

DISCOVERING PARIS WITH PARISIANS. What could be more authentic than exploring Paris with people who live there? Numerous associations, as well as B&Bs or tables d'hôtes offer the chance to share the lives of Parisians, observe the city through their eyes and take advantage of their tips for places to go to.

HAVING DINNER AT THE HOME OF A PARISIAN //

Meeting Parisians in their homes for an evening out and a typically French meal, cooked by the hosts for their guests. **VoulezVousDîner** has become a specialist in organizing these kinds of get-togethers for inhabitants of the capital and foreign visitors looking for a really unique experience, with a gastronomic theme. The hosts of the website **Meeting the French** also seek to highlight French cooking and encourage the same encounters. Guests have a choice of two menus concocted by a caterer or a restaurant: 'Traditional' with starter, main course, dessert and drinks, or 'informal' with no starter. As well as dinners, Meeting the French offers other ways of discovering Paris and Parisians in a gourmet and convivial way: visits to local bakeries, cheese shops, cake shops, etc., workshops for tasting wine, cheese or chocolate, plus gastronomic walks, cooking lessons, and shopping at the market. The website **Invited In Paris**, which proposes dinners and cooking lessons at the home of host Edwige, also organizes personalized themed walks. In a more exclusive genre, **La Touche française**, offers tourists the opportunity to dine with prestigious hosts, aristocrats, artists, intellectuals ... *French touch!*

→ **INVITED IN PARIS**
www.invitedinparis.com

→ **LA TOUCHE FRANÇAISE**
Tel +33 (0) 6 49 95 53 71
www.latouchefrançaise.com

→ **VOULEZVOUSDÎNER**
Tel +33 (0) 6 47 24 28 18
www.voulezvousdiner.com

→ **MEETING THE FRENCH**
Tel +33 (0) 1 42 51 19 80
www.meetingthefrench.com

BED AND BREAKFAST ACCOMMODATION //

Staying at the home of Parisians for a night or more, having breakfast with them, spending time with them and listening to their advice on places to go ... Bed & Breakfast (B&B) style accommodation began to develop in Paris in the middle of the 1980s. Today, Paris boasts more than 600 B&Bs in apartments, houses, or even on the barges of owners who make their guests as welcome as possible. An original and friendly type of accommodation that is becoming more and more popular with tourists wanting to discover Paris in a different way. To choose your accommodation, you can either book through specialist networks and agencies, some of which have a label, or directly via B&B proprietors who provide details of their offer. Several networks are grouped under the banner **Hôtes Qualité Paris**, the official website for B&Bs in Paris. Created by the Paris City Council in 2005, this label draws together the suggestions of members in a quality charter HQP attributed to Parisian B&Bs, and which meet precise criteria on hospitality, comfort, cleanliness, breakfast, etc. One such network is **Meeting The French**, which offers themed guided tours, or **B&B Paris.com**, which

has had the good idea of creating a themed classification of its B&Bs (romantic, art & culture, nature & relaxation, high-tech), in addition to the traditional listing by district. Not forgetting **Fleurs du Soleil**, which brings together all proprietors in France offering quality B&B accommodation and which has devoted a website to the capital; and then there is **Bed & Breakfast France**, the network for the association BAB France, which lists numerous addresses in Paris. The label **Authentic B&B**, awarded by the Federation of Parisian B&B Professionals, is the second network of Parisian B&Bs. It gathers several operators like **France Lodge Locations**, which claims to have introduced the idea of B&Bs in Paris in 1985; then there is the central reservation centre **Une chambre en ville** and its one hundred or so rooms labelled Authentic B&B. Founded in 1996, **Good Morning Paris** manages a portfolio of some 130 B&Bs classified Authentic B&B. It is capable of meeting all requests, from the most classic to the most original. Finally, certain Parisian agencies like **Alcôve & Agapes** specialize in places of charm and character or atypical places. Founded in 1998, it rents out rooms that have been selected for their originality and distinguishing features (architecture, environment, services, etc.). Also of note, the French network **Gîtes de France**, which has recently started offering two or three B&Bs in the capital. In addition to being listed on rental networks, some owners have created their own website to highlight their particular offer in terms of facilities and hospitality. Such an example is **Au sourire de Montmartre**, which welcomes tourists in a house with five spacious suites with a Moroccan touch. Or **Bonne Nuit Paris**, a family house in the Marais of which one floor has been converted into three independent suites. Or **B&B Guenot** and its Japanese-inspired room, in a former printing works overlooking a private garden near to Nation. **A room in Paris** offers three B&Bs in a Haussmanian apartment in the 10th arrondissement, where several times a week the proprietors cook French gastronomic food for guests. In a fine apartment near to the Champs-Élysées, occupied by a Franco-American family, **The Gentle Gourmet** offers two rooms and delicious vegetarian dinners, served at the table d'hôtes. Finally, for those who would like to be rocked to sleep by the Seine, **Bateau Johanna**, a barge moored at the foot of the Orsay Museum, offers two wooden cabins for guests, who can have breakfast in the wheelhouse, facing the river.

SPECIALIST NETWORKS & AGENCIES

- **ALCÔVE ET AGAPES**
Tel +33 (0) 1 44 85 06 05
www.bed-and-breakfast-in-paris.com
- **AUTHENTIC B&B**
www.authenticbandbparis.com
- **BED & BREAKFAST FRANCE**
Tel +33 (0) 9 60 09 86 49
www.bedbreak.com
- **B&B PARIS.COM**
Tel +33 (0) 1 76 60 74 75
www.2binparis.com
- **FLEURS DE SOLEIL - LES MAISONS D'AMIS EN FRANCE**
Tel +33 (0) 6 62 37 97 85
www.chambresdhotels-paris.org
- **FRANCE LODGE LOCATIONS**
Tel +33 (0) 1 56 33 85 80
www.francelodge.fr
- **GÎTES DE FRANCE**
Tel +33 (0) 1 49 70 75 75
www.gites-de-france.com

→ **GOOD MORNING PARIS**
Tel +33 (0) 1 47 07 28 29
www.goodmorningparis.fr

→ **HÔTES QUALITÉ PARIS**
www.hqp.fr

→ **MEETING THE FRENCH**
Tel +33 (0) 1 42 51 19 80
www.meetingthefrench.com

→ **UNE CHAMBRE EN VILLE**
Tel +33 (0) 1 44 06 96 71
www.chambre-ville.com

B&BS OF PRIVATE OWNERS

→ **A ROOM IN PARIS**
130 rue La Fayette, Paris 10th
Tel +33 (0) 6 33 10 25 78
www.aroominparis.com

→ **AU SOURIRE DE MONTMARTRE**
Tel +33 (0) 6 64 64 72 86
www.sourire-de-montmartre.com

→ **BATEAU JOHANNA**
Port de Solferino, quai Anatole-France, Paris 7th
Tel +33 (0) 1 45 51 60 83
www.bateau.johanna.free.fr

→ **B&B GUÉNOT**
Tel +33 (0) 1 42 74 23 84
www.bb-guenot.com

→ **BONNE NUIT PARIS**
63 rue Charlot, Paris 3rd
Tel +33 (0) 1 42 71 83 56
www.bonne-nuit-paris.com

→ **THE GENTLE GOURMET**
21 rue Duret, Paris 16th
Tel +33 (0) 1 45 00 46 55
www.gentlegourmetbandb.com

OUTINGS WITH LOCALS PASSIONATE ABOUT THE CAPITAL //

There's no one better than a Parisian who loves their city to show strangers around. This was the idea that led to the creation in 2006 of **Parisien d'un jour**, an association of more than 250 volunteers which organizes free walks in local districts in small groups of one to six people maximum. Far from the beaten track, these accompanied strolls enable tourists – and even curious Parisians! – to soak up the particular atmosphere of the district visited, meet local people and learn about the history of the place. Getting to meet people and see the city from a different perspective is also the philosophy of the association **Paris par rues méconnues** which conveys this through unusual and original walks in certain districts of Paris. In the course of a walk, tourists visit local people, craftspeople, shopkeepers, artists ... who speak to them about their particular district.

→ **PARISIEN D'UN JOUR**
www.parisiendunjour.fr

→ PARIS PAR RUES MÉCONNUES

Tel +33 (0) 1 42 79 81 71
www.paris-prm.com

A LITTLE BICYCLE TOUR ... //

Cycling along small streets or bicycle lanes away from busy traffic is a pleasant way for Parisians and tourists to pass some time in each other's company. **Paris à vélo c'est Sympa** takes small groups of cyclists to unusual places full of charm (flower-filled housing areas, artists' studios, hidden courtyards, etc.), often ignored on classic city tours. Likewise, **Paris Bike Tour** reveals unsuspected treasures of the capital and also combines bike and museum tours. **Vélo Paris** also offers a varied choice of itineraries, including the atypical Paris Nature in the Bois de Boulogne and Paris by Night. As for **Bike about Tours**, it organizes a long bike tour for English speakers who wish to see different aspects of Paris: top sites (Centre Pompidou, Louvre Museum, etc.), Jim Morrison's house, places immortalized by cinema, excellent bakeries, upscale restaurants, secret gardens, etc.

→ BIKE ABOUT TOURS

Parking Vinci rue de Lobau, Paris 4th
Tel +33 (0) 6 18 80 84 92
www.bikeabouttours.com

→ PARIS À VÉLO C'EST SYMPA

22 rue Alphonse Baudin, Paris 11th
Tel +33 (0) 1 48 87 60 01
www.parisvelosympa.com

→ PARIS BIKE TOUR

38 rue de Saintonge, Paris 3rd
Tel +33 (0) 1 42 74 22 14
www.parisbiketour.net

→ VÉLO PARIS

44 rue d'Orsel, Paris 18th
Tel +33 (0) 1 42 64 97 39
www.veloparis.com

ARTISTS' WORKSHOPS, SECOND-HAND MARKETS AND CAR-BOOT SALES //

Spring time is an ideal season for meeting Parisians. At this time of year, several artists' studios open their doors to the public and almost every weekend, the pavements of the capital play host to second-hand markets and car-boot sales. These events are very popular and attract many Parisians, who enjoy strolling around and having a chat. Artists' studio open days are mainly held in the month of May and again in the autumn. One of the most frequented is the four-day open days organized by the **Ateliers d'artistes de Belleville**, an association that comprises more than 300 artists from the 10th, 11th, 19th and 20th arrondissements. Also in May, the **Ateliers du Père Lachaise**, which gathers some 50 artists living in the vicinity of the famous cemetery, invites Parisians and tourists to visit them, as do the 200 artists at the **Frigos**, the former storehouses for refrigerated goods a few steps from the Bibliothèque nationale.

→ BROCANTES ET VIDE-GRENIERS

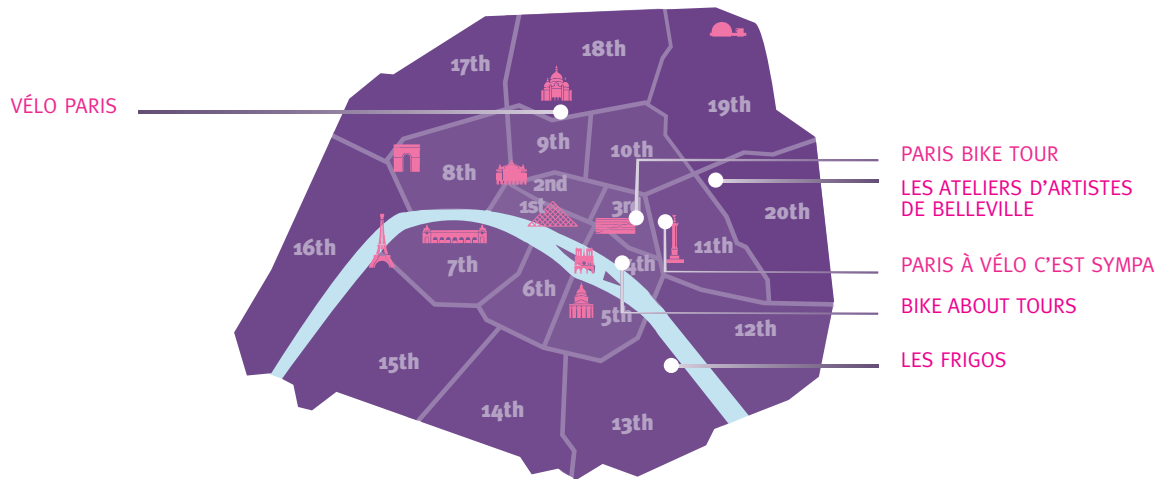
www.paris.fr/marches

→ LES ATELIERS D'ARTISTES DE BELLEVILLE

1 rue Francis Picabia, Paris 20th
Tel +33 (0) 1 77 12 63 13
www.ateliers-artistes-belleville.org

→ **LES ATELIERS DU PÈRE LACHAISE**
www.apla.fr

→ **LES FRIGOS**
19 rue des Frigos, Paris 13th
www.les-frigos.com



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