



Discovering

# Menton

*my city is a garden*



**Tourist Products 2009**

**Individuals  
and groups**

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Brochure published by the Tourist Office of Menton  
Tickets available from the Tourist Office and in some cases on-site





# Menton

*my city is a garden*

Thanks to a favourable microclimate that tends towards the subtropical (with 316 cloudless days a year), winter is almost unknown in Menton. In all seasons, therefore, it is a great place to enjoy a sovereign sea and sun-baked mountains close by. Here, we are on the edge of the department of Alpes-Maritimes, nestled between Italy and the nearby Principality of Monaco.

A paradise of gardens, Menton is also an unparalleled showcase for the architecture that has shaped this secret Riviera, in the midst of which all may stroll in the wake of famous names. From Empress Eugénie to Jean Cocteau, innumerable figures have come to this magical setting for a taste of the authentic.

The fragrances, the colours, the tranquillity, and also the wide variety of activities that you can take part in throughout the year, have made Menton into what geographer Elysée Reclus described as “the pearl of France”. The town is also the first in Alpes-Maritimes to have obtained the “*Ville d’Art et d’Histoire*” [Town of Art and History] label.

# Visits & Leisure

plan of guided tours up to December 2009

(individual clients)



## Monday

- 9 am - "From our craftsman to your taste buds" €41.00  
 10 am - Fontana Rosa\* €5.00  
 2.30 pm - Palais Carnolès\* (December to March) €5.00  
 3 pm - Val Rahmeh\* (1/10 to 31/03) €8.00  
 3.30 pm - Val Rahmeh\* (1/04 to 30/09) €8.00

## Tuesday

- 9 am - Perched Villages €42.00  
 10 am - Maria Serena\* €5.00  
 2.30 pm - Old Town\* €5.00  
 3 pm - Serre de la Madone garden\* (except November) €8.00

## Wednesday

- 9.30 am - "Between gardens and gastronomy..." €70.00  
 10 am - Serre de la Madone garden\* (except November)  
 "gardening course and unaccompanied tour" €10.00  
 3 pm - Serre de la Madone\* (except November) €8.00

## Thursday

- 8.30 am - Tour of the town & Serre de la Madone  
 (except November) – In English €18.00  
 2.30 pm - Palais Carnolès\* €5.00  
 (first Thursday of the month, except in July and August)  
 2.30 pm - Jean Cocteau\* (second Thursday of the month) €8.00  
 3 pm - Serre de la Madone\* (except November) €8.00

**One-off visits according to calendar\*** (times to be confirmed)  
 (Vieux-Château, L'Annonciade, Menton by the sea, The Lemon Grove,  
 In the footsteps of the *belle époque* winter visitors) €5.00 or €8.00

## Friday

- 8.30 am - Tour of the town & Serre de la Madone €18.00  
 (April to October) – In French  
 9 am - In the footsteps of the Lascaris (October to March) €42.00  
 10 am - Fontana Rosa\* €5.00  
 10 am - Fontana Rosa\* + themed lunch €38.00  
 (first Friday of the month)  
 10 am - Serre de la Madone garden\* (April to October) €8.00  
 2.30 pm - "From the vegetable garden to gastronomy"  
 (April to October) €47.00  
 3 pm - Serre de la Madone\* (except November) €8.00

## Saturday

- 9 am - Palais Carnolès (first Saturday of the month) Free  
 "The gardeners' rendez-vous"  
 9.30 am - "Journey to the heart of the gardens"\* €59.00  
 2.30 pm - Eglise Russe [Russian Church]\* €5.00  
 (fourth Saturday of the month, except July, August and November)  
 3 pm - Serre de la Madone garden\* (except November) €8.00

## Sunday

- 3 pm - Serre de la Madone garden\* (except November) €8.00

\* Not offered on 1 January, 1 May and 25 December.  
 Outdoor visits will be cancelled in the event of rain.

### Also take advantage of our special offers

- Day out at the marine zoo at Marineland Antibes
- Day of thalassotherapy (seawater treatments) in Antibes

As part of the main events organised in Menton, the above-mentioned visits may be suspended or replaced by themed visits or events.

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 tourisme@menton.fr

# Visits and events

the main events (individual clients)



*Fête du Citron* [Lemon Festival]\*



*Ma Ville est Tango* [My Town is Tango]



*Festival de Musique* [Music Festival]



*Journées Méditerranéennes du Jardin*  
[Mediterranean Garden Days]

## February – March 2009

**76th Fête du Citron® [Lemon Festival] - "Menton celebrates the Music of the World" - 13 February to 4 March**

Exhibition of designs made from citrus fruits from 9 am, processions of floats on all three Sundays at 2.30 pm  
Two night-time processions of floats at 8.30 pm, three "Jardins de Lumières" [Gardens of Lights] at 8.30 pm  
Craft Fair, International Orchid Festival  
Fruity Tours every day (except Sunday)

## June 2009

**The Garden Month** - Additional garden visits throughout the month

## July 2009

**Ma Ville est Tango [My Town is Tango] - 10 to 14 July**

Special events based around Tango (dance classes, demonstrations, shows, balls)

**Festival Créole [Creole Festival] - 16 to 19 July**

Creole entertainment (shows, food, arts & crafts, balls)

## July – August 2009

**Les Vendredis du Soleil [Fridays in the Sun]**

Every Friday, entertainment on the Promenade du Soleil (pedestrian street)

**Entertainment every evening**

**60th Festival de Musique [Music Festival] - 31 July to 19 August**

Concerts by talented young musicians and the great names in classical music

## September 2009

**Journées Méditerranéennes du Jardin [Mediterranean Garden Days] - 12 and 13 September**

Special events based around the garden, fair and visits

**National Heritage Days - 19 and 20 September**

## December 2009 – January 2010

**Christmas in Menton - 19 December to 3 January**

Giant floral designs, street performances, Christmas market, lights, Chemin des Crèches [Nativity Trail]

Dates subject to alteration

## Visits and events

### Christmas in Menton



From mid-December to the first week of January, the town of Menton dons its festive attire. In the magnificent setting of the Jardins Biovès [Biovès Gardens], some amazing entertainment is laid on, to be enjoyed by young and old alike. At dusk, Menton raises aloft its ceiling of lights and magical illuminations, bringing wonder and enchantment to all. In this natural setting, nestled between the mountains and the Mediterranean, Christmas and New Year are a special time, to be shared with family and friends.



# The Fête du Citron® [Lemon Festival]

Beneath the zest of oranges and lemons  
lies one of the world's greatest festivals



Just imagine... Designs up to 10 metres tall, incredible decorations, floats requiring over 140 tonnes of oranges and lemons. For three weeks, the Jardins Biovès [Biovès Gardens] and the streets are given over to these citrus giants. With processions of floats, gardens of lights and the exhibition of giant designs, come and discover this fantasy world, and move to the rhythm of a simply unforgettable event.



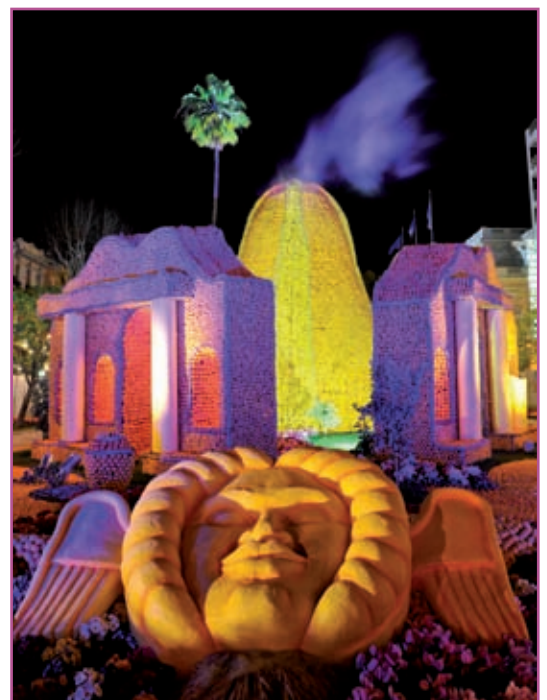
- Sundays, processions of floats at 2.30 pm
  - Thursdays, night-time processions of floats at 8.30 pm, followed by a firework display at 10 pm
  - Fridays, "Jardins de Lumières" [Gardens of Lights] evenings at 8.30 pm
  - Saturdays, performances at 9 pm
  - Schools' fancy-dress procession through the town centre
- Plus, every day, the citrus designs in the *Jardins Biovès* [Biovès Gardens], the Craft Fair and the Orchid Festival in the Palais de l'Europe.

## Fruity Tours

offered throughout the Fête du Citron®

- Jardin du Palais Carnolès [Palais Carnolès Citrus Garden]
- La Citronneraie [The Lemon Grove]
- Traditional jams factory

Prices:  
[www.feteducitron.com](http://www.feteducitron.com)



# The Festival de Musique [Music Festival]

in the square before the Basilica of Saint Michel Archange



**“Music has found a place here. It feels at home: all is harmony and joy; it's a perfect accord,”** the festival's founder, André Borocz, loved to say.

It is 60 years since the façade of the Saint Michel Basilica first became imbued with the talent and successes of some of the greatest performers. They have left their musical mark in this place and in the memories of several generations of music lovers.

The festival keeps alive this tradition of welcoming, each August at 9.30 pm, the world's great performers, known for demanding truth and recognised for their authenticity. To prove it, over the years, such artists as Mstislav Rostropovitch, Aldo Ciccolini, Krystian Zimerman, Yehudi Menuhin and Shlomo Mintz have graced the stage outside the basilica with their presence.

Out of respect for this immeasurable heritage and keen for it to live on, the organisers make every effort to go on preserving today the spirit of unity, authenticity, discovery and openness.

To this end, the 6 o'clock recitals act as a tremendous springboard for young soloists, new discoveries for music lovers and sometimes even veritable revelations.





# The Journées Méditerranéennes du Jardin [Mediterranean Garden Days] Menton, my city is a garden



The efforts made by the town to restore the historic gardens and create contemporary town gardens are a testament to its desire to preserve an exceptional floral heritage and to make something of it in the heart of the town. The *Journées Méditerranéennes du Jardin* [Mediterranean Garden Days] are a unique opportunity to discover or rediscover the gardens of Serre de la Madone and Fontana Rosa in full bloom, Hanbury, Boccanegra, and many more...

The *Journées Méditerranéennes du Jardin* also give visitors the chance to go on themed tours organised by the town in the presence of professional guides.

Over two days, nursery growers and decorators offer advice to the public on how to plan their gardens, terraces, balconies and indoor areas. With exhibitions and the sale of Mediterranean and exotic species, the weekend buzzes with the beautiful colours and scents which nature offers us daily.

Also on the programme: garden visits, performances, conferences, workshops for children.



# Fontana Rosa

discover our exceptional gardens "à la carte"



In 1922, politician and writer Vicente Blasco-Ibañez purchased a property called Fontana Rosa in the heart of the Garavan countryside. There, he found what he had long been searching for in his expatriate life: peace and isolation. In this garden, he patiently created a memento of his native Valencia: historiated ceramic tiles, pergolas, spectacular ponds and flower displays. This history-rich site adorned with the busts of his favourite writers (currently being renovated), is undergoing a real renaissance.



## Guided tours only

**Duration:** approximately 1 ½ hrs

Visit-conference led by a qualified guide certified by the Ministry of Culture or by a garden specialist

**Days:** Mondays and Fridays except for a special programme associated with an event organised in Menton

Meet on site  
Avenue Blasco-Ibañez at 10 am

**Price per person: €5,00**

Free for children up to the age of 18 and for students

Tickets available from the Tourist Office or on site

## Group prices:

€78.00 (10 to 20 people)

€104.00 (21 to 50 people)

Book at the Tourist Office

## Theme tours

**Duration:** approximately 3 hrs

Theme tour and lunch led by a qualified guide certified by the Ministry of Culture or by a garden specialist

**Dates:** the 1st Fridays of each month.

The tours are followed by a theme meal with entertainment in the garden except on 1 May, 25 December, 1 January and special programmes associated with an event organised in Menton

Meet on site  
Avenue Blasco-Ibañez at 10 am  
Book at the Tourist Office

**Price per person: €38,00**

**Price per child: €30,00**

**Group price: €35,00**

# Maria Serena

discover our exceptional gardens "à la carte"



Located near the Italian border, the Maria Serena villa was built in 1886 according to the plans of Charles Garnier – the architect of the Opéra de Paris – for the family Foucher de Careil, related to Ferdinand de Lesseps. Standing on the outskirts of the city in a quarter called "la petite Afrique" (little Africa), the 1½-hectare garden is reputed as having the mildest climate in France. It boasts a large collection of palm trees, cycas and tropical plants – a genuine outdoor greenhouse.



## Guided tours only

**Duration:** approximately 1½ hr

Visit-conference led by a qualified guide certified by the Ministry of Culture or by a garden specialist

**Days:** Tuesdays except for a special programme associated with an event organised in Menton

Meet on site

21 promenade Reine Astrid at 10 am

**Price per person: €5,00**

Free for children up to the age of 18 and for students

Tickets available from the Tourist Office or on site

## Group prices:

€78.00 (10 to 20 people)

€104.00 (21 to 50 people)

Book at the Tourist Office



# Palais Carnolès

discover our exceptional gardens "à la carte"



Free admittance every day  
except Tuesdays and bank holidays,  
10 am – 12 noon and 2 pm – 6 pm  
Permanent free exhibition on the  
Fête du Citron (Lemon Festival)®



Surrounding the former summer residence of the princes of Monaco, the Palais Carnolès boasts Europe's largest collection of citrus trees, featuring approximately 400 plants from some one hundred species: orange trees, lemon trees, grapefruit trees, clementine trees, mandarin trees, citron trees, kumquat trees, and more. During the tour, visitors also discover a collection of contemporary sculptures. The garden was awarded the title "Jardin remarquable" [remarkable garden] by the Ministry of Culture and Communication.



## Guided tours

**Duration:** approximately 1 ½ hr  
Visit-conference led by a qualified guide  
certified by the Ministry of Culture or  
by a garden specialist

**Dates:** every Monday from December to March  
and on the 1<sup>st</sup> Thursday of the month except July and  
August, and special programme associated  
with an event organised in Menton

Meet on site  
3 avenue de la Madone at 2.30 pm

**Price per person: €5.00**

Free for children up to the age of 18  
and for students

Tickets available from the Tourist Office or on site

## Group prices:

€78.00 (10 to 20 people)

€104.00 (21 to 50 people)

Book at the Tourist Office



## Theme tours

**Duration:** 10 am to 12 noon  
The gardeners' rendez-vous

**Dates:** on the 1<sup>st</sup> Saturday of the month  
(free)

Meet on site  
3 avenue de la Madone

# Serre de la Madone

discover our exceptional gardens "à la carte"



Self-guided tour €8. Every day except Monday: 10 am – 6 pm (01/04 to 31/10) and 10 am – 5 pm (01/12 to 31/03), closed in November



Started in 1924 by Major Lawrence Johnston, creator of the Hidcote Manor Garden in England, this unique landscaped garden features countless rare plants and species from the world over. With its terraces, fountains, pergolas, ponds and old-world statues, this Garden of Eden is a haven of coolness and greenery for visitors. Listed as a historical monument in 1990, this marvel is now the property of the Conservatoire du Littoral.



## Guided tours

**Duration:** approximately 1 ½ hr

Visit-conference led by a qualified guide certified by the Ministry of Culture on Tuesdays and Fridays or by a garden specialist on other days

**Dates:** Tuesday to Sunday except for a special programme associated with an event organised in Menton

Meet on site. 74 Val de Gorbio at 3 pm

**Advice:** The garden is terraced on a hillside and may be difficult to access for mobility-impaired persons

**Price per person: €8,00**

Ages 12 to 18 and students • €4,00

Free for children under 12

Tickets available from the Tourist Office or on site

**Group prices** (+€3,00 admittance fee per person):

10 to 20 people • €78,00

21 to 50 people • €104,00

Tickets available from the Tourist Office

## Theme tours

**Duration:** 2 hrs

Gardening course

**Dates:** Wednesday. The course includes a self-guided tour of the garden as well as a gardening course focused on a plant or seasonal work, from 10 am to 12 noon (closed in November)

Meet on site

74 val de Gorbio

**Price per person: €10,00**

Tickets available from the Tourist Office before Tuesday 12 noon (limited number of participants)

**Group price: €13,00**

Comprising a guided tour of the garden and a gardening course (min. 10 pers. / max. 30 pers.) subject to the gardeners' availability  
Book at the Tourist Office

# Val Rahmeh

discover our exceptional gardens "à la carte"



In the coolness of the valley, protected by its mountain amphitheatre, the Val Rahmeh exotic botanical garden boasts a microclimate where tropical plants flourish. The successive proprietors have created a garden with a wealth of colours and scents. Lotus plants and water lilies bloom in the pond, while the collections of daturas perfume the air. Menton's exceptional climate has made it possible to introduce into the garden, acclimatise and maintain a few specimens of extirpated species, such as *Sophora toromiro* native to Easter Island.



## Guided tours

**Duration:** approximately 1 ½ hrs

Visit-conference led by a qualified guide certified by the Ministry of Culture or by a garden specialist

**Dates:** Mondays except for a special programme associated with an event organised in Menton

Meet on site, on avenue Saint-Jacques  
at 3 pm (1 October to 31 March)  
at 3.30 pm (1 April to 30 September)

**Price per person: €8,00**

Free for children up to the age of 7

Tickets available from the Tourist Office or on site

**Group prices** (+€3.00 admittance fee per pers.) :

€78.00 (10 to 20 people)

€104.00 (21 to 50 people)

Book at the Tourist Office



Self-guided visits €6 • Reduced rate: €3 (groups & students)  
Free for children under 7

Every day except Tuesdays: 10 am – 12.30 pm and 2 pm – 5 pm (01/10 to 31/03). 10 am – 12.30 pm and 3.30 pm – 6.30 pm (01/04 to 30/09).

## La Citronneraie *(private garden)*

*discover our exceptional gardens "à la carte"*



Located on the side of hill called L'Annonciade, this lemon grove comprises about 450 trees, all of which are of the "Citron de Menton" variety. With its fragrant zest and flavourful pulp, this lemon variety is the most prestigious out of the 80 known species.



### **Guided tours only**

**Duration:** approximately 1½ hrs

Visit-conference led by a qualified guide certified by the Ministry of Culture or by a garden specialist

**Dates:** on the 3<sup>rd</sup> Thursdays of the month from December to March except for a special programme associated with an event organised in Menton

Meet on site  
69 corniche André Tardieu at 10 pm

**Price per person: €8.00**

Free for children up to the age of 18

Tickets available from the Tourist Office or on site

Group prices (+€3 admittance fee per pers.) :

€78.00 (10 to 20 people)

€104.00 (21 to 50 people)

Book at the Tourist Office



## Les Colombières *(private garden)*

*discover our exceptional gardens "à la carte"*



On the heights of Menton, on the Garavan site, artist and writer Ferdinand Bac designed and created this garden for his friends, the Ladan-Bockayry's, between 1918 and 1927. This garden offers a path marked by astonishing works: the garden of Homer, the trompe l'oeil garden, the obelisk rotunda, the Palladio pavillon, Bellavista, among others. The visitor embarks upon a voyage around the Mediterranean. Nestled in a landscape of olive trees and cypresses, Les Colombières offers a wealth of memories of ancient times set to best advantage by the man of letters and landscape artist Ferdinand Bac. The garden was listed as a Historical Monument in 1991.



### **Guided tours only**

**Duration:** approximately 1½ hrs  
Visit-conference led by a qualified guide  
certified by the Ministry of Culture

**Dates:** every day from 1 July to 10 August except on  
14 July

Meet on site, on route des Colombières at 3 pm  
**Tickets available from the Tourist Office**

**Price per person: €10,00**  
maximum of 20 people  
**Advance booking required with the Tourist Office**



# Clos du Peyronnet & l'Esquinade (private gardens) discover our exceptional gardens "à la carte"



## *Le Clos du Peyronnet*

It is the last of the Menton gardens to have remained the property of the same family since 1912. The Waterfield family collects tropical plant species, particularly bulbous plants from South Africa. Nestled in the Garavan bay, this garden blends colour and movement through its water staircase made up of a succession of ponds, ending with the Mediterranean as the last step. In this garden with a poetic atmosphere, shade plants and sunny ones court in the English style...



## *L'Esquinade*

With a Californian touch in a mountain landscape, the Esquinade garden overlooks the sea at an altitude of 180 metres on the eastern side of the bay of Menton. This garden was entirely created by its owner. Inside, the visitor can marvel at the magnificent collections of citrus trees, mimosas and palm trees. The orchard in the lower part of the garden comprises some one hundred fruit trees including jujubes, persimmons, fig trees, pomegranate trees, pistachio nut trees, and more.



### **Guided tours**

**Duration:** approximately 1½ hrs

Visit-conference led by a qualified guide certified by the Ministry of Culture or by the owner of the garden

**Dates and prices:** on the occasion of special events organised by the Tourist Office



## COCTEAU IN MENTON

The City of Menton has long maintained a special relationship with Jean Cocteau. Over the long period of time he spent on the French Riviera in the 50s, the artist often came to Menton. He created three works in the city, starting in 1957.

On the request of the Mayor of the period, Francis Palmero, he first painted the Salle des Mariages (wedding room), inaugurated on 22 March 1958. He also decorated the Mayor's office with a wall painting representing Orpheus in front of the Old City of Menton.

In one of his walks through the city, the poet discovered a small 17<sup>th</sup> century fort called the Bastion. There, he created a small museum which was inaugurated in April 1966, three years after his death. This site bears the hallmark of the artist who designed the restoration of the building, the decoration of its façade and floor (pebble mosaic) as well as the layout of his "Innamorati" and several other works.



## HISTORY OF THE COLLECTION

### SEVERIN WUNDERMAN

Belgian-born American collector Severin Wunderman had the project of bringing a large part of his collection dedicated to Jean Cocteau and his artist friends to France. After several meetings with Jean-Claude Guibal, Deputy-Mayor of Menton, Severin Wunderman decided to donate part of his works. The City then undertook to build a museum. On 1 December 2003, the project for the creation of a "Jean Cocteau - Severin Wunderman Collection" museum was approved by the Municipal Council. This genuine artistic treasure which was given to the City obviously comprises works by Jean Cocteau, but also a collection on Sarah Bernhardt and theatre as well as modern art paintings (Modigliani, De Chirico, Miro, Fogita and others). The donation comprises over 1 525 works listed in the museum's inventory: some 627 drawings, 424 photos, 178 manuscripts, 256 engravings, 70 posters, 59 illustrated books, and as may oil paintings on canvas, sculptures, jewellery, ceramic works, tapestries, stained glass windows, etc. On 25 July 2005, Severin Wunderman was made Citizen of Honour of the City, nearly fifty years after Jean Cocteau. In accordance with the wish of the American collector, the future "Jean Cocteau - Severin Wunderman Collection" museum will be built at the foot of the old city, near the Bastion, in the hamlet of "Les Pêcheurs".



"Jean Cocteau - Severin Wunderman Collection" Museum  
opening planned for the end of 2010

# Menton, a city of Art and History

## Jean Cocteau



### Wedding hall

Decorated by Jean Cocteau, who transformed it into a gigantic work of art, this room is unique in France. Open daily except Saturday, Sunday and bank holidays: 8.30 am-12.30 pm and 2 pm-5 pm - **Hôtel de Ville [Town Hall], Place Ardoïno.**

Price > €1,50 (free for under 18s)

Group price (min. 20 people • students under 25) > €1,15

Tickets available from the Tourist Office, [www.menton.fr](http://www.menton.fr) or on site

### Jean Cocteau Museum in the "Bastion"

Jean Cocteau chose to exhibit his work in a 17th century fort. Pebble mosaics, tapestries, ceramics and pastels pay tribute to this prince of poets. Open year round 10 am-12 pm and 2 pm-6 pm, except Tuesdays and bank holidays - **Esplanade du Bastion**

Price > €3,00

(free for under 18s and on the 1st Sunday of each month)

Group price (min. 20 people • students under 25) > €2,25

Tickets available from the Tourist Office, [www.menton.fr](http://www.menton.fr) or on site

### Jean Cocteau in Menton

Guided tour of the wedding hall and the Jean Cocteau museum on the 2nd Thursday of each month at 2.30 pm. The tour guide is accredited by the French Ministry of Culture (approx. 1½ hrs)

Meet at the **Hôtel de Ville [Town Hall], rue de la République**

Price > €8,00 (free for under 18s)

Group prices, 10 to 20 people > €78,00

21 to 50 people > €104,00 +€3,40 entry fee per person.

Must be booked in advance at the Tourist Office



# Menton, a city of Art and History

the old town - the historical centre



The seigniorship of Menton first appeared in the 13th century on a rocky promontory belonging to the Vento family of Genoa. In 1346, it passed to the lords and then the princes of Monaco. Its maze of narrow, little streets winds down from the square in front of the old château to the sea and the old port district. The names of the streets evoke pirates and legends: Acquassoma, Capoddana and Lampeduze.



## Guided Tours

**Duration:** approx. 1½ hrs

**Dates:** Tuesdays at 2.30 pm with a tour guide accredited by the French Ministry of Culture

Meet in the square in front of the *Basilique Saint-Michel Archange* [Saint-Michael Archange Basilica]

**Price per person : €5,00**

Free for children under 18 and students

Tickets available from the Tourist Office or on site

## Group prices:

€78,00 (10 to 20 people)

€104,00 (21 to 50 people)

Tickets available from the Tourist Office



# Menton, a city of Art and History



## *Carnolès Palace*

This former summer residence of Monaco princes houses the city's art museum, with paintings from the 13th century to the present day.

Guided tour of the citrus garden every Monday from December to March. Guided tour of the palace and citrus garden on the 2nd Thursday of the month

**Practical information: Palais Carnolès has one of Menton's exceptional gardens**

## *La Belle Époque*

Follow in the footsteps of a *Belle Époque* winter holiday-maker...

Occasional guided tours on Thursdays (depending on the date).

**Meet in front of the Tourist Office.**

## *Annonciade Monastery*

Built on the site of a small fortified town when Menton first came into being, it has been home to the Annonciades, nuns of the order of the Virgin Mary, since 2000. The true birthplace of Menton, it is now a haven of peace and contemplation.

Occasional guided tours on Thursdays (depending on the date).

**Meet on the Esplanade du Monastère**

## *Regional Prehistoric Museum*

This exceptionally well-designed museum allows you to turn back the clock one million years to when man first arrived on the Côte d'Azur. With its reconstructions and slide shows, this exhibition invites you meet prehistoric man for yourself.

Open year round from 10 am-12 pm and 2 pm-6 pm, except Tuesdays and bank holidays.

**Rue Loredan-Larchey - Free entry.**

## *Cemetery of the Old Château*

Located on the site of Menton's mediaeval château, which no longer exists, the cemetery stands at the top of a hill.

The graves of Menton families lie alongside those of rich foreign aristocrats from the Belle Époque.

Occasional guided tours on Thursdays (depending on the date).

**Meet in the Place du Cimetière**

## *The Russian Church*

In the 19th century, a substantial Russian community existed on the Côte d'Azur. The importance of this community led to the construction of an Orthodox church in Menton.

Occasional guided tours on Thursdays (depending on the date).

**Meet at the entrance, 14 rue Paul Morillot**

**Duration:** approx. 1½ hrs

Tour guides accredited by the French Ministry of Culture

**Price per person: €5.00** (free for children under 18 and students)

Tickets available from the Tourist Office or on site

**Group prices: €78.00** (10 to 20 people) • **€104.00** (21 to 50 people)

Book at the Tourist Office

# From our artisans to your taste buds

a day enjoying the best of Menton's locally-made gourmet fare

A guided tour of "L'Arche des Confitures" ["The Jam Ark"], Menton's artisanal jam factory. Find out how preserves are made using Menton lemons, and enjoy a tasting. Next, we head for Castillon, the favourite haunt of artists and artisans. Guided tour of the "Mare Nostrum" beer and lemonade factory, followed by a product tasting.

Enjoy a "brewer's lunch" with local specialities in the brewery restaurant.

After lunch, it's off to *Col de Castillon* to visit the "Grands Genêts" mill. The owners will explain how an oil mill works and will let you sample their wares.

Free time in Sospel to stroll through the mediaeval streets and discover the rich heritage of this small town at the edge of the *Parc du Mercantour* [Mercantour Park] and the *vallée de la Roya* [Roya Valley]. Then back to Menton, and a stop at "Apéritifs du Soleil" ["Aperitifs of the Sun"], an organisation of artisans and producers from the Menton countryside. You'll soon know all about the traditional method of producing Menton citrus fruit aperitifs, which you will also enjoy tasting.



## Guided Tours

**Duration:** one day

**Dates:** every Monday from March to October except bank holidays and when there is a special programme related to an organised event in Menton. Depart on foot and then by minibus from the Tourist Office at 9.30 am; return around 6 pm

### Description:

Lunch includes a large platter of local specialities, a dessert and a drink

**Price** (bookings must be made 48 hours in advance,

by 12 pm on Friday at the latest):

€41,00 (visits, lunch and transport)

From a minimum of 10 registered people

Tickets available from the Tourist Office

## Perched villages

*Roquebrune, Gorbio and Sainte-Agnès:  
old stones that recount the history of the Menton countryside*



From its coastline to its hillside villages, history has left its mark on the Menton area. The walls, churches and remains all bear witness to a turbulent history. Roquebrune village invites you to discover its fortified château, built in the 10th century. The circular road offers a wonderful panorama. As for Gorbio, this little village with its multitude of churches will plunge you into the magic of bygone days with its narrow cobbled streets and archways. Sainte-Agnès, the highest coastal village in Europe, is also classed as one of the most beautiful villages in France. Oleiculture and citrus fruit growing are the main sources of income in this part of the south.



### Guided Tours

**Duration:** one day

Depart by minibus from the Tourist Office at 9 am and return around 5 pm

**Dates:** every Tuesday, unless there is a special programme related to an organised event in Menton.

**Description:** **Roquebrune:** visit the château and discover the mediaeval village and thousand-year-old olive tree. **Gorbio :** visit the bread oven, explore the village and visit the church. **Sainte-Agnès :** visit the village and mediaeval garden at your leisure, and take a guided tour of the fort (Maginot Line) Visit selected monuments and museums. The day also includes a lunch with a selection of local specialities

**Prices:** €42,00 (visits, lunch and transport).  
€27,00 for children under 12.

**Bookings must be made 48 hours in advance  
(by 12 pm on Saturday at the latest)  
Tickets available from the Tourist Office**

## Between gardens and gastronomy, from Menton to Italy

*A day spent discovering three exceptional gardens  
with a gourmet picnic*

Your first visit will take you to Italy to explore the **Jardins Botaniques Hanbury [Hanbury Botanic Gardens]** with a specialist local guide. Set on a hill 5 km from Menton, they contain many wonderful treasures, including a perfume garden, a Japanese garden and a succulent garden, all overlooking the Mediterranean. Back to France for lunch in the romantic setting of the **jardin Fontana Rosa [Fontana Rosa Garden]**, where a gourmet picnic awaits prepared by the Paris-Rome, one of Menton's Michelin-starred gastronomic restaurants. The garden then becomes the best table in the house, as you enjoy your gourmet picnic. Next is a visit to the Fontana Rosa Garden with a tour guide. Created in 1921 by Vicente Blasco-Ibañez, this Valencian-inspired garden – currently being restored – combines historic ceramic tiles, ponds, window boxes and pergolas with a bright décor that retains all of its original charm. Continue exploring in the garden of the **villa Maria Serena [Maria Serena Villa]**, still accompanied by your guide. Created in 1886, this garden, known as “little Africa”, has a beautiful collection of palm trees, Cycas and tropical plants. The most temperate garden in France, it provides this villa, which was once a presidential residence, with a lush green setting by the sea.



### Guided Tours

**Duration:** one day

Guided tours by an Italian garden specialist and a tour guide accredited by the French Ministry of Culture. Depart by minibus from the Tourist Office at 9.30 am and return around 5.30 pm

**Dates:**

every Wednesday from January to mid-November, except 1 January, 1 May and when there is a special programme related to an organised event in Menton.

**Prices:**

€70,00 (visits, gourmet lunch and transport)

€63,00 for children under 8.

From a minimum of 10 registered people,  
Bookings must be made 48 hours in advance (by 12 pm on Monday at the latest),  
Tickets available from the Tourist Office



# Tour of the city & Serre de la Madone

discover Menton's rich heritage



An orientation tour to show you where the city's main tourist sites are located, so that you don't miss any hidden treasures during your stay. Gardens, museums, churches

and the historic centre – Menton will no longer hold any secrets from you. To give you a taste of Menton's botanical heritage, the tour will be followed by a visit to one of its seven exceptional gardens: *La Serre de La Madone* garden. This garden, with its unique landscaped architecture, contains a myriad of rare plant and tree species from all over the world. Listed as a historical monument in 1990, this Eden now belongs to the *Conservatoire du littoral* [coastal protection agency].



## Guided Tours

**Duration:** half-day

**Dates:** every Thursday in English, every Friday (April to October) in French, except 25th December, 1 January, 1 May, throughout November and when there is a special programme related to an organised event in Menton.

Depart by minibus from the Tourist Office at 8.30 am and return around 12 pm

**Description:** the visits mentioned in the programme are led by tour guides accredited by the French Ministry of Culture

**Note:** the garden rises in tiers up a hill and may prove difficult for people with reduced mobility

**Prices :** €18,00 (visit and transport)

€14,00 (aged 12-18) • €4,00 (under 12s)

Book at the Tourist Office

From a minimum of 10 registered people



# From the vegetable garden to gastronomy

Cookery lesson with a Michelin-starred Menton chef



Depart for the "Mirazur" gastronomic restaurant with its Michelin star and panoramic view of Menton bay. The restaurant is renowned for the creative cuisine of its chef – a former pupil of Alain Ducasse – who produces simple yet refined dishes made from the fresh produce in the vegetable garden and at the local market. Guided tour of the vegetable garden, whose produce is used to prepare the dishes served in the restaurant. Then, a gourmet coffee break and the opportunity to sample a local pastry. Finally, a cookery lesson with Michelin-starred chef Mauro Colagreco or one of his close colleagues.



**Excursion:**

**Duration:** half-day

**Dates:** every Friday from March to mid-October, unless there is a special programme related to an organised event in Menton.

Depart by minibus from the Tourist Office at 2.30 pm and return around 6 pm

**Description:** includes all of the items mentioned in the programme. The gourmet coffee break includes a drink (tea, coffee or mineral water) and a pastry. Lesson lasts about 1 hour.

**Price** (must be booked 48 hours in advance, by 12 pm on Wednesday at the latest) :

€47,00 (visit, coffee break, lesson and transport).

From a minimum of 10 registered people  
Tickets available from the Tourist Office



## In the footsteps of the Lascaris

*Castellar, Castillon, Sospel and Monti:  
united by the history of this great Byzantine family*

The Lascaris family are descendants of the Byzantine family who produced several Nicaean (Greek) emperors. One of them, Theodore II Lascaris, had a daughter – Eudoxie – who married Count Guillaume-Pierre of Vintimille (in Italy) in 1261. The Lascaris-Vintimilles, joint lords of Castellar, were prolific. They generated multiple branches of the family, including many famous names from the church, military and legal professions, as well as numerous knights of Malta. One of these was Jean Paul Lascaris of Castellar, who was the 57th grand master of the Order. The towns and villages of the Menton countryside all share a joint history thanks to the Lascaris family.



### Guided Tours

**Duration:** one day

**Dates:** Tevery Friday, unless there is a special programme related to an organised event in Menton. Depart by minibus from the Menton Tourist Office at 9 am and return around 5 pm

**Description: Menton :** seafront, and discover the French/Italian border from Boulevard de Garavan.

**Castellar :** guided tour of the mediaeval village, the Palais Lascaris [Lascaris Palace] and religious buildings (church and chapels). **Castillon :** visit the village, have lunch and discover the local crafts.

**Sospel :** guided tour of the village & free time.

**Monti** (hamlet in the district of Menton): return via le jardin Biovès (Biovès Garden) and the casino. Visit selected monuments and museums.

The day also includes a lunch with a selection of local specialities

### Prices:

€42 (visits, lunch and transport)

€27 for children under 12

**Bookings must be made 48 hours in advance (by 12 pm on Tuesday at the latest)**

**From a minimum of 10 registered people**

Tickets available from the Tourist Office

# Journey to the heart of the gardens

exotic, Florentine, Japanese, Provençal, French and botanical...  
an itinerary that shows you the exceptional diversity of gardens on the Côte d'Azur

Depart for Saint-Jean-Cap-Ferrat and a guided tour of the *villa Ephrussi de Rothschild* [Ephrussi de Rothschild Villa] – one of the jewels of the Côte d'Azur – built on a 7-hectare hillside site towering above the sea.

This dream villa – owned by the *Académie des Beaux Arts* [Academy of Fine Arts] and *l'Institut de France* [French Institute] – has been turned into a museum and is surrounded by nine magnificent themed gardens. Enjoy lunch at your leisure in Saint-Jean-Cap-Ferrat, a top holiday destination and home to royalty, celebrities and rich industrialists during the

Belle Époque. The rest of our trip takes place in Monaco's famous exotic garden. Hugging the cliff and offering a spectacular view of the principality and the French and Italian Riviera, the garden has more than a thousand species of cacti and succulents from the United States, Mexico, Central America and South Africa, among others. The tour of the garden includes the *Grotte d'Observatoire* [Observatory Cave] (guided tours every hour) and the *musée d'Anthropologie Préhistorique* [Museum of Prehistoric Anthropology].

**It's your choice:** in addition to visiting these two extraordinary gardens, the Tourist Office would also like to invite you to visit one of Menton's exceptional gardens, which you can select from the calendar of visits available during your stay. Choose from the *Palais Carnolès* [Carnolès Palace], *Val Rahmeh* (guided tour only), *Serre de la Madone* [Hill of the Madonna], *Fontana Rosa* and *Maria Serena*.



## Guided Tours

**Duration:** one day

(+ 1 visit to the garden of your choice during your stay)

**Dates:** every Saturday from January to October, except 1 January, 1 May and when there is a special programme related to an organised event in Menton. Depart by minibus from the Tourist Office at 9.30 am and return around 5 pm

## Description:

Includes all the visits mentioned (+ 1 garden of your choice). The tour guides are accredited by the French Ministry of Culture

**Prices €59,00** (visits and transport)

€26,00 for children aged 6 to 18

€11,00 for children under 6

From a minimum of 10 registered people  
Tickets available from the Tourist Office

# Your wellbeing stay in Menton

*relaxation and balance using lemons and other citrus fruits*

Lemons arrived in Persia from China via India. Alexander the Great brought them back to Greece, where they were known as “medical apples” because of their anti-infection, anti-bacterial and antiviral properties, and their ability to prevent hypertension and diabetes.

Whether by yourself or in a couple, come and discover the quality, effectiveness and benefits of citrus fruits at the Institut du Spa [Spa Institute] in the centre of Menton. These treatments will provide you with a feeling of total wellbeing, thanks to their use of entirely natural and organic products. All treatments are carried out by qualified professionals.



- Micronized sea salt and lemon essential oil scrub (45 min) €40,00
- Zen Discovery: balneotherapy with citrus essential oils and relaxing massage techniques (50 min) €50,00
- Seaweed wrap with lemon extracts (1 hr) €50,00
- Menton Bio-energy Treatment – an energizing Chinese treatment (1½ hrs) €80,00
- 4-Hand Duo – spa facial and reflexology treatment (1.15 hrs) €90,00
- Absolute Relaxation – balneotherapy with citrus essential oils and an energizing massage (1.40 hrs) €90,00
- Sunshine Escape – hammam, scrub, wrap and energizing massage (1.40 hrs) €100,00
- Menton Daydream – micronized sea salt and lemon essential oil scrub, seaweed wrap with lemon extracts, anti-stress massage, spa pedicure (2.15 hrs) €135,00

**Dates:** Tuesday to Saturday, by reservation only

**Tickets available from the Tourist Office**

**Note:** swimming trunks compulsory for men; towels and robes are provided

**If you buy 3 treatments at once, the Tourist Office will give you 1 free entry to Menton's exceptional garden "Serre de la Madone" [Madonna on the Hill]**



# Nautical activities

*A day of escape*



## Hire charges

Windsurf: 1 hr > €15 • 5 hrs > €60 • 12 hrs > €120  
Laser: 1 hr > €20 • 5 hrs > €80 • 12 hrs > €160  
Hobie Cat 15: 1 hr > €35 • 5 hrs > €140 • 12 hrs > €280

## Independent package (3 hrs of lessons and 5 hrs of hire)

Windsurf, €130 • Laser, €150  
• Hobie Cat 15, €200

## Group lessons (5 x 2-hr lessons from Monday to Friday)

Optimists (6-11 yrs) > €115 • 2<sup>nd</sup> week > €90  
Laser (11 yrs) > €135 • 2<sup>nd</sup> week > €110  
Hobie Cat 15 (11 yrs) > €155 • 2<sup>nd</sup> week > €120  
Windsurf (11 yrs) – lessons are 1½ hrs > €115 • 2<sup>nd</sup> week > €90

## Private lessons

Windsurf • Laser • Hobie Cat 15  
1 person > €12 • 2<sup>nd</sup> person > €5



# Nautical activities

*With the Nautical Centre of the Tourist Office*



Courtesy of a particularly kind sky (316 days of sunshine per year), the Nautical Centre of Menton Tourist Office offers year-round sailing lessons for beginners and experienced sailors with specialist instructors. The Nautical Centre of the Menton Tourist Office offers the perfect year-round sailing conditions for you to discover a landscape of contrasts, where the sea meets the mountains.



**Dates:** April to September: daily 8.30 am–7.00 pm  
October to March: daily (except Sundays) 8.30 am–6 pm  
Closed from 24 December to 2 January

**Address:** Promenade de la Mer, Baie des Sablettes  
**Tickets available from the Nautical Centre of the Tourist Office**

Lessons are given by state-qualified lifeguards who hold a BEESAN [French certificate in sports education and swimming] Accueil Loisirs Agrément Jeunesse & Sports N°0060303CL000106 [Sports & Youth Activity Training Certification N°0060303CL000106]

**Centre Nautique de Menton**  
Promenade de la Mer  
06500 Menton  
tel. 04 93 35 49 70  
mob. 06 70 48 95 63



# Kayak Trek

a day of relaxation and escape



Slide into the water and make the most of being in the sunny South. Move forward slowly and silently, discovering this picture postcard landscape at a gentle pace. After a quick paddling lesson, you'll set off to explore the coast of either Vintimille or Monaco, depending on the weather. You'll stop for lunch on one of the magical beaches that only insiders know about. As well as experiencing a unique feeling of total escape, you'll also be in perfect harmony with nature...



## Treks

**Duration:** one day

**Dates:** Saturday and Sunday from June to September. Meet at the Menton Nautical Centre, Promenade de la Mer at 9 am, and return at around 4.30 pm

**Description :** with a BESS [French sports education certificate]-qualified sailing instructor, set off on your kayak trek to discover Cap-Martin, the *Golfe Bleu* [Blue Gulf] and Monaco from the sea or, depending on the weather, explore La Mortola and the beaches around Vintimille. Bring your own picnic to eat on the beach and go for a swim where the kayaks are "parked" (participants must be aged 16 years or over and able to swim)

**Price per person: €30,00**

(A minimum of 5 registered people/maximum 16 registered people)

**Tickets available from the Nautical Centre**

## Hire charges

Kayak: 1 hr > €10 • 5 hrs > €40 • 12 hrs > €80

2-person kayak: 1 hr > €15 • 5 hrs > €60 • 12 hrs > €120





# Nautical activities for children

*“Les Moussaillons” [“Shipmates”] club for children aged 6 to 11*

“Les Moussaillons” [Shipmates] educational children’s club welcomes children aged 6 to 11 (packages are available) and also offers private swimming lessons given by a state-qualified lifeguard.



## Price per half-day

1 > €12 • 5 > €55 • 10 > €100

## Family package in July or August (unlimited half-days)

1 child > €180

2 children (brothers and sisters) > €320

3 children (brothers and sisters) > €450

## Family package in July and August (unlimited half-days)

1 child > €320

2 children (brothers and sisters) > €550

3 children (brothers and sisters) > €750

## Family swimming lesson package (20-minute sessions)

1 > €15 • 5 > €60 • 10 > €110

Supervised swimming and games led by BAFA-qualified instructors [French certification for youth leaders]

## Private swimming lessons (20 min. session for ages 5 and up)

1 session > €20 • 2<sup>nd</sup> pers. same family, same lesson > €30

5 sessions > €80 • 2<sup>nd</sup> pers. same family, same lesson > €120

10 sessions > €150 • 2<sup>nd</sup> pers. same family, same lesson > €230

## “Kids’ Club” swimming lessons (20 min. class per half-day)

1 > €27 • 5 > €120 • 10 > €225

## Supervised group swimming for children > €35/hour

### Dates: July and August

Registration daily: 9.00 am-6.30 pm

Saturday, Sunday and bank holidays:

9.00 am-12.30 pm and 2.00 pm-5.30 pm

**Prestataire :** Centre Nautique de l’Office de Tourisme

**Address:** Promenade de la Mer, Baie des Sablottes

**Tickets available from the Nautical Centre of the Tourist Office**

Lessons are given by state-qualified lifeguards who hold a BEESAN

[French certificate in sports education and swimming]

Accueil Loisirs Agrément Jeunesse & Sports N°0060305CL000106

[Sports & Youth Activity Training Certification N°0060305CL000106]



# Menton

*ma ville est un jardin*

*les Jardins d'exception*



# Specific terms and conditions

## Individual clients

### ARTICLE 1

THE TOURIST OFFICE OF THE CITY OF MENTON IS RESPONSIBLE FOR THE ORGANISATION, BOOKING AND SELLING OF GUIDED AND ESCORTED TOURS AND LEISURE ACTIVITIES.

### ARTICLE 2

PRICES: PRICES ARE INDICATED IN EUROS INCLUSIVE OF TAX.

### ARTICLE 3

BOOKINGS: BOOKINGS WILL BECOME DEFINITE UPON RECEIPT OF PAYMENT.

### ARTICLE 4

#### MEANS OF PAYMENT

PAYMENT FOR SERVICES CAN BE MADE IN EUROS USING:

- CASH
- FRENCH BANK OR POST OFFICE CHEQUES PAYABLE TO *L'OFFICE DE TOURISME DE LA VILLE DE MENTON* [THE TOURIST OFFICE OF THE CITY OF MENTON]
- BANK CARDS
- BANK CARDS FOR REMOTE PAYMENTS.

### ARTICLE 5

ALL CANCELLATIONS MADE BY CLIENTS MUST BE CONFIRMED IN WRITING TO LA DIRECTION DE *L'OFFICE DE TOURISME DE LA VILLE DE MENTON* [THE MANAGEMENT OF THE TOURIST OFFICE OF THE CITY OF MENTON], ACCOMPANIED BY A CERTIFICATE EXPLAINING THE REASON FOR THE CANCELLATION.

#### THE FOLLOWING CANCELLATION CONDITIONS WILL APPLY:

- UP TO 4 DAYS IN ADVANCE OF THE SERVICE BEING PROVIDED: CLIENTS WILL RECEIVE A FULL REFUND.
- 3 DAYS IN ADVANCE OF THE SERVICE BEING PROVIDED: CLIENTS WILL RECEIVE A 50% REFUND.
- 48 HOURS IN ADVANCE OF THE SERVICE BEING PROVIDED AND IN THE EVENT THAT CLIENTS DO NOT TURN UP, THE FULL AMOUNT WILL BE WITHHELD.

### ARTICLE 6

INSURANCE: CLIENTS ARE RESPONSIBLE FOR ANY DAMAGE WHICH MAY THEY CAUSE. CLIENTS ARE ADVISED TO TAKE OUT PERSONAL LIABILITY INSURANCE.

### ARTICLE 7

WE WISH TO DRAW YOUR ATTENTION TO THE FACT THAT DOGS ARE NOT PERMITTED.

### ARTICLE 8

THE TOURIST OFFICE OF THE CITY OF MENTON RESERVES THE RIGHT TO MODIFY OR CANCEL ALL OR PART OF THE SERVICE IN THE EVENT OF FORCE MAJEURE.



***Office de Tourisme de Menton***  
**[the Tourist Office of Menton]**

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