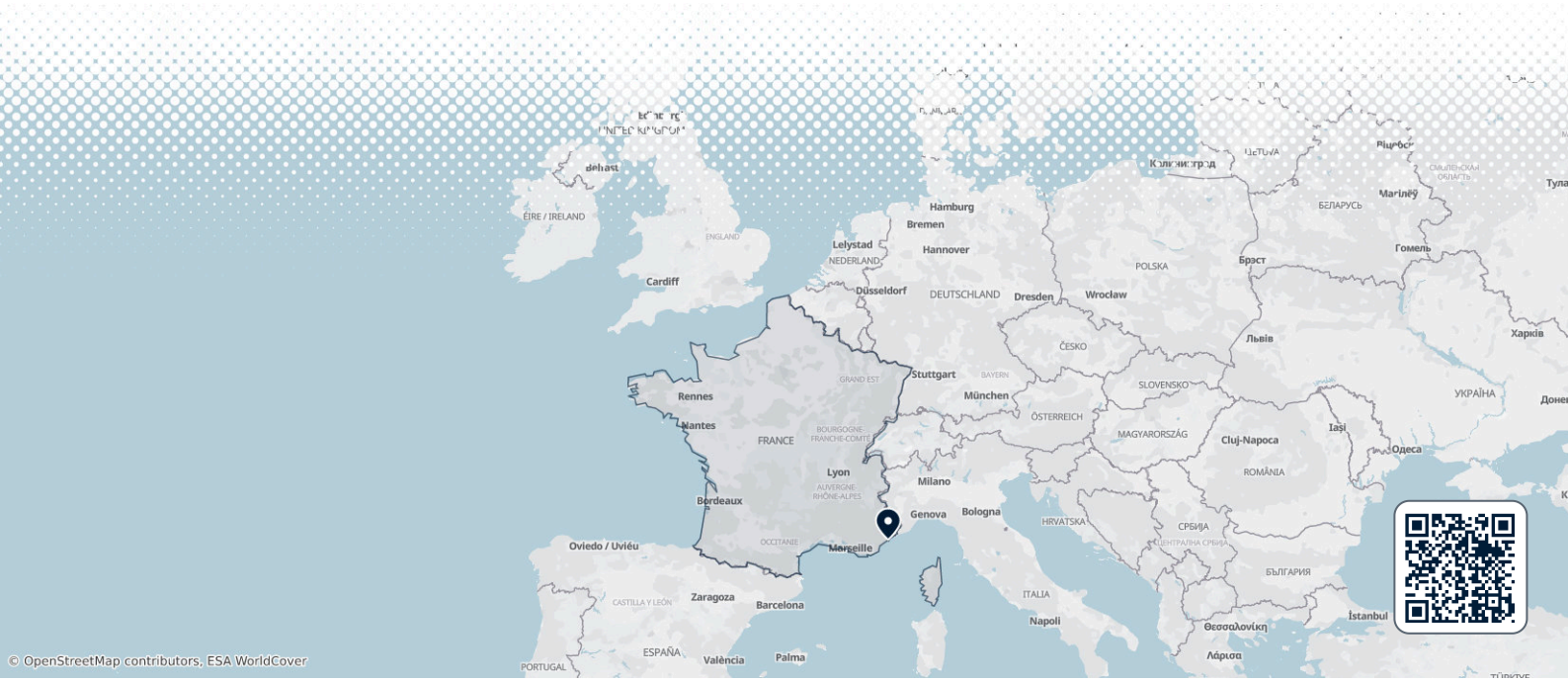


Antibes

French Riviera · France

TRAVEL GUIDE

Tripomatic



Overview

Antibes is a seaside town on the French Riviera, between Cannes and Nice. About 78,000 people live here. The old town sits inside old defensive walls. A big yacht harbour, a Picasso museum and a daily food market are all within a short walk.

Juan-les-Pins is part of Antibes. It is a beach resort with a lively seafront and a famous jazz festival. The Cap d'Antibes peninsula has rocky coves, big villas and a coastal path.

Antibes suits two to four nights. It is calmer and cheaper than Cannes or Nice. It is also a good base for trips along the coast by train.

When to visit

May, June, September and early October are the best months. It is warm and sunny, and the sea is good for swimming from June. July and August are hot and busy. Beaches and roads are full, and prices are highest. July also brings the Jazz à Juan festival in Juan-les-Pins.

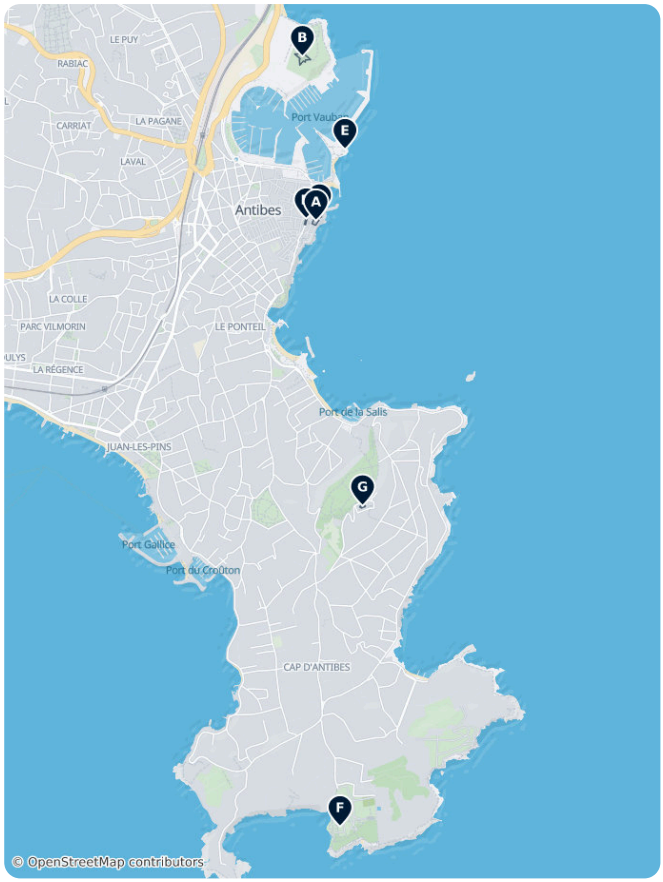
Winters are mild but can be rainy and windy. Some seasonal restaurants and beach clubs close. The markets and museums stay open.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Fair Fair for sightseeing	11° / 15°	5° / 1°	Dry air · Calm winds
February	Fair Fair for sightseeing	12° / 16°	4° / -1°	Dry air · Calm winds
March	Good Good for sightseeing	15° / 19°	6° / 2°	Dry air · Calm winds
April	Good Good for sightseeing	17° / 21°	9° / 5°	Dry air · Calm winds
May	Great Great for sightseeing	21° / 25°	13° / 9°	Dry air · Calm winds
June	Great Great for sightseeing	25° / 29°	18° / 14°	Humid air · Calm winds
July	Great Great for the beach	28° / 32°	20° / 17°	25 sunny days · Muggy, humid air · Calm winds
August	Great Great for the beach	28° / 32°	21° / 17°	23 sunny days · Muggy, humid air · Calm winds
September	Great Great for sightseeing	24° / 28°	17° / 13°	Calm winds
October	Great Great for sightseeing	20° / 24°	14° / 10°	Dry air · Calm winds
November	Good Good for sightseeing	15° / 19°	9° / 4°	Dry air · Calm winds
December	Fair Fair for sightseeing	12° / 16°	6° / 1°	Dry air · Calm winds

Best months: May, June, July, September, October

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



- A Musée Picasso is in the old Château Grimaldi by the sea. *Pablo Picasso* lived and worked here in 1946. The museum shows paintings, drawings, ceramics and works by other 20th-century artists.
- B Fort-Carré is a star-shaped fort on a point north of the harbour. King Henri II ordered it built in 1550 to guard the town.
- C Cathédrale Notre-Dame-de-la-Platea stands in the old town near the Picasso museum. A church has been on this site since the 5th century. The current building was rebuilt in the 18th century.
- D Marché Provençal is a covered market hall with fruit, fish, cheese and flowers. It is a good place to buy food for lunch.
- Port Vauban is one of the largest yacht harbours in Europe. Walk along the quay and the old ramparts for sea views and views of the big boats.
- E Nomade is a large sculpture of a seated figure made of letters. It sits on the seafront next to the old town walls.
- F Villa Eilenroc is a 19th-century villa with large gardens on the Cap d'Antibes.
- G Église Notre-Dame de la Garoupe is a small hilltop chapel on the Cap d'Antibes. It has wide views over the coast. A lighthouse is nearby.

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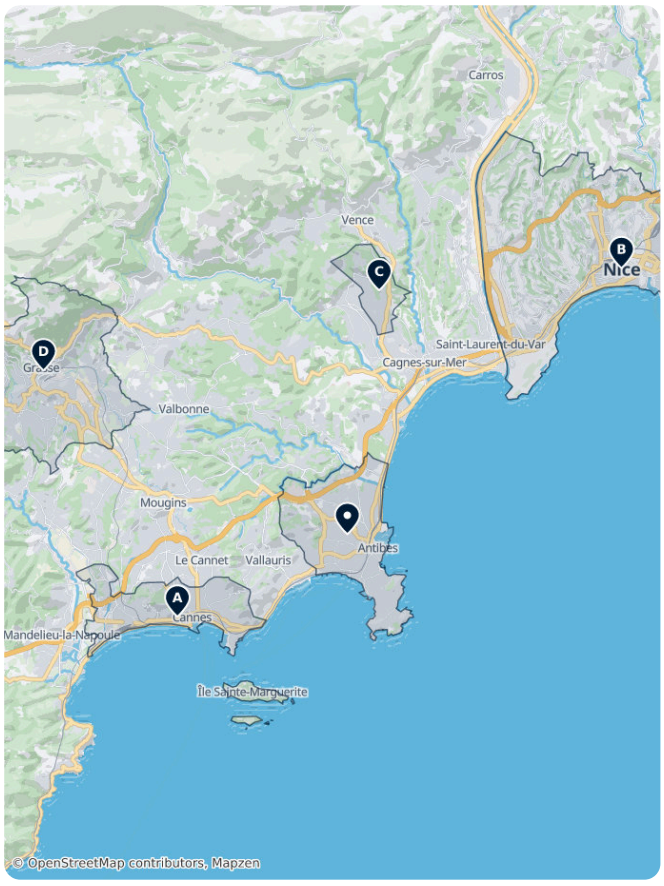
What to experience

- Walk the Cap d'Antibes coastal path, known as the Tire-Poil path. It takes about two hours and follows the rocky shore. It starts at the car park on Avenue André Sella. Some sections close in bad weather or for works, so check before you go.
- Go to the Jazz à Juan festival in July. It is an open-air jazz festival in Juan-les-Pins and has run since 1960.
- Spend a beach day at Plage de la Gravette near the old town, or on the longer sandy beaches of Juan-les-Pins. Beaches on the Cap d'Antibes are smaller and more rocky.
- Browse the flea market on Place Nationale on Thursday and Saturday. In summer, craft stalls fill Cours Masséna in the evening.
- Visit the Jardin Thuret, a quiet botanic garden with plants from many countries. It was created in the 19th century.
- Walk the old ramparts at sunset and look at the yachts in the harbour below.

Day trips

Antibes is on the coastal railway line, so several towns are an easy train ride away. A car or bus is better for the hill villages.

- A Cannes: about 15 to 20 minutes by train. It has a long beach promenade, the old quarter of Le Suquet and the film festival palace.
- B Nice: about 20 to 30 minutes by train. The city has a famous seafront promenade, a big old town and many museums.
- C Saint-Paul-de-Vence: about 25 to 40 minutes by car or bus. This walled hill village is known for its art galleries.
- D Grasse: about 45 to 60 minutes by bus or car. Grasse is the French perfume capital and has perfume museums and workshops.
- Biot: a short train or bus ride inland. This hill village is known for its glassworks, where you can watch glass being blown. The Fernand Léger museum is nearby.
- Vallauris: a short bus ride west. *Picasso* made ceramics here after 1946, and the town is still known for pottery.



Where to explore

- For the film festival city: Cannes.
- For the largest city on the coast: Nice.
- For a hill village with galleries: Saint-Paul-de-Vence.
- For perfume: Grasse.
- For a seaside village with a famous peninsula: Saint-Jean-Cap-Ferrat.

Getting there

- **By air**: Nice Côte d'Azur Airport (NCE) is about 20 km east and is the main gateway. The drive takes 20 to 40 minutes. Express bus line 82 runs from the airport to Antibes.
- **By train**: All trains stop at Antibes station, in the town centre. This includes fast trains from Paris and Lyon and regional trains along the coast. Only regional trains stop at Juan-les-Pins and Biot. Timetables: Zou! regional trains
- **By bus**: Regional buses link Antibes with Nice, Cannes, Grasse and Vallauris. The Antibes bus station is a few minutes' walk from the old town.

Getting around

- **On foot**: The old town, the port and the main beaches near the centre are all walkable. Juan-les-Pins and the Cap d'Antibes are further away.
- **Public transit**: The Envibus network serves Antibes, Juan-les-Pins and nearby towns. A single ticket costs €1.50 on the bus, or €1 at the bus station or in the Envibus app. A day pass is €3.50. Some city shuttle lines are free. Antibes Juan-les-Pins Tourism: buses, trains, bikes and taxis
- **By train**: Juan-les-Pins is one regional train stop from Antibes toward Cannes. This is the fastest way between the two.
- **Cycling**: The seafront and the Cap d'Antibes are mostly flat. Traffic is heavy in summer.

Getting around on foot & by bike

WALKABILITY

High

The old town, port and nearby beaches are close together and easy to walk. Juan-les-Pins and the Cap d'Antibes are further out.

CYCLING INFRASTRUCTURE

Moderate

The seafront and cape are mostly flat, but summer traffic is heavy.

Driving

- **Is a car worth it?**: Not for a stay in the old town and Juan-les-Pins. Parking is scarce and expensive in summer, and trains and buses are easy. A car helps for hill villages and the Cap d'Antibes.
- **Parking**: Use the underground car parks near the old town and the port. Street parking near beaches fills early in summer.
- **Traffic**: The coast road and the A8 motorway are slow in July and August, especially at weekends. Motorway exit 44 serves Antibes.
- **Cap d'Antibes**: Roads are narrow and busy. Walking or cycling is often easier than driving.

Food & drink

Antibes food is Provençal and Mediterranean. Look for fresh fish, olive oil, tomatoes, herbs and rosé wine. Local snacks include *socca*, a chickpea pancake, and *pissaladière*, an onion tart.

The Marché Provençal is the best place for local products. Small restaurants fill the narrow streets of the old town. Harbour-front terraces cost more and are often less good. Lunch menus (*formule*) cost less than dinner. Many restaurants close one or two days a week outside summer, so check before you go.

What to eat & drink

BREAKFAST

Croissant
Buttery, flaky laminated pastry and a classic French breakfast staple.

LUNCH

Ratatouille
A Provençal stewed vegetable dish of eggplant, zucchini, peppers, and tomatoes.

DINNER

Coq au Vin
Chicken braised slowly in red wine with mushrooms, onions, and lardons.

Beef Bourguignon · Bœuf Bourguignon
Beef stewed in red Burgundy wine with carrots, onions, and mushrooms.

Escargot · Escargots de Bourgogne
Snails cooked in garlic and parsley butter, a classic starter.

SNACKS & STREET FOOD

Baguette
Long, crusty white bread loaf bought fresh daily from the local boulangerie.

Cheese · Fromage
France produces hundreds of cheese varieties, often served as a course before dessert.

SWEETS & DESSERTS

Crepes · Crêpes
Thin pancakes served sweet with sugar or jam, or savory as galettes.

Macarons
Delicate almond meringue sandwich cookies in a range of flavors and colors.

DRINKS

Wine · Vin
France's wine regions, including Bordeaux, Burgundy, and Champagne, are among the world's most renowned.

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Safety & health

Antibes is safe for visitors. Pickpockets work in crowded places like the market, the station and busy beaches in summer, so keep bags closed. Do not leave valuables in a car or on the sand. Summer heat and strong sun are the main health risks, so carry water and use sun protection. Sections of the coastal path can be slippery. Wildfire notices can close paths in dry summers, so follow local signs.

History

Greek settlers from Marseille founded the town in ancient times and called it Antipolis, meaning "the city opposite". Nice was the city on the other side of the bay. Rome later took the town, and it became a bishop's seat. A church stood on the site of Cathédrale Notre-Dame-de-la-Platea from the 5th century.

In the 16th century the French king built Fort-Carré to guard the border. The military engineer *Vauban* strengthened the town defences in the 17th century. In 1926 the town bought Château Grimaldi, which later became the Picasso museum.

In the early 20th century, the quiet fishing and farming area around Juan-les-Pins became a fashionable summer resort. Writers and artists came here, and the American writers *F. Scott Fitzgerald* and *Zelda Fitzgerald* spent time on this coast in the 1920s.

Country facts

Quick practical facts for France at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY



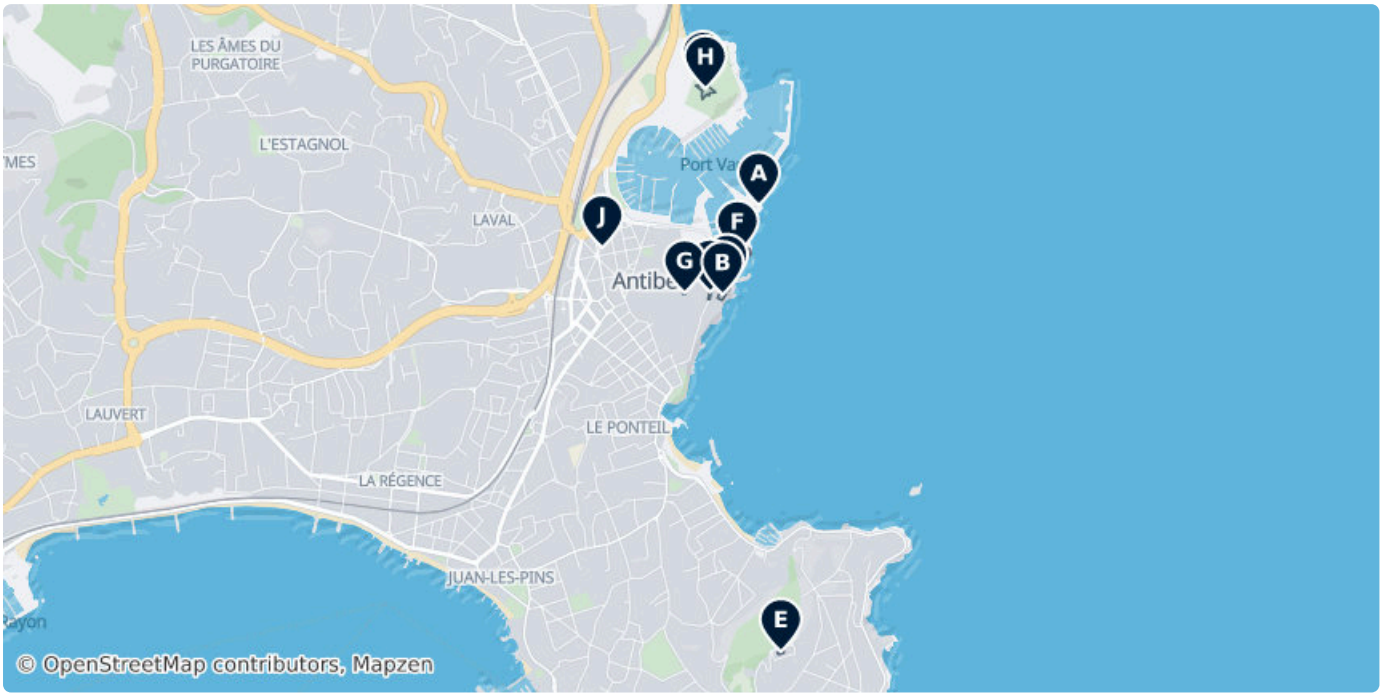
Type C / Type E
230 V · 50 Hz

LANGUAGES
French

TAP WATER
Safe to drink

Antibes Unmissables

Antibes blends ancient history with 20th-century art. The Picasso Museum, housed in the 14th-century Château Grimaldi, stands over the Greek foundations of Antipolis. The 16th-century Fort Carré offers a star-shaped bastion overlooking the harbor, while the Marché Provençal showcases local spices and produce. Artistic landmarks include Jaume Plensa's 'Le Nomade' sculpture and the Peynet Cartoon Museum. For relaxation, the sandy Plage de la Gravette and the sailor's chapel of Notre-Dame de la Garoupe provide views across the Mediterranean coastline.





A The Nomade

An interesting sculpture made of white metal letters was built by Catalan artist Jaume Plensa.

Quai des Milliardaires, 06600, France (43.58495, 7.13067)

Sep-May Tu–Su	10:00–18:00
Jun-Aug Tu–Su	10:00–23:00



B Picasso Museum

The Musée Picasso, formerly the Château Grimaldi at Antibes, is built upon the foundations of the ancient Greek town of Antipolis.

Place Mariejol, 06600 Antibes (43.58081, 7.12834)

Sep 16-Jun 14 Th–Su	10:00–12:00, 14:00–18:00
Jun 15-Jun 30 Tu–Su	10:00–18:00
Jul-Aug Tu–Su	10:00–18:00

antibes-juanlespins.com, +33 4 92 90 54 28



C Marché Provençal

A go-to spot for local products and fresh produce in the city. You can get fresh vegetables, fruit, meat, spices more here.

29 Cours Masséna, Antibes 06600, France
(43.58092, 7.12756)

Mo–Su 06:00–13:00



D Fort Carré

A 16th-century star-shaped military bastion built during the reign of Henry II and later reinforced by Vauban. It stands on the Saint-Roch peninsula, offering 360-degree views of the port and the Mediterranean.

Avenue du 11 Novembre, 06600 Antibes France
(43.59057, 7.12709)

antibesjuanlespins.com/en/art-et-cultu..., +33 4 92 90 52 13



E Église Notre-Dame de la Garoupe

This small chapel dedicated to sailors is enveloped by a peaceful atmosphere of the place and the beautiful panoramic view of the...

841 Route du Phare, Antibes 06160, France
(43.56424, 7.13208)



F Plage de la Gravette

An unusually sandy beach in this part of the country is a great place to relax as it is usually quite calm and the water is clear to swim...

10 Rampe des Saleurs, Antibes 06600, France
(43.58270, 7.12930)



G Peynet and Cartoon Museum

This small museum offers a nice selection of the cartoonist Peynet's work among other cartoonists displayed there.

23 Rue Sade, Antibes 06600, France (43.58088, 7.12591)

Mo–Su	14:00–18:00



H Fort Carré

See Stade du Fort Carré for the sports stadium.

70 Avenue du 11 Novembre, Antibes 06600, France (43.59036, 7.12725)

Sep 16-Jun 14 Tu–Su	10:00–16:30
Jun 15-Sep 15 Tu–Su	10:00–17:30



I Antibes Cathedral

Antibes Cathedral is a Roman Catholic church located in the town of Antibes on the French Riviera, France.

1 Rue Saint-Esprit, Antibes 06600, France (43.58115, 7.12862)



J Musée de la Carte Postale

A series of stories captured on real historical postcards are what lies hidden in this little gem of a museum.

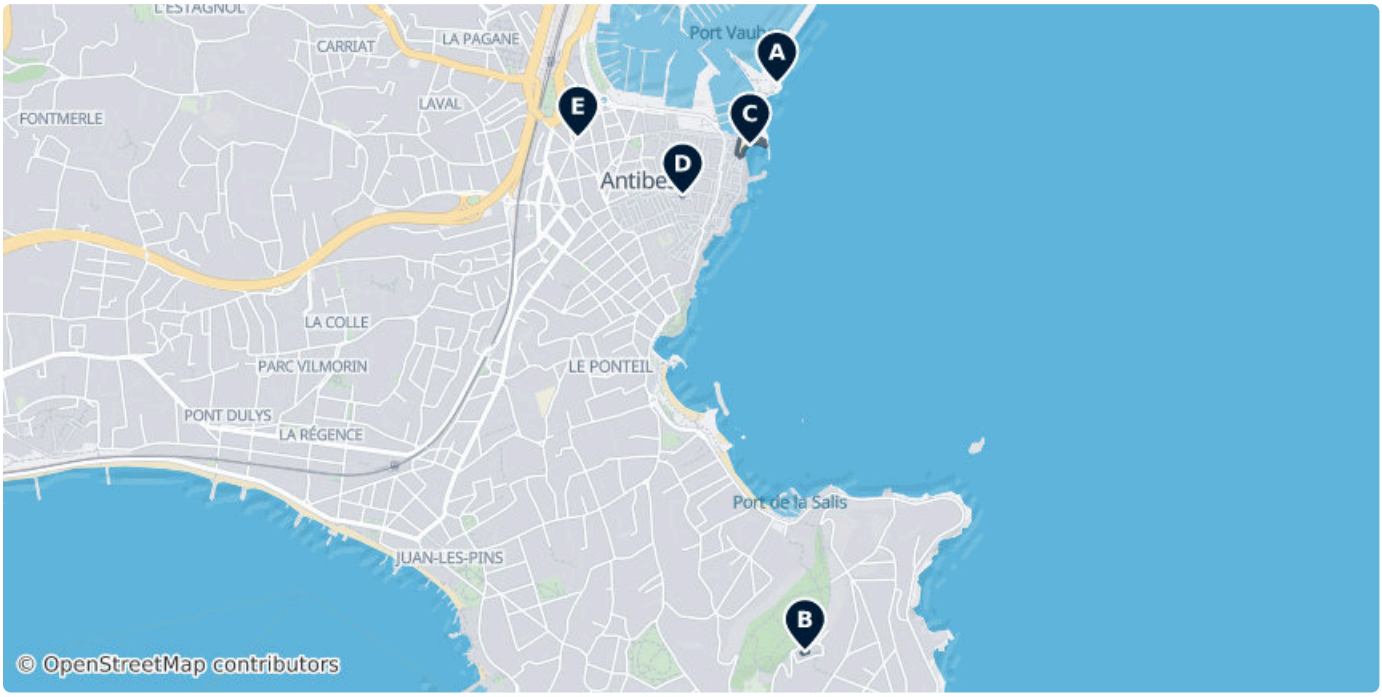
4Bis Avenue Tournelli, Antibes 06600, France (43.58298, 7.12063)

Tu–Su	14:00–18:00

museedelacartepostale.fr

Editor's Choice Selections

Antibes' curated selection features Jaume Plensa's "The Nomade," a monumental sculpture of white metal letters at the Bastion Saint-André. The Église Notre-Dame de la Garoupe offers a sanctuary for sailors with expansive views from the Cap d'Antibes. For relaxation, Plage de la Gravette provides a sheltered sandy cove near the old town harbor. Cultural highlights include the Peynet Museum, showcasing satirical and romantic illustrations, and the Musée de la Carte Postale, which preserves thousands of historical postcards documenting social history and regional evolution.





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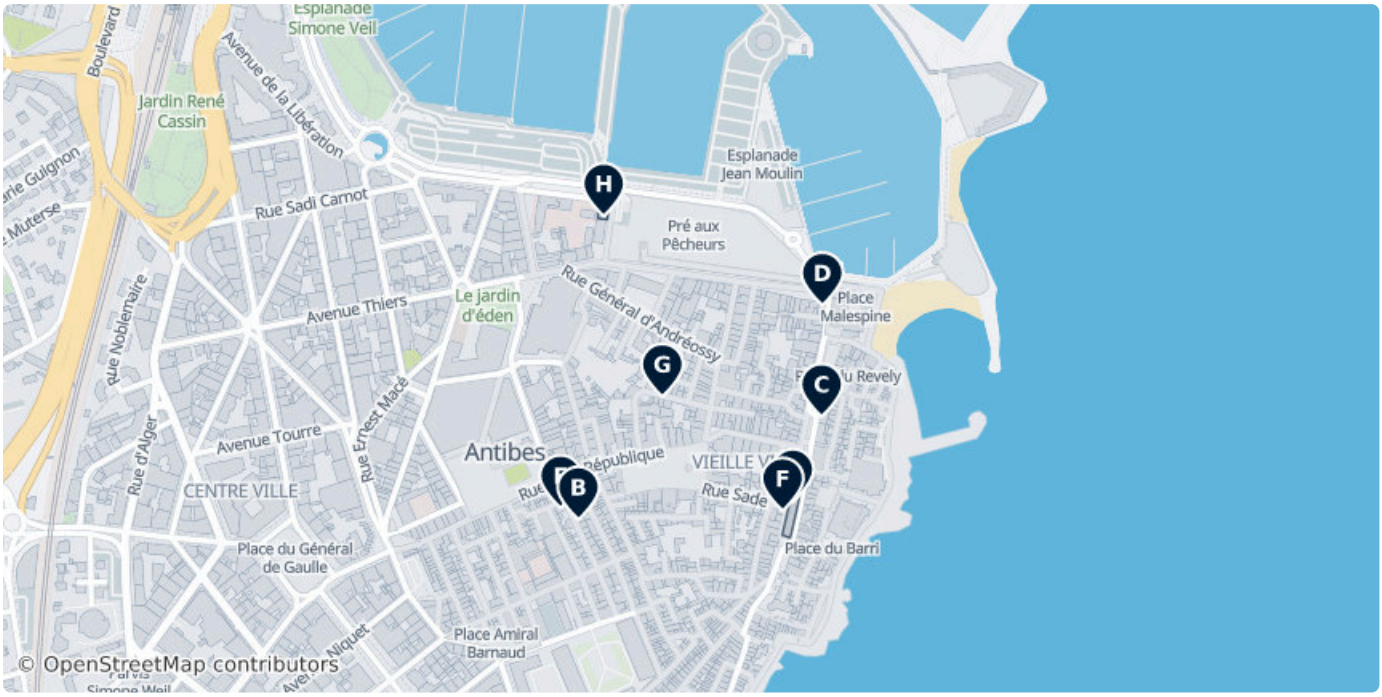
Tu–Su 14:00–18:00

museedelacartepostale.fr

Charming Hidden Gems

This collection highlights tucked-away spots in Antibes, from the vibrant Marché Provençal with its local spices and produce to the unique French-Asian fusion at La Cafetière Fêlée. Sample artisanal gelato at Gelateria del Porto or discover the subterranean Absinthe Bar hidden beneath a gift shop. For a quick bite, La Ferme au Foie Gras serves fresh sandwiches, while Choopy's offers homemade cupcakes. History buffs can explore the Musée de l'Ecole's vintage classrooms, and families can enjoy traditional pizza at Pomodoro's, tucked away from the main tourist trails.





A Marché Provençal

A go-to spot for local products and fresh produce in the city. You can get fresh vegetables, fruit, meat, spices more here.

29 Cours Masséna, Antibes 06600, France (43.58092, 7.12756)

Mo–Su	06:00–13:00

B La Cafetière Fêlée

This unconventional restaurant mixes French and Asian cuisines to create interesting and new flavors.

15 Rue du Marc, Antibes 06600, France (43.58075, 7.12468)

Mo	Closed
Tu	19:30–22:00
We–Sa	12:00–13:30, 19:30–22:00
Su	Closed

lacafetierefelee.com, +33 4 93 34 51 86

C Gelateria del Porto

This small ice-cream shop offers one of the best gelatos in all of France.

4 Rue Aubernon, Antibes 06600, France (43.58175, 7.12794)

Mo–Su	12:00–21:00

gelateriadelporto.com

D La Ferme au Foie Gras

An unassuming little place where they sell one of the best fresh sandwiches in this part of France.

35 Rue Aubernon, Antibes 06600, France (43.58283, 7.12795)

Tu–Su	08:00–19:00

vente-foie-gras.net

E Choopy's Cupcakes & Coffee-shop

A small hidden coffee place where you can have a small bite of something or one of their delicious cupcakes.

16 Rue Vial, Antibes 06600, France (43.58086, 7.12444)

Tu–Fr	09:00–18:00
Sa	10:00–18:00
Su	10:00–17:00

choopys.com

F Absinthe Bar

This small yet cozy bar is located below a gift shop located on one of the busiest squares in town.

1 Rue Sade, Antibes 06600, France (43.58083, 7.12742)

Mo–Su	10:00–20:00

G Pomodoro's

This little family restaurant might go unnoticed by most, but those who trust good recommendations are sure to pay a visit.

11 Rue du Migrainier, Antibes 06600, France (43.58194, 7.12581)

Mo	07:00–22:30
Tu	Closed
We–Su	07:00–22:30

H School Museum

A small unassuming museum hides a history of education and what schools once looked like.

18 Avenue de Verdun, 06600, France (43.58369, 7.12502)

Mo–Su	14:30–17:30

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