From different blocks of Nice the easiest way if you don't want to walk it's the tramway:

Line 1: until Garibaldi and then walk 300 m to join our meeting point Quai Papacino in front of the Puces market next to the candy shop Florian.

Line 2: until Port Lympia and then walk 100 m to join our meeting point Quai Papacino in front of the Puces market next to the candy shop Florian.

http://tramway.nice.fr/wp-content/uploads/2019/10/BD pocket plan MAJ03 2019 20082019.pdf

From Monaco
Take the busline 100
from Monaco - Place des Moulins
to Nice Port

https://www.lignesdazur.com/en/department-bus-lines/108

You will arrive directly at the Port of Nice. Then you will have to walk only 200 meters to join our tour Quai Papacino in front of the Puces market next to the candy shop Florian.

From Cannes - Cagnes sur Mer - Antibes - Saint-Laurent-du-Var By train: you have different trains arriving in Nice Gare Thiers. https://en.oui.sncf/en/

Then you could take the tramway

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