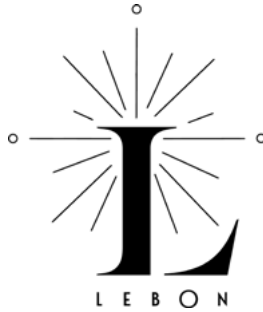


MINI-GUIDE ÉVASION SAINT-JEAN-CAP-FERRAT



Maxime de Guiselain

"C'EST UN CAP, C'EST UN ROC, QUE DIS-JE C'EST UNE PÉNINSULE" CYRANO, EDMOND ROSTAND, 1897



INTRODUCTION

The 9 flavors that make up the LEBON Flavorcare collection each symbolize a distinct destination from which the founders of the LEBON brand drew their aromatic inspiration. Both are avid lovers of the sea and nature, and in every LEBON product one can sensorially experience the site of their adventures, from idyllic corners of the Mediterranean to the wild beaches of Costa Rica, with delightful detours in Asia and Paris.

As the idea of brushing with LEBON transports you from the comforts of home to other enchanting destinations, then it only made perfect sense that we wish to share with you all our “good little addresses” and traveler’s tips. To lovers of the LEBON brand, let us moonlight as your travel guide!

Evasion Mini-Guides are not meant to be exhaustive or replace well-established travel resources. As with all things LEBON, the narrative resides in finding special experiences. In these pages we share our insider’s knowledge of the good tips, local know-how and “places to go” with you, the easy-to-please yet discerning, mindful traveler.

Today we take you on a journey to discover the timeless allure of
Saint-Jean-Cap-Ferrat.



ST JEAN CAP FERRAT





OUR CAP FERRAT MOOD

Inspired by the fresh umbrella pines and eucalyptus trees that cover the Saint-Jean-Cap-Ferrat peninsula and the potent waves breaking along its steep coasts, Cap Ferrat Mood lays you gently on the revitalizing shores of the Mediterranean.

Soaked with invigorating mint for a healthy and fresh mouth, Cap Ferrat Mood is LEBON's cool energizer.

**“It’s a rock! A peak! What’s that, it’s a cape? It’s a peninsula!”
Cyrano de Bergerac, Edmond Rostand, 1897**

Cyrano spoke of his nose, but this fanciful assertion could also describe Saint-Jean-Cap-Ferrat. A cape, a peninsula... And even if Saint-Jean-Cap-Ferrat is truly connected to land, it feels like an island unto itself. It has its own history and atmosphere, entirely different from the neighboring Beaulieu-sur-mer or Villefranche-sur-mer. Saint-Jean-Cap-Ferrat harbors all those qualities that one might call the quintessential French Riviera: a sweetness of life among the pines, alluring villas, pristine beaches, all encircled by the fabled azure of the Mediterranean.

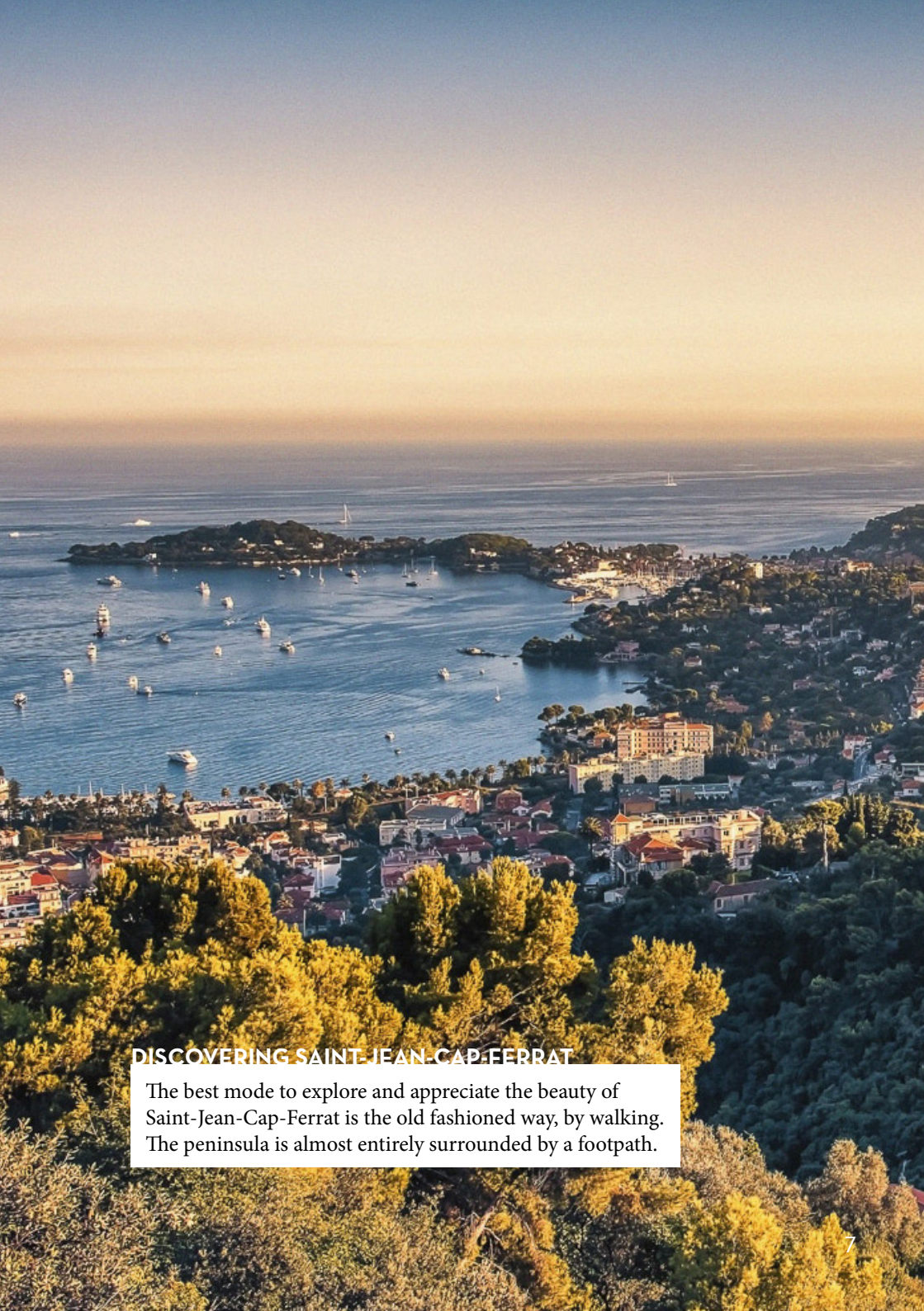
A BRIEF HISTORY...

At the beginning of the 20th century, the Côte d'Azur attracted mostly winter tourism. Large families from England, Russia or Belgium appreciated the area's mild climate during the cold season. At that time, Saint-Jean-Cap-Ferrat was only a small fishing port peppered with fishermen's houses. All that changed in 1904 when the Belgian King Leopold II acquired and renovated the Villa des Cèdres. Others followed not long after, and the cape's landscape was forever altered. A freshwater lake reservoir was constructed, allowing new vegetation to thrive and transform the mostly rocky terrains. It was during the post-war years that Saint-Jean-Cap-Ferrat started to experience year round flocks of both French travellers and international intelligentsia. Fashionable celebrities and artists of the day came to rest and enjoy a worldly life in full swing – during all seasons. Saint-Jean welcomed personalities like Jean Cocteau, Pablo Picasso, Pierre Cardin, Alexander Calder, Charles Aznavour, Marlène Dietrich, Romy Schneider and many others...

Today Saint-Jean-Cap-Ferrat is considered not only a playground for the ultra-wealthy and well-to-do, but also a paradise for lovers of swimming in the sea, lazing on the beach and beautiful walks.

Demographics: Saint-Jean-Cap-Ferrat is a municipality of the Alpes Maritimes, in the PACA region (Provence - Alpes - Côte d'Azur). 1,500 residents live on the peninsula's 250 hectares.

Etymology: The peninsula takes its name from the patron saint John. Ferrat comes from *ferratus*, Latin for land covered with plants. Long before its luxurious villas were built, Saint-Jean was filled with wild nature and spectacular flora, all the green which still lends it charm to this day.



DISCOVERING SAINT-JEAN-CAP-FERRAT

The best mode to explore and appreciate the beauty of Saint-Jean-Cap-Ferrat is the old fashioned way, by walking. The peninsula is almost entirely surrounded by a footpath.



WHEN TO GO

Obviously summer is an ideal season to visit Saint-Jean-Cap-Ferrat, as you will fully enjoy the beaches and blooming ginguettes. But we also immensely enjoy spring, when the peninsula is calmer with fewer tourists, the weather is mild and lovely afternoons on the beach are still to be had.

OUR FAVORITE WALKS

STROLL FROM ST. HOSPICE POINT

Departure : Saint-Jean-Cap-Ferrat (the Peace Garden)

Arrival : Paloma Beach

Level : Easy - 1,8Km - Duration 60min

From the Peace Garden, follow the path that winds along the maritime pines. This scenic path has 6 observation stations with didactics to help you discover the riches of the area's coastal heritage. Colombier Point offers a sublime view of the limestone rocks cut by salt and spray.

For the curious and seasoned walkers, we suggest the Edmund Davis Crossing, which allows you to summit the St. Hospice Point, where you can take a meditative break at the St. Hospice Chapel.

Perched at an altitude of 40 meters and set among luxurious villas, this 17th century chapel is worth a detour. The stained-glass windows are more recent and attest to the stylistic influence of Pablo Picasso. The sailors cemetery and Belgian military cemetery surround the chapel and offer a nice view of the sea.

Retrace your steps and continue towards St. Hospice Point.

From this spot you will have a beautiful panorama with Cap-Martin and Monaco in the distance. If the weather is particularly clear, you could even see Italy.

You will then arrive at Paloma Beach. From there, join Chemin Saint-Hospice by a short flight of stairs. Close the loop by walking to the Peace Garden.

THE MAURICE ROUVIER PROMENADE

Departure : Depuis Saint-Jean-Cap-Ferrat

Arrival : Beaulieu-sur-Mer

Level : Easy - 1,3Km - Duration 20min

The trail starts in front of the village of La Mairie. The well-marked path will take you along the eastern side of the peninsula. You will pass through Place David Niven (in honor of the American actor who adored Saint-Jean-Cap-Ferrat). Art and garden lovers might wish to detour and visit the Villa Ephrussi de Rothschild by taking the small crossing on the left. The path continues along the Baie des Fourmis, with the Greek Villa Kérylos on your right. One last bend and you are already at Beaulieu-sur-Mer beach, walk with your dog, or even with your scooter or rollerblades.

LE CHEMIN DE LA CARRIÈRE

Departure : Depuis Saint-Jean-Cap-Ferrat

Arrival : Passable Beach

Level : Medium - 4,8Km - Duration 1h30

The trail starts on Chemin de la Carrière, which takes its name from the nearby old quarry. It is here that the stones used for the construction of the port of Monaco were extracted. The path runs along the coast, and you will pass below the palatial Le Grand-Hôtel du Cap-Ferrat. Upon reaching the lighthouse and Malalougue Point, enjoy a breathtaking view of Cap de Nice and if clear weather permits, you will also see the Massif de l'Esterel mountains. The trail then hugs the entire western side of the peninsula, dotted with a succession of small coves along the way.

For the more daring, we recommend a stop on the rocks below the Residence du Lido.

From there the Chemin des Douaniers will take you straight to Passable Beach.

> Good walking shoes recommended
Not strollers friendly

SO THAT YOUR NIGHTS MATCH THE BEAUTY OF YOUR DAYS



LE GRAND HÔTEL DU CAP-FERRAT *****

Saint-Jean-Cap-Ferrat
www.fourseasons.com/capferrat

The legendary establishment in the region, where celebrities like Elizabeth Taylor, Winston Churchill and Nicole Kidman have stayed. More palace than hotel, this is the pinnacle of glamour and chic on the French Riviera!

Unless you are residing there, the best plan of action is to take teatime at the Club Dauphin or an aperitif at La Veranda. A unique opportunity to savor the Insta-glamorous atmosphere, from the hotel's impeccably lined gardens to the jaw dropping view of the bay.

LA VILLA CAP FERRAT *** BOUTIQUE HOTEL & SPA

Saint-Jean-Cap-Ferrat
www.villacapferrat.fr

Nestled in the heart of the village of Saint-Jean-Cap-Ferrat, this charming boutique hotel will allow you to breathe in the local airs of the port and village, which are just below. With all its 20 rooms facing south, La Villa is also ideal for traveling with the family.



HOTEL BRISE MARINE ***

Saint-Jean-Cap-Ferrat
www.hotel-brisemarine.com

Housed in a lovely 19th-century Italian-style villa, this 16-room hotel has been run by the same family for three generations. An added perk is the terraced garden, which leads straight down to the sea.

HOTEL VILLA PATRICIA **

Villefranche-sur-Mer
www.hotel-patricia.riviera.fr

A great option for those committed to an eco-conscious way of living and traveling. Embracing localvore economics, Villa Patricia's environmentally mindful charms can be found in their attention to details. They make all their own cleaning products and their bath and night linens are produced locally. Breakfasts also consists of only fresh, homemade dishes.

L'OLIVADOU

Saint-Jean-Cap-Ferrat
www.booking.com - "L'olivadou"

For those seeking to skip the hotels, and instead opting for a small apartment to live like a true Saint Jeannois, we've found this pleasant and charming abode just for you.



**WHERE TO TAKE YOUR
TASTEBUDS**

LA VOILE D'OR

7 Avenue Jean Mermoz,
Saint Jean-Cap-Ferrat

Located directly on the port of Saint-Jean-Cap-Ferrat, the Voile d'Or offers no less than three restaurants! Our favorite is the Beach Restaurant, which welcomes you for both lunch and dinner with a menu of fresh and light cuisine by the sea. The Gastronomique Restaurant specializes in farm-to-table fare while Sebastien Sanjou pays homage to Riviera heritage. Both are open only in the evenings.

AFRICAN QUEEN

Port de plaisance,
Beaulieu-sur-Mer

This unmissable restaurant still flashes its original decor from the 1970s. The owner –and chef– Gilbert Vissan delivers locally authentic and high-quality cuisine in a warm atmosphere.

BATIK BY AFRICAN QUEEN

Plage Petite Afrique,
Beaulieu-sur-Mer
www.batikplage.com

If you want to enjoy a delectable dinner face to face with the sea, in a Balinese-inspired setting, you've come to the right place. A perfect beach stop bathed in elegance and serenity!

LA VOILE BLEUE

23 Promenade des Marinières,
Villefranche-sur-mer

If you fancy a no-frills lunch break with your feet in the water, this snack bar on the sand offers a simple menu without pretence.

> *We suggest the all-goodness goat cheese salad!*

LA CORDERIE

20 Quai de la Corderie,
Villefranche-sur-Mer

On the port, in the shade of the imposing plane tree that covers its terrace, you will be –as we were– seduced by the ambiance and authenticity of La Corderie! The restaurant offers modern Mediterranean cuisine with Provençal accents, made with fresh market produce and local daily catch.

LES DÉLICÉS DE MARIUS

1 avenue Claude Vignon,
Saint-Jean-Cap-Ferrat

In the heart of the village of Saint-Jean, this artisanal bakery and pastry shop serves only handmade goods. An address to circle for your croissants in the morning or a sneaky afternoon sandwich on the beach.

> *Good to Know: the pissaladière is a winner*



LA FAVOLA

13 Cours Saleya,
Nice

In the heart of Old Nice, this friendly and relaxed restaurant serves local Mediterranean cuisine with generous Italian portions, courtesy of the Gusto family. If La Favola is full, just cross the Cours Saleya to La Voglia, another fine restaurant ran by the same family, offering equally tasty Italian fare.

LE SKYBEACH

4 Avenue Fernand Dunan,
Beaulieu-sur-Mer

For night owls looking for that last capper, with a bit of altitude. Located next to the Casino de Beaulieu-sur-mer, this is our trendy groovy hop stop.

LES SPÉCIALITÉS DE LA RÉGION, À ESSAYER!

LA SOCCA

Socca is a specialty from Nice made with chickpea flour and olive oil. This unleavened flatbread has the shape of a thick crepe or thin pancake, cooked and browned traditionally in a wood-fired oven on a namesake socca dish - a large round plate made of tinned copper.

Our favorite place to sample Socca is Chez Pipo in Nice. For more than 100 years, this family-owned business has been making authentic Socca using traditional methods.



Chez Pipo -13 rue Bavastro, Nice



LE PAN BAGNAT

LE PAN BAGNAT

Pan bagnat is a traditional culinary speciality of Niçoise cuisine. It is a sandwich made from round bread and a mixture of ingredients similar to a Niçoise salad, namely anchovies, raw vegetables, black olives, and olive oil.

The word 'bagnat' comes from the verb bagnà: to bathe or to wet. The literal translation of pan bagnat is therefore 'wet bread'. Its origin dates back to the 19th century. At that time it was a poor man's dish prepared with hard, stale bread, which was softened with a trickle of water, then thrown on a salad of fresh, seasonal raw vegetables. When the means permitted, anchovies were also added.

Over time, as the bread gradually became a vessel for the salad, the pan bagnat turned into a take-out sandwich for

fishermen and other morning laborers. It was made from seasonal, local and simple inexpensive ingredients. Tuna has also replaced anchovy at many vendors, though the pan bagnat itself has remained a movable snack. Ideal for a lunch basket on the beach.

Where to snatch your bagnats:



Chez Tintin

3 Place du Général de Gaulle, Nice
Easy if you are strolling around the Liberation Market (Nice locals say the Libé Market!)

Au Pain Niçois

54 Rue Beaumont, Nice
A must if you are picnicking on the beach in Villefranche-sur-mer.



LA RECETTE DE DENISE

DENISE'S NIÇOISE-STUFFED VEGETABLES

FOR THE STUFFING:

INGRÉDIENTS

250 grams of minced meat
(beef, veal or pork).

1 egg

1 tablespoon olive oil

1 handful of chopped parsley

1 clove of minced garlic

Salt and pepper

Toss the meats together, add the egg, olive oil, parsley and garlic.

Season with salt and pepper to taste.

FOR THE VEGETABLES:

INGREDIENTS

The classics are tomatoes, eggplants, peppers and zucchini, but you can even try mushrooms or onions.

First boil the vegetables for a few minutes in salted water.

Then cut open the vegetables and hollow out. For the tomatoes, remove the top edge; for the peppers and eggplants, cut in half lengthwise; for the zucchini, cut into sections; for the mushrooms, remove the stems; and for the onions, cut in half.

Add the stuffing.

Season with salt and pepper. Drizzle with a little olive oil and sprinkle with breadcrumbs.

Roast in the oven at 180 degrees for 20 to 30 minutes.



NOT TO BE MISSED!

VILLA ET JARDINS EPHRUSSI DE ROTHSCHILD

Saint-Jean-Cap-Ferrat (the Peace Garden)
www.villa-ephrussi.com

If you had to choose only one place to visit in Saint-Jean-Cap-Ferrat, it is undoubtedly the Rothschild villa and Ephrussi gardens. This Italian Renaissance style villa was built in 1912 by Baroness de Rothschild to house her collection of masterpieces, from porcelain and art to period furniture. All these holdings weave together with

delightful harmony, but the highlight of the visit is to be found outdoors in the spectacular gardens that surround the villa on seven hectares. The gardens were designed by landscape architects Achille Duchêne and Harold Peto. French, Japanese, and rose gardens mingle among other varieties that spoke to the baroness' travels: from Spanish, Italian, exotic to Provençal, the range of styles reflects its proprietor's penchant for the eclectic.

> **Side Sip:** *treat yourself to a little tea in the Villa Ephrussi tea room.*



VILLA SANTO SOSPIR

Saint Jean-Cap-Ferrat
www.santosospir.com

Villa Santo Sopir belonged to Francine Weisweiler, muse to Yves St Laurent and the lover of Jean Cocteau. In the 1950s, the couple loved to receive their artist friends in this peaceful haven. Equipped with his paints and brushes, Cocteau animated almost all the walls of the villa with mythological renderings. He liked to point out that they were not frescoes but tattoos, spontaneous freehand paintings without any preparatory drawing.

For cinephiles, Villa Santo Sopir served as the setting for Cocteau's film "Le Testament d'Orphée" (1959).

The villa was under renovation at the time of writing this guide. Remember to check for updated access times on the Santo Sopir website.

VILLA KERYLOS

Beaulieu-sur-Mer
www.villakerylos.fr

Situated on the rocky point of the Baie des Fourmis in Beaulieu-sur-Mer, with the monumental cliffs of Èze as a backdrop, Villa Kérylos is an anachronistic tribute to the culture of Greece.

The villa is the manifestation of a dream, that of one Théodore Reinach, an archaeologist and French statesman who was fascinated by Greek civilization. Reinach's sleepy counterpart visualized an ancient Greek house floating on the Riviera.

Take a trip within the trip to this villa, and run alongside Reinach's inner Freud. Not to be missed.

MUSÉE DES ARTS ASIATIQUES

Nice
www.maa.departement06.fr

Besides its beautiful holdings of Asian art, the building housing the collection is also a knockout. Located among lush greenery, the museum was constructed on a small lake, lending it the illusion of floating on water. Its creator, Kenzo Tange, is widely recognized as one of the great figures of post-war architecture in Japan.



AN OVERVIEW OF THE BEACHES



PRIVATE

PALOMA BEACH

Saint-Jean-Cap-Ferrat
www.paloma-beach.com

In the cove of La Scaletta is this private beach where you can rent a lounge chair and enjoy multiple nautical activities, including paddleboard.

DÉLI BO-LES-BAINS

Villefranche-sur-Mer
Instagram : [@les.bains.deli.bo](https://www.instagram.com/les.bains.deli.bo)

The only private beach on Villefranche Harbor, with easy vibes and a cozy atmosphere. Déli Bo also offers an appetizing menu that includes delicious, irresistible pastries!

LE GALET

Nice
www.galet-plage.fr

It was difficult deciding whether to put Le Galet in our gastronomic or sand and sun section, as this gem fits the bill for both. Characterized by a pleasant, easy-going atmosphere, it's the perfect place for relaxation, gracefully combining idleness and elegance. As for the restaurant, let's just say you will not be displeased!

PUBLIC

PASSABLE BEACH

Saint-Jean-Cap-Ferrat

By far the best swim in the cape. The water is crystal clear and after only a few fathoms, you will have a breathtaking view of Villefranche Bay.



EXTRACURRICULAR AND LIVE EVENTS IN THE REGION

SCUBA DIVING IN VILLEFRANCHE-SUR-MER HARBOR.

Randeau Evasion
www.randauevasion.com

Why not take advantage of your stay on the French Riviera to notch your first dive? And if you are an experienced diver, you will surely be tempted to venture into the depths of Villefranche-sur-mer, known to be one of the deepest harbors in Europe.

For freediving daredevils we recommend: Cipa Freediving - www.cipapnea.fr

KAYAK

Kayak Evasion - 07 69 91 57 01
contact@aqua-sport-evasion.fr

If you prefer watery surfaces to going under, then consider kayaking. It's a great way to discover the harbor.

FESTIVAL DE JAZZ DE NICE

Nice
www.nicejazzfestival.fr

Taking place every year in July, the Nice Jazz Festival attracts internationally renowned artists and is one of the most popular summer music events in the region. The festival acts perform on two open-air stages. The Massena and the Théâtre Verdure, the latter faces the sea!

CINÉMA EN PLEIN AIR

Villefranche-sur-Mer
www.villefranche-sur-mer.fr

Throughout the summer, Villefranche-sur-mer offers an open-air cinema in an unexpected setting: a 16th century citadel overlooking the sea. You will find the program on the website of the Villefranche-sur-mer tourist office.

> **A small reminder: don't forget to bring your mosquito repellent**

SPORTING CLUB DE MONACO

Monte Carlo, Principauté de Monaco
www.montecarlosbm.com

It is true that we are pushing the city limits here, but this venue is so exceptional that if your favorite artist ever performed there and you were in striking distance, you would never forgive us for failing to mention it.

Sporting Club's Salle des Etoiles is a concert hall whose open dome brings you one step closer to the divine, as you spectate under the starry nights, courtesy of the Milky Way.

We wish to wrap this section with some advice about the street markets. Each city, each village has its own, but those of Nice are worth the detour and in particular the markets of Cours Saleya.

LES MARCHÉS DU COURS SALEYA

Craft Market - every evening in July-August.

Flower and Spice Market - every morning and afternoon (except Monday) year round

> *We are partial to the flowers and lovely service at Mege Père et Fils*



OUR FAVORITE SHOPS

COCO KNOT

2 rue Jacques Offenbach, Nice

Coco Knot puts a spotlight on quality. In all manner and form, this concept store carries everything from vegan recipe books to healthy, eco-positive cosmetic products.

If you're down to your last squirt of LEBON, come here!



JOYA LIFESTORE

1 Place du Pin, Nice

A place to discover designers from all walks of life. Joya is a collection of carefully selected boutiques, from a gourmet canteen to a beer bar or a tea room. Whenever the time of day, come, browse, delight and, chances are, you shall find whatever it was you didn't think you were looking for.

READ

CHARLOTTE DE DAVID FOENKINOS

Eschewing the clichés of the French Riviera, David Foenkinos' book is neither a biography, novel, nor homage but a bit of all three at the same time. Charlotte details the journey of its titular character, a young Jewish artist who flees Nazi Germany and finds herself in Saint-Jean-Cap-Ferrat. Her two years in exile produced numerous paintings that can be seen today in the collection of the Jewish Historical Museum in Berlin. The story is tragic, yet the magical writing takes us on a journey to the farthest reaches of the human heart. A beautiful book!

WATCH

L'ARNACOEUR (THE HEARTBREAKER)

A funny, light romantic comedy by Pascal Chaumeil (2010)

The story takes place in Monaco and stars Romain Duris as a home-wrecking hitman hired to ruin the happy relationship between a rich heiress and her fiancé, played by Vanessa Paradis and Jonathan Alcott.

LISTEN

A soundtrack bathed in Azure

SPOTIFY : @LEBON ORAL CARE
Cap Ferrat Mood



Writing **Céline Pissoort**
Graphics & Design **Antoine d'Ansembourg**
Editing assistant **Lou Jolibois**
Cover illustration **Marine de Quénetaïn**
Translation **Trong Gia Nguyen**

contact@lebonandlebon.com
19 rue de l'Ermitage, 1300 Wavre - Belgique
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www.lebonandlebon.com