

Vence / Nice

Véloroute littorale



Départ
Vence

Arrivée
Nice

Durée
2 h 36 min

Distance
52,44 Km

Niveau
I cycle often

Thématique
Mountains

Before cycling on towards the Côte d'Azur's coast following the Var River, this stage offers breathtaking views across the unique Baie des Anges, Nice's Bay of Angels. Admiring the final perched villages along the Route des Balcons d'Azur and the exceptional slopes around, you'll ride awe-struck along a line of crests. Having visited the Matisse Chapel in Vence, the former Saint-Jeannet Viaduct (now used for training rope technicians) provides a special place to pause, with views on the Cagne River, which flows like a mountain stream here. The route then continues along the side of a slope, offering splendid views of Alpine foothills as you ride along to the villages of Carros and Le Broc. From Le Broc, descend towards the Var Valley to reach St-Laurent-du-Var and then Nice, following a section shared with the Méditerranée à Vélo cycle route.

The Route

This stage takes you along quiet little roads, in good part on stretches formerly owned by the Chemins de Fer de Provence, up to Saint Jeannet. **Only for experienced cyclists. Not suitable for families.** Signposting runs out at Le Broc, at time of writing, but a study is underway regarding the section between the village and the bridge, the Pont de l'Esteron (RM2209 for 6km). You'll find signposts again for the cycle route from Pont Nucéra, a bridge at the Bec de l'Esteron.

Surfacing: a few stretches on gravel at the level of Gattières and between Carros and Le Broc.

After Le Broc, you descend via the M2209 to reach the Route des Iscles, going alongside the Esteron River, then following the Var River. The cycle route hasn't been completed around here; along the Var, you'll find alternating stretches on cycle paths and stretches along roads that can be very busy with motorized traffic.

At St-Laurent-du-Var, pass under the last bridge, then pick up the signposting for [La Méditerranée à vélo](#) again. Climb towards the right, then right again on the bridge, to make sure you're riding towards Nice.

Tourist Offices

- [Bureau d'information touristique métropolitain de Vence](#)
- Office de tourisme métropolitain de [Nice](#)

SNCF train services

- Gare de St-Laurent-du-Var
- Gare de Nice

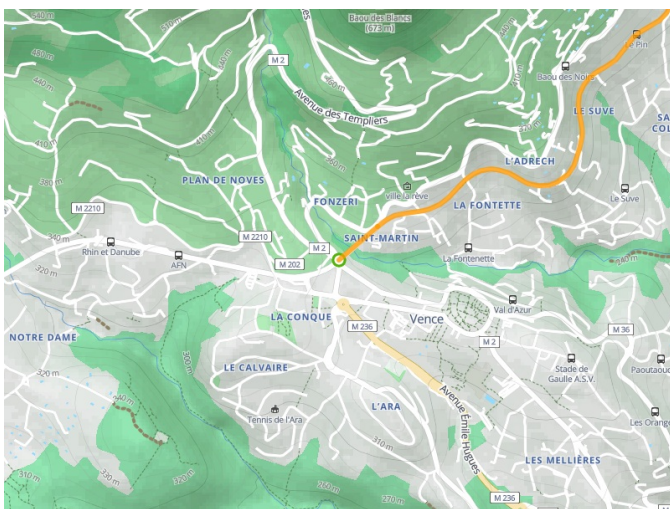
Don't miss

- **Vence:** the historic town surrounded by fortifications; the Matisse Chapel; the town's 24 fountains; the Cathédrale Notre-Dame de la Nativité; craquelin (a type of brioche made with a mix of cream and almonds) to give you strength! Also not to be missed in summer, the renowned music festival, Les Nuits du Sud.
- **Saint-Jeannet:** the historic viaduct and startling vineyard at St-Jeannet
- **Carros:** Château de Carros containing the CIAC (Centre International d'Art Contemporain)
- **Le Broc:** the central square with fountain; views down on the Var Valley; the lake below the village, for picnicking or a walk

- **St-Laurent-du-Var**: the historic town; the 11th-century Romanesque church; citrus groves and horticulture (specialities including roses, carnations, lemons, oranges and other citrus fruits); the protected natural bird reserve
- **Nice**: the Baie des Anges (Bay of Angels); the seafront Promenade des Anglais; Port Lympia (the main harbour); Musée des Arts Asiatiques; Musée Matisse; Musée Chagall; Parc Phoenix; Cathédrale Notre-Dame; Palais Sarde; Château de Nice; Cours Saleya and Vieux Nice; Mont Boron and the Fort du Mont Alban; Cimiez Garden and Monastery; the Russian church.



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