



Summary

Menton, a way of lifep.2 & 3

Menton, a town of Culture.....p.4 & 5

Menton, a town of gardens.....p.6.7.8 & 9

Menton, a town of leisurep.10,11 & 12

Welcome to Mentonp.13 & 14

Congresses, seminars and coursesp.15

Gastronomy of Mentonp.16 & 17

Main events in Mentonp.18

Accessp.19



Menton, a way of life...

t

hanks to a beneficial subtropical microclimate (316 cloudless days a year), winter is practically unknown in Menton. Therefore, you can enjoy a beautiful sea and the nearby sunny mountains all year round.

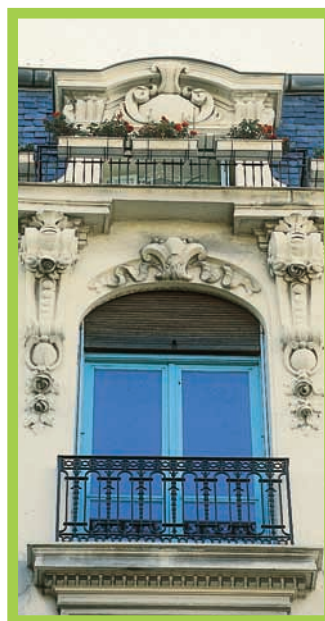
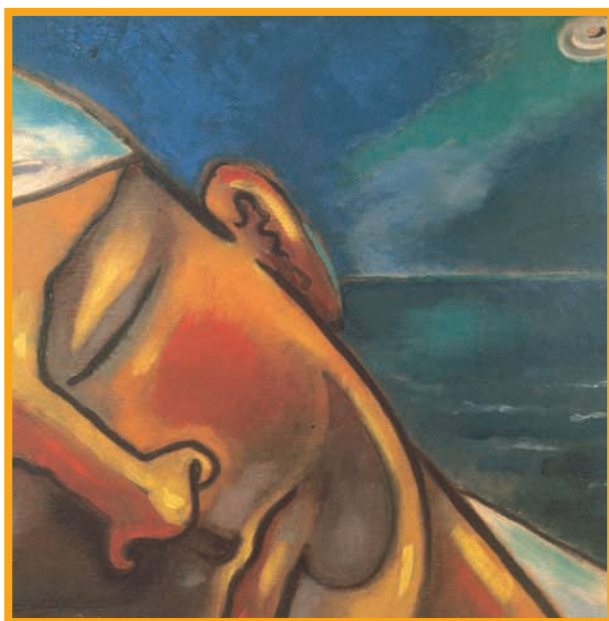
Menton is on the borders of Italy, the Principality of Monaco and the Comté de Nice.

Paradise of gardens, Menton is also a unique display of architecture. These have moulded this “secret Riviera”, paradise where you can walk in the footsteps of famous names. From the Empress Eugénie to Jean Cocteau, countless people have come to this magical setting to get re-kindle the authentic.

The scents, colours and tranquillity, but also the diversity of the activities that can be practiced here throughout the year, make Menton “the pearl of France”, as stated by the geographer Élysée Reclus. Moreover, the town is the first town of the Alpes-Maritimes to receive the designation “City of Art and History”.



M E N T O N , A W A Y O F L I F E



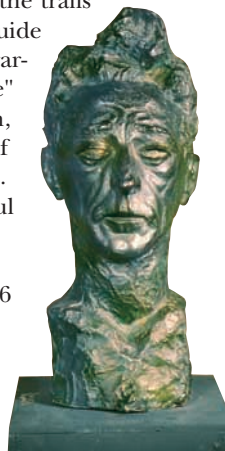
Menton, a town of culture

town of Arts, pampered by nature, Menton offers open routes on the trails of the great names of the world's culture. Guided tours led by a guide along the streets of the old town (medieval and baroque), and gardens are organised regularly by the "Service du Patrimoine" (Heritage Service) for individuals and on request for groups. Thus, Menton, one of the 120 "Cities of Art and History" of France, is primarily a town of ambiance. The old town, the historical centre, offers its shaded narrow streets. The basilica of Saint-Michel, with its bell-tower, is one of the most beautiful baroque spots of the area together with the place de la Conception.

Information: Tourist Office, Palais de l'Europe, 8 avenue Boyer, BP 239, 06506 Menton – Tel : +33 (0) 4 92 41 76 76 Fax : +33 (0) 4 92 41 76 78

Maison du Patrimoine, Palais d'Adhémar de Lantagnac, 24 rue Saint-Michel 06500 Menton – Tel.: +33 (0) 4 92 10 97 10 – Fax: +33 (0) 4 93 28 46 85

Cultural Service of the Town Hall: Tel.: +33 (0) 4 92 10 50 16



Museums

Open all year round from 10.00am to 12.00pm and from 2.00pm to 6.00pm. Closed on Tuesday and holidays.

Musée Jean Cocteau

Vieux Port – Tel: +33 (0) 4 93 57 72 30

Jean Cocteau, painter and poet, became involved in the restoration and decoration of the Bastion, a small fort of the XVII century, in order to convert it into an exhibition place for his work.

Drawings, tapestries, watercolours, pastels, ceramics, faiences and mosaics made of pebbles are a memorial of the multifaceted talents of this artist who loved Menton.

Entrance fee: 3.00€

Group fee: 2.25€

Entrance free of charge on the first Sunday of every month.



Musée de Préhistoire Régionale (Museum of Regional Prehistory)

Rue Loredan-Larchey

Tel: +33 (0) 4 93 35 84 64

The museum, of exceptional design, allows us to go back in time up to one million years ago when man was present in the French Riviera in the caves of Vallonet, Lazaret and Grimaldi.

Composed of dioramas and restored frescos, this exhibition retraces the remarkable remnants of a period extending to the end of prehistory and invites us to meet prehistoric man.

Entrance free of charge

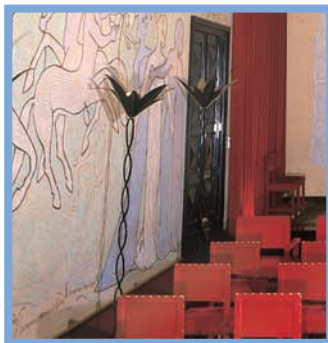
Musée des Beaux-Arts du Palais Carnolès (Museum of Fine Art)

3, avenue de la Madone

Tel: +33 (0) 4 93 35 49 71

Fax: +33 (0) 4 92 10 05 40

Today this once summer residence of the Princes Grimaldi of Monaco is the Museum of Fine Art where you can admire the greatest names in contemporary art but also a



superb collection of paintings ranging from the XIII century to the XX century. It is also temporary houses exhibitions. This impressive building is surrounded by a garden lined with citrus fruits and decorated with numerous sculptures.

Entrance free of charge.

Salle des Mariages (Wedding Hall)

Place Ardoïno- Tel: + 33 (0) 4 92 10 50 00

Open every day except Saturday, Sunday and holidays from 8.30am to 12.30pm and from 1.30pm to 5.00pm. Reduced price: 1.15€. Individual price: 1.50€.

Decorated in the 50's by Jean Cocteau, this room has been transformed into a gigantic work of art. The portraits of eternal lovers are drawn in a meander of lines. The woman with the typical Mentonese capeline and the man with a Mediterranean fishing bonnet.

Galerie d'Art du Palais de l'Europe (Art gallery)

8, avenue Boyer- Tel: + 33 (0) 4 92 41 76 66

This old casino, constructed between 1908 and 1909 by the Danish architect Hans Georg Tersling, houses the Art Gallery, an exhibition place that accommodates the most important French and foreign contemporary artists.

Entrance free of charge.

Also to go and see

- The Monastery of the Annonciade
- The Basilica of Saint-Michel Archange
- L'Eglise Russe (a church)
- The Cemetery of the Old Castle
- The Gardens of Menton

Thematic tours

- A tour of the town (by coach)
- A tour of the gardens (by coach)
- The old town
- Menton and the Religious Baroque
- Garavan or the Babylonian dream
- La Condamine, a Belle Époque area
- Menton and Jean Cocteau
- Menton, town of casinos...

But also

L'Ecomusée de la forge (a forge from the XIX century) – 2, rue du Grenadier

Entrance free of charge

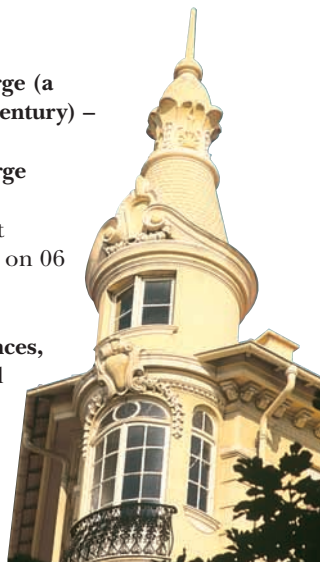
sign-posted tour-

Visits by appointment

(contact Mr Ballestra on 06 87 06 25 63).

The Mentonese Faïences,

14 promenade du Val de Menton, open Monday to Friday.



Menton, town of gardens

Gardens

Information: "Service du Patrimoine"
(Heritage Service)

Palais Adhémar de Lantagnac,
24 rue St Michel

Tel: +33 (0) 4 92 10 97 10

Fax: +33 (0) 4 93 28 46 85

Jardin de la Villa Maria Serena

21, promenade Reine-Astrid

Tel: +33 (0) 4 92 10 33 66

Fax: +33 (0) 4 93 28 46 85

The villa Maria Serena, situated at a short distance from the Franco-Italian border, was built around 1880 and it is attributed to Charles Garnier, architect of the Opera of Paris, for his friend Ferdinand de Lesseps. The garden, measuring one and a half hectares and designed around the villa is an invitation to exoticism. This garden is renowned for being the most temperate in France (the temperature rarely falls below 5°). Tropical and subtropical plants, an extremely rare dragon tree from the Canary Islands and an important collection of palm trees and cycas have acclimatized in this haven of paradisiacal weather offering a unique view over Menton and its old town.

Guided tours only

("Service du Patrimoine") **Price: 5.00€**

Groups with reservation

Jardin du Palais Carnolès

3, avenue de la Madone.

Tel: +33 (0) 4 93 35 49 71

Fax: +33 (0) 4 92 10 05 40

The old summer residence of the princes of Monaco contains the most important collection of citrus fruits in Europe, classi-

fied in January 2000 as a "specialised conservatory of plants".

The garden, which surrounds the Palais de Carnolès comprises approximately 400 subjects of around 50 species: orange trees, lemon trees, clementine trees, grapefruit trees, mandarin trees, citron trees, kumquats...The garden has been decorated with contemporary sculptures since 1994.

Open all year round except Tuesdays and holidays from 10.00am to 12.00pm and from 2.00pm to 6.00pm.

Entrance free of charge. Guided tours ("Service du Patrimoine").

Price: 5.00€ - Groups with reservation.

Jardin botanique exotique du Val Rahmeh
(Exotic botanical garden of the Val Rahmeh)

Avenue Saint-Jacques

Tel: +33 (0) 4 93 35 86 72

Fax: +33 (0) 4 93 28 89 75

This garden, created in 1905 by Percy Radcliff, a botanical lover, became the Mediterranean office of the Muséum National d'Histoire Naturelle (the French Natural History Museum) in 1966. It collects the Labiatae and the Solanaceae and large number of edible plants (kiwis, avocados, bananas...). The only specimen of *Sophora toromiro* is found here, the mythical tree of Easter Island, which grows in the soil itself and under the sun of Menton. In total, the garden of Val Rahmeh has a collection of over 700 species of vegetables.

Opening times: from 10.00am to 12.30pm and from 3.00pm to 6.00pm from 1 May to 30 September.

From 10.00am to 12.30pm and from 2.00pm to 5.00pm from 1 October to 30 April. Price: Contact the Tourist Office: 04 92 41 76 76.

The visitor may also visit the garden with the "Service du Patrimoine" Price: Contact the



Tourist Office: 04 92 41 76 76.Groups with reservation.

Jardin des Colombières

Route des Colombières

Ferdinand Bac, painter and novelist, designed and built this estate on the top of Menton, in the site of Garavan for his friends the Ladan-Bockairy family between 1918 and 1927.

From the Maison, the stroller embarks in fact on a journey around the Mediterranean. The species themselves are more Latin than exotic: the garden is lined mainly with cypresses and olive trees. Approximately fifteen places marked with remarkable small picturesque buildings have a clearly superb view over the sea and the old town.

Exceptional visits depending on the programme

(for information contact the "Service du Patrimoine" or the Tourist Office).

La Serre de la Madone

74, route du Val de Gorbio

Tel/Fax: +33(0) 4 93 57 73 90

or 06 86 37 91 49

Designed between 1919 and 1939 by the Major Lawrence Johnston, designer of the English garden of Hidcote Manor, the garden Serre de la Madone contains an exceptional botanical collection. In this garden L. Johnston acclimatized species from throughout the world, some of which are now the only remaining specimens. Beyond its botanic interests, la Serre de la Madone is a remarkable example of landscape architecture with its ponds and fountains that create a calm and preserved atmosphere. A procedure of official classification, rare for gardens, has allowed it to be classified as an historic monument in 1990. The visitor can also learn about this extraordinarily designed garden, every day except Mondays, thanks to the gardeners

of la Serre who offer a 1h30min visit in a paradisiacal world.

Guided tours once a week

("Service du Patrimoine")

Tours led by the gardeners:

- February, March: 2.30pm

- April, May: 2.30pm, 4.30pm

- June, September: 10.00am, 4.00pm

- July, August: 10.00am, 5.00pm

Price: 8.00€

Fontana Rosa

Avenue Blasco-Ibañez

Tel: + 33 (0) 4 92 10 33 66

Fax: + 33 (0) 4 93 28 46 85

Created in the 20's by the scriptwriter and novelist Blasco Ibañez, Fontana Rosa is a Valencia style garden of ceramics dedicated to the memory of important writers. This estate, which he bought in 1921 reminds him of Spain. His Spain, which was never far from his mind, with its gardens of vivid colours...Classified as a historical monument since 1990, Fontana Rosa has been designed as a reading area dedicated to the great masters of literature such as Balzac, Flaubert, Dickens and above all Cervantes. The "Rotonde de Cervantes" (the Rotunda of Cervantes) is amongst the most beautiful achievements. This place has benches, pergolas, ponds and columns covered entirely with ceramics.

Guided tours by Patrimoine (see programme)

Price: 5.00€ groups with reservation.

Le Clos du Peyronnet

Avenue Aristide Briand

Tel: +33 (0) 4 93 35 72 15

Fax: +33 (0) 4 93 35 72 25

This estate is the last garden of Menton that remains the property of the same family since 1915. The current owner, William Waterfield, specially interested in botany, collects tropical species, particu-

larly bulb plants from South Africa. The landscaping of the garden Clos du Peyronnet is quit exceptional.

It combines colours and movements through a play of water staircases formed by successive ponds, the last step of which is...the Mediterranean.

Visits on request only.

Le Parc du Pian

Avenue Blasco Ibañez

This magnificent olive grove, measuring three hectares, houses, within a listed space, over 530 olive trees, some of which are probably over a thousand years old...Irresistibly it evokes ancient Greece. This park is arranged in a series of terraces, allowing an uninterrupted view of the sea. It is a public garden that is traditionally used for Sunday strolls by the people of Menton.

Open every day.

Entrance free of charge.

Le Plateau St-Michel.

(the plateau of St-Michel)

With a surface of 120,000 m², the Plateau St-Michel is a real panoramic viewpoint over the town of Menton. A conservation area since 29 June 1951, it contains olive trees that are several hundred years old, hills planted with pines, eucalyptus, mimosas and heather.

Open every day. Entrance free of charge.

Le Square des Etats-Unis

29, Avenue Carnot.

This square aims to be a contemporary garden of pleasure and discovery.

It is a place of Sunday strolls and rest for families and it is also a didactic route for botany lovers.

Walking along the garden, the visitor will



notice that the names of the trees are written on the ground and their leaves are drawn on the paving.

Open every day.

Entrance free of charge.

Le Jardin de l'Esquinade

2665, Route du Super Garavan

Tel: +33 (0) 4 93 57 67 28

This garden was created entirely by its owner. Inside, the visitor can marvel with the magnificent collections of citrus fruits, mimosas and palm trees. The lack of old architecture peculiar to all botanical gardens is easily compensated by the choice, number and layout of the different vegetable species. The orchard at the bottom of the garden is planted with 120 fruit trees such as jujube trees, kakis, fig trees, pomegranate trees, pistachio trees, medlar trees, etc...

To visit, contact the owner.

La Citronneraie.

(the Lemon Grove)

The garden of the Citronneraie, on the hillside of the Annonciade, was created by local farmers several centuries ago. It contains a magnificent olive grove with 200 trees of approximately 600 years and a splendid terrace of wisteria. The Citronneraie was only built in the 50's, with approximately 350 trees growing among numerous species, tropical, subtropical and Mediterranean. It is a garden that truly reflects the south of France, the Citronneraie contains kumquats, citrons, pink grapefruit, lemons, oranges, mandarins and clementines with the scent of species filling the whole property.

For information, contact the Tourist Office.

Squares

TOWN CENTRE

- Square des Etas-Unis : Avenue Carnot.
- Square de Namur : Allée de Namur.
- Square Tzank : Rue Pietra Scritta.
- Square James Henri Bennet : Rue de la République.

OLD TOWN

- Square Victoria : Quai Bonaparte : beginning of Porte de France.
- Square Jean Cocteau : Quai de Monléon.
- Square du Souvenir Français: Quai Gordon Bennet.

GARAVAN

- Square de Lesseps : Porte de France.

- Square Baden Baden : Quartier Garavan (Rondelli).
- Square Katherine Mansfield : Avenue K.Mansfield.

CARNOLES

- Square Elisabeth : Pont de l'Union.
- Square Fernandez : Rue Paul Morillot

BORRIGO

- Square Sotchi : Cours du Centenaire.
- Square Elysée Reclus : Avenue de la Madone; Promenade du Soleil.

CAREI

- Square Mireille Tolaigo : Val du Careï.

Menton and the surrounding area

the only trouble you may encounter while touring around Menton is the extensive choice. From here you can go on trips to the villages in the Menton back country; the free route allows visitors to a completely independent discovery of the region with even the choice of combining the coastal route with the meandering corniche or mountain routes, especially those perched villages...

Roquebrune: its castle fort and hundred year old olive trees.

Gorbio: its natural and architectural heritage.

Sainte-Agnès: the highest coastal village in Europe with its view and fort of the Maginot Line.

Castellar: its fountains, its chapels and its turret houses

Castillon: its pleasures of life and creative artisans.

Le Parc du Mercantour (La Vallée des

Merveilles - The Valley of Wonders): Beautiful natural area with 70,000 hectares, inhabited by chamois, ibex, moufflons, marmots, partridges and white hares, it contains flora rich in colours and rare species and rock carvings...

But also the possibility of discovering the Baroque, explore great tourist spots such as:

The Principality of Monaco: The Royal Palace, the exotic garden and the oceanographic museum.

Comté de Nice : the old Nice and the promenade des Anglais (Nice Promenade).

The Pays de Grasse: Favourite land for flowers and scents but also a land of art with Saint-Paul de Vence or the Festivals with Cannes

The Italian Riviera: the extremely popular market of Vintimille, the narrow streets of the old San-Remo.

In Menton, the Promenade du Soleil (Sun Promenade) is reserved for pedestrians every first Sunday of every month.

Menton, town of leisure



Whether it is the discovery of the Mentonese baroque or trips to the heart of gardens along the paths of nature, Menton offers numerous possibilities for walks...Town of leisure, you can practice many sports and relaxation activities. Menton is also a place for the young holiday makers...

The beaches of Menton

Whether public or private, on the beaches of Menton you can relax and bathe in total safety. In fact, since 1998, Menton can boast about having received the designation "European Blue Flag". Presented by the town by Dominique Voynet, Minister for the Environment, this label was confirmed in 1999, 2000 and 2001. It ensures the quality of the water of the beach and the correct administration of the beaches (hygiene and safety). So enjoy sunbathing and swimming.

Private beaches

La Dolce Vita

15, promenade de la Mer
Tel.: +33 (0) 4 93 35 44 50

Elsa Plage

1, Promenade du Soleil
Tel.: +33 (0) 4 93 35 80 83

Napoléon plage

13, promenade de la Mer
Tel.: +33 (0) 4 92 10 92 60

La Pescacia

7, promenade de la Mer
Tel.: +33 (0) 4 93 35 28 33

Les Sablettes

2, promenade de la Mer
Tel.: +33 (0) 4 93 35 44 77

Le Skipper

10, promenade de la Mer
Tel.: +33 (0) 4 93 35 99 60



Plage du Levant

14, promenade de la Mer
Tel.: +33 (0) 4 93 35 36 86

La Licorne

6, promenade de la Mer
Tel.: +33 (0) 4 93 57 12 40

La Pergola

4, promenade de la Mer
Tel.: +33 (0) 4 93 35 44 72

Splendid Plage

1, promenade de la Mer
Tel.: +33 (0) 4 93 35 60 97

Terenga Plage

9, promenade de la Mer
Tel.: +33 (0) 4 93 28 27 56

Marinas

Port de Menton Garavan

Terre-plein du Nouveau Port

Tel.: +33(0) 4 93 28 78 00

Fax: +33(0) 4 93 35 48 01

Capacity

In private sector: 624 places

In public sector: 176 places

Public Port: Vieux Port

Tel.: +33 (0) 4 93 35 80 56 (harbour master's office)

Capacity:

Winter: 460 places

Summer: approximately 580 places

Water sports

The Nautical Centre of the Tourist Office offers beginner and advanced lessons in water sports with qualified training staff.

The École Française de Voile (French Sailing School) is hosted and run by State qualified instructors. Here you can practice optimist, laser sailing, catamaran, windsurfing, kayak and rubber ring rides : group lessons or individual, hiring of equipment...

During the summer (July and August), the educational day nursery "les Moussaillons" takes in children from 4 to 11 years of age (different charges available) and also offers private swimming lessons given by a qualified lifeguard.

The Nautical Centre of the Tourist Office

Promenade de la Mer – 06500 Menton

Tel: +33 (0) 4 93 35 49 70

Fax: +33 (0) 4 93 57 99 63

Club nautique du vieux Port

Promenade de la Mer – 06 500 Menton

Tel.: +33 (0) 4 93 41 66 41

Scuba diving

Centre Internationale de plongée de la Maïna (European)

3, promenade de la Mer

Tel.: +33 (0) 4 93 35 95 83

Fax: +33 (0) 4 93 28 21 27

ULM Marin

Club ULM,

promenade de la Mer, vault n° 7

Tel.: +33 (0) 6 15 96 35 04

Le Squal Club

Capitainerie du Vieux Port

Tel.: +33 (0) 4 93 41 35 04

Swimming : Piscine Alex Jany

Route de Sospel

Tel.: +33 (0) 4 93 35 87 40

Rowing: Sporting Club Aviron

Promenade de la Mer

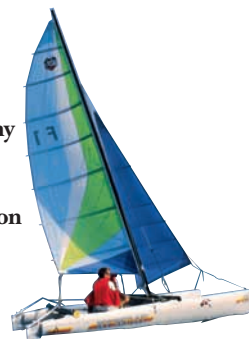
Tel.: +33 (0) 4 93 35 45 20

Fishing: Association

A Ciocoula

Promenade de la Mer, vault n° 3

Tel.: +33 (0) 4 93 35 93 96 (Sea fishing and sea school).



Various Activities

- **Hiking and visits** in all seasons. "Escapades Les guides du Mercantour"
Tel: +33 (0) 4 93 35 80 56 contact Gilles Lemonier
- **Hiking in the Menton** area organised by the Tourist Office and led by a guide experienced in middle-range-mountains with a State diploma: different hiking levels: good walkers, medium level or accessible to everyone.
- **1,500 Kms of waymarked paths**
- **Via Ferrata** (La Colmiane, Auron, Tende, Peille, la Brigue) for those who do not have vertigo. For information contact the Tourist office.

All the sports clubs, cultural, folk and leisure associations are included in the practical guide of clubs and associations "Jeune comme j'aime" available from the Tourist Office.

Nightlife

Prestigious evenings or relaxed nightlife, the town comes alive for all visitors.

Theatre

All year, a very varied programme ranging from dance shows to satirical cabaret entertainers, from opera to classical theatre or vaudeville.

Théâtre Francis Palmero,

Palais de l'Europe

Tel.: +33 (0) 4 92 41 76 95

Théâtre du Lavoir

63, boulevard du Fossan

Tel.: +33 (0) 4 93 41 41 55

Casino Barrière de Menton

Restaurant, traditional games (French or English roulette, black jack, boules) and 150 fruit machines.

Avenue Félix Faure

Tel.: +33 (0) 4 92 10 16 16

Fax +33 (0) 4 92 41 16 17

Discothèque Pianobar "Le Brummel"

Casino de Menton avenue Félix Faure

Tel.: +33 (0) 4 92 10 16 16

The list of night spots (bars, cabarets, bars with live piano music, discos...) is available from the Tourist Office.

Relaxing Activities

Koaland

Amusement park for children and families

Avenue de la Madone

Tel.: +33 (0) 04 92 10 00 40

Mini-Golf Safari,

amusement park Koaland

Avenue de la Madone

Tel.: +33 (0) 04 93 57 76 93

Le Petit Train Touristique

(The Little Tourist Train)

Tour with a commentator (a duration of 30 minutes), leaves from promenade du Soleil - Bastion - Tel.: +33 (0) 4 93 41 31 09

Boat trips

Les Bateaux de la French Riviera,

quai Napoléon III – Vieux Port.

(Monaco, direct or with stops along the way, the French Riviera, the Italian Riviera)

Tel.: +33 (0) 4 93 35 51 72 (ticket office)

Coach trips:

Autocars Breuleux,

rue Masséna

Tel.: +33 (0) 4 93 35 73 51

Fax: +33 (0) 4 93 28 45 61

Bureau de liaison touristique

27 avenue de Verdun

Tel.: +33 (0) 4 93 35 72 00

Fax: +33 (0) 4 92 10 00 10

Le Touriste,

2 avenue Boyer

Tel.: +33 (0) 4 93 41 31 51

Fax ; +33 (0) 4 93 57 97 12

Internet

You can also find information about Menton on our Website:

www.villedementon.com

visit the hotels site:

www.hotelmenton.com

Or write to the Tourist Office (requests for information, provision of information...) at the address:

ot@villedementon.com

visuel ?



Welcome to Menton

m

enton is a destination that is becoming more valued by an increasing number of international visitors.

After the French, it is logically the Italians who visit the most, followed by the English and German. A new phenomenon is that the visitors are coming from increasingly greater distances, from North America, Russia, Scandinavia, Southeast Asia... The Japanese, for example, have a weakness for Menton, and for them the 'must' is to come here to celebrate their union: great admirers of Jean Cocteau, they love to confirm their union in the Salle des Mariages (Wedding Hall) of the Town Hall decorated by the artist.



The Tourist Office offers several tourist packages. "Passeports" (passports) offer thematic routes: Museums, Promenade in the Town, Gardens, Charm, Hill-top Villages. Packages are offered to discover Menton on the occasion of an event such as the Lemon Festival (Fête du Limon®). The guided tours led by the "Service du Patrimoine" (see Menton, culture) are also very attractive.

Under the sign of quality and diversity, the town has 35 hotels from 1 to 4 stars, offering a total of 1,137 rooms, 2 camping sites (Saint Michel** 131 places and Fleur de Mai** 66 places), 3 apartment hotels, 4 residences of seasonal accommodation, holiday houses and a syndicate of furniture lenders, 1 youth hostel and guest rooms.

The Tourist Office has two centres that accommodate both groups with full board or half board depending on their circumstances (holiday camps, heritage, sea and prehistory lessons; folk sports groups; works councils...).

List of hotels in Menton and the Menton area and other accommodation are available from the Tourist Office.

Religious Edifices and Places of Worship:

Basilica Saint-Michel Archange

Parvis Saint-Michel

Tel. : +33 (0) 4 93 35 81 63

Eglise Paroissiale du Sacré Coeur

15 avenue Edouard VII

Tel. : +33 (0) 4 93 35 70 45

Eglise Réformée de Menton

21, rue de la République

Tel. : +33 (0) 4 93 35 71 32

Eglise Evangélique Baptiste de Menton

25, avenue Cernuschi

Tel. : +33 (0) 4 92 10 92 78

Eglise Anglicane Saint John's Church

31, avenue Carnot

Tel: +33 (0) 4 93 57 20 25

Eglise Orthodoxe Russe- Prebystère

14, rue Paul Morillot

Tel. : +33 (0) 4 93 35 70 57



Synagogue

106, cours du Centenaire

Tel.: +33 (0) 4 93 35 28 29

Chapelle de l'Immaculée Conception (Pénitents Blancs) - Place de la Conception

Chapelle de la Miséricorde (Pénitents Noirs)

Avenue du Général Galiéni

Chapelle Saint-Roch (Maison de la Prière)

Place Saint-Roch

Chapelle Sainte Jeanne d'Arc

Avenue du Val de Careï

Chapelle Notre Dame de Fatima

Avenue des Acacias

Chapelle Saint-Roman

Avenue de Saint-Roman

The Monastery of l'Annonciade

2123, Corniche André Tardieu

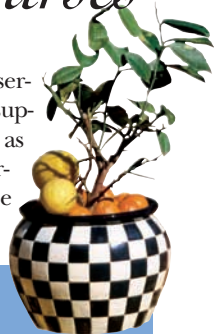
Tel. : +33 (0) 4 93 35 76 92

Contact the "Bureau d'Accueil Inter-Paroissial" for information: 15 av. Edouard VII

Tel. : +33 (0) 4 93 35 70 45

Congresses, Seminars and Courses

every effort is made to help you find a suitable solution for a quality service. A team of professionals will provide you with the necessary support both for the organisation of congresses and seminars as well as for the provision of courses within the fields of sport, heritage, gardens, prehistory, incentive trips, educational tours, reception facilities for the press and reporters.



A structure for each type of event

L'Université d'été (summer school)

Tourist Office

BP: 239 – 06506 Menton Cedex

Tel: +33 (0) 4 92 41 76 72

Fax: +33 (0) 4 92 41 76 82

Every summer, the summer school attracts students from all nationalities and from all levels, from the beginner to the teacher, to learn or improve on the French or local language, culture and civilisation (as resident or non-resident students).

Brochure available from the Tourist Office

Le Palais de l'Europe (the Palace of Europe)

Congress Service (Service des Congrès)

Palais de l'Europe

BP : 239 – 06506 Menton cedex

Tel.: +33 (0) 4 92 41 76 80

Fax: +33 (0) 4 92 41 76 58

Overlooking the Jardins Biovès, this once casino offers 3,000 m2 of modular spaces with 6 rooms on 2 levels with a capacity of 200 to 1000 seats. In addition, there is an Italian style theatre with 730 places.

Brochure available from the Tourist Office.

Reception facilities of the Tourist Office

More specifically adapted for teenagers:
discovery classes, holiday camps, sports lessons...

Maison des loisirs

Promenade de la Mer – 06500 Menton

Tel.: +33 (0) 4 93 35 77 05

Fax: +33 (0) 4 93 28 80 59

Training and holiday centre for young people: Tel.: +33 (0) 4 92 41 76 76

Fax: +33 (0) 4 92 41 76 78

La Résidence du Louvre :

2 rooms for 150 people, 1 room for 20 people. . **Hall letting service.**

Office de Tourisme Palais de l'Europe

Tel.: +33 (0) 4 92 41 76 92



Gastronomy of Menton



A melting pot of cultures, Menton has forged a very distinctive way of living in its gastronomy. Light, exotic and sophisticated, all cuisines are represented: traditional French cuisine, local cuisine or even foreign specialities. In Menton and the surrounding area you can let yourself be captivated by the unique setting of 140 restaurants. Here you can taste the specialities of the Menton region (pichade, socca, panisses, tian, barbajuan, stockfish, bagna cauda, fougasse...). In a most friendly atmosphere as in Bazaïs tradition (all the guests at the meal get together around a gigantic meat and bean soup, in August in the port). Characterised by the spirit of generosity, the regional cuisine is naturally varied and recognised internationally.

The markets in Menton

Marché Couvert (les Halles), quai de Monléon, (every morning) fresh produce + clothes on Saturday

Tel: + 33 (0) 4 93 35 75 93

Marché du Carei, promenade du Maréchal Leclerc, (every morning)

Marché du Bastion, quai Napoléon II (Saturday mornings)

Brocante, place aux Herbes, Fridays

Italian Markets

Vintimille, Fridays until 4.00pm

San Remo, Tuesday and Saturday mornings

Bordiguera, Thursday mornings

List of the “Marchés d’Azur” (markets of the French Riviera) available from the Tourist Office.

Other gourmet ideas

The Université d’Été de Menton (summer school of Menton) offers cooking courses: with theoretical courses, including learning the local gastronomic vocabulary, practical information of the products used...and practical lessons with varied recipes ranging from the traditional cuisine to regional specialities, conducted by a qualified teacher from the catering School.

Apart from the full examinations for students, gastronomy courses are open to all the public.

For any additional information consult the booklet “Université d’Été” (summer school) available from the Tourist Office as well as some recipe ideas for local specialities

Moulin à huile Lottier

102 avenue des Acacias

Tel. : + 33 (0) 4 93 35 79 15

Artisanal Jam Factory Herbin

2, rue du vieux Collège (shop)

Tel. : +33 (0) 4 93 57 20 29

8, rueArdoïno

(visit to the artisan factory, every Wednesday at 10.30am for groups with reservations)

Tel : +33 (0) 4 93 28 47 70 - Fax : +33 (0) 4 93 57 21 00

Lemon grove: Mas Floralo

Colline de l’Annonciade

Tel. : +33 (0) 4 93 35 77 86 – Fax. +33 (0) 4 93 57 88 88

Group visits with reservation

Les apéritifs du soleil (the aperitifs of the sun) and also **the fragrances of the “eau de Menton”** can be discovered in the pedestrian street Saint-Michel where a jovial atmosphere, scents and the colours of Southern France prevail.

You can find “eau de Menton” at **Kalliste**, an artisan perfumer, 1 rue de la Marne in Menton.



Main events* in Menton

January

- New Year's concert

February-March

- Fête du Citron [The Lemon Festival] (15 days)
- Exhibition of women

April

- The Citron Tournament (International Bridge Games)

May

- May Festival
- Franco-Italian Street Theatre
- Musical May (young musicians)
- Parade of "Vintage cars"

June

- The Month of Gardens (extraordinary visits to the private and public gardens of Menton throughout the month)

July

- Musical evenings of the Annonciade (Open air concerts at the Monastery of the Annonciade).
- Mediterranean contemporary dance performances.
- Summer entertainment (music, dances, street shows).
- National Festival (Dance and Fireworks).
- Music Festival and latin dance performances in the gardens of Menton.
- Workshops "Discovering Heritage" for 8 to 12 year olds.
- Workshops "Local Gastronomy" from 8 July.

August

- Menton Music Festival
- "Beetle Meet"
- Open air theatrical evenings in the old town.
- Karting Grand Prix
- Summer Entertainment (music, dances, street shows).
- Workshops "Discovering Heritage" for 8 to 12 year olds.
- Workshops "Local Gastronomy" from 8 August.

September

- National Heritage Weekend (thematic visits, exhibitions).
- Mediterranean Days of the Garden (Plant shows, visits to extraordinary gardens).

October

- Menton Seminars

December

- World Christmases (street entertainment, shows, Christmas lights, Christmas market, Christ Child's crib), during approximately fifteen days.
- Christmas Eve.
- The French Chamber Opera.

From October to April: Theatrical and musical season

Also, there are several temporary exhibitions of various artists throughout the year.

***Information is subject to change**

For any further information, contact the TOURIST OFFICE, that will provide efficient and accurate information regarding your specific requests.

Access

By air

Aéroport Nice-Côte d'Azur

Tel: +33 (0) 4 93 21 30 30 - Half an hour from Menton by motorway.

Air France : +33 (0) 0 820 820 820

Air Littoral : +33 (0) 0 803 834 834

- Taxis available outside the airport
- **Vehicle hire desks:**
ADA : +33 (0) 4 93 21 42 50
AVIS : +33 (0) 4 93 21 42 80
Budget : +33 (0) 4 93 21 42 51
Europcar : +33 (0) 4 93 21 42 53
Hertz : +33 (0) 4 93 21 42 72
National citer : +33 (0) 4 93 21 42 52
SIXT : +33 (0) 4 93 21 48 87
- Possibility of organising a welcoming party when arriving for a congress.

Link between the airport of Nice and Menton

- **By helicopter**
Heli Air Monaco : +377 92 050 050
Heli Inter : +33 (0) 4 93 21 46 46
Nice Hélicoptères : +33 (0) 4 93 21 34 32
- **Coach shuttle service**
Rapides Côte d'Azur (RCA)
Leave every hour, all year round
Tel.: +33 (0) 4 97 00 07 00
- **By minibus shuttle service**
(maximum 8 people)
Tel.: +33 (0) 4 93 28 19 94

By train

Links to all regions of France and the big cities of Europe. Gare de Menton centre, Place de la Gare - travel information

Tel: (+33) 08 36 35 35 35

There is a **TGV** service directly to Menton during the summer, in winter it stops at Nice.

By road

The French Riviera is connected to Europe through an excellent road network Paris-Menton: 960 Km.

Motorway - A8, and A road - Nationale 7.

Getting about in Menton

Bus station, avenue de Sospel

Tel: +33 (0) 4 93 35 93 60

(Transports Urbains Mentonnais - Urban Transport of Menton)

Taxis

- Rail station : : +33 (0) 4 92 10 47 02
- Town hall +33 (0) 4 92 10 47 00
- Casino+33 (0) 4 92 10 47 01
- Garavan+33 (0) 4 92 10 47 03
- Hospital+33 (0) 4 92 10 47 04

Vehicle hire companies

- Auto à louer – 7, cours Georges V
Tel.: +33 (0) 4 92 10 20 25
Fax: +33 (0) 4 92 10 21 25
- ADA – 24 avenue des Alliés
Tel.: +33 (0) 4 92 10 16 07
Fax: +33 (0) 4 92 10 94 33
- Europcar – 9, avenue Thiers
Tel.: +33 (0) 4 93 28 21 80
Fax: +33 (0) 4 93 28 43 29
- **On foot**

As Menton is not a big city (30,000 hectares), you can easily cover it on foot.

By bike:

- L'Escale Deux Roues:
105, avenue de Sospel
Tel.: +33 (0) 4 93 28 86 05

Parking for buses:

Cours René Cotty (Vallée du Borrigio), free parking from the railway bridge to the second roundabout.



G E N E R A L I N F O R M A T I O N

Affaires Maritimes <i>Nice</i> Tél. : +33 (0) 4 92 00 41 50	Office <i>Nice</i> Tél. : +33 (0) 4 93 13 78 13	Route de Sospel Tél. : +33 (0) 4 93 35 87 40	- Emergencies gas Tél. : +33 (0) 4 93 57 91 91 - Emergencies electricity Tél. : +33 (0) 4 93 28 21 10	Fire Brigade Tél. : 18
Shipping Business <i>Nice</i> Tél. : +33 (0) 4 92 00 41 50	Coach station <i>Promenade du Maréchal Leclerc</i> Domestic lines Tél. : +33 (0) 4 93 35 93 60	Main Post Office <i>Cours Georges V</i> Tél. : +33 (0) 4 93 28 64 84	Gendarmerie <i>Montée du Latéitia</i> Tél. : +33 (0) 4 93 35 72 35	Polyclinique de l'Hermitage (polyclinic) <i>70, rue Paul Morillot</i> Tél. : +33 (0) 4 93 41 70 70
Agora <i>2, rue de la République</i> Tél. : +33 (0) 4 92 10 50 97	Menton Urban Transport <i>Exterior routes</i> Tél. : +33 (0) 4 93 28 43 27	Lost Property Town Hall <i>17, rue de la République</i> Tél. : +33 (0) 4 92 10 50 29	Hospital La Palmosa <i>Rue Antoine Pégliion</i> Tél. : +33 (0) 4 93 28 77 77	Ambulance Service (SAMU) Hôpital Saint-Roch <i>Nice</i> Tél. : +33 (0) 4 93 92 55 55
A.N.P.E. (Employment service) <i>Rue Loola</i> Tél. : +33 (0) 4 93 97 90 09	Gare S.N.C.F (Train station) Information/ Passenger reservations Tél. : 08 36 35 35 35	Airport Nice Côte d'Azur Tél. : +33 (0) 4 93 21 30 30 Or www.nice.aeroport.fr	- Emergencies Tél. : +33 (0) 4 93 28 72 40	SOS Veterinary Surgeon Tél. : +33 (0) 4 93 35 41 48
Assedic (Employment service) <i>8, rue Guyau</i> Tél. : +33 (0) 4 93 82 05 45	Town Hall <i>17, rue de la République</i> Tél. : +33 (0) 4 92 10 50 00	Emergency Poisons Unit Hospital Salvator <i>Marseille</i> Tél. : +33 (0) 4 91 75 25 25	Drug Addiction Centre <i>La Villa Rave, 7, Val de Gorbio</i> Tél. : +33 (0) 4 92 10 13 83	C.C.A.S. <i>4, promenade du Mal Leclerc</i> Tél. : +33 (0) 4 92 41 76 00
Bibliothèque Municipale (Public Library) <i>Palais de l'Europe</i> <i>Avenue Boyer</i> Tél. : +33 (0) 4 92 41 76 60	Local Market <i>Quai Monlèon</i> Tél. : +33 (0) 4 93 35 75 93	Police Station <i>Rue Partoureaux</i> Tél. : +33 (0) 4 93 28 66 00	Duty doctors SOS Médecins Tél. : +33 (0) 4 93 41 41 41	Red Cross <i>40, rue Partoureaux</i> Tél. : +33 (0) 4 93 35 88 25
Bibliothèque Jeunes (Youth Library) <i>15, rue Saint-Michel Place Clémenceau</i> Tél. : +33 (0) 4 93 28 14 94	Court of Law <i>7, rue Prato</i> • Court Tél. : +33 (0) 4 93 35 74 92 • Commerce Tél. : +33 (0) 4 93 28 89 28	Compagnie Générale des Eaux (water) <i>Le Méditerranée, Rue Henri Gréville</i> Tél. : +33 (0) 4 92 10 94 26 Public 08 11 900 700	ANUM Duty doctors <i>24h/24</i> Tél. : +33 (0) 4 93 41 58 58	Secours Catholique (charity organization giving help to the poor) <i>15 bis, route de Sospel</i> Tél. : +33 (0) 4 93 41 36 70
Menton Casino <i>Avenue Félix Faure</i> Tél. : +33 (0) 4 92 10 16 16	Local swimming pool Alex Jany	Electricité, Gaz de France (Electricity, Gas) <i>4, avenue Victor Hugo</i>	Police Emergency Services Tél. : 17	SOS Amitiés (an organization similar to the Samaritans) Tél. : +33 (0) 4 93 26 26 26
Regional Customs				