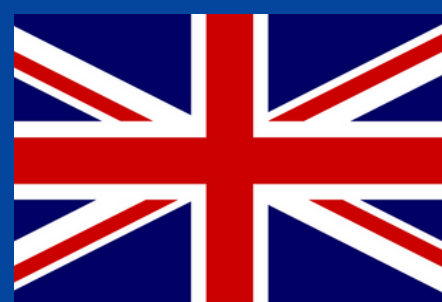




## LAURENTIN GUIDE OF ACCESSIBILITY





# SUMMARY

Pages 2 to 3 - Coming to SAINT-LAURENT-DU-VAR

Page 4 - Tourist Information Office

Page 5 - Presentation of the Tourism and Handicap label (Our commitments)

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# COME TO SAINT-LAURENT-DU-VAR

SAINT-LAURENT-DU-VAR is a tourist resort of about 30,000 residents, located on the seafront in the heart of the French Riviera.

Nice is its neighbouring town, Cannes is 20 minutes away by car, Monaco 30 minutes and Italy 40 minutes.

Saint-Laurent-du-Var has a marina, a seafront lined with restaurants, quality accommodation, an old village and the largest shopping centre in the region "Cap 3000" as well as an ornithological area.





# COME TO SAINT-LAURENT-DU-VAR



NICE CÔTE D'AZUR - Réalisation : Information Géographique - Source du fond de carte : Plan Vite - Système de référence ICRF 93 - Projection Lambert 93 / Référence : 2021003 - Décembre 2021

# THE TOURIST OFFICE



The SAINT-LAURENT-DU-VAR metropolitan tourist information office has been awarded the Tourism & Handicap label for the 4 disabilities.

Phone : +33 (0)4 93 31 31 21 - Fax : +33 (0)4 93 14 92 83

Mail : [info.saintlaurentduvar@nicecotedazurtourisme.com](mailto:info.saintlaurentduvar@nicecotedazurtourisme.com)

The website of the tourist information office of SAINT-LAURENT-DU-VAR follows the rules of accessibility in terms of communication and information:

<https://www.explorenicecotedazur.com/preparer/ma-nice-cote-dazur/accesible/>

# OUR COMMITMENTS

- Ensure optimal, long-lasting availability of equipment and spaces adapted to customers in a situation of handicap all year round.
- Provide on request a descriptive, objective and reliable information on the characteristics of the tourist offer adapted and proposed to customers
- Optimize reception with training, training and staff awareness
- Maintain, usable the equipment that allowed the obtaining of the mark.





# HOUSING



## Hotels :

### **Holiday Inn Resort\*\*\*\***

167 Promenade des Flots Bleus - +33 (0)4 93 14 80 19

Number of rooms adapted: 1 with shower

resort@wanadoo.fr / [www.holiday-inn.com/nice-laurent](http://www.holiday-inn.com/nice-laurent)

### **Novotel Nice Cap 3000\*\*\*\***

40 avenue de Verdun - +33 (0)4 93 19 55 55

Number of adapted rooms : 2 with showers

h0414@accor.com / [www.novotel.com](http://www.novotel.com)

### **The originals city hôtel Galaxie\*\*\***

39 avenue Maréchal Juin - +33 (0)4 93 07 73 72

Number of rooms adapted: 2 with showers

reception@hotelgalaxie.fr / [www.stlaurentduvar.com/comfort-hotel.fr](http://www.stlaurentduvar.com/comfort-hotel.fr)

### **Ibis Styles Nice CAP 3000 Aéroport \*\*\***

190 avenue Guynemer - +33 (0)4 92 12 88 88

Number of rooms adapted: 2 with showers

h5489@accor.com / [www.ibistylenicecap3000aeroport.com](http://www.ibistylenicecap3000aeroport.com)

### **Best Western Hôtel Journal \*\*\***

45 avenue François Béranger - +33 (0)4 89 22 41 56

Number of rooms adapted: 2 with shower

contact@stlaurent.hoteljournal.com / [www.stlaurent.hoteljournal.com](http://www.stlaurent.hoteljournal.com)

## Apartments:

### **Villa Medicis**

811 avenue Général de Gaulle - +33 (0)4 83 93 65 85

All apartments are suitable

[www.residences-villamedicis.com](http://www.residences-villamedicis.com)

reception@villamedicis-nice-saintlaurentduvar.com



# RESTAURANTS/ BAR



## LE KASHMIR

+33 (0)4 93 14 91 52

Specialities: Indian

Open every day

## LE BISTRO-QUAI

+33 (0)4 93 26 48 83

Specialities: home-made market cuisine and natural wines

Closed: Sunday and Monday

## LA MAISON DE L'ENTRECOTE

+33 (0)4 92 12 97 24

Specialities: meat and pizzas cooked over a wood fire

Closed: Thursday evening

## QUAI OUEST

+33 (0)4 92 27 16 00

Specialities: burgers, tapas, salads...

Open only in the evening

Closed : Monday and Tuesday

## LE RONY'S

+33 (0)4 92 27 12 35

Specialities: traditional and seafood

Open every day

## OSAKA

+33 (0)4 93 14 00 11

Specialities: Japanese, sushi

Closed: Wednesday lunch and Sunday lunch from July to September

## LA GOURMANDISE

+33 (0)4 93 07 00 32

Specialities: homemade pancakes, ice creams, Breton cakes

Open every day

## LE PARADIS MARIN

+33 (0)4 93 07 30 57

Specialities: seafood, fish, meat

Open every day





# RESTAURANTS/ BAR



## MANI IN PASTA

+33 (0)4 93 14 13 64

Specialities: Italian and Sicilian

Fresh homemade pasta

Open every day

## LA CANTINE D'OLIVE

+33 (0)4 97 19 40 41

Specialities: traditional

Closed: Sunday evening and Monday (in July and August, closed Saturday and Sunday lunchtime + Monday daytime)

## LE SANT'ANA

+33 (0) 4 93 07 02 24

Specialities: seafood, fresh fish, grilled meats

Closed: Wednesday

## LES JARDINS D'AGADIR

+33 (0)9 87 13 71 95

Specialities: Moroccan, Mediterranean

Open every day

## RAJPOUTE

+33 (0)9 81 90 93 81

Specialities : Indian

Closed : Tuesday

## L'IDEM CAFE

+33 (0)4 97 12 05 27

Tapas bar, cocktail

Open every day (Monday and Tuesday opening at 4pm)

## LEEDY'S

+33 (0)4 93 89 64 81

Traditional/semi-gastronomic restaurant

Closed: Sunday evening (from 15 June to 15 September 2022 closed all day Sunday)

## LA CASA DEL GUSTO

+33 (0)4 93 31 83 41

Specialities: sandwiches, salads, catering, pizzeria, ice cream parlour

Open every day



# RESTAURANTS/ BAR



## CIAO GIGI

+33 (0)6 11 79 29 35

Specialities: pasta, pizzas

Closed: Monday

## LE FARCI EN BOUCHE

+ 33 (0)6 29 92 92 42

Specialities: Niçoise cuisine (stuffed dishes)

Closed : Monday

## INSENSED

+33 (0)9 51 05 77 32

Specialities: traditional and Asian

Open every day

## MOOD

+33 (0) 4 93 14 23 09

Specialities: Mediterranean (suckling pig)

Closed : Sunday evening

## DJANGO BAR

+33 (0)4 93 26 42 72

Bar restaurant with music and dancing

Open only in the evening

Closed: Monday and Tuesday

## TREE BÔ

+33 (0)4 93 56 72 74

Specialities: Cocktails, tapas, traditional

Open every day

## VINO LOCO

+33 (0)6 35 36 53 66

Wine cellar, Spanish cuisine, tapas bar

Closed : Sunday evening

## VYRUS

+33 (0)4 93 19 11 47

Specialities: French and home-made

Closed: Monday evening, Tuesday, Saturday lunch



# RESTAURANTS/ BAR



## THE GALWAY HOOKER PUB

+33 (0)9 53 89 85 42

Specialities : Irish pub

Closed : Sunday

## LE PLAISANCE

+33 (0)4 93 31 24 18

Specialities : Traditional

Closed : Sunday evening and Monday (Monday open from May to September)

## WAFFLE WOK

+33 (0)9 87 76 88 28

Specialities: sweet and savoury waffles, Pokebowl, burgers

Closed: Monday

## L'Ô-BERGE (LE SHIP)

+33 (0)4 93 14 68 40

Specialities : Bistronomy

Closed: Sunday evening and Monday evening

## ESCOBAR

: +33 (0) 6 51 73 62 02

Specialities: 180g fresh meat burgers, tapas

Closed : Sunday evening

## WINE BAR

+33 (0)4 93 07 50 28

Specialities: charcuterie, cheese, tapas

Closed: Monday

## LE DIVEAL

+33 (0)4 93 14 90 02

Specialities: Meat - fish barbecue

Closed: Tuesday morning, Wednesday day, Thursday morning

## ROMY

+33 (0)4 23 20 00 40

Specialities: fish

Closed: Monday/Tuesday, Sunday evening



# RESTAURANTS/ BAR



## PEOPLE BY L'ATOLL

+33 (0)4 93 31 26 85

Traditional restaurant and tapas

Closed: Sunday

## CASA LUNA

+33 (0)4 93 14 11 78

Specialities: Traditional, Mediterranean cuisine

Open every day

## L'ENVERS RESTAURANT

+33 (0)4 22 53 17 79

Specialities: Traditional, barbecue, catch of the day

Closed : Sunday evening

## LES COCOTTES FRANCAISES

+33 (0)4 92 27 15 45

Specialities : French and high quality rotisserie

Open every day

## LE TANDEM

+33 (0)4 92 27 00 13

Specialities: kebabs, salads

Open every day





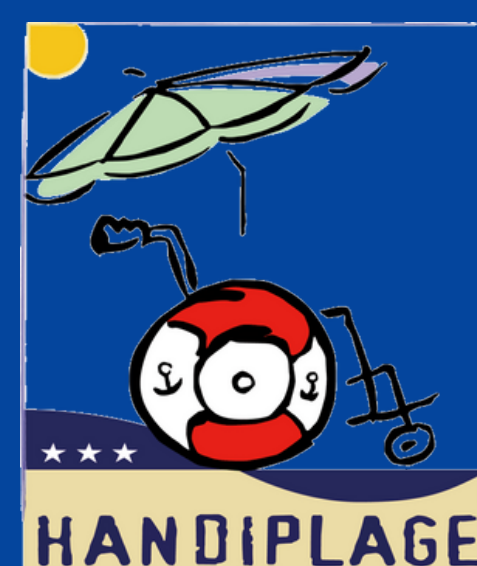
# NAUTICAL ACTIVITIES

## The Handi-beach

Classified 3 buoys and accessible for the 3 handicaps, this beach welcomes people of all disabilities for swimming during the summer season from 10am to 6pm, thanks to infrastructures and systems adapted to different disabilities: inclined plane, tiralos, handiplagists ...

Access to the beach is facilitated by 7 reserved and identified blue parking spaces, a bus stop nearby as well as sanitary facilities and showers.

Information and reservations for groups:  
+33 (0)6 78 37 15 30 (Monday to Friday)



## The Var Mer Club

Club Var Mer offers catamaran trips for people with reduced mobility and people with mental disabilities.

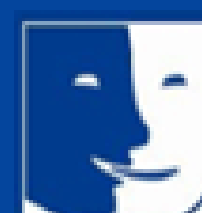


Information:

+33 (0)4 93 07 98 69 –  
[contact@clubvarmer.com](mailto:contact@clubvarmer.com)  
[www.clubvarmer.fr](http://www.clubvarmer.fr)

## The Nautical Centre

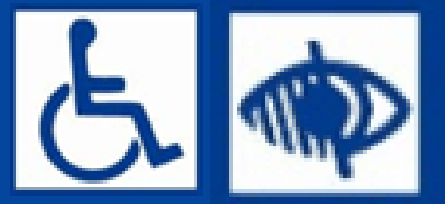
The Nautical Center offers Paddle lessons for the 3 disabilities: auditory, visual, and mental.



Information:

+33 (0)4 93 0753 73  
[c.nautique@agasc.fr](mailto:c.nautique@agasc.fr)  
[nautique.agasc.fr](http://nautique.agasc.fr)

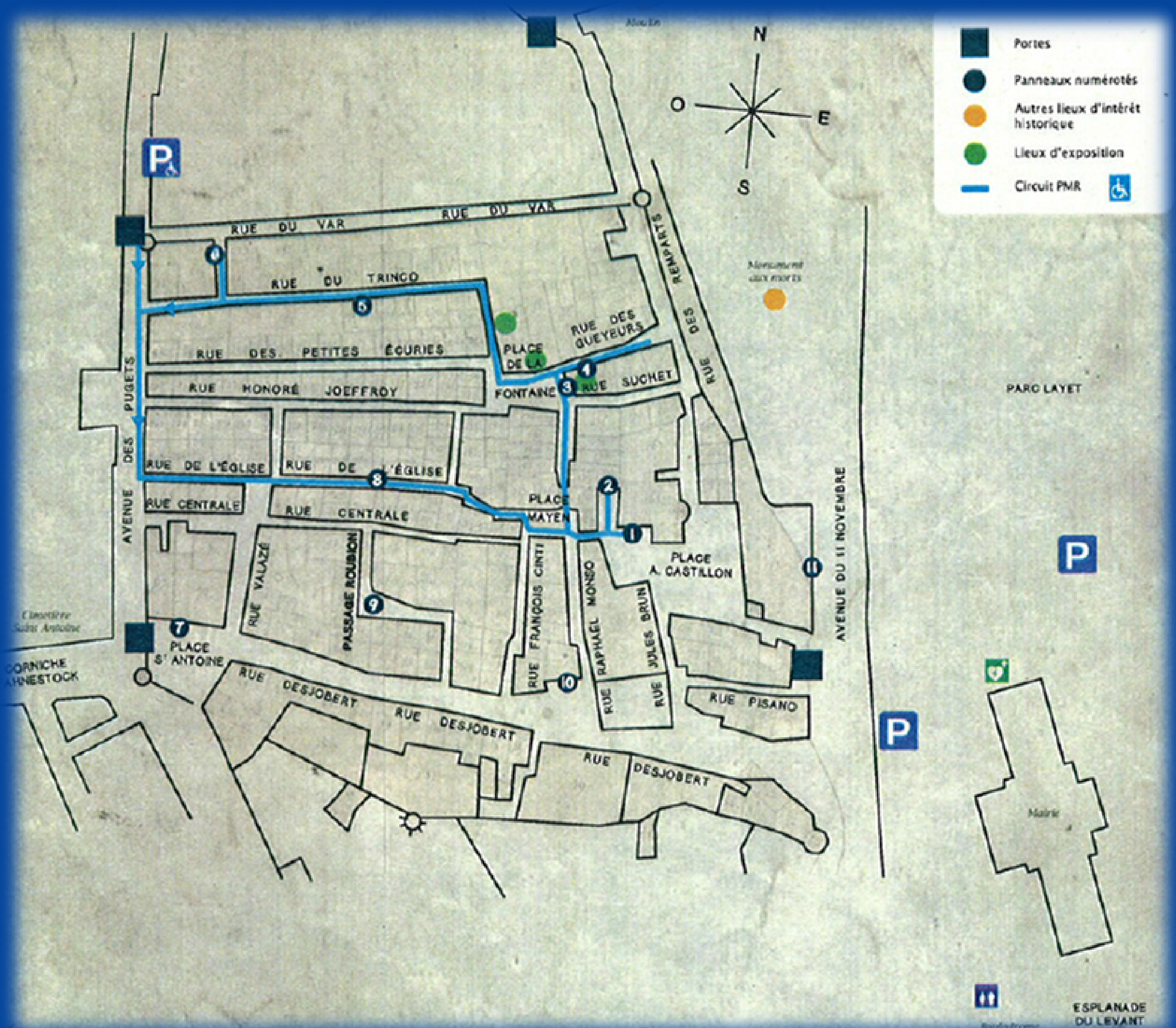
# The HISTORIC VILLAGE



The route can be walked independently, thanks to 7 explanatory signs adapted for people with disabilities. Disabled parking spaces are available in the town centre (Avenue des Pugets in front of the pharmacy and Général Leclerc in front of the CCAS).

To start the route, take Rue du Trinco or Rue de l'Eglise in the old village.

There is a free e-tour application "**SAINT LAURENT DU VAR TOURISME**", translated into 3 languages (French, English, Italian), with voice reading for the visually impaired, which can be downloaded onto a smartphone.





# THE NATURAL OASIS OF THE FLOTS BLEUS



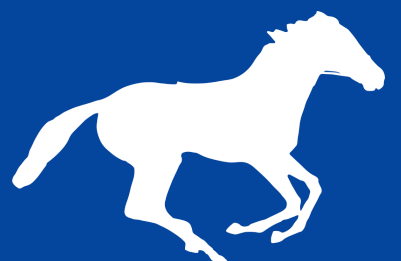
Located on the Promenade des Flots Bleus, between the port and the Cap 3000 shopping centre, this is an educational area. Every morning, between 9 am and 12 noon, volunteers Daniel and his friends welcome you to discover this rich biodiversity, pet the fish and admire the swans and seagulls.

167 Prom. des Flots Bleus, 06700 SAINT-LAURENT-DU-VAR  
+33 (0)6 83 34 41 03

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



## EQUI HANDI CLUB



Unique in France, the equestrian center of the City of Saint-Laurent-du-Var is the only one to offer special and collective courses adapted on 5000 m2. It is approved by the Equestrian Federation French.

1590 chemin des iscles - Route départementale 95

06700 SAINT-LAURENT-DU-VAR

[c.equestre@agasc.fr](mailto:c.equestre@agasc.fr)

<https://equitation.agasc.fr/>





# CINEMA



## Pathé Lingostière

10 cinemas - 1742 seats - digital audio - giant screens and 3D broadcasts - access for people with reduced mobility - cinemas with loops for the deaf - free parking

Shopping center Carrefour Nice Lingostière - 604 Rte de Grenoble, 06200 Nice

<http://www.cinemasgaumontpathe.com/cinemas/cinema-pathe-lingostiere/>

## SHOPPING CENTER CAP 3000



QR CODE  
RESTAURANTS CAP3000



The Cap 3000 Shopping Centre has 300 shops and restaurants, lifts and 81 parking (GIC GIG) spaces for people with reduced mobility.

Phone : +33 (0)4 93 31 10 35 - Cap3000.com

## BATHROOMS ACCESSIBLE TO PEOPLE WITH DISABILITIES



(cf city map)

Tourist Office / Promenade Landsberg / Jardin des Cigales / Jardin des Rascas / Jardin de Montaleigne/ Jardin Blanchette Vaïani



# ACTIVITIES IN THE AREA

## Coastal country:

- Marineland Park:

306 avenue Mozart, 06600 ANTIBES - +33 (0)4 93 33 49 49

<https://www.marineland.fr/>

[contact@marineland.fr](mailto:contact@marineland.fr)



- Swimming pool Nautipolis:

150 Rue du Vallon 06560 VALBONNE - +33 (0) 971 002 130

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

[contact@nautipolis.fr](mailto:contact@nautipolis.fr)



## Hinterland:

- Tandem ski rides:

ESF Isola 2000 (ski school) - Residence Le Tavel, 06420

Isola 2000

+33 (0)4 93 23 15 15

[esf-isola2000.com](http://esf-isola2000.com)



- Sleigh rides with a musher in Isola 2000

LE BRETON Olivier / +33 (0)6 29 46 29 46

[traineaudesloups@gmail.com](mailto:traineaudesloups@gmail.com)

<https://www.traineaudesloupsblancs.com/>



- Cinema, swimming pool, ski lifts in winter with possibility of handiski support via the ESF or the department

Place Charles Ginésy, 06470 Valberg, Italy

+33(0)4.93.23.24.25

<https://www.valberg.com/>



# ACTIVITIES IN THE AREA

## Hinterland:

- Handiski

"Tandem skiing" 2 wheelchairs provided by the departmental council and qualified instructors

[www.handiski06.com](http://www.handiski06.com) - [esfauron.com](http://esfauron.com)



- Paraglider

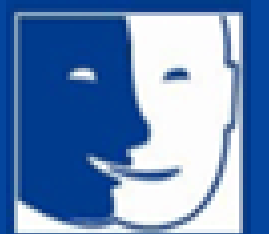
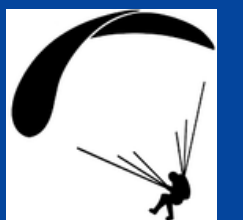
Summer: from the residence Azur Mercantour, 06420

Valdeblore

Winter: from 2 chemin of Golfe Bleu, 06190 Roquebrune-Cap-Martin

+33(0)6 60 72 60 43

<https://www.imagin-air.com>



**Find all the accessible activities of the cities of the  
Metropolis**

**NICE COTE D'AZUR on**

**<https://www.explorenicecotedazur.com/preparer/ma-nice-cote-dazur/accesible/>**

# TRANSPORT AND PARKING

## By airplane



Need help? The airport takes care of it

Nice Côte d'Azur Airport

Report your arrival from outdoor kiosks

+33 (0) 820 423 333

<https://www.nice.aeroport.fr/guide/passagers-mobilite-reduite>



## By train :

SNCF service: access more

+33 (0) 890 640 651

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

Free help and assistance service for people with reduced mobility



## By bus (Mobil' azur)

Mobil'Azur is an on-demand public transport service for people with reduced mobility.

Operate by advance booking for a door-to-door trip. Its price is set at 1,50 € per trip or 10 € from 10 trips.

**Mobil'Azur Proxi** serves the Vésubie and Tinée valleys with feeder on the regular urban or suburban lines of the metropolis Nice Côte d'Azur.

# TRANSPORT AND PARKING

This service is available for a high-density area of the Metropolis on the one hand, and for the Haut-Pays on the other.



Mobil'Azur City serves the 30 most urban municipalities of the metropolis:

Aspremont - Beaulieu-sur-Mer - Bonson - Cagnes-sur-Mer - Cap d'Ail - Carros - Castagniers - Colomars – Duranus - Eze - Falicon - Gattières - Gilette - La Gaude - La Roquette-sur-Var - La Trinité - Lantosque - Le Broc - Levens - Nice - Saint-Blaise - Saint-André-de-la-Roche - Saint-Jean-Cap-Ferra - Saint-Jeannet - Saint-Laurent-du-Var - Saint-Martin-du-Var - Tourrette-Levens - Utelle - Vence - Villefranche-sur-Mer.

**To register, contact Mobil'Azur on 0 805 20 06 06  
[www.mobilazur.org](http://www.mobilazur.org)**



## **By taxi**

Laurentin Taxi Group - 7d / 7d – 24h / 24h

+33 (0)4 93 14 92 92

<https://www.taxislaurentins.fr/>



# TRANSPORT AND PARKING

## Ulysse 06

"Ulysse is the 1st French network dedicated exclusively to the transport and support of people with reduced mobility, regardless of their age and the nature of their disability.

10 Pierre Isnard, 06200 Nice

+33 (0) 820 82 58 00

<https://www.ulysse-transport.fr/>

## In a blue tricycle-bike

It is a self-service bike rental system, offered by the metropolis Nice Côte d'Azur. Available 24/7, these bikes are available to users (+14 years old).

On NICE at the following two stations:

- Centennial Beach
- Carras Beach

<https://www.velobleu.org/>

The municipality of Saint-Laurent-du-Var has about 100 PRM spaces, distributed throughout the city and 35 bus stops accessible to people with disabilities.





# PHARMACIES



## **Pharmacy Cap 3000**

Shopping Center Cap 3000

Avenue Donadeï 06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 30 29

[contact@pharmacie-cap3000.fr](mailto:contact@pharmacie-cap3000.fr)

[www.pharmacie-cap3000.com](http://www.pharmacie-cap3000.com)

## **Central Pharmacy**

Villa Le Colombier

323 Avenue du General Leclerc

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 10 83

[pharmacielefeuvre@gmail.com](mailto:pharmacielefeuvre@gmail.com)

[www.pharmacielefeuvre-stlaurentduvar.pharmavie.fr](http://www.pharmacielefeuvre-stlaurentduvar.pharmavie.fr)

## **Square pharmacy**

613 Avenue of Liberation

06700 SAINT-LAURENT-DU-VAR

[www.pharmaciedusquare06700.com](http://www.pharmaciedusquare06700.com)

Phone : +33 (0)4 93 31 25 75

## **Emperor's Pharmacy**

613 Avenue Marc Moschetti

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 07 52 52

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

## **Station pharmacy (medical center)**

251 Avenue du Général de Gaulle

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 10 73

[www.pharmacie-de-la-gare@hotmail.fr](mailto:www.pharmacie-de-la-gare@hotmail.fr)



# PHARMACIES



## **Pharmacy Laurentina**

650 Av.

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 00 55

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

## **Ragadan Pharmacy**

58 All. des Cigales

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 07 25 69

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

## **Pharmacy St Joseph**

1207 Esp Gen. Edmond Jouhaud

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 01 01

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

## **Michelangelo Pharmacy**

180 Av. des Pugets

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 31 89 14

[www.pharmacie-michelange.fr](http://www.pharmacie-michelange.fr)

## **Haider Pharmacy**

154 Rue Alphonse Daudet

06700 SAINT-LAURENT-DU-VAR

+33 (0)4 93 07 85 16

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





# CLINIC AND EMERGENCY NUMBERS



## **Arnault Tzanck Institute (clinic and haemodialysis centre)**

165 av Docteur Maurice Donat - 06721 ST LAURENT DU VAR CEDEX

[www.tzanck.org](http://www.tzanck.org)

+33 (0)4 92 27 33 33 / Emergency service: +33(0)4 92 27 39 80

Samu: 15 or 112

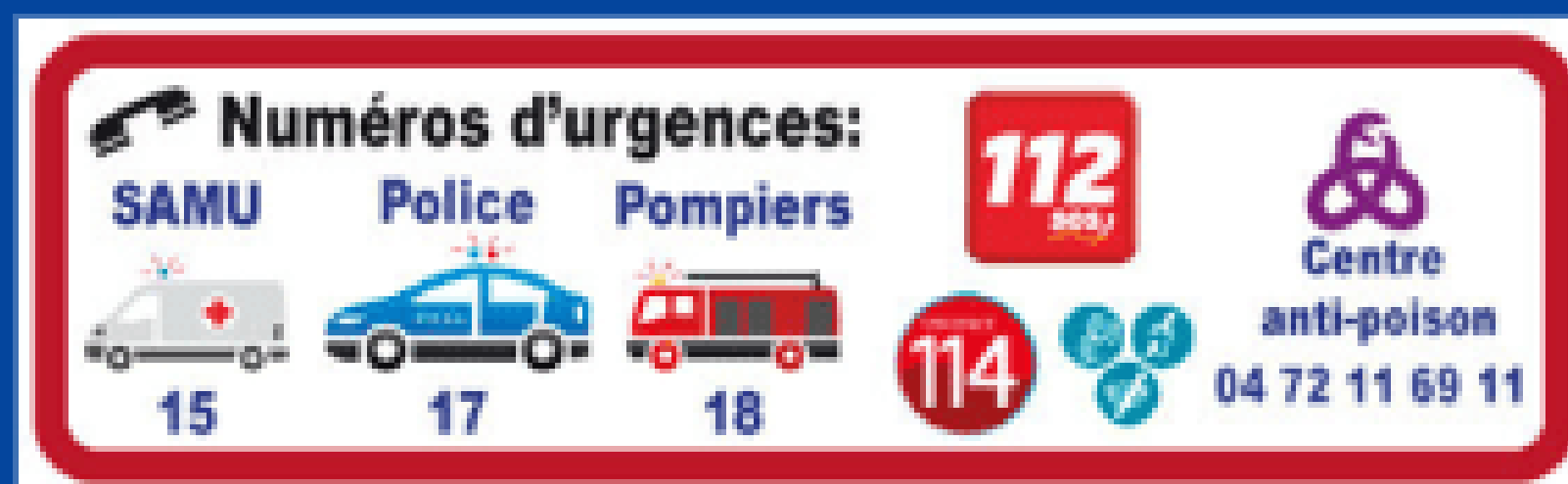
Fire Department: 18

Municipal Police: +33 (0)4 92 12 42 22 or 17

Gendarmerie : +33 (0)4 93 20 62 04

SOS Missing Children: 116,000

Pharmacy and emergency medical service: +33 (0) 825 005 004

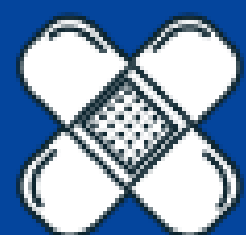


## RENTAL OF MEDICAL EQUIPMENT

- **Orkyn'**

Allée Miroitiers, 06700 SAINT-LAURENT-DU-VAR

Tel. +33 (0)4 93 19 49 19 / [www.orkyn.fr](http://www.orkyn.fr)



- **Bastide Medical Comfort**

Avenue Lantelme, 06700 SAINT-LAURENT-DU-VAR

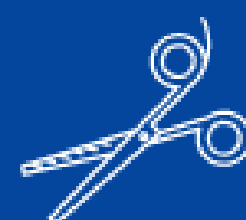
Tel.+33 (0)4 93 07 89 19/ [www.bastideleconfortmedical.com](http://www.bastideleconfortmedical.com)



- **Michelangelo Pharmacy**

180 Avenue des Pugets, 06700 SAINT-LAURENT-DU-VAR

Tel. +33 (0)4 93 31 89 14 / [www.pharmacie-michelange.fr](http://www.pharmacie-michelange.fr)





# KINESITHERAPY AND BALNEOTHERAPY PRACTICE



Functional rehabilitation practice

Institut Arnault Tzanck - Centre for Physiotherapy and Balneotherapy

CMC 2 - Avenue Docteur Maurice Donat

CS 10067 - 06702 Saint-Laurent du Var Cédex

Phone +33 (0)4 93 14 35 40

## ONE-STOP SHOP CCAS AND POLE



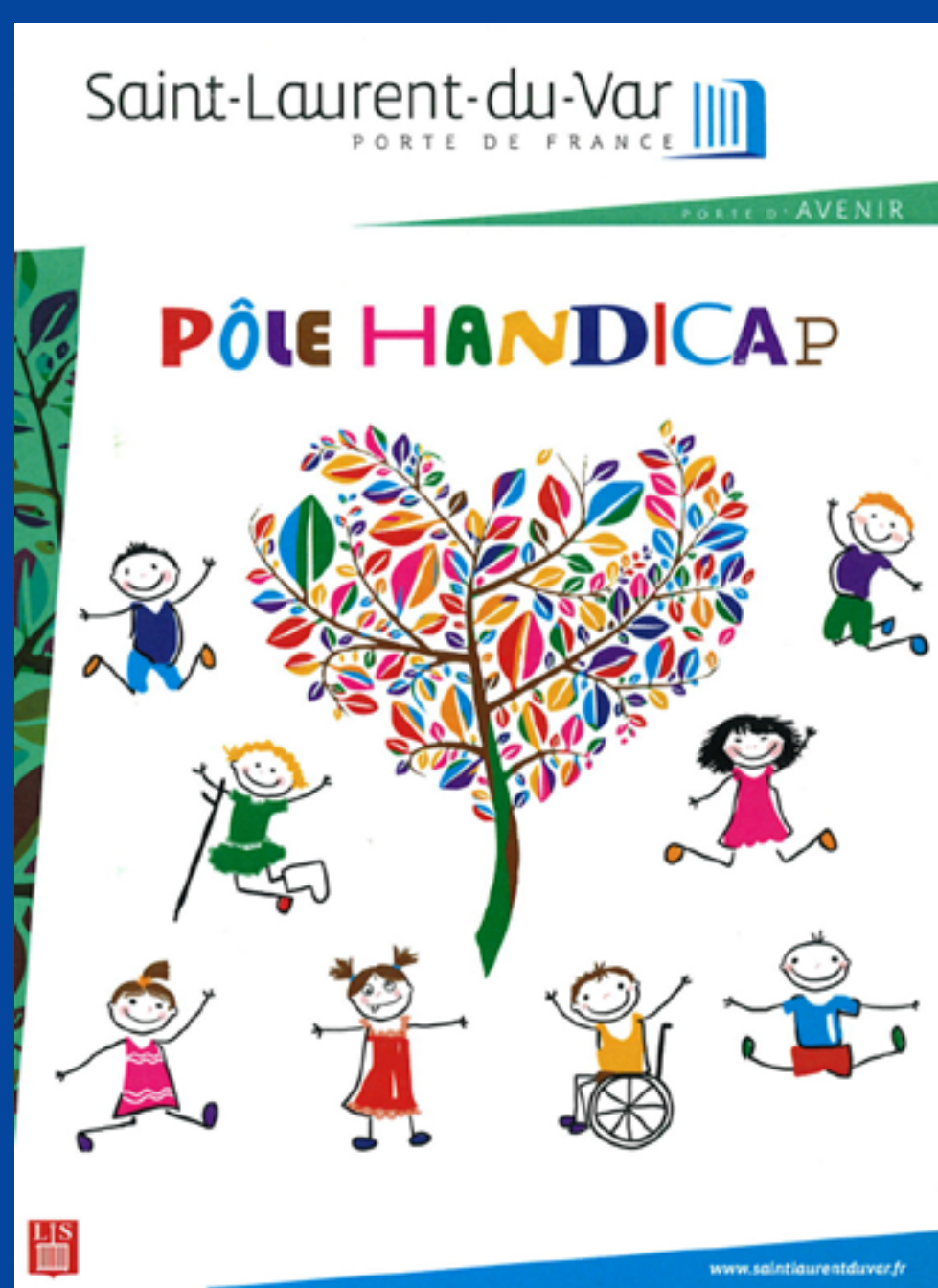
## HANDICAP

An agent is available for disabled people on Mondays, Wednesdays and Fridays from 9 am to noon and from 2 pm to 5 pm at the CCAS of SAINT-LAURENT-DU-VAR at 341 avenue Général Leclerc and at + 33 04.92.12.40.37

Mail : [guichethandicap@saintlaurentduvar.fr](mailto:guichethandicap@saintlaurentduvar.fr)

The Handicap pole, located at the Town Hall at the address: 222 Esplanade du Levant, early childhood service - 04 92 12 41 16 or 42 64, works for the inclusion of children with disabilities in childcare facilities.

Mail: [polehandicap@saintlaurentduvar.fr](mailto:polehandicap@saintlaurentduvar.fr)



# CONTACTS

## **Metropolitan Tourist Office of the Côte d'Azur Nice Saint-Laurent-du-Var Information Offices**

1819 Route du Bord de Mer

06700 SAINT-LAURENT-DU-VAR

Phone +33 (0)4 93 31 31 21 - Fax +33 (0)4 93 14 92 83

info.saintlaurentduvar@nicecotedazurtourisme.com

Find us on :

<https://www.explorenicecotedazur.com>

FB @exploreNiceCotedAzur

Instagram @explorenicecotedazur

Twitter @ExploreNCA

#explorenicecotedazur

## **WATERFRONT INFORMATION OFFICE**

From October to May : from Monday to Friday 9 – 12.30 / 14 - 17.30

Saturday and Sunday 9 – 13 during the Nice Carnival and Saturday 9 – 13 during the spring holidays of the 3 zones and in May.

June : Monday to Friday 9 – 12.30 / 14 – 18 and Saturday 9 - 13

July and August : Monday to Saturday 9 – 13 / 14 – 19 and Sunday 9 - 13

September : Monday to Friday 9 – 12.30 / 14 – 18.30 and Saturday 9 – 13

## **INFORMATION OFFICE OF CAP 3000**

**Mid-June to mid-September:** Tuesday to Sunday 11am – 1pm / 2pm – 7pm

