

HOW TO SURVIVE IN LYON

FIRST, BOOK A HOTEL IN ADVANCE!!!

1. Cercle Villemanzy ***

21 Montée Saint Sébastien

69001Lyon

Tel: 04 72 00 19 00

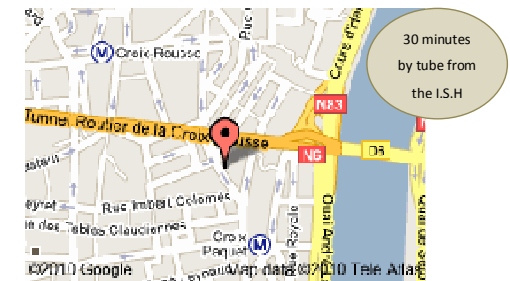
Studio prices (little kitchen indoor):

Single 75 €

Double 87 €

Transport:

Between two tube stations called
Croix Paquet and Croix rouse



2. Hotel du Simplon **

11 rue Duhamel

69002 Lyon

Tél : 04.78.37.41.00

Studio prices :

Single 53 €

Double 63 euros

Transport :

Between two tube stations called
Perrache and Ampère



3. Hotel Berlioz **

12 cours Charlemagne

69002 Lyon

Tél : 04.78.42.30.31

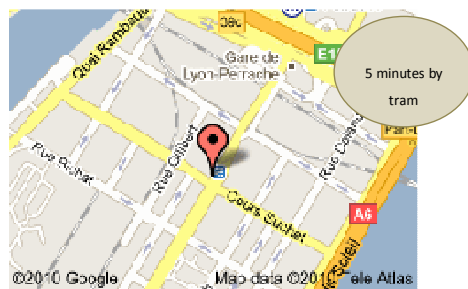
Studio prices :

Single : 75-110 €

Double : 75-125 €

Transport :

Close to the Perrache train station
which also is a tube station



4. Hotel Axotel Perrache ***

12 rue Marc Antoine petit

69002 Lyon

Booking on line

Studio prices :

Single 75 €

Double 85 €

Transport :

Close to the Perrache train station
which also is a tube station



5. Best Western Lyon St Antoine ***

1, rue du Port du Temple

69002 Lyon, France

Tél : 04.78.92.91.91

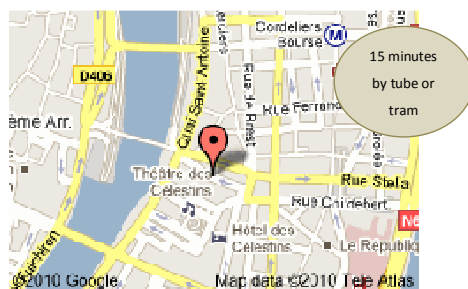
Price :

Single : 72-110 €

Double : 82-130 €

Transport :

Between two tube station called
Cordelier and Bellecour



6. Kyriad Lyon Centre Perrache **

Quai Perrache

69002 Lyon, France

Tél : 04.78.37.16.64

Price :

Single : 71 €

Double : 85 €

Transport :

Close to the Perrache train station



7. Hôtel Bayard Bellecour **

23 place Bellecour

69002 Lyon, France

Tél : 04.78.37.39.64

Price :

Single : 119 €

Double : 169 €

Transport :

Close to the tube station Bellecour,
on the tube line « D »



8. Hôtel du Dauphin **

9 rue Victor Hugo

69002 Lyon, France

Tél : 04.78.37.18.34

Price :

Single : 59 € (if you book on line) to 89 €

Double : 89 € (if you book on line) to 99 €

Transport :

Close to the tube station called
Bellecour on the tube line « D »



WHERE IS THE I.S.H BUILDING

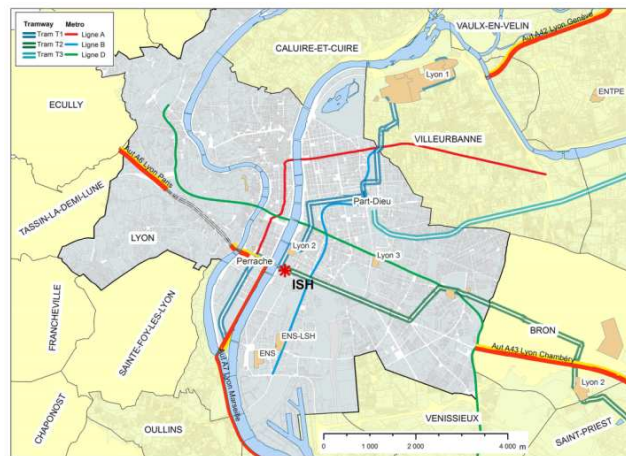
Addresses

14-16 avenue Berthelot 69007 Lyon

www.ish-lyon.cnrs.fr and http://www.ish-lyon.cnrs.fr/Presentation/Contacts_fr.php



(c) Gérard Foliot - Institut des Sciences de l'Homme
Source : Communauté urbaine de Lyon - droits réservés - 2008



(c) Gérard Foliot - Institut des Sciences de l'Homme
Source : Communauté urbaine de Lyon - droits réservés - 2008

THEN, MAKE IT TO THE I.S.H BUILDING

Arriving from the airport:

There is a tram every 15 minutes (30 minutes max.) between Lyon center of town and Saint Exupéry airport that takes less than 30 minutes and runs every day between 5:0 am and 12:00 pm.

<http://www.rhonexpress.fr/>. This tram takes you to/ can be taken at Part-Dieu train station.

Arriving from north of France by car:

The freeway A6 comes directly to Lyon and then to the center.

Arriving by train from the Lyon Part-Dieu station:

By tube (B) and tram (T1), approximately twenty minutes to the ISH.

Arriving by train from the Perrache station:

By tram (T2), approximately five minutes to the ISH (1 station).

Arriving by train from the Jean Macé station

By tram, approximately five minutes to the ISH (1 station).



WHEN YOU'RE IN LYON, MAKE YOUR WAY THROUGH THE NUMEROUS RESTAURANTS

1. Gourmet restaurants

Le Bec et Taka **
14 rue Grolée
69002 Lyon
Tel: 04 78 42 15 00
Tube A, Cordeliers

The Young chief, Nicolas le Bec, does deserves the two star Michelin ranking he has. This is probably one of the best places to eat in Lyon. The perfectness of the art with which he cooks is no longer a question of debate. The place is modern, sober and stylish, the cooking is simply outstanding. Service is excellent though discreet.

Christian Têtedoie*
54 quai Pierre Scize
69005 Lyon
Tel: 04 78 29 40 10
Tube D, Vieux Lyon

In this ideal place and its unmistakable view, Christian Têtedoie –a one star Michelin chief- cooks delicious meals from products that are in season. The character of the place is modern though warm and welcoming. Menus are wonderful and inventive, and the prices go from 56 € to 78€.

Les terrasses*
Montée Saint-Barthélemy
69005 Lyon
Tel: 04 72 56 56 02
Tube D, Vieux Lyon

This one star Michelin restaurant, hitched on the Fourvière hill, has one of the most perfect views of Lyon. The service is courteous and shows careful consideration for every client. The perfect marriage of flavours is just impossible to describe but will bring joy to everyone around the table.

2. Typical french « brasserie »

Brasserie Le Nord Bocuse
18 rue Neuve
69002 Lyon
Tel: 04 72 10 69 69
Tube A, Cordeliers

Service is flawless and fluent. With its stained glasses and wooden walls, the place is designed to create a warm atmosphere that reminds us of the beginning of the 20th century. The cooking is traditional but still subtle.

Brasserie Georges
30 cours Verdun Perrache
69002 Lyon
Tel: 04 72 56 54 54
Tube A, Perrache

La brasserie Georges is surprisingly wide. The beautiful dining room was built in 1836. It's a nice place, welcoming and lively where you can enjoy traditional regional dishes served in large proportions with reasonable prices.

Brasserie Le Sud Bocuse
11 place Antonin Poncet
69002 Lyon
Tel: 04 72 77 80 00
Tube A, Bellecour

This nice ambiance is popular with guest. The wonderful vaults, the house made of stone, the walls covered with warmly coloured lime, all of it is wonderful. The subtle and original flavours really throw light upon the wonders of south of France regional cooking.



3. Traditional regional cooking in Lyon

Le bistro de Lyon

64 rue Mercière
69002 Lyon
Tel : 0478384747
Tube A, Cordeliers

This much known restaurant takes place « rue Mercière », one of the streets of Lyon the more crowded with restaurants. On all the chairs and sofas, famous people that came by wrote their names right on the wood or the fabric. The fine menu is perfectly well balanced between traditional cooking and subtle flavours. Waiters are welcoming and they'll tell you about the history of the place.

Le Mercière

56 rue Mercière
69002 Lyon
Tel : 0478384747
Tube A, Cordeliers

Also situated in « rue Mercière », this is one of the famous « bouchons » that made the city famous for its traditional regional food. The food is excellent and flawless, the character of the place is authentic, everything just seems to justify the fact that Lyon was called a paradise for gourmets.

Chez Abel

25 rue Guynemer
69002 Lyon
Tel: 04 78 37 46 18
Tube A, Ampère Victor
Hugo

Chez Abel is one of the more popular café-restaurant in Lyon. The character of the place is cosy, the food is perfect, -Chez Abel- is one of the best bouchons in Lyon, and the prices really are reasonable.

4. Traditional foreign restaurants

Thé'-Van

6 rue Passet
69007 Lyon
Tel : 04 72 71 33 64
Tube D, Guillotière

You can enjoy this traditional Vietnamese cooking in a quiet atmosphere where everything seems as subtle as the food and as silent as the waiters. Definitely one of the best places in town where you can find Asian food.

Pizzeria Carlino

15 rue de l'Arbre Sec
69001 Lyon
Tel: 04 78 28 03 18
Tube D, Hôtel de Ville

This is very well-known Italian restaurant was made famous by the quality of its food and the delicious taste of its traditionally baked pizzas. The place is nice and welcoming, and the paintings of the ceiling are wonderful.



BE AWARE OF WHAT TRADITIONAL REGIONAL DISHES ARE MADE OF

Lyon is blessed with a rich culinary history that made the city famous all over the world. Such dishes as Lyon's sausage, quenelle and tripe have become part of Lyon's history and cultural background.

Typical Lyon's restaurants are called « bouchons ». They're the city's unique version of the bistro and own their virtuosity from the quality of local products.

In case you wanted to experiment this traditional regional cooking, this will help you make your way through the immense variety of products and dishes.

MAIN DISHES

Saucisson: a large, thick French sausage, typically firm in texture and flavoured with herbs. It can be eaten hot or cold, often sided with potatoes.

Le tablier de sapeur: triangular piece of tripe that was previously drowned in wine for a few hours before being briefly cooked in a pan.

Les grattons: pig fat first panned then dried, served in small pieces or as “amuse-bouches” which means a small savoury item of food served as an appetizer before the meal.

Les quenelles: one of the most famous and most classical regional dishes. It looks more or less like a white sausage but it's made of a very subtle mix of corn, milk and eggs to which can be added other items such as meat.

La crêpe: typical regional omelet made out of mashed potatoes.

La soupe, à l'oignon: onion soup mixed with the yellow part of an egg and served with a piece of bread.

La cervelle de canut: special creamy cheese that looks more like cream than like cheese (called “fromage blanc” in French) first mixed with fresh cream, olive oil and vinegar to which are added garlic and herbs and white wine.

DESSERTS

Bugnes: a delicious desert which recipe comes from medieval times. It's like a “beignet”, which means a square of fried dough you eat hot and sprinkled with icing sugar.

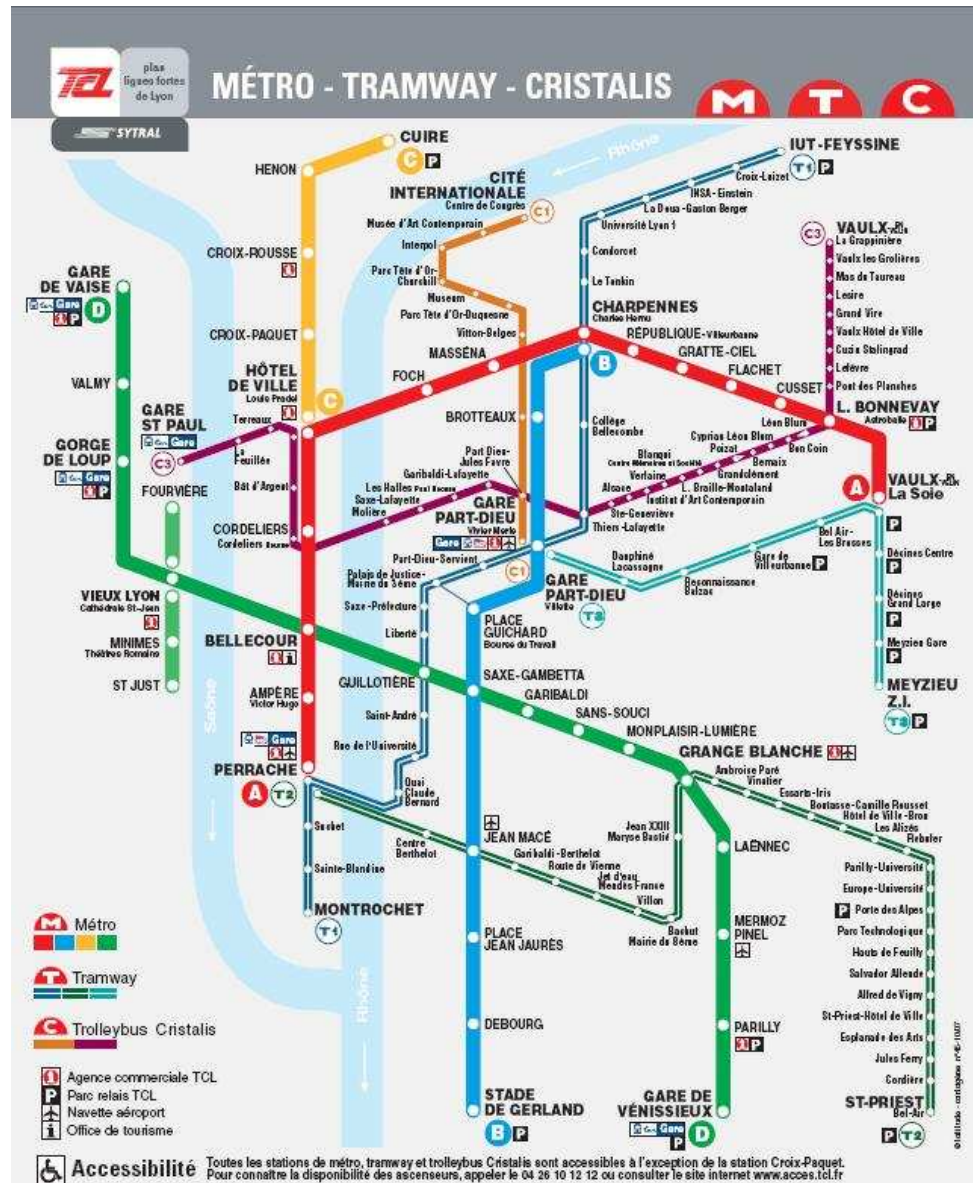
La tartelette aux pralines: small tart with special pink pralines from Lyon. You'll also find those same pralines in small pieces of bread called brioche.

Cocons and coussins de Lyon: delicious union of cacao and almond paste.

Les papillotes: chocolate wrapped in paper where you can find small jokes.



DON'T FORGET THE TUBE MAP



PREPARE YOURSELF TO VISIT LYON



« The fate of Lyon is as complicated as the fate of the river. Every city, no doubt, is a complicated thing. Lyon probably even more than another, for it strikes the historian by its sudden changes, its original sides or its oddities. The city changes from a century to another, switching from a way to surprise visitors to another. »



Find all information on the city website
<http://www.lyon.fr/vdi/sections/fr/cd>

THE PLACES YOU HAVE SEE IF YOU COME TO LYON

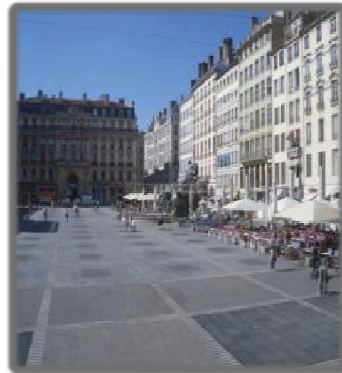
The Hotel de Ville

This building is situated between two squares called “place des terreaux” and “place de la comédie”. It faces the theatre (opera in French). It was built by Simon Maupin in 1646 but was partially destroyed by fires and by revolution. Therefore, it was rebuilt in 1852 by Tony Desjardins.



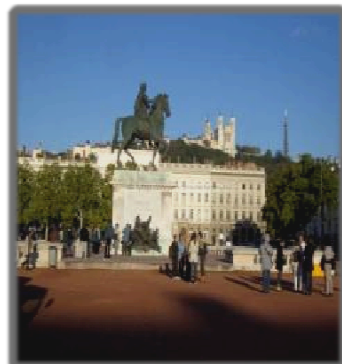
The square Place des Terreaux

At the center of the square you can find an allegorical fountain made by Bartholdi. This fountain was originally designed for another town, Bordeaux. Following the universal exposition of 1889, this piece of art had become too expensive for Bordeaux and was therefore bought by the mayor of Lyon in 1990. At the beginning, the northern limit of the square matched the old town boundaries and a small part of the river. This part of the river was filled up with layers of earth. This explains the name of the square which literally means “the earth square”.



The square Place Bellecour

It's the widest square in Lyon, and the fourth widest in France. It's also the widest square in Europe designed to pedestrian only. At the center you can find a statue showing one of the most famous kings of France: Louis the fourteenth.



Fourvière

The first piece of the building was built during the 12th century and was for the Virgin Mary. In 1852, the church was made bigger and a big golden statue of Mary was added to it. Those changes were made because of a tradition: some people from Lyon had made the vow to come back every year to Fourvière if the city was protected from wars and diseases. The basilica was therefore built in order to thank Mary for protecting Lyon. Since then, in remembrance of the way Mary protected Lyon, people always celebrate “la fête des lumières” on the 8th of December (the day the church was inaugurated). It literally means “the light celebration”: they put small candles on their windows. There were two principals architects to the basilica project: Pierre Bossan and Marie Perrin.



Cathédrale Saint Jean

The construction of the cathedral began during the 12th century. The stones came from different places, from old roman constructions to the hill of Fourvière and were shaped by workers in front of the cathedral, in the square. It is both gothic and roman in style.



Le Parc de la Tête d'or

This very wide park is one of the most famous in France. One can enter it by seven different gates the most famous of which is “La



porte des enfants du Rhône”. This beautiful gate opens on a lake that is at the center of the design of the park. The remarkable and romantic lawns are sometimes interrupted in their wideness by beautiful old trees that were here for centuries. The flowers always give a colored touch to the striking composition. The park is open to visitors for free.



Musée des Beaux-arts



Le musée des Beaux-Arts de Lyon
20 place des Terreaux
Palais Saint-Pierre
69001 Lyon
Tel : 04 72 10 17 40
Fax : 04 78 28 12 45

This museum is situated at the center of the town, and was originally an abbey. You can find there one of the biggest art collection in France which illustrates history of art from antic Greece to nowadays.



The contemporary museum of art

This museum designed by Renzo Piano is situated near to the Tête d'Or park and is part of the "cite nationale". Since it's opening, the museum presented temporary expositions designed in collaboration with the artists involved. Thanks to its walls that can be changed or taken off, the museum constantly changes from one exposition to an other.

Contact

81 Quai Charles de Gaulle Cité
internationale 69006 Lyon



Le Rhône et la Soane

The Rhône River

This river begins 1753 meters high in Switzerland. It crosses the Leman Lake before coming to France and throwing itself into the Mediterranean Sea. Being long 812 kilometers, it's the most powerful of all the French rivers.



The Saone River

It's a river from east of France, and it's one of the main rivers that make the Rhône.

It was named this way by one of the ancient Celtic tribe that lived on the city area



La Presqu'île





All the special places you still have to discover

1. What we call "Presque île" ("nearly island" literally translated) is a part of the city enclosed by the two main rivers. It's the center of the city and one of its most beautiful parts. With its numerous restaurants and pubs (particularly in "rue mercière"), its shops (rue Edouard Herriot, rue de la République, rue Victor Hugo), "la presque île" is one of the nicest places to wander around.
2. The « traboules » are something very particular you'll only find in Lyon. They are part of what makes the old city mysterious and famous. Behind the doors of the old city house are small ways that allows you to go from one street to another. They're just like hidden corridors. During World War II, they helped people to escape the police. Officers couldn't understand why the people they were following simply disappeared!
3. « La Part-Dieu » is a famous mall, filled with various shops, restaurants, fast foods and even a cinema.
It's in the center of the business area in Lyon, near the train station.
4. You cannot leave Lugdunum without visiting this district in which people from the silk factories used to leave. It's called "Croix Rousse" and it's also filled with traboules. It's one of the liveliest areas in town. If you want to go out during the evening, it will give you a good idea of what it feels like to live in Lyon.

