

# TRAVEL GUIDE



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#### Introduction

#### Welcome to Metz!

Metz is a city in northeast France located at the confluence of the Moselle and the Seille rivers. Metz is the prefecture of the Moselle department and the seat of the parliament of the Great East region. Located near the tripoint along the junction of France, Germany, and Luxembourg, the city forms a central place of the European Greater Region and the SaarLorLux euroregion.

Metz has a rich 3,000-year-history, having variously been a Celtic oppidum, an important Gallo-Roman city, the Merovingian capital of the Austrasia kingdom, the birthplace of the Carolingian dynasty, a cradle of the Gregorian chant, and one of the oldest republics in Europe. The city has been steeped in Romance culture, but has been strongly influenced by Germanic culture due to its location and history.

Because of its historical, cultural, and architectural background, Metz has been submitted on France's UNESCO World Heritage Tentative List. The city features noteworthy buildings such as the Gothic Saint-Stephen Cathedral with its largest expanse of stained-glass windows in the world, the Basilica of Saint-Pierre-aux-Nonnains being the oldest church in France, its Imperial Station Palace displaying the apartment of the German Kaiser, or its Opera House, the oldest one working in France. Metz is home to some world-class venues including the Arsenal Concert Hall and the Centre Pompidou-Metz museum.

A basin of urban ecology, Metz gained its nickname of The Green City (French: La Ville Verte), as it has extensive open grounds and public gardens. The historic city centre is one of the largest commercial pedestrian areas in France.

A historic garrison town, Metz is the economic heart of the Lorraine region, specialising in information technology and automotive industries. Metz is home to the University of Lorraine and a centre for applied research and development in the materials sector, notably in metallurgy and metallography, the heritage of the Lorraine region's past in the iron and steel industry.

#### Language

The official language is French, and here are some useful expressions if you sadly encounter someone who doesn't speak English.

Phonetics: "é" sounds [e], "è" sounds [•], « ç » sounds [s], "gn" sounds [n].

English	French	English	French	
Hello	Bonjour	Go!	A toi!	
Yes	Oui	Target	Cible	
No	Non	In response	En réponse	
I don't speak French	Je ne parle pas Français	End of turn	Fin de tour	
I don't understand	Je ne comprends pas	Wait	Attend	
How much is it?	Combien ça coûte?	Draw (a card)	Pioche	
Expensive	Cher	Draw (a game)	Égalité	
Cheap	Pas cher	Good luck	Bonne chance	
I like it	Ça me plait	Good game	Bien joué	
Excuse me	Excusez-moi	I win	J'ai gagné	
Beer	Bière	I lose	J'ai perdu	
Thank you	Merci	I concede		

#### **General tips**

INTERNATIONAL PHONE CODE +33 TIME ZONE GMT +2

#### **SMOKING**

Smoking is forbidden in public places (bars, restaurants, train stations, hotels, etc) but you can smoke outdoors.

#### **MONEY**

French currency is Euro. Credit

cards are widely used and accepted, specially Visa and Mastercard. However, it's always a good idea to have some cash with you (some stores don't accept credit cards). Paychecks are mostly unaccepted.

**ELECTRICITY** current is at 220V and 50Hz. Plug types C, E and F

#### Safety

#### Phone numbers

If you need help, the **emergency** number is **112**, like in most European countries.

But there are direct local emergency numbers.

- For medical emergencies: 15
- For police emergencies: 17
- For firefighters emergencies: 18

If you call by mistake, don't hang up! Explain them that you made a mistake. If you don't, they might send an emergency team to check if everything is alright.

#### State of emergency

Since 2015 November, France has set up a State of Emergency plan. You will probably meet policemen and soldiers in arms in public places

and in streets. Moreover, bags can be searched at any public buildings doors by Policemen and Security Guards

You MUST have your identity card or your passport whenever you decide to move from the convention center or from your hotel, and wherever you want to go. If you don't have it and you are controlled by policemen, you might be put in custody.

Unattended bags and luggages will be destroyed and you may get sued.

All these steps are made for your safety and the safety of others. Please, pay attention.

#### Tips

Metz is usually a safe place, but crime exists everywhere, so:

- Avoid walking alone by night
- Pay attention to your stuff, especially in public transportation and crowded places.
- Pickpockets and master thief work in team. If someone comes and talks to you, pay attention to everything around you, especially by night or in crowded places. Some teams are mainly made up of kids. Pay attention to them.
- Don't leave anything visible in your car, even in car parks. If you have a foreign license plate, try to not leave anything in your car, even in the trunk.
- Hide your PIN number when you pay with your credit card or when you withdraw cash.
- Try to have your identity documentation separated from your money.

## Easiest way to arrive to Metz & Public transportation system

By Plane

#### **Metz-Nancy Lorraine (ETZ)**

This regional airport is linked with a few european cities (Roma, Milano, Praha, Brussels). It's located a few miles away from Metz, but daily shuttles will bring you directly downtown. You'll find the time table on this link. To get the shuttle, you'll just have to get out from the terminal. The station is just in front of the exit.

If your arrival time doesn't match with the shuttle, you'll probably want to call a cab to get to Metz. In this case, you'll have to reach the taxi stations. If there's no cab available at the moment, here are the phone numbers of Metz's taxis:

Taxis Metz: +33 3 87 56 91 92

Taxis Bleus Lorrains: +33 6 48 67 79 21

#### Roissy Charles De Gaulle (CDG)

If your departure point isn't linked with ETZ you can choose to land on Roissy Charles De Gaulle (CDG), the biggest french airport. If you do so, CDG is linked with Lorraine TGV by high speed train (only a one hour trip). From there, you'll have to reach a bus to get to Metz. This travel is from 55€ the round trip. According to your landing terminal, you'll have to reach the rail station (red circle on the plan), click the picture to enlarge!



#### Luxembourg International Airport (LUX)

For the same reasons than CDG. vou can choose to land Luxembourg (LUX). If you do so, vou can reach Metz after vour by train or shuttles. There's only terminal LUX. in whatever vou choose, you'll have to get to the general exit, and reach the appropriate according the plan on the right (click the pic to enlarge).



If you choose to a shuttle to reach Metz, just get to the green zone and take a flibco bus. There are 8 departures a day (timetable here) for a 75 minutes trip (from  $8\varepsilon$ ).

If you prefer train, you'll have to get to the light blue zone and take bus line n°16 and get out at Luxembourg Gare Centrale (each ten minutes, 2€). Then, you'll have

#### Frankfurt (FRA)

If you decide to land in Frankfürt, you'll have to ways to reach Metz. You can catch a short flight to Metz airport ETZ, or to take the train. Whatever you choose, you'll have to go first to the customs (if necessary) which are at Level 1 and 3, and then go to Terminal Level 2 and reach the long distance train station (circled in red on the plan below). The are around 20 trains per day which link Frankfürt to Metz. The travel is from 35€ worth and minimum 3h30 and you'll have to change two times, once in Manheim, and once in Forbach.

You'll get the full size plan by clicking on the picture or this link!



#### By Train / Bus

#### By train

If you choose to reach Metz by the rails, there two options for arrival: directly arrive in Metz center, or you can arrive in Lorraine TGV if your departure point offers high-speed train. In this case, you'll have to take the shuttle between Lorraine TGV and Metz (timetable here).

Prices are based on voyages-sncf.com.

You'll find in the table below the principal cities which you can arrive from, whith which station of arrival.

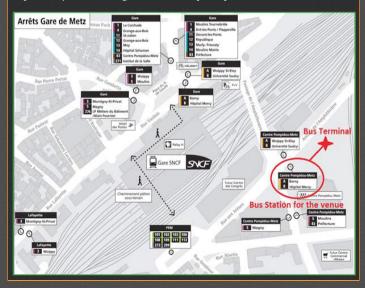
Departure	Arrival	Time	Cost
Luxembourg	Metz Ville	1h00	From 16€
Paris Est	Metz Ville	1h20	From 70€
Frankfürt	Lorraine TGV	3h30	From 35€
Brussels	Metz Ville	4h10	From 60€
Bern	Metz Ville	4h15	From 65€
London	Lorraine TGV	5h15	From 170€
Amsterdam	Lorraine TGV	5h45	From 160€
Milano	Metz Ville	8h15	From 80€
Berlin	Lorraine TGV	8h00	From 160€

#### By bus

You can also reach Metz by bus if travel time is less a matter. If you do so, the buses will drop you directly at the Metz bus terminal, which is downtown, 5' on feet from the rail station. Here are below some of the cities connected with Metz:

Departure	Company	Time	Cost
Berlin	Flixbus	3h30	From 60€
Frankfürt	Flixbus	4h	From 50€
Paris (Bercy)	Ouibus	5h	From 15€
Amsterdam	Flixbus	8h	From 45€
Brussels	Flixbus	10h	From 50€
Milano	Flixbus	12h	From 50€
Vienna	Flixbus	16h	From 55€

Moreover, the bus terminal is directly linked with the event venue. You'll have to walk two minutes to reach the "Centre Pompidou-Metz" station, take line METTIS B on the Hôpital Mercy direction and get out at "Foire Expo" stop.



#### By car

Finally, if you prefer to take a road trip and use the car, Metz is linked with most of the european capitals with highways. Here are them on the table below:

	TT: 1		
City	Highways used	Time	Toll fee
Luxembourg	A31	50mn	N.A.
Frankfürt	A3, A67, A320, A6	3h	4.4€
Paris	A4	5h	25€
Brussels	E411	3h	N.A.
Bern	N59, A2, A3, A35	4h	45€
Amsterdam	A10, A2, E25 A6,A31	5h	N.A.
London (via channel)	A2, M20, A16, A26, A4	16h	37.6€
Praha	E50, A6	7h	25€
Milano	A2	7h	45€
Berlin	A4, A6, A63, A5, A115	7h30	4.4€
Vienna	A1 A8, A3, et A6	8h30	12.9€
Madrid	M30 A1, E5, A63, A10	14h30	106.5€

## To share the fees, you can use some carpooling system!

#### **Public transportation system**

Metz has a public transportation system which is called LE MET'.

It's composed of a huge bus network which link the downtown and and the whole agglomeration, including the cities around. Buses cross the city from side to side each ten minutes and you can reach downtown from the venue in 30 minutes. You'll find the timetable between the venue and downtown on this link.

Each travel costs 1.5€ but you can buy a daily pass for 4€. You will be able to buy tickets directly in some of the bus stations, or from a lot of partners whose list is available here.

Moreover, the station of the venue is a parking relay, which mean you can drop your car on the parking. Access is free, and to get out from the parking, you just have to show a transport ticket bought within the day. You can find all the interesting informations (in french) by clicking this link.

The plan below is a global plan of the network, and will appear full size by clicking on it. The venue is located on METTIS B line (orange on the plan). Clock the picture to enlarge!



#### Venue

#### **Metz Expo**

#### Metz Expo Evénements

Parc des Expositions de Metz Métropole,

rue de la Grange aux bois, 57072 Metz Cedex 03 Tél: +33 3 87 55 66 00

#### Information:

The venue is not located in the center area of Metz, but in an area called "TechnoPole", outside the city. Unfortunately, it's difficult to reach by walking, but you can take the bus!

The line is Mettis B, and you have to stop to "Foire Expo".

Buses every 10 minutes from Metz.

If you choose to come by car, the venue has a huge parking which can handle hundreds of vehicles.

The venue is surrounded by beautiful parks, where you can chill freely.



#### **Hotels**

#### The nearests from the Venue

There are only three hotels in a walking range from the venue. But as the venue has a huge parking, you'll see by clicking this <u>link</u> all the hotels in 10' car range.

#### **B&B** Metz Technopole

ZAC de Mercy, Rue du Jardin d'Ecosse, 57530 Ars-Laquenexy

> +33 890 64 97 14 From 42€ / Night

#### Première Classe Metz

La Grange aux Bois, Rue de Courcelles, 57000 Metz

> +33 3 87 75 19 57 From 32€ / Night

#### Best Western Metz Technopole

1 Rue Félix Savart, 57070 Metz hotel-metz-technopole.fr +33 3 87 39 94 50 From 72€ / Night We also choose to give you a list of some hotels close to the rail station. Indeed, If you reach Metz by plane or rails, the station will probably be your last stop, and frome there, you'll be able to catch Mettis B to reach the venue. Hence, this is probably one of the best spots to book your hotel!

#### Campanile Metz Centre Gare

90 Rue aux Arènes, 57000 Metz <u>campanile.fr</u> +33 0 892 23 55 98 From 70€ / Night

#### Cecil' Hotel

14 Rue Pasteur, 57000 Metz <u>cecilhotel-metz.com</u> +33 3 87 66 66 13 From 79€ / Night

#### Hôtel Métropole

5 Place du Général de Gaulle, 57000 Metz

> +33 3 87 66 26 22 From 79€ / Night

#### Hôtel Le Mondon

8 Avenue Foch, 57000 Metz hotel-le-mondon-metz.fr +33 3 87 74 40 75 From 80€ / Night

#### Residhome Metz Lorraine

10 Rue Lafayette, 57000 Metz residhome.com +33 3 87 57 97 06 From 70€ / Night

#### Citotel Alérion Gare

20 Rue Gambetta, 57000 Metz alerion-hotel.com +33 3 87 66 74 03 From 54€ / Night

#### Hotel ibis Metz Centre Gare

3 bis rue Vauban, 57000 Metz

+33 890 64 97 14 From 91€ / Night

#### Hôtel Mercure Centre

29 Rempart St Thiebault, 57000 Metz

> +33 3 87 38 50 50 From 133€ / Night

To see all the hotels in this zone on a map, click on this link!

#### Sightseeing

#### Cathédrale Saint Etienne

#### Cathédrale Saint Étienne

Place Jean Paul II 57000 METZ +33 3 87 75 54 61

Built between 1220 and 1552, it is the product of the unification of two distinct churches. With its 42 metre high vaults, it is one of the highest Gothic edifices in Europe. With its 6,500 m<sup>2</sup> of stained glass windows, the nickname "God's lantern" is well deserved.

There are windows from the 13th to the 20th centuries by Hermann de Münster, Thiebault de Lixheim, Valentin Bousch, Jacques Villon and Marc Chagall.

These masterpieces of the art of fire and light form a veritable encyclopaedia of the art of stained glass.



#### Centre Pompidou -Metz

#### Centre Pompidou-Metz 1 Parvis des Droits de l'Homme

57000 METZ +33 3 87 15 39 39 12€/pers. from 10:00 to 19:00

This is the first decentralized satellite of a French museum, the Centre Pompidou of Paris. The Centre Pompidou-Metz is a masterpiece of contemporary architecture.

Conceptualized by the architects Shigeru Ban and Jean de Gastines, there are three exhibition spaces covered by an audacious roof inspired by a Chinese hat. The 77 metre high spire, is a nod towards the year 1977, the year the Pompidou Centre in Paris opened. The Centre Pompidou-Metz hosts the best of modern and contemporary art.

At the moment of the event, you'll be able to see an exhibition about <u>Fernand Léger's work</u>, and another on the garden's theme.



#### Cour D'or Museum

#### Cour d'Or Museum

2 rue du Haut Poirier 57000 METZ +33 3 87 20 13 20 5€/pers. from 09:00 to 17:00

The Cour d'Or Museum takes its name from the palace of the Austrasian kings who lived in Metz at the time.



The Gallo-Roman collections are amongst the most important in France: Roman baths are conserved in situ, the Merten column, and an alter dedicated to Mithra are among the highlights.

A warren of rooms and passages lead to the Chèvremont granary (15th century) with vaulted ceilings (13th century) and the chancel from St Pierre aux Nonnains, reputed to be one of the most beautiful works of sculpture from Merovingian Europe (7th century).

The fine art gallery includes works by Monsù Desiderio (17th century) and those of the Metz School (19th century).

#### Opéra-Théatre

#### Opéra Théatre

Opéra de Metz Métropole 4-5 Place de la Comédie 57000 METZ 03 87 31 32 37

The construction of an "Hotel des spectacles" began in 1732, but work was spread over a twenty years period (because of wars essentially) and it was finally inaugurated in 1752.

The building was erected in a classical style, with a huge Tuscan influence.

It's the first modern place of Metz, decided by the Duke of Belle-Isle - the city governor - who wanted to create a new urban planning, with large and luminous places.



The front of the theatre was decorated later with some sculptures of the french sculptor Charles Pêtre, "Les allégories du théatre".

All along its history, a lot of companies and artists played there, like Sarah Bernhardt en 1905 or Jean Cocteau in the 60's. Moreover, it is the oldest theatre still in use in France today.

#### **Place Saint Louis**

### Place Saint-Louis Place Saint-Louis 57000 MFTZ

The place Saint-Louis was created in the 14th century. Originally, it was an area that was crossed by the Seille river and occupied by money-changers.

The Mediterranean atmosphere of the place Saint-Louis is evident in the alignment of the houses, attached to one another.

This unique appearance is reminiscent of the squares and public monuments of the Italian Republics and its aspect is very similar to Siena.



#### Cloister of the Recollets

#### Cloister of the recollets

1 rue des Récollets 57000 METZ

Founded by monks of the Ordre des Cordeliers, this cloister has been built between the XIIIth and XIVth century.

As a particularity, the galleries aren't arched- even if we speak about gothic style- but ceiled with woods like in the civilian architecture. These cloisters are remarkable in their elegance and simplicity.

Nowadays, it hosts the European Institute of Ecology and the city archives.

The garden, containing simple plants with medicinal properties, has been restored, making this place a little haven of serenity in the heart of the city.



#### **Germans Gate**

#### Germans Gate

Boulevard Maginot 57000 METZ

This is in the same time the door of the fortified city and a bridge over the river Seille.

The Germans gate is named after the Teutonic Knights, hospitaller brothers of Notre Dame des Allemands, who founded a hospital nearby in the 13th century. It's been originally built in 1230, but some towers were added in the fifteenth century, and new fortification came in the sixteenth.



It's the most important relic of the medieval city walls and is the only witness of the evolution of the medieval military architecture.

#### Parks and Gardens

Metz has more than 580 acres of parkland, nearly 45 m<sup>2</sup> per capita. It is therefore one of the greenest cities in France. It is a real pleasure to walk through the many parks and gardens dotted about the city.

#### Esplanade

Av Ney 57000 Metz





Lac Symphonie
Bd de la Solidarité 57070 Metz
10' from the venue

#### Restaurants

#### The nearests from the Venue

There are a lot of restaurants in 10' car range of the venue (mapherel), but here is the first selection of our team.

Only 5' away from the venue, you'll find a wonderful lebanese restaurant. If you want to discover lebanese cooking, don't hesitate! You'll be pleased by its original and pleasant decoration. Moreover, within its welcoming atmosphere, the waiters explain the composition of the meals that you'll what you'll gonna eat. Finally, they're meals for vegetarian people!

#### Le Cedre

Rue du Jardin d'Ecosse 57245 Peltre +33 3 87 69 01 70 From 25€

#### Beef & Co

317 Av. de Strasbourg, 57070 Metz +33 3 87 74 14 24 From 20€ Beef and Co is before anything a family history which continues for more than 20 years. The know-how and the experience of two generations allow today to propose you the best meat through various races and origins.

Real family institution, represented today by our two Bosses Jean-Marie and Julien Guérin, the restaurant is a major address in Metz.

In a neo-industrial atmosphere made of wood and metal, the adorable Nebbiolo's team will guide you through a large range of italian food.

Even if you'll obviously find traditional pizzas, some of them are really different with totally atypical form!

#### Ristorante Nebbiolo

Rue du Jardin d'Ecosse 57245 Peltre +33 3 87 63 99 70 From 15€

#### Class Croute

14 Bd Arago, 57070 Metz +33 3 87 65 09 09 From 10€ At 10' on car or 20' foot from the venue, this restaurant invites you to discover a varied menu of sandwiches, salads, pasta and hot dishes as well as a complete range of meal trays to consume on the spot in a modern and warm decor, or to take away.

#### **Downtown**

### Here are the resaurants our team selected in Metz' center, just for you!

#### Les Caves Saint-Clément

6 Rue Gambetta, 57000 Metz +33 3 87 63 92 92 From15€ The principle: a friendly atmosphere, a room from 15 to 30 flatware favoring the exchanges between the manager and his customers a. Inspired by our French specialities, Corsican plates, Vosgian, etc. are proposed with wines often little known, in direct origin of the wine grower. On every glass, a ruffle informs the consumer about the naming,

the vines, the vintage year and the comments of tasting of the wine. All the wines and the local products proposed in room is also available on the sale, so that the customers can savor and make discover these new products!

Comfortable atmosphere and chic decoration in this discreet address of the district of Outre Seille where officiates Chef Pol Nivoix. Inspired mainly by the market and its good vegetables, Pol revisits the land and the sea with rigor in serious seasonal scores that regal. His wife runs her world indoors, smiles and advises her guests wisely in the choice of wines! An address that counts in the city.

#### La Table de Pol

1 rue du grand Wad, 57000, Metz +33 3 87 62 13 72 From 25€

#### Heureux comme Alexandre

38 rue de la Tete D Or, 57000, Metz +33 3 87 36 86 02 From 20€ In an atypical frame, take place around a marble pedestal table, the ceiling "Petit Prince", the chandeliers "Murano", the film posters, and let you carry by the French music of the years 70-90.

The king of the plate is indisputably the ox. From the ancestral Simmental, to the classic black Angus, through the amazing Aubrac matured, the surprising blonde d'Aquitaine Polmard, do not pass by the king of the oxen, the famous "WAGYU". You will thus be able to have the privilege to taste this last in net (surely one of the best meats of the world!!!)

If Cinecittà hided an annex in Metz, it would nest in this backyard of the Rue de la Chèvre, where Julien and her mother-in-law of the Abruzzi, Anna, cultivate the art of decorative disproportion: flowered wallpapers, old piano detuned, Vintage leather sofas, pop-up furniture and an amusement ride plane hanging in the dining room! A cheerful bazaar irrigated by the family and generous cooking of a real italian mamma.

#### Derrière

Rue de la Chèvre, 57000, Metz +33 3 87 66 23 63 From 20€

#### La Vallee du Kashmir

17 rue du Neufbourg, 57000, Metz +33 3 87 62 20 88 From 20€ At a hundred meters of the city center of Metz, you will be welcomed in a completely renovated decoration in the exotic colors which will disorient you the moment of a meal. Its warm frame, its slightly raised cooking, no such thing for a meal break at noon, relaxing or a friendly meal in private or between friends in the evening. Moreover, you'll find some vegetarian meals!

Come and discover the flavors of the Indian and Pakistani food, you will not be disappointed by the journey!

With a typically Japanese decor, a warm and friendly atmosphere and traditional music, you will be transported to the land of the Rising Sun. And for a total change of scenery, discover the traditional reception room in the basement, featuring real tatami seats, which is open only on Tuesday evening to Saturday inclusive. Come and discover Japanese specialties such as sushi, sashimi, maki, yakitori and other fondues (to cook on table).

#### Osaka

32 Rue Dupont des Loges, 57000 Metz +33 3 87 36 68 90 From 20€

#### Noodle

32 Rue du Coetlosquet, 57000, Metz +33 3 87 36 75 75 Noodle is a Rice and Noodle Bar, where you will compose your dishes according to your desires, and will discover flavors typical of Asia,

Noodle is a place between the Fast Food and the restaurant, where you will be welcomed in an original and contemporary setting, with a traditional and tasty cuisine, born of family recipes.

Located in the heart of Metz, near Saint Etienne Cathedral and Place Saint Louis, this restaurant will seduce you with its charm and its will to make known the regional products.

Le P'tit Frontalier welcomes you to offer you a cuisine in the spirit of the Lorraine, Saar and Luxembourgish traditions. Taking advantage of its location at the crossroads of these three countries marked by the iron and steel industry and crossed by the Moselle, this restaurant draws all its inspiration from this geographical, historical and cultural proximity. You will find a young and varied offer. The specialties are adapted daily to the fresh produce available: the daily special and the chef's suggestions.

#### Le P'tit Frontalier

3 rue des Parmentiers, 57000, Metz +33 3 87 37 31 49 From 20€

#### **Drinks / Nightlife**

#### **Bars & Pubs**

There are no bar near the venue. But you'll find eveything you're searching for in the center of Metz!

#### Monkey show

14, rue des Roches 57000 Metz +33 6 47 93 53 23 Rue des Roches, you'll find this new har. Although located in an uncrowded street, this cozy bar also offers small snacks and offers a variety of musical shows and concerts. Two Tuesdays a month, musicians can embark on impros for the evening Jam ... We love the vintage and relaxed atmosphere, between darts and leather sofas, all in a vaulted cellar that does not lack charm! More than a bar, a large gaming room, an open space, conducive to meetings and exchange. Wide choice of beers (pressure, bottle), wines, soft drinks, cocktails ... hot and cold drinks

It is a very nice bar which has been installed in the rue des Ponts des Morts. The service is at the bar for sometimes confusing prices,  $2 \in a$  pint, or the baron as they say in Metz, in happy hours. From 6pm to 9pm, it is natural that guests benefit from these attractive prices and invade the premises, the terrace, the bar room, and the vaulted cellar. It is possible to taste delicious charcuterie boards for a very reasonable price. The furniture made of bricks and pitcher dives us into a universe very student and resourceful.

It is in this spirit that are organized retrogaming evenings include video games on consoles over ten years of age. To test!

#### Le Troubadour

32, rue du Pont-des-Morts 57000 Metz +33 9 53 74 33 20

#### La Cigale

4, place Philippe-de-Vigneulles 57000 Metz +33 9 65 20 90 67 Since its change of ownership last spring, La Cigale has been completely renovated.

The arrival of the Sunday market place Philippe de Vigneulles has also contributed to the renewal of the place, now hooked in the landscape Messin.

From now on, the Cigale has many reasons to taunt the ant! Facing the church of Sainte-Thérèse, the small terrace is very pleasant in summer. At noon, you will find yourself in a friendly atmosphere for a coffee or a lunch.

#### Le Pop White

Place Saint-Jacques 57000 Metz +33 3 87 35 06 46 Le Pop White is a lively bar lounge, located on the equally buzzing Place Saint Jacques. Its décor, which changes often to mix things up a bit, is always modern and quirky.

The bar's artsy scene generally attracts an alternative crowd and plenty of tourists. During the colder months, Le Pop White is the perfect place to relax and have a warming drink and on hot summer evenings, make the most of the large terrace, sipping a refreshing cocktail such as the Mojito à la Mirabelle.

Le Flamenco is a restaurant-bar, which is popular with the locals with great drinks at attractive prices and which are most probably the cheapest in Metz.

Le Flamenco also welcomes rock and punk musicians to the stage at weekends, filling the bar with the sound of local talent.

#### Bar Le Flamenco

4 rue Mazelle 57000 Metz +33 3 87 75 45 96

#### Café de La Chaouée

1 rue du Champé 57000 Metz +33 9 81 08 98 06 La Chaouée is home to a cozy café which itself hosts theatrical shows, concerts, debates and even art exhibitions by local and regional artists.

La Chaouée also offers an excellent selection of beers, which are made using traditional techniques.

#### Mojito Bar & Cocktails

16 place de Chamber 57000 Metz +33 3 87 50 15 01 As the name suggests, the Mojito Bar & Cocktails is the place to go for mojitos and cocktails in Metz. This convivial bar offers a colorful and plentiful menu of delicious cocktails and, of course, a great range of mojitos in particular. There's a live DJ during the week and a lovely terrace and with a separate outside cocktail bar during the summer.

#### Café Jehanne d'Arc

Place Jeanne d'Arc 57000 Metz +33 3 87 37 39 94 Café Jehanne d'Arc is a peaceful oasis with a friendly vibe that invites people to relax and enjoy an evening out.

Especially good for music lovers, Café Jehanne d'Arc hosts folk music and dance nights every other Monday. This small restaurant boasts a wonderful terrace, opposite a beautiful church and next to a pretty fountain too.

Located on a charming street in Metz, Les Arrangés du Bocal is a favorite meeting spot and an excellent place to experience everyday local life in Metz. It's a bruschetta and rum bar, with many varieties of the spirit, and a beautiful terrace to drink them on.

Les Arrangés du Bocal 34 Rue Taison 57000 Metz

With over 130 different cocktail recipes you'll never be short of spirit here.

#### 7 (7)

7 bis Rue Sainte-Marie 57000 Metz +33 3 87 75 07 03 Animated and lively, the 7(7) Café, or also known as Sept Bis Café, guarantees a fun evening out with friends. A modern décor gives it a lively ambience popular with the young crowd in Metz.

This is an excellent location to visit for live music too.

During the early evening, customers can enjoy light meals from an attractive dinner menu, accompanied by an excellent drinks list.

#### **Local Game Store & Contacts**

#### **Local Game Store**

#### La Caverne du Gobelin

11 rue des Clercs 57000 Metz +33 387184208

This is the only Local Game Store in Metz.

There, you'll find FNM in various formats, and all what you need to play your favorite game!

Moreover, this store is also secialized in boardgames (from fialy to experts games) and figurines gams (Warhammer, etc.). An unavoidable adress!

#### **Contacts on site & Credits**

If you need informations once on site, you can contact Sylvain or Guillaume.

This guide was made with love by Sylvain & Valentin.