

The bay of Golfe-Juan, nestled between the Cape of Antibes and the Îles de Lérins, is well protected from the winds: a wide range of water-based and seaside activities are on offer: from walking or lazing about on the sandy beaches, to boating and many other sporting activities!

## SCUBA DIVING

Thirty diving sites are spread over four areas: the Cape of Antibes, the Îles de Lérins, the bay of Golfe-Juan and the bay of Cannes. The diving areas cover a variety of terrain: overhangs, shallow waters, isolated rocks, rich in gorgonians and red coral. You may even come across conger eels, groupers and crawfish!

From beginners to more experienced divers, there is something for everyone, especially as the sites that are between 10 and 45 minutes away by boat can be accessed whatever the weather.

The three clubs in Golfe-Juan offer beginners dives, known as "first-timers", exploratory dives and themed dives (night dives, marine biology dives, etc). Courses are available and teaching is given by fully qualified and safety-

# Water-based activities

conscious instructors who are ever keen to pass on their love of diving and their in-depth knowledge of the underwater life in this area.

First-timers from 30,49 €;  
 – The addresses of the clubs given correspond to the place their boat is moored at:

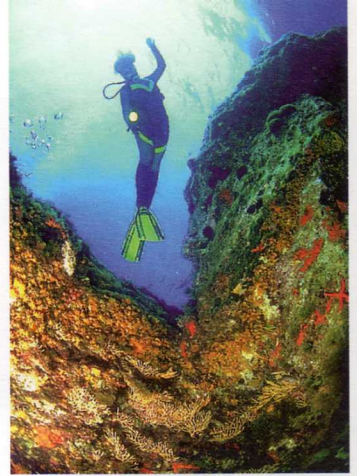
**K6 CIP Centre International de Plongée - Aqualung**  
 Open from March to November  
 Old port – quai St-Pierre  
 Tel. 04 93 63 00 04/04 93 63 65 19  
 e-mail: nancey@club-internet.fr  
 Boat: "Le Jean-Marie-Marcelle"

**K6 Golfe-Plongée Club**  
 Open all year  
 Old port – quai Napoleon  
 Tel. 04 93 64 22 67/06 09 55 73 36  
<http://members.aol.com>  
 e-mail: golfplong@aol.com  
 Boat: "Le Souvenez-vous"

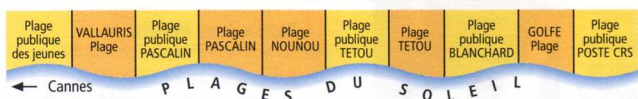
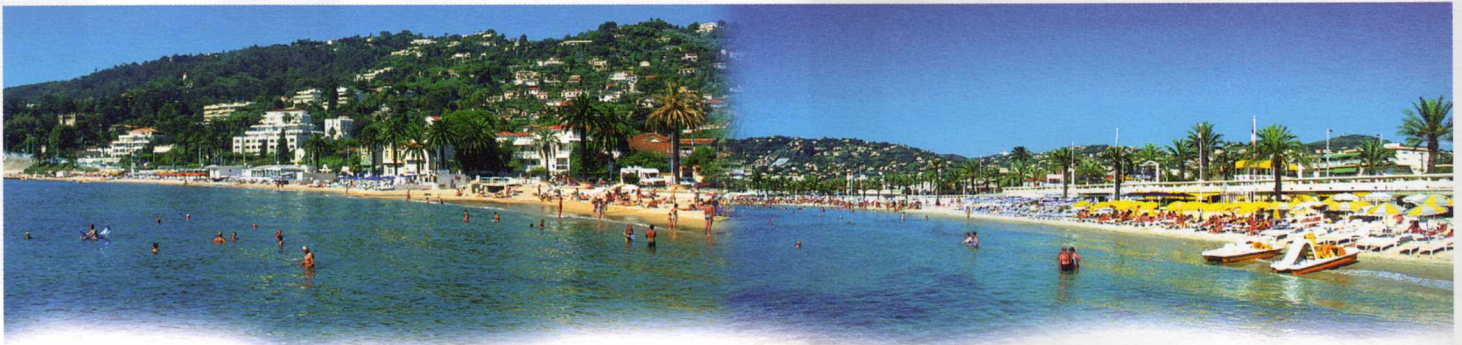
**K6 Aquaspot Plongée LSD**  
 Open all year  
 Old port – quai Napoleon  
 reception: 71, boulevard des Frères Roustan  
 Tel. 04 93 63 15 45/06 60 84 43 03  
 e-mail: aquaspotplongee@club-internet.fr  
 Boat: "La Valériane".

## SKI NAUTIQUE

**K5 Sun Ski School**  
 Ski school and Wake-Board open from June to Septembre.  
 Instruction given to adults and children alike: Lessons for beginner. Kids ski is available for children aged 5.  
 Other fun activities on offer: be towed along on an inflatable tyre, or hop on the ski bus  
 Book in advance for parasailing. Leave from the far end of the car park at the old port.  
 Tel. 06 77 18 17 23



**K8 International Water Skiing School**  
 Ski school open daily from April to November from 7.00 to 21.00.  
 Instruction given to adults and children alike: Lessons with instructor: 39 €; tours: 20 €. Courses available. Kids ski available for children aged 3+: 10 € per trip out on the water. Other activities include wake-board, towed inflatable tyres and banana boat from 16 €. Book in advance for parasailing. Leave from the "Epi du Madé" on the Midi Est beach. Tel. 06 10 39 10 71/06 13 24 04 87



**Vallauris Plage** Tel. 04 93 63 58 10  
**Plage Pascaline** Tel. 04 93 63 78 38  
**Plage Nounou** Tel. 04 93 63 71 73  
**Plage Tétou** Tel. 04 93 63 23 26  
**Golfe Plage** Tel. 04 93 63 14 60

When the weather is fine, private beaches offer high quality restaurants and other services: sun-bed hire, deckchairs, parasols, pedalos, swimming lessons. Small animals are often permitted.

## Old Port Camille Rayon Port



**Au Vieux Rocher** Tel. 04 93 63 26 57  
**Zénith Plage** Tel. 04 93 63 04 04  
**Le Lagon** Tel. 04 93 63 55 17  
**Balma Beach** Tel. 04 93 63 10 53  
**Passoa Beach** Tel. 04 93 63 10 59  
 e-mail: passoa.Beach@wanadoo.fr

**Corail Plage** Tel. 04 93 63 10 61  
**Plage Open** Tel. 04 93 63 90 80  
**Maui Plage** Tel. 04 93 63 10 88  
**Lido Plage** Tel. 06 62 08 87 38

## Clear, warm water

You can swim in the sea all year round in Golfe-Juan as the water temperature varies between 13°C and 25°C. The traditional New Year's Day swim attracts a great many participants. The town accords beach and water cleanliness the highest priority; beaches are maintained regularly, there is also an efficient water treatment station close by and regular bacterial checks are carried out.

## Sand

Beaches are cleaned on a daily basis: the sand is sifted, cleaned and regularly disinfected. Any seaweed is cleared.

On 1 March 1815, Golfe-Juan entered the history books. It was here where Napoleon landed on his return from Elba and, after a short rest in this "land of the brave", by the light of a lantern he declared; "Victory will march at the pas de charge, the eagle fly, in the national colours from steeple to steeple until it alights on the towers of Notre-Dame". This was a proclamation which, throughout the One Hundred Day campaign, was to inspire fear in the monarchs of Europe and inspire the famous route he took which later became known as the 'route Napoleon' in 1932, the first ever French tourist route of a historical nature.

## GOLFE-JUAN, A HISTORICAL SHORELINE



Every first Week-end in March a huge re-enactment of the landing takes place with old rigging, actors, Napoleonic troops, weapons and campaign equipment. For a few days during this highly original spectacle, the town and all of its activities take on an imperial flavour. There are conferences, exhibitions, soldiers bivouac on the beach, special menus provided by local restaurants, windows are decorated and shop staff dress up in costume, many events such as the history game and a temporary post office. A page in our history is re-enacted for all to enjoy!

