

NECTAR & PULSE®

LIFE IS A JOURNEY



Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

#NECTARANDPULSE @NECTARANDPULSE



WWW.FACEBOOK.COM/NECTARANDPULSE



[@NECTARANDPULSE](https://www.instagram.com/nectarandpulse)

Have you already seen our other guides to New York, Zermatt, Ibiza, London, Iceland, Oman, Maldives ... ?

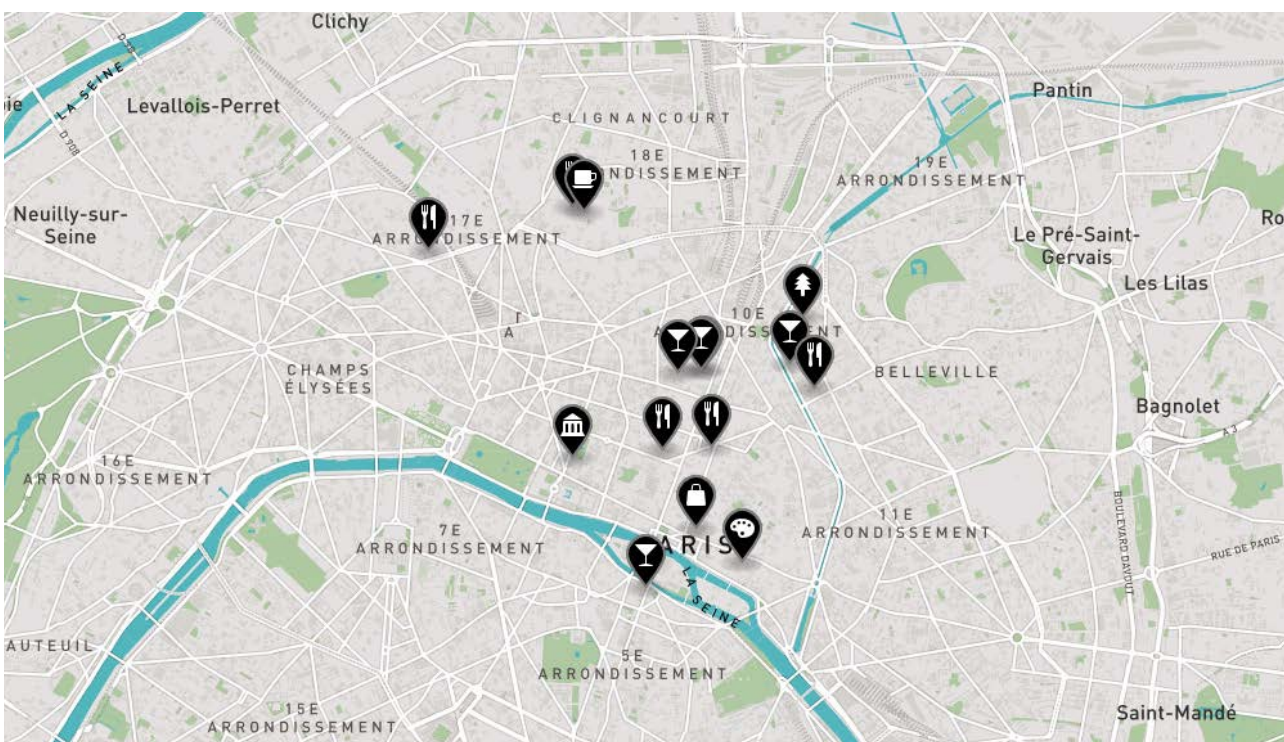
WWW.NECTARANDPULSE.COM

24 HOURS IN

Paris

BY ANNE PERON & ALEX LAGARDE

Creative Heads | Travel Researchers | Wild Hearts



MY PERFECT 24 HOURS IN PARIS

Hi Stranger, now that you're here, the thing you have to know is that with us, you're going to eat, walk and get lost. Here's our perfect 24 hour guide for Paris:

We like to start our morning with good vibes and some walking. Put your sneakers on, we're climbing to the top of butte Montmartre, with a stop at **Le Relais de la Butte**. The breakfast here is pretty cool and the view is just stunning. Walk around the cobblestone streets of the 18th arrondissement and catch a velib (Parisian city bikes). Start cycling towards the 10th arrondissement. You'll pass by the **Canal Saint Martin** where you can shop around and chill in the sun.

Have a stop at **Le Bichat** and enjoy a healthy and delicious lunch prepared with love. The people will make you feel like friends. It's already afternoon, so we walk into the Marais (4th arrondissement) and hang around in the heart of the old Paris. Get lost and try some doors, Paris hides a lot of little public gardens and squares. Enjoy rummaging in typical Parisian design and second-hand shops around **Rue de la Verrierie**. Watching the people and trying on clothes yourself, you won't wonder why Paris still has its fashion reputation.

Now we are making our way to the **European House of Photography**, we assure you this is a nice dose of art from yesterday and today.

Next stop is the **Jardin du Palais Royal** where you can pass by the impressive art installation Les Colonnes de Buren and eventually take a rest sitting on one of these particular Parisian benches.

Finally, the time has come to taste French wine and cheese. **Le Pas Sage** has a selection of these delicacies which will make you say "eh sir, may I have some more!". Plus, the location has a lot of surprises. Cheers!

Slowly but steadily the sun is setting which means it is time for you to make some plans for the night. And if your stomach is not too full from all this cheese, let's have dinner at either **Le Bistro du Passage** in the 17th, **La Bascule** in the 18th, **Le 52** in the 10th or **La Cantine California** in the 3rd for a good burger.

Now that your belly is full, time to move your body. In terms of that, Paris has a lot to offer! Go for a cold beer and a cool DJ set at **La petite Chaufferie**, try a cocktail at the hidden **Le Syndicat** and have a secret experience in the weird-funny cabinet of curiosities **Le Comptoir Général**.

Want some more? Before you come over, start following these kick-ass Parisian crews who throw the coolest electronic music parties (they can take place in the close suburbs of Paris but there's always a metro or express train –RER- to take you back and forth): **Alter Panam**, **Otto 10**, **La Mamie's**, **Souk machines**, **Le Camion Bazar**... we'll meet you there!

Finish your night in the jazz cave of the **Le Caveau de la Huchette** where you'll watch bands playing live swinging jazz until dawn. As you're probably in a festive mood now, dance with people older than your parents but as fun as your kids. Come back home when the birds have already started singing, get some sleep and hit "repeat".

*Enjoy exploring,
Anne & Alex*

LE RELAIS DE LA BUTTE

CAFÉ

12 Rue Ravignan, Paris, France

From here you've got the perfect view from the terrace and it is a cool and easy way to start the day - even when it is already noon.



CANAL SAINT-MARTIN

ESCAPE

Canal Saint-Martin, Paris, France

It is a nice chill-out zone where you can walk along the river leisurely by day or have a good aperitif with friends towards the day's end.



LE BICHAT

RESTAURANT

11 Rue Bichat, Paris, France

www.lebichat.fr

A quiet, friendly place where you can drink tasty juice and get some work done while feeling at home at the same time.

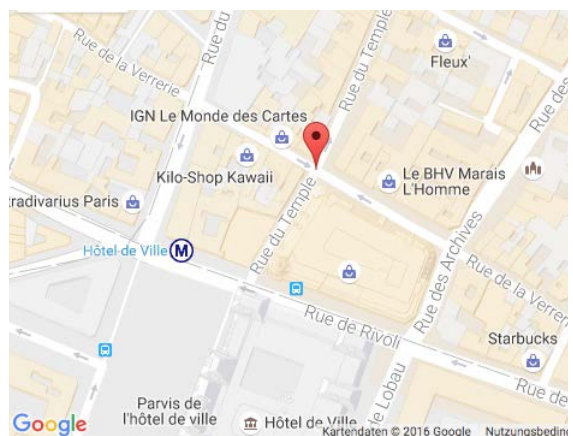


RUE DE LA VERRERIE

SHOP

Rue de la Verrerie, Paris, France

This street and those surrounding it are where we like to shop.



MAISON EUROPÉENNE DE LA PHOTOGRAPHIE

ARTS & CULTURE

5/7 Rue de Fourcy, Paris, France

www.mep-fr.org

This is one of our favorite museums as their exhibitions are always very well prepared. It doesn't take too much time to get a nice overview. It's situated in an old private hotel and their selections gather old and new photographs.



JARDIN DU PALAIS ROYAL

ARCHITECTURE & MONUMENTS

8 Rue de Montpensier, Paris, France

The impressive art installation Colonnes de Buren is located inside the courtyard of the palace.



LES PAS SAGE

RESTAURANT

1 Passage du Grand-Cerf, Paris, France

www.facebook.com/cafelepassage

David, the owner, runs his restaurant with a lot of passion. He likes to support small producers of wine, cold meat and cheese. It is located at the corner of an old Parisian passage and a street famous for prostitution - two worlds meet.



LE BISTRO DU PASSAGE

RESTAURANT

14 Passage Geffroy-Didelot, Paris, France

Typical French food located in a little cobblestone street.



LA BASCULE

RESTAURANT

24 Rue Durantin, Paris, France
www.labascule-abbesses.fr

Beautiful bistro with a typical French atmosphere, cool and noisy.

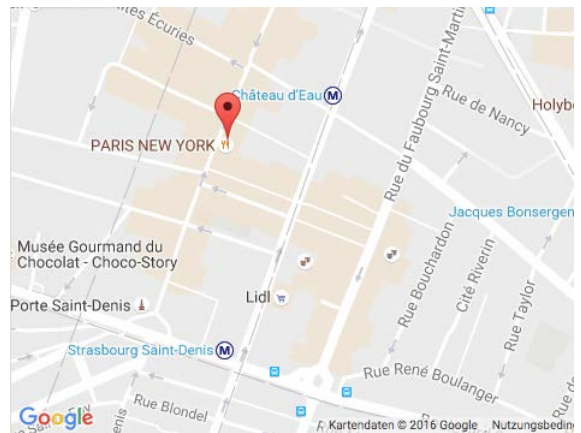


LE 52

RESTAURANT

52 Rue du Faubourg-Saint-Denis, Paris, France
www.faubourgstdenis.com

The bistro has a modern look and you are served in a nice and cosy atmosphere. It is a little bit on the expensive side but the food is always fabulous.



LA CANTINE CALIFORNIA

RESTAURANT

46 Rue de Turbigo, Paris, France
www.cantinecalifornia.com

Best burger in town. Either choose to go to the restaurant or check out where and when their food truck is to be found.



LE PETIT CHAUFFERIE

BARS & CLUBS

32 Rue de l'Échiquier, Paris, France
www.lapetitechaufferie.com

We love this bar for its laidback and easy going Parisian crowd. They love organic ingredients and electronic music and so do we!



LE SYNDICAT

BARS & CLUBS

51 Rue du Faubourg-Saint-Denis, Paris, France
www.syndicatcocktailclub.com

Cool little hideout offering funny and yummy cocktails.



LE COMPTOIR GÉNÉRAL

BARS & CLUBS

80 Quai de Jemmapes, Paris, France
www.lecomptoirgeneral.com/en

Hidden place at the end of a courtyard where you can either walk around the different rooms and look at their very special interior or sit and drink with friends.



LE CAVEAU DE LA HUCHETTE

BARS & CLUBS

5 Rue de la Huchette, Paris, France
www.caveaudelahuchette.fr

In the heart of the Latin district – close to Notre-Dame – this is a famous but far-from-snobby jazz spot. It has kept a very welcoming spirit and the underground cave where the concerts take place will make you feel lucky to know this place.

