

Self-Guided Walking Menton to Nice

Trip Code: SGMN

Version: SGMN Self-Guided Walking Menton to Nice



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Ascend Cime de Baudon for fantastic panoramic views of the glistening Cote d'Azur and Maritime Alps
- Discover the majestic gardens of Menton and the grand Princes Palace of Monaco
- Retreat to the mountain village of Sainte Agnes for tranquil walks high above the coast
- End your trip in Nice, capital of the Maritime Alps and steeped in old-world opulence

AT A GLANCE

- Self-Guided
- 5 days walking and sightseeing
- Daily departures available
- Suitable for 2+ travellers
- Join at Menton / End in Nice

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 2 Dinners
- 4 nights Hotel
- 2 nights Gite / Hostel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Discover the Cote d'Azur from Menton to Nice and bring your senses alive with its colourful pastel mansions, the sweet scent of citrus trees as you walk through the towns and trails and the taste of delicious French cuisine as you feast on freshly caught seafood. This one week self-guided walking holiday has been specially designed to showcase the contrasting landscapes and cultures of this spectacular region of Southern France. Your routes will take you to beautiful mountain villages of Sainte Agnes; to the playground of the rich and famous, Monaco before retreating to the peace of the hills above and to the magnificent headland of Saint-Jean-Cap-Ferrat, finishing your week in the bustling city of Nice.

You will spend your week in varied accommodation. At the start and end of your week you will be in 2* and 3* hotels on a bed and breakfast basis, whilst in the middle of your trip you will stay in a mountain side auberge, serving traditional fare, including bed, breakfast and evening meal.

Is this holiday for you?

If you're looking to experience the great juxtaposition between the wild, mountainous landscape of the Maritime Alps, and the fast paced and glamorous life of the Cote d'Azur, then this is the holiday for you. To fully appreciate this contrast, we've devised a break that stays in a mix of 2* and 3* hotels whilst on the coast, and a traditional mountain side auberge for your days spent in the hills. You should be comfortable walking up to five hours a day on undulating trails, including ascents of up to 1000m in a day. For your efforts, you'll be rewarded with some of the finest views of this region, including the panoramic summit of Mount Baudon. White and terracotta villages perched on hillsides among the pine forests, lemon and olive groves, make for a pleasing palate of colours and textures in this lush green corner of the south of France.

Itinerary

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DAY 1

Arrive in Menton and take your first stroll along the French Riviera.

Arrive in Menton and check in to your hotel for the evening. Nestled in between the high Maritime Alps and the Mediterranean this colourful seaside town is the final stop on the French Riviera before crossing the Italian border. Best known for its manicured botanical gardens, it is a town that even stole Queen Victoria's heart when she visited in 1882. This enchanting town dates back to medieval times, founded by pirates and those with a keen eye will spot the town's links to piracy in the names of the old narrow streets.

Depending on the time of your arrival, we recommend you take a stroll past the pastel coloured mansions, through the old town and along the picture perfect promenade to the lovely old port. It won't take long until you, like Queen Victoria, will fall in love with this charming seaside town.



Accommodation
Hotel

DAY 2

A choice of walks taking you to explore Sainte Agnes, classified as one of the most beautiful villages in France.

Your first walk of the week will take you to the magnificent mountain village of Sainte Agnes, listed as one of France's most beautiful villages. Perched on the side of the Maritime Alps, Sainte Agnes is the highest coastal village in Europe meaning only one thing; it is a village with a unique feel and exceptional views.

Your route will first wind its way up from Menton to the picturesque village of Castellar where you can enjoy a coffee stop or perhaps a fresh orange juice, produced from the local fruit trees. Castellar dates back to the era of pirates when the inhospitable location on the hillside provided much needed protection. You will have time to explore the village, its church dating back to the establishment of the village and the charming Palais Lascaris before continuing your walk accompanied by fantastic views along the way. Arriving at your final goal of the day, Sainte Agnes, you can settle into your home for the next two evenings.

You have the option of three variations of today's walk with the most strenuous option being described above, starting from Menton.

1090m ascent / 480m descent / 5 hours walking time

For those looking for a happy medium you can take the public bus to join the route in Castellar, allowing you to cut out the morning ascent.

700m ascent / 200m descent / 2-3 hours walking time

The final option is perfect if you would prefer to have more time to enjoy Menton. This option takes the public bus to the hamlet of Monti to join the final section of the route.

540m ascent / 1-2 hours walking time

Meals: **B D**

	Accommodation Gite / Hostel		Ascent 1090M		Descent 480M		Time 5 hours		Distance 15KM
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DAY 3

Ascend Cime de Baudon to delight in the contrasting landscapes of the Cote d'Azure.

Feeling refreshed today you will ascend the fantastic peak of Cime de Baudon standing proud at 1,266m above the coast. Fuelled by breakfast you leave Sainte Agnes behind to begin your ascent of Cime de Baudon taking you through shaded woodlands and on to the mountain ridge for breath-taking views of the landscape; the deep green of the trees, the white of the alpine arc, the pastel colours of the seaside towns and the blue of the Mediterranean. As you gain height the views only improve along the Cote d'Azure. Reaching the top there is no better spot to enjoy a picnic in the sunshine looking across the Maritime Alps, deciphering which peak is which from the orientation display, before descending back to Sainte Agnes to further explore this village and enjoy dinner at your accommodation.

Meals: **B D**

	Accommodation Gite / Hostel		Ascent 826M		Descent 826M		Time 4-5 hours		Distance 10KM
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DAY 4

Walk to the pretty villages of Gorbio and Roquebrune-Cap-Martin to Menton.

This morning you say farewell to Sainte Agnes to return to the beautiful gardens and sea air of Menton. Your walk will take you southeast through fragrant pine forests and scrublands to the medieval village of Gorbio, perfectly perched within a backdrop of greenery and with views to the blue waters out to the coast. You will have time to wander the beautiful streets and covered passageways that lead you to little squares and water fountains where locals congregate. When you have finished exploring, you will continue to meander down towards the coast to your next goal of the day, Roquebrune-Cap-Martin where you are greeted with views across the bay to Monaco to the southwest. Your final stretch around

the headland reveals your now familiar home for the evening, as you'll be returning to Menton which was also your accommodation on night one. Take in the fresh scent of the sea air, and stroll through the increasing grandeur of this pastel perfect maritime town to your hotel front door.

Meals: **B**

	Accommodation Hotel		Ascent 400M		Descent 940M		Time 5 hours		Distance 17KM
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DAY 5

Enjoy a taste of Monaco and Monte Carlo and retreat to the mountains for a choice of walks to the hilltop village of La Turbie and Beaulieu-sur-Mer.

Today begins with a short train journey along the coast to the principality of Monaco. Famed for its Grand Prix, yacht show, and casino, Monaco may be the second smallest country in the world (the Vatican wins the top spot!) but it certainly packs a punch.

If you wish to do the longer of the two options today, make sure to leave enough time to complete your walk. Your route will take you winding up the hillside to the village of La Turbie with its gigantic Roman Trophée d'Auguste (35m high) which dominates the village silhouette, before you traverse the limestone ridgeline to the pretty village of Eze. There are great views of Monte Carlo on this walk, skyscrapers juxtaposed with the Maritime Alps to one side and azure blue sea of the Mediterranean to the other. From Eze you meander down to the coast to Eze-Bord-de-Mer before continuing over the headland to your final goal of the evening, Beaulieu-sur-Mer.

950m ascent/ 950m descent / 6-7 hours walking time

For those wishing to enjoy a more leisurely day and perhaps a little more time spent sightseeing in Monaco you can end your hike at Eze-Bord-de-Mer, where you can then take the train directly to Beaulieu-sur-Mer.

650m ascent/ 650m descent / 4-5 hours walking time

Meals: **B**

	Accommodation Hotel		Ascent 650M		Descent 650M		Time 4-5 hours		Distance 17KM
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DAY 6

Beaulieu-sur-Mer to Nice along the rugged white stoned and palm lined coastal path around the Saint-Jean-Cap-Ferrat.

Today you wake up in Beaulieu-sur-Mer. After a relaxed breakfast and maybe a coffee on the promenade of this stunning marina resort you can begin today's picturesque stroll around this beautiful stretch of

French Riviera coastline. This undulating coastal walk bound for Nice takes you among the pines and palms around the pronounced headland of Saint-Jean-Cap-Ferrat. Views from the far end of this headland are expansive taking in the shoreline of the Bay of Angels and the city of Nice to the west, and the fast cars and high life of Monaco to the east. The final stretch includes a climb up through the trees to the Fort du Mont Alban, an imposing structure built on the hill of the same name in the 16th Century, named after the white limestone which it is built from, and typical of this headland. The descent takes you to your accommodation for the evening, and the vibrant city of Nice.

Alternatively you may choose to skip the final hill climb to Fort du Mont Alban in favour of another stretch of walking along this fabulous coastline to Nice.

Meals: **B**

	Accommodation Hotel		Ascent 300M		Descent 300M		Time 5 hours		Distance 21KM
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DAY 7

Departure Day

Take a relaxing breakfast and venture into the city for a little sightseeing. We recommend booking a late flight home or even an additional night to allow you the opportunity to explore the city of Nice, its old town, the colourful flower market and stroll along the Promenade des Anglais before your onward journey.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers

What's not Included

- Travel insurance
- Travel to Menton
- Travel from Nice
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Train between Menton and Monaco
- Train between Monaco and Beaulieu/Mer
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Joining Arrangements & Transfers

This trip starts at your hotel in Menton. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Nice Airport with connecting flights available from many regional UK airports.

If you are flying into Nice Airport you can take the tramway to Nice Train Station and then the direct train to Menton. The journey takes approx. 1 hour. For further information see: www.ter-sncf.com/paca

Alternatively, we offer a private transfer from Nice Airport to your accommodation. Please ask our sales team for a quotation.

The trip ends in Nice from where you can take the Express Airport service bus to Nice Airport, or alternatively your hotel can arrange a taxi for you, this is usually approx. £50.

Meal Plan

This trip offers 4 nights bed and breakfast and 2 nights half board at the Auberge Le Saint-Yves.

There are no lunches or picnics provided by your accommodations on this trip, but these can be picked up in the many villages and towns you will be passing through along the way.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

If you were to describe Provencal food in just a few words it would be simple and seasonal. Food in this part of France is all about home cooking, making use of the fresh produce which is available each season and making something truly tasty. Early spring brings asparagus, broad beans, melon and deep red strawberries to menus with dishes such as nicoise salad. Late spring and summer sees the sweet cherries, figs and other amazing fruits, perfect for enjoying with the local cheeses and a glass of wine. The autumn months fill menus with deliciously warming game stews before the truffles come into season once more in the new year. Ratatouille is also a firm favourite, made with aubergines, courgettes, onions, peppers and tomatoes and reduced to a tasty compliment with most evening meals. Unsurprisingly the Cote d'Azur also features many freshly caught seafood delights including the piece de resistance bouillabaisse, a delicious seafood stew. Needless to say there are plenty of delicious dishes for you to sample during your holiday, and while it may not be the fine dining of Paris, it is certainly tasty.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We have handpicked a great selection of 2* and 3* hotels for this trip, each has been chosen for their warm hospitality and local flair. You will also spend two nights at the charming Auberge Le Saint Yves, a stunning hillside retreat overlooking the bay of Menton. Located high in the hills with views of the Mont Baudon ridge line, this refuge is the perfect place to kick off your boots and unwind after a days hiking in the hills.

All accommodations offer a typically French breakfast of fresh bread, croissants, jams and cheeses served with a cup of hot coffee. The Auberge Le Saint Yves also offers a tasty evening meal for two evenings of your trip.

It is possible to arrange additional nights accommodation if you would like to enjoy this magnificent region a little longer. Please speak to one of our sales team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walks. We ask that you please ensure your luggage is under 15kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days.

Climate

The Côte d'Azur has a typically Mediterranean climate with mild winters and hot summer months. The winter months are typically mild and wet with average temperatures of 10 to 15 degrees, whereas the summer months are dry with temperatures of up to 30 degrees plus. Spring and autumn are the most pleasant months for walking with temperatures between the mid-teens and mid-twenties.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

There are many stories set on the Côte d'Azur through the years, some classics include:

Maigret on the Riviera by Georges Simenon

Tender is the Night by F Scott Fitzgerald

Travels Through the French Riviera: An Artist's Guide to the Storied Coastline by Virginia Johnson

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

Why Choose KE

Why KE?

This trip to the French Riviera is a real taste of the high life. KE is unique because as well as taking in the glitz and glamour of Menton, Monaco and Nice, we also walk inland and to the top of Mount Baudon some 1,200m above sea level, to experience a completely different side to this famous stretch of coastline. The accommodation here is a totally authentic French auberge, a world away from the casinos and supercars of the coastline below.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change