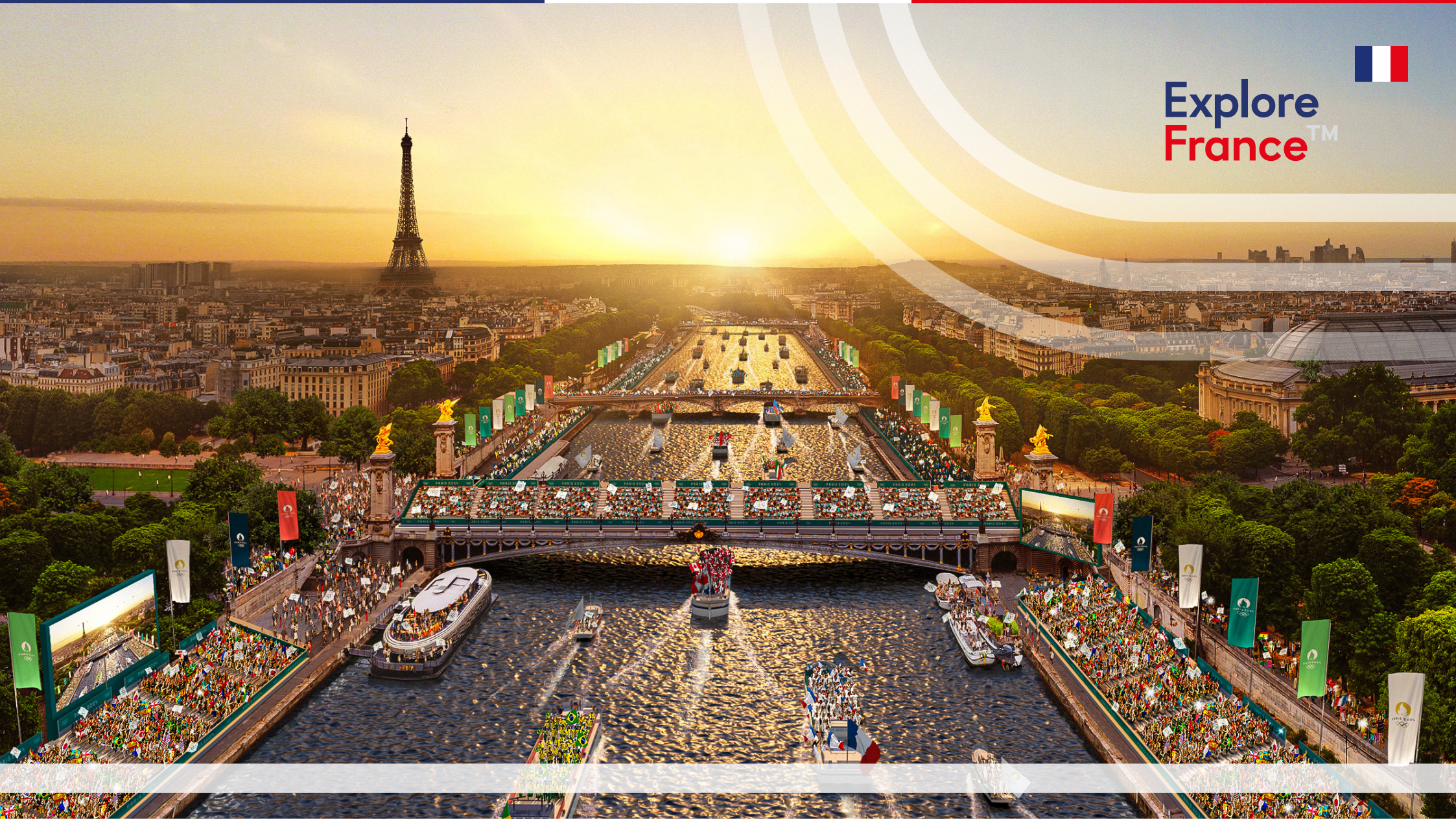


Explore France™

ATOUT FRANCE
France Tourism Development Agency
IN ASSOCIATION WITH
PARIS 2024
PARIS 2024

#EXPLOREFRANCE
PARIS 2024 PRESS KIT



EDITORIAL

It was 100 years ago! 100 years since our country hosted this great celebration that is the Olympic and Paralympic Games! Remembering this date helps us take stock of the historic moment that awaits us next summer. We have the opportunity to show the millions of tourists who travel here a France like they have never seen before. For several years now, all tourism professionals – restaurateurs, hoteliers and traders – have been preparing to host these Games with one objective: to make it a great moment of celebration for everyone. Significant transformations have been undertaken: I'm thinking in particular of accessibility, which will be a strong marker of these Games, with barrier-free access to all Olympic sites for people with disabilities.

At the heart of the 2024 Olympic and Paralympic Games, sporting values such as perseverance and team spirit remind us that we can all be inspired by pushing ourselves further and the quest for excellence.

Finally, if the Olympic and Paralympic Games touch us, it's because they go well beyond sport. They are a showcase of our know-how and a unique opportunity to honour our country, its history, heritage and culture. For these 2024 Olympic and Paralympic Games, let us proudly open our doors to the world with the promise of an unforgettable experience!



Olivia GRÉGOIRE
Minister for Small and Medium
Enterprises, Business, Crafts and Tourism

EDITORIAL

France has entered an unprecedented phase of hosting major international sporting events. From the Alpine Skiing World Championships in Courchevel Méribel, which took place in early 2023, to the Rugby World Cup and Paris 2024 Olympic and Paralympic Games, French destinations are, and will be, the scene of major sporting performances and a multitude of festive events that bring the world together.

Naturally, due to the positive impact they generate or will generate, these events offer a tremendous opportunity for the country. They are a symbol of unity, openness to the world, a powerful factor for change and innovation in multiple areas: acting for sustainability, supporting training and employment, respecting and protecting the environment, promoting inclusion. In terms of tourism, they are an opportunity to strengthen the attractiveness and hosting quality of France as a destination, to promote the know-how of its professionals in planning events and optimise the economic benefits by inviting international visitors to extend the length of their stay. In collaboration with the organising committees of these major events and the host regions, Atout France will work to build a lasting legacy.

The Agency's teams will step up the promotion of French excellence and the tourism assets of the French regions for international audiences. These major events are a real invitation to travel, to come and (re)discover France, its cultural and natural heritage, to share its lifestyle, its food culture and forge links with the French people.

In 2024, with an estimated 3 billion viewers and 206 Olympic delegations swinging into action, the Paris 2024 Olympic and Paralympic Games will be a wonderful opportunity to reveal an exceptional France never seen before! A France that puts itself centre stage and offers the best of its heritage and know-how to bring out the best of the Games and display its pride in welcoming the world, 100 years after the last Summer Olympic Games organised in France. This event will allow France to really push the limits on issues of accessibility, inclusiveness and sustainability, with the ambition that these Games will show the way. Atout France will also offer French tourism stakeholders specific tools to improve the visitor experience.

We look forward to building a lasting legacy, welcoming the world and sharing France during this unique event !



Caroline LEBOUCHER
Director General, Atout France
The France Tourism Development Agency



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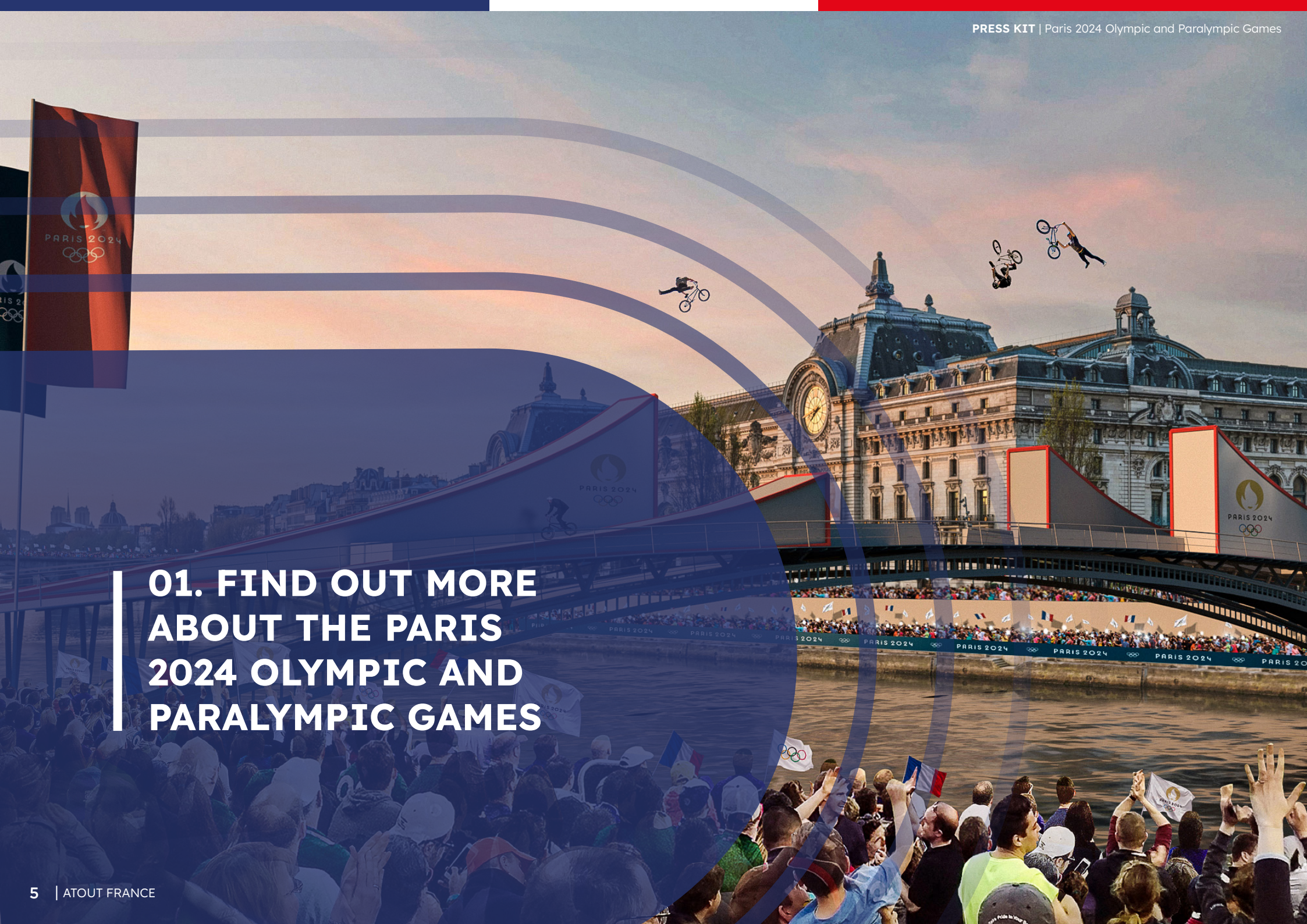
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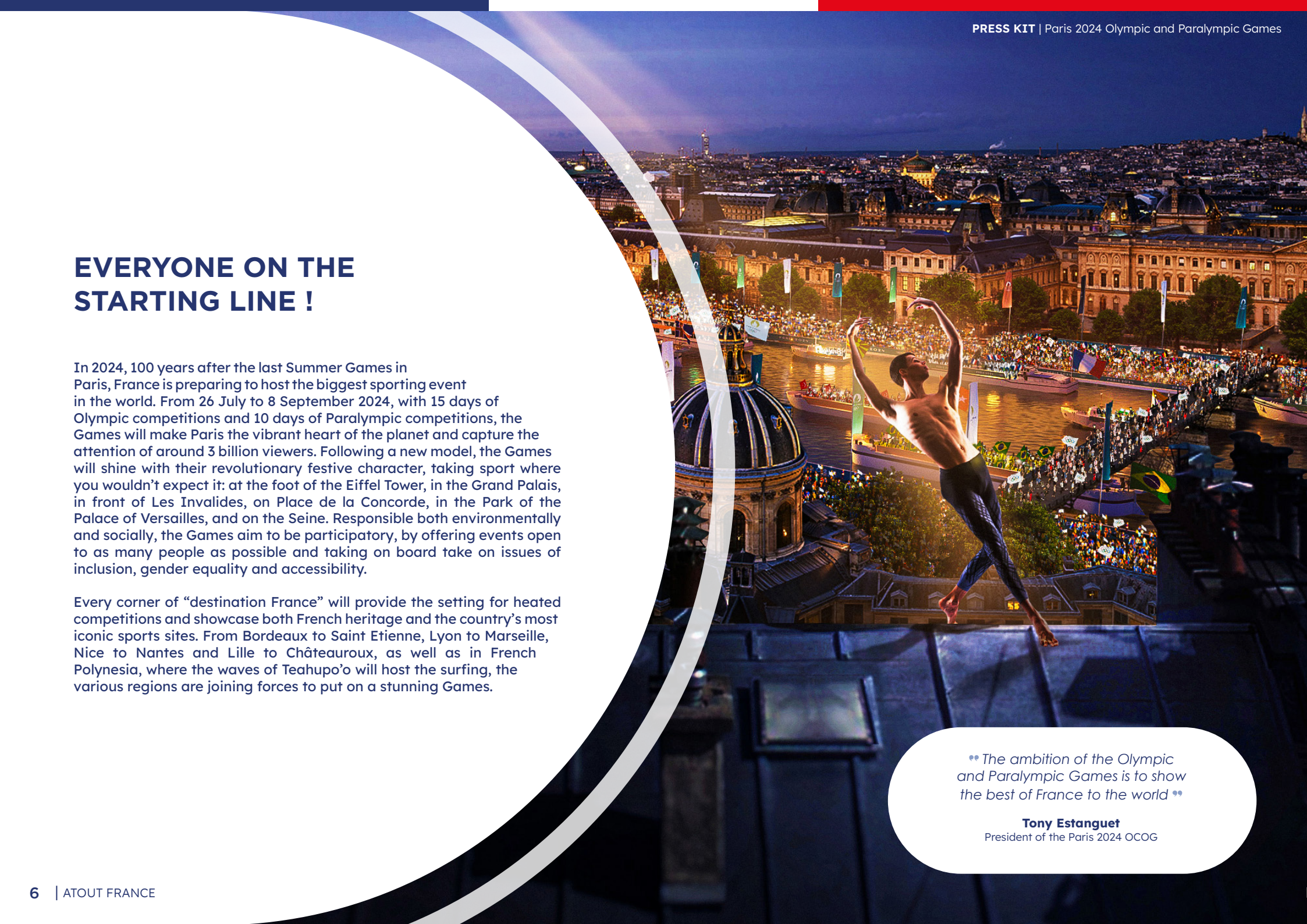


01. FIND OUT MORE ABOUT THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES

EVERYONE ON THE STARTING LINE !

In 2024, 100 years after the last Summer Games in Paris, France is preparing to host the biggest sporting event in the world. From 26 July to 8 September 2024, with 15 days of Olympic competitions and 10 days of Paralympic competitions, the Games will make Paris the vibrant heart of the planet and capture the attention of around 3 billion viewers. Following a new model, the Games will shine with their revolutionary festive character, taking sport where you wouldn't expect it: at the foot of the Eiffel Tower, in the Grand Palais, in front of Les Invalides, on Place de la Concorde, in the Park of the Palace of Versailles, and on the Seine. Responsible both environmentally and socially, the Games aim to be participatory, by offering events open to as many people as possible and taking on board take on issues of inclusion, gender equality and accessibility.

Every corner of "destination France" will provide the setting for heated competitions and showcase both French heritage and the country's most iconic sports sites. From Bordeaux to Saint Etienne, Lyon to Marseille, Nice to Nantes and Lille to Châteauroux, as well as in French Polynesia, where the waves of Teahupo'o will host the surfing, the various regions are joining forces to put on a stunning Games.



"The ambition of the Olympic and Paralympic Games is to show the best of France to the world"

Tony Estanguet
President of the Paris 2024 OCOG

13 million tickets
(several hundred thousand spectators will attend the opening ceremony of the Olympic Games along the Seine)

15 days of Olympic competitions

10 days of Paralympic competitions

16 mainland cities - including Paris

1 overseas Region (Tahiti)

OLYMPIC GAMES

- **32** sports
- **48** disciplines
- **39** competition sites
- **10 500** athletes

26 July 2024 - 11 August 2024

PARALYMPIC GAMES

- **22** sports
- **23** disciplines
- **17** competition sites
- **4400** athletes

28 August 2024 - 8 September 2024

INVOLVING THE REGIONS

More than **4000** communities labelled Terre de Jeux (Land of the Games) 2024, including more than **3000** local authorities

Over **1000** regions involved (as part of the preparation centres)

MEDIA PRESENCE

20 000 accredited journalists
6000 to **7000** non-accredited journalists

45 000 volunteers

About **3** billion viewers

THE FIRST 100% equal Olympic Games

COURAGE AT THE HEART OF THE GAMES

With its exceptional cultural and architectural heritage, Paris will provide the setting for an extraordinary spectacle that will reveal to the world all the beauty that France and its history have to offer.
It will more than ever provide an opportunity to stay in the capital and attend sports competitions, discovering Paris in all the excitement of this unique event.

OPENING CEREMONY BEYOND STADIUMS

Never in the history of the Olympic Games has an opening ceremony been so aptly named. Open to the world, open to the Seine, open to everyone. On 26 July 2024, the largest Olympic ceremony will take place over 6 kilometres of the Seine, allowing several hundred thousand spectators to take part, with largely free access.

The opening ceremony for the Paralympic Games will take place on 28 August 2024 from the bottom of the Champs-Élysées to Place de la Concorde. 184 delegations and 65 000 spectators are expected.

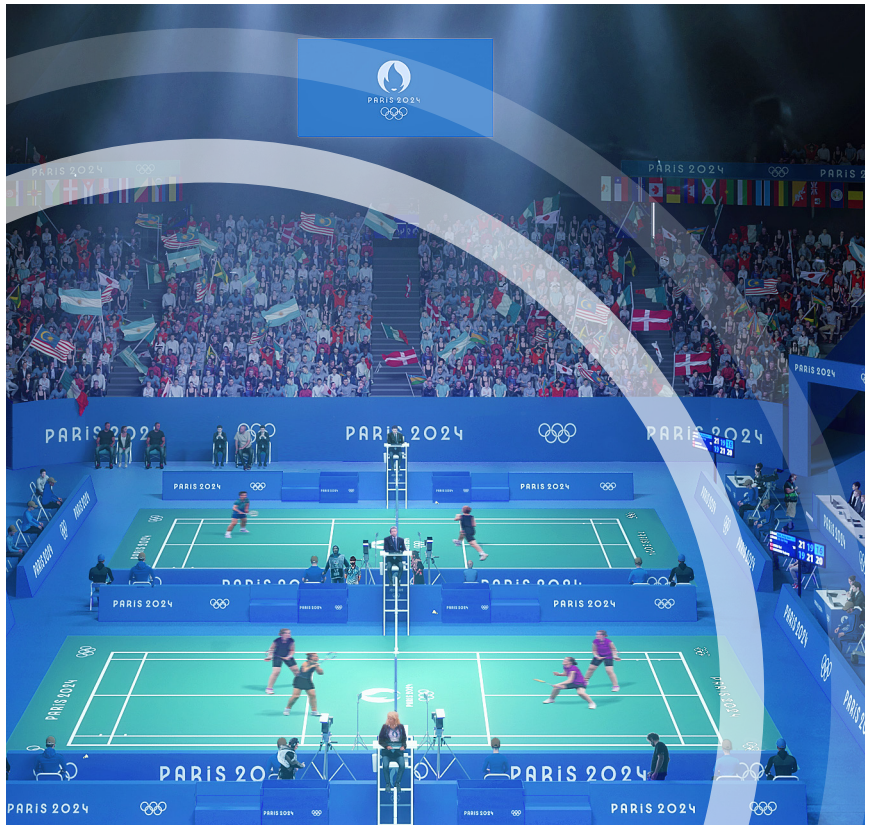
These two major celebrations outside the stadiums, both lavish and designed for the people, will put the city of Paris and its iconic monuments in the spotlight in a festive, progressive, unifying way.

WHEN SPORT AND HERITAGE COMPETE

It's because of this desire to bring sport where you wouldn't expect it that the various sporting events will have as their backdrop the greatest cultural and sporting sites in Paris and France, such as the Palace of Versailles, Eiffel Tower, Place de la Concorde, as well as the National Velodrome of Saint-Quentin-en-Yvelines, the waves of Teahupo'o, the hill at Elancourt, or the marina in Marseille.

The performance of the athletes will be further enhanced by their environment, offering unique images, unexpectedly combining sport and French heritage.





SUSTAINABLE GAMES…

The key ambition of Paris 2024 is to halve the emissions linked to organising the Games, and offset more emissions than the Games produce.

Infrastructure to support heritage and sustainability :

95%

existing infrastructure (Stade de France, Arena de Bercy, Roland Garros, etc.) or temporary (Paris assets) used to limit emissions

100%

of temporary materials are reused or recycled: the concrete has been redesigned to be composed with other ingredients to be recycled and sustainable

80%

of public investments are in Seine-Saint-Denis

100%

of the Games' facilities will be handed over to residents after 2024

20

local public sports facilities renovated in Île-de-France

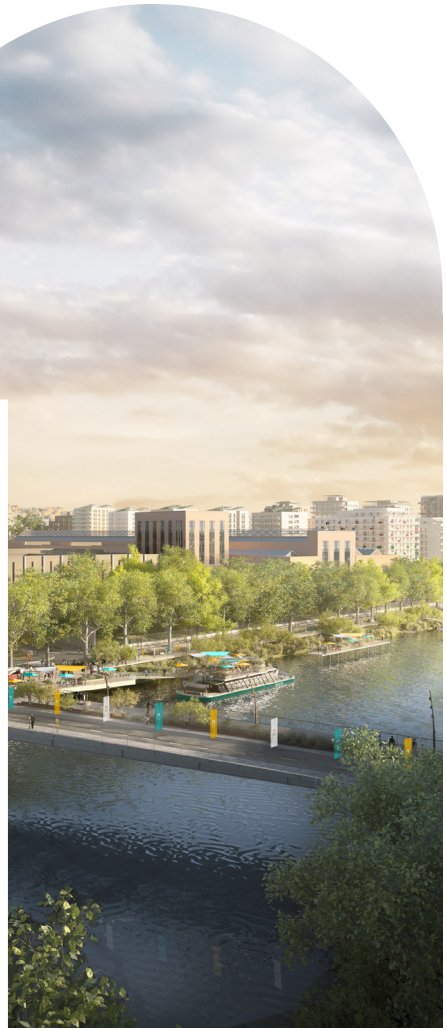
Eco-districts of the Olympic and Paralympic Village and Media Village :

2 220

housing units created in transforming the athletes' village after the Games

1 300

housing units created in transforming the media village after the Games



… TO THE PLATE

While the Games for the world are a true celebration giving a flavour of the effort put in by the athletes, and a taste of the spectacle for the spectators, they will also be an ode to the taste of France and its regions. Thirteen million meals will be served, in which all regions will be represented thanks to products selected via short delivery circuits, offering a culinary experience that varies according to the Olympic sites.

By making six major commitments and sixty sub-commitments, the Paris 2024 Games have chosen to meet the challenges of quality, but also of environmental impact. As such, plant-based food will occupy an important place, with 60% vegetarian offerings for spectators, i.e. double the previous Games.



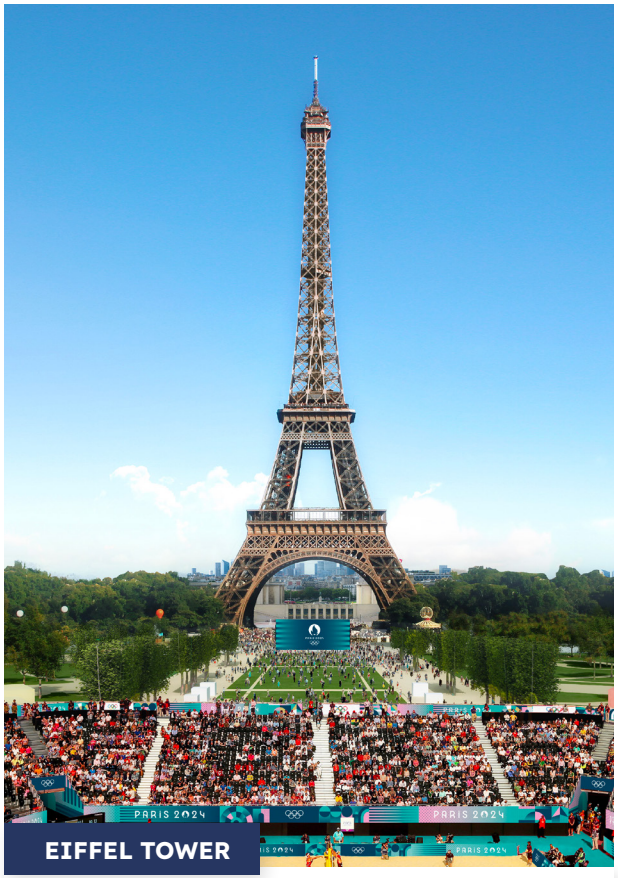
The food will be 100% certified, with 80% of products of French origin, 25% less than 250 km from the various sites and 30% organic products.

The Games are also committed to halving the use of single-use plastics and recovering all uneaten food, whether through composting or methanation.

GAMES THAT TAKE A FRESH LOOK AT FRANCE

French heritage, whether cultural, natural or, of course, sporting, will take centre stage during the Paris 2024 Olympic Games. This heritage, placed fully in the spotlight, will provide for a unique Games event.

CULTURAL HERITAGE



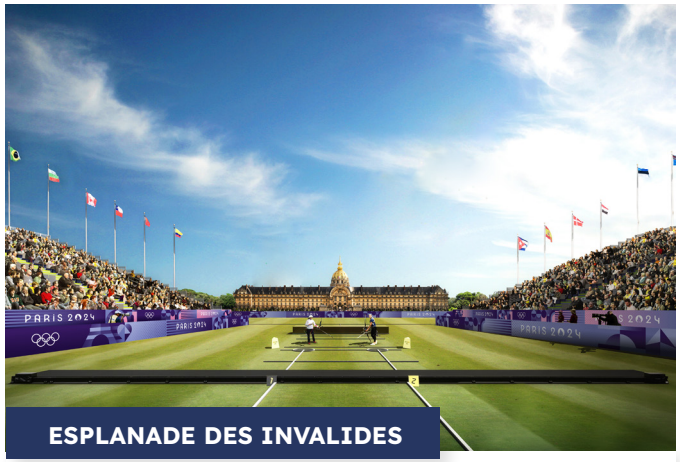
EIFFEL TOWER

The most iconic site and symbol of Paris where the beach volleyball and Paralympic football events will take place.



GRAND PALAIS

Historic building constructed for the Universal Exhibition of 1900, it will host the taekwondo, para-taekwondo, fencing and wheelchair fencing events.



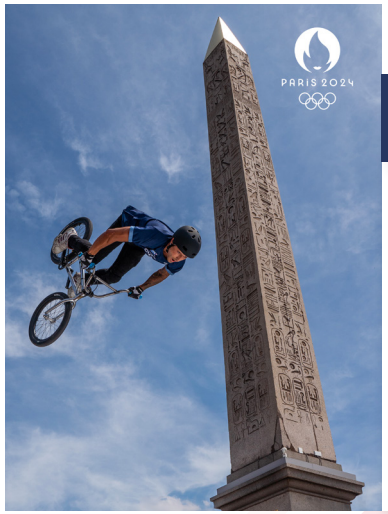
ESPLANADE DES INVALIDES

Former military hospital built by Louis XIV, it now exhibits monuments linked to French military history and houses Napoleon's tomb. The esplanade in front of Les Invalides will host the archery, para-archery, start of the marathon and road cycling events.



PALACE OF VERSAILLES

Château steeped in history, built by Louis XIV, symbol of French royalty where the horse riding, para-horse riding and modern pentathlon events will take place.



PLACE DE LA CONCORDE

Former Place de la Révolution, renamed Place de la Concorde with the aim of unifying the French people, where the urban sports events will take place: 3x3 basketball, BMX freestyle, breaking, skateboarding. This site will also host celebrations for the general public: Paralympic Games ceremony, concerts, cultural exhibitions, sports demonstrations, etc.



CHAMP-DE-MARS

Vast public garden at the foot of the Eiffel Tower which will host judo, para-judo, freestyle wrestling, Greco-Roman wrestling and wheelchair rugby events.

NATURAL HERITAGE



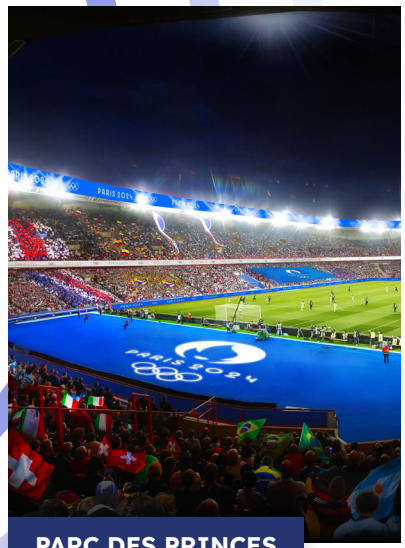
TEAHUPO'O

Considered one of the most fabulous waves in the world, and located in Tahiti, it will host the surfing events.



MARSEILLE MARINA

Within Marseille harbour, an Olympic marina will see the light of day, including the renovation of the Roucas Blanc water sports stadium. It will host the sailing events.



PARC DES PRINCES

A veritable temple of football where the famous Paris Saint-Germain club plays.



STADE DE FRANCE

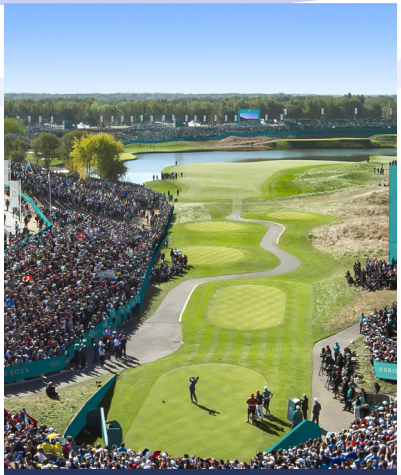
Built for the Football World Cup in 1998, the largest stadium in France will host athletics, para-athletics and 7 rugby events.

SPORTS HERITAGE



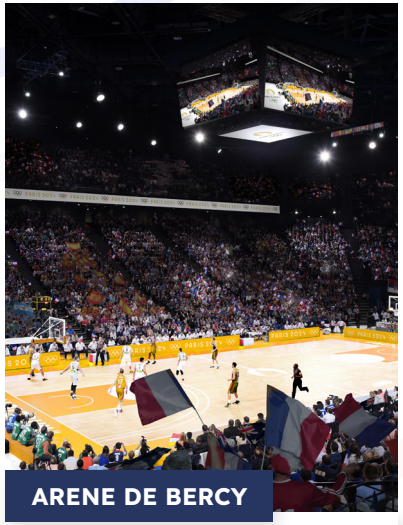
ROLAND GARROS STADIUM

The iconic stadium with its clay courts will host tennis, wheelchair tennis and boxing events.



GOLF NATIONAL DE SAINT-QUENTIN EN YVELINES

Consisting of its legendary courses, the Albatros and the Oiselet, 18 and 9 holes respectively, it will host the golf events.



ARENE DE BERCY

Recognisable by its characteristic pyramidal shape, the Arena will host the final phases of the basketball and wheelchair basketball, artistic gymnastics and trampoline events.



STADE YVES-DU-MANOIR

Olympic stadium for the Paris Games in 1924, which notably hosted the opening ceremony and athletics events. In 2024, it will host the field hockey events.

A TOUCH OF YOUTH

The Paris 2024 Olympic and Paralympic Games offer an exceptional opportunity to present France as a destination with a modern, dynamic character in step with the times on the international scene.
Spectacular new disciplines will be added to the programme for the Paris 2024 Olympic Games: surfing, climbing and skateboarding, as well as breaking, a brand-new discipline to the Games.
By highlighting sports connected with our times, Paris 2024 sets out to inspire new generations to engage in sports and embrace a healthy, active lifestyle.

SKATEBOARDING : YOUNG PEOPLE ON A ROLL!

Place de la Concorde, Paris

Skateboarding embodies the quintessential urban sport, captivating minds with its unique blend of creativity, style and freedom. At the Tokyo 2020 Olympic Games, the world witnessed a historic moment when the women's event was won by Momiji Nishiya, a Japanese skateboarder aged just 13.
Skateboarding has found its place at the Paris 2024 Games, with two events scheduled at Place de la Concorde, and promises a breathtaking spectacle, especially for younger audiences.

BREAKING : AN AMAZING NEW DISCIPLINE

Place de la Concorde, Paris

Much more than just a simple sport, breaking is a true form of expression, at the crossroads of art, dance and music. Originating in the American hip-hop culture of the 90s before becoming popular around the world, breaking takes place in the form of battles, where dancers compete to show their acrobatic creativity and mastery of movement to the rhythm of the music.
Breaking will be on show for the first time at the Paris 2024 Olympic Games, Place de la Concorde.

SPORT CLIMBING : ACTION ON THE UP

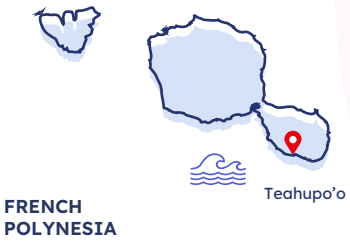
Le Bourget, Île-de-France

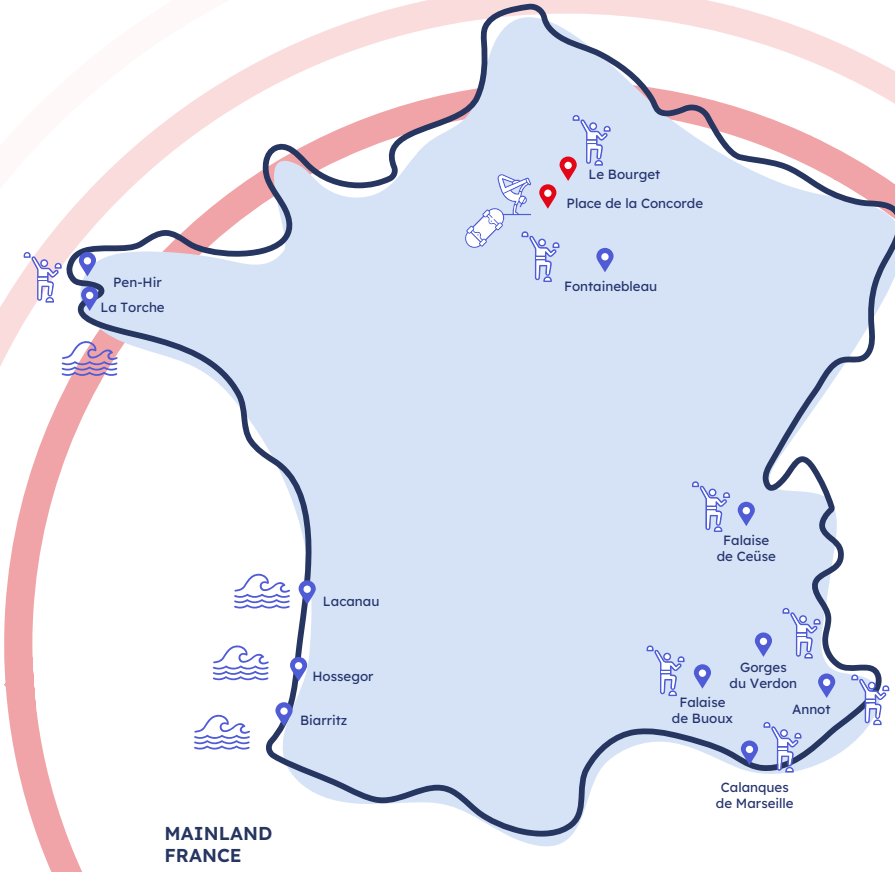
Embodying youth, modernity and diversity, sport climbing can be practised in the natural environment, in urban areas or indoors. One of the first major events of the discipline was held in 1986 in Vaulx-en-Velin, near Lyon. The sport then saw a dazzling rise in France, and for good reason, as there's no lack of natural sites: among the most spectacular places, the cliff of Buoux, the sites of Annot and the Gorges du Verdon, the Ceüse cliff, Pen-Hir, Fontainebleau and the Calanques of Marseille are worth mentioning. The sport climbing competitions will be held at the Le Bourget climbing site, in Île-de-France.

SURFING : DANCING ON THE MYTHICAL WAVE

Teahupo'o, French Polynesia

Widely popular throughout the world and especially among young people, surfing combines aerial acrobatics and graceful gliding to impress and excite the admiring crowds.
The Atlantic coast of France is full of legendary spots such as Hossegor, Biarritz, Lacanau and La Torche. However, the village of Teahupo'o in French Polynesia has been chosen to host the surfing events of the Paris 2024 Olympic Games. This iconic location is renowned for its perfect barrel waves and natural beauty.





ACCESSIBILITY IS THE NAME OF THE GAME

The Paris 2024 Olympic and Paralympic Games will be marked by a desire to increase accessibility to the city and its infrastructure, both by offering unhindered access to all Olympic sites for people with disabilities and by developing soft mobility. Many measures have been taken to make sure the Paris 2024 Games represent the arrival of inclusion and accessibility for all.

PARIS AND ITS REGION

Greener transportation and softer mobility

The bicycle will take pride of place during the Paris 2024 Olympic and Paralympic Games. Indeed, bicycle tourism is one of the new dynamic sectors of the French tourist market, in particular in the Paris Region. While Parisians today enjoy an interlocking network of cycling facilities of more than 1000 km, by 2024, 100% of competition sites in the Ile-de-France region will be accessible by bike: 60 km of “Olympistes”, 10 000 parking places for bicycles, and 3000 additional Vélib’s will be provided.

The objective: to achieve 20% of trips made by bicycle during the event.
Across France, cycle routes will also connect major cities and the various Olympic sites, such as the Scandibérique (EuroVélo 3), the longest cycle route in France, which connects Paris to Bordeaux. Among the other greenways in France, there’s Seine à Vélo, which connects Paris to the sea via Normandy, and the Véloscénie, to conquer the West and finish in style at the foot of Mont Saint-Michel, one of the most beautiful sites in France.

Developing priority routes for disabled transport

The Paris 2024 Games are a tremendous driver for accelerating accessibility to the Paris. So Paris has supported the creation by Paris & Co of the HUA (Handi’Up Access) incubator, dedicated to technical and social innovation to help people with disabilities and their caregivers.
People with disabilities will be welcomed under the best possible conditions, thanks to 185 km of “Olympic lanes” reserved, among others, for motability vehicles. Dedicated public transport will also be reserved for people with reduced mobility, and more specifically for wheelchair users. Ile-de-France Mobilités has also announced that a fleet of 150 shuttles that can accommodate up to 4 wheelchair users and their companions will provide mobility from the 8 Paris stations and the Rosa-Parks RER station (Paris 19).

More ecological means of tourist transport

Tourist transport is taking the same approach and going green! Aware of the importance of acting now, Paris tourism stakeholders are committed to providing visitors with more ecological options. Whether it’s for a pleasure trip or dinner on the Seine in sustainable mode, with Vedettes de Paris, Vedettes du Pont Neuf, Yachts de Paris or Green River Cruise, or on the Canal de l’Ourq with Marin d’eau douce, a tour of the city in a Tootbus running on 100% clean energy, in a Turtle bike-taxi or electric scooter, electric mobility takes centre stage. Indeed, Paris tourist operators are full of innovations to make their services more in line with current environmental issues.





LYON

With the Lyon City Card, you've got the whole of Lyon in a single Pass !

The Lyon City Card is the essential pass for visiting the city of Lyon. Available for 1, 2, 3 or 4 days, the Lyon City Card is a real cultural passport to discover the capital of Gaul: it gives access to 24 museums in the metropolis and their temporary and permanent exhibitions, cruises for an exceptional trip along the Saône, guided tours to discover the treasures of Lyon's heritage, and also gives unlimited access to the city's entire public transport network, so you can get around freely !

The most beautiful destinations in the region accessible in less than 2 hours from Lyon

From Lyon, all the key destinations in the Auvergne-Rhône-Alpes region are accessible to everyone in less than 2 hours, thanks to a wide range of direct TER railway lines and a free 7-days-a-week assistance service at the station for people with a disability, while providing support during each connection.

BORDEAUX

Soft mobility in Bordeaux, in slow tourism mode

Ranked 12th worldwide and 2nd in France for urban cycling, Bordeaux is also one of the top 10 bike-friendly cities, thanks to facilities for soft, sustainable mobility while ensuring the safety of cyclists. Many options offer great ways to experience the city. In case of bad weather, electric trams and buses are also available. The banks of the river have been landscaped and laid out with green spaces to offer wonderful tours, for both pedestrians and cyclists.

Bordeaux, Destination for All

As the first French city to be labelled "Destination for All", a qualification which comes on top of the "Tourism and Handicap" brand, Bordeaux is increasing its initiatives to promote a quality tourist offer to welcome all audiences, such as, for example, the loan of a visit guide in large print, in FALC & Braille, and a discovery rally adapted to the heart of the area classified as World Heritage by Unesco. In terms of soft mobility, trams and buses are equipped for easy access by people with reduced mobility and the visually impaired.







MARSEILLE

Essential Marseille in one pass

The city of Marseille offers a city-pass that lets you visit the city at your own pace for 24, 48 or 72 hours, including unlimited public transport, admission to many activities and discounts, offers and tastings in shops.

NICE

Mobil'Azur, transport for all

Mobil'Azur is an on-demand public transport service, intended for those with reduced mobility or blind people who can't use conventional public transport, alone or accompanied. The service is also open to people staying temporarily in the Nice Côte d'Azur metropolitan area. This service is valid 7 days a week to allow everyone to cheer on their favourite athletes during competitions.
Please note that certain administrative functions need to be completed to use the service – inquire via the address mobilazur@lignesdazur.fr





LILLE

A relaxed way of life, including when travelling

One of the major assets of Lille Métropole is its public transport network, with several metro, tram and bus lines covering the entire region. The Pierre Mauroy Stadium, where some of the handball and basketball events will take place, is amply served by each of these modes of transport, and service frequency will be increased during the Games.
Thanks to developed cycle paths provided, self-service bicycles and more than 1000 sheltered, secure spaces located on the stadium forecourt, cyclists can also get there with ease.

A metropolis on a human scale that's accessible to all

To help everyone get about more easily, 100% of buses and metro stations are accessible to wheelchairs and travellers with pushchairs. For people who are deaf or hard of hearing, the Acceo solution lets you communicate using Instant Speech Transcription, video-interpretation in French Sign Language, or in Supplemented French Spoken Language Video-coding.

NANTES

Transporting everyone to the stadium

The Beaujoire Stadium, an Olympic site 2024, is served by the metropolitan public transport network. During the competition period, the public transport offer will be adapted to facilitate access to the stadium, while the bicycle parking capacity will be increased. The lines that serve the stadium are accessible to everyone, thanks to low-floor vehicles, sliding doors, access ramps and audio and visual messages.

Free public transport on weekends in Nantes

Every weekend, all public transport in the city is free to allow everyone to get around easily.







CHÂTEAUROUX

Cycling warm-up before getting started

A network of cycle paths connecting the town centre of Châteauroux to the Center National de Tir Sportif (CNTS – National Sports Shooting Centre) in less than 15 minutes means visitors can cheer on the Olympians. A great way to combine sporting activity and the joy of the Games.

An autonomous shuttle to enjoy the Games

For the 2024 Games, Châteauroux is getting an autonomous shuttle with disabled access, so you can travel the 6 km that separate the centre of Châteauroux from the Centre National de Tir Sportif (CNTS).

HERITAGE WITH A CONTEMPORARY TWIST

Far beyond the world famous sporting event they represent, the Paris 2024 Olympic and Paralympic Games also carry an ambitious vision: to allow significant concrete benefits for all Ile-de-France and French people as a whole. The projects planned as part of these Games, whether they relate to mobility, urban development or the environment, will have a lasting impact: indeed, they will be repurposed and left as a legacy after the event closes, benefiting both locals and international visitors.



ÎLE-DE-FRANCE

Grand Paris Express : Towards better accessibility to tourist sites

Run by the Société du Grand Paris, Grand Paris Express is the largest infrastructure project in Europe. By 2030, it will see the creation of more than 200 km of automatic metro lines as well as 68 new stations. As part of the Paris 2024 Games, metro line 14 will be the first line in the network to be put into service, allowing visitors from all over the world to reach the main competition sites from Paris Orly airport.
Beyond the Games, the Grand Paris Express will allow lots of new, direct connections in Île-de-France without passing through the centre of the capital.





SAINT-DENIS

The Olympic Aquatic Centre : an environmental exemplar

The Saint-Denis Olympic Aquatic Centre, which will host the water polo, diving and artistic swimming events, is designed primarily using biosourced materials, fitted out internally with recycled, reused products and equipped with a roof covered with solar panels. French know-how in terms of sustainable innovation and technical and energy performance is being promoted in this way.
After the Games, the Olympic Aquatic Centre will host training sessions for local sports clubs and associations, as well as the French diving centre of the French Swimming Federation.

PARIS

Entering the “Seine” for some open-water swimming

The triathlon, para-triathlon and open water swimming events will take place in the Seine, between the Eiffel Tower and Les Invalides. A key step in the long process of making bathing possible once again in the waterways of Île-de-France.
A major legacy of the 2024 Games open-water swimming will allow residents to reclaim their waterways, give them a taste for learning to swim and make cities more resilient to summers that will be increasingly hot. The State and stakeholders in the Ile-de-France are thus working together to improve water quality with a view to opening, after the Games, 23 bathing sites in 16 municipalities of the Greater Paris Metropolis, including 5 in the capital.



Revitalising La Chapelle district with the Adidas Arena

During February 2024, at Porte de la Chapelle, the Adidas Arena will open its doors to the general public. It’s one of the important construction projects carried out as part of the Paris Games which will help transform the region and leave its legacy for the inhabitants. This space will host 4 Olympic events: badminton and rhythmic gymnastics for the Olympic Games, then para-badminton and para-weightlifting during the Paralympic Games.
The Adidas Arena will then be redeveloped into a hall for concerts, sporting and cultural events and exhibitions, and will offer other living and activity spaces for local residents.

ADDED EXTRA : the esplanade in front of the Adidas Arena will be named Alice Milliat, in honour of this sportswoman who initiated the organisation of the first Women’s Olympic Games in 1924 in Paris.





SAINT-DENIS

Redeveloping a neighbourhood for a whole new space for living and tourism

The Saint-Denis Pleyel district will host the Athletes' Village and the 15 000 athletes of the 2024 Games. The geographical location of this Olympic site is not insignificant, since it's close to the major competition venues in Greater Paris.
Major construction and renovation work is underway before the keys to the Village are handed over to the Paris 2024 Organising Committee, scheduled for March 2024. From October 2024, more than 2220 accommodation units will be built, and many businesses will also set up there, in particular the Ministry of the Interior.

LE BOURGET

Deployment of new living and sports districts

The Media Village is currently taking shape in the Aire des Vents district, in the towns of Dugny, Le Bourget and La Courneuve. More than 3000 journalists and technicians will stay there during the Games. An essential location since the international television and radio shows will be located at the Parc des Expositions in Le Bourget. These dwellings will then be taken over by new residents, while others will be built to create a brand new district in 2025 comprising more than 6000 dwellings. Many spaces and places to live will also be opened.

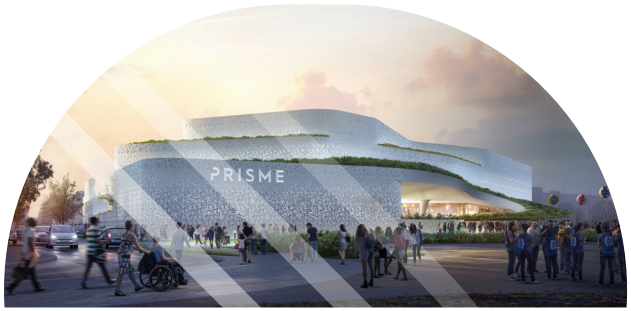




COLOMBES

Going back in history at the Stade Yves-du-Manoir

The Yves-du-Manoir departmental stadium will help hold the second Olympic Games in its history, 100 years after Paris 1924. For the dynamics of the Games, the Department of Hauts-de-Seine has undertaken a project to modernise and develop this facility, intended to continue to host all sports activities after the Games.





BOBIGNY

PRISME : The largest disabled sports hub in Europe

The Pôle de Référence Inclusif Sportif Métropolitain (PRISME – Metropolitan Inclusive Sports Reference Centre) is coming to Bobigny, at the La Motte Departmental Stadium. This new hub, dedicated to disabled sports and unique in Europe, will open its doors to everyone in October 2024. It will be used by Paris 2024 during the Games period to host training sessions for the Paralympic Games.



02.
DISCOVER FRANCE DURING THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES



DISCOVER FRANCE DURING THE PARIS 2024 OLYMPIC AND PARALYMPIC GAMES

The Paris 2024 Olympic and Paralympic Games are like an invitation to visitors from all over the world to discover France in all its splendour: lifestyle, ancestral know-how, historical heritage, vibrant culture, outdoor activities and exciting nightlife… There's something for all tastes and all audiences.

Discover in the following pages a selection of iconic experiences or those further off the beaten track where innovation, sustainability, slow tourism and the rise of soft mobility take pride of place.
It's an authentic, friendly France full of surprises that you'll discover in the summer of 2024 and which invites visitors from all over the world to extend their experience.

EXPERIENCE THE GAMES

GET YOUR TICKET FOR THE GAMES

Flawless hospitality

So that visitors can enjoy a unique experience during the Games, Paris 2024 has joined forces with On Location, official and exclusive supplier of hospitality, and its network of official sub-distributors to provide offers to companies and, for the first time, individuals. Three offers are available for sale: On-site hospitality, to experience the events to the full, thanks to a top-of-the-range shared or private reception area within the competition sites themselves; Hospitality in the city, which includes a sports ticket and access to Clubhouse 24; Travel packages, which meet all needs, depending on the length of stay and areas of interest.

A single ticket office

Paris 2024 has created a 100% digital platform to purchase tickets for all Olympic and Paralympic sports. With 10 million tickets sold from 24 euros for the Olympic Games, and around 3 million tickets on sale from 15 euros from 9 October 2023 for the Paralympic Games, and an official resale platform which will open in 2024, the Games seek to make themselves open to as many people as possible.

JOIN THE PARTY

The centre of Paris will serve as the stage for the opening ceremonies of the Olympic and Paralympic Games. A first ceremony for the Olympic Games will be held on 26 July 2024 on the Seine, lined with spectators. Each spectator must have a paid ticket to access the lower platforms. The upper platforms will be accessible free of charge subject to prior registration on a special website. The opening ceremony for the Paralympic Games will take place on Wednesday 28 August from the bottom of the Champs-Elysées to Place de la Concorde. Tickets will go on sale from 9 October 2024 and 30 000 places will be available for free (prior registration).

The city will come alive to the rhythm of the Games, with screenings of the competitions and free events taking place in the celebration sites, in particular those of the Jardins du Trocadéro and Parc de la Villette. A programme of festivities related to the Games will also be offered district by district, accessible and free for all, with no barriers.



OFFICIAL PARIS 2024 SITES

- Competition site
- Celebration site
- Training site
- Other site

CITY OF PARIS SITES

- Proximity focus - Experience the Games in Paris 2024 site
- Town Hall totemic places focus
- Banks and canals focus

OTHER ACTIVITIES

- Foreign NOC Centre

FINDING INNOVATIVE TOURIST OFFERS & TOURS

PARIS AND ITS REGION

#ExploreParis, the platform that's revolutionising tourism in Paris

Since 2018, #ExploreParis has offered a multitude of unusual tours throughout the Greater Paris region. The associated booking site Exploreparis.com has quickly become the essential reference for alternative tourism in Paris and offers off-the-beaten-track tours, discovering unusual places alongside passionate guides.



The spire of the Saint-Denis basilica : state-of-the-art technologies and an innovative tour route to support an exceptional project

The "Follow the spire" project will showcase the know-how of cathedral builders through reconstructing the spire of the Basilica of Saint-Denis so that visitors can immerse themselves in the heart of this exceptional project. From spring 2024, the digital resources developed by the partner "Art graphique & patrimoine" will allow the operational management and promotion of this exceptional project. To provide an immersive experience to everyone on the history of the spire, the route will offer digital animated films, a 360° sound and light show and interactive experiences.





NORTHERN FRANCE

Urban tourism reinvented in Lille

In addition to its rich cultural offer, the Lille European Metropolis can rely on a range of innovative and exclusive tourist services. Discover the street art trails, which gradually emerged as superb frescoes and temporary works appeared on its walls. To admire this new art, nothing beats going to Roubaix and following the special routes. Other unusual tours such as a ride aboard a legendary Citroën 2 CV or boat with no licence required are available to discover the heart of Lille and the canals that border it in a different way.

Booming beer tourism in Hauts-de-France

A land of beer – the Hauts-de-France is certainly that! However, with the shadow of Belgium on its border, this heritage remains little-known. Here, Échappée Bière has been a guiding light for 10 years. The premier brewing tourism agency, they shine the spotlight on brewers, beers and know-how which offer so many treasures to discover.
In addition, Lille is the first destination in France to have launched a process of labelling brewing establishments ("Heritage Beer" label) and tastings open to the public.







ATLANTIC LOIRE VALLEY



Getaway in an innovative vintage hotel-bus

Ready to climb aboard a mobile hotel to discover the wines of Anjou or the wild Vendée ? Fans of vintage and innovation will be delighted to test the original LigneZero offer and board an old post-war bus converted into a comfortable mobile hotel, powered by solar panels.
An opportunity to enjoy a unique stay in the heart of the vineyards, interspersed by cellar visits and tastings, as well as trips along the Loire...

Boating : foiling for everyone in Les Sables d'Olonne

In Vendée, at Les Sables d'Olonne, water sports enthusiasts can try their hand at foiling. Ohana Surf School has developed a process to make foiling accessible to everyone, in complete safety. The first attempts are done in a boat equipped with a bar, a bulky board and a cork-coated foil. The rest takes place with the tow handle to start to become independent in use.



LOIRE VALLEY



Pedal emission-free in the Indre Valley : challenge met and taken on board !

A fleet of more than 15 hydrogen bikes is available in the Indre Valley, to get around without emitting greenhouse gases, just a few drops of water and a little heat. From Bréhémont or Azay-le-Rideau, test this electric bike in the heart of a rural valley !



Artistic event at the Digital Art Centre of Château de Beaugency

Château de Beaugency hosts a permanent exhibition of digital creations on the theme "Art, Science and Heritage", covering more than 1000 m² of its Digital Art Centre, all in a place steeped in history. You'll be surprised by this innovative solution which brings the château tour offer fully up to date.





AUVERGNE-RHÔNE-ALPES

Vulcania, the largest planetarium in France

The largest planetarium in France opens its doors in 2023 in Vulcania Park, to the delight of star enthusiasts! With its immersive dome 22 metres in diameter, it will send its 314 spectators into space with films and scientific animations, in particular to learn how to decipher a starry sky. The ideal place to discover the constellations, faithfully reproduce the position and movement of the planets, as well as simulate journeys through the solar system and beyond !



Saint-Étienne, Unesco Design Creative city

Design is like second nature here, a sign of recognition. The "Design City" is also the only Unesco Design creative city in France. Here, you can discover the Cité du design, the Museum of Modern and Contemporary Art or the Museum of Art and Industry which promote the great architectural signatures of the city from Rudy Ricciotti to Norman Foster via Le Corbusier. A stone's throw from Saint-Etienne, the Firminy-Vert site, the second greatest achievement in the world by Le Corbusier, delights connoisseurs and the curious alike. In 2024, the National Gallery of Design will open its doors and present national design works covering nearly 1000m².







NOUVELLE-AQUITAINE

Low-carbon travel, in an unusual and committed way

Want to travel more sustainably in New Aquitaine? Check out two innovative projects to support more sustainable tourism that have come to light: the creation of a greenhouse gas (GHG) emissions calculator for Nouvelle-Aquitaine tourism, and the unprecedented launch of a range of "low-carbon" stays, for an unusual and responsible way to (re)discover the region. These "slow" experiences, full of meaning and a great way to experience new things, promote soft mobility and choose local service providers committed to sustainable tourism.

The Cité du Vin in Bordeaux, innovation to enjoy without moderation



The Cité du Vin, one of a kind, offers a spectacular journey through ages and cultures and invites you to travel through the world of vines and wine from Antiquity to the present day. Its 3000 m² offer interactive, immersive, multisensory experiences, accessible to as many people as possible. For an unusual visit, head for the new immersive "Bordeaux 360°" workshop, which will delight wine lovers with a unique one-hour trip to discover the vineyards of Bordeaux.



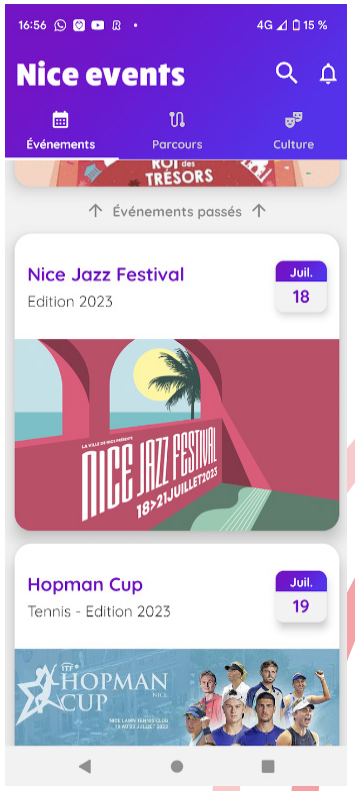
PROVENCE-ALPES-CÔTE D'AZUR

The roadBOOK, an innovative tool for tailor-made stays in Marseille

The RoadBOOK has become an essential tool for the Marseille Tourist Office. It generates personalised travel diaries according to the requirements and profile of each user, and can respond to any type of request by adapting to people's centres of interest and preferences. Very responsive, it can be shared by email in the form of a mini-website, available on smartphone, which updates in real time.

The Nice Events app, putting Nice in your pocket

The Nice Events app, available on IOS and Android, aims to improve the experience of visitors staying in the city who attend an international cultural or sporting event organised in Nice, such as the 2024 Olympic Games. It offers lots of cultural and sports activities before, during and after the event, as well as real-time notifications related to these events. Nice Events also helps you discover the city via guided tours, while promoting sustainable modes of transport.





TAHITI

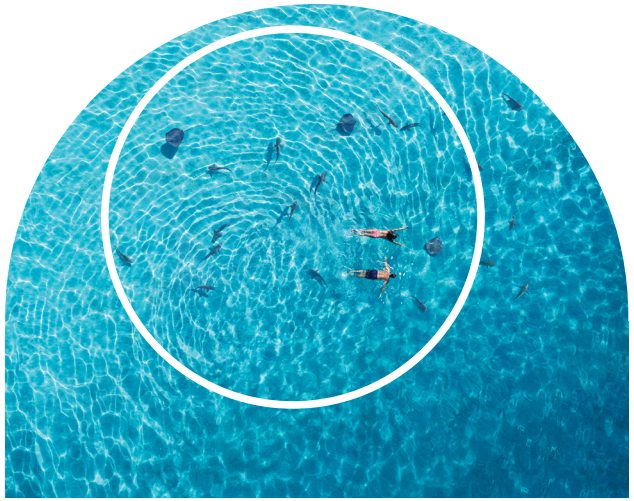
Water trails to discover the richness of the sea



Marvel at the seabed of Polynesia, which is full of incredible richness and diversity. In 2012, twenty new species of fish were discovered, demonstrating the intense and constantly changing life both in the open sea and the lagoons. These remarkable ecosystems are still preserved from major climatic upheavals thanks to an awareness of their exceptional value. To preserve this achievement for future generations, water trails (Plage Vaiava and Pointe Vénus), marked out by lifebuoys, have been laid out for nearly five years in the lagoons of Tahiti and its islands.

Virtual immersion, a new type of tourism

Virtual tourism means everyone can visit remarkable historical sites while immersing themselves in the history of Polynesia. In Bora Bora, digital apps coupled with physical information panels let you discover the reconstructed artillery battery of Fitiu'u, a site dating from the American occupation during the Second World War. Another virtual tour is possible at Marae Ta'ata in Paea, Tahiti. These new technologies help visitors explore and understand Polynesian history and culture in an immersive way, even from a distance.polynésiennes de manière immersive, et ce même à distance.







DIVE INTO THE HEART OF HERITAGE



PARIS AND ITS REGION

Street art : Paris, an open-air art gallery

Street art, a living means of expression, often spectacular and constantly renewed, extends through the districts of Greater Paris. Admire the vast frescoes designed by great artists who transform bland facades and old industrial wastelands, changing our view of these spaces (in the 13th arrondissement, in Vitry-sur-Seine, on the Canal de l'Ourcq, along Street Art Avenue – Aubervilliers, Saint-Denis, La Défense etc.).
Today, the heart of Greater Paris beats to the rhythm of this art, which appeared in France in the early 80s. Even the 5-star Molitor hotel pays homage to its underground past by involving artists in the cabins of its winter swimming pool.







Contemporary art all across the Île-de-France

Contemporary art finds its expression in museums (such as the Palais de Tokyo), art galleries (Galleria Continua – Les Moulins), as well as in the street (The Tour aux Figures by Jean Dubuffet in Issy-les-Moulineaux) and at major artistic events. In Paris and its region, all artistic disciplines shine, from painting to sculpture, including photography, music and the performing arts.
Artists and architects compete in their creativity to bring the capital and its region alive in constant artistic evolution.



The advent of urban cultures

Urban cultures will be in the spotlight during the Paris 2024 Olympic and Paralympic Games. Three "third places" are there to be explored : La Place, a laboratory dedicated to urban cultures located under the Canopée des Halles; La Briqueterie, a cultural venue entirely dedicated to contemporary dance, giving pride of place to break dancing, set up in a former brickworks; and SPOT24, a new «spot» at the foot of the Eiffel Tower created by Paris je t'aime - Tourist Office.

The classics of French heritage

While innovation is at the heart of the Paris 2024 Games, France's historical heritage remains a must. Step back into the past with a visit to the heart of the history of Greater Paris.





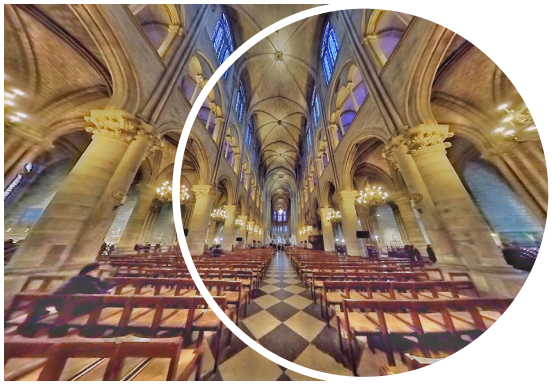


150 years of Impressionism

2024 will mark 150 years of Impressionism, the most famous artistic movement in the world, and will be celebrated with exceptional exhibitions in Paris, events in Île-de-France and the Normandy Impressionist festival. More than ever, these two regions, both cradles of Impressionism, will provide an essential destination for lovers of lifestyle and culture.

In the footsteps of Notre-Dame

Notre-Dame de Paris Cathedral, a jewel of Gothic architecture and place of spirituality in the heart of the capital, is honoured through various tributes and exhibitions while awaiting its restoration and reopening following the fire of 15 April 2019; in various places in the capital (the Louvre, La Défense, Cité de l'architecture et du patrimoine in particular), come and appreciate and (re)discover Notre-Dame de Paris during its restoration. You can even fly over the cathedral thanks to the FlyView Paris experience.





DID YOU KNOW ?

100 years on – a nod to the 1924 Games

The Yves-du-Manoir departmental stadium in Colombes (92) is the only site in France to host the Olympic Games for a second time, for its field hockey competitions. It was designed by the architect Louis Faure-Dujarric and was the major venue for the VIII Olympiad in 1924, notably hosting the opening ceremony and athletics events.

The origin of the Olympic motto

The Olympic motto Citius, altius, fortius (faster, higher, stronger) was born in Arcueil in 1891. It was pronounced by Dominican father Henri Didon, director of the Albert Legrand college at the closing of the first inter-school athletics championships, in the presence of his friend Pierre de Coubertin. Impressed by these words, the latter then went on to make them the Olympic motto.

NORTHERN FRANCE





The Louvre...
amid the mining villages!

Did you know that there are just 3 Louvres in the world? A true masterpiece in glass and metal installed on a pithead amid the black pyramids of the mining basin, listed by Unesco, the Louvre Lens places the mining town between Paris and Abu Dhabi. Its mission: to offer access to culture to as many people as possible, in particular through the Galerie du Temps, which offers free access to more than 200 masterpieces from the collections of the Louvre Paris over 3000 m², while the museum also hosts international temporary exhibitions.



Art and red bricks in the Lille Metropolis

Lille European Metropolis has an architectural heritage that's unique in France, mixing Flemish and Art Deco influences, with former industrial sites transformed into meeting spaces for inhabitants and visitors alike. In 2024, the 20th anniversary of Lille 2004, European Capital of Culture, will be celebrated. Lille3000, a dynamic association that promotes cultural projects, will offer an outdoor artistic programme throughout the city, with monumental works, exhibitions and walking tours you can't afford to miss.

DID YOU KNOW ?

Piscine de Roubaix, a one-of-a-kind museum

Off to Roubaix, where the city's old Art Deco swimming pool has been transformed into a Museum of Art and Industry. A successful conversion for one of the most beautiful swimming pools in Europe, thanks to an immersive scenography that reminds us of the use of the building, built between 1927 and 1932, with its 56 bathrooms, medicinal winter baths, hairdressing lounges, manicure, pedicure...

ATLANTIC LOIRE VALLEY



At the heart of metal music in Clisson

With its Italian feel, Clisson offers a setting that's both very natural and very rock. And for good reason, as it's here that the Hellfest, fis held every June, a must-see festival for lovers of Extreme Music. The site, with its singular works (statues and fantastic animals) and giant decorations, can be visited outside the festival to soak up the atmosphere. In a completely different style, the charm of Clisson lets you immerse yourself in an Italian atmosphere with early 19th-century architecture.



DID YOU KNOW ?

The origin of Belem, the sailing ship that will carry the Olympic flame

The Belem, a famous 19th-century French merchant ship chosen to carry the Olympic flame from Athens to Marseille for the 2024 Paris Games, was built in Nantes, in the former factories that have become the Little Atlantique Brewery.



Le voyage à Nantes - Estival

Dynamic, creative, steeped in art and history, Nantes always arouses curiosity. Each year, the city comes alive with the Voyage à Nantes (Journey to Nantes), which takes residents and visitors on a journey of cultural, historical and contemporary discoveries. Every summer, the event returns and surprises us more and more. From the city centre to Ile de Nantes, the green line, drawn on the ground in the city, opens up an ideal cultural and tourist route for you to stroll through the city streets.

LOIRE VALLEY

Brenne Regional Nature Park : nature's records

With 3000 ponds, 267 species of birds, 100 000 European pond turtles, and thousands of insects and animals, the Brenne Regional Nature Park offers guided tours for beginners and experts alike, all by bike, on foot or on horseback.



Château de Chambord, masterpiece of the Renaissance

Built under François I, Château de Chambord is ideal for strolling during the day, and visiting the many rooms of the château, including the latest spaces dedicated to children, walking in the forest area, the French gardens or permaculture vegetable garden, rowing on the Cosson at the foot of the château or even enjoying the equestrian show.



DID YOU KNOW ?

When Napoleon came to Châteauroux ... well, nearly !

Napoleon is often mentioned when referring to Châteauroux, especially with the eponymous square or Place Sainte-Hélène. However, the emperor never set foot in the town ! It was his right arm and faithful friend, Henri-Gatien Bertrand, born in Châteauroux, who made the link between Napoleon and Châteauroux. Today, it's possible to find lots of objects of the imperial couple at the Bertrand Museum.

DID YOU KNOW ?

Discover heritage in a fun way

Tèrra Aventura, the geocaching game made in Nouvelle-Aquitaine, offers an incredible treasure hunt on 550 thematic routes for a fun and original way to discover the region's heritage. Puzzles to solve, clues to find, treasures to search for... An adventure that takes young and old alike in search of QR codes hidden in nature, and Poï'z, little people with strong characters !



NOUVELLE-AQUITAINE

Remarkable sites and UNESCO treasures

There's something for everyone in Nouvelle-Aquitaine! The World Heritage List, drawn up by UNESCO, includes 15 sites in Nouvelle-Aquitaine, some of which are world famous, such as Bordeaux or Saint-Emilion, with others to be discovered such as the Abbey Church of Saint-Savin-sur-Gartempe. Prehistory, fortifications, places of pilgrimage... Access its heritage sites by train or bus.

Port de la Lune in Bordeaux, included on the UNESCO World Heritage List

The "Port de la Lune" circuit, 3.6 km long in the heart of Bordeaux, connects the city's iconic monuments and historic districts. On the programme: 27 sites and monuments of Bordeaux, a mix of imposing residences, mansions, splendid doors and facades. The "Port de la Lune" route is labelled Tourisme & Handicap (hearing, motor and mental disabilities).





AUVERGNE-RHÔNE-ALPES

Château de Grignan, a classical Renaissance palace amid the lavender

In the heart of Drôme provençale, Château de Grignan is famous for its Renaissance architecture and spectacular location on a rocky promontory overlooking the village of the same name. Mentioned as early as the 10th century, in the 17th century, it became the residence of the Marquise de Sévigné, a famous French writer, who added to its fame. Today, you can visit Château de Grignan, which houses a museum dedicated to the Marquise and her literary work.





DID YOU KNOW ?

The Royal Monastery of Brou,
a religious monument built out of love in Bourg-en-Bresse!

The Royal Monastery of Brou is one of the architectural jewels of the town of Bourg-en-Bresse. Nestled in the heart of a lush park, this 16th-century monastery is a magnificent example of flamboyant Gothic architecture. It was built at the request of Margaret of Austria, who erected this monument in homage to her beloved husband, Philibert II, Duke of Savoy.





Chauvet cave 2 : Replica of the UNESCO site

Classified as a World Heritage Site, UNESCO's highest distinction, the 36 000-year-old Chauvet cave houses a set of exceptional works of art, unique in terms of their age, scope and multiple pictorial qualities, with nearly 1000 drawings and 425 animal figures. Marvel at its immersive sound and light show, "ANIMAL", with 360° light projections on the theme of cave painting through time.



PROVENCE-ALPES-CÔTE D'AZUR

Sports history at the National Sports Museum in Nice

The National Sports Museum, located in the Allianz Riviera Stadium, traces the history of sport in France through one of the largest collections in the world. With its very dynamic design, the permanent exhibition is divided into 4 spaces devoted to: challenging yourself, man-to-man challenge, collective challenge and challenge beyond the limits. The Museum is even taking part in the Paris 2024 Games adventure with its "Victories" exhibition !



DID YOU KNOW ?

Tattoo and Tatau

Tattooing is practised in all regions of the world at all times. The origin of the word comes from Polynesia: the tatau is a very important ancestral practice there, a rite during which the skin was marked during the important stages of life using shark's teeth and carved bones. It was also a social marker, because mainly practised by the upper classes.

The Cosquer Cave, a remarkable prehistoric site in Marseille

With several cave paintings dating from the Upper Palaeolithic, the Cosquer cave owes its name to Henri Cosquer, a scuba diver who discovered it in 1985 in the heart of the Calanques National Park. Access to this partially submerged cave is no longer permitted, but a real life-size replica of the cave appeared near the Mucem in 2022.



TAHITI



The Taputapuatea marae, a treasure listed by UNESCO

Just 240 km from Tahiti, Raiatea, nicknamed "the sacred island", has the marae of Taputapuatea, the largest in the entire Society Islands. It's known as the place where the world of the living intersects that of the ancestors, but above all, as being the witness of a millennium of Ma'ohi civilisation. Immerse yourself in this sacred site, part of UNESCO heritage since 2017.



DID YOU KNOW ?

The prison of Château d'If in Marseille

Discover the most popular of prisons, that of Edmond Dantès, hero of the novel The Count of Monte Cristo by Alexandre Dumas. The legendary cell of Château d'If is very real! So the passing through here of this hero, is it myth or reality ?



Sanctuary for marine mammals

Rays, dolphins, whales, sharks, coral... The marine fauna and flora of Tahiti and its Islands are as rich as they are varied. To protect this treasure, French Polynesia became a marine sanctuary in 2002 which covers the region's entire exclusive economic zone, i.e. approximately 4.9 million km2. A vast space where, every year, between July and November, you can admire the humpback whales that migrate to give birth.

EXPERIENCE THE FRENCH WAY OF LIFE





PARIS AND IT'S REGION

Red, white and blue craftsmanship

Greater Paris offers a multitude of experiences where you can awaken your senses in various fields: craft breweries, distilleries, chocolate factories, saffron culture, tapestry restoration workshops, plaster factories, as well as moulding, sculpture and flour production workshops, with optional visits. In 2024, this know-how will be celebrated during the 4th edition of the ParisLocal event, which will change to Olympic time and offer a special edition and routes to highlight the talents that make up the hospitality of Paris. Also discover the "Artisan du Tourisme" label, which promotes exceptional craftsmen, keen to share their know-how.



Cultural third places

The Greater Paris destination is full of unusual places open to everyone. Among them cultural third places, old abandoned sites converted into places of culture and celebration have flourished in and around the capital (Cité Fertile, Mains d'oeuvres, 6b, etc.).







Tradition all the way to the plate

The French gourmet meal has been recognised as UNESCO intangible cultural heritage since 2010. Paris and its region brings this gastronomy to life with many restaurants that offer elaborate, refined cuisine, made up of local products from short circuits, as well as chefs and food craftsmen and women who innovate to provide ever more pleasure and surprises through their creations. Taste the essentials, from the most famous to the least known, such as mimosa egg, Paris ham, the traditional Fontainebleau (renowned pastry), Brie de Meaux, Paris mushroom farms or even the delicious opera.





The capital of fashion and shopping

It's a fact: 60% of tourists say that shopping is the main reason for their stay in Paris. The department stores add to the cultural influence of the capital and are among the must-sees : historical (Saint-Ouen flea market) but also innovative, more sustainable, they're constantly reinventing themselves to offer an ever more personalised experience !

DID YOU KNOW ?



The biggest market in France

The Rungis International Market is the largest fresh produce market in the world. This virtual city within a city is the size of the Principality of Monaco! Most of the products that make up the meals for athletes and tourists during the Paris 2024 Games will come from the Rungis Market.



UNESCO-bound Parisian slate rooftops

Every day, 1500 high-wire walkers can be found on the roofs of Paris, building, restoring or renovating the famous slate roofs and creating the identity of the Paris skyline. The profession of roofer-zinc worker, unique knowledge passed down from generation to generation, is the subject of a project to register it as UNESCO World Heritage, to protect it, give it the recognition it deserves, and maybe create new vocations. It also takes centre stage in a workshop-boutique in the heart of Paris : Les Toits Parisiens.

The short history of Paris-Brest… born in Maisons-Laffitte

Good food and sport go hand in hand ! A pastry in the shape of a bicycle wheel, to promote the race of the same name, was created by pastry chef Louis Durand in 1910 in Maisons-Laffitte, not far from his famous château and the passing point of the cycle race which gave it its name. This delicious item is made from a choux pastry, taking the shape of a wheel, sprinkled with delicious slivered almonds and filled with a praline cream.

NORTHERN FRANCE



Talented chefs, sublime cuisine

To discover the region's gastronomy, what better than to sit at a small café and taste simple, generous cuisine, combining tradition and modernity. The perfect opportunity to taste local specialities and enjoy the friendliness of the inhabitants of the Nord region. The destination also brings together plenty of innovative chefs, who use local products and known for offering avant-garde cuisine. There are 7 Michelin-starred establishments where you can make some amazing discoveries !





First French region labelled European region of gastronomy

A region of beer, Chantilly cream, carbonade, samphire from the Baie de Somme, waffles from Lille... The generosity of Hauts-de-France is also found on its plates. Named "European Region of Gastronomy" in 2023, the first French region to obtain this labeled offers varied, sustainable food delivered in short distances.

DID YOU KNOW ?

Treat yourself to a champagne break

Did you know that champagne is produced in Hauts-de-France ? The region even represents 10% of French production !

ATLANTIC LOIRE VALLEY



A must have : the Tables of Nantes guide

The Tables of Nantes Guide offers a selection of great venues in the city or vineyards of Nantes according to various criteria: vegetarian, great cellar, unusual, terrace, nice view, take away, after 10.00pm... In total, no less than 174 restaurants are selected, along with information on local markets and products with, in the spotlight, the local wine: Muscadet.





Anjou's Wine Routes

A mix of small villages, markets, the banks of the Loire, superb panoramas and cultural monuments, the Routes des Vins d'Anjou invite you to enjoy trips and tastings... Its wines, classified AOC, red, white, rosé or sparkling, dry, semi-dry, fine bubbles, or mellow, can be tasted in the vineyards. As an accompaniment, nothing beats tasting the local culinary specialities !

DID YOU KNOW ?

What's hiding behind the " p'tit beurre LU " ?

The famous "p'tit beurre LU" comes from Nantes. But did you know that the biscuit has 4 sides which symbolise the 4 seasons, 52 teeth for all the weeks of the year, and 24 points like the 24 hours of the day ? And the LU brand comes from Monsieur Lefèvre who married Madame Utile, hence the name LU, their initials.



LOIRE VALLEY

AOC Valençay : no competition

A unique case in France, Valençay is the only AOC with the double wine and cheese appellation. This typical Berry "Art of Living" is due to the Prince of Talleyrand, who managed to get this unique duo recognised during the sumptuous meals organised at Château de Valençay.



Le P'tit Bouchon in Châteauroux : after all the effort, the comfort

With its red checkered tablecloths and friendly atmosphere, the restaurant "Le P'tit bouchon" is a place where people share the love of good Berry cuisine. Berry lentil terrine or andouillette au Reuilly, Chef Julien Marchès offers generous local cuisine that's earned him several accolades, including the "Maître Restaurateur" label and a citation in the Michelin Green Guide.



AUVERGNE-RHÔNE-ALPES

Food Tour of Old Lyon at Halles Paul Bocuse

Lyon is revealed first of all through its historic district, with a mix of unusual visits and tasting breaks. It's an opportunity to discover places known as the most secret while tasting the iconic products of Lyon's gastronomy ! During the visit, the craftsmen will share their passion with you, with more than 6 planned stops. Then, head to the Halles Paul Bocuse for a visit which includes several stops in renowned Lyon houses.

Vallée de la Gastronomie - France®, a gourmet journey to a land of plenty

Discover the Vallée de la Gastronomie – France®, a true journey to the heart of simple pleasures and French living. You'll discover a diversity of "terroirs", proof of the exceptional gastronomic and wine-growing heritage of the Saône and Rhône valleys. As you pass through this valley, you'll be surprised by the Beaujolais, region, a UNESCO World Geopark, for its variety of preserved landscapes along the Wine Route, by Tain-l'Hermitage and the local specialities of the Drôme.





DID YOU KNOW ?

Tarte Tatin, originally from Val de Loire

An internationally renowned dessert today, Tarte Tatin was created in the middle of the 19th century by the eponymous sisters in Lamotte-Beuvron in Sologne. Now a hotel, "Maison Tatin" continues to treat its customers to the famous tart. An opportunity to discover Sologne, the land of ponds and red-brick villages.

Anne-Sophie Pic, the most Michelin-starred female chef in the world

Now established in Paris, London, Singapore, Lausanne, Megève and soon Hong Kong, Anne-Sophie Pic Pic is the only woman with three stars in the Michelin Guide in France. Her restaurant in Valence, where she's from, is an internationally renowned establishment which offers an exceptional gastronomic experience.



NOUVELLE-AQUITAINE



Taste experience guaranteed

As well as being the leading agricultural region in France, Nouvelle-Aquitaine is world-renowned for its cuisine, its wines and spirits, as well as its local products. With more than 301 products benefiting from a Protected Geographical Indication (IGP), the region is full of labelled treasures. The region's cuisine is also based on short supply circuits and an approach that respects the environment, with fresh products from committed producers throughout the year.



Bordeaux : terrace lifestyle

Bordeaux shines through its architectural heritage, as well as through its lifestyle. To enjoy the most beautiful squares in Bordeaux and relax on the terrace, the only problem is that there are so many to choose from! The summer air invites you to take a seat on one of the many terraces to have a drink or savour the regional gastronomic specialities. For an exceptional view of the city, head for the rooftops, located in the different districts of the centre, as they offer an exceptional view to admire the city lights.



DID YOU KNOW ?

Eco-responsible bistro in Darwin,
the short circuit for gourmets in Bordeaux!

Located on the right bank in Bordeaux Magasin général, a former disused, eco-rehabilitated barracks, is one of the most visited places in the city. The bistro-refectory, also a mecca for board sports and street art, welcomes visitors for lunch with homemade dishes and 92% organic food.



PROVENCE-ALPES CÔTE D'AZUR



Real Marseille bouillabaisse



Bouillabaisse, an iconic traditional dish of Provençal cuisine, is especially associated with the Marseille region. Originally, this humble dish was made with leftover fish intended for fishing families, and is now prepared with a variety of locally caught rockfish as well as seafood. A Bouillabaisse Charter has been set up to guarantee respect for the traditional recipe by restaurateurs.

TAHITI



The motu picnic, a moment you really need to experience



The "motu picnic" is an institution in French Polynesia. With your feet plunged into the turquoise water, you can enjoy the breathtaking view of the lagoon while tasting local products. Lunch on a motu with sea creatures as your only dinner neighbours is without doubt an unforgettable experience. On the menu: freshly caught fish, coconut bread, brightly coloured exotic fruits, local vegetables...



Nice cuisine, respect for tradition

The cuisine of Nice stands out as one of the rare examples to bear the name of its city in its appellation. The label "Cuisine Nissarde, le respect de la tradition" (Nice cuisine, respect for tradition) was created to rejuvenate the authentic cuisine of Nice and pay tribute to its culinary heritage. By promoting short supply circuits, it aligns itself with the principles of flexitarian, locally sourced cuisine, meaning there's something for everyone !



A Food Tour to discover Polynesian flavours

It's not all about the beaches, the blue lagoon and coconut palms... When you travel to French Polynesia, the adventure is also culinary. The Food Tour immerses you in the culinary daily life of Tahiti and its islands where three cultures mix: Polynesian, French and Chinese. You can taste excellent "pai" with guava, raw fish in coconut milk, ipo or even firi firi, the famous Tahitian doughnuts.

DID YOU KNOW ?

The "navette", a legendary biscuit

The "navette" is a delicious biscuit in the shape of a boat, with aromas of orange blossom. Its origin dates back to the year 1000, when this biscuit was created by a talented Marseille baker. Its shape is inspired by the legend of the boat that would have transported the Saintes Maries, driven from the holy lands, to the sunny shores of Provence.

Marlon Brando, lover of the Polynesian islands

While setting foot on Polynesian soil for the first time during location scouting for the filming of Mutiny on the Bounty, Marlon Brando fell in love with a Polynesian, Tarita Teriipaia, his on-screen partner. His other love affair with the archipelago took place after filming, when Brando asked fishermen to take him to the atoll of Tetiaroa. He went on to become its owner and make it his hideaway. Today, the island is home to a luxury ecolodge hotel, The Brando, a model of integration into the natural environment of the atoll.

DISCOVER FRANCE OUTDOORS



Everyone on the water

A few minutes from the heart of Paris, the waterways come into view and offer their fair share of water sports. Travel in a canoe, kayak or stand-up paddleboard to combine sport and discovering the region. Admire the architecture on the banks in direct contact with nature. In fine weather, various introductory experiences boat rentals and commented trips are offered by local clubs.



Hikes through Greater Paris

Combining nature and urbanism hikes through Greater Paris offer a unique experience, along picturesque paths or winding rivers, in verdant woods or majestic parks. Hikers wander through astonishing diversity, exploring bucolic landscapes, historic monments and lively neighbourhoods, all within walking distance of the vibrant metropolis. These routes are available on different mobile apps. Seine-Saint-Denis, with Parc Georges-Valbon and the Grand Chemin, Hauts-de-Seine and Val de Marne are particularly worthy of note.

PARIS AND IT'S REGION

Cruises with multiple themes

Throughout the year, discover Greater Paris from the water, thanks to the many cruises on offer. This ecological tourist mode of transport offers a new way to discover the richness of "Paris differently" and its preserved spaces. This activity, which has become iconic, offers travellers the pleasure of sailing on the waterways of Greater Paris, in Seine Saint Denis and on the banks of the The Marne.



The forest of Fontainebleau, a hotspot for sports climbing

While sports climbing is one of the new disciplines of the Paris 2024 Games, this certainly isn't due to chance: the Paris Region stands out with plenty of exceptional climbing gyms, along with with ideal natural sites for practising the discipline, in particular the forest of Fontainebleau located an hour from Paris. With its 22,000 hectares, it saw the birth of this discipline and offers many climbing routes on its famous sandstone rocks amid beautifully preserved nature.





The Grand Parquet de Fontainebleau, a great equestrian centre

The Grand Parquet de Fontainebleau, located in the heart of the national forest, is a legendary equestrian competition site. Famous for hosting modern pentathlon equestrian competitions and having become a key venue for a multitude of equestrian events, it's now preparing to become a preparation centre for the 2024 Games. As the largest open-air stadium in Europe, it enjoys a solid reputation among professionals in the sector.



Everyone on the green

With more than 90 courses to its credit, Paris and its region have plenty of reasons to appeal to golf lovers. Quality fairways and greens, renowned practice and training centres, everything is there to improve your swing and your putt. Among the most prestigious sites, go to Golf National, located in Saint-Quentin-en-Yvelines (78), which will welcome the 120 players for the Olympic tournament in a setting and a course that more than matches their ambitions. Val-de-Marne also has some renowned golf courses, such as Parc du Tremblay or Marolles.

DID YOU KNOW ?

The banks of the Marne, a hotbed of festivities



During the Belle Époque, the banks of the Marne became one of the favourite places for Parisians, who came to enjoy Sundays by the water and have fun. They also went canoeing, making this river a historic place for the sport of rowing and canoeing. The architecture still testifies today to this prosperous period: boat houses, club houses and sailing clubs, holiday villas...

The High Line of Paris

New York to Paris ? The Coulée Verte René Dumont is an extraordinary 2,8 miles route, going from Bastille to Varenne-Saint-Maure, along an old railway line reinvented to provide an ideal green space for strolling. It went on to inspire the famous High Line of New York, so impressed was the mayor of the city during his visit by this suspended park !

The "Records Pool"

The Parmain de l'Isle Adam swimming pool was inaugurated in 1949 by Johnny Weissmuller, gold medallist at the 1924 Olympics in Paris and famous Tarzan of 1930s cinema, for diving training.





NORTHERN FRANCE

Sporting thrills accessible on huge beaches

Feel the call of sand yachting along the immense fine sandy beaches of northern France, a discipline offered by lots of clubs in the region. Another associated and very trendy sport: sea wading. Born in Dunkirk in 2007, this water hiking amid the waves of the North Sea is an unusual sport mixing walking and sporting activity.





Pedal through the region's great natural spaces with the Vélomaritime

The Vélomaritime (EuroVelo 4), a cycle route that connects Kiev to Roscoff, offers 200 km of maritime experience to discover the immense and varied landscapes of Hauts-de-France, mixing fine sandy beaches, endless dunes and steep cliffs. From the Belgian border to Mers-les-Bains, travel through a succession of exotic landscapes: French Flanders, the Opal Coast, the windy capes facing the English coast, the Baie de Somme, and the seaside resorts of the Belle Epoque.

DID YOU KNOW ?

Views of England from the cliffs of the "2 Caps"

Close to Calais, Cap Gris Nez is the closest point on the continent to England (just 30 km). On a clear day, along the coastal path which connects the cliffs of the 2 Caps (Cap Gris-Nez and Cap Blanc-Nez), their twin sisters of Dover can be seen, across the Channel. A 3-hour trip (12 km) as spectacular as it is invigorating in the heart of a «Grand Site de France», a great way to contemplate its breathtaking landscapes.

ATLANTIC LOIRE VALLEY



Loire à Vélo, in the saddle to the Atlantic Ocean !



A pioneering cycle route along the Loire, the Loire à Vélo promises spectacular natural landscapes, remarkable cultural and heritage sites, teeming towns and authentic villages. In 65 km, you'll reach the beaches of the Atlantic from Nantes. To record your stories and tips, the brand-new "Loire à Vélo Passport" will be the new favourite travel companion for cyclists, to be stamped at the tourist offices along the route.

LOIRE VALLEY



Canadian canoe trip in Chenonceau



At sunrise, in the middle of the day or at dusk, the view of Château de Chenonceau from the Cher river remains etched in your memory. Canoë Company organises trips of 4 to 12 km in a Canadian canoe. In summer, canoes can be provided with breakfast, picnics or drinks, depending on the time of day.



The Vendée Globe, the Everest of the seas

A legendary race organised every 4 years, the Vendée Globe challenges sailors from all over the world in a solo circumnavigation of the globe, non-stop and without assistance. Extreme weather conditions, raging waves and violent winds make the Vendée Globe a real test of endurance and courage. This sporting event arouses the admiration of sailing enthusiasts around the world, who can follow the exploits of solo sailors throughout their journey. The start of the next edition will take place on 10 November 2024.



Pedalling down the rural route of the Indre à Vélo

From Bréhémont in Touraine, follow the Indre à Vélo, a little-known cycle route, connected to that of the Loire à Vélo, which crosses the Touraine and Berry landscapes for 200 km. Passing through Azay-le-Rideau and the Royal City of Loches, it lets you alternate culture and nature before arriving in Châteauroux, the finish line for the Olympic break.

DID YOU KNOW ?

Damien Seguin, Terre de Jeux 2024 athlete-ambassador

Nantes skipper Damien Seguin is one of the four athletes chosen by the organising committee to be a Paris 2024 ambassador. Gold medallist at the Paralympic Games in Athens in 2004 and Rio in 2016, silver medallist at the Beijing Games in 2008, 7th in the last Vendée Globe 2020-2021, Damien Seguin is responsible for promoting getting all French regions involved in the Games.

Parc Belle-Isle in Châteauroux, a lush haven of greenery

Châteauroux is the first green town in the Centre-Val de Loire region thanks to Parc de Belle-Isle and its more than 12 hectares in the urban area. It offers water-based and cultural activities and hikes of several kilometres towards Déols and Saint-Maure for lovers of the countryside, as well as a loop of 20 kilometres for those wishing to stay in the park.



AUVERGNE-RHÔNE-ALPES

The ViaRhôna, a cycle route exploring Gallo-Roman history



Whether you're a cycling enthusiast, nature lover or curious traveller, the ViaRhôna offers an exceptional route, dotted with varied landscapes, historic towns and cultural treasures. From Lake Geneva to the Mediterranean, this cycle route of more than 800 km lets you explore regions rich in diversity by following the Rhône, from the majestic mountains of the Alps to the green plains of the Camargue.

Santiago de Compostela routes from Puy-en-Velay

A thousand-year-old route, the pilgrimage to Santiago de Compostela Compostela is one of the legendary routes you dream of taking once in your life. The Puy-en-Velay, a historical starting point, lets you get to know this "royal road", an essential route in France towards Compostela. Landscapes, atmosphere, encounters with walkers and hosts make it a special route, from Notre-Dame du Puy-en-Velay cathedral in Haute-Loire to Santiago in Spain.



DID YOU KNOW ?

Kévin Mayer, the double decathlon champion and his sporting debut in the Drôme

Behind the great champion that Kevin Mayer has become hides a key passage between the Drôme and the Ardèche. The decathlete, Olympic vice-champion in 2016 and 2021, and one of the great figures of the upcoming Paris Games, discovered athletics in the Tain-Tournon club, on the border between Drôme and Ardèche, on the margins of ViaRhôna and the Vallée de la Gastronomie.

DID YOU KNOW ?

Tony Estanguet and his early years in Pau Pyrénées, a sports city

Tony Estanguet, President of Paris 2024, triple European champion, triple world champion and triple Olympic champion in canoe slalom, knows Nouvelle-Aquitaine well. He grew up in Pau and forged his legend at this white water basin, his favourite training ground.

NOUVELLE-AQUITAINE

Land of excellence for nature sports

Come and discover the wide open spaces with their undeniable natural resources in Nouvelle-Aquitaine. They offer excellent playgrounds for practising 100% outdoor activities all year round, cycle paths and pedestrian and equestrian trails for hikes in the heart of nature, long coasts to enjoy water sports such as sailing or surfing, the mountainous massif of the Pyrenees, 5 regional natural parks, and even plenty of sporting lakes and rivers for canoeing.





100% nature experiences in Nouvelle-Aquitaine with Outdoor Active!

A region with many faces, Nouvelle-Aquitaine boasts a long coastline from La Rochelle to Bayonne with a preserved shoreline, along with numerous hiking trails and protected natural areas. The Nouvelle-Aquitaine Regional Tourism Committee has also joined forces with Outdoor Active to highlight the richness and diversity of sustainable sports and tourism practices within its territory.



PROVENCE-ALPES -CÔTES D'AZUR



Diving, contemporary art and biodiversity in Marseille

Located off the coast, the Underwater Museum of Marseille is a true artistic marvel that pushes the limits of art by literally immersing it under the waves of the Mediterranean. The innovative concept of the museum is based on the installation of submerged sculptures that blend harmoniously into the seascape. The artistic creations evoke with finesse the marine environment and relationship between man and the sea, while raising awareness of the fragility of marine ecosystems and the importance of their preservation.



The European cradle of long-distance triathlon

The Nice Ironman has become an internationally renowned event. This long-distance triathlon competition is recognised as one of the most demanding in the world. With swimming in the Mediterranean, cycling through the magnificent landscapes of the Nice hinterland and running along the famous Promenade des Anglais, participants are immersed in breathtaking scenery.

TAHITI



Polynesian sailing, an authentic experience



The Polynesians are undoubtedly the greatest navigators in history after the Phoenicians, and know the waters around the archipelago inside out. On a sailboat, a nautical charter or sailing canoe, sailing here is truly an art. Originally a means of subsistence, va'a has become a sport in its own right. Every year for more than thirty years, Polynesians compete in an internationally renowned competition, the Hawaiki Nui Va'a.



The peninsula, the hidden treasures of Tahiti

The economic capital of French Polynesia, Tahiti is an island full of surprises. A few kilometres to the south, the famous PK0 comes into view at the end of the road. Everything is done on foot or by boat, and here begins an exploration of the wildest coast in Tahiti: hiking on the cliffs, testing walks, breathtaking views... It's also here that you'll find Teahupo'o, world famous for its waves that will thrill surfers at the 2024 Games.

DID YOU KNOW ?

The Tour de France 2024 will end in Nice on 21 July 2024

The final stage of the Tour de France 2024 won't be a traditional sprint on the Champs-Élysées, but an individual "Time Trial" between Monaco and Nice. For the first time in its history, the Tour will end somewhere other than Paris, due to the proximity of the dates to the Paris 2024 Olympic and Paralympic Games.

The multihull : Polynesian authenticity and innovation

Since the dawn of time, Polynesians have roamed the largest ocean on the planet. A feat they owe to their know-how and perfect knowledge of their environment, acquired through observation and experience. Their main means of transport then was the large double sailing canoe, a boat with two hulls, thus inventing the multihull which inspired the structure of the catamaran.

ENJOY THE NIGHTLIFE





Until the end of the night

Paris has become a mecca for international clubbing with legendary and underground clubs, and spaces dedicated to electronic music. These temples of the night are extending into the four corners of the capital, to the delight of night owls. Many clubs have opened on the outskirts of the city (Virage), offering a music and dance exploration ground and a real cultural life.

PARIS AND IT'S REGION

Open-air dance cafes, for a festive feel at the water's edge



Symbols of waterside recreation and popular dancing, these dance cafes (guinguettes) have stood the test of time and reinvented themselves. They have always inspired artists and are very popular among Parisians. Even today, whichever guinguette you choose (Jardin 21, Metaxu, Rosa Bonheur), atmosphere and a friendly welcome await !

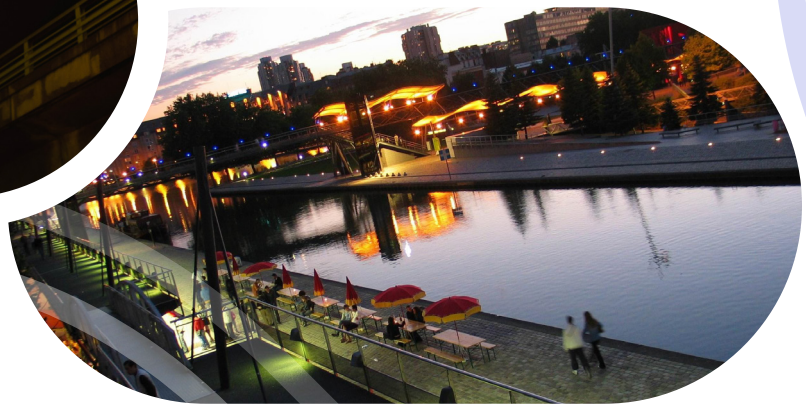
A night at the Museum

Throughout the year, Parisian museums open their doors until late at night so that visitors can make the most of the city's cultural heritage. Once a year, during the "Nuit des Musées", dozens of Parisian cultural establishments open their doors until early morning, to the delight of night owls. It's a great way to complete your night in Paris with a good dose of culture. The 2024 edition will be held in mid-May.

L'Ourcq, the new Paris for creation

Over the past 20 years, the canal de l'Ourcq has undergone a spectacular transformation, a real renaissance to become a new area of expression for artistic creativity. Offering an alternative to the classic, eternal Paris embodied by the banks of the Seine, it contains places for exhibitions, live shows, art schools, artists' studios, third places, clubs and cultural barges. The identity of the Ourcq is resolutely turned towards the future and centred on the arts.





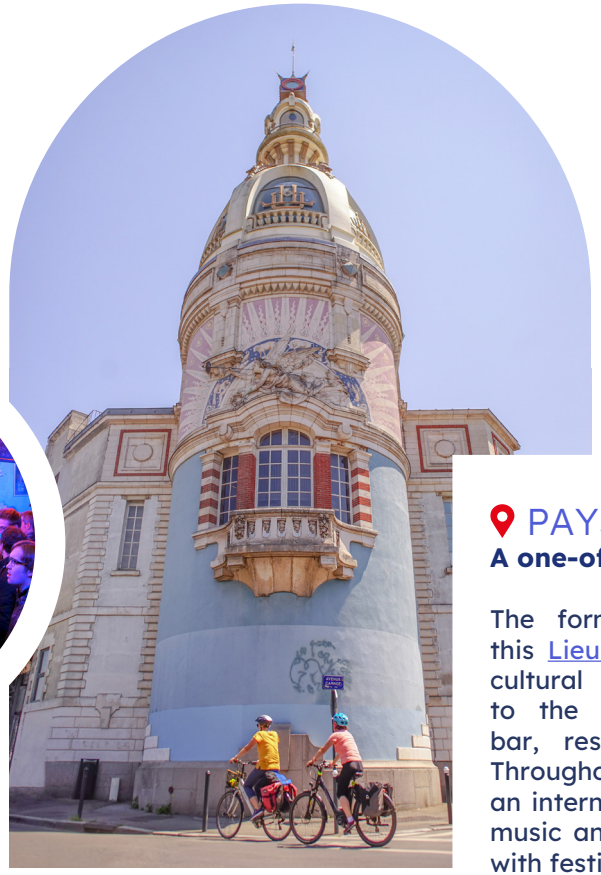
NORTHERN FRANCE

Party, always and everywhere !

To enjoy everything the destination has to offer right through till sunset, you're spoiled for choice: rooftops, ephemeral places, open-air dance cafes... For the more fun-loving, certain neighbourhoods and iconic streets are full of places open until the early morning, such as Vieux-Lille, Rue Royale, Rue Solférino and Masséna and the Wazemmes district.







PAYS DE LA LOIRE

A one-of-a-kind place

The former "p'tits beurre LU" factory, this Lieu Unique (Unique Place) is now a cultural and artistic venue. In addition to the exhibition space, you'll find a bar, restaurant, hammam and crèche. Throughout the year, the Lieu Unique offers an international programme of live shows, music and contemporary art, interspersed with festivals in many fields.

The Little Atlantique Brewery

On the banks of the Loire, don't miss the Little Atlantique Brewery (LAB), a microbrewery housed in a 19th-century building. An old oil mill used to occupy these walls, where the last French tall ship was built, the Belem, which will carry the Olympic flame to Paris. Today, this place filled with naval and cultural history has become an unmissable micro-brewery in Nantes.







LOIRE VALLEY

"Guinguettes": big winners in the summer festivities

Come and raise a glass in one of the twenty " guinguettes" (open-air dance cafes) recently opened on the banks of the Loire during the summer, where the music blasts out and good humour reigns supreme. Coming back from the National Sports Shooting Centre, the Belle-Isle guinguette is a key place to enjoy the end of the day with a view of the lake and, perhaps, celebrate an Olympic victory.



Light & sound at Château Royal de Blois

From April to September, the royal château of Blois, where more than 7 kings and 10 queens of France have stayed, opens its doors at nightfall for a Sound & Light show. " This is the story of Blois" traces the history of the château and of France, projected on the four different wings of the majestic building.



AUVERGNE-RHÔNE-ALPES

Heat, a one-of-a-kind place in Lyon

Located in a former boiler factory south of Confluence in Lyon, HEAT is a semi-open space combining catering and lifestyle programming. Halfway between foodcourt and third place, the menus on offer at HEAT are designed as an event programme and the restaurateurs change every week. Each one provides a unique experience, in a journey where street food is king.







Cosmo Jazz Festival in Chamonix, concerts between lakes and glaciers

For a magical getaway to discover incredible landscapes, dizzying travels and cosmic sounds in Chamonix, go to the Cosmo Jazz Festival, a 100% free event at an altitude of 2000m. Near a lake, glacier or mountain peak, this festival is a unique experience that awakens emotions and uses the power of music to best effect.



NOUVELLE-AQUITAINE

The big events of summer

Nouvelle-Aquitaine offers everyone a wide range of summer events to enjoy, including in the evening! Among them, music festivals, such as Francofolies, Garorock or the Brive Festival.
Other events are organised on a more local scale, such as the Battle of Castillon, the biggest show in Nouvelle-Aquitaine which replays the end of the Hundred Years War, through a scripted nocturnal fresco, consisting of an equestrian show, acting and a sound and light show.

Nightlife in Bordeaux, outside the matches

Bordeaux, the sleeping beauty ? Beautiful there's no doubt, but sleepy, certainly not! The nights here are lively and full of energy. In the city centre, there are lots of places for trendy celebrations such as wine or cocktail bars with different types of atmospheres. The quays of the Garonne are also ideal for a gentle night-time stroll. Bordeaux and its metropolis have plenty of performance halls with eclectic programmes, and the city's neighbourhood theatres open their curtains daily.



PROVENCE-ALPES-CÔTE D'AZUR

Aperitifs, Beach & Marina in Marseille

In Marseille, the aperitif is more than a tradition, it's a way of life! Washed down with pastis or rosé, tasting panisse or tapenade, down by the water or on the terrace, each moment should be enjoyed together. The beaches of Prado de Marseille bring together a whole range of restaurants, cafes, clubs and bars which are unmissable party places. You can also enjoy the magnificent view of the sunset over Marseille harbour and the Frioul Islands.



Strolling at nightfall in Nice

Place du Pin in Nice, nestled between the port and Place Garibaldi, in the heart of the charming Marais of Nice, is a real gem prized by locals and visitors alike. Partially pedestrianised, it offers an ideal setting for a stroll. In addition to the small local shops that line it, it's full of a multitude of restaurants, bars and lively places to be. An essential place to discover the very essence of life in Nice.





TAHITI

Painting the town red in Polynesia - a way of life

Partying in Polynesia is a sacred and vital tradition, deeply rooted in the DNA of the Polynesians. It's a great celebration held to mark special occasions such as weddings, birthdays, baptisms, personal successes, family get-togethers or religious events. It's a moment of pleasure enjoyed together, where people make the most of the present moment. Parties can be held anywhere: on the beach, at home, at someone else's place, in accommodation in a small family hotel known as a "boarding house" or during an excursion. Parties are mobile and represent the identity and soul of the Mā'ohi people.





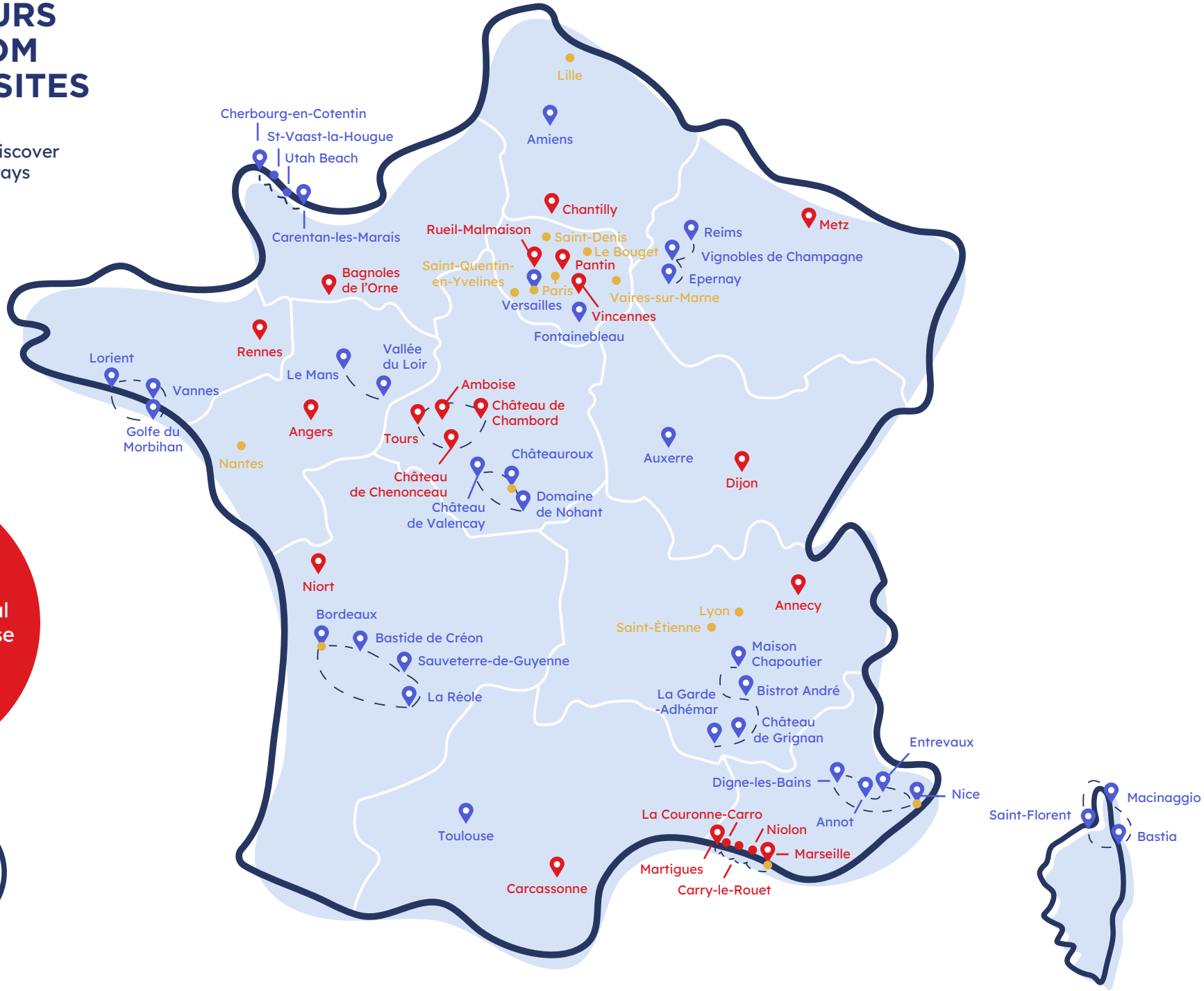
Dinner by trailer, Tama'a maitai

For more than fifty years, mobile restaurant vans have been an institution in Polynesia. Every evening, they can be found along the roads, in the squares or on the seafront, and welcome people from all sections of society. These caravans open their kitchens and offer incredible culinary diversity, offering specialities ranging from steak and chips to grilled meats, including raw fish, spring rolls, hamburgers, Breton pancakes and Chinese fried noodles.

IDEAS FOR TOURS AND TRIPS FROM COMPETITION SITES

In the following pages, you'll discover
14 day trips and 14 weekend stays

Visitors can go to France.fr for ideas for stays and practical information to organise their visit to France during the Games.



TRIP IDEAS... IN THE HEART OF PARIS AND ITS REGION

A day in... Rueil-Malmaison, to relive the Empire 30 minutes from Paris by train

It floats over Rueil-Malmaison like a perfume from the Empire, from Château de Malmaison, witness to the love of Napoleon Bonaparte and Joséphine, to the Church of Saint-Pierre Saint-Paul, the Empress's final resting place.

STAGE 1
The private life of the imperial couple ; Château de Malmaison, acquired in 1799 by Joséphine, was for many years the intimate setting for the happiness enjoyed by the imperial couple.

STAGE 2
Lunch at the Brasserie du Château ; located in the immediate vicinity of Château de Malmaison, to enjoy a typical "French gastronomy" lunch.

STAGE 3
Reflect on the imperial tomb ; Then it's time for a visit to the Saint-Pierre Saint-Paul church, listed as a historic monument, and a stroll through Parc de Bois-Préau to reach the tomb of the Empress and her daughter Hortense.

STAGE 4
A life-size palette of colours ; Your walk continues in Parc des Impressionnistes, a 30-minute walk from the château via the Gallicourts footbridge.

A day... from Vincennes to the banks of the Marne 10 minutes from Paris by RER

In the east of Paris, there's a natural setting in store for visitors... Historical and natural heritage, it's all there.

STAGE 1
Château de Vincennes ; Impressive historic building and former refuge of the kings of France, it offers a remarkable testimony to medieval architecture and the history of the region.

STAGE 2
The Bois de Vincennes and its many treasures ; Lakes, Floral Park, Paris-Vincennes racecourse, tropical agronomy garden... A real rural getaway at the gates of the capital awaits visitors.

STAGE 3
The Banks of the Marne ; A special place for leisure and walks to relive the great era of "Sundays by the water".

STAGE 4
Cultural break at the National Resistance Museum ; Designed as an immersive experience, to better understand the history of the Resistance in France from 1929 to 1947.









A day in… Pantin, along the Ourcq - 10 minutes from Paris by metro or RER

Discover a city becoming increasingly popular for its industrial and cultural heritage, as well as its vibrancy and nightlife : Pantin.

STAGE 1
Stroll along the Canal ; The architectural landscape that runs along the Ourq Canal passes the Grands Moulins, the National Dance Centre, the "Au fil de l'eau" theatre", the Grandes Serres and Magasins Généraux.

STAGE 2
Visit the eco-responsible third places ; Head for the famous Galerie Thaddeus Ropac or the Cité Fertile for a moment's relaxation.

STAGE 3
Refreshments on the canal ; You can end this beautiful day with a beer from the vats of the Brasserie Gallia or a drink on Place de la Pointe while enjoying the Péniche Metaxu or Dock B.

A weekend in… Fontainebleau, château life 1 hour from Paris by train

Royal, cultural or gourmet, Fontainebleau has pulled out all the stops to satisfy all our requirements for a 2-day getaway with family or as a couple, less than 1 hour from Paris.



DAY 1
Château de Fontainebleau and the town centre ; How can you mention Fontainebleau without thinking of its château, the famous « Residence of Kings » which alone brings together nearly 1000 years of history. In medieval, Renaissance and classical style, visitors are invited to step inside the great apartments of the sovereigns, the Napoleon I museum or the famous Galerie des Cerfs.

DAY 2
The Forest of Fontainebleau, a day to go green ; accessible 20 minutes' walk from the centre, this haven of greenery is classified as a biosphere reserve by Unesco.

A weekend in…Versailles on a sunny day 40 minutes from the centre of Paris by RER



Welcome to Versailles, the setting for the Sun King's château. The city, designed by the architects of Louis XIV in 1682, still respects their town planning rules: no building is higher than the château.

DAY 1
The Versailles estate ; Classified as a UNESCO World Heritage Site, the Château de Versailles estate presents its most beautiful gems from the dazzling King's Chamber to the sumptuous gardens of Le Nôtre, not forgetting the dazzling Hall of Mirrors.

DAY 2
Discovering Versailles ; After a visit to the Carré Notre-Dame and antiques district, the Grande Écurie du Château and its Equestrian Academy put on some exceptional equestrian shows.







TRIP IDEAS...
IN HAUTS-DE-FRANCE

A day at... Domaine des Princes de Chantilly, the royal getaway
20 mins from Paris by train

STAGE 1
Château de Chantilly ; A jewel on the water, this veritable château-museum houses the collection of the Duke of Aumale, the second-largest collection of old paintings in France after that of the Louvre.

STAGE 2
The gardens and stables of the Château ; You won't be able to resist the gardens designed by Le Nôtre, gardener to Louis XIV and Versailles. The Grandes Ecuries, guardians of a high-society equestrian art, offer costumed equestrian shows of international stature.

STAGE 3
Gourmet break ; You mustn't leave Chantilly without tasting its famous cream, created here more than 300 years ago: tasty, generous and unctuous.

A weekend in... Amiens, a green city steeped in history
1 hour from Paris by train

One hour from Paris and Lille, Amiens is a generous city that will meet all your requirements for culture and nature.

DAY 1
The heritage of Amiens city centre ; In the heart of this little "Venice of the North", water is everywhere, along with the "hortillonnages", floating gardens dating back to the Middle Ages, with their unbeatable tranquillity. Listed as a UNESCO World Heritage Site, the largest Gothic cathedral in France comes alive on summer evenings with the Chroma sound and light show.

DAY 2
Gourmet cultural tour ; In the morning, head for the "market on the water", where the market gardeners offer their products opposite the Bélu quay and Maison Trogneux, known for its famous macaroons and chocolates. Then go to the house where Jules Verne lived from 1882 to 1900 and created his most famous characters, and the Musée de Picardie, the first museum in France.





TRIP IDEAS...
IN PAYS DE LA LOIRE

A day in... Angers, the Athens of the West
1 hour 30 from Paris by train

The capital of Anjou, known and recognised for its rich historical heritage and relaxed way of life.

STAGE 1
The Medieval Château ; The symbol of the city of Angers serves as a landmark, with its 17 towers, ramparts and drawbridge.

STAGE 2
The historic centre ; You can then wander the cobbled streets of the historic centre to admire the superb half-timbered houses from the 15th century.

STAGE 3
Galerie David d'Angers ; In terms of art, this surprising gallery presents the fabulous works of the eponymous sculptor, in an exceptional setting: an old abbey flooded with light by an imposing glass roof.

STAGE 4
Relaxing at dusk ; To admire the sunset, go to La Réserve, ideal for enjoying a Cointreau-based cocktail, THE world-famous orange-based liqueur produced in Angers.

A week-end... in Loir River Valley and Le Mans,
with its vineyards and flea markets
55 mins from Paris by train

Le Mans is known worldwide for its legendary car race: the 24 Hours of Le Mans, but the surroundings are also worth a visit !

DAY 1
The historic heart of Le Mans ; We start with a visit to the 24 Hours of Le Mans Museum, where you'll discover the heroes who created the legend of this race, then in the cobbled streets of the historic heart of Le Mans, the medieval district which has served as the setting for many films.

DAY 2
The Loir Valley ; A café on the terrace of the Hôtel de France, THE legendary place for motor racing enthusiasts in France, is a must before discovering the Jasnières vineyard, and tasting its white wine classified AOC.







TRIP IDEAS...
IN THE VAL DE LOIRE

A day in... Tours and its surroundings, mixing châteaux and wines 1 hour 15 from Paris by train

Starting from Tours city centre, excursions take visitors to discover its exceptional heritage.

STAGE 1
Château de Chambord ; The dream come true of a young 25-year-old king, it still fascinates more than 5 centuries after its construction.

STAGE 2
Château de Chenonceau ; Built in the 16th century and a true masterpiece of the French Renaissance, the "Château des Dames" evokes the idea of perfect harmony between nature made up of water, air and greenery.

STAGE 3
Tour and tasting in a cellar in Amboise ; It's in the heart of the Valley of the Kings, on the slopes of the Loire, that this estate produces its wines, in full respect of tradition.



A weekend in... Châteauroux, from the imperial city to the land of George Sand 2 hours 10 from Paris by train

DAY 1
The Imperial City ; Discover Châteauroux and its Bertrand Museum, dedicated to Napoleonic times. Through the flower gardens of the Cordeliers, head for Parc de Belle-Isle and its lake for a canoe trip.

DAY 2
Château de Valençay ; This magnificent Renaissance château is a great opportunity to also discover the only double AOP in France: Valençay wine and its pyramid-shaped goat's cheese.





DAY 3
In the footsteps of George Sand ; Immediate boarding for a day in the land of romanticism of the famous writer. The Nohant estate is still tinged with this iconic character from the 19th century.

TRIP IDEAS…
IN AUVERGNE-RHÔNE-ALPES

A day in… Annecy, on the shores of the lake 2 hours from Lyon by train

A day trip to discover the Venice of the Alps is an excellent idea to experience the charms of the city, enjoy the lake and breathtaking surrounding landscapes.

STAGE 1
Lake Annecy ; A breath of fresh air and a walk around Lake Annecy is a must to start the day off right and enjoy the beauty of the landscape.

STAGE 2
The town centre ; Head to Annecy's old town to stroll through its picturesque streets and admire the medieval architecture. For lunch, plenty of charming restaurants in the old town mean you can taste Savoyard specialities such as fondue or tartiflette, and taste the wines of Savoie.

STAGE 3
Château d'Annecy ; The town's place of culture, take the opportunity to admire the panoramic view from the ramparts.







A weekend in… the Vallée de la Gastronomie - France®, a succession of grandiose landscapes and gourmet flavours - 2 hours 30 from Paris by train

From the vineyards of the Côtes du Rhône to the gorges of the Ardèche, enjoying the remarkable experiences of Drôme Provençale, in an idyllic setting mixing fields of lavender, olive trees and hilltop villages.

DAY 1
Experience the Drôme Valley ; testing at Maison Chapoutier in Tain-l'Hermitage, lunch at Bistrot André with the most starred female chef in the world, Anne-Sophie Pic in Valence, strolling in the cobbled streets of Mirmande… The Drôme Valley reveals its most wonderful treasures.

DAY 2
Discovering Drôme Provençale ; About twenty kilometres from Montélimar, the white stones of La Garde-Adhémar dazzle in the sun of Drôme Provençale. In Grignan, the Château looks like a genuine "little Versailles" in the South of France !





TRIP IDEAS… IN NOUVELLE-AQUITAINE

A day in… Niort, a nature stopover 1 hour 50 from Paris by train

Gateway to the Marais Poitevin, near the Atlantic coast, discover Niort, a green city by nature offering the serenity of an ecotourism destination, and its historic heart crossed by the Sèvre Niortaise river.

STAGE 1
Stroll in the footsteps of Eleanor of Aquitaine ; A walk through the centre of Niort leads to a rich, eclectic heritage featuring in particular the dungeon of Eleanor of Aquitaine, one of the most beautiful twin Romanesque dungeons in France.

STAGE 2
Bernard d'Agesci Museum ; Don't miss it: this museum includes the Museum of Fine Arts, Natural History and the Conservatory of Education.

STAGE 3
Ecotourism walk ; Head for Port Boinot to discover the city from the water. A trip along the landscaped banks of the Sèvre, on the edge of the "Coulée verte", can be further extended by a 100% nature escape in the nature park of the Marais Poitevin.

A weekend in… the Bordeaux region by bike, riding with Bacchus 2 hours 30 from Paris by train

This cycle tourism getaway in the Bordeaux hinterland, promoted under the sign of the five senses, takes you to meet its winegrowers, taste their wines and enjoy the scenery. The Dolce Vita by bike !

DAY 1
City of art and history and rural routes ; Departing from Bordeaux by train to La Réole, City of Art and History. On arrival, you'll get on your bike to discover the thousand-year-old city, its narrow streets lined with half-timbered houses to the oldest town hall in France.

DAY 2
Your route takes you between vineyards, forest and walled town ; With Tèrra Aventura, have fun discovering the fortified town of Sauveterre-de-Guyenne for a unique experience.

DAY 3
At the gates of Bordeaux : the countryside; After visiting the walled town of Créon, set off again along the Roger Lapébie greenway, built on an old railway line. At Latresne, take a winding road along the Garonne to the quays of Bordeaux.



TRIP IDEAS…
IN PROVENCE-ALPES-CÔTE D'AZUR

A day… on the Marseille coast
3 hours from Paris by train

Departing from Marseille Saint-Charles station, board the Côte Bleue train with your Blue Pass for a journey full of thrills.



STAGE 1
Niolon ; Explore the secluded coves of this charming picturesque village.

STAGE 2
Carry-le-Rouet ; This charming family seaside resort nicknamed "The pearl of the Blue Coast" offers walks along the port where you can enjoy a delicious lunch in one of the restaurants overlooking the sea.

STAGE 3
La Couronne-Carro ; Discover its small fishing port, coves, unspoilt beaches and breathtaking wild nature.

STAGE 4
Martigues ; Lose yourself in the enchanting canals and colourful houses of this "Venice of Provence". Visit Saint-Louis Church, stroll along the bustling harbour and admire the romantic bridges that have inspired many renowned artists.



A weekend on… the railways of Provence, from the Côte d'Azur to the foothills of the Alpes - 6 hours from Paris by train

From the land of chestnut trees to the land of fine lavender, sitting comfortably, you can fully enjoy the passing landscapes: villages, rivers, mountains and gorges… Between Nice and Digne-les-Bains, you can choose your own stops !

DAY 1
From Nice to Entrevaux ; First cultural stop at Entrevaux, a listed medieval town, surrounded by ramparts and overlooked by a Vauban citadel. Then, head to Annot, a listed village of character, for a hike in the chestnut grove and the sandstone where erosion has shaped a mysterious landscape dotted with paths.

DAY 2
Annot to Digne-les-Bains ; In Digne-les-Bains, choose an iconic hike to the summit of Cousson, to enjoy a panoramic view, or hike to the Refuge d'Art in the heart of the UNESCO Geopark of Haute-Provence.

DAY 3
Digne-les Bains to Nice ; Another walk, then back to Nice (duration 3 hr 20). For an even slower tourism version, and for the nostalgic and vintage lovers: the legendary "Pigne steam train" is in service between May and early November on a section of line between Puget-Théniers and Le Fugeret.

TRIP IDEAS...
IN BURGUNDY

A day in... Dijon, its cultural and gastronomic treasures
1 hour 30 from Paris by train

STAGE 1
Delight in the new City of Gastronomy and Wine ; dedicated to French Gastronomic Dining and the "climats" (wine-growing parcels of land) of the Burgundy vineyards, both listed as World Heritage by UNESCO. Head for the gastronomic village to discover the flavours of the region.

STAGE 2
Culture stop at the Museum of Fine Arts ; located in the Palace of the Dukes and States of Burgundy, it jealously guards the tomb of the dukes. Here, you can discover an impressive collection of works of art, ranging from Antiquity to contemporary art.

STAGE 3
Climb to the top of the Philippe le Bon tower ; the tower dominates the Palace of the Dukes for a panorama of the city. Carry on to the Notre-Dame church to stroke the iconic owl, said to grant the wishes of those who touch it.







A weekend in... Auxerre and its surroundings,
an epicurean tour of Burgundy's lands
1 hour 30 from Paris by train

Auxerre is a small town full of charm, located on the banks of the Yonne River. Labelled "Cities and Lands of Art and History", it combines an exceptional built heritage with gastronomy that emphasises the pairing of regional products and wines, the ancestral know-how of Burgundy.

DAY 1
Auxerre : In the middle of the afternoon, welcome to Auxerre, to a three-star hotel in the centre. Burgundy dinner.

DAY 2
Buffet breakfast - Private tour of the city labelled "Towns and Lands of Art and History" in the company of a tour guide: Saint-Germain Abbey, its cathedral, the Clock Tower, the narrow streets lined with half-timbered houses.

DAY 3
Buffet breakfast - Over a locally produced picnic in the vineyards, a workshop to introduce you to tasting and sensory analysis to learn about and understand wine.

TRIP IDEAS...
IN BRITTANY

A day in... Rennes, gateway to Brittany
1 hour 30 from Paris by train

Rennes, capital of Brittany, is famous for its university and cultural dynamism. It's a combination of hearts and minds, providing a great place to take a stroll, meet friendly people or be surprised.

STAGE 1
Pleasure is king at the Marché des Lices. In the morning, in relaxed or more urgent mode, the Marché des Lices, one of the most beautiful markets in France, is full of colour and flavours.

STAGE 2
Roam the alleyways of Rennes ; As beautiful as they are lively, with their cafés and terraces, you can discover Rue Saint-Sauveur, Rue du Chapitre, Place du Champ-Jacquet, Rue Saint-Michel... Then comes Parliament Palace, more grandiose and bright, which marks the arrival of royal art in the 17th century.

STAGE 3
Get some fresh air in Parc du Thabo, which combines a French garden, a botanical garden, a superb rose garden and the Orangerie café-expo.







A weekend in...Vannes, the Gulf of Morbihan and Lorient : Brittany concentrated in one place - 3 hours 30 from Paris by train

Discovering 2 maritime cities so different and so endearing, Vannes and Lorient invite you to travel and get away from it all.

DAY 1
Vannes, a window onto the Gulf ; Tour of Vannes with the St Pierre cathedral, its medieval ramparts, its 170 half-timbered houses. Located in the heart of town, Vannes marina is home to several old ships, its true nautical heritage.

DAY 2
The Gulf of Morbihan and its local producers ; At the gates to Vannes, the Gulf of Morbihan invites you to experience the sea : by kayak for an active trip, or meet an oyster farmer to taste Breton oysters.

DAY 3
Getaway to Lorient, the capital of sailing ; The beating heart of the Compagnie des Indes, Lorient cultivates the spirit of great epic voyages. Festive, a mix of the open sea, the art of living, culture and some great venues to try, you can't miss this unusual city.



TRIP IDEAS...
IN THE GRAND EST REGION

A day in... Metz, mixing heritage, nature and modernism - 1 hour 20 from Paris by train

With more than 3000 years of history, the Eurometropolis of Metz is today a creative, sustainable destination at the heart of Europe, green, friendly, and full of wonderful surprises. Escape to Metz, labelled "City of Art and History".

STAGE 1
A bucolic tour ; Metz can be discovered with a gentle trip aboard a boat on the water, on foot along the Moselle on landscaped walks or one of the many trails through these gardens, or by bike on the greenways or shared facilities.

STAGE 2
Architecture in the city centre ; A mix of Renaissance, Imperial Germanic and contemporary style, Metz is an open-air architecture book. The Musée de la Cour d'Or is a curiosity in itself, housed in a group of buildings from different periods: Roman baths, medieval houses, 18th-century abbey. As for the Centre Pompidou Metz, it's a work of art dedicated to modern and contemporary art.





A weekend in... Reims and the Champagne vineyards 45 mins by train from Paris

The cradle of a truly unique elixir, Champagne can be discovered through sparkling, bold experiences where heritage, wine tourism and gastronomy are the key words.

DAY 1
Royal halt in Reims ; Discover its iconic cathedral and stroll through the Boulingrin covered market, with its unusual architecture. A gourmet break at one of the prestigious gastronomic or Michelin-starred tables within the city and its surroundings promises to be a wonderful, special experience.

DAY 2
Continue to Epernay ; Visit the Avenue du Champagne where lots of Champagne houses are located, as well as the Museum of Champagne Wine and Regional Archaeology.

DAY 3
Historic vineyards of Hautvillers, Aÿ and Mareuil-sur-Aÿ ; The independent winegrowers producing Champagne welcome visitors for a wine tourism activity.





TRIP IDEAS... IN OCCITANIE

A day in... Carcassonne, the medieval city
3 hours from Bordeaux or Marseille by train

Carcassonne owes its worldwide fame to its exceptional fortified city, listed by UNESCO – undoubtedly the largest and best preserved in Europe – which has led to it serving as a film set on many occasions.

STAGE 1
Be amazed by Carcassonne ; Coming from the station, as soon as you reach the banks of the Aude, the city walls appear. Real thrills guaranteed !

STAGE 2
Lose yourself in the cobbled streets ; As soon as you pass through the gate to the walled town, wandering randomly through the cobbled streets of the medieval city, you'll visit the Comtal château, walk along the parapet at the top of the ramparts and head to the basilica to admire its flamboyant stained-glass windows.

A weekend in... Toulouse, the pink city
4 hours 30 from Paris by train

Ideally located between the Olympic sites of Bordeaux and Marseille, Toulouse, the bustling capital of Occitanie, can be enjoyed at the leisurely pace of a walk from its historic centre to the Canal du Midi.

DAY 1
Dolce Vita Toulouse-style; Head to the Canal du Midi for a drink on the terrace and share a moment enjoyed together with the locals. The young, festive atmosphere is both bewitching and captivating!

DAY 2
Toulouse, from top to bottom ; Starting from Place du Capitole, pass through the legendary Victor Hugo market (one of the finest in France) and into the shopping districts in search of "made in Toulouse" souvenirs. For a refreshing break, head for the Jardin des Plantes (Botanical Garden).

DAY 3
Follow the Canal du Midi ; Walk to the fabulous Halle de la Machine, where the giant Minotaur is stationed. Back in the city centre, the quays of the Garonne are the ideal place to admire the setting sun and the fire-streaked sky over the pink city: that's when its nickname takes on its full meaning! To extend your stay around Toulouse, consider the Occitanie Rail Tour, a pass costing €10 / day.



TRIP IDEAS... IN NORMANDY



A day in... Bagnoles de l'Orne, for relaxation and thrills
2 hours 40 from Paris by train

Bagnoles-de-l'Orne is the first town in France to gain the global Green Destinations label, which rewards tourist destinations according to environmental, socio-economic and cultural criteria.

STAGE 1
Well-being and relaxation ; Grace, balance and elegance perfectly sum up the spa town of Bagnoles-de-l'Orne, nestled in the heart of the Normandy-Maine Regional Nature Park. It's the ideal destination for visitors seeking well-being and leisure.

STAGE 2
Adrenaline and thrills ; for budding athletes or sports enthusiasts, there are lots of activities on offer: acrobatic courses through the trees, Trail® station, hikes...







A weekend in... Normandy from station to station, cycle tour on the Cotentin peninsula - 3 hours from Paris by train

Discover the typical Cotentin marshes, its small harbours and beaches. The built heritage will surprise you, as will its historical aspect with Utah Beach and the Cité de la Mer.

DAY 1
From Carentan-les-Marais to Utah Beach ; the journey begins at Carentan-les-Marais station. After some brief pedalling, the town's pretty marina comes into view, before crossing the Regional Natural Park of the Cotentin and Bessin Marshes, then the Baie des Veys.

DAY 2
From Utah Beach to Saint-Vaast-la-Hougue ; Point your bike towards Utah Beach, one of the five D-Day landing beaches of 6 June 1944. Further on, the site of the Crisbecq battery is one of the German batteries on the Atlantic Wall. Shortly before Quettehou, Saint-Vaast-la-Hougue appears from the heights.

DAY 3
From Saint-Vaast-la-Hougue to Cherbourg-en-Cotentin ; Head for Cherbourg-en-Cotentin along magnificent landscapes and fine sandy beaches. You can't go to Cherbourg without visiting the Cité de La Mer, a gigantic museum dedicated to the sea.

TRIP IDEAS... IN CORSICA

A few days in... Corsica, a sporty change of scenery

Corsica on two wheels... have you considered it ? On road bikes and mountain bikes, there's something for everyone. Trips within the interior of the island and its mountain tracks are the best bet for more adventurous riders. The rest can choose coastal routes or pass through villages which sometimes contain little-known, wilder routes. Below, you can discover our wonderful sports getaway lasting 5 days and 4 nights in a 2- or 3- star hotel on the Island of Beauty.





DAY 1
Bastia ; Discover the capital of Haute-Corse. The old port is superb there, as well as the freely accessible citadel and old town, which offers a superb panorama of the sea and its surroundings.

DAY 2
Macinaggio ; In the early morning, get on your bike and follow the D80 towards Macinaggio. Follow the coast for about 35 km before crossing from East to West via the Col de la Serra. On the other side of the island, the coast and its superb cliffs come into view. Several Genoese towers stand along the route, and the seascapes with their small fishing ports are quite breathtaking.

DAY 3
Saint-Florent ; The town of Saint-Florent, its beaches and pretty marina invite you to stroll and relax after a day's pedalling. You can also get back on your bike to discover a route leading to the Teghime Pass.

DAY 4
Back to Bastia. After leaving the Gulf of Saint-Florent, you'll find the road to Bastia, crossing the Nebbiu. Depending on the route chosen, you'll cross between one and three passes. Along the way, you'll discover the village of Patrimonio, crossing the Teghime Pass, to reach Murato and the Bigorno Pass.

DAY 5
Enjoy a final breakfast before departing.

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