

# METROPOLIS

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## CANNES

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Cannes, is one of the best-known cities of the French Riviera, a busy tourist destination and host of the annual Cannes Film Festival. The population was 70,400 as of the 2007 census. Cannes is the home of numerous luxurious houses and mansions as well as many high-end gated communities. The city is also famous for its various luxury shops, fancy restaurants, and prestigious hotels. La Croisette is the waterfront avenue with palm trees. La Croisette is known for picturesque beaches and for restaurants, cafés and boutiques. La Suquet, the old town, provides a good view of La Croisette. The fortified tower and Chapel of St Anne house the Musée de la Castre. The Man in the Iron Mask was imprisoned on the Île Sainte-Marguerite. In the 10th century the town was known as Canua. The name may derive from "canna", a reed. Canua was probably the site of a small Ligurian port, and later a Roman outpost on Le Suquet hill, suggested by Roman tombs discovered here. Le Suquet housed an 11th-century tower which overlooked swamps where the city now stands. Most of the ancient activity, especially protection, was on the Lérin Islands and the history of Cannes is the history of the islands.

### DAY 1

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Arrival at the Nizza airport in the afternoon. Welcome through our German speaking guide and transfer to the hotel.

**Before dinner, city tour by night :**

## Sailing along the bay with catamaran

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Boarding in the harbour of Cannes, introduction of participants to the skipper, manoeuvres and departure. Guests can actively participate into the navigation, or simply admire the landscape enjoying the lights of the town while savouring a glass of champagne.

Departure from Cannes : *with the Lerins Islands, stop Iles Saint Honorat view on the illuminated Fort de Sainte-Marguerite, then return to the harbour.*

Founded in 410 A.D. by Saint Honorat, this monastery was a landmark for Christianity in the west throughout the 5th and 6th centuries. The Abbey's influence covered a considerable area of the mainland. After undergoing looting and destruction, it was rebuilt in 1869 and has since been home to a community of Cistercian monks.

This monastery is currently inhabited by a community of 30 Cistercian monks who observe the rules of Saint Benoît. There are seven other chapels around the island, some of which date back to the Middle Ages

## Dinner at Auberge Provençale

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The 'Auberge de Provence' by its specialities and its country decoration perpetuates the tradition of this place full with history and artists...

Alexandre Bouttau(1843-1908) producer of the famous wine of Bellet (Nice) created the 'Auberge de Provence' in 1860.

The oldest restaurant in Cannes, situated in the old city, Suquet district, although at easywalking distance from the city centre features traditional and excellent "Provençal" food.

## DAY 2

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After breakfast, departure for a city tour: Cannes shows off the town to Cinema lovers, a **walking tour** through the town about the film festival in Cannes.

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Picturesque, fun, stunning... discover the treasures of one of the destinations most often exposed to photographers' flashes to zoom in on the city's cultural and architectural riches and events.

Punctuated with anecdotes and unusual historical facts, this tour will surprise you since you will also be the players... There's only one requirement to take full advantage of the tour: don't forget your camera, so you can vie with the greatest.

During your walking tour, participants will cross flash lights of a few « **paparazzi** » shooting photos of all of them, as if they were movie stars !!



## **Lunch at Le Rado Plage**

La Croisette, 06400 Cannes

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Rado Plage is situated on La Croisette, between the Martinez and Carlton hotels, 5 minutes' walk from the Palais des Festivals.

This legendary beach has been in existence for 50 years : sunny, open spaces (covered if necessary) in which to taste Côte d'Azur specialities prepared by the Chef, a stunning view across the Bay of Cannes... there's everything you need for an unforgettable event.

Cannes' oldest private beach is looking resolutely to the future. A team of professionals will concoct personalized menus for your guests

**After lunch, we will leave Cannes for team-building activities, as follow :**

## **Rafting or canooyning in the « Gorges du Loup »**

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In the hills above the French Riviera is a very scenic drive that follows the path of the Loup River as it weaves through the Gorges du Loup. The canyon's beauty and its high granite walls beckon you into the ever-narrowing gorge. The River Loup flows far below, only visible to the passenger who might chance a peek over the edge. The road passes through some jaggedly carved tunnels—pathways blasted through sheer rock, which open to glorious vistas of the canyon, trees, and rock. Pull off the road at Saut du Loup : a terrace overlooking magnificent waterfalls and pools. The small riverside village of Pont du Loup is situated at the mouth of the canyon, on a bend in the river shadowed by the ruins of a towering bridge. It is a pretty town and a lovely end to the Loup Canyon.

If water sports are not on your agenda, the hiking trails throughout the canyon are incredible. Standing atop the rock ledges at sunset ... looking down upon the river in the Loup Canyon makes one realize how peaceful and spectacular the area around France truly is.

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The canyon is located about half an hour drive from Cannes ; after about 20 minutes walk participants reach the top of the canyon and start « sliding down ». The activity lasts about ne hour and half, two hours. ON the way back, 15 minutes walk back to the motor coach.

### **Dinner at Le Palm Square**

1 Allée de la Liberté - 06400 Cannes



The Palm Square is ideally located 100 m from the Film Festival Palace Square  
The Chef, Claude Sutter and team will receive you in a friendly and exotic atmosphere  
Facing the Old port of Cannes - Quality food and decoration will lead you to an unforgettable evening.

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## DAY 3 - FRIDAY

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After breakfast :

### **Sailing to Saint-Tropez**

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Meet the boat and leave from Cannes. Circle around the beautiful bay to see the town and Croisette from the water and zip over the the two islands just off the coast called the **Iles de Lerins**. There is clear water for snorkelling and usually plenty of boats to check out between the two islands. If you

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have plenty of time, get out for a hike around the islands to see the monastery and the dungeon where the Man in the Iron Mask was held.

Then head onward ; see the Castle of la Napoule - from the water or stop and see the museum and gardens if you wish. There's a small beach near the castle as well. You'll continue past beautiful small port towns as you approach the Estorel, an enormous and stunning rock formation. Then on to St Raphael and Frejus. Frejus has long sandy white beaches, and inland boasts Roman ruins. Then you will reach Saint-Tropez.

Lunch at Le Café, with a **Pétanque Contest** with the aperitif and a walking visit of Saint-Tropez after lunch.

### La Café

Place des Lices, 83990 St-Tropez



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Enjoy the genuine French provencale cuisine and the hospitality of European-trained Chef Emmanuel and Hostess Frederique. Chef Emmanuel has cooked in some of France's best kitchens, including Michelin Guide one and two star establishments. Cafe St. Tropez offers the freshest ingredients, unusually attractive decor and fine art on it's walls. The Wine List, featuring wines from California and France is extensive and excellent.

### Saint-Tropez



There are really two St Tropez's, the old town with its shops, winding streets and rows of Mangustas in the port, and Pampelonne Beach on the other side of the peninsula, famous for the white sands and private beach clubs.

Luxury yachts, fashion boutiques, terrace cafés. Feel the atmosphere of a Provence market where beautiful people abound and have some free time for lunch. Climb the steps to the pretty medieval village or visit the Annonciade Museum or the Citadel with its maritime museum. Stop at Port Grimaud – “Little Venice”. Admire its canals, bridges, boutiques, and charming houses.

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**Return by motorcoach** along the spectacular coast driving through typical Ste Maxime, St Raphaël and the Golden Corniche.

**Farewell dinner at La Bastide Saint-Antoine**

2 star Michelin

Chef Jacques Chibois



With its 3-hectare park set amongst olive groves, La Bastide Saint Antoine commands views over the surrounding plains and the Bay of Cannes, and provides all manner of pleasures. Elegant 18th century country provençal house near Grasse, overlooks the bay of Cannes in the shades of its thousand year old olive park. Savour the delicious cuisine of Jacques Chibois who will delight your palate with a real symphony of new flavours.

**DAY 4**

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Morning at leisure.  
Departure to the airport