

## LIVING SAINT-LAURENT BY BIKE

With an ideal geographical location for cyclists, Saint-Laurent-du-Var offers to its visitors the charm of an authentic village and animation of a classified station of Tourism turned to the Mediterranean and its pleasures. It has a paved bike path of 10 km by the sea until Nice, as well as a course in the Departmental Park "Rives du Var", where you can walk and bike along the river «Var» and to make the junction between the coast (Cap 3000) and the industrial area and the city center.

The road EuroVélo 8 of 5888 km, connects 11 well-known destinations like Barcelona, Monaco, Venice, the Croatian coast, Cyprus (...) and popular tourist attractions. Explanatory guides are available at the Tourist Office.

The Tourist Office of Saint-Laurent-du-Var is marked Home Bike. It's located along a bike path linking the seaside of Nice and Cagnes-sur-Mer and have in addition to the information, electrical outlets and parking poles, first emergency repair kits and a standing inflator.

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

[info.saintlaurentduvar@nicedazurtourisme.com](mailto:info.saintlaurentduvar@nicedazurtourisme.com) - [www.tourisme-saintlaurentduvar.com](http://www.tourisme-saintlaurentduvar.com)



### STAYING :

The following hotels are equipped with a secure space or location suitable for storing bicycles:

- **Novotel \*\*\*\* (40 avenue de Verdun – 04.93.19.55.55 – [h0414@accor.com](mailto:h0414@accor.com))** : Three arches and a storage room available - <https://all.accor.com/hotel/0414/index.fr.shtml>

→ 1.3 km from the tourist office



- **The Originals City, Hôtel Galaxie \*\*\* (14 avenue du Maréchal Juin – 04.93.07.73.72 - [reception@hotelgalaxie.fr](mailto:reception@hotelgalaxie.fr))**: has a bicycle room and hoops - <https://www.hotel-galaxie-nice.fr/>

→ 1.8 km from the tourist office



- **Ibis Style Cap 3000 \*\*\* (190 avenue Guynemer – 04.92.12.88.88 - [h5489@accor.com](mailto:h5489@accor.com))**: closed box in the basement <https://all.accor.com/hotel/5489/index.fr.shtml>

→ 1.7 km from the tourist office

- **Le Gabian \*\*\* (932 route des Vespins « les Paluds » - 04.93.31.24.95 - [info@hotel-legabian.com](mailto:info@hotel-legabian.com))**: secure indoor terrace, hotel gardens

→ 1.3 km from the tourist office

- **Villa de Montaigne (260 chemin de la Tour carrée – 04.93.14.07.12 - [lestroisoeurs1@orange.fr](mailto:lestroisoeurs1@orange.fr))** : an arch and a wooden room are available

→ 6.5 km from the tourist office

### WHAT TO SEE / DO :

#### THE SEASIDE

The seaside of Saint-Laurent-du-Var is equipped with arches near the tourist information office, the beach and the bike path. Also, free public toilets and a water point.

### **CAP 3000**

Shopping center with more than 300 shops and services (medical center, supermarket, restaurants, dry cleaning, etc.) close to the bike path. The establishment has two-wheeled car parks suitable for bicycle parking, at the entrances «Porte de Saint-Laurent» and «Porte de Nice». Instructions for helmets are available.

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

### **THE DEPARTEMENTAL PARC DES RIVES DU VAR**

It offers a pleasant walk, both on foot and by bike, along the river «Var», between Cap 3000 the shopping center and the north of the town.

Wooden tables have been set up for picnics and wildlife information panels.



### **THE OLD TOWN**

Dating from the Middle Ages, the old town is recognizable by its typical houses of the time on 3 floors, its narrow alleys full of history and its church dating from the 11th century.

Throughout the year, a connected route in complete autonomy is available at any time of the day, thanks to panels positioned in strategic places and via application *SAINTE LAURENT DU VAR TOURISME* available for free on Smartphone. A specific route is also dedicated to people with disabilities.

Nearby are free public toilets, located in the Town Hall Park, Parc Layet.

### **ELSEWHERE :**

-  The seaside of Cagnes-sur-Mer is equipped with arches at the Tourist Information Office as well as in several places along the bike path.
-  The Haut-de-Cagnes: to access the Château Grimaldi, it is better to park your bike at Square Bourdet and take the free shuttle in rotation every 10 minutes.

### **COMBINING BIKE AND PUBLIC TRANSPORT:**



**Bicycles are not accepted on buses or trams**, but you can hang them on a pole and then travel by public transport.

#### **The train :**

The easiest way to get around is by train. You can access all TER for free with your bike, preferably in the last wagon. However, the reservation is mandatory in the TGV (10€ per bike).

See at the train station before your journey or by telephone at 3635 – [www.sncf.com/fr](http://www.sncf.com/fr)

#### **The bus:**

Single price of 1.50€ or 10 travel card at €10, on the smartphone application «NFC Nice Ticket», at the Cap 3000 Loto point (ground floor – only for the card of 10 travel) or at the Lignes d'Azur permanence (Mondays and Wednesdays from 10a.m to 1p.m and from 2p.m to 5p.m at the reception of Cap 3000 and Thursdays and Fridays from 9a.m to noon in the lobby of the City Hall).

Lignes d'Azur and ZOU (departmental lines) offer many destinations between Cannes and Menton from Saint-Laurent-du-Var.

More information on: <http://www.lignesdazur.com> / <https://zou.maregionsud.fr/>

For daily, monthly or annual subscriptions get closer to the Lignes d'Azur office or the Zou office in Nice-Ville train station.

#### **Taxis:**

Booking at +33 (0)4.93.14.92.92

### The tram:

Three lines on the commune of NICE:

- Line 1: from Nice North “Henri Sappia” to Nice East “Hôpital Pasteur”
- Line 2: from Nice city-center «Port Lympia» to Nice West «CADAM Centre Administratif» or « Airport Terminal 2» (1 tram out of 2)
- Line 3: Nice West “Airport Terminal 2” to Nice West “Saint-Isidore”

Possibility to make connections from the bus lines of Saint-Laurent-du-Var (200 / 400 / 500 / 217...) with the tram for a limited time (same ticket for bus and tram).

### Les Vélobleu and E-vélobleu

12 self-service bike stations allow to connect the stations of Saint-Laurent-du-Var, Nice and Cagnes-sur-Mer.

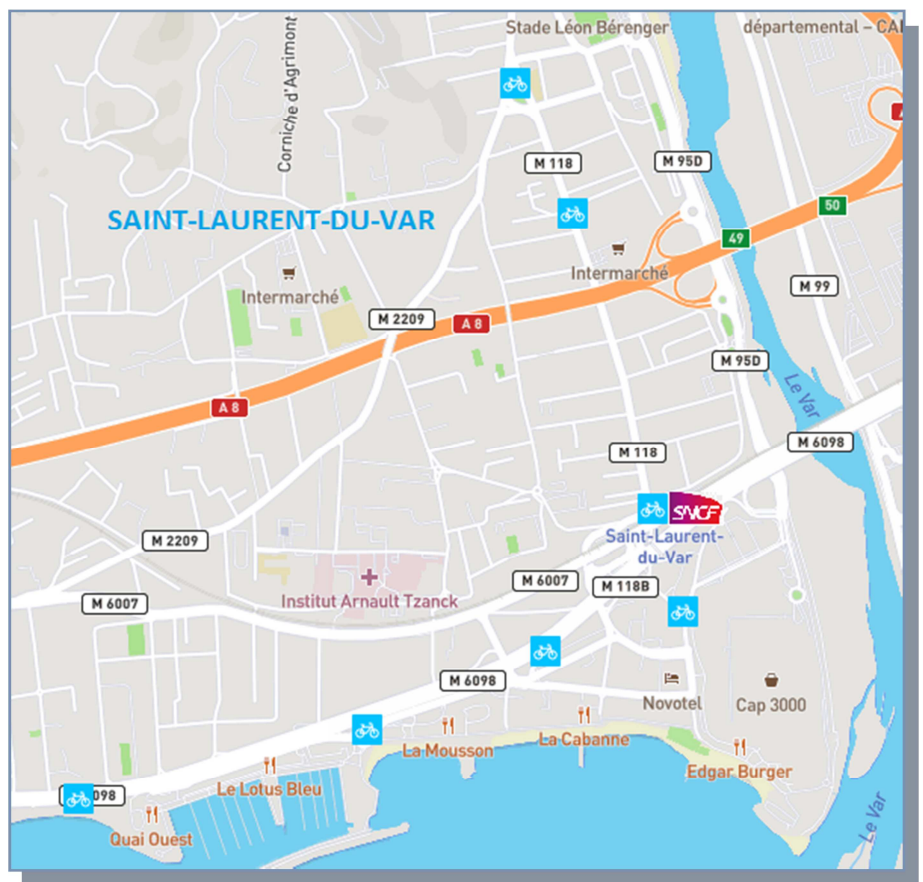
The first half hour is free (access fee + 1€ the 2nd ½ hour then 2€ per hour).

**Payment by phone only.** But also 100% electric bikes, available via the app *E-VELOBLEU*. The handling and return of these bikes are done in the car parks listed in the application.

More information on : <https://www.velobleu.org/en/> and <https://www.velobleu.org/en/le-e-velobleu/>

### *BLUE BIKE STATIONS:*

Bike path from the seaside of  
10kms to Nice.



### **ELECTRICAL CONNECTIONS:**

The municipalities of Saint-Laurent-du-Var and Cagnes-sur-Mer are equipped with electrical connections within the tourist information offices:

- ❖ *Tourist office* of Saint-Laurent-du-Var : 1819 Route du bord de mer – 06700 Saint-Laurent-du-Var
- ❖ *Tourist office* of Cagnes-sur-Mer : 99 Promenade de la plage – 06800 Cagnes-sur-Mer

## RENTING AND REPAIRING :

### RENTAL COMPAGNIES

#### From Saint-Laurent-du-Var :

##### **SPOC (road bikes)**

111 av. Léon Bérenger  
+33 (0)4 93 07 40 44

<https://spoc.fr>  
[contact@spoc.fr](mailto:contact@spoc.fr)

#### From Cagnes-sur-Mer :

##### **ENERGY LOCATION**

Beach in front of Hippodrome of  
Cagnes-sur-Mer

+33 (0)6 34 67 28 61

<http://www.energylocation-loisir.fr>  
[roycogold@gmail.com](mailto:roycogold@gmail.com)

##### **STARS'N BIKES**

99 Promenade de la plage  
+33 (0)4 93 07 30 00

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

### SELLERS

#### Myrock Diffusion :

9 rue Desjobert  
+33 (0)6 27 30 74 37

*Sale of bicycles and clothing/sports  
accessories*

[www.myrock3.com](http://www.myrock3.com)

#### Leader Cycles :

54 bd Jean Ossola  
+33 (0)4 93 07 53 02

*Sale of high-end bicycles and  
after-sales service*

<https://www.facebook.com/Leader-Cycles-169377173597570/>

### REPAIR TECHNICIANS

**SPOC has a bike repair shop of  
any brand**

**+33 (0)4 93 07 40 44**

*→ 1.6km from the tourist office*

#### **BIKE'ON (all type of bikes)**

Mobile Repair Truck Shop  
throughout the department

**+33 (0)6 50 61 61 28**

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

[contact@bike-on.fr](mailto:contact@bike-on.fr)



#### **ENERGY LOCATION**

**(workshop : 6 rue des Capucines  
– 06800 CAGNES-SUR-MER)**

**Open Mondays, Tuesdays,  
Thursdays and Fridays during  
the day**

**+33 (0)9 81 09 48 10**

*→ 4km from the tourist office*

### METROPOLITAN NICE FRENCH RIVIERA TOURIST OFFICE

Information office of Saint-Laurent-du-Var  
1819, Route du Bord de Mer  
06700 SAINT-LAURENT-DU-VAR  
Tel +33 (0)4 93 31 31 21 - Fax +33 (0)4 93 14 92 83  
[info.saintlaurentduvar@nicedcotedazurtourisme.com](mailto:info.saintlaurentduvar@nicedcotedazurtourisme.com)

Find us on:

<https://www.explorenicecotedazur.com>

FB @exploreNiceCotedAzur  
Instagram @explorenicecotedazur  
Twitter @ExploreNCA

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### SEASIDE INFORMATION OFFICE

**October to May:** from Monday to Friday 9 am – 12.30 pm / 2 pm – 5.30 pm.  
Saturday and Sunday 9 am – 1 pm during Nice Carnival and Saturday 9 am – 1 pm during spring holidays of the 3 zones and in May.  
**June:** from Monday to Friday 9 am – 12.30 pm / 2 pm – 6 pm and Saturday 9 am – 1 pm  
**July and August:** from Monday to Saturday 9 am – 1 pm / 2 pm – 7 pm and Sunday 9 am – 1 pm  
**September :** from Monday to Friday 9 am – 12.30 pm / 2 pm – 6.30 pm and Saturday 9 am – 1 pm

### INFORMATION OFFICE OF CAP 3000

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

