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Alpes-Maritimes



# Nice's hills Les Collines de Nice «Lou Camin Nissart»

27miles itinerary around the city of Nice



3 days

43 km

A hike among carob trees, pines, olive trees, mastic trees, vineyards, and oaks, offering incredible views of Nice, the French Riviera and the mountain ranges.

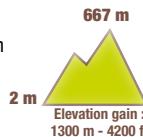
It starts at Place Garibaldi, follows the coastline, winds or goes straight between Mont Boron, Gairaut, Saint-Pancrace, Saint-Roman-de-Bellet, and returns to the starting point via the Promenade des Anglais.

## SITUATION

Nice is located in the heart of the French Riviera, with possible access by road, airport, boat, and railway. The urban transportation network, including buses and trams, allows interconnection between various modes of transport.

## PARKING

Paid parking Promenade des arts - 18 Avenue Saint-Jean-Baptiste, 06000 Nice



Elevation gain :  
1300 m - 4200 ft

Trail Marking Code GR® de Pays  
**FFRandonnée**

- Right direction
- Change of direction
- X Wrong direction

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## Recommendations

The route is interconnected with the bus, tram, and train network. In one day, you can cover the desired portion and return to the city center. Find schedules and fares at:

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



• Office de Tourisme Métropolitain Nice Côte d'Azur,  
[www.explorenicetodazur.com](http://www.explorenicetodazur.com), +33 (0)4 92 14 46 14



## Comité

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<https://alpes-maritimes.ffrandonnee.fr/>,  
[https://www.facebook.com/FFRandonnee06.](https://www.facebook.com/FFRandonnee06/)



Frédéric Aguilhon / Métropole NCA

View of baie des anges



## TO DISCOVER ALONG THE WAY

• The port of Nice, the coastal path and Cape of Nice, Belle Époque villas, Mont Boron, Mont Alban, Vinaigrier Park, gardens and arenas of Cimiez, Gairaut canal, Ratapignata cave, Saint-Pancrace, Vésubie canal, Canta-Galet, Magnan, Promenade des Anglais, Paillon promenade, Castle Hill.



## TO DISCOVER IN REGION

• Discover the nature sports routes and points of interest in the villages of Nice Côte d'Azur at:

<https://outdoor.nicetodazur.org>

- Villa Ephrussi de Rothschild
- Museums
- Mercantour National Park
- Préalpes d'Azur Regional Nature Park

To find this circuit on the official  
FFRandonnée application



**GR<sup>®</sup>  
Pays**

# Les Collines de Nice «Lou Camin Nissart»

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Pays**

LES COLLINES  
DE NICE  
- LOU CAMIN NISSART -

FFRandonnée



## Place Garibaldi to place Mont Boron

4,2 km 1 h 50

- Start at the statue of **Giuseppe Garibaldi**, head towards the port by taking «*Rue Ségurane*» and then «*Rue Antoine Gautier*».



© Frédéric Aguilhon / Métropole NCA

Follow the port on the left along «*Quai des Deux-Emmanuels*», continue until you reach **Galerie Lympia** (former prison), turn left and climb the stairs, then turn right onto «*Boulevard Franck Pilatte*». Continue to the **Félix Rainaud** garden, descend towards the coastal path, and follow it to **Cap de Nice**.

Port Lympia

Leave the coastline, then climb the series of stairs up to «*Boulevard Maetelinck*», join «*Boulevard du Mont Boron*», and then «*Impasse Ernestine*» to reach «*Route Forestière du Mont Boron*».

- Upon reaching «*Route Forestière du Mont Boron*», turn right, heading south. Continue for 150 meters.

## Mont Boron loop

0,6 km 15 min

- Leave the road, turn right, and then immediately turn left onto the path that loops around the fort in a clockwise direction.  [Panorama of the city of Nice and the port](#)
- After circling the fort, return to «*Place du Mont Boron*» via «*Route Forestière*», for 150 meters.

## Place Mont Boron to Vinaigrier Park

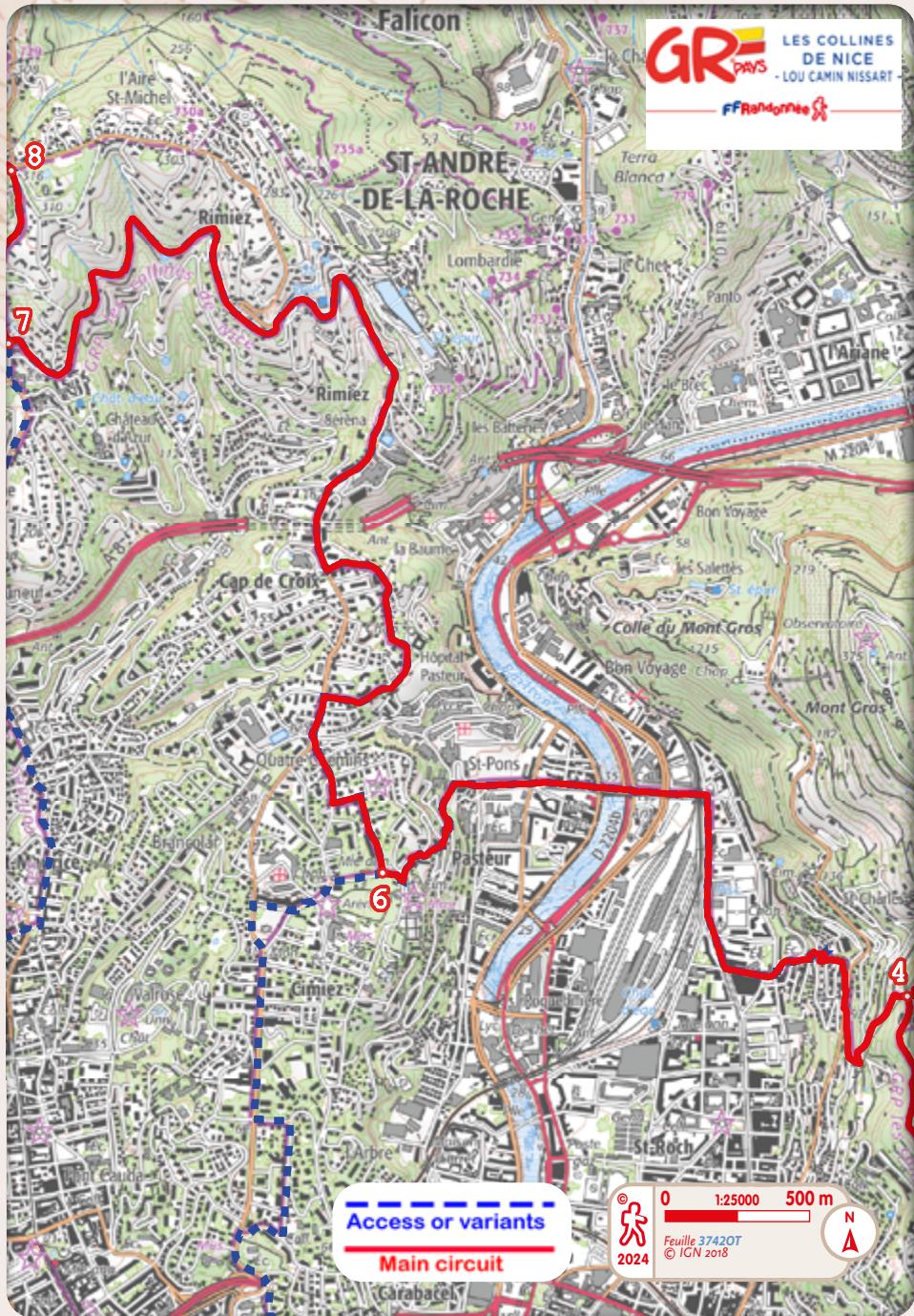
3,2 km 1 h 20

- Continue following the trail markers parallel to «*Route Forestière of Mont Boron*» to reach **Mont Alban**.  [Panorama of Villefranche-sur-Mer and Saint-Jean-Cap-Ferrat](#)  
Pass to the left of the fort to reach the **Col de Villefranche**. Cross the road, go around the fuel station, and follow «*Chemin du Vinaigrier*» then «*Chemin Alexandra*» passing the Veolia station towards **Vinaigrier Park**.
-  [Fountain : Landscaped forest park, tables, benches.](#)

## To round-trip viewpoint

2,5 km 1 h 15

- Turn right and follow the yellow/red markers to reach the viewpoint and enjoy the panorama. Continue straight for approximately 700 meters.  [Orientation table](#)
- Descend by the same trail and return to the path at the park's information board. Cross and continue down following the trail markers on «*Chemin du Cal du Mont Gros*»



Access or variants

Main circuit



2024

0 1:25000 500 m  
Feuille 37420T  
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## Parc du Vinaigrer to Gairaut

9 km 3 h 30 

- 4** Join «Boulevard Bischoffen», head up it, then turn onto «Avenue du Teiras». Go down the stairs to «Chemin du Mont Gros». Follow the trail markers to «Rue Pie François Toesca», then turn right onto «Boulevard Virgile Barel». Continue to the **Pont Michel** tram station, cross the **René Coty Bridge**, and proceed on **Voie Romaine**. Take the stairs marked for **Immeuble La Croix du Sud**, then continue on Voie Romaine for 150 meters and take the stairs to reach the **Monastère Cemetery**.

 > Restrooms - Fountain: Located in the Cimiez Gardens.

- 6** Bypass the garden along «Avenue du Monastère» until you reach the junction with «Avenue Michel de Cimiez». Pass through the neighborhoods of Cimiez and Rimiez, following the trail markers through the streets: «Avenue Thérèse, Avenue de Flirey, Place Commandant Gérôme, Avenue Cap de Croix, and Avenue Sainte-Colette». Then return to «Avenue Cap de Croix» and continue on «Avenue de Rimiez» until you reach the entrance to **Canal de Gairaut**. Continue along the **Canal de Gairaut**.

Variant Return > Cimiez and l'hôtel Régina (See descriptifon at the end of booklet) 3,6 km, 1 h 

## Gairaut to La Vallière

1,1 km 30 min 

- 7** Leave the **Canal de Gairaut**. The itinerary **GR® de Pays** becomes common to the itinerary named **GR®5**, take the «vieux chemin de Gairaut» to the north, to arrive at Saint-Michel area roundabout. Access > from or to the environment center (See description at the end of the booklet) 3 km, 1 h 

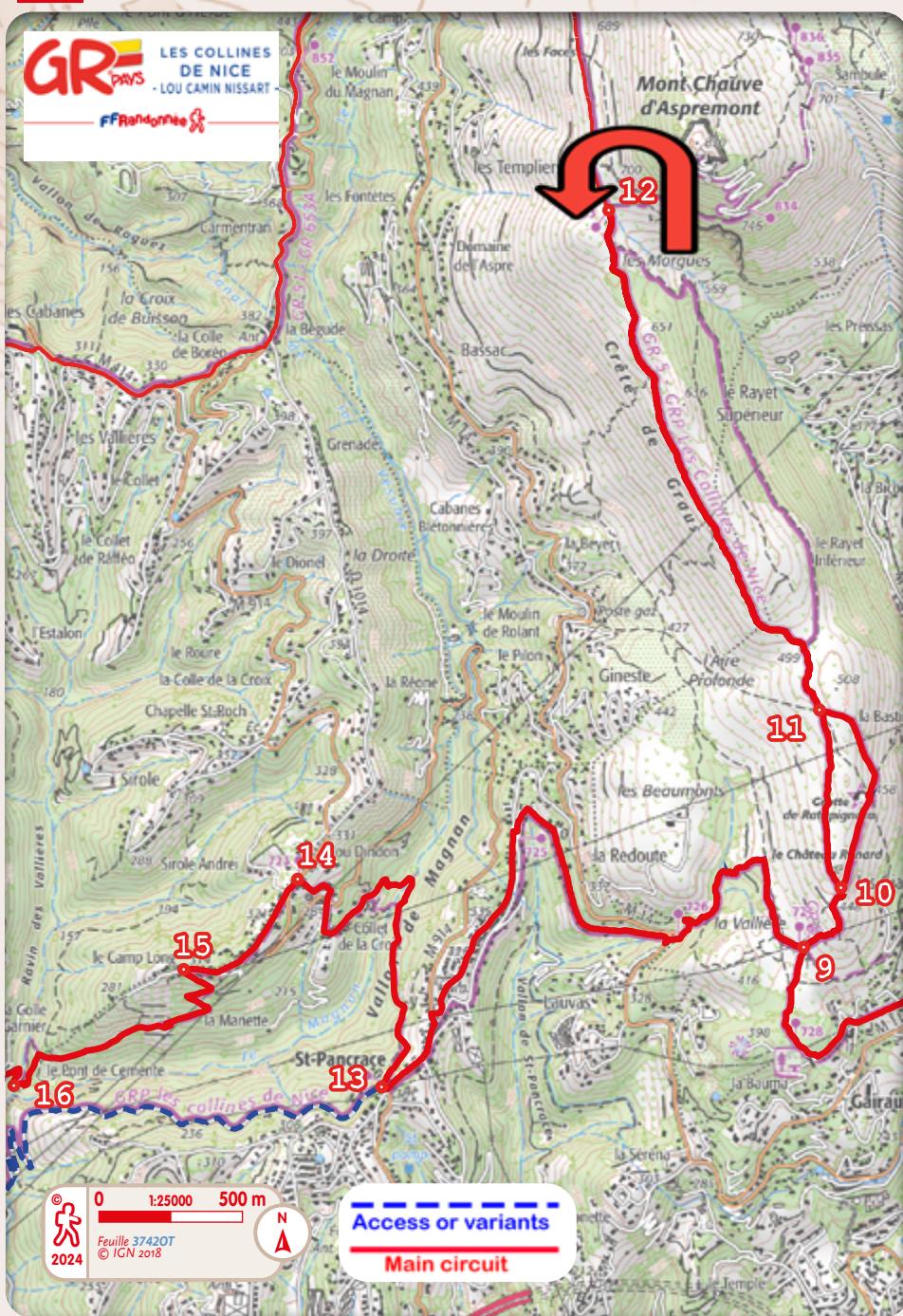
- 8** Cross the roundabout and continue on «Chemin de Châteaurenard», following the **GR®5** trail, until you reach **La Vallière**.



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Canal de Gairaut

## **Les Collines de Nice «Lou Camin Nissart»**



### La Vallière to Rayet Inférieur

1 km 20 min 

- 9 Turn right, following the GR®5 trail, until you reach the ruins of **Château Renard**.
- 10 Leave the **GR®5** and take the right-hand trail towards the Ratapignata Cave (**Ratapignata** means «bat» in Nice dialect). The trail will then reconnect with the **GR®5**.  
 > **Viewpoint and ruins of a pyramid.**

### to round-trip Mont Chauve

3,9 km 1 h 45 

- 11 Follow the **GR®5** to the right, climbing along the crest of Graus to reach the base of **Mont Chauve**, until you reach directional post 833, the highest point at 670 meters.  
 > **Panoramic view of the city of Nice and the coastline**
- 12 Turn around and go down south, still on the **GR®5**, until you reach the intersection of several trails (altitude 500 meters).

### Rayet Inférieur to La Vallière

1 km 25 min 

- 11 Continue to the right on the **GR®5** and head south towards Nice until you reach **château Renard**.
- 10 Continue on the **GR®5** to reach **La Vallière (b727)**.



© Métropole NCA

cave and pyramid Falicon

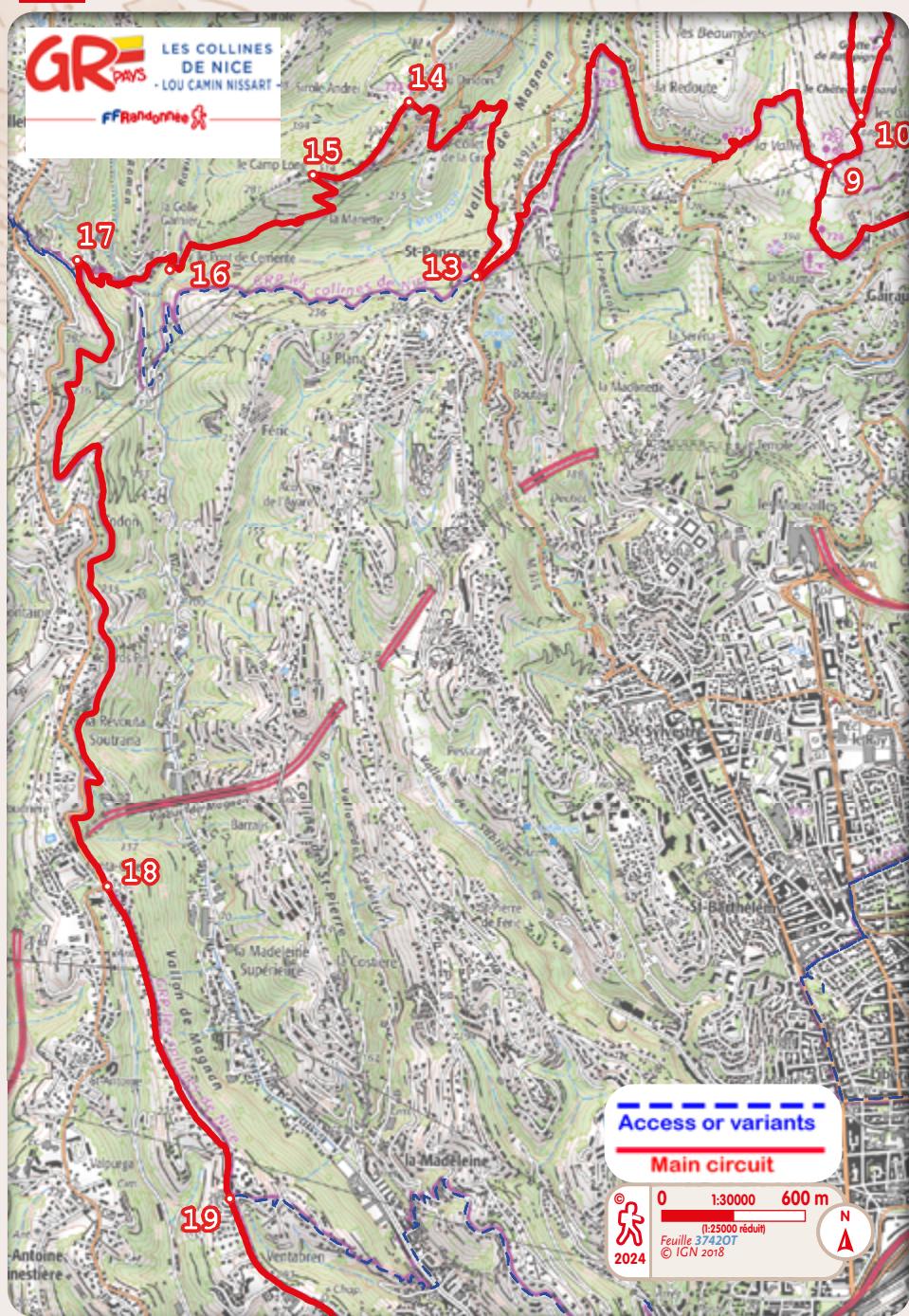


© Jérôme Buffat / Métropole NCA

Pipistrelle bat

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**Pays**

# Les Collines de Nice «Lou Camin Nissart»



**Access or variants**

**Main circuit**



0 1:30000 600 m  
(1:25000 réduit)  
Feuille 37420T  
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## La Vallière to Saint-Roman-de-Bellet

7 km

3 h



**9** Leave the GR®5 and continue right, following the yellow/red markers. The itinerary joins and crosses «Route d'Aspremont» to reach the stairs of «Ancien Chemin du Ray à Aspremont». Follow this path, continue on «Chemin de l'Église de Saint-Pancrace», and access «Route de Saint-Pancrace», passing the convenience store. Take «Chemin du Génie» and immediately turn right onto the path at number 2 (b724).

**13** Descend the path, which is ravined in places, to reach the **Vallon de Magnan** and cross the **Pommier Bridge**. Climb the path to reach «Route de la Sirole» (B723) via «chemin des Collines Niçoises N01».

**14** Continue left on the road, and follow «Chemin Crête de Bergiade» on the right. After 500 meters, past number 23, turn left and descend by following the trail.

**15** Enjoy a beautiful trail through pine and olive trees. Stay on the path that runs alongside private parcels. At the bottom of the valley, leave the **Cemente Bridge footbridge** on the left. Turn right to ford the **Ruisseau des Vallières**. Climb the steep trail to reach «chemin de l'Ibac Col Garnier»

**16** Continue for 200 meters on the road, then leave the road at the containers. Turn right onto the trail and ascend through the pine forest. When you reach «Chemin Antoine Braquet», turn left.

## Saint-Roman-de-Bellet to Canta-Galet via chemin des Fontainiers

3,5 km 1 h 15



**17**

At the end of «Chemin Antoine Braquet», cross the road and continue left on the dirt path. Pass through the gate and follow the **Canal de la Vésubie** (or **Chemin des Fontainiers**) until you reach **Canta-Galet**.

**Access:** via Lingostière or Saint-Isidore (see description at the end of the booklet) 6 km, 2 h

> Western view of the highly renowned Bellet vineyards

## Canta-Galet to Magnan

4,3 km 1 h 30



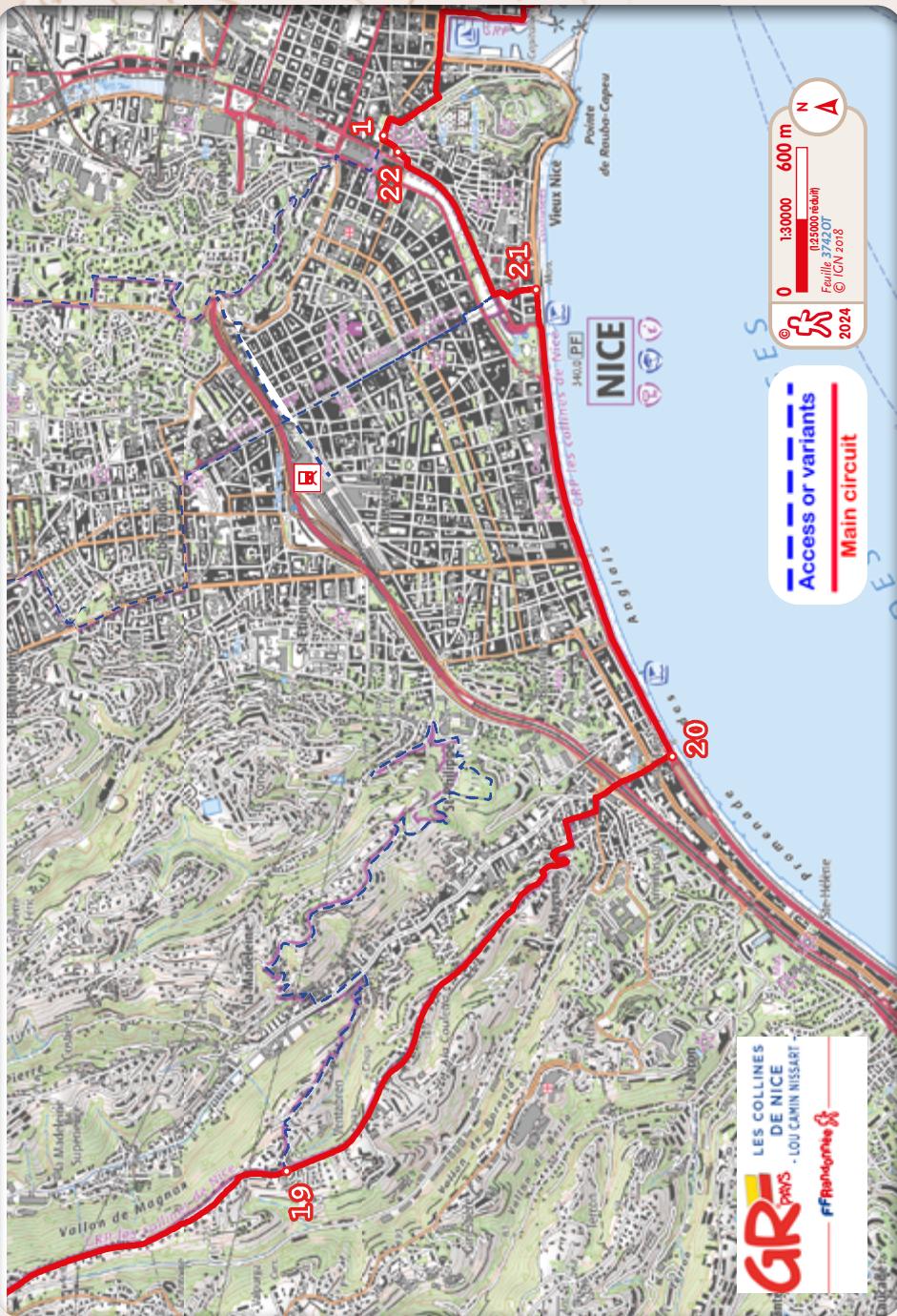
**18** The route leads to «Rond-Point Durandy». Turn left onto «Route de Bellet» and continue until you reach **Ventabren**.



Mont Alban fort

© PHILIPPE TART / FFRandonnée06

## Les Collines de Nice «Lou Camin Nissart»



**19** Leave «Chemin des Treuyes» to the left and continue descending towards the seaside via the shortcuts of «Route de Bellet» (numbers 5, 4, 3, 2, and 1). Reach «Route de Bellet» and continue downhill. Further on, at number 11, take the stairs to reach «Rue Ansaldi», then proceed through **Parc Robiony** to the **Pont de Magnan** and the **promenade des Anglais**.

Access: from or towards La Madeleine and Parc d'Estienne d'Orves (see description at the end of the booklet) 4,7 km, 1 h 40 

### **Magnan to Garibaldi (via Promenade des Anglais)**

3,2 km

1 h

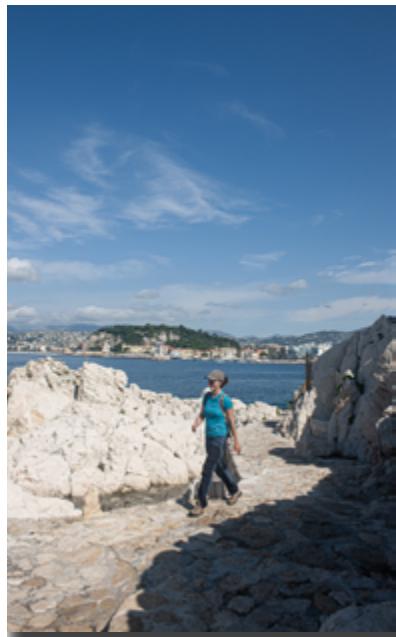


**20** Turn left towards the city center and follow «Promenade des Anglais» into the city. Pass **Jardin Albert 1er**, continue along «Quai des États-Unis», and turn left at the **Monument des neuf lignes obliques**.

**21** Cross «Quai des États-Unis» and «Esplanade Georges Pompidou», then continue on «Avenue Jacques Médecin» and «Avenue Jean-Jaurès», following the tram line (L1) and the **Old Town (Vieux-Nice)**. Finally, return to the starting point of the **GR® de Pays «Lou Camin Nissart»** at place Garibaldi.



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Quai des Etats-Unis - Rauba Capeu

Coastal Path

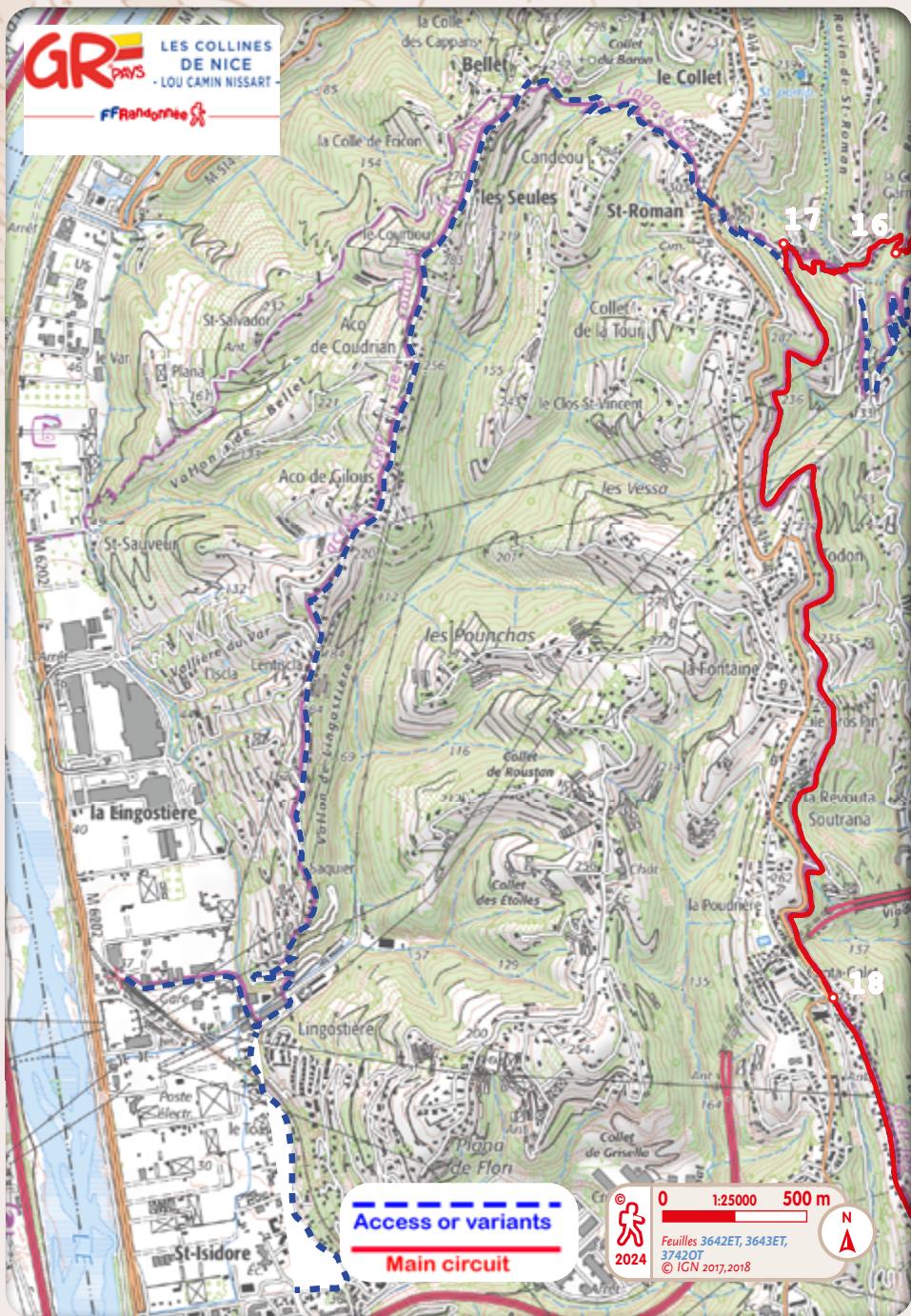
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# Les Collines de Nice «Lou Camin Nissart»



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**22** End of main route.

## Variants and Access

Access > From or towards Lingostière or Saint-Isidore 6 km, 2 h 

Possibility to leave or join the main circuit:

From landmark 14, at the end of *Chemin Antoine Braquet*, turn right onto «*Chemin du Génie*». Walk 200 meters to the hairpin turn, then leave the road by turning right onto *Chemin Julia Augusta*. This path ascends steeply to the **church of Saint-Roman-de-Bellet**. Pass in front of the church and continue on «*Chemin du Collet des Grecs*» until number 29. Leave this path and turn right onto «*Chemin des Seules*». Reach «*Chemin de Saquier*» after 300 meters, turn right, and continue on the road to number 264. Then turn left onto «*l'ancien chemin de Saquier*».

 > Viewpoint over the Var Valley.



Frédéric Aguilhon / Métropole NCA

Bellet Vineyards ©

Upon reaching number 196, turn left onto «*Raccourci Auguste Comte*» and follow it to number 160. Then take the following shortcuts: «*Raccourci Auguste Comte No. 4*» at the road curve, and «*Raccourci Auguste Comte No. 3*» at number 87, which joins «*Chemin de Saquier*». Continue on the road for 250 meters, past number 37, and take the final «*Raccourci Auguste Comte No. 1*» on the right, which leads back to «*Chemin de Saquier*». Continue for 300 meters to the roundabout. Note that *Raccourci No. 2* no longer exists..

Two possible options :

Turn right onto «*Chemin de la Glacière*» to reach **Lingostière station** in 10 minutes. You can return to **Nice** by taking the train from the **Chemins de Fer de Provence**.

or

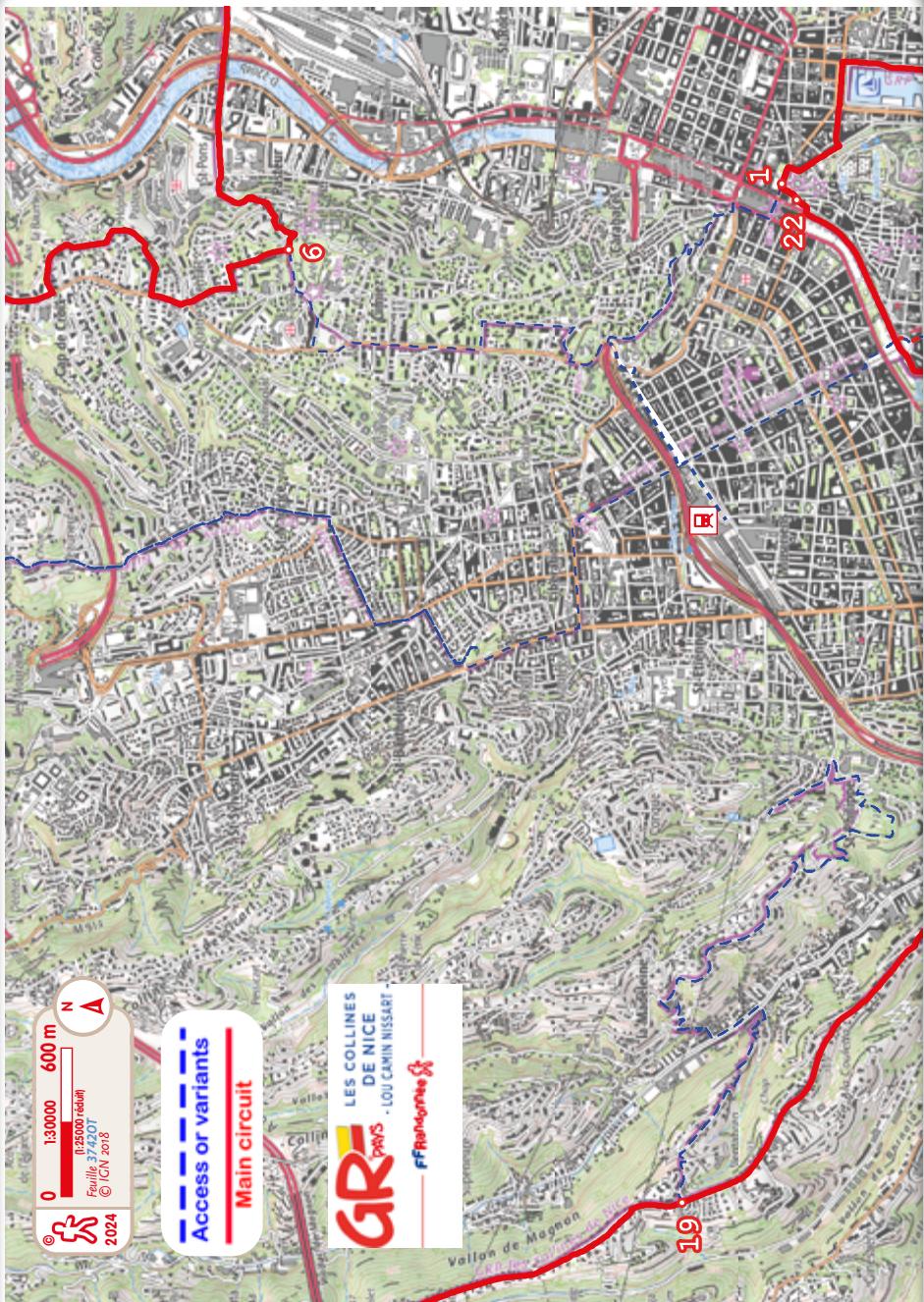
Turn left onto «*Chemin des Serres*» and carefully follow the road for 1 km (20 minutes) to reach **Saint-Isidore**. From there, you can take tramway Line 3 to **Nice**.

Alternative return via: Cimiez and Hôtel Régina 3,6 km, 1 h 

From landmark 6, stay on «*Avenue du Monastère de Cimiez*» and continue to the arenas. Turn left towards the former **Hôtel Régina**, pass by the statue of **Queen Victoria**, and continue down the boulevard to number 64. To admire beautiful houses, turn left onto «*Avenue Léopold II*», then right onto «*Avenue Villebois Mareuil*», and at the end of the street, turn right onto «*Avenue Brown-Séquard*» to return to «*Boulevard de Cimiez*». Continue down, and after number 18, turn left onto «*Avenue Émile Bieckert*». About 100 meters after number 42, take the stairs on the right. At the bottom of the stairs, continue right and stay on «*Avenue Émile Bieckert*». At the end of this avenue, turn left onto «*Chemin Saint-Charles*». Just after number 1, take the stairs on the right to reach «*Boulevard Carabacel*». Head towards the **Tête Carrée**, turn right onto «*Avenue Saint-Jean-Baptiste*», then left onto «*Traverse Garibaldi*», and finish at **Place Garibaldi**.



## **Les Collines de Nice «Lou Camin Nissart»**



Access: from or towards Madeleine and parc d'Estienne d'Orves 4,7 km, 1 h 40



Possibility to leave or join the main circuit. Connection with the **Chemins de Fer de Provence** station (**Saint-Philippe stop**) and the **Lignes d'Azur bus network**.

From landmark 16, take «*Chemin des Treuyes*» and descend to number 39 (end of the road). Turn left onto «*Sentier de Serre*» also named «*des Treilles*», which runs alongside a property wall. Continue down to reach «*Boulevard de Magnan*». Turn left and continue for 250 meters. At number 246, turn right onto «*Camin dei Galofre (Chemin des Œilletts)*», galofre means carnation . The path crosses the railway to reach «*Corniche de Magnan*». Turn right and proceed to number 220. After the **Ancienne Batterie bus stop**, enter **Parc d'Estienne d'Orves** on the right. Just past the gate, turn immediately right to reach a water point.

> Superb viewpoint overlooking the western part of Nice and the Var

Follow the yellow/red markings to cross the park, passing by a majestic thousand-year-old olive tree. Further along, reach **Villa Bellevue**, the former residence of the **Count d'Estienne d'Orves**. Just after the villa, take the path on the right that crosses the park's access road via a series of stairs. Upon exiting the park, turn left onto «*Avenue Estienne d'Orves*». After 400 meters, you will arrive at the train stop to return to the **Gare du Sud** (city center) or head towards **Saint-Isidore** (Plaine du Var).



© PHILIPPE TORT / FFRandonnée06

Thousand-year-old olive tree-Park Estienne d'Orves

Access: from or towards the «*Maison de l'environnement*» (Environment house) 3 km, 1 h



Possibility to leave or join the main circuit:

From landmark 7, at the end of **Canal de Gairaut**, turn left onto «*Vieux Chemin de Gairaut*» at number 125, and follow the GR®5 markings. Join «*Avenue de Gairaut*» and continue to the left.

Follow «*Vieux Chemin de Gairaut*» and cross the A8 motorway. Continue towards **Saint-Maurice** until «*Place Alexandre Médecin*». Turn right onto «*Rue Paul Bounin*». This leads to «*Boulevard Gorbellia*»; turn left and then right onto «*Avenue de Castellane*». After numbers 28/29, in the curve at the entrance to the **Maison de l'Environnement**, a guestbook is available, as well as showers and toilets.

To return to the starting point, you can take the tram. Alternatively, you can continue along the GR®5 to the seaside. Follow «*Boulevard de Cessole*», «*Boulevard Joseph Garnier*» and descend «*Avenue Malausséna*», continuing down «*Avenue Jean Médecin*». Cross **Place Masséna**, and take «*Rue Jacques Médecin*» until you reach the **Monument des Neuf Lignes Obliques**.

Access > from or towards SNCF Thiers station 1.1 km, 20 min



Possibility to leave or join the main circuit:

From the station's forecourt, turn left onto «*Avenue Thiers*» and pass by the glass-clad **Iconic building**. Cross «*Avenue Jean Médecin*» and the tram tracks. Continue along «*Boulevard Raimbaldi*». At the end of the boulevard, take the stairs that lead to «*Boulevard de Cimiez*». Turn left to reach the main GR® de Pays circuit after 200 meters.

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