

Come and discover

THE TREASURES OF THE CITY OF ANTIBES

From sandy, artificial or natural beaches to parks, gardens and wooded areas.



@antibestourismes

ANTIBES

JUAN-LES-PINS



Located on the shores of the Mediterranean Sea in the Alpes-Maritimes department in the Provence-Alpes-Côte d'Azur region. Thanks to the specific geographical characteristics of the French Riviera landscape, the town offers a wide range of places to visit and contemplate. Considered by many as the *guardian of Alpine charm* by excellence, it is a key destination for visitors looking to spend a holiday in an area that perfectly combines the past and the present. Lovers of the sea and nature alike can take advantage of the town's many beaches and winding hiking trails.

THE TREASURES OF THE ANTIBES LITTORAL

Antibes Juan-les-Pins is a seaside town by excellence, with 23 kilometres of coastline offering a wide range of Europe's world-famous landscapes, from fine sandy beaches to rocky paths and steep coves.

Preserved, protected and carefully maintained, this high-quality environment makes Antibes Juan-les-Pins a great place to live all year round. And this year it has once again been awarded the **Pavillon Bleu** for its policy of combining tourism development and environmental protection.





Pavillon Bleu : eco-label of quality is awarded by the jury of the French Office of the Foundation for Environmental Education, which examines the environment of the municipalities applying for the label and the measures taken to preserve and promote it.

The international **Pavillon Bleu** jury has decided to grant the label again this year to the town of Antibes Juan-les-Pins for six beaches : Les Groules, East Fontonne, West Fontonne, West Antibes-les-Pins, East Antibes-les-Pins, Fort Carré, Marineland et Grande Plage de Juan les Pins.

The beaches



LA GRAVETTE

This is one of the town's most beautiful beaches, located under the ramparts of the old town of Antibes behind the town's port. It is the most popular with locals and tourists alike. Its proximity to the old town and its distance from the road is an advantage that many families look for. Showers are available, constant surveillance is provided and local shops are close.

LE PONTEIL

Like the beach of la Gravette, this is one of the town's most beautiful beaches. It is located along a beautiful walkway between the old town of Antibes and Cap of Antibes. It is a disabled beach with many access points available and areas reserved for people with reduced mobility. It's a pleasant place for families with children thanks to its location away from the road. Parking is available close by.



THE SALIS BEACH

This is one of the closest beaches to Antibes center. Its location makes it one of the city's most popular with tourists, thanks to its proximity to some of the most emblematic places in Antibes. After your visit to the town, you can enjoy a meal on the sand in the sun while soaking up the Mediterranean breeze.



THE ONDES BEACH

Close to the Cap of Antibes, the beach of the Ondes is one of the must-see of the region, but it remains very protected. This is the local's favourite beach, with its fine sand perfectly protected from the wind and ideal for morning swims or sunbathing in the middle of the day. For those looking for a relaxing, intimate break, it's the perfect place.

A SHARED COAST between two bays

The Cap of Antibes is divided into two bays, the Bay of Angels and the Bay of Golfe-Juan. Each zone has its own watershed and particular hydrodynamics :



Bay of Angels



Bay of Golfe-Juan

Maritime activities

THE FOUR PORTS OF ANTIBES JUAN-LES-PINS



Port Vauban



Port of the Salis



Port Gallice



Port of Croûton

These marinas have been part of our coastline for many years. They can welcome all types of boat, from the largest (150 meters) to the most traditional, such as the "*pointu*". A large number of specialist manufacturers and artisans offer their services to the yachting world. Nautical activity generates 2,500 jobs in the commune.

TRADITIONAL FISHING

Thirty-three fishermen operate on our coasts, at Port Vauban, of the Salis and the Croûton. Their catch includes a wide range of species, from poutine to rock fish, from conger eel to white or bluefin tuna.

AQUACULTURE

Two fish farms located near the Port of the Croûton produce sea bass and sea bream. These producers are committed to quality and respect for the environment.

WATER SPORTS ACTIVITIES

All types of water sports are practiced on our coasts. There are three sailing clubs, one kayaking club, nine water-skiing clubs and fourteen diving clubs. Antibes Juan-les-Pins is a major center for these activities.

THE TREASURES OF THE BIODIVERSITY OF ANTIBES-JUAN-LES-PINS

The urban green spaces

Antibes is known not only for its coastline, but also for its biodiversity, with 50 parks and gardens. With around 60 hectares of green spaces, the town has a dedicated nursery, which produces between 40,000 and 45,000 perennial plants a year. Over the past five years, 20 gardens have been established in the town. By 2025, the town aims to have a garden within a 10-minute walk of every block of apartments.

Parks and gardens



Vaugrenier Park

Location : Just outside Antibes towards Nice.

A 100-hectare park of woods and meadows, which is home to numerous Mediterranean animal and plant species.

VILMORIN SQUARE

Location : Square Vilmorin in Juan-les-Pins.

Relaxation area shaded by Plane trees and hackberry trees. This Location is a Classified Wooded Area





EXFLORA PARK

Location : Cannes avenue, Antibes-les-Pins.

A 5-hectares public garden set around a large olive grove. There are water features all along the path leading to the sea, and many rose bushes are planted, illustrating the famous production of Antibes roses. There is also a maze of bushes, vegetable gardens and orchards planted in the Arsat. The park's opening times vary to period. Check the Antibes Juan-les-Pins website.

LA PINÈDE

Location : At the centre of Juan-les-Pins, a few steps from the AC Hotel Ambassadeur.

On the edge of the sea, it is divided into two parts : to the north, a children's play area and many other monuments. To the south, called "Pinède Gould", where the annual jazz festival is held.



THE GARDENS OF the VILLA EILENROC

Location : Cap of Antibes.

Built on a rock, the garden spreads its splendour over 11 hectares of luxuriant greenery overlooking the Mediterranean. The gardens are open every Saturday from 10am to 5pm.

The walks

The walks in Antibes offer a variety of breathtaking landscapes. Between the coastal paths, which are home to areas that have adapted to the hostile environment of the rocks. There are many walks to be enjoyed around Antibes, many of them crossing the La Garoupe plateau, the area's verdant landscapes and beautiful sandy beaches.



THE TIREPOIL TRAIL AT CAP OF ANTIBES

Start : Cap of Antibes from the large car park on avenue André Sella.

Level : Medium - Distance : 5 kilometers.

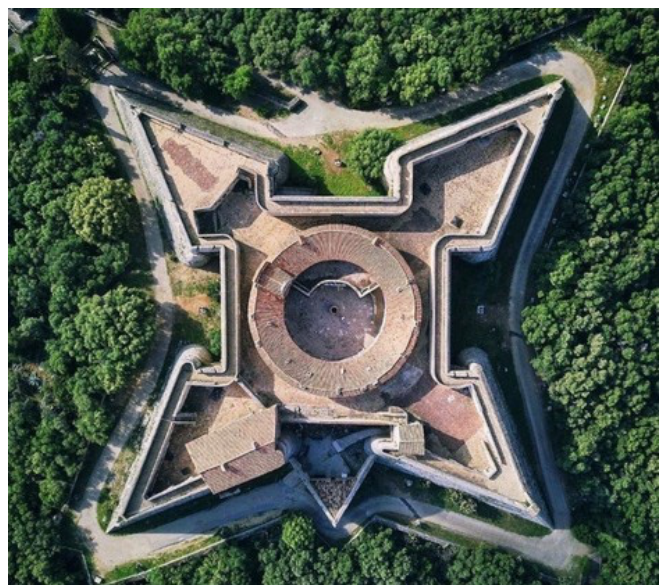
Duration : 2 hours.

It takes its name from the constant presence of the sea wind on the cap, which blows visitors off their feet. This is a protected area that must be respected. You'll pass close to the Castle of La Garoupe. You may catch a glimpse of the Castle of la Croë. Then, towards the end of the walk, you'll see the Villa Eilenroc.

THE WALK AROUND THE FORT CARRÉ

Start : Fort Carré.

The walk outside the fort is open to all, while inside the walls access is restricted. Fort Carré is a military fort built during the Renaissance to defend the town. It is protected by the Conservatoire du Littoral. From the fort, you'll have access to beautiful views over the Vauban port and the wonderful Bay of Angels.





THE CALVARY PATH

Start: The car park at La Salis beach.

Level : Medium.

Duration : 2 hours.

Take this path to reach the plateau of la Garoupe. Follow the walkway and the Boulevard James Wyllis along the Chemin du Calvaire (on the right) to the Plateau de la Garoupe and the orientation table. You will have access to the Bois de la Garoupe, one of the city's most outstanding green spaces, which is also part of the protected heritage of the Conservatoire du Littoral.



Other walks are available around Antibes on **Komoot**.

The activities

MUSEUM OF PICASSO

Located in the castle of Grimaldi, on Place Mariejol in Antibes, it holds around 245 works by the artist, as well as paintings by Nicolas de Staël, Fernand Léger and Hans Hartung. It's a must-see for art lovers. On the castle's terrace, you can admire sculptures by Germaine Richier and many other artists.



TOUROF ANTIBES BY HOP-ON HOP-OFF BUS

If you want to see the city from all angles in one go, opt for an open-air guided bus tour with 360° views and enjoy some of the spectacular views of the famous and historic sites around Antibes Juan-les-Pins. Reservations are available on **Get Your Guide**.

POSIDONIA, LE MUSEE



Localisation : Rpe du Graillon, 06160 Antibes

At the heart of the building, a deep blue covers the entire space and instantly immerses the visitor

In a scenographic marine universe. A permanent exhibition reveals the four main habitats of the Mediterranean: Posidonia meadow, sandy bottoms, coralligenous reefs and open water. An interactive multimedia device enriches the exhibition, with a backdrop of knowledge of the seabed and the impact of man on the environment and an awareness of the problem of waste found on our coasts. A living space of 10000 liters of Mediterranean aquariums on a progression from the shallow waters to the coralligenous. This discovery is made by crossing a wooden pontoon. It is home to coastal habitats and the most common Mediterranean species that live between 30 and 50 m deep. Apogons, barbers, woodcocks and other sea boars can be observed in a hushed universe. On the ground floor of the watchtower, built in 1704, and emblematic monument of the Graillon battery, visitors are offered the opportunity to try the experience of virtual scuba diving, equipped with an oculus headset (from 12 years old - reservation at the entrance to the site).

On the 1st floor, in 6 animated and fun minutes, a multimedia exhibition on the military past of the

Graillon battery offers to discover its history from 1600 to the present day. The view from the top of the watchtower

At the top, an exceptional panoramic view is offered to you. It stretches from the peninsula of St Tropez (Cap Camarat), to the Mercantour via the Lérins Islands, the Gulf Juan and the Esterel.

[Billetterie et accès - Antibes Juan-les-Pins](#)



FLORIAN CONFECTIONERY

Sweet maker since 1921

A must-see in the Côte d'Azur for all gourmet lovers, offering delicious handcrafted sweets in two charming locations.

Visit the artisanal workshops in:

- 📍 Pont-du-Loup – At the entrance of the Gorges du Loup
- 📍 Old Nice – 14 Quai Papacino (harbor area)

✨ Discover their unique creations:

- Crystallized flowers
- Artisanal jams
- Floral preserves
- Tangy candies
- Fine chocolates

🎁 EXCLUSIVE OFFER

10% OFF your purchases when visiting on behalf of our hotel!
(Show your booking confirmation at checkout)

- 🕒 Guided Tours – Pont-du-Loup
Every day, all year long
(No visits between 12pm and 2pm, except in July-August)
Shop opening hours:
January: 9am–12pm / 2pm–6pm
July–August: 9am–7pm
Rest of the year: 9am–6:30pm

- 🕒 Opening hours – Nice (Old Port)
Shop: Monday to Sunday
July–August: 9am–12:30pm / 2pm–7pm
Workshops: Monday to Friday – 9am–12pm / 2pm–6pm

🌐 Website: www.confiserieflorian.com



Cycling Paths

Promenade Pierre Merli starting from Juan-les-Pins



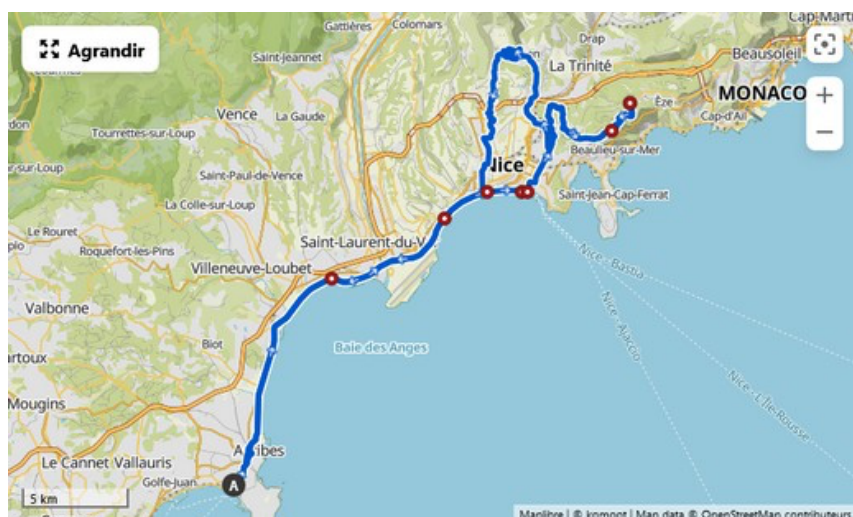
Leaving from Juan-les-Pins train station, by bike or electric bike.

You'll pass along the Promenade Pierre Merli and the Antibes Great Wheel, which is on the site depending on the season.

You will then cycle along the seafront road for around 10 kilometres. You can admire the beauty of the Antibes coastline.



Promenade des Anglais (Port of Nice) from Juan-les-Pins



Leaving from Juan-les-Pins train station, by bike or electric bike.

You'll pass along the Promenade Pierre Merli and the Antibes Great Wheel, which is on site depending on the season.

You will then cycle along the seafront road for around 10 kilometers. You'll be able to admire the beauty of the Antibes coastline. And at the end of the ride, for the bravest of you, you can enjoy the famous Promenade des Anglais.

FOR YOUR ACTIVITIES, ADOPT ECO-RESPONSIBLE MODES OF TRANSPORT

Envibus



Since January 2024, new offers have been available with two new passes : Pass Senior, free for citizens aged 75 and over, and Pass Junior, at €60 for those under 18. Day passes are also available on the **Envibus application**. Don't hesitate to download it to plan your journeys.

Two free lines to Sophia Antipolis

Lines A and B, between Antibes Juan-les-Pins and Sophia Antipolis, are a major pillar of the CASA's mobility policy. They make it easier to travel to Sophia Antipolis, carrying 11,000 passengers every day.

So how can you take advantage of it ? Download the Envibus Pass on your smartphone. This Pass gives you access to lines 14, 15, 16 and 17 of the Envibus line.

ALL ON BIKE THANKS TO POP' BIKE

We have a partnership with the Pop' Bike hire company in Antibes Juan-les-Pins. If you'd like to go for a bike or scooter ride in the town and the surrounding area, just ask at reception for more information. Please note that both pedestrians and cyclists are free to use all the lanes around the hotel.



Visit the neighbouring cities by train

If you're planning a day trip to Nice or Cannes, take the train. Juan-les-Pins station is a nine-minute walk from the hotel. Leaflets are available at reception, or on the SNCF mobile app, so don't hesitate to contact us for more information.