***LOCAL INFORMATION***

[IMPORTANT INFORMATION 3](#_Toc88467451)

[Check Out Time 3](#_Toc88467452)

[Linen and Cleaning 3](#_Toc88467453)

[Baby sets and Babysitting Services 4](#_Toc88467454)

[COVID-19 GOOD PRACTICES 4](#_Toc88467455)

[USEFUL NUMBERS –CÔTE D’AZUR 6](#_Toc88467456)

[Taxi & driver Services 6](#_Toc88467457)

[Car Hire 7](#_Toc88467458)

[SIGHTSEEING AND PRIVATE TOURS 7](#_Toc88467459)

[Bicycle/Motos - Scooters Rental 8](#_Toc88467460)

[Private Chefs 9](#_Toc88467461)

[Wine Tasting 10](#_Toc88467462)

[Wine Visits 10](#_Toc88467463)

[Leisure 12](#_Toc88467464)

[Spas, massages & Fitness Centers 13](#_Toc88467465)

[Spas 13](#_Toc88467466)

[Massages 14](#_Toc88467467)

[Fitness Centers 14](#_Toc88467468)

[SWIMMING COACH 14](#_Toc88467469)

[CHILDREN ATTRACTIONS & THEME PARKS 15](#_Toc88467470)

[HORSE RIDING 16](#_Toc88467471)

[TENNIS 16](#_Toc88467472)

[KAYAK/PADDLE BOARD 17](#_Toc88467473)

[BOAT AND YACHT CHARTER 17](#_Toc88467474)

[FRENCH CLASSES 18](#_Toc88467475)

[IMPORTANT NUMBERS 19](#_Toc88467476)

[A GUIDE TO EMERGENCY SERVICES IN FRANCE 19](#_Toc88467477)

[DIALING EMERGENCY NUMBERS 19](#_Toc88467478)

[POLICE - Dial 17 19](#_Toc88467479)

[FIRE BRIGADE - Dial 18 19](#_Toc88467480)

[SAMU (Medical Emergency/Accidents)- Dial 15 / From a Mobile Phone Dial 112 19](#_Toc88467481)

[ENGLISH SPEAKING MEDICAL SERVICES 20](#_Toc88467482)

[RIVIERA MEDICAL SERVICES 20](#_Toc88467483)

[PAN-EUROPEAN Dial 112 20](#_Toc88467484)

[HOSPITALS 20](#_Toc88467485)

[TRAVEL NUMBERS 21](#_Toc88467486)

[Train customer services 21](#_Toc88467487)

[FOREIGN EMBASSIES & CONSULATES 22](#_Toc88467488)

[CREDIT CARD: LOST & THEFT 22](#_Toc88467489)

[PLACES TO VISIT 27](#_Toc88467490)

[DRIVES 28](#_Toc88467491)

[RESTAURANT GUIDE 29](#_Toc88467492)

[ANTIBES & CAP D'ANTIBES 29](#_Toc88467493)

[AURIBEAU-SUR-SIAGNE 30](#_Toc88467494)

[BAR-SUR-LOUP 30](#_Toc88467495)

[BEAULIEU SUR MER 30](#_Toc88467496)

[BIOT 30](#_Toc88467497)

[CABRIS 31](#_Toc88467498)

[CAGNES SUR MER 31](#_Toc88467499)

[CANNES 32](#_Toc88467500)

[CHATEAUNEUF DE GRASSE 32](#_Toc88467501)

[EZE 32](#_Toc88467502)

[FAYENCE 33](#_Toc88467503)

[GOLFE-JUAN 33](#_Toc88467504)

[GRASSE 33](#_Toc88467505)

[LA COLLE-SUR-LOUP 33](#_Toc88467506)

[LE ROURET 34](#_Toc88467507)

[MANDELIEU LA NAPOULE 34](#_Toc88467508)

[MONTAUROUX 34](#_Toc88467509)

[MONTE CARLO 34](#_Toc88467510)

[MOUANS-SARTOUX 34](#_Toc88467511)

[MOUGINS 35](#_Toc88467512)

[NICE 36](#_Toc88467513)

[PLASCASSIER 36](#_Toc88467514)

[SAINT JEAN CAP FERRAT 36](#_Toc88467515)

[SEILLANS 37](#_Toc88467516)

[ST PAUL DE VENCE 37](#_Toc88467517)

[THEOULE-SUR-MER 37](#_Toc88467518)

[TOURRETTES (Var) 37](#_Toc88467519)

[TOURRETTES-SUR-LOUP 38](#_Toc88467520)

[VALBONNE 38](#_Toc88467521)

[VENCE 38](#_Toc88467522)

[ROUBION (mountains) 39](#_Toc88467523)

[ABOUT US 40](#_Toc88467524)

[VILLA RENTALS 40](#_Toc88467525)

[VILLA MANAGEMENT 40](#_Toc88467526)

[VILLA SALES 40](#_Toc88467527)

# IMPORTANT INFORMATION

Dear Guest,

Welcome to the Côte d’Azur. We would like to welcome you to your holiday villa, and we wish you a wonderful holiday. Please take moment to read through the following information which will help you to enjoy your stay here in the South of France.

## Check Out Time

Check out time is before 10 AM on the day of your departure.

Please respect check out time even in the case of a late flight.

## Linen and Cleaning

All our villas are provided with high quality linen and towels. If your stay is longer than 7 days then we will change the linen, towels and give the villa a quick clean.

Should you require an additional linen change during your stay we will be glad to provide it. The cost is 50€ per person.

If you require any extra cleaning during your stay, we can arrange a maid service at 30€ per hour to be paid locally.

To arrange additional linen or cleaning please contact us at extraservices@cdvillas.com or call our office on **0033 493 63 98 01** (during office hours). Please note: We will need 24 to 48 hours’ notice to organise additional cleaning for you.

## Baby sets and Babysitting Services

Baby sets can be hired for 60€ per week They include a travel cot + linen, a highchair, and a changing mat. Additional disposable bed (linen included) is 250€ per week.

We can put you in touch with locally based partners who can assist with babysitting and nanny services.

For baby sets or babysitting requests please contact us at extraservices@cdvillas.com or call our office on **0033 493 63 98 01** (during office hours).

# COVID-19 GOOD PRACTICES

To enjoy a perfectly safe stay, please find below **some recommendations that we advise you to follow during your stay**:

• We have put at your disposal a bottle of hand sanitizer in the villa. We invite you to get some masks and hand sanitizer, to ensure a sanitary continuity during your stay (you may find them in some shops and public areas).

* You should adopt recommended barrier gesture during your interactions: wear a mask, greet orally, respect 1-meter distance with other people, avoid physical contact, and wash your hands carefully.

**In case of cleaning during your stay**

**(Upon your request or because your stay more than a week)**

* Thanks for turning the AC off 20 minutes before the cleaning team’s arrival, and completely open the villa to air it.
* When the cleaning team is on site, thanks for getting out and stay outside while they operate.

**Before your departure**

* Thanks to fill in the dishwasher and launch it (high temperature)
* Empty as much as possible the bins / glass recycling
* Thanks for emptying and cleaning the fridge and freezer

We wish you a beautiful stay!

# Fun things to do on the Côte d’Azur

* Valbonne Market – Village market is on Friday mornings. Things get started around 9:30am and it finishes around 12:30pm. There are lots of artisans selling everything from pottery to clothing, tablecloths and soaps to food. The church is lovely, and there is an attached Patrimony museum. You can also just wander the streets of the village. The village is unusual in that it is laid out in a grid, with the houses making up the ramparts, and gates located to allow entry to the village. There are some lovely restaurants, including the Moroccan restaurant, La Pigeot, which requires reservations as it is always full.
* Brague river walk – The Brague is the river that runs through Valbonne. As you walk on foot down from the villa, and pass the cemetery on the RHS, you will see further down the hill a bit (but before you turn and reach the bottom) there is a footpath down on the RHS. If you follow this to the bottom, you will hit a little education centre/nature house with what looks like an abandoned garden. Hang a right and you can cross the river over footstones that have been poured in concrete for that purpose. The pathway will lead you down a wonderful walkway right to Antibes (if you feel like it!) The section we have done is from Valbonne to Biot (about 10km) It takes about 3.5 hours. It’s cool and refreshing, and the kids love to play in the water. (Just watch out for stinging nettles!)
* Mougins – This is a beautiful hill-top town with many restaurants to choose from in the old town which is pedestrians only. There is a museum which opened recently (Musee d’Art Classique de Mougins) which shows 700 or so antiquities from Roman, Ancient Greek and Egyptian times along with modern art by Picasso, Damien Hirst, Dali, Cezanne, Yves Klein so that one can see the influence of the former on the latter. Our favourite restaurants here are l'amandier, right in the village (provencale) and for something very relaxed with children that is very affordable (no frills) is Italian restaurant, Villa Paradiso. This is a short drive from the village. For something special try Moulin De Mougins a short drive from the village. Lastly for a romantic restaurant for two, try the restaurant that is part of the les Rosees boutique hotel, very romantic and affordable.
* St. Paul de Vence –A gorgeous walled village with amazing views. There are many galleries and fun little shops throughout. It has the very famous hotel La Colombe D’Or just outside the ramparts, which has an excellent restaurant (very popular with celebrities. You will need a reservation!). The boules pitch just opposite is a lovely place to have a drink and watch the matches or people walking by. Marc Chagall is buried in the small cemetery there. Outside the village and up the hill is the Fondation Maeght. The museum displays modern art and has beautiful sculptures in the gardens. There are many pieces by Miro, Chagall, Giacometti etc.
* Antibes – The old town has a pedestrian section. If you walk through the port, along the ramparts, there is a sand beach tucked away there, called the Plage de La Gravette. It’s a great place to take children as there is no road nearby, they can’t get lost, and the water is gentle. It’s protected from the winds as well. Antibes also has a small Picasso museum which deals more with Picasso’s pottery than his painting, but where one can see 24 paintings, 44 drawings, 32 lithographs, 11 oils on paper, 80 pieces of ceramics, two sculptures and five tapestries. There is also Voile d’Antibes (one of the largest gatherings of old teak and brass boats – June 4-8) and the Festival of St. Peter.
* Cannes –It is fun to walk the length of the Croisette. You never know what you’ll find! If you want to do some serious shopping, the Rue D’Antibes, which runs parallel to the Croisette, is the place to go.
* Monaco – This is well worth spending a day. Just wandering through the old town (up on the Rock) makes for an exotic day away! The Oceanography Museum is interesting, as is the Cathedral where Princess Grace and Prince Rainier are buried. The casino always has an incredible array of sports cars parked outside, and an ice cream at the Café de Paris is a “must-do” for a day in Monaco.
* Nice – there are so many things to do in Nice. The hill above the port of Nice has a great park for children to play at and the view is wonderful. Then take the stairs down into old Nice and have a Gelatto at Fenocchio. The spice and flowers market in old Nice is on Saturday. Also, great shopping! Visit the Nice Observatory, built more than 130 years ago, the Nice Observatory has a collection of antique instruments on display in their Planetarium. The famous dome with a breath-taking view of the Baie des Anges was built by Gustave Eiffel . The site has just finished a complete renovation and now offers fascinating guided tours of the observatory and the property. The ‘Universarium’ has interactive activities for young and old to learn about our solar system from the Big Bang to the future of space travel. Tours offered for those with vehicles or using public transport. Daily tours are in French, but you can book a private tour in English by registering online under “Groupe adultes”. Rates: 12€/adult - 6€/student and child (free under 6) - 10€/senior. Visit included with the Côte d’Azur Pass. Must book in advance: [www.oca.eu/fr/visites](http://www.oca.eu/fr/visites)
* St Jean Cap Ferrat – Villa Ephrussi de Rothschild is the museum of the house of Beatrice Ephrussi de Rothschild, which was built in a Tuscan fashion in 1905. It is filled with antiques and furnishings, but it is the many gardens which are the real draw.
* Eze – A beautiful hilltop town with a lovely baroque church and old ruins. It is wonderful to wander and get lost admiring the views and visiting the little stores. There are a couple of fabulous restaurants there: Chateau Eza and La Chèvre d’Or (expensive). Down by the water, Anjuna restaurant is fabulous but expensive. Reservation required.
* Gourdon – A classic feudal village. There is only one entrance in and out, accessible on foot from the parking outside the ramparts. This is known as one of the most beautiful villages in France. The views are unbeatable. The chateau has a tearoom open from 2-6pm with reservations required on 04 93 09 68 02. If you are feeling very adventurous, there is a footpath that goes down from the village to Bar sur Loup below.
* Plascassier – mid-May *Fête de la Rose*. If you see signs for this, it is wonderful to witness. There are many cars and wagons decorated with roses, and children climb on board and throw rose petals throughout the town as the parade of cars circles the square in the old village.
* Opio – The old 15th Century Moulin d’Opio is nice to see just opposite the shopping centre off the roundabout. The mill itself is open during the winter when the olives are harvested, but the shop is open all year. It has some of the best oils, and a variety of soaps, olive wood bowls, spoons, provençal placemats etc. Opio also has a very large playground where many families spend the afternoon.
* Vallauris – May 11 is the *Fête de la Fleur d’Oranger* which winds through the old village and ends at the Chapelle Notre Dame. Vallauris is well known for its pottery. There are many potters who have wonderful, hand-painted plates, bowls etc. One can buy a vinegar pot there (to make apple cider vinegar) which is extremely hard to find. It’s a great place to find small gifts for people back home.
* Le Rouret – Walk of the Camp Romain. This is a beautiful, but longish walk that takes you along a gravel road/path past some roman ruins. The view when you are up top is spectacular, but you have to get there first! (Google is best for directions).
* Iles de Lérins – This is a day trip. Catch the ferry from the peninsula below Le Suquet (there is a large parking lot there as well). The Ile Ste Marguerite has the fortress where the Man in the Iron Mask was held, and the Ile St. Honorat has a medieval monastery and a shop with monastic regional products like lavender honey, a famous wine (because the production is so small). The Ile St. Honorat also has a fabulous restaurant called La Tonnelle, run by the monks.
* Cagnes Sur Mer – The Renoir museum is an enjoyable place to spend the afternoon. The gardens are very rural and meant to be lovely.
* Grasse – This is a largish city by Cote d’Azur standards. It was the capital of the perfume industry for many centuries, the vestiges of which still remain now that natural perfumes are less used. Many companies such as Chanel still have fields of roses, lavender, jasmine etc. that grow there. There is a very interesting tour through the International Museum of Perfume, and there are several perfume companies (Fragonard is the best known) which offer interesting tours and “make your own perfume” workshops. Another museum is the Musée Fragonard which houses paintings by the famous perfumer’s famous brother (one of France’s best romantic painters). Other things to see include the main cathedral which displays works by Rubens and Fragonard.
* Tourrettes-Sur-Loup – Another old hilltop village. This is the capital of violettes and one can find several shops selling candied violettes, violette syrups etc. There are a variety of little shops throughout the small village too.
* Beaulieu sur Mer – Villa Kerylos is a reproduction of an ancient Greek villa. The building is beautiful and it is on top of the sea. If you go, you can also enjoy a meal at La Reserve de Beaulieu (a Relais & Chateau). You can couple this with a visit to Villefranche sur Mer, which is the neighbouring town that is a pleasant place to stroll by the water.
* La Turbie – Situated just above Monaco, which just beside the main town parking, has a great lookout over Monaco. The baroque church is lovely. There is a roman monument build by Caesar Augustus called Le Trophée des Alpes which is one can climb (with a guide) to oversee the entire coast.
* Roquebrune-Cap Martin – This is a picturesque village with narrow streets, stepped-streets, stone steps, one-person-wide walkways and deep vaulted passages. There are lovely little squares and fountains here and there, wrought-iron balconies and other charming discoveries. There is a 10th century fort that we hear is fun to wander through.
* Ventimiglia – You have a market day every Friday. The traffic can be terrible, but the market is enormous. Ventimiglia also has a covered market area right downtown where one can go and buy amazing salamis, oils, vegetables etc. every day of the week except Mondays and enjoy a fabulous Italian lunch.

# The Côte d’Azur Pass

Have a list of things you want to do? See them all and save money with the Côte d'Azur Pass!

Visit the French Riviera's must-see tourist sites, including museums, amusement parks, boat rides, activities, private tours and more while enjoying around 30% savings.

from among 100 proposed activities. There are two packs to choose from: a 3 activity card (45€ adult / 35€ child) or a 5 activity card (65€ adult / 55€ child). Pay once for the card and all your selected entrances are free!

Buy your Pass online <http://www.cotedazur-card.com> or at the nearest Tourist Office.

You will receive your e-ticket directly by email, ready to be used whenever you want.

Present and validate the Pass at the entrance of the site or activity, without paying anything more. Activation is done directly via the barcode on the e-ticket. The validity of your Pass starts with your first activity.

# BEST ROOFTOPS WITH SEA VIEWS

Find our selection of some wonderful unique rooftops with spectacular views and a cool breeze to beat the heat.

* Vertigo Cannes

The most stunning views of Cannes and the sunset are at the top of the Radisson Blu Cannes. Serving tapas and drinks with live music & DJs. Thur - Sunday from 6 pm. 2 Boulevard Jean Hibert, 06400 Cannes

* Moon Bar

The Moon Bar becomes a lounge with a panoramic view of Nice. Plates and tapas. 7/7 from 6 pm. Aston La Scala 12 avenue Felix Faure 06000 Nice

* La Terrasse

Right on the Promenade! Open daily for lunch 12 - 2:30 pm, dinner from 6:30 - 9 pm and the bar serves from 11am. Le Meridien Hotel, 1 Promenade des Anglais, 06000 Nice

* Farago on the Roof

Wed - Sun from 11 am, Brunch at noon on Sat & Sun. DJ daily. AC Marriott, 59 Promenade des Anglais 06000 Nice

# BEACHES

The turquoise waters of the Côte d'Azur are enchanting, but not all beaches are the same. When overcrowding gets the better of you, find these lesser-known and perhaps more beautiful spots. Here are our top picks!

* Plage de l'Estagnol- Bormes-les-Mimosas :

Here, west of Cap Bénat and the presidential summer residence Fort de Brégançon, each sandy beach is more beautiful than the other - whether Plage de Brégançon (dogs allowed), Plage de Cabasson, Plage du Grand Jardin, Plage de Léoube, Plage du Pellegrin or Plage de l'Estagnol . The crystal clear water in the idyllic, pine lined bays gradually deepens, ideal for ball games in the sea. There is no traffic here, and virtually no buildings. For those who like, there is a seaside path from beach to beach.

* Plage de Saint Clair – Le Lavandou

The long sandy beach with a view of the Hyerian Islands is a sheltered dream, despite the road behind it. With volleyball courts, palm trees at the back and various cafés and restaurants. A rocky coastal path leads to the centre of Le Lavandou in a few minutes' walk. When the mistral blows, the sea is much calmer here than on the other side of Cap Bénat.

* Plage de Gigaro – La Croix Valmer

The Gigaro beach below La Croix-Valmer is known for its natural, wild side. Those who have had enough of sweet idleness and are physically fit can walk eastward along the coastal footpath (sentier littoral) to the pretty Cap Lardier and the even prettier Cap Taillat.

* Plage de la Mala – Cap d’Ail

To get to this beach below a mighty rock face, you have to walk a bit (including about 100 stairs). But the effort is rewarded with a gorgeous, sheltered bay far below the hustle and bustle of the coastal road between Monaco and Cap Ferrat. Public and private beach areas.

* Plage de l’aiguille – Théoule Sur Mer

The sand here is not as white as on the beaches mentioned so far, and water shoes are recommended in the sea. Apart from its seclusion below red Estérel rocks, the Plage de l'Aiguille is a hit precisely because of its rocky seabed: be sure to bring snorkelling equipment! Colourful fish of all kinds can be seen and sometimes even an octopus. Good swimmers can reach the rocky arch at the Pointe de l'Aiguille, while those on foot can approach the small bays at the Pointe from above via the Parc de la Pointe de l'Aiguille

* Plage des Ondes – Cap d’Antibes

Our spot for the sunset! The beach on the west side of the Cap is tiny with difficult parking (side street), but the view towards Cannes and the Estérel mountains against the sunlight is simply incomparable. When most people vacate their seats for dinner, bring your picnic and enjoy.

# WILD SWIMMING – ADVENTURE INCLUDED

Wild swimming spots abound on the Côte d'Azur and Provence. The clear water is refreshingly cool, the nature stunning, the dog can come along — and you avoid the crowds on the beach! Of course, if headed to rapids, make sure to use caution. We reveal our favourite spots!

* Arche de Ponadieu — Saint-Vallier-de-Thiey

It’s a steep, 30-minute descent from the car park but then a magnificent natural spectacle opens up at the bottom: the Siagne River has carved its way through the limestone and formed a rock arch. If you can handle the ice-cold water, you can swim through it! Find it : RandOxygène "Moyen Pays" guide under "Siagne-Loup": [randoxygene.departement06.fr](https://randoxygene.departement06.fr/randoxygene-8938.html)

* Clue de la Cerise — Gilette

The best known and busiest wild swimming spots on the Côte d'Azur. It's best to avoid it at the height of summer! 4 Km past the village of Gilette, a footpath leads down to the Pont de la Cerise above the river Estéron, taking 30 minutes. Just beyond the bridge, are various pools and "Jacuzzis" formed by the shimmering green river. Upstream, enjoy a picnic and sunbathe on the smooth boulders, while downstream leads to a spectacular gorge - to be explored only with a canyoning guide. Find it : RandOxygène guide "Clues & Canyons" under "Préalpes - Estéron": [randoxygene.departement06.fr](https://randoxygene.departement06.fr/randoxygene-8938.html)

* Gorges du Verdon — Rougon

There are a few places in the famous Verdon Gorge where you can swim or at least splash around before the river backs up into the huge Lac de Saint-Croix (also popular for swimming!) - take the pebbly picnic spot Les Salaous (park on the D952 next to the Carajuan bridge, then walk over the bridge - et voilà). A few more kilometres to "Point Sublime" (below Rougon, photo), it is easy to get off the road for shallow pebble banks. Tip: Once you are here, be sure to drive around the entire gorge, stopping at the marked viewpoints.

* Gours du Ray (Loup) — Gréolières

At the end of this popular canoying tour, there is a large natural swimming pool with a stone diving tower. There is limited space for sunbathing around the Loup River waterhole but it is a lot of fun to hike a few metres upstream through the riverbed and explore the twists and turns. Find it : RandOxygène guide "Clues & Canyons" under "Préalpes - Estéron": [randoxygene.departement06.fr](https://randoxygene.departement06.fr/randoxygene-8938.html) (go to destination "A")

# BEAUTIFUL VILLAGES

Our favourite villages all have one thing in common: they convey a Provençal attitude to life. Undisturbed by traffic, you can stroll through the narrow streets, sip cool rosé in the village square and let the warm summer air caress your skin. We start in the Var and work our way from west to east into the Alpes-Maritimes to the Italian border.

* Tourtour

This heavenly medieval village an hour inland and 635m above sea level, is a must-see even if quite a journey. The sweeping views over Provence from the large meadow between the Romanesque church of Saint-Denis and the village, or from the Grimaud tower further out, make up for the distance, as does a lively dinner under the trees in Place des Ormeaux. <http://www.tourtour.org/>

* Grimaud

This small village near the coast keeps a low profile, unlike its younger, lively sister Port-Grimaud and Saint-Tropez on the opposite side of the gulf. Dominated by an 11th-century castle, Grimaud has been quietly perched above olive groves and vineyards since the Middle Ages, surrounded by forests. Its old streets, chapels and squares with tinkling fountains tell of the village's long history. In summer, the music and street art festival "Les Grimaldines" attracts culture lovers. Plenty of hiking trails into the countryside. <https://www.grimaud-provence.com/>

* Bormes Les Mimosas

Of course, it is especially beautiful in February when the mimosas are in bloom, but any time of year it’s a pleasure to visit this picturesque village on the Moorish massif with sweeping views of the sea. The short, steep climb to the Château des Seigneurs de Fos (built in 1257) above the historic centre or up to the 12th century Notre Dame de Constance chapel is rewarded with views from Cap Bénat to the Giens peninsula off Hyères and the islands. The Musée Art et Histoire in the middle of the village is worth a visit, and a few nice shops invite you to take a stroll. [www.ville-bormes.fr](http://www.ville-bormes.fr)

* Cabris

Not as picture-perfect as other villages but the view from Place Mirabeau is almost unrivalled: on a clear day, the view from this cute village perched above Grasse stretches from the coastline of the Alpes Maritimes to Lac de Saint Cassien in the neighbouring Var county and beyond. Stroll through the small streets and enjoy an aperitif or dinner on one of the restaurant terraces on the large village green. [www.cabris.fr](http://www.cabris.fr)

* Mougins

Mougins centre is thoroughly touristy, but its flawlessness should not be held against it! Works of art (Picasso once lived in Mougins, albeit outside the historic centre), shops with rather high quality souvenirs, art galleries, estate agencies and many good restaurants line the circular lanes. Beautiful views over the countryside from the Place des Patriotes. [www.mougins.fr](http://www.mougins.fr)

* Eze

Eze Village with its rich history towers over the Mediterranean like no other village on the Côte d'Azur. The first fortress was built over 2000 years ago. Much later, guests such as Friedrich Nietzsche, after whom the footpath down to the seaside is named, the writer George Sand and even Walt Disney were to take a liking to Eze and its dreamy alleys. Don’t skip the renowned luxury hotelrestaurant "La Chèvre d'Or”, or the very best view of Cap Ferrat at the Jardin Éxotique by the castle ruins above the village. [www.ville-eze.fr](http://www.ville-eze.fr)

* Tende

With a charm all its own, is this little village high up in the Roya Valley on the edge of the Mercantour National Park was labelled one of the Top 100 French towns worth a diversion. The village, which like so many places in the north-east of the department was badly hit by storm Alex, is not far from the border with Piedmont, which explains the Italian-style architecture of this perched medieval village. The most beautiful way to reach Tende is by the Train des Merveilles from Nice, traversing the "Vallée des Merveilles", or, the valley of wonders, where 5,000-year-old rock drawings have been discovered not far from Tende. Copies of the drawings are housed in the Musée des Merveilles in the village. [www.tendemerveilles.com](http://www.tendemerveilles.com)

# LAVENDER FIELDS

One of the most picturesque scenes of the South of France is undoubtedly the fields of lavender throughout Provence.

From the Côte d’Azur, it can be done in a day, but it takes several hours.

Lavender season begins in late June and goes until the end of August. However, harvest usually takes place around mid-July.

* Valensole Plateau

About 2.5 hours from Nice, Valensole is the most famous and, therefore, popular. Get there early to beat the crowds!

* Luberon Plateau

About 3 hours from Nice, Le Luberon is also home to Roussillon, the famous city for ochre pigment. The hills are stunningly red and orange.

* Sault Plateau

The areas surrounding Sault and down to Apt are dense with lavender fields and stone cottages. Excellent for exploring by bicycle.

# UNDERGROUND CAVES & GROTTOS

In the rocky countryside of the Côte d'Azur, prehistoric caves and grottos form fascinating underground worlds, shaped by water and erosion. Some you come across by chance while hiking, others are visited by guided tours. Both offer a wonderfully natural way to escape the heat of summer.

* Domaine de la Grotte Saint-Cézaire

Saint-Cézaire-sur-Siagne (Alpes-Maritimes) This cave, 40 metres underground, was discovered in 1890. In addition to visiting the cave, you can hike above ground, climb in the trees (high ropes course "PACA Adventure") and eat at the food truck. [www.grotte-saintcezaire.com](http://www.grotte-saintcezaire.com)

* Grotte de Baume Obscure Saint Vallier-de-Thiey (Alpes-Maritimes)

"Le Souterroscope" is the name of the multi-sensory exploration tour along 700 metres of underground pathways at a depth of 70m. Duration: approx. 1 hour. [www.baumeobscure.com](http://www.baumeobscure.com)

* Via Souterrata, Parc de la Moulière Caille (Alpes-Maritimes)

Speleology and Via Ferrata experiences in one with high altitude exploration gear (for hire) at depths of up to 45m. Parking at the La Moulière ski lift. [www.nature-eveil.fr](http://www.nature-eveil.fr)

* Grotte de la Sainte-Baume Nans-le-Pins (Var)

This grotto is said to have been inhabited by Mary Magdalene and is visited as a place of pilgrimage. Can be reached by foot in 45 minutes. [www.saintebaume.org](http://www.saintebaume.org)

* Domaine de la Grotte – Saint Cézaire

One of the most beautiful underground treasures on the French Riviera! Located in the Pays de Grasse, nearly 40 metres underground, the Saint Cézaire cave (discovered by Léon DOZOL on 11 June 1890) is open to the public from 1st February to 11 November. It’s an ideal family outing with many activities for children. Discover the cave with Guided tour, a tree climbing adventure, sensory discovery, an orienteering race, a souvenir shop, a restaurant with a children's menu, a foodtruck, and even electric mountain bike hire! An unforgettable day out, only 20 minutes from Grasse, in a 6-hectare wooded park. Fill up on activities for the children as a family outing near Nice and Cannes. Free parking.

1481 ROUTE DES GROTTES TÉL : 04 93 60 22 35 SAINT-CÉZAIRE [www.grotte-saintcezaire.com](http://www.grotte-saintcezaire.com)

# THE FRENCH RIVIERA WITH KIDS

Don't have any ideas on how to keep your little ones busy? Discover our selection of activities for the whole family.

* Parc Phoenix

This nature park is a 7-hectare verdant setting home to more than 2,500 species of plants, a unique tropical greenhouse measuring 7,000m² and 25m high, and home to 2,000 animals represented by 70 different species of mammals, birds, reptiles, amphibians and insects.

405 Promenade des Anglais - Nice Tel: +33 04 92 29 77 00 Summer hours: 9:30 am - 7:30 pm [www.parc-phoenix.org](http://www.parc-phoenix.org)

* Carol de Roumanie Park

Park of the former Fabron castle built in 1870 on the immense estate of the banker Gastaud, extends over 23 hectares down to the sea. The Carol de Roumanie Park includes playgrounds for young and old, water games with flowers and spraying animals, a promenade, a fitness trail, a miniature golf course, a picnic area, an amusement park and a Belle Epoque guinguette. 27 avenue de Fabron – Nice

* Circus Party

1,900m² of space for the whole family! This indoor park is an ideal alternative in case of bad weather and offers the assurance of pleasing your children at every visit. Discover 3 secure play areas for different ages, giant inflatables and electric go-karts. 609 route de La Roquette -Mougins [www.circuspartymougins.com](http://www.circuspartymougins.com) Tel: +33 04 92 92 94 76

* The Turtle Village

A genuine ecological, educational, and scientific reserve, the turtle village offers an outdoor trail to discover various exotic land and water species in a natural environment, as well as a 400m² greenhouse, an exhibition room, a museum and an aquatic area. 1065 route du Luc – Carnoules (83) [www.villagedestortues.fr](http://www.villagedestortues.fr) Tel: +33 04 89 29 14

* Monts d'Azur Reserve

Located in the heart of the Monts d'Azur, 1 hour from Nice, the Monts d'Azur Animal Reserve is an exceptional model of "rewilding". On foot or in a horse-drawn carriage, discover the 800 species who roam free, including elk, European bison and the Przewalski horse. 2651 route des châteaux – Thorenc [www.reserve-biologique.com](http://www.reserve-biologique.com) Tel: +33 04 93 60 00 78

* Le Bois des lutins

Leisure park for the whole family, children and adults move from hut to hut in a spectacular net course overhanging a multitude of games and unusual discoveries in a world populated by goblins, fairies and gnomes. Espace La Vanade 2559, RD 2085 Villeneuve-Loubet Village [www.leboisdeslutins.com](http://www.leboisdeslutins.com) Tel: +33 04 92 02 06 06

* Vesúbia Mountain Park

Located in Saint-Martin-Vésubie, the Vesúbia Mountain Park is the place to go for a swim, climb, jump, a walk in the mountains or down a canyon, to work on your balance, explore underground, or just relax, play, have a snack and meet people... All this in an exceptional natural setting. Allée du Docteur Fulconis - Saint-Martin-Vésubie [www.vesubia-mountain-park.fr](http://www.vesubia-mountain-park.fr) - Tel: +33 04 93 23 20 30

* AntibesLand

Between Nice and Cannes, Antibesland amusement park welcomes the whole family, from the youngest to the oldest, from the most cautious to the most daring, to discover its attractions, rides and its many restaurants. Laughter and thrills guaranteed! 301, route de Biot Antibes [www.antibesland.fr](http://www.antibesland.fr) Tel: +33 09 81 37 68 03

* GoBabyGym

The first multi-activity centre on the Côte d'Azur entirely dedicated and adapted to children according to their age group! It offers activities for all through three distinct environments: > The "Eveil" area from 10 months > The 4-6 year-old club > The 6-10 year-old annex 1102 Avenue Jules Grec – Antibes [www.gobabygym.fr](http://www.gobabygym.fr) Tel: +33 04 97 21 98 69

# CHILDREN ATTRACTIONS & THEME PARKS INFORMATIONS

**Antibes Land**:amusement park

301 route de Biot

06600 Antibes

Tel: 09 81 37 68 03

[www.antibesland.fr](http://www.antibesland.fr)

Email: info@antibesland.fr

Website:

[**Marineland**](http://www.marineland.fr/): marine animal park

RN 7

06600 Antibes

Tel: 0 892 42 62 26

[www.marineland.fr](http://www.marineland.fr)

**AquaSplash**: summer aquatic park with waterslides

306 Avenue Mozart

06600 Antibes

Tel: 00 33 (0)4 93 33 49 49

**3 outdoor playgrounds in Villeneuve-Loubet**

Espace La Vanade - 2559, RD 2085 - 06270 Villeneuve-Loubet

Tel : 33 (0)4 92 02 06 06

* **Le Bois des Lutins**

*Big outdoor playground nestled amongst old oak trees. Great for kids of all ages.*

<http://www.leboisdeslutins.com>

* **Le Village de Fous**

*An outdoor playground of 2ha in a theme of “Crazy playword”*

<http://www.levillagedesfous.com/>

* **Pitchoun Forest**

*Adventure climbing in trees*

<http://www.pitchounforest.com/>

**Canyon Forrest:** adventure course in the trees and canyoning
Exit 47 on A8 MotorwayTel: 00 33 (0)4 92 08 88
Mobile: 00 33 (0)6 71 56 01 34
Email: canyonforest06@gmail.com
http://www.canyonforest.com/

[**Parc Phoenix**](http://www.nice.fr/mairie_nice_919.html)**:** A tropical greenhouse with theme gardens and animals

405 Promenade des Anglais - Nice

Tel: 00 33 (0)4.92.29.77.00
Email: parcphoenix@ville-nice.fr
[www.parc-phoenix.org](http://www.parc-phoenix.org)

**Koala Land :** amusement park

Avenue de la Madone

06500 Menton

Tel : 04 92 10 00 40 / 07 71 12 65 33

Email: info@koaland.fr

Website: http://www.koaland.fr

**La reserve des Monts d’Azur:** Natural sanctuary where to observe wild animals living in freedom such as wisents and Przewalski horses. 45 minutes away from the coast.

Domaine du Haut-Thorenc - 06750 Thorenc

<http://www.haut-thorenc.com/en/>

**Kiddy Parc:** amusement park in Hyères (Var)

Tel: 00 33 (0)4 94 57 68 93

Website: [www.kiddyparc.com](http://www.kiddyparc.com)
Tel : +33 (0)4 93 60 00 78

# USEFUL NUMBERS –CÔTE D’AZUR

## Taxi & driver Services

**NLS Limousines Services wITH CHAUFFEUR** (Mercedes V-S-E-class)

Nicolas Colinet

Tel: +33 (0) 6 01 333 442

contact@nlsfrance.fr

**CARS ONLY**

Mathieu Privat

Tel : + 33 6 65 14 80 87

contact@carsonlyfrance.com

**ROUTE DU SUD**

Eliane Guigonnet

Tel: +33 (0) 6 10 91 78 99

routesdusud@orange.fr

**AZUR SD TRANSPORTS (BIOT/ NICE)**

Sebastien Dolley

Tel :+33(0)6 65 36 98 63

azursdtransports@gmail.fr

**Taxi - S.K.Y (Valbonne and Cannes)**

YannickTel : +33 (0)6 65 12 58 08

**PASCAL PASTORIZA** **(Cagnes-sur-Mer)**

Tel: +33 (0)6 48 40 06 30

taxipascal06@gmail.com

**Taxi - Chateauneuf**Christine & Alfonso Gonzalez-Cubero
Tel: +33 (06) 62 15 41 39
alfonso.taxi@club-internet.fr

**Taxi - Bar sur Loup**Guillen Marie-JoséeTel: +33 (0)4 93 09 40 64

**Taxi - Le Rouret**

Tel : +33 (0)6 11 56 15 15

**TAXI CANNES**

Tel: +33 (0)4 93 99 27 27

## Car Hire

**Midi Location, Antibes**

Contact Martine who speaks English and mention that you are a guest staying with Cote d’Azur Villas to take advantage of discounted rates.

Tel: +33 (0)4 93 34 48 00
Email: midiloc@aol.com

**Cars Only**

Classic and Sports cars

Matthieu PRIVAT

Tel: +33 (0)6 65 14 80 87

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

Email: contact@carsonlyfrance.com

**Elite Car Rentals, Antibes**

A large fleet of different sized cars, ranging from Mini Coopers to Limousine Services.

Tel: +33 (0)4 93 94 77 55
Email: info@eliterent.com

**Truche Car rentals, Nice Airport**

A large fleet of different sized cars.

https://www.truchelocation.com

Tel (Nice office): +33 4 93 21 21 00

##  SIGHTSEEING AND PRIVATE TOURS

**Andy Swann Voyage** - *South of France Undiscovered*

Andy Swann Voyage offers luxury travel, unique experiences, and concierge services on the French Riviera, Provence, Burgundy – and beyond

http://www.andyswannvoyage.com

Tel: +33 6 33 28 59 24
Email: andy@andyswannvoyage.com

**ROUTE DU SUD**

Eliane Guigonnet

Tel: +33 (0) 6 10 91 78 99

routesdusud@orange.fr

## Bicycle/Motos - Scooters Rental

**Loca Bike – (Holiday Bikes)**

Offices in Nice, Antibes, Villeneuve-Loubet and Cannes. They speak English and deliver at an extra charge.

[www.loca-bike.fr](http://www.loca-bike.fr/)

#### Cannes Office: [(+33) 4 97 063 063](http://www.loca-bike.fr/index.php?page=nos-agences)

Nice Office: (+33) 4 93 04 15 36

Antibes Office : (+33) 4 93 61 51 51

Villeneuve Loubet Office : (+33) 4 93 20 90 20

 65€/ week for City bikes

 85 €/ week for Mountain bike

 150 € for delivery & return

**Bike Trip**

Offices in Menton, Nice, Cannes and Monaco. They speak English and deliver at an extra charge.

https://www.rent-bike.fr

#### Cannes Office: (+33) 4 93 99 39 93

Nice Office: (+33) 4 93 81 09 41

Monaco Office: (+33) 6 88 06 13 62

Menton Office: (+33) 4 92 10 99 98

**So Bike Esterel**

If you are looking for an adventurous bike ride, you should come and try those electrical bikes enabling to discover the Esterel in a fun way! The bikes are in perfect conditions, the motor will help you to reach the top of the mountains easily, and you’ll enjoy the fantastic view over the sea from the Esterel red rocks in a dream getaway!

Offices in Théoules (closest to Cannes) and Agay

#### <http://www.sobike-esterel.com/>

#### Theoules Office: +33 (0)9 83 03 99 88

#### contact@sobike-esterel.com

##

## Private Chefs

Whether you are celebrating a special occasion or have a high-class dinner in mind, you can count on our five stars private chefs.

Contact details are shown below.

**Adams & Adams**

High quality caterers, ideal for special events and parties.

[www.adamsandadams.eu](http://www.adamsandadams.eu)

Tel: +33 (0)6 71 04 66 34

**Amandine Chefs**

Placement agency of private chefs of all levels and all types of cooking to come and cook for you at your villa.

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

Tel: +33 (0)6 38 56 59 71

**Kate Bromilow**Runs cooking classes from her own kitchen in Pont du Loup.

Thai, Indian, Fish Vegetarian Food.

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

Tel: +33 (0)6 60 72 80 60

Email: katie@lamaisondepollier.com

**Lori Mazziotta-Gardet & Isabelle**Home Catering, Dinner Parties, Weddings, & Cocktail Receptions. Home cooking lessons.

[www.chef-adomicile.fr](http://www.chef-adomicile.fr)

Tel: +33 (0)6 80 33 12 26

Email: lori@chef-adomicile.fr

**Emmanuel Sofonea**

Personal Chef for 19 years, using self-grown organic herbs and flowers to sublime his dishes.

www.unchefchezvous.com

Tel: +33 (0) 6 28 21 83 08

email: unchefchezvous@gmail.com

**Alexandre Walger**Gastronomic chef in the past, he's now a personal chef offering convivial finger food buffets to elegant seated dinners.
www.private-chef.fr
Tel: +33 (0) 6 75 79 01 83

Email: alexandre@private-chef.fr

## Wine Tasting

**Maison Des Vin**

For a traditional wine tasting aiming at discovering Provence wines and much more!

 www.maison-des-vins.fr/en/

Tel: +33 (0)4 94 99 50 20

Email: contact@maison-des-vins.fr

**Patricia Hedge**

Experimented sommelier in restaurants and cellars for about 20 years, she now works as an independant to make you discover the wines’ secrets during thematic wine tastings with wines from all over the world.

<https://www.facebook.com/winetastingantibes>

Tel: +33 (0)6 75 21 68 12

Email: winetasting06@gmail.com

**Raisin d’Etre**

With this dynamic team, wine tasting is not just about wines. Entertainment, games, quiz, creation... The wine is discovered in a fun and attractive way! Get to learn more about their oeno-playful concept on the website.

And **if you want to visit vineyards and cellars with a wine specialis**t, contact Vincent! He will organise your wine tour for you!

www.raisindetre-mediterranee.com

Vincent Monnier: Tel: +33 (0)6 67 29 25 46

Email: vincent@raisindetre.fr

**Une Terre un Vin**

Are you looking for a specific bottle? Do you want to make some discoveries? Une Terre un-Vin has his own network of exclusive wine estates, between recognized winemakers, and confidential addresses. Just give them instructions, and they will create your own customized basket, depending on your tastes and willingness.

<https://uneterre-unvin.com/index.php>

Tel : +33 (0)7 83 41 08 19

Email: uneterre.unvin@gmail.com

## Wine Visits

**If you want to discover the wine vineyards on your own, you can either head to Nice to visit a small but interesting vineyard, or in the Var where many options of visits are available. Here a few suggestions of vineyards to visit:**

**NICE**

**Chateau de Bellet -** [482 Chemin de Saquier](https://www.google.com/maps/place/Ch%C3%A2teau%2Bde%2BBellet/%4043.7479034%2C7.208391%2C559m/data%3D%213m1%211e3%214m5%213m4%211s0x0%3A0xc3351935d3b7907%218m2%213d43.7482771%214d7.2104278?hl=fr) - 06200 Nice

A unique site surrounded by the mountains and the sea situated at the peak of the AOP Bellet in the hills of Nice.

<https://www.chateaudebellet.com/en>

Tel: +33 (0)4 93 37 81 57

Email: contact@chateaudebellet.com

**Château de Crémat -** 442 Chemin de Crémat – 06200 NICE

An original place chosen by the Romans 2000 years ago, which tunnels are still used today to mature and preserve the wines!

https://chateaucremat.com/en

Tel: +33 (0)4 92 15 12 15

Email: info@chateaucremat.com

**VAR**

**Chateau Sainte Roseline -** 1854, route de Sainte-Roseline - 83460 Les Arcs-sur-Argens

A prestigious historical site, ideal for a wine getaway!

<https://www.sainte-roseline.com/en/>

Tel: +33 (0)4 94.99.50.30

Email: contact@sainte-roseline.com

**Chateau Les Crostes -** 1854, route de Sainte-Roseline - 83460 Les Arcs-sur-Argens

Another exceptional vineyard, ideal for a walk in the beautiful exteriors as well as the cellars.

<https://www.chateau-les-crostes.com/en>

Tel: +33 (0)4 94 73 98 40

**Chateau Roubine -** 4216 Route de Draguignan - 83510 Lorgues

Come and taste their delicious wines made out of 13 different “cepages” (type of vines) cultivated on a beautiful land located between Var and Verdon.

https://www.vignoblesderoubine.com

Tel: +33 (0)4 94 85 94 94

Email: info@chateauroubine.com

**Chateau de Berne -** Route de Salernes - Flayosc - 83510 Lorgues

Another luxury wine estate in the Côte de Provence region.

https://boutiquevins.chateauberne.com/pages/le-domaine

Tel: +33 (0)4 94 60 43 70

Email: info@chateauberne.com

## Leisure

**GOLF**

**Golf d'Opio Valbonne - Hôtel du Château de la Bégude**

Route de Roquefort-les-Pins - 06650 Opio

[www.opengolfclub.com/opiovalbonne](http://www.opengolfclub.com/opiovalbonne)

Tel: +33 (0)4 93 12 00 08
Email: opiovalbonne@opengolfclub.com

**Golf Country Club de Cannes-Mougins**

175 avenue du Golf - 06250 Mougins

www.golf-cote-azur.com
Tel: +33 (0)4 93 75 79 13
Email: golf-cannes-mougins@wanadoo.fr

**Golf de la Grande Bastide**

Chemin des Picholines - 06740 Châteauneuf de Grasse

[www.opengolfclub.com/grandebastide /](http://www.opengolfclub.com/grandebastide%20/) [www.opengolfclub.com/en/golf/home~ref~lagrandebastide.htm](http://www.opengolfclub.com/en/golf/home~ref~lagrandebastide.htm)

Tel: +33 (0)4 93 77 70 08

Email: grandebastide@opengolfclub.com

**Golf de Saint Donat**270 route de Cannes - 06130 Grasse

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

[Tel: +33 (0)4 93 09 76 60](http://www.golfsaintdonat.com/contact_uk.html)

Email: info@golfsaintdonat.com

**Golf le "Claux-Amic"**

Route des 3 Ponts - 06130 Grasse

[www.claux-amic.com](http://www.claux-amic.com)

Tel: +33 (0)4 93 60 55 44

Email: info@claux-amic.com

**Golf Club Old Course**

265 route du golf - 06210 Mandelieu

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

Tel: +33 (0)4 92 97 32 00

**Royal Mougins Golf Club**

424 ave du Roi - 06250 Mougins

Tel: +33 (0)4 92 92 49 69
Email: restaurant@royalmougins.fr

Web: www.royalmougins.fr

# Wellness Spas, massages & Fitness Centers

## Spas

**Le Mas Candille**

Boulevard Clément Rebuffel - 06250 Mougins

[www.lemascandille.com/spa/](http://www.lemascandille.com/spa/)

Tel: +33 (0)4 92 28 43 43

Email: spa@lemascandille.com

**Château Saint-Martin & Spa**

2490 Avenue des Templiers – Vence

www.oetkercollection.com/fr/destinations/chateau-saint-martin/spa-bien-etre/

Tel: + 33 (0)4 93 58 02 02

**Thalazur**

770 Chemin des Moyennes Bréguières - 06600 Antibes

[www.thalazur.fr/antibes/thalasso/](https://www.thalazur.fr/antibes/thalasso/)

Tel: +33 (0)4 92 91 82 02

Email: inforeservation@thalazur.fr

**Hotel du Cap Eden Roc**

Boulevard J. F. Kennedy, 06601, Antibes

<https://www.oetkercollection.com/fr/destinations/hotel-du-cap-eden-roc/spa-bien-etre/>

Tel : +33 (0)4 93 61 39 01

**Les Thermes Marins de Cannes**

47 Rue Georges Clemenceau, 06400 Cannes

<https://www.radissonblu.com/en/hotel-cannes/spa>

Tel : 33 (0)4 92 99 50 10

**Terre Blanche**

3100 route de Bagnols en Forêt – 83440 Tourrettes

[www.terre-blanche.com/fr/spa\_cpa35\_6196.htm](http://www.terre-blanche.com/fr/spa_cpa35_6196.htm)

Tel : +33(0)4 94 39 90 00

## Massages

**Catherine Torra**

Reflexology and energetic massages, thai, Bali, chi nei tsang, wellness massage with lava stones, body scrubbing. In her practice in Mougins or at your villa

Tel : +33(0)6 63 10 09 33

Email: celabelvie@aol.com

**Isabelle Legal**

Massages: Swedish, Chinese, Thai, lymphatic drainage, reflexology, body scrubbing. At your villa

Tel. : +33 (0)6 21 39 92 04

Email: isabelle\_legal@hotmail.com

**Maricar**

Certified Massage and spa practitioner. At your villa

Tel: +33 (0)7 63 31 77 60

## Fitness Centers

**TopFit International Fitness Club**

Route de Grasse - 2139 Domain de Grives - 06600 Antibes

<http://www.fitness-antibes.fr>

Tel: +33 (0)4 93 74 44 44

Email: topfit.06@wanadoo.fr

**Fitness Park Fitness Centers**

<http://www.fitnesspark.com>

Tel: +33 (0)4 97 21 69 51

Fitness park has **other clubs all over the Riviera**: Mougins, Le Cannet, Antibes, Juan les Pins… and some opening soon like Grasse

# SWIMMING COACH

**Anga – Anne-Gaëlle Miry**

http://www.[anga-coaching.fr](http://www.fitness-antibes.fr)

Tel: +33 (0)9 83 49 47 04

Email: contact@anga-teambuilding.com

Swimming coach: Anne-Gaëlle is the perfect coach to teach how to swim to your kids!

# HORSE RIDING

The **Villeneuve-Loubet Centre Equestre** can be found off the main D2085 to Nice. Reputedly the largest in Europe with excellent facilities and plenty of hacking country.

3 Chemin des Ferrayonnes
Villeneuve-Loubet
Alpes-Maritimes

www.cavalerie-enfants.com

Tel: 00 33 (6) 17 90 24 35

# TENNIS

**Le Vignal**
268 Chemin des Picholines
06740 Chateauneuf de Grasse
www.tennis-vignal.com

Tel : 04 93 70 62 10

**Tennis Club de Grasse**
190 Route de Cannes
 06130 Grasse
www.tcgrasse.com

Tel: 04 93 70 22 86
Email: contact@tcgrasse.com

**Tennis club d’Antibes**
Tel: 04 93 65 80 95

 330 avenue Jules Grec

**Sophia Antipolis – Mouratoglou Country Club**

<https://www.mouratoglou.com/en/>

Tel: 04 83 88 14 30
3550 Route des Dôlines
06410 BIOT - SOPHIA ANTIPOLIS

Country club – Racket – Fitness – Pool – Resorts

**Tennis Club de Mouans-sartoux**

578 Chem. de la Chapelle

06370 Mouans-Sartoux

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

Tel +33 4 93 75 76 55

# KAYAK/PADDLE BOARD

**Blue Drop – Juan les Pins**
Tel: 06 31 48 30 90
47 Boulevard Edouard Baudoin
06160 ANTIBES
www.blue-drop.fr
Simply call and book!

# BOAT AND YACHT CHARTER

**Absolute Boat**: rental company specialising in business and leisure **yachts**, with a fleet of 150 luxury vessels, from 9 metres, to over 80 metres in length.

Zena: Tel: +33 (0) 611 733 056

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

contact@absoluteboat.com

**Ocean Five Yachts:** The company purpose a service-oriented yacht charter broker; a worldwide selection of quality crewed yachts is tailored to the needs of our demanding clients.

Tel : +33 4 9399 5054

<https://ocean5yachts.com/>

info@ocean5yachts.com

 53 Rue d’Antibes, 06400 Cannes

**Algue 1948**: enjoy sailing in the Bay of Cannes on this classic sailing yacht (a 42-foot Bermudian Cutter from 1948)

Tel: +33 (0) 760 482 757

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

alex@sailcannes.com

# FRENCH CLASSES

**Centre International d’Antibes:** Courses for adults, French language camps for kids and teens, parents and kids programs, … A full range of programs to learn French during your stay in various ways!

Tel: +33 (0) 492 90 71 72

<https://www.cia-france.com/>

direct@cia-france.com

**New Life in France:** Since 2000, this school provides tailor made French lessons with a method that has produced good results. From individual lessons to group lessons (6 students per class max), enjoy the different formulas based on your level, pace and will.

Tel. : +33 (0)9 81 96 37 71 / +33 (0)6 16 67 62 47

WTC2 - 120 route des Macarons 06560 Valbonne-Sophia Antipolis

<http://newlifeinfrance.fr/french-language-school/en/>

contact@newlifeinfrance.com

# IMPORTANT NUMBERS

## **A GUIDE TO EMERGENCY SERVICES IN FRANCE**

Directories **Dial 118 218**

## **DIALING EMERGENCY NUMBERS**

When calling an Emergency Service be ready to give your name, address, telephone number and the reason for your call.

Never hang up until you are asked to do so.

Emergency telephone lines in France are manned in French. While you may come across an operator who speaks English, there is no guarantee of this. It is therefore a good idea to make sure you know in advance how to give clear indications in French of your personal details, starting with your name, address and telephone number.

### POLICE - Dial 17

The national Police force in France is divided between the ***Police Nationale*** and the ***Gendarmerie***. Very broadly, the ***Police Nationale*** is responsible for urban areas while the ***Gendarmerie*** covers the rural regions. You will be directed to the appropriate Police Service from wherever you call the emergency number.

It is advisable to also note down the normal, eight-digit number for your local Police or ***Gendarmerie*** station. In all large towns there is also a secondary Police force managed by the local town hall ***la Police Municipale*** which has limited powers.

### FIRE BRIGADE - Dial 18

It is important to note that the French Fire Brigade ***les Pompiers*** are also trained and equipped to deal with medical emergencies. They are an ambulance service with their specially-equipped vans. In France it is very often the Fire Brigade who are called first to deal with road injuries and domestic accidents and in many areas, especially rural regions, they will be first on the scene. They coordinate with all other emergency services and will, if the situation demands, call in the specialized ***SAMU***.

### SAMU (Medical Emergency/Accidents)- Dial 15 / From a Mobile Phone Dial 112

They deal only with the most serious of cases. They are the national, publicly-run Emergency Service which The ***SAMU*** provides both ambulances and specialist medical teams.

Generally, officers do not speak English. If you need to contact the police, you can contact us at our *Côte d’Azur Villas* office so we can assist you.

**Our** **Office number**: **04 93 63 98 01**

# ENGLISH SPEAKING MEDICAL SERVICES

Dr Dirk Heerding 11 Rue du Presbytère, Valbonne, 33 (**0)4 93 12 94 30**

Dr Patrick Ireland, 1913 Route de Cannes, Valbonne, 33 (**0)4 93 12 95 66**

## RIVIERA MEDICAL SERVICES

Tel 33 (**0)4 93 26 12 70**This is a database of English-speaking medical practitioners throughout Alpes-Maritimes and Monaco.

## PAN-EUROPEAN Dial 112

The **Pan-European** emergency SOS 12 number which can be called in the case of any emergency from your **mobile phone**. You will then be redirected to the appropriate emergency service.

# HOSPITALS

**VALBONNE/ MOUGINS: TZANCK ESPERENCE**, medical care 24/7

165 Avenue Maurice Donat, 04 92 27 33 33

**LE ROURET/GRASSE : GRASSE HOSPITAL**

28 Chemin de Clavary, 06130 Grasse, 04 93 09 55 55

**ST TROPEZ: GASSIN HOSPITAL**

Rd559, 83580 Gassin, 04 98 12 50 00

**ANTIBES / JUAN LES PINS : HOSPITAL CENTER ANTIBES – JUAN-LES-PINS**

Avenue de 06600, 107 Avenue de Nice, 06600 Antibes, 04 97 24 77 77

**CANNES : CANNES HOSPITAL**

15 Avenue des Broussailles, 06400, Cannes, 04 93 69 70 00

**CAGNES-SUR-MER : POLYCLINIC SAINT-JEAN**

92-, 94 Avenue Dr. Maurice Donat, 06800 Cagnes-Sur-Mer, 04 92 13 53 13

# TRAVEL NUMBERS

 **Airports**

Nice – Côte d’Azur Airport

08 20 42 33 33 or +33 (0)4 89 88 98 28

Toulon – Hyères Airport

04 94 00 83 83

St Tropez Airport

04 94 54 76 40

**Airlines**

Air France

08 20 42 33 33

British Airways

0825 825 400

Delta

08 99 65 00 11

Easy Jet

08 10 72 72 72

Lufthansa

0892 231 690

Norwegian Air Shuttle

+47 21 49 00 15

United American Airlines

08 10 87 28 72

# Train customer services

SNCF (French national train company): 3635

TER (trains in the region Provence Alpes Côte d’Azur): 0800 11 40 23

# FOREIGN EMBASSIES & CONSULATES

NB. If your passport is lost or stolen you must report it to the National Police. The consulate can arrange for an emergency passport to be issued but this is valid for one trip only.

**US Embassy, Paris**

2 Avenue Gabriel

75008 Paris

Tel: +33 (0)1 43 12 22 22 – then dial 9 (for emergencies)

www.france.usembassy.gov

 **US Consulate Generale, Marseille**

Consulat Général des Etats-Unis d'Amérique
12 Boulevard Paul Peytral,

13006 Marseille
Tel : +33 (0)4 91 54 92 00

www.marseille.usconsulate.gov

**UK Embassy, Paris**

35 Rue Fbg St Honoré

75008 Paris

Tel : +33 (0)1 44 51 31 00 (emergencies)

[www.ukinfrance.fco.gov.uk/en/](http://www.ukinfrance.fco.gov.uk/en/)

**British Consulate, Marseille**
24 Avenue de Prado
13006 Marseille

Tel: +33 (0)4 91 15 72 10

<https://www.gov.uk/government/world/organisations/british-embassy-paris/office/british-consulate-marseille>

**German Consulate, Monaco**

“L’Ermanno Palace”

Bloc A, 8ième étage,

27 Bld Albert 1er

MC 98000 - Monaco

Tel: +377-9797-4965

monaco@hk-diplo.de

**German Embassy, Paris**

13-5 av. Franklin Roosvelt

75008 PARIS

Tel: +33 (0)1 53 83 45 00

info@paris.diplo.de

# CREDIT CARD: LOST & THEFT

 Visa 0800 90 11 79

Eurocard-Mastercard 0800 90 13 87

American Express 0800 83 28 20

Diners Club +44 1244 470910

##### **MARKETS IN THE ALPES MARITIMES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **City** | **Telephone** | **Where** | **Type** | **Days** |
| **Antibes** | +33(0)4.22.10.60.10 | Cours Massena | Local Artisans | From mid June to mid September, every day except Mondays. From mid September to mid June every Friday, Saturday and Sunday from 3pm.  |
| Cours Massena | Provencal | Every morning from 6am to 1pm (except Mondays from September to June)  |
| Place Audiberti | Antiques / Bric a brac | Thursday and Saturday from 7am to 6pm |
| Place Nationale | Antiques / Bric a brac | Saturday from 7am to 6pm |
| Boulevard d'Aguillon | Antiques / Bric a brac | Thursday from 7am to 6pm |
| Place Amiral arnaud | Clothing | Tuesday and Saturday morning from 6am to 1pm |
| Parking Lacan | Clothing | Thursday morning from 6am to 1pm |
| La Fontonne/ Place Jean Aude | Clothing | Wednesday morning from 6am to 1pm |
|  |   |  |  |  |
| **Biot** | +33(0)4.93.65.78.00 | Rue St Sébastien | Provencal,Clothing, jewelry and cosmetics | Tuesday morning from 9am to 1pm |
| **Cagnes sur Mer** | +33(0)4.93.20.61.64 | Parking de la Villette | Traditional | Wednesday morning from 8.30am to 12.30pm |
| Boulevard Kennedy | Traditional | Friday morning from 8.30am to 12.30pm |
| Avenue des Oliviers (Cros de Cagnes) | Traditional & clothing | Tuesday and Thursday morning from 8.30am to 12.30pm |
| Cité marchande | Groceries | Every day, except Monday, from 7am to 1pm |
| Harbor | Fish | Every day, except Monday, from 9am to 12.30pm |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **City** | **Telephone** | **Where** | **Type** | **Days** |
| **Cannes** | +33(0)4.92.99.84.22 | Place Forville | Groceries, Flowers | Every day, except Monday, from 9am to 1pm |
| Place Forville | Antiques / Bric a brac | Every Monday, from 8am to 6pm |
| Place Gambetta | Groceries, Clothing, Flowers | Every day, except Monday, from 7am to 1pm |
| Les Allées | Antiques / Bric a brac, local artisans & Arts | Saturday and Sunday from 10am to 6pm |
|
| Les Allées | Flowers | Every day from 7am to 12.30pm |
| Place St Jin-Jin | Antiques / Bric a brac | Every Tuesday and Friday from 8am to 7pm |
|  |  |  |  |  |
| **Cannes** **la Bocca** | +33(0)4.93.47.04.12 | 7, Rue du Docteur Baloux | Traditional & Groceries | Every day, except Monday, from 7am to 12.30pm |
| Place du Marché | Antiques / Bric a brac | Thursday morning from 8am to 12am.  |
| Place Paul Roubaud | Provencal, Groceries, Flowers, clothing | Every Saturday morning  |
|  |  |  |  |  |
| **Golfe Juan** | +33(0)4.93.63.82.58 | Sea front boulevard | Local artisans & Arts | Every evening from 7pm to midnight in July and August |
| Old port Golfe Juan | Fish | Every morning except Mondays |
| Avenue de Cannes (Vallauris) | Traditional | Wednesday and Sunday morning |
| Place Paul Isnard (Vallauris) | Groceries | Every morning except Mondays |
| Place Aimé Berger | Traditional, Groceries | Every Friday morning |
|  |   |  |  |  |
| **Juan les Pins** | +33(0)4.22.10.60.01 | Square Dulys | Clothing | Friday from 6am to 1pm |
|  |  |  |  |  |
| **Grasse** | +33(0)4.93.36.66.66 | Place aux Aires | Provençal, groceries, clothing | From Tuesday to FridaySaturday from 7am to 1.45pm |
| Place Fréderic Mistral | Flowers, Vegetables, clothing | Every Saturday from 7am to 1pm |
| Plan de Grasse | Groceries | Every Saturday from 7am to 1pm |
|  |  |  |  |  |
| **Mandelieu la Napoule** | +33(0)4.93.93.64.64 | Place des Combattants d'Indochine | Traditional & Groceries | Wednesday and Friday mornings |
| Place Ste Jeanne d'Arc(Le Capitou) | Groceries | Saturday morning |
|  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **City** | **Telephone** | **Where** | **Type** | **Days** |
| **Mouans Sartoux** | +33(0)4.93.75.75.16 | Place du Village | Traditional, Provencal & Groceries | Tuesday and Thursday morning |
|  |  |  |  |  |
| **Nice** | +33(0)8.92.70.74.07 | Cours Saleya | Flowers & vegetables | Tuesday, Thursday and Friday from 6am to 5.30pmWednesday and Saturday from 6.30am to 6.30pmSunday from 6.300am to 1.30pm |
| Cours Saleya | Antiques / Bric a brac | Every Monday from 7am to 6pm |
| Cours Saleya | Local Artisans | Every evening (June to September) from 6pm to midnight.  |
| Cours Saleya | Groceries | Every day, except Mondays, from 6am to 1pm |
| Place du Palais de Justice | Local artisans & arts  | Every 2nd Saturday of the month from 7am to 5pm |
| Place du Général de Gaulle | Groceries | Every morning, except Mondays, from 6am to 12.30pm |
|  |   |  |  |   |
| **St. Laurent** **du Var** | +33(0)4.93.31.31.21 | Esplanade du levant | Traditional, Groceries, Clothing | Sunday morning from 8am to 12.30pm |
| Avenue Donadeï | Biological | Tuesday and Friday mornings from 8am to 1pm |
| Avenue du Gal de Gaulle | Groceries | Saturday morning from 7am to 2pm |
|  |

|  |
| --- |
|  |

 |  |  |  |
| **Saint Paul** **de Vence** | +33(0)4.93.32.86.95 | Place de Gaulle | Groceries, local producers | Wednesday morning from 8am to 1pm |
| Place du Général de Gaulle | Groceries, flowers | Tuesday, Thursday, Saturday and Sunday morning |
|  |   |  |  |  |
| **Tourettes sur Loup** | +33(0)4.93.24.18.93 | Village, place de la libération | Local Artisans | Wednesday mornings |
|  |  |  |  |  |
| **Valbonne**  | +33(0)4.93.12.34.50 | Village - Place de l'église | Provencal, Groceries, clothing, local producers | Friday mornings |
|   |   |  |  |  |
| **Vence** | +33(0)4.93.56.06.38 | Place Clémenceau | Groceries, Local producers | Every Friday morning from 8am to 1pm |
| Place du Grand Jardin | Antiques / Bric a brac, antiques and bookes | Every Wednesday |
| Place du Grand Jardin | Local producers | Every morning  |
| Cité historique | Traditional | Every Tuesday and Friday morning |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **City** | **Telephone** | **Where** | **Type** | **Days** |
|   |   |  |  |  |
| **Villeneuve Loubet** | +33(0)4.92.02.66.16 | Village | Traditional & Groceries | Wednesday and Saturday mornings |
| Avenue de la Mer | Provencal | Monday morning |
|  |   |  |  |  |
| **Vintimille** | +39.0184.280.24+39.0184.356. 300 | City Centre - Jardins publiques | Traditional & Groceries | Friday (May to October) from 6am to 6pm) |
|  |   |  |  |  |
| **San Remo** | +39.0184.590. 059 | City Centre | Traditional & Groceries  | Tuesday and Saturday morning from 6am to 2pm |
|  |  |  |  |  |

###### RECOMMENDED DRIVES AND PLACES TO VISIT

## PLACES TO VISIT

**Antibes**

A lovely old walled town with an old covered market selling local products in the morning and crafts etc. in the afternoon. Home of the Picasso museum.

If visiting the old town of Antibes, park at the Port Vauban, then you are right by the marina and the old town.

**Biot**

A charming village with plenty of gift shops and good cafés. Famous for its glass crafts.

**Cannes**

It is nice to walk along the Croisette and the beach restaurants are a great spot for lunch. The main shopping street is one street back from the seafront on rue d’Antibes.

Park under the ‘Palais des Festivals’.

**Eze Village**

A lovely old village with stunning sea views. Park at the bottom and walk up past the Fragonard perfumery.

**Gourdon**

A tiny perched village with an amazing panoramic view.

**Grasse**

The perfume capital of the world. Come and make your own fragrance in one of the perfumeries here and go back in time 3000 years following the history of perfume. Sweet old town with nice gift shops.

**Grimaud**

The village of Grimaud is a perched village, with historical links to the Grimaldi family. The mainly traffic free town is popular with boat owners as most properties come with their own berth.

**Juan les Pins**

Beautiful (but busy!) beaches, trendy nightclubs & bars for the young & hip!

**La Napoule**

Great golf courses & an eccentric chateau well worth a visit!

**Le Bar sur Loup**

Sweet hilltop village ideal base for walks in the forest and across the River Loup.

**Monaco/Monte Carlo**

It is easy to get lost as the road system is complicated. Head for Parking des Pecheurs under the Rock. There is a lift which then takes you up to the Palace on top of the rock and the excellent Oceanographic museum and public gardens.

THE place to people watch…

**Mougins**

Mougins village is pedestrianised, so park up and walk into the village. Very small but some lovely cafes and restaurants and also a photography museum.

**Nice**

The old town - Cours Saleya where the flower and antiques markets are held and many little streets leading off this square. It’s also nice to walk along the seafront along the ‘Promenade des Anglais’.

There is parking under the Casino Ruhl or under the Cours Saleya itself.

**St Jean Cap Ferrat**

Tiny port with an amazing coastal road. Visit the Ephrussi de Rothschild Villa Museum & Gardens.

**St. Paul de Vence**

A medieval village of great charm. Fantastic little boutique shops with art to suit all tastes.

**St. Tropez**

Takes a lifetime to get there in the summer months and only advisable if you are exhausted of everywhere else. The shopping is fantastic though! In the summer, if you want to avoid traffic, from Cannes, you can take a boat to St Tropez.

**Valbonne**

Valbonne village is very pretty and has an excellent market on Friday mornings. There are lots of lovely little ‘boutique’ shops here and some good restaurants.

**Villefranche sur Mer**

A beautiful unspoilt 17th Century port.

## **DRIVES**

Drive the Moyenne or Haute Corniche from Nice to Menton and enjoy the stunning views over the sea. Both Villefranche and Eze are worth stopping at. Head further afield and visit Fayence, Tourettes, Callian and Gorges de St. Cezaire sur Siagne.

Bar sur Loup, Tourrettes sur Loup, Vence, St. Paul de Vence is a nice loop to do. Route Napoléon, Castellane and Gorges de Verdon – a long drive but truly spectacular views.

Antibes – A very picturesque drive is from the old town (head for Port Vauban) around the Cap d’Antibes to Juan les Pins.

Gourdon & the Gorges du Loup is a great trip when the weather is good. A nice spot for lunch is the Auberge Provencale at the top of the village.

## **RESTAURANT GUIDE**

The following list of restaurants has been compiled as a guide to good eating out in the area. It has been a hard and arduous task researching this and sampling all the delicious food & wine but somebody had to do it!

We would be very happy to hear your comments and suggestions - just leave us a note in your villa with your favourite eating establishments and the reasons why. Our apologies if any of your favourites have been missed out - there are just too many to mention!

### ANTIBES & CAP D'ANTIBES

● Bacon \*

Tel: 04.93.61.50.02

E-mail: contact@restaurantdebacon.com

Prices: High

Sober, elegantly decorated restaurant with panoramic views.

● Les Pecheurs \*

Tel: 04.92.93.71.55

E-mail: information@lespecheurs-lecap.com

Prices: High

Attractive, modern decor, a delightful terrace with a panoramic view and subtle food using produce from the sea. Superbly situated at the water's edge.

● Le Cap

Tel: 04.92 93 13 30

Prices: Medium

A great spot nested in the Cap d’Antibes (same complex that the restaurant Les Pêcheurs, but more “casual”), a very pleasant spot to have a drink or a meal, by a white sandy beach.

● La Passagère \*

Tel: 04 93 61 02 79

E-mail: lapassagere@bellesrives.com

Prices: High

Gastronomic restaurant, 1 michelin star, with a beautiful terrace and breathtaking views over the Bay of Juan les Pins and the Esterel mountains.

● Le Michelangelo

Tel: 04 93 34 04 47

Prices: Medium

Fantastic interior. It has been visited by practically every single celebrity. Very good Italian cuisine and a special truffle pizza!

● L'Oursin

Tel: 04.93.34.13.46

Prices: Low

A local institution. Fish and seafood, served in a merry atmosphere.

### AURIBEAU-SUR-SIAGNE

● Auberge de la Vignette Haute

Tel: 04.93.42.20.01

E-mail: info@vignettehaute.com

Prices: Medium

Medieval atmosphere with old stonework, pewter tableware and oil lamps.

● Auberge Nossi-Be

Tel: 04 93 42 20 20

Prices: Low

This restaurant’s specialities include home-made spring rolls, leg of lamb and sorbets.

### BAR-SUR-LOUP

● La Jarrerie

Tel: 04.93.42.92.92

Prices: Low

French cuisine in the banqueting hall of a 17th Century monastery.

### BEAULIEU SUR MER

● La Réserve de Beaulieu \*\*

Tel : 04.93.01.00.01.

E-mail: [reservation@reservebeaulieu.com](file:///%5C%5CSERVEUR-PC%5CSharedrive%5CCommon%20Documents%5CStandardised%20Villa%20Book%20Docs%5Creservation%40reservebeaulieu.com)

Prices: High

Churchill’s favourite hotel on the Côte d’Azur. Refined dining room, terrace with a view over the bay and reinvented Provençal-inspired cuisine.

● Métropole

Tel: 04.93.01.00.08

E-mail: metropole@relaischateaux.fr

Prices: Medium

Pleasant restaurant with exceptional sea views from terrace.

### BIOT

● Les Terraillers \*

Tel: 04.93.65.01.59

Email: lesterraillers@orange.fr

Prices: Medium

A 16th Century pottery workshop transformed into a lounge. Lovely dining room with vaults, stone, exposed beams and fresh flowers. Menu with a Southern touch.

● Auberge du Jarrier

Tel: 04.93.65.11.68

E-mail: jarrier.auberge@wanadoo.fr

Prices: Low

● Auberge de la Vallée Verte

Tel: 04.93.65.10.93

Prices: Low

Situated on the road between Biot and Valbonne. Large helpings of Provençal food!

### CABRIS

● Auberge du Vieux Château

Tel : 04.93.60.50.12

E-mail : anneloncle@aol.com

Prices: Low

Traditional cooking with marvellous views.

● La Chèvre d’Or

Tel : 04.93.60.54.22

Prices : Low

New chef from Alsace, so lots of charcuterie, choucroute and large servings!

### CAGNES SUR MER

● Le Cagnard \*

Tel: 04.93.20.73.21

E-mail: cagnard@relaischateaux.com

Prices: High

Highly recommended - lovely ambience and great French cuisine.

● Réserve “Loulou” \*

Tel: 04 93 31 00 17

Prices: Medium

Informal atmosphere – fish & grills cooked in front of you.

● Charlot 1er

Tel: 04.93.31.00.07

Prices: Low

Excellent seafood

### CANNES

● La Palme d'Or - Hôtel Martinez \*\*

 Tel: 04.92.98.74.14

E-mail: lapalmedor@concorde-hotels.com

Prices: High

Art Deco style decorated with photos of film stars. Incredible view over the Croisette.

● La Côte - Carlton Hotel

Tel: 04.93.06.40.23

E-mail: cannes@interconti.com

Prices : Medium

Elegant brasserie style restaurant. Prime location on the Croisette. Provençal cuisine.

● Gaston et Gastounette

Tel: 04.93.39.47.92

Prices: Medium

Situated on the old port, specialises in fish.

● Caveau 30

Tel: 04.93.39.06.33

Prices: Low

Immense restaurant with two 1930's brasserie style dining rooms. Fish and sea food.

### CHATEAUNEUF DE GRASSE

● Le Pré du Brusc

Tel: 04.93.77.32.10

Prices: Medium

Typical Provençal cuisine

### EZE

● Château de la Chèvre d'Or \*\*

Tel: 04.92.10.66.66

E-mail: reservation@chevredor.com

Prices: High

Excellent food & marvellous views over Cap Ferrat.

● Château Eze

Tel : 04.93.41.12.24

E-mail : chateza@wanadoo.fr

Prices: Medium-High

High quality Food

### FAYENCE

● Le Castelleras \*

Tel: 04 94 76 13 80

Email: contact@restaurant-castellaras.com

Prices: Medium

A classic French restaurant, personal service, elegant dining room with a superbe terrasse with views over the valley and fine Provençal cuisine.

### GOLFE-JUAN

● La Paillotte Blanche

Tel : +33 (04) 93 67 84 65

Prices : medium

E-mail: www.lapailloteblanche.fr

Feet in the sand on the beach, child-friendly

● Tétou \*

Tel: 04.93.63.71.16

Prices: High

This local institution, founded in 1920, has kept the atmosphere of a luxury seaside resort restaurant, and its famous speciality – bouillabaisse

### GRASSE

● Bastide St Antoine \*\*

Tel: 04.93.70.94.94

E-mail: info@jacques-chibois.com

Prices: High

18th Century farmhouse in an olive grove. Elegant cuisine. Relaxed atmosphere.

### LA COLLE-SUR-LOUP

● L’Eden

Tel: 04.93.32.50.25

E-mail: gillesgalli@libertysurf.fr

Prices: Medium

Highly recommended restaurant. Creative, contemporary cuisine.

● L’Abbaye

Tel: 04.93.32.68.34

E-mail: l-abbaye@wanadoo.fr

Prices: Medium

A beautiful restaurant with arched ceilings and lovely terrace.

### LE ROURET

● Le Clos St Pierre \*

Tel: 04 93 77 39 18

Email: contact@le-clos-saint-pierre.com

Prices: Medium

Romantic, rustic ambiance. Mediterranean cuisine, different menu every day, with Provençal interiors and nice terrace. Limited number of tables - reserve in advance.

### MANDELIEU LA NAPOULE

● L'Oasis \*\*

Tel: 04.93.49.95.52

E-mail: oasis@relaischateaux.com

Prices: High

Featuring a shady, lush patio an elegant setting and delicious southern cuisine.

### MONTAUROUX

● Eric Maio – Les Fontaines d’Aragon \*

Tel: 04 94 47 71 65

Email: ericmaio@club-internet.fr

Prices: Medium

Delicious contemporary cuisine served in an elegant Provencal dining room or on the pretty terrace, on the road to Lac St Cassien.

### MONTE CARLO

● Louis XV - Hotel de Paris \*\*\*

Tel: 00.377.98.06.88.64

E-mail: lelouisxv@alain.ducasse.com

Prices: High

● Grill de l'Hôtel de Paris \*

Tel: 00.377.98.06.88.88

E-mail: legrill@sbm.mc

Prices: High

Situated on the 8th floor of the hotel, enjoy the breathtaking views and superb charcoal grilled Mediterranean fish.

### MOUANS-SARTOUX

● Le Sot l’y Laisse

Tel: 04.93 75 54 50

Price: Medium

● La Cave

Tel: 07 77 94 95 37

Price: Medium

 ● La Pasta

Tel: +33 4 92 99 07 32

Price: Medium

This tiny restaurant nested in one of the small streets of the old town is specialized in pastas and Italian dishes.Delicious!

### MOUGINS

● Le Candille \*

Tel : 04.92.28.43.43

E-mail : info@lemascandille.com

Closed: all day Monday, & Tuesday lunchtime (winter closed also Tuesday evening)

Prices: High

Come and enjoy this lovely and peaceful set up for a delicious gastronomic experience.

The starred chef of this renown restaurant also proposes **cooking and pastry classes**.

● Moulin de Mougins

Tel : 04.93.75.78.24

E-mail : reservation@moulindemougins.com

Prices: High

This world-famous establishment is set in a 16th Century olive oil mill. Inventive Mediterranean cuisine. Great perfumed garden full of sculptures by famous artists.

● Le Bistrot de Mougins

Tel : 04.93.75.78.34

Prices: Low

Closed Sundays

Small restaurant-bistrot, fitted out in a pleasant vaulted cellar. Provençal cooking.

● L’Amandier

Tel: 04.93.90.00.91

https://www.amandier.fr

Prices: Medium

Open every day

This restaurant is an institution in Mougins! You will enjoy the astonishing view from the panoramic terrace as well as the sophisticated menu

And to test your abilities, come and enjoy a **cookery course** in those beautiful kitchens with the Chef Denis Fétisson.

● Brasserie de la Méditerranée

Tel : 04.93.90.03.47

Prices: Low

Mediterranean-inspired cooking in a bistrot-type décor.

● La Gaudinade

Tel: 04 92 98 07 83

Prices: Medium

Provencal flavors, traditional cooking in a classy but convivial setup.

### NICE

● Chantecler - Hotel Negresco \*

Tel: 04.93.16.64.00

E-mail: [chantecler@hotel-negresco.com](file:///%5C%5CSERVEUR-PC%5CSharedrive%5CCommon%20Documents%5CStandardised%20Villa%20Book%20Docs%5Cchantecler%40hotel-negresco.com)

Prices: High

Delicious cuisine in a magnificent Regency setting.

● L’Univers – Christian Plumail \*

Tel : 04.93.62.32.22

E-mail: [plumailunivers@aol.com](file:///%5C%5CSERVEUR-PC%5CSharedrive%5CCommon%20Documents%5CStandardised%20Villa%20Book%20Docs%5Cplumailunivers%40aol.com)

Prices: Medium

Contemporary style restaurant full of works of art & sculptures. Reservation essential.

● Keisuke Matsushima\*

Tel: 04.93.83.26.06

E-mail: info@keisukematsushima.com

Prices: High

Minimalist décor, professional waiters, and inventive cooking.

● L’Ane Rouge

Tel: 04.93.89.49.63

E-mail: anerouge@free.fr

Prices: Medium

Facing the harbour, specialities include locally caught fresh fish.

### PLASCASSIER

● Lougolin \*

Tel: 04.93.60.14.44

E-mail: contact@lougolin.com

Prices: Medium

Delicious Provençal cuisine. Rustic dining room and terrace with magnificent views of Cannes and the sea.

### SAINT JEAN CAP FERRAT

● Voile d'Or

Tel: 04.93.01.13.13

E-mail: reservation@lavoiledor.fr

Prices: Medium - High

Marvellous setting and reasonably priced food.

● Grand Hôtel du Cap Ferrat

Tel: 04.93.76.50.50

E-mail: marketing@grand-hotel-cap-ferrat.com

Prices: Medium-High

Luxurious and refined.

### SEILLANS

● Castelleras \*

Tel : 04.94.76.13.80

Prices: Medium

### ST PAUL DE VENCE

● Le Saint-Paul \*

Tel: 04.93.32.65.25

E-mail: [stpaul@relaischateaux.com](file:///%5C%5CSERVEUR-PC%5CSharedrive%5CCommon%20Documents%5CStandardised%20Villa%20Book%20Docs%5Cstpaul%40relaischateaux.com)

Prices : High

● Le Mas d'Artigny

Tel: 04.93.32.84.54

E-mail: mas@grandesetapes.fr

Prices: Medium

Panoramic views of the park, good choice of fish dishes.

La Colombe d’Or

Tel: 04.93.32.80.02

E-mail: contact@la-colombe-dor.com

Prices: Medium

Incredible art collection and lovely terrace.

### THEOULE-SUR-MER

● Marco Polo

Tel : 04 93 49 96 59

Prices: Medium

A lovely private sandy beach and restaurant with a terrace practically on the sea!

### TOURRETTES (Var)

● Faventia \*\*

Tel: 04 94 39 90 00

Email: reservations.provence@fourseasons.com

Prices: High

The chef, Meilleur Ouvrier de France, serves subtle and tasty cuisine in a cosy dining room with fabulous terrace at the heart of this top class golf resort in the Var.

### TOURRETTES-SUR-LOUP

● Cinq

5 Rue de la Bourgade, 06140 Tourrettes-sur-Loup

Tel: 09 81 89 25 69

● Chez Grand'mère

Tel: 04.93.59.33.34

Prices: Medium

Situated in the heart of the old village. Provencal cuisine. Must book well in advance.

### VALBONNE

● Bois Doré

Tel: 04.93.12.26.25

Prices: Medium

Classic cuisine in pleasant surroundings.

● Cafe des arcades

17, rue de la Fontaine

Tel:08 99 69 60 12

Prices: Low

● Café Latin

Tel: 04.93.12.04.80

Prices: Low

Very friendly staff, large terrace, good value ‘plats du jour’, pastas and salads.

### VENCE

● Les Bacchanales \*

Tel: 04.93.24.19.19

E-mail: lesbacchanales06@orange.fr

Prices: Medium

Discover inventive & creative cuisine, with lots of vegetables, in this light and contemporary restaurant.

● Le St Martin \*

Tel: 04.93.58.02.02

E-mail: stmartin@relaischateaux.com

Prices: High

Fine cuisine, creative and simple, in a classic restaurant setting.

● Restaurant la Farigoule

Tel: 04.93.58.01.27

Prices: Medium

Small family run restaurant, with lovely outdoor terrace serves excellent traditional Provençal cooking. Highly recommended.

### ROUBION (mountains)

● L’Auberge de la Quintessence \*

Tel: 04 93 02 02 60

E-mail: contact@auberge-quintessence.com

Prices: Medium / High

If you look for a gastronomic gateway, don’t miss this fabulous mountain lodge, located on a mountain pass. It’s beautifully renovated, authentic and contemporaneous, offering a great view over the mountains. The Chef works each product as a treasure, and sublimes it in simple but extraordinary dishes. It worth the trip!

# ABOUT US

*Côte d’Azur Villas* is a privately-owned company specialising in the rental, management and sale of luxury villas in the South of France. Established in 2003 with a dozen villas for rent in the pretty villages of Le Bar-sur-Loup and Valbonne, Côte d’Azur Villas now boasts over three hundred properties in thirty towns and villages across the Côte d’Azur, St Tropez and Provence.

### VILLA RENTALS

Côte d’Azur Villa Rentals offers a stunning range of private villas for rent across the Côte d’Azur, St Tropez, and Les Alpilles and Luberon regions of Provence.

Our villas have been hand-picked for their location, character and high standard of comfort, fittings and furnishings.

Whether you are looking for a quiet romantic getaway for two or a sunny, fun-filled holiday for the whole family, our experienced team of hotel and tourism trained staff are here to welcome you and ensure that your holiday on the Côte d’Azur will be one to remember.

### VILLA MANAGEMENT

A caring and efficient property management service delivering peace of mind to home owners in the South of France. Our perfectly bilingual team provides you with a reliable and cost-effective way to look after your home when you're not there.

We are qualified French estate agents with over 13 years’ experience in France and one of the few firm’s resident on the Côte d’Azur who are both Chartered Surveyors and hold the *Carte Professionelle* issued by the *Chambre de Commerce de Nice*. You are in good hands. From our offices in Sophia Antipolis, we help home owners from all over the world manage properties throughout the region.

If you are looking for a responsive and personal service, talk to us about your home and find out how we can help manage your property here in the South of France.

### VILLA SALES

One of the world’s most sought-after locations, the Côte d'Azur is a market that has been popular with international buyers for well over a hundred years.

At Côte d’Azur Villas, we offer a unique service bringing together our portfolio of rental villas and our database of international clients.

Our experienced and qualified sales staff can help you navigate the system. We will work with you to find the right property, in the best location, at the most competitive price. Moreover, we can also make it pay for itself. Our villas present a lucrative investment opportunity with a proven track record of successful rental. We offer a full management and rental service on both a short or long-term basis. Let us help you find and buy your perfect home on the Côte d’Azur and maximise your investment at the same time.