

# PARIS ESSENTIAL

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DAPHNÉ DEGUINES

# PARIS ESSENTIAL

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## Let us show you the way...

Who dares boasting on knowing everything in Paris? No one, and not even Parisians. Paris is one of the most beautiful cities in the world, and one of the most visited. It holds an unbelievable architectural heritage with huge monuments too numerous to list. The *Arc de Triomphe*, the Eiffel Tower, the *Louvre*, *Notre-Dame* cathedral, the *Sacré-Cœur*, the *Montparnasse* tower... all these very famous places are tourists' and Paris-loving Parisians' delights. But Paris is also a capital full of surprises that you can discover and rediscover everyday through an unusual passage, a forgotten museum, or a hidden piece of art.

To get off the beaten tracks, we thus went to meet and talk with different Parisians: challenge taken up! Parisians -who love to become, for a weekend or an evening, tourists in their own city- reveal, at last, their good places.

A pinch of original places, a handful of essentials, and a great deal of favourites, here is the recipe of the perfect city guide. So it aims at you all: tourists who want to know the real Paris, newcomers who want to discover the best of the capital, and Parisians looking for unusual places and great tips.

Paris is multifaceted and comes in infinite forms. Considering your fancies, you can go and get lost in a mysterious Paris, a glittering Paris, an unusual Paris, a human Paris, the kind of Paris which suits you... Either you are a student, a bobo person, a parent, or rather adventurous, underground, or traditional, there is a Paris for you, and it is up to you to find out. Parisians open up their doors and their address books: follow the guide!

## Arty Parisians

Of course, Paris is well-known for its architectural and cultural heritage. There are no less than 136 museums, 70 cultural places of interest in the city, which also hosts many large cultural events like the FIAC (International Fair of Contemporary Art), or fairs at Paris' *Parc des Expositions*.

You can guess Parisians do the rounds of the museums, but they mostly like knowing all about the latest retrospectives and going to multifaceted places in which they get a chance to rediscover art and culture.

Photo : Musée du quai Branly



## Museums

Between temporary exhibitions and museums that they don't know, Parisians always keep on visiting their own city. Besides all the classic museums like the *Louvre* or *Orsay*, Paris also has lots of other museums which hold many surprises for us all.



## The essentials

### Nef du Grand Palais

THE + MAJESTIC

Inaugurated in 1900 for the World's Fair, the Grand Palais is one of Paris' unique monuments. Registered as a listed monument, it houses three distinct areas on 86 000 square yards: the *Nef* (nave), the National Galleries, and the *Palais de la Découverte*. Concerts, haute-couture fashion show, carnivals, electro nights, contemporary art exhibitions... the 15 000 square-yard nave has become a vast place of excesses very popular among Parisians for its huge cultural events. The strength of this museum lies in its programming, being broad, eclectic, and for all ages, thus giving way to many surprises. Karl Lagerfeld: "For me, the Grand Palais is the very heart of Paris [...]. I love the volume, the height, the light..."

Admission prices and opening hours vary with the events

Avenue Winston Churchill, 8th

Tel. +33 1 44 13 17 17

Station: Champs-Élysées – Clemenceau

[www.grandpalais.fr](http://www.grandpalais.fr) 

## Musée du quai Branly

THE + ETHNIC

The quai Branly museum offers to visitors travel through arts and civilisations from Africa, Asia, Oceania, and the Americas. Opened in 2006, the building designed by the architect Jean Nouvel houses collections from the national museum of African and Oceanian Arts, as well as those from the ethnology research department of the Human Sciences museum (*Musée de l'Homme*). In all, it holds more than 300 000 objects.

Besides the permanent collections, a dozen temporary exhibitions are displayed every year, for instance on the century of jazz or the myth of Tarzan. An important place is given to theatre, dance, music, and contemporary arts, particularly reflected by the works of eight native Australian artists exhibited on the ceilings and the facade of the building on *rue de l'Université*.

Tuesdays, Wednesdays, Sundays  
11 a.m. - 7 p.m.  
Thursday - Saturday 11 a.m. - 9 p.m.  
Museum + temporary exhibition  
admission €10  
Tel. +33 1 56 61 70 00  
37, quai Branly, 7th  
Station: Alma-Marceau  
 [www.quaibranly.fr](http://www.quaibranly.fr)

## Musée Grévin

THE + PEOPLE

From Benoît Poelvoorde and Sébastien Chabal, to Mika, Monica Bellucci or Franck Dubosc, this Parisian institution, opened in 1882, welcomes 800 000 visitors each year and displays about 250 celebrities in waxworks.

For over six months, every little detail -beauty spots, under-eye circles, birthmarks or scars- is reproduced by the sculptors. Everything is minutely studied: the color of the eyes, of the skin, of teeth, of hair... Every single hair is implanted one by one, and there are as many as 500 000 of them on a single head!



10 a.m. - 6.30 p.m.  
Saturdays, Sundays until 7 p.m.  
Admission €21  
Discounted ticket €18  
From 6 to 14 years old €13  
10, boulevard Montmartre, 9th  
Tel. +33 1 47 70 85 05  
Station: Grands Boulevards  
[www.grevin.com](http://www.grevin.com) 

## Musée du Chocolat

THE + GREEDY

Made to bite right into, the Choco-Story is a 700 square-yard museum created by the Belgian Van Belle family. For a one or two-hour visit, you learn everything about the history of cocoa, you understand the different processing methods, and take part in demonstrations and tastings of products manufactured on the premises by chocolate makers.

French people, crazy about this sweet, eat a bit more than six kilos of chocolate per year and per person!



10 a.m. - 6 p.m.  
€9 / From 6 to 12 years old €6  
28, boulevard de Bonne Nouvelle, 10th  
Tel. +33 1 42 29 68 60  
Station: Bonne Nouvelle  
 [www.museeduchocolat.fr](http://www.museeduchocolat.fr)

## Centre Georges Pompidou

THE + CONTEMPORARY

More generally called “Beaubourg”, from the name of the area where it has been built, this museum is by far the most original with its green, blue, yellow, and red pipes spread out over the outside of the building. Conceived by French president Georges Pompidou this museum had to be set in the center of Paris, and become a cultural centre of a new sort, dedicated to various forms of contemporary creation. The gamble paid off! Since its opening in 1977, it has welcomed more than 150 millions of visitors, and displayed works of art by renowned artists such as Calder, Dubuffet, Giacometti, Munch, Kandinsky, Miró, Soulages, Währol and many more.

A short time ago, an area specially dedicated to teenagers was created. This place makes them discover art through new themes such as the street, clothes, or mangas. Also not to be missed: the beautiful view of Paris from the sixth floor of the building.

11 a.m. - 9 p.m.  
Museum + temporary exhibition  
admission €12  
Place Georges Pompidou, 4th  
Tel. +33 1 44 78 12 33  
Station: Rambuteau  
[www.centrepompidou.fr](http://www.centrepompidou.fr) 

## The unusual

### Musée Dupuytren

THE + FRIGHTENING

Created in 1835 thanks to Professor Guillaume Dupuytren, the museum brings together 6000 items: skeletons, wax casts, and other organs.

Here you can find the body of Pipine, affected by phocomelia (when hands and feet are directly attached to the body trunk) as well as two-headed foetus. Not for the faint-hearted...

Monday - Friday 2 p.m. - 5 p.m.  
€5 / Free under 15 years old  
15, rue de l'École de médecine, 6th  
Tel. +33 1 42 34 68 60  
Station: Odéon /  [www.upmc.fr](http://www.upmc.fr)

### Musée des Arts forains

THE + ENCHANTING


Located in the former wine warehouses of Bercy, the museum transports visitors in the atmosphere of 19th century funfairs. Museum does not rhyme with boring! Children and adults, who have remained kids at heart, can touch the objects and have a ride on the merry-go-round. Old bicycles, wooden horses, rifle ranges, and tombolas from the golden age of carnivals are gathered there. This museum indeed holds one of the largest collections of objects from fairgrounds in Europe. Three square miles dedicated to dreams and magic...

On booking / €13 / From 3 to 12 years old €5  
53, avenue des Terroirs de France, 12th  
Tel. +33 1 43 40 16 15 / Station: Cour Saint-Émilion  
[www.arts-forains.com](http://www.arts-forains.com)

## Great tips

### Nuit Blanche

In the beginning of October, Parisians usually do not sleep a wink at night. At dusk, sacred places, institutions, gardens, and museums welcome temporary contemporary works of art. Every year since 2002, the Nuit Blanche attracts 1.5 million visitors, for a free artistic nocturnal walk into the city.

Saturday - Sunday 7 p.m. - 7 a.m.  
The métro runs until 2 a.m.  
Line 14 opened all night long  
[www.paris.fr](http://www.paris.fr) (section *Paris Loisirs*) 



### ( 3 questions to... )

AMAURY GALLON  
CREATOR OF VERTICAL GARDENS

#### What is a vertical garden?

A climbing garden is made of plants -about 30 of them in one square meter- inserted into a metal frame and fed thanks to an irrigation system. City dwellers feel less stressed when they are close to nature. Beside its aesthetic soothing effects, it helps insulate the building on the outside and improves air quality in the inside.

#### Why are people so infatuated with those vertical gardens?

People are more and more aware of ecology and environmentalism. Vertical gardens have become accessible and common. They grew in numbers in the city and are now part of the urban landscape. There are about 150 of them in Paris.

#### Can we have one at home?

It is quite frequent for us to create vertical gardens for individuals. For low budgets, we do create two meters square vertical plant structures on wheels.



### Amaury Gallon's personal favourites

#### Place Stravinsky

"Niki de Saint Phalle's colourful sculptures are magnificent."

The Stravinsky fountain, also called the automaton's fountain (*fontaine des Automates*), on the side of the *Centre Georges Pompidou*, is the combined work of the lovers Jean Tinguely and Niki de Saint Phalle.

Created in 1983, the fountain displays 16 sculptures. The metal ones are Jean Tinguely's, and the colourful ones Niki de Saint Phalle's. This masterpiece which evokes Igor Stravinsky's musical compositions is in perpetual motion, with its mechanical sculptures animated by water jets.

Place Stravinsky, 4th / Station: Rambuteau

#### Place René Cassin

"I love the contrast between this very modern square and the Gothic church."

The square is located right in front of the *Saint-Eustache* church. Designed by the architect Arretche in a very contemporary spirit, the foundation slabs are in the shape of a maze. At its centre, a striking statue named *Écoute* ("listen up") depicts a man's face lying down and resting on a hand. Created in 1986 by the sculptor Henri de Muller, it is made of Burgundy sandstone and weighs 70 tons.

The artist also created the sundial a bit farther in the garden of *Les Halles*.

Place René Cassin, 1st / Station: Les Halles

Photo : La Galerie Verte



Photo : Ladurée

## Parisians indulge themselves

Paris is undoubtedly the capital city of fashion and beauty. Many tourists crowd to the department stores (such as the *Galleries Lafayette*, *Printemps*, *Bon Marché* or *BHV*), but more and more little trendy shops that Parisians love are worth having a go!

Here is a simple recipe for a real moment of intense relaxation:

First, enjoy a raspberry macaroon and a green tea *éclair* with the best hot chocolate in Paris; then lose your way in clothing and jewellery designers departments; finally come to an exotic break at a Turkish bath and do yourself up at a nail bar or with a make up artist.

You are now ready to face Parisian lifestyle's frenzy!



Photo : Kong

## The after-work Parisian

Paris is the city that never sleeps and its inhabitants mainly live outside their home, to the rhythm of the metro, from 6 a.m. to 2 a.m.

At the break of dawn, the capital offers various possibilities to go out, either for eating, having a drink, or dancing all night long.

Parisians, far from being couch potatoes, love going out at any age, going to a business lunch, a romantic dinner, or an aperitif with friends.

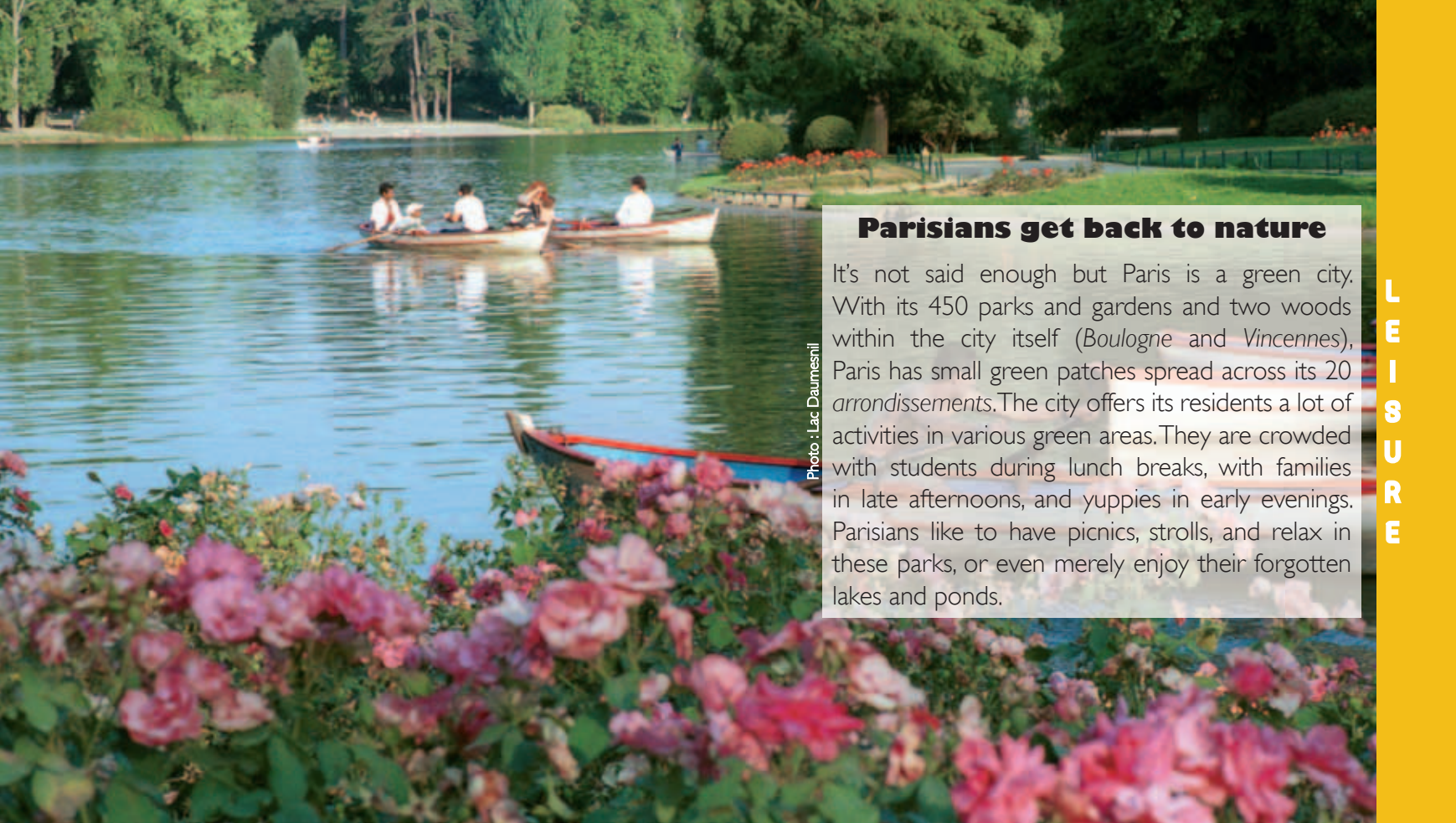


Photo : Lac Daumesnil

## Parisians get back to nature

It's not said enough but Paris is a green city. With its 450 parks and gardens and two woods within the city itself (*Boulogne* and *Vincennes*), Paris has small green patches spread across its 20 *arrondissements*. The city offers its residents a lot of activities in various green areas. They are crowded with students during lunch breaks, with families in late afternoons, and yuppies in early evenings. Parisians like to have picnics, strolls, and relax in these parks, or even merely enjoy their forgotten lakes and ponds.



## **And you, which kind of Parisian are you?**

Unpleasant, complainers, never satisfied, and always stressed, Parisians don't really have a good reputation. And yet, despite their apparent indifference, they can be nice and even charming when approached! Paris is also said not to be very accessible when you don't know it. As a result: Paris and its inhabitants need to be tamed. With its very different neighbourhoods -popular, hype, or *bourgeois*- its population is very heterogeneous. Whether they be underground, geeks, traditional, bobo, parents, or adventurous, Parisians have their favourite neighbourhoods and addresses. Here is a small outline of typical Parisians' profiles, created along with Vincent Grégoire, trend manager at the Nelly Rodi agency, so you can learn the codes and to help you find the one that most fits you.

## Underground Parisians

They have their habits in the east side of Paris and hate the west side... Nostalgic for the old Paris, they really like the mythical places and enjoy being in popular neighbourhoods. They love vintage, retro style, and vinyl. They are attached to the city's heritage and are a bit reactionary.



### Learn how to make cocktails

#### THEIR FAVOURITE ACTIVITY

To impress your lover or your friends at the French cocktail hour of the *apéritif*, come to the Atelier des Chefs and learn, for example, how to make a Grey Goose Cosmopolitan (vodka, triple-sec, lime juice, cranberry juice, crushed ice). For two hours, professional barmaids teach you the art and craft of preparing perfect cocktails.

L'Atelier des Chefs

Fridays 7 p.m. - 9 p.m. / €25

Different locations according to the lesson chosen

[www.atelierdeschefs.fr](http://www.atelierdeschefs.fr)

### Le Réservoir

#### THEIR FAVOURITE PLACE

Bar, restaurant, auditorium, and nightclub at the same time, Le Réservoir is an atypical place, as much for its look as for its programming. One can be surprised by the crazy decoration with its mirrors and its baroque-styled wrought iron arbour; its armchairs and sofas from various times, and by its very eclectic concerts: jazz, samba, rock, pop, soul, funk, disco...

Tuesday - Saturday from 8 p.m. on

Free admission-€20 vary with the events

16, rue de la Forge Royale, 11th

Tel. +33 1 43 56 39 60

Station: Faidherbe – Chaligny

[www.reservoirclub.com](http://www.reservoirclub.com)