



CENTIFOLIA_PROVENCE
FRENCH RIVIERA

GUIDE TO PROVENCE CÔTE D'AZUR

BY CENTIFOLIA_PROVENCE
PLINIUS-HOMES.COM



INTRODUCTION

WELCOME TO SOUTH OF FRANCE: AN INSIDER'S GUIDE TO THE FRENCH RIVIERA AND PROVENCE. THIS JOURNEY BEGAN WITH A SMALL COUNTRY COTTAGE IN THE CHARMING VILLAGE OF SEILLANS, WITH AN EPIC VIEW. ONCE THE RENOVATION WAS COMPLETE, IT WAS TIME TO UNCOVER THE TREASURES OF THIS STUNNING AREA.

FROM SLOW FOOD RESTAURANTS AND BEACH CLUBS TO COASTAL HIKEs, BOAT RENTALS, AND FLEA MARKETS, THIS GUIDE TAKES YOU BEYOND THE CROWDS TO AUTHENTIC FRENCH EXPERIENCES. YOU'LL DISCOVER HIDDEN GEMS, OFF-THE-BEATEN-TRACK LOCATIONS, AND ICONIC SPOTS THAT SIMPLY CAN'T BE MISSED.

CURATED WITH LOVE AND FIRSTHAND EXPERIENCE, THIS GUIDE IS A PERSONAL COLLECTION OF MY FAVOURITE PLACES, OFFERING A FRESH PERSPECTIVE ON THE TIMELESS ALLURE OF THE SOUTH OF FRANCE.

LET THIS BOOK INSPIRE YOUR OWN RIVIERA ADVENTURE.

ELLEN

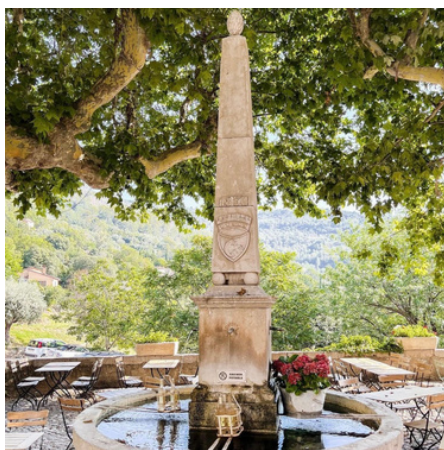
PLEASE NOTE: ALWAYS CHECK OPENING TIMES AND BOOK AHEAD TO AVOID DISSAPOINTMENTS



CONTENT

SEILLANS
BARGEMON
FAYENCE
PAYS DE FAYENCE
BEACH
FLEA MARKETS
DU PAIN
BOAT
WINE
GOLF
TENNIS
NICE
ST PAUL DE VENCE
CANNES
VALBONNE
ANTIBES
ART ON THE COTE
HIKING
THE ART OF THE PICNIC
BEACH SIDE RESTAURANTS
SKI





A MINI GUIDE TO SEILLANS

ONE OF THE MOST BEAUTIFUL VILLAGES IN FRANCE
TUCKED AWAY IN THE HILLS OF THE VAR REGION, SEILLANS IS OFFICIALLY ONE OF “LES PLUS BEAUX VILLAGES DE FRANCE”—AND IT’S EASY TO SEE WHY. THIS CHARMING LITTLE HILLTOP VILLAGE IS ALL ABOUT GETTING LOST IN ITS MAZE OF COBBLED ALLEYWAYS, STUMBLING UPON HIDDEN COURTYARDS, AND SOAKING IN THOSE DREAMY PROVENÇAL VIBES. WITH ITS PASTEL SHUTTERS, ANCIENT STONE HOUSES, AND SWEEPING VIEWS OVER OLIVE GROVES AND VINEYARDS, IT’S THE KIND OF PLACE THAT FEELS STRAIGHT OUT OF A POSTCARD. 6 MIN DRIVE FROM
CENTIFOLIA_PROVENCE

WHERE TO EAT

DES DEUX ROCS (HOTEL, RESTAURANT & SHOP)

THIS PLACE IS PURE MAGIC. PICTURE A LONG LUNCH UNDER THE SHADE OF TOWERING PLANE TREES, A LITTLE FOUNTAIN BUBBLING IN THE BACKGROUND, AND A MENU FULL OF FRESH, SEASONAL PROVENÇAL DISHES. WHETHER YOU’RE STOPPING BY FOR A LAZY AFTERNOON LUNCH OR DINNER, IT’S AN ABSOLUTE MUST.

CHEZ HUGO

FOR SOMETHING A LITTLE MORE REFINED, CHEZ HUGO IS A TINY BUT FANTASTIC SPOT IN THE HEART OF THE VILLAGE. THE CHEF CREATES BEAUTIFUL, SEASONAL DISHES THAT MIX TRADITIONAL PROVENÇAL FLAVOURS WITH A MODERN TOUCH. THE MENU CHANGES OFTEN, BUT WHATEVER’S ON IT—IT’S ALWAYS WORTH IT.

LA GLOIRE DE MON PÈRE

RUSTIC, COZY, AND ALL ABOUT BIG, COMFORTING FLAVOURS. NAMED AFTER MARCEL PAGNOL’S FAMOUS NOVEL, THIS SPOT SERVES UP HEARTY PROVENÇAL CLASSICS AROUND THE FOUNTAIN ON PLACE DU THOURON.

ART & CULTURE

MAX ERNST MUSEUM

DID YOU KNOW SEILLANS WAS ONCE HOME TO THE SURREALIST ARTIST MAX ERNST? HIS LITTLE MUSEUM IN THE VILLAGE GIVES YOU A GLIMPSE INTO HIS LIFE AND WORK, WITH SCULPTURES AND PAINTINGS ON DISPLAY. EVEN IF YOU'RE NOT BIG ON SURREALISM, IT'S A COOL SPOT TO CHECK OUT.

WHERE TO SHOP

DES DEUX ROCS BOUTIQUE

A CHARMING LITTLE SHOP

LES COLLINES

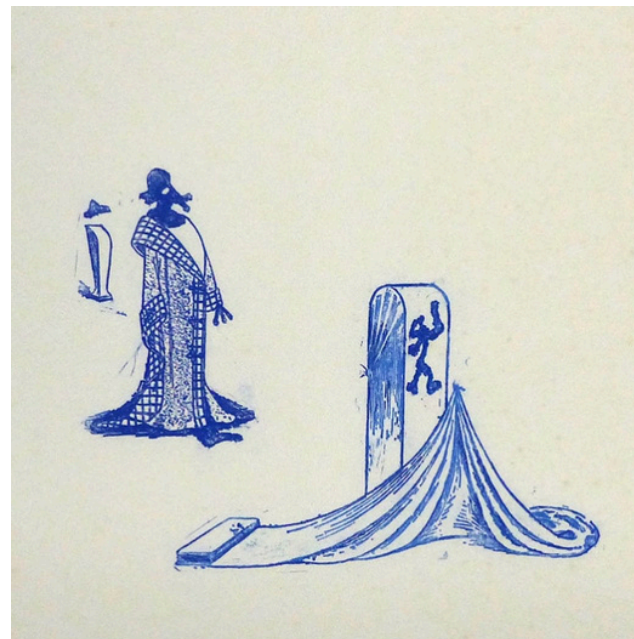
IF YOU LOVE CERAMICS, WICKER BASKETS, AND ALL THINGS STYLISH-YET-RUSTIC. EVERYTHING HERE IS CAREFULLY CURATED .

ESSENTIALS

PHARMACY: RIGHT IN THE VILLAGE, IN CASE YOU NEED ANYTHING.

CARREFOUR EXPRESS: A SMALL BUT WELL-STOCKED GROCERY STORE WITH FRESH CROISSANTS IN THE MORNING—

SEILLANS IS ONE OF THOSE PLACES WHERE TIME SLOWS DOWN. WHETHER YOU'RE SIPPING ROSÉ ON A SUN-DRENCHED TERRACE, WANDERING THROUGH ITS TINY STREETS, OR JUST TAKING IN THE VIEW.



A MINI GUIDE TO BARGEMON



CHARMING, TIMELESS, AND FULL OF CHARACTER

BARGEMON IS ONE OF THOSE EFFORTLESSLY CHARMING PROVENÇAL VILLAGES WHERE LIFE MOVES AT A SLOWER PACE. SURROUNDED BY ROLLING HILLS AND OLIVE GROVES, IT'S THE PERFECT PLACE TO SIP A COFFEE IN THE SUNSHINE, WANDER THROUGH COBBLED STREETS, AND SOAK UP THAT OLD-WORLD CHARM. *11 MIN DRIVE FROM CENTIFOLIA_PROVENCE*

WHERE TO EAT & DRINK

CAFÉ DU COMMERCE

START YOUR DAY LIKE A LOCAL WITH A BUTTERY CROISSANT AND A CAFÉ CRÈME AT CAFÉ DU COMMERCE, RIGHT ON THE VILLAGE SQUARE. IT'S THE PERFECT SPOT FOR PEOPLE-WATCHING WHILE SOAKING UP THE MORNING SUN.

SCARPETTA

ITALIAN FOOD WITH A TOUCH OF FRENCH FLAIR, SCARPETTA. LOW-KEY, SIMPLE RESTAURANT WITH HOMEMADE PASTA AND A GOOD BOTTLE OF WINE.

THINGS TO DO

WANDER THROUGH "VIEUX BARGEMON"

THE OLDEST PART OF THE VILLAGE, VIEUX BARGEMON, IS A MAZE OF NARROW ALLEYWAYS, HIDDEN COURTYARDS, AND CHARMING STONE HOUSES. JUST GET LOST AND SEE WHERE THE STREETS TAKE YOU—YOU'LL FIND LITTLE SURPRISES AROUND EVERY CORNER.

PEEK INSIDE NOTRE-DAME DE BARGEMON

THIS QUIET LITTLE CHURCH IS WORTH A VISIT, IF ONLY TO SEE ITS SAINT WHO LOOKS LIKE SHE STEPPED STRAIGHT OUT OF A DISNEY FAIRYTALE.

BARGEMON HAS AN EASYGOING, LIVED-IN CHARM. IT'S A PLACE WHERE LOCALS GREET EACH OTHER BY NAME, THE BAKERY SELLS OUT BEFORE NOON, AND THE DAYS ARE BEST SPENT DOING VERY LITTLE—JUST HOW IT SHOULD BE.



BROCANTE HUNTING

ART ANTIQUITÉS

IF YOU LOVE VINTAGE TREASURES AND ANTIQUES, *ART ANTIQUITÉS* AND *PASSE_SIMPLE BARGEMON* ARE A MUST-VISIT. FROM OLD BOOKS TO RUSTIC FURNITURE AND UNIQUE FINDS, THESE ARE TREASURE TROVES FOR BROCANTE LOVERS.

ESSENTIALS & PRACTICAL INFO

BAKERY & BUTCHER: FRESH BREAD, PASTRIES, AND QUALITY MEATS—EVERYTHING YOU NEED FOR A PICNIC OR A HOME-COOKED MEAL.

PHARMACY: CONVENIENTLY LOCATED IN THE VILLAGE FOR ANY NECESSITIES.

PROXI SUPERMARKET: A SMALL BUT WELL-STOCKED GROCERY STORE FOR ALL YOUR ESSENTIALS.

THURSDAY FARMERS' MARKET: A SMALL BUT LOVELY MARKET WITH FRESH PRODUCE, CHEESES, AND LOCAL GOODIES—PERFECT FOR STOCKING UP ON DELICIOUS TREATS.



A MINI GUIDE TO FAYENCE

FAYENCE IS ONE OF THOSE CHARMING PROVENÇAL VILLAGES WHERE TIME SEEMS TO SLOW DOWN. PERCHED ON A HILL WITH WINDING COBBLED STREETS. 18 MIN DRIVE FROM @CENTIFOLIA_PROVENCE.

THE PROVENÇAL MARKET

FAYENCE COMES ALIVE ON MARKET DAYS—TUESDAY, THURSDAY, AND SATURDAY—WITH SATURDAY BEING THE BIGGEST AND MOST VIBRANT. YOU'LL FIND EVERYTHING FROM FLOWY DRESSES AND PANAMA HATS TO BASKETS OF SUN-RIPENED OLIVES, FRAGRANT HERBS, AND FRESHLY BAKED BREAD. IN SUMMER, IT'S BEST TO GO EARLY WHILE THE AIR IS STILL COOL, AND PARKING IS EASY AT THE SUPER U PARKING LOT.

A SLOW MORNING

START THE DAY AT **BAR DES CAMPAGNES** ON THE MAIN SQUARE WITH A STRONG COFFEE AND A FLAKY CROISSANT, AND VISIT THE MARKET.

FROM THERE, TAKE A SLOW WANDER THROUGH THE OLD TOWN, GETTING LOST IN ITS QUIET ALLEYWAYS. A QUICK STOP AT **ÉGLISE SAINT-JEAN-BAPTISTE** IS A MUST—THIS 18TH-CENTURY CHURCH IS SIMPLE YET BEAUTIFUL, WITH STUNNING VIEWS OVER THE VALLEY.

LUNCH & WINE

FOR LUNCH, SETTLE IN AT **LE TEMPS DES CERISES** OR **LE FRANCE**, BOTH SERVING NICE REGIONAL CUISINE WITH A RELAXED AMBIANCE. IF YOU'RE PLANNING A PICNIC OR JUST WANT TO BRING HOME SOME NICE WINES, STOP BY **LA CAVE DE FAYENCE** FOR A SELECTION OF LOCAL WINES.

NEAR FAYENCE

LE GRAND JARDIN

ON SELECT DATES, THIS CHARMING SPOT HOSTS A BROCANTE AND ANTIQUE MARKET. IT'S ALSO A LOVELY PLACE TO STOP FOR A COFFEE OR AN APÉRITIF AT THE RESTAURANT.

BOULANGERIE MAISON SARROCHE

VERY GOOD BAKERY WITH OUTSTANDING PÂTISSERIE—DON'T MISS THE PARIS-BREST, TARTE AU CITRON, AND THEIR SIGNATURE PAIN SPORTIF.

GLIDING AT FAYENCE AIRFIELD

EXPERIENCE A BAPTÊME DE L'AIR (FIRST FLIGHT) AT THE LOCAL GLIDING CLUB, OR TAKE FULL FLYING LESSONS IF YOU'RE FEELING ADVENTUROUS. THERE'S ALSO A SMALL RESTAURANT WITH A TERRACE WHERE YOU CAN RELAX AND WATCH THE PLANES.

SUPER U

A LARGE, WELL-STOCKED SUPERMARKET CONVENIENTLY LOCATED NEAR SEILLANS. THEY OFFER A GOOD SELECTION OF TRAITEUR-STYLE PREPARED FOODS—PERFECT FOR AN EASY MEAL OR PICNIC.





PAYS DE FAYENCE

THE PAYS DE FAYENCE IS A GROUP OF NINE PERCHED VILLAGES , NESTLED BETWEEN THE MEDITERRANEAN COAST (CÔTE D'AZUR) AND THE PRE-ALPS

1. **FAYENCE**
2. **SEILLANS**
3. CALLIAN
4. **MONS**
5. MONTAUROUX
6. TOURETTES
7. SAINT-PAUL-EN-FORÊT
8. BAGNOLS-EN-FORÊT
9. **TANNERON**

MONS: THE HIGHEST UP, HAVE LUNCH AT **AUBERGE PROVENÇALE**, WANDER THE CHARMING STREETS AND PICK UP BREAD AND PASTRIES AT THE EXCELLENT BOULANGERIE.

TANNERON: FAMOUS FOR ITS MIMOSA TREES AND LUSH, GOLDEN HILLS IN EARLY SPRING. HAVE A DRINK AT **CAFÉ DES VOYAGEURS** AND COMBINE IT WITH WILD SWIMMING IN THE CREEK NEARBY AT CHAPELLE DE SAINT-CASSIEN-DES-BOIS

BEACH

THÉOULE-SUR-MER
TORTÙ PLAGE | BOULOURIS
LES ROCHES ROUGES





FAVOURITE PLACE TO GO TO THE BEACH

BOULOURIS: THERE ARE TWO NICE BEACHSIDE RESTAURANTS: **TORTÙ PLAGE** AND **L'ÉPUISETTE PLAGE**. AT BOTH PLACES YOU CAN RENT SUNCHAIRS FROM € 30. THERE IS ALSO A PART PUBLIC BEACH.

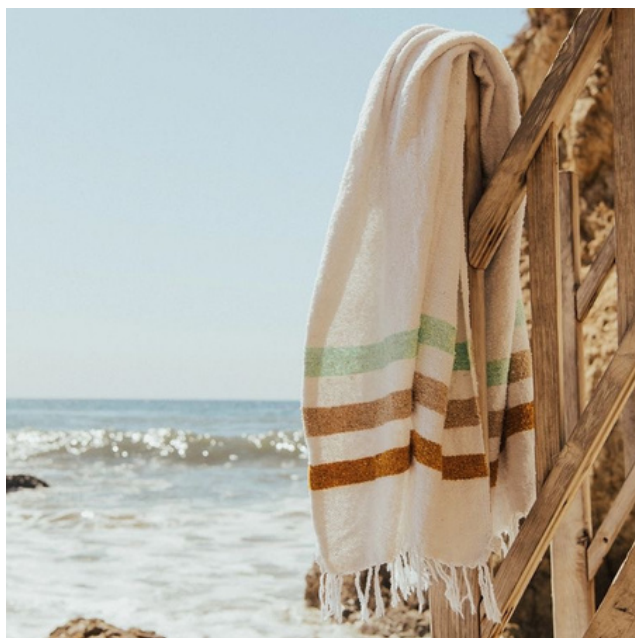
PARKING: THERE USUALLY IS SPACE AT/NEAR THE TRAIN STATION OF BOULOURIS

BEACH SIDE DRINKS

HOTEL LES ROCHES ROUGES THE BEST PLACE TO GO FOR AN APERITIVO (OR LUNCH / DINNER). GREAT INTERIOR DESIGN AND EPIC LOCATION

PARKING: VALET PARKING





THEOULE-SUR-MER

THÉOULE IS A PEACEFUL, SEASIDE VILLAGE, WITH TURQUOISE WATERS, SANDY BEACHES SHADED BY PALM TREES, NUMEROUS INLETS AND CALANQUES IN THE RED ROCK OF THE ESTÉREL, A CHARMING LITTLE MARINA WITH ITS MINI-LIGHTHOUSE BUILT FROM RED STONE AND "CHÂTEAU DES MINEURS" (A FORMER 18TH CENTURY SOAP FACTORY), A GORGEOUS COASTAL PATH AND SOME GOOD RESTAURANTS.

BASE NAUTIQUE THÉOULE: SAILING LESSONS

PLAGE DE L'AIGUILLE

PLAGE DE GARDANNE

PLAGE DE LA FIGUEIRETTE

PLAGE DU SUVERET; A SIMPLE, LOW-KEY PUBLIC BEACH
NEXT TO THE SAILING CLUB

ICE CREAM: ICE-CREAM TRUCK MARCELLIO. YUM! 🍦

LUNCH:

LE PLAGE BLACHE : RESTAURANT & PLAGE PRIVÉ

RESTAURANT & PLAGE PRIVÉ: CHEZ PHILLIPS

MARCO POLO : RESTAURANT & PLAGE PRIVÉ

@MARCOPOLOBACH

LA CABANE DU PÊCHEUR: BEACH SHACK RESTAURANT
WITH FRESH FISH

FLEAMARKETS | BROCANTES

GREAT WEBSITE TO FIND ALL THE FLEA
MARKETS AND CAR-BOOT SALES IN FRANCE
(AND BEYOND)

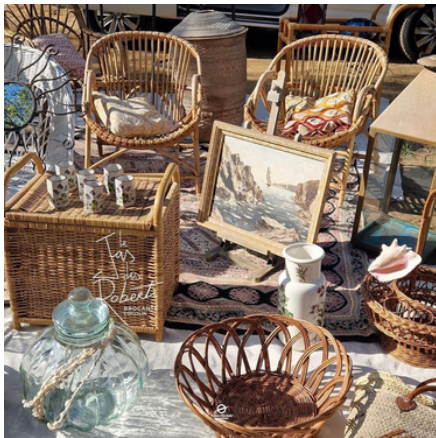
[HTTPS://VIDE-GRENIERS.ORG](https://vide-greniers.org)

SIMPLY PUT IN YOUR LOCATION AND SELECT
WITHIN A 10/25/50KM RADIUS.

ONE OF MY FAVORITES: LE JAS DES ROBERT
[@BROCANTELEJASDESROBERT](#) | COGOLIN 1:15
HR DRIVE.

THERE ARE GOOD ONES MUCH CLOSER,
DEPENDING ON THE DATES (CHECK THE
WEBSITE ABOVE) IN SEILLANS, MONTAUBOUX,
LES ARCS, ROCQUEBRUNE, AND
MONTFERRAT.

EQUALLY IMPORTANT, THE ONES I WOULDN'T
RECOMMEND: ARE ST. RAPHAEL, FRÉJUS,
MANDELIEU-LA-NAPOULE





DU PAIN & FROMAGE

BECAUSE GOOD BREAD AND CHEESE ARE NON-NEGOTIABLE IN FRANCE.

BOULANGERIE MAISON SARROCHE (12 MIN FROM CENTIFOLIA)

EXCELLENT BAKERY WITH NEXT-LEVEL PÂTISSERIE. DON'T SKIP THE PARIS-BREST, TARTE AU CITRON, CROISSANTS, OR THEIR SIGNATURE PAIN SPORTIF .

CLOTILDE PÂTISSERIE BOULANGERIE – CALLAS (22 MIN)
INCREDIBLE SOURDOUGH AND A BAGUETTE WITH CONFIT D'AIL THAT'S TOTALLY ADDICTIVE.

BOULANGERIE DE MONS

THERE MIGHT BE A LINE, BUT THE BREAD AND PASTRIES ARE WORTH THE WAIT.

FROMAGE – FERME DE LA PASTOURELLE (NEAR CHÂTEAUDOUBLE)

PICK UP FRESH GOAT CHEESE RIGHT FROM THE FARM. ALSO WORTH A QUICK STOP TO SEE THE GOATS



CLAVIERS

A CHARMING LITTLE VILLAGE WITH SIMPLE PLEASURES. 23 MIN DRIVE FROM CENTIFOLIA

LE CERCLE DE LA FRATERNITÉ

GRAB YOUR COFFEE AND CROISSANT AND SIT OUT ON THE TERRACE — IT'S ALL ABOUT LOCAL, SLOW MORNINGS HERE.

LA PLACE, CLAVIERS

CASUAL SPOT FOR LUNCH OR DINNER ON THE SQUARE. THERE'S ALSO A LITTLE BROCANTE SHOP UPSTAIRS FOR A QUICK BROWSE.

BAR À VIN LES CHAPELIERS

WINE BAR WITH A LARGE SELECTION OF LOCAL WINES AND SMALL TAPAS



BOATS

BECAUSE THE SOUTH OF FRANCE IS BEST EXPLORED BY WATER.

CLICKANDBOAT.COM

BASICALLY THE AIRBNB FOR BOATS. PICK YOUR BOAT, YOUR LOCATION, AND WHETHER OR NOT YOU WANT A SKIPPER.

HAPPY BOAT – ST RAPHAËL

RENT A SMALL ELECTRIC BOAT WITHOUT NEEDING A BOAT LICENSE. PEACEFUL AND SUPER EASY TO NAVIGATE.

VERDON ELECTRONAUTIC – QUINSON

ELECTRIC BOATS FOR CRUISING THROUGH THE GORGES DU VERDON. BRING COFFEE AND DESSERT ON BOARD, OR STOP FOR LUNCH AT RELAIS NOTRE DAME.

📍 600 ALLÉE DES PRÉS DU VERDON, 04500 QUINSON

FERRIES FROM CANNES

CANNES TO ST. TROPEZ (ABOUT 1H15)

CANNES TO ÎLE ST-HONORAT OR ÎLE STE-MARGUERITE – GREAT DAY TRIP WITH SWIMMING, WALKING TRAILS, AND HISTORICAL SITES.

📍 DEPARTURES FROM THE PORT OF CANNES

WINE



VAL D'IRIS – SEILLANS

FREE TASTINGS, NO APPOINTMENT NEEDED. FRIENDLY TEAM, GREAT WHITES AND ROSÉS.

📍 341 CHEMIN DE LA COMBE, 83440 SEILLANS
OPEN MONDAY TO SATURDAY, 11:00–17:00

LE DOMAINE DU MÉAULX – CLAVIERS

BEYOND THE WINE, THIS PLACE IS FULL OF HISTORY. ALBERT LAMORISSE, WHO OWNED IT, INVENTED THE BOARD GAME RISK AND WON AN OSCAR FOR HIS SHORT FILM LE BALLON ROUGE. WORTH A LOOK ONLINE BEFORE YOU GO.

CHÂTEAU D'ESCLANS – LA MOTTE

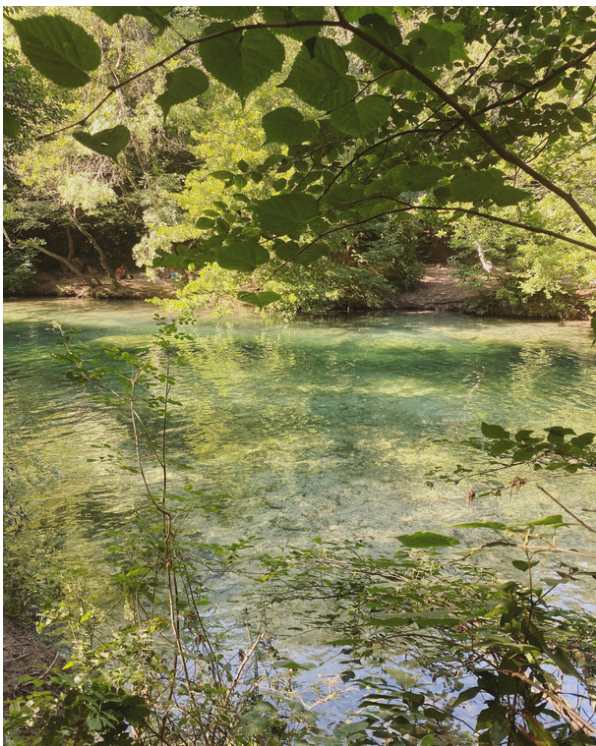
FAMOUS FOR “WHISPERING ANGEL” AND OWNED BY LVMH. IMPRESSIVE CHATEAU AND ELEGANT WINES.

📍 4005 ROUTE DE CALLAS, 83920 LA MOTTE

CHÂTEAU DES DEMOISELLES – LA MOTTE

WINE TASTINGS IN A RELAXED GARDEN SETTING. THERE'S ALSO A GREAT FOOD TRUCK ON-SITE FOR A CASUAL LUNCH.

📍 2040 ROUTE DE CALLAS, 83920 LA MOTTE



WILD SWIMMING

GEH BARRAGE DE SAINT CASSIEN – TANNERON

PARK NEAR THE CHAPELLE DE SAINT-CASSIEN-DES-BOIS AND WALK A SHORT TRAIL TO A BEAUTIFUL SWIMMING SPOT ON THE RIVER SIAGNE. TAKE A (REFRESHING!) SWIM, HAVE A PICNIC SOMEWHERE DOWN THE CRAZY RIVER OR FOLLOW THE TRAIL FOR A BEAUTIFUL HIKE (SEE KOMOOT FOR TRAILS)

📍 (43.612031, 6.844289)

LAC DE SAINT CASSIEN

KIDS LOVE SPENDING TIME AT THE LAKE—WHETHER IT'S RIDING PEDAL BOATS WITH LITTLE SLIDES, CLIMBING ON THE INFLATABLE CASTLE AT **ECOBEBACH**, OR SPENDING A FUN-FILLED DAY AT THE SAILING CLUB AT **VOILES ST-CASSIEN**

BOTH PLACES HAVE SUNCHAIRS AND A RESTAURANT OR BRING A LITTLE PICNIC





PÉTANQUE:

IT'S NOT A GAME, IT'S A RELIGION

GOLF

GOLF DE TERRE BLANCHE (14 MIN)

ONE OF THE TOP GOLF RESORTS IN EUROPE. PART OF THE EUROPEAN TOUR DESTINATIONS NETWORK — IF YOU PLAY, YOU'LL WANT TO MAKE TIME FOR THIS.

CHÂTEAU DE TAULANE (50 MIN)

A 4-STAR HOTEL WITH GOLF, SPA, AND RESTAURANT.

DOMAINE DE SAINT ENDRÉOL (31 MIN)

GOLF & SPA RESORT. GOOD FOOD, GOOD FACILITIES

TENNIS & BOULES

TENNIS – BOOK A COURT AT THE TENNIS CLUBS IN SEILLANS OR FAYENCE.

PETANQUE / JEU DE BOULES – JOIN THE LOCALS IN THE SQUARE AT PROM. MAX ERNST IN SEILLANS OR JUST PLAY A CASUAL GAME IN THE GARDEN WITH A GLASS OF ROSÉ IN HAND.

NICE

50 MIN FROM SEILLANS



A CITY BUILT FOR EPICURES, NICE IS A BEGUILING MIX OF CACOPHONOUS STREET MARKETS, QUIET SIDE-STREET LOCALES AND HAUTE-CLASS FINE DINING. KICK THINGS OFF AT ONE OF THE CITY'S DAILY FOOD MARKETS, WHERE BOUNTIFUL BASKETS OF MELON-ROUND COURGETTES (A NICE SPECIALITY) AND FRESH-OFF-THE-BOAT FISH ARE SPREAD ACROSS NEON-BRIGHT TARPAULIN.

PICK UP STREET SNACKS LIKE PISSALADIÈRE (A PIZZA-LIKE CARAMELISED ONION TART) AND TOURTE DE BLETES (CHARD, RAISIN AND PINE NUT PIE) AS YOU GO, THEN SETTLE IN FOR A LUNCH OF SMALL PLATES AT LAVOMATIQUE, A MUCH-TALKED ABOUT FORMER LAUNDRETTE TURNED CONTEMPORARY RESTAURANT RUN BY BROTHERS HUGO AND GRÉGOIRE LOCALES AND HAUTE-CLASS FINE DINING. COME THE EVENING, CHOOSE FROM A HANDFUL OF COSY, FAMILY-RUN RESTAURANTS LIKE CHEZ DAVIA, OR OPT FOR UNSTUFFY MICHELIN-STAR FARE AT NEO-BISTRO LES AGITATEURS.

EAT LIKE A LOCAL

LAVOMATIQUE

📍 @LAVOMATIQUE.NICE

ONCE A LAUNDRETTE, NOW A BUZZING LOCAL FAVORITE WITH SMALL PLATES AND GREAT NATURAL WINE.

CHEZ DAVIA

📍 @CHEZ_DAVIA_NICE

A CLASSIC FRENCH BISTRO — FAMILY-RUN AND FULL OF CHARM. DON'T MISS LUNCH HERE.

LA MERENDA

📍 @LAMERENDANICE

TINY, NO-PHONE SPOT COVERED IN ART. LINE UP AT 10:30AM TO GET A TABLE FOR LUNCH.

LOU PISTOU BY DOMINIQUE DUMAS

📍 @LOU_PISTOU

TRADITIONAL NIÇOISE FOOD IN A TINY, NO-FRILLS SETTING.

OLIVIERA

📍 @OLIVIERA.NICE

A SOULFUL KITCHEN RUN BY AN OLDER LADY WHO PUTS LOVE INTO EVERY DISH. TRY THE AUBERGINE, TARTARE, AND PESTO PASTA.

COQUILLAGES BOUCHET

📍 @COQUILLAGESBOUCHET_NICE

LUNCH OF OYSTERS AND CRISP WHITE WINE, RIGHT BY THE SEA.





EAT LIKE A LOCAL

ROBBI SANDWICHES

📍 @ROBBI.SANDWICHES

RUN BY TWO SISTERS — SIMPLE, DELICIOUS SANDWICHES THAT ARE PERFECT FOR A QUICK LUNCH.

BANH MEI

📍 @BANHMEI

FOR A BREAK FROM FRENCH FARE, THIS PLACE DOES INCREDIBLE ASIAN DISHES.

SHINTARO

📍 8 RUE GUBERNATIS

GO-TO FOR SUSHI WHEN YOU'RE CRAVING SOMETHING LIGHT AND FRESH.

21 PAYSANS

📍 @21PAYSANS

A FARM-TO-TABLE LUNCH SPOT TUCKED INSIDE A LOCAL GROCERY STORE. VERY LOCAL, VERY FRESH.

LE BISTROT DES SERRURIERS

CHARMING NEO-BISTROT NESTLED IN THE HEART OF NICE'S OLD TOWN

📍 @BISTROTSEURRIERS

HOTEL AMOUR

RETRO CHIC SETTING FOR COFFEE, LUNCH, DRINKS OR DINNER (ALSO ROOFTOP IN SUMMER)

📍 @HOTELAMOURNICE



WINE BARS

LA PART DES ANGES

📍 @LAPARTDESANGESNICE

ONE OF THE BEST SPOTS FOR NATURAL AND BIODYNAMIC WINE. TINY, RELAXED, AND FULL OF CHARACTER.

FANFAN ET LOULOU

📍 @FANFANETLOULOU

ANOTHER NATURAL WINE BAR GEM, JUST OFF THE MAIN DRAG.

HOTEL DU COUVENT

📍 @HOTELDUCOUVENT

STAY FOR THE NEGRONI — POSSIBLY THE BEST IN TOWN — IN THIS FORMER MONASTERY TURNED HOTEL AND BAKERY. ALSO GREAT PLACE FOR LUNCH OR DINNER

PASTA

MAISON AGNOLETTI

📍 @MAISONAGNOLETTI1958

FRESH HANDMADE PASTA — IDEAL TO TAKE BACK HOME OR COOK FOR A PICNIC DINNER.



COFFEE & BAKERIES

MAMA BAKER

📍 @MAMABAKERNICE

FANTASTIC BREAD. GREAT FOR YOUR MORNING COFFEE RUN OR PICNIC SUPPLIES.

BOULANGERIE DU COUVENT

📍 @BOULANGERIEDUCOUVENT

ATTACHED TO THE HOTEL — GORGEOUS SPACE AND EVEN BETTER PASTRIES.

ZIELINSKA FOURNIL

📍 @ZIELINSKA_FOURNIL

WORTH A DETOUR FOR THEIR RUSTIC BREAD AND CROISSANTS.

CAFÉ INDIEN

📍 35 RUE PAROLIÈRE

COME FOR THE BEANS, STAY FOR THE CHARACTER. GREAT FOR TAKE-HOME COFFEE BEANS.

MARKETS

COURS SALEYA MARKET

FARMERS AND FLOWER MARKET IN THE HEART OF THE OLD TOWN. DON'T MISS THE MONDAY BROCANTE — A CHARMING FLEA MARKET FULL OF VINTAGE TREASURES, LINENS, CERAMICS, AND UNIQUE FINDS.

MARCHÉ DE LA LIBÉRATION

ONE OF THE LARGEST FARMERS MARKETS IN NICE, OPEN DAILY. A LOCAL FAVORITE FOR FRESH PRODUCE, CHEESES, AND REGIONAL SPECIALTIES.



SHOPPING

MAISON PAMPILLE

📍 [@MAISON_PAMPILLE](#)

A CHARMING BROCANTE SHOP WITH A NOSTALGIC SOUL. EXPECT VINTAGE HOMEWARE, CERAMICS, AND TIMELESS FRENCH TOUCHES.

TRÉSOR PUBLIC

A DELIGHTFUL BOUTIQUE DEDICATED TO ALL THINGS MADE IN FRANCE. FROM ARTISANAL GIFTS TO QUIRKY FINDS, IT'S A TRUE CELEBRATION OF FRENCH CRAFTSMANSHIP.

EVRLST.INC

📍 4 RUE DU LYCÉE

VINYLS, VINTAGE CLOTHING, AND A COOL, CURATED VIBE.

LA BROCANTERIE

📍 11 RUE DE LÉPANTE

A HIDDEN GEM FILLED WITH ANTIQUE FURNITURE, VINTAGE PIECES, AND CHARACTERFUL CURIOSITIES.
LOCAL ICONS

PÉTANQUE GEAR

📍 [@LABOULISTERIE](#)

SERIOUS ABOUT PÉTANQUE? THIS IS YOUR SPOT. FIND MAGNETS, MEASURING TAPES, AND ALL THE GEAR YOU DIDN'T KNOW YOU NEEDED.



BEACH

AMOUR PLAGE

THIS IS THE BEACH CLUB FROM HOTEL AMOUR, GREAT FOR A LONG LUNCH, PEOPLE-WATCHING, AND LOUNGING UNDER STRIPED UMBRELLAS. IT HAS THAT EFFORTLESS, RETRO VIBE AND A FUN CROWD. GO FOR ROSÉ AND GRILLED FISH WITH YOUR FEET IN THE SAND.

BLUE BEACH

A CLASSIC PRIVATE BEACH RIGHT ON THE PROMENADE DES ANGLAIS. IT'S EASYGOING, LOUNGE UNDER STRIPED UMBRELLAS ON COMFY SUNBEDS, SWIM IN CLEAR WATER, AND HAVE NIÇOISE SALAD FOR LUNCH

HÔTEL LE SUD

NOT EXACTLY ON THE BEACH, BUT WORTH THE DETOUR. A SUNNY COURTYARD, EXCELLENT COFFEE, AND THE PERFECT PRE- OR POST-SWIM PAUSE. @HOTELLESUD

TO BE CONTINUED....



SAINT-PAUL DE VENCE

(JUST 1 HOUR FROM SEILLANS)

A PERFECT DAY TRIP PACKED WITH ART, CHARM, AND INCREDIBLE VIEWS. THESE HILLTOP TOWNS ARE ALL ABOUT SLOW WANDERING, MODERN ART, AND LUNCH WITH A VIEW.

ART & ARCHITECTURE

FONDATION MAEGHT

📍 623 CHEMIN DES GARDETTES, SAINT-PAUL-DE-VENCE

📍 @FONDATIONMAEGHT

ONE OF THE BEST MODERN ART MUSEUMS IN EUROPE. SCULPTURE GARDENS, MIRÓ MOSAICS, GIACOMETTI STATUES — ALL SURROUNDED BY PINE TREES AND MEDITERRANEAN LIGHT.



FONDATION CAB

📍 @FONDATION_CAB

A MINIMALIST'S DREAM. CONCEPTUAL AND DESIGN-FOCUSED EXHIBITIONS IN A STRIKING MODERNIST VILLA.

CHAPELLE DU ROSAIRE (MATISSE CHAPEL)

📍 466 AVENUE HENRI MATISSE, VENCE

STEP INSIDE A MASTERPIECE. DESIGNED ENTIRELY BY MATISSE — FROM THE STAINED GLASS TO THE ROBES. PEACEFUL, SPIRITUAL, AND DEEPLY MOVING. JUST A 15-MIN WALK FROM VENCE CENTER.



EAT & DRINK

LES REMPARTS

📍 @LESREMPARTS_RESTAURANT

LUNCH WITH A VIEW? YES PLEASE. SIT ON THE TERRACE FOR PROVENÇAL FOOD, CHILLED ROSÉ, AND SWEEPING VIEWS OVER THE HILLS. SUNSET HERE IS MAGIC.

LA COLOMBE D'OR

NOT EXACTLY A HIDDEN GEM — BUT ABSOLUTELY ICONIC. THIS LEGENDARY HOTEL AND RESTAURANT WAS ONCE A HAVEN FOR ARTISTS LIKE PICASSO, MATISSE, CHAGALL, AND CALDER, WHO OFTEN PAID FOR MEALS WITH PAINTINGS (MANY STILL HANG ON THE WALLS TODAY). IT'S PRICEY AND ALWAYS BUSY, BUT THERE'S A REAL SENSE OF HISTORY HERE. THINK OLD-SCHOOL RIVIERA GLAMOUR WITH A PROVENÇAL SOUL.



CANNES

MORE THAN RED CARPETS AND YACHT PARTIES — CANNES HAS A GREAT LOCAL SCENE IF YOU KNOW WHERE TO LOOK. HERE'S WHERE TO EAT, SWIM, WANDER, AND SNEAK OFF TO THE ISLANDS.

EAT & DRINK

BOBO BISTROT

📍 @BOBOBISTROT

RUN BY STÉPHANE AND PATRICE, THIS STYLISH SPOT FEELS LIKE A LOCAL HANGOUT WITH A LOYAL FOLLOWING. EXPECT ORGANIC WINES, FUN SMALL PLATES, AND SERIOUSLY GOOD PIZZA.

BELLE PLAGE

📍 @BELLEPLAGECANNES

CHEF EYAL SHANI (FAMOUS FOR PUTTING CAULIFLOWER BACK ON THE MENU) IS BEHIND THE FOOD HERE. THINK FRESH, VIBRANT MEDITERRANEAN FLAVOURS IN A SLEEK SETTING JUST STEPS FROM THE BEACH.

AUX BONS ENFANTS

OLD-SCHOOL AND ALL HEART. THIS TINY FAMILY-RUN BISTRO HAS BEEN SERVING PROVENCAL HOME COOKING FOR GENERATIONS. LOCAL FISH, STEWS, NO FRILLS — JUST REALLY GOOD FOOD. NO RESERVATIONS.

ASTOUX & BRUN

SEAFOOD INSTITUTION FOR OVER 70 YEARS. IT'S BUSY, A BIT CHAOTIC, BUT THE OYSTERS AND SHELLFISH ARE AS FRESH AS THEY COME. CLASSIC BRASSERIE VIBE.

AU POT DE VIN

HIDDEN AWAY IN THE BACKSTREETS, THIS COSY WINE BAR AND BISTRO IS RUN BY A FORMER MICHELIN-STARRED CHEF WHO'S NOW COOKING FOR THE JOY OF IT. EXPECT SIMPLE, WELL-EXECUTED DISHES AND A GREAT WINE LIST.

FROMAGERIE CENERI

📍 @FROMAGERIE_CENERI

A LEGENDARY LOCAL CHEESE SHOP — DON'T LEAVE WITHOUT TRYING THE BRIE WITH TRUFFLE. RUN BY THE SAME FAMILY FOR GENERATIONS.

LOCAL MARKETS & SHOPPING

MARCHÉ FORVILLE

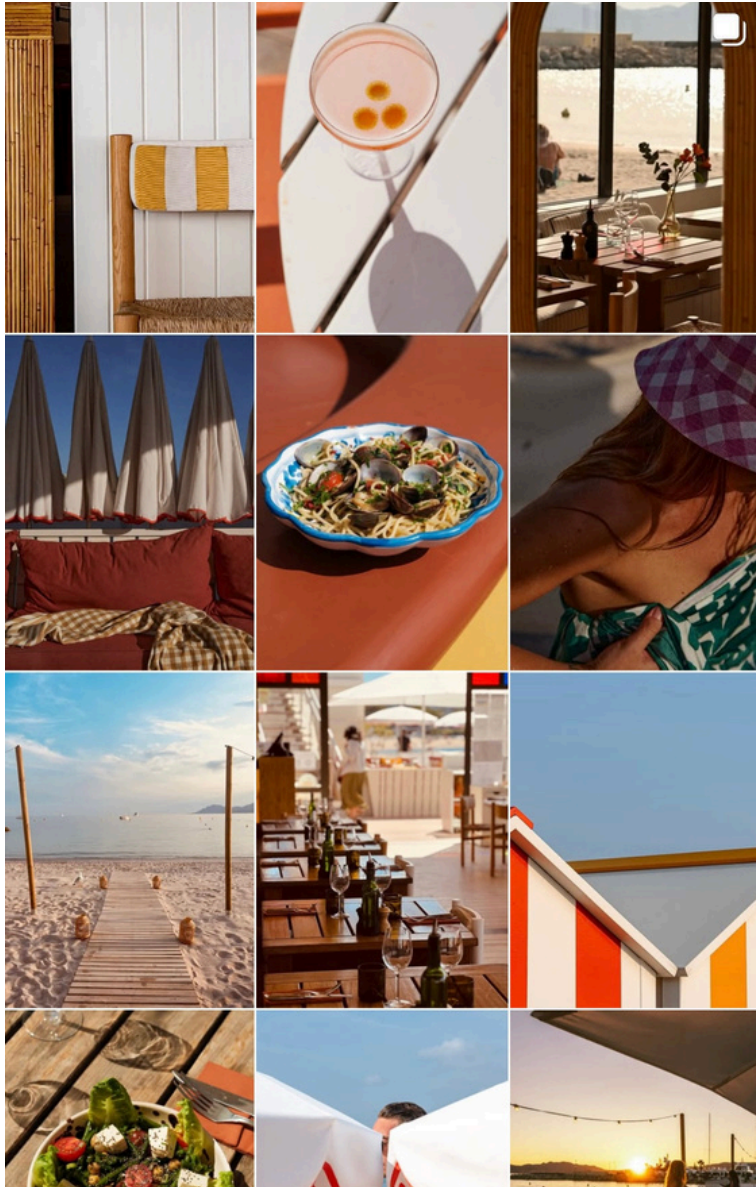
CANNES' COVERED PROVENÇAL MARKET, OPEN EVERY MORNING IN SUMMER (CLOSED MONDAYS). STOCK UP ON SUN-RIPENED PRODUCE, HERBS, OLIVES, AND FRESH SEAFOOD STRAIGHT FROM THE BAY.

🌟 BONUS: MONDAYS TURN INTO A VINTAGE AND FLEA MARKET.

RUE D'ANTIBES

FOR SHOPPING, THIS IS WHERE IT'S AT — EVERYTHING FROM ZARA TO CHANEL. STROLL, BROWSE, AND DON'T FORGET TO PEEK DOWN THE SIDE STREETS FOR SMALLER BOUTIQUES.





BEACHES

PLAGE DU MIDI

A LONG STRETCH OF SOFT SAND AND A LITTLE LESS SCENE-Y THAN THE CENTRAL BEACHES. GREAT FOR A CASUAL SWIM OR RELAXED AFTERNOON. RUNS WEST FROM THE OLD PORT TOWARDS CANNES LA BOCCA.

BIJOU PLAGE CANNES

BEACH CLUB TO RELAX IN A CHIC AND RELAXED ATMOSPHERE.

OPEN 7 DAYS A WEEK—BBQ PARTY EVERY SUNDAY

WINE BAR

QUILLE CANNES

A GOOD SELECTION OF VIBRANT WINES AVAILABLE TO TAKE AWAY OR ENJOY ON SITE

📍 7 RUE BIVOUAC NAPOLÉON



VALBONNE

1 HR DRIVE FROM SEILLANS

VALBONNE FEELS DIFFERENT—IT'S A PROVENÇAL VILLAGE, BUILT BY MONKS, AND SOMEHOW STILL FULL OF LIFE, NOT JUST POSTCARDS.

COFFEE:

LITTLE GREEN CAFÉ: PERFECT FOR A QUICK COFFEE STOP.

SHOPPING:

ATELIER BLANC: MY FAVOURITE SHOP! @ATELIER_BLANC

NICHE BOOKS: A COZY BRITISH BOOKSTORE.

MEMOIRE DE FAMILLE: FRENCH HOMEWARE.

ENGLISH GARDEN: BEAUTIFUL GARDEN SUPPLIES

@ENGLISHGARDEN

CHEESE: 365 FROMAGES: A MUST-VISIT FOR CHEESE LOVERS.
GARDEN CENTERS

JARDINIERIE NOVA: A GARDEN CENTER IN NEARBY OPIO.
VINTAGE DOORS:

COTE PORTES: IN CASE YOU ARE LOOKING VINTAGE FRENCH
DOORS FOR A RENOVATION PROJECT.



ANTIBES

1:10 HR DRIVE FROM SEILLANS

WALK:

LE SENTIER DU LITTORAL, CAP D'ANTIBES: A STUNNING COASTAL WALK.
TOUR DU CAP D'ANTIBES: ROCKY PATHS, WITH A SPOT WHERE AN OLD JAMES BOND FILM WAS SHOT.

COFFEE:

COFFEE LAB: TRY THEIR SMALL BRIOCHES WITH CARDAMOM OR RASPBERRIES – DELICIOUS! @NOMADSCOFFEEANTIBES

FOOD:

THE PESCHERIA IN COURS MASSENA: A MUST FOR OYSTERS, SEAFOOD, AND A GLASS OF WINE.

LE BISTROT DU CURE: A CASUAL SEASIDE RESTAURANT NEAR THE LIGHTHOUSE AND CHAPEL OF LA GAROUE.

BEACH:

PLAGE DES ONDES: A RELAXING SPOT FOR A BEACH DAY.

DINNER:

LA PASSAGÈRE AT BELLES RIVES: MICHELIN-STARRED RESTAURANT LED BY AURÉLIEN VÉQUAUD @BELLESRIVES.

GRAB A PAN-BAGNAT (A PROVENÇAL SANDWICH) FROM **JOSY'S VAN** AT LA SALIS BEACH. ASK FOR ANCHOVIES!

SUNSET DRINKS:

HOTEL BELLES RIVES: FORMERLY THE HOME OF FRANCIS SCOTT FITZGERALD, A PERFECT PLACE FOR SUNSET DRINKS.



VENTIGMILIA

1:45 HR DRIVE FROM SEILLANS

VENTIMIGLIA MAY HAVE A REPUTATION AS A BORDER TOWN, BUT DON'T BE FOOLED—ITALY'S CHARM IS UNDENIABLE. IT'S QUINTESSENTIALLY ITALIAN, START WITH A CAPPUCCINO AND CORNETTO ON A SUNNY TERRACE.

THE FOOD MARKET IS THE REAL HIGHLIGHT, BRIMMING WITH FRESH PRODUCE, ITALIAN CHEESES, AND DOLCI. ON FRIDAYS, THE TOWN TRANSFORMS WITH AN OUTDOOR MARKET, OFFERING EVERYTHING FROM KITCHENWARE TO FAKE PRADA BAGS (THOUGH FOR THE REAL DEAL, CHECK OUT EXNOVOSHOP FOR VINTAGE DESIGNER PIECES). WANDER THROUGH THE MEDIEVAL UPPER TOWN, WITH NARROW ALLEYS, ANCIENT CHURCHES, AND A STEP BACK IN TIME.

LUNCH:

CASAEBOTTE OR **A VIASSA** IN DOLCEACQUA, JUST A SHORT DRIVE AWAY, OFFERS A DELIGHTFUL CULINARY EXPERIENCE.

THINGS TO SEE DOLCEAQUA:

PONTE VECCHIO – A 15TH-CENTURY STONE BRIDGE, A MONET FAVORITE.

DORIA CASTLE – A MEDIEVAL FORTRESS WITH STUNNING VIEWS.

BORGIO ANTICO – A LABYRINTH OF NARROW ALLEYS AND STONE HOUSES.



COTIGNAC

1:15 HR DRIVE FROM SEILLANS



EAT:

LE BISTRO COTIGNAC – QUINTESSENTIALLY FRENCH RESTAURANT IN THE HEART OF THE VILLAGE, PERFECT FOR AUTHENTIC, COMFORTING FRENCH MEALS.

@LEBISTROCOTIGNAC | 10 COURS GAMBETTA

VISIT:

LOU GALEN – A CHARMING, HISTORIC HOTEL WITH A BOOKSTORE AND A WARM, WELCOMING ATMOSPHERE

@LOUCALEN

JARDIN SECRET – A LOVELY RESTAURANT WITH A BEAUTIFULLY CURATED GARDEN AND GREAT FOOD

@JARDINSECRETPROVENCE

ETOILE VERTE – MICHELIN GUIDE-WORTHY CUISINE

@MICHELINGUIDE

BAR À PASTIS – A LOCAL FAVORITE FOR SIPPING ON PASTIS.

BAR À BIÈRE: BIÈRE LA TUF – CRAFT BEER SPOT TO TRY LOCAL BREWS @LATUFCRAFTBEER

BREAKFAST:

BOULANGERIE PÂTISSERIE LOU GOURMANDISES – FRESH PASTRIES AND CROISSANTS THAT WILL MAKE YOUR MORNING PERFECT.

6 GRAND RUE



WALK:

FROM THE SQUARE NEAR THE TOWN HALL, ENJOY A SHORT, SCENIC WALK UP TO THE ROCK OF COTIGNAC. EXPLORE THE CAVE DWELLINGS AND NARROW, CHARMING STREETS.

LE TEMPS DE POSE – A SMALL SQUARE NEAR THE TOWN HALL, PERFECT FOR MORNING COFFEE AND CROISSANTS.

ENJOY:

LES TOILES DU SUD – OUTDOOR CINEMA AND MUSIC UNDER THE STARS FOR AN UNFORGETTABLE EVENING EXPERIENCE.

DISCOVER:

LE ROCHER DE COTIGNAC – A ROCK WITH ANCIENT CAVE DWELLINGS, WHERE YOU CAN EXPLORE A PIECE OF LOCAL HISTORY.

SHOP:

PEONY À COTIGNAC – A BEAUTIFUL MULTI-BRAND STORE WITH A GREAT SELECTION OF FASHION AND LIFESTYLE GOODS.

@PEONY_COTIGNAC

RECOMMENDED BY @HOTELDESDEUXROCS

MENTON

1:00 HR DRIVE FROM SEILLANS

JUST NEAR THE ITALIAN BORDER

ART, ARCHITECTURE, PALMS AND BEACH VIBES — MENTON IS WHERE RIVIERA ELEGANCE MEETS MEDITERRANEAN CHARM WITH A CITRUS TWIST.

JEAN COCTEAU'S WORLD:

THE BASTION MUSEUM

ORIGINALLY AN OLD FORT GUARDING THE HARBOR, JEAN COCTEAU LOVINGLY RESTORED THIS SPACE HIMSELF — CREATING MOSAICS FROM PEBBLES, DECORATING THE ALCOVES, AND INFUSING IT WITH HIS SIGNATURE POETIC SURREALISM.

2. JEAN COCTEAU MUSEUM

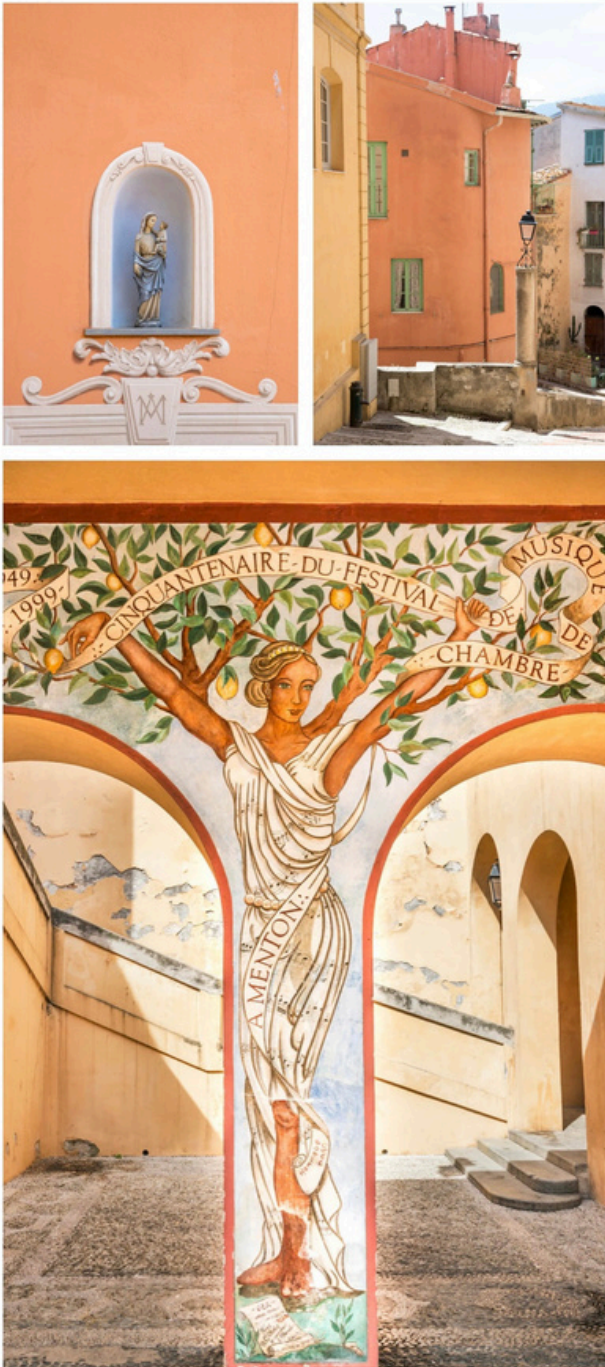
📍 DESIGNED BY RUDY RICCIOTTI

A BOLD, SCULPTURAL BUILDING IN BLACK AND WHITE, INSPIRED BY COCTEAU'S WORK AND PERSONALITY — LIGHT VS. DARK, MYSTERY AND MYTH. A MUST-SEE FOR DESIGN AND ART LOVERS.

MARKET

MARCHÉ DES HALLES DE MENTON IS A FABULOUS COVERED MARKET ESTABLISHED IN 1898, LOCATED BETWEEN THE PORT AND THE OLD TOWN. HOUSED IN A BELLE ÉPOQUE BUILDING ADORNED WITH COLORFUL SAÏSSI CERAMICS, IT HOSTS AROUND THIRTY VENDORS DAILY, OFFERING FRESH, LOCAL PRODUCE AND SPECIALTIES.

THE FÊTE DU CITRON IS A FEBRUARY FESTIVAL WHERE THE TOWN BURSTS INTO LIFE WITH TOWERING SCULPTURES AND PARADES CRAFTED ENTIRELY FROM LEMONS, CELEBRATING ITS RICH CITRUS HERITAGE.



TO EAT

CASAFUEGO | 📍 @CASAFUEGO_MENTON

WOOD-FIRED COOKING AT ITS FINEST. THINK SMOKY VEGETABLES, GRILLED MEATS, AND FRESH MEDITERRANEAN FLAVORS — ALL SERVED ON A BREEZY TERRACE WITH A PANORAMIC VIEW OVER THE HARBOR AND OLD TOWN. ELEGANT, LAID-BACK, AND IN THE MICHELIN GUIDE.

TO DISCOVER

THE EXCEPTIONAL GARDENS OF MENTON
THE CITY'S MILD CLIMATE HAS NURTURED SOME OF THE MOST STUNNING GARDENS ON THE RIVIERA — INTRODUCED BY ENGLISH BOTANISTS IN THE 18TH AND 19TH CENTURIES AND NOW PROTECTED UNDER THE “JARDINS REMARQUABLES” LABEL.

VAL RAHMEH-MENTON BOTANICAL GARDEN – TROPICAL, LUSH, AND WILDLY ROMANTIC

SERRE DE LA MADONE – LAYERED TERRACES AND EXOTIC SPECIES

FONTANA ROSA – A SPANISH-MOORISH DREAM DEDICATED TO LITERATURE

CLOS DU PEYRONET – PRIVATELY OWNED BUT OCCASIONALLY OPEN FOR TOURS

LES COLOMBIÈRES GARDEN – A GARDEN OF SYMBOLS AND HIDDEN MEANINGS

VILLA MARIA SERENA – PALMS, SEA VIEWS, AND PURE MEDITERRANEAN DRAMA



MOST GARDENS ARE OPEN TO THE PUBLIC — CHECK TIMES BEFORE GOING, ESPECIALLY OFF-SEASON.



DAY TRIP: BROCANTE, BEACH, GARDEN & GOOD FOOD

1:30 HR DRIVE FROM SEILLANS

HEAD OUT ON SUNDAY EARLY FOR THE **JAS DE ROBERTS** BROCANTE MARKET IN COGOLIN— ESPECIALLY IF YOU'RE INTO VINTAGE CERAMICS, FURNITURE, AND PROVENÇAL ODDITIES.

AFTER TREASURE HUNTING, TRADE THE DUSTY LANES FOR TURQUOISE WATER: THE TINY COVE AT **RAYOL-CANADEL** IS A DREAM FOR A LAZY BEACH AFTERNOON.

FOR LUNCH, BOOK AHEAD AT THE BELOVED **L'ANCRE D'OR** (SUPER CASUAL, RIGHT ON THE SAND) OR TRY THE OLD-SCHOOL CLASSIC LE **TROPICANA CLUB**, A LOCAL INSTITUTION SINCE 1965.

ONE BAY OVER, YOU'LL FIND **DOMAINE DU RAYOL**, A MEDITERRANEAN GARDEN WITH WILD VIEWS, AN EXCELLENT CAFÉ (**LE CAFÉ DES JARDINIERS**), AND EVEN AN UNDERWATER GARDEN YOU CAN EXPLORE WITH A MASK AND SNORKEL.

THERE'S ALSO **L'ESCALE**, A RELAXED, FEET-IN-THE-SAND SPOT THAT BELONGS TO **LE BAILLI DE SUFFREN HOTEL**.

TIP: ON COOLER DAYS, FLIP THE PLAN—START WITH A LATE MORNING BROCANTE BROWSE AND HAVE A LONG LUNCH AT **AUBERGE DE LA MOLE**, A FORMER PETROL STATION TURNED CULT COUNTRYSIDE RESTAURANT.

ART ON THE CÔTE

THIS SUN-DRENCHED COASTLINE ISN'T JUST ABOUT SEA AND ROSÉ — IT'S ALSO RICH WITH ART, ARCHITECTURE, AND CREATIVE LEGENDS. FROM UNDERWATER SCULPTURES TO HILLTOP VILLAS, HERE ARE THE CULTURAL STOPS THAT ARE WELL WORTH A DETOUR:

MUST-SEE MUSEUMS & CULTURAL SPOTS

VILLA NOAILLES, HYÈRES – ICONIC MODERNIST VILLA TURNED CULTURAL CENTER WITH DESIGN, ARCHITECTURE, AND PHOTOGRAPHY EXHIBITS.

LA MALMAISON, CANNES – ON THE CROISSETTE, A CONTEMPORARY ART CENTER IN A BELLE ÉPOQUE VILLA.

MUSÉE RENOIR, CAGNES-SUR-MER – RENOIR'S OLD HOME AND STUDIO, SURROUNDED BY OLIVE TREES AND HIS ORIGINAL WORKS.

MUSÉE DES BEAUX-ARTS, NICE – CLASSICAL TO MODERN ART IN A GORGEOUS 19TH-CENTURY MANSION.

MOMA – MUSÉE D'ART MODERNE ET D'ART CONTEMPORAIN, NICE – MODERN ART LOVERS, DON'T MISS THIS.

VILLA ARSON, NICE – CONTEMPORARY ART AND ARTIST RESIDENCIES IN A BRUTALIST COMPLEX.

MUSÉE MATISSE, NICE – LOCATED IN A GENOESE VILLA IN OLIVE GROVES.

MAISON BERNARD, THÉOULE-SUR-MER – A FUTURISTIC, BUBBLE-SHAPED MASTERPIECE OF ORGANIC ARCHITECTURE BY ANTTI LOVAG. NOT OPEN IN JULY & AUG



ART ON THE CÔTE

JEAN COCTEAU MUSEUM, MENTON – DREAMY, GRAPHIC, AND SURREAL
— JUST LIKE COCTEAU HIMSELF.

PALACE OF CARNOLÈS, MENTON – FINE ARTS MUSEUM IN A FORMER
SUMMER PALACE.

THE CHAPEL OF THE ROSARY, VENCE – MATISSE'S SPIRITUAL
MASTERPIECE.

FONDATION MAEGHT, SAINT-PAUL-DE-VENCE – SCULPTURE GARDEN
MEETS MODERNIST ARCHITECTURE.

CHÂTEAU LA COSTE, NEAR AIX – ART, WINE, AND ARCHITECTURE. THINK
RICHARD SERRA, TADAO ANDO, AND A STUNNING VINEYARD BACKDROP.

HOUSE E-1027 & LE CABANON, ROQUEBRUNE – EILEEN GRAY'S RADICAL
MODERNIST VILLA AND LE CORBUSIER'S HUMBLE (YET GENIUS) BEACH
HUT.

UNDERWATER MUSEUM BY **JASON DECAIRES TAYLOR** –

CHAPELLE SAINT-PIERRE – JEAN COCTEAU

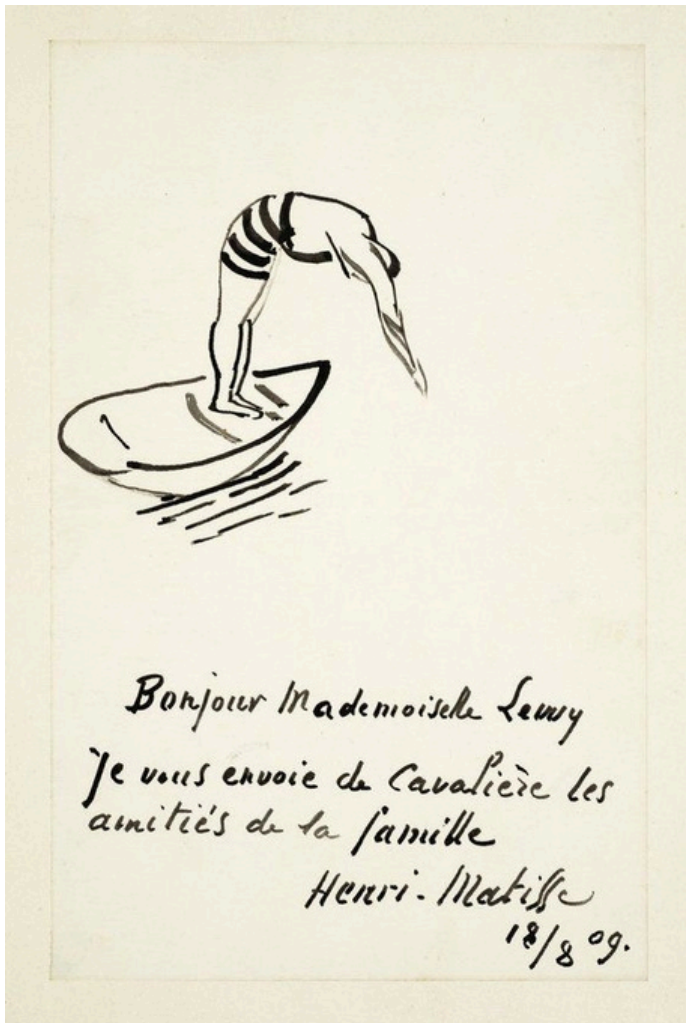
📍VILLEFRANCHE-SUR-MER

A TINY FISHING CHAPEL TRANSFORMED BY JEAN COCTEAU INTO A
POETIC, PASTEL DREAMSCAPE. — PURE MAGIC INSIDE AND OUT.

MAISON BERNARD

📍THÉOULE-SUR-MER

A RADICAL ARCHITECTURAL WONDER TUCKED IN THE RED ROCKS OF
THE ESTEREL. ORGANIC SHAPES — PART SCULPTURE, PART HOME. VISITS
BY APPOINTMENT ONLY. @MAISONBERNARD



HIKING

TRADE THE BEACH TOWEL FOR WALKING SHOES. THESE HIKE ARE NOT ONLY STUNNING BUT OFTEN END AT A SWIM SPOT OR PICNIC-PERFECT CLEARING.

TOP TRAILS

TIP OF L'AIGUILLE – THÉOULE-SUR-MER

PARK AT AIGUILLE BEACH AND FOLLOW THE COASTAL PATH TO SECRET COVES AND DRAMATIC RED ROCKS.

PONT DES TUVES – NEAR MONTAUBOURX

DESCEND 300 METERS THROUGH SHADED TRAILS TO THE SIAGNE RIVER. BRING A SWIMSUIT — AND A THERMOS OF COFFEE FOR THE CLIMB BACK.

GORGES DU BLAVET – ESTÉREL MASSIF

RED CLIFFS, SWEEPING VIEWS, AND PICNIC PERFECTION.

SAINT-CASSIEN LAKE & RIVER HIKE – TANNERON

PARK AT THE CHAPELLE SAINT-CASSIEN-DES-BOIS AND FOLLOW THE RIVER FROM GEH BARRAGE DE SAINT-CASSIEN (📍 43.612031, 6.844289). EASY, PEACEFUL, AND VERY PHOTOGENIC.



@sentieritalia

CHECK OUT MORE HIKING AND CYCLING TRAILS ON @KOMOOT



PICNIC LIKE A PRO

ANY TIME IS A GOOD TIME FOR A PICNIC—ESPECIALLY OFF-SEASON, WHEN THE BEACH CLUBS ARE CLOSED AND YOU’VE GOT THE SAND TO YOURSELF. BRING GOOD FOOD, CHILLED WINE, AND DO IT IN STYLE.

WE’VE STOCKED A FULL PICNIC CUPBOARD AT @CENTIFOLIA_PROVENCE WITH EVERYTHING FROM FORTNUM & MASON HAMPERS TO VINTAGE FLASKS AND GLASS JARS.

THE ESSENTIALS?

STURDY WINE GLASSES (NO PLASTIC HERE)

A STYLISH BLANKET

PROPER CUTLERY

SEASONAL SALADS IN JARS

A BAGUETTE AND LOCAL CHEESE FROM THE MARKET

ROSÉ, CHILLED IN A VINTAGE THERMOS

FIND YOUR PERFECT SPOT — WHETHER IT’S A LOOKOUT ON A COASTAL TRAIL, A VINEYARD VERGE, OR A QUIET BEACH — AND TURN YOUR LUNCH INTO A SLOW RITUAL.



BEACHSIDE RESTAURANTS | NEAR & FAR

WHEN THE WEATHER'S JUST RIGHT, THERE'S NOTHING BETTER THAN LINGERING SEASIDE OVER SEAFOOD AND WINE — OR SETTING OFF ON A COASTAL HIKE FOLLOWED BY A LONG, LAZY LUNCH.

PRADEAU PLAGE

 GIENS PENINSULA

A TINY, UNASSUMING GEM WHERE TABLES ARE TUCKED RIGHT NEXT TO THE WATER. EXPECT GRILLED FISH À LA PLANCHA, SUPER-FRESH CEVICHE, AND NO UNNECESSARY FRILLS. JUST GOOD VIBES, SALTY AIR, AND UNFORGETTABLE FLAVORS. COME HUNGRY, STAY A WHILE.

CAFÉ LÉOUBE & PLAGE DU PELLEGRIN

 BORMES-LES-MIMOSAS

ONE OF THE MOST STUNNING STRETCHES OF COAST. WALK THROUGH PINE TREES, THEN REWARD YOURSELF WITH LUNCH AT CAFÉ LÉOUBE. ORGANIC WINES FROM THE ESTATE, FRESH SALADS, GRILLED FISH — RUSTIC ELEGANCE BY THE SEA.

TORTU PLAGE

 BOULOURIS

SIMPLE, STYLISH, AND LOVED BY LOCALS. A BAREFOOT KIND OF PLACE FOR GRILLED CALAMARI, CHILLED ROSÉ, AND WATCHING THE DAY DRIFT BY.



BEACHSIDE RESTAURANTS

L'ÉPUISETTE

📍 BOULOURIS

A HIDDEN SPOT PERCHED ON THE ROCKS. ORDER THE CATCH OF THE DAY AND ENJOY THE FEELING OF BEING FAR, FAR AWAY FROM IT ALL.

COULEUR CAFÉ

📍 GIGARO

CASUAL AND CHARMING WITH TABLES UNDER THE TREES, JUST STEPS FROM THE SEA. DON'T MISS THE TARTARE AND THE HOMEMADE DESSERTS.

LES ROCHES ROUGES

📍 SAINT-RAPHAËL

MID-CENTURY GLAMOUR MEETS MEDITERRANEAN COOL. A PERFECT SPOT FOR APERITIVO HOUR BY THE SALTWATER POOL. @LESROCHESROUGES

PLAYA 79

📍 LIGURIA, ITALY

LAID-BACK LIGURIAN VIBES WITH STRIPED UMBRELLAS, LOCAL SEAFOOD, AND A VIEW THAT'S HARD TO LEAVE BEHIND. @PLAYA79

BIJOU PLAGE

📍 CANNES

CHIC BUT UNPRETENTIOUS, RIGHT ON THE SAND. COME FOR THE PEOPLE-WATCHING, STAY FOR THE TUNA TARTARE. @BIJOUPLAGECANNES

BEACHSIDE RESTAURANTS



LE MAS DU LANGOUSTIER

📍 ÎLE DE PORQUEROLLES

A DESTINATION IN ITSELF. COME BY BIKE OR BOAT, STAY FOR LUNCH UNDER THE PINE TREES. REFINED AND TIMELESS.

LES GRANIERES

📍 SAINT-TROPEZ

FEELS LIKE AN INSIDER SECRET, TUCKED INTO A COVE JUST BELOW THE CITADEL. A LONG LUNCH HERE IS A RITE OF PASSAGE. @LESGRANIERES

CLUB TROPICANA

📍 LE CANADEL RAYOL

A LOCAL LEGEND SINCE 1965. OLD-SCHOOL CHARM WITH PROVENÇAL FLAVORS AND FEET IN THE SAND.

L'ANCRE D'OR

📍 RAYOL-CANADEL

A TINY SHACK RIGHT ON THE BEACH. BOOK AHEAD IN SUMMER, BRING YOUR APPETITE, AND DON'T RUSH.

LOULOU HÔTEL

📍 RAMATUELLE

STYLISH AND SERENE WITH THAT SIGNATURE LOULOU FLAIR. SUNBEDS, SEA BREEZE, AND A MENU THAT HITS ALL THE RIGHT NOTES. @LOULOURESTaurants



BEACHSIDE RESTAURANTS

LA PINÈDE

📍 SAINT-TROPEZ

EFFORTLESS ELEGANCE, CLASSIC DISHES, AND THAT SPECIAL RIVIERA LIGHT. COME FOR A LONG LUNCH AND STAY FOR THE VIEW.

LILY OF THE VALLEY

📍 LA CROIX-VALMER

WELLNESS MEETS INDULGENCE. COME FOR THE SPA, STAY FOR THE SEA VIEW AND BEAUTIFULLY SEASONAL PLATES.

@LILYOFTHEVALLEY_OFFICIAL

TUBA CLUB

📍 MARSEILLE

NOT YOUR AVERAGE BEACH CLUB. A FORMER DIVING SCHOOL TURNED RETRO-CHIC HANGOUT PERCHED ON THE CALANQUES COASTLINE. SALTY AIR, NATURAL WINE, MEDITERRANEAN PLATES, AND VIEWS FOR DAYS. FEELS LIKE A SECRET — BUT WITH JUST THE RIGHT CROWD. @TUBA.CLUB

TO BE CONTINUED...

SKI BREAKS FROM THE RIVIERA

YES, YOU CAN SKI AND SWIM IN THE SAME DAY HERE. WINTER IN THE SOUTH OFFERS EASY DAY TRIPS TO THE SNOW:



GRÉOLIÈRES-LES-NEIGES – JUST 45 MINS AWAY. SMALL, LOCAL, AMAZING MEDITERRANEAN VIEWS

ISOLA 2000 – HIGH ALTITUDE AND A SOLID SKI SCENE, AROUND 2.5 HRS DRIVE.

LIMONE, ITALY – CROSS THE BORDER IN 4 HOURS FOR PRETTY ALPINE VIBES AND PASTA AFTER SKIING.

AURON – AROUND 2:30 HOURS. A LAID-BACK SKI RESORT WITH MORE SLOPES THAN YOU'D EXPECT AND A FUN, EASYGOING VIBE.