

NANTES

a free map made by locals for young travelers



Welcome to the wild wild West (coast) of France!

AGT LIKE A LOCAL

Get ready young folk, you will soon realise that Nantes is going to turn your head upside down — for the best! Whatever the season, we are French chatting on terraces and pray for the gift of being everywhere at once not to miss all the cultural events. And whatever the season it is more sunny than rainy, despite what Parisians say.

Here is an overview of how to fit in as a local year-round:

summer

autumn

CANCLAUX MELLINET

Local tip by Manon

28. DIY queen

SECRET BACKYARD

The first time I went to **Café sur Cour** was for a Flamenco show with my mother. It seems that there are often concerts, I loved the festive atmosphere of the place even if we were in the middle of Winter. The second time (and many others afterwards), it was for the *planchas apéro* in the evening in the back garden, simply with friends until the night. More recently, to test their good lunch dishes in the sun during my short break from work, it was refreshing and I already want to go back to take another Sangria! * 9 place Louis Dubouéron

GRASLIN

4 **LAUTRE BOULANGERIE**
↳ see in a nutshell

PIZZA YOLO

You can eat pizza everywhere, but not this pizza. Made with organic local products, **Agapé** is keen on good, surprising recipes like the pizza with wine sausage and cheese from the farm. * 6 rue Racine

WRITE A CAPTION

Katorza is an arthouse cinema, an institution in Nantes. This is the place for indie productions: no blockbusters or popcorn here. A great movie programme, enriched with special festivals dedicated to German/English/Italian and Eastern latest releases, actors and film directors. * 3 rue Cornélie

TIME CAPSULE

La Gigale is the most famous *brasserie* of the city by far. Opened in 1895, this modern-style restaurant hosted famous customers like the writer André Breton or the movie director Jacques Demy. It seems a bit posh, and it can definitely be 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 19th century atmosphere! * 4 place Grassin

HAPPY NEW BEER

Beer lover on the lookout for never-heard-of-before breweries, stop at **(Sur Mesure)**. The friendly staff will guide you through the wide range of beers on tap and regular guest breweries to help you find the beer that suits you. * 5 rue Jean-Jacques Rousseau, or at *Marché de Talensac* and 15 rue Beauregard

COOLTAINER

Quai des Planters is a green dock located where colony-imported seeds and plants used to arrive by boat. Go through this green aisle, forget about the noisy road nearby and discover **(40 PIEDS)**, a hidden bar nestled in a container. The place is often crowded so get ready to queue up to enjoy your refreshment before hiding in the greenery; you will also find great snacks served with a smile! * *Quai de la Fosse*

WOULD YOU LIKE ANOTHER DRINK?

You will find plates of very good and local food, all homemade and tasty wine, what more could you ask for? **(Terrobeam coté Jardin)** is ideal for everyone except maybe vegetarians (unless you mainly want to drink and that is totally ok). Quality has a price, the bill can quickly go up as you want to taste everything... Inside and in the back garden, the service is done by friendly people, passionate about their job who give great advice for tasting wine. * 6 rue Lamoricière

* tourist classic *

STAIRWAY TO HEAVEN

Near *Place du Commerce*, you cannot miss **(Le Passage Pommeraye)**, the famous arcade with shops and architectural treasures. The passage and its stairs are a link in the heart of the city. Climbing it is a pleasure for the eyes: raise your head to the allegorical statues, which have been looking after the people of Nantes since 1843. This place even survived the bombing of the town during World War II. We have to admit it: this is our pride. * *Passage Pommeraye*

STRAWBERRY FIELD FOREVER

(La Fraiseur) has been the regional ice cream family business for nearly 50 years. Best known for its fruit sorbets, gourmands 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 and worth your visit. Strawberry-basil, blueberry-vanilla or... you have to taste them all! * 7 place de la Bourse

BREIZH TASTE

The open-all-day-long **(Habikn)** serves *galletes*, our typical buckwheat pancakes to fill with whatever you wish. Then go for a *crêpe*, the sweet wheat one. Local tip: order the traditional *complet* with egg-ham-cheese with cider and next *crêpe-beurre-surest*. Close your eyes and savour. * 5 rue de Guérande

GIFT-PAPER-SPINNERS

In need of a new pen, or maybe notebooks with swing to write how cool your trip in Nantes is? The state-of-the-paper and crowded **(Les Petits Papiers)** have a great, beautiful and original range of stationery. We bet your grandma would love their funny postcards! * 7 place Félix Fournier

BARABOM

↳ see in a nutshell

BOUFFAY

DOE DID DONE

Small selection of second-hand clothes, but a big wow effect with your new - but old - but new outfit at **(Doe)**. * 4 and 17 rue Léon Blum

WHUM POM POM POM

Where else to drink mojito with the monthly fruity flavour? Try **(Maestro)** with its shady terrace alongside the tram. Perfect for the lightest wallets after a long day walking around the city. * 5 allée des Taleneurs

ARTSY COFFEE

In need of a cosy atmosphere and a shot of art to go with it? **(L'Artichaut)** will be the perfect spot to welcome you with its great choices of warm beverages, cool lunch and pastries.

EATING COLOURS

You, green-lovers out there, be adventurous and try a black sesame or a chocolate latte with **THE** cookie in this little coffee shop. That is not all the two lovely owners have done right, they also offer colourful bouquets of 100% French flowers and local plants. Bravo **(Ganon Café)**! * 8 rue de l'Ho-tel de Ville

LEINHQUÊTE

↳ see in a nutshell

RUN

↳ see in a nutshell

DOMORO

↳ see in a nutshell

FEELOSOPHY

A terrace, a few beers and happy people first toasting, then partying inside on the rhythm of the night DJ-set: well you are bogged down at **(GAFK)** and everything will be alright! * 2 rue Bossuet

SAV CHEESE

Well, no surprise, cheese always makes us, French people, smile. Hence, do not be afraid of blue mould mature cheese when you enter the tiny **(Maison Frometlon)** hallway to shop your favourite dainties. You can rely on *Annie* and her team to make you discover new creamy delights such as goat cheese with dried flowers that tastes like nuts or the *Belvédère* experiment tubbed in coffee. Cheers to cheese! * 21 rue des Carmes

GILLED CHEESE ANCESTOR

(Coe) **(Monsieur)** combines the French *classico* in a fast good: the *croque monsieur*, as well as the *croque madame* with an egg. This is a cheap place for a nice concept where students are welcome and end up full. * 6 rue Beauregard

CHACHA

↳ see in a nutshell

LA ROSE DES SABLES

↳ see in a nutshell

SURELY THE BEST CREP

The cute name of the crepe **(Le Renard et la Gallette)** come from a song we French people all know "I can hear the wolf, the fox and the dog." You can taste a bit of its it buckwheat gallettes and sweet & delicious toppings and a lot of desserts a stop. * 19 rue de la

STANBULL GRILL

↳ see in

THE RHYTHM OF THE LI

Are you looking for a lively caté/hit? **(Foun Foun Tèkô)** is born in a place but also full of br suggestions. Here, y something to do ev concerts, stand improv, theater tasty griskoni **Châtea**

SEVEN

Set in **(Le Chémato)** we place for old prospectives, ex and so much more dable tickets and theater curtain o tely a great chie **(7 rue des Carmé**

* tourist class

QUEEN AWAN

Of course we have a cast! The beautiful **(Château des duc)** was the Duke of Bretagne's h most famous resident was Du Bretagne, our local heroine, twice Queen of France. Cross and go up the 360° ramparts overview of the area. The mu cool, covering history up to the free every first Sunday of 4 place Marc Elder

BON VOYAGE

We do not have a lot of t the classic, cheap souvenirs. P serial collector: if you want to cards, bring home fancy artwor tists or grow your *keychain* c at **(Le Bazar du Voyage)** a Nantes fact souvenir or gift! * 9 rue des

STOP AT THE BISTRO!

(Live Bar) is a tiny little bar ne love the shady terrace, which is to escape the sun and the heat. I the spot for artists who come to stand up nights, concerts, you des Etats

ILE FEYDEAU

IT IS NOT EXPRESSO M!

BRETAGNE & TALENSAC

THE POTION CLASSROOM

GOOD PICK

Here is an overview of how to fit in as a local year-round:

summer

- * Have barbecues at **Parc du Crépac**. Come early if you do not want to eat raw sausages.
- * **Follow the green line** and judge every new art piece of **Le Voyage à Nantes**.

* Have an ice cream and rent an electric boat to chill on the **Erdre River**.

* **Take a day trip to the sea-side**, to Pornic, Le Pouliguen or Le Croisic, and swim, surf and get tanned on the beach.

spring

* Spend lazy afternoons at **Parc du Procé** to refill your vitamin D.

* Join in the **massive cultural programming bloom**: watch out for posters in bar folders.

* Drink a glass, a bottle or a cellar of **Muscadet** during late evenings at any bar terrace.

* **Demonstrate**, because we are French people after all. Smell the tear gas, when we face the French police. Beware, **public transportation may be disturbed**.

autumn

* Watch incredible leaf colours at **Parc du Grand Biotereau**.

* Make adventurous cultural discoveries with **Scopione**, the festival for digital arts and electronic musics, and **Les Utopiales**, the great event for science-fiction.

* Visit noisy gigs inside bars with **Festival Culture Bar-Bars**.

* Do not put your bike back into the garage: even under the rainy storm, **cycling remains the absolute best way to move around the city**. You just need the right equipment!

winter

* **Drink hot wine, eat gâteau nantais**, but still sit at the outside bar terrace (obhh smokely ones), wondering if Nantes is part of Brittany or not.

* Enjoy the natural warmth of plants with a visit of the **tropical greenhouse of Le Jardin des Plantes**.

* Feed your winter body with lots of **salted butter** and with every kind of **(hot) cheese**.

* Improve your street style flow with **Festival Hip Opession**.

BRETAGNE & TALENSAC

14 THE POTION CLASSROOM

Hidden coffee shop with a neat range of great herbal teas and cocktails with alcohol AND tea, the most difficult task in this lovely place will be to choose. (Alchimistérie) offers amazing gourmet pastries with a lot of chocolate, also without gluten or vegan. The back-room is perfect for lounging or coffee-working. * 6 rue Carcaut

15 ERISED

A terrace in a pedestrian street, good beer, regular DJ sets and exhibitions, a relaxed atmosphere... For sure, you do not need more than this to spend a good time in (Narcisse). Happy hour includes a little check in a bigger mirror than in the Chateau de Versailles. * 8 rue Guépin

16 FROM ALASKA AND USHUAÏA TO NANTES

From their travels, the owners of the coffee-shop (Alala) brought home the recipe for making great coffees and a nice sense of togetherness. It is a welcoming spot, with a large coffee menu and home-made cakes. A great spot, opened early, whatever the weather! * 4 rue de Budapest

17 Esthère → see in a nutshell

18 GOOD PICK

Everyone is always welcome at (Pioche). Choose your mood. After a Talensac market visit, display your harvest on the large tables and start a board game over a glass of Muscadet, or come with your crew and try out one of their fun activity rooms. All choices are good, you will just have to pick one. Or two. * 10 rue de Bel Air

19 THE ART OF LIVING

To have a true taste of Nantes, there is one activity you definitely need to do during your stay here: on week-ends, whatever your last night, have a walk to (Marché de Talensac) (Talensac market) to start your day. Under the covered market, pick up all you need for your picnic: fresh fruits and vegetables (please buy them at local farm stalls set outside, pineapples do not grow locally), out-of-the-oven bread, any kind of cheese, a dipping sauce and of course, oysters. Do not be afraid to try them, they are perfect to fight hangers (true story). Once your shopping is done, you have two options: Nr. 1, for the starving ones, sit at the terrace of the closest bar around the market place, like (Au Bon Coin) or (Le Parisien), and have your meal with a glass of fresh Muscadet. Nr. 2, for those who want to avoid the crowd, just walk down for 5 to 10 minutes to the Erdre river to appreciate your meal on the river side. So buccolique! * Place Talensac

20 Bossard → see in a nutshell

21 ARTMOSPHERE

We thought about keeping this spot for ourselves, but will definitely share it with you. Come closer because this place, well, everyone in Nantes dreamt of having it as a home. Behind its metal doors, (Atelier) is a public exhibition space located in an architecturally great place with cool art pieces. * 1 rue Châteaubriand

ILE FEYDEAU

local tip by Louis

2/3 proudly from the North

42 BURGER IN THE SUN

(Trottoir Burger) is more than a good student place. The burgers are less than €5, they can serve you the veggie version if you ask for it. In addition, I am from the North of France and I can tell you that their homemade fries are almost as good as at home. But the real must is the large terrace where you can lay down with your team under the sun. * 1 quai de Turenne

43 EAT, PLAY, LOVE

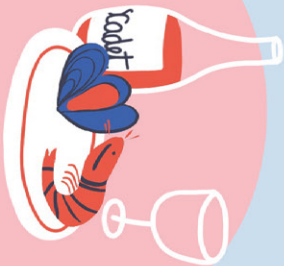
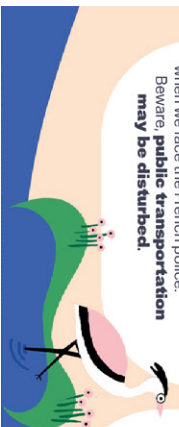
For a rainy afternoon or a quiet evening (unless you are a bad player) with friends, (La Fabrik à Jaux) is the ideal place. A board game bar, universal, with the rules available in your language. You can stay as long as you want to play, but the rule is to consume regularly and eat if you want alcohol. It is easy to team up with other people to discover new games or stick to the global classics. * 1 bis quai Turenne

44 IT'S NOT EXPRESSO M!

Fight with the cobbler on another-time Rue de Kervégan (Le Bootlegger). Under the tiny terrace, accept to be creative and so tasty cocktail creation. Signature or made-to-question to think about before rue Kervégan

45 NIGHT CALL

We never plan to go to Le always end up here, when we d what the night has to offer. This la bar has everything you need at hour: very popular music, a pole c bar... and less annoying people. i 15 rue Kervégan



BOUFFAY

DONE

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MOM POM

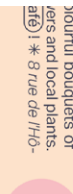
to drink milk with the monthly (Maestro) with its shady terrace. Perfect for the lightest day walking around the city. * **(7)**

FFEE

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CHEESE ANCESTOR

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see in a nutshell

es Sables) - see in a nutshell (uffy) - see in a nutshell

SURELY THE BEST CREPERIE

The cute name of the creperie (Le Loup) (Le Renard et la Galette) comes from a Breton song we French people all know from childhood: "I can hear the wolf, the fox and the weasel singing." You can taste a bit of its rhythm in the salty buckwheat galettes and sweet crépes filled with delicious toppings and a lot of love. It definitely deserves a stop. * 19 rue de la Juiverie

Stanbull Grill - see in a nutshell

THE RHYTHM OF THE LIFE

Are you looking for a lively café/bar? You just found it! (From Pom Tom) is both a cosy and intimate place but also full of beers like its name suggests. Here, you can find something to do every day: karaoke, concerts stand up, jam sessions, improv theater... served with a tasty gin&tonic. * 19 rue du Château

SEVENTH ART

Set in an old chapel (Le Cinématographe) is the movie place for old classics, great retrospectives, experimental cinema and so much more. With very affordable tickets and an old-fashioned theatre curtain opening, it is definitely a great cinema experience! * 12 rue des Carmelles

* tourist classic *

QUEEN AMAN

Of course we have a castle, we are French! The beautiful (Château des ducs de Bretagne) was the Duke of Britain's headquarters. Its most famous resident was Duchess Anne de Bretagne, our local heroine, a badass girl twice Queen of France. Cross the drawbridge and go up the 360° ramps to have a nice overview of the area. The museum is pretty cool, covering history up to the 1950s, and is free every first Sunday of the month! * 4 place Marc Elder

BON VOYAGE

We do not have a lot of tourist shops with the classic, cheap souvenirs. Paper lover and serial collector, if you want to send cool postcards, bring home fancy artworks from local artists or grow your keychain collection, glance at (Le Bazar du Voyage à Nantes) to find the perfect souvenir or gift! * 9 rue des Etats

STOP AT THE BISTROT!

(Live Bar) is a tiny little bar near the castle. We love the shady terrace, which is the fallback spot to escape the sun and the heat. The live bar is also the spot for artists who come to offer exhibitions, stand up nights, concerts, you name it! * 7 rue des Etats

MADELEINE CHAMPS DE MARS

THE COOL SHELTER

No false promises here, welcome to your (Safe Place). Ségoles and Benoît will make you feel at ease every day of the week in their cocoon café. Big JP to the tap beers on offer, the delicious cocktails, the nice tapazzos to share (like the yummy olives-frog one), the monthly exhibition on the wall grid, the Friday night DJ sets and the Summer terraces for gentle evenings. * 71 Chaussée de la Madeleine

Passage Drouard - see in a nutshell

UNDERGROUND IN THE BACKYARD

In rue des Olivettes, you will find many cute tiny streets, guiding you to nice backyards. At Nr. 11, crossing the porch will lead you to (Polo), a cultural place run by artists. A welcoming atmosphere and strong values on culture and artistic freedom are the motto here. Concerts, exhibitions, festivals, plays, DJ sets and other unexpected events happen there, making this place one of the best locations in town for art creation and a certain sense of partying. * 11 rue des Olivettes

LONG LIVE THE EMPEROR

We love to gather at (Napoleón), a tiny cosy bar with finger food tapas. 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 après and afterwork evening rue Fouré. * 7 rue Baron

HOUSE OF THE RISING SUN

Some would say ramen is fancy. That may be so, but when it is so tasty, you cannot help but go here again and again. Do not let the queue outside fool you. It is worth it. Lucky you, once you are inside you can feel like in an authentic narrow Japanese restaurant, with the chef preparing the fresh noodles. One, two, three, there you go. (Ichigo-ichige). * 37 rue Fouré

PUTTING FRANCE ON BREAD

How did you end up with a Muis-cadet sausage in a good loaf of bread from La Maison Aïoli-Cheng bakery? This is the time to experience local cuisine in a good baguette. When the weather is nice, enjoy it on the small terrace or take it to the edge of the St Félix canal. The best sandwiches are right here. in (La Cantine Fermière) * 10 rue Mayence

LIFE IS LIVE

At first glance, you would not imagine any crazy thing would happen here. You should, though! Two creative places are located here, sharing some walls and the artistic vibe. At (Les Ateliers Magellan), you will find artistic residencies, a collaborative DiCYe repair workshop and great parties. Right behind it (Les Ateliers de Biche) organise craft markets, festivals and noisy gigs. * 12

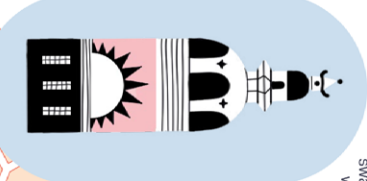
* tourist classic *

CULTURE KINGDOM

Art exhibitions, concerts, shows, lectures, hammam, bar and restaurant... So many things to do under the roof of (Le Lieu Unique) (LU) and its iconic Art Nouveau tower, built in the 1880s. This lively building, as well as a big part of the neighbourhood nearby, used to be a factory for our famous biscuit brand, Lefèvre-Utile (LU) and its even more famous Petit Beurre. Traveler tip: if you need to wait for a train, do not stay in the central station, walk to the LU (Gm), go to the reading room, pick a book and enjoy your break with a drink: no grumpy librarian will shout at you. * 2 rue de la Discuterie

FLOATING PARTY

This could be your first stop once you arrive at the station, taking the South exit. Board (Drole de Barge) and sip your Spritz as you sway on the deck. As the sun sets, watch the herons living their best life. You can also check out the slipway and one of the concerts going on. The party has started. * Quai Malakoff



JOFFRE CATHÉDRALE

and further east

NOBODY'S AND EVERYBODY'S

A terrace on a pedestrian street, a pétanque track, a neighbourhood bar atmosphere: we go to (Peersons) at lunch time for a fresh meal and in the evening for après. If you are more into pizza, pick yours at (Popolo), the little pizzeria just a step away, and choose the Tartufo pizza, made with truffle cream and burrata: the real taste of pleasure! * 32 + 34 rue de Coulmiers

* tourist classic *

STILL LIFE

In Nantes, we love nature and culture (and not in a philosophical way). Two unmissable places will give you both. Starting from the northern exit of the train station, get lost in (Le Jardin des Plantes), the botanical garden full of surprises: benches are different sizes, characters are hugging trees. Take time to observe every corner and the greenhouses. Once at the opposite exit, you are only a few steps away from (Le Musée d'Arts). This huge classical building is not only interesting from outside: it has a wide collection from the Middle Ages till nowadays with pieces by Monet, Kandinsky, Soulages, as well as amazing temporary exhibitions. * Rue Stanislas Baudry and 10 rue Georges Clemenceau

MAMI MIAM MIA

Open early in the morning for you to grab your first coffee (and open your laptop). (Oh Kite d'M) welcomes you with its quiet terrace next to the Cathedral or upstairs on its cosy first floor to enjoy great golden lattes with raw vegan/vegetarian tasty pastries. In need of great veggie vibes? The fresh lunch offer will delight you. * 2 rue du Roi Albert

BORDS DE L'ERDRE

(Bateau Lavois) by the Erdre River - see in a nutshell

BAM BAM BOOM BOOM

You do not come to this little non-touristy street by chance. I discovered (Bam Bam Café) while strolling in Saint-Mihel. It was a little hungry but not in the mood for fast food, neither did I have the time to eat in a traditional restaurant. Here, it is simple, homemade, with quick service and very, very good. Cédric's piece is very welcoming, once tested, we just want to go back! * 25 rue Adolphe Motte

HIP HIP HIP PIZZA

This kind of secret spot is not known by many, fortunately for us! (Le Waldeck) and its so-relaxing terrace will welcome you after your 30min or 2-hour-long stroll by the Erdre river. With simple but very efficient pizza, the place is perfect for every diet in a cool neighbourhood bar mood. * 1 place Waldeck-Rousseau

A STREET AS A VILLAGE

Parisians arriving in Nantes say that Paris has a Rue Maréchal Joffre vibe. Period. This lively street feels like a micro-world village, with its hair dresser, bookshop, bars, restaurants, take-away, printer, souvenir shops, second-hand shop, mini-theatre etc. Among all those places to discover, let us pick our favourites. Vintage lovers will stop at (Frip'n'Stop) to enjoy a great selection at reasonable prices: reseteravelerswillejoy (Le Voyage à Damas), a Syrian restaurant that absolutely every local would recommend. And finally, you can order a drink at (La Maison Café) and enjoy it in the barbit of a psychédelic 70's house. During Summer evenings, the street becomes a pedestrian area and the terraces grow for an exhaust-gas-less party. * Rue Maréchal Joffre

FOUR GIRLS AND A TREE

I like going to (Les Filles du Maronnier), a charming mother-and-daughters business. I recommend the shady courtyard, sitting under the old chestnut tree. The girls also organise unusual events like (karaoke-choucroute and poulet-frites (chicken and French fries)) on Sundays. * 3 boulevard Gabriel Lauriol

THE GOOD PLACE

A bit far from the city centre, (Belle de Jour) is worth the detour. The neighbourhood is a work-in-progress, but the villa atmosphere is a real level. Forget everything about the rumour of the town while sitting, feet on the grass, in the garden to enjoy a fresh ginger beer with fries to celebrate the end of the day. Do not miss going inside too, for a beer or a margarita and enjoy the karaoke/theatrical happening. * 4 place du 51^e Régiment d'Artillerie

ILE FEYDEAU

IT IS NOT EXPRESSO MARTINI



ILE FEYDEAU

at tip by Louis

study from the North

IN THE SUN

The burgers are less than €5. The veggie version if you ask for it. I am from the North of France and their homemade fries are where you can lay down with the sun. * 7 quai de Turenne

LOVE

afternoon or a quiet evening (un-1 player) with friends. (La Fabrik) aal place. A board game bar, un- ing as you want to play, but the e regularly and eat if you want e to team up with other people to mes or stick to the global juel Turenne

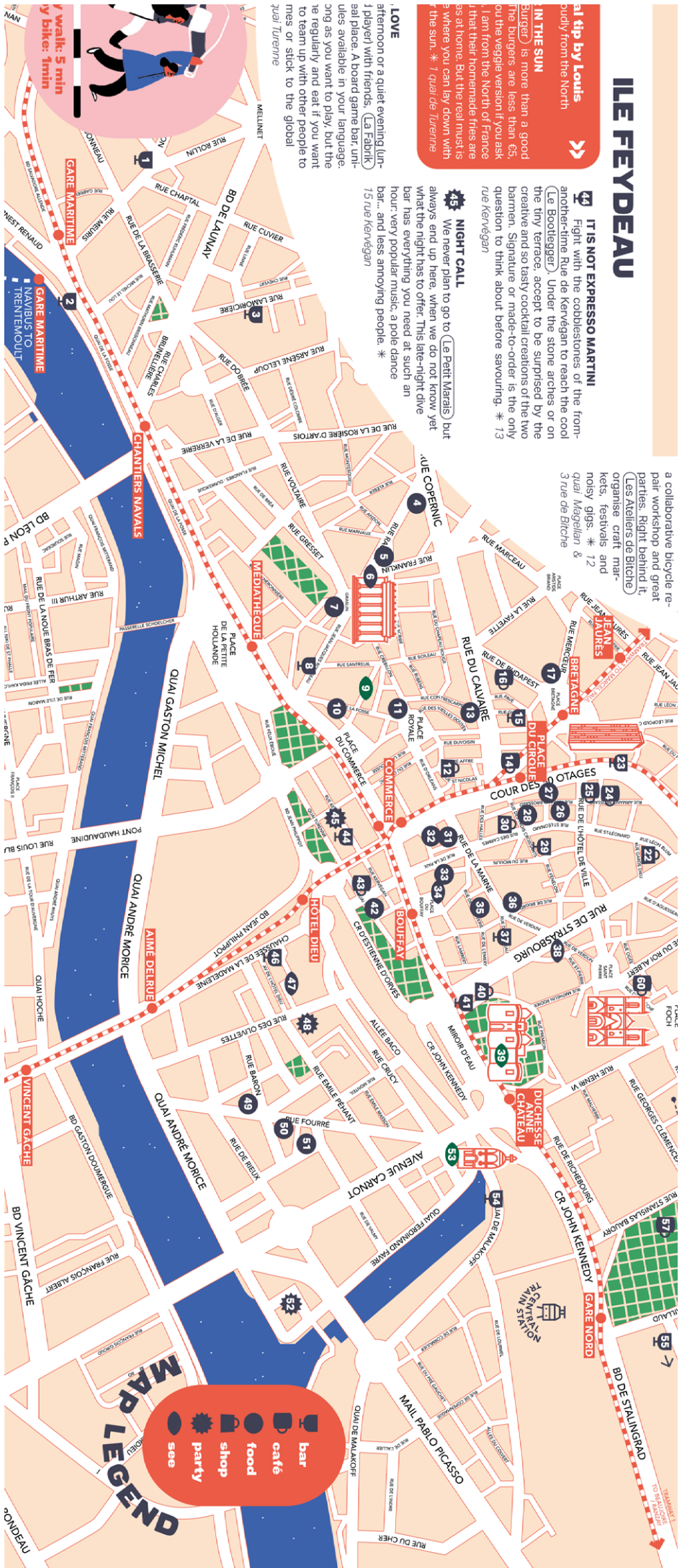
IT IS NOT EXPRESSO MARTINI

44 Fight with the cobblestones of the from- another-time Rue de Kervegan to reach the cool (Le Bootlegger). Under the stone arches or on the tiny terrace, accept to be surprised by the creative and so tasty cocktail creations of the two barmen. Signature or made-to-order is the only question to think about before savouring. * 13 rue Kervegan

NIGHT CALL

45 We never plan to go to (Le Petit Marais) but always end up here, when we do not know yet what the night has to offer. This late-night dive bar has everything you need at such an hour: very popular music, a pole dance bar... and less annoying people. * 15 rue Kervegan

a collaborative bicycle repair workshop and great parties. Right behind it (Les Ateliers de Biche) organise craft markets, festivals and noisy gigs. * 12 quai Magellan & 3 rue de Biche



MAP LEGEND

- bar
- café
- food
- shop
- party
- see

7 walk: 5 min
by bike: 1min

PRACTICAL INFO



* tourist office

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

* accommodation

Since 2019, we do not have any youth hostel in town or nearby anymore, and this is making us VERY unhappy. Sorry guys! If you are backpacking with a tent or are in search of a countryside feeling close to the city, check out **Nantes Camping** in the north (Petit Port area, close to the university).

* moving in town

Nantes is the 6th biggest city in France, but you will soon realise that our neighbourhoods feel like little villages. **Everything is about a 15-minutes walk away in the city centre**, and for longer courses, you can make the most of our 5000+ km of cycling, roadst. Bad weather? Long distance? Public transportation will bring you everywhere by trams, buses and even boats!

* PUBLIC TRANSPORTATION

Since 1985, we have had 3 generations of tram designs, and the 4th is on its way.
 1h ticket: €2 on the bus, €1.70 at the automat/app. €6 for 24h. **Enjoy free rides all weekend long on all public transportsations (Saturdays & Sundays)**
 → naoib.fr

* BICYCLE

With Bliclo, move from station to station for short trips in the centre with our orange mounts, €0.50 for a 30 min run, €2 for 24h, €3 for 72h. Annual subscription: €3/month
 → velo.naoib.fr
 Students: get your very own bike for a semester (€6.5/month) or more (€5/month), by Vélocampus.
 → www.velocampus.net

Many bike workshops can take care of your bike. To blow your tyres, you will find free-of-charge pumps at Hôtel Dieu and near the main bike roads.

* market call

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

* GENERAL MARKETS

- Marché Madeleine-Champs de Mars (Tue, 4:00-8:00pm)
- Marché de la Petite Hollande (Sat, mornings)
- Marché de Talensac (see nr. 19)
- Marché de Basse-Indre (Sun, mornings)

* SECOND HAND AND FLEA MARKETS

- Bouge la fripe! (Weeds, and first Sat. of the month)
- Puces de Sainte Croix (Tue to Sat, afternoons)
- Puces de Vienne (Sat, mornings)

* 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 little bike. **We no longer need to choose between ethics and hunger: we have Naorood!** Search for them on your Internet browser, they are still young and don't have an app yet, but at least, everybody works fairly in this local coope-rative!
 → www.naorood.fr

* culture

Every summer, the local cultural institution **Le Voyage à Nantes** offers an artistic trail in the city. Follow the 22km long green line to discover temporary and permanent outdoor installations.
 → www.levoageagenantes.fr

All year long, you can also enjoy our local Disneyland-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's a robotic one, so it's almost cute.
 → www.lesmachines-nantes.fr

For more mainstream and underground activities, check out our **local cultural agendas**. An independent and exhaustive agenda in a very minimal HTML look.
 → www.pullover.fr
 Follow it on Facebook & Instagram for electro live music events.
 → [@setsemaine](https://www.instagram.com/setsemaine)

Every first Sunday of the month, all museums are free. Le Musée d'Art is also free on Thursday evenings. You can enjoy ONP, orchestral lives at Cité des Congrès for €3 with last minute booking.

* sky is the limit

To keep our city a peaceful place, **please avoid coming by plane:** the airport is so close to the city that planes seem to crash on our heads every minute. There was a decades-long project to move the airport, but the chosen spot being a natural area to protect, it was abandoned (thanks). Nature will luckily be preserved unlike our stress.

BY TRAIN 2h30 from Paris with high speed train. **BY BIKE** Nantes is the crossing point of two Euro-velo routes: from Norway to Portugal, from the Black Sea to the Atlantic Ocean, all roads lead to Nantes!

If you want to reach the airport anyhow, avoid the expensive but fast shuttle bus (€9, 20 min), take tram 2 or 3 to Pirral + Bus 38 (1 ticket) around 45 min from the city centre).

5 MIN OF HISTORY

1st CENTURY AD
 As you know, all roads lead to Rome. And so, the Romans reached Nantes over a road. They called our city **Portus Namnetum**, meaning "harbour of the Namnetis", the local Celtic tribe.

843

After decades of robbery in the area, Vikings loved our climate and settled, until duke Alain Barbetorte defeated them in 937. Nantes joined the Duchy of Brittany after that.



15th CENTURY

To find peace and agreements with the Kingdom of France, Anne duchess of Brittany, married Charles VIII, King of France, and then his cousin, Louis XII. Badass girl, she was the only woman who was Queen of France twice. Nantes and Brittany became officially attached to France.

18th CENTURY

The city expanded as naval activities grew. Neptune favours the bold, so our motto says: **Nantes took a major part to the Triangular Trade and became rich city by selling African slaves to plantations in America, to bring back exotic products like sugar, spice and rum** (the main ingredients you need to cook a Gâteau Nantes...). It ended in 1848 in France with the abolition of slavery.

NOWADAYS

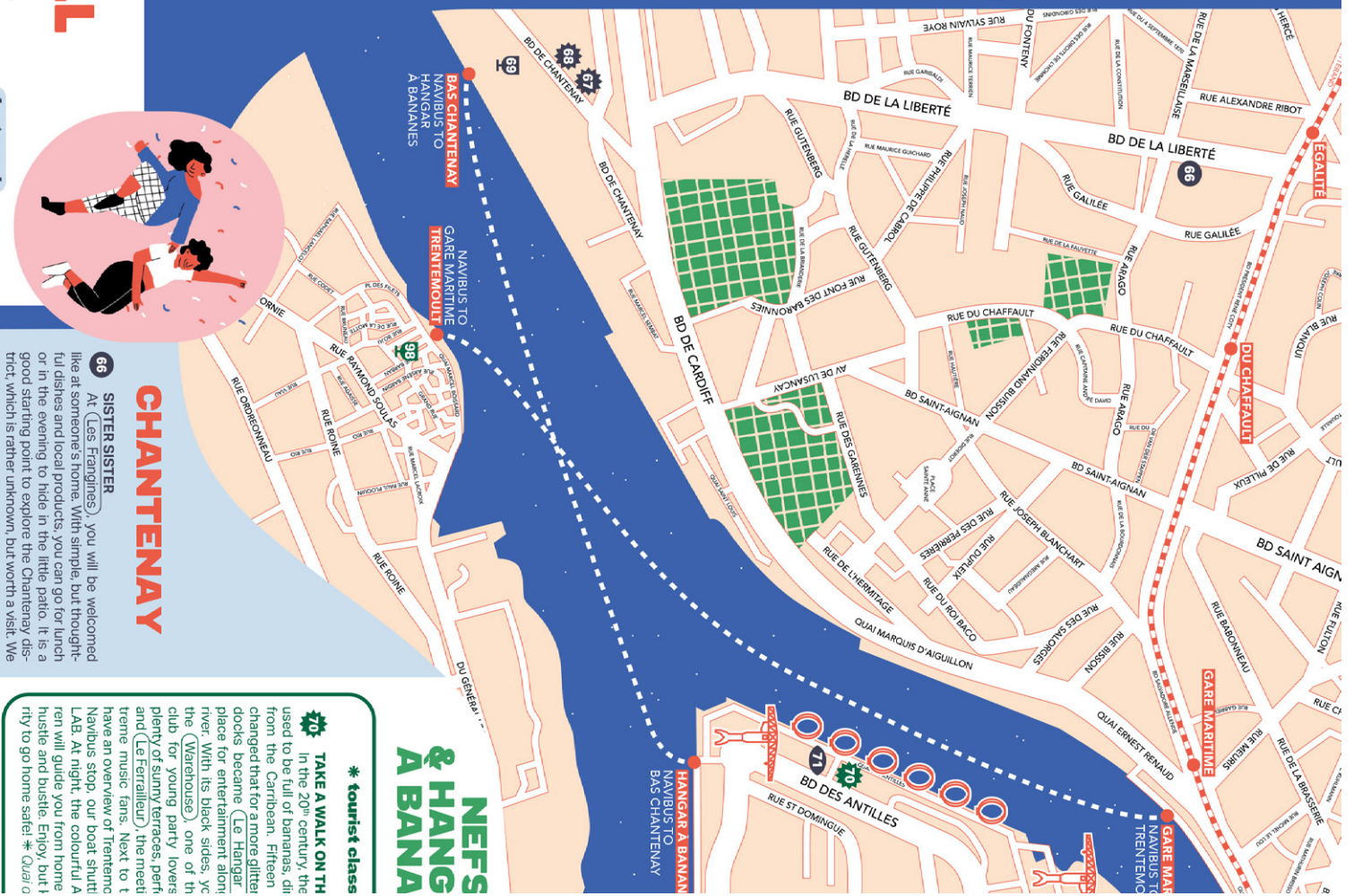
Since the 60s, Nantes has been a land of struggles and rise up for justice, but also a city of experimentation for police repression: first factory occupations by workers in May 1968, first flashball gun trials and first gouged out eye in a student protest, a 10-year struggle against the Notre-Dame-Des-Landes airport project etc. Do not worry, no problem should happen to you if you stay at the back of the crowd or away from the demonstrations.

IN A NUTSHELL

best bakeries

art outside

fast good



- Marche de Talensac (see nr. 19)
- Marche de Basse-Indre (Sun, mornings)
- SECOND HAND AND FLEA MARKETS**
- Bouge la frip! (Weeds and first Sat. of the month)
- Puces de Sainte-Croix (Tue to Sat, afternoons)
- Puces de Marnie (Sat, mornings)



Black Sea to the Atlantic Ocean, all roads lead to Nantes!

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USE-IT is tourist info for young people: made by locals, with no nonsense, no ads and up-to-date. Want to be the first to know about our new maps? Then follow:
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 - **www.use-it.travel**

Association Salut Monde has been publishing USE-IT free maps of Nantes since 2014. We also organize other activities to make people discover and enjoy Nantes. Follow us, send us love:
 - @useit_maps on Instagram
 - **www.useitantes.fr**

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If you enjoyed this free map, support us with a tip, we need it to publish!

Nantes, France, oct. 2023, 6th release

Stereolux

FDVA FÉDÉRATION DÉPARTEMENTAIRE DES VOLONTAIRES ASSOCIÉS DE LA LOIRE
MNantes NANTES
 and 21 lovely crowd funders

NUTSHELL

best bakeries

- 4** **(L'Aube Boulangerie)**
Always pick the "traditional" baguette * 4 rue Cassini
- 17** **(Esthète)**
Expensive pastries, but it's worth it * 7bis rue Mercœur
- 20** **(Bossard)**
Delicious croquettes for a few euros * 5 rue Paul Bellamy
- 27** **(Ruit)**
Choose it for tasty pain au chocolat and buttery croissant * 4 allée Duquesne

veggie and vegan friendly

- 26** **(L'Éthiquète)**
Plant-based fish and chips with good vibes * 14 rue Armand Bossard
- 32** **(Cha-cha)**
Veggie owl, but with a wild range of yummy dishes * 9 rue de la Bievère
- 59** **(Yaté)**
We veil for the falafel * 63 rue Marchal Loffre
- 80** **(Délicatessaines)**
Buttery viennoiseries without butter * 2 rue Sourdaac

art outside

- 34** **(Rue du Bouffay)**
Keep your eyes wide open for artistic shops signs
- 47** **(Passage Drouard)**
Quiet village alive with frescoes and collages
- 76** **(Le Mur-Trempe)**
Massive street-art under the music studio bus inhaled on the first floor * 6 boulevard Léon Bureau
- 91** **(La Nizamarie)**
A colorful pedestrian street with a collective permaculture garden * Rue Paul Nizan

move it move it

- 73** **(Jumping on the Moon)**
A trampoline playground for kiddoes and night owls * Quai Fernand Couan
- 82** **(Ping Pong Park)**
A brand new ping pong experience * 11 quai François Mitterrand
- 87** **(Try the Pétaquique)**
Join a team at Place François II * Place François II
- 92** **(Skatepark du Belvédère)**
Show off your best tricks * 23 boulevard Gaston Doumergue

fast good

- 13** **(Barapom)**
Always the galette! * 3 place Bon Pasteur
- 28** **(Donoro)**
African food and love * 10 rue des Trois Croissants
- 33** **(La Rose des Sables)**
Tiptop cheeseanaans * 6 rue du Bouffay
- 36** **(Istanbul Grill)**
Thumbs up for the wood-fired meat * 1 rue de Ebrard

sunny outdoors

- 57** **(Café de l'Orangerie)**
In the Jardin des Plantes, perfect for waiting for your delayed train
- 61** **(Bateau Lavoir)**
By the Erdre river, sit on a wood platform with your apero * Quai Celiney
- 84** **(L'Absence)**
By the Loire river, a fresh gingerbeer + sunscreen for a great sunset on the dry grass * 6 quai François Mitterrand
- 95** **(Station Nuage)**
20min biking to Ile Forget, for a 6 hours picnic in a countryside-like island

69 At (Les Frangines), you will be welcomed like at someone's home. With simple, but thoughtful dishes and local products, you can go for lunch or in the evening to hide in the little patio. It is a good starting point to explore the Chantenay district, which is rather unknown, but worth a visit. We can discover a lot of Nantesises style houses and the view from Parc des Oulages and Butte Sainte-Anne. * 4 boulevard de l'Égalité

SEARCHING FOR THE DAHU

You cannot miss this place from the outside. (Les Ateliers du Dahlu) is an artist workshop and a messy-but-cozy atmosphere. Exhibitions, craft markets, parties and some surprises happen here. * 26 boulevard de Chantenay

local tip by Pierre

24/7 PARTY
25 hipster with marines' hat
63 (Macadam) is just an incredible club and a unique experience. It is like a spatio-temporal fault: you lose your bearings and your relationship to time. You usually get in around 2 am, and you can get out late in the evening, this is crazy! I really like the all-day-and-night-long Gloria with foreign DJs who come to mix. Even if you do not watch the line-up before coming, you are sure to have a good party. * 17 rue Jules Lautreay

HAPPY NEW BEER

69 From the grey crane of the Hangar à Bannanes, take the Navibus boat to the black crane! The crowded (Little Atlantic Brewery) will offer you delicious craft beers and pretzels for you and your big drinking table with an astonishing view on the Loire river where the Belgium, our most famous three-master vessel that still sails around the globe, was born. Creators markets, gigs, drag shows, a lot of events happen there! Psst: to go with the hop flow, we recommend you the lunch food, more affordable than in the evening. * 23 boulevard de Chantenay

Navibus stop, our boat shuttles LAB. At night, the colourful A ren will guide you from home hustle and bustle. Enjoy, but try to go home safe! * Quai C

BANANART

71 Reaching the Western tip is worth it, in order to visit the (E stands for Hangar à Bananes) it's in Nantes with free exhibitions contemporary art. The amazing wide selection of cool books and designers. Go girl! (nb some. * 2

APPLE HOUR

72 Not really into beer? Here something else: CIDER! Sides you can taste cider from Brittany also from all around the world. If really your cup of tea, you can choose cocktails from the best staff will help you find the apple you just have to bring back home Charliers

Jumping on the Moon

73 **DANCING WITH POTATO**
It may look far away, but not forget that any place can be reached by bike - only 10min from Commerce. (L'Agrotante) is definitely the place to be. It used to be a wholesaler, and now most of the area is used for urban agriculture with a strong will to make it a living space. They definitely have an eclectic program: roller disco evenings, festivals, art markets and parties of course. Growing near growing tomatoes is a great life experience! * Far away, Rue du Sénégal

MAP LEGEND

- bar
- café
- food
- shop
- party
- see

by walk: 5 min
by bike: 1min

INTENAY

STER you will be welcomed home. With simple, but thought-al products you can go for lunch to hide in the little patio. It is a nt to explore the Chanteray dis- of Nantesais style houses and

NEFS & HANGAR A BANANE

*** tourist classic ***

70 TAKE A WALK ON THE RIVER SIDE
In the 20th century, these huge docks used to be full of bananas, directly imported from the Caribbean. Fifteen years ago, we changed that for a more glittering option. The docks became (Le Hangar à Bananes), a place for entertainment alongside the Loire river. With its black sides, you cannot miss the (Warehouse), one of the best French club for young party lovers. You will find plenty of sunny terraces, perfect for sunsets, and (Le Ferrailleux), the meeting point for extreme music fans. Next to the grey crane, have an overview of Trememout and find the Navibus stop, our boat shuttle, to go to the LAB. At night, the colourful Arnaeux de Buren will guide you from home drinks to party hustle and bustle. Enjoy, but keep some clarity to go home safe! * *Quai des Antilles*.

*** tourist classic ***

76 ELEPHANTASTIC
At (Les Nefs), where our city pet the big wooden elephant gets some rest between two walks, there is a lot to do: gather to do sports under the dockyard structure, queue for some great live music at (Sterelox), look at the new artistic collage Oripeau on the (Tempo) wall, get amazed by the Galerie des Machines robotic creatures, chill at the current market or open-air cinema event happening... There is always life under the big geometrical metal pillars. * *Boulevard Léon Bureau*

*** see in a nutshell**

75 (Le Mur Tremou)

UNDERGROUND RESISTANCE
In the aftermath of WWII, we did not succeed in destroying the German bunkers, but nowadays they prove to be the perfect place to pump up the volume! Every Friday, for a few euros, dare to enter the concrete palace of (Blockhaus) to live some experimental music live with Set/30. * *42 rue La Noie Bras de Fer*

STARTING POINT
(Point Bar) is a place that has little to offer

RÉPUBLIQUE

THE ONLY ROOFTOP
Very impressive at first, this massive concrete and glass building is a real surprise, especially for its rooftop. Inside, student architects are working like zombies to graduate and build big concrete blocks similar to this one. Take the ramp to reach the roof of the (Ecole d'architecture) and have a 360° view of the city and the Loire river, as you will find no other in Nantes. * *6 quai François Mitterand*

CLUTTERED AND FUN
Everything happens here. The design of (Louis Blanc) is a tasty mix of your grandmas antiques, collection of jugs, wool canvases and big televisions. On weekdays from 8:00 am., you will come across early risers having their coffee on the terrace. For a gluttonous lunch, try their fine food at a low price. The peanut butter cookies and cakes are not to be missed! For the evening, let yourself be tempted by their beer and aperitif proposals as they always have the finest selections. * *2 rue Louis Blanc*

LABSENCE by the Loire river

EVERYTHING EVERYWHERE
You cannot miss the standstill from the tramway (waiting this former tire company, there is (Vatignies). True alternative place, you will find a second-hand shop, bike repair, bric-à-brac, craftsman corners, second-life plants, a cool bar, a great sunny terrace, a direct-from-the-farm market on Wednesday evenings and people at any time to talk to. * *13 boulevard des Martyrs Nantesais de la Résistance*

QUEER, COOL AND PRIDE
Small bar, great queer vibes! At (La Plaisir), not only are they the most creative with cocktails and tapas, but they also organise events by and for the best of the queer community in town, in-

GRANDE BIESSE
Can we recommend a bar just for its hummus? Of course! Fortunately, that is not the only good surprise (Le Barrière) has in store for you. Check out their fun events or go there at random, the place is small but a good bet. If it is too

YUMMUS
(Skatepark, Bellevèdre) see in a nutshell

A BEER BETWEEN MUSTACHES

