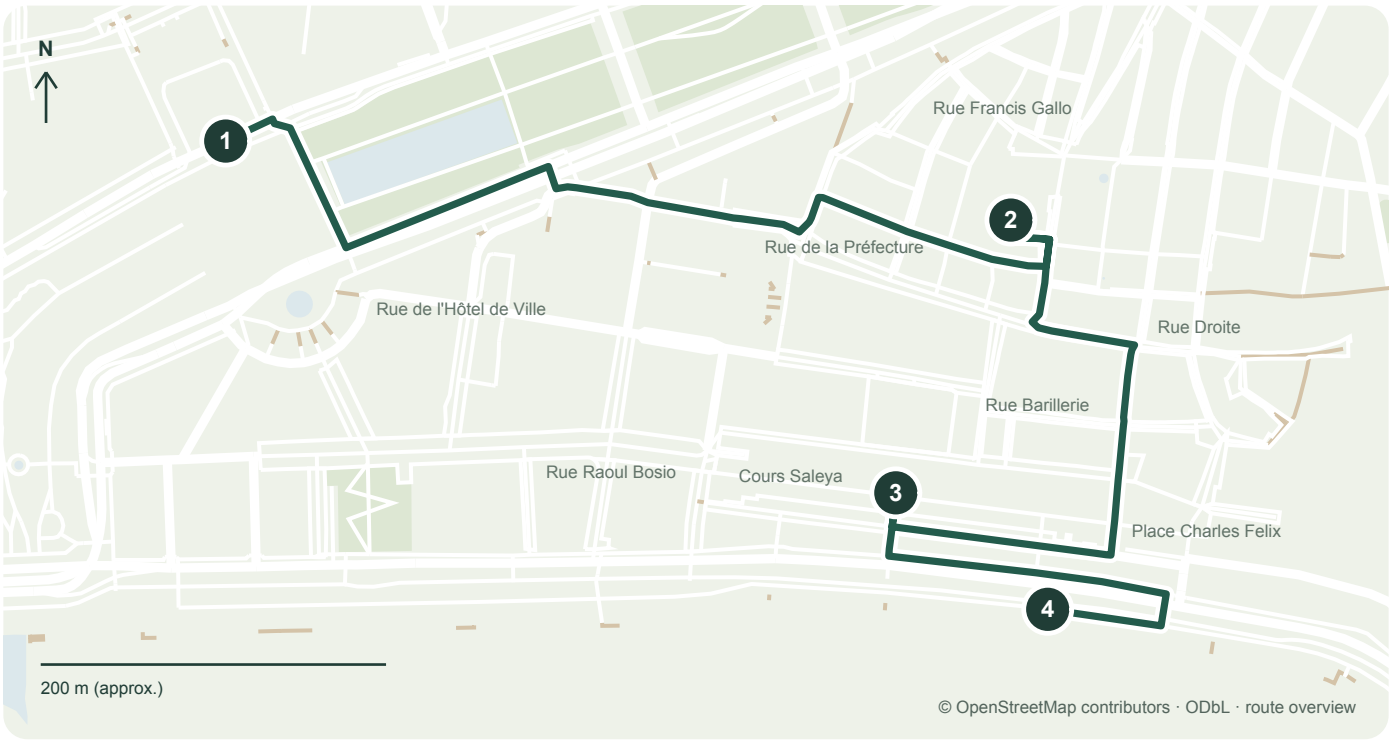
A FIRST WALK · FREE PRINTABLE GUIDE

Old Nice, from the square to the sea

Follow four different public spaces: the broad geometry of Place Masséna, the cathedral square, Cours Saleya and the seafront. This is a compact introduction to the old town, with time to stop and look.

1.31 km / 4 stops / 45-70 min with pauses / one way



1. Place Masséna

2. Place Rossetti

3. Cours Saleya

4. Quai des États-Unis

Start & finish

Begin on the southern side of Place Masséna, clear of the tram tracks. Finish at the seafront beside Quai des États-Unis; the start is a short walk west via the promenade and Avenue des Phocéens.

Make it shorter

For a shorter visit, go straight from Masséna to Cours Saleya and then the sea. Skip the cathedral detour.

Desk-reviewed 30 October 2026. Not field-tested. Follow current local signs.

YOUR ROUTE COMPANION

Look closer at each stop

01 Place Masséna

Red façades frame a broad patterned square. Stand clear of the tram line and compare its open, regular layout with the narrow streets you are about to enter.

Next: 615 m to stop 2. Route includes Avenue Félix Faure, Place Masséna, Boulevard Jean Jaurès.

02 Place Rossetti

The cathedral and café terraces give this small square a different scale. Look at the colours and the bell tower from the public square; an interior visit is optional.

Next: 414 m to stop 3. Route includes Rue Sainte-Réparate, Rue de la Préfecture, Rue de la Poissonnerie.

03 Cours Saleya

This long market space runs parallel to the waterfront. Walk around active stalls rather than through displays, then look up at the façades above the awnings.

Next: 283 m to stop 4. Route includes Cours Jacques Chirac, Quai des États-Unis.

04 Quai des États-Unis

Finish on the promenade above the pebbled shore. The wide coastal view is a useful contrast to the enclosed squares; this route does not require going onto the beach.

Underfoot & access

Mostly paved streets with uneven stone in the old town. Expect crowds, service vehicles and tram crossings near Masséna. The route stays below Castle Hill; its stairs and viewpoints are a separate outing.

Before you go

Market activity varies by day. The squares and exterior views are the focus; no church or museum admission is included. Choose the promenade if the narrow lanes feel too crowded.

Sources & route review

Nice tourism: Cours Saleya

Nice tourism: visitor guide

Map: OpenStreetMap / Valhalla pedestrian routing. Distances follow the mapped line; suggested visit times include pauses and are editorial estimates, not a timed on-site walk.

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