This address is an absolute must for visitors to Paris: XXVIII ESCRS Congress, Booth 149

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Welcome to Paris

Your trip to this fascinating city in France with its valuable historic sites, world famous architecture beautiful parks and its many cultural highlights should be worthwhile for both your career and social life.

The ESCRS Congress is the leading international forum for anterior segment involving surgeons. It enables scientific information and practical experiences to be exchanged at various levels. The industry also plays its part in this. We will be available at the exhibition to take part in interesting discussions on innovations. We look forward to your visit at our Booth 149.

We present this small guide which gives you the low-down on the city so that you can enjoy and experience Paris in a relaxed manner.

Here’s to a successful conference and an unforgettable experience in Paris.

Andreas Bosshard  
Chairman of the Board

Christoph Bosshard  
CEO

Thomas Bosshard  
Head of Marketing
Welcome to seeing Paris, Ophthalmology Times Europe’s guide to the city of Paris, produced to help you get the most out of the French capital during the XXVIII Congress of the European Society of Cataract and Refractive Surgery (ESCRS).

Paris is rich in history, houses some of the greatest works of art, is famed for its fashion and style and is known for some of the finest food in the world. Whether you are just passing through or planning a longer stay, we present this guide to help you find the perfect restaurant, get to the best views and spend days exploring this unique city.

From dodging queues in the Lourve to finding the perfect spot to view the Eiffel Tower, we’ll help you get the most out of sightseeing in our Sights and Attractions section.

To help you find the best restaurant from Paris’ enormous selection, we’ve compiled a modest list to suit your budget. You may also be interested in the special recommendations of our well-travelled publisher, Andrew Davies.

Paris’ café culture is famous and to help you sample some of the best we have also included a guide to some you won’t want to miss.

We hope you enjoy your stay in Paris.
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EXHIBITION

The exhibition runs alongside the congress and will be open from Friday to Tuesday, 08:00–18:00.

MAIN SYMPOSIA

Each day will feature a main symposia alongside free paper sessions and three days of company sponsored satellite meetings.

The main symposia are:

Saturday 4 September
14.00–16.00
Myopia: The Lens and the Retina
Room: Grand Amphitheatre

Sunday 5 September
11.00–13.00
Endophthalmitis
Room: Grand Amphitheatre

Monday 6 September
11.00–13.00
20/10 in 2010: The 20th Anniversary of LASIK
Room: Grand Amphitheatre

Tuesday 7 September
11.00–13.00
Astigmatism
Room: Grand Amphitheatre

Wednesday 8 September
11.00–13.00
New Solutions for Presbyopia
Room: Bleu

WHEN

The XXVIII ESCRS Congress will be held on 4–8 September 2010.

WHERE

This year’s ESCRS meeting will be held at Le Palais des Congrès de Paris.
2, Place de la Porte Maillot, 75017 Paris, France
Metro: Porte Maillot
Tel: +33 1 40 68 22 22

REGISTRATION

The onsite registration fees for the congress are:

ESCRS member: €600
Non-member: €700
Trainee ESCRS member: €210
Trainee non-member: €250
Healthcare professional (non-ophthalmologist): €300
CLINICAL RESEARCH SYMPOSIA

On Saturday there will be a series of clinical research symposia presented in the Bleu room under the topic of New Technology Applications in Ophthalmic Surgery:

08:30–10:00 New IOL Materials and Micro Design
10:00–11:30 Biomechanics of the Cornea
11:30–13:00 The Role of the Vitreo-Lenticular Interface (A joint symposium with EURETINA)
14:00–15:30 High Definition Diagnostics and Imaging
15:30–17:00 Myth and Reality of Clinical Research? (A joint symposium with EVER)

INSTRUCTIONAL COURSES

Numerous instructional courses are being run each day. These are some of OTEurope’s highlights:

Saturday: Lens Surgery After Previous Refractive Surgery 16:00–18:00

Sunday: Glaucoma Surgery - Technique and Postoperative Management 14:30–16:30

Monday: New Femtosecond Applications for Anterior Segment Surgery 14:30–16:30

Tuesday: Sub-2mm Micro Coaxl Phaco 14:30–16:30

ORBIS SYMPOSIUM

On Monday 13:00–14:00, ORBIS, a nonprofit organization that fights blindness in developing countries, will host a symposium entitled Blindness in Developing Countries, Prevention and Treatment.

OTHER HIGHLIGHTS

Other ones to look out for include a video symposium on challenging cases, the surgical skills training courses, a refractive surgery didactic course, a workshop on visual optics and a series of workshops on practice development.

ORGANISERS

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Paris has a history spanning more than 2500 years and a reputation for some of the finest food, fashion, art and architecture in the world. Whether you plan to spend your visit admiring the gothic churches and grand palaces, searching for inspiration in the footsteps of great artists, or treating yourself to the highest of haute couture; the city has plenty to offer you.

Paris is built along the river Seine and includes two islands, which form the oldest parts of the city. Each side of the river has a unique feel; the Right Bank (to the north) has most of the grander buildings, the palaces and monuments, as well as many of the city’s major museums. The Left Bank (to the south) has some of the city’s best bars and restaurants and is known as the home of 19th century Paris’ artists, writers and philosophers and the bohemian culture of that time, the remains of which can still be found in some of the smaller streets.

The city is divided up into 20 arrondissements or districts, starting at the centre of the city with the Louvre and spiraling out clockwise.

ROMAN PARIS

Paris was settled around the 3rd century BC, by a Celtic tribe called the Parisii, who inhabited the region near the Seine. The area came under Roman rule in 52 BC and within a century a Roman settlement had been founded. If you are interested in this period you should take a look at the remains of the Arènes de Lutèce, an amphitheatre in what is now the Latin Quarter, as well as the Roman baths that make up part of the nearby Musée de Cluny.

Arènes de Lutèce
Arrondissement: 5e
Metro: Cardinal Lemoine
Constructed in the 1st century AD by the Romans, the amphitheatre was buried in the 13th century when city walls were being constructed and was lost until the 1860s when plans to build a tramway depot led to its rediscovery. It is now a public park, open from 08:30 – 17:00 during the winter, and until 21:30 during the summer.

Musée de Cluny
www.musee-moyenage.fr
Arrondissement: 5e
Metro: Cluny - La Sorbonne
The Musée de Cluny, officially known as Musée National du Moyen Âge (National Museum of the Middle Ages) consists of two Parisian monuments; the medieval Hôtel de Cluny and the Roman baths that the hôtel was partially built on top of. The present bathhouse ruins still include excellent examples of Roman architecture, especially the frigidarium with fragments of original decorative wall painting and mosaics. While you’re here you should also make sure you see the wide range of medieval artifacts on display, especially La Dame à la Licorne (The Lady and the Unicorn) tapestries, from the late 15th century, which are often
considered one of the greatest works of art of the Middle Ages in Europe.

GOTHIC PARIS

For the next thousand years the city survived Attila the Hun, Viking attacks and fires, and by the 12th century a more recognizable Paris began to emerge. The Île de la Cité rose as the centre of government and religious life, the left bank as a centre of learning and the right as the centre of finance. 1163 saw construction begin on Notre Dame de Paris, the famous cathedral that took almost 200 years to complete and is well worth a visit for the fantastic architecture and views of the city. If you enjoy Notre Dame’s Gothic style you should also visit the Basilica of St Denis, one of the first major structures built in that style. Or if you’d prefer something nearer to Notre Dame, Sainte-Chapelle, a chapel that provides another excellent example of the gothic style, is only a few hundred metres from the cathedral.

The Hôtel de Cluny and Hôtel de Sens, two of the three remaining medieval private residences in Paris and their late Gothic, early Renaissance style, gives some idea of what the city may have been like during that time.

Notre Dame de Paris

www.notredamedeparis.fr

Arrondissement: 4th

Metro: Cité

In 1160 the newly appointed Bishop of Paris wanted a cathedral worthy of France’s largest city. The resulting Notre Dame de Paris is one of the best-known Parisian landmarks, attracting a reported 13 million visitors a year. You can enjoy the iconic gothic architecture for free, and, as the cathedral is still a church, the interior is also open and free of charge. However, the towers and treasury do have entrance fees. The towers are definitely worth a visit, as you’ll get a chance to view the stunning sculptures up close, see the famous bells and from the top of the south tower get a view over the whole of the city.
Basilica of St Denis  
**Metro:** Saint-Denis - Porte de Paris  
The church lies to the north of Paris on the burial site of St Denis, the patron saint of France. Nearly all of the kings of France from the 10th to 18th centuries are buried here. The building is believed to be one of the first built in a truly gothic style and provided an architectural model for many of the later cathedral and abbeys of Northern France and England.

Sainte-Chapelle  
**Arrondissement:** 4e  
**Metro:** Cité  
Built by Louis IX in the 13th century to house precious relics, the chapel is considered by some to be the high point of the rayonnante period of gothic architecture. Since then its relics have been removed, some to nearby Notre Dame Cathedral, but you can still enjoy the stunning stained glass and delicate stonework.

Hôtel de Sens  
**Arrondissement:** 4e  
**Metro:** Pont Marie  
One of the three remaining private medieval residences left in the city, this early renaissance building houses the Bibliothèque Forney. It features decorative and fine arts, as well as industrial techniques and boasts a large collection of posters and wallpapers.

FRENCH REVOLUTION  
During the latter half of the 18th century, Paris rose to become the intellectual and cultural capitol of the world. However, wars drained the country’s finances and food shortages led to rioting in Paris. So, the French revolution began and on 14 July 1789 the mob seized arms from the **Invalides** and stormed the **Bastille.** Fear and violence grew and in 1792 the monarchy was formally abolished. The guillotine was erected in the **Place de la Concorde** and in the space of two years thousands were executed. Following the end of the monarchy, Napoleon Bonaparte rose to
prominence in the French army and in 1799 seized power. Under his rule Paris became the centre of great empire and in celebration of his victories, Napoleon had the **Arc de Triomphe** constructed.

**Les Invalides**
www.invalides.org
**Arrondissement:** 7e
**Metro:** Invalides
Originally built as a home for injured soldiers, the buildings now house museums and monuments to the military history of France. Beneath the distinctive dome is the tomb of Napoleon Bonaparte, and the buildings contain the remains of many other war heroes. Military buffs should visit for the vast collections of uniforms, weapons and relics.

**Place de Bastille**
**Arrondissement:** 4e
**Metro:** Bastille
The storming of the Bastille is considered to mark the start of the French Revolution. In the years following most of the fortress was destroyed, but some stones remain and can be viewed in a nearby park. The Place de Bastille stands on the original site and contains a column and opera house; the outline of the fort is marked out with paving stones. Worth visiting for the many cafés, bars, clubs and concert halls in the area.

**Place de la Concorde**
**Arrondissement:** 8e
**Metro:** Concorde
Marking the east end of the Champs-Elysées, the Place de la Concorde has had many names and housed many statues and fountains, but it may be most famous as the site of the guillotine during the revolution. Since the 19th century an obelisk has stood at the centre — a gift from the Egyptians, which once marked the entrance to the Luxor temple.

**Champs Elysées**
www.champselysees.org
**Arrondissement:** 8e
**Metro:** Franklin D Roosevelt, George V or Charles de Gaulle – Étoile
One of the most famous streets in the world and the most expensive strip of real estate in Europe, the Avenue de Champs-Elysées runs for 2 km from the Place de la Concorde to the Arc de Triomphe. The lower end in the east is lined with trees, while the west is where you’ll find many of the city’s most impressive shops, cafés and restaurants, featuring the flagship stores for many popular and luxury brands.

**Arc de Triomphe**
**Arrondissement:** 8e
**Metro:** Charles de Gaulle - Étoile
Standing at the western end of the Champs-Elysées, the Arc de Triomphe honours those who fought for France, particularly during the Napoleonic Wars. You can get to the Arc via an underpass, and pay to visit the observation level for a panoramic view of the city and the 12 roads feeding into the terrifyingly busy roundabout on which it stands.

**RENOVATION OF PARIS**
In the second half of the 19th century Paris was transformed; its medieval streets and cramped buildings replaced with wide, straight boulevards and radiating circuses. During this time large areas
of land were cleared to allow the construction of spectacular buildings, such as the **Palais Garnier** opera house, and to allow open space for viewing these buildings, such as around Notre Dame. As the land was cleared and the renovations caused rents to rise, many of the previous inhabitants were forced into the outer arrondissements. Free of the high taxes and aided by the local nuns wine, the district of **Montmartre** grew as a community for artists, writers and musicians. **Montparnasse** also filled with penniless artists, embracing the bohemian lifestyle while producing some of the most famous works of the time.

**Palais Garnier**  
[www.operadeparis.fr](http://www.operadeparis.fr)  
**Arrondissement:** 9ème  
**Metro:** Opéra

Built during the reconstruction of Paris, the **Palais Garnier** housed the Paris Opera until 1989. The Grand Staircase, Foyers and Auditorium are filled with opulent decoration and lavish details, rich in velvet and gold leaf as well as elaborate columns, friezes and chandeliers.

**Montmartre**  
**Arrondissement:** 18ème  
**Metro:** Abbesses  
Montmartre was a popular drinking area, which developed into the centre of free spirited entertainment by the beginning of the 20th century. The area attracted artists including Picasso, Modigliani, Van Gogh, Matisse, Degas and Toulouse-Lautrec. Some of the communes where these artists lived can still be seen, as can some of the views that inspired their work, however much of the area is now incredibly touristy and rife with pickpockets.

**Basilica de Sacré Coeur**  
[www.sacre-coeur-montmartre.com](http://www.sacre-coeur-montmartre.com)  
**Arrondissement:** 18ème  
**Metro:** Abbesses or Anvers  
Sitting at the summit of butte Montmartre, the highest point in the city, is the Basilica de Sacré Coeur. The top of the dome is open to tourists and affords panoramic views of the city. To get to the top of the butte you can climb the main stairs, which are famous for being full of pickpockets and scam artists. We’d recommend taking the funicular railway from place Suzanne-Valadon, or taking a more scenic route and exploring the rest of Montmartre.
Montparnasse
Arrondissement: 6ᵉ and 14ᵈ
Metro: Montparnasse - Bienvenüe
Montparnasse, like its counterpart Montmartre, became famous in the early 20th century as the heart of artistic and intellectual life in Paris. In the cafés and bars of this district, authors, artists and political exiles would gather, some, Le Dôme; La Closerie des Lilas, La Rotonde, Le Select and La Coupole, are still in business. A lot has changed since its heyday; Tour Montparnasse, a 59-story skyscraper, now stands in the middle of the district, the view from the top almost making up for its out-of-place appearance.

EIFFEL TOWER
www.tour-eiffel.fr
Arrondissement: 7ᵉ
Metro: Trocadéro
The most recognizable building in Paris, the tallest building in the city and the most visited paid monument in the world, the Eiffel Tower is the focal point of many people’s visits.

The tower was built for the 1889 World’s Fair and was originally granted a permit to stand for 20 years, but when it proved useful for communication purposes it was allowed to remain. However, when the tower was built it was heavily criticised and newspapers of the day published angry letters signed by notable names from the city’s artistic community.

Since then more than 200,000,000 people have visited the tower and its continuing popularity guarantees any visit is likely to include some queuing. There are three lifts but only one or two operate at any one time to allow for maintenance. If you are feeling particularly fit there are also stairs to the first and second floors, but the last 161 m to the third floor will have to be ascended by lift.

For the best views of the tower, take the metro to the Trocadéro on the other side of the river and approach the tower from the west or visit the top of Tour Montparnasse. It’s worth noting that the tower is particularly impressive at night when fully illuminated and is open late all year round.

PARIS ART
Paris is home to some of the world’s best known art, with museums to suit any taste. The Louvre, the most popular, contains the Mona Lisa, along with work that spans from pre-history to the 19th century. Given the number of artists that called the districts of Paris home during the turn of the 20th century it’s appropriate that there are a wide variety of museums celebrating their work. The Musée d’Orsay is famed for an extensive collection of impressionist and post-impressionist masterpieces and contains pieces from such artists as Monet, Manet, Degas, Cézanne and Van Gogh. As you would expect, the Musée Picasso and the Musée Rodin are dedicated to their respective namesakes, housing many of their most significant works. Also marking the contribution of this era is the Musée du Montparnasse, which focuses at from that district. If your tastes are more modern, the Pompidou Centre features one of the leading collections of modern and contemporary art in Europe.

Louvre
www.louvre.fr
Arrondissement: 1ᵉ
Metro: Palais Royal - Musée du Louvre
One of the world’s most famous museums, the
Louvre began as a fortress in the 12th century on the western edge of the city before gradually being engulfed as Paris grew around it. The building was transformed by Francois I into the French Renaissance style and transformed again under Louis XIV before the French Revolution, when the palace was repurposed as a museum for the nation’s masterpieces.

It houses more than 35,000 works of art spanning periods from pre-history to the 19th century, spread over eight departments; Egyptian Antiquities; Near Eastern Antiquities; Greek, Etruscan and Roman Antiquities; Islamic Art; Sculpture; Decorative Arts; Paintings; and Prints and Drawings.

The longest queues will be at the Pyramid entrance, so try the Porte des Lions, at the far south-eastern wing near the river, or enter through the Louvre Rivoli Metro station.

The exhibits cover more than 60,000 square metres, so you’ll probably not manage to see everything in one day, especially if you plan on getting around some of the more popular exhibits, for which there will be more queues. The galleries are on four floors, each with a different layout, so it’s best to pick up a map to avoid getting lost.

You should watch out for paintings by masters such as Raphael and Michelangelo; the impressive Mantes Carpet in the Islamic art section and the collections of Roman silver and Egyptian furniture. As you walk around it’s also worth taking time to note the spectacular surviving interiors of the old palace.

No visit would be complete, of course, without seeing Leonardo Da Vinci’s Mona Lisa. Part of the museum’s high renaissance collection, the painting has been with the museum since the French Revolution. As it is arguably the most famous painting in the Louvre, you should expect large crowds.

Musée d’Orsay
www.musee-orsay.fr
Arrondissement: 7e
Metro: Solférino
Originally a railway station, the Musée d’Orsay holds (mainly French) art from the 1840s to 1915, including the largest collection of impressionist and post-impressionist work in the world. The collection features pieces from Monet, Manet, Degas, Cézanne, Gauguin and Van Gogh. The museum is more compact and manageable than the Louvre, but is still very busy. Avoid the queues by buying your tickets online or getting them at the museum’s advance ticket office the day before your visit.

Musée Picasso
www.musee-picasso.fr
Arrondissement: 3e
Metro: Saint-Sébastien Froissart
The Musée Picasso contains more than 3000 different works of art by Pablo Picasso including drawings, ceramics and paintings from across all periods. The extensive collection of Picassos is accompanied with a range of personal items and contextual information; related photographs, manuscripts and newspaper clippings. Picasso’s personal art collection is also on site and features works by other artists, including Cézanne, Degas and Matisse.
Musée Rodin
www.musee-rodin.fr
Arrondissement: 7e
Metro: Varenne
The Musée Rodin displays works by French sculptor Auguste Rodin, containing many of his most famous works, including The Thinker and The Kiss. The gardens around the museum contain many of the works in natural settings and some of Rodin’s personal collections are included with works from Claudel, Monet, Renoir and Van Gogh. Joint tickets can be purchased for this museum and the Musée d’Orsay.

Musée du Montparnasse
www.museedumontparnasse.net
Arrondissement: 15e
Metro: Montparnasse - Bienvenüe
The museum provides visitors with a history of the many artists who came to the area in the early 20th century, it also features work from local artists past and present.

Pompidou Centre and the Musée National d’Art Moderne
www.centrepompidou.fr
Arrondissement: 4e
Metro: Rambuteau
The Pompidou Centre is worth a visit just for its striking design; turning architecture inside out by putting the supporting structure and movement and flow systems, such as the pipes and escalators, outside of the building, freeing up the maximum interior space for museum and activity areas. The Place Georges Pompidou in front of the building often features street performers, such as mime artists and jugglers and other outdoor attractions. Inside the centre is the Musée National d’Art Moderne, the second largest collection of modern and contemporary art in the world, spanning from 1905 to the present with nearly 60,000 pieces. Styles including Expressionism, Cubism, Dada, Abstract, Surrealism and Pop art are represented by works from artists that include Andy Warhol, Matisse, Picasso, Kandinsky, Dali and Jackson Pollock. An elevator to the top will give you another excellent view over the Paris rooftops, taking in Notre Dame and the rest of the city.

SHOPPING
Whether you plan on coming home with half of Paris or just window-shopping your way around town, the Parisian shops provide enough variety to satisfy all comers.

For those with expensive tastes, the luxury stores around the Champs-Elysées will be of interest. Avenue Montaigne and Rue du Faubourg Saint-Honoré, either side of the Champs-Elysées, boast the most of the world’s fashionable labels between them.

For less walking between purchases, Galeries Lafayette and Forum des Halles offer more of a shopping mall experience; Galeries Lafayette, a huge department store; and Forum des Halles, a modern underground shopping precinct.

Finally for the more adventurous and/or thrifty out there, Marché aux Puces de St-Ouen is a massive flea market offering art and antiques, bargains and bric-a-brac, to those willing to haggle.
South of the Champs-Elysées, Avenue Montaigne boasts many high fashion stores. Dior, Chanel, Valentino and Ralph Lauren are all present, as well as jewellers like Bulgari and other high-class establishments.

**Rue du Faubourg Saint-Honoré**
**Arrondissement:** 8e
**Metro:** Saint-Philippe-du-Roule
To the north of the Champs-Elysées and running almost parallel to it for much of its length, Rue du Faubourg Saint-Honoré, like Avenue Montaigne, is dedicated to high fashion stores and exclusive establishments. Along its narrow route it has stores for Givenchy, Hermès and Chanel, and with so many other major global fashion houses that it is often cited as one of the most fashionable streets in the world. The street is the site for a number of embassies, the residences of many ambassadors to France and the Élysée Palace, which is where the President of France lives.

**Galleries Lafayette**
**Arrondissement:** 9e
**Metro:** Chaussée d’Antin - La Fayette
Galleries Lafayette is an enormous department store. Under its glass dome it sells everything from designer labels to lingerie and food, to homeware, books and DVDs.

**Forum des Halles**
**Arrondissement:** 1e
**Metro:** Les Halles
A partially underground shopping precinct, built on and under the site of Paris’ traditional central market, Forum des Halles has a wide range of high street stores, as well as restaurants and a cinema.

**Marché aux Puces de St-Ouen**
**Arrondissement:** 18e
**Metro:** Porte de Clignancourt
Open Saturdays, Sundays and Mondays, Marché aux Puces de St-Ouen, is Europe’s largest flea market with over 2,500 stalls, selling antique furniture and art; vintage clothes and accessories; linens; old postcards and stamps; and more. Don’t be fooled by the tacky street vendors as you get off the metro, head north to the rue des Rosiers to find the real flea market spread throughout a maze of tiny alleyways. Be sure you check out Vernaison, one of the oldest and largest of the markets. Beware the pickpockets!

**GETTING OUT OF THE CITY**
If you feel the need to get out of the city there is a variety of attractions to suit most moods. Arguably the most famous, or infamous if you like, is Disneyland Paris, France and Europe’s most visited tourist attraction. For something similar, but with more of a French flavour, you could try Parc Asterix, an amusement park based on the French comic book character. Finally, if you’d prefer your entertainment a little more mature you should consider the Palace of Versailles, which is a
similar distance from Paris to the theme parks, but has a more luxurious feel.

Disneyland Paris
www.disneylandparis.com
**RER Train:** Marne-la-Vallée - Chessy
Disneyland Paris is made up of two theme parks, a food and entertainment district and a number of hotels. It offers everything you expect from Disneyland and is most likely to be enjoyed by children, but does feature some entertainment for adults as well. Queues are likely.

Parc Astérix
www.parcasterix.fr
Based on the French comic book hero Astérix, the theme park features a wide variety of rollercoasters and a vaguely historical theme. More manageable than Disneyland due its size, you could see it all in a day. Be aware though, it is only open between April and October.

Palace of Versailles
www.chateaushortilles.fr
**RER Train:** Versailles Rive Gauche
The Palace of Versailles began as a hunting lodge, but was expanded upon in the 17th and 18th centuries until it became one of the most beautiful palaces in the world.

There's far too much to cover in a single visit, so newcomers are probably best sticking to the Grand Apartments inside the Palace. These feature many lavishly decorated rooms, fine art works and the famous Hall of Mirrors, which has been used for celebrations, balls and official state business, including the signing of the Treaty of Versailles, which ended World War I.

From the central window of the Hall of Mirrors you'll get a view that stretches over the enormous gardens of the palace. The gardens are filled with groves, fountains, lakes and sculptures, all criss-crossed with a network of walkways. But the most dramatic feature of the gardens has to be the Grand Canal, which is over 1.5 km long. In its day the canal displayed nautical spectacles during the summer and when it froze in the winter allowed for ice-skating and sleigh rides.
Snails and frogs’ legs are the usual suspects that spring to mind when someone mentions French food, but these are by no means the only options. Chinese, European, French, Indian, Mexican, vegetarian... whatever your preference, Paris, the city of food, has something tasty to feed you (and usually a wine to accompany it!).

Paris is famous for its food in both quality and price, but it may surprise you to know that you don’t have to spend high prices to eat in high-end restaurants. There are bargains all over the city, particularly in areas away from beaten tourist trails, and in the thousands of traditional cafés and bistrots.

If you have set your heart upon a restaurant outside your budget then try taking a look at the lunch time menu where prices are often massively reduced — even in the most expensive establishments.

Of course, if money is no object then you’re in one of the best cities to splash out on a luxurious gourmet meal like no other!

Paris is bursting with more restaurants than we could ever list, but we’ve gathered up a modest selection that should help you enjoy your stay in the city. Our well-travelled publisher, Andrew Davies, has also given his own special recommendations.

You shouldn’t need to book too far in advance to get a table at most of the establishments listed, although it’s always useful if you reserve a table online or call ahead a few hours before you turn up — particularly in busy seasons. Parisians take their food very seriously and tend to take their time when eating.

As a general rule, the evening meal is eaten between 8pm and 10.30pm, but tables are usually available from about 6pm. A lot of restaurants are closed on Sundays so always check before heading out.

Wherever you choose to go, don’t forget to take advantage of the excellent wines and cheese offered by most restaurants! Bon appetit!

AUBERGE NICOLAS FLAMEL €€€

Cuisine: French
Address: 51 rue de Montmorency, 75003
Metro: Rambuteau
Tel: +33 (0)1 42 71 77 78
www.auberge-nicolas-flamel.fr

This understated restaurant is located in a beautiful stone house originally built for the alchemist Nicholas Flemel in 1407. The food is seasonal French with a Mediterranean influence. Choices may include seven-hour lamb, grilled pike perch and brandy-flambé guinea fowl. If you’re seeking a real gastronomic treat then opt for the five-course tasting menu with matching wines.
**AU BOUGNAT €€**  
Cuisine: French  
Address: 26 rue Chanoinesse, 75004  
Metro: Cité  
Tel: +33 (0)1 43 54 50 74  
www.aubougnat.com  

This neighbourhood bistro is housed in a building that dates from before the French Revolution and is the place to go for an authentic French experience at a fantastic price. The menu changes regularly to make the most of season ingredients, but usually offers famous dishes such as frogs’ legs with parsley butter and snail ravioli with garlic cream.

**AU GOURMAND €€**  
Cuisine: French  
Address: 17 rue Molière, 75001  
Metro: Pyramides  
Tel: +33 (0)1 42 96 22 19  
www.restaurantaugourmandparis.com  

The historic styling of this restaurant may not be to everyone’s taste, but the inventive seasonal dishes are not to be missed. Main dishes usually focus on vegetables from celebrity market gardener Joël Thiébault and usually feature alongside meats in sometimes unusual, but tasty, combinations.

**AU PIED DE COCHON €€**  
Cuisine: French  
Address: 6 Rue Coquillere, 75001  
Metro: Les Halles  
Tel: +33 (0)1 40 13 77 00  
www.pieddecochon.com  

Pigs’ trotters (au pied de cochon) are the stars of this atmospheric, pig-focused restaurant. If various parts of pig aren’t quite to your taste then there’s plenty of other dishes to choose from including salads and seafood. This restaurant is open 24/7 so come for breakfast, lunch, your evening meal or a snack to finish off a late night out!

**BEL CANTO — PARIS €€€€**  
Cuisine: French  
Address: 72 Quai de l’Hôtel de Ville, 75004  
Metro: Pont Marie  
Tel: +33 (0)1 42 78 30 18  
www.lebelcanto.com  

This restaurant is not to be missed by lovers of opera. The decor is reminiscent of a 19th century opera house and the waiters are also performers who will burst into song several times throughout the evening! The food is just as enjoyable as the performances. Expect to choose from a set menu that may include dishes such as monkfish medallions and marinated salmon.

**BENKAY €€€€**  
Cuisine: Japanese  
Address: Hôtel Novotel Tour Eiffel, 61 quai de Grenelle, 75015  
Metro: Charles Michels  
Tel: +33 (0)1 40 58 21 26  
www.novotel.com  

With authentic cuisine and kimono-clad waiting staff, this restaurant will make you feel as if you have entered Japan. The prices are not cheap, but the restaurant does offer a stunning view over the Seine river to accompany the sushi, tempura and teppan-yaki dishes.

**BLUE ÉLÉPHANT €€€**  
Cuisine: Thai  
Address: 43–45 Rue de la Roquette, 75011  
Metro: Bastille  
Tel: +33 (0)1 47 00 42 00  
www.blueelephant.com  

You will be greeted by tranquil surroundings as soon as you step into this elaborate restaurant full of lush trees, tropical orchids and trickling waterfalls. You may choose from dishes such as salmon soufflé served in banana leaves, lamb in massaman curry and fresh fruit desserts. A good variety of vegetarian dishes are also available.
CHEZ PIERROT

Cuisine: French
Address: 9 Rue Amélie, 75007
Metro: Étienne Marcel
Tel: +33 (0)1 45 51 50 08

Chez Pierrot is the kind of classic quaint bistro that everyone hopes to find in Paris. The set-menus are a bargain and you won’t be disappointed in the friendly service or homely French cuisine. Choose from dishes such as cream of asparagus soup with croutons and stewed tripe Lyonnaise salad.

CHARLOT

Cuisine: Seafood
Address: 81 Boulevard de Clichy, 75009
Metro: Place Clichy
Tel: +33 (0)1 53 20 48 00

This quirky restaurant has a variety of different dining rooms from a library filled with books to a cosy fireplace room and even a smoking room for smokers amongst you. Dishes have an exotic Asian influence and may include cod marinated in soy sauce, five-flavoured duck, or grilled sole with toffee and lemongrass sauce.

CHEZ VONG

Cuisine: Cantonese
Address: 10 Rue de la Grande Truanderie, 75001
Metro: Les Halles or Étienne Marcel
Tel: +33 (0)1 40 39 99 89/40 26 09 36

www.chez-vong.com

This restaurant will transport you to China with its colonial decor of stone walls, bamboo screens, Chinese pottery and enormous 200-pound Buddha sculpted of butter. According to some, this restaurant serves up the finest Cantonese and Vietnamese food in all of Paris.

DEPUR

Cuisine: French/American
Address: 4 Bis Rue Saint Sauveur, 75002
Metro: Réaumur-Sébastopol
Tel: +33 (0)1 40 26 69 66

www.depur-paris.com

Depur’s cool menu choices draw their influences from French brasserie and New York dishes. You can expect to choose juicy tartar beef or risotto with prawns followed by rice pudding and strawberry jam for dessert. The great wine and cocktail menu make this a great place to come in the evening — particularly if you don’t have to get up early the next day!

HACIENDA DEL SOL

Cuisine: Mexican
Address: 157 Boulevard Montparnasse 75006
Metro: Vavin
Tel: + 33 (0)1 43 26 26 53
www.haciendadelsol.fr
The colourful and refined Mexican dishes are in high demand at this stylish establishment. As well as traditional favourites such as nachos and fajitas, you can choose from a cactus salad, red label chicken and other innovative dishes. If you’re stuffed after the plentiful portions then you can round things off with a Mexican flan with coconut cream.

INDRA €€€
Cuisine: Indian
Address: 10 Rue du Commandant Rivière, 75008
Metro: Saint-Philippe du Roule
Tel: + 33 (0)1 43 59 46 40
www.restaurant-indra.com
Indra is considered as one of the finest and most beautiful Indian restaurants in Paris so bookings are highly recommended. You will dine in intimate settings surrounded by candlelight and Indian art. Expect to choose from Indian delicacies such as mutton masala and fish bengali.

L’ACCOLADE €€
Cuisine: European
Address: 23 Rue Guillaume Tell, 75017
Metro: Pereire
Tel: +33 (0)1 42 67 12 67
The chef at this simply decorated but beautiful restaurant was trained by the famous Michel Rostang. The choice of dishes is small, but you will always be presented with a perfectly prepared meal that combines traditional ingredients with a modern twist.

L’ASTOR €€€
Cuisine: French
Address: Hôtel Saint-Honoré, 11 Rue d’Astorg, 75008
Metro: Saint-Augustin
Tel: +33 (0)1 53 05 05 05
www.astorsainthonore.com
This restaurant’s luxurious 1950s decor was designed by Frederick Mechiche and the food is just as indulgent. Dishes may include marinated sea scallops, champagne-basted lamb, and chocolate and orange dessert. Be on the look out for French politicians if you choose to dine here.

L’ATELIER MAÎTRE ALBERT €€€
Cuisine: Steakhouse
Address: 1 rue Maître Albert, 75005
Metro: Maubert-Mutualité
Tel: +33 (0)1 56 81 30 01
This elegant restaurant was designed by renowned architect Jean-Michel Wilmotte. The dining room is lit by a huge rotisserie to put you in the mood for a slab of juicy meat. Expect to find a good range of spit-roasted poultry, fish and mammals roasted here. There’s also a good dessert menu with treats such as coffee cream, poached pear and black chocolate fondant.

L’ESPADON €€€€
Cuisine: International
Address: 15 Place Vendôme, 75001
Metro: Opéra
Tel: +33 (0)1 43 16 30 80
Prices are not cheap at this Michelin-starred restaurant, but the food is worth paying for. The lunch menu represents particularly good value. Seasonal dishes may include king crab with mango and passion fruit, roast chicken with hazelnut flower, and rhubarb and wild strawberry pudding.

LA LANTERNE €€
Cuisine: French
Address: 9 Rue du Tunnel, 75019
Metro: Buttes-Chaumont or Botzaris
Tel: +33 (0)1 42 39 15 98
La Lanterne is a charming rustic restaurant considered by some to be one of Paris’s best-kept secrets. The rooftop terrace makes this a fabulous place to come on a summer evening. Expect
aromatic French cuisine on the menu including gigot of lamb, Lyon sausage and homemade tiramisu.

**LA LORRAINE**  €€€€  
**Cuisine:** International  
**Address:** 2 Place des Ternes, 75008  
**Metro:** Ternes  
**Tel:** +33 (0)1 46 21 22 00  
**www.brasseriealororraine.com**  
La Lorraine offers a flamboyant dining experience with its fabulous Art Nouveau interior complete with antique mosaics and St Louis crystal chandeliers. The specialty here is the elaborate seafood, but other dishes may include veal liver with raspberry vinegar and roasted rack of lamb.

**LA MARÉE**  €€€  
**Cuisine:** European  
**Address:** 1 Rue Daru, 75008  
**Metro:** Ternes  
**Tel:** +33 (0)1 46 33 29 82  
**http://lamaree.fr/**  
The fresh fish dishes are always in demand at this intimate restaurant, and so too is the extensive wine selection. Choose from dishes such as oysters cooked in Champagne, warm lobster with vegetable salad and steamed sole meunière, topped with the restaurant's fine sauces.

**LA TRUFFIÈRE**  €€€€  
**Cuisine:** French  
**Address:** 4 Rue Blainville, 75005  
**Metro:** Place Monge  
**Tel:** +33 (0)1 46 33 29 82  
**www.la-truffiere.fr**  
With candlelight, 17th century stone walls and exposed wooden beams, this restaurant presents an air of antiquity to contrast with its modern French cuisine. The main theme of the menu is the humble truffle, but you can also expect to find dishes with a delicious Asian flare. An extensive wine list and a cheese cart from heaven complete the culinary experience.

**LA VACHE AU COMPTOIR**  €  
**Cuisine:** Steakhouse  
**Address:** 13 Rue d’Odessa, 75014  
**Metro:** Edgar Quinet or Vavin  
This menu will certainly bring a smile to your face if you’re a meat lover. The house specialty is a 300g steak with “secret sauce” with 18 different spices and lashings of chips. If you feel at home among among the warm decor then there’s a bar downstairs for you to make a night of it.

**LA VILLA CORSE RIVE GAUCHE**  €€  
**Cuisine:** Corsican  
**Address:** 164 boulevard de Grenelle, 75015  
**Metro:** Cambronne or Motte-Picquet Grenelle  
**Tel:** +33 (0)1 53 86 70 81  
**www.lavillacorse.com**  
Rustic surroundings of wood panels, paintings and old books will help you to relax at this cosy restaurant. The menu is constantly changing to take full advantage of the freshest flavours shipped from Corsica, right down to the cheeses and the wines. The restaurant is extremely popular, but there is another branch on the opposite side of the river.

**LASSERRE**  €€€€€  
**Cuisine:** French  
**Address:** 17 Avenue Franklin Roosevelt, 75008  
**Metro:** Franklin Roosevelt  
**Tel:** +33 (0)1 43 59 02 13  
**www.restaurant-lasserre.com**  
If money is no object then Lasserre will give you an unforgetable culinary experience. Savour indulgent dishes such as steamed lobster, chalians duckling and roasted sweetbreads. The surroundings of this 2-starred Michelin restaurant are just as stunning as the food and if the weather is agreeable the roof can be retracted to give a celestial night view.
Publisher’s Recommendation:

“Although you’ll need a second mortgage to visit Lassere, this is one of the best restaurants I have ever been to. Incredibly posh and upper end, delicious food and brilliant service.”

LE BAMBOCHE €€
Cuisine: European
Address: 15 Rue de Babylone, 75007
Metro: Sévres Babylone
Tel: +33 (0) 1 45 49 14 40
www.lebamboche.com
This restaurant is run by Serge Arce and Philippe Fabert, who are well known for their refined food. The menu changes regularly, but you will always be greeted by tasty surprises. Dishes may include pan-sautéed prawns with hibiscus, juicy duck with truffles or oyster sorbet decorated with ocean pearls.

LE CÉLADON €€€
Cuisine: International
Address: 15 Rue Daunou, 75002
Metro: Opéra
Tel: +33 (0) 1 47 03 40 42
www.leceladon.com
Designed like a Regency drawing room, this Michelin-starred restaurant exudes elegance and style. The food does not disappoint and you’ll be spoilt for choice. Dishes may include game pie, royal rabbit, stuffed pidgeon and hot chocolate soufflé. Exceptional value for money.

LE CHRISTINE €€
Cuisine: European
Address: 1 Rue Christine, 75006
Tel: + 33 (0) 1 40 51 71 64
Metro: Saint-Michel
www.restaurantlechristine.com
This popular chic bistro is styled with rough walls and wooden beams to give a quaint medieval air. The menu is small, but tasty. Treats may include white tuna, veal liver and souffle with red fruit sauce.

LE COIN DES AMIS
Cuisine: French
Address: 50 Rue du Mont Cenis, 75018
Metro: Lamarck-Caulaincourt or Jules Joffrin
Tel: +33 (0) 1 42 52 30 36
This former bakery lies off the tourist track and is filled with old photos that show the history of the lively bohemian neighbourhood. The menu focuses on simple French classics such as beef kidney, duck breast in cassis and a cheese platter with salad. Arrive hungry because the portions are huge!

LE MOULIN DE LA GALETTE €€€
Cuisine: French
Address: 83 Rue Lepic, 75018
Metro: Abbesses or Lamarck-Caulaincourt
Tel: +33 (0)1 46 06 84 77
www.lemoulindelagalette.fr
The windmill atop this restaurant is a Parisian landmark in the beautiful Montmartre district. The restaurant is a little bit out of the way, but the cuisine of Michelin-starred chef Antoine Heerah makes it well worth the trek. Choose from dishes such as Burgandy snails and home-smoked salmon, or treat yourself to the five-course tasting menu.

LE PACIFIC EIFFEL €€
Cuisine: French
Address: 18 Avenue de Suffren, Hôtel Pullman, 75015
Metro: Bir-Hakeim
Tel: +33 (0)1 44 38 56 00
It’s worth trying to get a table at this popular restaurant just for the gorgeous views of the Eiffel Tower. The food will not disappoint either. For lunch, you can treat yourself to the large buffet of salad, pizza and cooked pork meats and sit on the summer terrace. In the evening, choose from a delicious range of American-inspired French dishes.
Publisher’s recommendation:

"This is a very French restaurant that serves up ornate fantastic food. The snails are awesome.

MOLLARD

Cuisine: French
Address: 115 Rue Saint Lazare, 75008
Metro: Saint Lazare
Tel: +33 (0)1 43 75 02 22
www.mollard.fr

E. Niermans, the designer behind the Moulin Rouge and Monte Carlo’s Hotel de Paris, is responsible for the historic styling of this stunning restaurant. The menu is one of the few in Paris that is still absolutely French. Expect to find homemade duck foie gras, snails in garlic butter and calves kidney flambéd with old cognac.

PERSHING HALL

Cuisine: International
Address: 49 Rue Pierre Charron, 75008
Metro: Franklin D. Roosevelt
Tel: +33 (0)1 45 72 07 14
www.pershinghall.com

This hip restaurant’s trendy design and fantastic five-floor vertical garden alone make it worth the visit. However, you won’t be disappointed on the food front either — the blackened cod is particularly recommended — but maybe you’ll choose to go all out and treat yourself to some imperial French caviar.

SAN FRANCISCO

Cuisine: Italian
Address: 1 Rue Mirabeau, 75016
Metro: Mirabeau
Tel: +33 (0)1 46 47 84 89

This restaurant has been serving up plates of pasta and spaghetti for more than 60 years. Expect to be treated to a genuine taste of Italy from green
asparagus with langouste mousse to the chef’s baked lasagne. The restaurant is one of only a few that makes its own pasta.

**TAVOLA DI GIO**

*Cuisine:* Italian  
*Address:* 210 Boulevard Raspail, 75014  
*Metro:* Vavin  
*Tel:* +33 (0)1 43 35 47 17  

This restaurant is perfect for warm days when you can eat outside on the shaded terrace. The food will not disappoint either. Choose from a range of genuine Italian dishes that may include seafood risotto and rich spaghetti Bolognese. Make sure you make time to sample the excellent desserts too!

**TERMINUS NORD**

*Cuisine:* French  
*Address:* 23 Rue de Dunkerque, 75010  
*Metro:* Gare du Nord  
*Tel:* +33 (0)1 42 85 05 15  
*www.terminusnord.com*

This restaurant has dream-like Parisian decor with arching Art Noveau decorative ceilings, intricate stained glass and beautiful chandeliers. The menu offers a number of classic French dishes, but the specialties are the seafood and the bouillabaisse.

**6 NEW YORK**

*Cuisine:* International  
*Address:* 6 Avenue de New York, 75016  
*Metro:* Alma Marceau  
*Tel:* +33 (0)1 40 70 03 30  
*www.6newyork.fr*

This warm and refined styled restaurant is only a few steps away from the Eiffel Tower. Dishes are elegant in appearance and change with the seasons; choices may include crab and avocado charlotte, knuckle of veal and upside down chocolate pie. The restaurant is a well-known favourite so make sure to book.

**58 TOUR EIFFEL**

*Cuisine:* French  
*Address:* Eiffel Tower, Champs de Mars, 75007  
*Metro:* Bir Hakim  
*Tel:* +33 (0)1 13 38 25 56 66 62  
*www.restaurants-toureiffel.com*

Advance booking is advised if you want to eat in this restaurant. By day, you’ll find a bargain set lunch and a variety of quick bites. In the evening, the place transforms into a chic brasserie serving delights such as chilled pea soup and roasted cod. Whatever time you visit, the views are always fantastic.
BUDDAH BAR
Address: 8 Rue Boissy d’Anglais, 75008
Metro: Concorde
Kitschy but cool, this temple-like establishment is dominated by an enormous Buddha. The Asian feel continues with an ornate bar in the shape of a sleeping dragon. Apart from the exotic interior, you’ll have come here for the mood-setting music and the cocktails.

GEORGE V HOTEL BAR
Address: Four Seasons Hotel, 31 Avenue George V, 75008
Metro: George V or Etoile
This bar isn’t popular among the rich and famous for nothing. Beautiful mahogany walls, cosy leather seats, a charming 50s atmosphere and excellent Cognac are the main draws. The prices are not cheap, but the presentation of drinks is pristine.

HARRY’S NEW YORK BAR
Address: 5 Rue Daunou, 75002
Metro: Opéra
Famous cocktails such as the Bloody Mary and the Monkey Gland were born at this world-renowned bar which has been serving intoxicating beverages since 1911. There’s a cozy, American old-world feel, but you’ll always receive a warm welcome no matter what your nationality. This is a fantastic place to either come for a night out or a simple drink after a busy day.

KONG
Address: 1 Rue du Pont-Neuf
Metro: Louvre Rivoli
This bar once featured in “Sex and the City” and is full of over-the-top but fun trendiness such as funky chairs and florescent stairways. There’s always a buzzing atmosphere late in the evening, but the best time to come is at sunset for the view over the River Seine.

L’ETOILE MANQUANTE
Address: 34 Rue Vieille du Temple, 75004
Metro: Saint-Paul
This hip bar serves up a fantastic selection of wine and cocktails. The interior is decorated with quirky art and twinkling lights, but there are also tables outside if you prefer to people watch. Wherever you choose to sit, make sure you fit in a visit to the toilet. The bar is owned by Xavier Denamur is renowned for his inventive rest rooms so who knows what you might find!

LE BARON BOUGE
Address: 1 Rue Théophile Roussel, 75012
Metro: Ledru Rollin
Huge barrels and racks of wine fill this quant wine bar. Expect it to be buzzing all day and night, but the excellent wine menu more than makes up for the crowds. You can buy by the glass and if you like what you taste you can fill a bottle up to take home.
LE SECRET

**Address:** 16 Avenue de Friedland, 75008  
**Metro:** Charles de Gaulle Etoile  
Large comfy seats and a discrete but friendly atmosphere make this bar a great place to relax and while away the evening. The fantastic cocktails have to be the order of the day. If you don’t like what’s on the menu then the staff are only too happy to make up something else.

THE FROG AND ROSBIF

**Address:** 116 Rue St Denis, 75002  
**Metro:** Etienne Marcel  
You’ll find a British pub atmosphere at this bar and plenty of beer, which is brewed on site. There’s a large TV screen for sports and the pub also holds quizzes, and music and entertainment nights. This is a favourite of British expats and Parisians alike, but if it gets too crowded then there are several other pubs in the same chain throughout Paris.

PROMENADE LOUNGE

**Address:** 44 Rue du Louvre, 75001  
**Metro:** Louvre Rivoli  
During the day, you can use this bar in the heart of the city as a pit stop for breakfast or lunch. However it’s the evening when this venue really comes alive with a mixed crowd of Parisians and foreign tourists. There’s always a friendly atmosphere and the decor evokes the warmth of retro-America.

THE HEMINGWAY BAR

**Address:** The Ritz, 15 Place Vendôme, 75001  
**Metro:** Opéra  
If you’re dressed to impress then treat yourself to a drink at this indulgent bar, said to be one of the best-loved of Ernest Hemingway. The prices are not cheap, but in return you can sink into a deep leather armchair amid gorgeous surroundings of polished wood panelling. Choose from fine wines, classic cocktails or beers from all over the world as you revel in the luxurious surroundings.

NIRVANA LOUNGE

**Address:** 3 Avenue Matignon, 75008  
**Metro:** Franklin D. Roosevelt  
Glittering corridors, flashy decor and bright colours make this one of the city’s most extravagantly decorated bars. There’s a fantastic dance floor or you can make a beeline for the cool and comfy sofas. The main lures are the masterful cocktails, but regulars also rave about the champagne and the food.

WHY BAR

**Address:** 60 Rue Jean Jacques Rousseau, 75001  
**Metro:** Louvre Rivoli  
Standard cocktails, inventive cocktails and “deconstructed” cocktails for the adventurous... the offering at this cool classy bar is a cocktail lover’s dream. The interior has a stylish, modern look with dark walls and stark white furnishings. On warm evenings you can also sit outside and watch the world go by.
Whiling away the day has been elevated to one of the most popular past times in Paris where people spend hours reading or simply watching the world go by... and what better location than a shaded café terrace serving coffee, croissants and other treats? Chairs are usually arranged facing directly out onto the street to provide you with an ideal spot for some shameless people watching. Most cafés also serve a good variety of food and are excellent locations for a quick lunch, but expect to pay a premium on most dishes and don’t always expect a fine dining experience, even in the most infamous cafés.

You’ll find cafés all over the city, but there are some of the ones you won’t want to miss!

**CHEZ PRUNE**

**Address:** 36 Rue Beaurepaire, 75010  
**Metro:** Jacques Bonsergent  
You’ll have to arrive early if you want a table outside at this café. Chez Prune looks out over the Saint Martin canal and is a beautiful and relaxing spot to have a cold glass of wine. There’s also a good range of daily specials on offer if you’re feeling hungry.

**CAFÉ BEAUBOURG**

**Address:** 100 Rue Saint-Martin, 75004  
**Metro:** Hôtel de Ville  
The terrace of this chic and sophisticated café offers fantastic views of the high-tech Pompidou Centre. It’s also a great place to be if you want to observe the lively Beaubourg atmosphere. If you have a sweet tooth trying ordering the enormous profiterole.

**CAFÉ DE FLORE**

**Address:** 172 Boulevard Saint-Germain, 75000  
**Metro:** Saint-Germain des Prés  
[www.cafedeflore.fr](http://www.cafedeflore.fr)  
This café is one of the most famous in Paris. In the early 20th century, intellectuals Jean-Paul Sartre and Simone de Beauvoir would meet here to discuss existentialism. Other famous patrons include Ernest Hemingway and Pablo Picasso. The café can be very crowded, but the croissants are highly recommended!

**CAFÉ DE LA PAIX**

**Address:** 5 Place de L’opera, 75000  
**Metro:** Opera  
[www.cafedelapaix.fr](http://www.cafedelapaix.fr)  
This café was designed by Charles Garnier, who also designed the nearby opera house. Prices are not cheap, but the café is a brilliant people-watching spot on opera nights when the who’s who of Paris gather here.
CAFÉ DE LA ROTONDE

Address: 105 Boulevard Montparnasse, 75006
Metro: Vavin
www.rotondemontparnasse.com
This art-deco styled café used to be a popular haunt of famous artists. It has featured in several paintings, including one by Pablo Picasso, and has also been mentioned in literary works. The café has a superb corner spot to soak up the atmosphere of the lively boulevard and offers a good hearty menu.

CAFÉ LE PARIS

Address: 93 Avenue des Champs Élysées, 75008
Metro: George V
www.cafeleparis.com
If you’re looking for a spot on Paris’s infamous Champs Élysées that isn’t swarming with tourists then this is where you should be heading. Café le Paris is an authentic establishment with a dedicated clientele of Parisians. It also serves up some of the more affordable coffee on the Champs Élysées.

CAFÉ LES EDITEURS

Address: 4 Carrefour de l’Odéon, 75006
Metro: Odéon
www.lesediteurs.fr
This cozy establishment is a café, a restaurant, a bar lounge and a library! The walls are decorated with portraits of literary greats and with the wooden shelves overflowing with books there is always something for you to read as you peruse the excellent choices of coffee.

LE FOUQUET’S

Address: 97–99 Avenue des Champs Élysées, 75008
Metro: George V
www.fouquets-barriere.com
This iconic café and restaurant is a popular haunt of wealthy Parisians and celebrities. The prices are not cheap, but it boasts a fantastic corner spot on Paris’s most famous avenue. This is the place to see and be seen!

LE PAUSE CAFÉ

Address: 41, rue de Charonne, Paris, 75011
Metro: Ledru Rollin
In the summer, this sunny café draws in the crowds thanks to its beautiful terrace and location on one of Paris’s trendiest roads. The interior is just as pleasant with a welcoming atmosphere and lots of windows to let in the light. The classic French movie Chacun Cherche son Chat was filmed here.

LES DEUX MAGOTS

Address: 170 Boulevard Saint-Germain, 75006
Metro: Saint-Germain des Prés
www.lesdeuxmagots.fr
Like its rival, Café de Flore, Les Deux Magots boasts a famous history of renowned intellectual clientele. The café’s unusual name is said to be taken from a play and there are two Chinese statues inside (the two magots). This café is always crowded, but it’s an excellent place to bask in intellectual history and enjoy the beautiful street view.
TRANSPORT

You can travel around Paris using buses, trams, the RER (train) or the metro. Most visitors opt for the metro, which is cheap and easy to get the hang of. If you’re going to be using the metro, then make sure you get hold of a map — you can download one at www.paris.org/Metro or pick one up at a metro information booth. You may also want to consider learning your way around the RER (Regional Express Network). The RER is a little more complicated than the metro, but is usually faster.

WHICH TICKET?

The standard T+ ticket entitles you to a single ride (including transfers) in zones 1 and 2 on either the metro, the RER, a bus or a tram. You can save a little bit of money by buying a carnet (a booklet) of 10 tickets.

A daily or weekly pass provides unlimited travel around Paris on the various forms of public transport. The price will vary depending on which zones you want to travel in.

The Paris Visite Pass provides unlimited use of public transport in Paris for 1–5 days. This pass will also get you special offers at some museums and tourist attractions. Again, the price will vary depending on which zones you wish to visit and how many days you want the pass to be valid for.

BUYING TICKETS

Tickets can be obtained from metro, RER or tramway station. You can also buy a ticket when boarding a bus, but make sure you have the exact change! In some stations, tickets are only sold via self-service machines, which usually only accept coins and cards. You can change the language on these machines to make the purchase simpler.

RUSH HOUR

The Paris Metro is the second busiest metro system in Europe. To make your journey more comfortable, we advise you to try to avoid using the metro (as well as other forms of public transport) at peak times — 8:00–10:00am and 5:00–8:00pm. If travelling during these times is necessary, then make sure you know where you are going and be prepared for crowds!

GETTING TO THE ESCRS CONGRESS

The ESCRS XXVIII Congress 2010 is at the Palais des Congrès de Paris

Address: 2 place de la Porte Maillot, 75017
Tel: +33 (0) 140 68 22 22
Metro: Palais des Congrès (Take line 1 towards Porte Maillot)
RER: Palais des Congrès (Take line C towards Neuilly Porte Maillot)
Bus: 82, 73, 43, 244, PC 1, PC 2 or PC
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With a bit of luck, you can be here soon.

For more information, see page 2 of this guide.

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