

LIVE SAINT-LAURENT IN FAMILY



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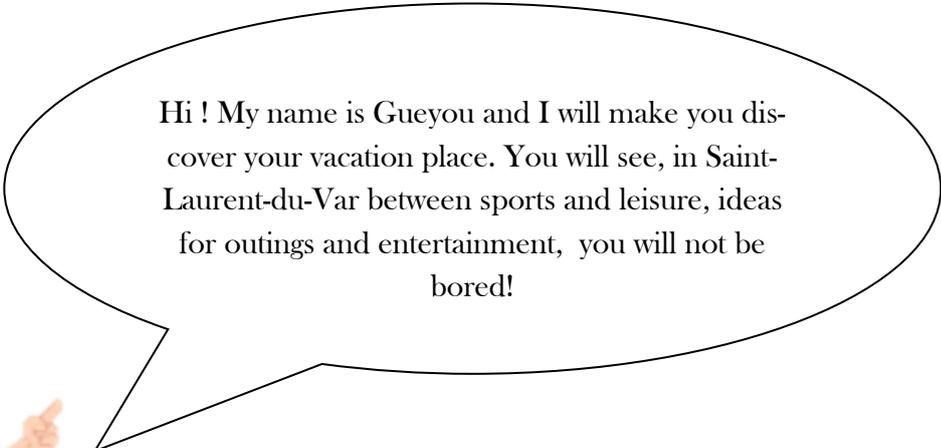
What is it ?

The Famille Plus label was created to allow families with children to spend a holiday that fits their needs. Leisure, catering and accommodations, everything is gathered to welcome families in a privileged way.

The 6 engagements of the « Famille Plus » label :

1. A customized welcome for the families
2. Adapted events for every age
3. From the youngest to the oldest, specific prices
4. Activities for all ages, to enjoy together or separately
5. Shops and available services
6. Kids pampered by our professionals

GUEYOU, THE MASCOT OF SAINT-LAURENT-DU-VAR !



Hi ! My name is Gueyou and I will make you discover your vacation place. You will see, in Saint-Laurent-du-Var between sports and leisure, ideas for outings and entertainment, you will not be bored!



TOWN FRIEND OF UNICEF'S CHILDREN In Saint Laurent du Var, since 2016

The Label "Ville amie des enfants" is allocated to communities that are characterized by the quality of their actions and initiatives for the attention of 0 -18 years old.

SAFETY AND HEALTH INSTRUCTIONS

Check-list for a peaceful family beach trip:

- ⇒ Your sunshade
- ⇒ Your sunscreen
- ⇒ Your armbands
- ⇒ Your sunglasses
- ⇒ Your water bottle
- ⇒ Your protection t-shirt



+ The Saint-Laurent-du-Var aid : +33 (0)4.93.14.06.61 & +33 (0)6.61.17.13.02

When bathing, be careful to the following panels :



Life-guard on duty



Dangerous bathing



Polluted water/ No bathing



No bathing

Emergency number :

- Ambulance : 15 or 112
- Fire service : 18
- Municipal Police : +33 (0)4.92.12.42.22 or 17
- National Police Force : +33 (0)4.93.20.62.04
- SOS lost children : 116 000
- Pharmacy : 3237 / duty doctors +33 (0)4.93.26.95.48 or 15
- Emergency Service Institute A. Tzanck : +33 (0)4.92.27.33.33

Eat healthy, move more, how do you do it?

- ◆ We eat at least **5** fruits and vegetables every day!
- ◆ Meat, fish or eggs at least 1 time per day!
- ◆ 4 dairy products per day
- ◆ We drink a lot, even when we aren't thirsty
- ◆ We consume fat, savoury and sweet occasionally
- ◆ We practice a sport!



BABY-SITTING SERVICES

◇ ALLO MARY POPPINS offers the services of a babysitter from Monaco to Théoule-sur-Mer for the care of your children at home. From 3 hours and without time limit. Languages spoken: French/ English / Spanish / Italian.

22 €/ hour + travel package of 15 €.

Contact by phone or email at Christine Rouquette : +33 (0)6 24 25 20 80

allomarypoppins.sud@gmail.com

◇ POPPINS SERVICES offers the services of a babysitter on a regular or occasional basis, in the Alpes-Maritimes, for care your children at home. From 1h30 and without time limit.

Languages spoken: French/ English

25 €/ hour (decreasing according to age and demand) + travel package between of 0.65 €/ kms.

Contact by phone or email at Fanny Rodicq : +33 (0)4 91 91 09 20 / 07 64 44 61 75

f.rodicq@marypoppins-services.fr - <https://www.marypoppins-services.fr/agence-Marseille>

RELAX AND LEARN

Our beaches :

BEACH CLUB (pay beach)

Promenade des Flots Bleus
Sandy beach
Catering, lounge music
Tel +33 (0)4.92.12.95.53

BAY STAR BEACH AND LOUNGE (pay beach)

Promenade des Flots Bleus
Sandy beach
Catering, lounge music
Tel +33 (0)4.93.14.80.25



Our public beaches :

All our public beaches are supervised by lifeguards during the summer season

- Plage des Flots Bleus (from the handiplage to the Flots Bleus restaurants)
- Plage des Vespins (next to the Tourist Information Office - dog-friendly and picnic area)
- Plage Landsberg and plage sans-tabac - not accessible for swimming
- Plage Cousteau (opposite the Cap 3000 south car park and beach volleyball) - not suitable for swimming



Let's go discover Saint-Laurent-du-Var !

*** In the old town, pedestrian courses**

A historical course of about 1h is provided in the old town. On your own, anytime of the day thanks to boards placed strategically or by way of the application « Saint-Laurent-du-Var Tourisme ».

It is also accessible for disabled people via a particular route. A booklet with explanations is available at the tourist office or you can download it on the website www.tourisme-saintlaurentduvar.com, section « Discover / a bit of history ».

For children aged between 9 and 14 years old, a treasure hunt is available at the tourist office with hints to resolve and a little present at the end.

How to go:

By car: the closest free car park is the city hall, located at the bottom of the village at 222 Esplanade du Levant

By bus: take line 20 from the shopping center CAP 3000, direction Giono/Les Pugets, to the « Saint Antoine » stop (every 15 min)

* In the Pugets forest, the athletic course

The Pugets forest is equipped with sports structures on different sites. A lovely walk is also possible with explanatory panels on the fauna and flora and wooden tables for picnicking.

How to go:

By car : free little car park in front of the forest entrance, Jean Aicard avenue

En bus : from the shopping center Cap 3000, line 55, direction La Pompe, to the « forêt des Pugets » stop.



* The regional Park Les Rives du Var, pedestrian course, bicycle and scooter.

The regional park Les Rives du Var runs alongside the Var river on approximately 3,5 kms. From the free car park of the city hall (222 Esplanade du Levant), a nice little walk with picnic tables and explanatory panels on the fauna and flora is provided to the south of the shopping center CAP 3000. Situated between the shopping center and the Var river, the ornithological area is visible from the wood esplanade equipped with benches and a bird observatory zone. You can extend the walk on the coastline and discover the peacefulness of the seashore entirely pedestrian and arrive to the dynamic marina of about 1,9 kms. Along the parc to the north, you can take the pedestrian crossing around the city hall to have access to the old town (see the first course)



The free application for Saint-Laurent-du-Var residents « SLV Sports & health »

Available on smartphone with various contents (courses, running, challenges) as well as the possibility to find all the sports offer in the town.

La Cabane à Livres (The books hut)



In summer, the Book Hut welcomes you on the Esplanade Gulls. Loan of youth books and animations about books.

For all information : +33 (0)4.92.12.40.60



The Natural Aquarium of Flots Bleus

All year round, between 9am and 12pm on the Promenade des Flots Bleus (in front of the restaurant Le Blue Bay), volunteers raise awareness among visitors to the ecosystem of the fauna and flora.

From 3 to 99 years old!



(Biblio - gaming) - 228 avenue du Général Leclerc

Special teen ! Cultural space entirely dedicated to teenagers with library mangas and other novels, comics and magazines. Video games, virtual reality, board games...

From 11 years old. Tuesday, Thursday, Friday 15h - 19h and Wednesday, Saturday 10h - 18h.

For all information : +33 (0)4 92 12 40 61 - bdmangas@saintlaurentduvar.fr

* Free leisure spaces

- Kindergarten of Cigales - Boulevard de Provence
- Kindergarten Daudet - Rue Alphone Daudet
- Kindergarten of Rascas - Chemin des Rascas
- Kindergarten Blanchette Vaïni - Parc Layet
- Kindergarten Peter Pan - Allée des Écureuils
- Kindergarten Robin des Bois - Avenue Francis Teisseire
- Leisure of Montaleigne and Kindergarten - Chemin Fahnestock
- Public garden of La Villa - Avenue du Général Leclerc
- Public garden of Square Benes
- Promenade of Berges - Departmental Park of Rives du Var
- Sport microsite of Point du Jour - Contre allée Georges Pompidou
- Multi sports site of Pugets - Rue Jean Giono
- Jaquon park - Chemin du Jaquon
- Park Layet / Boulodrome - Avenue du 11 Novembre
- Pugets forest - Avenue Jean Aicard
- Beach volleyball court - Promenade J-Y Cousteau



LET OFF STEAM LIKE LITTLE FOOLS !



THE 10 ACTIVITIES COLLABORATORS LABELED FAMILLE PLUS

1. AGASC and its 5 Centres (www.agasc.fr)

The AGASC Center (Association of Sports and Social-Cultural Management and Animations) is an association which makes available to the public, sports, cultural, educational and social activities.

◆ THE NAUTICAL CENTER (from 6 years old)

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

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

- All year, windsurfing trainings and paddle trainings (from 1.30 m) and multi activities' training with optimist and catamaran (from 6 years old) during school holidays
- Private lessons of windsurfing from 6 years old
- Paddle rental, sea kayak, windsurfing and surf, optimist and catamaran
- Ping-pong, babyfoot and inflatable structure for trainees
- Wing foil private lessons from 15 years and on reservation



◆ EQUESTRIAN CENTER (from 8 years old)

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

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

- Horse activities from 3 years old (pony ride, pet care, pony familiarization ...)
- « Technical training » full day, from 6/7 years old (galops, voltiges, equifun...)
- “Baby pony” morning for 3-6 years old and all day from 6 years old
- Pony rides for 3-7 years old. Parents can share the activity with their child

Horseback riding courses from 3 years, year-round (all levels). More information on the website.

◆ THE TENNIS PADEL CLUB OF MONTALEIGNE (from 5 years old)

1 chemin de l'Estelle - 06800 CAGNES-SUR-MER

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

- Training courses for children during school holidays from 5 years (tennis or multi activities).
- 3 packages: 2h /day, ½ day, 1 day, from Monday to Friday (tennis and sports activities: football, handball, ping pong...), paddle workshop... Price : from 95 € to 250 €.



◆ THE DANSE HOUSE (from 3 years old and a half)

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

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

- Many dancing activities all year round for children from 3 years old and a half
- Weekly courses during school holidays

◆ ESPACE DE LOISIRS LES JACQUONS

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

Leisure center for teenagers between 12 and 17 years old, every Wednesday, every school holiday and every evening of the week after classes. But also stays and mini-camps punctually.

2. Ô PETITS LOUPS FOR BABY (from 1 to 4 year old)

154 Av. Alphonse Daudet 06700 Saint-Laurent-du-Var / Tel +33 (0)7.61.63.08.76

Coffee stroller with creative workshops, yoga class for children, birthdays up to 9 years old...

On reservation only. Payment by cheque or cash.

3. THE VAR MER CLUB (from 7 years old)

260 Promenade Jacques Yves Cousteau 06700 SAINT- LAURENT-DU-VAR

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

Traineeships:

- Catamaran (11 to 15 years and adult)
- Sailing tennis and diving (8 years and older)
- Optimist (7 to 10 years)
- ♦ Rental : kayak, Catamaran, Paddle –Private lessons catamaran, paddle and dinghy

Open all year round.



4. GLISSE PARADISE (from 5 years old) (Bay Star Beach and Lounge)

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

Tel +33(0)6.18.29.46.18

www.glisseparadise.com Mail : contact@glisseparadise.com

- Guided lessons for wakeboarding, water skiing (from 6 years old)
- Tubing, paddle, air stream (from 5 years old) and Air stream (from 10 years old)
- Paddle renting (without instructor and accompanied by a parent) from 5 years old
- Pack -16 years water skiing (personalised lessons—from 5 years old)
- Waterski and wakeboard courses for 8-18 years olds
- Rental of young people from 16 years with parental permission (from 8 years if accompanying)
- Flyboard from 14 years old
- Parachute flight (from 40 kgs) and depending on weather conditions

Open from May to September.

5. AQUA PARK '06 (Digue Sud)

Tel +33 (0)6.10.09.55.47

Recreational activities from June to September from 10 a.m to 7 p.m, everyday, at the entrance of the marina, à l'entrée du port de plaisance, Quay South.

Water park and inflatable structures. Sofa buoy/air Stream, paddle and kayak renting are also provided.

On the condition of being at least 1.10 m tall and knowing how to swim. Children under the age of 8 must be accompanied by an adult.



6. CROC TA LUDO (from 3 months old)

222, Esplanade du Levant - Relais petite enfance / Tel +33 (0)4 92.12.42.64

Free games and activities for children accompanied by their parents from Monday to Friday (time to be determined according to period).

Construction games, doll's tea set, car parks, nursery rhymes, puppets, coloring, reading, slides... Cancelled in case of rain. Up to 6 years.

Free and without registration in the gardens of the municipality (see schedule on the Facebook of the city).

7. LA CABANE À LIVRES

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

In summer from from 9 am to 1 pm, the Cabane à Livres welcomes you on the seaside, Esplanade les Goélands. Loan of children's books and animations around the book.

8. LA VILLA (BIBLIO - GAMING)

228 avenue du Général Leclerc 06700 Saint-Laurent-du-Var / Tel +33 (0)4 92 12 40 61

Special teens! Cultural space entirely dedicated to teens with manga library and other novels, comics and magazines. Video games and animations around virtual reality (in summer if provider), board games, From 11 years old.

Tuesday, Thursday, Friday 3pm - 7pm and Wednesday, Saturday 10am - 6pm.

9. LE CENTRE COMMERCIAL CAP 3000

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

Inaugurated in 1969, CAP 3000 is one of the first shopping centres in France. He was also voted "Best Shopping Mall in the World" at MIPIM 2022 and labeled Famille Plus in 2021. Located in the Baie des Anges, it enjoys an exceptional location overlooking the Mediterranean and the entrance to Nice close to the airport. There are many restaurants with sunny terraces, about 300 shops, a large pharmacy, a supermarket and local shops.

10. JET CAR

Quai S - Marina - 06700 Saint-Laurent-du-Var / Tel +33 (0)7.69.97.92.62

Car rental on water, jet-ski, boat. Accessible to people with disabilities. Several formulas available and visual packs on request (photos and/or videos).

Other leisure activities to have fun!

1. Children's rides at the seaside

On "l'Esplanade les Goélands" : a duck fishing and a small train. Everyday during school holidays of July and August : 9.30 a.m - 1 p.m / 4.30 p.m - 10.30 p.m. The rest of the year : Wednesday, Saturday and Sunday (outside school holidays) + school holidays 7/7, from 09.30 a.m to 5.30 p.m.

From 11 months old.

Promenade des Flots Bleus : trampolines. Open on Wednesdays, Saturdays and Sundays and during the holidays, from 9.30 a.m to 6.30 p.m. From 08 to 50 kgs. Free for disabled people !

2. The Municipal Swimming Pool

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

Anti panic test, baby swimmers, water garden...

3. Sports workshops

From July to August : Tennis workshop with a package of 5 half-days (95 €), 5 half-days (235 €), starting from 4 years old. Lending tennis rackets, for all level, from beginner to professional.

Tennis and sailing workshop starting from 8 years old, package of 5 full days (295 €), football / tennis workshop, english / tennis workshop...

Address : L'asptt tennis - 274 rue Albert Camus 06700 Saint-Laurent-du-Var / Tel : +33 (0)6.50.64.91.58

Mail: stages@teambihoue.com

4. Ludisport

Weekly sports courses in the heart of nature during the school holidays . Until 12 year olds.

Information and and registration on +33 (0) 4 92 12 41 98

5. Ludiplage

Half-day or day registration with beach games and swimming.

Information on +33 (0)4 92 12 42 57 or +33 (0)4 92 12 42 58

For even more activities, the advisors are at your disposal at the Tourist Office.



FOR RAINY OR VERY HOT DAYS



La Bibliothèque Pour Tous

177 corniche Fahnestock - Tel +33 (0)4.93.19.08.65

Monday and Saturday : 10 a.m - 12 p.m, Tuesday, Wednesday and Friday : 3 p.m to 6 p.m

Large selection of novels, thrillers and children's books. Regular purchases of new books.

The train station animatheque

63 allée Pasteur - Tel +33 (0)4.93.19.31.77 Mail : animatheque.gare@saintlaurentduvar.fr

During school holidays: Monday to Friday 09.30am - 12.30pm / 2pm - 5.30pm

Out of school holidays: Monday to Friday 4.30 pm - 6 pm / Wednesday: 2 pm - 5.30 pm / Saturday: 9 am - 12.30 pm.

Closure for Christmas and August

Pugets' animatheque

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

During school holidays : from Monday to Friday : from 9 a.m to 12 a.m / 2 p.m to 5.30 p.m

Except school holidays : from Monday to Friday : 4.30 p.m to 6 p.m

On Wednesday : from 9 a.m to 12 a.m / 2 p.m to 5.30 p.m and on Saturday : 9.30 a.m to 12.30 a.m

Closure for Christmas and August

CAP 3000, the shopping center

Avenue Eugène Donadeï - Tel +33 (0)4.93.31.10.35



- **Animations** mapping in the hallway.

- **Halte games:** space offering fun and recreational activities for children aged 4 to 10. From 11am to 6pm every Wednesday, Saturday, Sunday and every day during school holidays and public holidays. 1h 7€ and 2h 12€, family card 5 entries at 30€ and 10 at 50€.

Payment only by credit card. For further information : +33 (0)4 93 26 79 65

- **La tête dans les nuages :** Recreational area for children and adults with 4D cinema, mini bowling, interactive games... Small restaurant on site.

Racing Zone (automotive simulator)

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

Cinémas :

- Cagnes-sur-Mer, 5 avenue de Verdun and 119 Avenue des Alpes (Polygone Riviera)

- Nice, 604 route de Grenoble « Pathé Nice Lingostière »



Museums :

- Museum of Human Palaeontology of Terra Amata in Nice Est - Tel +33 (0)4.93.55.59.93

Open everyday except on Tuesdays

Astrorama at Eze, route de la Revère - Tel +33 (0)4.93.85.85.58

- Oceanographic museum of Monaco, av. St Martin - Tel +377.93.15.36.00

Open everyday except 25/12 and Formula 1 Grand Prix weekend

Covered parks :

Kids City Nice Tel : +33 (0)4.92.01.10.70 - 590 route de Grenoble—06200 Nice (downstairs Forum Lingostière) & Royal Kids Antibes - Tel: +33 (0)4.89.89.19.50 172, av. Weisweiler - 06600 Antibes

Play areas for children from 0 to 12 years old. Socks required.

Caves :

- Grotte de la Baume obscure, 2600 chemin Sainte Anne, 06460 Saint-Vallier-de-Thiery : +33 (0)4 93 42 61 63

- Via Souterrata au Parc de la Moulière, 06750 Caille : +33 (0)4 93 40 89 16

Activities for children available at : <http://www.recreanice.fr/>



FAMILLE PLUS CERTIFIED RESTAURANTS



Full list of establishments available on request at the tourist office

1. GOURMET BAR BY NOVOTEL RESTAURANT (Novotel hotel)

40 avenue de Verdun - 06700 SAINT-LAURENT-DU-VAR
Tel +33 (0)4.93.19.55.55



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

The Gourmet Bar by Novotel offers a space for games and colouring. A children's menu "Kids Menu" is offered up to 12 years (dish, dessert, drink) with a personalized welcome, high chairs, bottle warmers, a microwave. A corner to change diapers. Free breakfasts for children under 16 accompanied by their parents. Rooms at preferential prices for families with children. Holiday vouchers accepted.

2. CHEZ MAX

167 Prom. des Flots Bleus - 06700 SAINT-LAURENT-DU-VAR
Tel +33 (0)4.93.31.13.30

Type of catering : burgers, tapas, cocktails

The restaurant Chez Max, offers a child menu varied at 10,50 € with fresh products. The restaurant is equipped with a microwave, booster seats and a place to store strollers. Holiday vouchers and meal vouchers are accepted.

3. LE PLAISANCE

Quai de la Pérouse—06700 Saint-Laurent-du-Var
Tel +33 (0)4.93.31.24.18

Type of catering : traditional

Le Plaisance offers a children's menu at 10 €. High chair and booster seat are available as well as children's games.

4. EDGAR GASTRONOMIC BURGER

Commercial Center Cap 3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.92.04.88.86

Type of catering : burgers

Children's menu at 9.90 € (dish/drink/ice cream). High chairs, free outdoor games. Colourings and pencils available.

5. L'EVASION

Commercial Center Cap3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.92.27.06.50

Type of catering : traditional and fresh products

Restaurant certified Tourism Quality. Corner to change diapers. Children's menu at 12 €. High chairs, booster seats, and changing tables.



6. LA CANTINA

Commercial center Cap3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.93.26.70.38

Type of catering : italian cuisine

Child's menu 13 € meal/drink/dessert). High chairs and changing tables. Games and colouring.

7. PANASIA

Commercial Center Cap3000 - 06700 Saint-Laurent-du-Var
Tel +33 (0)4.93.26.05.38

Type of catering : asian fusion

Asian specialties. Children's menu at 10.90€ (dish/drink/dessert). High chairs, booster seats, and changing tables. Colouring on the theme of Asia and colouring pencils available.

8.LES JARDINS DU CAP

Commercial Center Cap3000 - 06700 Saint-Laurent-du-Var
Tel : +33 (0)9.51.29.79.36

Type of catering : traditional/pancake house

Les Jardins du Cap offers a children's menu with fresh products and home-made (13.90 €). Table sets to color are offered to children. The restaurant is equipped with a changing table, boosters seats and high chairs. The restaurant is located inside the Shopping Centre, close to LEGO store.



PUBLIC TRANSPORT

Bus Lines :



Price : 1.50 €. It's possible to buy a card of 10 travels at 10 € to the Loto of Cap 3000 (ground floor), or at Ligne d'Azur duty period on Mondays and Wednesdays from 10 a.m to 1 p.m and from 2 p.m to 5 p.m (except holidays) at the front desk of Cap 3000, or on Thursdays and Fridays from 9 a.m to 12 p.m (except holidays) in the hallway of the Town Hall or via the "NFC Nice Ticket" smartphone application.

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



06 Département des Alpes-Maritimes

Single fare of 2.50 € from the driver, or 2.10 € if purchased in advance on the ZOU! application, the website zou.maregionsud.fr or in a local commercial agency 17 Av. Thiers or 94 Bd René Cassin in Nice.

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

Possibility of making connections between the ZOU and LIGNES D'AZUR bus lines for a limited time and by telling the driver.

Ligne d'Azur and the departmental lines of the Departmental Council offers many destinations between Cannes and Menton from Saint-Laurent-du-Var.

Tramway :

Three lines exist on the town of NICE. From Nice North « Henri Sappia » to Nice East « Hospital Pasteur » (line 1), from Nice city center « Port Lympia » to Nice West « CADAM Centre Administratif » or « Airport Terminal 2 » (1 tram on 2/ line 2) and from « Nice Airport Terminal 2 » « to Saint-Isidore » (line 3). Price at 1.50 € per way or via the 10 travels card. For daily, monthly or annual subscriptions, get closer to the Ligne d'Azur duty periods.



Taxis of the town : +33 (0)4.93.14.92.92

19 rue Léonard Anfossi - 06700 Saint-Laurent-du-Var (France)

Train : coast line from Cannes to Ventimiglia (Italian border)

Information and booking on: www.sncf.fr

Les « Vélobleu » :

Vélobleu self service stations which offers to connect Saint-Laurent-du-Var's, Nice's and Cagnes-sur-Mer's cities between them.

The 1st half hour free. Payment by phone only.

The access fees is from 1 € per day to 25 € per year and a price changes according to the duration of use: 1 € the 2nd half hour then 2 € per hour.

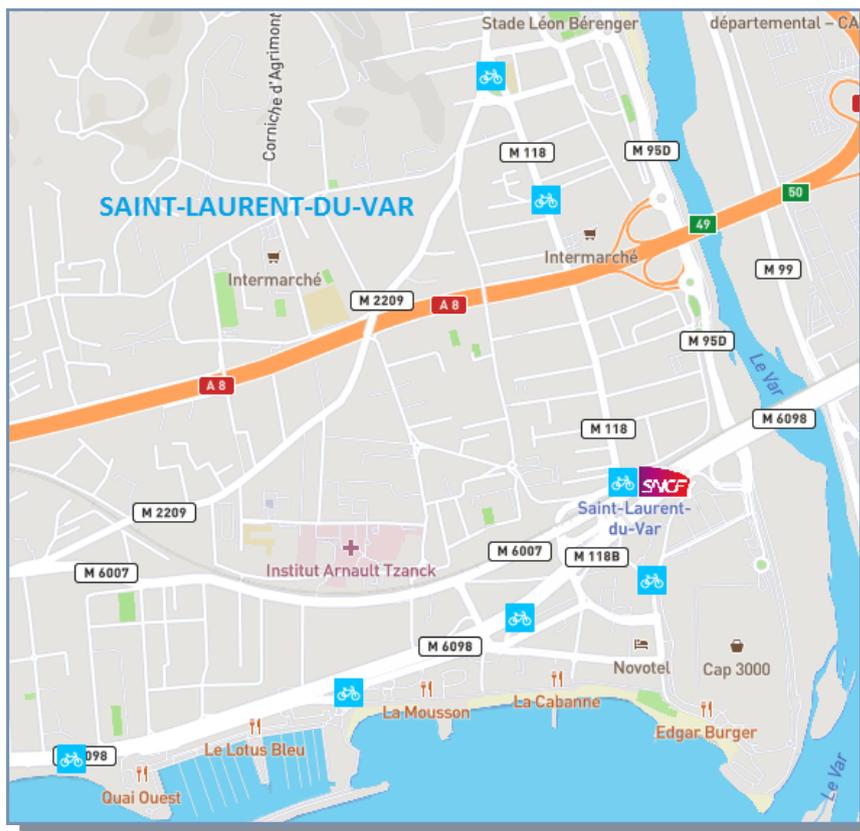
More information on : www.velobleus.org



A new 100% electric bike rental system offered by the Nice Côte d'Azur Metropole is self-service. Available 24/7, the 200 E-bikes are available to users (aged 14+), via a dedicated application. The handling and the restitution of these E-Velobleu are done in the car parks listed in the application.

VÉLO-BLEU STATIONS :

Bike path on the seaside 10 kms to Nice.



Rosalies ENERGY LOCATION

Renting for 2 to 9 people (+ 2 children of 3 years old maximum at the front).

It's possible to rent bikes, electric bikes, tandem, karts + inflatable structures

Promenade de la Plage (shop on the seaside in front of the Hippodrome of Cagnes-sur-Mer.

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

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





FAMILLE PLUS CERTIFIED ACCOMMODATION



Full list of establishments on request at the Tourist Office

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

Promesse IHG Clean

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 years old. Baby materials, board games and books available. Holiday vouchers accepted.



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

#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

The Novotel offers for children comics, board games, outside games. Inside the hotel, you could access at the swimming pool and share outside activities such as ping pong, badminton. Free breakfast for child under 16 years old while taking with family (1 adult = 1 child). Baby equipment on request. Holiday vouchers accepted.

3. RESIDENCE PIERRE ET VACANCES ****

Adherent to the security charter Plus

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

Tel +33 (0)4.92.12.35.35

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

At the « Pierre & Vacances » residence, you'll find board games, outside games (baby-foot, ping-pong) but also a bike shed, a covered pool, and 2 tennis fields. Free bicycle storage. Baby items on reservation for 10€. Children's corner monitored by a camera near the reception. Holidays vouchers accepted.



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

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

Booking : +33 (0)4.92.15.21.30 - www.villa-le-printemps.com / abritel.fr

Villa with garden level, books, board games, comics... (disinfected for every use)
It is provided with one room with a double sized bed, a simple bed and a convertible bed (gite accessible for 5 people: 2 couples with one child or one couple with 3 children including 1 baby)
Baby bed and stroller on request.

The villa is equipped as well with a microwave, a high chair, a baby bath, Wifi and reversible air conditioning. Closed parking lot. Shuffle on request in addition.



WHAT TO DO IN THE SURROUNDINGS ?



AMUSEMENT AND GAME PARKS

- **La promenade du Paillon in Nice for all ages**

Also called “coulée verte”. Garden in the city center, close to Place Massena with wooden games for children and water mirrors.

Tel +33 (0)4.97.25.49.00



- **4 amusement parks for all in Villeneuve-Loubet**

Pitchoun Forest, Le Bois des Lutins, Le Village des Fous .

Address : 2559 Route de Grasse, Espace Loisirs La Vanade - 06270 Villeneuve Loubet

Tel +33 (0)4.92.02.06.06

Canyon Forest (2.5 km of land to cross)

Adresse : 26 Route de Grasse - 06270 Villeneuve-Loubet

Tel +33 (0)4.92.02.88.88



- **The Castle Hill**

Large park with a playground for children, panoramic view of the city, waterfall, ruins and small catering.

Tel +33 (0)4.92.14.46.14



- **Amusement park la Belle Epoque in Cimiez' Arena Park (from 2 years old)**

17 unique attractions and rides from the 30/50s', totally renovated and up-to-date. Rides, bus, swings, musical wheels, a traditional caravan (possibility to organize birthdays), shows, cyclo-carrousel and the trampoline. Prices of the attractions for 1 day: 6 € by child and free for the parent chaperone.

Picnic area and large relaxation area at the Cimiez' Arenas' Park. Catering possible and toilets on-site.

Address: Jardins des Arènes de Cimiez - 184 avenue des Arènes de Cimiez - 06000 Nice

Tel +33 (0)6.20.66.86.50 / info@divertissements06.fr / https://www.divertissements06.fr



- **Ludiparc in La Colle sur Loup**

4.8 hectares of park with playground, mini golf, climbing, trampoline, river, restaurant, snack ...

From 3 years old.

Address : 1401, Route Pont de Pierre - 06480 La Colle-sur-Loup

Tel : +33 (0)9.70.35.26.00 - ludi-parc@orange.fr



- **Salto trampoline arena in Mougins**

A unique experience to realise acrobatic figures on trampolines, play basketball or dodgeball with your friends, jump in the foam swimming pool and airbag... A ticket to Salto gives you access to the full center for 1 hour. From 6 years old. For 3 to 5 years old accompanied, a baby trampo is provided.

Address: 609 route de la Roquette—06250 Mougins

Tel: 04.93.12.16.51—https://www.trampoline-indoor.fr/parc-mougins



- **Marineland (marine zoological park), Aquasplash (water park with water slides), Kid's Island (small farm and play area) et Adventure Golf (mini golf) for all in Antibes for all**

Address : Marineland place - 306 Avenue Mozart—06600 Antibes

Tel : +33 (0)4.93.33.49.49



NATURAL AND ANIMAL PARKS

- **Phoenix Park in Nice**

Animal park with greenhouse including birds and reptiles, wooden playgrounds for children, snack.

Address: 405 Promenade des Anglais - 06200 Nice - Tel park:+33 (0)4.92.29.77.00



- **Departmental parks of Vaugrenier and La Valmasque**

Several hectares of greenery with playgrounds, ornithological area and/or fitness trail.

1. Vaugrenier Park : 946 Avenue de Vaugrenier - 06270 Villeneuve-Loubet / Tel +33 (0)4.97.18.60.00

2. Valmasque Park : Route départementale - 06250 Mougins -Valbonne - Tel +33 (0)4.92.92.14.00



- **The Reserve of Monts d'Azur**

800 animal species (all orders: mammals, birds, insects, fish...), in freedom in nearly 700 hectares of the Reserve. Horses, wild boars, bison and many more will delight young and old alike on guided safari, on foot, in a carriage, snowshoeing or sleigh.

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



- **Lerins Islands in Cannes (Saint Marguerite Island to picnic and to swim)**

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 natural sub-marine park of Villefranche sur mer**

The scuba diving center Rand'eau évasion offers from May to October activities « submarine paths » of 3 hours upon reservation. The trip starts by a boat ride to go to a specific spot with a rich fauna and flora, you could enjoy the beautiful panoramic of Villefranche sur mer and Saint Jean Cap Ferrat, then followed by a submarine hiking supervised by an sport instructor. There is not contraindications to do submarine hiking. Equipment supplied from 6 years old with parental authorization.

Address: 32 Avenue du Général de Gaulle, Port de la Darse - 06230 Villefranche sur Mer

Tel: + 33 (0)6.18.79.62.33 - contact@randeaevasion.com

MUSEUMS AND FORTIFICATIONS

- **Departmental museum of Asian art in Nice**

Adults and children accompanied by an adult are invited to a chinese and japanese calligraphy group activity starting from 10 years old, origami from 7 years old and japanese tea ceremony from June (for the tea). But also permanent and temporary exhibition. Fun books are offered at the entrance.

Address: 405 Promenade des Anglais - 06200 Nice - reservation and information on the website www.maa.departement06.fr / Tel : +33 (0)4.89.04.55.20



- **The Matisse Museum in Nice**

Free access creation place for all ages inside Cimiez Arenas' big park (picnic authorized inside the activities and artistic trainings addressed to children from 5 to 12 years old. Visits and activities need to be booked in advance. Address : 164 Avenue des Arènes de Cimiez, 06000 Nice - www.musee-matisse-nice-org / Tel : +33 (0)4.93.81.08.08



- **The Castle Museum Grimaldi in Cagnes-sur-Mer**

A XIVE fortified castle at the top of Haut de Cagnes (old town) becomes museum in 1946.

Open from 10 a.m to 1 p.m and from 2 p.m to 6 p.m

Address : Grimaldi place - Tel +33 (0)4.93.01.73.68

- **The Citadelle of Villefranche sur Mer**

Overhanging one of the most beautiful harbour of the world, Villefranche sur Mer and its Citadelle during the XVIe, classified historical monuments, offers a unique and fascinating view. The citadelle is composed of several museums opened all year with supervised playful workshops. For children from 5 years old with parents. Workshops are not free and upon reservation. Annual closure November 1st to March 31st.

Address: Les fosses de la Citadelle - 06230 Villefranche sur Mer - Tel: +33 (0)4.93.76.33.27



- **Fort Carré (fortress) in Antibes**

Located on the Presqu'île Saint Roch, the fortress is built upon a high rock of 26 meters above the sea level. Its walk offers a 360° panoramic view. The fortress is surrounded by a 4 hectares protected park with a Mediterranean fauna and flora. Guided visits upon reservation. Closed on Mondays and in case of bad weather.

Address : Avenue du 11 Novembre - 06600 Antibes - Tel +33 (0)4.92.90.52.13

BOARD SPORTS AND ACTIVITIES :

♦ The skating rink Jean Bouin in Nice (Swimming pool and icing rink)



Every Sunday mornings (except in July/August), public season for families “ Le Jardin de glace”. From 9 a.m to 12 a.m, paths and workshops, reserved and secured area. Free for children under 4 years old.

Address : Patinoire complexe Jean Bouin- 2 rue Jean Allègre Tel : +33 (0)4.97.13.27.18

Summer closure of the rink from July 18 to August 18, 2021 inclusive.

OTHER ACTIVITIES :

• Florian confectionary in Nice

Guided free visits without booking in 5 languages in which you will learn all about the transformation of the best fruits and flowers of the region.

Visits of the confectionary with introduction to the shop and tasting (2 shops: Nice and Pont-du-Loup). Open from 9 a.m to 1 p.m and from 2 p.m to 6.30 p.m by week and 10 a.m to 1 p.m and 2 p.m to 6 p.m Sunday and holidays. Favor weekly visits rather than week end visits.

Address : 14, quai Papacino, 06300 Nice

Tel : +33 (0)4.93.55.43.50

• Gastronomic cooking class in Nice

Gastronomic cooking initiation with fresh and seasonal products. Children/parents activities from 9 p.m/4.30 p.m one Saturday in two alternating (3/6 years old). Children workshops from 3 p.m to 5 p.m on Wednesday (6/12 years old). Teenager workshops from 3 p.m to 4.30 p.m one Saturday in two alternating (12/16 years old). Workshops and classes to book during school holidays and in July.



Address : 75 av. Borriiglione, 06100 Nice - www.cuisinesurcours.com

Tel: +33 (0)4.93.96.17.29

• French riviera hippodrome in Cagnes sur mer

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

Address : 2 boulevard John Kennedy - 06800 Cagnes-sur-Mer.

Tel : +33 (0)4.92.02.44.44

• Molinard house (perfumery)

Visit of the museum and the products in the perfumery, workshop creation « Le Petit Parfumeur », 20min workshops for children from 4 to 8 years old and 1h from 12 years old.

Address (Nice) : 20, rue Saint François de Paule, 06300 Nice / Tel : +33 (0)4.93.62.90.50

Address (Grasse) : 60 bd Victore Hugo, 06130 Grasse / Tel : +33 (0)4.93.66.51.71

• Monaco tours in Monaco

Embark on a journey in Monaco starting from the Oceanographic Museum ! This course of about 30/40 min wanders the most beautiful sites of Monaco : Monacos' harbour, Formula 1 Grand Prize, Casinos' square, luxury hotels, the city center, the mythic rock with the Princely Palace, the cathedral and the oceanographic museum of Monaco. Offered in 12 languages thanks to audioguides and equipped of panoramic roofs, the little train is in service everyday of mid-February until mid-November.

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



CERTIFIED SKIING STATIONS



♦ AURON / SAINT DALMAS (Around 1h30 drive)

The resort of Auron offers a leisure center, a cinema and mountain bike tours and electric bikes from 7 years old (all levels), but also a wide choice of nature activities in summer: elastic'trampo, carts and duck fishing for toddlers, bootcamp from 10 years old, mini bootcamp from 6 to 8 years old, climbing from 4 years old, family space from 3 years old (inflatable structures, ball carousel, pedal boat...), yoga from 7 years old, indoor pool with children's area, tennis from 4 years old. Bergerie de la Belloire, square with water jets, trout fishing lake and swimming lake with paddle and kayak, small goblins wood from 2 years old at St-Etienne-de-Tinée.

Tourist Office Auron : Grange Cossa - 06660 Auron / Tel: +33 (0)4.93.23.02.66

Tourist Office Saint-Etienne-De-Tinée : Place de l'église - 06660 Saint-Etienne-De-Tinée /

Tel : +33 (0)4.93.02.41.96

♦ ISOLA 2000 (Around 1h30 drive)

Numerous events like concerts or magic shows and many more are organized, poney walks of 1h, a swimming pool, tennis, climbing, trampoline, an ice rink, a visit to a farm, a cinema, a wolf sleigh baptism... Kids and teenagers clubs are provided during school holidays.

Tourist office : Apartment Le Pelevos (06420) / Tel : +33 (0)4.93.23.15.15

Mail: info.isola@nicecotedazurtourisme.com

♦ LA COLMIANE (Around 1h drive)

La Colmiane station offers many entertainment during summer and winter like movie screenings, hikes, France's longest zipline, summer sledding, climbing, mountain bike, mini-golf, of paragliding, treetop adventure course, trampo, donkey walks, relax in the relaxation area of the Adrechas residence (jacuzzi/hammam)...

Tourist Office of Colmiane station -06420 Valdeblore / Tel : +33 (0)4.93.23.25.90



WASTE SORTING, AN ECO-FRIENDLY ACTION

The city of Saint Laurent du Var is a classified and engaged tourism station who received many distinctions in the sustainable development field:

- ◆ Three times « A.G.I.R (Action Globale Innovante pour la Région) pour l'énergie » prize winner
- ◆ 3 flowers ranking at the national competition of the flowered cities and villages

FOR GOOD GESTURES, ASK THE WASTE SORTING GUIDE AT THE TOURIST OFFICE

**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 flacons 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 bocaux

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.

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

MY DOG IN THE CITY



12 canines spaces available at anytime and regularly cleaned



1 dogs park in the Layet Park for dogs to freely enjoy



1 dogs beach accessible at the entrance of the city next to the Tourist Information Center (Vespins beach)



Free bags distributor are restocked once a week !



Dogs must be kept on a leash or you will risk having a 450€ fine.

EVERY PLAYGROUNDS !

Sea - Mountain - Nature - City...



Saint-Martin-Vésubie | Nice | Saint-Laurent-du-Var | Auron | Vence

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for a family trip!



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OUR CONTACT DETAILS :

