

FREE MAP

NANTES

MADE BY LOCALS FOR YOUNG TRAVELLERS

USE IT

ACT LIKE A LOCAL

1, 2, 3, READY? WELCH(OM)E TO NANTES FOLKS!

Prepare yourself for a fantastic journey into our vibrant city filled with green spots, bike lanes and a real pedestrian empire. Your new adventure playground overflows with cultural hustle and bustle, everywhere, anytime, whatever the art, the work, the artwork.

Our urban playlist is a mix of birds songs, frenetic motos, helicopter helix heading to the hospital, music here, music there and glasses that clink against each other when we gather, baguette lovers.

Nantes' atypical vibration makes things here more remembered, is it about our doers freedom? The salty drops of the ocean that join the Loire river? The French revolutionary spirit that bubbles up in our blood for justice? Give it a try and bet that the adventure worth it.

FROM SHIPYARDS TO CULTURE

Since the 80's, Nantes has been betting on the cultural field. We are one of the first French examples of a transition from a former industry town to cultural activities. Two main examples of this are the transformations of, in the 1990s, of the former Lefèvre-Utile (the famous LU) biscuits factory into Le Lieu Unique and the one of our former dockyards into Les Machines de l'Île. Many festivals and events take place all year long in the city: music of course, theater and cinema, food, wine, second hand and flea-markets...

But lately, the withdrawal of one main public sponsor of this greatfield, the Région Pays de la Loire, is raising questions about how to keep Culture sustainable, free and effusive. Enjoy it now and protest for its future!

TEST

WHICH NANTAIS-É ARE YOU?

Results at the back

When do you head to the bar terrace for a big beer or a glass of wine?

- After the market on a sunny Sunday
- After work
- After the demonstration

ALL ARE GOOD ANSWERS, JOIN OUR TABLE!

What do you do when you join a bunch of friends?

- Share a sign of the hand to say coucou with a big smile
- Say hi and share two kisses, one on each cheek starting left
- Go for a kiss starting from a random side, for a random number of kiss – and it gets awkward

Where do you go at the first Spring-ish rays of sun?

- Sit on a park for some apéro
- Rush to the seaside
- Take a bike ride along the Loire river

How do you fight the rain?

- Always have a collapsible umbrella in my bag
- Ready to take my raincoat from the bike bag
- Run to the first shelter on my way, wait for the rain to stop – my appointment can wait

DOBRÉE CANCLAUX

BEST PARISIAN STYLE

After a stroll along the Chezine, a break is a must! Fight for a seat on the sunny terrace at **Les Cancans**. You'll find a friendly neighborhood atmosphere with a *bistrot*-inspired decor. **Santé** ● 4 place Canclaux

BEST FRENCH BOARDS

You will find plates of very good and local food, all homemade, tasty wine, what more could you ask for? **Jéroboam côté jardin** is ideal for sharing a 'planche'. Quality has a price, and the bill can quickly go up because you want to taste everything... Inside and in the back garden, the service is done by passionate people, who give great advice. ● 6 rue Lamoricière

GRASLIN COMMERCE

BEST SLICE

Like an American tastel **Lumberjack** offers a big choice of pizza slices and entire ones ready for your starving. A good hot, cheap and fast take-away. ● 2 quai de la Fosse

BEST ART DECO

**La Cigale** brasserie is a feast for your eyes. Hunt for the famous cicada hidden between its Belle Époque walls. The historic hideout of artists like Jacques Demy, Jacques Prévert or André Breton may seem a bit posh, and is quite expensive for the smallest budgets, but as it deserves a stop, here is our tip: go there for breakfast, order a coffee, a croissant, and taste a bit of the 19<sup>th</sup> century atmosphere! ● 4 place Graslin

BEST BIG SCREEN

**Katorza** is an arthouse cinema, a local institution. This is the place for indie productions: no blockbusters or popcorn here. A great movie program, enriched with special festivals dedicated to Spanish, German, English, Italian and Eastern European latest releases, actors and film directors. ● 3 rue Cornelle

BEST TIME TRAVEL

Years and years of strolls in here, **Le Passage Pommeroye** is a real must-see. Trade, Industry, Agriculture, Arts, Showbusiness, Sciences, Merchant shipping: have a glance at the 19<sup>th</sup>-century statues and remnants of industry between the three floors of the sheltered shopping arcade. Look closely at architectural details on lighting and ironworks to travel in time while passing by the shops. ● 20 rue de la Fosse / 14 rue Santeuil

About Culture, History, food specialities, language and other stuff, we let you listen to the arguments of the two factions to deal with how we are / are not some kind of union mark between Brittany and the rest of the world. Just FYI, the street signs in the city center are both in French... and Breton!

LOOSE THE MAIN CLICHÉS!

You may have heard that Nantes is a city as 'dangerous' city. At least that's what is said about our city more and more. Well, that's a big NO. Of course, it's wise to be careful when you walk alone as a girl or a queer person (as everywhere sadly...). However, the average people here may also be a neat and tidy father who ends up killing his entire family, disappearing for decades and becoming a national mystery; that's the story of Xavier Dupont De Ligonnès.

Anyway, we can tell you that Nantes is way more a dynamic, welcoming and lively city than a no-go-zone.

BEST COLLECTIONS

Tired of conventional museums? At **Musée Dobrée**, you'll find a section dedicated to Nantes history (coins, flints...) but also a senseless display of everything the collector, Mr Dobrée, loved. It's the place to see the real heart of Anne de Bretagne, twice Queen of France!

Then go to the socially committed **Café Dobrée**: a place where you can have a generous lunch or a coffee break. ● 1 place Jean V

BEST VEGAN SWEET TOOTH

This unique vegan cake shop in Nantes offers a large choice between the classical French *viennol-series* and original individual pastries. Cross the public works and taste **Délíce Vegetal**. ● 65 quai de la Fosse

BEST GURGLING

*Gling gling* that is the sound of the bottles in our tote-bag heading to the *apéro*. For a tasty, local, natural *tochin-tochin*, trust **VIN/20** advice. In front of the *Médiathèque* tram stop, explore their wines, alcohols and non-alcoholic beverages selection. ● 20 quai de la Fosse

BEST SUNBURN

A Mediterranean rift here to tickle your taste buds: you can choose **Morfall** for the roasted seasonal vegetables or explore the sandwich menu to discover new flavors and travel without moving. ● 12 rue des Vieilles Douves

BEST GALETTE ON THE GO

If a desire of Brittany combination of *galette* and/or *crêpe* comes, go to **Barapom**. A perfect take away to continue your journey with a full stomach. ● 4 place du Bon Pasteur

BEST HIDEAWAY

A peaceful terrace, in the heart of the city but away from the hustle and bustle, **Café du Passage** is perfect for a no-fuss lunch or a drink after exploring the city. Take a seat to write your postcard to your granny just bought at **Les P'tits Papiers** next door. ● 1 place Félix Fournier

BEST STRAWBERRY

**La Fraiserie** has been the regional ice cream family business for nearly 60 years. Best known for its fruit sorbets, gourmets will be delighted to taste ice creams with multiple flavours, natural and only fruit. Clearly not the cheapest in Nantes, but it is an institution worth your visit. Taste all flavours! ● 1 place de la Bourse

BEST URBAN TERRACE

All the trams lead to **Lili Big Café**. In this central spot, you can drink and eat some simple food at any time and any occasion. Prefer the terrace in the evening to enjoy the sun. ● 17 allée Duguay Trouin

FEYDEAU

BEST WTF-IS-HAPPENING

We never plan to go to **Le Petit Marais** but always end up here when we do not yet know what the night has to offer. This late-night dive bar has everything you need at such an hour: very popular music. ● 15 rue Kervegan

BEST BATCAVE

**Atomic's Café** is the laid back spot to crash on vintage sofas, grab a beer or cocktail inspired by superheroes, dive into comics, throw darts, and battle friends at board games. ● 6 cours Olivier de Clisson

BEST STICKY FLOOR

Musicians and music lovers gather here to share and relive their favorite concert memories. This grungy bar promises great discoveries with rock sounds, but also DJ sets. Come and get *zazouted*, a form of pogo made in Zazou. ● 3 quai Turenne

BEST RAINY DAY ACTIVITY

For a rainy afternoon or a quiet evening (unless you're a bad player), **La Fabrik à Jeux** is the ideal place. You can stay as long as you want to play board games, but the rule is to consume regularly. It's easy to team up with other people to discover new games or stick to the global classics. ● 1 bis quai Turenne

BEST COCKTAILS IN TOWN

Trust **Medusa** to pour you some refined liquid flavours. This *cabinet de curiosité* offers a seasonal audacious range of cocktails with special recipes and also great mocktail adaptations. Cheers! ● 10 rue Bon Secours

BEST BRITTANY ILL

Discover our famous buckwheat speciality and pimp it your way! At **Bolbriitt & Kréptar**, pay the ingredients and enjoy it in the wooden atmosphere of this salted-butter kingdom. We recommend the efficient sausage+mustard to recover from any jetlag or Midnight craving. ● 15 rue Bon Secours

MADELEINE CHAMPS DE MARS

BEST HIDDEN EDEN

In a quiet street, you could easily miss this gem. Step into what looks like an architectural bunker, and discover **Madeleine Café**, a place where you'll feel good. Ideal for working with your computer over a coffee, a good breakfast or an aesthetical lunch! Look up: the place also hosts regular exhibitions. ● 7 rue Pellisson

BEST BESTS

No false promise here, welc(h)ome to your **Safe Place**. Ségolène and Benoît will make you feel at ease every day of the week in their cocoon *café*. Big UP to the tap beers range, the delicious cocktails, the nice tapenades to share (as the olives+fig one), the monthly exhibition on the wall grid, the Friday night DJ sets with a quadri-ponic sound system for gentle evenings. ● 11 chaussée de la Madeleine

BEST PEEK-A-SHABOU

Not just food—it's a whole vibe. Iranian dishes made with fresh ingredients, served with meat, stories, and a tiny warning: at **Shab Shabou** you might leave smelling like curry (worth it). ● 25 chaussée de la Madeleine

BEST DO-IT-TOGETHER

In this neighbourhood full of graffiti and colourful backyards, check **Pol-n**, a cultural place run by artists. Strong values about culture and artistic freedom are the motto here. Concerts, exhibitions, festivals, plays, DJ sets and other unexpected events happen here with a certain sense of partying. ● 11 rue des Olivettes

BEST TAPAS EMPIRE

We love to gather at **Napoleone**, a tiny cosy bar with finger food taps. You better arrive early to benefit from the tasty potatoes and small plates to share. Add a sweet cocktail menu and get ready to have a perfect evening in this foodie street. ● 1 rue Baron

BEST CALORIES

**Les Triplettes de Nantes** are a quartet ready to delight your taste buds. Indulge in their unique buckwheat Paris-Nantes pastry and decadent spicy hot chocolate for a sweet gourmet break. ● 4 bis rue Emile Masson

BEST MELTING POT

What a beautiful Art Nouveau tower! Enter our old biscuit factory (yes, the one that cooked the first LU's *petit beurre*) which is now an official vibrant cultural HQ. Exhibitions, shows, a reading room, a restaurant and a bar, there is always something up to for you at **Le Lieu Unique**. Enjoy the deckchairs alongside the canal in Summer to chill or wait for your train and party with the free DJ sets on Fridays and Saturdays. ● Rue de la Biscuiterie

BEST SOLARIUM

They do cultural quizzes on Wednesdays, they have cheese and ham boards, and it's a boat! The barge **Le Petit Baigneur** is highly recommended to offer you a cool sunbath on the Erdre river. Look! A heron, our tall quiet bird comes say hi! ● Quai de Malakoff

BEST ACCENT

**Kessocet** is a French mediterranean expression – Marseille baby – to say something like 'what's the story of this sh\*t, uh' in a nutshell. To listen to the stories of the two owners pouring you very good wines or enjoy the mind-blowing dishes made by their cook, go South (exit of the station next to the venue fellow) ● 40 quai de Malakoff

JOFFRE GARE NORD

BEST CAMEMBERT RÔTI

With around 30 beers on tap, the **Flours du Malt** is THE beer bar! It's also the spot to share one of the city's best roast camembert: melted cheese, honey, hazelnuts, and bread to dip in it... Yummy! ● 15 bis allée du Commandant Charcot

BEST NEIGHBOURHOOD BAR

Sitting at **Personnes** in a pedestrian street enjoying a beer in the soft buzz of neighbours chit-chat, you suddenly crave for good food: **Popolo** pizzeria just behind the corner will serve you directly in the bar. All for a perfect chill evening next to the *pétanque* players. ● 32 rue de Coulmiers

BEST BUCOLIC TERRACE

Need some green space? Sit near the greenhouses on the sunny terrace of **Café de l'Orangerie**. Take a break, all day long, with a lunch or only a cup of whatever you need. Perfect after a long train trip before exploring the city. ● Jardin des Plantes

BEST A-CITY-IN-A-STREET

This street's got strong good vibes energy. Think rainbow crosswalks under your feet, garlands dancing above, bars buzzing, fast food snacks and even a church, yep, **Rue Marchal Joffre**'s got it all. One minute you're sipping on a terrace at **Ubik**, the next you're in a **Firefighter Museum** like, 'Wait! What?' It's one of those places where something's always happening, a colourful mix of culture, community, and laid-back Nantes charm. ● Rue du Maréchal Joffre

BEST BISTRO

Leaning on a small wooden table at **Brocéliande** it's no frills but exclusively safe values. The wines dancing above, bars buzzing, fast food snacks and even a church, yep, **Rue Marchal Joffre**'s got it all. One minute you're sipping on a terrace at **Ubik**, the next you're in a **Firefighter Museum** like, 'Wait! What?' It's one of those places where something's always happening, a colourful mix of culture, community, and laid-back Nantes charm. ● Rue du Maréchal Joffre

ERDRE TALENSAC

BEST COOK (YOU!)

An enchanted glasshouse where you can cook, eat, sing, and meet, **La Cocotte Solidaire** is a former restaurant reinvented by an association that uses unsold fruits and vegetables to offer you tasty vegetarian meals. ● 11le de Versailles

BEST FEELS-LIKE-HOME

A simple place that feels like home. If you want to take a break, stop at **Bam Bam Café** for a lazy brunch with pals, reading under a soft plaid blanket, or quiet work time. ● 25 rue Adolphe Molit

BEST FRENCH APÉRO

For French people, **Mirza** is the name of a lost dog in an old song from Nino Ferrer. For Nantes, Mirza is the hot spot where to eat pretty edgy atypical dishes on small plates to share – or not, alongside a selection of cool and natural wines. Definitely a hit – not only a song. ● 5 rue Châteaubriand

BEST REAL FOOD-HALL

Get a true taste of Nantes on a Sunday morning at **Marché de Talensac**. Whatever your night was, take a walk to the market hall to start the day with a perfect picnic: shop fresh fruits and vegetables from local farms stalls outside the main hall, choose out-of-the-oven bread from **La Petite Boulangerie**, pick any kind of cheese at **La Crèmerie Bleue**, get one or two dipping sauce from the *Italian trattoria*, as well as a *Börek* from the *Italian trattoria*, *Byzance* and of course, do not forget oysters! Be brave enough to try them, they are perfect against hangover (true story!). Once your shopping is done, you have two options: you can sit at a terrace of the closest bar and order a Muscadet to match your meal (if you are 2 or more people, take a full bottle to share, it will be less expensive). The other option is for those who want to avoid the crowd: walk down for 5 to 10 minutes to the Erdre river to appreciate your picnic by the riverside. ● Rue Talensac

BEST UNSPELLABLE NAME

From dawn to tea-time, at **Oh K-fée d'Il** you can't leave without falling for its siles of cake: their sizes, textures, and chocolate, floral, and fruity flavors are sure to delight everyone. Vegan and vegetarian friends, here is your kingdom. ● 2 rue du Roi Albert

BEST SCENT (WORST BREATH)

Creamy or dense, mild or strong, plain or spicy, with or without mold: welcome to the land of cheese. Grab a few at **Crèmerie des Carmélites**, buy a baguette and experience the best of French delights. ● 15 rue de Verdun

BEST ITALIAN PISTACCHIO

Close your eyes, listen to Giuseppe and Barbara speak Italian, and get a taste of Sicily at **Pizzeria dell'Etna**. We hope you are not in a hurry, sometimes good pizza takes time! ● 18 rue de Briord



BRETAGNE 50 OTAGES

BEST COLOR BOX

Small street, big adventure in **Rue Léon Jamin**. There is a lot to discover in this charming and colourful street. First stop at **Horizon Café** where passionate baristas will help you choose between their different blends of coffee and convert you to the true flavours of black gold. After that, enjoy a theater piece at **Krappo Roy**, the smallest theater in Nantes (only 40 seats!) that sheds a light on local, up-and-coming shows with strong messages. Finally, when it's already late night, end up at **Haiti Chéri** for some *rhum arrangé*, home-made rum infused with flavours of exotic fruits and spices. They have a full wall of bottles with so many different tastes that you want to try them all. But no one is ever enough aware of the consequences, drink water and get ready for a hangover. ● Rue Léon Jamin

BEST CROQUE

At **Croque Bedaine**, do not miss a French classic, the *croque monsieur* grilled sandwich, with all the seasonal variations you can dream of. Grilled cheese lovers will love to love it. ● 21 rue Jean Jaures

BEST LIGHTHOUSE

A terrible piece of dirt in the skyline for some, an iconic building in our landscape for others, locals have various opinions about **Tour Bretagne**. But we all miss the good old times when we were able to sip our drinks at its top. Someday, after the works, it will be possible again, but for now, just let this lonely skyscraper be your compass in the city and enjoy how evening lights reflect on its grey-brownish façade. ● Place Bretagne

BEST MIRROR

A terrace in a pedestrian street, good beer, regular exhibitions and a relaxed atmosphere... For sure, you do not need more than this to spend a good time at **Naricisse**, except maybe a little check in a mirror bigger than in the Château de Versailles. And whenever you are starving, just across the street, pick your pizza at **Gab** and enjoy the long summer evening. ● 8 rue Guépin

BOUFFEAY CATHEDRALE

BEST NO-FISH AND CHIPS

Craving a cozy vegan spot loved by locals that's tasty and good for the planet? At **L'éthiquète**, veggies take center stage. Think mouth-watering burgers, colourful bowls that change with the seasons, and their legendary Tofish & Chips. ● 14 rue Armand Bréard

BEST FLAVOURS QUEST

Laptop warrior or foodie explorer? **ChopChop** welcomes both! Lush plants everywhere, chill vibe perfect for remote work. Try the pistachio-rose *gâteau nantais*: Marrakech meets Nantes delight! ● 11 rue Saint-Léonard

BEST 'JUST ONE DRINK'

If you find a seat at **CAFFÉ**, lucky you, get ready to be surrounded by Nantes artsy generation having a drink. Well, not only one, we have to admit. You will easily sneak into our bustling ways, say cheers, share our latest gossip, and finish dancing like no one is watching inside with the night gig. Come have a taste of our French way! ● 2 rue Bossuet

BEST HANGOVER MEAL

Homemade noodles made with the big machine on your way to the dining area, gourmet meat broths and local vegetables: **Mugen Ramen** awaits you to experience their...[drum roll] ramen! Shoyu with an egg is our fav. *ITADAKIMASU*! ● 4 rue Fénelon

BEST UNSPELLABLE NAME

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BEST STAIRCASE

In this very unusual spot the **Dernière Main** team runs a charity shop. Part of the 2023 project call for unoccupied places generated by the city council, people of Nantes supported this second-hand initiative that offers a last life to former second-hand items from the area and helps local penniless populations. Here clothes are arranged by color, not gender, and hung on a bold silk lift system. ● 21 allée d'Orléans

BEST STEAM

Hungry for a hidden gem? **Panier d'Or** serves up fresh, homemade Asian dishes, with fine teas to drink. Don't miss the chef's stories about his menu but make sure your food doesn't get cold! ● 13 rue Armand Bréard

BEST COSY CRASH

Nested in a little street of the city center, **l'Artichaut** is a warm café-restaurant-showroom that will make you feel at home straight away, sipping a tasty coffee or a pistachio latte among the artworks of the moment. +1 for the super-friendly old dog who goes from table to table checking that everything and everyone is OK. ● 8 rue du Marais

BEST BRASSERIE

For a classical French bistrot experience, you're served! Meat lovers, *rendez-vous au Coq en pâte* in a time passed by atmosphere to taste a piece of grilled meat or the smelly *andouillette*. End up your meal with a mint shot at the countertop with your table buddies *et hop!* ● 10 allée Duquesne

BEST LIFE IS LIVE

A street filled with pennants and some trouble-maker fragrance: **Rue Léon Blum** is a true reflection of the Nantes atmosphere. To pass through here is to risk not leaving before dawn. You're warned, but the risk is worth it: at **Le Labo** and at **Seurs Carnage**, people sip tasteful cocktails; while at **Le Mess**, they get wild with the best karaoke playlists after enjoying a concert at **Sauvage** or eating a focaccia from **Ezope**. ● Rue Léon Blum



BEST HOT STUFF

Do you crave good French fries and grilled meat? Go to **Istanbul Grill** for the best traditional Turkish *brochettes* to take away. Tasty and not greasy! ● 1 rue de Briord

BEST HIDDEN TEAROOM

Like a good novel, **Les Bon Aimé-es** is the concluding chapter of a turbulent story. This charming spot invites you to choose your next bedside book, taking a break from the tumult of the city center while sipping a ginger beer on tap. ● 2 rue de la Paix

BEST BUCKWHEAT TASTE

We don't know if Nantes is still in Brittany or not (big debate), but **Au Vieux Quimper**. Brittany is in Nantes! In this medieval building, you can eat all day long in a warm atmosphere, upstairs or in the vaulted stone cellar. You'll find a lot of classical galettes and French *crêpes*, to order with a *boûle* of cider. ● 10 rue de la Baclerie

BEST GREEN WASHING FOR YOUR BELLY

Keen on pho, folks? See you at **Solita**. Find a seat in this unpretentious tiny Asian restaurant. Pimp your hot soup with fresh herbs and lime or take it away. Some say this is the best recipe in town. What do you think? ● 3 rue des Echevins

BEST SOUVENIRS

Ready to send some news to family and friends? At **La Boutique du Voyage**, you won't find creepy collector-ish postcards with terrible photos and titles for your BFF, but a series of artsy gift ideas made by local artists. Now that you have experienced our cuisine, it's maybe time for you to get yourself a 'team *beurre sale*' keychain? Wink wink. ● 9 rue des États

BEST TERRACE WITH A VIEW

At the **Live Bar**, enjoy the view on the castle, chill on the shadowed terrace or go inside for a gig. It's also the place where we happily gather before AND after a demonstration. Spinball in place, ready to play? ● 7 rue des États



# PRACTICAL INFO

## TOURIST OFFICE

9 rue des États, in front of the Castle entrance.  
www.levoyageanantes.fr

## HOSTELS

### ● CIS Le SPOT

Brand new, big and highly expected hostel near the train station area.  
28 rue de Madrid — cis-nantes-le-spot.com

### ● Auberge Les Bains Douches

Small associative hostel in a former public bath with a culture and events offer.  
20 rue Duplex — aubergelesbainsdouches.fr

## MOVING AROUND TOWN

Nantes is the 6<sup>th</sup> biggest city in France, but you will soon realise that our neighbourhoods feel like little villages. Everything is about a 15-minute walk away from the city center, and for longer courses, you can make the most of our 500+ km of cycling roads! Bad weather? Long distance? Public transportation will bring you everywhere by trams, buses and even boats!

### ● Public transports

Since 1985, we've had 4 generations of tram designs. Currently there are 3 tramslines and 2 more coming around the end of 2027.  
— 1h ticket: €2 on the bus, €1,8 at the automat and on the Naobil tram & bus app. €6,5 for 24h.  
— Enjoy free rides all weekend long on all public transportations (Saturdays & Sundays)!  
www.naobil.fr

### ● Bike rental

With Biclou, move from station to station for short trips in the center with our orange mounts.  
— €0,75 for a 30 min run, extra fee each 30 min, €2 for 24h, €5 for 72h. Annual subscription: €3/month  
www.biclou.nantesmetropole.fr  
— Students, get your very own bike for a semester (€8,5/month) or more (€6,5/month).  
www.velocampus.net  
— To pump up your tyres, you will find free-of-use pumps at the station.

## SKY IS THE LIMIT

To keep our city a peaceful place, please avoid coming by plane if you can: bad urbanists put our airport on the wrong side of the city and planes seem to crash on our heads every minute.

- **by train.** 2h from Paris with the high speed train.
- **by bike.** Nantes is the crossing point of 2 EuroVélo routes (among other local ones): Véloodyssée, the Atlantic coast route going from Norway to Portugal, and the EuroVélo 6 route, going from the Black Sea to the Atlantic Ocean.
- **by coach.** you will arrive in Hialuchère, 20min from the city centre with tram 1.
- **if you want to reach the airport anyway,** avoid the expensive but fast shuttle bus (€10 - 20 min), take tram 2 or 3 to Pirmil + Bus 38 (1 ticket-around - 45 min from the city centre).

## CULTURE & TOURISM

Every Summer, the local cultural institution **Le Voyage à Nantes** offers an artistic trail in the city. Follow the 24km long green line to discover temporary and permanent crazy outdoor installations.  
www.levoyageanantes.fr

All year long, you can enjoy our local Disney-land-like area **Les Machines de l'Île** in a Jules Verne universe, you can have a trip on a wooden elephant, ride sea creatures on a giant carousel and see the biggest spider of your life in the gallery - but it is a robotic one, so it is almost cute.  
www.lesmachines-nantes.fr

There is always something happening in Nantes : festivals (almost) every weekend, Dssets (almost) every night. Food, repair, culture events you definitely need to check it out.

For more mainstream and underground activities, check out our local agendas:  
— www.pullrouge.fr  
— @setsemaine and @nantes\_cultures on IG

Every first Sunday of the month, all museums are free. The Art Museum is also free on Thursday evening. And you can enjoy the ONP, orchestra lives at **La Cité** for €3 with last minute booking.

## MARKET CALL

A very subjective list of markets to enjoy *aller au marché à la française*.

### ● General markets :

Marché Madeleine-Champs de Mars (Tuesday 4pm-6pm)  
Marché de la Petite Hollande (Saturday morning)  
Marché de Talensac (Tue. to Sun, mornings)  
Marché de Basse-Indre (Sunday morning)

### ● Second hand & flea markets :

Bouge ta frip' (Wednesdays and first Saturday of the month)  
Puces de Sainte Croix (afternoons, Tue. to Sat.)  
Puces de Vienne (Saturday morning)

## FOOD DELIVERY

We all know that delivery people from Deliveroo, UberEats & co work in awful conditions, but we all love when delicious food rides to us lazy people on its ill bike. We no longer need to choose between ethics and hunger: we have **Naofood!**  
www.naofood.fr

## REZÉ

### ● BEST BOAT TRIP

**Trentemoult** is this ex fishermen / now Instagram-like artsy village with colourful houses and luxurious plants where it's cool to hang out on afternoons, just a shuttle boat ride away. We deeply recommend going there, losing yourself in the tiny alleys and enjoying a sunset on the river.

● Quai Marcel Boissard / Robert Surcouf

## BAS CHANTENAY

### ● BEST DANCEFLOOR

Ready to party? Head towards Chantenay for the main part of our nightlife. **Macadam** and its black box is waiting for you to hit the dancefloor. Quite a queue for our local little Berghain, come early. No camera inside, a floating DJ booth and some special events with **OHM TOWN** next door, like on regular Saturday mornings, or all-day (and night) on a few Sundays with the famous GLORIA. Yeah, this is intense but we recommend you to feel the freedom of dancing here. ● 17 rue Jules Launey

### ● BEST PANORAMA

People come to **Little Atlantique Brewery** (aka le LAB) by foot, by bike, or by boat, and this place amazes every visit. Its large bay windows blend the outdoors with the indoors. In Winter and Summer, we love to gather there, taste the beers of this local brewery, and attend the many events organized each week. ● 23 Boulevard de Chantenay

### ● BEST SKYCRAPER

This concrete building in the Southern bank of the Loire river is a piece of patrimony from the 20<sup>th</sup> century. It was a vertical village, with indoor streets and facilities for families. Built in 1953, **La Maison Radiouse** was designed by the famous architect Le Corbusier, who still inspires architecture nowadays. ● Boulevard Le Corbusier, Rezé

## QUARTIER DE LA CRÉATION

### ● BEST CULTURE SHOT

With an explosive exhibition and an addictive shop, the **Hab Galerie** will not leave you indifferent. We highly recommend its selection of activist books, its unusual screen prints and posters, and its little souvenirs to slip into your suitcase to impress your friends. ● 21 Quai des Antilles

### ● BEST PARTY DOCKS

Along the Loire river, the **Hangar à Bananes**, where we used to keep imported bananas, has become a very popular spot. Between the yellow and the grey cranes, at 5pm, in the first ray of evening sunshine, the bar loungers are the best possible place to relax (we won't recommend one in particular: pick the seat with the nicest view, you are here for that). At night it's more festive, you can dance from the rockiest **Ferrailleux** to the clubbiest **Warehouse**. The giant Buren rings are a must-see photo spot and a reminder that Nantes was once one of France's first slave ports. ● Quai des Antilles

### ● BEST HORTI-PARTY-CULTURE

Rare survivor of our former wholesome B2B food market, the large greenhouse **l'Agronaute** hosts an urban plant nursery and a few other committed local players. You can go there to get yourself a strawberry plant but also to enjoy one of the always very cool events that occurs there in this green and hot atmosphere: big parties most of the time and twice a year wine tasting and lacto fermentation fairs.

● Rue du Sénégal

### ● BEST NO GRAVITY

Joggers in the morning, kids in the afternoon and party people at night: we all jump on the moon and that's normal. We are eclectic in Nantes, you may start to understand it. This **On va marcher sur la lune** installation is one of our crazy playgrounds. After enjoying the trampolines, take a well deserved nap in the sun on **La Terrasse des Vents** or have a picnic *apéro* watching the sunset on the Loire river. ● Quai Fernand Crouan

### ● BEST APPLE STORE

Not really into beer? Here you can discover something else: CIDER! **Sidras** is a bar where you can taste cider from Brittany, Normandy but also from all around the world. If a cider pint is not really your cup of tea, you can order delicious cocktails to enjoy on the best sunset terrace. The staff will help you find the apple-fermented bottle to bring back home. ● 34 mail des Chantiers

### ● BEST HUMMUS

Just a few (elephant) steps away from the Machines de l'Île, you'll find a cosy neighbourhood bar. **Labo Diva** offers local beers, homemade dishes from the cooperative farm and plenty of various events (from conferences or feminist choirs concert to karaoke night: choose your team). ● 24 mail des Chantiers

### ● BEST BUZZING SQUARE

Beware if you wander near the mechanical menagerie of **Machines de l'Île** or you'll end up sprayed by our unleashed elephant. Rumor has it that the craftsmen of this attraction have been possessed by Jules Verne himself. Every season the **Méts** vibrate with a program of shows: big-screen theater, music, fairs, dance, work out... don't miss it! There is always something happening under these vessels! ● Parc des Chantiers

### ● BEST BEATS

You want to shake, dance, sweat? Listen, sing, feel the vibration? Head to **Stereolux** and its smaller sibling **Trempe**, where you will find a concert for sure. After, or before, you can always grab a drink at **Point Bar** nearby! ● 4 Bd Léon Bureau

## RÉPUBLIQUE

### ● BEST WATER LOO

A little bit of England in town. You can go to **Billie's** to have a really nice brunch on weekends, and lunch or tea time weekly. Pastries are so sweet and the bathroom is so funny and royal! ● 25 Quai François Mitterrand

### ● BEST EXPERIMENTAL VENUE

**Askip** is an associative bar located in the same building as the School of Arts. Led by artists and students, it definitely gets this experimental contemporary art vibe that makes you say "nice!" "Interesting?" or "what?" at every creation. Concerts, exhibitions and talks here will make you think outside the box. Heard of the Knights of the Round Table in the Arthur's legend? Look at the gigantic table just next to the terrace! ● 2 allée Frida Kahlo

### ● BEST SOMETHING IS COOKING

You can go to **Magmaa Food Hall** to eat, that's true, but we mostly recommend it for the events that happen here: yoga class, drag show, Brazilian ballroom, wine-tasting workshops, live broadcasting of sports matches... for sure, there will be something for you. ● 15 rue La Noue Bras de Fer

### ● BEST GARDEN IN THE SUN

An igloo on a lawn that defies the seasons and attracts curious onlookers. The only ice cubes at **L'Absence** can be found in your drinks. Once quenched, you can get on your bike to ride along the Loire river. ● 6 quai François Mitterrand

### ● BEST NOT-A-KEBAB

Grilled chicken or falafel, seasonal vegetables and feta cheese garnish those finger-licking sandwiches: thanks **Gida**, we'll be back for sure! ● 27 rue de la Tour d'Auvergne

### ● BEST DISCO BALL

Partying at **Le Bras de Fer** is a bit like dancing in your friend's living room. Good beers, a gentle courtyard, a nice selection of wine and cool DJ sets all Summer long... Don't miss a dance under their magnificent disco ball. And enjoy the party! ● 20 boulevard de la Prairie au Duc

### ● BEST ALL-YOU-CAN-EAT

The basis of a good burger is exceptional brioche bread. Whatever we add inside, our taste buds will succumb. Make no mistake about it, **Zed** is a restaurant, but first and foremost a microbakery. Come on Thursday evening for an all-you-can-eat burger party to enjoy all their recipes. Leave rolling. ● 23 boulevard de la Prairie au Duc

### ● BEST BA(R)KERY

Why choose between a bakery and a bar? At **Pain Bar** the love of bread and a friendly bar atmosphere are combined. Here you can just buy bread, stop, and ultimately have brunch, lunch or dinner. Baker-bar-men are also renowned for offering a program of events for partygoers. ● 5 place de la République

### ● BEST MATRIARCHY

A blue storefront for a feminist *café*. The plot is set with a bit of good insolence to Patriarchy for this new sociable HQ. **Les Impertinantes** is the haunt of activists, joyful, and local people. Here, you'll find quality moments in a simple way... A jam session, a concert, an exhibition, and offerings entirely from women or gender minorities. ● 17 rue la Tour d'Auvergne

## BIESSE

### ● BEST SIMPLE BAR

What do you expect from a bar? Cheap-but-good beer, tasty *apéro* board at a good price, some games and books to pick, a little terrace, and above all, a relaxed and unpretentious atmosphere. **BBO** got them all, and that's why we love it. ● 16 rue Petite Biesse

### ● BEST ALL-YOU-CAN-FIND

A single cooperative that transforms unusual places into lively spaces? **Wattignies** is a place where people enjoy drinking, eating, chatting, getting dressed, buying vinyl, second-hand plants or shopping. Plenty of activities in all simplicity. ● 13 boulevard des Martyrs Nantais de la Résistance

# 5 Min of History

Nantes is at least 2500 years old. Celtic tribes during Antiquity, Romans then obviously, Vikings also, Bretons at least and now **Nantais** **6 Nantaises** we are. But even though of ancient **celtics and empires**, let's highlight some pieces of contemporary history that tell a lot about our current city.

## 18<sup>th</sup> CENTURY

The old medieval town (that you can still see a few old houses from in the Bouffay neighborhood) became a modern and wealthy city with rich mansions and luxurious buildings, as naval activities grew. Ship owners became VERY rich thanks to slave trade: ships sailed from Europe to the African coast to buy or capture local people that were then sold as slaves on the other side of the ocean, and the trip back was aimed to bring exotic products like sugar, spices, and rhum (everything you need to cook the **Gâteau Nantais** umh...). Nowadays, you can visit the **Mémorial de l'Abolition de l'Esclavage** which commemorates this dark past.

## 1930s

The city that used to be called 'the Venice of the West' is slowly being drained. Multiple canals were filled with tons of sand and became main streets, for sanitary reasons mostly and because of the development of cars. Among other people, a certain Herr Karl Hotz worked here as a German WWI prisoner-engineer. Remember him, he will be the main character of another story later. Nowadays, you can see that many old buildings are leaning in the city center: that's because they were built on very wet foundations.

## 1940

During WW2, Nantes was under Nazi occupation, with Hotz back in town, now as a Lieutenant-Colonel. In 1941, he was murdered by the Résistance. As a reprisal, 48 hostages were executed. Nowadays, a monument is dedicated to their memory on the **Cours des Cinquante Otages**, a street that is one of the former canals Hotz helped to drain. Sad irony.

## 1955

A major strike took place in the shipyards, in August, on Nantes' Island. A workman is killed by the police. This strike and related riots are the background of a movie by our famous filmmaker Jacques Demy, *Une chambre en ville*.

## 2018

Nantes' airport was planned to be transferred to the neighbouring town of Notre-Dame-des-Landes since the 1960s. The project brought many tensions between supporters and opponents, leading to a ZAD, an occupation zone built by resisters to protect the fields and local biodiversity. After many, many, many marches, in February 2018, the government decided to abort the mission. No more planes in this countryside; for now, the frogs keep croaking in peace.

## in your Picnic BAG

In Nantes, picnicking is a way of life - whether you're sitting at a table, stretched out on a blanket, or just lying in the grass. For a relaxed meal outdoors, pack a cute picnic basket (your tote-bag will be ok) with all those delights



## PIRMIL

### ● BEST BEER GARDEN

After a walk alongside the Sèvre river, next to Pirmil tram station, take off your sneakers and enjoy relaxing in **La Cambuse** large shared garden. Bring your meal and for €2, it will be grilled on the barbecue of the guinguette (charcoal contribution). An orchestra, a dance class, the place is always animated with simplicity until sunset. ● 7 rue Henri Sellier

## TEST RESULTS

## WHICH NANTAIS-E ARE YOU?

Most of ▲ You're the **NEO-NANTAIS-E**  
Curious and enthusiastic, you're eager to discover all the famous experiences Nantes has to offer, especially the cultural dynamic of a big city not so far from the sea. New in town you'll sometimes feel awkward and lost in our great hustle and bustle. But don't worry, we have the best tips for you in this map so you can blend in with locals, explore the best places and make it your new home for the best.

Most of ● You're the **BOBO NANTAIS-E**  
Eco-friendly and trendy, we can recognise you with your electric bike, on your way to the local market or the thrift store to find THE missing piece for your wardrobe. Your glass water flask on one hand and a vegan burger on the other, you are ready to attend an outdoor indie concert!

Most of ■ You're the **GAUCHO NANTAIS-E**  
Passionate and politically engaged, you'll love joining us on a demonstration under rain or sunshine. Whether you are a traditional leftist, a feminist and LGBTQIA+ rights militant, a Breton activist, or a dedicated ecologist, you'll find folks ready to debate with you around a good beer. Like us, you always have something to say, maybe there's already a bit of French DNA running through your veins?

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**FROM PAPER TO SCREENS**  
USE-IT is tourist info for young people: made by locals, with no-nonsense, no ads and up-to-date. USE-IT has been showing you the local ways of European cities for twenty years now. We always make paper maps, but from September 2025, we will have a brand new online platform at use-it.travel. Follow us on Instagram or subscribe to our newsletter to stay in touch! ● @useitmaps ● www.use-it.travel

**FROM NANTES WITH MAPPINESS**  
Association Salut Monde has been publishing free maps of Nantes since 2016. We also organize events to make people discover and enjoy our Nantes' vibe.



All the places mentioned in the map were collected during a year by and from real Nantais-es fed with salted butter. We curated with love the most welcoming / activist / vegetarian / queer friendly places and we hope you'll also enjoy them all.

Team 100% girl and volunteering power: Mahaut Berti, Hélène Burel, Marion Guillard, Calypso Legendre, Axelle Lelièvre, Marjorie Merdignac, Mariette Philipin.

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