



**JW MARRIOTT**  
CANNES

## THE FAUNA & FLORA OF CANNES

Cannes is a city famous for its International Film Festival, but few know that it is also a city where it is pleasant to relax and reconnect with nature.

We have gathered here the natural and historical places of the city to discover during your stay.

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# CANNES AND ITS OLD TOWN, LE SUQUET

1 km | 20 min walk | 43° 33' 03" N, 7° 00' 42" E

Before it became the mythical city it is today, Cannes was just a small fishing village with a historic past and a soul that can be discovered by strolling through the narrow streets of Le Suquet and Rue Meynadier.

Between old houses, the town's former castle and a church dating back to the 14th century, this small authentic Provençal district offers you a rejuvenating return to the past. From the top of the hill, you can admire a breathtaking view of the bay of Cannes.



On your way, you will find the Forville Market which offers fresh, local, organic and natural products on 3,000 square metres. The craftsmen of this friendly place will make you discover local specialities, their fresh fish, their delicatessen, and the cheeses of the Nice hinterland.



# THE LERINS ISLANDS

5.5 km | 15-30 min de ferry | 43° 30' 53" N, 7° 03' 08" E

Only 15 minutes by boat from the Vieux-Port, are the Lérins Islands, a wild and natural place, where the fauna and flora are protected and preserved. The islands of Saint-Honorat and Sainte-Marguerite are ideal places to relax and escape, between turquoise waters, vineyards and green nature.

These jewels of the Mediterranean are a haven of peace not to be missed, combining cultural and historical heritage. The only inhabitants of these islands are the Cistercian monks, who maintain their medieval abbey, a restaurant, an 8.5 hectare vineyard, a distillery and an olive grove.

Take advantage of the region's pleasant temperatures to discover an underwater eco-museum set in the bay's seabed. Six giant statues, each 2m high, have been placed between the Lérins islands, on the outskirts of Sainte-Marguerite island. Made from the faces of local residents, these works by artist Jason de Caires Taylor aim to rehabilitate the underwater area and could become an artificial reef within a few years. These statues represent the story of the mysterious Iron Mask prisoner, which you should discover on your trip.





# LA CROIX-DES-GARDES

3.4 km | 45 min walk and 15 min bike ride | 43° 33' 31" N, 6° 59' 16" E



© Michel Giroldo

The Croix-des-Gardes natural forest park is the lungs of the city and is also an unspoilt part of Cannes.

Its 80 hectares of Mediterranean vegetation are the cradle of the mimosa and the place where the first variety grew in France. The park is a colourful and fragrant space, with 20 km of paths, a fitness trail and six lookouts offering a 360-degree panorama. It is the ideal place for a rejuvenating walk.



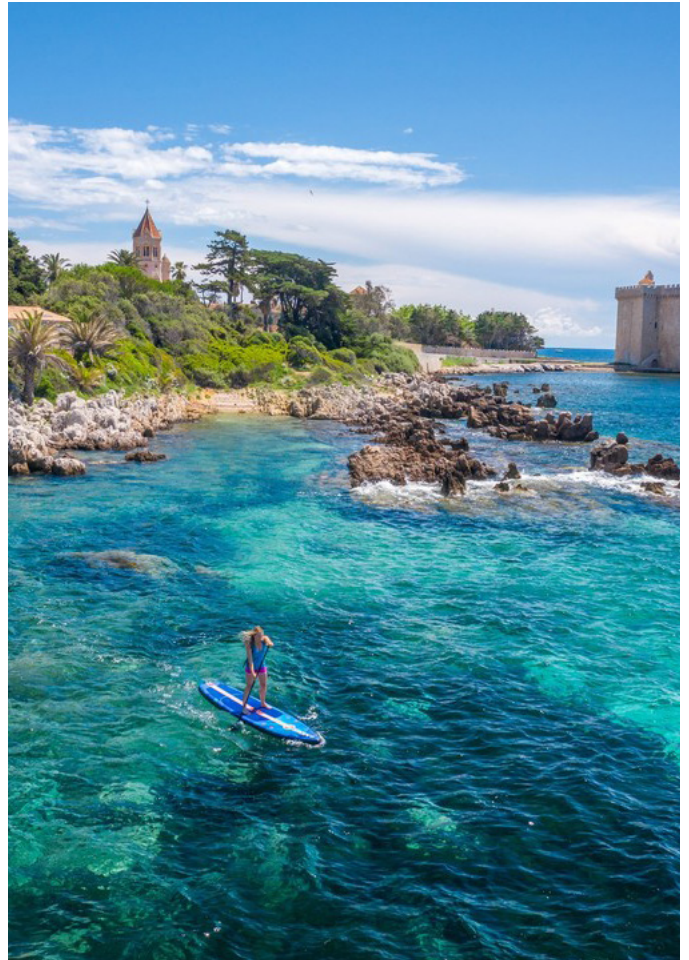
© Isabelle Fabre



## BEAUTIFUL ENCOUNTERS...

The posidonia, this marine “grass” is a real green lung of the Mediterranean sea which protects its ecosystem. It is a place of life and nutrition for many species that it hosts, as well as an essential player in the functioning of the seabed. It produces oxygen, protects the coastline from erosion, prevents the disappearance of our sandy beaches and is above all the reason why we have clear and even turquoise waters. Its name reflects its importance as it comes from the God of the Sea, Poseidon.

Since 2021, the city of Cannes has launched the PRIME initiative (Posidonia Restoration Initiative for a resilient Mediterranean Ecosystem) whose mission is to raise awareness, protect, preserve and restore the Posidonia.



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Did you know?



It is possible to meet dolphins, whales and even sperm whales offshore from Cannes! Unusual encounters, but which we must above all protect. To this end, an agreement between Italy, Monaco and France has been signed with the aim of protecting the marine mammals that frequent a defined maritime area of 87,500 km in the heart of the Mediterranean Sea.



## ACTIVITIES IN CANNES

The city of Cannes offers many pedestrian routes as well as several sports areas and cycle paths.

Take time to clear your mind, admire the beauty of the nature around you and the view from the different panoramas of the city.

For runners and walkers, reach the belvedere in the Californie district, offering a breathtaking view of the Lérins Islands and the Bay of Cannes.



© Cannes France

With 13 km of lanes adapted to bicycles, you can ride along the seaside and reach Mandelieu. Between turquoise waters and red rocks, you will discover breathtaking landscapes.



© Isabelle Fabre

# CANNES' CSR ACTIONS

Cannes, which is very committed to a CSR policy, has set up numerous actions within the city.

It has the national label “ Quatre Fleurs “, the highest distinction of the label “ Ville et villages fleuris “. The Palais des Festivals et des Congrès is certified ISO 9001 (quality), ISO 18788 (safety and security) and ISO 20121 (responsible event management).

Cannes is considered as the capital of outdoor sports. Whether by the sea or in the city's green spaces, the health trails and fitness areas allow you to exercise while enjoying a unique and pleasant natural setting. Cannes is also named “City of Surf” and reinforces its identity as a city of sports on the sea as well as in the open air.

In Cannes, each birth is celebrated within the city by planting a tree in the name of the child. This original and symbolic action makes it possible to anticipate the renewal of ageing trees as well as to enlarge the green spaces.





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