

# VIB RER

**FEEL**  
ENTERTAINMENT,  
CASINOS,  
BARS, LOUNGES, CLUBS,  
SPORTING ACTIVITIES

2014 EDITION

monaco.

visitmonaco.com



## INTENSE EXCITEMENT

Whether for the body or the mind, everything is done in the Principality to offer a broad range of activities: athletic facilities, bars, discotheques, casinos, cinemas...

The Principality is bubbling with thrills day and night.



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The information in this brochure  
is subject to change.

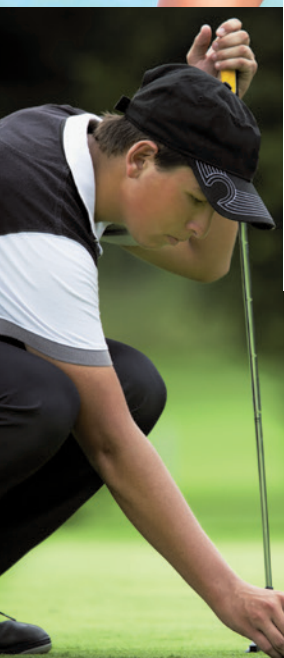




# SPORTS AND MORE

## SPORTS & LEISURE ACTIVITIES

The importance of sport within the Principality is reflected in its wide and innovative range of sports facilities. Proximity to the sea and the mountains means that a host of outdoor activities is also on the menu.







## AQUA FITNESS CENTRE

### THERMES MARINS MONTE-CARLO

Cutting-edge Technogym equipment awaits you in premises overlooking the Mediterranean for individual work-outs or sessions with a trainer. Various classes are held both in the gym and in the seawater pool heated to 29°C. A sauna and a steam bath add the finishing touches to facilities designed to keep you in shape.

#### **THERMES MARINS MONTE-CARLO**

2 avenue de Monte-Carlo

T. +377 98 06 69 00

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



## FITNESS STUDIO

### HÔTEL MÉTROPOLE MONTE-CARLO

Marc Raquil is an athletics World Champion and a sports coach. Benefit from his experience at the Métropole ESPA Monte-Carlo, in a programme called Met'Fit. Met'Fit with Marc Raquil offers a different approach to getting back in shape. Taking advantage of the equipment in the gym and the expertise of the therapists at the spa, the programme covers every aspect of body building (training, nutrition, food supplementation and recuperation).

#### **HÔTEL MÉTROPOLE MONTE-CARLO**

4 avenue de la Madone

T. +377 93 15 13 70

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



## WILLOW STREAM FITNESS

An idyllic setting with huge bay windows, cutting-edge Technogym equipment, a steam bath and sauna, plus studios reserved for aerobics, stretching and yoga classes. Everything you need to keep yourself in good shape in a luxurious setting.

Open every day from 6.30am to 10pm.

### **FAIRMONT MONTE CARLO**

12 avenue des Spélugues  
T. +377 93 50 65 00  
[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)



## LE SEA CLUB WELLBEING CENTRE

The Mériidien Beach Plaza fitness centre is your wellbeing's best friend! It boasts a pool heated to 29°C all year round, plus two storeys of the latest and most innovative Technogym, cardio training and weight training equipment, saunas, gym classes, aquagym, swimming, yoga and Pilates.

Open every day from 6.30am to 10.30pm.

### **LE MÉRIDIEN BEACH PLAZA**

22 avenue Princesse Grace  
T. +377 93 15 78 67  
[www.lemeridienmontecarlo.com](http://www.lemeridienmontecarlo.com)



## MY FITNESS PORT PALACE

Yoga, stretching, workouts and relaxation at the gym at the Port Palace. Personal coaching services and massage on request.

Open every day from 7am to 11pm.

### **PORT PALACE**

7 avenue du Président J.F. Kennedy  
T. +377 97 97 90 00  
[www.portpalace.com](http://www.portpalace.com)



## LARVOTTO GYM CENTER

In a studio measuring 130 m<sup>2</sup>, the centre's ten qualified teachers run classes in zumba, yoga fusion, Pilates, spinning, circuit training, step and body combat. Fitness and wellbeing equipment includes 18 Precor, Technogym, Octane and Concept2 machines, 16 Technogym weight training machines, 21 work-out stations, a fleet of Schwinn spinning bikes (Star Trac), PowerPlates and saunas. Open Monday to Friday from 7am to 9.30pm; Saturday and Sunday from 9am to 6pm.

### PLAGE DU LARVOTTO

T. +377 97 98 15 93  
larvottogymcenter@libello.com  
www.larvottogymcenter.com

## MONTE-CARLO GYM

Centre for weight and cardio training. Daily classes: stretching, Pilates, spinning, body sculpt, abs'n'glutes, zumba and yoga. Open all year, excluding Bank Holidays, Monday to Friday from 9am to 9pm and Saturday from 9.30am to midday.

### LE MONTAIGNE, NIVEAU 2

6 boulevard des Moulins  
T./F +377 93 25 85 58  
www.montecarlogym.com

## MONACO FITNESS CENTER

Weight training sessions, cardio equipment, fitness classes, massage. Open Monday to Friday from 8am to 9pm and Saturday from 10am to 6pm.

### STADE NAUTIQUE RAINIER III

Quai Albert I<sup>er</sup>  
T. +377 93 30 23 35





## OUTDOOR EXERCISE EQUIPMENT

Twenty exercise stations form a fitness trail of over 2.5 km in the centre of a 6 600 m<sup>2</sup> olive grove. Free and open every day near the Jardin Exotique.

### CYCLE TRACK

A 2.5 km track (return trip) along the Principality's coast from the Portier neighbourhood to the Monte-Carlo Bay Hotel & Resort.

### JOGGING TRACK

A 1.3 km jogging track with a jogger-friendly surface is marked out above Avenue Princesse Grace offering views of the sea.

## MONTE-CARLO GOLF CLUB

At an altitude of 900 metres high above the Principality and the French and Italian Rivières, the 18-hole Mont-Agel golf course is a verdant paradise. The restaurant is open every day except Monday for lunch. Bar open every day. Shop and equipment rental.

## MINI-GOLF 18 HOLES

Have fun with the whole family on the 18-hole mini-golf course in Parc Princesse Antoinette. From 1 May to 30 September open from 8.30am to 7pm (and sometimes until midnight when the weather is warm). From 1 to 30 April and from 1 to 31 October open from 8.30am to 6pm. From 1 November to 31 March open from 8.30am to 5.30pm. Closed on Mondays (except for school holidays). Open to children from the age of 6 accompanied by an adult.

### MONTE-CARLO GOLF CLUB

Route du Mont-Agel  
06320 La Turbie  
T. +33 (0)4 92 41 50 70  
[www.montecarlosbm.com](http://www.montecarlosbm.com)

### PARC PRINCESSE ANTOINETTE

54bis bd du Jardin Exotique  
T. +377 93 30 63 87  
[www.monaco-mairie.mc](http://www.monaco-mairie.mc)



## ALBERT II OLYMPIC POOL

Olympic pool with lifeguards.

Open Monday, Tuesday, Thursday and Friday from 7.15am to 2.30pm, Saturday from 1pm to 6pm, and Sunday from 8.15am to 1.15pm. Closed Wednesdays, holidays, August and for special events.

## FAIRMONT MONTE CARLO POOL & SOLARIUM

The pool, heated to 30°C all year round, and the solarium are on the roof of the hotel, offering views that take in the horizon out to sea, the bend on the Formula 1 Grand Prix circuit, and the Opera House. The contemporary setting is conducive to total relaxation. Open from 8am to 5pm in winter and from 6.30am to 10pm in summer.

## MONTE-CARLO BEACH POOL AND BEACH

The sea water in the Olympic pool is heated and filtered through ozone to relax and tone. Two diving boards offer thrills to those who like to fly through the air. Linger at your leisure and hire a bungalow in the shade of the pine grove, or a private beach shack 100 metres from the hotel. Open every day from 9am to 6pm (until 7pm in season).

### STADE LOUIS II

3 avenue des Castelans  
T. +377 92 05 40 10

### FAIRMONT MONTE CARLO

12 avenue des Spélugues  
T. +377 93 50 65 00  
[www.fairmont.com/montecarlo](http://www.fairmont.com/montecarlo)

### MONTE-CARLO BEACH

Avenue Princesse Grace  
06190 Roquebrune-Cap-Martin  
T. +33 (0)4 93 28 66 66  
[www.monte-carlo-beach.com](http://www.monte-carlo-beach.com)



## SAINT-CHARLES SWIMMING POOL

The Saint-Charles swimming pool is located right in the centre of the Monte-Carlo neighbourhood, in a tower containing shops, a municipal kindergarten and several car parks. Its freshwater pool measuring 18m x 12m is heated to between 28 and 30°C. Managed by Monaco's Sports and Sports Facilities Department, it is manned by qualified lifeguards. It also has a gym where you can work out on your own, using a rowing machine, exercise bikes, steps, multi-function apparatus, an abdo bench and a dance barre. The pool is open all year, except for August and between Christmas and New Year, and on Bank Holidays. Opening times: Monday from 1.30 to 5.30pm; Tuesday from 11am to 5.30pm; Wednesday from 9am to 12.30pm and from 4.30pm to 9pm; Thursday from 10am to 5.30pm; Friday from midday to 3pm; and Sunday from 8.30am to 4pm.

### **PISCINE SAINT-CHARLES**

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



## STADE NAUTIQUE RAINIER III

Qualified lifeguards oversee this Olympic-size outdoor pool containing sea water that is processed, filtered and heated to 27°C.

Managed by Monaco's Sports and Sports Facilities Department, it stands right in the middle of Port Hercule and boasts four diving boards (1, 3, 5 and 10m), a slide 45 metres long and a «toborock» for toddlers.

Sun loungers and parasols are available for hire around the pool.

Open every day from 25 April to 5 June from 9am to 6pm;

from 6 June to 6 September from 9am to 8pm;

and from 7 September to 11 October from 9am to 6pm.

Closes at 6pm on Mondays all year.

The pool will be closed for the Formula 1 Grand Prix.

### **STADE NAUTIQUE RAINIER III**

Quai Albert I<sup>er</sup>  
T. +377 93 30 64 83  
[www.monaco-mairie.mc](http://www.monaco-mairie.mc)





## SWIMMING POOL MONTE- CARLO BAY HOTEL & RESORT

The white sand lagoon is a first in Europe and the ideal setting for fun and relaxation.

An indoor pool heated to 28°C with Jacuzzis extending into an outdoor infinity pool with cascades.

For the ultimate in relaxation, rent one of the Love Seats (with a reservation, from May to September). The indoor pool is open all year round. The lagoon is open from May to September.

### MONTE-CARLO BAY HOTEL & RESORT

40 avenue Princesse Grace  
T. +377 98 06 02 00  
[www.montecarlobay.com](http://www.montecarlobay.com)



## LE MÉRIDIEN BEACH PLAZA POOL AND BEACH

Enjoy the pleasures of the seaside all year round at the Méridien Beach Plaza, thanks to its indoor heated pool, two outdoor seawater pools and private beach. Open every day from 6.30am to 10.30pm.

### LE MÉRIDIEN BEACH PLAZA

22 avenue Princesse Grace  
T. +377 93 30 98 80  
[www.lemeridienmontecarlo.com](http://www.lemeridienmontecarlo.com)



## MONTE-CARLO BEACH CLUB

Wakeboard, parascending, flying carpet, donut rides, jet ski, water skiing, boat trips...

As soon as the sun comes up, young and old can enjoy a host of different water sports! Open from 2 May to 27 September 2015 from 9am to 6pm; until 7pm in June, July and August.

### MONTE-CARLO BEACH

Avenue Princesse Grace  
06190 Roquebrune-Cap-Martin  
T. +33 (0)4 93 28 66 66  
[www.monte-carlo-beach.com](http://www.monte-carlo-beach.com)



## LARVOTTO BEACH

Public beach patrolled by the Maritime and Airport Police (T. +377 93 15 30 16) from 1 May to 30 September. Public changing rooms from 9am to 7pm.

### HANDIPLAGE & AUDIOPLAGE

(bathing for the disabled and visually impaired) Four amphibious wheelchairs and assistance from the beach staff enable

reduced mobility beach-goers to enjoy the pleasures of bathing.

A system of audible markers is available for the visually impaired (mornings only, reservation obligatory on +33 6 78 63 09 41). Every day in summer from 10am to 5pm.

### SKI VOL

From the first weekend in June to end September, Ski Vol organises a wide range of water sports: jet ski, parasailing, donut rides (torpedo, fly fish, sonar), water skiing and wakeboarding. Open from 9am in July and August and from 10am in June and September.



### PLAGE DU LARVOTTO

Avenue Princesse Grace

### HANDIPLAGE & AUDIOPLAGE

right-hand side of the jetty

T. +377 98 98 21 05

### SKI VOL

T. +33 (0)6 98 73 50 60

or +33 (0)6 62 08 69 47

or +33 (0)6 62 12 27 85

info@skivol.net

www.skivol.net



## SOCIÉTÉ NAUTIQUE DE MONACO

Rowing club for youngsters and adults, Saturday mornings at 9.30am.

Collective or private lessons. Excursions with instructors for experienced rowers. Rowing courses for company seminars or groups in the Bay of Monaco or on Lake Saint-Cassien.

## L'ÉCOLE BLEUE

SEA ACADEMY

Headed by underwater free-diving World Champion Pierre Frolla, École Bleue enables children from the age of 8 and learner-divers to discover the underwater flora and fauna of the Mediterranean, heightening their awareness of environment protection.

### PORT HERCULE

Quai Louis II

T. +377 92 16 03 03

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

### LOCAL AMAMM

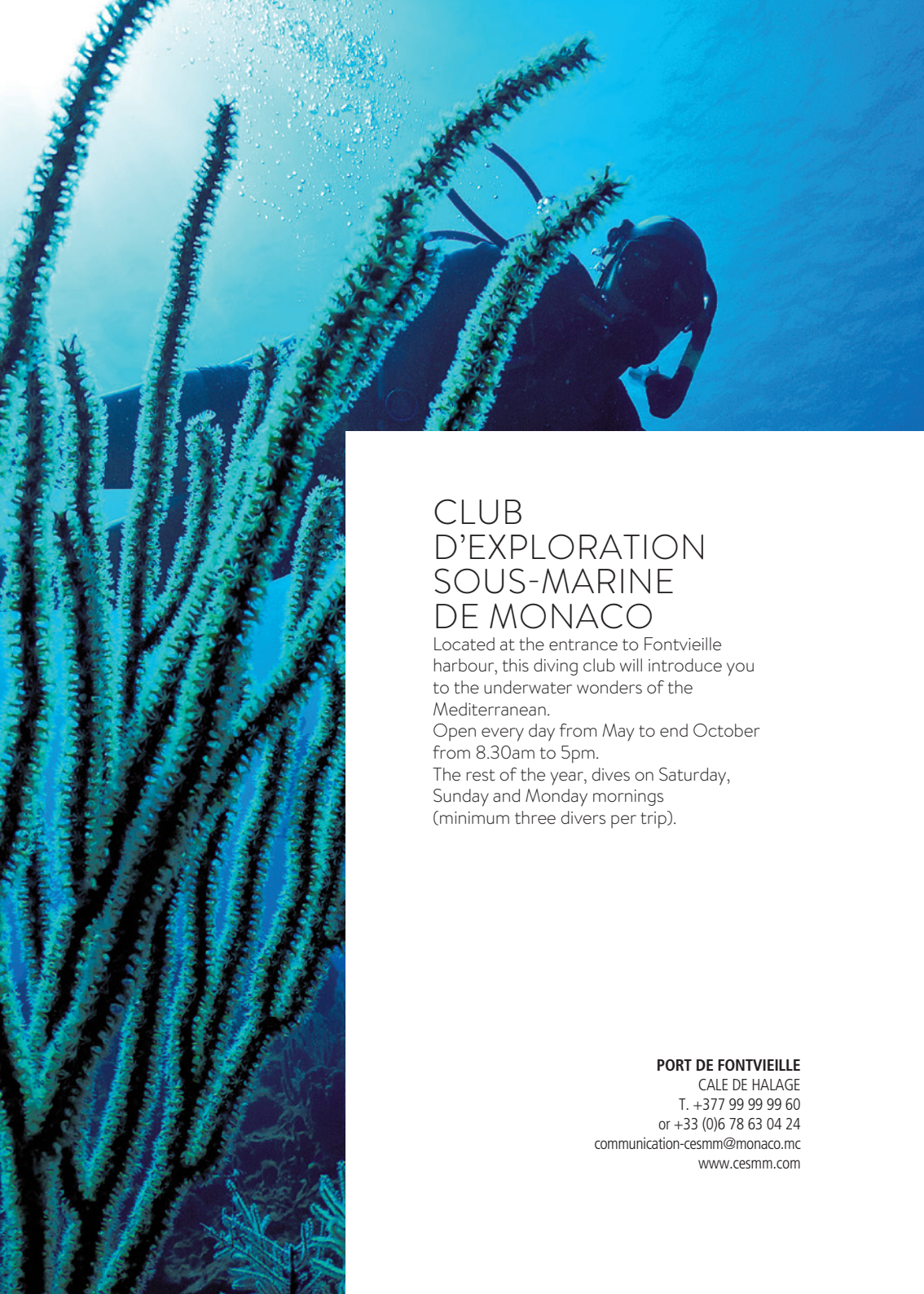
Esplanade du Larvotto

Avenue Princesse Grace

T. +33 (0)6 78 63 50 52

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





## CLUB D'EXPLORATION SOUS-MARINE DE MONACO

Located at the entrance to Fontvieille harbour, this diving club will introduce you to the underwater wonders of the Mediterranean.

Open every day from May to end October from 8.30am to 5pm.

The rest of the year, dives on Saturday, Sunday and Monday mornings (minimum three divers per trip).

### **PORT DE FONTVIEILLE**

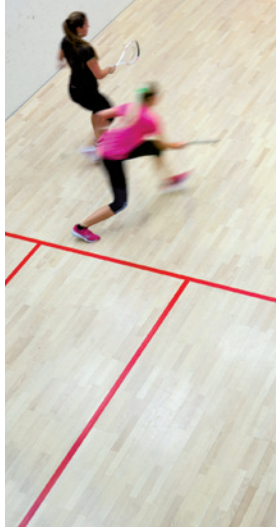
CALE DE HALAGE

T. +377 99 99 99 60

or +33 (0)6 78 63 04 24

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

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



## SUNSHINE YOGA

MONTE-CARLO  
ZUMBA  
MONACO

Strengthen body and mind in a balanced way thanks to different styles of yoga.

Eliminate toxins and excess kilos with Power Vinyasa Yoga or Zumba Fitness.

Synchronise breathing with yoga poses in a contemporary Yoga Pilates Fusion or Fitness Harmony class...

Or opt for a traditional relaxation method:

Hatha Yoga, Yoga Stretch, Yin Yoga...

### MONTE-CARLO BAY HOTEL & RESORT

40 avenue Princesse Grace

T. +377 97 77 78 01

[sunshine@yogamontecarlo.com](mailto:sunshine@yogamontecarlo.com)

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

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

## MONTE-CARLO SQUASH RACKETS CLUB

Four squash courts including a central court with rear and side glazing, exercise machines, saunas, power showers.

Open on weekdays from 10am to 9pm and at the weekend from 10am to 1pm and from 3pm to 7pm.

### STADE LOUIS II

3 avenue des Castelans

T. +377 92 05 42 22

[www.squash.asso.mc](http://www.squash.asso.mc)

## TENNIS CLUB DE MONACO

Four clay courts and a mini court, plus a weight-training room and a restaurant are at your disposal at the club.

Open every day from 9am to 8pm.

### CAP D'AIL

5 av. Prince Rainier III de Monaco

06320 Cap d'Ail

T. +33 (0)4 92 15 16 92



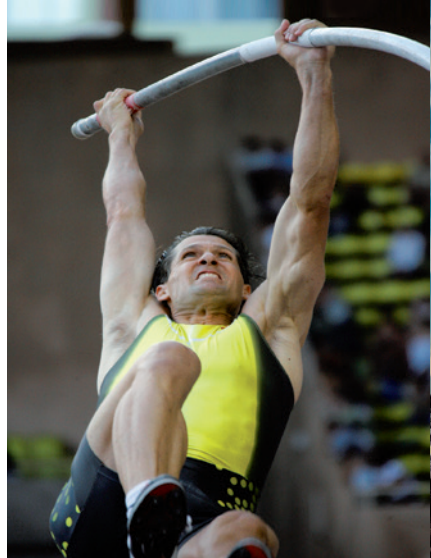
## MONTE-CARLO COUNTRY CLUB

The Monte-Carlo Country Club has been towering above the Mediterranean since 1928 on 33 400 m<sup>2</sup> of land featuring 21 clay tennis courts (2 covered and 11 floodlit), two hard courts that can be used all year round, two squash courts, a putting green, a 170 m<sup>2</sup> gym, a sauna, a Jacuzzi and a 25 metre heated pool with hot tubs, cascades and a counter current system – not to mention the services of a masseur/physiotherapist.

Open from 8am to 8.20pm on weekdays and from 8am to 8pm at the weekend and on Bank Holidays (closes at 9pm in summer). In May and September, the pool is open from 10am to 6pm; from June to end August from 10am to 7pm. Tennis court reservations at the club.

### MONTE-CARLO COUNTRY CLUB

155 avenue Princesse Grace  
Saint-Roman  
06190 Roquebrune-Cap-Martin  
T. +33 (0)4 93 41 30 15  
[www.mccc.mc](http://www.mccc.mc)



## A.S. MONACO OMNISPORT

You can play your favourite sport at the Louis II Stadium by signing up to one of the nineteen associations that offer a total of twenty-five disciplines: aikido, athletics, basketball, bobsleigh, boxing, sport dancing, football, women's football, weight lifting (and powerlifting), handball, karate do and taekwondo, Greco-Roman wrestling, swimming (competitive swimming, synchronised swimming, diving, water polo), modern pentathlon, rugby, table tennis, triathlon, volleyball (and beach volley), and yoga. Information Monday to Friday from 9.30am to 1pm and from 3pm (2.30pm on Wednesday) to 7.30pm (from 2pm to 5pm on Friday).

### STADE LOUIS II

7 avenue des Castelans  
T. +377 92 05 40 60  
[www.asm.asso.mc](http://www.asm.asso.mc)





## HIKING

The Via Alpina is a string of hiking trails linking the Principality to Trieste in Italy. In Monaco, the itinerary commences on Place du Palais, goes through the Jardins Saint-Martin, along Avenue de la Porte Neuve, crosses Place d'Armes and ends at the Jardin Exotique before continuing to La Turbie... There are eight stages of the Via Alpina in the Alpes-Maritimes between La Turbie and Col de la Lombarde.



## SELF DEFENCE ACADÉMIE INTERNATIONALE DE SELF-DÉFENSE ET SPORTS DE COMBAT DE MONACO

This government-approved academy offers collective and private lessons in Reactive Opponent Control Self Defence, Self Defence, Krav-maga, Kick Boxing, Muaythai and Kung Fu Wushu (Sanda). It is run by Claude Pouget, a key international figure in martial arts, self defence and combat, who holds several state qualifications and fourteen black belts.



## SKI

A two-hour drive from the Principality takes you to the French ski resorts of Peira Cava (57km), Gréolières (68km), La Colmiane (89km), Valberg (103km), Isola 2000 (110km) and Auron (116km) and the Italian resorts of Limone (82km) and Monesi (123km).

### STADE LOUIS II (group training)

Avenue des Castelans

#### Beauty Angels

(individual training)

23 rue Grimaldi

T. +33 (0)6 07 93 31 36

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

### CLUB ALPIN MONÉGASQUE

12 avenue des Castelans

T. +377 97 70 53 99

[www.club-alpin.asso.mc](http://www.club-alpin.asso.mc)



## NI BOX

Ni Box is an innovative and creative leisure centre offering bowling, video games, pool, table football, and Formula 1 and rally simulators...

Memorable fun guaranteed!

Open all year round in a setting that is contemporary, sleek and elegant.

Several outstandingly appointed areas of Ni Box are available for private events.

Premises are hired out according to your specific desires and needs.

For example, Ni Box is the perfect venue for your offspring's birthday party:

disco, activities (dancing, bowling, treasure hunts, etc), all overseen

by experienced organisers!

Open from Tuesday to Friday

from 2pm to midnight;

on Saturday and Sunday

from midday to midnight.

Closed on Monday.

New at Ni Box: the Munchking Club, a bilingual (French/English) play area for children aged between 1 to 8.

Open from Tuesday to Saturday from 10am to 6.30pm and on Sunday from 10am to 5pm (T. +377 97 77 50 51).



### NI BOX

35 boulevard Louis-II  
Rond-point du Portier  
T. +377 97 98 77 77  
info@nibox.mc  
www.nibox.mc



## ENJOY A DRINK

BARs, LOUNGES & TAPAS

The cosy ambiance of a hotel,  
a trendy bar, a charming café...  
In Monaco you will always find the perfect  
place to enjoy amazing cocktails,  
savour a freshly brewed beer or sample  
a vintage wine.







### **ALANG BAR\***

Enjoy an exotic and refreshing break at the bar on the Méri­dien Beach Plaza's private beach. In the shade of the beach shack, feet in the sand and cocktail in hand, welcome to the tropics! Only open from May to September from 10am to 7pm.

**Le Méri­dien Beach Plaza**  
22 avenue Princesse Grace  
T. +377 93 30 98 80  
[www.lemeridienmontecarlo.com](http://www.lemeridienmontecarlo.com)

### **BAR DE L'HÔTEL MÉTROPOLE**

Sound design by Béatrice Ardisson and interior design by Jacques Garcia combine to create an intimate and elegant atmosphere that is perfect from morning coffee through to drinks at the end of the night. Open from Sunday to Thursday from 9am to 1am and until 2am on Friday and Saturday.

**Hôtel Métropole Monte-Carlo**  
4 avenue de la Madone  
T. +377 93 15 15 15  
[www.metropole.com](http://www.metropole.com)

### **BEFORE**

The place to go in Monaco after work or for the whole evening. Seated on an old-school studded stool amidst bookshelves and mahogany furniture, sip your drink to the sound of live music. In summer, enjoy the relaxed atmosphere out on the terrace with its American-style bar. The heat kicks in from 11pm, when the resident DJ sets the night on fire. Open every day from 6pm to 1am.

### **Port Hercule**

6 route de la piscine  
T. +377 97 97 07 07

### **BLUE GIN\***

An original drinks list featuring six different gins and outrageous cocktails served indoors around the pool table or on the terrace overlooking the sea. Creative setting. DJ at the weekend. Open all year from 5.30pm to 1am; in June from 6.30pm to 2am; in July and August from 6.30pm to 3am.

**Monte-Carlo Bay Hotel & Resort**  
40 avenue Princesse Grace  
T. +377 98 06 03 60  
[www.montecarlobay.com](http://www.montecarlobay.com)

### **BRASSERIE DE MONACO**

Sample the Brasserie de Monaco's beers in an original and informal setting. Whether lager beer, red beer, wheat beer or seasonal beer, all of Monaco's beer is brewed on the spot using organic malts. Enjoy a glass at any time, served with regional specialities. Book a guided tour of the brewery and an introduction to brewing with the master brewer! Happy hour from 5pm to 8pm. Big screens for major sporting events. DJ and live music. Open from Monday to Thursday from 11am to 1am; from Friday to Sunday from 11am to 3am.

### **Port Hercule**

36 route de la Piscine  
T. +377 97 98 51 20  
[www.brasserie demonaco.com](http://www.brasserie demonaco.com)

### **BRASSERIE DU MYSTIC**

Wine from around the world is served by the glass in a sophisticated setting. Complementary tapas from 5pm to 9pm. Open until 11pm.

**La Condamine**  
1 rue Princesse Florestine  
T. +377 97 98 20 42  
[www.mystic-cafe.com](http://www.mystic-cafe.com)



### BUDDHA BAR\*

A name known all over the world. Harmonious materials, colours and artefacts create a serene and exotic setting at the crossroads of the continents. Savour original cocktails or try the Absinthe Experience during Happy Lounge from 6pm to 8pm. Open every day except Monday from 6pm to 2am.

#### Place du Casino

(east wing of the Casino)  
T. +377 98 06 19 19  
[www.montecarlosbm.com](http://www.montecarlosbm.com)

### CAFÉ LLORCA

Star-rated chef  
Alain Llorca's bar-restaurant overlooking the sea serves a sophisticated lunch formula at €24.

Or simply enjoy a coffee on the sunny terrace overlooking the Mediterranean. Open Monday to Friday from 9am to 4pm.

#### Grimaldi Forum

(1st floor)  
10 avenue Princesse Grace  
T. +377 99 99 29 29  
[www.cafellorca.mc](http://www.cafellorca.mc)

### COSMOPOLITAN

A large selection of carefully selected wines and delicious tapas served in a relaxed atmosphere that is perfect for after work. Open from 6pm to 1am.

#### Monte-Carlo

7 rue du Portier  
T. +377 93 25 78 68  
[www.cosmopolitan.mc](http://www.cosmopolitan.mc)

### CRYSTAL BAR

Sample the best wines, champagnes and spirits in a rich and refined setting, served with delicious food. Aficionados will not be able to resist our cigar cellar out on the heated terrace. Open every day from midday to 1am.

#### Hôtel Hermitage

Monte-Carlo  
Square Beaumarchais  
T. +377 98 06 98 99  
[www.hotelhermitagemontecarlo.com](http://www.hotelhermitagemontecarlo.com)

### GERHARD'S CAFÉ

A friendly pub that attracts a very international crowd until 3am. Food served in the evening.

#### Port de Fontvieille

42 quai Jean-Charles Rey  
T. +377 92 05 25 79  
[www.gerhardscafe-monaco.com](http://www.gerhardscafe-monaco.com)

### L'INTEMPO

Open 24/7. The perfect place for lunch out on the terrace – on a Sunday for example – and for night owls wishing to dine or savour a cocktail at any time. Plus classes on the themes of cookery and wine.

#### Le Méridien Beach Plaza

22 avenue Princesse Grace  
T. +377 93 15 78 88  
[www.lemeridienmontecarlo.com](http://www.lemeridienmontecarlo.com)

### JACK

With quality cocktails and a great atmosphere, Jack Monaco is a hotspot for nightlife in Monte-Carlo. Don't miss drinks during the DJ set. Happy hour every evening. Open from Monday to Sunday, from midday to 3am.

#### Port Hercule

Route de la Piscine  
T. +377 97 98 34 56



### MC CARTHY'S

The only authentic Irish pub in the Principality, McCarthy's plunges you into a Celtic atmosphere every day from 9am to 4am. Traditional pub food served until 3am. Happy hour from 5pm to 8pm.

**Monte-Carlo**  
2 rue du Portier  
T. +377 93 25 87 67

### LA NOTE BLEUE

Live jazz concerts ring out through the night at this beach-restaurant-lounge bar. Open from mid May to end August, Wednesday to Saturday, 6.30pm to 7.15pm and 9pm to midnight.

**Plage du Larvotto**  
Avenue Princesse Grace  
T. +377 93 50 05 02  
[www.lanotebleue.mc](http://www.lanotebleue.mc)

### LA RASCASSE

One venue, two moods from 4pm until dawn. An 'After Work' with DJ and live acoustic music plus finger food from 4pm until 11pm, then clubbing and party time until 4.45am. Open all year.

**Port Hercule**  
Quai Antoine 1<sup>er</sup>  
T. +377 98 06 16 16  
[www.larascassemontecarlo.com](http://www.larascassemontecarlo.com)

### LE SAPHIR 24, LOUNGE & BAR

Huge picture windows create the delightful illusion of being on the foredeck of a cruise liner! Served in a friendly and relaxed setting, the menu features exclusive cocktails and seasonal dishes to be enjoyed at all hours. At the end of the day, live music adds a finishing touch to the pleasant atmosphere. Open 24/7.

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

### SHIP AND CASTLE

This pub is the meeting place for English football fans. British specialties served. Quiz Nights in winter. Open from 11am to 1am (opens at 6pm on Saturday).

**Port de Fontvieille**  
42 quai Jean-Charles Rey  
T. +377 92 05 76 72

### STAR DECK

A welcoming, comfortable lounge bar with bay windows overlooking Port Hercule. After midnight, it is transformed into a nightclub with live DJ. Open from 6pm every day except Sunday and Monday.

**Port Hercule**  
6 quai Antoine 1<sup>er</sup>  
T. +377 97 97 95 95  
[www.starsnbars.com](http://www.starsnbars.com)

### STARS'N'BARS

A popular meeting place with the Monegasques, decorated with memorabilia from international stars in sport and the arts. American cuisine from 11am to midnight. Happy Hour every day from 5pm to 7.30pm and DJ Thursday to Saturday. Brunch served from 11am to 3pm at the weekend and on Bank Holidays. Open every day.

**Port Hercule**  
6 quai Antoine 1<sup>er</sup>  
T. +377 97 97 95 95  
[www.starsnbars.com](http://www.starsnbars.com)

*\*Establishments  
with a shisha lounge*

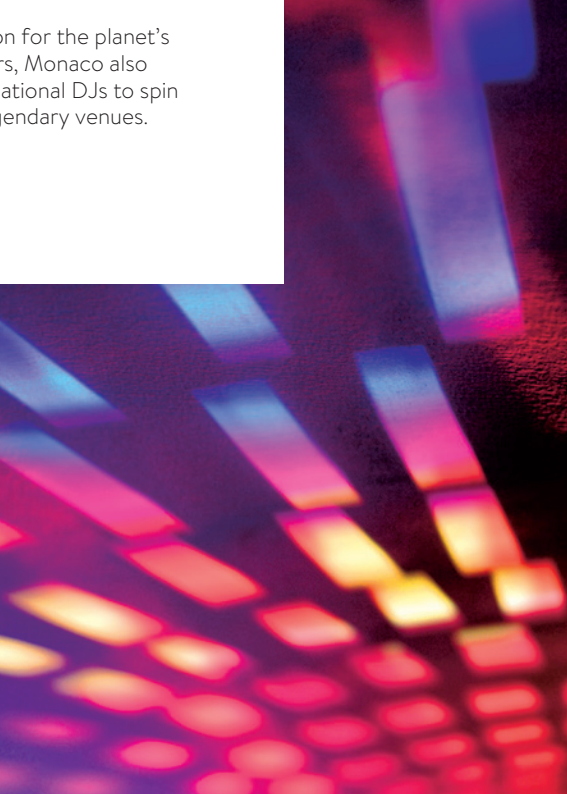




# DANCE UNTIL DAWN

## NIGHTCLUBS

A premium destination for the planet's sophisticated clubbers, Monaco also draws the best international DJs to spin their turntables in legendary venues.





### **BLACK LEGEND\***

The décor evokes a New York club from the 1960s but the playlist is pure clubbing gold, featuring all the latest hits.

Open from 11.30pm to 5am, Thursday to Saturday all year.

#### **Port Hercule**

Quai Albert I<sup>er</sup>  
Route de la Piscine  
T. +377 93 30 09 09  
[www.black-legend.com](http://www.black-legend.com)

### **FLASHMAN'S CAFÉ**

A disco and cocktail bar with DJ every night, except Tuesday, from 10pm to 5am.

#### **Monte-Carlo**

7 avenue Princesse Alice  
T. +377 93 30 09 03

### **JIMMY'Z**

For over forty years, the smart and trendy night revellers of the Riviera have been having fun at one of the most legendary nightclubs in the world, located at the heart of the Sporting Monte-Carlo complex.

Open from Thursday to Sunday from 11.30pm.

#### **Le Sporting Monte-Carlo**

26 avenue Princesse Grace  
T. +377 98 06 70 68  
[www.jimmyzmontecarlo.com](http://www.jimmyzmontecarlo.com)

### **TWIGA\***

#### **MONTE-CARLO**

In a wonderful setting on the water's edge, Twiga Monte-Carlo offers a concept lounge, shisha, restaurant and night club.

The jungle spirit of the night club and its DJs help create the atmosphere synonymous with «Billionaire-life» clubs.

From April to mid-October open every day from 7pm to 5am; from mid-October to April open from Thursday to Saturday from 9.30pm to 5am.

#### **Rond-point du Portier**

35 boulevard Louis II  
T. +377 97 98 47 81  
[www.twigamontecarlo.com](http://www.twigamontecarlo.com)

### **SASS CAFÉ\***

Bands perform international hits from 11pm, then the DJ takes you through the night until dawn.

Feeling peckish?

Food served until 11.30pm in winter and 1am in summer.

#### **Monte-Carlo**

11 avenue Princesse Grace  
T. +377 93 25 52 00  
[www.sasscafe.com](http://www.sasscafe.com)

### **THE LIVING ROOM CLUB**

A harmonious blend of piano bar and nightclub. The DJ keeps the party going from 11pm to the first glow of dawn.

#### **Monte-Carlo**

7 avenue des Spélugues  
T. +377 93 50 80 31 ou  
+377 93 50 88 10  
[www.mcpam.com](http://www.mcpam.com)

### **ZELO'S\***

Zelo's is the restaurant on the top floor of the Grimaldi Forum. At the weekend it turns into a nightclub with live DJ. Open until 4.30am.

#### **Grimaldi Forum**

10 avenue Princesse Grace  
T. +377 99 99 25 50  
[www.zelosworld.com](http://www.zelosworld.com)

*\*Establishments  
with a shisha lounge*

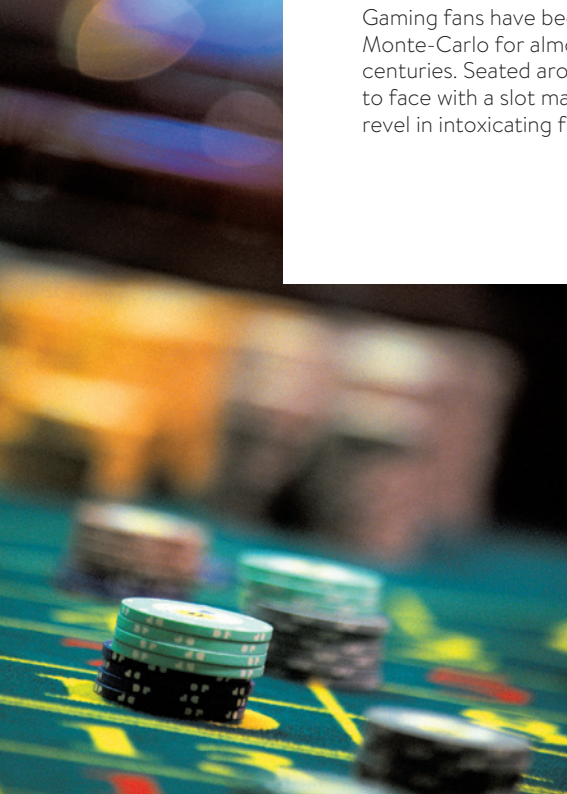




# PLACE YOUR BETS!

## CASINOS

Gaming fans have been flocking to Monte-Carlo for almost one and a half centuries. Seated around a table or face to face with a slot machine, revel in intoxicating fun!







### **CASINO DE MONTE-CARLO**

The first of Monaco's casinos was inaugurated in 1863 and reconstructed in 1878 by Charles Garnier. He added an Opera House, designed along the lines of Paris Opera House.

The range of games on offer has always been outstanding: both European and American games top the bill - European roulette, American roulette, Black Jack, Ultimate Texas Hold'em Poker, Trente et Quarante, slot machines. Open every day from 2pm. Minimum age 18.

Free entrance.  
€10 for private lounges and gaming terraces (free for holders of the Cercle Monte-Carlo card).

#### **Place du Casino**

T. + 377 98 06 21 21  
[www.casinomontecarlo.com](http://www.casinomontecarlo.com)

### **CASINO CAFÉ DE PARIS**

A futuristic setting and all the latest gaming equipment, including some world-exclusive slot machines...

Every day from 10am. Gaming terrace.

Free entrance.  
Minimum age 18.

#### **Place du Casino**

T. +377 98 06 77 77  
[www.casinocafedeparis.com](http://www.casinocafedeparis.com)

### **SUN CASINO**

The most American of Monte-Carlo's casinos features all the latest table games in a relaxed and festive atmosphere.

Thrills guaranteed in the Texas Hold'em No Limit poker room. American Roulette, Stud Poker, Black Jack, Craps, One Deck Black Jack, Big Wheel, War Game, Three Card Poker. Every day from 5pm in the week and 4pm at the weekend.

Slot machines every day from midday.

Free entrance.

#### **Fairmont Monte Carlo**

12 avenue des Spélugues  
T. +377 98 06 12 12

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

### **MONTE-CARLO BAY CASINO**

A very contemporary casino with a collection of almost 145 slot machines; 30 are out on the terrace. Open every day from 2pm to 2am. Free entrance.

#### **Monte-Carlo Bay Hotel & resort**

40 avenue Princesse Grace  
T. +377 98 06 07 81  
[www.montecarlocasinos.com](http://www.montecarlocasinos.com)

*Casinos are strictly reserved for adults over 18.*

*ID is obligatory at Monte-Carlo Casino and at the Summer Casino. Respectable attire required.*

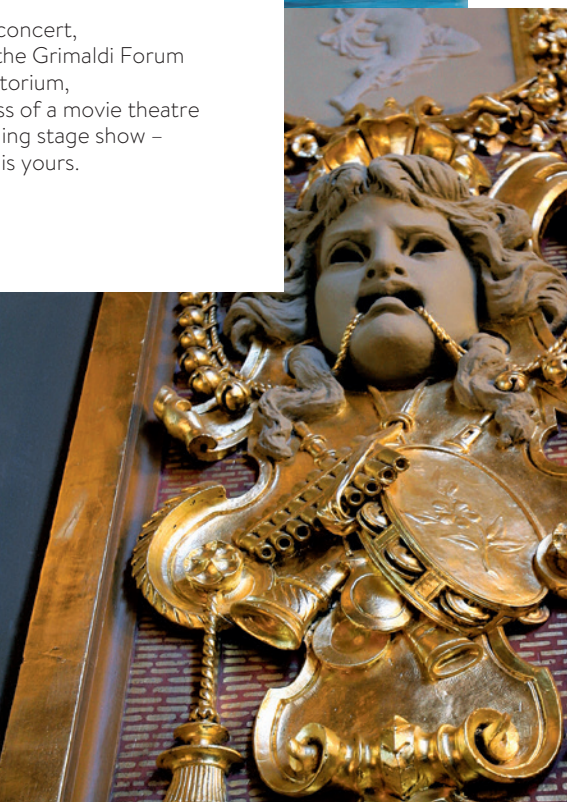
*Buildings accessible to reduced mobility visitors, except the Salle Grand Siècle at the Café de Paris.*



## NIGHTS OUT

CULTURAL EVENTS

Attending a ballet,  
opera or symphonic concert,  
sitting in the Opera, the Grimaldi Forum  
or the Rainier III Auditorium,  
bathed in the darkness of a movie theatre  
or the glow of a dazzling stage show –  
in Monaco, the night is yours.







## BALLETS DE MONTE-CARLO

Headed by choreographer Jean-Christophe Maillot and sponsored by HRH Princess Caroline of Hannover, Monaco's ballet company (Les Ballets de Monte-Carlo) puts together a majestic repertoire every year. It is performed on the stages of the Grimaldi Forum and the Garnier Opera House. For almost fifteen years the company has been associated with the Monaco Dance Forum, paying tribute to the art of dance in workshops, ballets choreographed by choreographers from all over the world, exhibitions and master classes. Monaco's dance fans are guaranteed performances of a very high level.  
T. +377 99 99 30 00 / 98 06 28 28  
[www.balletsdemontecarlo.com](http://www.balletsdemontecarlo.com)

## OPÉRA DE MONTE-CARLO

The major operas in the classic repertoire ring out from the small but legendary stage of Monte-Carlo's Opera House. An identical replica of the Paris Opera House, it too was designed by Charles Garnier. Performances are sometimes staged at the Grimaldi Forum.  
T. +377 99 99 30 00 / 98 06 28 28  
[www.opera.mc](http://www.opera.mc)

## THEATRE

Theatre-goers are spoilt for choice in Monaco! All year round, three theatres stage classic, contemporary and vaudeville plays as well as stand-up comedy. Theatre also hits the streets when the weather is fine, with «Fort Antoine dans la Ville» - an annual street theatre festival that attracts an eclectic palette of troupes.

**Théâtre des Muses**  
T. +377 97 98 10 93  
[www.theatredesmuses.fr](http://www.theatredesmuses.fr)

**Théâtre des Variétés**  
T. +377 93 25 67 83

**Théâtre Princesse Grace**  
T. +377 93 25 32 27  
[www.tpgmonaco.mc](http://www.tpgmonaco.mc)







## ORCHESTRE PHILHARMONIQUE DE MONTE-CARLO

From one season to the next, Monte-Carlo's Philharmonic Orchestra compiles outstanding programmes brimming with wonderful musical emotions. During the year, music lovers flock to the Rainier III Auditorium and the Grimaldi Forum to revel in melodious scores. In summer, the orchestra moves into the main courtyard at the Prince's Palace for outdoor concerts. Monaco hosts the World Music Masters to showcase young piano and violin virtuosos and tomorrow's great opera singers.

T. +377 98 06 28 28  
[www.opmc.mc](http://www.opmc.mc)

## MOVIES

**Cinéma Le Sporting**  
Because the Sporting d'Hiver is being demolished, films will be screened at the Princess Grace Theatre.

**Théâtre Princesse Grace**  
12 avenue d'Ostende  
T. 377 93 25 36 81  
[www.cinema2monaco.com](http://www.cinema2monaco.com)

**The Monaco  
Open Air Cinema**  
You've just got to see a film on Europe's biggest outdoor screen! Films in original language with French subtitles. Open from end June to mid September. Screenings every evening from 8.45pm.

**Rooftop terrace of the  
car park on  
Chemin des Pêcheurs**  
T. +377 93 25 86 80  
[www.cinema2monaco.com](http://www.cinema2monaco.com)

## EXHIBITIONS

As well as the many museums in Monaco that offer a wide range of exhibitions all year round, the Grimaldi Forum also organises a major international exhibition every summer on a key theme - such as the summer 2014 «Artlovers» exhibition dedicated to the Pinault Collection. T. +377 99 99 30 00  
[www.grimaldiforum.com](http://www.grimaldiforum.com)

## LE SPORTING MONTE-CARLO

Two restaurants (the Fuji and La Trattoria), a terrace called Les Palmiers, Jimmy's nightclub and the Salle des Étoiles - a venue that programmes amazing concerts and shows every year - make this THE place to be on summer nights.

**Monte-Carlo**  
26 avenue Princesse Grace  
T. +377 98 06 36 36  
[www.sportingmontecarlo.com](http://www.sportingmontecarlo.com)





# MAKE IT A DATE CALENDAR OF EVENTS

Here are some examples of not-to-be-missed events organised in Monaco in the fields of culture, sport and business.

## 01 JANUARY

- Monte-Carlo Car Rally
- Monte-Carlo Vintage Car Rally
- Monte-Carlo International Circus Festival

## 02 FEBRUARY

- «New Generation»  
Monte-Carlo's International Festival of Young Circus Artists

## 03 MARCH

- Monte-Carlo Spring Art Festival
- Rose Ball
- «Les Sérénissimes de l'Humour» Comedy Festival

## 04 APRIL

- Monte-Carlo Rolex Tennis Masters
- Top Marques – Luxury Car Show
- Top Watches – Luxury Watch Show

## 05 MAY

- International Floral Contest
- Monaco International Canine Exhibition
- Monaco Formula 1 Grand Prix
- Monaco Formula E Grand Prix

## 06 JUNE

- Monte-Carlo International Swim Meet
- Monte-Carlo TV Festival
- Monte-Carlo International Show Jumping Competition

## 07 JULY

- International Competition of Fireworks set to Music
- Exhibition at the Grimaldi Forum Monaco
- Herculis International Athletics Meeting

## 08 AUGUST

- «Point Art Monaco» Art Show
- Monte-Carlo Polo Tournament
- Monegasque Red Cross Gala

## 09 SEPTEMBER

- Monaco Classic Week
- Monaco Yacht Show

## 10 OCTOBER

- Sportel: International Sport, Television and New Media

## 11 NOVEMBER

- Monaco International Clubbing Show (trade show for professionals in the clubbing business)
- Events celebrating Monaco's National Day

## 12 DECEMBER

- Monaco International Judo Tournament







DIRECTION DU TOURISME  
ET DES CONGRÈS  
DE LA PRINCIPAUTÉ  
DE MONACO  
2A BD DES MOULINS  
MONTE-CARLO  
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43 000 - GB 10 000 - 2014

Realisation: Imagenko, [www.imagenko-monaco.com](http://www.imagenko-monaco.com) - Artistic Director: Eric Cornillet -

Photo credits: Les Ballets de Monte-Carlo - Centre de Presse de Monaco - Monte-Carlo SBM: Julian Hervé, Realis, Claude Ingargiola, Hugues Lagarde, Ralph Hutchings, Grégoire Gardette, Bruno Galli -

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