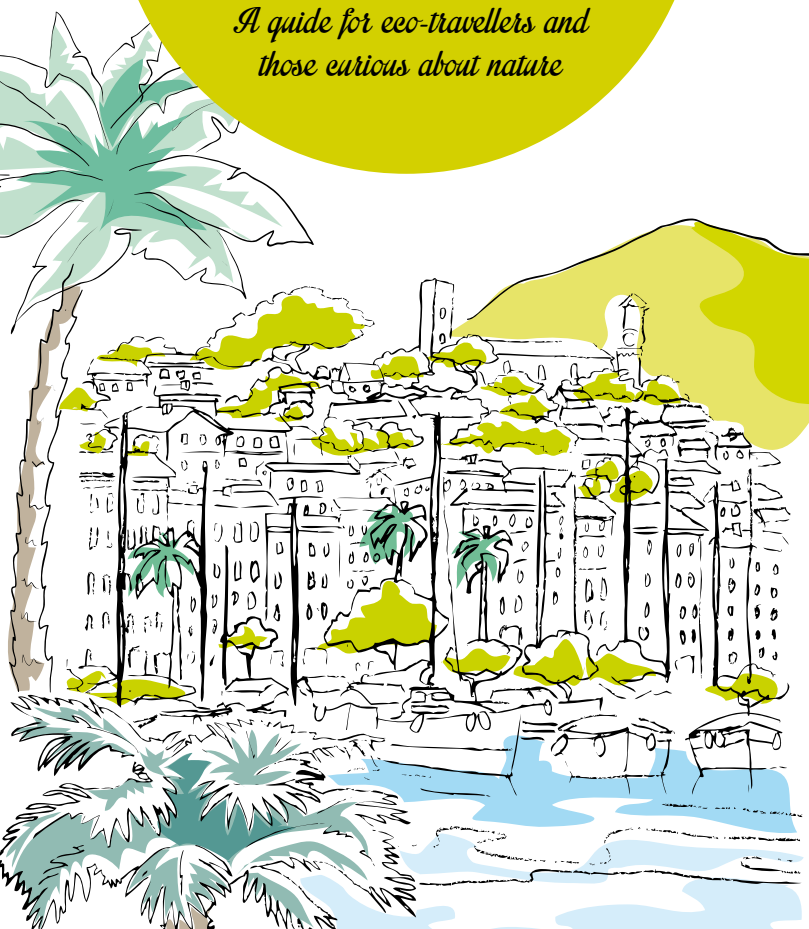


# Cannes

## NATURE VERSION

*A guide for eco-travellers and  
those curious about nature*



# EDITORIAL

We are particularly happy to have contributed to creating this guide, "Cannes, Nature Version", alongside the Méditerranée 2000 association.

The Grand Hyatt Cannes Hotel Martinez has been a partner of the association since 2011. That is why, it has become clear to us, to nominate it in the "Hyatt Community Grants" programme, of which the funds are subsidised by Hyatt.

This programme encourages Hyatt hotels around the world to support local initiatives for obtaining grants. Therefore, in 2015, Méditerranée 2000 has received a donation to successfully complete its project.

This guide will give you practical advice and spark your desire to enjoy the historical, natural and environmental heritage of Cannes, while preserving it.

The many visits to Cannes, especially in the summer, requires various organisation for welcoming tourists : we, as tourism professionals, must get together. Our involvement in this process will enable us to reduce our ecological footprint.

We are convinced that you will make good use of this brochure.

*Let us join together in this city,  
a protected area!*

Alessandro Cresta, General Director

GRAND | HYATT™  
CANNES  
HÔTEL MARTINEZ



Our association, Méditerranée 2000, has acted for more than 25 years in raising awareness amongst the people of Cannes regarding protecting our environment : there are thousands of young people, citizens and tourists that we get together with each year through school programmes and activities across the area.

We are very proud to be supported by the Grand Hyatt Cannes Hotel Martinez, and to have received this "Hyatt Community Grants" prize, which has enabled this guide to see the light of day : 48 pages of discovering land and sea biodiversity, information about sustainable tourism, eco-advice and theme-based routes.

*For eco-travellers and those curious about nature,  
this guide is made for you !*

The Méditerranée 2000 team

MEDITERRANEE  
2000

# PREAMBLE

*Beyond its appearance, Cannes is a city that has an exceptional environmental and cultural heritage. Discover Cannes in another way through these pages, to enjoy your stay in syne with the local environment. We are rolling out the Green Carpet for you!*

## How can I be an eco-traveller?



### *Travel smart*

Visit the regions closest to you and limit use of transport. Opt for the train, bus or car sharing over car or aeroplane whenever possible.

If you can, choose times of the year with less crowds.

Take your time, group together your visits geographically, and think "quality" rather than quantity. Take interest in the environment, and also its inhabitants.



### *Consume responsibly*

As much as possible, favour the local economy by buying your produce from local producers.

Choose your accommodation, where you eat, and buy things taking into account seals of approval that respect the environment and your health.



### *Enjoy without abusing*

Respect the environment : throw away and sort your waste, save water and energy, preserve biodiversity and inform yourself on the rules of protected sites.

Meet and respect inhabitants : their tranquillity, their way of life, their traditions.

GO GREEN  
Pages 4 to 9



DISTANCE YOURSELF  
Pages 10 to 12



USEFUL SUNBATHING  
Pages 13 to 15



SAIL AWAY  
Pages 16 to 21



GOING  
FOR A  
STROLL  
Pages 22 to 24



GET MOVING  
Pages 25 to 27



TREAT  
YOURSELF  
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COMMIT YOURSELF-  
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MEET UP TOGETHER  
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ITINERARY  
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BIODIVERSITY  
Pages 44 to 48





*Those nostalgic for a natural and authentic coastline can be reassured, the city of Cannes still contains natural oases, preserved on land as well as at sea. Breathe in the air when walking through one of Cannes' green lungs.*

*Ready ? Breathe !*

## Walk in the forest

### *The Croix des Gardes nature reserve*

A couple of minutes away from the coastline, the Croix des Gardes hill is an 80-hectare protected area, covered in typically Mediterranean plant life. A display of landscapes and views to be discovered along the 20 kilometres of trails. A perfect setting for lovers of nature!



View over the Estérel from the Croix des Gardes © Drone Adventure

### To do :

- ✚ **Go to the foot of the Croix** for a view over the Estérel, then explore the trails as you wish. Do not miss the panoramic viewpoint from the large cedar tree, and its view over the Lérins islands.

**Access :** the Croix car park, junction between avenue Jean de Noailles and avenue de la Croix des Gardes, Cannes. Bus nos. 7 and 7A – "Eaux Vives" bus stop, then take avenue Jean de Noailles for 600 metres, an unclassified area.

- ✚ **The healthy walk** crosses natural and farming landscapes, across 3.1 km, while offering superb views over the sea. The trail, signposted with red arrows, gives you information boards about wildlife and plant life, along with sports camps.

**Access :** the Libérateur (aircraft engine) car park, on avenue de la Croix des Gardes, or the Croix car park on avenue Jean de Noailles.

- ✚ **Have a picnic** on tables under the shade of the pine trees, close to the mimosa farm and the equestrian centre and walk on the surrounding trails.

**Access :** chemin Rose Saint-Jean, on avenue Jean de Noailles. Park in the avenue's car parks.



✚ **Kids :** the donkeys, Riri and Fifi give rides on the hill, close to the equestrian centre's villa. There you have it, a great help for making children walk, success guaranteed !

✚ **Groups :** free guided tour, commentated on by an eco-guard for groups of 8 people or more. **Bookings :** +33(0)4 89 82 24 40

✚ **You are on a protected nature site :** smoking is forbidden because of the risk of fire. Stay on signposted trails and do not litter. Only picking a little non-cultivated mimosa is permitted. Dogs on a lead are allowed.

### \*Did you know ?

Well before the Film Festival, it was the mimosa which was the focus of Cannes' worldwide fame. The very first plants from the south of France were introduced to the Croix des Gardes in 1864. Its yellow bouquets, flowering in winter, were sold across the whole world for the perfume and ornament trades. Swamped with it these days, wild mimosa is a threat for biodiversity and a fire risk. Eco-guards replace it, little by little, with pine wood and remarkable varieties are grown in a mimosa farm, in order to preserve this precious heritage.



Mimosa © Ville de Cannes

### Biodiversity

The reserve houses many Mediterranean plants : Aleppo and Umbrella pine forest, cork, evergreen and downy oak, cistus maquis, filarial and strawberry trees... but also several protected species, like the sand crocus or the scarce tongue-orchid. Eucalyptus plants, mimosas, olive trees and dry stone wall terraces bear witness to a very old history of farming. To the west, the Roquebillière valley and its riparian forest contain many rare orchids and ferns. Falcons and hawks can be seen... Get out your cameras !



Serepias © Ville de Cannes



Romulea © Ville de Cannes



Croix des Gardes © Ville de Cannes



## A breath of fresh air !

### *The Lower Valley of the Siagne park*

A couple of minutes away from Cannes La Bocca's shopping district, a green oasis is hidden away. A little area of countryside, intended for relaxation and leisure time right in the very heart of nature. On the agenda : a vast meadow in which to have a picnic and lounge around, you can meet farmers and there are activities to do, so you can have fun.



The Lower Valley of the Siagne park © Ville de Cannes

### To do :

- ✦ **Prepare yourself a 100% organic and locally produced picnic**, by buying fresh products from local farmers. There are fruit and vegetables to taste on tables, available to you. Walk along the Béal canal, which is home to dragonflies, fish and butterflies.  
**Information** : list of farmers on page 28.

**Access** : *chemin de la plaine Laval, Cannes la Bocca.*

- ✦ **A walk in the undergrowth** behind the Trapper Camp, goes up to avenue Maurice Chevalier. Open your eyes, with a bit of luck, you will see squirrels and wild parakeets, which nest in this little forest.

- ✦ **For an atypical experience right in the very heart of nature**, go to the Trapper Camp. Roam through the trees in suspended nets, designed to allow the trees to still grow correctly. Journeys on the backs of ponies, rock climbing and other activities are there for you. Less daring people will love the cosy ambience in the shade of the tepees or in the snack area.

**Information** : +33(0)6 20 85 14 55 – [www.okwide.fr](http://www.okwide.fr)

**Access** : *Chemin du Béal, Cannes la Bocca. Bus no.2 – "Les Agapanthes" bus stop, then walk down the trail in the undergrowth up to the Trapper Camp.*

- ✦ **Groups and companies** : the Trapper Camp organises private evenings and events : birthdays, company meals, team-building days, etc.



© Med2000



The Lower Valley of the Siagne park © Ville de Cannes



Trapper Camp © Bruno Van Looke



Little bridge to cross the Béal ©Med2000

### \* From Cannes' luxury to rural countryside...

Who can believe that just ten minutes from the Croisette, there is land, farmed using organic methods? In the Lower Valley of the Siagne, an area is dedicated to farming and outdoor activities. Several farmers are set up there, and home gardens have been organised. A way for the Cannes people to keep nature alive by growing their own fruit and vegetables. A sustainable dynamic to be encouraged !



Shared gardens © Ville de Cannes



## Return to your roots

### *Walk along the Siagne Canal*

Rejuvenate yourself during a walk in a little corner of heaven, nestled on the hills of Cannes Californie. The Siagne canal is a setting for walking in pastures and through history, giving you an exceptional view over the Bay of Cannes and the Lérins islands. A unique spectacle, which will really inspire artists!



View over the city of Cannes from the Californie hill © Sicasil

### To do :

- ✱ **The panoramic viewpoint of Cannes Californie**, built up over the reserve, gives you a superb view over the coast and the Lérins islands. It is also the end of the walking trail of the Siagne Canal.

**Access :** right at the bottom of the Observatory's boulevard, in the Cannes Californie district.

- ✱ **The Siagne canal walk** is a shaded trail, which crosses through the undergrowth, where oak trees, mimosas, giant agaves and eucalyptus plants blend together, to finish with the grande finale at the Cannes Californie panoramic viewpoint. Along this family walk, walk over the covered canal, whilst discovering its history, using the information boards. At the starting point, there is a picnic area, a boules pitch and a sports course which are available for you to use. **Duration :** 1 hour – 2.7km, one-way.

**Access :** car park located at the top of avenue Ziem, Le Cannet

- ✱ **Walk "In Bonnard's footsteps"**! A walk inspired by the life of the painter who combined nature and culture, also passes by the Siagne canal. A free App, "In Bonnard's footsteps" helps guide you.

**Information :** Cannet Tourist Office +33 (0)4 93 45 34 27

**Access :** Bonnard Museum, 16 boulevard Sadi Carnot, Le Cannet



## \* "History of water"

Did you know, that it is thanks to the Siagne canal that the people of Cannes have tap water ? From its water inlet, located in St Cézaire, it crosses the coasts of the inland region, across 44 km, and ends its path at the top of Cannes Californie. A certain Lord Brougham, an English politician and aristocrat, who was synonymous with Cannes, documented the lack of water, which the coast would suffer for. In particular, it was thanks to his determination, that the canal was built in 1868.

Today still, water is a precious resource in the region, be mindful of how much you use !



Find the statue of Lord Brougham on the Allées de la Liberté, opposite the Palais des Festivals © Med2000

## Along the stream...

### *Walk along the Siagne riverbank*

The Siagne river goes out to sea by the western border of Cannes. At its mouth, the riverbank constitutes a natural, 7-hectare area, where wildlife, plant life, walkers and sports people get along very well with each other.



Siagne riverbank © Med2000

### To do :

- ✱ **A 3 km organised walk** along the riverbank, gives you a moment of relaxation under the shade of the trees. Mallards, crests, gulls and lots of fish, such as mullet, share the waters together.

- ✱ **Enjoy the large, shaded parks** located along the stretch of the walk : Robinson park, ideal for a picnic, Camille park and its sports course, the olive tree park and its arbo-retum near the large boules pitch.

- ✱ **Kids :** children can ride their bikes or scooters along the riverbank, and have fun in the playground located near the Inland Port.

**Access :** Robinson car park or Inland Port car park, avenue de la mer, Mandelieu-la-Napoule. Bus nos. 16 or N20 – "Berges de la Siagne" bus stop



*Amongst the many hills which surround the city, there is one which gave birth to Cannes : Suquet hill. Far from the chaos of the Croisette, go back in time by striding along the roads in the old town to relive its saga as best you can, and distance yourself...*

## Historic and authentic Suquet hill

### To do :

✦ **Route through the heart of the city:** Go from the **Palais des Festivals** and head towards the **Port St-Pierre** quays to admire Suquet hill. Cross the boulevard to join the **Allées de la Liberté** under the plane trees: a place where Cannes boules players meet and where the flower market is. Go down **rue Meynadier**, where the oldest shops in the city are: a cheesemonger, a cobbler, a hat-ter... practising their know-how for almost two centuries. Cross through **Forville market** which is awash with local colours, flavours and scents. Join rue de la Miséricorde and its chapel, then go down **rue St Antoine**. Work your way down rue du Suquet towards the **Notre Dame de l'Espérance church**, built in the 16th century by the Lérins monks. From the top of the **ramparts** and on **Place de la Castre**, discover a fabulous viewpoint over **Cannes and its hills, the bay and the Lérins Islands**. Go for a walk in the **Musée de la Castre garden** and climb to the top of the **square tower** for a 360° view.



Lane in the old town © Med2000



The Suquet and St Pierre Port © Ville de Cannes



### ✦ Historic guided tour : "Cannes, once upon a time"

The lanes of the Suquet unveil their secrets, time for a trip through the history of Cannes. Departures every Monday - **Duration** : 1 hour 30 minutes – French or English

**Information** : +33 (0)4 92 99 84 22 - [www.cannes-destination.fr](http://www.cannes-destination.fr)  
Book in advance at the Tourist Office.

✦ **The Musée de la Castre**, located on the ruins of the Lérins monks' medieval castle, exhibits exotic primitive art and archeological collections, as well as paintings illustrating Cannes and Provençal landscapes, dating back to the 19th century.

**To see** : exhibitions, the view from the top of the square tower, St Anne's Chapel and its little garden. Guided tours, workshops and presentations, to be booked.

**Information** : +33 (0)4 89 82 26 26 or at [www.cannes.com](http://www.cannes.com)

**Access** : bus nos. 1, 2, 4, 6, 7, 10, 12, 20, 21, Palm Impérial and City Palm – "Town hall" ("Hôtel de ville") stop



*The Croisette and the Suquet in 1876 - Ernest Buttura (1841-1920)*  
Oil on canvas - 42 x 66 cm - Musée de la Castre collection, Cannes © Photo Germain

## \* A bit of history

How has this modest Provençal fishing village become the international capital that we know today ? An extraordinary destiny, marked by invasions, the scented plants culture, but also by the Lérins Islands monks, who have made the city prosper for several centuries. Attracted by Lord Brougham setting himself up there in the 19th century, the English, then Russian aristocracy built magnificent houses there. Cannes became a popular winter-time resort, then luxury hotels adorned the Croisette. Finally, in the golden age of cinema, the Palais des Festivals et des Congrès gave an international aura to the city, which became a French window to the world. A city, which is both mystical and enchanting, which combines sea, hills, legends and glitter...



## Understanding the landscape

### View of the city

✚ **Reading about the landscapes you can see from the Suquet** (on Place de la Castre or at the top of the square tower) is a lovely chance to discover Cannes and its surroundings.

**Access :** Place de la Castre, Cannes. Bus nos. 1, 2, 4, 6, 7, 10, 12, 20, 21, Palm Impérial and City Palm – “Town hall” (Hôtel de ville) stop, then walk for 10 minutes to the church.



View over Cannes Centre and East Cannes, from the Tower of the Musée de la Castre © Med2000

Cannes is located in the very heart of Lérins bay, opposite the islands of Ste Marguerite and St Honorat (1). To the East, Pointe Croisette and Palm Beach (2) mark the start of the walk from the Croisette (3), which ends behind the Palais des Festivals (4). At the foot of the Suquet, the old Saint Pierre port (5) faces the town hall and Allées de la Liberté (6). The steeple of Notre Dame de l'Espérance church (7) overlooks the old town, located on Suquet hill, formerly accommodated behind its ramparts. Cannes is also surrounded by many hills, like that of Californie (8), visible at its observatory and its water tower.



View over West Cannes from the Tower of the Musée de la Castre © Med2000

To the West of the city, the Croix des Gardes hill, recognisable by its cross (1), overlooks the Midi beaches (Plages du Midi), which stretch up to Cannes la Bocca (2). Against the backdrop, the Tanneron mountains (3) and the Esterel mountains, formed from red rhyolites (4) finishes in the sea by Pointe de l'Esquillon (5).

*Just as the Croisette goes hand in hand with sunbathing, you can also discover many surprising things on the fine sand of the beaches in Cannes ! Underwater, like on the sand, a spark of curiosity is enough to learn something new, while having a great time...*



Gazaniaire and Mouré Rouge beaches © Drone Adventure

## Sport and discovery

### Gazaniaire beach and Mouré Rouge beach

✚ **We recommend both Gazaniaire and Mouré Rouge beach** for doing water sports and to discover the hidden world of the little sea floors, by going **snorkelling**. You will see the Neptune grass, brown and green seaweed, as well as many sea creatures, using the informations on pages 44-45 of the guide.



Tompot blenny © S. Agnelli



Red sea star © J. Payrot



Peacocks tail © Med2000

**Access :** Boulevard Eugène Gazagnaire, 06150 Cannes (between Mouré Rouge Port and the Croisette peak). Bus no. 8 Palm Impérial – “Place de l'Etang” bus stop

✚ **Please do not tread on the Neptune grass :** these fragile plants only grow one centimetre a year ! Do not take anything, only memories with your eyes...



## \* Neptune grass

The long brown leaves and the balls that are found on beaches are the remains of a protected sea plant : **posidonia**. It produces flowers and fruits, similar to green olives. You find them only in the Mediterranean sea, between 0 and 40 metres deep. These "underwater forests" produce a large quantity of oxygen. They serve as food, shelter and nursery for thousands of sea species. You find them between other Mediterranean bream, groupers, cuttlefish, starfish and many molluscs... Posidonia stabilises sea floors, it softens sea waves and preserves beaches from erosion by covering them with a thick layer.



Neptune grass © Réseau mer



Layer of posidonia © Med2000



Posidonia balls © Med2000

## Sand and red rocks

### Rock Beach in Cannes la Bocca

**Go to the Rock Beach in Cannes la Bocca** for a more picturesque landscape. These red rocks of the Esterel lined up on the white sand give a very specific charm to this beach.

The result of intense volcanic activity 250 million years ago, these rocks have tumbled into the Mediterranean during the formation of the Alps. Their red colour is because of the presence of iron oxides.

With Bijou beach, these are the two beaches which are non-smoking in the city.

**Access :** Boulevard du midi Louise Moreau, Cannes. Bus nos. 1, 2, and 20 or train - "Ste Marguerite, Cannes la Bocca train station" stop



Rock Beach © Ville de Cannes

## Reading on the beach?

### Macé Beach

Every summer on Macé Beach, books and magazines are lent out graciously by the city. An original way for children and adults to get into reading in the great outdoors.

**Access :** 8 Boulevard de la Croisette, Cannes. Bus no. 8 Palm Impérial - "Gray d'Albion" bus stop. Train : Cannes Centre train station



## Inf'eau mer stands

Every summer, on the beaches in Cannes, become unbeatable in preserving the coastline ! The association, Méditerranée 2000, offers games, shows and useful information. You can also take part in a big survey on how you perceive the environment.



Inf'eau mer is a regional campaign by Réseau Mer, started in Cannes, which takes place across the whole PACA and Corsica coastline.

**Dates and information :** [www.infeauemer.org](http://www.infeauemer.org)

## \* Good advice for the beach



**Suntan oil and sun cream :** they create a film on the surface of the water and prevents photosynthesis and puts sea life in danger. Choose natural sun lotions rather than creams and oils, protect yourself and go out at times when it is cooler !



**Zero cigarette butts on the beach !** Beach ashtrays are given out by the city in the kiosks, aid stations and council offices in the city. Cigarette butts account for 40% of waste in the Mediterranean Sea :

1 single cigarette butt = 500 litres of polluted water (according to UNEP)



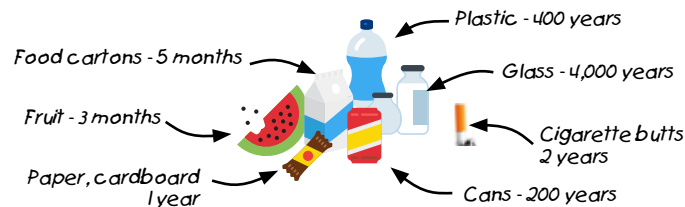
**Limit showers to one a day.** Water is precious on the French Riviera !



**No holidays for waste ! More than 80% of sea waste comes from the land...**

Waste is sorted on the beaches, too : plastics, cans, cardboard and paper go in the yellow bin.

## \* The long lifespan of waste on our beaches



## \* Did you know?

**The Blue Flag** is a European seal of approval which, each year, awards beaches and pleasure ports which lead a sustainable tourist development policy. Find the Cannes beaches and ports awarded the Blue Flag, which can be recognised by their flags, at [www.pavillonbleu.org](http://www.pavillonbleu.org)





*Not far from the city, the Lérins islands archipelago is a peace haven for visitors looking for calm, nature and history. Occupied by Man since Antiquity, they house a still-preserved biodiversity*

*Get on board, discover !*



Lérins islands archipelago: Sainte Marguerite Island, Saint Honorat Island, and the small islands of Trédélière and Saint Féréol © Ville de Cannes

## \* A Natura 2000-classified archipelago

The Lérins islands form part of a European network of natural areas, protected for the richness and fragility of wildlife and plant life that they contain. In order to preserve this environment, while making sure visitors are welcomed, many actions are undertaken, through discussion with the local people.

Boat trips which go to the islands from Laubeuf Quay (near Port St Pierre).

15 to 20 minute crossings. **Information :** Cannes Tourist Office + 33 (0) 4 92 99 84 22

[www.cannes-destination.fr](http://www.cannes-destination.fr)

## The sea environment

*Explore with respect*

Rocky coves and sea floors near the Lérins islands are home to a rich, but fragile biodiversity.

### To do :

- ☛ Explore the small sea floors of the islands, while snorkelling. Use the information on page 44-45 to help you recognise the species you encounter.

On Ste Marguerite island, we recommend the Cimetière de Crimée beach to the North, and the Portègue beach to the West. On St Honorat, coves located to the North, East and West are the most accessible ones.

- ▲ **Be aware !** Swimming in the sea is not supervised and many boats travel near the islands. Do not swim too far away from the beach or use a marker buoy.



- ☛ **See the cetaceans on a trip to the sea.** In summer, you can see large dolphins near the coast, blue and white dolphins, porpoises and even toothed whales farther offshore... But be careful ! Approaching cetaceans can disturb them if you do not respect certain rules.



Find out how to approach cetaceans at [www.sanctuaire-pelagos.org](http://www.sanctuaire-pelagos.org) and see the list of approved **High Quality Whale-watching®** professionals for responsible whale watching trips at [www.whale-watching-label.com](http://www.whale-watching-label.com)

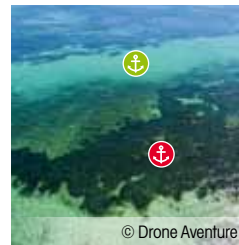
## \* Good advice for amateur yachtsmen



Anchor in clear, sandy areas and pull it back up vertically onto the boat to avoid tearing the Neptune grass\* (see page 14).



Empty toilets and get rid of waste once you have returned to the port to preserve sea life and swimmers' health. Only fish for authorised species and sizes of fish.



© Drone Adventure



See all good advice to do with the sea at [www.ecogestes.com](http://www.ecogestes.com), a Réseau Mer campaign. **Information :** CPIE (Environmental Initiatives Centre) for the Lérins islands and the Pays d'Azur +33 (0)4 93 39 26 80

## Sea biodiversity

Around the islands, a few dozen metres from the shore, you find a great diversity of habitats and animal species. On the rocks, crabs, limpets and red anemones live on the waterfront. Underwater, sea urchins, wrasse and rockfish hide in the cavities. On the sandy floor, flatfish like the bothus are camouflaged and others look for their food, like the red mullet with its barbels. Neptune grass house a multitude of species: fish like Mediterranean bream or the painted comber. Above these different habitats, sea bream, wolf fish, white sea bream, mullets and barracudas evolve in the deep. Deep down, fragments of rock adorn gorgonian coral and coral in general.



Red anemone © divewonder



Mediterranean bream © delnos25



Comber © M.Gatti



## A green island

### Sainte Marguerite island

Known for the prison of the Man in the Iron Mask, the largest of the Lérins islands is covered in a classified and biologically-reserved forest where there are ponds, rocky coves and ancient ruins.



Flat stone cove, Ste Marguerite © Med 2000

### To do :

- ✦ **Walk through the state-owned forest** along 22 kilometres of trails, which have information boards, tables and benches throughout.

The National Forests Office offers, upon booking, presentations and guided tours with eco-guards over the island's biological reserve.

**Information :** +33 (0) 4 93 43 49 24 or +33 (0) 6 73 68 42 26

- ✦ **See birds** from the ornithological reserve of the Batéguier Pond, located to the west of the island with binoculars and a camera !

- ✦ **Visit the Méditerranoscope®** and its aquariums, located in the Royal Fort. The main Mediterranean ecosystems are brought together there : Neptune grass, rocky, sandy and coral-filled floors. A bucket load of information for those who want to find out more about the world under the sea !

**Information :** +33 (0) 6 77 88 76 58

[www.cpieazur.fr](http://www.cpieazur.fr)



- ✦ **Spend the night** in the island's only accommodation, the International Stay Centre, which has two seals of approval: the EU Eco-label and Ethic Steps, and enjoy water activities, by yourself or in a group. Only during weekends, excluding school holidays.

**Information :** +33 (0) 4 97 06 27 20

[www.cannes-jeunesse.fr](http://www.cannes-jeunesse.fr) - Email : [cis@cannes-jeunesse.fr](mailto:cis@cannes-jeunesse.fr)



## Land biodiversity

The island's biological reserve, run by the National Forests Office, houses many protected species.

Its sea forest, made up of aleppo pines, umbrella pines and green oaks, opens out over the majestic paths of eucalyptus plants, classified amongst the oldest in Europe. Its colourful area of herbs, with white and pink rock rose, is populated with mastic trees, myrtle, and buckthorn mixed in with sarsaparilla.

With a bit of discretion, you can see pheasants and rabbits which were introduced to the island, hedgehogs, the large Montpellier snake and many beetles which feed on deadwood.

To the east of the island, Batéguier pond, mixes freshwater and saltwater, forms a migratory stop for a multitude of birds, and a nesting area for some species, like the common tern, the little grebe, the yellow-legged gull and sometimes the kingfisher.



Path in the heart of the island © Med 2000



Batéguier pond and its small island © Ville de Cannes



Myrtle © V.Kulesza ONF



Mastic tree © V.Kulesza ONF



Green olive tree © V.Kulesza ONF



Montpellier snake © V.Kulesza ONF



Common tern © S.Busson

More than 500,000 visitors set foot on the island each year. **Walk along the signposted trails** to avoid treading on plant life.



## A timeless stopover

### St Honorat island

The guardian of one of the oldest western monasteries, this island lives at the pace of how the community of Cistercian monks do. Known for its vineyard, its abbey and its monastery tower, it is also an ideal place to get back to nature in total peace !



St Honorat island © Jérôme Kelagopian

*«You will find a lot more in forests than in books.»*

St Bernard de Clairvaux, Cistercian monk

### To do :

✦ **Walk along the shaded trails** to discover the island's plant life, interspersed with historical ruins. Admire the view at the top of the monastery, then cross the paths at the edge of the Abbey's vineyard located in the heart of the island.

✦ **For 2 hours, go on a botanic walk**, guided by a specialist. Outside of the beaten track, discover remarkable species, and let yourself get indulged with the area's very spirit.

**Information :** +33(0)6 22 41 56 42 – Email : antoniolijer@aol.com

✦ **On the first Friday of every month**, the Abbey gives a 15-minute workshop from amongst the vines, and unveils its secrets of making its wines.

**Information :** [www.cannes-ilesdelerins.com](http://www.cannes-ilesdelerins.com)

✦ **Stay in the Lérins Abbey hotel**, for a relaxing time. Rejuvenate yourself by spending a few days at the monks' pace of life and within nature.

**Information :** +33(0)4 92 99 54 00 – Email : [hotellerie@abbayedelerins.com](mailto:hotellerie@abbayedelerins.com)

✦ **Groups and companies :** The Abbey offers tailored stays : journeys, guided tours, wine tasting, catering, room hire etc.

**Information :** +33 (0)4 92 99 54 24 – Email : [tonnelle@abbayedelerins.com](mailto:tonnelle@abbayedelerins.com)

✦ **To respect the monks and their environment :** do not smoke, remain appropriately dressed, respect the area's calm ambience and keep dogs on a lead.

## Biodiversity

The **edge of the island's forest** and its **offshore bar** are particularly preserved : twenty rare or protected plants find refuge there.

**Rocks and limestone cliffs** which surround the island are covered by a procession of plants which are salt-resistant (known as halophytes), like the Greek spiny spurge, limonium, the fleshy-leaf thymelaea, and seaside plantain. In **open environments** like farming areas, you can also find protected species, such as black garlic and hairy woundwort.

Greek spiny spurge  
© J. AntonioliLimonium  
© J. AntonioliBlack garlic  
© J. AntonioliHairy woundwort  
© J. Antonioli

## \*Did you know?

The monastery's caves house a few protected bat species, which have almost disappeared from the region, because of urbanisation : the common bent-wing bat (*Miniopterus schreibersi*). Its quick flight reminds us of swallows flying to catch insects.



## Sensible farming practices

St Honorat has the oldest farm in Cannes, which is still in operation. Its 8-hectare vineyard, relaunched in the 1990s, produces world-famous fine wines.

An olive grove with century-old trees, is used to supply a small production of olive oil.

To cultivate their land and preserve a natural balance which governs the island, monks have chosen to farm sensibly. They do not use any pesticides or herbicides. De-budding, pruning and harvesting are done by hand.



Vineyard (C) J.Kelagopian



*Even though the Croisette Promenade is the legendary place where the people of Cannes love to go for a stroll, it is far from being the only one. Cannes has thirty squares and gardens, spread out across the whole city, each one charming in its own way. It is down to you to find the one that suits your desires !*

## Time for a walk

### *Along boulevard de la Croisette*

Along the boulevard, from the tip of Palm Beach, 3 green areas (one after the other), for a good old saunter, by foot, bike or scooter !

#### To do :

- ✦ **Square Verdun**, which border Bijou beach, is abundant with majestic rows of palm trees. A huge lawn gives you a place to relax, opposite the sea.
  - ✦ **Square du 8 mai**, nicknamed "**la Roseraie**" ("the Rose Garden") is surrounded by tamarisks and palm trees. Covered in a myriad of rose bushes, which are in full flower in spring, this is a place for relaxing, loved by the people of Cannes. Interest : an imposing tree, the Erythrina lysistemon or "coral tree" is adorned with red flowers in spring.
  - ✦ **Le Jardin Albert 1<sup>er</sup>** connects these two squares, for a walk in the shade all along the Croisette. See its pond with water lilies and its three huge maidenhair trees.
- Access :** Croisette car park, Cannes. Bus no. 8 Palm Imperial – "La Roseraie (Rose Garden)" or "Bijou plage (beach)" stops.

✦ **Kids :** near the rose garden, a playground and activities will keep children happy and busy.



The Rose Garden © Med2000



Tamarisks © Med2000



Coral tree © Med2000

## St Cassien Hill

A few minutes away from the Tourradas area, have a break at **Butte St Cassien** : a hill, full of century-old oaks and cypress trees around a provincial chapel, steeped in history.

**Access :** Cannes Mandelieu airport car park.



## Time for a break

### *Near the Plages du Midi*

- ✦ **Square Mistral** is ideal for a break in the shade of the palm trees around the springs. See a coast redwood in the centre of the square, a cocksbur coral tree and a jacaranda with purplish-blue flowers.

**Access :** boulevard du midi Jean Hibert, Cannes. Bus nos. 1 and 2 – "Le Riou" stop or nos. 7 and 12 – "Square Mistral" stop

- ✦ **Square de Morès** is a little fresh and calm area opposite the Plage des Rochers (the Rocky Beach). Its spring and its rockeries planted with agaves, magnolias, stone pines and green oaks give it a particular charm.

**Access :** 7/9 avenue Francis Tonner, Cannes la Bocca. Accessible from the Plage des Rochers by a path under the railway line. Bus nos. 1, 2, and 20 or train "Ste Marguerite, Cannes la Bocca train station"

✦ **Kids :** both these parks have games for children



Square Morès © Med2000

## For the view

### *« The hangings »...*

- ✦ **Jardin du Suquet (Old Town Garden)** : this garden decorates the slopes of hill in the old town. Embellished with a few stone pines, carob trees and bougainvilleas, it gives you an exceptional view over the Bay of Cannes and its islands.

**Access :** rue Louis Perrissol, Jardins du Suquet, Cannes. Bus nos. 1, 2, Palm Imperial and City palm – "Hôtel de ville – (town hall)" stop, then walk 15 minutes.

- ✦ **Villa Domergue** : this magnificent art-deco villa, situated on Californie hill, is surrounded by terrace gardens, landscaped with ponds and waterfalls. Experience a fabulous view over the Bay of Cannes.

**Information :** +33 (0)4 97 06 44 90

**Access :** 15 avenue Fiesole, Cannes - Bus no. 9 – "Maison de retraite (Nursing home)" stop



Villa Domergue © O. Calvel



## For biodiversity

« *Naturalists* » ...

### To do :

✿ **Villa Rothschild** : this neo-classic abode, and its English garden, are classified as historic monuments. You will discover many exotic species here : a great variety of palm trees, blue cedars, cycads, camphor trees, araucarias, dasyliirions, encephalartos, erythras, etc. "Jardin Annie Girardot" is landscaped with a sensory path, intended for patients suffering from Alzheimer's.

**Access :** 1 avenue Jean de Noailles, Cannes. Bus nos. 1,2,7 and 20 – "Beausite" stop



Rothschild garden and villa © Ville de Cannes

✿ **Jardin Montfleury** comprises bamboo groves, made up of 350 bamboos of 19 different varieties, over roughly 5,000 m². It is laid out with a playground, a relaxation area, embellished with fountains and a snack stop.

**Access :** 19/21 avenue Beauséjour, Cannes. Near Montfleury swimming pool.  
Bus no. 7 – "Beauséjour" stop



Washingtonia & Phoenix © Med2000

### \*Trees or giant herbaceous plants ?

The elegance of palm trees has decorated 3 kilometres of the legendary Croisette since the 19<sup>th</sup> century. Contrary to what people believe, the palm tree is not a tree, but is rather more related to an herbaceous plant. It is not made of wood, but the accumulation of stems forms a giant column called a "stalk". The Croisette's symbolic species are Washingtonia californian palm trees and Phoenix date palms.

### \*The palm tree, highly symbolic...

It is not to the Film Festival that Cannes owes its palm tree heritage... but to the first monk of St Honorat Island ! Legend has it that he would take refuge at the top of a palm tree to escape a tidal wave, which, according to this prayers, would cleanse the island from snakes that were infesting it. The palm tree has since been symbolised on the city's coat of arms.

*Yachting and jet-skiing are not the only ways to enjoy sporty leisure time. During your holiday, discover sports which are "gentle" on the environment: amateurs or experienced, agile or with reduced mobility, we invite you to get moving out in the fresh air !*

## Seaside Watersports

✿ **On the water**, the sources of noise and pollution related to water activities are plentiful, especially in summer. Enjoy quiet pleasure boats that use no fuel. Get started with **paddleboarding, canoeing or sailing** and discover the bay, in total harmony with the marine setting.

The Mouré Rouge watersports centre offers the following activities the whole year round :

► **equipment hire and specific lessons** - windsurfing, canoeing, paddleboarding, surf skiing, sailing a catamaran, etc.

► **stand-Up Paddle Fitness** lessons from May to September.

► **sailing courses and sailing days** for children and adults in the summer

► **sailing membership** by the year

► **event days on request** (birthdays, company committees, team-building).

**Information :** +33 (0)4 92 18 88 88 – [www.cannes-jeunesse.fr](http://www.cannes-jeunesse.fr)

Email: [nautisme@cannes-jeunesse.fr](mailto:nautisme@cannes-jeunesse.fr)

**Access :** Mouré Rouge Port, Cannes. Bus no. 8 – "Esprit Violet" stop



Hobie Cat © Med 2000



Stand-up paddleboarding © Med 2000



Snorkeling © Med 2000

✿ **Underwater**, go and discover the sea floors on an excursion snorkeling or diving, supported by professionals. Several Cannes diving clubs, one of which, an associative diving club, run by volunteers (Némo Plongée), offers trips in the bay around the Lérins islands, for all skill levels.

**Diving centers :**

Némo plongée : +33(0)4 93 70 49 97 - [www.nemo-plongee.org](http://www.nemo-plongee.org)

Plongée Club de Cannes : +33 (0)6 11 81 76 17 - [www.plongee-cannes.com](http://www.plongee-cannes.com)

Easy Dive : +33 (0)4 93 43 40 42 - [www.easydive.fr](http://www.easydive.fr)

✿ **Find all water activities in Cannes on the Cannes Tourist Office website, [www.cannes-destination.fr](http://www.cannes-destination.fr)**



## Land side

### Sports outdoors

- ✦ **Jogging and sports courses** : discover or rediscover the city by foot, while taking part in a sport out in the fresh air. Fifteen paths dedicated to jogging and sports courses over 60 km, come to life with the logo, "Cannes, the Outdoors Sports Capital".

**Information** : path map available at [www.cannes.com](http://www.cannes.com) in the "Sport" tab.

- ✦ **Pétanque and French bowls pitches** : pull or point in a fun setting ! Playing pétanque on the Cannes French bowls pitches is open to all. Meet up on allées de la liberté (opposite the old Port) or on place de l'Étang (near the Croisette tip).

**Information** : List of French bowls pitches and French bowls clubs at [www.cannes.com](http://www.cannes.com) in the "Sport" tab

- ✦ **Beach volleyball** : enjoy the beach in another way, by hitting a ball with your feet in the sand ! Five Beach volleyball courts are available for yo : boulevard du Midi, stand no. 16 near Square Mistral (2 courts) and stand no. 33 (1 court) - Parc Picaud (2 courts, reserved for high-level games).



Croix des Gardes sports course © Ville de Cannes



Pétanque © JMDZ



Bike © Med 2000

- ✦ **Biking** : when traffic jams are raging, pedal in total freedom on the cycle paths. From boulevard du midi, discover Mandelieu-la-Napoule and the start of the Estérel (20 km to Mandelieu there and back, then 10 to 20 km on top over the Corniche d'Or) or Golfe Juan from the Croisette tip (12 km there and back). The tourist office can give you routes and advise you on stays to discover the region by bike, and repair kits are available on request.

**Information** : +33 (0)4 92 99 84 22 - [www.cannes-destination.fr](http://www.cannes-destination.fr)

- ✦ **Circuit training** : free sports exercise sessions are offered to the general public on Saturdays, from 10:00 am to 11:00 am, on Plage Macé and on Plage du Midi (stand no. 16). Bring along your trainers, towel and bottle of water.

**Information** : +33(0)4 97 06 46 25

## \*Did you know ?

To travel 1 kilometre into the city, it takes, on average : 7 minutes by car, 4 and a half minutes by bus, and 3 minutes by bike !



## Handiplage

### The beach for everyone

Created in 2005, Handiplage has become an industry leader in the Alpes-Maritimes and has achieved the Accessible Tourism seal of approval.

- ✦ **Bijou plage (Bijou beach)** located near the Croisette tip, has many fixtures which let it support disabled people in the water (motor, sight, hearing and mental disabilities). Open from 9:00 am to 7:00 pm in July and August, and from 10:00 am to 6:00 pm in June and September.

**Access** : boulevard de la Croisette, Croisette tip (Stand no. 4), Cannes. Bus no. 8 Palm Imperial – "Bijou plage (Bijou beach)" stop



Bijou plage © Ville de Cannes

- ✦ **La plage du Square du général Leclerc**, located in front of the entrance to Quai Laubeuf (Laubeuf Quay), is also accessible for people with reduced mobility.

**Access** : quai Laubeuf (Laubeuf Quay), Cannes. Bus no. 8 Palm Imperial - "Quai Laubeuf (Laubeuf Quay)" stop

- ✦ **The Handi Palm bus network** allows people with reduced mobility to get around easily in the city.

**Information** : [www.palmbus.fr/handi-palm](http://www.palmbus.fr/handi-palm)



Handiplage and activities © Ville de Cannes

- ✦ **Find all information about welcoming disabled people** (accessible sites, transport, adapted activities and accommodation, etc.) by contacting the Tourist Office : + 33 (0) 4 92 99 84 22 – [www.cannes-destination.fr](http://www.cannes-destination.fr)

*From the Provencal markets to the prestigious ovens of Michelin-starred chefs, there is no lack in places to consume locally and responsibly in Cannes. Discover a culinary heritage, connected to local produce and focused more on seafood. Get your taste buds ready!*

## Locally-sourced food

### Cannes markets and produce

#### Fruit and vegetables

Broad beans, peppers, artichokes and purple asparagus, or strawberries, peaches, melons, lettuces and fresh herbs are grown on the land in Cannes, and can be found on the markets.

- ✦ **Julien Rostan grows organic and seasonal fruit and vegetables.** They can be bought directly on Thursday afternoons from him, and also at Forville market everyday.

**Information:** +33 (0)6 23 17 28 88 – [www.julienrostan.com](http://www.julienrostan.com)

**Access:** chemin Plaine de Laval, Cannes la Bocca

- ✦ **The Orso family and their shop, “La Campagne”** sell local, organic, sustainable and seasonal produce.

**Information:** +33(0)4 93 47 95 75 – [www.pepiniereabadie-orso.com](http://www.pepiniereabadie-orso.com)

**Access:** 712 avenue Jean Mermoz, Rond-Point des Vétérans, Mandelieu -la-Napoule



Fish stall © Med2000

#### Fish

- ✦ **Fishermen on St Pierre quay, working together,** each day take what they have caught from their traditional fishing to Forville market. If they have had a good day fishing, you will find John Dory, red mullet, sea bream and even lobster.

- ✦ **Cannes Aquaculture** breeds organic-certified wolffish, bream and lean fish in the bay of Cannes. They can be bought directly in some supermarkets.

**Information:**  
+33(0)4 93 43 53 51



#### Wines, liqueurs and olive oil

- ✦ **The monks of Lérins Abbey** make wines, liqueurs like Lérina and olive oil: 100% Cannes products, which come from sustainable farming. For sale on St Honorat island, in most wine merchants and at Forville market.

**Information:** +33 (0)4 92 99 54 32  
[www.excellencedelerins.com](http://www.excellencedelerins.com)

#### Honey

- ✦ **Jean-Louis Lautard's bees** hibernate in the lower valley of the Siagne, and produce 18 varieties of honey which has won awards, Label Rouge (Red Label) and IGP certified. For sale at Forville market.

**Information:** +33(0)4 93 66 12 15 or +33(0)4 93 66 46 57

#### Cannes markets

Go to the market stalls in the city to fill your baskets in a friendly and authentic atmosphere. You will find fresh and local products here.

Every day, apart from Monday, from 7:00 am to 2:00 pm :

- ✦ **Forville market:** Place du marché Forville, Cannes.

**Local producers can be found in the central aisle**

- ✦ **Gambetta market:** Place Gambetta, Cannes

- ✦ **La Bocca market:** Place du Marché Paul Roubaud, Cannes la Bocca

Only on Tuesdays and Friday, from 8:00 am to 7:00 pm :

- ✦ **Place St Jin Jin market:** Place Saint Jin Jin, Cannes (near Boulevard Gazagnaire)



Forville market © Ville de Cannes

#### Organic shops and baskets

There are many organic shops in Cannes, and local producers deliver baskets of local, organic or sustainable products. Find out more online !

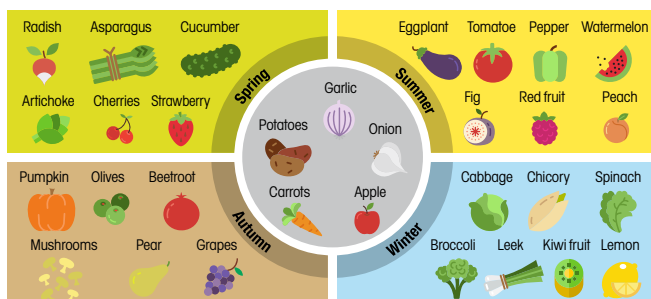


## To consume responsibly

### Seals of approval and seasons

To consume local, seasonal and organic produce, is to reduce the impact of what you eat on the environment. By limiting transport, man-made fertilisers and pesticides, you are participating in restoring the quality of air, soil and land. Food also tastes better and is healthier ! Here is some advice to guide your choices.

### Eat seasonal !



### Focus on seals of approval



The French organic farming seal of approval, guaranteeing at least 95% of ingredients are without man-made chemical products and without GMOs, and its European equivalent on the right.



More demanding seals of approval, on the method of production, guaranteeing 100 % organic products, and without GMOs. They support more humane and more autonomous farming.



International seals of approval, guaranteeing products come from fair trade, with small producers committed to taking care of their natural resources (on the left), but also come from organic farming (on the right).

### A local seal of approval



Created in 2015, the "Origine qualité mer des Lérins" ("Lérins sea quality origin") seal of approval, reinvigorates the first traditional activity in Cannes : fishing. It guarantees quality in products from the sea sold to consumers, while preserving the natural heritage of Lérins bay. Using its logo, you can detect the restaurant owners and retailers who support local, sustainable and responsible fishing.

**Point of sale :** Forville market, from Tuesday to Sunday, 7:00 am to 1:30 pm.



*In order to limit the environmental impact of your stay in Cannes, here is some useful information, which will help you to prepare for your journey and your trips. Be committed to sustainable and responsible tourism !*

### Clever... ... accommodation

In choosing quality accommodation, which can prove its strong commitment to the environment, think about responsible tourism seals of approval.



The **Green Globe seal of approval** is an international seal of approval for sustainable travelling and tourism. It rewards and supports hotels which have opted to improve the environmental and social management of their business.

**Information :** [www.greenglobe.com](http://www.greenglobe.com)



The **EU ecolabel** guarantees accommodations which have implemented a process to reduce their impact on the environment : limited energy and water consumption, reduction of waste, renewable energies and making staff and clients aware.

**Information :** [www.ecolabels.fr](http://www.ecolabels.fr)



**La Clef Verte ("The Green Key")** has rewarded tourist accommodations (campsites, hotels, gîtes) since 1998 for their drive in environmental management : water, energy, waste management, etc.

**Information :** [www.clef-verte.com](http://www.clef-verte.com)



The **Chouette Nature seal of approval** rewards holiday villages which are committed to concrete actions in favour of tourism that respects the environment: accommodation in harmony with the environment, discovery of the land, and the outdoors.

**Information :** [www.chouettenature.com](http://www.chouettenature.com)



The **Ecogite and Gite Panda seals of approval** are attributed to Gîtes de France which fulfil strict requirements as regards the environment. Reception, friendliness, environmental management, posts for observing nature... They fulfil the requirements of green and authentic tourism.

**Information :** [www.ecogite.fr](http://www.ecogite.fr) - [www.gites-panda.fr](http://www.gites-panda.fr)



## COMMIT YOURSELF



**ATR (Acting for Responsible Tourism)** certification is awarded to four operators which work in a way that embodies more "connected" and responsible tourism. Members are committed to involving and respecting local people in development, and minimising the impact of their activity on the environment.

**Information :** [www.tourisme-responsable.org](http://www.tourisme-responsable.org)



**The Clevacances environmental quality charter** is applied to Clevacances furnished accommodations which reduce their impact on the environment and fulfil a certain number of criteria.

**Information :** [www.clevacances.com](http://www.clevacances.com)



**The Tourism and People with Disabilities** (Tourisme & Handicaps) seal of approval guarantees a reception, adapted to the essential needs of disabled people, no matter what the disability they have is.

**Information :** [www.tourisme-handicaps.org](http://www.tourisme-handicaps.org)

## \*Prestigious hotels are committed

The Grand Hyatt Cannes Hôtel Martinez, located on boulevard de la Croisette, was the first luxury hotel in Cannes to be rewarded with the Green Globe seal of approval, in 2010. Aware of its environmental impact, the Martinez committed to implementing more sustainable practices throughout its whole business. Its staff, its suppliers, as well as its clients being made aware, and all taking part in this process. Cleaning bedclothes on request, bikes being made available, reducing transport and packaging, saving electricity, recycling and composting, local and seasonal produce in the kitchen, sponsorship and support from numerous charities... So many activities based on respecting the environment and people, today the hotel is achieving the results from this.



## Support Cannes

Cannes wants to protect its natural, cultural and spiritual heritage, by putting forward its application **to be registered on UNESCO's World Heritage list** : the bay of Cannes, made up of the Lérins islands and the Croisette.

Support the application at [www.cannes.com](http://www.cannes.com)



## COMMIT YOURSELF

### Drive ... without polluting

#### ✚ By multiple forms of transport

Céparou06 is a website which allows you to calculate your common transport routes (bus, train, etc.) over the whole of the Alpes-Maritimes department.

**Information :** [www.ceparou06.fr](http://www.ceparou06.fr)

#### ✚ By foot or by bike

Enjoy going by foot or by bike to visit Cannes, without polluting the environment. See the pedestrian route map at [www.cannes.fr](http://www.cannes.fr), "Sport" tab.

Please also think about new ecological and very "trendy" ways to move around : a three-wheel scooter or Trikke, electric bike, e-Solex, Segway, etc. Silent, ecological, practical, do not hesitate to hire them.

#### ✚ By bus

##### In the city of Cannes

The PALM BUS network serves the whole city (daytime and evening lines), but also neighbouring towns. The City Palm shuttlebus goes around the city centre (stopping on request, all along the blue line on the ground).

**Information :** +33(0) 825 825 599 (€15, including tax and VAT per minute) - [www.palmbus.fr](http://www.palmbus.fr)

##### Over the whole of the department

The LIGNES D'AZUR bus network covers connections between all cities in the Alpes-Maritimes department: Antibes, Cagnes-sur-Mer, Nice and its airport, Grasse, Mandelieu, etc.

**Information :** +33(0) 800 06 01 06 (toll-free number) - [www.lignesdazur.fr](http://www.lignesdazur.fr)

#### ✚ By train

Cannes train station : 4 place de la gare, Cannes

Cannes La Bocca train station : Rue Louis Armand, Cannes la Bocca

Ranguin railway stop : Rue Châteaubriand, Cannes la Bocca

Le Bosquet railway stop : Rue Joseph Flory, Cannes la Bocca

La Frayère railway stop :

Boulevard de l'Estérel, Cannes la Bocca

**Information :** 36 35 from France

[www.ter.sncf.com/paca](http://www.ter.sncf.com/paca)





## COMMIT YOURSELF

### ✚ In an electric vehicle

Do you want to hire an electric vehicle during your holiday ?

**Information :** +33 (0)4 56 58 97 00 - [www.auto-bleue.org](http://www.auto-bleue.org)

In Cannes, electrical terminals are available to recharge your vehicle. Accessible to all : Forville car park (8), Palais car park (10), Lamy car park (1), Cannes train station car park (3). Reserved for customers: Leclerc Ranguin car park (4), Balitrand car park, Cannes la Bocca (2), Renault, Cannes la Bocca (1)



Electrical terminal © Volker Witt



Cycle lane © Ascaïn64

### ✚ Carpooling

Take a few people, using carpooling websites.

[www.blablacar.fr](http://www.blablacar.fr) (national)

[www.ottoetco.org](http://www.ottoetco.org) (local)

[twww.equipe06.fr](http://twww.equipe06.fr) (local)

### ✚ Car sharing

If you need a car, think about using car sharing websites.

[www.ouicar.fr](http://www.ouicar.fr)

[www.drivy.com](http://www.drivy.com)

[www.koolicar.com](http://www.koolicar.com)

## \* The city is committed



The adventure continues for Cannes, which is implementing its 2<sup>nd</sup> Agenda 21. With this, the city is committed to its projects, considering all economic, environmental and socio-cultural challenges in order to preserve the city in a sustainable way. This voluntary process has been implemented, thanks to participation from its inhabitants and different operators in the area.

Meet on the online forum, "21 place Durable", to meet up, discuss and share your ideas to improve the quality of life in Cannes and take part in developing the city's Agenda 21.

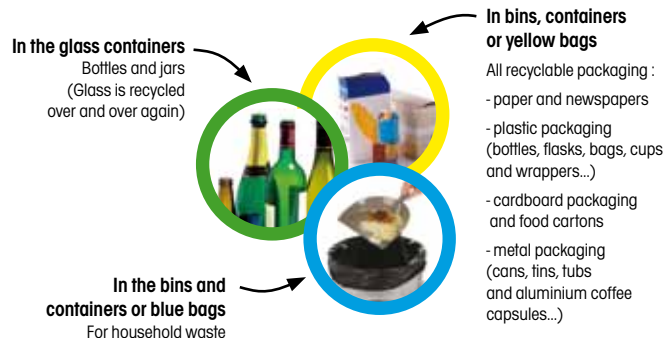
**Information :** [www.21placedurable.cannes.com](http://www.21placedurable.cannes.com)



## COMMIT YOURSELF

## Sort waste... ... without cheating

During your holiday in Cannes, please sort your waste to give it a second life. By sorting waste, your life is made simpler !



More information about sorting and enhancing waste on the website, [www.cannes.com](http://www.cannes.com) in the "Cadre de vie" ("Quality of life") tab.

## \* Did you know ?

In Cannes, dropping your can of drink or any other litter on the ground costs you a 180-euro fine. What a shame, once you know that 230 recycled aluminium cans are enough to make a new bike, and only 115 cans for a brand new scooter !



Red Carpet © Ville de Cannes

## \* What happens to the famous Red Carpet ?

Every year in the month of May, the 24 steps of the Palais des Festivals are adorned with the famous "Red Carpet". The five tonnes of carpet, walked over by the most famous names in cinema are, after all that, not thrown in the bin. Since 2007, the Red Carpet has been recycled and transformed into granules, which are then reused in plastics manufacturing.

The Palais des Festivals, which each year welcomes more than 250,000 delegates, is committed to a sustainable development process (CAP26000) and has been rewarded, since 2009, with three certifications (ISO 9001, ISO 14001 and OHSAS 18001).



## MEET UP TOGETHER

*Even though the Film Festival is the flagship event, which throws the city right into the limelight, many other environment-related fun times and traditions take place during the year. Go and meet the people of Cannes, their culture and their environment, thanks to our selection of events !*

### Nature ... ... and culture

- ✦ **Jardin des Contes (Story garden)** : performances and storytellers in the Noailles multimedia garden – June/July
- ✦ **Pages à la plage (Books on the beach)** : free library on Macé Beach – July/August
- ✦ **Swim amongst the Lérins islands** : event organised by the "Friends of Sainte-Marguerite Island" association – September
- ✦ **Suquet des Arts (Arts in the Old Town)** : little streets in the old town are transformed into a gallery, dedicated to artists from Cannes (theatre, painting...) – August
- ✦ **La Tangente theatre** of the MJC Picault lets you discover artists from the Cannes scene – October to January – Bookings : [www.latangente-smac.fr](http://www.latangente-smac.fr)



Story garden © Ville de Cannes



Arts in the Old Town © Ville de Cannes

### Cannes ... ... Traditions



Provincial jousting © Ville de Cannes

- ✦ **Cannes cuisine celebrated** : local specialities, workshops and tasting sessions across the whole city – March
- ✦ **Provincial jousting** : traditional battles in the water – June/July/August
- ✦ **St Cassien Festival** : traditional festival, parades, Cannes folk dances, organised by the St Cassien Festivals Committee – July
- ✦ **Cannes la Bocca Flower Parade** : traditional Cannes celebration – August

## MEET UP TOGETHER



Royal regattas © Ville de Cannes

- ✦ **Royal regattas** : exceptional yacht race - September
- ✦ **Cannes la Bocca Flower Festival** : parade, brass band, folk groups and festivities - October

### Raising awareness... ... of sustainable development

- ✦ **Flore passion (Floral Passion)** : stands and workshops to learn how to be a gardener while caring for the environment. Square Verdun on the Croisette tip – April
- ✦ **Sustainable development week** : events, shows, stands and workshops with every stakeholder in the Cannes environment June
- ✦ **Inf'eau mer** : activities and information about the sea environment with the Méditerranée 2000 association. Cannes beaches – July/August
- ✦ **Eco-gestes Méditerranée (Mediterranean eco-gestures)** : awareness at sea campaign, for amateur yachtsmen and users of the sea – July/August



Sustainable Development Week © Med2000



Siagne Canal Festival © N.Huffschmitt

- ✦ **Siagne Canal Festival** : activities, games and shows based on the theme of water. Information from SICASIL – September
- ✦ **Disabled Week** : exhibitions, concerts, sports and cultural activities – March
- ✦ **Find all events going on in Cannes at [www.cannes.com](http://www.cannes.com), in the "Events" tab or at [www.cannes-destination.fr](http://www.cannes-destination.fr), in the "Agenda" tab.**



## East Cannes

### *Between the sea and the hills*

1

### Morning

- ✦ Go on the bus or by bike to **Mouré Rouge beach**. Enjoy the water activities or go on a discovery for sea creatures with a snorkel using the information on pages 44-45.
- ✦ Have a look around **Place de l'Étang** and its boules pitches, for a lovely time immersing yourself in Cannes culture. Then, go back to Verdun Square (Port Canto) and stroll along the gardens of the legendary Croisette up to **La Roseraie** by foot, bike or scooter.

### Lunchtime & in the afternoon

- ✦ Go to California hill, up to the **starting point of the promenade by Siagne canal**. Enjoy the surroundings (tables, boules pitch, sports course, playground) and have a picnic and a moment of relaxation. Then, go on a historic walk in the shade of the oak trees and eucalyptus plants over Siagne canal, which ends with **California's panoramie viewpoint**.

**Duration :** 1 hour – 2.7 km one-way

- ✦ En route, stop off in the **Domergue villa** gardens to admire the bay of Cannes and the art exhibitions.

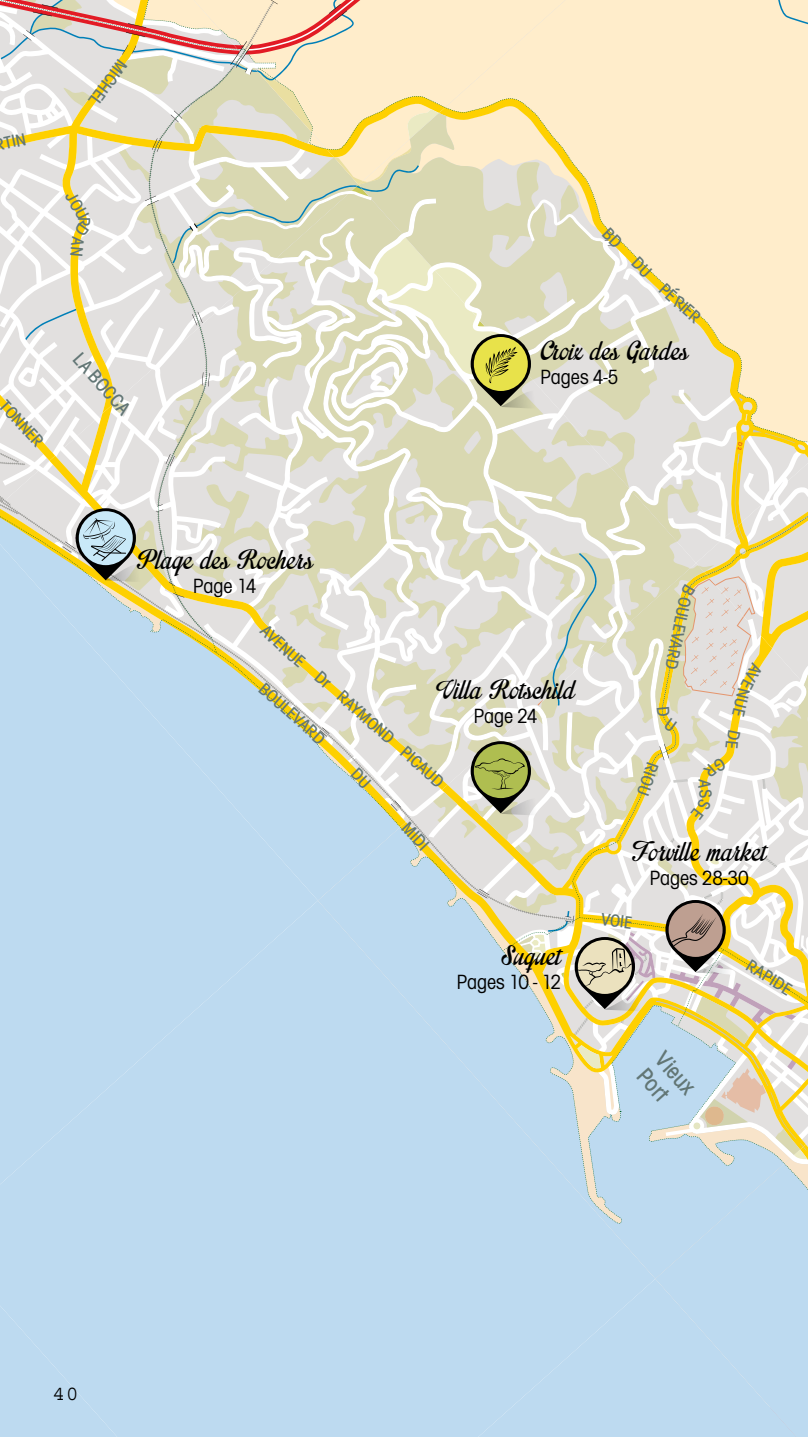
**Bring with you :** bath towel, parasol, snorkel set, bike, roller skates or scooter, pétanque boules, camera, picnic.



## Cannes Centre

### *History and views*

2



### Morning

- ✦ Start the day by going down the lanes in the old town in the **Suquet**, time to travel through Cannes history. Guided tours are offered by the Tourist Office. From the top of **Place de la Castre**, admire the superb view over the city and the islands, and have a look at the landscape.
- ✦ On your return, stop off at **Forville market** to encapsulate yourself in the local ambience, and buy something to have in your picnic, that is 100% Cannes-authentic.

### Lunchtime & in the afternoon

- ✦ Go by bus to the natural site of **Croix des Gardes**, and eat on the tables in the shade of the pine trees (Chemin Rose St-Jean). Walk along the forest paths, interspersed with views over Cannes bay, and discover the Mediterranean plant life using the information on pages 46-47.
- ✦ On the return route, stop off at **Rothschild Villa** and visit its gardens, classified as historic monuments. Continue by bus or by foot along the Midi beaches up to **Plage des Rochers** (Rocky beach). Have some refreshments while enjoying the sunset over the red rocks.

**Bring with you :** Trainers, backpack, picnic, cap, sun cream and cameras. Book a historic guided tour at the Tourist Office.



## ITINERARY

Pass through **Forville market** to buy some fresh, local and seasonal produce. Go by bus or foot to Laubeuf Quay for a 15-20-minute crossing, heading for the Lérins islands.



## Lérins Bay

### 3A *Ste Marguerite island*

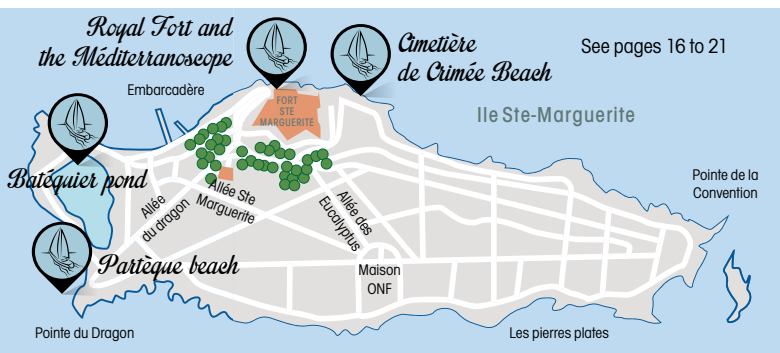
### Morning

- ✦ From the pier, walk along the island's coastal path, going past **Batéguier pond** and **Pointe du Dragon**. Sportier people can prolong this walk up to Pointe de la Convention. See the Mediterranean birds, wildlife and plant life using the information on pages 46-48. Get information from the Tourist Office, for a guided tour, led by the ONF (French Forestry Commission).

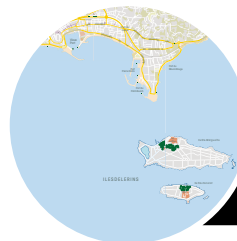
### Lunchtime & in the afternoon

- ✦ Have a picnic on the tables arranged in the shade or in a cove. Please take your litter with you. Onsite meals are available.
- ✦ Depending on what you want to do, you can visit the **Royal Fort and the Méditerranoscope** or go and discover the sea floors with your snorkel set on the **Cimetière de Crimée Beach** or **Partègue beach**.

**Bring with you :** backpack, picnic, trainers, binoculars, camera, snorkel set or beach shoes, bath towel, map of island paths. Do not leave with too much !



## ITINERARY



## Lérins Bay *St Honorat island*

3B

### Morning

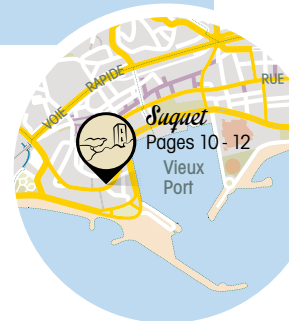
- ✦ Walk at your own pace along the coastal path, heading towards the Abbey and climb to the top of the **monastery tower** to admire the view over the coast. Pass by the paths alongside the **vineyard** and discover the wildlife and plant life using the information on pages 46-48. You can book a 2-hour botanical guided tour, combining history and nature.

### Lunchtime & in the afternoon

- ✦ Have a picnic in a cove or on the tables made available along the paths. Onsite meals are available.
- ✦ Explore the richness of the little **sea floors** simply paddling snorkeling set, using the information on pages 44-45.



On your return to the city, have a stroll in the **Suquet** up to Place de la Castre to admire the view. Enjoy the cafés, restaurants and bustling lanes to end your trip.





## BIODIVERSITY

### Seafloor species

#### Marine plants



Posidonia  
*Posidonia oceanica*

#### Algae



Cystoseira  
*Cystoseira mediterranea*



Green sea fingers  
*Codium fragile*



Sea lettuce  
*Ulva lactuca*

#### Cnidarians and ctenarians



Sea raft  
*Velella*



Green anemone  
*Anemonia viridis*

#### Other marine plants



Leaf



Balls of fibrous material from posidonia foliage known as egagropili



Peacocks tail  
*Padina pavonica*



Acetabularia  
*Acetabularia acetabulum*



Meerball  
*Codium bursa*



Rootstock



Dictyota  
*Dictyota dichotoma*



*Flabellia petiolata*



Caulerpa  
*Caulerpa racemosa*

Illustrations : S. Pocho



## BIODIVERSITY

### Seafloor species

#### Shellfish



Divaricate gibbula  
*Gibbula*



Noah's ark  
*Arca noae*



Dog welks  
*Nassarius*



Mussel  
*Mytilus*



Common limpet  
*Patella*



Conus  
*Conus*

#### Echinodermes



Starfish  
*Ophidiaster ophidianus*



Sea urchin  
*Paracentrotus lividus*



Sea urchin rest

#### Crustaceans



Shrimp



Crab



Hermit crab



Barnacles and chthamalus  
*Balanus, Chthamalus*

#### Fish



Blenny  
*Parablennius*



Cow bream  
*Sarpa salpa*



Goby  
*Gobius*



Painted comber  
*Serranus scriba*



Red mullet  
*Mullus*



Male Rainbow wrasse  
*Coris julis*

♥ protected species  
▲ species burning or stinging  
⊖ invasive species



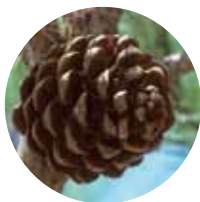
BIODIVERSITY  
*Mediterranean plant life*



**Stone pine or Pinion pine**  
*Pinus pinea*



Needles and male cones



Female cone full of  
pine nuts



**Aleppo pine**  
*Pinus halepensis*



**Green oak**  
*Quercus ilex*



**Cork oak**  
*Quercus suber*



**Mastic tree**  
*Pistacia lentiscus*



**Cane apple**  
*Arbutus unedo*



**Olive trees**  
*Olea europaea*



**Eucalyptus**  
*Eucalyptus*



**Mock privet**  
*Phillyrea latifolia*



**Myrtle**  
*Myrtus communis*



**Mediterranean buckthorn**  
*Rhamnus alaternus*



**Asparagus plant**  
*Asparagus*



**Sarsaparilla**  
or «Smurf's Grass»  
*Smilax aspera*



**Sage-leaf rockrose**  
*Cistus salviaefolius*



**Montpellier rockrose**  
*Cistus monspeliensis*



**Pink rockrose**  
*Cistus albidus*



BIODIVERSITY  
*Mediterranean plant life*



# BIODIVERSITY

## Birds



**Common tern**  
*Sterna hirundo*  
Black cap and red beak



**Black-headed gull**  
*Larus ridibundus*  
White neck, red beak and feet



**Yellow-legged gull**  
*Larus michahellis*  
Yellow beak with a red marking



**Great cormorant**  
*Phalacrocorax carbo*  
Excellent diver, fish-eater



**Male common pheasant**  
*Phasianus colchicus*  
Introduced for hunting, loud call



**Common buzzard**  
*Buteo buteo*  
Diurnal bird of prey, 120 cm wingspan



**Little egret**  
*Egretta garzetta*  
2 long feathers on the head in spring



**Mallard duck**  
*Anas platyrhynchos*  
Brown female on the right-side



**Swan**  
*Cygnus*  
Originates from Asia

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Photos : Ville de Cannes, Med 2000, S. Busson, itsallgood, rck

*Beyond its appearance, this guide lets you discover Cannes in another way, with the look and actions of an eco-traveller. From the hills up to the Lérins islands, let yourself discover a surprising environmental and cultural heritage.*

Discover, through these pages, many areas of land and sea biodiversity, information on sustainable tourism operators, eco-advice and our selection of theme-based routes.

A touch of curiosity, a little adventure, and a pinch of eco-responsibility are enough to write your script of your stay in Cannes  
*the nature and authentic version ...*

*Have a good trip !*



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Eco-traveller or Cannes inhabitant, curious about nature?

Share your good locations, local recipes, walks and observations of biodiversity, eco-advice, events or initiatives for the environment at :

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