



# Nice / Menton

## Mediterranean Cycle Route

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**Départ**  
Nice

**Arrivée**  
Menton

**Durée**  
2 h 35 min

**Distance**  
39,14 Km

**Niveau**  
I cycle a lot

**Thématique**  
Seaside

The Bay of Villefranche-sur-Mer marks the start of your ascent to the Grande Corniche. Climb to the Èze Pass at 507m in altitude. This is your route to reach Menton, renowned for its citrus fruits and festival. Given the altitude you've reached, you're rewarded with staggering plunging views down on St-Jean Cap-Ferrat, Beaulieu Bay and Cap d'Ail. On the free-wheeling descent to Menton, do stop to explore La Turbie and Roquebrune-Cap-Martin. At Menton, the Jean Cocteau Museum, the historic centre and Menton music festival count among memorable reasons for visiting this resort on the Italian frontier. The customs post has long stood unoccupied, inciting you to continue your Mediterranean cycling adventure uninterrupted along EuroVelo 8. Avanti!

### The route

Signposting will be installed in due course along this stage.

This practically counts as a mountain stage, given the ascent to the Eze Pass. Except for a short cycle track at Villefranche-sur-Mer, the rest of this stage is along roads shared with motorized traffic.

Take care: descending from the Eze Pass, avoid the cycle lane, which can be extremely dangerous!

### Links

Menton Garavan train station  
Link to the EV8 in Italy: research ongoing

### PRACTICAL INFORMATION

#### Tourist Offices

[Office de tourisme de Nice](#)  
33 (0)4 92 14 46 14

[Office de tourisme de Villefranche-sur-Mer](#)  
33 (0)4 93 01 73 68

[Office de tourisme d'Èze](#)  
33 (0)4 93 41 26 00

[Office de tourisme de La Turbie](#)  
2 Place Detras  
06320 La Turbie  
33 (04) 93 41 21 15

[Office de tourisme de Roquebrune Cap-Martin](#)  
33 (0)4 93 35 62 87

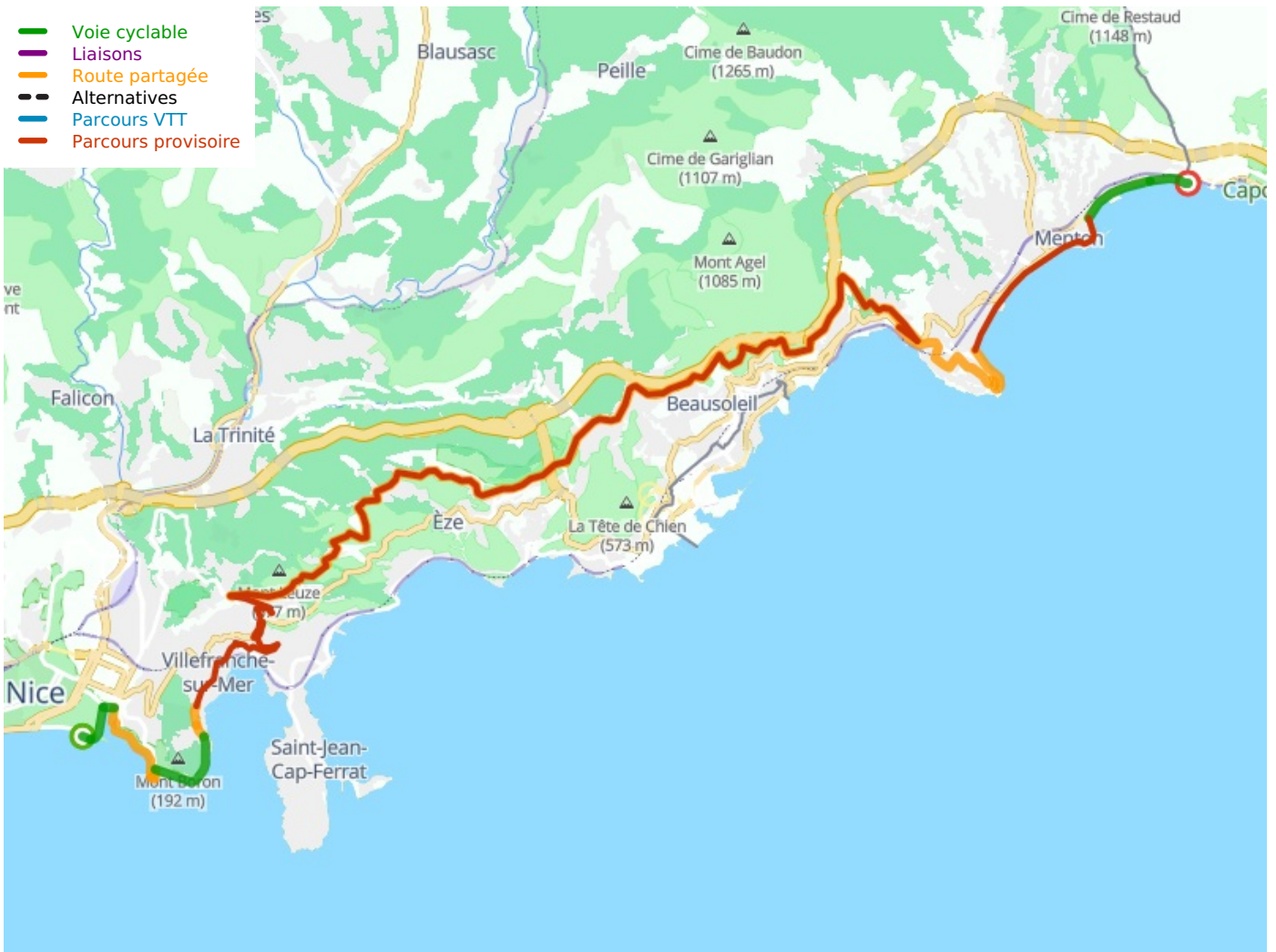
[Office de tourisme de Menton](#)  
33 (0)4 92 41 76 76

#### SNCF train stations

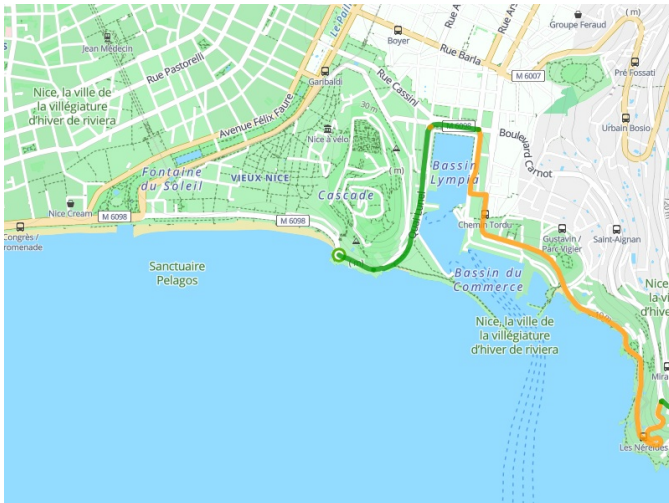
Nice-Ville station  
Nice-Riquier station  
Villefranche-sur-Mer station  
Carnolès - Roquebrune-Cap-Martin station  
Menton Garavan station

[Consult the timetables](#)

- Voie cyclable
- Liaisons
- Route partagée
- - - Alternatives
- Parcours VTT
- Parcours provisoire



### Départ Nice



### Arrivée Menton

