

TEN FABULOUS DAY TRIPS IN & AROUND NICE ON THE FRENCH RIVIERA

MUSEUMS, DAY HIKES, RESTAURANTS, SHOPPING & MORE

PARIS-NICE VACATIONS



A Note from Ralph & Karen Moorhouse



Photos courtesy of Ralph
and Karen Moorhouse

Hello! We are Ralph and Karen, an American couple who fell in love with Paris and France over 20 years ago. Work-related trips brought us here, but we kept coming back for holidays, then extended visits, and then...In 2005, we evaluated and decided nothing was stopping us from buying a place of our own in Paris.

Lots of research, learning, and many kilometers of sneaker-rubber later, we put our house in the United States on the market. It sold in 10 days, and we found [our apartment in Montmartre](#) two months later. In 2008, we started renting to guests—travelers like we once were (we always preferred apartments over expensive, cramped hotels).

[Le Trésor de Montmartre](#) has proved quite popular, to the extent that we have trouble finding a break in the booking calendar to stay there ourselves!

In the midst of this, we found Nice. After several holidays in and around Nice, we thought, why not buy a pied-à-terre in the area? Despite the challenges involved in renovating from afar—which we knew very well at that point—we jumped in again in late 2010. We now have four apartments in Nice!

Please [get in touch](#) with questions, or to book your stay at one of our apartments. We'd be happy to share our insider knowledge of these places we love so much.

Ralph and Karen

www.parisnicevacations.com

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Day Trip #1: Head for the Hills

So much of the French Riviera is about the water, and nowhere along the French Riviera is that more true than in Nice. However, if you do want to explore more of the city, and/or if the day is too overcast for the beaches, then heading up to the suburb of Cimiez on the hill behind the city is well worth your time.

Église et Monastère De Cimiez

A short bus ride from Place Massena on Bus #15 or 17 will take you up to the top of the hill where you can start your day at the 15th Century Franciscan Monastery of Cimiez.

It's always lovely to walk into the churches of France, but here you can also visit the Franciscan Museum (it's free), dedicated to the life of Franciscan monks past and present. You may catch a few actual monks walking around in real life there.



Façade of monastery
(image used under creative commons license)

Cemetière De Cimiez

Just next door to the church is a fascinating cemetery. It might seem strange, but cemeteries can be delightful places to visit when traveling. So elaborate, even artful, the tombstones, some with well-known names, are fascinating to read. Look for the tombs of painters Henri Matisse and Raoul Dufy.

Also notice the spectacular view for these souls resting in peace, which is the city of Nice far below.



Jardin Du Monastère De Cimiez

The Monastery is surrounded by lush, well-tended gardens. With over two acres of trees, flowers, walkways, and a bird's eye view of the city, it is one way to escape the summer crowds on the beaches below.

Musée Archéologique De Nice-Cimiez

From the gardens you can walk through the olive tree grove to reach the next stop for your day on the hill, the archeological museum of Cimiez.

Cimiez was once the Roman capital for this area of the Roman empire, conquered and annexed for Rome by Julius Caesar. Most of the Roman city is buried beneath this modern, and upscale, suburb of Nice, but a few things remain: the ruins of the Roman baths and the Arena (think gladiators).

The Archeological Museum is close by the ruins.



Practical Information for Your Day on the Hill

Getting there: Catch buses 15 or 17 from just behind the Galleries Lafayette near Place Massena. If you're not sure where to get off, just ask the driver, or follow the other tourists.

Museums: Entrance fees are generally 10 Euros for adults, but be sure to check out the 24-hour and 7-Day [museum passes for Nice](#).

Musée Matisse

Besides the Monastery, the Cemetery, the Gardens and the Roman Ruins, all very worthy, you can also pop into the Matisse Museum.

Musée Matisse is housed in a rose-colored mansion with pale green shutters, and is home to “68 paintings and gouaches, 236 drawings, 218 prints, 95 photos, 57 sculptures and 14 books illustrated by Matisse, 187 objects that belonged to the painter, and prints, tapestries, ceramics, stained glass and documents.” That should keep you busy if you’re a fan of Matisse.

On the return trip down the hill to the next stop, you will pass the exquisite Excelsior [Regina Palace](#), once an exclusive hotel, but now private condos, where Matisse spent his last years in Nice. There’s a delightful café here near the entrance that makes a great stop for lunch.



Musée Chagall

Your last stop on this tour of the hill, is the lovely, lovely, not-to-be-missed Chagall Museum, where you will most definitely fall in love with this painter and his work.

Each room of this small museum gives a different experience with Marc Chagall, the main hall showing off his large canvases: Adam and Eve being chased from the garden of Eden on the back of a red rooster, Moses receiving the Ten Commandments from God, and Noah gazing up at the Rainbow after the flood.

Be sure, if you go, to stay for the short film which is shown regularly in the stained glass chapel/auditorium. It tells of the life of Chagall through images of his childhood in a Jewish *shtetl* in Russia to his life as a young artist in Paris.

You are going to be exhausted at this point, for sure, especially if you have taken in all these sites. Luckily, there is a little café on the museum grounds where you can have a well-earned glass of rosé or a coffee before heading back down to the city.

You might enjoy the walk back from here, which passes through residential neighborhoods of Nice, or catch the #15 or #17 bus back to town just outside the museum.



"When Matisse dies,
Chagall will be the only painter left
who understands what color really is."

—Pablo Picasso

Day Trip #2: The Old Town

La Vielle Ville

Just like every other city on the French Riviera, Nice has a Vielle Ville, an Old Town, preserved from previous centuries, when streets were for horses and people, not cars, and church bells called out the time of day. Squares with fountains were places to gather in the evenings, and fresh fish, fruits and vegetables could be found daily in the open markets.

Today the Old Town of Nice is still the beating heart of this city by the sea, so be sure to spend at least one day walking the narrow streets, having a café crème, and picking up a souvenir or two.

Morning Coffee & Cours Saleya Market

Start your day with coffee and croissant at the Cours Saleya market, where you can wander through displays of fresh flowers, olives, meats, cheeses, and more. On Monday's, enjoy the giant flea market of antiques, clothing, jewelry, books, and vintage posters.



Map Data: ©2018 Google [Vielle Ville](#)



Woven Baskets

Head into the Old Town to Rue de la Prefecture. This street is lined with shops and restaurants, and a tiny shop, Le Palais d'Osier, where you can buy a beautiful handmade basket for all your purchases you are going to make.

Be a Wanderer

Meander through the narrow streets of the Old Town for the rest of the morning. You won't run out of shops to visit and more places to stop for coffee or a rest. Visit the church in Place Rossetti, the main square of the Old Town or one of the museums in the Old Town.



A Museum or Two

Musée de la Photographie Charles Nègre

This [museum](#) is newly located near the Cours Saleya market in the Old Town. Past exhibits include Cartier-Bresson, Helmut Newton, and Bernice Abbot. One space is dedicated to the current exhibit, with another room for historic photographs of Nice.

Musée de la Palais Lascaris

Hidden on one of the narrow streets in the Old Town, Rue Doite, is the historic home of the royal family, Ventimille-Lascaris. This lush palace was inhabited by the family until the 1800s, when the Old town of Nice fell into disarray. It wasn't reopened to the public as a museum until 1970.



Time to Eat

There are at least fifty restaurants to choose from in the Old Town, so take notes on your morning journey of places you may want to return to. Here are a few you may want to try.



L'Eden

Just outside the walls of the Old Town on Quai des Etats-Unis, this is the perfect place to have a late afternoon glass of wine while watching the sun go down. The food is not fancy - omelets and salads, a full menu of dishes - but it is always fresh and delicious.

Pizza Gésu

This little inexpensive restaurant in the Old Town at 1, Rue de Jésus, sits across from a beautiful and ornate Catholic church that's worth a visit even if you're not religious or Catholic. This reasonably priced little restaurant is like a little Italian pizzeria, with red- checked tablecloths, handsome young waiters, and great pizza.

La Rossetisserie

This little elegant hole-in-the-wall restaurant in the Old Town (8 Rue Mascoinat) is always busy. It's only open for dinner, and it is a good idea to make a reservation for the next day (or the next) if you can't get in immediately. Someone there will speak English, so that will not be a problem, or you can make a reservation on their website, a great feature.



Le Petit Lascaris

This cute little restaurant is located on a little side street in the Old Town, not far from La Rossettisserie at 5 Rue Droite.. Always a nice meal, friendly staff, and a great, and very French, atmosphere.

Chez Juliette

If you want to be in the middle of everything, then try Chez Juliette in the Old Town at 1,Rue Rossetti, again not far from the Rossettisserie, and near the main, busy and touristy square of Place Rossetti. Most of the tables are out on the sidewalk, so people are walking by constantly, but somehow this is all part of eating in France. Chez Juliette is always completely full, so it's a good idea to try and reserve a place.



Sidestepping from the Old Town

Colline de Château

While you're in Nice, you should go up to the Colline du Château (the Castle Hill) that looms over Nice between the Old Town and the Port. You can climb the hill from either side, starting in the Old Town, or on the Port side.

From the Old Town, you will find a stairway on Rue Rossetti, which climbs up to a road. You will see the cemetery on the left (also worth a visit). Turn right and follow the road up to the top where you'll find a gift shop, a playground, and the ruins of a 12th century castle.

There is also lift access from Rue des Ponchettes by the Hotel Suisse.

The views from the top are spectacular, and you will certainly need your camera. It's a great morning or afternoon walk. You see all of Nice, as well as the Port and beyond.





Day Trip #3: Villefranche-sur-Mer

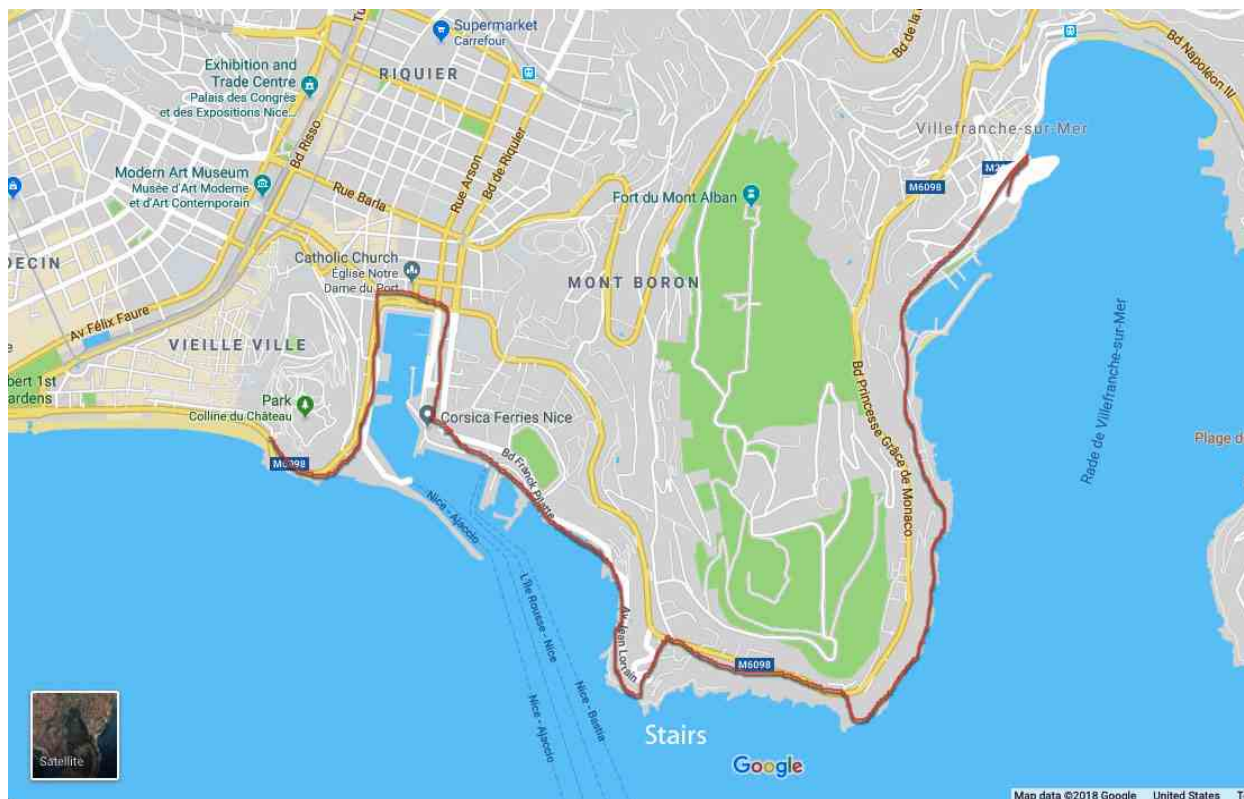
The French Riviera is all about the water, so spend a day hiking the shoreline. Put on your walking shoes, a sun hat, and your bathing suit under your clothes (just in case you can't resist a swim). You'll want a small daypack for a bottle of water, your camera and a towel if you plan on swimming. This hike is approximately 4 miles one way, but can entertain you for a whole afternoon with stops for photos, a picnic or lunch at a beachside café, and a swim at the end of the journey.

Wake up at a leisurely pace. Have coffee and croissants with the locals at *Le L'Eden* just outside the Cours Saleya market with a spectacular view of the sea.

L'Eden to Coco Beach Trail

Starting from the Quai des Etats Unis outside the Old Town along the water, follow the main road around the cap to the Port, and around the Port to Blvd Franck Pilatte. This is a nice walk in itself with many photo ops of the colorful fishing boats, the Corsican ferries, and the restaurants that line the port area.





Map Data: ©2018 Google ([Villefranche-sur-Mer](#))

Take the little stairs at the far end of the Port which pass by a tiny, but cool, museum/gallery, [l'Espace Lympia](#) which you may want to note for another day trip.

Continue along Blvd Franck Pilatte past Le Plongeior restaurant on the right, and the grand rose-colored Hotel Saint Paul on the left, also great spots to come back to for a special meal.

Coco Beach Trail to the Hike up the Stairs

Just before the climb up the hill, you will see a sign for Coco Beach. Look for the [stairs down to the trail](#) that will take you along the water's edge. This meanders for about half a mile with places to rest, take photos, and enjoy the quiet away from the tourist crowds.

Short Detour Over the Cap de Nice

You will need to take a short detour over the top of the hill from this trail, and this one is not for the faint of heart. A set of a stairs (lots and lots of stairs) leads up from the trail to the main road, Blvd Carnot. Here you will find a supermarket if

you're in need of refreshments, a pharmacy (if you need it after those stairs), and a small coffee shop. You will also find a bus stop that will take you the rest of the way to Villefranche-sur-Mer or back to Nice, if you decide you have had enough walking for the day.

Return to the Seaside Trail

Continue walking along Blvd Carnot where you will have sweeping views of the sea until you get to the turn at the end of this stretch, going down the hill to Villefranche. There you will find a stairway leading back down to the seaside trail. This will take you all the way to the port area of Villefranche.



The Port of Villefranche to the Old Town

At the end of the trail, you will be at the Port of Villefranche. Keep walking along the water. You can take the path that skirts the Citadel, the centuries-old castle, which will take you right into the charming town of Villefranche-sur-Mer.

Lunch, Shopping & Swimming

Eating in Villefranche

Most of the restaurants have their menus out front so you can see what they serve and the prices. The very fancy-looking restaurants along the main seawall road are expensive, but if you're going to propose marriage, this might be the spot! The bar at the Hotel Welcome is a great place to have a glass of wine.

Le Cosmo

This little restaurant close to the Hôtel Welcome is less formal than the restaurants on the main street (and less expensive) while equally as good. Its

menu includes all the standard dishes: salads, carpaccio de boeuf, omelets, and fresh fish. The prices are very reasonable for a nice meal in a lovely setting.

The Old Town is full of other little restaurants, which seem to be changing constantly, so it's just best to explore on your own.

Shopping

You can find little grocery stores scattered along the main street throughout the Old Town. The street just above the seawall street, Rue du Poilu, has little restaurants, bars, boutique shops, a newsstand and a grocery store.

The Beaches

Unlike the rocky beaches of Nice, the main beaches in Villefranche (at the end of the Quai l'Amiral Courbet) are sandy. Since this inlet more protected from the currents than Nice, there are fewer waves as well. You have several choices of beaches here including one private beach where you can rent a lounge chair and a parasol and be served drinks while you laze in the Mediterranean sun (25 Euros/day). There are also more secluded beaches just outside the Port wall, but these do not have the amenities of little restaurants, showers or restrooms nearby.





Practical Information

Leave your passport and valuables in the room. Just take one credit card and/or some cash.

After hiking & lunch (with wine) you may want to just take the bus back to Nice: The #81 bus goes back and forth between Villefranche and Nice all day long, so you might want to just hike one way and take the bus back. The #100 bus going from Nice to Monaco also goes through Villefranche. You can catch either bus by the pharmacy on Blvd Princess Grace de Monaco in Villefranche for your return trip.

The #81 bus will drop you at the centrally located Musée MAMAC in Nice, and the #100 bus will drop you near the port of Nice. Both convenient for your return to your apartment or hotel.

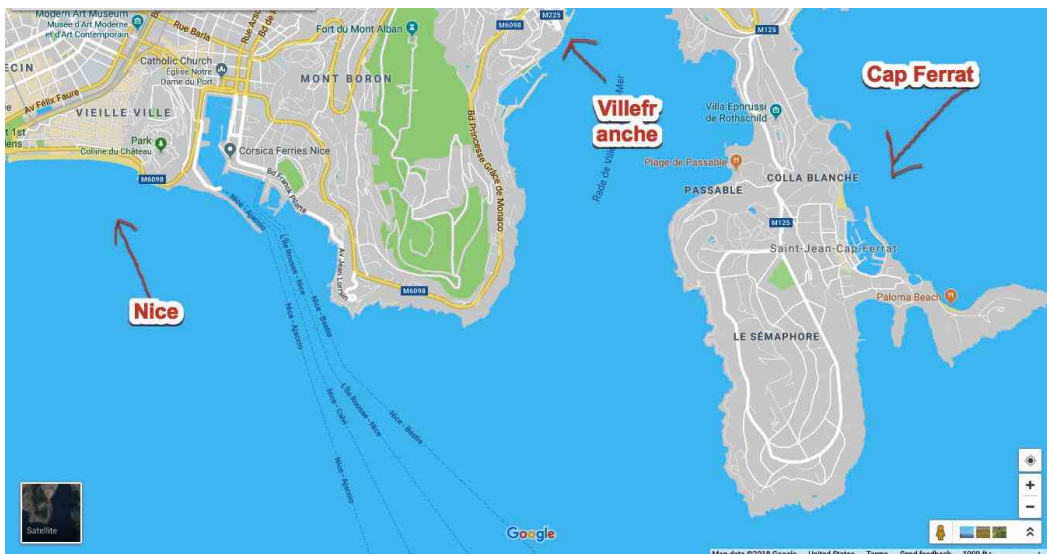
Such a deal: All the very modern buses on the French Riviera cost only one euro fifty. The bus drivers can make change, so no need to have a pass or exact change.

Day Trip #4: Cap Ferrat

For a taste of the “good life” on the French Riviera, head to the little town of Saint-Jean on Cap Ferrat. Hike the cap trail with its breathtaking views of the sea, go for swim on a secluded beach, tour the Rothschild Villa, and, if you’re there in summer, listen to cool jazz with the locals.

Getting There

Hop on the #81 bus from Nice (next to the Musée MAMAC near Place Giribaldi). The bus will take you through Villefranche-sur-Mer and Beaulieu-sur-Mer and make its last stop in Saint Jean.



Map Data: ©2018 Google [Cap Ferrat](#)

Villa Ephrussi de Rothschild

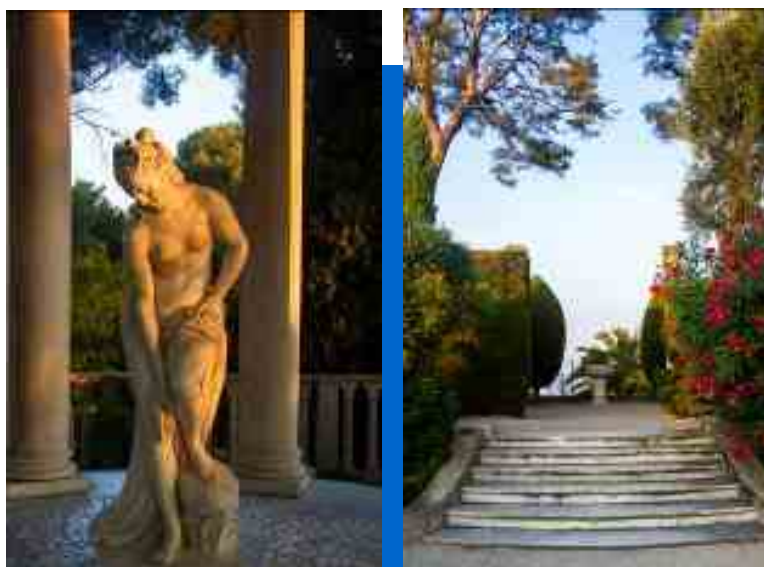
You may want to make your first stop on the cap before the town of Saint Jean to visit the [Villa de Rothschild](#) a vast estate now preserved as a museum with lush gardens and fountains and views of the sea and other villas below. The bus will drop you near the entrance to the villa (ask the driver or follow other tourists).

Hike up the winding road to the villa entrance where you will find a small gift shop before entering the estate itself.



Tour the house and the gardens. Snap a selfie with the Goddess Aphrodite. Have tea or lunch on the terrace.

If you're visiting in the summer, consider going at night to one of the evening classical music performances followed by fireworks and a water show. You can take the bus there, but you'll need to call an uber to get home to Nice (be sure to download the app).



Hiking the Cap

If villas aren't your thing, then skip that bus stop and go into the town of Saint Jean (the last stop on the bus route). From here you can start your hike around the cap, and see the little (very little) town of Saint Jean as well.



Map Data: ©2018 Google [Cap Ferrat](#)

Getting to the Trail

To take the Cap hike, walk from the bus stop in St. Jean on the main road, Avenue Denis Semeria, past the boats in the port on your left and towards the cap (south) on Avenue Jean Mermoz. You will wind past gated houses, a little restaurant, and eventually get to an inlet where you have a choice of going either right or left.

Both are interesting, but if you want to walk the Cap, then take a right at the inlet and overlook on Avenue Claude Vignon, and keep winding along the road that hugs the water. When the road starts to veer away from the water on Chemin de la Carrière, you will see an ominous gate that looks forbidding on the left, like you're supposed to keep out. "Chemin Privé Interdit."



Ignore that sign, and go past the gate. There's a passage through the gate on the left. You are now on the trail that will take you around the Cap. This is about an hour's hike if you don't stop, but you will probably want to allow more time to take photos, swim at the little beaches you see, stop for a picnic, or just sit and take in the view.

The Hike around the Cap & Hidden Beaches

Looking at Google maps, you can see the little trail that winds around the cap to Plage de Passable, and how you can then cross back over the hill to St. Jean on Chemin de Passable, and the bus (or if you're up for a longer hike, you could keep walking to Villefranche along the beach).

If you decide to swim along the way at the numerous little hidden beaches, choose one where other people are swimming. The locals know best.





Getting Back to Nice

When you get to the end of the trail, stairs lead up to the road. You then have a few choices. You can veer off to the left and back down to the water, where there is a little local beach called La Plage de Passable. There is a nice restaurant there where you can sit, and have lunch while looking out at the sea, or where you can finally jump in the water after the warm hike and use their bathroom.

To get back on the bus which will take you back to Nice, head straight up and over the hill, along Chemin de Passable, back to St. Jean. Narrow sidewalks will take you all the way back to town. There is also a bus stop at the top of the hill where you can wait for the #81 bus.



Day Trip #5: Monaco

How can you go wrong with a visit to the playground of James Bond? Have a martini, shaken-not-stirred, at the Café de Paris, climb the hill to the Prince's palace, ogle the Baccarat crystal and its prices, and have lunch by the deep blue sea.

Getting There

Note: if you plan to visit the casino at Monte Carlo, you will need photo ID, so bring your passport or driver's license.

Catch the #100 bus to Monaco from Nice, which leaves from the Port de Nice near the church on the Place de I'îles de Beauté . Or take the city tram to the train station (Gare Thiers) for a faster ride to Monaco.

The bus will cost you 1.50 Euros, and the train around 4 Euros each way. If you decide to take the train, pony up for the round trip ticket in Nice so you can just hop on for the return trip.



The Prince's Palace

Start your day by exploring the Prince's palace and the Old Town on the hill. It's a short hike up to the overlook in front of the palace, The [Prince's Palace](#) is the private residence of the ruling Prince, so you can't actually tour the whole palace, but the State Apartments are open for public visits at certain times of the year.

The Old Town & Oceanographic Museum

As stated before, every city along the French Riviera has preserved their Old Town, mostly for tourists, but still charming to visit. Monaco's Old Town is next to the palace on the hill top overlooking the city below. Wander its narrow streets, have a coffee, and peek in the shops before descending the hill on the far side to the [Oceanographic Museum](#), which you may want to visit or save for another day.

The Port Area & Monte Carlo

No trip to Monaco is complete without a visit to the casino of Monte Carlo on the hill opposite the palace hill. It's a short hike from one to the other through the port area below, which is also nice to visit. In the port area, you will find chic clothing shops and restaurants for a quick bite or lunch before climbing the hill to Monte Carlo.



Image used under Creative Commons License



Map Data: ©2018 Google ([Monaco](#))

The Casino at Monte Carlo

You may want to just sit outside the casino entrance at the Café de Paris, and watch the Lamborghinis come and go. If you want to gamble or just visit the casino, you will need to be 18 and have a photo ID. There is also a dress code. See their [website](#) for more information:

Shopping on Blvd des Moulins

Many visitors don't find the other side of Monte Carlo, but this is a wonderful area to explore as well. You will need to go up from the casino to the main street, the Boulevard des Moulins. This is also the street where you can catch a bus back

to Nice, so it makes for a nice way to end your day here, strolling past the shops that sell Baccarat crystal and designer chocolates.

The Grimaldi Forum

Take the elevator from Blvd des Moulins to Avenue Princess Grace below to visit the [Grimaldi Forum](#) a museum and event space. The recent exhibit L'Or des Pharaons was stunning. No expenses are spared in this luxurious city, so every exhibit is a winner.

Practical Information

Although this is technically its own country within a country, you will not need your passport or visa to get into Monaco from France, and you will not go through customs of any kind.

For more information, visit their [tourist website](#).

Day Trip #6: Menton

So maybe you can't make it to Italy this trip, but you can get a taste by visiting the Riviera city of Menton, home of an annual lemon festival, with an Old World Italian flavor that will make you think you crossed the border. Brush up on your Italian before you go!

Getting There

To get to Menton on the Italian border, take the #100 bus from Nice, which you can catch near the Port de Nice by the church on Place de I'iles de Beauté. Fare is 1.50 Euros.

Since it's a bit of a long trip (about 35 – 40 minutes), you might want to hop on the train instead (approximately 10 Euros round trip).



Shopping in the Old Town & Lunch on the Promenade

Menton is all about strolling, shopping, eating and enjoying the water. Explore the Old Town before choosing a café for lunch. You may want to try the mussels and frites at one of the restaurants that line the water's edge on the Promenade du Soleil, where you can watch the waves rolls in.

Museums

As one writer says, Menton is Mecca for Jean Cocteau fans. You will not have trouble finding this huge quirky-shaped museum on the waterfront of the Old Town. Just next door is the smaller [Jean Cocteau Bastion Museum](#) Both worth a visit.

Cathedrals

Difficult to miss as well, situated close to the Old Town and the beaches is the beautiful Baroque [Chapelle des Penitents Blancs](#)

Lemon Festival

If you plan on traveling in late February, early March, during the Nice Carnival, you can also catch the [Lemon Festival](#) in Menton.

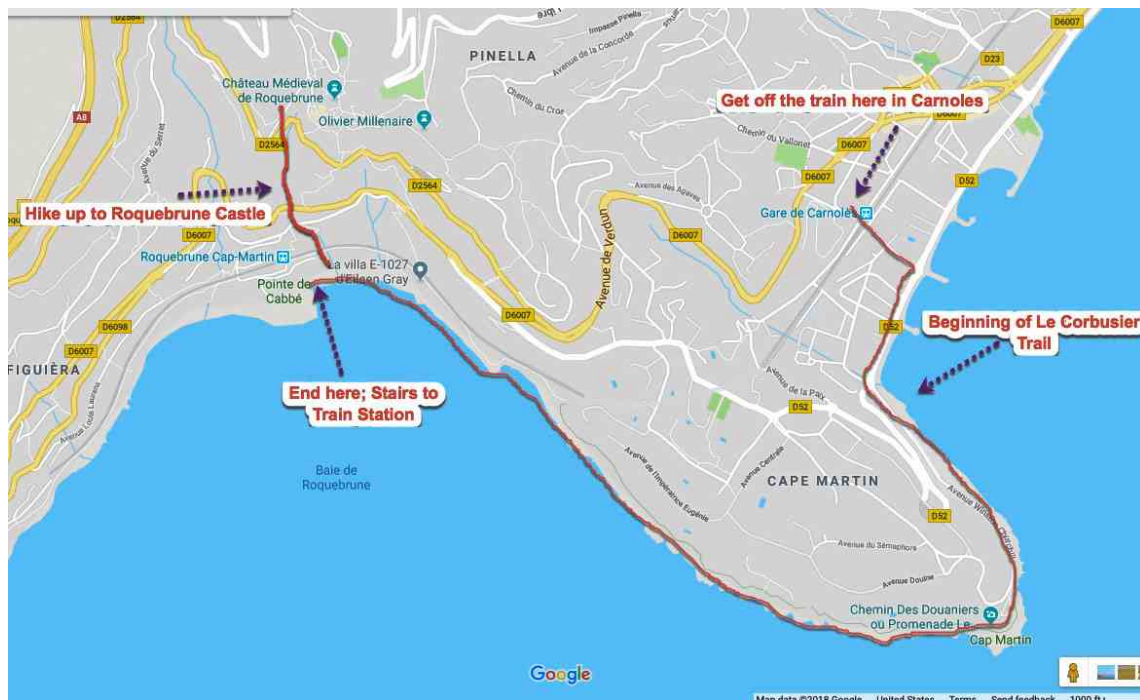


Day Trip #7: Le Corbusier

Stretch your legs on an all-day hike from the little city of Carnoles along the coastal trail to Cap-Martin, and then up to the ancient castle ruins of Roquebrune high on the hill overlooking the Mediterranean.

Getting There

Take the train from the Gare Thiers station in Nice to Carnoles, a little city halfway between Monaco and Menton. Get off and walk down to the water and the beaches. From here you can turn right and walk along the water to reach the beginning of the Corbusier Trail, about a quarter mile walk.



Map Data: ©2018 Google [Le Corbusier](#)

The narrow winding trail along the water with arching pines and drop off cliffs to the sea are beautiful any day of the year.

This part of the trail ends when you get to the little beach at Cap Martin, so you have to climb the stairs by the little restaurant, Le Cabanon. You can also catch the train back to Nice from here, but if you have the energy, take the uphill passageway across the tracks to the [ancient village of Roquebrune](#) where you can tour a 10th Century castle with a stunning view over the sea below.



Day Trip #8: Juan-les-Pins

You may want to spend one of your beach days on another French Riviera beach. Just 30 minutes by train from Nice is the jazzy little town of Juan-les-Pins where you will find warm sand for your toes, and in the summer, a lively city of shops, restaurants and jazz.

Getting There

It's best to take the train to Juan-les-Pins from the station in Nice. Get off the train in Juan and walk down to the sea to explore the little city with its shops and restaurants and private beaches. During the winter, things close up a bit, but in the summer, it's abuzz with activity.



Beach Day

The sandy beaches of Juan are lovely, especially the private beaches just next to the boardwalk. You can rent a lounge chair with an umbrella for around 20 Euros for the day, and if you're a beach lover, it's totally worth it! You have a restaurant where you can have lunch or order a carafe of wine, showers for rinsing the seawater off, and convenient bathrooms and changing rooms. You might want to make a reservation just to be sure in high season. Here's one of several to check out:

Plage Juanita

Visit [website](#) for more information about reservations to the private beach.



Jazz-a-Juan

If you happen to be visiting the Riviera in July, you can take in one of the jazz concerts during the historic [Jazz-a-Juan Festival](#) after your day on the beach.

These concerts start late, so you need to be sure to [catch the last train](#) back to Nice at 10:30.

Day Trip #9: Antibes

Picasso, absinthe, a lively market, and shops. There is even an English language bookstore where you can find the perfect beach book for the rest of your stay.

Getting There

Take the train heading west from Nice. It's approximately 25 minutes to Antibes. Get off the train and head towards the water. The town is to your right as you exit the train.

The newer area of Antibes is nearer to the train station as you walk, so you will need to keep walking to reach the Old Town.



Shopping & Lunch in the Old Town

Wander the narrow streets of the Old Town, visit the large open market and stop by the nearby [Absinthe Museum](#), and have lunch at a sidewalk café.

Musée Picasso

The [Picasso Museum](#) in Antibes. Besides the wonderful market and shopping in Antibes, a highlight is visiting the Picasso Museum housed in an ancient stone building overlooking the sea. Some of Picasso's most well-known works are housed there. The cost is 6 euros, but if you can prove you're a student or a professor, then it's only 3 euros.

It's closed on Mondays, as are many museums in France, so plan this day trip accordingly. Step outside to the outdoor terrace here to see some of the larger sculptures and the magnificent view of the Mediterranean. Definitely worth a visit if you go to Antibes.



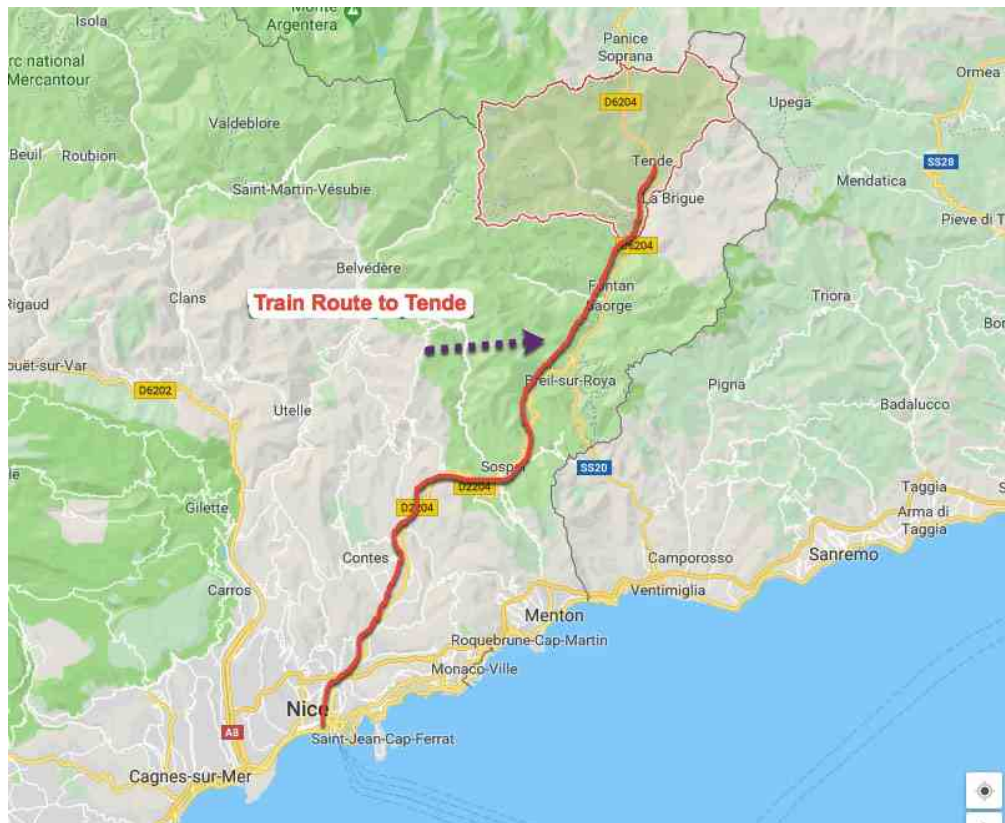
Day Trip #10: Tende

This is truly off the beaten path for most tourists on the French Riviera, so if you want something different, here it is! A medieval village situated on a hillside in the Alps region of France. The journey to Tende is part of the adventure because it involves a train ride through mountain tunnels and past glimpses of hilltop villages along the way.

Getting There

You will need to go to the ticket counter at the Nice Train Station to purchase your ticket to Tende on the [Train de Merveilles](#). It's about 20 Euros round trip and takes about two hours.





Exploring the Town

Walk along the ancient streets that wind up the hillside of Tende. Lots of photo ops here as you climb to the highest point near the town cemetery. Visit the [museum](#), have lunch, and, if you're not afraid of heights, hike up the hill to the suspension bridge and the hike along the [Via Ferrata](#).





Check this out before you go!

Tende is the place to go if you want to ski, hike, raft, hang glide or rock climb. The [tourist office](#) in town has information so you can make reservations ahead.



Helpful Resources

Your 26-Point Checklist For International Travel

	Passport Check the expiration date. Photocopy.		Pet/House sitters Make sure they know how to contact you.		International driver's license and rental car
	Credit Cards International fees? Inform companies you'll be out of country. Write down account and phone numbers and keep separate from wallet.		Children If not taking them, make sure they know how to call you, or assure them you will call and when.		Backpack or shoulder bag that zips tight
	Debit Card Your bank needs to know if you'll be using your card overseas. Write card number, phone number and e-mail for the bank, and keep separate from wallet.		Phone Add international travel plan. Download apps before you leave. Adjust settings before you land abroad.		Rail pass and seat reservations
	Newspaper on hold		Cameras		Fear of flying pills
	Mail delivery on hold		Business cards		Recharging paraphernalia Bring adaptors and wires for phone, computer, and camera. Put in carry-on bag.
	Insurance Check your carrier regarding coverage while abroad. If not covered, look into short-term policies.		Packing Traveling light is best.		Plants
	Put bills on auto-pay		Shoes Be sure to break in walking shoes well before you leave.		Keys Keep in carry-on bag.
	Prescriptions/Medications Keep in carry-on bag.		Electrical adaptors for each country		As you're walking out the door, check for: Passport, tickets of all kinds, phone, stove turned off, windows closed, garage door shut and locked, auto timers on, and heat down.
	Set auto-switches to turn lights on and off at night				
	Reconfirm all reservations Two weeks before you leave. Check seat assignments.				

Quick Reference for Emergencies

U.S. State Department in France ([website](#))

CONSULATES

U.S. Consulate General Marseille Place Varian Fry
13286 Marseille Cedex 6 France

Telephone: +(33)(1) 43-12-48-85

Emergency After-Hours Telephone: +(33)(1) 43-12-22-22

Fax: +(33)(4) 91-55-09-47; +(33)(1) 4-91-55-56-95 (American
Citizen Services)

([website](#))

IMPORTANT NOTE: The State Department website above indicates that there is a U.S. consulate in Nice. However, the Consulate in Nice has been closed, so the closest U.S. consulate is now in Marseille. If you need their services, i.e. replacing a lost passport, you will have to go to Marseille or Paris to make an appointment for renewal. See below:

"Passport Services and Reports of Birth Abroad requiring a personal appearance, Tuesday from 9:00 to 11:30 a.m. and Wednesday from 9:00 to 11:30 a.m. and from 2:00 to 3:00 p.m., by online appointment only"

Marseille is about 60 minutes by train from Nice. Access their website, and make an appointment online to renew your passport. When you exit the train station at Marseille, you can take a taxi directly to the U.S. Consulate.

Emergencies in France: Call 112 from your mobile phone for Police, Fire or Ambulance

For more information about what to do in an emergency, see the following [website](#) written for expats living in France. It has information about who to call, what to say, and how things generally work in France in terms of medical emergencies.

Children Emergency Services - Pediatric Hospitals Nice Lenval Hospital-57

Avenue De La Californie Tel: 04.92.03.03.03

Nice Lenval Hospital also has an emergency room with English-speaking doctors, good service, and great prices.

Anti-Poisons - Marseille Centre

Tel: 04.91.75.25.25

Dental emergencies St. Roch Hospital

Tel: 04.92.03.33.75

Emergency doctors

Tel: 04.92.03.33.35

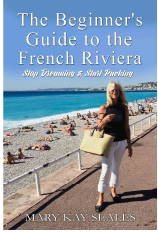
Night Pharmacies (24h / 24)

7, Rue Massena

Tel: 04.93.87.78.94 / 66

Avenue J. Doctor Tel: 04.93.62.54.44

Credits



Text and photos—except where otherwise indicated—by Mary Kay Seales, author of *The Beginner's Guide to the French Riviera: Stop Dreaming & Start Packing* (available on Amazon).

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