

Riviera's Flavours!



*The French Riviera,
Mediterranean mildness, authenticity
and glamour*

6th – 8th August 2009 - 3 Days / 2 Nights
Offer n°002 Quater

Project managed by Véronique ROOS
For **COPHOUDAL**

DAY 01 – THURSDAY 6th AUGUST 09: STRASBOURG - ANTIBES

09H : Participants arrive at **Antibes train station**.

Greetings by our tour leader then departure for the old town of Antibes where the first guided tour will take place.

Discover the **Vieil Antibes**, a charming collection of small narrow streets and colourful squares. Antibes was fortified in the seventeenth century by **Vauban** who constructed ramparts around the town. The ramparts were largely demolished in 1898 but remain on the Promenade Amiral de Grasse, a stretch of sea front overlooking Nice to the east and Cap d'Antibes to the west.



Discover **Antibes cultural and historical inheritance** with your guide:

- **The Marine Door**, the smallest exit that was for centuries the only exit to the harbour when fortified walls surrounded the town of Antibes.
- **The courtine**, one of the liveliest roads of Antibes made of terraces and the "Bain-douche" exhibition space embossed in the old blockhouses.
- **The Aguilon Fountain**, tribute to the sergeant of the King's army, who renovated the roman aqueduct of Fontvieille giving pure water back to the town of Antibes.
- **The fortified walls** built under Vauban's plans, the **Révély square and the Chapel Saint-Esprit**.
- **The Picasso museum** built over the old acropolis of the Greek city of Antipolis
- **The free district of the Safranier**, its square and town hall, overlooked by the house of Nikos Kazantzakis, author of « Alexis Zorba » and of « The last temptation of Christ». Small narrow streets where the sun draws on the walls and where glorious artists such as Paul Arène, Prévert, Mistinguett, Jünger, Hans Hartung.



12H: Lunch in a restaurant in the old Antibes.

13H30: Departure by bus to your hotel.

14H: Check-in in your hotel **Eden 4*** or similar situated in the heart of Cannes. This will be your hotel during the whole stay.



15H30: Departure by bus to **Monaco**

16H30 : Arrival in **Monaco**

Monaco is the **world's smallest French speaking nation** (nearly 34,000 residents in only a square mile).

You will visit the **Old Town** with its vaulted passageways and intriguing sights. Those bronze cannons protecting the harbor were Louis XIV's idea of a gift to Monaco. The houses look medieval and they are. You will tour the must see Prince's Palace - formidable! built as a Genoese fortress circa 1215.

The **Palace Guard** is always on hand to ensure security and protect the Prince and his Palace.

Built by famous architect Charles Garnier in 1878, **the Monte Carlo Casino** is one of the most breathtakingly beautiful structures in the world. The atrium is paved in marble and surrounded by 28 onyx columns. Catch the gorgeous Little Africa floral display in the Casino Gardens.



19H30 : **Diner and Monaco by night.**

23H : Back transfer to your hotel by bus.

Day 02 – FRIDAY 7th AUGUST 09: NICE

Breakfast at the hotel.

10H: Departure by bus to the **Old town of Nice** via the famous Promenade des anglais, also called « Prom ».

The Promenade des Anglais - the Mediterranean's Champs-Élysées. The magnificent seaside promenade runs between the luxury hotels (including **the Négresco**) and the beach. All in the shadow of the very typical feather duster palms. Roller skaters glide round between sun chairs, limousines and beach restaurants.



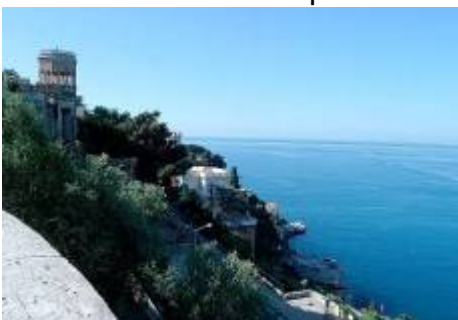
Old Nice guided tour to discover the **heart of the city**. Small, dark, narrow streets filled with tall houses separated by pretty, colourful squares. The old town is being restored. One building to



particularly benefit from restoration is the **St Réparate cathedral**. The cathedral situated in the Place Rossetti was built in 1650 and is named after Nice's patron saint. It has now been painted in wonderful, vibrant colours as have many of the old town's **public buildings and churches**. Between the old town and the sea, **the Cours Saleya** is the location of Nice's main market.

The whole of Nice is dominated by a three hundred foot hill between old Nice and the port. It is known as **the Colline du Château** despite the fact that the last castle on this site was demolished by Louis XVI in 1706. You will go up the hill either by foot or thanks to a small train.

Once at the top, you will walk around the beautiful gardens and what has to be one of the best located **cemeteries in the World**. The views are simply breathtaking, over the entire city to the west and the port to the east.



12H30: A typical lunch will be served on the **Cours Saleya** where the **flower market** takes place.



14H: Departure by bus to **Eze - Village** via the scenic route of the **Grande Corniche**, 675 meters high overlooking the Mediterranean Sea and offering a breath-taking view of the Riviera.

Situated between Nice and Monaco, Eze Village is perched like an Eagle's nest, on a cliff high above the Mediterranean with extraordinary views over **Cap-Ferrat** to the west and Italy to the east.

Because of its unique position, the village was never heavily fortified like St Paul de Vence. The narrow streets are full of pretty houses, some of them built across the street like arches. The views from every corner are fantastic.

One can walk all the way up to Eze Village on **the Sentier Nietzsche**. The path was the favourite walk of the famous German Philosopher who used to holiday here. The views over the Mediterranean are breathtaking and get better and better the higher one goes.

Very well-known characters have come across or lived in the village such as **Georges Sand**, **Princes of Monaco** and more recently **Bill Clinton** and **Bono from U2**.



16H30: Departure to **Villa Ephrussi** situated in Saint Jean Cap Ferrat, between Eze and Nice.

Perhaps the most spectacular of all the residences built on the Cap, the pink and white **Ephrussi de Rothschild Museum** was constructed by the **Baroness Ephrussi de Rothschild** at the turn of the century. She built the villa to house her large art collection and now, as a museum, the house contains over 5000 works of art. The collection of 18th century furniture, porcelain and paintings is impressive. The museum is set in 17 acres of gardens with views of the Cap on all sides. The gardens contain a cactus grove, Italian garden and a particularly impressive Japanese garden.

After a non guided visit of the property, a **private champagne cocktail** will be served for you in the gardens of the Villa.



18H30: Return to your hotel by bus.

20H: **Diner on the beach** in Cannes



After diner walk back to the hotel at your convenience and night.

Book as extra:

DINER OPTION « FIREWORKS ON THE BEACH »

See description in attached document.

DAY 03 – SATURDAY 8th AUGUST 09: CANNES AND ITS ISLANDS

Breakfast at the hotel.

9H: Departure by walk to the **Cannes daily market** via **the Antibes shopping street**.

Cannes daily market takes place in an unusual pink building just behind the town hall. This is the place to come for meat, **fish, herbs and vegetables of outstanding quality**. The other essential visit for any food lover while in Cannes in the **Rue Meynadier**. A long narrow street full of bakers, cheese shops and every type of pasta imaginable.



The old town, known as **Le Suquet** rises steeply from the port, crowned by an 11th century tower. The **Rue Saint Antoine** leads up to the top of Le Suquet and is lined with restaurants.

The views from the top of the street in the **Place de la Castre** are breathtaking. From here, one truly appreciates the glorious setting of Cannes surrounded by its luxurious residential suburbs with names like **La Californie and Super Cannes**.

Walking back down towards the port, spend some time exploring the narrow streets filled with many interesting little shops.



At 11H30, you will board a ferry that will take you to **the Island of Saint Honorat** in 20 minutes. Situated in the bay of Cannes, this island has been since the 16th century a place where monks live in **40 acres of woods and vineyards** away from the glitz and glam of Cannes.

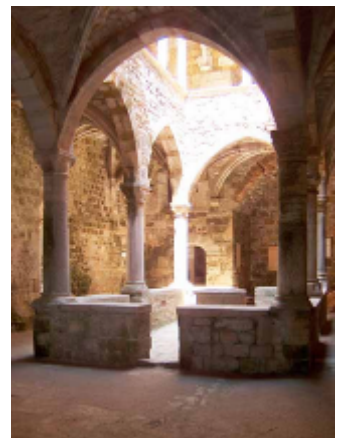


Once on the island, you will enjoy a **wine tasting** session followed by a **lunch at the island's restaurant**. You will then be taken for a tour of the island to further discover its beauty.

St Honorat is the smaller of the two islands but the most beautiful. The island is still the property of the monks that live there and there are numerous chapels and other buildings on the island.

At one stage, nearly four thousand monks lived on the island and bishops were trained here. The eleventh century tower of the original monastery remains. St Honorat used to be the religious centre of southern Europe and at one point, the monks also owned the towns of Cannes, Mougins and Vallauris.

The monks make **honey and an excellent liqueur called Lérina** as well as their own wine. All the products are available to buy on the island.



15H30 or 17H (at the group's convenience): Ferry back and **free time in Cannes**

Cannes is famous for its enormous amount of festivals and conventions that take place all year round. **The film festival** is the most well known but numerous other industry events keep the town's hotels and restaurants full 365 days a year.

Before you indulge in some shopping in the famous rue **d'Antibes**, don't forget to take a look at:

- The area around the **old port of Cannes** where the fishermen in their little wooden boats still go about their business despite being overshadowed by some enormous private yachts.
- The **Allées de la Liberté**, the setting for Cannes' weekly antiques market.
- The **Palais des Festivals** with its famous red carpeted steps is also home to one of the busiest casinos in the world.
- The immaculate **Croisette** is maintained by 130 gardeners and has retained its elegance despite the hordes of tourist that traipse up and down it every year.



18H30: Farewell Diner 2 dishes or quick cold buffet in the centre of Cannes.

19H45: Meeting point at the Cannes train station

20H19: Train departs