



## Unforgettable times

Hotels

Wellness and Beauty

Sport Activities

2012

[visitmonaco.com](http://visitmonaco.com)

PRINCIPALITY  
OF  MONACO

# Monaco. Alive.

Located between the Alps foothills and the Mediterranean Sea, the Principality of Monaco is becoming increasingly more appealing. Other than its ideally mild climate and exemplary dynamic economic situation, **a vast infrastructure of high-end hotels** welcomes the visitor, offering the bonus of **a wide choice of wellness centres and health spas**, as well

as the possibility of practising **a broad range of sport activities**.



# Revive.

*Relax. Take the time to intensely enjoy a place second-to-none, where every detail is carefully planned for your well-being, where everything comes together for you to feel well and in harmony with yourself. Snuggled in the comforts of your hotel, soothed by a body-care treatment or exalted by a sportive achievement, let yourself be gently carried away with the pleasure of it all. Take a deep breath. You feel great. You're in Monaco.*



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### Legend



Restaurant



Hotel Parking



Seaside View



Terrace or gardens



Swimming Pool



Bedrooms adapted  
for the disabled



Breakfast (starting at)



No Dogs Allowed



Price single room (starting at)



Price double room (starting at)



Wi-Fi Connection

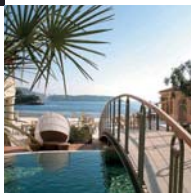


# Hotels

## **Have the assurance of an unforgettable stay.**

The Principality cultivates excellence in its hotel sector with five hotels classified as 5-star and four others as 4-star.

From dream-like luxury hotels vibrant with history, to the most recent avant-garde edifices, all architectural styles and decor are represented and associated under the same guiding line of quality. Throughout the Principality, around 2,500 guest rooms and suites offer the utmost in visitor comfort.





## Hôtel de Paris ★★★★★ (A)

Over a century old, a steadfast symbol of prestige, refined luxury and elegance, this sublime hotel, located on the famous Casino Square, blends the best of tradition with the most subtle modernity. Its 182 guest rooms, including 81 suites and junior suites, as well as two “Monte-Carlo Diamond Suites” are magnificently decorated and outfitted for your utmost comfort. Invaluable pieces of furniture, signature fabrics, no detail is left to chance.





In this exceptional universe, Fine Cuisine falls within the realm of Haute Couture: “Le Louis XV”, Alain Ducasse’s Mediterranean bastion, bears three Michelin guide stars since 1990; “Le Grill”, a restaurant with a panoramic view, “Le Côté Jardin” and the “Salle Empire” highlight the pure expression of their produce, offering Mediterranean cuisine which keeps to the essentials. Direct access to the Seawater spas.



### **HÔTEL DE PARIS**

*Place du Casino*

*Monte-Carlo*

*Tel. +377 98 06 30 00*

*Fax +377 98 06 59 56*

*[www.hoteldeparismontecarlo.com](http://www.hoteldeparismontecarlo.com)*



**Starting at €435**

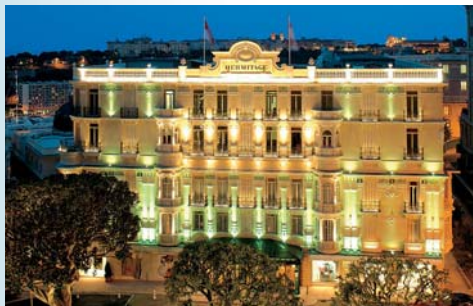
 **€38**

## Hôtel Hermitage ★★★★★ (B)

This Belle Époque era luxury hotel, listed as a historic monument and recently renovated, is a perfect mingling of classicism and modernity. With its façade of loggias and frescoes inspired by the Prince's Palace, the Hôtel Hermitage is one of the jewels of the Société des Bains de Mer's heritage properties. The 280 guest rooms, including 35 junior suites and the eight "Diamond Suites" of incomparable comfort, the magnificent view of the Monaco port and the famous



Monaco Rock, the winter garden designed by Eiffel, direct access to the Marine Spas, everything is designed for the visit of your dreams. Not to mention the restaurant, "Le Vistamar" (1 star in the Michelin Guide), offering an original gourmet cuisine concept orchestrated by Chef Joël Garault: "a fish, a vegetable and a precise cooking time".





### **HÔTEL HERMITAGE**

*Square Beaumarchais*

*Monte-Carlo*

*Tel. +377 98 06 40 00*

*Fax +377 98 06 59 70*

*[www.hotelhermitagemontecarlo.com](http://www.hotelhermitagemontecarlo.com)*



**Starting at €395**

**€34**



## Hôtel Métropole Monte-Carlo ★★★★★ ©

Situated in the heart of the famous Golden Circle – the ‘Carré d’Or’, the ‘Hôtel Métropole Monte-Carlo’ is both modern and authentic, with a welcoming ambiance, high-quality facilities and thoughtful service.

The 141 luxuriously appointed rooms and suites offer exceptional comfort and elegance.

The Hôtel Métropole is a ‘many-flavoured destination’. The Joël Robuchon Monte-Carlo Restaurant (2 stars in the Michelin Guide) serves sophisti-

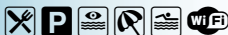




cated but accessible Mediterranean cuisine, which focuses on the quality of the produce. Yoshi, Joël Robuchon's first Japanese restaurant (1 star in the Michelin Guide) introduces the diner to the delicate flavours of a healthy, modern cuisine. To complete your experience, try the 'Métropole ESPA Monte-Carlo', the ultimate spot in the Principality for relaxing and recharging one's batteries (see p.38).



**HÔTEL MÉTROPOLE MONTE-CARLO**  
 4, avenue de la Madone  
 Monte-Carlo  
 Tel. +377 93 15 15 15  
 Fax +377 93 25 24 44  
[www.metropole.com](http://www.metropole.com)



**Starting at €360**

 €34

## Monte-Carlo Beach Hotel ★★★★★

A veritable legend of the 1930s, the Monte-Carlo Beach hotel was entirely redesigned to offer a resolutely modern living experience, tying the spirit of the Roaring Twenties on the Riviera with the well-protected intimacy of luxurious seaside vacationing and the latest decorative styles with the spirit of a timeless luxury hotel. Surrounded by a water sports club with a seawater swimming pool heated to 24°C, the hotel offers you a choice of 40 guest rooms and suites

with the sole view of the Mediterranean Sea and its horizon. And the gourmet cuisine is not to be outdone. The Elsa restaurant offers contemporary cuisine drawing its legitimacy from the culinary history of the French and Italian Riviera and from the excellence of tradition. Depending on the time and mood, you can choose between the relaxed atmosphere by the poolside on the Deck or the lush green of the Vigie terrace in a tête-à-tête with the Mediterranean, or yet, enjoy the chic and trendy setting of the Sea Lounge.







**MONTE-CARLO BEACH HOTEL**

*Avenue Princesse-Grace*

06190 Roquebrune-Cap-Martin

**Tel. +33 4 93 28 66 66**

**Fax +33 4 93 78 14 18**

[www.monte-carlo-beach.com](http://www.monte-carlo-beach.com)



 *Starting at €320*

 €33



## Fairmont Monte Carlo ★★★★★

The 'Fairmont Monte Carlo' enjoys a unique panoramic view of the blue-tinted horizon and the famous Monte-Carlo Casino as well as one of the best views of the Formula 1 circuit. Its 602 spacious, comfortable rooms and suites, each with its private terrace, brilliantly express the Riviera style. As far as gastronomy is concerned, the 'Argentin Monte Carlo' is a restaurant famous for over 30 years for the quality of its meat; the







'Horizon-Deck, Restaurant & Champagne Bar', with an uninterrupted view of the sea, serves elegant local Mediterranean food; 'Saphir 24', where the lounge and bar are open 24 /7, serves meals non-stop in

comfortable, relaxing, surroundings looking out to sea. Discover, too, the 900sq.m. 'Willow Stream' Spa (see p. 40).



**FAIRMONT MONTE CARLO**  
12, avenue des Spélugues

**Tel. +377 93 50 65 00**

**Fax +377 93 30 01 57**

[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)



 Starting at €279

 €18

## Le Méridien Beach Plaza ★★★★★ (F)

Located along the shores of the Mediterranean, the Méridien Beach Plaza is the only hotel in the Principality with a private beach.

Its 403 guest rooms boast a magnificent view of the sea and Monte-Carlo. More luxurious still, the Roof Top harbours spacious rooms, junior suites and suites from 50 to 100sq.m. offering personalised service.

The 12th floor of the two towers bears the 250sq.m. penthouse suites accessible

by private lift. You may have a bite to eat at any time at the Intempo restaurant-bar, open 24 hours per day.

During the summer months, the poolside Muse will serve you grilled meats, salads and tapas.

Located near the Grimaldi Forum cultural centre and congress hall, the Méridien Beach Plaza also provides a 3,000sq.m. conference centre, the Sea Club.





**LE MÉRIDIEN BEACH PLAZA**  
 22, avenue Princesse-Grace  
 Tel. +377 93 30 98 80  
 Fax +377 93 15 79 86  
[www.lemeridienmontecarlo.com](http://www.lemeridienmontecarlo.com)



**Starting at €229**



## Monte-Carlo Bay Hotel & Resort \*\*\*\*

The Monte-Carlo Bay Hotel & Resort, a spectacular resort with 334 guest rooms and suites, built on a peninsula with two hectares of gardens in an idyllic setting, is the most Californian of Principality hotels. Its four restaurants offer fine cuisine with a distinctly Mediterranean flavour, confirming the Principality's reputation for gourmet cuisine. With its three bars, a Cinq Mondes spa, sand-bed lagoon, inside pool, it offers a new approach for a legendary



destination, with a sense of airiness and relaxation. Finally, for your unforgettable evenings, you have the choice of the Casino, the spacious Blue Gin lounge or the famous Salle des Étoiles (Star Room), not to forget the well-known Jimmy's night club.





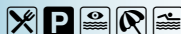
**MONTE-CARLO BAY HOTEL & RESORT**

40, avenue Princesse-Grace

Tel. +377 98 06 02 00

Fax +377 98 06 00 03

[www.montecarlobay.com](http://www.montecarlobay.com)



**Starting at €335**

 **€32**



## Port Palace ★★★★★

The Port Palace is located in the very heart of the Principality a few steps from the Casino. Its 50 spacious guest rooms (Superior, Deluxe, Grand Corner and Executive Suites) offer a breathtaking view of Port Hercules and the Monaco Rock. Each of the floors of this recent hotel, built in 2003, brings to mind a different theme (the sea, seashells, rock, sun and air). On the terrace of the hotel, the “Le Mandarin” restaurant with its panoramic





view, recently awarded a star by the Michelin guide, offers Mediterranean and international gourmet cuisine under the baton of Chef Patrick Raingeard.

To accompany these tasty dishes, the head sommelier will guide your choice from among the 20,000 bottles kept in the two wine cellars dug right out of the rock.



### **PORT PALACE**

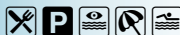
*Quai des États-Unis*

*7, avenue Président J.-F. Kennedy*

*Tel. +377 97 97 90 00*

*Fax +377 97 97 90 08*

*[www.portpalace.com](http://www.portpalace.com)*



**Starting at €365**

**€29**



## Hôtel Ambassador-Monaco ★★★ ⓘ

Located in the neighbourhood of La Condamine, near the train station, the hotel is at the crossroads of the Principality's major tourist sites: the Monaco Rock, the Prince's Palace and Hercules Port, where one can admire the biggest and most luxurious yachts and impressive cruise ships. The Hôtel Ambassador-Monaco has 35 sound-proof guest rooms and junior suites, each offering the utmost comfort, with



bathtub or shower, hair dryer, cable television, mini-bar, private safe, telephone with modem line as well as Wi-Fi connection. The all-new P&P restaurant, offers, among others, a large variety of pizzas and pasta in a modern, Pop Art style atmosphere.



### **HÔTEL AMBASSADOR-MONACO**

**10, avenue Prince-Pierre**

**Tel. +377 97 97 96 96**

**Fax +377 97 97 96 99**

**[www.ambassadormonaco.com](http://www.ambassadormonaco.com)**



**Starting at €160**

**€180**

**Included**



## Columbus Monte-Carlo \*\*\*

Located in the neighbourhood of Fontvieille, facing the Princess Grace Rose Garden, 200 metres from the heliport, 10 minutes from the Casino square and just a few steps away from the business sector, the Columbus Monte-Carlo blends refinement with design, in a relaxed atmosphere. The interior decoration, resolutely warm and contemporary, mixes noble and natural materials (wood, leather, linen, marble, slate and stone) and sugary tones (chocolate, coffee,

caramel and cream). Its 181 rooms and suites enjoy a view of the Mediterranean Sea, the 'Princesse Grace Roseraie' (Rose Garden) or the mountains and are all sound-proofed and air-conditioned. For your meals, the Brasserie is open every day and offers you seasonal cuisine with Mediterranean and Asian accents. Finally, you'll love the Bar Lounge with its creativity and choice of cocktails.



**COLUMBUS MONTE-CARLO**  
23, avenue des Papalins  
Tel. +377 92 05 90 00  
Fax +377 92 05 91 67  
[www.columbusmonaco.com](http://www.columbusmonaco.com)



 Starting at €135



## Novotel Monte-Carlo ★★★ (K)

The Novotel Monte-Carlo sits right in the heart of the Principality, just a few steps from the train station, Casino Square and the prestigious shops of the Carré d'Or and Grimaldi Forum. The 218 welcoming and contemporary guest rooms (including 11 suites) are veritable light-filled cocoons, perfect for relaxing. Some of the guest rooms provide individual balconies and one quarter of the rooms has a superb view of Monaco Rock and the sea.



“Les Grandes Ondes”, opens onto the gardens and swimming pool and offers contemporary cuisine with a Mediterranean touch. The more sports-minded will enjoy the fitness room and outside pool. For relaxing the muscles after exerted effort, two steam saunas are also available.



**NOVOTEL MONTE-CARLO**  
16, boulevard Princesse-Charlotte  
Tel. +377 99 99 83 00  
Fax +377 99 99 83 10  
[www.accor.com/www.novotel.com](http://www.accor.com/www.novotel.com)



Starting at €118

€17

## Hôtel Miramar \*\*\* ⓘ

Overlooking Port Hercules, the 11 small guest rooms of the Miramar, a small hotel on a human scale, offers a panoramic view of the port and the Prince's Palace. An ideal location for attending the Grand Prix Formula 1, admiring the exceptional yachts exhibited at the Monaco Yacht Show or the old sailing ship regattas during Classic Week. All rooms are air-conditioned with TV, have a direct telephone line,

wake-up call, shower, WC, hair dryer and a balcony. On the ground floor and on the hotel roof, a restaurant proposes both traditional and fusion cuisine. At the lounge bar, with a terrace offering a panoramic view, you can taste simple dishes during the day and tapas with wine or cocktails in the evening.



### HÔTEL MIRAMAR

1, avenue Président J.-F. Kennedy

Tel. +377 93 30 86 48

Fax +377 93 30 26 33

[www.miramarmonaco.com](http://www.miramarmonaco.com)



 Starting at €120

 Starting at €130

 €9

## Ni Hotel ★★★

Ideally located at the foot of the 'Rocher', in one of the old districts near the SNCF railway station and Monaco Port, this small hotel is run on modern lines combining unusual contemporary decoration and thoughtful family service. Its 17 guest rooms, including 2 large split-level apartments with kitchen, are equipped with the latest technology: LCD screen, DVD player, mini-bar, a safe, and a free internet connection.

In the evening, the Ni Bar invites you to enjoy a relaxing



drink among friends on the terrace with a sea view on fine days or else in the designer long bar in the Ni Hotel.



### NI HOTEL

1 bis, rue Grimaldi

Tel. +377 97 97 51 51

Fax +377 97 97 51 52

[www.nihotel-nibar.com](http://www.nihotel-nibar.com)



Starting at €120



Starting at €150



€13

## Hôtel de France \*\* (N)

Ideally located in the commercial district of La Condamine, ten minutes from the Prince's Palace and Monte-Carlo Casino, this charming little 26-room hotel with its gay, warm colours, will warmly welcome you. Each room, a blend of comfort and

modernity, is equipped with a bathroom with shower and WC, cable television, telephone and hair dryer. Lounge, bar and parking lot nearby.



### **HÔTEL DE FRANCE**

**6, rue de La Turbie**

**Tel. +377 93 30 24 64**

**Fax +377 92 16 13 34**

**[www.monte-carlo.mc/france](http://www.monte-carlo.mc/france)**



**Starting at €85**

**€10**

## Hôtel Le Versailles ★★

The Hôtel Le Versailles, located in the immediate vicinity of the Prince's Palace, Stadium, train station, just a few minutes from Port Hercules and the Casino, provides 15 renovated guest rooms with bathtub or shower, mini-bar, direct telephone line, television with foreign channels and Wi-Fi connection. A pleasant restaurant with terrace, proposes its French-Italian cuisine.



**HÔTEL LE VERSAILLES**  
 4, avenue Prince-Pierre  
 Tel. +377 93 50 79 34  
 Fax +377 93 25 53 64  
[www.monte-carlo.mc/versailles](http://www.monte-carlo.mc/versailles)



 Starting at €70

 Starting at €100

 €10

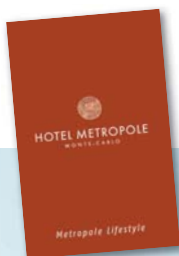


## Card

### 'Cercle Monte-Carlo'

Exclusive to 'Monte-Carlo SBM Resort' clients, the card is a passport to all the group's establishments. Its holders can take advantage of:

- Free admission to the Monte-Carlo Casino
- Free travel in the shuttles in the Resort (shuttles every 20 minutes)
- 50 % reduction on green fees at the Monte-Carlo Golf Club
- 50 % reduction on the entrance fee at the Monte-Carlo Country Club (23 tennis courts)
- The possibility of putting all one's expenditure in the 'Monte-Carlo SBM Resort' on the hotel bill.



### Métropole Lifestyle Card: a broad range of benefits!

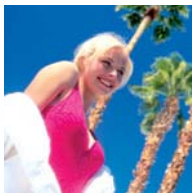
With the Métropole Lifestyle card, you can enjoy a range of benefits and personalised reception in the boutiques and with partnering firms of the Principality, carefully selected for you by the Hôtel Métropole Monte-Carlo.

This strictly personal card remains valid during your entire stay at the Hôtel Métropole Monte-Carlo.





# Wellness and Beauty



## **Monaco, a wellness destination par excellence.**

In line with its large hotel sector and exceptional geographic location, the Principality provides a considerable range of wellness and beauty centres. Near the renowned Thermes Marins de Monte-Carlo seawater spas, the major hotels offer their own tension-release and relaxation areas with spas, steam baths, Jacuzzis, seawater treatments, etc. A great variety of service provision is completed by the various beauty and hair salons located in town.

## Thermes Marins Monte-Carlo F4

### Exclusive programmes for keeping healthy

Beauty, preventive health... never has a centre made as much use of technology to provide efficient and long-lasting treatments. Today ranked among the top ten centres of excellence, the 'Thermes Marins Monte-Carlo' provides tailor-made programmes, in-depth treatments and maximum efficiency. The aim is Regeneration – Yours.



### The art of relaxing and feeling calm

Exceptional surroundings: 6600sq.m. of buildings bathed in light and facing the sea. A totally professional team and a wide choice of treatments suited to your needs: treatments with marine-based products, tailor-made Monte-Carlo massage, Monte-Carlo massage with 100% organic Argan Oil, Monte-Carlo combined bio-energetic treatment, cocooning days... without forgetting the fitness centre, beauty salon, hairdressing salon and shop. The Hironde restaurant serves a cuisine based on sustainable food production, health and dietetics.

### The beauty centre at 'Thermes Marins Monte-Carlo'

Beauty has an influence on fitness and mood; it encourages positive thinking. For this

reason, the 'Thermes Marins Monte-Carlo' honours and gives it a special place: a customized programme, listening to the client, paying attention. In an area bathed in light, there are six cubicles, three of them with a view of the sea, a UVA cubicle, innovative treatments and brands of beauty treatments which are points of reference such as La Prairie, Beauty by Clinica Ivo Pitanguy (with treatments exclusively offered at 'Thermes Marins Monte-Carlo') and Kéraskin. Each one has its own range of treatments for men and women, body and face. The hairdressing salon offers customized treatments by Kerastase.



**THERMES MARINS MONTE-CARLO**  
 2, avenue de Monte-Carlo  
 Tel. +377 98 06 69 00  
 Fax +377 98 06 26 26  
[www.montecarlothalasso.com](http://www.montecarlothalasso.com)

*Open every day  
 from 8 am to 8 pm.  
 Beauty Centre from 10 am to 7 pm.*



## Monte Carlo Beach Spa **M4**

The Monte Carlo Beach Spa draws its inspiration from the harmony of the Monte Carlo Beach in terms of architecture and atmosphere. A place of wellness for moments of total fulfilment: massages, beauty care, relaxation, an entire programme for your unforgettable trip, with 80sq.m. of space dedicated to wellness: 3 massage rooms, a steam sauna, La Prairie beauty care products and programme.





The perfect expression  
of know-how signed  
by Thermes Marins  
Monte-Carlo!



**MONTE CARLO BEACH HOTEL**  
*Avenue Princesse-Grace*  
*06190 Roquebrune-Cap-Martin*  
*Tel. +377 98 06 51 05*  
*[www.monte-carlo-beach.com](http://www.monte-carlo-beach.com)*

*Open from March to 31 October*  
*10 am to 7 pm except in July &*  
*August, open from 10 am to 8 pm.*  
*Closed on Tuesdays, except*  
*July & August, open 7/7.*

## The Cinq Mondes Spa at the Monte-Carlo Bay **M3**

Tradition, beauty, authenticity, it's around such values that the Monte-Carlo Bay Hotel & Resort very naturally allied with the know-how of the Cinq Mondes spas, to invite you to experience a unique journey of the senses. The suggestive names of the beauty treatments whisk you away to such places as Japan,

Siam, Brazil, Bali, to the Maghreb countries... Whatever your mood of the moment, discover the benefits of an aromatic Japanese bath with flowers, essential oils and relaxing flower petals, a purifying wrap with "Rassoul crème" (traditional Moroccan recipe), a "Papaya Puree" radiance scrub or a Ko Bi Do youth ritual, a specific anti-wrinkle treatment, through an ancestral Japanese massage.





**MONTE-CARLO BAY  
HOTEL & RESORT**  
40, avenue Princesse-Grace  
Tel. +377 98 06 01 80  
[www.montecarlobay.com](http://www.montecarlobay.com)

*Open every day 10 am to 7 pm  
(10 am to 8 pm in summer)  
Fitness Centre open 7 am to 8 pm.*

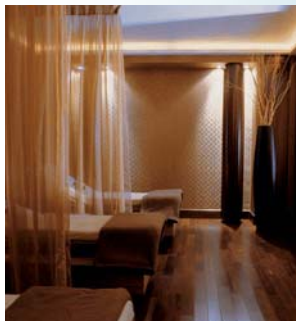
## Métropole ESPA Monte-Carlo **G3**

Enter the well-being world of the 'Hôtel Métropole Monte-Carlo' for a unique experience. In surroundings of ultimate luxury, you can take time out in a calm, peaceful ambiance to enjoy some precious moments of privacy and relaxation. Blending modern techniques and ancestral therapies from all over the world, the aim of ESPA beauty treatments is to give each person outstanding and unforgettable moments. This expertise,

combined with scientific advances in natural skin products, allows ESPA beauty treatments to offer a completely individualized programme with remarkable results.







**METROPOLE ESPA**  
**MONTE-CARLO**  
4, avenue de la Madone  
Tel. +377 93 15 13 70  
[www.metropole.com](http://www.metropole.com)

*Open Monday to Saturday  
7 am to 9 pm, Sundays and holidays  
8 am to 8 pm.*



## Spa Willow Stream **G4**

Inspired by its unique position on the Mediterranean, the Willow Stream Spa at the Fairmont Monte Carlo, supplies radiant energy and the power of sea spray through its rich compositions, colour and eternal marine beauty. Bathed in natural light, this 900 sq.m. spa has 8 private areas dedicated to multi-function vapour showers (rain effect, chromotherapy and aromatherapy), single or double Jacuzzi in the suites,





as well as a Nail Spa (manicure and pedicure). A professional team is on hand to make sure you receive treatments based on natural, authentic ingredients selected from all over the world, which will bring you energy and vitality. At lunchtime, Bento Boxes are served while you relax for a moment in the lounges for men and women. Result:

external beauty and internal health.

The Willow Stream Spa can be hired for private functions for half-a-day or a whole day with a personalized choice of treatments.



**FAIRMONT**  
**MONTE CARLO**  
 12, avenue des Spélugues  
 Tel. +377 93 50 66 00  
[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)

*Open every day  
 from 9 am to 9 pm.*

## Fleur de Peau at the Port Palace E3

At the Port Palace, relaxation is total for massage-lovers. You have a choice between various options: a four-handed massage or simultaneously as a couple or yet a massage course with a professional instructor. Sauna, steam bath, fitness room and even some precious dietary advice is at your disposal.

### *Port Palace*

*7, av. du Président J.-F. Kennedy*

*Tel. +377 97 97 90 00*

*Fax +377 97 97 90 08*

*www.portpalace.com*



## Carol Joy London Spa B5

Face, scalp treatment, coiffure, manicure, pedicure, body care, false eyelashes, waxing, make-up. Open Monday to Saturday from 10 am to 7 pm.

### *Carol Joy London Spa*

*32-34, quai Jean-Charles Rey*

*Tel. +377 93 30 15 06*

*Fax +377 93 25 01 07*

## Beauty Care Centres and Marine Spas **F4**

The “Thermes Marins” seawater spas celebrate beauty by reserving a special area for beauty care, with personalised treatment, attentive listening and particular attention offered in an area bathed in light. Six treatment rooms, three of which offer a sea view, a tanning booth and innovative beauty care are at your fingertips. Other than classical body and facial care, with a broad range of La Prairie products, an after-sun treatment is

specifically destined for those who have been exposed to intensive sunrays. The accent is placed on hydrating, regenerating and relaxing in a programme designed for repairing and offsetting the effects of the sun and sea. The hairdressing salon offers personalised Keraskin care rituals.

Open every day from 10am to 7pm.

***Les Thermes Marins  
de Monte-Carlo***

***Tel. +377 98 06 69 00***

***Fax +377 98 06 69 69***

***[www.montecarlothalasso.com](http://www.montecarlothalasso.com)***

## Fragrance Institute and Perfumery **G4**

Classical facial and body care, relaxing massages, Swedish, sportive, drainage or Ayurvedic massages, reflexology, specific treatment for weight loss and firming, wraps, Oriental wax, eyelash perms, false nails...

Open Monday to Saturday from 9:30am to 8pm.  
Sundays on appointment.



***Fairmont Monte Carlo***

***12, avenue des Spélugues***

***Tel. +377 93 15 93 96***

***Fax +377 93 50 82 52***

***[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)***

***Le Saint-André***

***20, boulevard de Suisse***

***Tel. +377 93 25 04 95***

***Fax +377 93 25 31 75***



### **Beauty Angels D2**

Beauty Centre, treatments for face, body and slimming, LPG Cellu M6 Integral, Cryolift, Proellixe, Outliner ML 36... Open Monday to Saturday from 9am to 7pm.

*23, rue Grimaldi*

*Tel. +377 93 30 14 10*

*www.beautyangels.mc*

### **Daniela Steiner Beauty Spa G3**

Microderma, peeling, abrasion, face and body treatments, manicure, pedicure, U.V., hair removal, massages, shiatsu and other classic beauty treatments using Daniela Steiner products. Open Monday to Saturday from 9am to 7pm.

*1, av. de Grande-Bretagne*

*Tel. +377 97 77 13 66*

*www.steiner cosmetics.com*

### **Carol Joy London G4**

Hairdressing Salon: scalp treatment, hairdressing, manicure, pedicure, waxing, make-up.

Open Monday from 2pm to 7pm and Tuesday to Saturday from 9am to 7pm.

*Fairmont Monte Carlo*

*12, av. des Spélugues, niveau 1*

*Tel. +377 93 30 80 21*

*Fax +377 97 97 63 70*

*www.caroljoylondon.uk*

### **Cristal Esthétique B4**

U.V., modelling, permanent make-up, nail gel, hair removal by laser light and classic beauty treatments for body and face. Open Monday to Saturday from 9am to 7:30pm.

*8, avenue des Papalins*

*Tel. +377 92 05 25 17*

**Dessange Paris F3**

The hairdressing salon presents 'Women's Portraits'.

Using oil-based colours; from ash blonde to shimmering brunette, transformed by light and worked by hand without chemicals; specializing in natural extensions and straightening. Whether formally or informally arranged, the hairstyle is Dessange. For the Institute: treatments from the four corners of the world and products yet more natural.

Open Monday 10am to 7pm and Tuesday to Saturday 9am to 7pm.

**24, avenue de la Costa**  
**Tel. +377 97 77 02 02**

**Éric Stipa E2**

After an in-depth, customized, diagnosis, cutting techniques are carefully chosen with exclusive Eric Stipa hair pieces, hairdressing and brushing.

For your comfort and relaxation, a full range of body sculpting, whether Swedish, Ayurvedic or with wax, drainage massages for eliminating toxins as well as all classical forms of treatment: hand care, foot care.

Open Monday from 9am to 6pm and Tuesday to Saturday from 9am to 7pm.

**57, rue Grimaldi**  
**Tel. +377 93 50 92 29**

**Eric Zemmour G2**

Coiffure and hair care room with the Japanese "Shu Uemura Art of Hair" line. Beauty parlour: facial and body treatment, waxing, hand and foot care, massages...

Open Monday from 9am to 6pm and Tuesday to Saturday from 9am to 7pm.

**6, boulevard des Moulins**  
**Tel. +377 97 70 01 91**  
**[www.ericzemmour.com](http://www.ericzemmour.com)**

**Esthé Coach F3**

Intense Pulsed Light (IPL) hair removal, waxing, LPG, Vela Smooth, Supersonic Cavitation, Mesotherapy, Bipolar Radiofrequency, sports coaching, facial treatment, Microdermabrasion, Aquarejuvenation, LEDS, Mineral Make-up, Dermo-graphics, hand care ("Biogel"), foot care, Skinceuticals, Dermalogica, Environ, Jane Iredale product lines. Open Monday to Saturday from 9am to 7:30pm.

**Park Palace**

**27, avenue de la Costa**

**Tel. +377 97 98 18 58**

***www.esthecoach.fr***

**L'Institut de Charlotte G3**

This bubble of wellness offers all the facial and body care you need with the organic "Les Fermes de Marie" line of products, vacuomobilisation, massages, hair removal, solarium, "Biogel" manicure, pedicure and personalized weight loss treatment. Open Monday to Saturday from 9am to 7pm.

**20, boulevard Princesse-Charlotte**

**Tel. +377 97 70 43 63**

**Loft Institut F3**

Facial and body treatment, relaxing massages, Oriental-style hair removal.

Open Monday to Saturday from 9am to 7pm.

**1, avenue Henry-Dunant**

**Tel. +377 93 50 12 76**

**Margy's Monte Carlo G3**

Housed in the prestigious Métropole Gallerie for over 20 years, the beauty parlour invites you to discover a unique treatment experience: facial care, innovative laser treatment, personalised massages from around the world.

Open Monday to Saturday from 10am to 7:30pm.

**Galerie du Métropole - Level 1**

**17, avenue des Spélugues**

**Tel. +377 93 30 15 05**

**Fax +377 93 30 71 44**

***www.margys.com***





### **Menard Institute Monte Carlo G2**

Quality treatment in a refined, Zen atmosphere, combining traditional gestures and the use of exceptional products. Backed by 50 years of Japanese experience, each of the Menard treatments is a unique sensorial adventure for relaxing in elegance. Open Tuesday to Saturday from 10am to 7pm.

**5, avenue Saint-Michel**  
**Tel. +377 93 25 04 70**  
**[www.menard.fr](http://www.menard.fr)**

### **Nail Tech H2**

A full range of beauty care Carita: manicure, foot spa, waxing, body sculpting, LPG Cellu M6. Open Monday to Friday from 9am to 7pm and Saturday from 10am to 6pm.

**12, avenue Saint-Laurent**  
**Tel. +377 97 70 47 45**  
**[www.nailtech.mc](http://www.nailtech.mc)**

### **New Look C3**

Coiffure, beauty care, false nails, solarium, hair extensions, M6 Cellu. Open Tuesday to Saturday from 9am to 7pm.

**8, avenue Prince-Pierre**  
**Tel. +377 93 30 35 30**

### **Odysée 2003 D3**

Hair salon, classical beauty care, false nails, eyelash extension and dermo-pigmentation. Creative jewellery. Open Monday to Saturday from 9am to 7pm.

**15, rue Princesse-Caroline**  
**Tel. +377 97 77 56 46**

### **Pascal Coste F2**

Hair salon. Manicure, pedicure. Open Monday to Saturday from 9am to 7pm.

**15, avenue Saint-Michel**  
**Tel. +377 93 50 29 70**



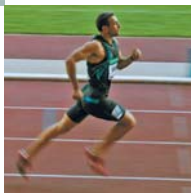


# Sport Activities

## **A commitment to sport: a dominant trait of the Principality.**

In line with its international renown for sport, Monaco ably acquired state-of-the-art infrastructure and equipment for fostering sport in its most varied forms.

The immediate vicinity of sea and mountain provides a vast range of activities, water sports on one side, hiking and winter sports on the other.



## Fitness Willow

### Stream G4

Ideal for recharging one's batteries and taking care of one's body in idyllic surroundings, this fitness centre is fitted out with modern, sophisticated Technogym equipment and picture windows that let in maximum natural light. On the menu: aerobics, stretching and yoga, hammam and sauna. Personalized lessons possible with experienced sports coaches.



Open every day from 6:30 am to 10 pm.

**Fairmont Monte Carlo**  
 12, avenue des Spélugues  
 Tel. +377 93 50 65 00  
[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)



## Fitness at the Thermes Marins F4

The Thermes Marins seawater spas provide a vast Aqua-fitness area dedicated to shaping the body, with a room filled with state-of-the-art Technogym equipment, and a view of the sea, a seawater pool heated at 29°C which opens onto solarium bursting with light, a steam bath, dry saunas and cardio fitness. Open every day from 7 am to 9 pm.

**Les Thermes Marins  
 de Monte-Carlo**  
 2, avenue de Monte-Carlo  
 Tel. +377 98 06 69 20  
[www.montecarlothalasso.com](http://www.montecarlothalasso.com)

### Larvotto Gym Center K3

20 cardio-training machines and 20 weight-lifting machines. Group classes for yoga, Pilates exercises, Spinning bikes, two Power Plates and a sauna in the locker rooms.

Open Monday to Friday  
7 am to 9:30 pm and  
Saturday & Sunday 9 am  
to 6 pm.

*Plage du Larvotto*

*Tel. +377 97 98 15 93*

*Fax +377 97 98 15 94*

*[www.larvottogymcenter.com](http://www.larvottogymcenter.com)*

### Le Sea Club Spa & Fitness L3

The two levels of the Sea Club Spa & Fitness health spa of the Méri­dien Beach Plaza Hotel offers Technogym equipment, an inside pool heated at 30°C, open all year round, a cardio-training and weights room with ultra modern equipment, saunas, gym and aqua-gym classes. Open every day from 6:30 am to 10:30 pm.

*Le Méri­dien Beach Plaza*

*22, avenue Princesse-Grace*

*Tel. +377 93 15 78 67*

*[www.lemeridien.com/montecarlo](http://www.lemeridien.com/montecarlo)*



### **My Fitness at the Port Palace E3**

The Port Palace provides a room where you can practise your relaxation exercises: yoga, stretching or muscle development.

Possibility to have a coach upon request.

Open every day from 9 am to 9 pm.

#### **Port Palace**

**7, av. du Président J.-F. Kennedy**

**Tel. +377 97 97 90 00**

**Fax +377 97 97 90 08**

**[www.portpalace.com](http://www.portpalace.com)**

### **Monaco Fitness Center D3**

Muscle development classes, cardio-training room, fitness classes. Beauty care and massages.

Open Monday to Friday 8 am to 9 pm and Saturday 10 am to 6 pm.

#### **Stade Nautique Rainier-III**

**Quai Albert-1<sup>er</sup>**

**Tel. +377 93 30 23 35**



### **Monte-Carlo Gym G2**

Muscle development and cardio-training centre.

Eight group gym classes daily: stretching, Pilates exercises, Spinning bikes, body sculpt, abs & buttocks.

Open all year, excepting holidays, from Monday to Friday 9 am to 9 pm. Saturday and Sunday mornings 9:45 am to 12 pm.

#### **Le Montaigne, niveau 2**

**6, boulevard des Moulins**

**Tel./fax +377 93 25 85 58**

**[www.montecarlogym.com](http://www.montecarlogym.com)**



### Monte-Carlo Golf Club **K1**

Located at an altitude of 800 metres, the Mont Agel golf course offers you a breathtaking panoramic view of the Principality.

An 18-hole, 71-par course.

A maximum 35 handicap is required for reserving a tee time. Restaurant open at noon every day except Monday. The bar is open every day. Boutique and equipment rental.

***Route du Mont-Agel***

***06320 La Turbie***

***Tel. +33 4 92 41 50 70***

### 18-Hole Miniature Golf **C2**

To relax with your family, the young and the not-so-young will just love this miniature 18-hole golf course located in the Princesse Antoinette Park. From 9 am to 7 pm from 1 May to 30 September, from 8:30 am to midnight from 1st to 31 October and 1st to 30 April, from 8:30 am to 10 pm at the latest from 1st November to 31 March. Closed on Mondays (except during school vacation). Accessible as of 6 years of age.

***Parc Princesse-Antoinette***

***54 bis, bd du Jardin-Exotique***

***Tel. +377 93 30 63 87***

***[www.monaco-mairie.mc](http://www.monaco-mairie.mc)***

**Jogging Trails H3 > L3**

Overlooking Princesse Grace Avenue and running along the coast, a 1.3-km waymarked jogging trail with flexible pavement, will enable you to stay in shape.

**Fitness Trail B2 > C2**

Near the Jardin Exotique, in a 6,600sq.m. olive grove, a 2.5-km fitness trail with twenty exercise equipment stations along the way is at your disposal. Free access and open every day.

**Bicycle Path M3**

Stretching over 2.5 km (there and back) the path runs along the Principality coast, from the Portier district to the Monte-Carlo Bay Hotel.





### **Piscine Saint-Charles H2**

Swimming Pool supervised by licensed Life-guards. Fresh water heated to between 28 & 30°C. Pool basin size: 18x12m. Sports room also available. Open all year, except August and between Christmas and New Year's Day:  
 Monday 1:30 pm to 5:30 pm,  
 Tuesday 11 am to 5:30 pm,  
 Wednesday 9 am to 12:30 pm and 4:30 pm to 9 pm,  
 Thursday 10 am to 5:30 pm,  
 Friday 12 pm to 3 pm,  
 Saturday 1 pm to 5 pm,  
 Sunday 8:30 am to 4 pm.

**7, avenue Saint-Charles**  
**Tel. +377 92 16 04 22**  
**[www.mairie-monaco.mc](http://www.mairie-monaco.mc)**

### **Stade Nautique Rainier-III D3**

Olympic swimming stadium with 3,000 m<sup>3</sup> of treated seawater, heated to 26°C. Basin size: 50x25m, with a 45m-long toboggan and 5m-high diving board. Supervised by licensed Life-guards.  
 Opening periods 2012 from April 28th to October 14th except Mondays.  
 Open 9 am to 6 pm until June 10th, 9 am to 8 pm from June 11th to September 11th, 9 am to 6 pm until October 16th. The Stade Nautique Rainier-III is transformed into a skating rink from beginning December to end February.

**Quai Albert-1<sup>er</sup>**  
**Tel. +377 93 30 64 83**

### **Piscine Olympique Prince Albert II B4**

Supervised Olympic swimming pool. Open Monday, Tuesday, Thursday, Friday 7:15 am to 2:30 pm, Saturday 1 pm to 6 pm and Sunday 8 am to 1:15 pm. Closed on Wednesdays and the month of August.

**Stade Louis-II**

**Tel. +377 92 05 42 13**

### **Monte-Carlo Beach Pool M4**

A seawater Olympic pool – heated, with ozone filter – glass mosaic, depth between 0.80m and 3.50m, with two diving boards for acrobatic dive enthusiasts. Not far, by the seaside, a children's pool is supervised by life-guards. A fine sand beach with beach huts will please those who love lazing about or swimming in the blue waters of the Mediterranean.

The swimming complex is open from May to October, every day from 9 am to 6 pm and until 7 pm in peak season.

**Monte Carlo Beach**

**Av. Princesse-Grace - Saint-Roman  
06190 Roquebrune-Cap-Martin**

**Tel. +377 98 06 54 54**

### **Méridien Beach Plaza Pool L3**

See details under "Fitness".

### **Fairmont Monte Carlo Pool & Solarium G4**

The expanse of the new heated swimming pool on the roof was re-designed for combining a contemporary touch drawing on the extraordinary view of the Mediterranean, the famous hairpin turn of the Formula 1 circuit and the legendary Monte-Carlo Opera.

Pool heated all year at 30°C.

Solarium. Bar.

Open every day from 6:30 am to 10 pm.

**Fairmont Monte Carlo**

**12, avenue des Spélugues**

**Tel. +377 93 50 65 00**

**[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)**

### **Monte-Carlo Bay Pools M3**

The Monte-Carlo Bay Hotel & Resort bears a magnificent lagoon with cascades, Jacuzzis and vast solarium-terraces. A veritable innovation and a first in Europe, this bright sand-bed lagoon is a place which leaves you floating on air,



a place for fun and relaxation. In winter, you can enjoy the covered pool, which extends into an overflowing outside pool, heated all year at 28°C with Jacuzzi, steam bath, fitness room. Open all year.

**Monte Carlo Bay Hotel & Resort**  
40, avenue Princesse-Grace  
Tel. +377 98 06 01 80

### **Larvotto beach K3**

Public beach. Supervised by the Maritime & Airport Police Division from mid-May to mid-September. Public change rooms accessible every day from 9 am to 7 pm.

**Plage du Larvotto**  
Avenue Princesse-Grace  
Tel. +377 93 30 63 84  
[www.monaco-mairie.mc](http://www.monaco-mairie.mc)

### **“Handiplage” (handicap beach access area) in Larvotto K3**

This site is accessible to disabled persons from 10 to 90 years of age, free of charge. They can easily access the beach in wheelchairs, in particular electric wheelchairs, directly from the public parking lots outfitted to this effect. The persons are accompanied as soon as they arrive on the beach. They're led to the pier on the Larvotto beach. They receive handling as per their request, for purposes of being placed in the water or for using one of the three all-terrain chairs placed at their disposal. They're accompanied until they return to their wheel chairs after a dip in the sea. From end June to beginning September, every day from 10 am to 5 pm.

**Plage du Larvotto**  
Avenue Princesse-Grace  
Tel. +33 4 93 78 50 22  
[www.monaco-mairie.mc](http://www.monaco-mairie.mc)



### Monte-Carlo Beach Club **M4**

As of the very first rays of the sun, the Monte-Carlo Beach Club offers all types of water sports: wake-board, fly-fish, donuts, water ski, parasail or jet-ski.

**Monte-Carlo Beach Hotel**  
**Av. Princesse-Grace - Saint-Roman**  
**06190 Roquebrune-Cap-Martin**  
**Tel. +33 4 93 28 66 66**  
**Fax +33 4 93 78 14 18**

### L'École Bleue, Académie de la Mer **K3**

Under the control of freediving world champion Pierre Frolla, the Ecole Bleue enables children – as of age 8 – and beginner divers to discover the underwater fauna and flora of the Mediterranean and create awareness regarding environmental protection.

**Local AMAMM**  
**Esplanade du Larvotto**  
**Avenue Princesse-Grace**  
**Tel. 06 78 63 50 52**  
**[www.ecolebleue-monaco.com](http://www.ecolebleue-monaco.com)**





### **Club d'exploration sous-marine de Monaco (underwater exploration club) B4**

Located at the entrance of the Port de Fontvieille, this diving club has you discover the marvels of the local underwater world. The Club is open every day from May to end October 8:30am to 5pm.

The rest of the year, you can dive on Saturday, Sunday and Monday mornings (minimum 3 divers per outing).

**Cale de halage - Port de Fontvieille**  
Tel. +377 99 99 99 60 or 06 78 63 04 24  
[www.cesmm.com](http://www.cesmm.com)

**Booking:**

[communication-cesmm@monaco.mc](mailto:communication-cesmm@monaco.mc)

### **Ski Vol K3**

As of the first week of June and until end September, Ski Vol offers you a broad range of water sports activities: sea scooters, parasailing, tubing (torpedo, fly-fish, sonar), water skiing, wakeboard. Open from 9am in July & August and from 10am in June & September.

**Plage du Larvotto**

**Avenue Princesse-Grace**

Tel. 06 98 73 59 60 or 06 62 08 69 47  
or 06 62 12 27 85

[www.skivol.net](http://www.skivol.net)

### **Société Nautique de Monaco E3**

Rowing club for youths and adults, Saturday mornings at 9:30.

Group or individual classes. Outings accompanied by experienced oarsmen.

Rowing for company or institutional seminars in the Bay of Monaco or on Saint Cassien Lake.

**3, av. du Président J.-F. Kennedy**

Tel. +377 92 16 03 03

[www.aviron-monaco.com](http://www.aviron-monaco.com)



## Monte-Carlo Country Club **M3**

Set in a magnificent spot, over a 33,400 sq.m. stretch of stunning scenery, facing the Mediterranean Sea, the Monte-Carlo Country Club offers you a multitude of activities. The 21 clay courts, two of which are covered and nine lit, can be used all year round. It's possible to reserve on site for short-term visitors. Also at your disposal, a squash court, a 170 sq.m. fitness room equipped with thirty ultra modern machines, sauna, Jacuzzi, with massages by a physiotherapist and a 25 m

heated pool equipped with whirlpool bath, cascades and a counter-current swimming concept.

Open Monday to Sunday  
8 am to 8:30 pm (9 pm in summer). Swimming Pool open in May and September 10 am to 6 pm and June to end August 10 am to 7 pm.

**155, avenue Princesse-Grace  
Saint-Roman**

**06190 Roquebrune-Cap-Martin**

**Tel. +33 4 93 41 30 15**

**Fax +33 4 93 78 95 02**

**[www.mccc.mc](http://www.mccc.mc)**



### Monaco Tennis-Club

Four clay courts and one mini-court. Weights room and restaurant.

Open every day 8 am to 8:30 pm.

*5, av. Prince-Rainier-III-de-Monaco  
06320 Cap-d'Ail  
Tel. +33 4 92 15 16 92*

### Sunshine Yoga M3

Within the Monte-Carlo Bay Cinq Mondes Spa, all sorts of yoga practises: gentle hatha yoga, powerful vinyasa yoga, pilates fusion yoga, prenatal yoga (or yin yoga) and yogaflex.

*Monte-Carlo Bay Hotel & Resort  
40, avenue Princesse-Grace  
06190 Roquebrune-Cap-Martin  
Tel. 06 64 91 96 42  
+377 97 77 78 01  
[www.yogamontecarlo.com](http://www.yogamontecarlo.com)*

### Monte-Carlo Squash Rackets Club A4

4 squash courts, including one central court (back and side windows), weights, saunas, showers and sprays. Open during the week 10 am to 9 pm and week-ends 10 am to 1 pm and 3 pm to 7 pm.

*3, avenue des Castelans  
Tel. +377 92 05 42 22  
[www.squash.asso.mc](http://www.squash.asso.mc)*





## Hiking

Thanks to existing hiking trails, the Via Alpina links the Principality of Monaco to the city of Trieste in Italy. This itinerary crosses through 8 countries of the Alps arch: France, Germany, Austria,

Italy, the Principality of Liechtenstein, Switzerland, Slovenia and the Principality of Monaco. On the territory of Monaco, departure and arrival occurs at the Place du Palais. The clearly marked trail continues into the Jardins Saint-Martin and along Avenue de la Porte Neuve, crossing through Place d'Armes until the Jardin Exotique to continue on French territory toward La Turbie.

This trail consists of 8 legs in the Alpes-Maritimes, the Col de La Lombarde and La Turbie.

## Ski

With the mountain set very close to the Principality, enjoy the totally winter sport: skiing: Just a two-hour drive away, choose the French ski resorts of Peira Cava (57 km), Gréolières (68 km), La Colmiane (89 km), Valberg (103 km), Isola 2000 (110 km) or Auron (116 km), or the Italian ski resorts of Limone (82 km) or Monesi (123 km).



**Club Alpin Monégasque**  
**12, avenue des Castelans**  
**Tel. +377 97 70 53 99**



## A.S. Monaco Omnisports A4

At the Monaco Louis II Stadium, all through the year, you can practise your favourite sport by signing up with any one of nineteen federations:



Aikido, Athletics, Basketball, Beach Volley, Bobsleigh, Boxing, Football, Weight Lifting, Handball, Karate Do & Taekwondo, Graeco-Romain Wrestling, Sport Swimming, Synchronised Swimming, Modern Pentathlon, Diving, Rugby, Table Tennis, Triathlon, Volleyball, Water Polo, Yoga, Dancesport.

### *Information:*

**Stade Louis-II**

**Secrétariat Général**

**7, avenue des Castelans**

**Tel. +377 92 05 40 60**

**Fax +377 92 05 97 05**

**[www.asm.asso.mc](http://www.asm.asso.mc)**

## Combat Sports A4

Monaco International Academy of Self-defence and Combat Sports (Self-defence, Kick-Boxing, etc.), approved by the Monegasque Government. Group or individual lessons.

**Stade Louis-II**

**Avenue des Castelans**

**Tel. +377 6 07 93 31 36**

**[www.monaco-arts-martiaux.com](http://www.monaco-arts-martiaux.com)**



monaco.

visitmonaco.com

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