CRUISING

Riviera extremes

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The *serene Ligurian coastline* is the perfect antidote to a hedonistic cruise along the Côte d'Azur. Cruise from the port of St Tropez along the glamorous French Riviera before entering idyllic Portofino set on the vertiginous Italian Riviera.

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Day 3 - Îles d'Hyères to Cannes 52 NAUTICAL MILES

Cool sophistication oozes from the ancient towns that line the coast. Designer shops nestle in narrow streets that come alive with the glamorous bars and restaurants that have long defined the area. Stroll around the boutiques of the stylish Croisette in Cannes before dinner at Le Bâoli.

Day 4 – Cannes to Cap d'Antibes 7 NAUTICAL MILES

The medieval Provençal villages of Eze and Grasse are a must on any cruise, purely for their dramatic locations perched on the hills behind the fashionable seaside resorts. And then there's the cobbled streets of Antibes' old town that house an impressive Picasso collection in the Musée Picasso – the artist is said to have been inspired by the sunlight here.

Day 5 – Cap d'Antibes to Villefranche to St Jean Cap Ferrat 17 NAUTICAL MILES

Further along the coast, anchor in the spectacular natural harbour of Villefranche-sur-Mer to see the villa Ephrussi de Rothschild.

Day 6 – St Jean Cap Ferrat to Monaco 28 NAUTICAL MILES

Cruise around a few of the headlands to Monaco, then venture to the Grimaldi royal palace in the old town of Monaco, which enjoys a spectacular vantage point with views over the Principality and beyond.

Day 7 – Monaco to Portofino 90 NAUTICAL MILES

An overnight cruise along the Italian coastline brings you to Portofino. Follow in the footsteps of the famous celebrities who visited in the 1950s and made the sleepy fishing port into the fashionable seaside port that still attracts the jet set from far and wide.

Days 8, 9 & 10 – Portofino to Cinque Terre to Portofino

Spend the next few days cruising the Cinque Terre National Park – a UNESCO World Heritage site, the area is named after the five neighbouring towns of Monterosso al Mare, Vernazza Corniglia, Manarola and Riomaggiore. The cruising area has escaped the hubbub that afflicts so many coastlines thanks to its steep terrain, which limits access for vehicles. Cars are banned from most of the villages, which only adds to their charm.

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IMAGES From St Tropez to Portofino, a cruise along the Western Mediterranean's glamorous shores offers the opportunity to discover some of Europe's most beautiful stretches of coastline 100