

Guided walking on the French Riviera by Rail



Trip style:
Rail Adventures

Destination:
📍 France

Walking Grade
,il 3 & 5

Carbon Footprint:
🌿 121kg CO2

Holiday Overview

Soak up the best of the French Riviera on foot with a guided walking holiday. Circle the Cap Martin and Saint-Jean-Cap-Ferrat peninsulas, follow the stunning Cap d'Ail coastal path towards millionaire's playground Monaco, and enjoy Mediterranean views from hilltop villages like Roquebrune and Sainte-Agnès. Culture comes neatly woven in, with time in medieval Èze famed for its Exotic Garden, and a visit to the Fragonard perfume factory. A free day lets you explore the Italian-influenced border town of Menton or take the train to Nice, the chic capital of the Côte d'Azur.

WHAT YOU'LL LOVE

- Coastal walking on the Cap d'Ail path, with headlands, coves, and Belle Époque villas en route to Monaco
- Looping the Cap Martin peninsula, plus a visit to the Carnolès Gardens
- A full circuit of Saint Jean Cap Ferrat with the option to add the SaintHospice peninsula
- Views from hilltop villages like Roquebrune and Sainte-Agnès
- Experiencing Riviera culture in Èze, including the Exotic Garden and the Fragonard perfume factory
- A free day to visit Menton, Nice, or Monaco

WHAT'S INCLUDED

- Return rail travel from London to Nice and transfers
- Fully escorted travel with an HF Holidays Tour Manager
- A choice of 2 guided walks per day with local leaders (on walking days)
- 7 nights' accommodation in Menton
- 7 breakfasts and 7 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport

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Day 1 Arrival Day

Meet your HF Holidays Tour Manager at London St Pancras and board the Eurostar to Paris. On arrival at Paris Gare du Nord transfer by coach to Paris Gare de Lyon to join the TGV train for your onward journey to Nice. A coach transfer of about an hour will take you to your hotel in Menton.

Day 2 Cap Martin – Roquebrune Castle and Cros Casté

A wonderful introduction to the area, with a choice of walks taking in the Cap Martin peninsula and the hillside village of Roquebrune. Expect a mix of coastal paths, tracks, and some short road sections.

Option 1 - Cap Martin Peninsula loop (with Carnolès Garden)

Distance: 4.5 miles (7km)

Ascent: 350 feet (100m)

Descent: 350 feet (100m)

From the hotel we set off on foot to circle the Cap Martin peninsula, with plenty of sea views and a real Riviera feel. We pause for a picnic lunch along the way before continuing around the headland. After the walk, we stop at Carnolès Garden and then finish with a walk back to the hotel.

Option 2 - Roquebrune village and viewpoints, then Cap Martin Peninsula

Distance: 5.5 miles (9km)

Ascent: 1,500 feet (450m)

Descent: 1,500 feet (450m)

From the hotel, we walk uphill to the perched village of Roquebrune, enjoying views over the coastline along the way. A short circular walk offers a fine viewpoint over the Baie de Roquebrune before descending into the village itself. We then continue towards Cap Martin, with a few steps en route, before exploring the peninsula's coastal paths. After the walk, we stop at Carnolès Garden and then finish with a walk back to the hotel.

Day 3 La Turbie – Èze

Today brings two characterful medieval villages and big Mediterranean views. We begin with a visit to La Turbie, then head to Fort de la Revère for walking on high ground above the coast. After the walk, we transfer to Èze to visit the Exotic Garden, enjoy time in the old village, and call in at the Fragonard perfume factory.

Option 1 - Fort de la Revère

Distance: 3.5 miles (6km)

Ascent: 550 feet (170m)

Descent: 550 feet (170m)

This morning we take a private coach to La Turbie to visit the village. We then transfer to Fort de la Revère for a lovely walk on paths and tracks, enjoying wide-open views of the coastline. After the walk, we're picked up at Fort de la Revère and transfer to Èze for the Exotic Garden, the village, and the Fragonard perfume factory.

Option 2 - Balcony walk from La Turbie to Fort de la Revère and walk to Èze

Distance: 6 miles (10km)

Ascent: 950 feet (290m)

Descent: 1,250 feet (380m)

After our visit to La Turbie, we set off on a superb balcony walk to Fort de la Revère, with far-reaching views as we contour above the coast. From Fort de la Revère we're picked up and transferred to Èze, where we visit the Exotic Garden and then walk the descent down into the village. There's time afterwards to browse Èze and visit the Fragonard perfume factory free entrance.

Day 4 Cap d'Ail – Monaco

One of the Riviera's finest seaside walks. The Cap d'Ail coastal path threads past Belle Époque villas, rocky coves, and dramatic cliffs, with plenty of Mediterranean colour along the way.

Option 1 - Cap d'Ail coastal path to Monaco

Distance: 4.5 miles (7km)

Ascent: 500 feet (150m)

Descent: 350 feet (100m)

We take the morning train from Menton to Cap d'Ail and begin our walk along the famous coastal path. The route hugs the shoreline past coves and headlands, with wonderful contrasts between rugged rock and elegant villas. We finish in Monaco and return to Menton by train.

Option 2 - Monaco loop via Cap d'Ail

Distance: 7 miles (11km)

Ascent: 750 feet (230m)

Descent: 750 feet (230m)

We take the morning train from Menton to Monaco and set off along the coast towards Cap d'Ail. After enjoying the shoreline scenery and headland views, we return to Monaco to complete a satisfying loop walk. We then travel back to Menton by train.

Day 5 Free Day

A free day to enjoy Menton at your own pace. The old town is a delight for a gentle wander, with its baroque squares and the impressive Basilica of Saint-Michel. You may also like to take the train or bus to Nice for its renowned market and the Promenade des Anglais, or head to Monaco to explore further, including its Exotic Garden. Another lovely option is a visit to the gardens and Villa Ephrussi de Rothschild in Saint-Jean-Cap-Ferrat.

Day 6 Saint-Jean-Cap-Ferrat

A classic peninsula day with sparkling sea views. We take the train to Villefranche-sur-Mer, then walk out towards Pointe de la Gavinet before following coastal paths around Saint-Jean-Cap-Ferrat. The longer option includes an extra circuit of the Saint-Hospice peninsula.

Option 1 - Saint-Jean-Cap-Ferrat peninsula circuit

Distance: 5 miles (8km)

Ascent: 500 feet (150m)

Descent: 500 feet (150m)

We travel by train to Villefranche-sur-Mer and begin our walk towards Pointe de la Gavinet for lovely views across Villefranche Bay. We then follow a scenic path along the rocky shoreline to circle the main Saint-Jean-Cap-Ferrat peninsula, returning with plenty of time to enjoy the coast.

Option 2 - Saint-Jean-Cap-Ferrat plus Saint-Hospice peninsula

Distance: 7.5 miles (12km)

Ascent: 800 feet (250m)

Descent: 800 feet (250m)

As with Option 1, we start from Villefranche-sur-Mer and walk out to Pointe de la Gavinet before circling Saint-Jean-Cap-Ferrat's main peninsula. We then add an extra loop around the Saint-Hospice peninsula to make the most of the headland scenery, before returning.

Day 7 Sainte-Agnès

A superb inland day above Menton. We take a private bus to the Col du Castillon (706m) and walk to the perched village of Sainte-Agnès, famous for its tremendous views stretching from Cap Martin towards the Italian Riviera.

Option 1 - Col du Castillon to Sainte-Agnès

Distance: 5 miles (8km)

Ascent: 650 feet (200m)

Descent: 800 feet (250m)

We travel by private coach to the Col du Castillon and begin our walk towards Sainte-Agnès. The route brings rewarding viewpoints over Menton and the Mediterranean, with a real sense of height above the coast. After time in Sainte-Agnès, we return to the hotel by private coach.

Option 2 - Col du Castillon to Sainte-Agnès, with the option to continue down to Menton

Distance: 6 miles (10km) +3 miles (5km) down to Menton

Ascent: 1,300 feet (400m)

Descent: 1,500 feet (450m) +2000ft (600m) down to Menton

From the Col du Castillon, we take a longer route to Sainte-Agnès, adding extra ascent for even bigger views over the coastline. If you'd like to extend the day, there's the option to continue walking down to Menton on foot (a longer, steeper descent). Those not continuing return by private bus.

Day 8 Departure day

Depart for your rail journey back to London from Nice via Paris.

Daily Walk Options



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

Accommodation

Hotel Prince des Galles

The Hotel Prince des Galles offers a warm and elegant base for your walking holiday in Menton. Set just steps from the seafront promenade with sweeping views of the Mediterranean, it combines classic Riviera charm with modern comfort and a rich heritage dating back to 1865. The 64 bedrooms are bright and airy with tea and coffee making facilities, tv, minibar and safe. The hotel benefits from a fitness room, a lift, a bar with panoramic terrace overlooking the sea and a restaurant.

Essential information

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Italian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

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- Rubbish bags
 - Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

Joining instructions (with Flights)

With flights

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [This email address is being protected from spambots. You need JavaScript enabled to view it.](#)

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining instructions (without Flights)

Without flights

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

*Subject to availability

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>

Tripnote validity

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be

prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 22 September 2026

