

WELCOME TO GÎTE

LES DEUX ROCHES



WE HOPE THAT YOU WILL FULLY ENJOY YOUR STAY IN OUR ESTABLISHMENT.

If you need any further information, please do not hesitate to call me or send me a message to the following number: (Christèle) 06 82 84 34 43

Arrival : 15 pm
Departure: 11 am

www.gitelesdeuxroches.com



ACCESS TO THE GITE

The exact address is 431 chemin du Ribouraou, 06620 Le bar sur loup.

It is a dead end road which you will reach from the chemin des vergers on the right (if the road is on your left then you have to go forward 4/5 metres and turn back to have the road on your right). It is a little steep on the way down but it does not last long

The house is 431 metres further on, please park at the top on the gravel.

Do not hesitate to call me, we will be glad to meet you depending on the time you arrive.

Tel: 0682843443

DEPOSIT

Do not forget to bring the €400 deposit by cheque or cash or by using the secure Lydia application. It will be returned to you upon your departure.

THE SWIMMING POOL

You can access the pool from April to mid November. Please do not leave your children unwatched.

You will find pool towels on your bed as well as towels in your bathroom.

THE PATIO

This is a common area where you will also find the sauna.

THE SELECTIVE SORTING BINS

Please bring them to the Chemin des Vergers just off the Chemin du Ribouraou where you will find containers dedicated to household waste and plastics (brown and yellow respectively).

When it comes to glass, the container is situated at the entrance of the village.

There is also a compost bin behind the swimming pool (Big Green Container).

THE LIGHT

In order to save energy please turn off your outside lights. We ensure a minimum of light using our solar installations.

WIFI

Each flat has its own WIFI code.



THE FLAT

The flat is equipped with WiFi to provide you with the most comfort.



THE KITCHEN

You have access to a kitchen equipped with a refrigerator, a microwave, an induction cooker, a hood, a Nespresso coffee machine, a kettle, a toaster as well as all the necessary crockery.

AIR CONDITIONING IN SUMMER / HEATING IN WINTER

These work with the remote control at your disposal. Please do not set the temperature below 7 degrees to the outside temperature otherwise engines suffer too much and consume unnecessarily (think of our planet). Please do not leave the air-conditioning ON while you are away, it is useless.

TELEVISION WITH A DECODER

You can switch on the equipment simultaneously by pressing the red buttons on each remote control and then using +/- to change the programmes. Your television is not connected to the Internet. Therefore you don't have to enter the menus and sub-programs.

THE TOILETS

They are directly connected to a mini water treatment plant. **Please note that no paper towels or wipes must be thrown in (use only toilet paper).**



CLEANING

Everything you need is provided in the accommodation to allow you to do your own daily cleaning during your stay. A flat rate of €50 is charged for the final cleaning when you book your stay.

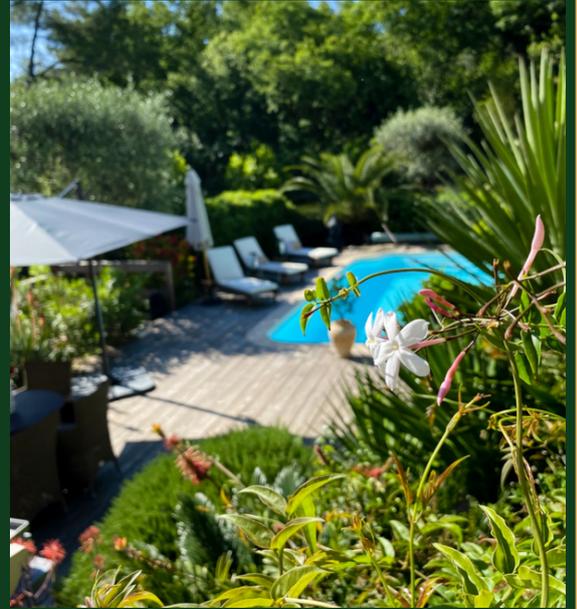
Additional cleaning can be arranged during your stay for an extra €50.

THE PLANCHA GRILL ON THE TERRACE

It is necessary to clean it after each use to keep it clean and to leave it in the same condition as it was when you arrived.

SPECIAL REQUESTS

We can provide a baby cot and a baby high chair in the apartment when needed.



LINEN

Bed sheets, bathroom towels, bath towels and kitchen towels are provided.

THE JACUZZI

3 apartments have private jacuzzi : Mimosa, Fleur d'Oranger and Jasmin.

Apartment Violette is not equipped with private jacuzzi.

The SPA is a hot bath (37 degrees) where bacteria, viruses and fungi can develop quickly

You must therefore make sure to follow the following protocol.

It is imperative to shower before and to rinse yourself well before each bath.

When you arrive, we make sure that the water in the SPA is crystallin and transparent. Please make sure that the water is in the same condition upon your departure.

You should not put anything in the water since disinfection is carried out twice a day with an ozonator coupled with a UV lamp.

Sun cream, self-tanner and other greasy creams are the worst enemies of SPA. Please have a shower before going in order to remove the oil from your skin.

Eating and drinking in the jacuzzi is not allowed.

FUNCTIONING

Press the JET 1 button to start the SPA.

JET 2 does not have a pump connected to it so it does not work.

The big grey valve is a Diverter used to send water everywhere or to spread the full pressure to the other seats.

Before turning it, it is imperative to switch off the motor otherwise the resistance of the water can damage the internal fins.

You can increase the massage function by turning the small grey valves on the SPA shell.

WARNING: this massage is very exciting and tires the heart, do not exceed 10 minutes.

The SPA must be closed properly after each use in order to keep the temperature high.

IN CASE YOU LET THE SPA WITH CLOUDY WATER 150 EUROS WILL BE DEDUCTED FROM YOUR DEPOSIT.



THE SURROUNDINGS

GROCERY SHOPPING

- Carrefour Market in Opio at 7.7 km, 10 to 15 minutes by car, you will also find a drugstore and several shops.
- Casino in Le Rouret open on Sundays all day long
- Intermarché in Roquefort Les Pins
- Leclerc and an organic shop in Cagnes Sur Mer and Grasse
- Auchan in Grasse

SHOPPING AT THE MARKETS

- Monday: Chateauneuf de Grasse
- Wednesday: Cagnes sur Mer, Tourrette Sur Loup, Grasse and Saint Paul de Vence: there is a farmers market every Wednesday morning on the place du jeu de boules
- Friday: Pegomas, Valbonne and at the racecourse of Cagnes Sur Mer
- Saturday: Plan de Grasse, Pegomas the first Saturday of the month

TO GO SHOPPING

- Cagnes Sur Mer: you will find the Polygone Riviera mall with many shops, restaurants as well as a cinema.
- Cap 3000 is a French mall located in the suburbs of Nice, in Saint-Laurent-du-Var. It is one of the biggest malls in the Alpes-Maritimes with the largest number of shops. It is also one of the busiest.

IN THE MOOD FOR A PICNIC?

The beach by the river allows you to have a picnic on the banks of the Loup with your feet in the water!

You have a direct access from the Côte Les Deux Roches.

BEACHES

From Nice to Menton: only pebble beaches.

From Antibes to Cannes: only fine sandy beaches.

SAINT LAURENT DU VAR – Beach Club: only (private) beach with sand on Nice coast. The restaurant menu is varied and prices are reasonable.

THEOULE SUR MER – La Cabanne du Pêcheur: located a little apart from the big private beaches, you can eat there divinely well and discover many fish specialities. Small public and private beaches to discover.



THEOULE – Plage de l'aiguille (Beach)

Access via the small path in Théoule-sur-Mer, located at the end of La Promenade André Pradayrol Public and private fine sand beach. Food and drink available on site.

CAP d'AIL - Plage de la mala (Mala beach)

Beautiful cove to swim as if you were at the bottom of a cliff
Public and private beaches
NB: very crowded in August.

RAMATUELLE – Cap Taillat beach ^{☆☆}

Fine sandy beach ... a magical place reminiscent of Corsican beaches and coves. Leave early in the morning in order to fully enjoy these beaches. Let yourself be seduced by a stop in Saint Tropez on your way back.

ANTIBES – Plages de la Salis / Plages De la Guaroupe

The nearest fine sandy beaches to the gîte, both public and private beaches.

BEACHES IN JUAN LES PINS

Juan les Pins, the seaside resort of Antibes where you will also find some nice sandy beaches. The Great Sandy Beach (La Grande plage de sable) in Juan les Pins (the most western of the sea resort) is the most famous but also the most crowded!
The closer you get to the centre of Juan les Pins, the more private beaches you will find. The beaches of Juans les Pins are located to the east of the town around the port de La Gallice. These are the least known beaches (as they are not indicated). They are located on both sides of the port de La Gallice. The first one is the Gallice beach which is entirely public. The second one, the Crouton beach also has a private area.



CULTURAL ACTIVITIES

FONDATION MAEGHT

Art museum in Saint Paul de Vence, one of the most impressive collections of paintings, sculptures and graphic works

Magnificent to be discovered absolutely!

SAINT PAUL DE VENCE

Artist's life and Art of living. The village is one of the medieval cities that welcome the most visitors on the Côte d'Azur (French Riviera). The village is also considered one of the most beautiful villages of the Provence region.

PICASSO MUSEUM

The first museum dedicated to Picasso, located in Antibes Juan-les-Pins. Open every day except on Mondays

INTERNATIONAL PERFUME MUSEUM (MUSÉE INTERNATIONAL DU PARFUM)

Located in Grasse, a town with a multitude of public or private museums located in the heart of the historic centre of the city, to be discovered!

THE VILLAGE OF GOURDON

Classified as one of the most beautiful villages in France! There is an eagle's nest above the Gorges du Loup.

You can spot this village from the Gîte Des 2 Roches perched on the top of a vertiginous cliff at 760 m altitude.

TOURRETTES- SUR-LOUP

A medieval village worth a visit where you will find many restaurants and nice little streets.

WATERFALLS OF THE SAUT DU LOUP

A cool spot in the Cannes hinterland.

Open all year long, entrance €1 per turnstile

Route des gorges du Loup

06620 Gourdon



THE SAINT CEZAIRE CAVE (GROTTE DE SAINT-CEZAIRE)

This is an unforgettable day to spend, 20 minutes away from Grasse, in a wooded park of 6 hectares. It is ideal to make the most out of your stay with children! Close to Nice and Cannes.

Discovery trail

Close to the cave, this is a fully signposted "mini-hike" where you will be able to discover the most characteristic elements of the Mediterranean flora.

A forty minutes outdoor break to do before or after the visit of the Cave, as you prefer.

The Adventure Trail

Located on the site of the Saint-Cézaire Cave, the accrobranche "PACA Adventure" is divided into several levels of difficulty with a total of 51 different activities.

All the courses are equipped with a continuous lifeline to spend a moment of sporty relaxation in absolute safety.

Food and drink available on site.

<https://www.grotte-saintcezaire.com>

GREOLIERE-LES-NEIGES

The ski resort is ideally located, only 30 mins from the gîte. Family resort with slopes overlooking the sea.

Many of our guests go skiing or hiking for the day in Creolière and then relax in the jacuzzi of the gîte.

VISIT THE LERINS ISLANDS - STE MARGUERITE (ILES DE LÉRINS)

After a few minutes on a boat from Cannes, the Sainte-Marguerite island offers you an exceptional site where nature, culture and relaxation are all harmoniously united. As soon as you disembark, you will be seized by the scents of pine and eucalyptus and by the fullness of this place

where you will find many activities to enjoy. The best way to discover its true nature is certainly to follow the marked trails which offer a botanical and historical discovery of the site.

Several departures are organized every day, prices between €9.80 and €15.50 per person.

You can book your tickets online at

<http://www.trans-cote-azur.com/depart-cannes/iles-de-lerins-ste-marguerite-bateau-traverseexcursion/>

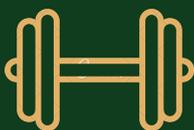
RESERVE DES MONTS D'AZUR - THORENC

One hour from the gîte, you will discover a national parc with European buffalos, deers, boars and Przewalski horses. You can book a safari with a horse-drawn carriage ride .

it's just an amazing journey with respect to the bio diversity.

La Réserve Des Monts d'Azur
2651 route des chateaux
06750 THORENC
mail: contact@haut-thorenc.com
www.reserve-biologique.com





SPORT ACTIVITIES

HIKING

GOURDON - THE PATH OF PARADISE (LE CHEMIN DU PARADIS)

Departure from Le Bar Sur Loup from the cemetery car park in the village of Gourdon, classified as the most beautiful village of France. An amazing hike accessible to all that lasts between 1h15 and 1h45 depending on your level with a 438 metres drop.

COURMES - HIKING

Several hikes with different difficulty levels are suggested on the website below.

<https://www.visorando.com/randonnee-courmes.html>

KARTING

Sensation lovers may like this Fun-Kart in Le Bar Sur Loup which is one of the biggest circuits in Europe.

Tel : 04 93 42 48 08

CANYONNING

A unique experience with conviviality guaranteed!

FunTrip at Pont du Loup, 5 mins away from the Gîte des 2 Roches.

Tel: 06 19 66 03 65

CYCLING

Professional cyclists will love the surrounding area with its very hilly landscape.

Many cyclists go around the area.

Road bike and mountain bike trails.

<https://www.komoot.fr/guide/1308596/rando-vtt-et-circuits-autour-de-le-bar-sur-loup>

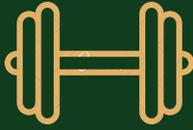
<https://www.komoot.fr/guide/1308596/rando-vtt-et-circuits-autour-de-le-bar-sur-loup>

PARAGLIDING

Departure from Gourdon, several options are available from €120. We tried it for you, it's fun !

Ascendance06 - Contact Eric

Tel : 06 61 42 08 64



GOLF

Chateauneuf de Grasse - GOLF DE LA GRANDE BASTIDE

Stunning views over Nice hinterland. Adapted to players of all levels. Located at 5 min from Golf d'Opio Valbonne

Opio Valbonne - GOLF RESORT

The Opio Valbonne Golf Resort has won over a European clientele thanks to its location in the heart of a magnificent natural domain combining charm, authenticity and relaxation.

WATER SPORTS

Cap d'Antibes

Come and discover the joys of water skiing, wakeboarding, wakesurfing and towed sports at the Cap d'Antibes water sports base! A team of passionate professionals with 20 years experience in board sports offers you the following activities:

- Water skiing (bi-ski or mono)

Wakeboard, Wakeskate & Wakesurf

- Towed sports (buoys, flyfish, sofa, tornado, banana)

Private & personalized services - Paddle rental - Boat rental

<http://www.watersnow.com>

In front of the Baie Dorée hotel

Baie de la Garoupe - 06160 Cap d'Antibes

Mobile 1: 06 60 52 60 28

Mobile 2: 06 60 99 06 51



GASTRONOMY

HOTEL PARTICULIER LES JASMINES - LE BAR SUR LOUP ++

This is a place I particularly love for its enchanting surroundings and beautiful terrace. Excellent value for money.

Tel: 04 93 60 42 05

L'ECOLE DES FILLES - LE BAR SUR LOUP ++

At the Bar Sur Loup, I recommend this very good restaurant located in a former "girls' school". The playground has become a terrace where you can spend some time beneath a big lime.

Inside, the classrooms have been transformed into a restaurant. This is both atypical and of great quality, ideal to have a good time just a short walk from the gîte!

380 Av Amiral de Grasse

06620 Le Bar sur Loup

Tel: 04.93.09.40.20

L'ATELIER DU 39 - LE ROURET ++

In case you crave for aperitif boxes or a Brunch, this is the address you don't want to miss!

Local and very good quality products.

Delivery to the gîte available.

<https://atelierdu39.com>

Sabrina : +33 (0)6 12 70 80 31

Raphael : +33 (0)6 12 10 74 54

LE 67 ++ - LE ROURET

Le Restaurant chez Vous! (At Home Restaurant) On the spot or to take away, Le 67 offers seafood platters as well as many take-away meals (couscous, small stuffed dishes from Nice, home-made aioli, lasagnas,...) as well as delicious pizzas to take away!

[Facebook.com/Le67LeRouret/](https://www.facebook.com/Le67LeRouret/)

Tel: 04 93 42 55 87

Cell: 06 09 97 25 43

ORGANIC PIZZERIA LA FAMIGLIA - LE BAR SUR LOUP - CENTRE DU VILLAGE ++

In case you like organic food, you will love these pizzas 100% made with organic ingredients. Organic flour, home-made tomato sauce and Fior di Latte mozzarella.

50 allée du Docteur Maffet - Le Bar Sur Loup

Tel: 09 81 63 53 72

No delivery, pizza to take away only

PIZZERIZA MICHELANGELO - LE BAR SUR LOUP ++

Restaurant close to the gîte. Great price/quality ratio with a nice view terrace

Take away or eat at the place

Tel : 09 51 74 13 86

Closed on Sunday and Monday



IKI.T - MOUGINS ++

I am a fan of this atypical place!

This is a concept store combining both the shop with a Balinese-inspired decoration, and a restaurant to enjoy a delicious lunch and aperitifs in the evening while being in an exceptional environment. We recommend you to book a table in advance.

Tel: 04 93 90 02 77

https://www.instagram.com/iki.t_mougins/

LE PETIT CABANON - CHÂTEAUNEUF DE GRASSE

A nice place to have lunch or dinner 100% made with fresh products. Located on Chateauneuf de Grasse square.

Tel : 09 84 58 27 05

PAPILLA - CHÂTEAUNEUF DE GRASSE

Exceptional ice cream artisan! Go and taste a genuine ice cream of the highest quality, only a few minutes away from the gîte.

14 Place des Pins

06740 Chateauneuf de Grasse

BRASSERIE LE TILLEUIL - SAINT PAUL DE VENCE

Bistro Gourmand in Saint Paul De Vence, very nice address in a magnificent environment with quality service and welcome!

<https://www.saint-pauldevence.com/fiches/restaurants/le-tilleuil/>

CASTLE PUB

In Chateauneuf de Grasse, close to the gîte les 2 Roches. The bar is located on the main square. Nice to enjoy your evening eating tapas.

PIZZERIA D'ANTAN - CHÂTEAUNEUF DE GRASSE

If you fancy a pizza, you can have it delivered to the gîte!

Tel: 04 92 60 48 40

RESTAURANT ITALIEN GEPPETTO - NICE ++

Charming rustic chic trattoria where you can eat antipasti, pasta and fish/seafood dishes and regional Italian wines.

A colourful place to discover! Alex is very friendly and makes you smile before you are even tempted by the menu.

Tel: 04 93 16 86 27

LA DIFFERENCE ++

In Roquebrune-Cap-Martin, a restaurant with a panorama between the sky and the sea. A place of paradise with a breathtaking view.

Very reasonable prices.

Nice place near the sentier des douaniers and small creeks. Closed in winter.

<https://www.ladifference.com>

Tel: 04 92 07 35 51



BRASSERIE BACHO - LE PONT DU LOUP ++

Ideal for homemade beer lovers. You will find excellent local products, I highly recommend their terrace and tapas.

You can also buy their beers in their shop. It's just a stone's throw from the gîte!

You can also try the brewing workshops, a very nice activity to discover!

Tel: 06 33 30 71 37

LA CAVE - MOUANS SARTOUX ++

Cozy - Hidden in an alley in the charming village of Mouans-Sartoux, the restaurant La Cave immediately appeals thanks to its authenticity (located in an ancient cellar), its rustic decoration and its warm welcome.

HOMEMADE COOKING - 100% home-made with fresh products. The dishes available on the menu depend on daily suggestions that vary depending on what's on the market.

Tel: 07 77 94 95 37

LE BISTROT DU PORT - GOLF JUAN

Located on the old port of Golfe Juan, discover this gastronomic restaurant which serves bouillabaisse and different fish specialities.

<http://www.bistrotduport.com>

Tel: 04 93 63 70 64

EPICUREMS ++ -CHEF AT THE GITE ☆☆☆

You are not in the mood for cooking, no problem !

Remi will come and cook for you ! Everything at a glance.

remi.camici@orange.fr

<https://epicurems.eatbu.com>

Tel : +33 06 50 51 01 36





LES DEUX ROCHES

WWW.GITELESDEUXROCHES.COM

