recount the Virgin Mary's life in the chancel and that of Christ in 25 paintings on the side walls. These masterpieces are the work, respectively, of Giovanni Baleison and Giovanni Canavesio, both from the Piedmont.

THE MONASTERY OF SAORGE

Franciscan Baroque: the cloister and refectory feature exceptional 17th and 18th-century painted decoration: frescoes illustrating the life of Saint Francis of Assisi, allegories of Virtues, sundials and trompe-l'œil. The church has kept its furniture and splendid carved woodwork. There is great harmony between exuberant Baroque and sobriety characteristic of the Franciscan order.

A verdant setting, with a vast terraced garden adds to the charm of the complex, with its orchard and vegetable garden, opening on the surrounding mountains. Occupied by Franciscan friars until 1988, the monastery is now a writers' residence.

Focus on the Baroque Route:

The Baroque Route aims to highlight the local heritage, so closely linked to the artistic vitality expressed on both sides of what is today's border, from the late 16th to the early 18th century.

The 'Nisso-Ligurian Baroque Route' runs through the finest monuments, sacred and civil, of a priceless architectural heritage, the triumphal expression of faith, the spirit and euphoria of the Counter-Reformation. The itineraries proposed are for individual visitors or groups with a guide.

Signs are placed all along the way to guide visitors.

Most sites along the 'Nisso-Ligurian Baroque Route' can be reached by train.

SAINT NICOLAS RUSSIAN ORTHODOX CATHEDRAL - NICE

A masterpiece of Russian architecture in Nice

The Russian Orthodox Cathedral built in 1912, the largest in Western Europe, is one of the major monuments on the Côte d'Azur. It is inspired by late 16th-century five-domed churches in the region Moscow and Yaroslavl. Designed by Mikhail Preobrazhensky and built from 1903 to 1912, the church was named in memory of Tsarevich and Grand Duke Nicholas Alexandrovich, who died in 1865 in Villa Bermond on the site on which the Commemorative Chapel was erected in the park of the Cathedral. It is the most visible symbol Russian presence in Nice. It was completely renovated recently and is again open to visitors. Property of the Russian Federation

Focus on Russians on the Côte d'Azur

The Côte d'Azur was a favourite winter destination for Russian aristocrats before the Revolution of 1917. At the end of the 19th century, the Russian community transformed a stretch of dozens of kilometres along the coast between Cannes and Menton, into an equivalent of the shores of the Black Sea.

Tsars, Empresses, Grand Dukes, aristocrats and scholar here wrote a few pages on their lives. Villas and palaces were built on a level with their magnificence as early as 1850: Kotchoubey Residence (Fine Arts Museum), Romanov and Mæterlinck Palaces in Nice, Villa Alexandra, Villa Kazbeck and Wenden in Cannes, etc.

In parallel, Russians churches arose in Nice, Cannes, and Menton. The Saint Nicolas Russian Orthodox Cathedral in Nice is one of the only major examples of Russian Orthodox art in Southern Europe. It has been restored to its former glory. The church of Saint Michael Archangel in Cannes is another historic link between Russia and the Côte d'Azur. Built in 1896 under the patronage of Grand-Duke Mikhail Mikhailovich of Russia, it has become a memorial, with the tomb of Hélène Vagliano, heroine of the Résistance. Another well-guarded secret: there is on the Valrose campus of the University of Nice the only traditional Isba in Europe outside Russian soil, built with materials imported from Russia.

After 1917, many White Russians, fleeing Bolshevism, settled on the Riviera. For many of them, this was the only destination they knew outside Russia. The American writer Francis Scott Fitzgerald, in his famous novel, Tender is the Night, evokes the extraordinary fate of a young Russian aristocrat who flees Russia and becomes a taxi driver in the pre-War holiday resort of Cannes.

Ties between Russians and the Côte d'Azur remain very strong today, in the image of the traces our Russian friends left behind. The main coastal cities still attract this clientele, which represents 200,000 stays a year; which ranks Russia in ninth place among foreign markets on the Riviera.

More - 20th-CENTURY CHAPELS

Le Cannet: Saint-Sauveur Chapel decorated by Théo Tobiasse

Villefranche-sur-Mer: Saint-Pierre Chapel decorated by Jean Cocteau and offered to local fishermen.

Menton: Annonciade Monastery and its 464 steps!

The oldest Marian sanctuary in the region of Menton was founded in the 14th century. It can be reached by the 464-step Rosary trail, punctuated with shrines. It has very fine votive offerings, paintings and altarpieces (1642).

Nice: Franciscan Monastery of Cimiez. Franciscan friars settled here in the 16th century. The beautiful church has three late 15th/early 16-century panel paintings by Louis Brea. There are also gardens, the monks' former vegetable garden, Franciscan Museum and cemetery, with tombs of Matisse and Dufy.

Valbonne: Abbey church. The history of the village is closely linked with that of the monastery founded ca. 1200 by the order of Chalais. It later became the parish church of the newly built village of Valbonne in 1519.

Antibes: Notre-Dame-de-Bon-Port at the foot of La Garoupe lighthouse on Cap d'Antibes. Many votive offerings dedicated to the Virgin by sailors praying for protectio

CÔTE d'AZUR
FRANCE

CREATIVE ARCHITECTURE

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EILEEN GRAY: VILLA E1027, Roquebrune-Cap-Martin

For three years, Eileen Gray designed the furniture and, collaboration with Jean Badovici, the blueprint for the project. Villa E1027 is considered today to be genuine icon of modern architecture and Eileen Gray's first architectural creation, attesting to her careful attention to each detail. It is a manifesto, for both its architecture and the fixed and moveable furniture, lighting and decoration, all indissociable from each other.
Open to visitors by reservation only.

LE CORBUSIER's 'CABANON', Roquebrune-Cap-Martin

Born in the Swiss Jura Mountains, Le Corbusier loved the Mediterranean Sea, its light, landscapes reflecting the heritage of great civilisations and its rural architectures. the 'Cabanon' created on the model of the artist's 'Modulor', attests to this tradition. The architect, who died in the sea on the beach of Cabbé on 27 August 1965, is buried in the cemetery of Roquebrune.
Open to visitors by reservation only.

JOSEF LUIS SERT: MAEGHT FOUNDATION, Saint-Paul-de-Vence

The Maeght Foundation was born of Aimé and Marguerite Maeght's desire to find a place in which to display modern and contemporary art in all its forms and where their artist friends could also come to work and exchange. With a sculpture garden at the entrance, an 'agora' (Cour Giacometti) for gatherings, buildings arranged around patios, a campanile for the chapel, a 'Salle de la Mairie' and a house with a studio.

It is as a humanist that Sert conceived, in close constant dialogue with Aimé Maeght, village architecture dedicated to artists while remaining open to welcoming to art lovers.
It is as a modernist that Sert reinterpreted here the codes of Mediterranean villages: whiteness, soil, patios, etc. Without Brutalism, his lexicon integrates geometry, functional rationality and sharp shapes. His use of primary colours instils life in the whole.

Sert has literally integrated the place and Nature, including their myths, in his construction. In so doing, with its archetypal forms, especially the roofs with impluvia evoking the solar disk and bulls' horns, he created a site that is both unique and timeless.

ANTTI LOVAG - VILLA BERNARD, Théoule-sur-Mer

Maison Bernard is one of three creations emblematic of Antti Lovag's architecture, and often considered the most accomplished.

After studying the nature and specifics of the grounds, he began by creating the metal frame, which enabled him to visualise the interior and define the apertures facing upward towards the sky, sea and landscapes. He also projected a concrete sail on this structure made of rebars. Completed in the late 1970s, it was devised as a family home. Antti Lovag lived on the worksite during construction.

Recent renovation works by the architect Odile Decq lasted five years. They were undertaken by craftsmen, most of whom had already worked with Antti Lovag and whose expertise helped meet the many challenges that emerged during the renovation.

Open to visitors by appointment.

MINANGOY - NERON - MAROT: MARINA BAIE-DES-ANGES, Villeneuve-Loubet

20th-century heritage label: CRPS (Regional Heritage & Sites Commission) of 28 November 2000

The trend of summer holidays and territorial development policy in 1960s boosted the rise of tourism on the Riviera. Marina-Baie-des-Anges is thus an exception with respect to 'urban sprawl'.

This unique urban structure, located between Antibes and Nice, triggered a violent polemic for its gigantism and its role as a visual barrier on the seafront. With its undeniable artistic value evoking immense white waves, the complex as a whole; with its stepped spiral design architecture suggests a formidable fleet of sailboats, is the result of a slow maturation process defying regulatory standards.

Open to visitors through the Tourist Bureau of Villeneuve-Loubet.

RUDY RICCIOTTI: COCTEAU-SÉVERIN WUNDERMAN MUSEUM, Menton

Selected in 2008 after an international competition launched by the City of Menton in 2007, the architectural project proposed by Rudy Ricciotti, winner of the Grand Prix National d'Architecture, displays, on 2,700m² surface area, the works forming the Séverin Wunderman Donation.

Here, reigns supreme the muted enigma, specific to the passage from the world of the Dead to the world of the Living, so dear the artist. Thinking about this museum meant imagining an architectural principle capable of conveying the contrast between light and darkness and sublimating it with a play on shadows, "the emotion that enables you to see, think, ponder and dream... I will write on film as if it were with ink" (Henri Alekan, photographer for the film, Beauty and the Beast). Alekan conveys Cocteau's poetic expression using chiaroscuro in his films, aware of the psychological role of light and shadow for emotion and awareness. The architectural, and especially aesthetic, approach, based on black and white, express the reverie, mystery and complexity specific to Jean Cocteau's works and personality. It is a museum that acts as a mirror of the artist and his work. "One must do today what the entire world will do tomorrow" (Jean Cocteau). That means rejecting the dictatorship of tyrannical modernity and considering narration, oneirism and drawing as possible architectural escape" (Rudy Ricciotti).

VILLA KERYLOS

Admirably located on a small promontory by the sea in Beaulieu-sur-Mer (Alpes-Maritimes), Villa Kerylos is the property of the Institut de France since 1928. It was built at the very beginning of the 20th century by the architect Emmanuel Pontremoli for Theodore Reinach on the model of an Ancient Greek home.

Born into a family of bankers, a peerless scholar and Hellenist, Theodore Reinach invested some 9 million francs (thanks in part to the fortune of his wife, née Ephrussi) in the construction of this residence that was completed in 1908. Emmanuel Pontremoli worked out everything down the least detail, including the silverware, which makes this home as totally a work of art. Every object fits into an overall harmony evocative of the atmosphere of an Ancient Greek house. Indeed, it does not claim to be a rigorous replica of a Delian villa but a home — discreetly — provided with modern comfort and eclecticism of Ancient inspiration. The architect, trained at the School of Fine Arts and Grand Prix de Rome in 1890, had participated in the archaeological excavation and restoration of Ancient Greek sites.

VILLA EPHRUSSI DE ROTHSCHILD, Saint-Jean-Cap-Ferrat

Villa Ephrussi de Rothschild is one of the jewels of the Côte d'Azur! Of Italian Renaissance inspiration, this palace brings together all styles and periods with strong Lombard, Venetian and Spanish influence. Construction took place from 1905 to 1912. It was the wild dream of Baroness Beatrice who fell in love with a, enchanting site and decided to build it on 7 hectares of still pristine land to create the ideal setting for her art collection (18th-century furniture, porcelain from the Manufactures Royales de Sèvres and Vincennes, etc.).
The Baroness bequeathed the entire Villa and its treasures to the Académie des Beaux-Arts de l'Institut de France, whose property it became on her death in 1934.
The Villa is surrounded by nine theme gardens and overlooks the Bays of Villefranche-sur-Mer and Beaulieu-sur-Mer. The musical waterworks create a magical spectacle that bring the French Formal garden alive every 20 minutes, further enhancing the enchantment of the place.

AUGUSTUS' TROPHY - LA TURBIE

The village of La Turbie is a genuine balcony suspended above the Sea and offers unforgettable hikes. The village and its vicinity boast one of the most amazing panoramas on the Côte d'Azur.
The Trophy of the Alps is one of a kind: recognised of National Interest and managed by the Centre des Monuments Nationaux, it is one of the wonders of the Alpes-Maritimes's architectural heritage.
This superb colossal monument was erected to glorify Roman Emperor Augustus' victory over the Ligurian tribes, consecrating the unity of the Roman Empire and marking the border between Italy and Gaul. It contributed to the Emperor's deification.

This is the only permanent Roman Trophy, except for the one dedicated to Trajan at Adamclisi (Romania).
Visitors enter the enclosure of the Trophy through its immense terraced garden planted with olive trees and Mediterranean shrubs. The Museum presents the monument's millennia-old history through engravings, plaster casts and a model, the better to understand the historical importance of this unique heritage. Visitors can also climb to the monument's panoramic terrace with its unique vista over the entire Coast from Italy the Gulf of Saint-Tropez!

OBSERVATORY OF NICE

Sur le plateau du Mont-Gros, the Observatory is a genuine star of world astronomy. Founded by the patron of science Raphaël Bischoffsheim in 1881, the complex is due to the combined talents of Charles Garnier for the architecture and Gustave Eiffel for the Dome. Its 18m-long telescope was one of the very few instruments in the world that served for virtual observation of the stars. Thus, two thousand new double-stars were identified in Nice. Located on one of the finest sites on the Côte d'Azur, it offers a breath-taking view of Nice. The facilities of the Observatory of the Côte d'Azur are spread out on 450 hectares in Nice, Grasse and the Plateau de Calern (Plateau de Caussols).

CÔTE d'AZUR
FRANCE

LANDSCAPES & GARDENS

#CotedAzurFrance

The gardens of the Côte d'Azur have contributed to the Destination's vitality and renown. Indeed, Lord Brougham, considered to have discovered Cannes in 1834, planted the first mimosa trees on the surrounding hills; others, the writings of Tobias Smollett and Alphonse Karr disseminated their admiration of the beauty of the vegetation and landscapes of the region, without omitting George Sand who described Jardin Thuret in Antibes **("The loveliest garden I have ever seen**"), emphasised the beauty of the gardens along the sea on the Côte d'Azur. Festivities celebrated flowers, while scholars on holiday experimented acclimation of exotic plants in their gardens.

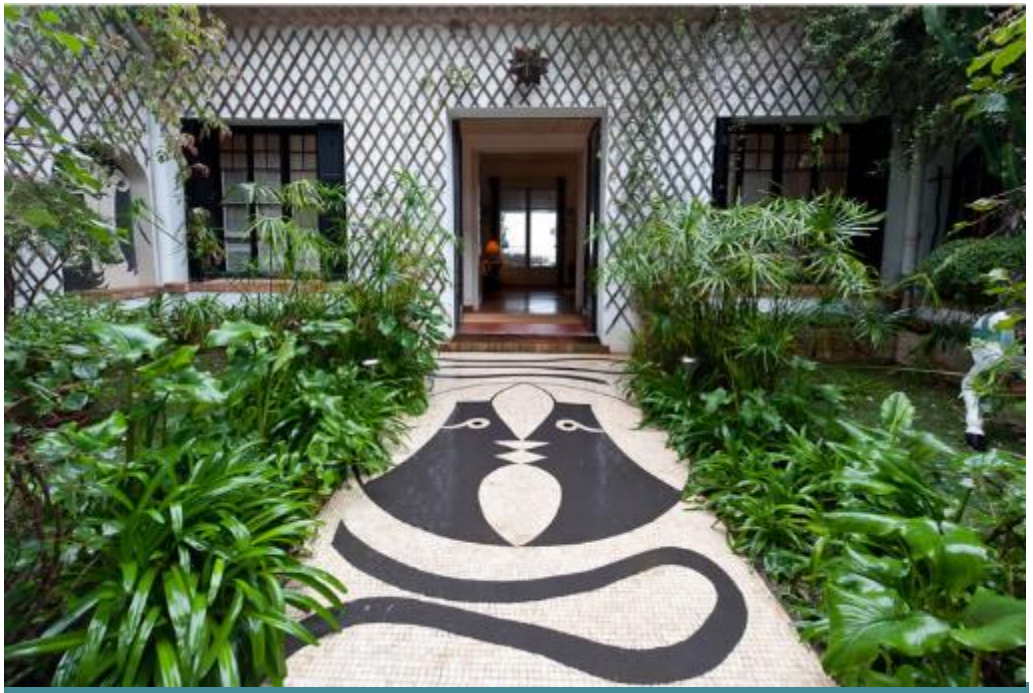
The Côte d'Azur (Alpes-Maritimes and Var départements) remains the top territory in France for the surface area dedicated to flowers and cut leaves foliage (46.6% of national territory) very far ahead of the Loire-Atlantique (9.3%), Pyrénées-Orientales, Seine-et-Marne and Finistère (3.8%) départements.

Thus, the Côte d'Azur today has **over 80 gardens** open to visitors for their **exceptional botanical and historical value.**

Nice remains the Capital of Flowers, celebrated in February by the Carnival of Nice with its Flower Parades**; Pays de Grasse** is on the UNESCO's Intangible Cultural Heritage of Humanity List for 'skills related to perfume in Pays de Grasse', its fields of perfume flowers are gradually regaining their territory; **Route du Mimosa** is a must-see itinerary in winter; **Menton aims to be the 'City of Gardens' and remains the unchallenged Citrus Capital,** with special focus on lemons through a PGI (Protected Geographical Identification). Cities have active policies for creating urban parks and gardens and, finally, the Alpes-Maritimes département created a **Festival of Gardens on the Côte d'Azur.**

The diversity and multiplicity of a territory with contrasted geography, ranging from the Mediterranean Sea to the Mercantour Massif, engender a multitude of gardens: sea view, mountain, acclimation, botanical, citrus, oil producing, etc. **They offer having of peace and splendid perspectives that can be enjoyed as the seasons go by, returning to the privacy, quietude and beauty of Nature fashioned by passionate gardeners**.

Gardens open to the public, around itineraries and tourist stays enable visitors to be completely immersed in these remarkable sites; but also meet producers and horticulturists of **perfume flowers** in Pays de Grasse; without omitting other uses, like gastronomy and the **festivities** punctuating the Riviera's calendar from January to December.



CÔTE d'AZUR
FRANCE

IN THE GREAT MASTERS' FOOTSTEPS

#CotedAzurFrance

CAGNES-SUR-MER - DOMAINE DES COLLETTES & RENOIR

Pierre-Auguste Renoir lived from 1908 until his death in 1919 at Domaine des Collettes, with its centuries-old olive trees. His visitors included such prestigious colleagues as Chaim Soutine and André Derain. His studio with his easel, palettes and wheelchair, offers a lesson in optimism, since despite his ill health, he never lost his taste for joy and beauty. His son, the film director Jean Renoir, also found refuge in this estate.

LE CANNET - PIERRE BONNARD

In 1926, Pierre Bonnard settled at Le Cannet, where he bought a villa he renamed Le Bosquet and where he lived for the rest of his life; he died in 1947. He produced over three hundred works in this fruitful period and specialists agree that is was in this twenty-year period that he painted his most inspired works. For him, the landscapes of Le Cannet and the light of the Midi were a boundless source of inspiration.

To pay tribute to the painter's talent, the city inaugurated in 2011, the only museum in the world entirely dedicated to Bonnard's work for the purpose bringing together both history and modernity. It is the story of close ties and identity between Pierre Bonnard and Le Cannet that gives the museum its full legitimacy. The Bonnard Museum's collections are made up of acquisitions, gifts and public and private trusts. They offer a representative sample of the work of Pierre Bonnard who lived in Le Cannet from 1922 to 1947. Landscapes, interiors and nudes are recurrent subjects of the artist through drawings, photographs and paintings. Le Cannet is now for Bonnard what Aix-en-Provence is for Cézanne, Giverny for Monet, Nice for Matisse, etc.

www.museebonnard.fr

CANNES - JEAN-GABRIEL DOMERGUE

Villa Domergue (former Villa Fiesole)

Built in 1934 on land acquired at the bottom of La Californie district by Jean-Gabriel Domergue, strongly influenced by the Italianate style. The painter designed the building and its decoration down to the least detail, while his wife, herself a sculptress, created the terraced gardens with ponds and waterfalls.

Jean-Gabriel Domergue died in 1962 and his wife Odette Maudrange-Domergue bequeathed the estate to the City of Cannes in 1973. As the specified in the couple's lifetime, their bodies were transferred from Le Grand Jas cemetery to the Villa in November 2000.

Jean-Gabriel Domergue designed the very first poster for the Cannes Film Festival in 1939, although World War II caused the event to be postponed until 1946.

ANTIBES - HANS HARTUNG

Hans HARTUNG (1904-1989)

In 1972, the German painter, leader of Lyrical Abstraction, settled in Antibes with his wife Anna-Eva Bergman in a house and studios they chose to build in an olive grove. The architecture was designed by the painter and both artists enjoyed a period of intense creative activity under the end of their lives. Today, the estate has become the Hartung Foundation. Works by Hans Hartung and Anna-Eva Bergman are on display at the Picasso Museum.

ITINERARIES :

PICASSO & LA CÔTE D'AZUR

Cannes: A studio with a view on the Sea

Picasso discovered the beauty of Cannes in 1927. From then on, he went there regularly. In 1955, he established his main residence in the city. He acquired La Californie, a sumptuous home built in 1900 with a breath-taking view on the Bay of Cannes. He made the huge living room into both his studio and the place where he greeted friends and visitors. Many major works were created in studio, like the series dedicated to Velázquez' Las Meninas (1957), a tribute to the great Spanish Master and proof of Picasso's attachment to his own native land. Life at La Californie was documented by photographs by André Villiers, Edward Quinn and Douglas Duncan.

Mougins: Picasso's last residence

Mougins witnessed the liaison of Picasso and Dora Maar from 1936 to 1939. In 1961, he moved there with Jacqueline, choosing Mas Notre-Dame-de-Vie as his last home and studio. On the ground floor, Picasso set up a sculpture studio and, on the first floor, a storage area for most of his personal collection.

Since spring 2018, a monumental bronze statue of Picasso's head graces the entrance to Mougins. The André Villers Museum of Photography displays works by Lucien Clergue and André Villers, Picasso's official photographer, showing the artist in his home in Mougins.

Vallauris: a passion for pottery

Picasso discovered the art of ceramics through the work of Georges and Suzanne Ramié, owners of L'Atelier Madoura. In the summer of 1947, he spent time in their studio to learn the techniques of this art form. Delighted with the intellectual effervescence prevailing in Vallauris, he decided to move there and even opened his own studio (in 1949) in a former perfumery. L'Atelier du Fournas offered all the space necessary for Picasso to create his paintings (Massacres en Corée, Fumées à Vallauris) and assemblage sculptures (La chèvre, Petite fille sautant à la corde). He produced over 4,000 ceramic works some of which are on display at the Picasso Museum of Antibes and Magnelli Museum in Vallauris.

The 'Picasso effect' on Vallauris was remarkable: many painters, sculptors and ceramists settled their in turn. Even today, Vallauris retains traces of Picasso's passage there. On Place de l'Église, in front of the entrance to the Picasso La Guerre & la Paix National Museum, stands the statue of L'Homme au mouton (Man with a sheep), made in 1943 and considered by Picasso to be an essential work.

Picasso's two works, La Guerre & la Paix (War and Peace), his last political composition, were placed in the chapel of the Castle of Vallauris in 1959.

Antibes: the joy of living and creating

In August 1946, after having spent the month of July in Ménerbes, Picasso and Françoise Gilot returned to Golfe-Juan. Pablo painted little, drawing still lifes, women, flowers and butterflies, but mainly swimming and sunbathing on the almost deserted beaches. The War was over; Picasso was happy, in love and let himself enjoy the simple pleasures of a radiant month of August.

Romuald Dor de la Souchère, Curator of the Museum of Antibes offered him the possibility of using part of the Museum as a studio. Picasso created a vast lyric poem, a hymn to life, La Joie de Vivre, a paradisiac landscape with Françoise Gilot dancing naked on the beach. Following this stay, Pablo Picasso entrusted 23 paintings (Ripolin, charcoal, graphite on fibrocement, wood or reused canvas) and 44 drawings with the City of Antibes. The best known of these paintings include La Joie de Vivre, Satyre, Faune et Centaure au Trident and Le Gobeur d'oursins, while the most representative drawings include La Suite Antipolis, Têtes de Faune and Études pour une Figure Féminine.

MATISSE & LA CÔTE D'AZUR

Matisse is one of the painters most strongly identified with the Côte d'Azur. Having lived and worked for many years, his heritage is strongly present especially in Nice and Vence. His masterpiece, Chapelle du Rosaire, remains a truly unique monument of sacred art. From 1948 to 1951, Matisse designed the plans for the chapel and all the details of its decoration: stained-glass windows, ceramics, stalls, stoups, religious objects, priestly vestments, etc. For the first time, a painter created a monument in its entirety, from the architecture to the furniture and stained-glass windows. Henri Matisse declared: "This work took four years of exclusive and diligent labour, and it is the result of my whole life's work. I consider it, despite all its imperfections to be my masterpiece." Matisse lived in Villa le Rêve which is now a residence now available for private individuals and artists looking for a place to stay in a splendid setting and restful atmosphere, conducive to concentration and inspiration. He appreciated the exceptional like, peace and quiet, and Nature. There, he painted many of his most famous works, like Nature Morte aux Grenades. Located barely 100 metres from Chapelle du Rosaire, Villa le Rêve has a 2,500m² wooded garden and an exceptional view on the hills overlooking Vence.

COCTEAU & LA CÔTE D'AZUR

Like many artists, **Cocteau** lived on the Côte d'Azur for many years. He made it his own, by offering both its inhabitants and visitors his vision of Southern France, through works on display in public places: chapels, cultural venues, wedding hall, etc. He is found essentially in cliff-side places on the French Riviera.

Villa Santo Sospir in Saint-Jean-Cap-Ferrat. "Santo Sospir is inhabited by a young woman. I could not 'dress' the walls; I had to draw on their skin: I rendered the frescoes linearly with little colour to enhance its tattoos. Santo Sospir is a tattooed villa." This is how Jean Cocteau recounts his work the Villa belonging to Francine Weisweiller, his friend and patron. She invited him to stay on the Riviera and he decorated the house entirely in 1950 and returned there regularly to paint, write and film until his death in 1963. The Villa will soon be open to the public (in small groups).

Saint-Pierre Chapel in Villefranche-sur-Mer. After having 'tattooed' Francine Weisweiller's Villa, Jean Cocteau confided to a friend in charge of Tourism, his project to offer a chapel to the fishermen of Villefranche in memory of his past youth. In 1957, the poet began work on the walls of the nave of Saint-Pierre Chapel. Cocteau said he wanted visitors to feel as in they were caught in "a fisherman's net". The Chapel is open to the public.

The Wedding Hall in the Mairie of Menton. In 1957-1958, shortly after Cocteau had finished decorating the walls in the Chapel of Villefranche, Francis Palmero, then Mayor of Menton, asked the poet to decorate the wedding hall in the Mairie (town hall). The room is still used for celebrating weddings and open to the public.

Musée du Bastion in the City of Menton - Jean Cocteau the Mediterranean - Overview of the Séverin Wunderman Collection.

The Jean Cocteau Museum of Menton has renewed its exhibition rooms and is presenting a preview of part of the Séverin Wunderman Collection, which includes over 1,500 works by Jean Cocteau.

Theatre of Cap d'Ail. The Centre Méditerranéen d'Études Françaises of Cap-d'Ail was founded in the 1950s by Jean Moreau, former director of youth movements. In 1958, a troupe of student actors wrote to Jean Cocteau who was living on the Côte d'Azur, to invite him to a performance they were giving at the Centre in Cap-d'Ail. The poet agreed and, after the show, held in the gardens, Jean Cocteau told Jean Moreau that such a site deserved to have a real theatre as in Ancient Greece. The Centre's Director took the poet at his word and asked him to design his ideal theatre.

ITINERARY / PAINTERS ON THE CÔTE D'AZUR

Some ten communes on the Côte d'Azur have set up lectern signs on the very sites where painters had set up their easels, reproducing the landscape painting. There are some 80 such lecterns marking the presence here of great masters of the 19th and 20th centuries.

ARTISTS' RESIDENCES IN REMARKABLE PLACES

NICE - Villa Arson (National Contemporary Art Centre & Art School), Babylon in Nice

Villa Arson is home today to the École Nationale Supérieure d'Art and a National Contemporary Art Centre. The Villa is named for Pierre-Joseph Arson who acquired the Villa in the early 19th century with the surrounding 6-hectare estate. An aesthete, he undertook to embellish it and transformed an agricultural holding into a pleasure garden of Italian inspiration. Converted into a hotel, then a clinic, the Villa, of which little remains, was transferred to the State in 1943 and, later, at the request of Culture Minister André Malraux, it was made into an International Art School inaugurated in 1972.

A mineral fortress of Brutalist inspiration, today, the Villa blends contemporary art, architecture and the art of the garden. At the entrance, a garden can be discerned for its originality: five circles of lawn and rock slabs have a tree from each continent.

Although little remains of the original estate, aside from alignments of pine trees and the cypress alley, contemporary art is very well represented, with works integrated in the vegetation. The architect Michel Marot devises 4,500m² of hanging gardens with rooftop - terraces and floral massifs requiring very little water. Outdoor patios punctuate the interior of the building with their greenery, creating a permanent, very original "inside-outside" impression. The Villa and garden are on, the Historic Monuments list since 1.

SAORGE - A Monastery for artists

The Centre for National Monuments in charge of the Monastery of Saorge restored the church with its splendid carved woodwork. Every summer, creative residences attract writers, scriptwriters, composers and live performance troupes to the superb monastery of Saorge, dubbed the 'Tibetan village' for its sheer cliff and the Roya River Gorges.

MANDELIEU - The 'Lovers' Château', and artists' residence by the sea

In 1916, the American artist and sculptor Henry Clews bought the ruined Château de la Napoule on the seafront. With his wife, he began a large-scale renovation project to host events and exhibitions. On the 4-hectare estate, the couple restored all their splendour to the gardens, alternating a dizzying variety of styles: English landscape, French formal, Venetian, Roman and Moresque in. The Clews left their last mark on the garden, buried together in their mausoleum, away from public view for eternity.

Today, Château de la Napoule preserves Henry and Marie Clews' cultural and historical heritage. It is dedicated to promoting art and international cultural exchanges, the Clews Centre for the Arts aims to support and inspire artistic talent and creation. It is also an artists' residence.

More:

CANNES - Le Suquet des Artistes: a district of Cannes becomes an artists' residence

In Cannes, the district of Le Suquet occupies the slopes of Mont Chevalier, overlooking the Bay. Recently, it has become a haven for art, with Le Suquet des Artistes, an artists' residence, and its museum in the Tour Carrée (Square Tower). Musée de la Castre celebrates the diversity of all five continents with collections from the Himalayas and Tibet, the Ancient Mediterranean, pre-Columbian ceramics, musical instruments from the world over, 19th-century paintings, etc.

CÔTE d'AZUR
FRANCE

CINEMA

THE COTE D'AZUR AS A FILM SET

#CotedAzurFrance

The Côte d'Azur and cinema are perfectly indissociable: from the beginnings of silent cinema and thanks to the presence of ambassadors of the film industry charmed by the Destination, all the arguments being combined to make the pairing of Côte d'Azur and Cinema into a genuine 'Love Story'.

Nice became the technical capital of cinema and Cannes, in 1946, the showcase of world cinema: creation in Nice; observation and discussion in Cannes.

In fact, the entire French Riviera would benefit from the development of cinema. Its idyllic setting, mild winters and great many days of sunshine, the beauty of the Mediterranean and its capes with their sublime villas and hotels, remarkable landscapes and light would all be 'seductive' assets that would lead the Greats of World Cinema to make the Côte d'Azur their workplace, so much so that it earned it the reputation of being 'Hollywood on the Riviera'.

Generations of directors and actors came in succession to the Côte d'Azur. Nice acquired remarkable filmmaking expertise over time and Cannes stayed at the top thanks to its Festival.

LAND OF SPORTS

#CotedAzurFrance

SPORT IN PICTURES - CÔTE d'AZUR FRANCE

The Côte d'Azur is a truly exceptional sports ground for outdoor activities in all seasons. This positioning is being expanded over the entire destination. From recreational sport to competitive sports, the entire Riviera benefits from geographic assets ideal for the practice of many different athletic activities. We cannot even begin to give you an exhaustive list since the schedule of events keeps on expanding with more and more and more top-notch infrastructures.
Some sportspersons and coaches felt this territory lends itself perfectly to the development of its tourist and athletic appeal. We can mention, in particular: Serena Willliams' coach Patrick Mouratoglou, who located his Academy in Sophia-Antipolis; French champions Stéphane Diagana has a project for a Sport & Health Campus in Mougins and Jo Wilfried Tsonga in Villeneuve-Loubet; free-divers Guillaume Néry and Pierre Frolla constantly emphasise their Mediterranean identity; without omitting world-class golfers from Mandelieu and Grasse and skiers from the southern Alpine ski resorts. Will the Côte d'Azur become the best place for reconversion of top-level athletes? Only the future can confirm this.

CÔTE d'AZUR
FRANCE

alpes
FRENCH SOUTH

SNOW & SKI

#CotedAzurFrance

Far from the clichés of a Côte d'Azur covered in glitter, those in the know realise that the destinations main asset is the geographic proximity the **Sea and snow-capped peaks**.

The ski resorts of the Alpes-Maritimes (the best known being Valberg, Isola 2000, Auron, etc.) are located less than a 90-minute drive from the Riviera's main towns: Cannes, Nice, Grasse, Antibes, Menton and Monaco.

Thus, six months a year, **from December to April, the most original combinations of activities between the sea and mountains** are available to those looking for 'Experience Stays'. Indeed, you can combine skiing in a resort with countless sporting or well-being activities on the coast: **ski & golf; ski & spa; ski and water sports**, etc. If you want to push the experience to the hilt, you can imagine Alpine skiing in the morning and water skiing in the afternoon!

For more **contemplative visitors**, the variety of immaculate white landscapes from the still untouched Mercantour Massif to the blue of the seashore under the Riviera's winter sun, can be found nowhere else. Trekkers can put on their snowshoes to reach the snowy peaks, then hike along the coastal 'customs' trails on the famous capes of the Côte d'Azur.

The most fearless can climb natural ice cascades or build an igloo to spend the night before relaxing in on the many spas or seawater therapy centres on the coast.
You understand that there are many possible combinations, from ski ruins to the Mediterranean shores.

CÔTE d'AZUR
FRANCE

NATURAL SITES

#CotedAzurFrance

COLORADO AZURÉEN - RED ROCKS IN THE CIANS AND DALUIS GORGES

The Alpes-Maritimes département is brimming with treasures: sumptuous landscapes in all their majesty, in particular the glorious red rocks of the Cians and Daluis Gorges, transformed in spring into ideal terrain for thrill-seekers. The amazing, wonderful red Daluis Gorges with all their fauna, flora, minerals, etc. and breath-taking vistas, like 'Pont de la Mariée' and 'La Tête de Femme', and the vertiginous viewpoint set up in 1989 in the heart of the canyon to see the waters of the Var River flowing 270 metres below Var.
Whitewater: 13 canyons for different levels - Canyoneering and aquatic hikes

ROUTE DE LA BONETTE: THE HIGHEST ROAD IN EUROPE

Listed on 18 August 1860 by French Emperor Napoleon III, the road from Nice to Briançon has inspired millions of travellers to follow in his footsteps. The road from Nice to Barcelonnette can take Col de Restefond, a pass towering 2,802m above sea level.

VALLEE DES MERVEILLES

An outdoor museum and listed Historic Monument!

Vallée des Merveilles is a valley in the Mercantour Massif, 80km north of Nice and halfway between Saint-Martin-Vésubie and Tende.

It is one of the most significant prehistoric petroglyph sites in Europe: rock carvings etched into coloured rock slabs known as ciappe at the foot of Mont Bégo 2,872 metres above sea level. Over 100,000 petroglyphs (prehistoric, protohistoric and historic) have been revealed, 30,000 inventoried by Henry de Lumley, most from the Bronze Age.

Vallée de Fontanalba, like Vallée des Merveilles, is an exceptional outdoor archaeological complex, where thousands of prehistoric rock carvings have been found. It is also a very pleasant and fairly easy hike to discover several high-altitude lakes, chamois and ibex.

On their own or in the company of a certified Mercantour National Park guide, these treks provide opportunities to admire the rock slabs with their surprising green or orange, reddish or purplish colours, resulting from weathering since the glacial retreat at the end of the Pleistocene along with splendid flora and fauna.

These sites are accessible in the summer months, the best period being from June to October, according to weather conditions.

The Musée Départemental des Merveilles is located in Tende. It was founded in 1996 to highlight the exceptional archaeological wealth of this commune. It presents 1,000m² of permanent and temporary exhibitions relating to Vallée des Merveilles and its petroglyphs.

www.mercantour.eu

GORDOLASQUE

The village of Belvédère opens the way to the Gordolasque Valley, just 12km north-east of Belvédère. This is one of the most unspoiled paths to approach the Mercantour National Park. It offers easy access to Vallée des Merveilles and a chance to discover the highest peaks in the Alpes-Maritimes département (Malédie, Tête du Basto, Grand Capelet, Clapier).

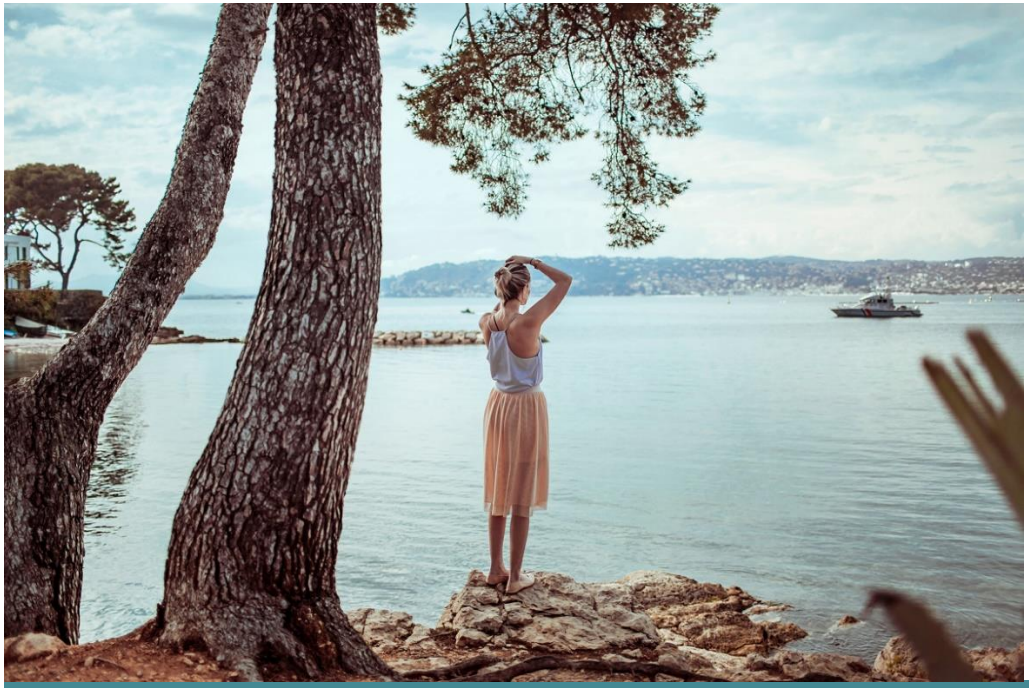
FRENCH CULT TELEVISION SERIES: BELLE & SÉBASTIEN MERCANTOUR TREK

The French cult children's series directed by Cécile Aubry, Belle & Sébastien, is the story of a boy and Belle, his Pyrenees Mountain Dog, set in the French Alps. The live action show, broadcast on ORTF, French Public Television, in 1965 and later in an anglicised version on the BBC, was shot in the Gordolasque Valley. A few scenes of the 'remake', Belle & Sébastien 3, the Last Chapter, released on 14 February 2018, were shot at the Col d'Izoard, further north in the Hautes-Alpes département. In the Mercantour Massif, the natural location for the original series has not changed since the 1960s! A plaque was affixed there in 2014, in the presence of Mehdi El Glaoui, who played the roles of the little boy, Sébastien, in the original series. It indicates the Refuge du Grand-Baou, a shepherd's hut built against a huge boulder. In closing, we must recall the image of swimming at 'Trou de l'Éléphant', a name inspired by the shape of the rock, suggesting an elephant with its trunk in the river.

THÉOULE-SUR- MER with its red creeks

A little village, a jewel in the Bay of Cannes, with fine sandy beaches, inlets in the rock rocks, boat rides, water sports, etc. are the assets of this paradisiac seaside resort. It is surrounded by the protected Esterel Massif, open to all, which features many activities for nature lovers in an enchanting environment.

On the Sea, the coastline stands out between the blue Mediterranean waters and the crimson rocks. Outings by the sea are a must!



CÔTE d'AZUR
FRANCE

FROM CAPE TO CAPE

#CotedAzurFrance

CAP D'ANTIBES

This peninsula with its powerful lighthouse is covered with exceptional villas and humble sanctuaries. It is surrounded by beaches, like the one at La Garoupe, where the writer Colette marvelled at feeling the "sand, sometimes cool, sometimes warm under useless feet." A Chemin du Calvaire (Path of the Cross) leads to La Garoupe sanctuary whose walls are covered with votive offerings (ex-votos) and the charming shrine of Notre-Dame-des-Amoureux (Our Lady of Lovers), by Raymond Peynet. The trail, Sentier de Tire-Poil, stretches along a multitude of little creeks where fishermen and hikers approach prestigious estates, many of which are open to the public. Thus, Eilenroc, designed by Charles Garnier (architect of the Paris Opera House), is set in eleven hectares of gardens and roses. Baccara and Sonia roses, created here by Meilland, are particularly fragrant. The Hôtel du Cap Eden-Roc swimming pool, cut into the bedrock overlooking the sea, is one of the most photographed in the world! Rita Hayworth, Marleene Dietrich, Charles de Gaulle, Alain Delon, Sharon Stone, Clint Eastwood, Georges Clooney and Brad Pitt have swum there. The bar and restaurant above are open to everyone, except in case of special events, on condition of course, of ordering something, if only a cup of coffee.

CAP-FERRAT

The name Cap-Ferrat first appears in 1218 and the cape long remained secluded. It was not until the 18th century that people settled there. Protected by the Coastal Law, it is surrounded by a path that follows all 11 kilometres of its entire circumference. Between sumptuous panoramas on the Bay of Villefranche and impressive limestone cliffs falling into the sea, Cap-Ferrat has a rich heritage. This includes the lighthouse, a listed Historic Monuments, rebuilt in 1949, on the site of the oldest lighthouse in the Alpes-Maritimes département, or the remains of a 16th-century fort, all of which remains being a tower and Saint-Hospice chapel, accompanied since 1903 by a surprising bronze statue of a Virgin and Child. Very popular with rich winter visitors, the Cape was a prestigious holiday resort, as attested by the many gardens and villas, including Villa-Museum Ephrussi de Rothschild, built in 1905, open to the public, and its wondrous gardens designed by landscape architects Achille Duchêne and Harold Peto, who reproduced a world tour.

CAP-MARTIN

Forming with Cap d'Antibes and Cap-Ferrat a trilogy of major natural sites on the Côte d'Azur, Cap-Martin is home to some of the finest villas on the Mediterranean coast: built in the Belle-Époque (late 19th-early 20th century), these residences huddled in tall pine groves display their immaculate façades on the Bay of Roquebrune.

They include Villa Cyrnos, occupied at the early 20th century by former Empress Eugénie, wife of Napoleon III. Far more modest, the equally famous wooden cabanon designed by the architect and urban planner Charles Jeanneret, aka Le Corbusier, stands alone, overlooking Cabbé beach since the death of its illustrious occupant, buried in the cemetery of Roquebrune-Cap-Martin in 1965 or The Villa E1027..
The trail of Cap-Martin, with its wild tormented coastline watching the Principality of Monaco, bears his name in memory of a stroll that was dear to his heart.

ÈZE - NIETZSCHE TRAIL

"Many hidden corners and silent peaks in the landscape of Nice were sanctified for me by unforgettable moments," Frédéric Nietzsche would confide in Ecce Homo regarding his first stay on the Riviera, from 2 December 1883 to 20 April 1884.

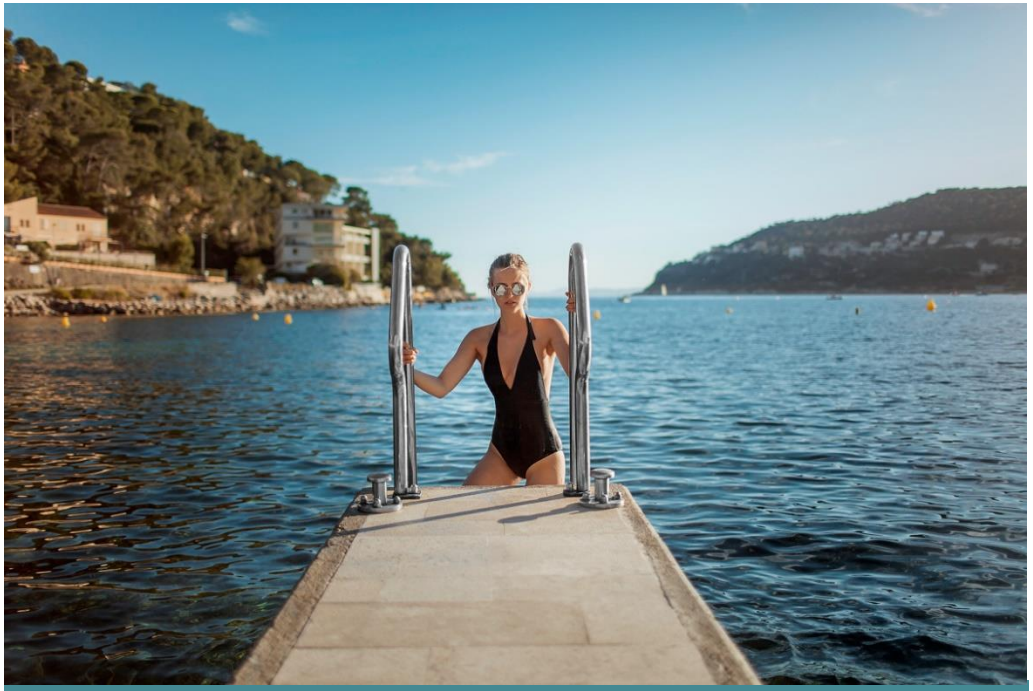
When he came to the Coast, which was not yet name 'Azur', Nietzsche's morale had hit a low. His books were not selling; he had just had a falling out with Wagner and been rejected by Lou Andréas Salomé. On the Riviera, Nietzsche found once again the creative drive necessary to write, "Here I believe in the sun as a plant does," he wrote. And, in a letter to Peter Gast, he added: *"… This splendid plenitude of light has on me, a tortured mortal (often so desirous of death) an almost miraculous action."*

Èze and in particular the trail from the little railway station in Èze-Bord-de-Mer to the perched village would have a preponderant role in his work. Although we have proof that Nietzsche stayed in Nice during this visit, there is also an oral tradition that states he also stayed in Èze-Bord-de-Mer, where post office used to be.
Some claim he slept several times in the village.
Nonetheless, in Èze, the philosopher, who was so sensitive to the influence of climate and landscapes, regenerated. Like many writers, he needed to walk to create. *"Suppleness of the muscles was always greatest for me when the creative forces flowed most fully. The body is inspired … I could then hike in the hills for seven or eight hours with a trace of weariness. I slept well, laughed often. I was in a perfect state of vigour and patience*."

There, amid the olive trees, mastic trees, euphorbia and holm oak, in the middle of this untamed nature when smells from the sea giving way to the smell of land, against the backdrop for the Mediterranean Sea and the silhouette of the village above, Nietzsche would write pages of Thus Spoke Zarathustra that he deemed 'decisive'.
"The following winter, under the alcyonian sky of Nice, which for the first time shone in my life, I found the third Zarathustra - and I had thus finished," he write, before adding: "This decisive part which bears the title: 'Old and New Tables' was composed during a most painful climb from the station to the wonderful Moorish village èze, built in the middle of the rocks."

In fact, walking in Nietzsche's footsteps on the trail now named after him, it is easier to understand the emotion that overcame him, especially when he talks of ascending toward the top.
"It is from the sun that I learned this, when it sets, a sun that is too rich: it spills the gold that is boundless wealth into the sea," he would later admit. Even today, Man is in the heart of Nature in the face of the infinite horizon to witness the same spectacle.

Nietzsche returned to the Côte d'Azur every year until 1888. Nietzsche covered thousands of kilometres to find the 'fabulous place' where he would find peace at last. This place could be Venice or Nice, but more certainly Èze whose landscapes correspond to his temperament.



CÔTE d'AZUR
FRANCE

BEACH, SEA & SUN

#CotedAzurFrance

The Côte d'Azur's top asset is obviously its beaches!
And the offering seems infinite from Menton to Théoule-sur-Mer, with nearly 80 kilometres along the Mediterranean Sea: an opportunity every single day to discover a different beach with its special atmosphere for holiday "sun and farniente" on Côte d'Azur France.

Starting from Menton, the delightful beaches are located near Belle-Époque gardens and hotels, with their gentle peaceful atmosphere. Café terraces line the beaches at the Jean Cocteau-Collection Séverin Wunderman Museum which opens on a mosaic pavement facing the traditional covered market.

Those in search of peace and quiet can find hidden beaches on little capes. Above those of Roquebrune-Cap-Martin stands Le Corbusier's Cabanon and the 'Promenade' named for him. Further on, those of Cap d'Ail, Èze-Plage, Beaulieu-sur-Mer and Saint-Jean-Cap-Ferrat stretching along the shores of the French Riviera's elegant villages.

The little beaches along the Bay of Villefranche-sur-Mer are known for their discovery of marine flora and fauna, with kayaking in particular, but visitors should also visit Chapelle des Pêcheurs, the fishermen's chapel decorated by Cocteau at the foot of the Citadel and the historic Port of La Darse.

The emblematic beaches of Nice are at Rauba-Capeù and along world-famous Promenade des Anglais. Some of the shingle beaches, essential meeting points for the people of Nice, also become venues for electro soirées in summer.

Cagnes-sur-Mer, too, has created an extension of Promenade des Anglais, converted into a magnificent seafront walkway with five new beaches opened last summer. They offer contemporary artistic venues and restaurants for inventive cuisine near the little fishing port of Cros-de-Cagnes.

Villeneuve-Loubet's beaches are specially designed for families. They offer a true family holiday village with a wide range of accommodation and recreational activities for all family members and youngsters in search of adventure sports…

The beaches of Cap d'Antibes at the foot of splendid homes have given this exceptional peninsula its reputation. Then, La Pinède (Pine Grove) of Juan-les-Pins, a seaside resort offering ceaseless excitement, day or night in summer, where you can shop at all hours.

Cannes and its famous private beaches, which host the Cannes Film Festival's most glamorous evenings across from such legendary hotels as the Carlton, Martinez and Majestic.
The Isles of Lérins remain a haven of peace (in both summer and winter). On Sainte-Marguerite, visitors can explore the Fort Royal with the cell in which the Man in the Iron Mask was imprisoned, while on the island of Saint-Honorat, they can visit the Cistercian Monastery where monks tend to their vineyard.

Then, Mandelieu-La Napoule, which organises many activities around the sea: swimming with whales, jet-ski outings to discover the calanques (narrow inlets), etc.

Finally, the red rocks of the Estérel Massif, dropping sharply into the sea, the criques (inlets) of Théoule-sur-Mer are popular with local people, since they are difficult of access and remain untainted.

CÔTE d'AZUR
FRANCE

ADVENTURE

#CotedAzurFrance

ADRENALINE (spring - summer)
WHITEWATER - 'CLUES' & EMBLEMATIC VILLAGES

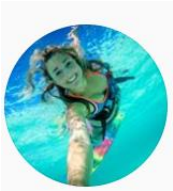
Rafting, canyoneering, hydrospeed, etc. The lovely streams of our hinterland offer a wide range of 'whitewater' activities from which to choose: great rapids, an experienced instructor for a few jumps, natural toboggans and abseiling: canyons in the hinterland. La Maglia or La Carleva at Breil-sur-Roya, La Bendola at Saorge, etc. are all fabulous playgrounds, as much fun as a waterpark, but in a pristine natural setting.

Favourites:
Saint-Auban - A village overlooking the Estéron Valley
A must: enjoy picnicking or fishing around the lake
La Clue (narrow gorge) de Saint-Auban and its sheer cliffs, remarkable for the verticality of its walls, deep bed and white cliffs with immense cavities.

Aiglun - An aerie
When discovering Aiglun, perched 624 metres above sea level, entangled in the mineral chaos of the superb Estéron Valley, it is easy to understand how it inspired the setting for part of the epic poem Calendal, written in the Provençal language by Frédéric Mistral in 1867. The village houses seem huddled together around a small central square through which the road passes, near the Mairie, church and inn, as if to protect itself against the surrounding wilderness. Nearby, the stunning Clue d'Aiglun seems to guard access to the village.

A twenty-minute walk away from the village, with a spectacular view on the clue and valley, a fortified rock shelter seems to keep watch over the small community. The village, whose church was built in the 17th century, endured a rugged, if peaceful life, practising subsistence farming based on wheat, hemp, olives and lentils.

Must see:
Cascade de Vegay, 140m high, across from the village and fortified rock shelter.
Clue d'Aiglun, 200 to 400m high, 2km long, but only a few metres wide, a gash in the rock, like a stroke of the sword cleaving two mountains.



‘I TESTED’ (J’AI TESTÉ) with ISABELLE FABRE, SPORT & TOURISM

Ambassadress for #CotedAzurFrance

THRILLS GALORE! - The biggest Zip-line (Tyrolienne) in France at La Colmiane

Ever dream you could fly? Set out for La Colmiane to glide through the air! France’s biggest Zip-line awaits you, with a direct view on the amazing Mercantour National Park.

An activity for everyone!

Today, with its 2,663m of cable, the Tyrolienne (Zip-line) at La Colmiane is the largest in France. Unlike the zip-lines you may have seen in tree-dimbing, here, you are lying down, head first. The descent can be done alone, or with two people to share the thrills! Children age 8 or over are accepted for the ‘Formule Duo’.

Like a boxer before a match, you have to start by weighing yourself to calculate the size of your ‘parachute’, a kind of sail that serves to slow you down during the descent. You will be provided with equipment, then with a harness and a pair of protective goggles.
My advice: Remember to bring you own glasses: you’ll look a lot better on your photos!

Discover the thrills of a long glide

The first seconds are surprising: you see yourself carried off into the void at top speed. You won’t escape shivers and quivers! Below, the fir trees pass by full speed! The Zip-line can reach a speed of 120km/h! Then, gradually, you get used to the feeling and can take time to contemplate the landscape: below, small turquoise mountain lakes. In the distance, the majestic peaks of the Mercantour Massif. Finally, you might want to stay up in the air a little longer.

Your turn?
For the price of some €30, booking online is mandatory.
It’s best to do this in the morning to take advantage of clear skies.
Do you have any energy left?
Good! the resort of La Colmiane offers a wide range of activities: trampoline, summer sledding, Via Ferrata, paragliding, mountain biking! Enough to keep you busy all day, and more.

THRILLS - Via Souterrata in Parc de la Moulière

Between Grasse and Castellane, Parc de la Moulière offers an original activity, a blend of caving and a Via Ferrata: a Via Souterrata. Come enjoy a few hours if freshness in a cave!

Come as you are…

Boots, caving suits, a helmet with frontal lamp, shoulder strap and rope: we lend you all the equipment necessary. There you are, disguised as a real caver and ready to roll in the mud. Don’t forget to take a snapshot before — and after! Of course, there’ll be lots of mud: here, you will discover Nature at its most pristine, an unsullied environment. The temperature will be cool and pleasant; those most sensitive to cold can take something warm to wear under their suit. Listen attentively to the briefing, and set out in search of adventure! You will be alone in the cave, but an alarm system will enable you to be online immediately in case of unforeseen event.

A fun, original experience for the whole family

After descending some twenty metres on iron bars, you will reach a vast cavity. No reason to panic: you will be able to descend safely thanks to a system of cables and carabiners. Set out to explore the temporary lake, admire the many stalactites and stalagmites, then go back to start the itinerary. Suspension bridge, walkways, vast rooms, then narrow bottlenecks: there is a series of ordeals in rapid succession on this itinerary 350m long. What impressed me most? The moment when you’re at a depth of 45m!
This activity is for the whole family; but only children 1.35m tall are accepted.
Reservation recommended: http://www.lou-pais.com/via_souterrata.html

Parc de la Moulière, a fabulous playground!
Parc de la Moulière offers a wide range of activities. Thrill-seekers will be delighted with tree climbing, and its multitude of very original modules. Had you ever seen a bike hanging from trees?
And you won’t want to miss the Zip-line cascade: an itinerary with over 60 zip-lines, unique in Europe!
You can also get your fill of thrills by testing the Bike Park and its descent on a ‘runix’ (a non-motorised go-kart).
And nature lovers will delight with the many different hiking trails available here.
In short, you can understand that it is best to stay for a few days to take advantage of all the activities available at La Moulière. You can also enjoy spending the night in a tepee or a tree hut.

EXCLUSIVE - MEETING WILD FAUNA (year round)

Marine mammals - SOS Grand Bleu
SOS Grand Bleu is an association that aims to protect Mediterranean whales; it organises outings at sea to meet them on the Santo Sospir training ship as well as educational workshops for children and adults.
The association has also contributed to the creation of an international sanctuary for marine mammals in the Mediterranean (Pelagos Sanctuary) and its management.
Today, over 3,500 people have boarded its Santo Sospir training boat for the observation of whale in their natural environment.
www.sosgrandbleu.asso.fr

Alpha - Le Temps du Loup at Saint-Martin-Vésubie
It is for the purpose of exploring all aspects of the confrontation — past and present — of Man and Wolf that Scénoparc® Alpha was founded. Indeed, 'Alpha' — the international name of the dominant pair in a wolf pack — is not just another reserve with wolves in captivity. It is a zoological park in a grandiose setting that, for the originality of its scenography, has no equivalent in the world.
Visitors watch three Scénovisions®, each lasting nearly 20 minutes, amid splendid scenery in former cowsheds (vacheries), entirely renovated. These shows present several characters — shepherds, scientists, forest warden — whose activities bring them in contact with wolves, each one for very different reasons. Guided by one of these characters, the animal behaviour specialist, visitors then go out to meet the wolves, in the second part of the park, not without having first been through an enclosed 'initiatory' spot.
www-alpha-loup.com

Domaine du Haut-Thorenc
Bison in the largest private natural reserve with activities in Europe a few kilometres from Grasse!
A Thorenc, a former summer camp on 800 hectares of land has been converted into a scientific project for the conservation of species and preservation of natural space in the hinterland of Grasse 1,500m above sea level.
Besides the protection of an exceptional natural site where there were already roe deer, red deer, wild boar, chamois, fox and a hundred other species from the smallest to the largest, Patrice Longour, in partnership with Poland for a European breeding programme, decided to acclimate a herd of European bison and Przewalski's horses.
In addition to this scientific project, he decided to carry his project a step further by offering a complete concept for greeting the public: accommodation and farmhouse food, guided outings — on foot or in a horse-drawn cart — for an educational approach to these animals.
www.haut-thorenc.com

'TRAIN DES PIGNES' - A STREAM ENGINE FROM NICE TO PUGET-THÉNIERS (from May to October)

A journey back in time: smell, music and atmosphere, only the long dresses and leather luggage are missing! As part of the fabled Train des Pignes between Nice and Digne, an association of aficionados runs a narrow-gauge steam train through rugged mountain landscapes between Puget-Théniers and Annot.

Climb on this exceptional convoy with wooden benches and railway workers, their faces blackened by coal and the smoke of a coal-fuelled steam engine. The E-211 locomotive lovingly groomed by GECP (Groupe d'Études pour les Chemins de Fer de Provence) mechanics does not exceed 30km/h, can carry some 200 passengers, and burns 1 metric ton of coal and 6,000 litres of water for one return trip a day.
On board, a team of volunteers answers all technical and historical questions on the train or the valleys it is. Inside the listed wagons (one of which even participated in the Battle of Verdun during World War I), the atmosphere is joyous and convivial, the passengers, tourists on holiday or true enthusiasts exchange their impressions.
Chemins de Fer de Provence: http://gecp.asso.fr

You can also discover Train des Merveilles in the Roya-Bevera valleys between Nice and Tende.

HISTORY & TOURISM - BACK TO PREHISTORIC TIMES (June to September)

Here are three sites on the theme of prehistory combining the pleasure of wandering through superb landscapes and discovering major archaeological sites in the Alpes-Maritimes département.

In the heart of the Mercantour Massif: Bronze Age petroglyphs in a high mountain setting in the Alpes-Maritimes. This 14km² site high up in the mountains harbours tens of thousands of rock carvings disseminated among the rock faces, dated to the Chalcolithic and Bronze Age, Roman and historic times.
Research in Vallée des Merveilles has become one of the main archaeological projects Europe has ever known. In 1879, Englishman Clarence Bicknell became fascinated with the site to which he dedicated thirty of his life vie. The Italian Carlo Conti took over, working there for fifteen years.
Since 1967, Professor Henry de Lumley and his team organise field surveys every summer. This colossal work of systematic identification and analysis of the petroglyphs helps better understand the beliefs of these Chalcolithic and Bronze Age people.

Saint-Cézaire-sur-Siagne: Dolmen des Puades (a Late Neolithic dolmen)
Megalithic sites: With the Neolithic, hunter-gatherers gradually became farmers and pastoralists who soon built small sedentary communities. Social life was more structured with its rituals including funerary rites. In some places, there were individual or collective burials under large slabs of stone, we know as dolmens.
On the Riviera, there are eight dolmens: Les Puades, Mauvans, Collebasse (2), Serre Dinguille, Le Prignon, La Graou, Les Bernards. These are 'buried' dolmens, like all those discovered in Eastern Provence: made up of a chamber (cella) and an access corridor always facing west. The chamber was covered by a capstone, now gone, and a pile of stones, traces of which can be seen around the dolmen, forming a mound.
Dating is possible with the discover of artefacts: chipped or ground stone tools, worked animal bone, potshards, bronze jewellery, metal projectile points, etc. There are also remains of seven Celto-Ligurian enclosures, also known as oppida or castellaras, made of dry-stone walls whose role was to provide refuge to people and animals in case of attack.
The territory of Saint-Cézaire is known for its prehistoric cave, Grotte des Clapiers or Trou Camatte. It was discovered in 1866 and yielded a ground stone axe, bronze bracelets and human skeletal remains. For the time being, these sites have not been trail-marked, but the Tourist Bureau provides maps for some of them and organises guided tours of the dolmens in July and August.

Nice - Grotte du Lazaret: a Middle Palaeolithic site
The Lazaret Cave is in the western slope of Mont-Boron, open on a steep ledge 26 metres above sea level. The cavity is 35m long and 4m to 14m wide, cut into Upper Jurassic limestone.

The latest excavations provide a unique source of information on the life of Homo erectus 160,000 years ago. Moreover, the Lazaret Cave was occupied by Homo erectus for 150,000 years, a situation unique in Europe.

From a scientific standpoint, this is important in two ways:
It concerns a prehistoric sequence of 150,000 years — exceedingly rare for a 90m² habitat — thereby enabling palaeontologists to propose a complete interpretation of activities and reconstruct the evolution of this site.
It marks the transition between two major cultural periods: The Lower and Middle Palaeolithic, with the disappearance of Homo erectus, which prevailed in Southern Europe for over 900,000 years and the advent of Neanderthal Man, followed by Homo sapiens, our direct ancestor, some 35,000 years ago.

More:
Roquebrune-Cap-Martin - Vallonnet Cave (not open to the public)
Vallonnet Cave is one of the oldest prehistoric sites in Europe, attesting to human presence on our shores a million years ago and one of the first Palaeolithic sites on the Riviera.
Located on the heights of the Carnolès district behind Cap-Martin, 110 metres above sea level, this State-owned site was listed as a Historic Monument on 11 December 1963. It yielded chipped stone tools made by Homo erectus, descended from the first humans to have left Africa for Europe and Asia, 1.1 million years ago. It is the oldest cave site discovered to date in Europe.
The sediments in the cave have yielded large numbers of animal bone and tooth fragments. Among the twenty-five some animal species identified so far, we can mention ancestors of cave bear, wolf, arctic fox, mammoth, horse, hyena and musk ox. And there is also sabre-toothed cat, cheetah, European jaguar, leopard, lynx, wildcat, dhole (a canid) and badger. These species of herbivores and carnivores correspond to characteristic Quaternary fauna approximately 1 million years ago, making the Vallonnet Cave a reference site for palaeontologists. No human bone has been discovered to date, but some eighty artefacts representing an archaic lithic industry have been found in the cave. The people of Vallonnet, who did not have fire, lived in a sparsely wooded landscape with pine trees and Mediterranean plants in a drier climate than what we have today.

The Alpes-Maritimes département has six Prehistory Museums from Grasse to Menton including in villages in the hinterland:
Grasse - Museum of Provençal Art and History
It evokes daily life in Eastern Provence from prehistoric times to the present.
Menton - Museum of Regional Prehistory
A look back on the history of Man on the Mediterranean coast in the past million years; collections of artefacts discovered in archaeological sites in the Region.
Monaco - Museum of Prehistoric Anthropology
Rich with a priceless series of burials from around the Principality, the Museum retraces the highlights of the history of humanity, with a presentation of fauna and material culture of successive stages in Prehistory: Palaeolithic, Neolithic and Bronze Age.
Nice - Terra Amata Museum of Palaeontology
Along with the Lazaret Cave, the site of Terra Amata was one of the first to yield signs of human occupation in Nice. Set out to visit a campsite of elephant hunters 400,000 years old, with reconstructions of prehistoric habitats, plaster casts.
Tende - Musée Départemental des Merveilles
A major archaeological complex in Europe, the region around Mont Bego has preserved over 40,000 Bronze Age rock carvings. The Museum invites visitors to discover this fascinating over 5,000-year-old enigma on 1,000m² of permanent and temporary exhibitions.
Tourrette-Levens - Museum of Prehistory.
It presents a very distant past, highlighting, in this new museum, the 'golden age' of prehistoric hunters. Two major sites in the commune of Tourrette-Levens, Grotte du Merle and La Baume Périgaud provide valuable data on the behaviour and life of prehistoric people, in particular with the reconstruction of a cave wall.

CÔTE d'AZUR
FRANCE

FINE ADDRESSES

GASTRONOMY & TABLE ART

#CotedAzurFrance

On the road of (Michelin) star-studded restaurants in CÔTE d'AZUR FRANCE

When it comes to gastronomy, the Côte d'Azur is truly a land of excellence. Villeneuve-Loubet, the birthplace of Auguste Escoffier (inventor of Peach Melba) delights visitors with its Michelin stars. This is an opportunity to describe two tourist routes past the region's finest tables for a 'seaside stroll' to visit the 'Côte d'Azur villages'… where gastronomy is synonymous with 'Art of Living'!

Promenade by the Sea…
Starting with the Mimosa Capital Mandelieu-La Napoule where Chef Nicolas Decherchi began officiating a few weeks ago at L'Oasis near the Port of La Napoule.
Move on to Cannes, famous for its Film Festival, to discover Marché Forville, the covered market where market gardeners come every morning to sell their produce, just a stone's throw away from La Croisette, then climb up to Le Suquet for a splendid view over the Isles of Lérins. Returning to La Croisette, stop at Christian Sinicropi's La Palme d'Or (2 stars), which offers a creative feast for the eyes and taste buds. Similarly, Le Park 45 (1 star), located at the end of a superb garden overlooking La Croisette right next to La Malmaison Contemporary Art Centre, for delicious fare concocted by Christophe Poard.

Then head for Nice along the coastal road for a truly unique panorama from Cap d'Antibes, to discover majestic villas overlooking the sea and pay tribute to the legendary Jazz Festival in Juan-les-Pins. On Cap d'Antibes, Les Pêcheurs restaurant (1 star) on the beach of the Cap d'Antibes Beach Hotel, managed by Nicolas Rondelli is a must. Right next door is the Art-Deco-style Belles Rives Hotel with its La Passagère (1 star) restaurant run by Aurélien Véquaud, to return to the world of F. Scott Fitzgerald. Finally, strolling along the ramparts of Old Antibes and stopping at Le Figuier de Saint-Esprit (1 star), run by Christian Morisset, one of the Riviera's emblematic Chefs, famous for his spectacular moustache!

In Nice, there are four 1-star establishments not to be missed under any circumstance: Le Chantecler (1 star), run by Virginie Bsselot at Hôtel Negresco, a major symbol of Promenade des Anglais; 2 stars and 3 young talents: Mickaël Gracieux L'Aromate (1 star) in the centre of Nice; Flaveur (2 stars) for four hands with the brothers Gaël and Mickaël Tourteaux, from Nice; Jan, South African Chef Jan Hendrik's restaurant (1 star) established in Nice since 2013: and finally, Pure & V (1 star) with its two Chefs, Mads Thomsen and Mathias Silberbauer.

On the eastern end of the Alpes-Maritimes, check out Bruno Cirino's L'Hostellerie Jérôme before going down to Roquebrune-Cap-Martin with its Monte-Carlo Beach and Elsa restaurant (1 star) for 100% organic food devised by Paolo Sari. On the same level of

excellence, Grand-Hôtel du Cap-Ferrat is home to Le Cap restaurant run by Julien Roucheteau.
Èze and its splendid Exotic Garden are well worth the detour with a stop at Chef Arnaud Faye's La Chèvre d'Or restaurant (2 stars).
Then, head for Cap d'Ail and dare to walk down the alleys of the exclusive Hôtel Cap-Estel to discover its restaurant, La table de Patrick Raingeard (1 star).
Pursue this seaside escapade in Beaulieu-sur-Mer, with La Réserve de Beaulieu and its spectacular Restaurant des Rois, run today by Yannick Franques (Meilleur Ouvrier de France 2004).

Finally, Menton and Argentine Chef Mauro Colagreco's Le Mirazur, listed among the 'World's 50 Best Restaurants' in 2019.

You can end this seaside tour in Monaco, at Hôtel Métropole with the Joël Robuchon Monte-Carlo restaurant (2 stars) managed by Christophe Cussac and the modernity of Yoshi (1 star), the famous French Chef's only Japanese restaurant in the world with Chef Takeo Yamazaki. Then there are two 1-star restaurants — Benoît Witz's Le Vistamar and Marcel Ravin's Blu Ray — and, of course, the Louis XV-Alain Ducasse, the only 3-star restaurant in the territory, and a chance to discover the new decoration of the legendary Hôtel de Paris run by Franck Cerutti.

In the heart of villages…
Mediaeval villages, fortresses, ramparts: these picturesque villages, some of them perched on hilltops, live each at its own pace, touting their heritage and history, with the presence of famous painters and artists who made them famous…

Just North of Cannes, Le Cannet, known for its famous Bonnard Museum, is home to 'Chef of the Year 2000' Bruno Oger's 2-star restaurant, La Villa Archange.
Mougins, once popular with such renowned artists as Picabia, Picasso and Cocteau, is regarded as a gourmet village, with its gastronomy festival Les Stars de Mougins and Le Candille restaurant in Le Mas Candille Hotel, whose Chef Basile Arnaud's talent recently earned it a Michelin star.

Grasse, World Perfume Capital in the process of obtaining recognition for its skills in processing perfume flowers, relies on emblematic Chef Jacques Chibois's Bastide Saint-Antoine.

COLLLECTION CÔTE d'AZUR FRANCE x HUILERIE SAINT MICHEL.
Mauro Colagreco has lent his name to the range of #CotedAzurFrance olive oils developed in partnership with the Huilerie Saint-Michel oil mill: a culinary delight made from extra virgin olive oil and Menton lemon. www.boutique-cotedazurfrance.fr

The Côte d'Azur's splendid markets
Nice - Cours Saleya, the flower market, its smells and colours
"Flowers are everywhere for those willing to see them," in the words of Henri Matisse. Among his many residences in Nice, the Master lived in a large building at the end of Cours Saleya. Flowers are all over Cours Saleya! The most famous flower market in France opened there in 1861. Every day except Monday (when it is reserved for antique dealers), bouquets and potted plants thrive under the striped tents. In January, mimosa blossoms by the armful: they are followed by shy violets, orange marigolds, tricoloured anemones, battalions of roses and the rumpled corollas of carnations, the region's emblematic flower. Lined with terraces at the entrance to Old Nice, Cours Saleya owes its name to salt, which once reached the city from Sardinia by sea. If they are not overwhelmed by the flowers' heady fragrance, observers can notice the rings used to hoist boats to shore.

Antibes - The covered market
In the heart of the old town, this market serves the picturesque streets of Antibes. Here, the traditional Provençal atmosphere prevails, the good humour of the Mediterranean and the Côte d'Azur's typical cuisine. Around the market, shops sell local products and baskets, while restaurant terraces provide a setting worthy of a colourful tourist postcard.
Passers-by obviously include the people of Antibes, sailors from the nearby harbour and tourists enthralled by the art de vivre.

Cannes-Forville

A lively venue at the foot of Le Suquet: Antiques on Monday, a bustling market the rest of the week. Its fishermen's stands displaying the best of the Mediterranean has to offer, local producers' stalls and an area reserved for flowers all make this market such a delight. The market is surrounded by food shops typical of Cannes, bistros just a stone's throw from Rue Meynadier. Forville Market is the favourite haunt for the real people of Cannes and ideal for the popular events they like to share.

Vins des Moines from the Abbey of Lérins - Cannes

The Abbey of Lérins has vineyards in the central part of the island, covering a little over 8 hectares: 5 dedicated to red wine, 3 to white wine. The youngest vines are 25 years old, while the oldest are 60 to 80 years old. Many different varieties are grown on the island: reds include Shiraz, Mourvèdre and Pinot Noir; whites of Chardonnay (2 ha), Clairette (0.8ha) and Viognier (0.3ha).
Production reaches 40,000 bottles. The monks of the Abbey of Lérins perpetuate the Cistercian tradition of small-scale winemaking.
https://excellencedeLérins.com

Speciality! 'Cuisine Niçoise' and its labels

Everyone known mesclun, a mixture of herbs and lettuce, which originated in the Franciscan tradition of picking one blade of grass out of two, etc. Thus, La Cuisine Nissarde is cuisine that is close to the earth, wasting nothing of vegetables, herbs, olive oil or onions. You can also sample pissaladière (onion tart), socca (chickpea flower cooked on a plaque), tourte de blettes (Swiss chard pie), trouchia (omelette with Swiss chard and onion) and merda de can (delicious gnocchi with Swiss chard)! 26 restaurateurs have the Cuisine Nissarde label.

A farming city, the territory of Nice has two AOP (Appellation d'Origine Contrôlée) products: olives — AOP for the olives, olive oil and olive paste (tapenade) of Nice — and wine — AOP for Bellet wines, white, rosé and red.

Fine tables in Bellet - Nice

With 10 wine estates, this tiny vineyard is one of France's oldest, and the only one located in the heart of a big city. Bellet wines are rare and hard to find. Be sure to buy some during your stay.
Château de Crémat: this building with its fairy-tale crenelated towers. According to legend, Coco Chanel's trademark with two interlocking 'C's was inspired by a visit to the estate, owned by a very wealthy American lady.www.chateau-cremat.fr

Château de Bellet. This famous vineyard stretches around a chapel, in which there is a chapel with a semi-subterranean cellar; wine-tasting is done in a secret crypt.www.chateaudebellet.com

Domaine de la Source. The third generation of the Dalmasso family manages the vineyard and also produces organic Extra Virgin olive oil of Nice from the cailletier (the main variety of olive tree in the region of Nice). www.domainedelasource.fr

Cooking with flowers

Great Chefs on the Côte d'Azur take their inspiration from all the flower petals in the fields of flowers for perfume, used to make great Perfumers' finest fragrances. They include Rosa centifolia, jasmine and violets, also used in the finest culinary creations of the Riviera's Chefs. Yves Terrillon has made this a speciality; in addition to his catering activity, organised cooking workshops with flowers, season after season.

A state of mind: Les Maîtres Restaurateurs

Fine Chefs, with or without Michelin stars, the best professionals in the upmarket restaurant business, highlighting above all local products in season, have earned the national Maîtres Restaurateurs label.
This label was created by the Ministry of SMEs, Trade and Crafts to honour excellence in the traditional professional restaurant business for their skill and commitment to the highest quality. It goes to natural persons, not to a business and is awarded by the Prefect of the Département for 4 years and takes the form of a Maître-Restaurateur plaque.
Today, the Alpes-Maritimes department boasts over 100 such Maîtres Restaurateurs, ambassadors of the Côte d'Azur disseminating their boundless talent, countless products and expertise in local gastronomy.

A new venue in Nice l Gare du Sud Food Hall

Inaugurated in May 2019, this venue is entirely dedicated to gastronomy, vintage and culture. A gateway to the city, this emblematic monument in La Libération popular district, open to all with no admission fee, is anything but a mall centre commercial. It hosts a combination of restaurants, gastronomy, vintage and unconventional artistic and gourmet events.

Did you know? Cuisine Mode d'Emploi(s): Thierry Marx supports professional retraining in the restaurant and catering sector.
Since 2012, Cuisine Mode d'Emploi(s) schools offer a chance for adults in a situation professional insertion, rehabilitation or retraining to enter a training programme for restaurant and catering jobs.This short course, free of charge for the unemployed and those undergoing conversion, combines training and practical employment in the fields of cooking, baking, seafood and catering with sommelier option.
And it works! Over 2,500 trainees participated with an 87% validation rate for the diploma (Vocational Qualification Certificate) and more than 90% who find new jobs or return to employment. In 2016, Cuisine Mode d'Emploi(s) opened its first regional branch on the

premises of the Auguste Escoffier Culture Centre in Villeneuve-Loubet. In early 2020, the school moved to new premises in Nice. La Palette is a training restaurant, open to the public by reservation Tuesdays and Thursdays from the second week of training.

The Escoffier Museum in Villeneuve-Loubet

Le Musée Escoffier s'impose comme un lieu incontournable pour tous les passionnés de gastronomie. Cette maison de village fut le lieu de naissance du Père de la cuisine moderne. Elle a aujourd'hui pour vocation de plonger le visiteur dans l'histoire de la gastronomie de 1820 à nos jours, à travers une dizaine de salles d'exposition où l'on découvre des recettes, des cartes et menus, des traditions et ustensiles des arts de la table et des témoignages précieux. La visite peut s'achever par une dégustation de pêche melba inventée par Auguste Escoffier en 1894.

Auguste Escoffier (1846-1935) was one of the greatest French chefs, a writer, humanist, innovator and visionary. The 'Chef of Kings and King of Chefs', he is considered to be the father of modern cuisine. Promoter with César Ritz of palatial hotels in the Belle Époque, he revolutionised French cuisine, in particular with his Guide Culinaire (1903), the Chefs' 'Bible' even today. He created many new recipes, including his famous Peach Melba and changed the structure of work by devising the kitchen brigade system.

The Escoffier Museum of Culinary Art, unique in France, was set up in his birthplace in 1966 to present a complete panorama of the world of French cuisine. It conveys the charm of an authentic 18th-century village house, brimming with memories. Ten exhibition rooms on a 300m² surface area: old stoves, Provençal vegetable garden, collection of menus, sugar and chocolate sculptures, the Master's office and library and an interactive space for children.

La Verrerie de Biot.

To prepare a fine table, nothing could be more essential than exceptional glassware. La Verrerie de Biot's specificity can be found, of course, in their bubble glass with its luminous colours and wonderful characteristics. These glasses are created on site by the talented glassblowers of Biot. Visitors can watch the entire creative process directly in the studio alongside the glassblowers.

Vallauris, village of ceramicists and potters, and La Colle-sur-Loup

Vallauris, with its almost 2,000-year-old history and close ties to pottery, is the Riviera's capital of tableware through its ceramics. Initially dedicated to culinary pottery, this craft became more 'artistic' in the 20th and 21st centuries.

Today, a few craftsmen fashion dishes, plates and bowls inspired by the work of their parents or grandparents, themselves emblematic ceramicists in the 1950s in Vallauris. Yet others brought all their creativity to grace the most elegant tables: **Maureen Stengel-Guillot's** stitched porcelain for MSG Céramiste; the Compas family's **Lou Pignatier studio**, where **the Crochiani** worked in particular with Patrick Jouan and the very different style of **Fernande Elena** whose famous 'hands' are sometimes placed on the tables of establishments designed by Philippe Starck.

A few kilometres away, **La Colle-sur-Loup's** narrow streets are home to **Francine Lecoq's studio**, with delicate work around stoneware and porcelain for tableware.

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COMITÉ RÉGIONAL DU TOURISME
CÔTE D'AZUR FRANCE
455, Promenade des Anglais
Bâtiment Horizon - CS 53126
06203 NICE cedex 3
Tel. +33 (0)4 93 37 78 78
Fax +33 (0)4 93 86 01 06
E-mail: info@cotedazur-tourisme.com

PRESS CONTACT:

International Press: Florence Lecointre
f.lecointre@cotedazurfrance.fr

www.cotedazurfrance.fr
#CotedAzurFrance
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