



Nice

A natural HIGH

BEING ACTIVE IN **NICE** INVOLVES SO MUCH MORE THAN STRETCHING LAZILY IN A BARDOT-ESQUE BIKINI. THE CITY'S MAGNIFICENT HILLY SETTING, DRAMATIC COASTLINE AND CYCLE-FRIENDLY STRETCHES OFFER YEAR-ROUND ENJOYMENT, WRITES RUBY BOUKABOU.

The stunning Côte d'Azur city of Nice boasts 300 days of sunshine a year, a proximity to sea and mountains, a relaxed beachy-meets-city vibe and exceptionally fresh Mediterranean cuisine. Nice is indeed a very nice addition to your French holiday itinerary. This Riviera destination is the place to stay mobile in the most chilled out manner while awakening your senses.

During your stay in Nice, there's no need to get out of town to get active. There are dozens of ways to keep the pace up in local style. Roller-skate down the palm tree-lined seaside boulevard Promenade des Anglais, or hotfoot it to the beach and dive into the salty freshness to cool off and swim out.

Stride up the 214 steps to Castle Hill for the panoramic view of the city and glorious Bay of Angels. Explore the Old Town and Cours Saleya for some shopping, and pick up a Frenchy chic outfit for your evening at one of the local clubs. Here, discover local and international DJs with some dance floor fun.

For those seeking a serious cardio challenge, the Ironman competition happens in July and the Nice-Cannes Marathon in November. For a more festive and less gruelling event, participate in the 130-year-old Nice Carnival in February, when one million-plus happy punters warm up the Riviera winter.



Clockwise from top: View of Nice's famous Baie des Anges promenade and port (photo © OTCN/A Issock); shopping at Place Massena (photo © J Kelagopian); skiing at Stations du Mercantour (photo © Robert Palomba).

TIME TO DINE

With the refined quality of French cuisine combined with the local seafood and flavoursome Italian influences, expect fresh fish, tasty vegetables, delicate sauces and sublime desserts. There are hundreds of exceptional restaurants to choose from, including these favourites.

Restaurant Le Chantecler (www.hotel-negresco-nice.com/en) – At this elegant dining room in Nice's iconic Hotel Negresco, enjoy exceptional cuisine by two Michelin-star chef, Jean-Denis Rieublan. Take your time and dream an old-world scenario while sipping champagne and tasting Rieublan's specialties, such as the entrée of crab and mangoes cannelloni.

Restaurant Olive et Artichaut (www.oliveartichaut.com) – Enjoy Provençal cuisine in the heart of the old town with the most succulent of fresh flavours. The vibe is cool and contemporary, and the charm includes watching the chefs at work while you suck down the heavenly entrées and tasty cocktails. Try to book well in advance.

Restaurant La Pescheria (nice.boscolohotels.com) – In a very chic five-star hotel location, chef Giuseppe Mandaradoni prepares stunning Italian specialties and seafood. Sicilian shrimp, pasta with mussels, catch of the day and top of the range wines to match. Simply sensational.

Restaurant Le Safari (www.restaurantsafari.fr/en) – This is the place to discover Niçois cuisine in a relaxed, family-friendly ambiance. There is no doubt that the dishes are made with love, and the best local produce. Your senses will be dancing even before you have your first bite – the restaurant is located just by the local flower market.

NEARBY PURSUITS

After lunch, set sail off the coast. Enjoy the luxury of dolphin spotting and get up close and personal with a wakeboard or paddle boat.

Always wanted to try parasailing? Now's your chance. Get on a natural high with fresh, salty air and dazzling blue seas.

If you're visiting in the colder months, you can also hit the slopes. Less than an hour from the coast are peaks of over 2,000 metres above sea level and for cross-country skiers, there are 700 kilometres of Alpes-Maritimes slopes. Enjoy nature at its most beautiful, with the glory of blue skies and sunny days. Bon voyage! ■

Further Information
Nice Tourisme
www.nicetourisme.com

