

MELIÀ
LA DÉFENSE

PARIS CITY GUIDE

/ PARIS CITY GUIDE

Some places tell its beginnings, others its transformations, and a few simply hold the views that stay with us long after we leave. In Paris, the city isn't just a collection of stops on a map —it's moments of pause, points of orientation, silhouettes and corners you recognise even before you arrive.

From La Défense, the city unfolds through avenues, river paths and rooftops that stretch toward every direction, connecting the contemporary district with the classics that shaped Paris. This guide brings together the essentials — the places you've heard about, the ones you'll photograph, the ones you'll taste, and the ones that will quietly surprise you.

Walk them, revisit them, eat in them, or let them set the rhythm of your days here. Because every trip finds its own route — and in Paris, it often begins with one address that leads to many more.

MONUMENTS *101*

AGENDA *102*

RESTAURANTS *103*

ACTIVITIES *104*

MONUMENTS

Paris can be read through its monuments: traces of history, shifts in style and views that stay with you long after you've left. This selection highlights the places that best tell that story, inviting you to see the city from different angles and heights.

PARIS ICONS & VIEWS

*If it's your first
time in Paris*

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- 01 **LA TOUR EIFFEL** *The emblematic iron tower rising above the Champ de Mars with wide open, panoramic views*
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- 02 **ARC DE TRIOMPHE** *A monumental arch at the top of the Champs-Élysées, honouring key chapters of French history.*
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- 03 **AVENUE DES CHAMPS-ÉLYSÉES** *The most famous avenue in the city, lined with theatres, boutiques and lively cafés.*
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- 04 **PLACE DE LA CONCORDE** *A vast historic square with fountains and an Egyptian obelisk at a major crossroads of the city.*
-
- 05 **PLACE VENDÔME** *An elegant square known for its column, luxury jewellers and grand façades.*
-
- 06 **BASILIQUE DU SACRÉ-COEUR DE MONTMARTRE** *A white-domed basilica on Montmartre hill, offering sweeping views over the rooftops.*
-
- 07 **ÎLE DE LA CITÉ** *The historic island on the Seine where the city first took shape.*
-
- 08 **CATHÉDRALE NOTRE-DAME DE PARIS ET SON TRÉSOR** *The iconic Gothic cathedral on the river, famed for its façade, stained glass and treasure.*
-
- 09 **OPÉRA NATIONAL DE PARIS - PALAIS GARNIER** *A 19th-century opera house with a lavish interior as spectacular as its performances.*



/ LA TOUR EIFFEL

Originally built for the 1889 World's Fair and meant to be temporary, the iron tower now hosts millions of visitors a year and sparkles every night with a light show.

*Approx. 25 minutes
from La Défense*

*From the rooftop, twelve avenues
radiate out in a perfect star, giving
one of the most impressive 360°
views over the city's boulevards.*

*Approx. 10–15 minutes
from La Défense*

/ ARC DE TRIOMPHE



Inside, the huge golden mosaic above the choir and the quiet chapels offer a calm contrast to the lively streets of Montmartre outside.

*Approx. 25–30 minutes
from La Défense*



/BASILIQUE DU SACRÉ-CŒUR



/ AVENUE DES
CHAMPS-ÉLYSÉES

The avenue often hosts major events and celebrations, from evening strolls under the lights to some of the city's best-known parades.

*Approx. 10–15 minutes
from La Défense*

Walking across the bridges around the island, you move in minutes from historic monuments to riverside views and small, tucked-away squares.

Approx. 20–25 minutes from La Défense

Today the square is a showcase of haute joaillerie, with discreet boutiques and a bronze column at the centre of its perfectly symmetrical façades.

Approx. 20–25 minutes from La Défense



/ PLACE VENDÔME

ART & CULTURE MUSEUMS

for art lovers

10	MUSÉE D'ORSAY	<i>A former railway station transformed into a museum of Impressionist and Post-Impressionist masterpieces</i>
11	MUSÉE DU LOUVRE	<i>One of the world's great museums, home to masterpieces spanning thousands of years and cultures.</i>
12	CENTRE POMPIDOU	<i>A modern-art icon with an industrial façade, vast galleries and panoramic views from the top floor.</i>
13	GRAND PALAIS	<i>A monumental exhibition hall known for its soaring glass roof and major cultural events.</i>
14	PALAIS DE TOKYO	<i>A bold contemporary-art space known for experimental exhibitions and an ever-changing creative atmosphere.</i>
15	PETIT PALAIS - MUSÉE DES BEAUX ARTS DE LA VILLE DE PARIS	<i>An ornate fine-arts museum with gilded interiors, a central garden and a rich permanent collection.</i>
16	FONDATION LOUIS VUITTON	<i>A striking glass structure by Frank Gehry hosting cutting-edge art exhibitions</i>
17	MUSÉE RODIN PARIS	<i>A serene museum and garden showcasing Rodin's sculptures in a quiet, elegant setting.</i>
18	MUSÉE DU QUAI BRANLY JACQUES CHIRAC	<i>A museum dedicated to non-Western arts, blending architecture, gardens and immersive cultural collections</i>
19	MUSÉE DE CLUNY MUSÉE NATIONAL DU MOYEN ÂGE	<i>Preserved medieval space displaying tapestries, relics and the famous Lady and the Unicorn series.</i>
20	INSTITUT DU MONDE ARABE	<i>A cultural landmark with a striking mashrabiya façade, offering exhibitions, views and Arab heritage.</i>

/ MUSÉE D'ORSAY

A former railway station transformed into a museum of Impressionist and Post-Impressionist masterpieces.

Approx. 20–25 minutes from La Défense



The museum is so vast that many visitors choose a theme—like Italian painting, Egyptian antiquities or sculpture—and treat it as a curated route for the day.

Approx. 15–20 minutes from La Défense

/ MUSÉE DU LOUVRE



/ FONDATION
LOUIS VUITTON

*The glass “sails” of the building
change with the light and seasons,
and often become part of the
experience as much as the
exhibitions inside.*

*Approx. 20–25 minutes
from La Défense*

/ GRAND
PALAIS



EUPHORIA

Balloon
MUSEUM

*Known for its monumental nave
and glass roof, the Grand Palais
regularly hosts major exhibitions,
fashion shows and cultural events
on a grand scale.*

*Approx. 15–20 minutes
from La Défense*

ART IS
IN THE
AIR

A.A. MURAKAMI
ALEX SCHWEDER
CAMILLE WALALA
CYRIL LANCELIN
HYPERSTUDIO
KARINA SMIGLA-
BOBINSKI
MARTIN CREED
MOTOREFISICO

Artists

NILS VÖLKER
PAOLA PIVI
PHILIPPE PARRENO
QUIET ENSEMBLE
RAFAEL LOZANO-
HEMMER
RYAN GANDER
SPY
SUN YITIAN

Balloon
MUSEUM

/ PETIT PALAIS

Its inner courtyard garden and café feel like a quiet hideaway, ideal for a pause between galleries or after a walk along the Seine.

Approx. 15–20 minutes from La Défense



HISTORIC & CHARACTER PLACES

103

*Where the city
keeps its stories*

21	PANTHÉON	<i>A monumental Neo-Classical building honouring notable figures in French history.</i>
22	SAINTE-CHAPELLE	<i>A Gothic jewel famed for its soaring stained-glass windows that flood the chapel with colour.</i>
23	CONCIERGERIE	<i>A medieval riverside palace turned prison, known for its vaulted halls and Revolution-era history.</i>
24	HOTEL DE VILLE DE PARIS	<i>A grand Neo-Renaissance city hall known for its ornate façade and lively public square.</i>
25	HOTEL DE BÉTHUNE-SULLY	<i>A 17th-century mansion with sculpted façades and a quiet inner courtyard linking to the Marais.</i>
26	CIMETIÈRE DU PÈRE LACHAISE	<i>A famed cemetery with tree-lined paths, ornate tombs and stories of writers, artists and thinkers.</i>
27	HOTEL DES INVALIDES	<i>A vast complex with museums, courtyards and the iconic dome housing Napoleon's tomb.</i>
28	PALAIS DU LUXEMBOURG	<i>A stately palace surrounded by tranquil gardens, home to the French Senate.</i>
29	CIRQUE D'HIVER BOUGLIONE	<i>A historic circular theatre hosting circus shows, concerts and festive family events.</i>
30	PASSAGE BRADY	<i>A lively covered passage filled with Indian and Pakistani eateries, shops and colourful aromas.</i>
31	CATHÉDRALE DE LA SAINTE-TRINITÉ - ÉGLISE ORTHODOXE RUSSE	<i>A contemporary Orthodox cathedral recognisable by its golden domes and serene interior.</i>

Inside, the vast central space and the famous pendulum underline the building's double role as both a monument and a place of reflection.

*Approx. 25–30 minutes
from La Défense*



/ PANTHÉON

/ PALAIS DU LUXEMBOURG

Locals come here to read, play chess or watch children sail small boats on the central pond, with the palace as an elegant backdrop.

Approx. 25–30 minutes from La Défense



/ CATHÉDRALE NOTRE-DAME

After its recent restoration, details of the stone, wood and stained glass are more visible than ever, offering a renewed look at a familiar icon.

*Approx. 25–30 minutes
from La Défense*





AG

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Paris changes with every season. Festivals, exhibitions, concerts and traditions bring new energy to the city month after month. Here you'll find a selection of events that can help you plan the rhythm of your visit

01 **JANUARY**

Couture Fashion Week

02 **FEBRUARY**

*Salon Rétromobile – Porte de Versailles
Paris Fashion Week*

03 **APRIL**

Paris Marathon

04 **MAY**

*Paris Fair – Porte de Versailles
Third Saturday – European Museum Night
/Roland Garros*

05 **JUNE**

*Sleepless night:artistical manifestation in the whole city by night
June 21st: Fête de la musique – Music festival
Men Fashion Week*

*dates that begin as plans
and end as stories*

06 **JULY**

*Paris Jazz Festival at the Parc Floral
Cinema Festival at Parc de la Villette*

07 **SEPTEMBER**

*Jazz Festival at Parc de la Villette
Heritage day – All monuments open and free to visit
Paris Fashion Week*

08 **OCTOBER**

Paris Art Basel – at Grand Palais

09 **NOVEMBER**

*Paris Photo fair
La Biennale : Fine Art exhibition*



RESTAURANT

From historic brasseries to intimate bistros, this selection highlights places where French cooking, good wine and attentive service still set the tone

01 **CHEZ GEORGES**

273 Boulevard Pereire

02 **LE PETIT VICTOR**

143 avenue Victor Hugo

03 **L'AUBERGE DES CRUS**

13 Rue Bosio

04 **BISTROT PAUL CHÊNE**

123 rue Lauriston

05 **MARIUS ET JANETTE**

4 avenue George V

06 **BRASSERIE LA LORRAINE**

2-4 place des Ternes

07 **SUELO**

7 Rue du Boccador

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A mix of outdoor spaces, interactive museums and cultural discoveries that open up a different side of the city. Easy to reach, easy to enjoy, and ideal for a day away from the usual routes

01 **PARC ZOOLOGIQUE DE PARIS**

An open-air escape in the Bois de Vincennes, where redesigned habitats and over 2,000 animals turn a day at the zoo into a quiet break from the city, especially for families and nature lovers

02 **CITÉ DES SCIENCES ET DE L'INDUSTRIE**

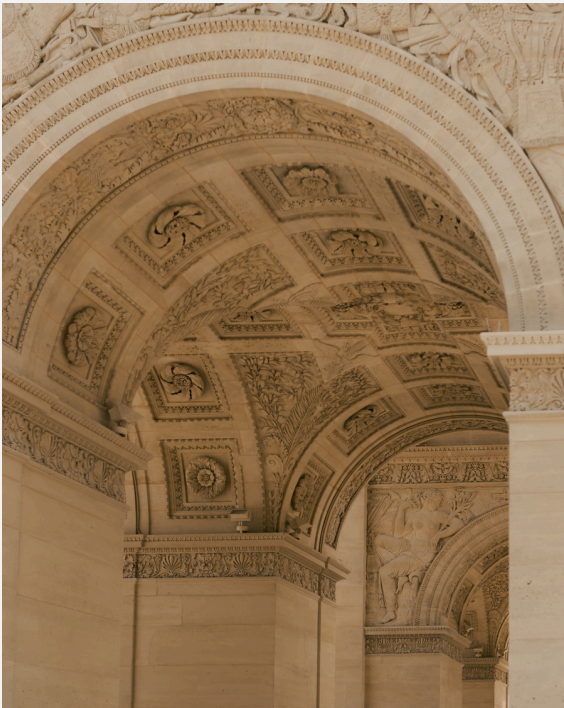
A playful, hands-on science museum in Parc de la Villette, perfect for curious minds and family days, with interactive halls, a planetarium and exhibitions that make technology and everyday life easier to understand

03 **MUSÉE GRÉVIN**

A whimsical wax museum in the heart of Paris, where celebrities and historic figures share the stage in immersive, photo-ready rooms – a light-hearted stop after more classic museums

04 **GRANDE GALERIE DE L'EVOLUTION**
Muséum National d'Histoire Naturelle

A dramatic natural-history gallery under a vast 19th-century glass roof, where thousands of animal specimens, lights and installations trace how life on Earth has evolved and how humans are reshaping it.



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