



CUT-OUT-AND-GO GUIDE | GOURMET LYON

**SEE & DO**

● Vieux Lyon, the Old Town, is exactly what you imagine it to be — cobbled, cute and just perfect for a weekend break away. If you're looking for lunch, there's one word you need to know: *bouchons*. These are officially certified Lyonnais taverns and they are the **convivial and ruddy-cheeked restaurants of your dreams**. Only true *bouchons* feature the symbol of Gnafron, a red-nosed, wine-loving puppet. *Bouchon* menus cost about £20 for three courses.

● Tuck your tea towel into your pinny at Plum Lyon, as you attend cookery school with chef Lucy (49 Rue des Tables Claudiennes; plumlyon.com; 3hrs from £65; ① on map). At her market-to-table classes **you meet the best producers before you cook (and eat)**. But Lucy is also an accomplished *pâtissier*, so check her website and time your trip to coincide with one of her pastry workshops, and bask in her macaroon mastery.

● Lyon's two big food markets are in La Croix Rousse (the old silk-weaving quarter ②) and Quai Saint-Antoine (a sedate riverside affair ③), and they make for great wandering (though both are closed on Mondays). Also block off a couple of hours for Les Halles (102 Cours Lafayette; hallespaulbocuse.lyon.fr; ④), a **swish, indoor food paradise owned by local chef-legend Paul Bocuse**. Buy supple Saint-Marcellin cheese from La Mère Richard and pink praline tarts from Jocteur.

**TIME-SAVING TIP**  
Of the extraordinary eight zones in this teensy museum, the last is the best. Have your mind blown by museum founder Dan Ohlmann's tiny versions of Katz's Deli, Maxim's Paris and more.

● The most joyful (if unlikely) pitstop between meals in Vieux Lyon is the Musée Miniature et Cinéma. Within the Renaissance Maison des Avocats (House of Lawyers), here you'll find impossibly intricate little movie sets, films about special effects, **Harry Potter wands, flying pirate ships and a Statue of Liberty**. Behind dark curtains, areas considered 'unsuitable for sensitive people' contain severed heads and unpalatable aliens (museeminatureetcinema.fr; £7; ⑤).

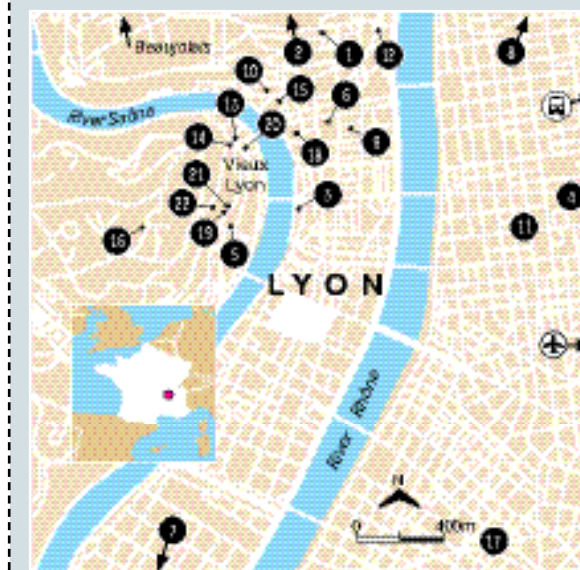
● At the Musée des Beaux-Arts you can spend time alone with the likes of Matisse, Picasso and Rodin — there's no need to peer past other people's smartphones, even on Sundays. **Monet's Charing Cross Bridge (1903) is a turquoise-lilac iridescent wonder** — get acquainted (mba-lyon.fr; £5; ⑥).

● In the south of the city, the rivers Rhône and Saône converge and the Confluence neighbourhood kicks in. It's recently come back to life after a long, expensive refurbishment. The central Confluence Museum is a **berserk brew of glass and steel, which cost around £200 million** to make and looks like nothing else on Earth (a spaceship perhaps?). Indoors, it's all anthropology and natural history (lyon-confluence.fr; £7; ⑦).

Dining out: left, early-evening buzz on Rue Mercière; below, learn how to cook at Plum Lyon; Beaujolais vineyard

● If you've time, the Beaujolais region is tantalisingly close — only about 20 minutes by car. Olivier at Kanpai (see Ask the Local) is knowledgeable and professional to a tee, but he runs his day trips in a friendly, casual style, so you feel as if you're just meeting his wine pals. The region is all about **family-run wineries; it's not showy, but it is fabulous** (kanpai-tourisme.com; half-day tours from £45).

● This is a dreamy city to cycle around, what with all that river. And Vélo'v bikes are everywhere you need them to be. They're cheap, too: a seven-day ticket costs £4 and you can buy it on the spot. **Cycle north along the Rhône and you'll arrive at the Parc de la Tête d'Or** ⑧, a vast, 19th-century park, complete with statues, fountains and botanic gardens. You can cycle, jog or march round its glorious lake — before you settle down to a picnic, of course. >



instant escapes

# Gourmet Lyon

Forget all other French foodie breaks — this one takes the cake

Lyon's commitment to your belly cannot be overstated. The city dishes up exclusively OTT food (*lardons* with this, black pudding with that, a whole wheel of cheese for afters), alongside generous, splashy carafes of local Beaujolais. Its taverns even have official certification (look for the tipsy puppet signs). Time to loosen your belt, says **Laura Goodman**





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EAT

● **The breezy brasseries**

**NORDSUD BRASSERIES** (Mains about £16)

**Because:** Paul Bocuse's gourmet empire includes these six brasseries in Lyon. There's no zestier plate in town than his lemony scallop risotto.

**Travel's tip:** Go for Le Sud — it's sun-filled and has a Med feel. *Various locations; nordsudbrasseries.com.*

● **The family kitchen**

**CHEZ HUGON** (Three-course set menu for £18)

**Because:** This is the real deal: hand-scrawled menu, tables wedged together, and proper Floating Islands (meringue-topped *crème Anglaise*).

**Travel's tip:** The *quenelle*, a crescent of fish *soufflé* in a cheese sauce, is the most Lyonnais dish of all — and delicious. *12 Rue Pizay; 00 33 478 281094, bouchonlyonnais.fr; @.*

● **The weekend spot**

**BOUCHON DES FILLES** (Three-course set menu for £18)

**Because:** This is a sultry, atmospheric *bouchon* run by smart women, who start you off with salads so you can better appreciate outrageous mains such as the *croustille de boudin* (black pudding and apple pie). **Travel's tip:** It's open on Sundays (unlike the other *bouchons* on this list). *20 Rue Sergent Blandan; 00 33 478 304044; @.*

● **The classic bouchon**

**DANIEL ET DENISE** (Four-course set menu for £23)

**Because:** This place is 100 per cent authentic. Order an *apéritif* and it'll come with pork crackling. **Travel's tip:** Choose this location (over the Vieux-Lyon one) to dine with local business-folk. *156 Rue de Créqui; 00 33 478 606653, daniel-et-denise.fr; @.*

● **The boss**

**LA MERE BRAZIER** (Mains about £43)

**Because:** Long before Bocuse, Lyon's best kitchens were run by indomitable *grands-mères*. Eugénie Brazier was the best; she died in 1977, but the restaurant retains her legacy and two of her three Michelin stars. **Travel's tip:** The 'classic' menu revisits Eugénie's best bits and costs £86 for three courses. *12 Rue Royale; 00 33 478 231720, lamerebrazier.fr; @.*

LOCAL CELEBRITY

Want more Bocuse? His restaurant and culinary school are just 20 minutes north of the city (*bocuse.com*). He is rumoured to enjoy a drink at Val d'Isère (64 Rue de Bonnel)

ON THE MENU

The veal sweetbreads in a pastry crust (*pâté en croûte aux ris de veau*) served here is Lyon's best, according to Bocuse (who else?)

DRINK

● **The Beaujolais den**

**LA CAVE DES VOYAGEURS**

**Because:** It's perfect for when you've eaten a big lunch but can't conceive of a Beaujolais-free night. **Travel's tip:** The pavements have the best seats, but you can't book them, so get there early — by 6pm. *7 Place Saint-Paul; 00 33 478 289228, lacavedesvoyageurs.fr; @.*

● **The wine-with-burger joint**

**LE BON, LE BOEUF ET LE TRUAND**

**Because:** There's no cheese *meltier* for topping a burger than Lyon's beloved, creamy-white Saint-Marcellin. **Travel's tip:** It's all about wine with snacks in this den. Don't order the mains — the *terrines en croûte* or famous burger are filling enough. *8 Rue Juiverie; 00 33 478 289671, restaurant-le-bon-le-boeuf-et-le-truand.fr; @.*

● **The sultry speakeasy**

**L'ANTIQUAIRE**

**Because:** This is the bar *du jour*. And the excellent cocktails might help you to differentiate your Friday night from your everyday quaffing. **Travel's tip:** Cocktails are £6 before 10pm, £7-£9 after. *20 Rue Hippolyte Flandrin; @.*



ASK THE LOCAL

Lyon-born Olivier Delalande owns Kanpai Tours (*kanpai-tourisme.com*), which runs wine and local sightseeing trips

When you're in a *bouchon*, order 'le pot'. It's a **uniquely Lyonnais glass bottle — slender with a thick bottom**. It's usually extremely well priced — around £5 for a half-litre of Beaujolais. Know what you're ordering for food, too: **andouillette is not simply sausage — it's offal**, and if you order it by accident, you'll know as soon as you smell it. *Cervelle de canut* means 'silk-weaver's brains' but is just white cheese with shallots, parsley and chives. Most people trek up Fourvière Hill in the morning, but **you can see more of the city in the afternoon, as the light works in your favour then**. We Lyonnais believe if you can see Mont Blanc, it will rain tomorrow (sorry).



STAY

● **Confluence hotspot**

**MAMA SHELTER** (Doubles from £50, room only)

**Because:** Even if it weren't the trendiest address in town, this would be a bargain. It's as far from Vieux Lyon as you can be, but a 30-minute walk (or swifter cycle) is no bad thing. **Travel's tip:** It's quieter and the air feels decidedly less hungover from Sunday night to Thursday. *13 Rue Damer; 00 33 478 025800, mamashelter.com; @.*

● **Oh-so-central**

**GRAND HOTEL DES TERREAUX** (Doubles from £61, room only)

**Because:** You can walk to just about anywhere from here, and the hotel is super-pretty for the price — if you can overlook all the orange stained glass. **Travel's tip:** The supermarket across the road (the *Marché Presqu'île*) is maze-like and stocks all the best basics (snacking *saucisson*, Beaujolais, as well as treats for home). *16 Rue Lanterne; 00 33 478 270410, hotel-lyon.fr/terreaux; @.*

● **Renaissance rooms**

**ARTELIT** (Doubles from £81, room only)

**Because:** This little guesthouse is located in the tower of one of Vieux Lyon's most famous old buildings, the peachy-hued La Tour Rose. Its photographer-owner has filled each room with sculptures, ceramics and artworks. **Travel's tip:** Suite 1565 is the most romantic, with a gorgeous wild garden and antique scalloped sink. *16 Rue du Boeuf; 00 33 478 428483, dormiralyon.com; @.*

● **Back to school**

**COLLEGE HOTEL** (Doubles from £83, room only)

**Because:** There are 39 perfect rooms here, all decorated tastefully in white, with desks, balconies and views of Fourvière and the Saône. **Travel's tip:** Breakfast is straightforward but costs extra, so skip it and grab coffee and a fruit tart or warm baguette from the market just across the bridge instead. *5 Place Saint-Paul; 00 33 472 100505, college-hotel.com; @.*



CREME DE LA CREME

Thwarted by French opening hours? Don't worry: Courdes Loges' concierges will not let you eat badly. They are the best in the game

Flying high: clockwise from top left, splendid views from the pool at Villa Florentine; cheap 'n' cheerful Mama Shelter; Musée des Beaux-Arts; the modern Confluence Museum; sweet treats for sale in Les Halles market

● **Luxe old Lyon**

**COURDES LOGES** (Doubles from £145, room only)

**Because:** It's Old Town loveliness, right on the cobbles, arranged around a covered courtyard. Rooms are shiny and fancy with massive baths. **Travel's tip:** Rarely is a spa such a handsome place to just hang out. Pop in before dinner to make the most of comfy seats, pools, the decadent Roman decor and extreme quiet. *6 Rue du Boeuf; 00 33 472 774444, courdesloges.com; @.*

● **Hillside retreat**

**VILLA FLORENTINE** (Doubles from £210, room only)

**Because:** This roomy Italian-style former convent sits on the hill, among elaborate green terraces quite out of keeping with Vieux Lyon. Indoors, there's dark wood and lots of fabric. **Travel's tip:** It's worth paying the £18 extra each for the very good buffet breakfast just once — providing you get up early enough to watch the sunrise. The views are sensational. *00 33 472 565656, villaflorentine.com; @.*

GET ME THERE GO INDEPENDENT

**Eurostar** (*eurostar.com*) fares from London St Pancras to Lyon Part-Dieu start at £89 return. This is direct outbound (4hrs 41mins), but involves a stop at Lille on the way home. **BA** (*ba.com*) has return flights from Heathrow to Lyon-Saint-Exupéry from £86. Or **Flybe** (*flybe.com*) has flights from Birmingham from £35 one way.

GO PACKAGED

**Railbookers** (020 3327 0761, railbookers.com) has three-night trips from £379pp, B&B, including rail travel. Or try **Scott Dunn** (0203 603 2489, scottdunn.com).

FURTHER INFORMATION

The **Lyon City Card** gives access to all public transport (including two funiculars), plus 22 museums, boat trips and guided tours. It costs £16 for one day, £23 for two days and £30 for three. Order it at *lyoncitycard.com*, or pick one up when you arrive at the **Tourist Office** on Place Bellecour (*lyon-france.com*). ■