

# DELIGHT MONACO 2023

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*visit*  
**MONACO**





## Relaxing in Monaco

Staying in Monaco means choosing an exceptional destination where everyone can have a unique and memorable experience

For more than a century, this human scale country has been a symbol of luxury and glamour and renowned for its safety but it has always reinvented itself while making sure to preserve its own identity.

Prestigious hotels, high-end spas, private beaches and water activities, cocktails by the sea, strolling around shopping or walking in green scenery: a stay in Monaco is always the promise of unforgettable moments at the heart of a destination full of magic, where it seems that time stands still

As a couple, a family or friends, this genuine Mediterranean corner of paradise is the ideal place to enjoy the life to the full and have fun in complete peace. Monaco is Like Nowhere Else.



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*All information in this communication kit is subject to sanitary decisions of the Monégasque Government and is therefore subject to change.*

# Did you know?

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## ■ Pioneer in Luxury Hospitality

Luxury and the art of hosting have always been an integral part of Monaco. L'Hôtel de Paris was the first hotel in the world to offer hot water in its rooms a quote attributed to François Blanc, who was then chair of the "Société des Bains de Mer", still rings true today: "A hotel which surpasses everything which has been created so far, I want people to talk about the Hotel de Paris as a wonder..." Nowadays, while hot water, of course, no longer represents a unique selling point, it defined the Principality's pioneering side in the field of art of hosting, applying to the letter Mr. Blanc's instruction: "Here we must supply dreams, pleasures and beauty".

## ■ Elegance is an attitude

Entirely dedicated to wellness, the Spa Métropole by Givenchy is also intended to reflect a maxim of Mr. Hubert de Givenchy himself, according to which "*The secret of elegance is to look like you are being yourself*" A thought which meets that of Karl Lagerfeld for whom elegance was a story of attitude. The famous German fashion designer and photographer was behind the ODYSSEY, since he conceived and designed this exceptional setting with its garden, a swimming pool, a lounge-bar and a restaurant.

Proportionally the space occupied by wellness in Monaco is very significant as it is equivalent to one and a half football pitches for a country smaller than Hyde Park in London or Central Park in New York!

- For further information: <https://www.visitmonaco.com/fr/22184/bien-etre>

## 2 dates

### 1920

The year the International Congress of Thalassotherapy was held in Monaco 25 years after the opening of the pioneer of the discipline: "Les Thermes Marins Monte-Carlo" encouraged by Prince Albert I is a proof of the historic and unwavering connections between wellness and the Principality. Thus, in the Official Journal of Monaco dated 27th April 1920, we read the opening speech of the Congress delivered by an Italian Senator and Professor of the time, Prof. Edouard Maragliano: "This meeting, I firmly hope, will enjoy the encouragement which crowned the first [...], thanks to the High Patronage of the Scholar Prince, who - having questioned the mysteries of the ocean, having revealed them with the light of a science of which He is master, having devoted a temple to them in this Museum which will forever recall His name down the centuries - wanted to see revealed before His very eyes the benefits which man can draw from the sea, through medicine."

### 2014

Comme l'année où Beethoven, Brahms et Chopin furent invités en concert aux Thermes Marins... En 2014, l'établissement dédié au bien-être avait fermé ses portes le temps d'un rafraîchissement des lieux. Ce fut alors l'occasion de transformer cet écrin d'exception en un rendez-vous culturel éphémère. Un concert inédit avait ainsi été organisé et le pianiste de renom Stefan Cassar y avait interprété des morceaux incontournables du répertoire classique. Un décor inédit pour un moment qui le fut tout autant !

• **For further information:** <https://www.youtube.com/watch?v=kub7QFvHC7M>

## 2 key figures

### -110°C

The lowest temperature you can get in the Principality. Three minutes at -110°C after "heating up" in a chamber at -60°C for ten seconds that is the programme! This rare wellness experience called cryotherapy is supported by top sports champions to recover from many pathologies, increase energy & improve the quality of sleep. This State-of-the-art technology is available at "Les Thermes Marins".

• **For further information:**

<https://www.montecarlosbm.com/fr/wellness/thermes-marins-monte-carlo/cryotherapie-corps-entier>

### 300

The number of days of sunshine per year in Monaco. This exceptional number was the origin of the first flows of travellers coming to the "Côte d'Azur" with the English being our first visitors as they came on holiday on the Riviera to enjoy an exceptional climate and setting.

Today, the 300 days of Monegasque sunshine can, in part, explain why the Principality as one of longest life expectancy in Europe.

• **For further information:**

<https://atlasocio.com/classements/sante/vie/classement-etats-par-esperance-de-vie-monde.php>



# Experiences

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## ■ Room with views

A stay in the Principality is the promise of unforgettable moments; but sometimes even the most refined interior bedroom decoration is not enough to draw attention from the stunning view from the window

Starting with the [Columbus Hotel](#); a hotel dedicated to visitors appreciating the local atmosphere together with the Monegasque way of life. In the heart of the perfectly named [Rose Garden Suites](#), all you have to do is let yourself be enchanted by the magnificent view of the [Princess Grace Rose Garden](#), which features an impressive collection of more than 6000 exceptional scented roses. The iconic [Fairmont Monte Carlo](#) is where the vibrant engines of the Formula one racing cars can almost be heard while approaching the establishment. Go to the terrace of your bedroom to look down on the famous *Fairmont Hairpin*, the slowest turn of the season at an average of 50 km/h. At that speed, the stars appear bigger in their fans' eyes! Speaking of a view the [Port Palace Hotel](#) is where beauty and peace combined together offering you a view over *Port Hercule*, with the Rock rising as a backdrop to this unique setting. A stone's throw away from this hotel, the [Miramar Monaco](#) has a stunning view of the marina and its 14 custom-designed rooms, carefully decorated, offer a unique experience.

Behind the unique large bay windows of [Crystal Towers](#) or on your private terrace the [Horizon suites](#) by [Le Méridien Beach Plaza](#) deliver comfort and relaxation with stunning views over the Mediterranean Sea making all your dreams come true. There is similarly splendid scenery to admire from the hotel's luxury apartment 915. With its modern design and retrofuture theme, the spacious 150 m<sup>2</sup>, three-bedroom suite commands dazzling views of the Mediterranean.

The start of every stay in Monaco is a special moment to enjoy to the full: it comes naturally and instinctively as soon as you drop your bags in your room. Enjoy this experience at the [Métropole Monte-Carlo](#), in the prestigious [Suite Carré d'Or](#) (designed by Jacques Garcia) which offers exclusive views over the Mediterranean Sea, the famous "Casino de Monte-Carlo", Casino square & gardens. "Carré d'Or" literally means 'golden square', a fitting name for a place that will ensure your stay is priceless.

If blue suits you better, head to the [Monte-Carlo Bay Hotel & Resort](#) with its exclusive rooms offering fifty shades of blue, thanks the only turquoise sand-bottomed lagoon in Europe and the deep blue sea which stretches as far as your eyes could see. Tranquillity has taken up residence here just in the heart of this peninsula which looks like an abundant oasis of relaxation.

For those who wish to be right in the heart of the city then experience the Hotel Hermitage - a haven of peace with very pleasant romantic atmosphere. Falling for the charm of this “Belle Époque” establishment is easy but enjoying its breath-taking view is too, just enter the Diamond Suite with its sunny terrace and Jacuzzi which offer a stunning panorama over Port Hercule and the Prince’s Palace.

A few steps away, treat yourself to the iconic Hôtel de Paris adorned with its most beautiful finery after a period of metamorphosis to offer an unprecedented experience. Sublime panoramas, refined decorations, the exceptional Diamond Suite Princess Grace and Diamond Suite Prince Rainier III, await you for the most unforgettable experience. Leaning on the private terrace facing your swimming pool history moves to the present with the “Casino de Monte-Carlo” and its legendary square, surrounded by the no less famous “Café de Paris”. For lunch and dinner, the famous café is relocating to the Salle Empire at the Hôtel de Paris Monte-Carlo until autumn 2023.

So, are you ready to put your bags down in the Principality for a memorable stay under the banner of relaxation and delight?

Panoramic views over the sea, immersion in flowers and greenery or inspiration from legend and delight, all you have to do is pick and choose. One thing is for sure: staying in Monaco means peace and quiet!

### ■ **Delight by the Water**

To experience your escape in the best way and enjoy unparalleled tranquillity sit down comfortably by the swimming pool or by the beach, relaxation and peaceful moments await you and even have the knack for being ubiquitous. It is the case at the Métropole Monte-Carlo, in this exceptional setting conceived and designed by the late Karl Lagerfeld himself. Located in a green oasis in the heart of the city, the Odyssey welcomes you in a true haven of peace with luxurious garden, lounge-restaurant delivering Mediterranean flavours around a heated seawater swimming pool.

Peace can also be found at Le Méridien Beach Plaza, with its private beach and its two indoor and outdoor swimming pools, its traditional Balinese bar with an original Alang roof of natural sea grass with tropical fruit cocktails served at the Alang Bar. Thanks to the sports activities from its private jetty, the sea offers itself to you directly for a perfect escapade. In a typical Mediterranean atmosphere, relaxation makes perfect sense there. Another unique experience is to be found at the hotel: Muse, the new summer restaurant. Nestling beneath the pine trees and private beach, Muse is the ideal place to take a moment and savour the dolce vita. With a cocktail bar, a menu heavily inspired by local and Mediterranean cuisine, Sunday brunches, and DJ sets, it's the place to be when the warm weather arrives! Here you'll learn the true meaning of relaxation. A feeling you can find only a short walk away, at the Monte-Carlo Bay Hotel & Resort, where you can happily let yourself be soothed by the intimate and exotic atmosphere of the four hectares peninsula



with gardens, waterfalls, solariums, two swimming pools and a turquoise sandy-bottom lagoon where it is easy to walk and relax fully. Sipping cocktails as you dip your feet in the sea unwinding in this exclusive oasis at L'Hippocampe & the lagoon. And if you want to extend the cocooning experience explore the Cocoon Bay a guaranteed escape in an idyllic setting.

For travellers who wish to take it to a new height, the Fairmont Monte Carlo hides its finest secrets on its roof, where a heated swimming pool nestles all year, bordered by the worldwide famous Nikki Beach, offering specialities cocktails and gourmet healthy food. Between the Formula one Fairmont Hairpin on one side and the Mediterranean Sea on the other, not forgetting the "Casino de Monte-Carlo" which proudly stands a few metres away, you will find it difficult to come down to Earth.

The Novotel Monte-Carlo also keeps a few secrets. With its terraces, gardens and Riviera-inspired decor, open-air areas invisible from the outside, it invites you to travel around its mirror swimming pool. With its detox juices and other delights, the Azzurra Kitchen Bar will satisfy your appetite with its southern flavours. Wellness resides here, in the heart of Monaco and several minutes' walk from the main train station. This concept is anything but unusual at Monte-Carlo Beach. Here, visitors step outside time from this villa placed directly on the sea. Head into the Olympic-sized pool with sea water heated to 27°C, feet in the Mediterranean Sea, a place where elegance meets serenity: an opportunity to treat yourself and relax on the terrace of the Deck offering perfect tasty seasonal gourmet menu.

The quest for relaxation may take you to the Club La Vigie Monte-Carlo... With its cosy bungalows, party vibe, a picture-postcard backdrop featuring a clear blue sea, this daytime summer beach club unveils all it has to offer, guaranteeing a truly unique summer season that's all about glamour and getting away from it all.

Just a few yards from the Monte-Carlo Beach hotel's own private beach, you'll find Maona Monte-Carlo, a restaurant that revives the legendary jet-set party nights of the 60s and 70s. The open-air cabaret hosts great live music and Monegasque culinary traditions with typical family recipes from the region, all in a vibrant atmosphere with live DJ sets overlooking the Mediterranean!

Finally, for peaceful moments in the Principality, the eco-friendly Larvotto Beach welcomes people of all ages with its pergola-covered promenade and its beach. This newly refurbished seaside complex allows visitors to enjoy the seaside while treating themselves to a bath of freshness under the azure sky. Lovers of idleness & relaxation will have a great choice of restaurants with their feet in the water (or on the sand) with: La Rose des Vents, Neptune, La Note Bleue or Miami. Or at Giacomo by Big Mamma to enjoy delicious Italian specialities with your toes in the sand. In the shade of the trees on the promenade, the menu at Sexy Tacos is in the very finest Mexican culinary tradition, while Bistro Coe serves refined cuisine in a stylish and modern setting.

## ■ **Gourmet Terraces**

## By the Sea

Having a good time on a terrace overlooking the sea and sharing these moments along with the people you love; that is what we call a memorable stay. The Principality has a great selection of places full of serenity where delight and inspiration are the key words. Many haven of peace where you can sit, particularly along its two marinas where it is so good to enjoy the local life, starting with *Port Hercule*.

Located in the extension of the Monaco Yacht Club designed by Foster & Partners, a short walk from the fastest point of the Formula one circuit, the "Société Nautique restaurant" offers a relaxing moment with your feet in the water including a potential Mediterranean splash! In this unique setting, the fishery "U Luvassu" serves fresh wild fish and proposes the best of local fishing. Extending your walk along the super yachts moored on the "Quai des États-Unis" to the sailing yachts facing the "Route de la Piscine" the "Brasserie de Monaco" invites you to enjoy the taste its local beer in a very relaxed and festive atmosphere. Around these shores the restaurants background music merges with the sound of halyards slapping on the masts for a cocktail of sound pairing deliciously with the real one served at your table. A few step away on "Quai Antoine-1er" facing the "Casino de Monte-Carlo" promontory, Conscientiae is created its menus using local, seasonal produce.

Eclectic by nature, the Principality has two ports on its territory; each has its own character. The Port of Fontvieille invites you to walk down from the Rock ("Le Rocher") where the local boats mingle with the latest generation of sailing or motorised vessels. The setting is different; the atmosphere is more intimate and local and definitely full of charm and authenticity. Followed by the calls of the "Gabians" (*Local Seagulls*), enjoying themselves between the "Monaco Ville" and the "Quai Jean-Charles Rey", with the renowned Oceanographic Museum and the Cathedral as worthy sentinels over the waves; travellers instinctively will easily find a table to enjoy the spectacle on offer. You'll find a wide choice of bars and restaurants here. From the Beerfbar Monte-Carlo to the convivial concept wine bar Le "Rouge et le Blanc", there's somewhere to suit every taste.

While lovers of a proper British pub will certainly visit the Ship & Castle, the most curious one will discover the flavours of exceptional oysters born in Brittany but raised in the Principality at "Les Perles de Monte-Carlo"; this unformal restaurant located at the end of the breakwater is a corner of Brittany right under the Mediterranean sun, really worth it!

Along its blue coastline, between amazing walks punctuated with some relaxing breaks on the way, enjoying either glass of wine or a fantastic dish, Monaco lets you discover some new experiences. Between Port Hercule and Port of Fontvieille, the Mediterranean Sea is always a part of Monaco DNA.

## Iconic Squares

The Principality can also inspire calm even when hearing the heartbeats of the city with local life teeming, you always discover a corner of a colourful little narrow streets huddled against the Prince's Palace or around the flavour-filled fruit and vegetable stalls of the Condamine Market. The most picturesque attraction is the daily morning traditional market located at the iconic "*Place d'Armes*".

To start your day under the best auspices and promises why not joining the Monegasques in the morning in this colourful market, when they are thinking about the dishes they will be cooking later. In the indoor food market called "La Halle Gourmande" you enjoy local dishes such as "Barbagiuàn" (Pastry made of swiss chard, spinach, ricotta, parmigiana, onions and leek) or "Fougasse" (A sweet red & white dough with orange decorated with nuts raisins and anise) along the diverse outdoor stalls to choose your fresh flowers, fruit and vegetables. The few "café" terraces scattered around the square are the place to be for those who want to get to know better the local life & Mediterranean characters and soak it up. A place for living and trading so essential in the Principality for more than 120 years now, that a few years ago the locals expressed their wish to open "La Halle Gourmande" in the evening also. Located on the bustling Place d'Armes, Norma invites diners to try its delicious Italian specialities in a stylish and friendly restaurant overlooking the Principality's traditional outdoor market of La Condamine.

A short walk and you are on the stairs of the "*Rampe Major*" which climb to the Rock and open directly to the "*Place du Palais*". The view becomes increasingly that of a fairy tale the higher you climb to the *Prince's Palace square* keeping further surprises as it offers open perspectives and sublime panoramic views on either side of the esplanade. The *Port Hercule* on one side with the "Casino de Monte-Carlo" with France and Italy in the background; the *Port of Fontvieille* on the other side with the aesthetic arcades of the Louis-II Stadium, the first hills of the coast which stretch into the distance: the postcard setting is there and it will be difficult to leave it behind!

Every problem has a solution: in the shade of the pine trees, overlooking the Fontvieille district, the "*Place du Palais*" home since 1953 to the Castelroc restaurant, which welcomes you to its conservatory facing the Prince's Palace or its terrace with stunning views. This restaurant, known to every local, is part of the Principality's history and knows how to bring your taste buds to life with its traditional local dishes, such as the "Stockfish de Rosette." And do not forget what they say about Le Castelroc in Monaco: "If Monegasque cuisine has a touch of the divine, it is because up there on the "*Rocher*", you are certainly a bit closer to paradise..."

A digestive walk will enable travellers to discover the narrow alleys and picturesque little squares to which the district is home, such as "*Place Saint-Nicolas*". Surrounded by the *Monaco Courthouse*, a sublime building from 1924, and the Cathedral, which captivates visitors and locals alike, the Place allows you to admire it, keep calm and take a photo! Visit its little sister, "*Placette Don Pacchiero*", named after the former priest of Saint-Nicolas. At a table in one of the many restaurants and cafés on these squares, it's easy to forget time. It



is time to leave, going down from “Monaco-Ville” by the “Porte-Neuve” and feast your eyes again before coming to the district of Monte-Carlo.

A witness to local life since the mid-19th century, following Prince Charles III's decision to create a gaming establishment as well as the Hotel de Paris, The Casino square has also reflected Monegasque activity and outreach for a century and a half.

The legendary square revealed its brand-new look in summer 2020, with an open and modern pedestrian space completely redesigned for the comfort and enjoyment of visitors. The beautiful perspective and the path lined with palm trees celebrate summer all year round and instantly invite you to stroll. While the Place remains open to traffic, to leave the Monaco Grand Prix track intact each May so the beautiful cars can be admired, a great part of it now gives more space to pedestrians. Now it is your chance to enjoy a refreshing break on the terrace of the “Café de Paris”! Under the sun, adjoining the *legendary “Belle Époque”* architecture of the “Casino de Monte-Carlo” and the iconic facade of the legendary “Hôtel de Paris”, enjoy to the full the experiences that only Monaco knows can give!

## ■ Delightful Walks

### Shopping and Garden Moments

It has been proven true: we always feel better when window shopping! The more so when this activity is punctuated by walks through gardens of absolute serenity or with stunning panoramic sea views. Such is the case in “Monaco-Ville” where gift shops display their souvenir and goods which we always want to take back with us from Monaco, and then comes the moment to combine spending with relaxing. From swimwear boutiques to shops selling fragrances made in Provence or local limoncello, there's something to suit every taste! Extend your shopping moment with a walk to the “Jardins Saint-Martin”. Originally typically Mediterranean, this green setting has subsequently been complemented by exotic species offering visitors as many surprising trees as exceptional views of the deep blue sea. Travellers will continue their walk along the edge of the Mediterranean in front of the imposing façade of the Oceanographic Museum before reaching the “*Terrasse des prisons*” (below Monaco's prison) which unexpectedly are welcoming and relaxing. The blue horizon still stretches as far as the eye can see and makes a perfect combination with the green of the vegetation as you arrive at “Fort Antoine”. Far from the tumult and as peaceful as you could wish, this was once a fortress, which now serves as an outdoor theatre hosting full-scale performances and shows.

A shopping moment now continues in the *Fontvieille district* which was entirely regained from the sea. Near *the Port of Fontvieille*, in the shade of the Rock, the Fontvieille shopping centre and its shops await all visitors as do their surrounding gardens. Starting with the *UNESCO garden*, where sculptures by artists succeed the floral arches to offer an enchanting setting over the Marina, an open-air exhibition which is freely accessible, where flowers, trees and fountains combine on the balcony of the *Port of Fontvieille*. To continue

the walk, Fontvieille Park, which encircles the Big Top hosting each year the Monte-Carlo International Circus Festival, gives the district a large green space which is very much appreciated by families and locals. Here again, adjoining the Princess Grace Rose Garden many works of art are scattered throughout the park, it features a landscaped pond that is home to many species so do not be surprised if you meet a family of ducks or geese out for a walk: here there are at home!

Green, blue and exclusive shops can also be found at One Monte-Carlo, a brand new fashion district in the heart of the Monte-Carlo. In this exclusive living space which is completely car-free, located between the *Hotel Hermitage* and the *Casino Square* High-end luxury brands have come together. High fashion, accessories, Beauty shops, restaurants as well a patio dedicated to exclusive jewellers inside the *Hotel de Paris*: make your shopping experience unique!

A real breath of air right in the heart of Monaco, nature is present everywhere, down to the smallest details. Princess Grace once planted a tree here: planners and architects have met the challenge of integrating it into the landscape of One Monte-Carlo. While the architectural project is extravagant and aesthetic, it is, nevertheless a fully sustainable development. By crossing the "Jardin du Casino", visitors reach the "Jardin de la Petite Afrique", so called because of the tropical species, strengthened by its trees with their outsize aerial roots. A real change of scenery is the magnificent Métropole Shopping Centre with its period chandeliers and precious materials, such as Carrara marble and Bohemian crystal and its 63 shops and 7 restaurants helping you to escape into a world of refinement and glamour.

Shops are also within sight on the *Condamine district*, where quiet alleys highlight their colourful houses from the beginning of the last century. From the charming "*Rue de Millo*" to the pleasant "*Rue Caroline*", which is completely car-free, to the "*Promenade Honoré II*", the numerous shops will charm visitors with the diversity of the products on offer in this historic district. Combine quality with conviviality and discover this slice of authenticity in the heart of the Principality!

To close your shopping extravaganza coupled with your walks through greenery, there is nothing like the "Jardin Japonais". A stylised copy of a Japanese landscape, with its mountain, its waterfall, its lakes, its stream and even its koi carp, the garden is a work of art produced in accordance with Zen thinking. The place, created in 1994 at the request of Prince Rainier III and located in the Larvotto district, is imbued with a special atmosphere and invites you to the most complete relaxation. For an escape to the land of the rising sun in the centre of the Principality, here is where you have to be! All along this road, the "*Avenue Princesse Grace*" displays lavish car dealerships, restaurants and luxury shops in front of which we can always dream and dawdle.

From Souvenir shops to leading names in the fashion industry, to carefully decorated shopping centres and varied shopping arcades, everything you want is here in Monaco.

And since green spaces represent 20% of Monaco territory, you may as well enjoy it too, for a real break that you will remember for a long time!

## **Centres of Attraction**

Delight in Monaco can also be understood through the prism of its unique museums and monuments, and there is everything you need to catch your breath!

It's certainly the case at [the Oceanographic Museum](#), which encourages dreams with its thousands of tropical and Mediterranean fish species and raises awareness regarding the preservation of sea life and its protection which is so important for HSH Prince Albert II of Monaco. Share a moment in front of the turtle rehabilitation pool, facing the sea, and find out also about their Malian cousins gifted to HSH Prince Albert II, at risk of extinction and enjoying a more conducive environment. The tip is to end your visit by going up to the roof-terrace which offers a magnificent 360° panorama, where the Mediterranean and the Principality are revealed at the same time to be one and all. For those who want to take a trip to the poles, the Oceanographic Museum is hosting a huge exhibition tracing more than a century of life in the Arctic and Antarctica: Polar Mission.

To continue combining a cultural visit and peaceful contemplation, the *Jardin Exotique District* has several advantages. [NMNM-Villa Paloma](#), known as "Villa Coquette" (Pretty Villa) by its first owner, raises three floors high and looks over the Principality from its white beauty, snuggled up at the heart of a pleasant garden where you can rest. Inaugurated in 2010, this lovely villa spreads out on three floors for a total exhibition surface of 875 sqm. The museum offers several exhibitions per year and promotes a little-known heritage and collection from the contemporary scene on the theme "art and territory."

A close neighbour which gives pride of place to our long shared history is: the [Museum of Prehistoric Anthropology](#). Founded in 1902 by Prince Albert I "to preserve the traces of primitive humanity extracted from the soil of the Principality and surrounding regions" it is the oldest museum in the Principality. The museum transports visitors through the ages thanks to the collections on display, which help us to retrace the major stages of mankind's development.

To continue the experience, the [Botanical Centre of the exotic garden](#) will welcome you to its greenhouses which contain the biggest collections of cactus and succulent plants in the world, more than 10,000 in total! Its glass and iron structure rising on three levels is a perfect haven of peace, a bubble of tranquillity for lovers of escape and relaxation.

To visit to all these places and move freely around the Principality, several options are available: With its double-decker bus the "[Monaco Le Grand Tour](#)" allows you to explore Monaco in a different way enabling you to get on and off freely at each of its 12 stops across the city. Another option is a non-stop circuit aboard a small red and white train the [Monaco Tours](#) starting just in front of [Oceanographic Museum](#). For visitors who wish to make their transport fully carbon-free while exercising the [Monabike](#) scheme with its 49 self-service



electric-assisted bicycle stations scattered across the country are the ideal solution. You can as easily interrupt your experience with a sailing break, crossing *Port Hercule* on a solar electric bus boat. A pleasant way of connecting the two banks at the heart of the Principality!

## ■ Spas

Well-being and Monaco have a long lasting history. In 1863 the "Société des Bains de Mer" was born together with one of the biggest thalassotherapy centre decided to wellness. It was then natural that the International Congress of the discipline took place here in 1920. Since then, the Principality has been constantly evolving and reinventing itself while remaining faithful to its DNA, in which wellness figures prominently. Today, more than ten places scattered around the Principality are fully dedicated to relaxation.

At Monte-Carlo Beach the spa Monte-Carlo Beach is a promise of delight and magical escape. And to reconnect with the elements of nature there is nothing better than enjoying the unique treatments courtesy of PAOMA, the luxury brand whose eco-ethical, organic products are made in France. Private yoga, meditation and Pilates classes are also available outdoors, between the sea and the pine trees. To savour the moment we highly recommend the organic juice bar which is a short walk away.

By the Sea, Monte-Carlo Bay Hotel & Resort offers a scene-changing experience with the Spa Cinq Mondes. A place of absolute peace dedicated to treatments for body & Mind, the spa lavishes beauty rituals and traditional massages in perfect accord with ancestral ceremonies. And since delight also comes through exercise, the aqua yoga classes in the hotel's covered swimming pool nestled in a tropical garden will certainly be memorable.

Another relaxing inspiration: the Fairmont Monte Carlo helps to de-stress and fully relax thanks to the Vallee Cosmos Spa, located on the roof of the hotel. Between the sky and the sea, visitors are drawn into the modern and elegant space influenced by marine elements. Sitting comfortably in a cosy lounge in warm colours, you can relax for a while before going to a special treatment area where everything has been thought out to bring you calm and serenity.

Around the *Casino square* discover the unique Spa Métropole by Givenchy where you will be utterly pampered in its exceptional setting designed by Architect Didier Gomez. Each care ritual is "Haute Couture" creation offering a sensory and singular signature. For pure relaxation, look no further than the Les Thermes Marins Monte-Carlo, a temple of well-being, beauty, & performance, and let yourself carried into this haven of peace & luxury with prestigious partners enabling them to provide healthy slimming and customised anti-ageing treatments. There is nothing better as a treat for yourself as a lovely break, to recharge your batteries and restore a state of pure wellness.

## FAQ

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### ■ **Green spaces & gardens within the Principality?**

For years, the development of green spaces has stood out as a necessity for the present & the future and is high on the agenda of the Prince's Government. Many green spaces and gardens are scattered across the Principality, offering a more pleasant living environment for its inhabitants and visitors.

Today, it is easy to translate this green policy into significant numbers: from the gardens of St. Martin and Fort Antoine from Monaco-Ville to the "Jardins de la Petite Afrique" from "Les Boulingrins" to the Casino garden, the Exotic Garden From the landscape park of Fontvieille and the "Jardin Japonais" only to mention the most obvious examples, gardens and parks occupy 470,000 m<sup>2</sup> representing more than 20% of the Principality's territory which is no more than 2 km<sup>2</sup> in size.

**With such statistics and compared to the number of inhabitants, Monaco is among the top list as leading the green city/country in Europe!**

### ■ **Is access to swimming pools and spas open to everyone?**

Treating yourself to the luxury of a day in a hotel establishment and enjoying what is on offer is, indeed, open to everyone, residents of the Principality or visitors!

### ■ **What sports activities can be found for relaxing in the Principality?**

To keep you in shape this summer enjoy yourself with many sports activities on offer in the Principality for the best sporting experience.

Starting with the extraordinary Monte-Carlo Golf Club, at a height of 900 metres, work on your swing in a green paradise bordered with blue, overlooking the Principality and the Mediterranean Sea. The exceptional Monte-Carlo Country Club enjoys an sea-view estate with its tennis courts open all year round beautifully positioned opposite the sea, a setting where the best players in the world meet in April each year (Rolex Monte-Carlo Masters). If you want to strike the ball and walk in the footsteps of Nadal, Djokovic here is where you have to be!

If you think summer season in Monaco, you cannot escape the water activities! Let yourself be tempted by full-on water leisure activities from Monte-Carlo Bay Hotel & Resort.

Parascending, flying carpet, towed buoy, Jobe sonar inflatable, Wake surf, water skiing, sailing, etc. so many options for the pleasure of adults and juniors. The Monte-Carlo Beach also offers a range of gentler activities that respect the environment and help to preserve marine biodiversity. There's everything you need to make the very most of the Mediterranean at your own pace, whether by pedalo, paddleboard, or kayak!

The latter can enjoy the joys of underwater diving thanks to the "Ecole Bleue", a benchmark academy established by the quadruple champion of the world of Free Diving, Pierre Frolla. Thanks to the training provided by the school, children and teenagers can explore the Principality's seabed and make their stay in Monaco unforgettable!



# Contact us

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