

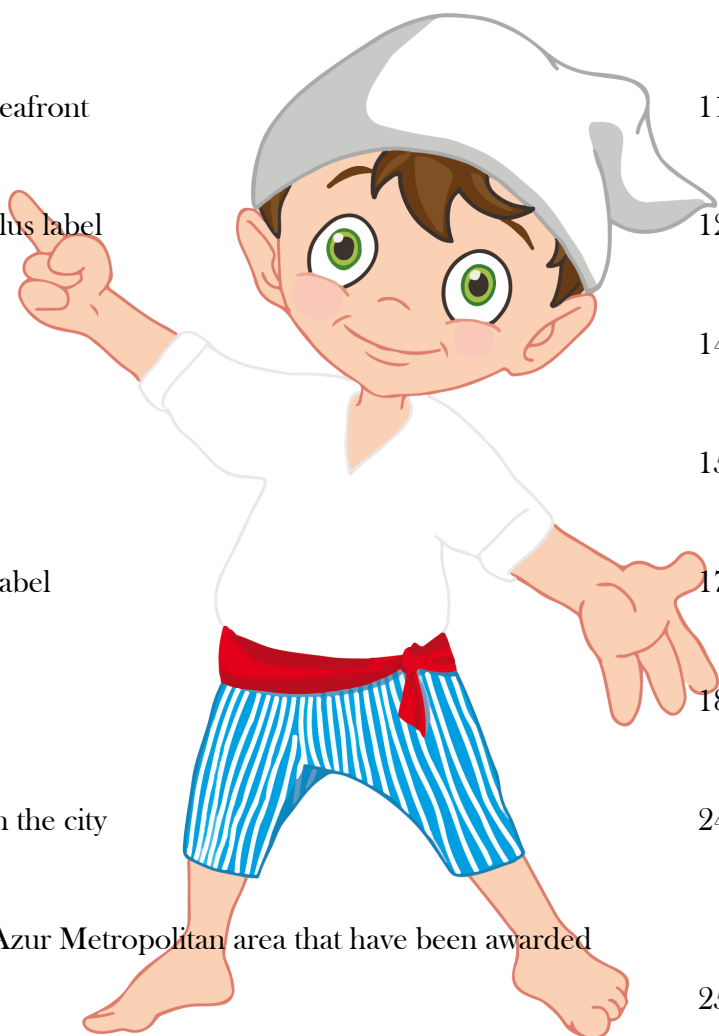
LIVING IN SAINT-LAURENT WITH YOUR FAMILY

THE GUARANTEE OF A SUCCESSFUL VACATION!



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SAINT-LAURENT-DU-VAR, DESTINATION WITH FAMILY PLUS LABEL



What is it?

The Family Plus label was created to enable families to enjoy holidays that meet their needs. Leisure activities, restaurants and accommodation all come together to offer families a special welcome.

The 6 commitments of the label :

1. A personalised welcome for families
2. Activities for all ages
3. From the youngest to the oldest, there's a price for everyone
4. Activities for young and old to enjoy together or individually
5. All the shops and services you need
6. Children pampered by our professionals

THE GUEYOU, SAINT-LAURENT-DU-VAR'S MASCOT

Hi, my name is Gueyou and I'm going to show you around your holiday destination. You'll see that in Saint-Laurent-du-Var, between the sports and leisure activities, the ideas for days out and the entertainment, you won't be able to get bored!



CHILD-FRIENDLY CITY In Saint-Laurent-du-Var since 2016

The 'Child-Friendly Town' label is awarded to local authorities that stand out for the quality of their actions and initiatives aimed at 0-18 year olds



LEGEND



For the whole family



For children



For teenagers



Accessible for pushchairs



PRM-accessible



Partners with the Famille Plus label



Activity recommended in very hot weather



Activity recommended in the rain



HEALTH AND SAFETY INSTRUCTIONS

The checklist for a quiet beach with the family



Saint-Laurent-du-Var has 2 first-aid stations and several surveillance zones.

When swimming, look out for the following flags:

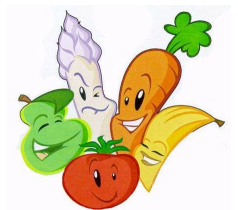


Emergency numbers in case of a boo-boo:

- Emergency services: 15 or 112
- Fire brigade: 18
- Saint-Laurent-du-Var municipal police: +33 (0)4.92.12.42.22 or 17
- Cagnes-sur-Mer Gendarmerie: +33 (0)4.93.20.62.04
- SOS missing children: 116 000
- Pharmacy on call: 3237 (available 24 hours a day)
- Doctors on call in Saint-Laurent-du-Var: +33 (0)4.93.26.95.48 (if no answer: dial 15)
- Institut Arnault Tzanck emergency service: +33 (0)492.27.33.33

Eat well, move more, how to do it ?

- * Eat at least 5 fruits and vegetables every day!
- * Meat, fish or eggs at least once a day !
- * 4 dairy products a day !
- * Drink plenty of fluids, even when you're not thirsty !
- * Eat fatty, salty and sweet foods occasionally !
- * Exercise !



BABY SITTING SERVICES

ALLO MARY POPPINS offers you the services of a baby-sitter travelling from Monaco to Théoule-sur-Mer to look after your children at home and in the palaces and grand hotels along the coast. 22 € / hour + travel fee of 15 €.

From a minimum of 3 hours and with no time limit. Languages spoken: French / English / Spanish / Italian. Contact by phone or email Christine ROUQUETTE or Germain A SANG CHU TONG +33 (0)6 52 96 28 97 allomarypoppins.sud@gmail.com

HIRE OF CHILDCARE EQUIPMENT

◇ At YAPU-K & CO you can hire everything you need for a holiday with children (skis, pushchair, baby carrier, ski/beach/hiking clothes, UV tent, games and toys...) and have it delivered straight to your holiday destination. Open 7 days a week • +33 (0)6 33 26 17 17 • yapukandco.com

LEISURE FOR ALL

BREAK LIKE LIL CRAZIES!

OUR ACTIVITY PARTNERS WITH THE FAMILLE PLUS LABEL



1. L'AGASC AND ITS 6 CENTERS (www.agasc.fr)

The AGASC Centre (Association de Gestion et d'Animations Sportives et Socio-Culturelles) is an association that provides the public with sporting, cultural, educational and social activities.

◆ THE NAUTICAL CENTER / 6 years old

416 avenue Donadei - 06700 Saint-Laurent-du-Var

Tel +33 (04).93.07.53.73 Email : c.nautique@agasc.fr

- All year round, windsurfing and paddling courses (from 1.30m) and multi-activity courses with optimist or catamaran (from 6 years) during the school holidays.
- Private windsurfing lessons from age 6
- Private lessons in Wing foil from 15 years old and by prior arrangement
- Paddle, sea kayak, windsurf, catamaran and optimist hire (subject to approval by a qualified instructor for certain activities)
- Family Plus discount: -20% on presentation of a flyer stamped by the tourist office.



◆ THE EQUESTRIAN CENTER / 3 years old

1590 chemin des Iscles - 06700 Saint-Laurent-du-Var

Tel +33 (0)4.92.12.00.57 Email : c.equestre@agasc.fr

- Equestrian activities from age 3 (pony rides, animal care, familiarisation with the pony...)
 - Full-day technical courses from 6/7 years (gallops, acrobatics, equifun, etc.)
 - Baby pony mornings for 3-6 year olds and full days for 6/7 year olds and over
 - Pony rides for 3-7 year olds. Parents can share the activity with their child.
 - Riding lessons from age 3, all year round (all levels).

◆ MONTALEIGNE PADEL TENNIS CLUB / 5 years old

1 chemin de l'Estelle - 06800 Cagnes-sur-Mer

Tel +33 (0)4.93.31.70.89 Email : tennis@agasc.fr

- Children's courses during the school holidays from age 5 (tennis or multi-activity)
- > 3 formulas : 2 hours/day, half day, full day, Monday to Friday (tennis and sports activities: football, handball, table tennis, etc.), padel courses, etc. Outings planned for weekly courses.



◆ THE HOUSE OF DANCE / 3 years and a half

150 Esplanade du Levant - 06700 Saint-Laurent-du-Var

Tel +33 (0)4.93.31.66.65 Email : m.danse@agasc.fr

- A wide range of dance activities all year round for children aged 3 and a half and upwards
- Weekly courses during the school holidays

◆ JACQUONS LEISURE CENTER / 15 years old

258 Avenue du zoo 06700 Saint-Laurent-du-Var / Tel : +33 (0)4.92.12.20.74

Leisure centre for teenagers aged 15 to 17, all school holidays and afternoons.

Beach volleyball, football, basketball, hockey, board games, audiovisual creations.



◆ THE CULTURAL CENTER THE BAKERY / 6 years old

7 place de la Fontaine - 06700 Saint-Laurent-du-Var / Tel +33 (0)4.93.07.37.00

A key venue in the artistic and cultural life of Saint-Laurent-du-Var, La Boulangerie is a space for artistic creation and education, offering a rich and varied programme for adults and children (sewing, drawing, modern languages, pottery, sculpture, copper enamelling, etc.). Converted into a cultural centre in 1976, the building in the heart of the old village was originally, as its name suggests, a former bakery (the oven has been preserved). Courses on Wednesdays, Saturdays and during the school holidays

2. LA CABANE À LIVRE

Esplanade les Goélands - 06700 Saint-Laurent-du-Var / Tel : +33 (0)4 92 12 40 60

Every day from July 06 to August 04, 2024, from 9 a.m. to 1 p.m., the Cabane à Livres welcomes you to the sea-front Esplanade les Goélands (next to the lifeguard station). Lending of children's books and various activities.

3. CLUB VAR MER / 6 years old

260 Promenade Jacques Yves Cousteau - 06700 Saint-Laurent-du-Var

Tel : +33 (0)4.93.07.98.69 / contact@clubvarmer.fr / www.clubvarmer.fr

Courses every school vacation: windsurfing (from 8 years), catamaran (from 11 to 15 years and adults), tennis sailing and diving sailing (8 years and over), optimist (from 6 years).

Kayak, catamaran and paddle rentals. Private lessons in catamaran, paddle and dinghy.

Open all year round. *Family Plus discount -10% on registration of 3rd child.*



4. CROC TA LUDO / 3 months

Relais petite enfance / Tel +33 (0)4.92.12.42.64

Free games and entertainment in the morning for children accompanied by their parents, Monday to Friday (time to be determined according to period). Construction games, dinettes, car garage, nursery rhymes, puppet games, slide, reading, coloring... Cancelled in case of rain. Up to 6 years.

Free of charge and no registration required, in the Commune's gardens (see schedule on <https://www.facebook.com/Villedesaintlaurentduvar>).

5. LA VILLA (BIBLIO - GAMING) / 11 years old

228 avenue du Général Leclerc - 06700 Saint-Laurent-du-Var / Tel : +33 (0)4 92 12 40 61 / bdmangas@saintlaurentduvar.fr

A cultural space dedicated entirely to teenagers, with a manga library and other novels, comics and magazines. magazines. Video games and virtual reality activities (in summer if provided), board games...

Free registration for residents of Saint-Laurent for the year, or €10 for non-Laurent residents (registration fee). Identity Card required for registration. Up to 25 years of age.

6. THE CAP 3000 SHOPPING CENTER

217 Avenue Eugène Donadeï - 06700 Saint-Laurent-du-Var / Tel +33 (0)4.93.31.10.35

Voted "best shopping center in the world", Cap 3000 enjoys an exceptional seafront location. There are numerous restaurants with sunny terraces, around 300 boutiques, Europe's largest pharmacy and a supermarket. The superhero-themed play area, LEGO and La Grande Récré stores and events every vacation are sure to delight young and old alike. In summer, free outdoor cinema screenings on deckchairs are available on reservation.

7. THE SHOPPING CENTER BOOKSHOP / 18 months

217 Avenue Eugène Donadeï, 06700 Saint-Laurent-du-Var / Tel : +33(0)4 93 07 89 54

Located in the CAP3000 shopping center, the bookshop offers novels, mangas, school books, English-language books (...), as well as special events for all age groups (from June to August). Children's area to consult books.

8. LA TÊTE DANS LES NUAGES / 2 years old

217 Avenue Eugène Donadeï, 06700 Saint-Laurent-du-Var / Tel : +33(0)4 83 56 04 20

Nestled in the heart of the CAP3000 shopping center, La Tête dans les Nuages welcomes you every day to over 1,600m² of arcade games, where you can spend a convivial moment in a playful atmosphere. Free admission, purchase of units on site.



9. AQUA PARK'06 (DIGUE SUD) / 6 years old

Entrée du port de plaisance, Quai Sud / Tel +33 (0)6.10.09.55.47

Water park with inflatables and towed buoys. Conditions: minimum 1.10m and ability to swim. Children under 8 must be accompanied by an adult. Open from June 15 to September 1, 2024.



10. MY ADVENTURE ST-LAURENT-DU-VAR, A FAMILY EXPLORE GAME / 6 years old





My Adventure is a scripted adventure game where you are the hero. Whether with family, friends or teams of 2 to 5 players of all ages, you'll discover the Laurentian seaside in a fun and immersive way, through inspiring quests studded with riddles. This treasure hunt is played via a free smartphone app, so don't forget to charge your phone! Information and exploration bag rental at the Saint-Laurent-du-Var Information Office.

OUR BEACHES

Public beaches :

Our public beaches are supervised by lifeguards during the summer season.

- Flots Bleus beach (from the handiplage to the Flots Bleus restaurants)
- Plage des Vespins (next to the Tourist Information Office) - dog-friendly and picnic area

-  - Landsberg beach and non-smoking beach - **not open to bathing** 
-  - Plage Cousteau (opposite the south car park of Cap 3000 and the beach volleyball) - **not accessible for swimming** 



Paying beaches :

BEACH CLUB

Promenade des Flots Bleus

Sand beach

Catering, lounge music

Tel +33 (0)4.92.12.95.53 /

+33 (0)6.26.07.23.05

<https://www.beachclubslv.fr>

Opening times vary according to the season



BAY STAR BEACH AND LOUNGE

Promenade des Flots Bleus

Sand beach

Catering, lounge music

Tel +33 (0)4.93.14.80.25

<https://www.baystar.fr>

Opening times vary according to the season

LET'S DISCOVER SAINT-LAURENT-DU-VAR!

* **The Old Village, a pedestrian trail / 6 years old**



You can take a 1-hour historical tour of the old village. It can be followed independently at any time of day, thanks to strategically placed signs or via the "Saint Laurent du Var Tourisme" app. It is also accessible to people with disabilities via a special circuit starting from avenue des Pugets, and to children aged 6 and over thanks to the character "Le Gueyou", who explains the history of Saint-Laurent-du-Var in simple words.

An explanatory brochure is available from the Tourist Information Office or can be downloaded from <http://www.tourisme-saintlaurentduvar.com/fr/un-peu-d-histoire>

Visitors aged 6 and over will be given a free holiday notebook to investigate the mysteries of Saint-Laurent-du-Var in the town, the old village and the coastline. There's a prize on offer on presentation of the completed booklet and the magic phrase.

How to get there:

By car: The nearest free car park is at the town hall, below the village at 222 Esplanade du Levant - 06700 SAINT-LAURENT-DU-VAR

By bus: Take line 20 from the CAP 3000 shopping centre, direction Giono/Les Pugets, to the "Saint Antoine" stop (bus every 15 mins).

* **Trampolines on the Promenade des Flots Bleus**  

Open Wednesdays, Saturdays and Sundays outside school holidays and every day during the holidays, from 9.30am to 6.30pm. In summer: 4pm-11pm. From 10 to 50 kg. Free for disabled people who can use the trampoline.

* **« Papi manège » on the seafront at Esplanade les Goélands / 11 months** 

Small merry-go-round and duck fishing. Open all year round on Wednesdays, Saturdays and Sundays (excluding school holidays) + 7 days a week during zone B school holidays and all public holidays (Christmas, 1st January, 1st May...), from 9.30am to 6pm. During the July and August school holidays, daily from 3pm to 11pm. Closed in case of rain.

* **L'animathèque de la gare**   

63 allée Pasteur - Tel +33 (0)4.93.19.31.78

During school holidays: Monday to Friday 9.30am - 12.30pm / 2pm - 5.30pm

Outside school holidays: Monday to Friday 4.30pm - 6pm / Wednesday 2pm - 5.30pm / Saturday 9am - 12.30pm. Closed during the Christmas holidays and from mid-July to the end of August.

* **L'animathèque des Pugets**   

Castillon II - 187 allée des Ecureuils - Tel +33 (0)4.93.31.21.67

During school holidays: Monday to Friday 9am - 12pm / 2pm - 5.30pm

Outside school holidays: Monday to Friday 4.30pm - 6pm / Wednesday: 9am - 12pm / 2pm - 5.30pm and Saturday: 9.30am - 12.30pm. Closed during the Christmas holidays and from mid-July to the end of August.

* **Sports courses - Team BIHOUE / 4 years old**  

L'asptt tennis - 274 rue Albert Camus 06700 Saint-Laurent-du-Var / Tél : +33 (0)6 50 64 91 58 / stages@teambihoue.com

During the school holidays, tennis courses with various formulas (multi-activities).

Racket hire included for all levels, from beginner to advanced.

* **SLV CLUB on the Landsberg beach** 

The SLV CLUB beach club is open to children aged 8 to 14, from 8 July to 9 August 2024, Monday to Friday, 9am to 12pm and 2pm to 5pm. Registration on site. Half-day rate (residents of Laurent: €5 / non residents of Laurent: €8). On the programme: kayaking, zumba, table tennis, paddle, catamaran, pétanque, wind-surfing... *Proof of insurance cover*

* **Open recreational areas**  

- ◆ Jardin d'enfants des Cigales - Boulevard de Provence
- ◆ Jardin d'enfants Daudet - Rue Alphone Daudet
- ◆ Jardin d'enfants des Rascas et Parc des Rascas— Chemin des Rascas
- ◆ Jardin d'enfants Blanchette Vaïni - Parc Layet
- ◆ Jardin d'enfants Peter Pan - Allée des Écureuils
- ◆ Jardin d'enfants Robin des Bois - Avenue Francis Teisseire
- ◆ Espace loisirs de Montaleigne et jardin d'enfants - Chemin Fahnestock
- ◆ Jardin public de La Villa - Avenue du Général Leclerc
- ◆ Jardin public du Square Benes
- ◆ Microsite sportif du Point du Jour - Contre allée Georges Pompidou
- ◆ Site multi sports des Pugets - Rue Jean Giono
- ◆ Promenade des Berges - Parc Départemental des Rives du Var
- ◆ Parc Layet / Boulodrome - Avenue du 11 Novembre
- ◆ Parc du Jaquon - Chemin du Jaquon
- ◆ Forêt des Pugets - Avenue Jean Aicard
- ◆ Terrain de Beach volley - Promenade J-Y Cousteau

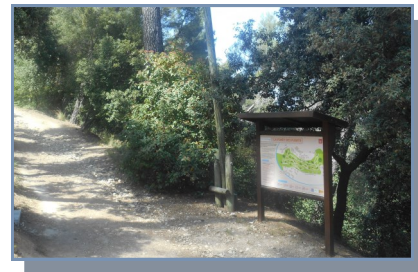
* In the Pugets forest, the sports trail   

The Forêt des Pugets is equipped with sports facilities at various sites. There is also a lovely walk with information panels on the flora and fauna and wooden picnic tables.

To get there :

By car: small free car park in front of the forest entrance - avenue Jean Aicard

By bus: from the CAP 3000 shopping centre, take line 55 towards La Pompe, as far as the "forêt des Pugets" stop, or take line 20 to the Giono stop, then walk 100m straight up towards the Forêt des Pugets car park.



* The Parc Départemental des Rives du Var, walking, cycling and scooter trails   

The Parc Départemental des Rives du Var runs for around 3.5km along the Var river at the edge of the Commune. From the free car park at the Hôtel de Ville (222 Esplanade du Levant), there is a lovely walk with picnic tables and information panels explaining the flora and fauna, as far as the CAP 3000 shopping centre to the south. Nestling between the Cap 3000 shopping centre and the Var, the bird-watching area can be seen from the wooden esplanade, which has benches and a bird-watching area.

Alternatively, you can extend your walk along the coast and discover the peace and quiet of the entirely pedestrianised seafront, before arriving at the large, bustling marina (about 1.9 km further on).

If you head north along the Parc Départemental, you can take one of the pedestrian walkways around the monumental Hôtel de Ville to reach the historic Vieux-Village (see the first route).

* The free Laurentine application « SLV Sport & Santé » 

Available on smartphone, the programme includes health trails, running, challenges, sporting activities...

* The Flots Bleus Natural Aquarium / 3 years old  

All year round, between 9am and 12pm on the Promenade des Flots Bleus (opposite the Blue Bay restaurant), volunteers will be on hand to talk about and raise awareness of fish, birds and the ecosystem of flora and fauna. Ages 3 to 99!



* The diving school / from 8 years old   

Môle central - Harbour / Tel +33 (0)6.12.91.52.15 / <https://psdiving.com/> / psdiving06@gmail.com All year round, board Optimus for a wide range of destinations from Cap d'Antibes to Cap Ferrat. Optimus is a fast, user-friendly vessel designed entirely with comfort and safety in mind.

* La Bibliothèque pour tous   

177 corniche Fahnestock - Tel +33 (0)4.93.19.08.65

Tuesday, Wednesday and Friday: 3pm - 6pm / Saturday: 10am - 12pm

Wide selection of novels, thrillers and children's books. New books purchased regularly. Membership €17 per family. Loan of adult books between €1 and €1.5 for 15 days. Free loan for children.

* The municipal swimming pool    

1 555 Esplanade Edmond Jouhaud - Tel +33 (0)4.93.31.61.94

Anti-panic test, baby swimmers, water garden... Cap compulsory.

* The Conservatory of Music and Dramatic Art  

177 av. du Général Leclerc - 06700 Saint-Laurent-du-Var / Tel +33 (0)4.92.12.40.66

Various disciplines offered all year round for local people (theatre, instrument, singing, etc.), or courses during the school holidays open to all.

* Racing Zone    

126 avenue Léon Bérenger / Tel +33 (0)4.93.19.02.49

Car driving simulator.

CAGNES-SUR-MER

ANTIBES

CANNES



Palais Nikaria

Stade Charles Ehrmann

Stade Allianz Riviera

Stations de montagne



FINDING YOUR WAY AROUND THE SEAFRONT



ZONE BALNÉAIRE

MER MÉDITERRANÉE

LEGEND

- Tourist office
- Beach volley
- Aid station beaches

- Taxis station
- Public toilets
- Bike path
- Pedestrian area

- Private beaches
- Train station

NICE
EZE
Airport T1/T2





LABELLED RESTAURANTS IN CASE OF HUNGER



Full list of establishments available on request from the Tourist Information Office

1. GOURMET BAR BY NOVOTEL (hôtel Novotel)



40 avenue de Verdun - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)4.93.19.55.55

Type of cuisine: traditional/vegan/bowls/planchas in summer

The Gourmet Bar by Novotel has a games and colouring area. A "Kids Menu" at €12.50 is available for children up to the age of 12 (main course, dessert, drink) with a personalised welcome, high chairs, bottle warmers and a microwave. Nappy changing facilities. Free breakfasts for under-16s accompanied by their parents. Rooms at preferential rates for families with children. Holiday vouchers accepted.



2. CHEZ MAX



167 Promenade des Flots Bleus - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)4.93.31.13.30

Type of cuisine : burgers, tapas, cocktails

Chez Max offers a varied children's menu at €10.90 with main course + dessert.

The restaurant is equipped with a microwave, booster seats and a place to store pushchairs.

Holiday vouchers and luncheon vouchers accepted. Colouring and crayons available.

3. LE PLAISANCE



Quai de la Pérouse—06700 Saint-Laurent-du-Var

Tel +33 (0)4.93.31.24.18

Type of restaurant: traditional

Le Plaisance offers a children's menu at €10 (main course/drink/ice cream/syrup).

High chair, booster seat and changing table available. Colouring books and crayons available.

4. EDGAR GASTRONOMIC BURGER



Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var

Tel +33 (0)4.92.04.88.86

Type of restaurant: burgers

Children's menu at €9.90 (choice of 4 dishes + dessert + syrup). High chairs available. Colouring pages and crayons available.

5. L'EVASION



Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var

Tel +33 (0)4.92.27.06.50

Type of cuisine: traditional and fresh produce

Changing area. Children's menu €13 (main course/ice cream scoop). High chairs, booster seats and changing tables. Colouring books and crayons available.

6. JOSEPH



Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var

Tel +33 (0)4.93.07.08.64

Children's menu "menu des merveilles" at €13 (choice of 4 dishes + choice of 3 desserts + drink).

Highchairs, changing table, games and colouring with crayons.

7. LA CANTINA

Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.93.26.70.38

Type of cuisine: *wine bar, italian specialities*

Children's menu €13 (main course/drink/dessert). Highchairs and changing tables available.
Colouring for children.

8. PANASIA

Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.93.26.05.38

Type of cuisine: *Asian fusion*

Asian specialities. Children's menu €12.90 (dish: halal chicken or beef + dessert). High chairs, booster seats and changing tables. Asian-themed colouring pages and felt-tip pens available.

9. LES JARDINS DU CAP

Shopping center Cap 3000 - 06700 Saint-Laurent-du-Var
Tel : +33 (0)9.51.29.79.36

Type of cuisine: *brasserie/creperie*

Les Jardins du Cap offers a children's menu with fresh, home-made produce at €14.90 (main course/dessert/drink). Colouring books are available for children.

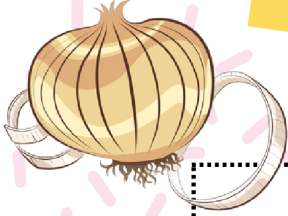
The restaurant is equipped with a changing table, booster seats and high chairs.

The restaurant is located inside the shopping centre, close to the LEGO shop.



PISSALADIÈRE

THE "UNOFFICIAL" RECIPE



PREPARATION TIME

Total time:
1h35 mins

Preparation :
30 mins

Cooking :
45 mins + 20 mins

INGREDIENTS

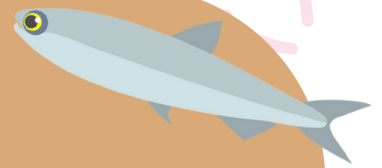
2 tablespoons sugar
Pepper, salt and herbes de Provence
1 bouquet garni (thyme, bay leaf,
rosemary)
2 whole garlic cloves
1 kg onion
1 bread dough
anchovies
black olives
olive oil



PREPARATION STAGES

A pissaladière in 30 minutes, top time!

- Heat a little olive oil in a large frying pan. Get your parents to help you slice the onions (or use pre-cut onions). Mind your eyes, it's raining!
- Once the oil is hot, cook the onions with a little salt and pepper, the bouquet garni and the 2 cloves of garlic. If you like, you can add a little caster sugar to take the acidity out of the onions. Leave to cook over a low heat for 45 mins, the onions should cook without turning colour, then remove the garlic and bouquet garni.
- Arrange your onion compote on your oiled bread dough and add a few anchovies and black olives on top to decorate.
- Bake for around 20 minutes at 180/200°C. And voilà! A lovely pissaladière to enjoy warm or cold!



TRANSPORTS

2 BUS COMPANIES IN THE NICE CÔTE D'AZUR METROPOLITAN AREA :



Lignes d'Azur is the benchmark Nice Côte d'Azur metro network!

To take buses in the metropolitan area, you must have a transport card, which acts as a rechargeable "holder". This card is available at Lignes d'Azur branches, at tramway stations in Nice, from a list of retailers available on the Ligne d'Azur website and at independent ticket machines (in Saint-Laurent-du-Var, this card can be bought and recharged at the Loto point in the CAP 3000 shopping centre and at the independent ticket machine on the main forecourt of the shopping centre (close to the bus stops). The card can be purchased once for €2 and is valid for 15 years. It must be topped up with the number of journeys you need (€1.70 per journey - decreasing rate according to the number purchased). To top up, you can use the Lignes d'Azur Tickets mobile application (for Android only), or the resellers mentioned above (distributors, sales outlets, etc.). You can choose from different formulas: 1 trip (Solo), several trips (Multi) or a Pass (1 day, 2 days or 7 days, unlimited). You can also take the Nice tramway with the same card.

⚠ Please note: a reloadable emergency card is available on board the bus if you were unable to plan your journey in advance (Solo emergency card). This costs €4 (€2 for the card + €2 for the journey - increased fare and recharged for 1 journey only).

More information on : <http://www.lignesdazur.com>

The Tramways of Nice :

There are 3 tramway lines:

- > Line 1: from Nice Nord "Henri Sappia" to Nice Est "Hôpital Pasteur".
- > Line 2: from Nice East "Port Lympia" to Nice West "Cadam Centre Administratif" or "Aéroport terminal 2" (1 tram out of 2 alternating)
- > Line 3: Nice West only, from "Aéroport Terminal 2" to "Saint-Isidore".

Same system as for Lignes D'Azur buses. You can use both trams and buses with the same card.



Zou! is a regional company operating within the Nice Côte d'Azur metropolitan area and providing journeys outside the metropolitan area (Villeneuve-Loubet, Antibes, Cannes, Grasse, etc.).

06 Département des Alpes-Maritimes

Tickets can be purchased directly from the driver for €2.50 (or €2.10 if purchased in advance on the ZOU! smartphone application, on the zou.maregionsud.fr website or at a sales office: 17 Av. Thiers or 94 Bd René Cassin, in Nice).

It's possible to make connections between the Zou! and Lignes d'Azur bus lines for a limited time, **ONLY** within the Nice Côte d'Azur metropolitan area, by telling the driver.

More information on : <https://zou.maregionsud.fr/>

THE TRAIN :

- Coastal line from Cannes to Ventimiglia (Italian border)
- Line from Nice to Saint-Raphaël-Valescure in the Var department.

Information and bookings at: www.sncf.fr

TAXIS LAURENTINS : +33 (0)4.93.14.92.92

19 rue Léonard Anfossi - 06700 SAINT-LAURENT-DU-VAR

Saint-Laurent-du-Var has a tarmac cycle path about 2.5 km long from east to west and about 10 km from its Tourist Information Office to Nice city centre, along the seafront

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 which are 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.

Features of electric bikes :

- Accessible from the age of 16
- Speed limited to 25 km/h.
- Range of up to 100 km - charging of the electric battery notified in the application.
- State-of-the-art technology for an optimal riding experience.

10 km/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 marked with a **pink P** on the map.

Contact : +33(0)2 52 33 18 95 / aide@getapony.com / <https://getapony.com/fr>

Contact : +33(0)9 74 59 52 21 / support@li.me / Via l'application Lime rubrique « Aide » /



1,000 electrically-assisted bicycles.

To complete your journey, you need to return the bike to a parking area indicated on the card by a **blue P**.

<https://www.li.me/>

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



OX6GÈNE

217 Avenue Eugène Donadeï - 06700 Saint-Laurent-du-Var / Tel : +33(0)4 93 89 70 87

Shopping center Cap 3000 - near Columbus café

Bike hire, sales and repairs

ENERGY LOCATION (ROSALIES)

Promenade de la Plage (stand on the seafront opposite the Hippodrome in Cagnes-sur-Mer)

Tel : +33 (0)6 62 98 38 84

Rosalia hire for 2 to 9 people (+ 2 children aged 3 to 5 maximum in the front).

Bikes, electric bikes, tandems, go-karts (...) and inflatables available for hire.

Open every day during school holidays and weekends and public holidays the rest of the year.





LABELLED HOMES

Full list of establishments on request from the Tourist Information Office



1. HOTEL HOLIDAY-INN PORT-SAINT-LAURENT ****

IHG Clean Promise Standard

167 Promenade des Flots Bleus - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)4.93.14.80.00

The Holiday Inn has 14 rooms for children and their parents. Free breakfast for children under 13. Baby equipment. Holiday vouchers accepted.



2. HOTEL NOVOTEL NICE AEROPORT CAP 3000 ****

#All Safe

40 avenue de Verdun - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)4.93.19.55.55

www.novotel.com h0414@accor.com

Within the hotel, you can use the swimming pool or play table tennis and badminton. Free breakfast for children under 16 (1 adult = 1 child). Baby equipment available on request. Holiday vouchers accepted.

3. RESIDENCE PIERRE ET VACANCES ****



Member of the Sécurité Plus charter

273 avenue saint Hubert - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)4.92.12.35.35

www.pierreetvacances.com - reception.stlaurentduvar@groupepvc.com

At the Pierre & Vacances residence, a swimming pool and outdoor play areas (table tennis, tennis courts) are available for families. Free bicycle storage. Baby equipment (cots, bottle warmers, etc.) available on reservation. Children's corner monitored by a camera near reception. Holiday vouchers accepted.



4. VILLA LE PRINTEMPS *** (Gîtes de France : N°7607)

149 avenue des Mimosas - 06700 SAINT-LAURENT-DU-VAR

Tel +33 (0)7.67.58.70.98 - www.villa-le-printemps.com / abritel.fr

Villa with garden level. Lending of board games, books, comics (disinfected each time).

Villa with one bedroom with a double bed, two single beds and a cot on request (4 people + 1 baby). Cane pushchair available. The accommodation is also equipped with a microwave, high chair, baby bath, WiFi and reversible air conditioning. Private car park.

5. PLEIN SUD TOURISME *



226 avenue des Pignatières 06700 SAINT-LAURENT-DU-VAR

Tel + 33 (0)6 15 96 57 80

2-room apartment for 4 people, on the ground floor with terrace. Close to all amenities.

Cot, baby crockery kit on request, high chair, baby bath, Wifi, air conditioning.

Board games and books.



WHAT TO DO IN THE AREA ?








PLAYGROUNDS AND AMUSEMENT PARKS:


- **Nice's Promenade du Paillon for all ages**   

Also known as the coulée verte. A 12-hectare garden right in the centre of town, close to Place Masséna, with wooden play equipment for children up to 12 years old and a 3,000 m² water mirror equipped with 128 water jets.

- **Four theme parks for all ages in Villeneuve-Loubet** 

1. Pitchoun Forest : Tree climbing (from 3 years and 1 metre) 
2. Le Bois des Lutins : Various games with slides, tree house   ets in the trees... (from 2 years old)  
3. Le Village des Fous : Sensational games (from 4 years)

2559 Route de Grasse, Espace Loisirs La Vanade - 06270 Villeneuve-Loubet / Tel +33 (0)4.92.02.06.06

4. Canyon Forest : Tree climbing (from 8 years and 1.30 metre) 

- **Caution: difficult access for wheelchairs.** The Parc Aventure is accessible after a 2.5 km walk through the Rives du Loup park. Bike hire available at an additional cost and by prior arrangement.

26 Route de Grasse - 06270 Villeneuve-Loubet / Tel +33 (0)4.92.02.88.88

- **La Colline du Château**  

Large park with children's play area, magnificent views over the city, waterfall, ruins and snack bar.

- **Le Ludiparc in La Colle-sur-Loup**  

1401, Route Pont de Pierre - 06480 La-Colle-sur-Loup / Tel : +33 (0)4.93.59.14.14 / ludi-parc@orange.fr
4.8 hectares of parkland with playground, mini-golf, climbing, trampoline, inflatables, water games, river, restaurant & snack bar...

- **Kids City Nice**   

590 route de Grenoble (rdc du Forum Lingostière) / Tel : +33 (0)4.92.01.10.70

Play areas for children aged 0 to 12. Socks compulsory for young and old!

- **Jump Area 06 / 18 months**     

47, av. Maurice Chevalier - 06150 Cannes / +33(0)7 67 47 92 80 / <https://www.jumparea06.com/>

Jump Area 06 is 850 m² of trampolines and a ninja course. Get your fill of sensations on the trampolines, the dodgeball court, 2 baskets of trainers for incredible dunks...

A Jump Area 06 entry ticket gives you access to the whole park for a session of 1 or 2 hours (from the age of 6). Online booking strongly recommended. Trampoline socks €2 extra.

Some sessions are reserved for children aged 18 months to 6 years, accompanied by an adult of legal age.

- **Le Vesùbia Mountain Park / 5 years old**     

Allée du Docteur Fulconis, 06450 Saint-Martin-Vésubie / Tel : +33 (0)4.93.23.20.30

Indoor sports area (swimming pool, climbing and fun climbing (from age 5), adventure course (from age 8), canyoning (from age 9). Annual closure in January.

- **Laser Game Evolution / 6 years old** 👨‍👩‍👧‍👦 👤 ☔ 🌡️

604 bd du Mercantour, 06200 Nice / Tel : +33 (0)4.92.29.19.00

Play area for young and old with 600 m² of maze and laser gun. Games of 20mins, 5 players minimum and by reservation.

- **Salto trampoline Arena in Mougins / 3 years old** 👨‍👩‍👧‍👦 👤 ☔ 🌡️

609 route de la Roquette - 06250 Mougins / Tel : 04.93.12.16.51

<https://www.trampoline-indoor.fr/parc-mougins>

A unique experience where you can perform acrobatic tricks on trampolines, play basketball and dodgeball together, jump into the foam box and airbag... A Salto entry ticket gives you access to the whole park for a 1-hour session. Additional time available on request. For children aged 6 and over.

Some sessions are reserved for 3-5 year olds (kid time). Trampoline socks €2 extra.

- **La Bulle - Games bar / 4 years old** 👨‍👩‍👧‍👦 👤 ☔ 🌡️

4 rue du Pont Vieux, 06300 Nice / Tel : +33 (0)9.84.06.77.93

Board games bar with over 500 games available for all ages. Snacks and drinks available on site.

CINEMAS 👨‍👩‍👧‍👦 👤 ☔ 🌡️

- **Cagnes-sur-Mer** : 5 avenue de Verdun et 119 Avenue des Alpes (Shopping center Polygone Riviera)
- **Nice** : 604 route de Grenoble « Pathé Nice Lingostière »
- **La Gaude** : La Coupole 7382-7446 Route de Cagnes



NATURE AND WILDLIFE PARKS :

- **The parc Phoenix in Nice** 🧑🧑🧑 🚽 🚼

405 Promenade des Anglais - 06200 Nice / Tel parc : +33 (0)4.92.29.77.00

Animal park with greenhouse featuring birds and reptiles, wooden play area for children, snack bar.

- **La Reserve des Monts d'Azur** 🧑🧑🧑

2651 route des châteaux - 06750 Thorenc / Tél +33 (0)4 93 60 00 78 / (0)9 65 03 49 68

800 animal species (of all kinds: mammals, birds, insects, fish, etc.), roaming freely in the Reserve's 700 hectares. Horses, wild boar, bison and many others will delight young and old alike during guided safaris, on foot, in a horse-drawn carriage, on snowshoes or in sleighs.

- **The Vaugrenier and La Valmasque departmental parks** 🧑🧑🧑 🧑

Several hectares of greenery with play areas, birdwatching area and/or fitness trail.

1. Parc Vaugrenier: 946 Avenue de Vaugrenier - 06270 Villeneuve-Loubet

2. Parc de la Valmasque: Route départementale - 06250 Mougins/Valbonne

- **Sainte-Marguerite island for picnics and swimming** 🧑🧑🧑 🌞 🚽

Riviera Lines : <http://www.riviera-lines.com> - Tel +33 (0)4 92 98 71 31

Trans Côte d'Azur : <http://www.trans-cote-azur.com> - Tel +33 (0)4 92 98 71 30

- **The Villefranche-sur-Mer underwater nature park / 6 years old** 🧑🧑🧑 🧑 🌞 🚽

32 Avenue du Général de Gaulle, Port de la Darse 06230 Villefranche sur Mer / Tel:+ 33 (0)6.18.79.62.33 / contact@randeauvasion.com

From May to October, the Rand'eau évasion diving centre offers introductory courses and outings in small groups to a variety of sites. Activities by prior arrangement.

- **La Grotte de la Baume obscure** 🧑🧑🧑 🌞 🚽 ☔

2600 chemin Sainte Anne, 06460 Saint-Vallier-de-Thiery / Tel : +33 (0)4.93.42.61.63

Free visit with treasure hunt. Young and old alike will be challenged to solve riddles and find hidden characters.

- **Espace Marineland** 🧑🧑🧑 🌞 🚽 🚼 🚼

Espace Marineland - 306 Avenue Mozart - 06600 Antibes / Tel : +33 (0)4.93.33.49.49

⇒ Marineland (marine zoo),

⇒ Aquasplash (water park with slides)

⇒ Adventure Golf (mini golf) for all ages in Antibes

Variable openness to different establishments.

- **Parc Alpha** 🧑🧑🧑 🧑 🌞 🚽

Chalet d'accueil du Boréon, Route Départemental 89, 06450 Saint-Martin Vésubie

Tel : +33 (0)4 93 02 21 11 / contact@alpha-loup.com

Guided tours of the Parc Alpha, booked in advance and departing from the reception chalet every day at 10.30am, 11am and 1.30pm, with observations of wolves, chamois and ibex, workshops and discussions with the caretakers, a snack break and shopping in the vacherie de la forge.



MUSEUMS AND FORTIFICATIONS :

- **The Departmental Museum of Asian Arts in Nice** 🧑🧑🧑 ☀️ 🌧️
405 Promenade des Anglais - 06200 Nice / Tel : +33 (0)4 89 04 55 20
Adult/child workshops (children accompanied by an adult) in Chinese calligraphy from age 10, guided tours, Chinese painting courses, Japanese tea ceremony for all, various activities depending on the exhibition at the time... Permanent and temporary exhibitions throughout the year. Booklet of fun games available at the entrance.
Bookings and information on www.maa.departement06.fr

- **The Matisse Museum in Nice** 🧑🧑🧑 ☀️ 🌧️
164 Avenue des Arènes de Cimiez, 06000 Nice / Tel +33 (0)4 93 81 08 08 / www.musee-matisse-nice-org
Free creative space for young and old in the grounds of the Cimiez arenas (picnics possible in the grounds), workshops and practical art courses for children aged 5 to 12. Visits and workshops must be booked in advance.

- **The Grimaldi Castle Museum in Cagnes-sur-Mer** 🧑🧑🧑 ☀️ 🌧️
Place du château—Haut de Cagnes - 06800 Cagnes-sur-Mer - Tel : +33 (0)4.92.02.47.35
The 14th-century castle at the top of the old town became a museum in 1946.

- **Terra Amata Museum of Human Palaeontology in Nice** 🧑🧑🧑 ☀️ 🌧️
25 Bd Carnot, 06000 Nice / Tel : +33 (0)4.93.55.59.93
Located on the site of the excavation of the same name, which yielded some of the oldest hearths in the history of mankind, dating back 400,000 years, the museum invites visitors to discover the life of the first inhabitants of Nice.

- **Monaco Oceanographic Museum** 🧑🧑🧑 ☀️ 🌧️
Avenue St Martin / Tel : +377.93.15.36.00
Monaco's Oceanographic Museum boasts one of the oldest aquariums in the world. Discover tanks specially designed to recreate complex ecosystems, in which each species has its own role to play. From the Mediterranean to the Tropics, from sea turtles to fluorescent corals, let yourself be captivated by the underwater wonders of our Blue Planet.

- **National Sports Museum in Nice** 🧑🧑🧑 ☀️ 🌧️
Stade Allianz Riviera 6 allée Camille Muffat / Tel : +33 (0)4.89.22.44.00
The Musée National du Sport is the only national museum in France devoted to sporting themes, and boasts huge collections comprising almost 45,000 objects and 400,000 documents.

- **The Fort Carré in Antibes** 🧑🧑🧑
Avenue du 11 Novembre - 06600 Antibes - / Tel +33 (0)4.92.90.52.13
Situated on the Saint-Roch peninsula, the fort is built on a rock 26 metres above sea level. Its path offers a 360-degree panoramic view. The Fort is surrounded by a 4-hectare protected park with typical Mediterranean flora and fauna. Guided tours available. Closed on Mondays and in bad weather.



« SLIDING » ACTIVITIES :

- **The Jean Bouin ice rink in Nice / 2 years old**    

Patinoire complexe Jean Bouin, 2 rue Jean Allègre / Tel +33 (0)4.97.13.27.18

Every Sunday morning from 9am to 12pm (except July/August), a session dedicated to families, "The ice garden", with a fun and attractive trail for children aged 2 to 8. Free for children under 4. The rink remains open to all at the same time.

OTHER ACTIVITIES :

- **Florian confectionery in Nice**   

Adresse de Nice : 14, quai Papacino - 06300 Nice / Tel +33 (0)4.93.55.43.50

Free guided tours in 5 languages, with no need to book, where you can watch the region's finest fruit and flowers being transformed into confectionery products.




Visit the sweets factory with a presentation of the shop and a tasting session (3 shops: Nice, Grasse and Pont-du-Loup). Open every day, but best to visit during the week.

- **Gourmet cooking classes in Nice / 3 years old**    

75 av. Borriglione - 06100 Nice - www.cuisinesurcours.com / Tel : +33 (0)4.93.96.17.29

An introduction to gourmet cooking using seasonal produce. Parent/child workshops from 3.30pm to 4.30pm on Saturdays for children aged 3 to 6 and teenagers aged 12 to 16 (alternating every other Saturday). Children's classes last 1 hour and teenage classes last 1 hour 30 minutes.

Workshops by prior arrangement (spoken English). Open during school holidays and in July.

- **The Côte d'Azur racecourse at Cagnes-sur-Mer**   

2 boulevard John Kennedy - 06800 Cagnes-sur-Mer / Tel +33 (0)4.92.02.44.44

Horse racing, jumping and entertainment for children during the summer and winter meetings.

Free entry for under-18s.

- **The Molinard house (perfumery) / 4 years old**   

Nice : 20, rue Saint François de Paule, 06300 Nice / Tél : +33 (0)4 93 62 90 50

Grasse : 60 bd Victor Hugo, 06130 Grasse / Tél : +33 (0)4.93.36.01.62

Tours of the museum and discovery of perfumery products, "Le Petit Parfumeur" creative workshops (20 minutes for children aged 4 to 8 and 1 hour for children aged 09 and over).

- **Monaco Tours in Monaco** 

Avenue Saint-Martin, 98000 Monaco / Tel :+33 (0)7.92.05.64.38

Embark on a tour of the Principality, departing from the Bateau Bus (north quay of Port Hercule).

This 1-hour tour takes in the most beautiful sites in Monaco: the Port with the Formula 1 Grand Prix circuit, Casino Square, the luxury hotels, the legendary Rock with the Prince's Palace, the Oceanographic Museum, the Japanese Garden... Please note! The tourist bus does not serve the exotic garden (closed for renovation in 2024)! Available in 8 languages thanks to audio guides and equipped with panoramic roofs, the little train runs every day of the year except 19/11 and during the Formula 1 Grand Prix, the Historic Grand Prix and the Electric Grand Prix. Frequency: every half hour. You can pick it up anywhere along the route (e.g. at the SNCF station - place St Dévote - stop No. 6).

SKI AND MOUNTAIN RESORTS IN THE NICE CÔTE D'AZUR METROPOLITAN AREA

AURON / ST-DALMAS & ST-ETIENNE DE TINEE (about 1h30 by car)



* Auron Tourist Information Office : Grange Cossa - 06660 Auron / Tél : +33 (0)4.93.23.02.66

* Saint-Etienne-De-Tinée Tourist Information Office : Place de l'église - 06660 Saint-Etienne-De-Tinée /
Tel : +33 (0)4.93.02.41.96

The Auron resort has a leisure centre, cinema and mountain bike and electric bike circuits from age 7 (trails for all levels), as well as a wide range of outdoor activities in summer: elastic'trampo, buggies, boot camp from 10 years old, mini boot camp from 6 to 8 years old, climbing from 5 years old, family area from 3 years old (inflatable structures, merry-go-round, pedalo...), tennis from 4 years old, yoga from 7 years old, indoor swimming pool with children's area...

At Saint-Dalmas-le-Selvage, you'll find hiking trails in the Mercantour Natural Park.

Finally, in St-Etienne-de-Tinée you'll find the bergerie de la Belloire, the place aux jets d'eau, a trout fishing lake and a swimming lake with paddle and kayak, the petit bois des lutins for children aged 2 and over, the Col de la Bonnette hike, the Pinatelle cable car linking St Etienne to Auron... Activities and events start in mid-June.

ISOLA 2000 (about 1h30 by car)



Tourist Information Office : Immeuble Le Pelevos (06420) / Tel : +33 (0)4.93.23.15.15

info.isola@nicecotedazurtourisme.com

Many events are organised, including concerts, magic shows, pony rides, a swimming pool, tennis, climbing, trampolines, a visit to a farm with tasting of local products and milking of the animals in summer ("Le goûter en Alpage"), a cinema, a wolf sleigh ride...

Clubs for children and teenagers are available during the school holidays. Activities for the under-5s all year round (books, games, music, painting, modelling clay, etc.).

LA COLMIANE (about 1h00 by car)



La Colmiane Tourist Information Office : (06420 Valdeblore) / Tel. +33(0)4.93.23.25.90

The Colmiane resort offers a wide range of winter and summer activities, including cinema screenings, hiking, zip-lining (the longest in France), a summer toboggan almost 2 km long, a swimming pool, paragliding, climbing, mountain biking, mini-golf, tree climbing, trampolines, donkey/horse/pony/carriage rides, mini-golf, farm visits and relaxation at the Adrechas residence (jacuzzi/hammam). Activities for children aged 3 and over. Bookings required.

TURINI CAMP D'ARGENT (about 1h from Nice by voiture)



Bureau d'information touristique de La Bollène-Vésubie/ Tel. +33(0)4.93.03.60.54 et +33(0)4.93.54.15.45

Experience the pure thrill of freedom with your family in the Mercantour Park on the Col de Turini: inflatable games - déval'kart - trotin'herbe - tubing - the authion loop - sports walks and hikes. Summer activities open on 06 July.

Other children's activities available at : <http://www.recreance.fr>



SORTING, AN ECOLOGICAL GESTURE !

The town of Saint-Laurent-du-Var is a classified tourist resort with a commitment to sustainable development, and has received numerous awards for its efforts:

- ◆ Three times awarded the A.G.I.R (Action Globale Innovante pour la Région) energy prize
- ◆ 3-flower classification in the national competition for towns and villages in bloom

ASK FOR THE SORTING GUIDE TO HELP YOU DO THE RIGHT THING

**DANS LA RUE PRÈS DE CHEZ VOUS
OU À VOTRE DOMICILE**

Les emballages Bien vidés, sans être lavés et en vrac.

Emballages en carton et briques alimentaires

Bouteilles et bouchons en plastique

Emballages en métal (acier et aluminium)

Les autres emballages en plastique

DANS LA RUE PRÈS DE CHEZ VOUS

Le verre Bien vidé, sans bouchon.

Bouteilles

Pots et bouchons

La Métropole Nice Côte d'Azur reverse 20% des recettes de la Collecte du verre à la ligue contre le cancer.

À VOTRE DOMICILE

Les ordures ménagères résiduelles

Dans les bacs à couvercle marron.

DANS LA RUE PRÈS DE CHEZ VOUS

Les papiers Sans film plastique.

Prospectus, publicités, journaux, magazines, catalogues, annuaires

Enveloppes, livres, courriers, impressions, photocopies, cahiers

À LA DÉCHETTERIE

Les déchets dangereux et volumineux
Piles, batteries, huiles de vidange, peintures et solvants, pneus, ferrailles, encombrants

Déchets d'équipements électriques et électroniques
Petits et gros électroménagers (appareils frigorifiques ou de cuisson...), écrans, électronique et téléphonie

AU COMPOSTEUR
Déchets de jardin et de cuisine

AT THE TOURIST INFORMATION OFFICE



MY DOG IN THE CITY



12 dog-friendly areas that are cleaned regularly



1 dog park in the Parc Layet for dogs to roam freely



1 dog-friendly beach at the entrance to the town next to the Tourist Information Office (plage des Vespins)



Free bag dispensers replenished once a week! **Get your bags!**



Dogs must be kept on a lead or face a €450 fine!



NICE CÔTE D'AZUR

TOUS LES TERRAINS DE JEUX !
MER • MONTAGNE • NATURE • VILLE



NICE | CAGNES-SUR-MER | SAINT-MARTIN-VÉSUBIE | ISOLA ✳ ISOLA 2000
SAINT-LAURENT-DU-VAR | SAINT-ÉTIENNE-DE-TINÉE ✳ AURON | VENCE

Un territoire d'exception
pour un séjour en famille !



Infos sur  explorenicecotedazur.com



NICE COTE D'AZUR METROPOLITAN TOURIST OFFICE

Saint-Laurent-du-Var Tourist Information Office

OUR CONTACT DETAILS :



OUR QUALITY BRANDS :

