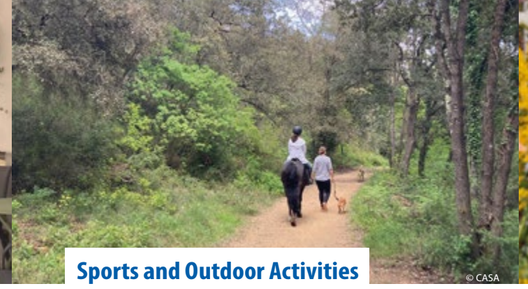
Guided tours

The Tourist Office invites you to discover the village of Valbonne and its history on a free guided tour.
All year long, and for groups of 4 or more, a tour can be organised on request, depending on the availability of the guide.
Contact the tourist office by phone or by mail to book your english tour: **visite.guidee@agglo-casa.fr**



Sports and Outdoor Activities

In Valbonne, 9 hiking trails await discovery with the « Promenades & Randonnées Balisées de Valbonne » map, available at the Tourist Office and online. The most famous is the scenic walk along the Brague River: a 9 km bucolic route between Valbonne and Biot, surrounded by lush greenery. For an even richer experience, download the free « Découverte de la Brague » smartphone app, which immerses you in the local ecosystem as you stroll along this charming coastal river. A wide range of sports activities is also available in the area: skate park, golf, tennis, climbing, mountain biking, e-biking, and don't miss the reopening of the Val de Cuberte municipal swimming pool.

Cultural Events

Valbonne boasts two cinemas run by local organizations: *Les Visiteurs du Soir* at Pré des Arts and the Alma cinema at CIV, offering an eclectic program for all audiences. The Pré des Arts is the town's flagship cultural venue, just a short walk from the village, with a varied schedule throughout the year. Art is everywhere in Valbonne, with a vibrant community of craftsmen, workshops, and galleries scattered across the village. Don't miss the Saint Esprit Hall near the church, hosting art exhibitions in all forms year-round. Creativity also spills outdoors, with artworks displayed in streets, squares, and village plazas, as well as in Sophia Antipolis, where you can explore an original street art trail.

Departemental natural parks

The 633 ha of **The Brague Natural Park** spreads to the north and west of the technology park. It is one of the last wet meadows area of the Alpes-Maritimes, offering remarkable floral diversity with a wide variety of protected species, rich with insects makes it a favored resting area for migratory birds.
The 450 ha of **The Valmasque Natural Park** spreading on the communes of Valbonne & Mougins, is divided into 3 sectors : the Fugueiret, Fontmerle and Carton. Alternating between wooded hills and gently shaped valleys, this park streches between tributaries of the Brague, the Valmasque and the Bouillide.

Markets and Events

Valbonne is renowned for its lively markets held throughout the year: the traditional Provençal market every Friday morning in the heart of the village; the Garbejaïre market on Saturday mornings; and the antique and flea market featuring professional exhibitors on the first Sunday of each month.
In summer, don't miss the enchanting night markets showcasing local artisans and artists. The town also hosts numerous festive events: traditional celebrations such as Saint Blaise in late January, Saint Roch and Saint Jean in midsummer; vibrant festivals like Rue(z) & Vous and Jazzbonne; plus a rich program of outdoor concerts, candlelit performances, and music in the village church. Discover the full calendar of events on the official website: **www.ville-valbonne.fr**

A pleasurable destination

Valbonne Sophia Antipolis offers a full range of services and shops: restaurants, cafés, pubs, local stores, boutiques, artisans, post offices, gas stations, banks, and supermarkets.
A wide choice of accommodation is available both in the village and within the technopole: hotels, university and hotel residences, guesthouses, gîtes, and furnished holiday rentals.
Discover the complete list on the town's official website under My Leisure / Directory: **www.ville-valbonne.fr**

ACCES INFO

Tourist map

- Grasse: 10 km
- Gourdon: 15 km
- Cannes: 12 km
- Antibes: 15 km
- Nice - Aéroport: 26 km

By bus :
> From Antibes: Envibus No.10 (Antibes–Valbonne via Biot) or Line A (Antibes Bus Station–Valbonne Sophia Antipolis Bus Station)
> From Cannes: ZOU 663 (Cannes–Valbonne via Le Cannet and Mougins)
> From Grasse: ZOU 653 (Grasse SNCF station via Mouans-Sartoux)
> From Nice: ZOU 630 (Nice Gambetta–Airport–Sophia Antipolis Bus Station), then Envibus No.22 (Sophia Antipolis Bus Station–Valbonne village)

TO GET AROUND BY BUS
With Envibus network and Icilà, the on-demand transportation service : www.envibus.fr
Or by downloading the Envibus CapAzur application

By plane :
> Nice Côte d'Azur Airport – 26 km

By car :
> From Cannes: Take Boulevard Carnot, then D6285, D6185 and D3 towards Valbonne
> From Antibes: Follow Route de Grasse, then D35, D103 Route du Parc and D3 towards Valbonne
> From Nice: Take A8 towards Cannes ->Exit 44 Antibes, follow Vallauris D353, then D35 Grasse and D103 Valbonne

By train :
> Antibes TGV station – 15 km or Grasse SNCF station – 9 km

Town Hall :
1 rue de l'Hôtel de Ville
Tel: +33 (0)4 93 12 31 00
www.ville-valbonne.fr

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villagesvalleesdazur.tourisme

Do not throw on the public highway © CASA 2026 © Photos CASA & Ville de Valbonne Sophia Antipolis

Valbonne Sophia Antipolis
Between heritage and innovation

VSA
VALBONNE SOPHIA ANTIPOLIS

TOURIST OFFICE « VILLAGES & VALLEES D'AZUR »
TOURIST INFORMATION CENTER
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+33 04 89 87 73 30/32
www.villagesvallesdazur-tourisme.fr | www.ville-valbonne.fr
tourisme.vsa@agglo-casa.fr
Open from 9:30am to 12:30pm
and from 1:30pm to 5:30pm from Monday to Saturday
From October 1st to May 31st,
and every day from June 1st to September 30th.
Closed on public holidays except July 14th and August 15th.

1 Town Hall
2 Sculpture World
3 Square Ouvrier and buste of J. Bermond
4 Pedestrian porch 19th century
5 Lintels
6 Linteau from 1700
7 Terrace steps and stone benches
8 Attics with pulleys
9 Old townhall
10 Belfry from 1802
11 « La Conque » watering trough and drinking foutain
12 Trompe l'oeil shutters 19th century
13 Arcades square
14 Village community oven 1902
15 Bermond house
16 Saint Bernandin Chapel 16th century
17 French memorial monument
18 The Holy Spirit Chapel 17th century
19 Chalaisienne Abbey 12th and 13th century
Cadrans solaires

A stroll through the streets

- **The watering trough and drinking fountain** were built in 1835, at the same time as a water canal of more than 1km long.
- **The rings in the walls** were used to tie up mules, donkeys and horses in front of the buildings.
- **The wheel buffer stones:** these posts, embedded in the ground at street corners, helped to slow down or stop runaway carts, and to protect the walls of buildings from cartwheels.
- **The sundials:** the multi-coloured sundials are a particularly noteworthy example commoly found in this « Moyen Pays » of Provence.
- **The terrace steps** are true examples of street feature. They provide access to houses, but equally serve as benches where one can sit outdoors on a summer evening and as a shelve for flower pots and boxes in front of houses.
- **The houses:** the rampart houses, situated on the outside of the village, were built first, with the central part being constructed as and when needed. At each of the four cardinal points, there was originally a gate that could be locked to prevent access to the village if necessary.
- **The pulleys** served to raise the bags of flours in the attic. They testify of the rural past of the municipality. Populated essentially with farmers, the village sheltered until 1970 houses of agricultural character.
- **The streets:** the property deed of the 16th century lead to the building of wider streets than found in other villages.
- **The old town Hall:** the former community house, which became the town hall after the French Revolution, housed the boys' school, the teacher's apartment, the mayor's offices, public baths, and even a prison under the old regime, all in a single building.
- **The belfry** dates back to 1802, but it is possible that an older watchtower existed before that. On the façade, there is a clock dating from 1698 and the coat of arms of Valbonne Sophia Antipolis, represented by a golden palm on an azure background.

Let the city app be your guide !
Discover the history and heritage of Valbonne Sophia Antipolis by downloading the town's mobile app. Scroll down to the bottom, click on 'Mon compte' and select English thanks to the arrow next to 'Français'. Let yourself be guided and click on discover and heritage trails to find out about the village's highlights and the architecture of Sophia Antipolis.

The village

Valbonne is an authentic village located a few kilometers from the sea, with the coastal river 'Brague' running beneath it. In 1519 Augustin Grimaldi, bishop of Grasse and abbot, leader of the Abbey of « Lérins » decided to build a village to reinhabit the area devasted by the plague.
The architectural choice was based on the rectangular Roman plan, linking a main street to a perpendicular street to a main square. Primarily, for defensive reasons, the rampart house had no doors leading to the outside. The village has almost interaly retained its original state.

The abbey church

The history of Valbonne has long been closely linked to that of the monastery. The name Valbonne ('Vallis Bona' – the Pretty Valley) appeared for the first time in the 13th century with the foundation of a monastery on land offered to the Abbey of Prads.
This abbey, along with about fifteen others in the south-east of France, belonged to the small religious order of Chalais. After the fall of the order of Chalais in the 14th century, the abbey was finally offered, by the bishop of Grasse, to the Lérins abbey, which took possession of it in 1346 and turned it into a priory.

The Sophia Antipolis Science and technology park

Sophia Antipolis was founded in 1969 based on an idea by Pierre Laffitte (1925-2021), a scientist and politician who was the director of the 'École des Mines' of Paris. He imagined a place where researchers, businesses and universities could work together. This innovative business park would soon become Europe's leading technology hub, celebrating its 50th anniversary in 2019. With its contemporary architecture, shaped by the work of numerous architects, Sophia Antipolis has, since its creation, projected an innovative image that inspires the future. Based on an original concept and inspired by American technology parks, it offers an exceptional working environment and a high quality of life. Valuable assets that have attracted the world's leading scientists and experts.

The village's religious heritage

The parish church dedicated to St Blaise, located outside the village, was part of the Chalais Abbey. In the village, the brotherhood of the White Penitents appeared in the 16th century at the Chapel of St Bernardin, expanding in the 17th century with the founding of two chapels of the Holy Spirit (Chapelle du Saint Esprit). Only one remains, adjoining the abbey, converted into an exhibition space. The St Roch Chapel, next to the Brague River, dates from the 17th century. At that time, when the plague was still a threat, it was customary to build oratories or chapels around villages as a form of protection. Dedicated to a Saint, the most important one in Valbonne was the one named after St Roch.