



Noteworthy Additions, Changes and Closures from publication date through March 31, 2008

Key to Night+Day Symbols

Restaurants

Singles-friendly


-  Communal table
-  Food served at bar

(G) Gourmet destination

Venues followed by an * are those we recommend as both a restaurant and a destination bar.




Nightlife

Includes bars, clubs, and entertainment

-  Cover or ticket charge (otherwise, entry is free)

Restaurants + Nightlife

Prime-time noise levels

-  Quiet
-  A buzz, but still conversational
-  Loud

Key to Pricing

Hotels

Best deluxe room

€	€100-€199
€€	€200-€299
€€€	€300-€399
€€€€	€400 and up

Restaurants

Main course

€-	less than €10
€	€10-€19
€€	€20-€29
€€€	€30-€39
€€€€	€40 and up

Attractions

Entry or service

€-	less than €10
€	€10-€19
€€	€20-€29
€€€	€30-€39
€€€€	€40 and up

The Night+Day promise

Night+Day writers and editors use the same high standards in selecting and researching venues to be included in our Ins and Outs updates as we do for our books. Our local correspondents determine which new hot spots are the real deal and which are simply hype—just as you'd expect from Night+Day—to provide the kind of reliable information you need to make the best possible choices.

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Hot & Cool Paris Hotels

Hôtel des Académies et des Arts • 6th • Trendy (20 rooms)

A cut below the “palaces” in terms of size and luxury, the three-star Hôtel des Académies et des Arts is nonetheless an absolute gem for guests looking for a chic home-from-home stopover in Paris. The contemporary design of the rooms is bursting with the charm of an expertly chosen mix of colors, sumptuous fabrics, and immaculate marble bathrooms. Keen to preserve the artistic history of the building—both Picasso and Modigliani resided here—owners Charlotte and Laurent Inchauspé have tastefully added their creative talents to the decoration. Sophie’s sculptures grace the lobby and breakfast room, while the “white men” murals of Laurent, occasionally spotted around Paris, can be found throughout the hotel. The rooms on the ground floor have a privileged view of a red giant mural from their private terraces in a secluded courtyard. Not enough art? Take in a visual art exhibition over breakfast, or visit the cozy library. A stone’s throw from the Jardin du Luxembourg, and a few more from the chic boutiques and galleries of St-Germain-des-Prés, the location is ideal, especially for those wishing to make use of the hotel’s personal shopper service. And after a hard day’s spending, what could be better than a massage and pampering session in the gorgeous wellness suite? €€€ ☑ 15 rue de la Grande Chaumière (M° Vavin), 01.43.27.08.80, hotel-des-academies.com

Hotel Everland • 16th • Trendy (1 rm)

Deliciously quirky, the Everland is a nomadic design experiment, part hotel, part art installation, that has migrated to Paris from its former home in Dresden. Such is the unique experience that this single capsule room offers, it can only be reserved for one night precisely two months prior to your stay. Even then, you’ll have to be on the website at the random time that the room becomes available. If this all sounds like a lot of effort, rest assured that any doubts you may have will evaporate as soon as you set foot on the roof of the Palais de Tokyo, where it will be perched until the end of 2008. The view, Eiffel Tower included of course, is absolutely breathtaking. Once inside, you have the impression of being in a 1960s toy caravan, albeit a very stylish one with a nod to contemporary comfort. There’s barely a straight line in sight and the wall-to-wall carpeting, vintage LPs, and retro mini bar all add to the charm. Luxury habitués will be pleased to know that room service is available from a local hotel, while unlimited access to the galleries makes this the ultimate stopover for fans of modern art. €€€€ 13 av. du Président Wilson (M° Alma-Marceau), 01.47.23.54.01, palaisdetokyo.com/everland

Hot & Cool Paris Restaurants

Apicius • 8th • Gastronomic

This former private mansion is a truly stately building, although that’s not to say that this place is traditional—the tongue-in-cheek stone pigs and mushrooms decorating the lawn should give a hint of the contemporary mood within. Two Michelin-star chef Jean-Pierre Vigato prepares traditional French cuisine, albeit with new twists that push the Gallic culinary boundaries. The menu sings with the diversity of produce from all over France, from roast lobster served with its carpaccio to pigeon breast wrapped in cured ham. The discreetly decorated dining room evokes the stature of the place, in tones of taupe and cream, with dark wood and contemporary objets d’art. There is a private dining room, frequently reserved by the power lunch crowd, but by far the best place to sit is in the glass conservatory. Come in the evening, for a similarly sophisticated, yet more relaxed crowd, and retire to the small, select, bar for some of the best cocktails in Paris. *Restaurant: Mon-Fri noon-2pm and 8-10pm; bar: Mon-Fri noon-2pm and 7pm-1am.* €€€€ ☑ 20 rue d’Artois (M° St-Philippe du Roule), 01.43.80.77.74, restaurant-apicius.fr

Black Calvados • 8th • International

“BC,” as it has rapidly become known, is the ultra-exclusive creation of couture choreographer Alex de Betak, Audioslave front man Chris Cornell, and Nick Blast of Le Néon fame. Blasting rock chic into the Golden Triangle, it attracts the crème of music and fashion glitterati, so dress accordingly. Former Nobu chef Jerome Lorvellec serves up unpretentious “New American” cuisine with an Asian twist in the small restaurant that would be intimate if it weren’t quite so black or the music so loud. Still, the glossy décor is softened with warm lighting, and by the presence of original Renaissance-era painted ceilings. Those wishing to venture downstairs to the even smaller club—a metal box with rock music clanging off the walls—must suffer the sartorial evaluation of the door staff, and be warned that entrance to the restaurant does not guarantee that you

will be admitted to the club. Once you've made it down those stairs, expect to find no more than 100 20-30-year-old hipsters rubbing shoulders (literally) in a sleek, ultra-modern atmosphere. Black predominates once again, with yellow fluorescent lighting illuminating cubic glass tables and playing off polished, metallic walls. *Restaurant: Mon-Sat 8pm-2am, Club 9pm-5am.* €€ ≡ 40 av. Pierre 1er de Serbie (M° George V), 01.47.20.77.77

Il Vino • 7th • Trendy

Ever since it won the 2007 Fooding award for "Best bourgeois-bohemian spot for wine," Il Vino has been hot on the lips of discerning wine snobs and gastronomes. The fact that it has a cellar with an impressive 15,000 vintages and an award-winning sommelier (voted best in the world by the International Association of Sommeliers no less), hardly comes as a surprise. Surprise however, is the element here that makes this place unique. Whether you elect to select your wine and have the chef concoct your menu accordingly, or simply test yourself with some blind tasting, there is a lot of fun to be had. The food is, of course, perfectly matched with the wines, and equally delicious. Imagine the pairing of a gutsy white Jurançon with mature comté cheese or Macon with a fragrant saffron risotto. The setting is modern and chic, whether you're seated at the high tables by the window or on the comfortable velvet banquettes. With set menus stretching from €50 to €1000, expect to find bon-viveur 30-somethings, and the occasional celebrity splashing out on Pétrus and Château Yquem. If you're no grape guru, don't let the wine list daunt you: the staff are helpful and the emphasis here is on fun after all. *Tue-Sat 12:30-2:30pm and 7:30-10:30pm.* €€ ≡ 13, bd. de La Tour-Maubourg (M° La Tour-Maubourg), 01.44.11.72.00

L'Eclaireur* • 18th • Mediterranean

The latest in the Paris/Tokyo chain, L'Eclaireur offers discerning shoppers the option to give their feet and credit cards a rest, while treating themselves to a cocktail and bar snacks or the Franco-Mediterranean lunch and dinner menu. Try the dazzlingly fresh Sicilian crudo (raw fish) flavored with olive oil and citrus fruits. Piero Fornasetti's serigraphs adorn walls and tableware alike, creating an eclectic yet inviting interior that sparkles with visual humor. Drunken monkeys cavort along the bar, playing-card towers decorate the restaurant, and an unabashedly "sans"-fig-leaf Adam and Eve ensure no mistakes are made finding the right restroom. Expect power-lunchers at midday and a young, well-dressed crowd from 8pm onwards. If reserving is your thing, go for the naturally lit terrace in the Galerie Royale for lunch or the secluded "erotic corner" for dinner. Failing that, sample a signature cucumber martini at the bar and absorb the effervescent atmosphere while awaiting a table. *Mon 11am-7pm, Tue-Sat 11am-2am.* € ≡ 10 rue Boissy d'Anglas (M° Concorde), 01.53.43.09.99, leclaireur.com

La Nouvelle Athènes • 9th • Trendy

Named after the area of the 9th around it, La Nouvelle Athènes is a unique establishment combining a gastronomic restaurant, a bar, and a jazz and blues club. Such is the clever design of the place, with the graceful sweep of two staircases leading from the bar to the split-level restaurant, you can get a full view of the stage from wherever you're seated. There's a refined elegance to this predominantly white

space—whether it's due to the tall bay windows, the sculptural, gold-adorned lights suspended from the ceiling, or the tinkling of the grand piano is not clear. In any case, the combination of the food, the wine, and the music is magical. Don't be surprised if the polished but laid-back crowd feels the need to get up and dance. You don't need to dine to appreciate the jazz, but it would be a shame to miss out on the cuisine. Creative and unusual pairings of ingredients, such as a duck and oyster steak tartare, and clever twists including a banana guacamole with orange tacos are what make the menu a clear cut above the usual jazz club fare. *Mon-Sat 10am-2:00am. Concerts Wed-Sat from 10:30pm.* €€€ ≡ 9 pl. Pigalle (M° Pigalle), 01.49.70.03.99, lecafedelanouvelleathenes.com, myspace.com/lanouvelleathenes



Les Ombres • 7th • Modern French

Like a natural beauty, Les Ombres doesn't have to make an effort to seduce. Jean Nouvel's multi-faceted glass ceiling and the summer terrace give you the most splendid view of the Eiffel Tower (so near it looks unreal) and the whole 360-degree panorama of Paris. So a simple setting of dark wood floors and rattan chairs is all that was needed to set the scene atop the new museum of tribal art. Arno Busquet's gastronomic cuisine creatively echoes the museum's ethos: French cuisine is heightened with global, earthy touches such as the cream of turnip soup with touka beans and ginger *sot l'y laise*, a mussel risotto revealing lemongrass flavors, and rabbit accompanied by a Chinese cabbage and blue cheese gratin—all changing according to season. The exotic ingredients are fair-traded, just like the artifacts in the museum shop. It's easy to pop in for lunch as the space is large, but there are long waiting lists for the evening menu dégustation when the stars and candlelight glimmer over a well-heeled clientele. In summer especially, try to time your meal for sunset. *Sun-Thu noon-2:30pm and 7:30-10:30pm, Fri-Sat noon-2:30pm and 7:30-11pm.* €€€ ≡ Musée du Quai Branly, 27 quai Branly (M° Alma-Marceau or RER Pont de l'Alma), 01.47.53.68.00, lesombres-restaurant.com



Ozu • 16th • Japanese

Samurai warriors and giant golden fish welcome diners to the Cinéaqua's restaurant. With a Hollywood-meets-Tokyo interior, the traditional Japanese restaurant decor has been imbued with a dash of refined glamour. Its wow factor, however, has to be the 20-meter-long window displaying the aquarium's largest tank, which is teeming with a multitude of fish and sharks. Midday clients range from lawyers doing business at the communal tables to families taking advantage of the very reasonable aquarium + lunch deal. In the evening it takes on a rather more sophisticated air, with well-heeled socialites sampling the gourmet menus before retiring to the lounge bar downstairs. The menu is a result of the French and Japanese team in the kitchen, with classic sushi, maki, and sashimi, as well as more innovative dishes that fuse Japanese tradition with regional French produce. Try the steaming seared beef, brought to your table on its own Toban grill or share a whole sea bass, stuffed with rice and mountain vegetables. *Daily noon-3pm and 7:30pm-midnight; lounge bar Thu-Sat 8pm-5am.* €€€ ≡ 2 Av. des Nations Unies (M° Trocadéro), 01.40.69.23.90, cineaqua.com



Le Rival Deluxe* • 18th • International

The latest acquisition of the Costes empire, the Rival Deluxe has risen from the ashes of former nightclub Nirvana Lounge. This “bar de nuit” provides a stylishly plush and cozy haven for a well-dressed crowd until dawn breaks. Young partygoers and a more sedate crowd mingle to sexy, chilled-out house and sip classic Costes cocktails—le Rival Deluxe is the firm favorite with vodka, fresh strawberries, and champagne. Upstairs, the atmosphere is that of a chic café, with an elegant terrace leading to an interior of chocolate velvet seating beneath a midnight-blue ceiling sparkling with a constellation of lights. Below, a more intimate, red-hued lounge heats up as the evening progresses. Brunch, bar snacks, and light meals can be had nonstop until 6am throughout the establishment. Despite a frequently famous clientele, it’s surprisingly accessible—anyone who can scrub up a bit can get in. Drop in after 1am for a clubbier atmosphere. *Daily 8am-6am.* €€   3 Ave. Matignon (M° Franklin D. Roosevelt), 01.42.89.64.72

Sens • 8th • International


Upon entering, you’ll be greeted by a sleek Parisian décor, which is icy-cool gray and white with Philippe Starck chairs and light flooding in from the back atrium. All the heat here is in the cooking, which globetrotts from Japan to India via North Africa (try the sweet spiced lamb with green chili harissa and couscous juice to tickle your tastebuds). While weekday lunches attract laid-back corporates, evenings and particularly weekends see a younger crowd, as the night moves smoothly from cocktails—try the Violette des Sens with Belvedere vodka, violet liqueur and Get 31—through dinner, to clubbing with house and R&B sounds taking you through to dawn. You can drink without dining at the bar and in the mezzanine lounge area—and with no cover charge, this makes for the perfect sophisticated lounge-club experience. *Restaurant: Mon-Fri noon-3pm and 7:30-11:30pm, Sat 7:30-11:30pm; Bar: Mon-Sat till 2am; Club: Fri, Sat till 6am.* €€   23 rue de Ponthieu (M° Franklin D. Roosevelt or St Philippe du Roule), 01.42.25.95.00, Lacompagniedescomptoirs.com

Sensing • 16th • Contemporary


Chic yet cozy, sophisticated without being snobbish, Guy Martin’s latest culinary outing is causing a stir without a scene. With a cuisine to please the senses and not the critics, Sensing snubs the trends. The beautifully presented dishes are bursting with the fresh flavors of seasonal products of the highest quality. The menu features innovative pairings of ingredients in unusual combinations of textures—seared tuna stuffed with foie gras, for example. Mousses and foams play a part in main courses as well as desserts. The diverse clientele consists not only of foodies drawn here by the owner’s reputation, but also those lured inside by the inviting interior and mouthwatering menu. A sleek marble bar leads into two dining spaces decorated in muted grays and greens, with seating in plum velvet. The atmosphere does not distract from the food, but creates a luxurious ambience that ensures diners will want to make the meal last late into the night. *Mon 7:30-10:30pm, Tue-Sat noon-2:30 pm and 7:30-10:30pm.* €€   19 rue Bréa (M° Vavin), 01.43.27.08.80, restaurant-sensing.com

Hot & Cool Paris Nightlife


Club Sandwich • Various • Party

Born out of the void it now single-handedly fills, Club Sandwich is unlike anything else on the Paris scene. The difference being: anything goes. Anything that is, but the mundane. The monthly, venue-hopping, Sunday-night parties exude sexuality of all shapes and forms, not only from the cabaret shows and musical performances, but also from the fabulous creatures of the night that make these parties their personal playground. As these events are all the rage with the fashion crowd, don’t be surprised if you end up dancing with your favorite model or designer or even the likes of Dita Von Teese. With a frivolous mix of sexy disco and electro-pop, DJs keep the crowd as bubbly as the champagne until dawn. If you’re keen to join the dedicated revelers that flock here from the world over, check the MySpace page for the next event’s location and theme. Go in jeans and a T-shirt if you must, but be prepared to be overtaken by the sartorially more adventurous in line. Get there before midnight. *Sun, once per month, 11pm-6am.*  [myspace/clubsandwich](http://myspace.com/clubsandwich)

Cud • 3rd • Gay Bar

Before you get any ideas in your head, the name “Classic Up and Down” refers to the fact that this place has a neat little bar upstairs and a mini-club downstairs. It is therefore, the perfect spot if full-on clubbing is not on the agenda. Open late every night of the week, it’s the only place to end your night out in the Marais in style. It fills up around 2am with predominantly male, youngish types who dance, drink, and cruise under the stone arches of the basement, or congregate on the street to chat and smoke. With free entrance and cloakroom, friendly staff and the unpretentious clientele, this place is refreshingly fun in a gay scene that frequently takes itself seriously. *Bar: Mon-Thu 10pm-6am, Fri-Sat 10pm-7am; club: Mon-Thu midnight-6am, Fri-Sat midnight-7am.*  12 rue des Haudriettes (Rambuteau), 01.42.77.44.12, cud-bar.com

L’Eclaireur* • 18th • Restaurant Bar

The latest in the Paris/Tokyo chain, L’Eclaireur offers up cocktails and bar snacks to a chic crowd in an eclectic yet inviting setting that sparkles with visual humor. *See Hot & Cool Restaurants, p.5, for details. Mon 11am-7pm, Tue-Sat 11am-2am.*  10 rue Boissy d’Anglas (M° Concorde), 01.53.43.09.99, leclaireur.com

Queenie • 8th • Lounge

Don’t be fooled by the name—despite its proximity and shared owners, Queenie bears little resemblance to the Queen. A world away from the smoke and the sweat of the Champs-Élysées’ most famous dance-floor, refreshingly friendly staff welcome a mixed clientele into a relaxed, and relaxing, loft-cum-lounge environment. The after-work crowd loosens ties over drinks, diners choose from an international menu, and partygoers warm up or wind down. It’s at its best after midnight. Designer Bruno Borriane, protégé of the ubiquitous Philippe Starck, has come up with an atmosphere that is simultaneously chic and cozy. Vast white chesterfields jostle for attention with gold brick pillars, subtly illuminated by rings of fluorescent light emanating from the muslin-clad walls that veil, at the far end, a blow-up of a 16th-century bare-breasted portrait of

Gabrielle d'Estrées and the Duchesse de Villars. Aside from this, the talking point is undoubtedly the white cruciform bar, strikingly lit from above. It is the best place to see and be seen, all whilst sampling the dazzling list of innovative and delicious cocktails. Ask barman Hervé for the Maturano cocktail, a zingy mixture of peach liqueur, lime, and vodka. *Daily 5pm-4am. 5 rue de Berri (M° George V), 01.45.62.50.23, lequeenie.fr*

Le Rival Deluxe* • 18th • Lounge

This “bar de nuit” provides a stylishly plush and cozy haven for a well-dressed crowd until dawn breaks. Young party-goers and a more sedate crowd mingle to sexy, chilled-out house and sip classic Costes cocktails. Drop in after 1am for a clubbier atmosphere. *See Hot & Cool Restaurants, p.7, for details. Mon 11am-7pm, Tue- Sat 11am-2am. Daily 8am-6am. €0 ☰ 3 Ave. Matignon (M° Franklin D. Roosevelt), 01.42.89.64.72*

La Scala • 1st • Dance Club

After decades of succumbing to its slightly seedy reputation, La Scala is back. Hosting resident parties such as the über-cool Club Sandwich, and DJs such as the ubiquitous David Guetta, this vast club has once more made its mark on the landscape of Paris nightlife. With a nod to its previous incarnation, the decor sees the '70s revisited with a kitsch, scintillating display of lights and mirrors. Thoroughly modern however, the sound system pumps out the latest in dance, electro, hip hop, and r'n'b five nights a week. The clientele can vary wildly depending on the evening: seen as you can expect anything from low-key clubbers to the glammed up glitterati of one-off fashion events, it's wise to check the website before you don your jeans and sneakers. Don't be surprised, however, if most of the crowd thinks that the remixed disco classic they're dancing to is the original. *Wed-Sun 11pm-6am. ☰ 88bis rue de Rivoli (M° Palais Royale), 01.42.60.45.64, lascalaparis.fr*

Showcase • 8th • Club/Concert Venue

Through fairytale gates, a cavernous space awaits revelers beneath the arches of Pont Alexandre III. Discovered by its creator Albert Cohen in 1998, it has quickly become a highly reputed concert venue, as well as the home of monthly and one-off club nights. Consult Showcase's page on MySpace for the very latest happenings. The huge concert hall is divided, longitudinally, in two, with tables on one side and a dance floor on the other, giving visitors the option to sit leisurely with drink in hand, or enjoy the sweaty crush near the stage. It has become a hot spot to rival the likes of the Baron, or Paris Paris, and a similar crowd can be expected here: a devoted mix of fashionable twenty-somethings, out to be seen, but not too proud to have a good time. Those keen to take in the atmosphere in more leisurely fashion should consider the Sunday brunches, when daylight streams picturesquely through the large arched windows onto the quay. *Concerts vary, club nights generally 10pm-6am, Sunday brunch 11:30am-4pm. ☰ Pont Alexandre III, Right Bank (M° Champs-Élysées-Clemenceau or Invalides), 01.45.61.25.43; brunch reservations 06.28.28.82.88, showcase.fr; mspace.com/showcaseparis*

Hot & Cool Paris Attractions

Cinéaqua • 16th • Aquarium

The Cinéaqua accommodates 4 million liters of water, teeming with aquatic life, in the cavernous space excavated under the Trocadéro gardens for the World's Fair in 1878. But this aquarium is definitely not only for children. If the mesmerizing array of 450 species of aquatic life, including over 40 sharks, informative films, and relaxing aqua-cinema, is not enough to entertain, check out the website for details of special events and concerts. And we're not talking kid's stuff here: Maroon 5, J-Lo, and James Blunt are among those who have performed, with the aquarium as backdrop. Last but by no means least is the highly acclaimed restaurant Ozu, which merits a visit in itself. Beat the crowds and get there before lunch. *Daily 10am-7pm. €€ 2 Ave. des Nations Unies (M° Trocadéro), 01.40.69.23.23, cineacqua.com*

Musée des Arts Décoratifs • 1st • Design Museum

Its reopening in 2006 after a six-year-long renovation was a design world sensation and brands have been flocking to have their launch parties in the grandiose Deco entrance hall ever since. Bathed in violet light, drinking violet martinis at one such launch, we thought it a fitting scene for a Busby Berkeley musical, or at least for Mae West to swoon in. Despite the uptight name, this is a cool, cool museum. Forget floor 3 with the Middle Ages to the 19th century and spend your time wandering the extensive 20th-century galleries that take up the rest of it. Here you'll find lounge furniture icons (Le Corbusier, Eames), Art Deco and Bauhaus, and on to contemporary prototypes. Just when you are getting footsore in the 60s and 70s galleries, and longing to sit down on the funky furniture displays, a staff member ushers you in to a room where you can do just that, flopping onto a Pop Art sofa or dangling from a bubble chair while you feast your eyes either at the Sacré-Coeur or a screen showing film clips (Peter Sellers, *Barbarella*) with their iconic furniture references amusingly subtitled. The ticket gives you entry to the fashion and advertising museums too, but don't try to do all in one day. *Tue-Wed, Fri 11am-6pm, Thu 11am-9pm, Sat-Sun 10am-6pm. € 107 rue de Rivoli (M° Palais Royal – Musée de Louvre), 01.44.55.57.50, lesartsdecoratifs.fr*

Musée du Quai Branly • 7th • Art Museum

Faced with the problem of how to house disparate collections of tribal people's art collected over the many centuries of French colonization, Jacques Chirac in 2006 turned a political correctness hot potato into a gleaming new attraction. Even the approach to the museum feels more New World than Old as you walk through a savannah landscape to reach the museum entrance. Refreshingly modern in its architecture and its outlook, Quai Branly takes a whole new approach to ethnography, displaying artifacts from four continents (all, in fact, except Europe) atmospherically, in a shadowy, mysterious space struck by sudden beams of sunlight, and with video and sound contributions to help one understand their cultural significance. Music is a strong point in the museum's interdisciplinary approach. In addition to a huge collection of musical instruments running through a central glass column, there is an extensive program of theater, music, dance, and storytelling. The panoramic restaurant Les Ombres

is one of the hottest tables in town. *Tue-Wed, Fri-Sun 10am-6:30pm, Thu 10am-9:30pm.* €– 27-51 quai Branly; 206 and 218 rue de l'Université (M° Alma-Marceau or RER Pont de l'Alma), 01.56.61.70.00, quaiبرانly.fr

Renaissens • 2nd • Spa

Following the trend for natural skincare, Renaissens relies on the attributes of the fresh fruit, flowers and vegetables in their treatments. From the moment you cross the threshold, you can sample these delights in the reception's juice bar. Donning your bathrobe and heading downstairs, you're greeted by a warm, steamy atmosphere laden with aromas of eucalyptus and rose, and a sleek, zen-like decor softly lit in pink and green. There are a wide range of treatments and massages to choose from, the most intriguing of which is the Fresh Touch massage, where your chosen fruit and vegetables are crushed and applied with essential oils. To join the ranks of Parisians who stay in shape without lifting a finger, consider trying a toning Power Plate session or a slimming Spa Jet massage. No matter what the varied clientele of both men and women have chosen to indulge in, they all leave with the same serene expression and healthy glow. *Mon-Wed, Fri-Sat 10am-8pm, Thu 10am-10pm.* €€€ 16 rue Saint-Marc (M° Bourse), 01.42.36.03.30, renaissens-spa.com

L'Usine • 2nd • Fitness Club

L'Usine is the gym of choice in Paris. Whether it's the likes of John Galliano or Marc Jacobs, or the busy professionals who work in the surrounding areas, the snowballing number of health-conscious clients here are testament to the ever-growing trend for keeping in shape. With three vast, tastefully decorated floors dedicated to the body beautiful, you're bound to find a way to sweat it out. The cardio and weight-training equipment are of the very latest design, and are intelligently laid out in order to maximize your workouts. There are a myriad of classes to choose from, ranging from the usual aerobics, bums and tums and spinning, through to yoga, pilates, and boxing. If this all sounds a little too strenuous, the hammam and spa are luxurious enough to warrant a visit alone. What really sets this club apart though, are the skilled, patient coaches and the helpful, friendly staff. There's a jovial atmosphere to the place and you're sure to strike up a conversation over the step machines or a drink at the bar. Day passes are available for €45, and you may be able to negotiate a weekly deal if you're around for longer. One thing worth noting is that it can get very busy: beat the after-work rush and get here before 5pm or after 9pm. *Mon-Fri 7am-11pm, Sat 8am-8pm, Sun 9am-7pm..* €€€€ 8 rue de la Michodière (M° Opéra), 01.42.66.30.30, usineopera.com

Classic Paris Restaurants

Casque d'Or • 20th • Regional French

As a homage to the 1952 film *Casque d'Or*, which was shot in its former premises up the hill, this rustic restaurant was an almost legendary locale for Mémilmontant's arty film and theatre crowd (the area has the highest concentration of film actors of anywhere in Paris!). Forced out by rising real estate prices, it has reopened in a tiny spot on the pretty Place Maurice Chevalier, with a quieter ambience due to its reduced size, but still much charm. A massive canvas of Simone Signoret as the eponymous Belle Époque bombshell dominates the room and nostalgic music from

the era plays in the background. In the evenings couples enjoying the romantic setting tuck in to gargantuan portions of Auvergnate food, such as the divine chestnut and roquefort soup, suckling pig and pounti (a rustic cabbage and pork concoction). At Sunday lunch it turns into a chattering, convivial place—visit after a trip to the lively market at the top of rue Mémilmontant. Marc and Geneviève put what can only be described as love into their cooking and their welcome, and locals pop in regularly to chat at the bar. *Mon, Wed-Fri 8-11pm, Sat-Sun noon-3pm and 8-11pm.* €€ ☒ 1 rue d'Eupatoria (M° Mémilmontant), 01.43.58.37.09, lecasquedor.com

Classic Paris Nightlife

Stand-up Comedy at La Java • 10th • Performance

Finding the French just a little bit too intense? Shake it up a bit with some humor in your native language. British promoter Karel Beer has been putting on English-language stand-up and acoustic music for some years now and has a loyal expat following. Trans-Atlantic talents include Scott Capurro, Tom Rhodes, and Greg Proops, and the latest Perrier Award winners from the Edinburgh fringe all play here. The comics invariably say Paris is their best gig with an ever-receptive audience in this erstwhile Latin dance club. The atmosphere's convivial, with wine, beer, and cheese platters to be consumed at tables during the show. *Mon and Tue twice a month, 8:30pm.* © 105 rue du Fbg-du-Temple (M° Belleville), 01.53.19.98.88, anythingmatters.com



Hip Paris Hotels

Hôtel Amour • 9th • Trendy (20 rms)



"No bathrobe, no porter, no receptionist, no car service, no conference room, no air con, no spa, no pianist, no TV, no laundry bags, no bible..." Thierry Costes, restaurateur Emmanuel Delavenne, and graffiti artist André knew exactly what—and who—they wanted to exclude when they created the Hôtel Amour. Over dinner one night this dream team imagined their perfect hotel, a place where they would put up their artist friends in an atmosphere that is creative, convivial, and oh-so-Parisian. With tongue in cheek and libido running free, each room is decorated by a different artist: Marc Newson, Sophie Calle, André himself... and there's plenty to drive away ennui in this decadent hideaway south of Montmartre. We find it so hard to choose—room 201 is a favorite with its black and yellow scheme and a wall of erotic and design magazines, but if you can stretch to €200 a night on your struggling artist's budget try to snag the Belvedere room with its vodka bar and terrace to host your own party, or the new Alexandre de Betak room with clawfoot bath in the middle of the room (Betak had a hand in Black Calvados and yes, black is the color, what else?). Downstairs the relaxed retro bistro and garden is a meeting-place for the city's creative in-crowd. Be there. €€ 8 rue Navarin (M° St Georges), 01.48.78.31.80, hotellamour.com

Hip Paris Restaurants



Baxo • 10th • Trendy

In the short time since Baxo has opened, it has developed an impressive reputation as both an excellent restaurant and a happening nightspot. In an otherwise quiet corner of the increasingly hip 10th, a stone's throw from the Canal St. Martin, this modest bar, dining room, and terrace are jam-packed with a savvy, 30-something crowd most nights of the week. Thursday, Friday, and Saturday nights are particularly busy, when some of France's hippest house and electro DJs, such as Patrick Vidal, set up their decks. These evenings are so popular that we advise you to book a table at least a week in advance if you're hoping to dine. The decor has a distinctly Balearic feel to it, with warm ochre walls, rustic beams, and sleek chrome accents for contrast. The menu also plays upon contrasts with French classics revisited with sweet and savory twists: deep-fried camembert with apples caramelized in cider for example. Whether you're up for hitting the tiny dance floor after dinner's settled or not, it's definitely worth staying here until closing. *Mon-Fri 9am-3pm and 5pm-2am, Sat 5pm-2am..* €   21 rue Juliette Dodu (M° Colonel-Fabien), 01.42.02.99.71, baxo.fr



La Bellevilloise • 20th • Tapas

The Bellevilloise is one of those spaces that draws no boundaries. And boy, is space the word—2,000 square meters accommodates a restaurant, club gallery, loft, and roof terrace. The Halle aux Oliviers offers bistro dinners, an after-work happy hour (5-7pm), and brunch on Sundays. Innovative tapas and salads can be had at the bar, or, better still, on the rooftop terrace, weather permitting. After dinner you can enjoy live music, peruse exhibitions, or perhaps catch a film screening. With a venue so infinitely versatile, the list of activities is long and changes on a regular basis—be sure to check out the website for current happenings. These light and airy spaces draw business people, families, and low-key hipsters alike. Harking back to its beginnings as a workers' cooperative in 1877, the philosophy here is both avant-garde and community-conscious with an emphasis on fair trade, collective creativity, and respect for the environment. Little wonder that it's a rising star of the alternative scene. *Restaurant: Wed-Thu 5:30pm-2am, Fri 3:30pm-late, Sat-Sun 11am-late; nightlife: varies with events, check website.* €   19-21 rue Boyer (M° Gambetta/Menilmontant) 01.53.27.35.77, labellevilloise.com



Chez Jeanette • 10th • Bistro

Typical of the hundreds of old zinc bars found all over Paris, Chez Jeanette has gotten a new lease on life thanks to its new owners. Whether it's the excellent music, the tasty bistro dishes, or its prime, if a little unexpected, location in an increasingly hip part of the 10th, a young, achingly trendy crowd has adopted it as their own. Spilling out onto the street on weekend evenings, they're probably the only ones having this much fun in this otherwise quiet neighborhood. Fight your way inside and take in the accumulated charm of several decades: the '20s wallpaper with Lautrec-reminiscent dancers, the '50s refrigerator, and the '60s chandelier. A couple of cheap beers later, you're bound to get into the swing of things. For a different take on the place, drop in for a roast pintade or petit salé lunch and absorb the comings and goings of the neighborhood. *Daily 8am-2am.* €   47 rue du Faubourg Saint-Denis (M° Strasbourg-St-Denis), 01.47.70.30.89

Curieux Spaghetti Bar • 4th • Italian



One of the first restaurants in Paris truly to embrace communal dining, Curieux has been a roaring success. At the bottom of the Marais, in one of the gayest and most shoptastic areas, it was well placed to draw in singles and couples of all persuasions to try its fun concept. Choose between the long red bar or communal tables and take advantage of the ice-breakers to start conversation and break the über-serious French food habit. There are the paper bibs with a pre-stained tomato splotch and the pick-and-mix menu style (in addition to spaghetti, there are bruschetta, antipasti, meatballs, and so on). But best of all, there's Curieux's pre-clubbing coup, the Chups: shots of wildly flavored vodkas served in little tubes shaped like Halloween make-up glitter sticks. A Murano chandelier, ever-changing wallpaper, house music, and shimmying waiters make up the perfect party background. You may also just pop in for drinks, though it's a great place to fill up before hitting neighboring clubs and bars. *Sun-Wed noon-2am, Thu-Sat noon-4am.* €   14 rue St-Merri (M° Hôtel de Ville), 01.42.72.75.97, curieuxspag.com

Dans le Noir? • 4th • Dining in the Dark

People come here from all over the world to satisfy their curiosity. As the name suggests, Dans le Noir? proposes that you dine, you guessed it, in the dark. No candles even, just pitch-black darkness. Fortunately, the restaurant's waiters are there to make sure you don't miss your mouth or spill your wine. How do they do it, you ask? It is of course second nature to them as the waiters themselves have always relied on senses other than sight. Not simply a quirky dining fad, the hope is that you'll experience, for a short time, the difficulty that blind people deal with on a daily basis. If you're feeling unadventurous, you can order your meal from the (lit) bar before you take a seat, but we strongly recommend that you go for the surprise menu. Having informed the staff of any allergies you may have, you'll then embark on this culinary journey with that much more of a sense of adventure. We won't spoil the fun, but let's just say the cunningly unusual combinations of flavors and textures were delicious. If you're still unsure of what you've eaten you'll be presented with photos of the meal at the end of the evening, so that you're no longer in the dark. *Restaurant: Reservation obligatory, seatings Mon-Sat at 7:45-8:15pm or 10:00-10:30pm, Sun 7:45-8:15pm or 9:15-9:45pm. Sat-Sun 12:30-1pm. Bar: Happy hour daily 5:30-7pm, after hours Thu midnight-1am, Fri-Sat midnight-2am.* €€   51 rue Quincampoix (M° Rambuteau), 01.42.77.98.04, danslenoir.com

Restaurant Amour • 9th • Bistro

When the BBC asked us to name Paris' trendiest restaurant, we took them to the bistro of the Hôtel Amour. "But it's so relaxed," they remarked, somewhat dismayed by the lack of hype, the lack of Starck, and the lack of plastic surgery on the Converse-clad late-lunch crowd. It is an understated kind of hip, but earwig the conversation a little and you'll realize you're sitting right next to an award-winning indie film director, privy to the conception of a music video, and isn't that that Chanel model over there? (Yes, she's dating one of the hotel's designers.) You'll find Costes-style food, but better—fresh rocket and parmesan salad, seared tuna etc.—but not the Costes attitude: the staff are lovely. The setting embraces 50s retro bistro with red leather banquettes and metallic lights, but the walled garden is the place to be seen, once it opens its doors in spring. Awash with trailing ivy, bougainvillea and a fountain, its optimum time

is for an aperitif, and you can linger till 10pm, when the garden crowd comes inside to add to the cozy bar throng. *Daily 8am-midnight (food), bar till 2am.* €€   Hôtel Amour, 8 rue Navarin (M° St Georges), 01.48.78.31.80

Hip Paris Nightlife



L'Alternative • 1st • Dance Club

Stepping through the red velvet curtains into l'Alternative, you'll see right away that it was once a cabaret. The red hues, sparkling chandeliers, and subtle lighting suffuse this small boudoir of a club with a sexy glamour. With no entrance fee, no dress code, and smiles all round, it's far more comfortable and inviting than the bigger, more commercial clubs of Paris. The punters tend toward their late 20s and early 30s, with a laid-back after-work crowd turning into a ready-to-party, snappily dressed pack of party-goers after 1am. Although the club officially closes at 6am, it's been known to stay open well into the next day. And with the excellent sound system pumping out the latest in electro, tech, and minimal house from DJs such as Junior Caldera and Dax Riders, we can't blame them. Check out the club's MySpace page for details on upcoming parties. *Mon-Sat 6pm-6am.*   5 rue Molière (M° Palais Royal), 01.42.96.20.27, lalternative.fr



Café des Sports • 20th • Café

All over Paris, insignificant corner bars with names like Rendezvous des Amis and Café des Sports are springing into new life. Gone is the TV and the handful of drinkers hunched over their betting forms; in come DJ nights and a packed and happening ambiance. With its own MySpace page to allow guests to check out up-coming sounds, Café des Sports is the latest addition to an increasingly vibrant corner of the city (there are four live-music venues within a few blocks of here). By day there is an affordable lunch menu; by night from Wednesday to Saturday invited DJs ranging from a Manchester drum 'n' base collective through indie rock, hip-hop, dub and jungle draw crowds. With a tiny dance floor at the back and a thronging bar that spills out onto the street, this is the place to mingle with the edgy crowd that inhabits the neighborhood. Come after 10pm to really get in on the action. *Daily noon-1:30am.* 94 rue de Ménilmontant (M° Gambetta or Ménilmontant), 01.46.36.48.18, myspace.com/lecafedesports

La Flèche d'Or • 20th • Concert Hall

Although the former train station is not without its own, rather gritty charm, this is not what crowds of revelers line up for most nights of the week. This place is all the music. The Flèche d'Or is a shining beacon for the hottest new rock, indie, electro, and folk acts. With 120 events every month, each with four to five live acts, it's no surprise that it's been voted best rock club in France on MySpace. Check out the website for the programming. Young hipsters make their way to this otherwise quiet corner of the 20th from all over France and indeed the world. The unpretentious and faithful crowd worships the place as much as the musicians that grace the stage. If you're looking for a glamorous night out in cozy surroundings, give it a miss. However, if you're after getting a dose of your favorite band, discovering some new talent to boot, and perhaps having dinner in the atrium restaurant overlooking the rail tracks, make it your first port of call. And best of all—it's free. *Varies with event, check website.* €   102 bis rue de Bagnolet (M° Porte de Bagnolet), 01.44.64.01.02, flechedor.fr

Glaz'art • 19th • Dance Club

Out of the way, in a far-flung corner of the 19th arrondissement, and unorthodox in its choice of music, Glaz'art is not your typical nightclub. As such, it appeals to an alternative, but unmistakably trendy crowd of arty hipsters in their 20s and 30s. Pretty much anything goes here, apart from the mundane that is. Club-night DJs spin anything from punk to hip hop, drum'n'bass to electro. Mid-week concerts see debuting bands and underground acts performing and they even throw in the occasional exhibition or film screening for good measure. These events generally kick off around 8pm, but club nights don't heat up until 1am. Come summer, the club's parking lot is transformed into an alternative Paris Plage with the addition of 30 tons of sand, barbecues, and games of pétanque. It might be a bit of a trek to get out here, but it's definitely one worth making if you want to hear something refreshingly different from commercial house. *Club nights Fri and Sat 11pm-6am. For concerts check the website.*   7-15 av. de la Porte de la Villette (M° Porte de la Villette), 01.40.36.55.65, glazart.com, myspace.com/glazart

Social Club • 2nd • Nightclub

Social Club takes over where former stalwart of the Parisian club scene, le Triptyque, left off. With the fabled location on the rue Montmartre, the people behind the Technoparade festival at its helm, and DJs such as Carl Craig, Felix Da Housecat, and the Scratch Perverts on the decks, it's no surprise that it's become an instant hit. The sleek black interior, with two bars, a lounge area, and a fumoir, is decorated with pink and blue neon vectors that are straight out of '80s sci-fi film Tron. By 2am it's packed with hip twenty and thirty-somethings who are refreshingly jovial for stylish Parisians. It seems this place is set to live up to its name... *Generally: Wed 9pm-3am, Thu-Sat midnight-6am. Check website for exact times.*   142 rue Montmartre (M° Grands Boulevards), 01.40.28.05.55, parissocialclub.com, myspace.com/parissocialclub

Hip Paris Attractions

L.U.V. • 1st • Showroom

Right in the middle of the buzzing fashion district of Etienne Marcel, L.U.V. is a unique space that knows no boundaries. Somewhere between a store, a gallery, and a production studio, the industrial-chic interior is home to the products sold on the company website, which range from urban fashion to artwork and high-tech equipment. The well-equipped space lends itself to pretty much any type of event, from vernissages to launch parties, although the slant is often on cutting-edge technology fused with creativity. This is reflected in the hip musicians, artists, and film-makers you'll find dropping in for a chat or to check out the latest in gadgets. There's really no strict agenda here, so just come along to see what's happening. Whatever's going on, you can be sure that this place is one to watch. *Daily 9am-9pm.* € 68 rue Jean Jacques Rousseau (M° Etienne Marcel), 01.40.39.05.99, moreluc.com

MK2 quai de la Seine/quai de la Loire • 19th • Movie Theater/Café

Both a film distributor and movie theater chain, MK2 is a cult among discerning movie buffs. Their unerring programming brings all that's best in foreign and art cinema to theaters. At this canal-side site they've gone one step further, creating an ambience so attractive that a whole scene has developed around it with the quays and restaurant terraces thronging on weekend afternoons and balmy summer nights. Some people don't even bother going to the movies. What makes it magical is the lights shining on the water from the two complexes on either side of the Canal d'Ourcq and the little ferryboat that plies constantly between them. Each side has self-service cafés, while the Seine side has a proper café-restaurant where staff with movie-star looks (and attitude) serve excellent bistro cuisine, and the Loire side one of the best book and DVD stores in Paris (open till 10pm). Take advantage of the outdoor seating for prime people-watching—in summer it's lovely to be out by the water, and the terrace remains popular even in winter (with the help of heat lamps and plastic sheeting), especially for hot chocolate or a brandy. *Daily 10am-midnight. Quai de la Seine/quai de la Loire (M° Jaurès or Stalingrad), 08.92.69.84.84, Mk2.com*

René Talmon L'Armée • 3rd • Store

René Talmon L'Armée's eye for detail, unique ideas, and impeccable taste make for some truly remarkable jewelry. With its wooden drawers lining the walls and glass cabinets displaying mouthwatering arrays of his work, his small, atelier-cum-boutique will feel like a candy shop to any jewelry enthusiast. With silver and gold rarified with materials such as sea urchin skin or black Tahitian pearls, and in contemporary, organic shapes and forms, you'll come away with a piece that's as good as one off. If that's not quite unique enough, René will be more than happy to work on commission should you have something special in mind. With the separate men's and women's collections frequently appealing to both sexes, you'll be spoiled for choice. *Mon-Sat 11am-7pm. 3 rue Cunin Gridaine (M° Arts et Métiers), 01.48.87.17.12, renetalmonlarmee.com*

Romantic Paris Hotels

Hôtel The Five • 5th • Trendy

Staff at The Five reveal that a large number of their clients are Parisian. No need for more than a nod and wink to know what this means: the discreet entrance in a small road in the Latin quarter and the seductive contemporary rooms with their starlit ceilings and showers make it the perfect place if you are looking for a little "cinq à sept" (the traditional time for an illicit rendezvous). After crossing the cozy lobby-salon with its free-standing gas fireplace and striking black, white, and red decor, you ascend in an elevator to one of the 24 rooms. There is a choice of five color schemes, all in glamorous nightclub shades—black, purple, orange, turquoise—or the dappled beige that gives an illusion of rustling leaf shadows. All have magical lighting effects: fiberoptic stars in the showers and on the headboards or ceilings, or desks that glow in the dark. 603 has a turquoise suspended bed, and 401 a scintillating bead curtain around the bed, while the ground-floor suite has a patio and Jacuzzi. In addition, you can choose your own room scent. The kitsch-toned breakfast room will certainly wake you up with gourmet teas and coffees and delicious dried fruits and crudités. €€ 3 rue Flatters (M° Gobelins), 01.43.31.74.21, thefivehotel.com

Romantic Paris Restaurants

Le Meurice • 1st • French

Although Yannick Alléno has been in charge of Le Meurice's restaurant since 2003, his third Michelin star in 2007 propelled him from mere gourmet fame to legend. The cuisine draws on flavors from every corner of France and beyond. Imagine crisp golden egg yolks adorned with caviar and served with a tart apple and vervain jelly, or sea bream cooked in cherry-tree leaves with a wasabi-seasoned mushroom fricassee. The presentation here is as meticulous as one would expect, and the service is slick and uncharacteristically affable by Parisian standards. If this isn't enough to have you pinching yourself, the romantic interior should clinch it. With the quantity of gilt, marble, crystal, and luxurious drapery, you'd be forgiven for thinking you were at Versailles, but a closer look reveals the trademark, contemporary chic style of Philippe Starck. Some complain that the price tag has crept up of late, but with a lunch menu at €75, popular with besuited power lunchers, you don't have to break the bank to experience one of Paris's finest tables. *Mon-Fri noon-2pm and 7:30-10pm. €€€ 228 rue de Rivoli (M° Tuileries), 01.44.58.10.10, meuricehotel.com*

Le Pavillon Puebla • 19th • Italian

This former "guinguette," tucked inside the verdant confines of the Parc Buttes Chaumont, conceals a gem of a restaurant within its rather weathered exterior. It oozes rustic romance. Nestled in the beautifully upholstered chairs of the lounge, beneath the soothing glow of the vast chandelier, you could pretend you were in a stately home deep in the country. Linger here a while, sipping your aperitif, before taking your seat overlooking the park, or better still, on the terrace. If you're lucky you may well be serenaded by chef Vincenzo Cozzoli's pianist and soprano daughters. The cuisine is deliciously simple, copious, and unmistakably Italian, with some of the best antipasti outside Rome. It's a bit out of the way, but this is merely a point in its favor for those desiring a tête-à-tête experience away from the hustle and bustle of the city. *Mon-Sat 8pm-midnight. €€ Parc des Buttes Chaumont, entrance opposite 43 Ave. Simon Bolivar (M° Buttes Chaumont), 01.53.27.35.79*

Sur un Arbre Perché • 2nd • Trendy

This whimsically decorated little restaurant offers an oasis of calm in the Bourse, Paris's busy business district. It's hardly surprising then, that the mid-day clientele consist largely of power lunchers, chilling out in the chairs that are suspended from the ceiling, or perched in the tree-house style booth. It's in the evening however, that the romantic charm of this place is at its best, where guests can enjoy the possibility of a quick, shiatsu massage while seated at their table. This option is particularly popular with couples, as it can be included as a surprise treat before your meal. If you're after a lengthier, traditional massage these can also be had here (with a reservation). The theme of relaxation continues with the menu's harmonious pairing of ingredients: imagine a soothing dish of scallops simmered with saffron, or a comforting steak with truffle oil and shallot tarte tatin. For absolute peace and quiet, opt for a reservation in the beginning of the week and avoid the owner's somewhat insistent but nonetheless endearing attempts to strike up conversation. *Mon-Fri noon-3pm and 7:30pm-1am, Sat 7:30pm-1am. €€ 1 rue de Quatre Septembre (M° Bourse), 01.42.96.97.01, surunarbreperche.com*

