

visit **MONACO**

Your Essential Guide to Monaco

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COVER IMAGE

Casino Square & Boulingrins Gardens © Monte-Carlo Société des Bains de Mer

ABOUT THE PRINCIPALITY OF MONACO

The principality of Monaco enjoys a coveted location, hugging a postcard-perfect slip of coastline along the French Riviera, overlooking the Mediterranean Sea. The progressive sovereign city-state is currently led by Prince Albert II. As a nation, Monaco has been responsible for implementing groundbreaking global models for sustainable development, with lofty goals when it comes to the protection of the land, air and oceans for future generations.

EDITORIAL NOTE

Hotel Metropole Monte-Carlo reopened after months of behind-the-scenes renovation works. The major renovation is planned as of November 2022 until April 2023. The Exotic Gardens are closed until 2023.



Foreword

M

onaco is not just a destination; it is the experience of a lifetime. For more than a century, it has been an aspirational symbol of luxury and glamour, renowned for its safety. What the country lacks in size, it makes up for in history, culture, entertainment and character. Today it is reinventing itself while preserving its environment.

Continuing to make safety its top priority, Monaco has launched the 'Monaco Safe' label, which guarantees that businesses are complying with strict government health measures, ensuring you can explore with peace of mind.

A principality of unrivalled charm and diversity, Monaco packs more sparkle and smarts into its 2.08 square kilometres than any destination on the planet. From the fairytale turrets of the casino to the splendid cream façade of the Prince's Palace, it's a place that is constantly reinventing itself, without renouncing the elements of its DNA.

A country guided by the values of excellence, experience, commitment, ethics, expertise, quality, renewal, success and sustainability, Monaco is a dream destination. The current ruler, His Serene Highness Prince Albert II, is at the forefront of environmental advocacy and puts sustainable development at the top of priorities. Monaco is where emissions are low and ethics high, and where sustainable luxury can be found all around, from grand hotels and spas to restaurants and world-class events.

Whether you are looking for a romantic or family gateway, a city break or a revitalizing experience, Monaco is FOR YOU.



Sandrine Camia

Sandrine Camia

Deputy General Manager

Monaco Government Tourist & Convention Authority



WATCH

The Monaco Government Tourist and Convention Authority welcomes you to Monaco

ABOVE: Exotic Garden © BVergely

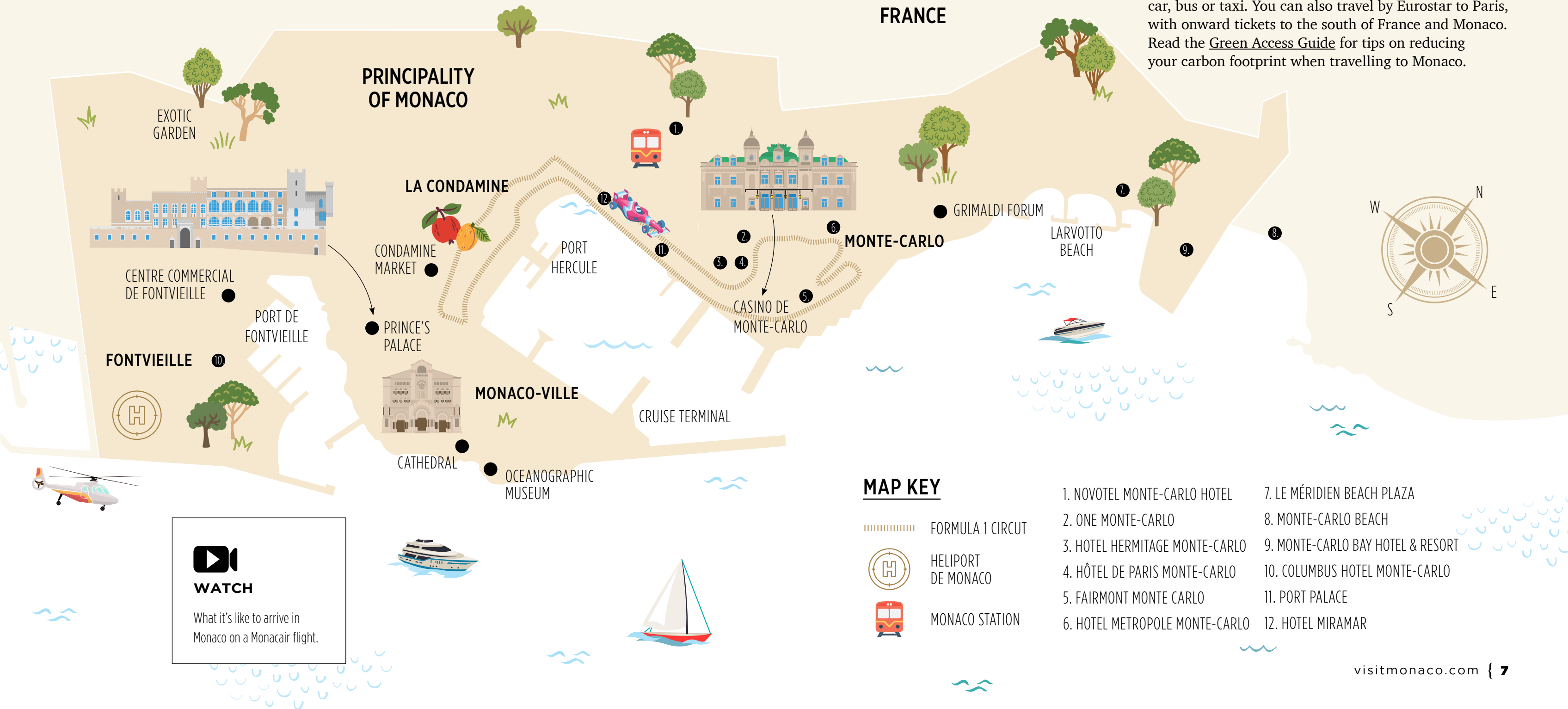
#MAP #LOCATION

Picture of a principality




From the moment you touch down in Monaco (arrive via helicopter if you can), the principality's attractions are within easy reach.

GETTING TO MONACO

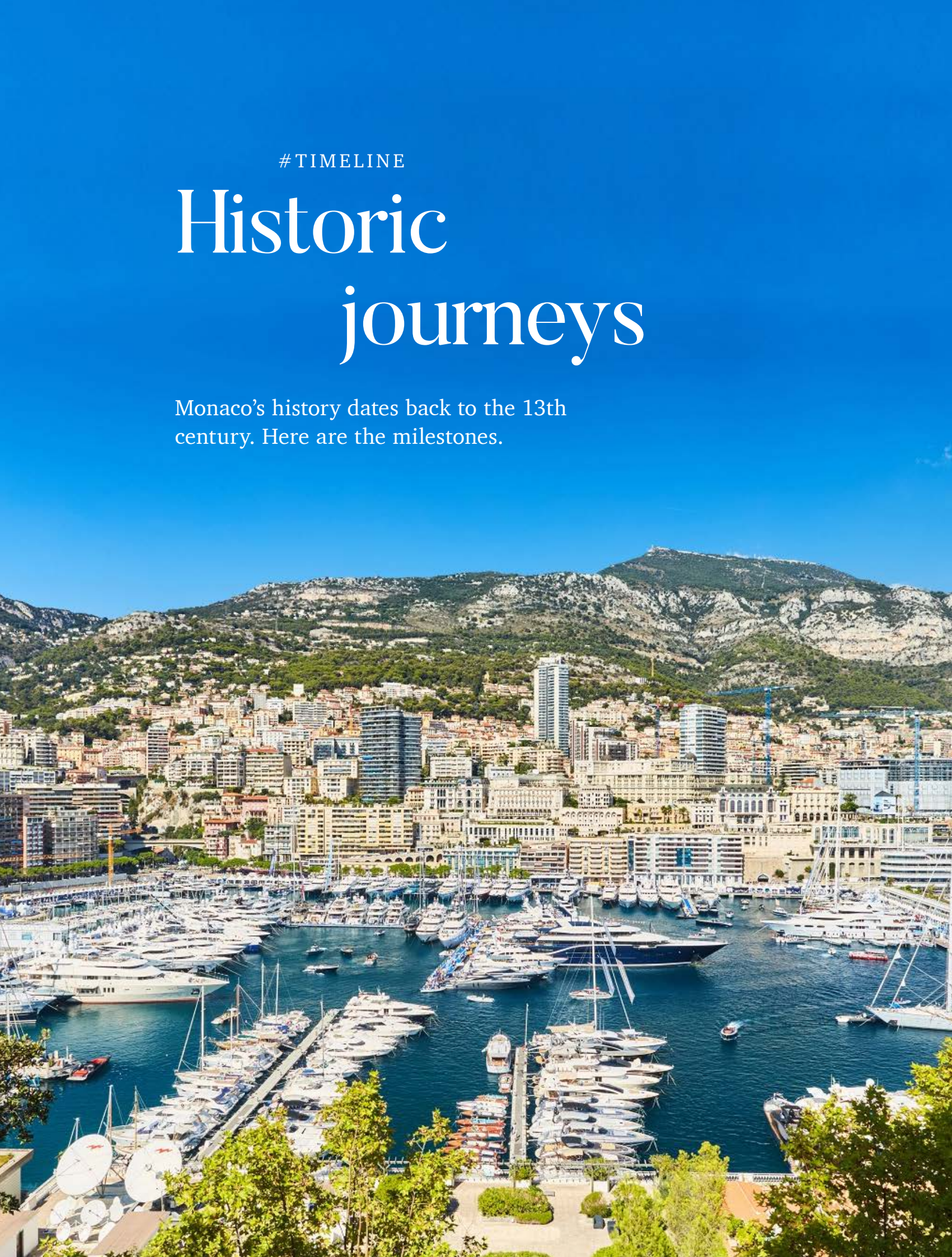
The principality of Monaco enjoys a prime location in the heart of Europe, less than two hours by plane from major cities, and close to the Nice Côte d'Azur International Airport. From here, it's just seven minutes by helicopter to Monaco, with breathtaking views of the Mediterranean coast's rocky cliffs and hairpin bends en route. This is not only the most spectacular way to start your Monaco trip, but also the most convenient, with [Monacair](#) providing a door-to-door service that includes a free shuttle bus to/from your hotel. And it's affordable, too – prices start from 160 euros, per person. While landing on a seaside helipad is a fitting way to arrive, many fly to Nice enjoy a 30-minute road trip by car, bus or taxi. You can also travel by Eurostar to Paris, with onward tickets to the south of France and Monaco. Read the [Green Access Guide](#) for tips on reducing your carbon footprint when travelling to Monaco.



MAP KEY

-  FORMULA 1 CIRCUIT
-  HELIPORT DE MONACO
-  MONACO STATION

- 1. NOVOTEL MONTE-CARLO HOTEL
- 2. ONE MONTE-CARLO
- 3. HOTEL HERMITAGE MONTE-CARLO
- 4. HÔTEL DE PARIS MONTE-CARLO
- 5. FAIRMONT MONTE CARLO
- 6. HOTEL METROPOLE MONTE-CARLO
- 7. LE MÉRIDIEN BEACH PLAZA
- 8. MONTE-CARLO BEACH
- 9. MONTE-CARLO BAY HOTEL & RESORT
- 10. COLUMBUS HOTEL MONTE-CARLO
- 11. PORT PALACE
- 12. HOTEL MIRAMAR



#TIMELINE

Historic journeys

Monaco's history dates back to the 13th century. Here are the milestones.

Although the name 'Monaco' appeared back in antiquity, it was in 1297, with the arrival of the Grimaldi dynasty, that the history of the principality began. More than 700 years later, Prince Albert II continues the efforts of his illustrious ancestors.

MONACO IN A SNAPSHOT

Monaco's international reputation undoubtedly starts here, on 202 hectares of land whose 38,300 residents represent 139 nationalities. The Monegasque population totals 9,259. The official language is French, but Italian and English are also spoken well and are widely used in various business fields.

The diversity of museums and places to visit reflects how important art, history and culture are in Monaco. Visiting them is to step into the legend. Read on...

LEFT: Port Hercule © Drodin Vladimir

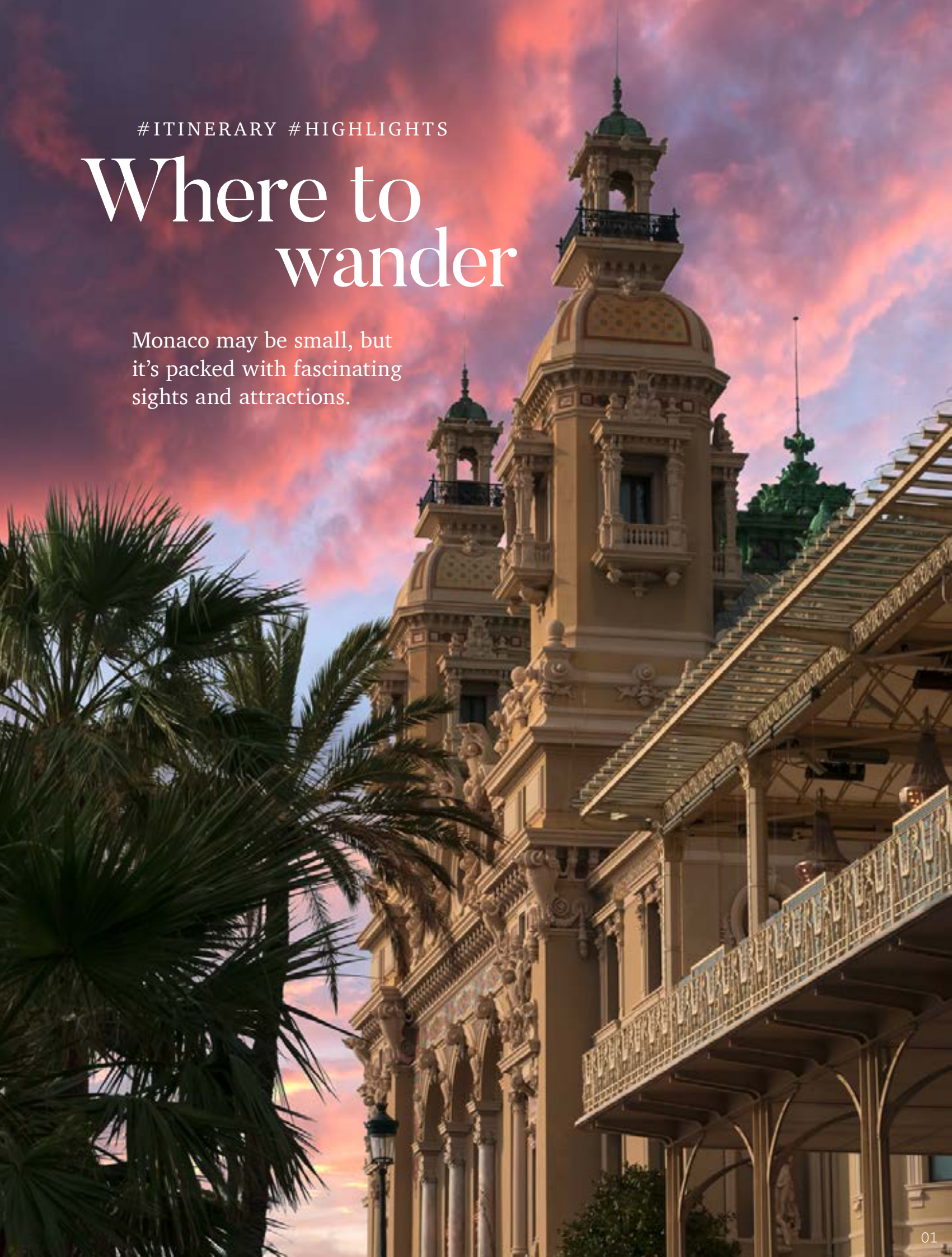
A few key dates to remember

- 1297 — François Grimaldi, a Guelph disguised as a monk, is said to have used trickery to seize the fortress. The memory of this episode lives on with the Grimaldi coat of arms: it features two monks brandishing swords.
- 1863 — A new Société des Bains de Mer was created by Francois Blanc. A casino opened in the Spélugues neighbourhood
- 1906 — Prince Albert I, famous for his scientific expeditions on seas all over the world, founded the Oceanographic Institute.
- 1911 — Monaco's first constitution. The Monte-Carlo Rally was launched. Serrgei Diaghilev's Russian ballet company gave its first performances.
- 1923 — Birth of Prince Rainier III.
- 1929 — First Monaco Grand Prix.
- 1956 — Prince Rainier III married American actress Grace Kelly.
- 2005 — After the death of his father Rainier III on 6 April, HSH Prince Albert II became Sovereign of the Principality.

#ITINERARY #HIGHLIGHTS

Where to wander

Monaco may be small, but it's packed with fascinating sights and attractions.



01

PRINCE'S PALACE APARTMENTS

Perched atop the Rock of Monaco is the Prince's Palace, the private residence of the ruling prince, all salmon-pink exterior with original 1215 ramparts and solemn carabinieri who perform the changing of the guard at 11.55am every day. Inside, entered through the dramatic Mirror Gallery, the fully restored state apartments reveal a cornucopia of delights: Venetian chandeliers, 16th-century frescoes, a Blue Room lined with blue-and-gold silk brocade, and a Throne Room sporting an impressive Renaissance fireplace. Visitors are welcome, with tickets available from April to October.



02

MONACO CATHEDRAL

Built in Roman-Byzantine style in 1875 – from white stone taken from La Turbie, a village overlooking Monaco – and situated on the site of a 13th-century church, the Cathedral is an imposing monument whose peaceful interior includes side chapels decorated with statues and paintings. Prince Rainier III (1923-2005) and Princess Grace (1929-1982) were married and are buried here, along with several former sovereigns. Sung mass takes place each Sunday, by the stained-glass windows and under a soaring dome.



03

BOTANICAL CENTRE

Visit an impressive botanical diversity at the gates of the Principality in the Botanical Centre. Created in the 60s and attached to the Exotic Gardens, the greenhouses here are home to some significant heritage, containing some of the world's most important collections of cacti and succulents. 10,500 cacti and exotic plants split over three levels are waiting to meet you from Tuesday to Saturday (guided tours possible) ... watch out for their spikes!



04

01 Casino de Monte-Carlo © BVergely 02 Inside the Prince's Palace © Monaco Press Center 03 Inside the Cathedral © Marco Rubina/Shutterstock 04 Botanical Centre © Mairie de Monaco



04

PORT HERCULE

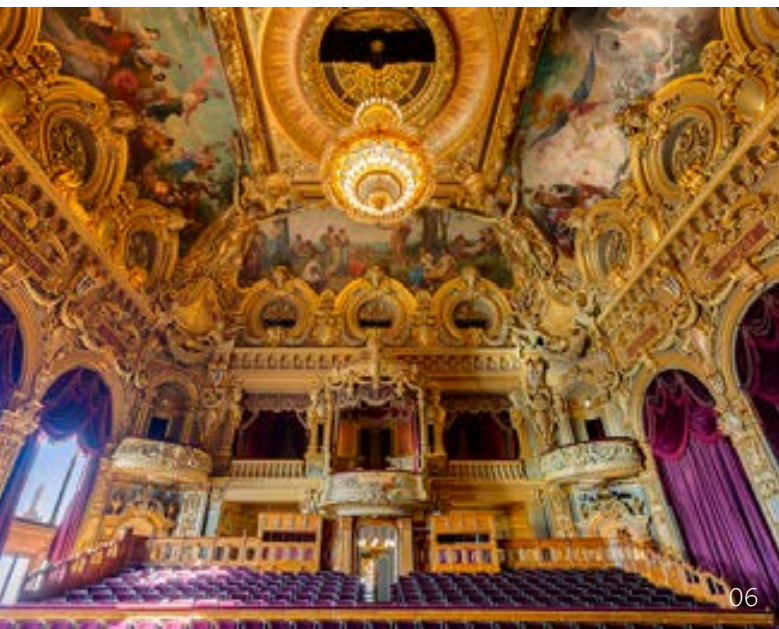
A natural marina at the foot of Le Rocher – that iconic ancestral Rock – the enormous Port Hercule is Monaco’s only port with deep water. Once used as a trading centre by the Greeks and Romans, it was modernised by Prince Rainier and redeveloped again by Prince Albert II. It now offers mooring possibilities for up to 500 vessels; a modern extension welcomes yachts of up to 100 metres. Take time out at any of the bars and lounges surrounding the harbour for people- (and people-on-yacht) watching, and for crimson sunsets on shimmering horizons.



05

OCEANOGRAPHIC MUSEUM

Monaco’s museum of marine sciences rises, a palatial monolith, from the side of the Rock in Monaco-Ville. Founded in 1910 by Prince Albert I, the great-great-grandfather of Prince Albert II, and a sea captain given to expeditions, this Monégasque landmark offers visitors a unique opportunity to understand and protect the oceans – a good idea, especially since oceans cover 71 per cent of the Earth. A whale skeleton is on display in the zoology room, while the aquarium has 90 tanks including a shark lagoon. In keeping with the first Prince Albert’s belief that art and science should work together, contemporary art exhibitions showcase some of the international art world’s biggest hitters.



06

OPERA DE MONTE-CARLO

One of Monaco’s most impressive cultural icons, the prestigious Opéra Garnier Monte-Carlo, designed by Charles Garnier, is home to concerts, ballets, shows and more. All year round it offers an exclusive and varied calendar from the yearly Jazz Festival to opera season.



07

04 Port Hercules © BVergely 05 A display at the Oceanographic Museum © F.Pacorel/Oceanographic Museum 06 Opéra de Monte-Carlo © Monte-Carlo BVergely 07 Casino facade ©BVergely 08 Opéra Garnier © BVergely



08

MONTE-CARLO CASINO

Inaugurated in 1863 by Prince Charles III – who was frankly in need of a money spinner – and redesigned in 1879 by the famous French architect Charles Garnier after he completed the Paris Opera, this famous Monaco landmark is a rococo vision with onion-shaped domes and a constant stream of visitors eager to gaze at the stupendous interior and/or try their luck. A series of magnificent rooms feature marble pillars, gilded mirrors and 10-tonne chandeliers. Roulette tables, slot machines and the finery of the over-18 clientele (jackets for the men, please) add a devilish decadence. Not that the Casino is just about high rolling. Charles III also commissioned the adjoining Salle Garnier, a bijou theatre and opera house that seats 524 and opened in 1879 with a performance by the great Sarah Bernhardt dressed as a nymph. Now home to the Monte-Carlo Opéra, the official national company of Monaco, the house’s restored gilt- and red-velvet decor has played host to artists the calibre of Bryn Terfel, Herbie Hancock and the late great Prince.

FRANCIS BACON MB ART FOUNDATION

The Francis Bacon MB Art Foundation is a not-for-profit institution that carries out studies and research on the subject of Francis Bacon. It offers free guided tours to members of the public, by appointment only. These tours take visitors on a fascinating journey into Francis Bacon's work, life and creative process, with a special focus on the period he lived and worked in Monaco and France. It's a truly unique and absorbing experience that provides intriguing detail and perspectives on every exhibit. The rooms are themed, allowing visitors to explore different aspects of Bacon's life and art in this intimate place, with its enveloping atmosphere. Visitors to the foundation can discover around 100 items dedicated to the British artist: paintings, graphic works, photographs, objects found in his various studios, letters and working documents. There are also works by artists who knew Bacon or were influenced by his oeuvre. One room is entirely dedicated to his Parisian studio, where he worked for more than a decade.



NOUVEAU MUSÉE NATIONAL DE MONACO

The Nouveau Musée National de Monaco reveals the principality's heritage and sheds light on contemporary creation through temporary exhibitions in its two locations – Villa Paloma and Villa Sauber. This approach is part and parcel of a territory whose history has always been marked by the dialogue between artistic, cultural and scientific disciplines, while supporting creators, thinkers and researchers.

09 Les Ballets de Monte-Carlo © Alice Blangero
10 The Francis Bacon MB Art Foundation. On the wall, photograph of Francis Bacon in his 7 Reece Mews studio, London (1977) © Carlos Freire / MB Art Collection 11
Nouveau Musée National de Monaco's Villa Sauber © MNM

LES BALLETS DE MONTE-CARLO

The year 1909 marks the beginning of a strong presence of choreographic art in Monaco. This year, Serge de Diaghilev presented his Russian Ballet in Paris for the first time. They set up in Monte-Carlo, which became their creative workshop for the next two decades. Upon Diaghilev's death in 1929, the company was dissolved. Several personalities and choreographers revived it under various names but it disappeared completely in 1951. The current Ballets de Monte-Carlo Company was created as a result of the commitment of H.R.H. the Princess of Hanover, who wanted to continue the long tradition of dance in Monaco. In 1993, Jean-Christophe Maillot became the head of the troupe. On tour for more than 200 days a year, the Ballets de Monte-Carlo has become a major cultural ambassador for the principality. 🌐





#RESPONSIBLETOURISM

Sea, smarts & sustainability

Monaco may be pint-sized, but this glamorous Mediterranean principality has big visions on the sustainability front, *writes Jane Cornwell.*

T

HE RIVIERA SUN FLOODS THE cream-and-chrome interior of L'Hirondelle, a waterside eatery with a view of a yacht-bedecked port and the soaring promontory known as the Rock. It's lunchtime, and sunglasses are donned since it's bright – and, well, because this is Monaco and mystery is part of the allure. Some diners, including myself, have come from treatments at adjoining wellness spa Thermes Marins, one of the most opulent health retreats in the world. Luxury is a given in this tiny seafront principality, a two-square-kilometre city-state of 38,300 residents and 56,000 employees, most of whom commute from next-door France and Italy to support the

sort of elite tourist industry that comes with casino-glitz and Grand Prix-zoom, with mega-yachts, Michelin stars and upmarket hotels.

HOTEL HAVENS

I'm staying at the legendary Hôtel de Paris, built in 1864 and recently re-glammed by a four-year US\$280-million renovation that has increased capacity to 207 rooms including a two-floor Princess Grace penthouse suite with infinity pool and exquisite objets d'art. After lunch I'll pad back through the cream-tiled tunnel that connects Thermes Marins with the hotels de Paris and Hermitage, another deluxe stay, and stroll around the gardens above Casino Square and into the designer-tastic One Monte-Carlo development, more of which in a moment.

Right now, a silver bucket teeming with snap-fresh vegetables, dippable into delicious pastes, is a reminder that here in Monaco, the finer things in life are very often sustainable. A mission to reduce the state's carbon 'foodprint' has encouraged a prevalence of produce that is locally sourced, organically grown, ethically harvested and minimally packaged.

My seabass (with chestnuts and squash) comes plucked from an ocean where fishing is regulated, endangered species are protected and seawater pumps are used to save 15,000 tons of petroleum each year. My white wine is organic, my water in a refillable bottle.

FORWARD THINKING

Indeed, a wealth of environmental initiatives are ensuring that 'green' is intrinsic to Monégasque jooj. Outside, across Monte-Carlo and all the neighbourhoods of Monaco, air-quality sensors are measuring pollutants being reduced as part of a digital strategy called Extended Monaco: Smart City. E-bikes can be rented via the Citymapper mobile app. An electric car-sharing service offers free access to more than 574 charging points.

It's all sanctioned by Prince Albert II, who - with his wife Princess Charlene



02



03

01 Sweeping views of the Oceanographic Museum © M Dagnino - the Oceanographic Museum
02 Casino Gardens © Monte Carlo Société des Bains de Mer 03 The Prince's palace © BVergely
04 A bath with a view at the same hotel 05 Arriving at the Hôtel de Paris Monte-Carlo 06 Fontvieille © Direction de la Communication 07 Casino de Monaco. 04, 05, 07 © Monte-Carlo Société des Bains de Mer



04



05

and twins Gabriella and Jacques - officially resides in the 16th-century Prince's Palace atop the Rock near the cobbled streets of the old town, and is frequently spotted living the green life: shopping in the market, walking the Heritage Tree Trail, and steering a solar-powered boat through the harbour.

Continuing the legacy left by his great, great grandfather Prince Albert I, a scientist and environmentalist (who happened to own a research yacht called the Hironnelle), the current monarch promotes sustainable development on a global scale via the Prince Albert II of Monaco Foundation, established in 2006.

"If we're going to save our planet

high-fashion district with 24 luxury boutiques is landscaped, verdant.

Behind 7.5-metre-high windows are luxury giants Cartier, Louis Vuitton, Chanel and Fendi.

I visit homewares store Czarina, an interior designer's delight. Antique boxes from 19th-century China are displayed alongside Art Deco vases and Japanese bamboo flower arranging baskets; a special edition crystal Italian coffee table doubles as a game of 'babyfoot' football. Over the way is Mada One, a concept brasserie offering healthy 'snackonomy' as devised by Michelin-starred chef Marcel Ravin; I book a table for lunch the next day.

My waiter suggests a small

On one side is a bakery selling espresso to women in kitten heels and carrying tiny dogs. To my right, diners clink flute glasses

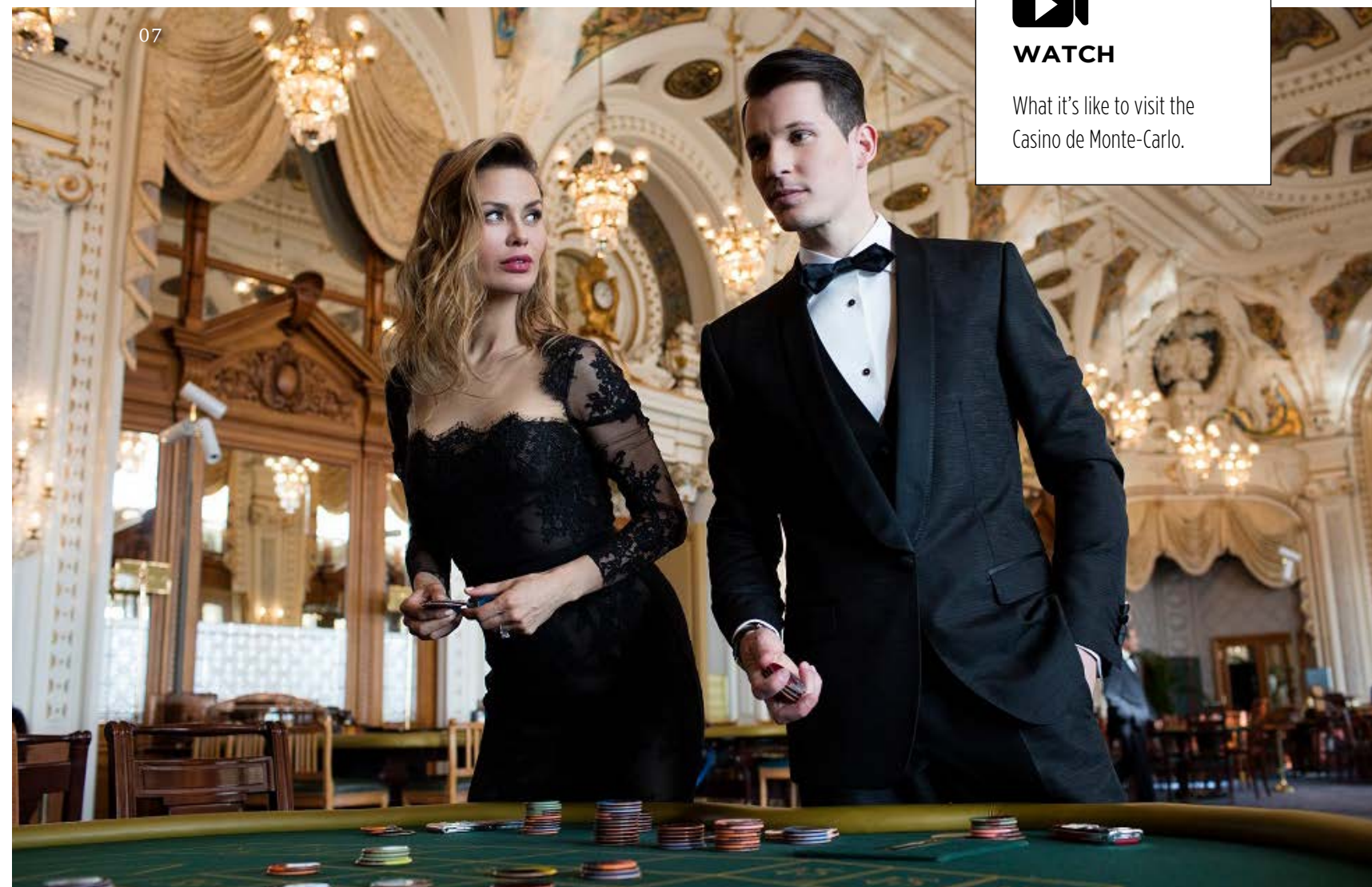
we need to be fighting on all fronts," Prince Albert has said of projects that span social awareness, business tourism and technological innovation (Extended Monaco intends to minimise cyber risks and protect information systems). "I'm happy to see that the Monégasque population is pursuing my commitment to a greener future."

GREEN BY DESIGN

Strict environmental guidelines informed the design (by lauded architect Sir Richard Rogers) of the oh-so-exclusive One Monte-Carlo. Seven multi-storey buildings with luxury apartments, offices and conference centres have solar panels on their roof. A pedestrianised

serving from a cote froid menu: green papaya spring rolls flavoured with honey; quinoa with pistachios and pomegranate berries. On one side is a bakery selling espresso to women in kitten heels and carrying tiny dogs. To my right, diners clink flute glasses.

It's nearly time for my appointment at the Oceanographic Museum, built on the side of the Rock. I decide to walk, since Monaco is eminently easy to explore on two feet. I have just caught a glimpse of the sea when I hear a shout. "Your sunglasses, Madam," says my waiter. 🕶️



WATCH

What it's like to visit the Casino de Monte-Carlo.



01

Opened in 1910 by Monaco's great reformer Prince Albert I – whose seafaring expeditions tested the direction of currents with notes in bottles and brought back the whale skeleton that features in the Zoology Room – the museum is acclaimed for its wonders (there are 6,000 live specimens) and its scientific research.

The aquarium boasts a shark lagoon and tanks with bobbing sea horses, shape-shifting octopuses and fish that dart and weave. Outside on a panoramic terrace, two loggerhead sea turtles – emblems of the new turtle rescue centre – glide inside their glass seawater pool.

Out of view, in a room soundtracked by gentle bubbling, coral and algae are grown, nursed and tested in

dozens of small tanks. The museum has pioneered ways to keep coral in an artificial environment – and with 60 per cent of coral reefs at risk of extinction, its aware of the urgent need for research into coral reproduction.

The current coral-oriented exhibition, *Immersion*, highlights the wonder that is the Great Barrier Reef, using technology to create an interactive dive spot, and to virtually mingle with the species living there. It's all part of an ongoing drive to highlight the necessity of protecting our oceans for future generations.

"The oceans are waiting," says Gilles, as the trippy colours in the tanks around us appear to sharpen. "And watching." 🌊

#SAVEOCEANS

The seabed is alive

Jane Cornwell dives into the fascinating marine world at Monaco's Oceanographic Museum.

On the other side of the glass – in a seawater-filled tank illuminated by soft LED colours and fitted out with sand, pebbles and swaying aquatic plants – eyes stare. Gills flap. The tendrils on a gleaming green disc twist; a rock shaped like a brain seems to ripple. A mini-petrified forest might just be breathing in and out.

"Once you realise that coral is alive, you can sense it," says Pierre Gilles, mission leader for ocean policy at Monaco's Oceanographic Institute. This

marine science centre is housed inside Monaco's Oceanographic Museum, a Baroque-style shrine to the sea that towers over the glinting Mediterranean.

"These creatures help us raise awareness of the biodiversity and fragility of coral reefs," Gilles continues, gesturing to the tank's life-teeming ecosystem. Touchscreens identify coral species: green *galaxea*. Pink *montipora*. Photosynthetic algae *zooxanthellae*, which gives coral its fluorescent hues.

01 Oceanographic Museum and port © Monaco Press Centre
02 Monaco marine life
03 The turtle rehabilitation centre. 02, 03 © M Dagnino - the Oceanographic Museum



02



03

#HOTELS #LUXURY #ACCOMMODATION

Rest your head

From one of Europe's grande dames to breezy beachfront lodgings with modern trimmings, Monaco's hotels come with style to spare. Here's where to check in when you're next in town.





HÔTEL DE PARIS MONTE-CARLO

★★★★★

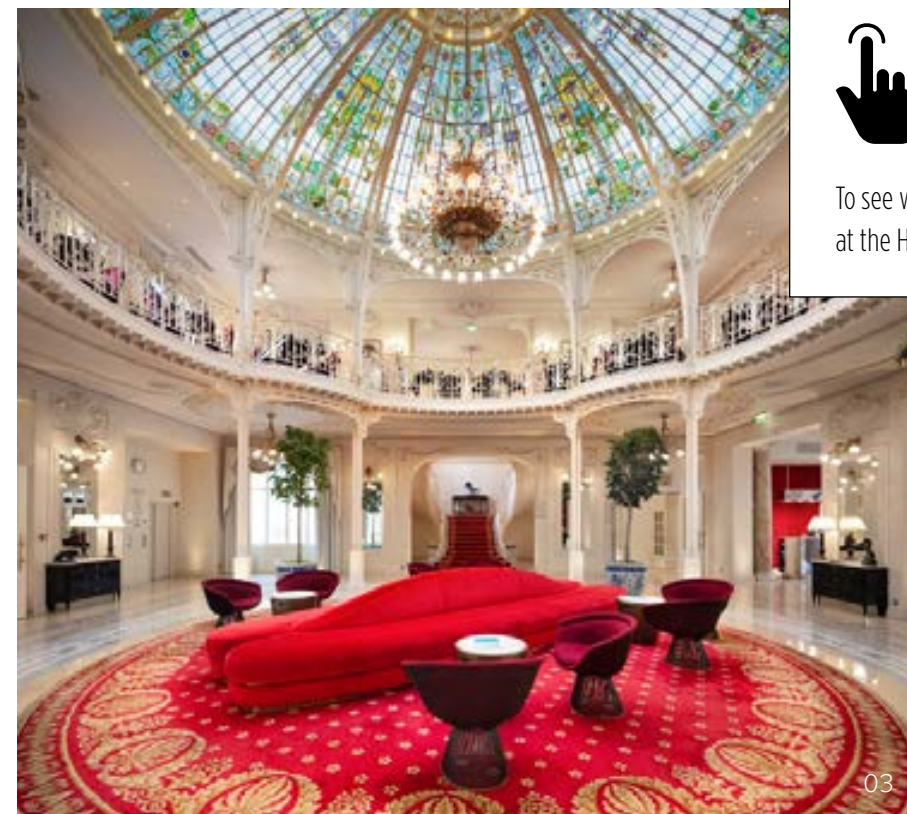
BEST FOR Celebrity spotting
THE SCOOP Newly renovated, this legendary hotel is more inviting than ever thanks to lavish additions like the *Prince Rainier III Suite* – with a private sauna and pool plus views over Place du Casino – and *Le Louis XV - Alain Ducasse*, the 3-Michelin-starred which never ceases to amaze. Located on the 8th floor of the Hôtel de Paris Monte-Carlo, *Le Grill* offers a magnificent panoramic view of the Mediterranean. The makeover doesn't detract from the hotel's classic style, from low-relief sculptures to marble colonnades, crystal chandeliers to gilded terraces. Nor its high-profile guests, including Rita Hayworth, Nelson Mandela and Winston Churchill.
DON'T MISS A few blissful hours beside the *Wellness Sky Club's* infinity pool.

02



WATCH

What it's like to stay at the reborn Hôtel de Paris Monte-Carlo



CLICK HERE

To see what your stay could be like at the Hotel Hermitage.

HOTEL METROPOLE MONTE-CARLO

★★★★★

BEST FOR Wining and dining
THE SCOOP Down a driveway lined with statues and cypress, this Belle Époque gem features 125 rooms and suites – including the recently revamped Suite Carre d'Or – each designed with Mediterranean glamour by French architect Jacques Garcia. Dining ranges from *The Metropole Monte-Carlo Restaurant*; to *Yoshi*, the only Japanese restaurant on the Côte d'Azur with a Michelin star; and *Odyssey*, a poolside lounge designed by Karl Lagerfeld.
DON'T MISS Hours of pampering at *Spa Metropole by Givenchy*.

HOTEL HERMITAGE MONTE-CARLO

★★★★★

BEST FOR Health and wellness
THE SCOOP A raft of Belle Époque architecture is revealed at this hotel, from the spacious rooms and suites (some with terraces and Jacuzzis) to the winter garden, where light streams in through a cupola crafted by Gustave Eiffel. Be sure to book a table at the brand new *Yannick Alléno à l'Hermitage*, where the three Michelin-starred chef combines excellence, sharing and modernity for a light, fresh and delicious cuisine.
DON'T MISS A day (or two) in *Thermes Marins Monte-Carlo*, a 6,600-square-metre wellness haven replete with a sauna, hammam, solarium and spa offering cutting-edge treatments.

01 Vistas from Suite Carré d'Or at Hotel Metropole © Jeremy Jakubowicz 02 The only way to arrive at the Hôtel de Paris © Monte-Carlo Société des Bains de Mer 03 Hotel Hermitage's famed cupola © Monte-Carlo Société des Bains de Mer 04 Pool with a view © Hotel Metropole Monte-Carlo



04

MONTE-CARLO BEACH

★★★★★

BEST FOR Design lovers

THE SCOOP This seasonal hotel (open March through October) is just steps from the sea, making it the ideal base for those dreaming of diving in to the Med – when you're not on the private beach or enjoying the suite of water sports activities on offer, make the most of the Olympic-sized swimming pool. The glamorous property also has Green Globe certification, nodding to its extensive efforts to protect the environment. **DON'T MISS** A meal at organic Michelin-starred restaurant *Elsa* is a must.



WATCH

Take a tour of the Monte-Carlo Beach hotel.



06

FAIRMONT MONTE CARLO

★★★★

BEST FOR F1 fans

THE SCOOP This coastal resort doesn't just have its own shopping arcade, 596 rooms, a rooftop pool and wellness centre with Mediterranean views – it also offers an unobstructed vista over the F1's 'Fairmont Hairpin' bend, should you reserve the Fairmont VIP Suite. Be sure to linger over mod-Japanese fare at Nobu restaurants. Do not forget to enjoy the Carol Joy Spa Monte-Carlo, the Horizon Rooftop restaurant as well as the Saphir Restaurant Bistro & Bar. **DON'T MISS** Nikki Beach club, with live music and creative cocktails around a pool.

PORT PALACE

★★★★

Privately managed and affiliated with the Small Luxury Hotels brand, the Port Palace Hotel is a boutique, lifestyle hotel and has a premier location on Port Hercule overlooking the beautiful Monte Carlo Harbour and The Prince's Palace.

05 Dreamy outlook at Monte-Carlo Beach hotel © Monte-Carlo Société des Bains de Mer 06 Sparkling Med views © Fairmont Monte Carlo 07 Port Place © Fabbio 08 Pool time © Le Méridien Beach Plaza

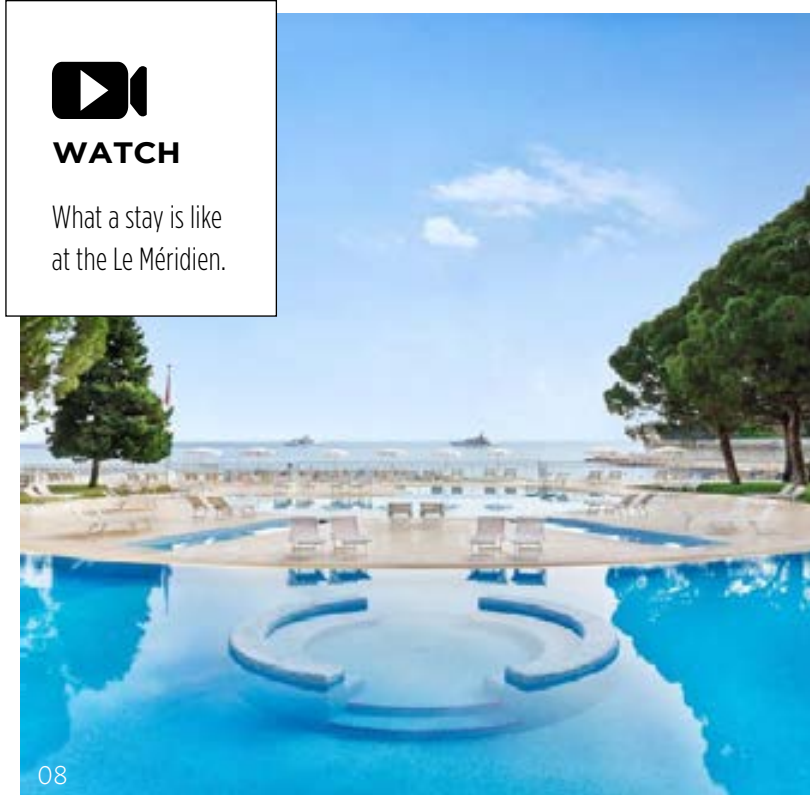


07



WATCH

What a stay is like at the Le Méridien.



08

LE MÉRIDIEN BEACH PLAZA

★★★★

BEST FOR Seclusion by the sea

THE SCOOP Tucked away on a private beach, just a kilometre from the heart of Monaco, this chic hotel boasts rooms with everything from sea and mountain views to rainfall showers, hot tubs, private balconies and – for those in an upgraded suite – private elevators. Add in friendly staff, outdoor dining and activities including water sports and wine tasting events – what's not to like? The Intempo restaurant and Alang Bar as well as Longitude 7° 26' Bar welcome you between sea and sky for a privileged moment. **DON'T MISS** A cocktail beside one of the hotel's two swimming pools or on the sand, where beach chairs and umbrellas are set up in summer.



**MONTE-CARLO BAY
HOTEL & RESORT**

★★★★

BEST FOR Poolside lounging

THE SCOOP This neo-classical beachfront establishment sits on Monaco's peninsula, its four hectares of gardens featuring waterfalls, a pool and a sandy lagoon known as Cocoon Bay, replete with waterside cabanas. The spacious rooms come with dreamy sea views – if you can drag yourself away, indulge in one of three restaurants, including Michelin-starred Blue Bay, where chef Marcel Ravin mingles Mediterranean and Caribbean flavours in his cuisine.

DON'T MISS A meal and cocktail at *Le Blue Gin*, a sea-themed lounge that combines cosy indoors with sea air outdoors.

09



10

09 Where the pool meets the sea at Monte-Carlo Bay Hotel © Monte-Carlo Société des Bains de Mer 10 Modern rooms © Columbus Hotel Monte-Carlo 11 © Hôtel Miramar Monaco 12 Azzurra Bar © Novotel Monte-Carlo

**COLUMBUS HOTEL
MONTE-CARLO**

★★★

BEST FOR The local experience
Formula One drivers – David Coulthard is a previous owner – this boutique hotel offers contemporary style thanks to a top-to-toe makeover in 2018. The Fontvieille property's hottest-ticket rooms are those with views over the Princess Grace Rose Garden, with the sea in the background. Want to linger? The hotel also now offers serviced residences.
DON'T MISS An outdoor meal in the sun at restaurant Tavolo, followed by a well-mixed cocktail in the hip bar.

MIRAMAR MONACO

★★★

Opened in August 2021, the Miramar blends harmoniously with the nearby yachts moored in the Port Hercule, with its wooden decks, brass portholes, taut sails and morse code signboard. All 14 rooms look out onto the port, a mere 20 metres away, and the Prince's Palace up on the rock.



11



12

**NOVOTEL MONTE-CARLO
HOTEL**

★★★

BEST FOR Central location
THE SCOOP This contemporary hotel – near the *Casino de Monte-Carlo* and 20 minutes from the Palace of Monaco – features 218 light-filled rooms, all recently remodelled. Amid terraces and lush gardens you'll find an outdoor pool; you'll enjoy views of this watery oasis when you sit down for a Mediterranean meal in Azzurra Kitchen.
DON'T MISS Serving detox juices in the morning and cocktails in the evening, Azzurra Bar is the ultimate place to refuel in style. 🍹

#GOURMET #FOODIES

Meet the locals

Here are the trendsetting locals setting the pulse for Monaco's food and drink scene.



MARCEL RAVIN

CHEF AT BLUE BAY RESTAURANT

Michelin-starred chef Marcel Ravin offers a bold repertoire at restaurant Blue Bay, located within Monte-Carlo Bay Hotel & Resort and showcasing cuisine that unites Caribbean and Mediterranean flavours in some of the prettiest plates you'll ever see.

Describe Monaco's food scene. I love the diversity of restaurants in Monaco, from highly successful Coya Monte-Carlo, Crazy Pizza, Maya Jah and Maya Bay. We all try to make dishes that are deeply rich in flavour.

Favourite food market? I have a passion for food markets but have a particular crush on Condamine Market, set on Monaco's Place d'Armes next to the old town. It's packed with artisanal goodies from local and regional producers.

What dish sums up your restaurant? No single dish sums up my cuisine – everything I make is prepared with sincerity and honesty and love. My cooking is emotional. My cuisine is very seasonal, and as a result, the menu changes from one week to the next. Indeed, I have the pleasure of managing two green gardens, allowing me to reinvent myself and my menu every day. It creates the magic that customers appreciate because it comes from what nature has to offer.

LEFT Chef Marcel Ravin THIS IMAGE
Decadent dishes at Blue Bay Restaurant. Images
© Monte-Carlo Société des Bains de Mer



BRICE CACHIA

CO-FOUNDER OF LES PERLES DE MONTE-CARLO

For the freshest seafood in town, head to Les Perles de Monte-Carlo, an oyster bar located at the very tip of the pier of the Port de Fontvieille. Founders Brice Cachia and Frédéric Rouxville, both certified biologists, launched the hangout alongside an oyster nursery and ripening centre, with seafood taken directly from here.

Why are there so few oyster farms in Monaco? The seabed is very deep and it is impossible to create an oyster farm. This is why our production is carried out in a basin with seawater pumping up from the deep.

What makes your oysters so special? Can you describe their taste? Oysters taste like what they eat. We are lucky to have excellent quality plankton (a consequence of the deep waters bordering the principality). This makes for very balanced oysters with a powerful, nutty taste.

Your favourite way to eat oysters (as they are, with lemon, with a sauce or perhaps cooked?) Normally, purists eat oysters without anything. Personally, I like them with a very little lemon zest.

ABOVE Monaco's oysters © Stephane Bailby RIGHT Terre de Monaco's rooftop gardens



Your favourite place to eat out when not at Les Perles? Monaco is home to many great restaurants. My favourites include Quai des Artistes, Stars 'n' Bars and the many stand-out Italian restaurants around the principality.

Do you export your oysters? Demand is very high, but our production remains small and we prefer to reserve it for our loyal customers who have been with us since the beginning of our adventure.

JESSICA SBARAGLIA

FOUNDER OF TERRAE



Terrae's mission is to establish urban agriculture, particularly ecological vegetable gardens, both in the ground and on the rooftops of buildings in and around Monaco – and globally. The first organic garden was created in the gardens of the Prince Albert II Foundation, replete with olive and orange trees plus violets, covering just 30 square metres and using organic agriculture and permaculture. Today, the company works closely with haute cuisine restaurants and markets around town as well.

How many urban gardens in Monaco? We have two urban gardens in Monaco's surrounds (one in Beausoleil and one in St Laurent du Var). In Monaco itself, we have five urban gardens covering a surface of 1,600 square metres.

What produce grows well in Monaco?

Everything grows well here, luckily, so we can really showcase the diversity of market gardening (vegetables) but also grow herbs, berries and fruit trees.

Why do you think they have been received so well by locals?

Because they are organic and responsibly produced vegetables that have not been 'stressed' or manipulated and that have been grown in healthy soil and with the beautiful French Riviera sun – the result is a product full of flavour and nutritional value.

Your favourite things to grow?

Our specialty is tomatoes. We grow more than 40 varieties.

How do you think Monaco performs as a sustainable country?

It has a strong ecological focus, and invests in putting sustainable programs in place to guarantee a more pleasant life for locals. It has this intriguing paradox between luxury and sustainability – electric vans (like mine) beside Ferraris!

Your goals for Terrae ?

In 2022, we will be in France with Terre de Nice and we will also debut in Belgium with Terre de Tubize. Each is a complete ecosystem, with market gardening, hens, beehives and more.



PHILIP CULAZZO

OWNER OF LA DISTILLERIE DE MONACO AND L'ORANGERIE



La Distillerie de Monaco is the first and only distillery in the principality, producing a handmade collection of liqueurs, spirits and *eaux de vie* using artisanal methods and selecting only the finest ingredients, with all fruits sourced from a 20-kilometre radius around Monaco. With each sip you will be transported to the azure shores of the Mediterranean, where waves gently lap at your feet and time moves slower on balmy summer evenings.

Why a distillery?

My ambition from the beginning has been to create authentic specialities using the fruits, flowers, herbs and roots that we can source locally. The aim is to communicate the delicious and natural tastes and smells of what surrounds us.

Tell us about your L'Orangerie and Carruba spirits.

L'Orangerie is a bitter orange liqueur, handmade using the fruits of the trees that grow in

the principality. It can be enjoyed chilled on its own as a digestif, or in a refreshing aperitif or cocktail.

Carruba is a unique liqueur made using the fruits of the national tree of Monaco, the carob tree. We roast the fruit, then macerate and blend a small amount of cane sugar to create a chocolate/coffee/caramel profile which is delicious both on its own, or as a Cafe Monegasque (similar to an Irish coffee, but served both hot and iced).

What citrus do you use in your gin? We use seven citrus fruits; bitter oranges from Monaco; sweet oranges and lemons from Menton; limes, grapefruits, citron and bergamot. Added to this we use fresh ginger, Sichuan pepper and lemon thyme – all united by juniper berries and coriander seeds. It's a classic London dry gin, with an explosive citrus finish.

How do you enjoy the gin? In the summer heat it is hard to beat a classic gin and tonic. Our house serve uses local grapefruit or blood orange slices with a sprig of lemon thyme to garnish. I also enjoy a negroni. 🍸



ABOVE Gin aux agrumes BELOW L'Orangerie. Images © La Distillerie de Monaco



MONACO GT

Serves 1

This classic drink reveals the full flavours of the principality's famed citrus fruits.

- 40ml gin Aux Agrumes
- 120ml tonic

Pour over ice. Stir. Garnish with blood orange and a sprig of thyme.

NEGRONI 1297

Serves 1

Deliciously bitey, this is the ultimate refresher with a citrus hit.

- 30ml gin Aux Agrumes
- 30ml vermouth
- 30ml Campari

Pour over ice. Stir. Garnish with orange zest.

LE GRIMALDI

Serves 1

Spice up your gin with a touch of fizz with this cool cocktail.

- 30ml gin Aux Agrumes
- 5ml lemon juice
- 2ml simple syrup
- 10ml sparkling wine

Pour over ice. Stir. Top up with bubbles. Garnish with zest.



CLICK HERE & WIN!

One of 6 La Distillerie gin gift baskets, valued at \$150 each with gin, citrus and tonic included. Cheers!

#RESTAURANTS #BARS #CLUBS

Michelin stars & stylish bars

Whether you are dining at the very edge of the sparkling ocean, or sipping Cristal among the famous faces that frequent its bars and clubs, you are sure to discover that Monaco lives and breathes by its wining, dining and partying, *writes Jac Taylor.*





03

Michelin-starred dining

ELSA

★ The elegant Elsa sits virtually right on Monte-Carlo Beach, basking in the light of the sun (and her Michelin star). In fact, chef Manon Fleury oversees kitchens awarded the very first star for an all-organic restaurant. The space's architectural blue-and-white interiors and 1920s-era rounded patio over the water's edge create an atmosphere as pristine as the farm-to-table food. The 78-euro *menu du marché* (market menu) is wonderful value for weekday lunch.

YANNICK ALLÉNO À L'HÔTEL HERMITAGE

★ Excellence, sharing and modernity... These three words embody Yannick Alléno and the restaurant at the Hôtel Hermitage Monte-Carlo perfectly. An evocative menu

that's light, fresh and a union of wellbeing and fine dining. The offer is as simple as it is sublime: a moment of peace and serenity on one of the most beautiful terraces on the French Riviera



04



05

LE GRILL

★ Located on the scenic 8th floor of the Hôtel de Paris Monte-Carlo, Le Grill offers a magnificent panoramic view over the Mediterranean Sea. The roof opens entirely, so you can enjoy lunch in the sun and dinner under a starry sky, with your meal focused on grilled meats and seafood. Head chef Franck Cerutti has worked with Alain Ducasse for 30 years, and his passion for food shines through.

BLUE BAY

★ The reputation of the elegant Monte-Carlo Bay Hotel and Resort was further enhanced when its Blue Bay restaurant and French/West Indian chef, Marcel Ravin, was awarded a Michelin star. With panoramic views of the seaside and (great for gastronomes) tables positioned opposite the open kitchen, it has a menu inspired by Mediterranean and Caribbean flavours, with dishes that feel like art.

01 Dining with a view at Elsa 02 Hôtel de Paris' Le Grill 03 Yoshi restaurant, Metropole Monte-Carlo © Studio Phenix 04 Terrace Yannick Alléno à l'Hôtel Hermitage © Monte-Carlo Société des Bains de Mer 05 Fine dining at Blue Bay. All images © Monte-Carlo Société des Bains de Mer

At Yoshi, à la carte dishes and set menus alike are created with delicacy, creativity and perfectionism

YOSHI



Yoshi, the only Japanese restaurant on the Côte d'Azur to have been awarded a Michelin star, showcases the classical Japanese cuisine of chef Takeo Yamazaki in a contemporary and daring dining room imagined by Didier Gomez. Located in the grounds of Hotel Metropole

Monte-Carlo, this is where stripped-back decor combines bright colours, wood and a sushi bar, opening to a small Japanese garden for Zen-like effect. Lunch comes in a bento box; à la carte dishes and set menus alike are created with delicacy, creativity and perfectionism.

06 Colour and calm unite in the Yoshi dining room, at the Hotel Metropole Monte-Carlo © B. Touillon 07 Pretty plates are served up at La Table D'Antonio Salvatore - Rampoldi © Rampoldi Monaco



06

LA TABLE D'ANTONIO SALVATORE – RAMPOLDI



Princess Grace and Roger Moore are among the illustrious guests who have favoured this legendary restaurant over the years. Today, the Casino Square space is headed up by young chef Antonio Salvatore, who creates magical menus that unite flavours from the countryside that surrounds: southern Italy and France. There's nothing ordinary about Salvatore's culinary prowess, with many of his dishes almost too pretty to eat. Almost....



07

LOUIS XV

★★★

The lavish Alain Ducasse temple within the Hôtel de Paris is considered by many to be the pinnacle of fine dining. Its three Michelin stars speak to a menu that reflects Ducasse's incredible artisanship and respect of the region's very best ingredients, served in the decadent surrounds of the hotel's Belle Époque dining room that would rival Versailles itself. Try one of the signature dishes, like raw *gamberoni* (prawns) with rockfish jelly and caviar.

THIS PAGE Louis XV © Monte-Carlo Société des Bains de Mer





Mid-range dining

CASTELROC

Best for *Meal with a view*
 What a location, and what a view. Perched on the famous Rocher de Monaco, ‘between the sea and the sky’, this airy, atmospheric restaurant right alongside the palace has been dedicated to serving Monégasque cuisine since the 1950s. Keep an eye on the calendar, as there are special menus depending on the day.

BEEFBAR

Best for *Meat fix*
 This dining room is like heaven for meat lovers. With its elegant architecture, a relaxed atmosphere and gorgeous views over the Fontvieille port, Beefbar’s menu is dedicated to simple, seasonal and high-quality ingredients.

One of the three MAYA restaurants World cuisine is at its finest with Maya Bay, Maya Jah and Maya Mia, three gourmet restaurants. With a gentle and welcoming musical atmosphere, an elegant and refined décor, the Maya Bay invites you to take your time. In addition, while Maya Jah provides a Mediterranean cuisine with oriental flavours, Maya Mia offers Italian specialties in a traditionally decorated setting.

Local secrets

TRUFFLE BISTROT MONACO

Best for *Truffle indulgence*
 Deep in La Condamine market lies a local lunch secret. Seemingly little more than a casual, walk-up food court stall, this is actually some of Monaco’s richest and most delicious food – especially made with fresh truffles. For the quality of the Italian specialties, from pizza and pasta to meats and seafood – all with truffle generously shaved on top – the prices are surprisingly humble.

LES PERLES DE MONTE-CARLO

Best for *Fresh oysters*
 There are no ‘real’ tides in the Med, making oyster farming almost non-existent in this area. But biologists Brice Cachia and Frédéric Rouxville didn’t let that stop them developing their own seafood line. Sit at this atmospheric lounge on the end of the pier at Port de Fontvieille and enjoy a glass of wine and the most beautiful oysters, lobsters and more, right over the water.



NOBU

Best for *Mod-Japanese*
 Japanese celebrity chef Nobuyuki ‘Nobu’ Matsuhisa’s dishes combine Japanese precision and Peruvian exuberance to create a magical fusion that is yearned for by seemingly every A-lister in the world. The signature dish is black cod in miso, but if you are overwhelmed with the sizable menu, the *omakase* degustation is good value at 95 euros. Monaco’s Nobu is decked out in modern blue and white, to best set off the wrap-around views.

08 Luxe dining awaits at Monaco’s popular Beefbar © Adrien Doyle
 09 Nobu mingles Japanese and Peruvian flavours on its menu © Fairmont Monte-Carlo



10

Newly Opened

PIZZ'ARIA

This newly opened restaurant has a rigorous and meticulous preparation of the dough. Each dough is then baked for 2 minutes in an innovative wood-fired oven. Discover where the magic happens, situated on the port of Fontvieille.

KOMO

Right in the heart of Monaco, this innovative concept store combines fashion, lifestyle and fooding. KOMO Monaco is “the” hype spot of Monaco and constitutes a true alternative, capable of federating Monaco’s 2.0 generation. The triple starred chef Mauro Colagreco signs a Mediterranean influenced menu, essentially composed of revisited tapas, exclusively for the KOMO Monaco.



12



11

LA MAISON DU LIMONCELLO

A brand new boutique workshop located in the heart of Monaco-Ville, specialized in the manufacture of the famous Limoncello du Rocher from the quintessence of the best lemons in the Côte d'Azur.

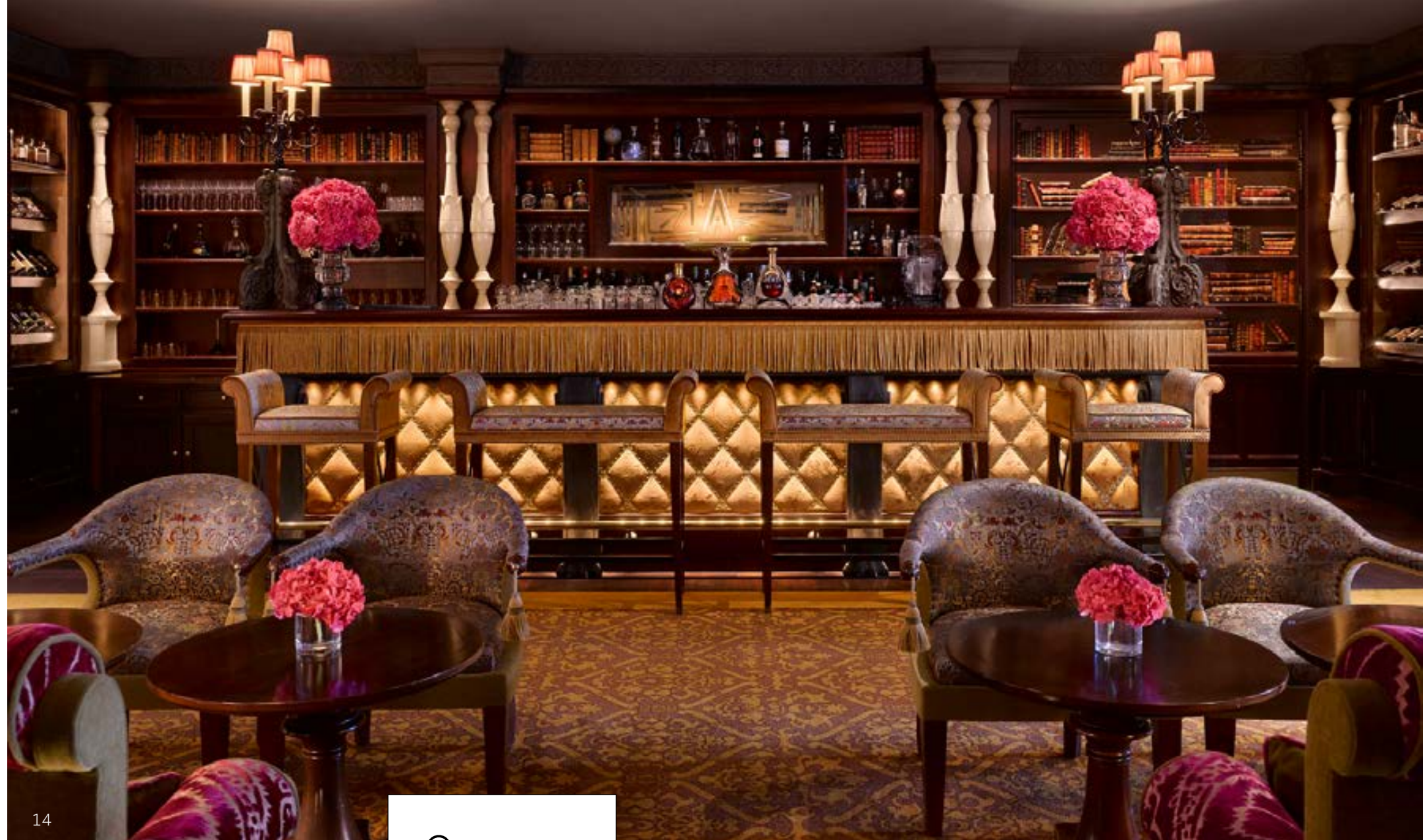
IZAKAYA COZZA

Best for New
Gratinated mussels, cuttlefish or shellfish, anyone? Cozza, the latest addition to Monaco's thriving foodie scene, recently opened its doors only a few metres from Larvotto beach, and its fish and seafood menu is nothing short of delicious. For an intimate ocean-inspired dinner, this is an address to remember.

Welcome to an ultra-VIP world, where turntables are spun by the greatest DJs on the planet



13



14

Bars & Clubs

LE BAR AMÉRICAIN

Best for *Memorable cocktails*
This classy establishment won the award for ‘hotel bar of the year’ in 2019, and remains a must-visit. It’s quintessentially Monaco, taking pride of place at the Hôtel de Paris Monte-Carlo, serving up signature cocktails in the leather-and-wood interior or the breezy alfresco patio, and offering a soundtrack in tune with its famous live music program.

LOBBY BAR @ HOTEL METROPOLE

Best for *Wow! decor*
Glamorous and elegant yet inviting, the Lobby Bar turns on the charm throughout the day. Designer Jacques Garcia reinvented the bar and lobby areas to create a relaxed living space, accompanied by music curated by Béatrice Ardisson. You can have a lunch or a dinner there, made by Chef Christophe Cussac.

BUDDHA BAR

Best for *Wow! decor*
Part exotic retro-style Orientalism, part lavish Rococo-era mouldings and gilded everything, the Monte-Carlo Casino’s restaurant-bar-lounge hybrid has been one of the city’s top spots since it opened in 2010 – complete with the giant Buddha overseeing proceedings and an interior inspired by nothing less than Paris’s Opéra Garnier.



CLICK HERE

For more on Monaco’s dining scene.

- 10 Izakaya Cozza@Fabbio Galatioto
- 11 Komo@Komomonaco
- 12 Pizz Aria @Pizz Aria
- 13 Buddha Bar @ Monte-Carlo Société des Bains de Mer
- 14 Lobby Bar at Hotel Metropole @ Hotel Metropole Monte-Carlo

JIMMY’Z MONTE-CARLO

Best for *High-end clubbing*
Welcome to an ultra-VIP world, where the turntables are spun by the greatest DJs on the planet and six-litre bottles of champagne are the order of the day. If summers are epic at Jimmy’z Monte-Carlo, it’s also thanks to the club’s amazing dancers and performers. What sleep?

LA RASCASSE

Best for *Party with locals*
One legend, two moods: An ‘after work’ vibe with DJs and live acoustic music plus finger food from 5pm until 10:30pm Tuesday to Saturday; then clubbing to dawn, bringing the night to a glorious close with yet more DJ-spun beats. This is the place to go for a great night out, located on a turn in the Monte-Carlo Grand Prix circuit. 🎧

#WINE #HOTELDEPARIS

Sip, swill, savour, sigh!

Responsible for more than 350,000 bottles of wine – the largest hotel collection of its kind in the world – the sommelier team at Monaco's Hôtel de Paris Monte-Carlo know a thing or two about sipping, cellaring and savouring top drops. Read on for their tips.

What steps should you take when tasting a new bottle?

First, bring the wine to the right temperature: 10 to 12 degrees for whites, and 17 to 19 degrees for reds. Open the bottle about 30 minutes before serving: this will give it time to aerate, which is good for most wines. If it's a big white or a red, using a decanter is a great option. But be careful – older wines don't handle rebottling very well, so if you use a decanter, you're drinking the whole thing!

How do you choose the right wine glass? Ideally, the bowl shouldn't be too big – 20 centilitres is good. A big glass can go well with a young wine, which can handle lots of aeration, but it may wear out an older wine.

What does the ideal wine cellar look like?

It's a highly personal choice. If nothing else, you can stick to the following breakdown: 20 per cent champagnes, 30 per cent whites and 50 per cent reds. The rest is up to you. It



03



04

01 The hotel's wine cellar is the venue of choice for top Monaco events 02 Rare and exclusive bottles star 03 The hotel's wine collection is the largest of its kind in the world 04 Preparing for wine tastings. All images © Monte-Carlo Société des Bains de Mer

also depends on what your goal is. If the idea is to keep the bottles for more than 20 years, you'll want to go with grand crus. Otherwise, most wines on the market can keep for up to 10 years.

What makes a good cellar, in terms of temperature and humidity? You should be aiming for 13 to 15 degrees and at least 70 per cent humidity. If you have an underground cellar, one that is naturally cool and humid, then that's perfect. Otherwise, there are air conditioners made specially for wine cellars, which will allow you to achieve an ideal, self-regulating atmosphere. You should also make sure that there isn't too much vibration. 🌐



01



02



48 #SUSTAINABILITY eco-friendly hours

One of the world's wealthiest destinations, Monaco is upping its investment in the environment. Natasha Dragun looks at how to make the most of the principality's green offerings in 48 hours.

SURROUNDED ON ALL SIDES by France and the Mediterranean, Monaco is home to mega-yachts, the [Formula 1 Grand Prix](#) and more supercars (Bentleys and Lamborghinis galore) than, possibly, Monégasque citizens. But this adult playground is also at the forefront of an inspiring environmental revolution, establishing itself as a world leader in sustainable tourism. From electric cars to forward-thinking hotels, here's how you can minimise your footprint when you touch down and stay a while.

DAY 1

9AM

Drop your bags off at newly refreshed [Hôtel de Paris Monte-Carlo](#), the elegant 1864 Belle Époque palace now awarded Green Globe certification for its commitment to the environment. While rooms are lavish – velvet armchairs, silk throws, gilded mirrors, sea views – the hotel's style does not come at the expense of sustainability. There's a comprehensive recycling program in place, transportation is either electric or hybrid, and initiatives have been implemented to reduce CO2 emissions throughout. Another stay with a green attitude is [Hotel Metropole](#), which prioritises local suppliers, has banned plastic straws and has its own 'green committee' to oversee operations.



Explore Le Rocher's labyrinth of medieval lanes on foot, starting at La Condamine Market to pick up provisions for a picnic lunch



10AM

Cross Monaco's yacht-studded Port Hercules by Bus Boat, the electric-powered boat shuttle that forms part of Monaco's bus network and connects iconic Monte-Carlo with Le Rocher, Monaco's atmospheric old town.

Travellers visiting the Rock of Monaco who wish to go to Monte-Carlo can also cross the Saint-Martin gardens, descend via Fort Antoine, enjoy a pleasant crossing on the Bus Boat, then take a bus back to the Casino.

The Bus Boat is another form of sustainable transport in line with Monaco's goal to reduce the reliance on personal cars.

Once off the shuttle, make the most of the facilities at the city's smart bus shelters. These freshly minted depots offer interactive location displays, real-time transport information and free Wi-Fi.

12PM

Le Rocher thrusts skywards on a pistol-shaped rock, its strategic location overlooking the sea. Explore the neighbourhood's labyrinth of medieval lanes on foot, starting at La Condamine Market to pick up provisions for a picnic lunch.

More than 120 years old, the covered space is a riot of colours and aromas, with delis and cheesemongers beside stalls where you can order grilled seafood and fresh pasta.



05



06

1PM

Still in Le Rocher, enjoy a short walk to the principality's first public park, St Martin Gardens, opened in 1816. Wander along paths hemmed by pine and oak trees, then find a grassy perch to spread your picnic rug overlooking the ocean. This leafy haven adds to Monaco's staggering amount of green space, which now represents more than 20 per cent of the principality and some 23,000 plants.

2PM

Dust off the crumbs and stroll to the Oceanographic Museum, founded by reigning monarch Prince Albert II's great-great-grandfather Prince Albert I, who created the space to watch over the oceans more than a century ago. Today, its 6,000 artefacts provide an important message about the preservation of global marine environments.

4PM

Leaving the museum, make the most of a new smartphone app. Download Citymapper to determine your nearest MonaBike, a network of electric bikes installed as part of the principality's policy to cut greenhouse gas emissions while improving shared mobility and living conditions; the app will also allow you to plot the fastest route to your chosen destination, thanks to detailed options favouring environmentally friendly car- and bike-sharing schemes as well as walking trails and public transport.

When you're done exploring, head back to your hotel to check in and dress up for dinner.



07

7.30PM

Leaving Hôtel de Paris Monte-Carlo, tap 'Monte-Carlo Beach' into your Citymapper app. This waterside hotel is home to one of the principality's most awarded dining rooms, with seasonal eatery Elsa (open daily from March through October) entering the record books as the world's only 100-per-cent organic, eco-certified Michelin-starred restaurant. Mod-Mediterranean

cuisine is masterfully crafted, with all produce sourced from organic farms located within a 150-kilometre radius.

01 Hôtel de Paris Monte-Carlo 02 Fine organic dining at Elsa 03 The lush Casino gardens 04 St Martin Gardens © Direction de la Communication 05 Hotel Metropole facade © Hotel Metropole Monte-Carlo 06 Monaco's Exotic Garden 07 Restaurant terrace at Elsa. Images 01, 02, 03, 06, 07 © Monte-Carlo Société des Bains de Mer



WATCH

Monaco's vision for a sustainable future.



DAY 2

10AM

There's more time on two wheels this morning. While Monaco has enjoyed an extensive e-bike-sharing network for years, the fleet was completely upgraded recently: 390 state-of-the-art bikes are now available. These high-tech chariots come with pedal-assist technology – a must, given Monaco's hilly terrain – and can be given a zap at 43 charging stations around town. Use Citymapper to find your nearest ride and plot your route to the upmarket southern suburb of Fontvieille.

11AM

Ditch your wheels and amble along Fontvieille's Heritage Trees Trail. Among a handful of self-guided green walks across the principality, the trail was established to combat deforestation through different leafy neighbourhoods (the other two being Monaco-Ville and Monte-Carlo). Download a map and tick off plants – there are more than 1,000 – protected by a 'Tree Code', classifying them according to age, height and species rarity.

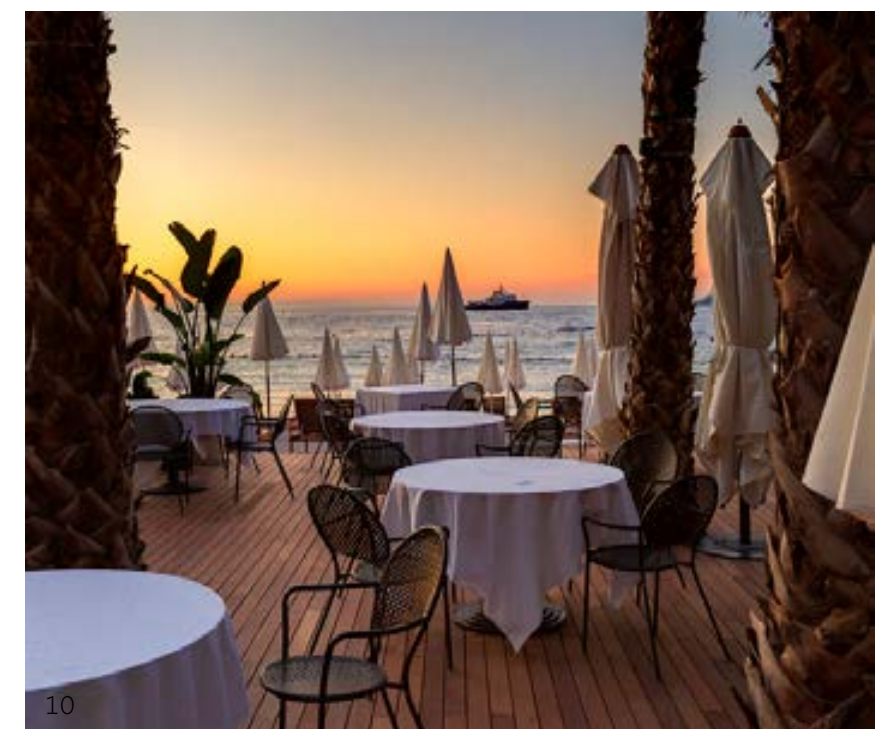
1PM

It would be remiss to visit the principality and not enjoy a meal prepared by Monaco culinary stalwart Alain Ducasse, at the helm of two restaurants in Hôtel de Paris. With its three Michelin stars, the Louis XV - Alain Ducasse at the Hotel de Paris is as delightfully surprising as ever. The most prestigious restaurant in Monaco is inspired by the Riviera and la dolce vita. Chefs Dominique Lory and Alain Ducasse have created a modern and contemporary menu. Through flavourful sauces, intense broths and fresh condiments, the chef creates and reveals flavours with exactitude and precision.

4.30PM

Monaco's coastline may be small, but it's certainly mighty, with ocean-loving HSH Albert II ensuring the principality's waters are well preserved for future generations. Head to Larvotto Beach or the caves of Les Spélugues, both of which are protected marine reserves home to an astounding amount of colourful fish and coral. Time your visit right and you'll also glimpse turtles, dolphins and migrating whales. If you're planning to swim, be sure to bring a change of clothes to slip into before your Michelin-starred dinner.

08 Gardens of the Hotel de Paris Monte-Carlo
 09 Fontvieille is built on reclaimed land © BVergely
 10 New Larvotto beach © BVergely
 11 Dining room with a view at Blue Bay. Images 08, 11 © Monte-Carlo Société des Bains de Mer



7.30PM

Reserve a table on the terrace at [Blue Bay](#), an applauded restaurant where flavours of the Caribbean and Mediterranean mingle on your plate. Chef Marcel Ravin's masterful dishes include castagnole fish and cuttlefish from Méditerranée, and his signature slow-cooked organic egg with cassava, truffle and passionfruit is bliss in a mouthful. Ravin also offers a vegan menu featuring produce from the kitchen's gardens, planted in consultation with [Terraé](#). This local crowd is behind some of the most groundbreaking urban organic fruit and vegetable gardens in Europe; it also offers agriculture classes and workshops, like a tasting of edible flowers and herbs. Forward-thinking and sustainable – this is Monaco in a snapshot. 🌱

Chef Marcel Ravin's masterful dishes include, his signature slow-cooked organic egg with cassava, truffle and passionfruit





#GETACTIVE #SPORTS

Dive in, tee off, ace it

From water-based sports to golf and tennis, there are plenty of ways to get your heart racing in Monaco.

DIVE IN

The sparkling Mediterranean informs daily life in Monaco, set along the dreamy Côte d'Azur (aka French Riviera), known for its rocky cliffs, postcard-perfect beaches and gin-clear water. Naturally, water sports abound. For the adventurous, there is jetskiing, parasailing, banana boating and flyboarding, best described as a combination of jetskiing and hoverboarding, but with power boots. Those who prefer more laid-back pursuits might like to explore the surrounding coves on a small hire boat, or splash out on a private luxury yacht cruise. All these activities, and more, await at the Monte-Carlo Beach Club.

LEFT Flyboarding at Monte-Carlo Beach Club THIS IMAGE Teeing off at Monte-Carlo Golf Club © Monte-Carlo Société des Bains de Mer

TEE OFF

Imagine teeing off high above sea level, on a rolling expanse tucked between the French and Italian rivieras... Lush and well laid out, with views of the sea and inland to the Alps, the 18-hole Monte-Carlo Golf Club is a golfing fan's heaven.

ACE IT

Remarkably situated, the Monte-Carlo Country Club hosts the prestigious annual Monte-Carlo Rolex Masters on tennis courts made available all year round to visitors, harmoniously set on tiers that face the sea. The sports complex here offers everything from squash to snooker to wellness. 🎾

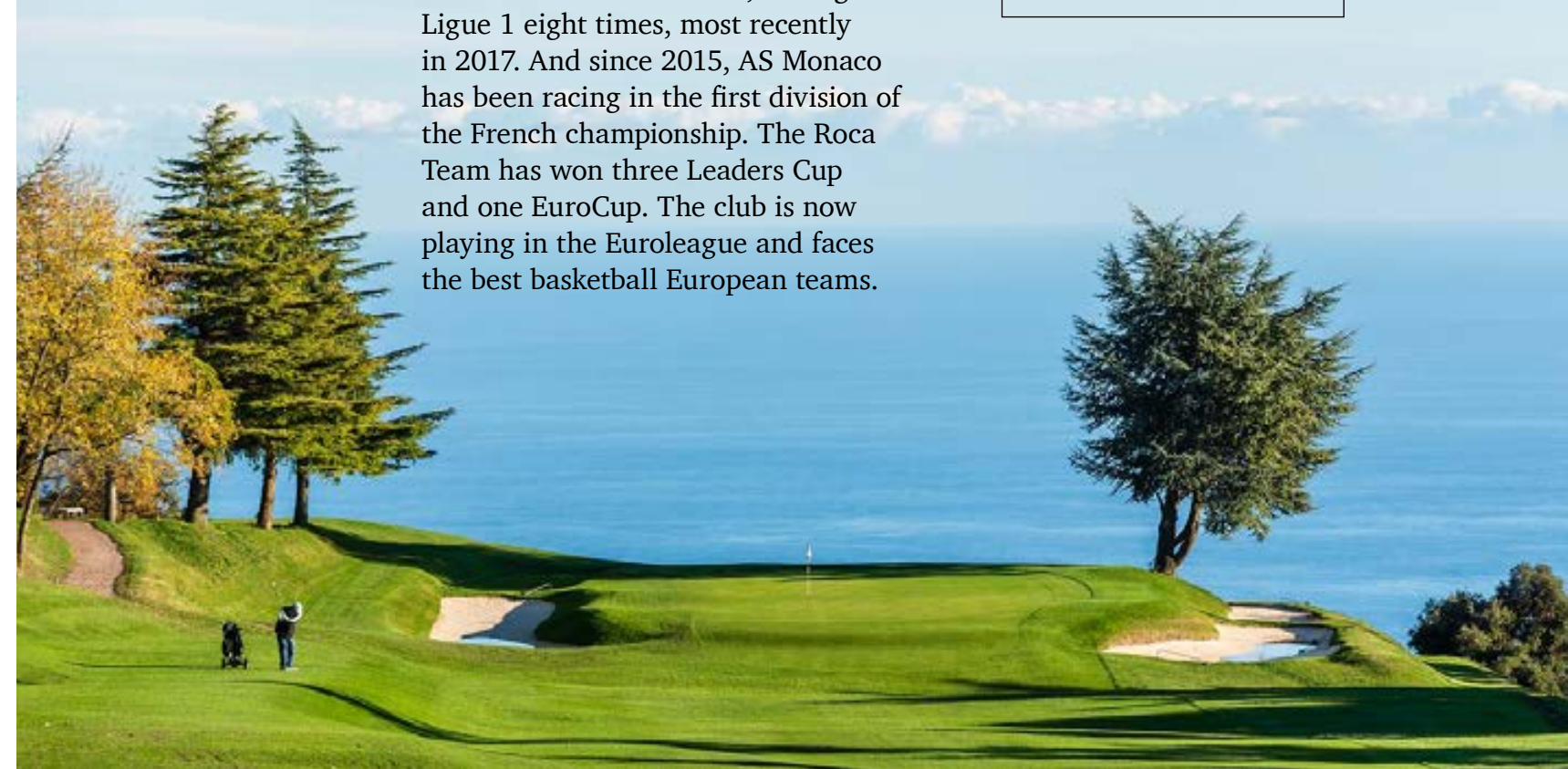
GET EXCITED

Sports have always been at the heart of Monégasque life. Besides the Formula 1 Grand Prix and the Tennis Open, Monaco hosts a major football team : the AS Monaco FC, one of the most successful clubs in France, having won Ligue 1 eight times, most recently in 2017. And since 2015, AS Monaco has been racing in the first division of the French championship. The Roca Team has won three Leaders Cup and one EuroCup. The club is now playing in the Euroleague and faces the best basketball European teams.



CLICK HERE

For more information on the range of sporting activities available across Monaco.



#WELLNESS #SPA

Relax, revive, repeat



01

Ancestral rituals. Facials using pure gold or caviar. Steam and ice. Massage and mud wraps and scented saunas... time out to spend on wellness in Monaco is a decadent voyage targeting all five senses, *writes Jac Taylor.*



02



03



04

CAROL JOY MONTE-CARLO

Within the Fairmont Monte-Carlo lies a unique and wonderfully enjoyable spa. The award-winning 900-square-metre wellness centre concentrates on personalised, transformational experiences that use the power of collagen, hydrotherapy and relaxation at their core. Its two couple's 'experience suites' include double steam showers, hydrotherapy tubs and rain showers for the best in honeymoon indulgence, while friends can socialise over a light menu of treats in the women's relaxation lounge, or in the authentic hammam and experiential showers in the men's lounge area. It's worth picking up some of the in-house collagen products such as sprays, eye masks and facial masks to take home and continue the pampering.

MUST TRY The famous one-hour, 24-carat gold facial, or the 90-minute 'Ultimate Caviar Lifting Facial', followed by a 90-minute caviar and collagen body wrap.

THERMES MARINS MONTE-CARLO

This 6,600-square-metre icon welcomes the crème de la crème of Monégasque locals and visitors, perched as it is upon the Mediterranean Sea and positively sparkling with the best of the wellness world. Its team of therapists practise everything from slimming and nutrition to beauty treatments and sports training, aided by top technology and anti-ageing cosmetic partners La Prairie and Cellcosmet. The outdoor Jacuzzi with panoramic views of Monaco is worth the visit alone, as is a meal overlooking the ocean at the gourmet, nutrition-observant L'Hirondelle restaurant.

MUST TRY Combatting your jetlag with cryotherapy (freezing), or a detoxifying and analgesic sea-mud body wrap, followed by a beautifully relaxing table shower massage with shea butter moisturisation.



05



06

01 Spa Metropole by Givenchy © W Pryce 02 Breezy spa days © Monte-Carlo Beach Spa 03 Dive in at Thermes Marins 04 Cinq Mondes Spa 05 Luxe facials at Carol Joy © Carol Joy spa 06 The jacuzzi at Thermes Marins. Images 02-04, 06 © Monte-Carlo Société des Bains de Mer

WELLNESS SKY CLUB

Situated on the sun-soaked rooftop of one of Monaco's most iconic of hotels, the 500-square-metre Wellness Sky Club was part of the Hôtel de Paris' recent extensive – and expensive – renovations. This is an exclusive space set aside for hotel guests who are also members of the My Monte Carlo loyalty program, meaning you won't need to fight the crowds for a half-submerged sunlounge in the heated infinity pool, or prime position to enjoy the 360-degree views of this unbeatable location alongside the Place du Casino. At your service, you have the counter-current pool or beach-entry pool, solarium, relaxation area and a lounge-bar menu somehow combining detox cuisine with champagne and cocktails.

MUST TRY The 'welcome pack' with a cabana or sunbed booking providing you with mist sprays, cold towels, sunscreen, sunglass wipes, fan and signature tote.

07 The Wellness Sky Club at Hôtel de Paris offers panoramic views over the principality
© Monte-Carlo Société des Bains de Mer



CINQ MONDES SPA

Forget simple massages or facials – here at the spa within the [Monte-Carlo Bay Hotel & Resort](#), you'll find an impressive menu of ancestral rituals designed to feed both body and mind. Lose yourself in the journey and settle in for rituals that last between two to four days, or pop in for a 20-minute bath ceremony, hammam or body scrub. Like much of the menu, the massage list sounds more like *National Geographic* than *Body Mind Spirit*, whether you choose a Japanese scalp massage, deep-relaxing Balinese massage or tonifying Indian Ayurvedic massage.

MUST TRY The 'Bliss for Two Ritual' sojourn over two days, for a couple in a VIP suite.



08

08 Spa Metropole by Givenchy © W Pryce 09 The entrance to the same spa 10 Yoga at Le Tigre 11 A massage at Spa Mondes. Images 08, 09 © Hotel Metropole Monte-Carlo; 10, 11 © Monte-Carlo Société des Bains de Mer



09



10

LE TIGRE MONTE-CARLO

For an 'away from it all' vibe, Le Tigre is an exclusive, and intimate, spa haven. Its three treatment cabanas are set between the forest and the sea, with a focus on reconnection with nature. You can take yoga, meditation or pilates classes on the beach pontoon or dock of [La Vigie Lounge & Restaurant](#), or detox at the organic juice bar. The vibe is part Oriental simplicity, part Mediterranean minimalism, with a side of French chic.

MUST TRY The signature massage, which includes techniques drawn from yogic, Californian, lomi lomi and Ayurvedic styles.



11

SPA METROPOLE BY GIVENCHY

The [Hotel Metropole](#) is very much a part of Monaco history and culture, and its sophisticated spa by the House of Givenchy carries on that elegant spirit. The spa's 10 immaculate rooms combine shades of white and taupe with lace-inspired embossed walls and glittering jewel-toned tiles – all part of the chic architectural design put together by much-loved French opera singer-turned-designer Didier Gomez. The 'care rituals' promise to evoke senses, emotions and the notion of haute couture, using Givenchy skincare products, but of course.

MUST TRY The 45-minute 'Lift & Glow' anti-fatigue and radiance treatment, providing intense hydration and a brightened complexion, followed by a 90-minute 'Anti-Jetlag Interlude' combining body and facial treatments designed especially for travellers. 🌿

#SHOPPING

A principality pastime

A joyous love affair with urban expansion and one of the world's highest percentages of disposable income makes Monaco a shopping adventure like few other destinations, *as Jac Taylor discovers.*





Metropole Shopping Monte-Carlo

A destination in itself.

It stands to reason that even the humble shopping centre must be something special in Monaco. Metropole Shopping Monte-Carlo is a fantasy of Carrara marble, Bohemian crystal chandeliers and wrought metal balustrades, open since 1988 and now a firm feature of any visitor's itinerary to the principality. The complex's 80 stores and six restaurants include such labels as Kenzo, Gucci and Hugo Boss, but also such essentials as Sephora, a nail bar, health store and (of course) Ladurée macarons.

The haute confections at Mercedeh Shoes are not for shrinking violets, but these shoes may just be the most 'Monaco' of Monaco shopping finds. Think fishnet stilettos, violent pink boots or red velvet thigh-highs. Meanwhile, Segraeti is spread across two stores: one is dedicated to tableware, while the other incorporates their design office, the furniture showroom and decorations, from baroque through to avant-garde. For everything wonderful about French produce, Comtesse du Barry an essential stop. Fill your picnic basket.

01 Shopping in style © Monte-Carlo Société des Bains de Mer 02 One Monte-Carlo facade © Monte-Carlo Société des Bains de Mer 03 Boutiques galore © The Metropole

02

One Monte-Carlo

The newest district of chic.

This eco-precinct combines vertical gardens and cutting-edge architecture with high-end luxury shopping. Alongside the Place du Casino, the quartier is centred around the pedestrian-only Promenade Princesse Charlene, highlighting a who's who of luxe boutiques: Balenciaga, Fendi, Chanel *et al* among the precinct's 24 lavish stores.

There's no big surprise at finding an LV boutique here, a must-see for its flamboyant window displays and artistry.

mathematical genius of watchmaking Art in Time is a concept gallery dedicated not only to independent and niche brands but to temporary art and photography exhibitions within the spectrum of watchmaking.



03

#SUPPORTLOCAL

Shopping secrets

When you've had your fill of designer brands, follow the lead of locals to much-loved haunts.

This populace and its many visitors love their labels, which means flagship stores for such infamous global haute couture names as Dolce & Gabbana, Hermès and Christian Dior, of course. But the shopping certainly doesn't end at the designer 'Golden Circle' around the Place du Casino.

Near the port, you'll find about 200 high-street brands and indie boutiques, plus the Casino supermarket, in the central ward of La Condamine – but the real pearl of the area is La Condamine Market. La Halle Gourmande is opened from Tuesday to Saturday from 6 pm to 11 pm for dinner. This is where you'll discover the traditional heart and soul of Monaco, in its three zones, terracotta tiles and bounteous Provençal and Mediterranean eateries. Unlike shopping centres and boutiques that close on Sundays (except in summer)

in Monaco, this open-air market (producers and florists) is open from 7am to 1pm daily, while the inside market is open from 7am to 3:30pm.

For shopping that strikes a balance between beauty and practicality, the Centre Commercial de Fontvieille is the shopping centre to experience local life. This is where you can browse the cornucopia that is the supermarket Carrefour, ogle 36 boutiques and enjoy a number of nearby museums and sights, such as the Rocher de Monaco overlooking the centre, the Naval Museum and the breathtaking little marina outside. 📍



Zara is found the world over, its in-store collections are varied depending on location. But the outlets in Monaco may have the best range in the world.

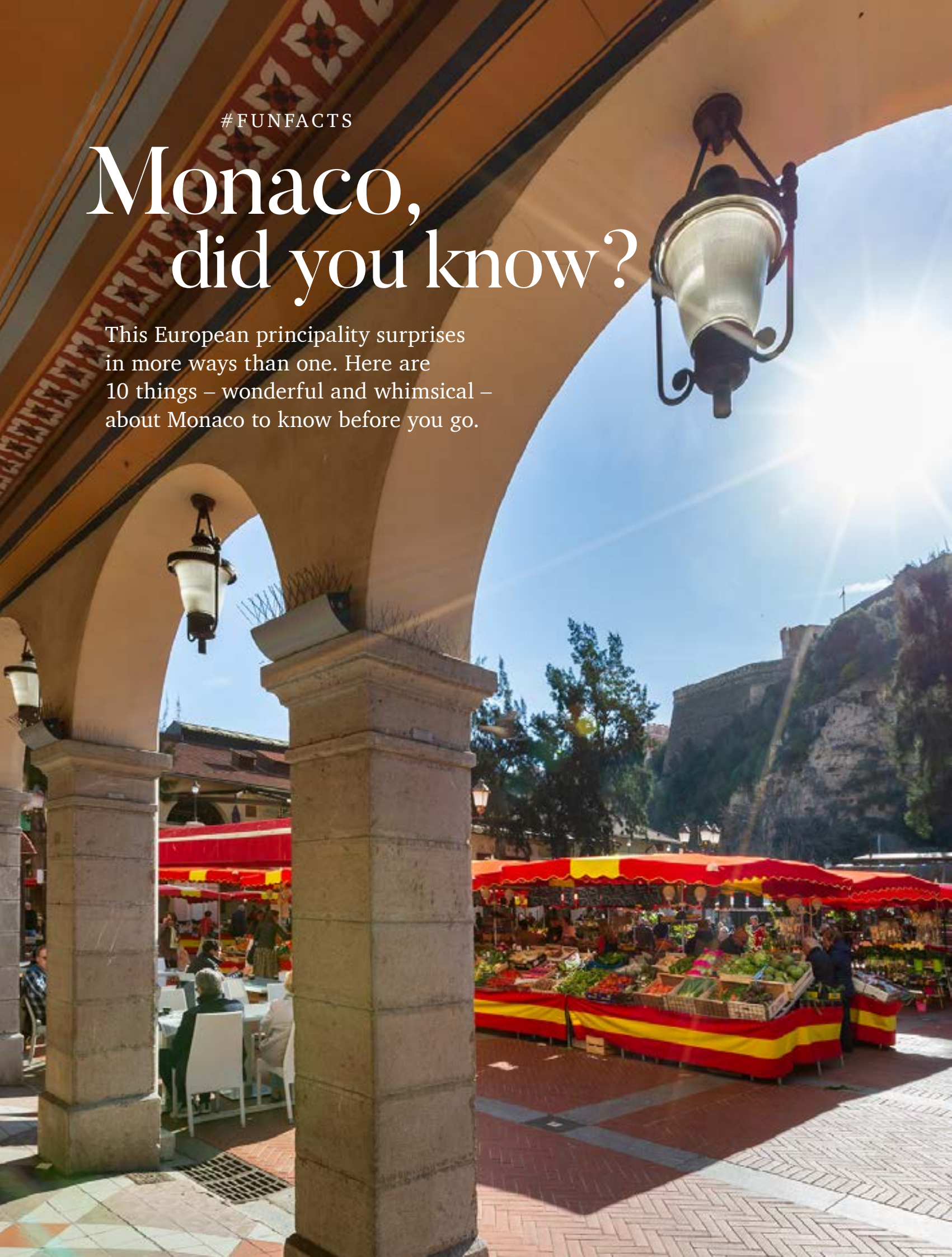


04 Shopping Monaco's high streets
© andersphoto/Shutterstock
05 Condamine market © Visit Monaco
06 Monaco-Ville's charming streets
© Direction de la Communication

#FUNFACTS

Monaco, did you know?

This European principality surprises in more ways than one. Here are 10 things – wonderful and whimsical – about Monaco to know before you go.



Monégasques – as citizens of Monaco are known – have the world’s **highest life expectancy**, living to an average age of 89.52 years.

The principality covers around two square kilometres – **around half the size of Sydney’s CBD**, and only two-thirds of the size of New York’s Central Park – making it the world’s smallest country and second-smallest independent state after the Vatican City.

The great, great grandfather of the current ruler, HSH Prince Albert II, was Prince Albert I, a renowned explorer who founded Monaco’s famous **Oceanographic Museum**. Another famous explorer, conservationist and filmmaker, Jacques Cousteau, directed this space and its exhibitions for almost 30 years.

Monaco pledges to **reduce carbon emissions** by 55 per cent by 2030 and achieve carbon neutrality by 2050.

Monaco enjoys about **300 days of sunshine every year**. The mild Mediterranean climate is quite similar to Sydney.

Before casinos, yachts, luxurious hotels and racing cars, **Monaco was known for its production of citrus fruits**. Boats would dock at Port Hercule and transport the principality’s fruit around the world.

The enormous wine cellars underneath the Hôtel de Paris currently store a massive **350,000 bottles of wine**, including two bottles of cognac that belonged to Winston Churchill, a former resident of the hotel. During WWII, the space not only stored wine but also the hotel’s silverware and the fortunes of some guests.

Monaco is growing – and not just in population. The principality has extended its territory by **reclaiming land from the sea**. The resulting Fontvieille neighbourhood is today full of gardens and green spaces, as well as a Sculpture Path lined with eye-opening installations.

Monaco is also creating a new area to embody the excellence and conviviality. Mareterra is planned to be a new community of residential, cultural and recreational spaces celebrating the spirit and sensations of the Mediterranean.

Monaco was the **first country** in the world to be completely covered by 5G, with high-speed technology a given around the principality – even in public bus shelters.

Hollywood loves Monaco glamour, with dozens of films shot here. Think **Golden Eye** (1995), **Never Say Never Again** (1983), **Ocean’s Twelve** (2004) and **Iron Man 2** (2010).

Monaco has a **poverty rate of zero**. According to the CIA World Factbook, not a single person here lives below the poverty line. 🇲🇨

Condamine market © Bvergely

Event Planner

Monaco may be small, but it knows how to party. In fact, the principality hosts more than 500 events every year. From the legendary Formula 1 Grand Prix to the glam Yacht Show, here are 2021's must-attend events.



01

JANUARY

MONTE-CARLO RALLY

Organised by the Automobile Club de Monaco, this prestigious race begins and ends in Monaco, looping north into a number of French departments.

+ INTERNATIONAL CIRCUS FESTIVAL

FEBRUARY

MONTE-CARLO CLASSIC CAR RALLY

More cars are on the agenda at this event, where drivers set off from different corners of Europe and meet in Monaco to celebrate. The Rally Historique is reserved for classic cars which have participated in historic editions of the Monte-Carlo Rally.



02



03

MARCH & APRIL

MONTE-CARLO SPRING ARTS FESTIVAL

This glamorous event takes place across a range of venues, spotlighting the world's top talents across dance, theatre, music and visual arts. There are also workshops, focusing on future generations of performers.



04

APRIL

MONTE-CARLO ROLEX TENNIS MASTERS

One of the world's most prestigious and exciting tennis tournaments, the Monte-Carlo Rolex Masters is considered a 'tune-up' for players heading to the succeeding month's French Open – the *crème de la crème* of tennis stars attend.

MONACO EPRIX

The biennial all-electric ePrix promotes clean mobility tech and brings new values to the world of motor racing. This is the only international championship involving 100 per cent electric single-seater cars.

2021 will see Monaco host a record three Grand Prix events within the space of a month

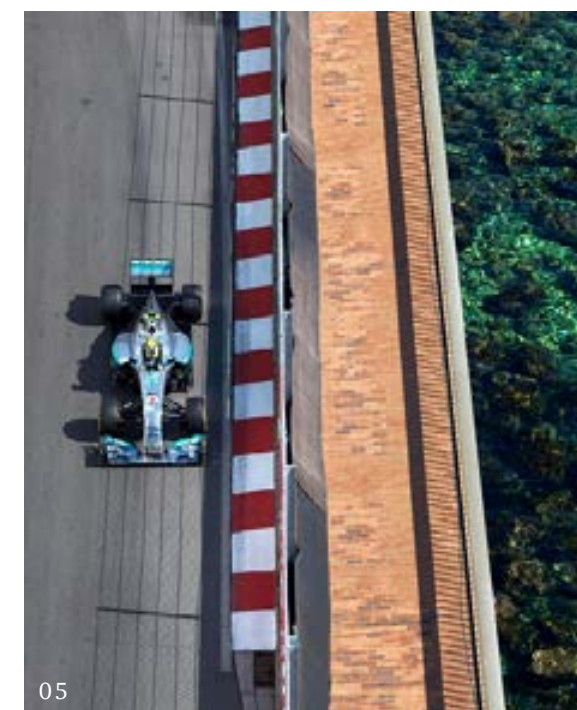
MAY

MONACO HISTORIC GRAND PRIX

Held every two years on the same circuit as the F1 Grand Prix, this event showcases expertly preserved cars, taking you back to the golden days of motorsports racing.

MONACO FORMULA 1 GRAND PRIX

One of the world's most difficult races sees drivers tackle the Circuit de Monaco's 3.4-kilometre lap, with tight corners, elevation changes and a tunnel. Watch from balconies, rooftops and yachts.



05

01 International Circus © Direction de la Communication
02 Monte-Carlo Classic Car Rally © Visit Monaco
03 Monte-Carlo Spring Arts Festival © Alain Hamel
04 Monaco EPrix © Olivier Anrigo
05 Monaco Formula 1 Grand Prix © Visit Monaco

Event Planner



JUNE

MONTE-CARLO TELEVISION FESTIVAL

Five days of free events open to the public, including meetings with international stars, behind-the-scenes talks, autograph signing sessions and premieres of content from the official competition selection.

JULY-AUGUST

MONTE-CARLO SPORTING SUMMER FESTIVAL

Some of the world's biggest musicians have performed at this event, Peter Gabriel, the Beach Boys and Rihanna among them. Don't miss an open-air concert at the Salle des Étoiles, a dreamlike venue inside the Sporting Club.

+ SUMMER CONCERTS AT THE PRINCE'S PALACE



+ 'ART EN CIEL' MONTE-CARLO INTERNATIONAL FIREWORKS COMPETITION



OCTOBER

SPORTEL MONACO

The world's largest sports content convention, this event features presentations and masterclasses on topics including international sport, television and new media, hosted by key innovators in the global sports industry.

NOVEMBER

MONACO NATIONAL DAY

A day when the Monégasque take the opportunity to honour their princes. Festivities are organised throughout the town, including magnificent fireworks.

+ MONTE-CARLO JAZZ FESTIVAL



SEPTEMBER

MONACO YACHT SHOW

Monaco's second-biggest annual event is a magnet for yacht owners, superyacht buyers or charterers, and decision-makers in the yachting and luxury industries. Expect 120 extraordinary one-off superyachts on show.

+ LE MONTE CARLO GALA FOR PLANETARY HEALTH

DECEMBER

CHRISTMAS FESTIVITIES

By Port Hercules, children will be thrilled to discover the ice rink and the Christmas Village with its events, parades and Christmas market featuring local craft products. Up in the heart of Monte-Carlo, admire Place du Casino festooned with decorations and lights.

MONACO DANCE FORUM

Dedicated to artistic expression and exchange for members of the public and dance professionals alike, this event includes performances by leading choreographic talents and is a platform for numerous creative initiatives, including workshops and discussions.

06 Red carpet © Monte-Carlo Television Festival 07 Concerts at the Prince's Palace © Visit Monaco 08 Monaco Yacht Show © Monte-Carlo Société des Bains de Mer 09 SPORTEL Monaco © Monte-Carlo Société des Bains de Mer 10 Fireworks for Monaco National Day © Alessandro Landra/Shutterstock

#FRANCE #ITALY #DAYTRIP

Day tripping

Breakfast in Monaco, lunch in France and dinner in Italy – it's a dreamy travel reality when you're based in the principality.

HISTORIC FRENCH HILLTOP VILLAGES

ROQUEBRUNE-CAP-MARTIN Four minutes by train from Monaco, this is the easiest day trip you can take from the principality. Explore the historic village, perched on the cliffs overlooking the Mediterranean. Then, head to the Cap Martin peninsula where beautiful seaside views, turquoise waters and pebble beaches await.

ÈZE A fairytale hilltop village, easily accessible by train and bus from Monaco, Èze's cobblestone streets are lined with fine-dining restaurants, charming cafes, bijou boutiques and art galleries. Don't miss the applauded Exotic Garden, from where you can enjoy breathtaking views over the French Riviera.



01 Monaco shining bright © © Monte-Carlo Société des Bains de Mer
02 Èze vistas © Francois Roux/Shutterstock
03 Saint Paul de Vence © Inu/Shutterstock 04 Ligurian castles © Luigi Sonnifero/Shutterstock



FRENCH RIVIERA ICONS

NICE The ‘capital’ of the French Riviera, Nice is an easy 30-minute train ride from Monaco. Wander the French city’s famous Promenade des Anglais, with its postcard-perfect pebble beaches, then linger in the old town, bursting with traditional shops, galleries and outdoor markets.

GRASSE The ‘capital of perfume’, Grasse’s famous perfumeries are a draw for many visitors. Above and beyond these fragrance houses, the town and its surrounds are the perfect playground for hiking, mountain biking and horse riding.

ANTIBES Just over an hour from Monaco, this beautiful seaside town is backdropped by the snow-capped Alps. From its picturesque old town to its harbour and fort, Antibes is an inspiring setting – Picasso stayed here for six months in the 1940s, and it’s easy to see why.



SCENIC SEASIDE WALKS

PROMENADE LE CORBUSIER

Beginning in Monaco, this narrow coastal path was once used by patrolling customs officers to prevent smuggling and pirate attacks. Wander north into France, around Roquebrune Cap Martin, across the Cap Martin headland and to the edge of Menton.

CAP D’AIL Walk south out of Monaco into France, and this trail takes in many impressive coastal mansions including the Eden Palace and the secret Mala beach.

THE ITALIAN RIVIERA

To the east of Monaco, the Italian Riviera invites you to experience *la dolce vita*. Just across the border, around 40 minutes from Monaco, a number of charming Ligurian villages entice visitors with a winning combination of beautiful scenery, historic medieval villages and standout food. Must-visits include Dolceacqua, Rocchetta Nervina and Pigna. Also worth adding to your itinerary is the coastal town of San Remo, with its laid-back seaside vibe, busy outdoor markets and beautiful old town. 🌞

Just across the border, charming Ligurian towns entice visitors



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