

Tende, the heart of the Valley of Wonders



Featured in the Michelin Guide, this village perched on the mountainside stands like a beacon along the paths between France and Italy. Stopping in Tende means discovering the cultural treasures of its thousand-year history, while also venturing into the Valley of Wonders and the vast natural landscapes of the Mercantour National Park.



Good reasons to visit

Play hide-and-seek through the village streets and narrow caruggi

Encounter the ancient "sorcerer" of the Valley of Wonders.

Spot marmots during a hike in the Mercantour National Park.

Admire chapel frescoes and the starry ceiling of the Baroque Collegiate Church.

Delight your taste buds with chard pies and barba-juans.

To visit



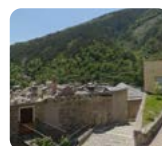
Departmental Museum of Wonders an engaging journey into the ancient rock engravings hidden in the Mercantour peaks.



Maison du Miel et de l'Abeille (Honey and Bee House), a multimedia immersion into the still-thriving local beekeeping tradition.



Maison de la Pêche (House of Fishing) discover the river that has shaped life in the Roya Valley.



Castle ruins cemetery, a viewpoint over the village, once watched by the Counts of Lascaris.



The Collegiate Church and Baroque chapels, admire their delicate medieval frescoes.



Chapel of Saint Sauveur, for active visitors, a rewarding climb with breathtaking views.

Family Special



EAGLE MONUMENT

An easy shaded walk leading to the Eagle Monument, with stunning views over medieval Tende. **45 min round trip**



MY EXPLORE BAG - TENDE SPECIAL

A treasure hunt with puzzles and exploration tools.

Backpack rental: **€15/day** available at the tourist office.

LA MAISON DU PARC NATIONAL DU MERCANTOUR

A playful introduction to local flora and fauna designed for children, nearby the Museum of Wonders and the Tourism Office.



TENDE BOUTCHOUCHOUS CYCLING ROUTE

A fun and easy family-friendly route starting from the station and leading to the pump track. **5 km round trip**



WORTH THE JOURNEY

For nature lovers, **Casterino** – at the entrance to the **Mercantour National Park** – is a year-round destination. Enjoy stargazing nights, hiking, horse riding, tree-top adventure courses.

CULTURAL TIP

Guided tours by reservation, organized by the Tourist Office in French and Italian, open the doors to the Baroque chapels.



Cofinanziato dall'Unione Europea

France - Italia ALCOTRA

Vermentina-Roya III N.20132

Find out more

TENDE TOURIST OFFICE

103 Av. du 16 Septembre 1947

+33 4 83 93 98 82

tende-tourisme@menton-riviera-merveilles.fr



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CUNEO
543 m s.l.m.

BORGO
SAN DALMAZZO
636 m s.l.m.

ROCCAIONE
646 m s.l.m.

ROBILANTE
686 m s.l.m.

VERNANTE
785 m s.l.m.

LIMONE P.TE
1010 m s.l.m.

VIEVOLA
979 m s.l.m.

TENDE
821 m s.l.m.

LA BRIGUE
749 m s.l.m.

ST. DALMAS
DE TENDE
749 m s.l.m.

FONTAN
449 m s.l.m.

SAORGE
449 m s.l.m.

BREIL SUR ROYA
305 m s.l.m.

PIÈNE
204 m s.l.m.