



# LA VAGUE DE SAINT PAUL

HOTEL RESTAURANT



Chemin des Salettes 06570 Saint Paul de Vence  
Contact : [sales@vaguesaintpaul.com](mailto:sales@vaguesaintpaul.com) - 04 92 11 20 00

## Discover the hotel



Located since 2013 in an iconic building designed by André Minangoy, La Vague de Saint-Paul welcomes sports groups in a setting conducive to performance and relaxation.

The hotel has 50 rooms, including 6 suites, combining comfort, modernity and serenity in the heart of a green setting.

Its restaurant, Au Jardin de La Vague, run by Chef Akhara Chay, offers balanced cuisine with Mediterranean and Asian influences.

For your training and recovery sessions, a swimming pool, tennis court, pétanque court, spa, fitness room and lounge areas are available.

Our team ensures flexibility, tailored catering and personalised support for each club.

With its calm atmosphere, sleek design and contemporary art, La Vague de Saint-Paul combines well-being and performance in a unique setting.

## The spaces

The hotel has numerous outdoor areas dedicated to sports and wellness activities.



The pétanque court can be set up for outdoor group classes (Pilates, fitness, etc.), while a tennis court is available upon reservation.



The unheated outdoor swimming pool is open daily from 8 a.m. to 8 p.m. It is 20 metres long with a maximum depth of 2.5 metres.

Located in the heart of the Sine Forest, the hotel enjoys an ideal setting for walking, running or cycling, with several trails accessible from the establishment.

Our reception team is at your disposal to guide you, suggest personalised itineraries and put you in touch with specialist service providers (guides, tour leaders, bicycle hire, etc.).

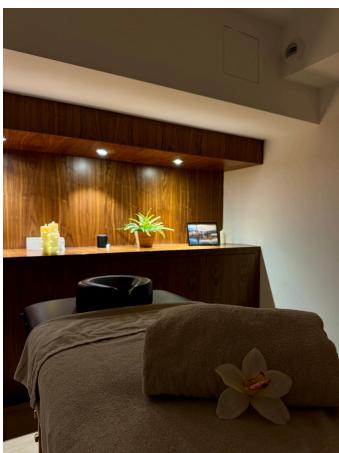
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## The spaces



The fitness room is open from 8 a.m. to 8 p.m.

It is equipped with two Technogym treadmills, two Technogym exercise bikes, as well as a rowing machine, a weight bench and a Technogym elliptical trainer.



The spa has a sauna, steam room and treatment room.

Massage services are available upon reservation:

Relaxing massage – 55 mins / 80 euros

Signature massage – 55 mins / 120 euros



## The restaurant

### Au Jardin de La Vague

Master restaurateur and disciple of Escoffier, Chef Akhara Chay and his team invite you on a true culinary journey.

With finesse, he blends Asian and Mediterranean flavours to create dishes that are both tasty and balanced.

For sports groups, the chef adapts his menus to ensure optimal nutritional and caloric intake, perfectly designed to accompany sports and well-being.

As for the front-of-house team, led by Magalie Ambrozo, they will give you a warm and attentive welcome, so that every meal is a moment of pleasure.



## **Saint-Paul and its surroundings**

Ideally located between the sea and the mountains, Saint-Paul-de-Vence offers an exceptional setting for a variety of sporting activities.

Just 2.6 km from the hotel, the municipal swimming pool in La Colle-sur-Loup welcomes you for swimming sessions, accessible in 9 minutes by car or 13 minutes by bike (the hotel can provide you with pool access cards). For water sports enthusiasts, the Mediterranean Sea is about 20 kilometres away, with several beaches where you can enjoy paddleboarding, kayaking or sailing.

The trails around Saint-Paul are a real playground for runners, walkers and cyclists. Several hiking trails, suitable for all levels, start directly from the surrounding area, offering magnificent views of the coast and mountains. Whether you're looking for a leisurely stroll or a more strenuous outing, you're sure to find something to suit you.

The surrounding hills are also ideal for mountain biking and trail running, with marked trails. For sports enthusiasts looking for a challenge, the Alps are not far away, offering more technical mountain routes and activities such as climbing and paragliding.

Finally, the region offers a wealth of sporting events and local clubs, which can host your groups for competitions, training camps or specific training sessions.

Saint-Paul-de-Vence and its surroundings thus perfectly combine sport, nature and relaxation, for stays rich in discoveries and sensations.

## Cycling routes



### La Colle & Chateauneuf

Difficulty level: 73/100

Total length: 39.3km  
Total climb: 657 m  
Net climb: 0 m  
Maximum gradient: 7.37%  
Average gradient: 2.12%



### Les gorges du Loup & Col de Vence

Difficulty level: 87/100

Total length: 54.7km  
Total climb: 1100 m  
Net climb: 7 m  
Maximum gradient: 24.16%  
Average gradient: 6.6%



### La Colle sur Loup - Antibes - Grasse

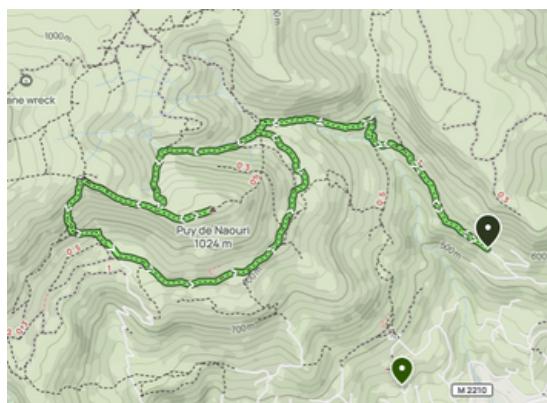
Difficulty level: 87/100

Total length: 80.7km  
Total climb: 974 m  
Net climb: 0 m  
Maximum gradient: 11.52%  
Average gradient: 1.49%

## Trail circuits

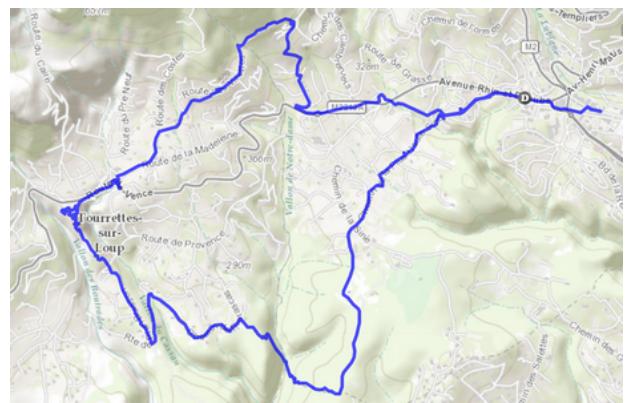
### Puy de Naouri

Total length: 11.3km  
 573 metres of elevation gain



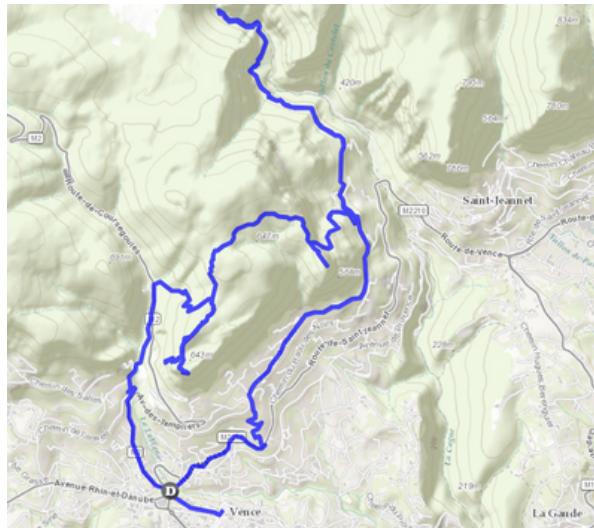
### Trail Vence - Tourettes sur Loup - Vence

Total length: 14.8km  
 +442 m/-442 m

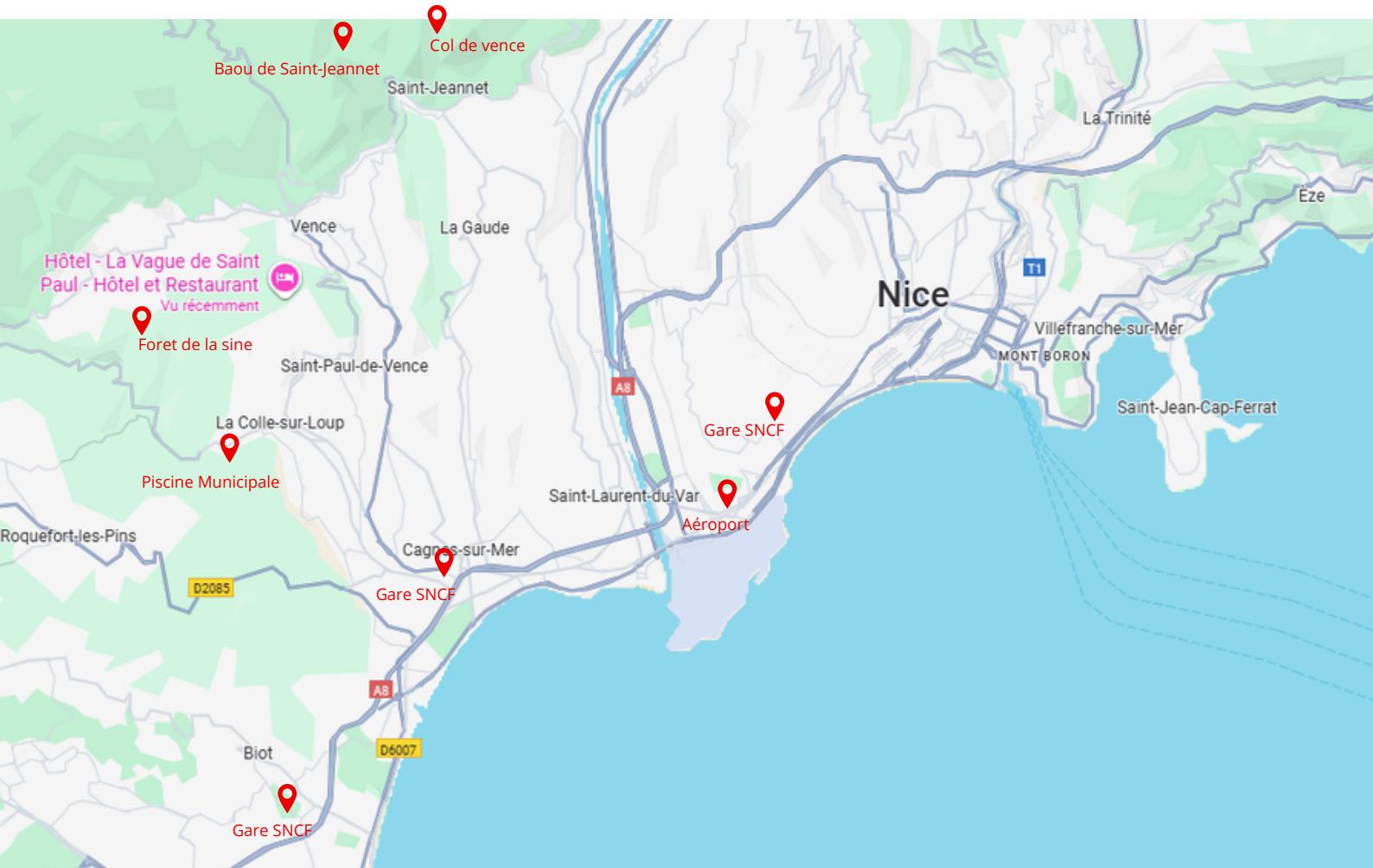


### Trail Vence - Cascades du Riou - Baou des Noirs - Baou des blancs - Vence

Total length: 19.5km  
 +635 m/-644 m



## Nearby



 Secure bicycle storage



Evening venue

 Privatisable kitchen

 Privatisation possible



Air conditioning

 Meeting rooms

 Access for persons with reduced mobility



Spa & Massages

 Private car park

 Lunch box