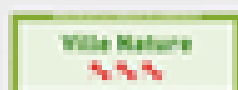
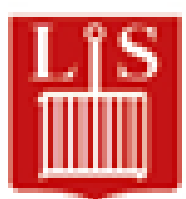
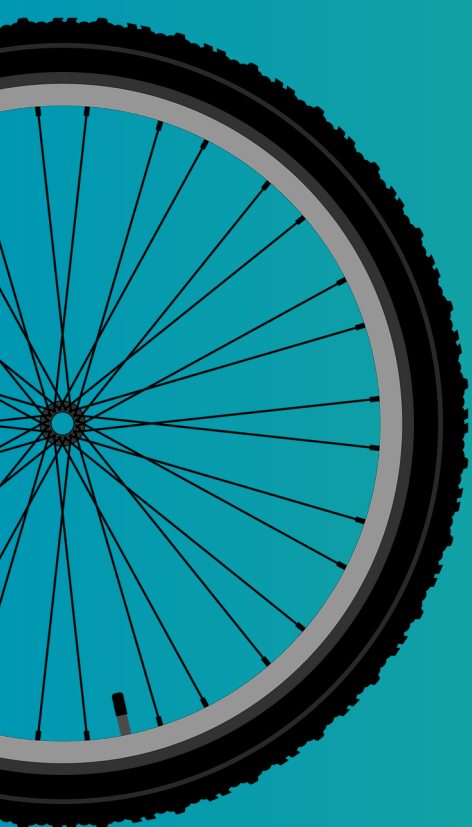
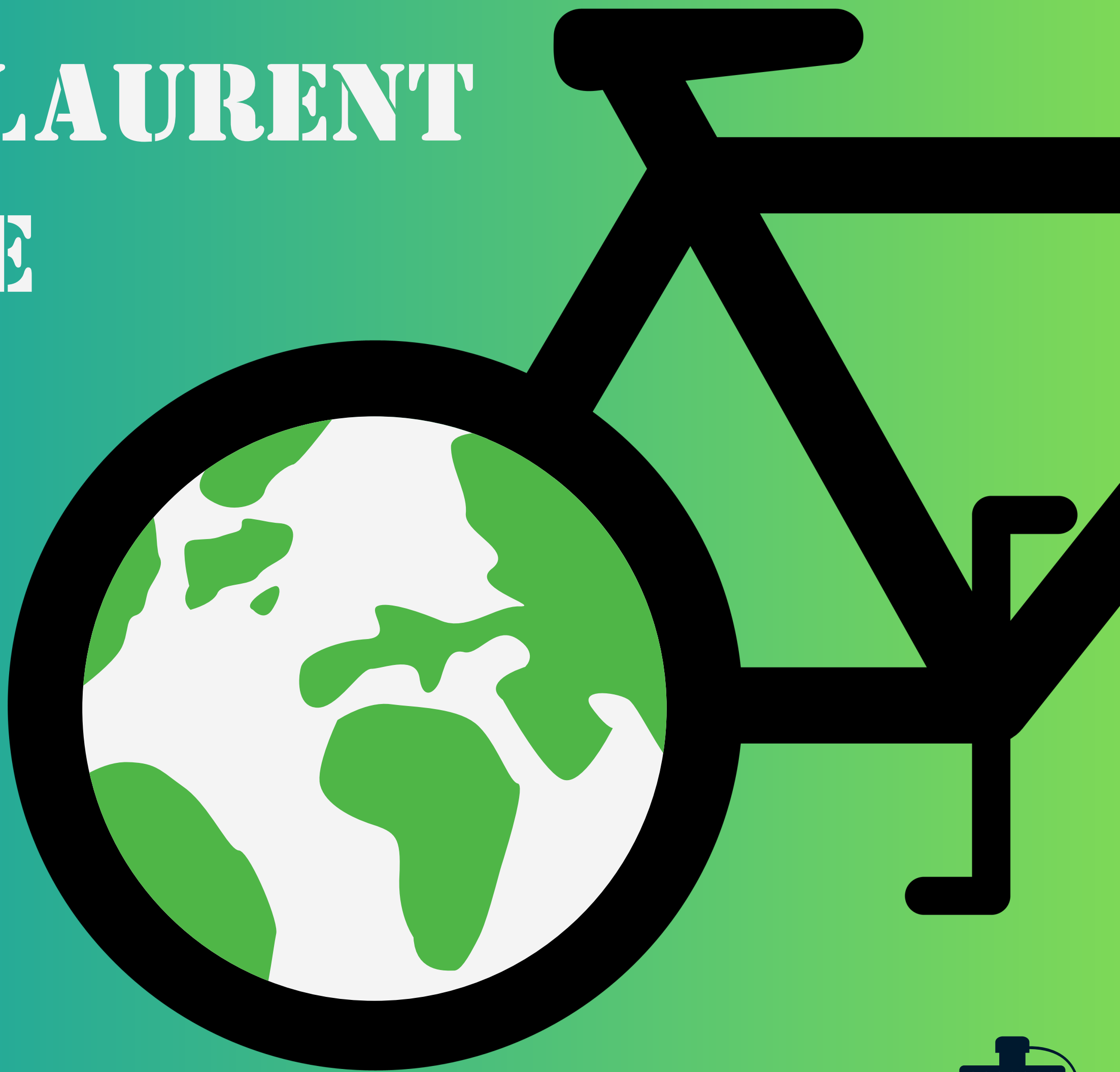




LIVING SAINT-LAURENT BY BIKE



LIVING SAINT-LAURENT BY BIKE

Ideally situated for cyclists, Saint-Laurent-du-Var offers visitors the charm of an authentic village and the liveliness of a listed tourist resort with its sights firmly set on the Mediterranean and its pleasures. It has a 10km tarmac cycle path along the seafront to Nice, as well as a route within the Parc Départemental des Rives du Var, offering walking and cycling along the river Var and linking the coast (Cap 3000) with the industrial zone, via the town centre.

The 7,600km EuroVelo 8 route links 11 well-known destinations such as Barcelona, Monaco, Venice, the Croatian coast, Cyprus (...) and popular tourist attractions.

Explanatory guides are available from the Tourist Information Office.

The Saint-Laurent-du-Var Tourist Information Office has been awarded the "Accueil vélo" label. It is located along a cycle path linking the seaside resorts of Nice and Cagnes-sur-Mer. As well as providing information, it has electrical sockets and parking bays, first-aid repair kits and a stand-mounted inflator.

1819 route du Bord de Mer - Tél. +33 (0)4 93 31 31 21

info.saintlaurentduvar@nicedazurtourisme.com - www.tourisme-saintlaurentduvar.com



ACCOMMODATION :

The following hotels are equipped with a secure storage area for bicycles:

- The Originals City, Hôtel Galaxie *** (14 avenue du Maréchal Juin - 04.93.07.73.72 - reception@hotelgalaxie.fr): has a bike room and bicycle racks. 1.3km from the Tourist Information Office
- Novotel CAP 3000**** (40 avenue de Verdun - 04.93.19.55.55 - h0414@accor.com): has bike storage and parking facilities 2.8km from the Tourist Information Office.
- Ibis Style Cap 3000 *** (190 avenue Guynemer - 04.92.12.88.88 - h5489@accor.com): lock-up garage in the basement 1.7km from the Tourist Information Office
- Le Gabian *** (932 route des Vespins "les Paluds" - 04.93.31.24.95 - hotel-legabian@wanadoo.fr): secure indoor terrace, hotel gardens 1.3km from the Tourist Information Office

WHAT TO SEE / WHAT TO DO :

THE SEAFRONT

The Saint-Laurent-du-Var seafront is equipped with hoops near the tourist information office, the beach and the cycle path. There are also free public toilets and a water point nearby.

CAP 3000

Shopping centre with over 300 shops and services (medical centre, supermarket, restaurants, dry cleaners, etc.) close to the cycle path. The centre has two-wheeled car parks suitable for cycle parking, at the "Porte de Saint-Laurent" and "Porte de Nice" entrances. Helmet lockers are available.

www.cap3000.com

THE RIVES DU VAR DEPARTMENTAL PARK

It offers a pleasant walk or cycle ride along the river Var, between the Cap 3000 shopping centre and the north of the town.

There are wooden picnic tables and information panels on the flora and fauna.

THE OLD VILLAGE

Dating back to the Middle Ages, the Old Village can be recognised by its typical 3-storey houses, its narrow streets full of history and its church dating back to the 11th century.

All year round, a self-guided tour is available at any time of day, thanks to strategically placed signs and the SAINT LAURENT DU VAR TOURISME application, available free of charge on Smartphone. There is also a special route for disabled visitors.

Nearby, there are free public toilets in the Parc Layet, in the grounds of the Town Hall.

AROUND

The Cagnes-sur-Mer seafront is equipped with hoops at the Tourist Information Office and in several places along the cycle path.

Haut-de-Cagnes: to get to the Château Grimaldi, it's best to park your bike at Square Bourdet and take the free shuttle bus, which runs every 10 minutes.

COMBINING BIKES AND PUBLIC TRANSPORT:



Bikes are not allowed on buses or trams, but you can hang them on a hoop and then travel by public transport.

The train:

The easiest way to get around is by train. You can take your bike/scooter free of charge on all TER trains, preferably in the last carriages. However, reservations are compulsory on TGV trains (€10 per bike). Check with the SNCF station before your journey or call 3635 - www.sncf.com/fr

Buses:

Purchase occasional tickets for €1.70 using a card that can be reloaded at will (cost of card €2):
on the "Lignes d'Azur Ticket" smartphone application from the top-up terminals (Cap 3000 bus station) or from retailers (Cap 3000 lottery point) or at the Lignes d'Azur desk (Mondays and Wednesdays from 10am to 1pm and 2pm to 5pm at Cap 3000 reception and Thursdays and Fridays from 9am to 12pm in the Town Hall lobby).

Lignes d'Azur and ZOU (departmental or regional lines) offer numerous destinations between Cannes and Menton, departing from Saint-Laurent-du-Var.

For more information: <http://www.lignesdazur.com> / <https://zou.maregionsud.fr/>

For daily, monthly or annual season tickets, contact the Lignes d'Azur office or the Zou office at Nice-Ville SNCF station.

Les taxis Laurentins :

Booking centre on +33 (0)4.93.14.92.92

The tramway :

Three lines in Nice:

-Line 1: from Nice Nord "Henri Sappia" to Nice Est "Hôpital Pasteur".

-line 2: from Nice centre "Port Lympia" to Nice West "CADAM Centre Administratif" or "Aéroport terminal 2" (1 tram out of 2)

-Line 3: from Nice Ouest "Aéroport Terminal 2" to Nice Ouest "Saint-Isidore".

Possibility of making connections from Saint-Laurent-du-Var bus lines (620/ 655/ 650/ 622...) with the tramway for a limited time (same ticket for bus and tram).

FREE BIKES:

Lime & Pony bike hire companies

Lime and Pony are self-service bicycle hire companies, available 24/7 in 12 towns in the Nice metropolitan area:

Beaulieu-sur-Mer, Cagnes-sur-Mer, Carros, Drap, La Gaude, La Trinité,

Saint-André-de-la-Roche, Saint-Jean-Cap-Ferrat, Saint-Jeannet, Saint-Laurent-du-Var, Nice and Vence.

2000 bicycles, 90% of them electrically assisted, have been installed in all these towns.

Locate and hire bikes easily via the dedicated Lime and Pony mobile applications. Create your account, scan the QR code on the bike and follow the instructions.

Bikes must be returned to the designated parking areas on the respective apps.

Electric bike features:

• Accessible from the age of 16

• Speed limited to 25 km/h.

• Autonomy of up to 100 km - electric battery charging notified in the app.

State-of-the-art technology for an optimal riding experience.

10km/h speed limit zones have been introduced. If you enter the zone at a higher speed, your vehicle will automatically slow down. These zones are indicated on the app.

Coming soon: reduced fares for Lignes d'Azur and Scolabus subscribers



800 2-seater electric-assist bicycles and 200 muscle bikes.

To complete your journey, you need to return the bike to a parking area indicated on the map by a pink P.

Contact: +33(0)2 52 33 18 95 / aide@getapony.com / Your paragraph text



1,000 electrically assisted bicycles.

To complete your journey, you must return the bike to a parking area marked with a blue P on the map.

Contact: +33(0)9 74 59 52 21 / support@li.me / Via the Lime application in the "Help" section / Your paragraph text

To report an incorrectly parked Lime vehicle: signalement-nicecotedazur@li.me

RENTAL, SALES AND REPAIR COMPANIES :

RENTERS

LAURENTINS :

SPOC

(racing bikes
and road bikes)

111 av Léon Bérenger

+33 (0)4 93 07 40 44

<https://spoc.fr>

contact@spoc.fr

lionel@spoc.fr

OX6GENE

(electric and non-electric bicycles)

CAP3000 shopping centre car park South P1

217 av Eugène Donadeï

+33 (0)7 86 59 83 74

<https://www.cap3000.com/boutiques/ox6gene>

contact@ox6gene.fr

CAGNOIS :

ENERGY LOCATION

Beach opposite the Cagnes-sur-Mer
racecourse

+33 (0)6 62 98 38 84

<http://www.energylocation-loisir.fr>

roycogold@gmail.com

STARS'N BIKES

99 Promenade de la plage

+33 (0)4 93 07 30 00

<https://www.starsnbike.fr>

BEES

(mountain bikes and electric bikes)

3 rue Pasqualini

+33 (0)4 89 97 20 56

<http://cagnes.stationsbees.com>

Guided tours on request (5 routes)

SELLERS

LEADER CYCLES

54 bd Jean Ossola

+33 (0)4 93 07 53 02

Sale of top-of-the-range bicycles and after-
sales service

[https://www.facebook.com/Leader-Cycles-](https://www.facebook.com/Leader-Cycles-169377173597570/)

[169377173597570/](https://www.facebook.com/Leader-Cycles-169377173597570/)

STARS'N BIKES

99 Promenade de la plage

+33 (0)4 93 07 30 00

<https://www.starsnbike.fr>

BEES

3 rue Pasqualini

+33 (0)4 89 97 20 56

Sale, hire and maintenance of bicycles and
accessories for mountain bikes and electric
bikes.

Guided tours on request (5 circuits)

<http://cagnes.stationsbees.com>

REPAIRERS

SPOC

HAS A REPAIR WORKSHOP FOR ALL MAKES
OF BICYCLE

+33 (0)4 93 07 40 44

1.6KM FROM THE TOURIST INFORMATION
OFFICE

BIKE'ON

(ALL TYPES OF BIKES)

MOBILE REPAIR WORKSHOP

THROUGHOUT THE DEPARTMENT

+33 (0)6 50 61 61 28

WWW.BIKE-ON.FR

CONTACT@BIKE-ON.FR

ENERGY LOCATION

(WORKSHOP: 6 RUE DES CAPUCINES -
06800 CAGNES-SUR-MER)

OPEN MONDAYS, TUESDAYS, THURSDAYS
AND FRIDAYS DURING THE DAY

+33 (0)9 81 09 48 10

4KM FROM THE TOURIST INFORMATION
OFFICE

ELECTRICAL CONNECTIONS :

The communes of Saint-Laurent-du-Var and Cagnes-sur-Mer are equipped with
electrical connections in the Tourist Information Offices :

. Saint-Laurent-du-Var Tourist Information Office: 1819 Route du bord de mer - 06700
Saint-Laurent-du-Var

. Cagnes-sur-Mer Tourist Information Office: 99 Promenade de la plage - 06800
Cagnes-sur-Mer

NICE COTE D'AZUR METROPOLITAN TOURIST OFFICE SAINT-LAURENT-DU-VAR TOURIST INFORMATION OFFICE

OUR CONTACT DETAILS :



OUR QUALITY BRANDS :

