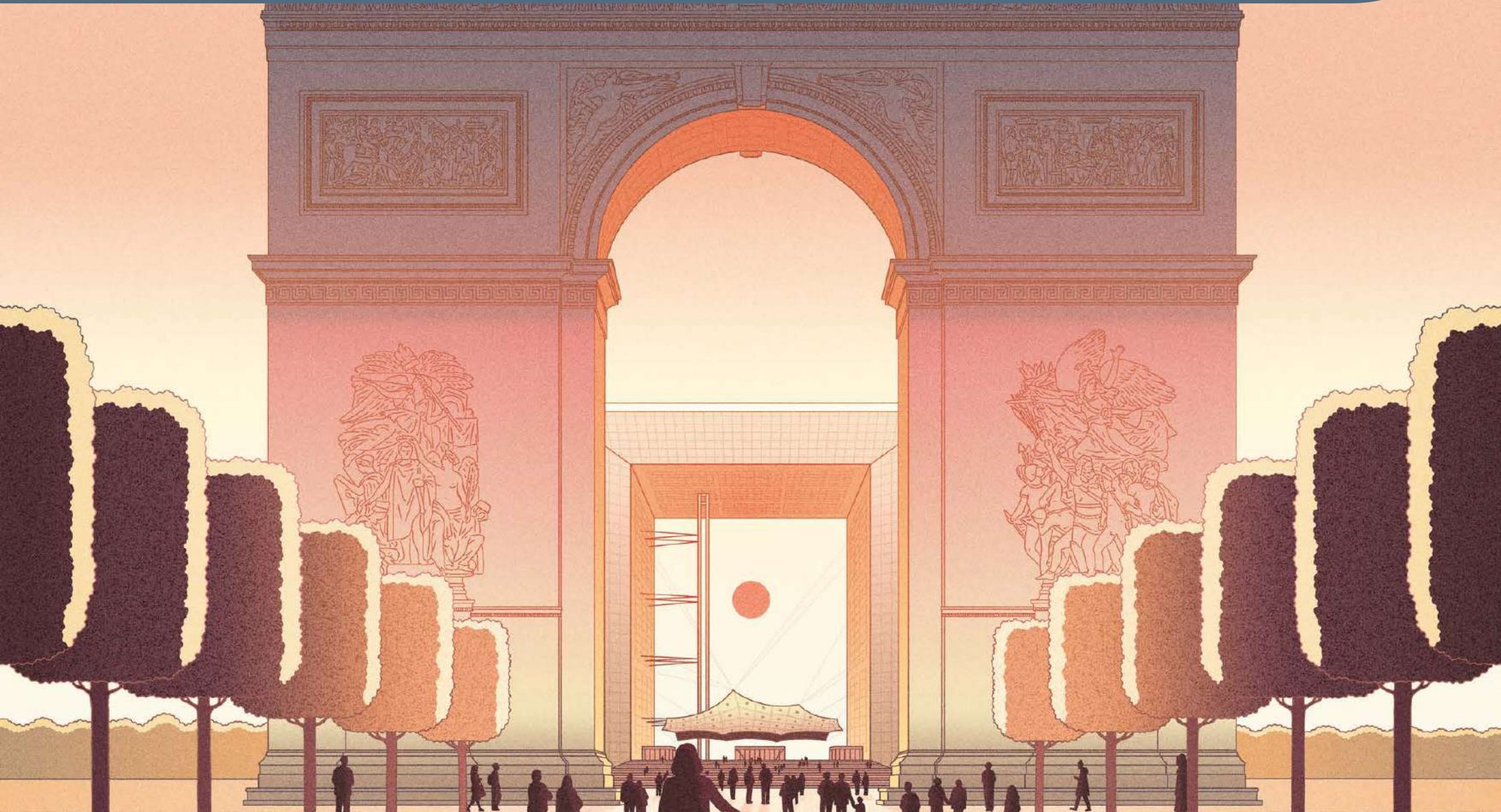


Tourism guide

March 2025 - Paris La Défense

PARIS
LA
DÉFENSE
living area



CONTENTS

- P. 03 • Discover another Paris!
- P. 04 • Major events
- P. 05 • Getting to Paris La Défense
- P. 06 • Pedestrian map
- P. 07 • Things to do
- P. 17 • A gourmet district
- P. 21 • Where to work
- P. 26 • Getting a good night's sleep
- P. 30 • Information center
- P. 30 • Our information materials
- P. 31 • Your contacts

Paris La Défense

Discover another Paris!

Europe's premier business district and world's fourth most attractive business district: over its more than 60-year history, Paris La Défense has become a true economic and social hub, lively and vibrant, that welcomes countless visitors, business travelers and tourists alike. An eclectic, monumental and surprising destination, Paris La Défense invites you to discover a whole new Paris.

Located just 10 minutes from Paris, and a few short hours from major European capitals, the area is linked by one of the world's most extensive transport networks, enhanced by the opening of the RER E in 2024 and the Grand Paris Express in 2031.

As Europe's foremost vertical district, it offers the chance to soar to new heights. Paris La Défense is a hotbed of architectural and artistic creation, home to emblematic towers designed by world-renowned architects, as well as an open-air museum featuring some 60 works of contemporary art.

This visitor experience, unique in Europe, is further enriched by an ample, diversified and high-quality retail, dining, accommodation and entertainment offering, along with exceptional seminar and meeting venues. The heart of Paris La Défense also pulses to the rhythm of the major events organized for the district's diverse populations, including the La Défense Jazz Festival, Garden Parvis and the traditional Christmas Market, not to mention a wide variety of commercial events highlighting major brands. The largest indoor venue in Europe, the Paris La Défense Arena brings crowds to their feet with concerts and sporting events.

Every day, the district and its surroundings are becoming a more pleasant place to call home thanks to urban renewal projects carried out by Paris La Défense, the public establishment created to develop, operate and enliven the area. In 2021, the public establishment demonstrated its commitment by adopting a raison d'être, with the ambitious goal of making Paris La Défense the world's first post-carbon business district and halving its greenhouse gas emissions by 2030. Paris is bound to surprise you.

Key figures


1st
EUROPE'S PREMIER
BUSINESS DISTRICT




The only vertical
district in France
with 61 high-rises

TOP 5
towers by height

The Link (242 m - 800 ft)
First (231 m - 756 ft)
Hekla (220 m - 722 ft)
Majunga (194 m - 636 ft)
T1 (185 m - 607 ft)

 **566 ha**
(1,393 acres) incl. 31 ha
(76.5 acres) of pedestrian spaces


 **37,35 ha**
(92 acres) of green
public spaces

200,000 EMPLOYEES
50,000 INHABITANTS
70,000 STUDENTS

1 HUB

6 lines of public
transportation with 2 new
RER E stations
+ 2 Grand Paris Express
stations to come

Paris
La Défense Arena
Largest indoor concert
hall in Europe

 **45,000**
seats

One of the largest shopping
centers in Europe

Westfield
Les 4 Temps - CNIT

More than
150
restaurants

 **20**
food trucks

More than
60
works of art

 **3,000**
hotel rooms,
85% mid-range
and high-end

Major events in Paris La Défense

Paris La Défense hosts many commercial events throughout the year, alongside major summertime sporting tournaments and musical and cultural celebrations or sports during the summer months.



Very Food Trip

For a few days, the food trucks of Paris La Défense gather to create a giant food court, offering a unique culinary experience and a journey through the flavors of the world.

Les Extatiques

A must-see event in the La Défense district, Les Extatiques celebrates contemporary art by exhibiting a variety of artistic works.



League of Defense

For back-to-school 2025, get set to participate in Paris La Défense's largest charity challenge. Aimed at the businesses of the district, this event has some wild activities in store!



Garden Parvis

The not-to-be-missed summer event to take advantage of the dog days in La Défense! This outdoor celebration lets you relax and enjoy the sun with a host of exciting.



La Défense Jazz Festival

Founded in 1977 and organized by the Hauts-de-Seine Department, the La Défense Jazz Festival offers jazz fans an eclectic program.



Christmas Market

An institution: over 25 years and counting! The Christmas Market is a must for merchants and visitors alike, alive with a Christmas atmosphere to prepare for the holiday season stress-free.

Charity runs

Every year, Paris La Défense sponsors and supports an array of non-profit associations, particularly by hosting four major solidarity-based races.

Vertigo race

Organized by NGO Play International, this vertical marathon brings together participating teams to race up the stairs of a La Défense tower. The funds raised support the development of education through sport programs in France and abroad.



Cancer-free Children City Race

This race has been organized by the association Imagine for Margo since 2018. 100% of the donations go to research dedicated to finding specific, innovative treatments.

Race against hunger

Since 2008, this inter-company challenge has brought together thousands of employees from Paris La Défense companies. Donations to the NGO Action Contre la Faim help institute solutions to ensure a sustainable food supply for all.



The Special Olympics race

Special Olympics is committed to inclusion of people with intellectual disabilities in sports. For many years, the association has organized an inter-company benefit race in the business district.

→ **Upcoming events in Paris La Défense**

Getting to *Paris La Défense ?*



Public transportation

Paris La Défense boasts one of the world's finest public transport networks, which has been upgraded in 2024 with two RER E stations and will be further expanded with Line 15 West of the Grand Paris Express by 2031.

Lines serving Paris La Défense:

- **M** Line 1
- **T** T2
- **RER** RER: A, E
- **Lines:** U, L
- **BUS** Bus: 258, 141, 159, 275, 276, 360, 174, 278, 541, 73, 144



Le vélo

Paris La Défense already has more than 2,200 bike racks available along with 635 spaces for bikes in the area's parking lots. This amenity will be built in the future, alongside the installation of secure bike storage. From 2025, there will be around 30 Vélib' stations in the La Défense Business District, for a total of over 1,200 docking points.

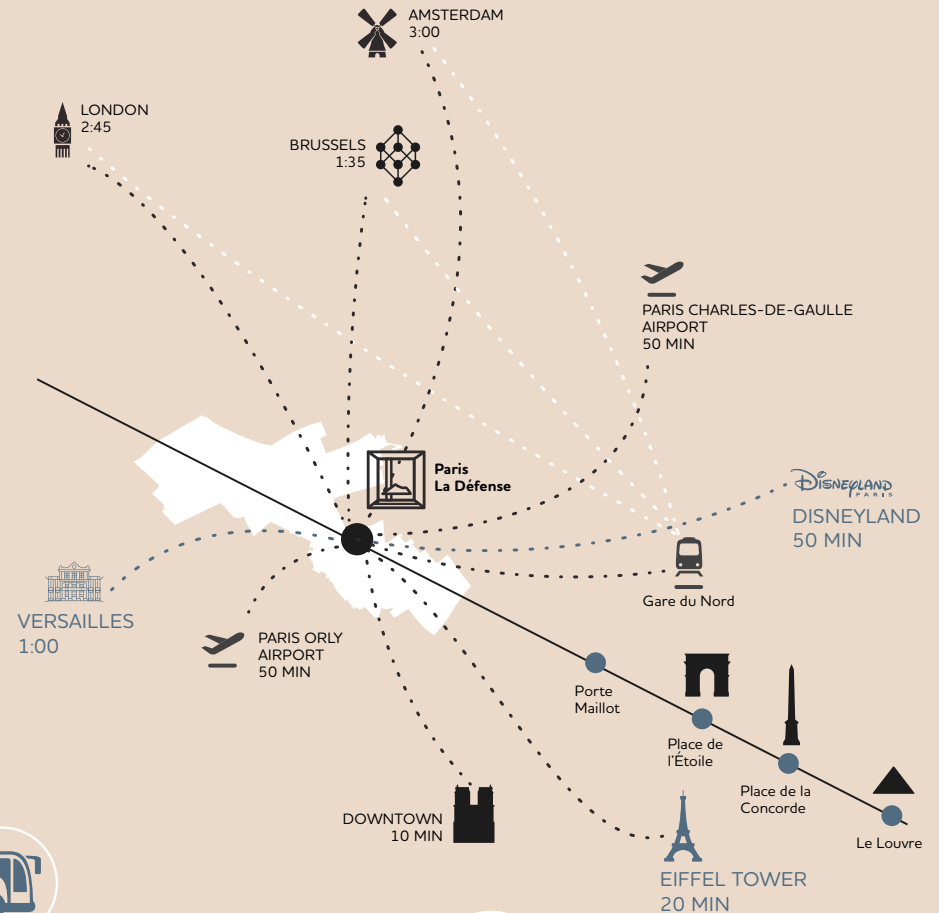


La Défense parking lots

The business district is accessible by car from the A14 and A86 highways, as well as from Boulevard Patrick Devedjian. 22,000 parking spaces are available in the district's 9 parking lots, as well as one in Nanterre, all managed by Q-Park.

- Boieldieu parking lot
- Centre - Grande Arche parking lot
- Corolles parking lot
- Coupole Renault parking lot
- Michelet parking lot
- Reflets-Iris parking lot
- Saisons parking lot
- Villon parking lot
- Les Terrasses parking lot
- Westfield Les 4 Temps parking lot

Visit the [Q-Park website](https://www.q-park.com) for more information about parking offerings in Paris La Défense.



Coming by coach

Groups can reach La Défense by coach, with parking available in the Jules Verne terminal. This station features a passenger building and platforms with direct access to the public transportation hub.

Open every day from 6:00 a.m. to 9:00 p.m. For temporary parking, send your request at least one month before arrival to: demandeaccesTJV@parisladefense.com.

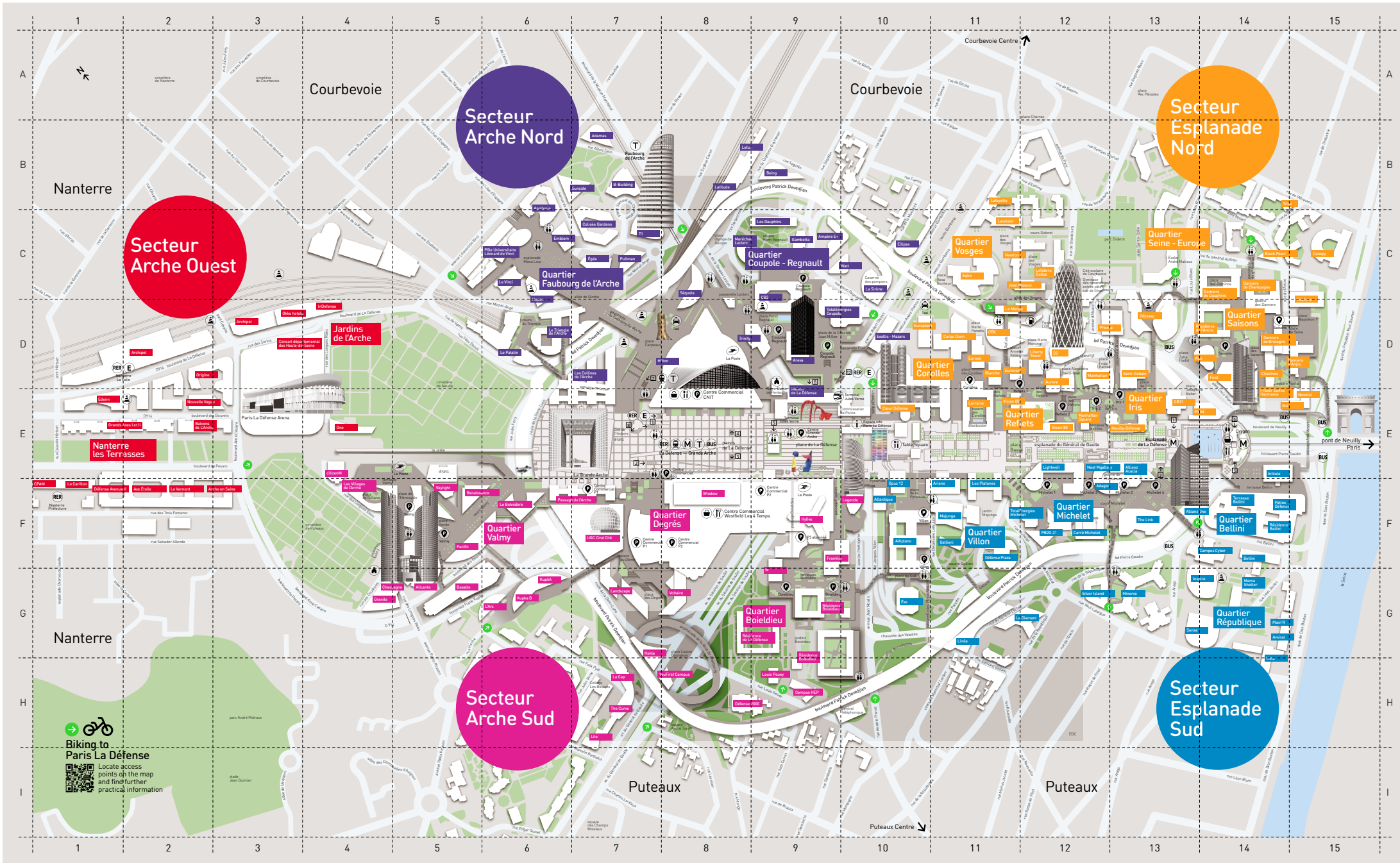


Taxi stands

Two taxi stands are accessible from the pedestrian platform:

- nearly the Grande Arche:
33, avenue de la Division-Leclerc – 92400 Courbevoie
- towards downtown Courbevoie:
20, avenue André-Prothin – 92400 Courbevoie.

Pedestrian map





Things to do

Itineraries for visitors to Paris La Défense

Over the years, Europe's premier business district has become a destination of unparalleled richness and originality thanks to a bold and ambitious vision that transformed it into a remarkable locality.

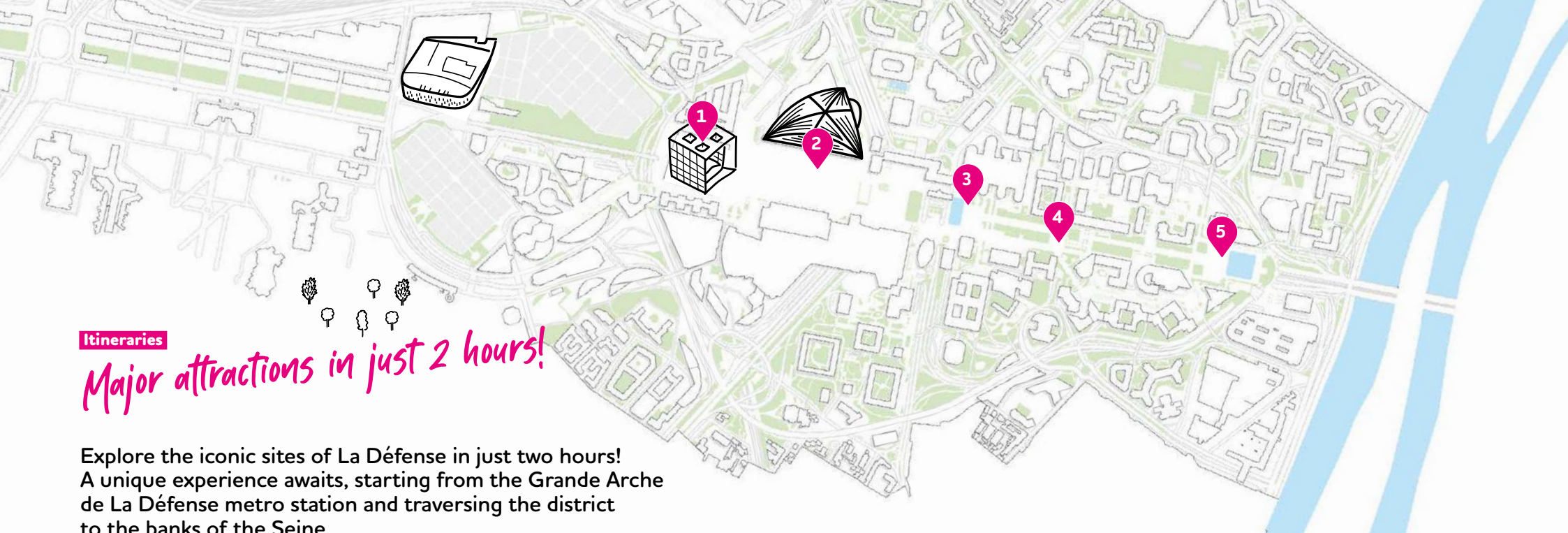
From the Parvis to the esplanade, Paris La Défense boasts the largest pedestrian area in Europe, to be discovered like a vast open-air museum. With its skyline, its iconic monuments, its towers designed by illustrious architects, its collection of artwork open onto the sky and its plentiful green spaces, Paris La Défense offers any visitor a unique decor and an altogether exceptional experience.

History buffs, high-rise aficionados, connoisseurs of modern art and even nature lovers in search of an idyllic setting can take advantage of a wide variety of itineraries to discover the district in a few hours or several days!

 **61**
high-rises

MORE
THAN
60  works of art

37,35  ha
(92.29 acres) of green
public spaces



Itineraries

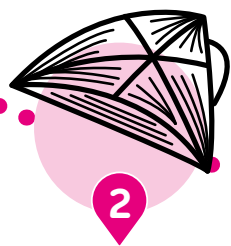
Major attractions in just 2 hours!

Explore the iconic sites of La Défense in just two hours! A unique experience awaits, starting from the Grande Arche de La Défense metro station and traversing the district to the banks of the Seine.



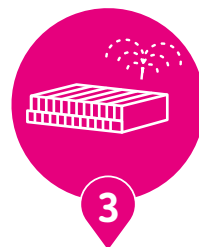
Grande Arche

The Grande Arche is perhaps the most emblematic monument in the business district. You can climb the steps on either side to admire a breathtaking view of the historic axis of La Défense.



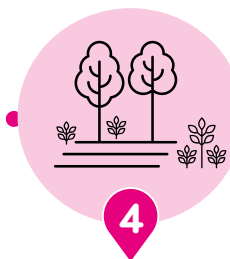
CNIT

Inaugurated in the late 1950s, the Centre des Nouvelles Industries et Technologies was the first building to be constructed in the area. After many years as an exhibition venue, today CNIT houses offices, shops and restaurants, with a new RER E station set to open since 2024.



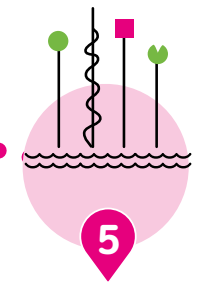
Monumental Fountain

A little further on, treat your eyes to Yaacov Agam's Monumental Fountain. Designed as a spectacular work of art mirroring the extravagance of the La Défense business district, its photogenic water features inspire reverie.



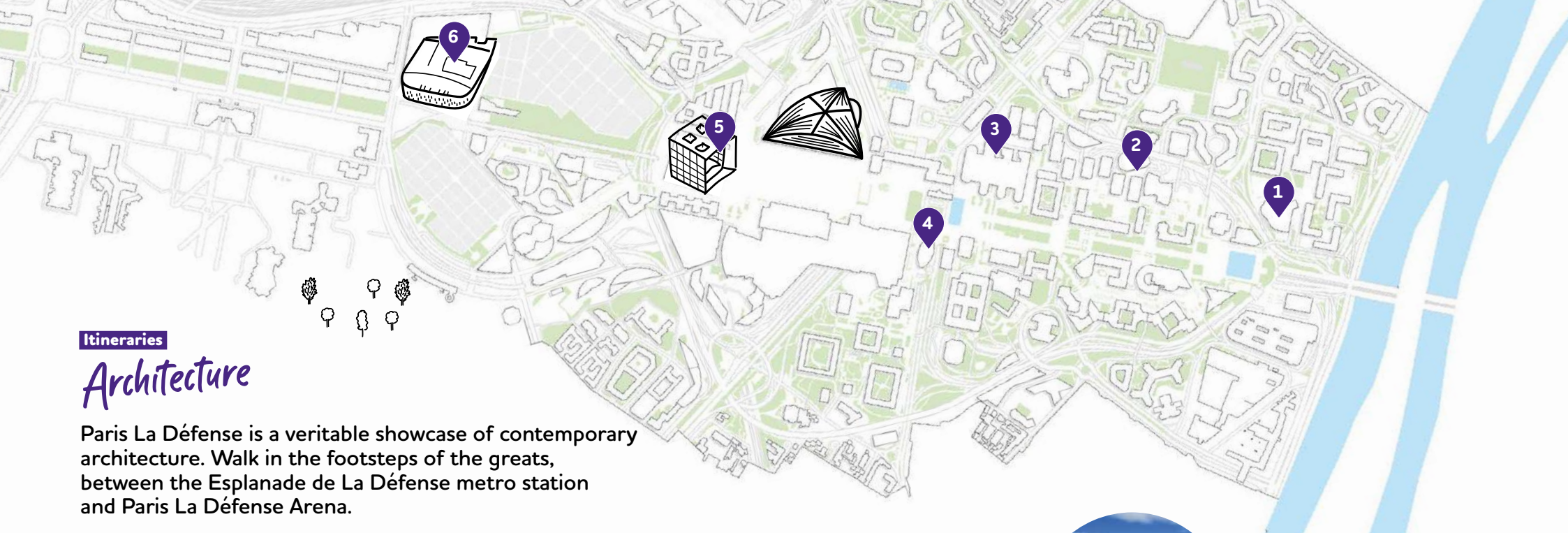
Place Basse

Enjoy a break on Place Basse and take in the stunning view of the Arc de Triomphe. An ideal place to picnic or spend some family time on weekends in the business district.



Takis Pool

Finally, grab a bite by Takis Pool at the end of the esplanade. An iconic work of art to be discovered, but also a place to enjoy the breeze on warmer days. A favorite spot to play for local kids!



Itineraries

Architecture

Paris La Défense is a veritable showcase of contemporary architecture. Walk in the footsteps of the greats, between the Esplanade de La Défense metro station and Paris La Défense Arena.



First tower

Impossible to miss, First tower, France's second-tallest skyscraper, rising 231 meters (758 feet)! To fulfill this ambition, an extra 50 meters (164 feet) were added during the recent refurbishment.



D2 tower

Remarkable for its ovoid shape, it is one of the jewels in the crown of the Franco-American architectural duo Anthony Béchu and Tom Sheehan.



Cœur Défense

Designed by Jean-Paul Viguier (the architect behind Majunga tower), this complex offers the largest usable office space in Europe, with nearly 190,000 sq.m and 78 elevators for people and goods.



Légende tower

Designed with the help of Leoh Ming Pei, creator of the Louvre Pyramid, this emblematic tower took on a new name in 2021 following refurbishment. A feat of architectural ingenuity, it is wider at its top than at its base, while its canopy, 24 meters (79 ft) in diameter, lends it a majestic presence.



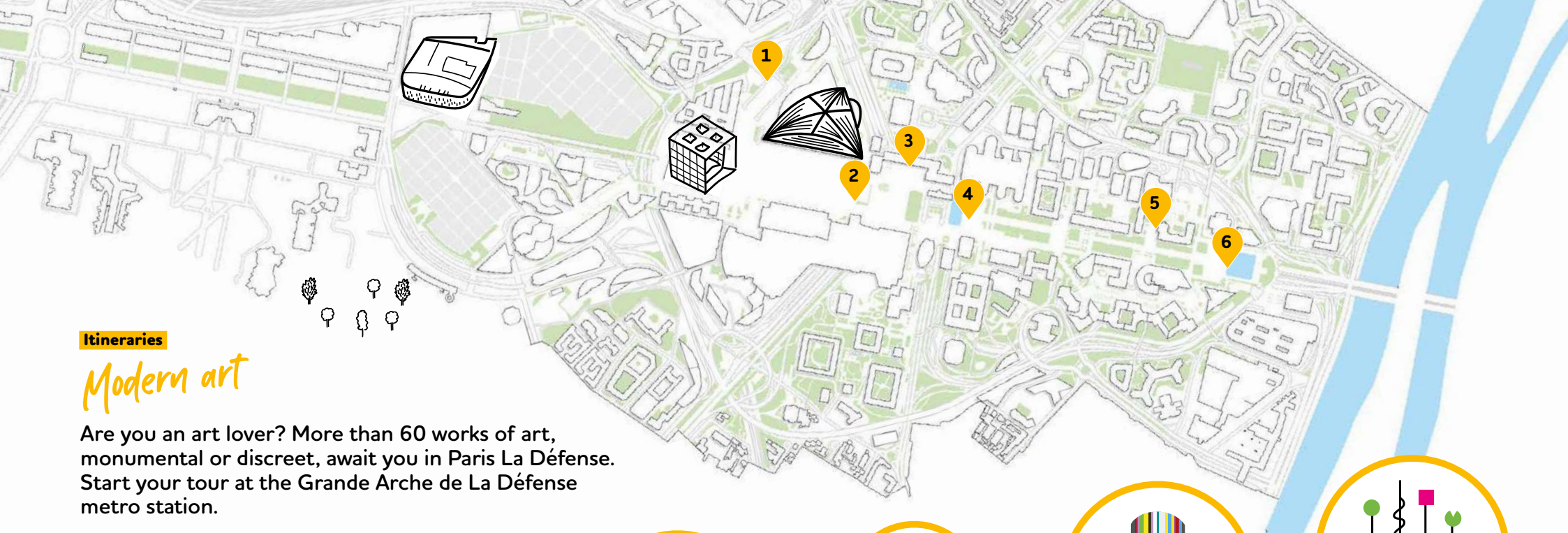
Grande Arche

Designed by Danish architect Johan Otto von Spreckelsen and completed by Paul Andreu, the Grande Arche is the ultimate emblem of the business district. Inaugurated in 1989, it houses private and government offices.



Paris La Défense Arena

Designed by Christian de Portzamparc, the 45,000-seat Paris La Défense Arena is the largest indoor hall in Europe. It hosted the swimming events of the Paris 2024 Olympic Games. A unique place to enjoy a performance, whether artistic or athletic, in absolute immersion.



Itineraries

Modern art

Are you an art lover? More than 60 works of art, monumental or discreet, await you in Paris La Défense. Start your tour at the Grande Arche de La Défense metro station.



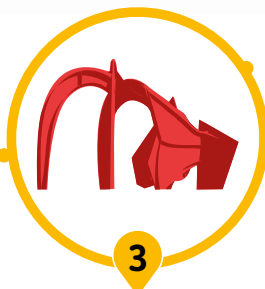
César's thumb

An enlargement likeness of the thumb of artist César Baldaccini, better known as César. Considered a fragment of today's reality, a symbol of practicality and manual work, it points to the sky, conveying a mixture of optimism and vanity.



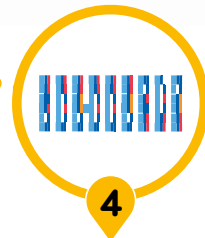
Fantastics Characters

Officially referred to as the "Monumental Ensemble," this work by Catalan painter, sculptor, engraver and ceramist Joan Miró applies a hint of surrealism and excess to convey the unstable balance between the childish joy of the present moment and the disconcerting strangeness of fate.



Red Spider

An imposing work by Alexander Calder, rising 15 meters (49 feet) high and sculpted from 75 tons of steel! The artist himself chose the location on Place de La Défense. The Red Spider echoes another work by the artist, Flamingo, located in Chicago.



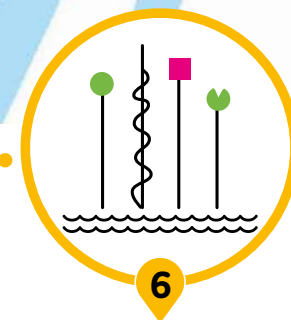
Monumental Fountain

A spectacular work of art by Yaacov Agam, mirroring the extravagance of the business district. The fountain, enlivened by water effects in spring and summer, is composed of an 86-color Venetian enamel mosaic.



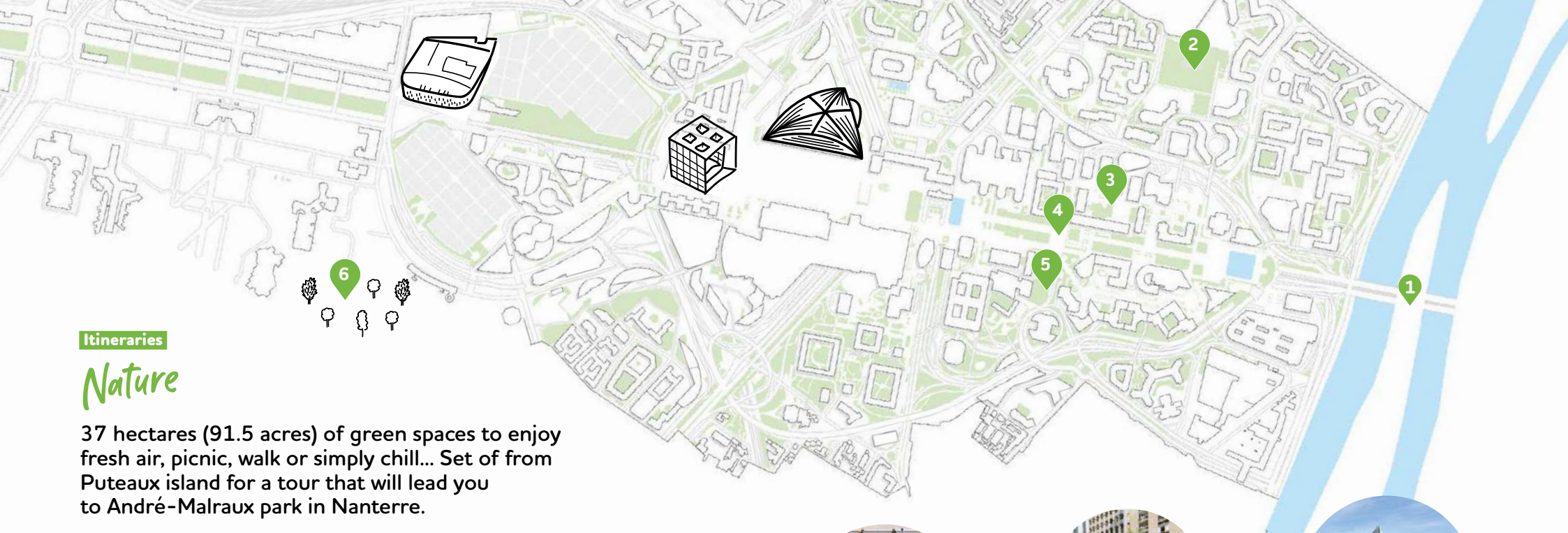
Moretti

This giant straw by Raymond Moretti serves to coat a 32-meter (105-foot) high ventilation chimney with 672 fiberglass tubes in 19 different colors, positioned over the entire surface to best highlight the vertical volume of this work.



Takis Pool

At the eastern end of the esplanade, the artist Takis transformed this rectangular pool into a veritable sensory experience. Spread throughout the pool, 49 metal rods emerge from the water, crowned with colorful geometric forms and flashing lights.



Itineraries

Nature

37 hectares (91.5 acres) of green spaces to enjoy fresh air, picnic, walk or simply chill... Set off from Puteaux island for a tour that will lead you to André-Malraux park in Nanterre.



Puteaux island

Come stroll along the banks of the Seine. On foot or by bicycle, discover the wonders of Puteaux island, a haven of lush greenery: the butterfly meadow, beehive and Naturoscope aquariums, not to mention the ample swimming pool at the Palais des Sports.



Diderot park

With a full hectare (2.5 acres) of greenery, a monumental waterfall and hills making for a 14-meter (46-foot) difference in elevation, Diderot Park is a perfect place to get away from it all, and why not enjoy a picnic on the upper section of the grounds? The park also features a playground and a multisport field.



Jardin des Reflets

Fragrant, flowery and festooned with varied species of shrubs, vegetables and aromatic plants, le jardin des Reflets offers a calm and relaxing setting. Members of the shared garden can enjoy special events featuring free workshops by the association "Vivre Ensemble."



Place Basse

A green oasis located on the historical axis, Place Basse is a popular place to enjoy some R&R. Planted with holm oaks and Chinese or Mediterranean shrubs such as rosemary, lavender and jasmine, the square is also dotted with planters sculpted by artist Shelomo Selinger.



Majunga eco-garden

Located at the foot of Majunga tower, this open-ground eco-garden spans 2,300 sq.m and features a mineral basin, local plant species, a playground and a petanque court for tourists, employees and local residents.



André Malraux park

A vast 25-hectare (62-acre) landscaped park in the heart of the city of Nanterre offering ample fields, a pond and 400 different tree species. A haven for birds, the park is also ideal for long walks, bouldering and many other activities, including a water playground for children.



Things to do

Activities in the district

Thanks to the wide variety of activities on offer - sports, culture and entertainment - Paris La Défense is the perfect place to live, play and relax. Thirteen fitness centers offer specific disciplines and services throughout the district, along the esplanade, inside the Westfield Les 4 Temps – CNIT shopping centers and even in downtown Nanterre. Traditional workouts, crossfit, urban soccer, swimming and even bouldering: Paris La Défense has it all!

The neighborhood also abounds with art exhibitions, as well as venues to indulge in an escape game or a virtual adventure.

The cultural landscape of Paris La Défense was recently enriched with the Cité de l'Histoire, a unique site that takes visitors back in time with highly original, immersive experiences. Finally, the district is a veritable paradise for shoppers, who can explore the many boutiques in Westfield Les 4 Temps – CNIT, open every day.



One of the
largest shopping
centers in
Europe



26
activities



13
fitness
centers



2
cinemas
26 screens

[Learn more](#)



Activities

CULTURE



CGR Nanterre Cœur Université

The 10-screen Nanterre Cœur Université cinema features a premium projection room equipped with innovative technologies. Screening rooms and the reception area can be reserved for private events.

Opening hours: 10:30 a.m. to 10:30 p.m. every day
Address: 200, allée de Corse – 92000 Nanterre
Contact: [Website](#) / 08 92 68 85 88



UGC Ciné Cité La Défense

The UGC Ciné Cité La Défense cinema is located in the Westfield Les Quatre Temps shopping center, on the top floor of the “Dôme.” It features 16 screening rooms, several of which are equipped with 3D technology.

Opening hours: 10:00 a.m. to 11:00 p.m. every day
Address: 15, parvis de la Défense – 92800 Puteaux
Contact: [Website](#) / 08 26 88 07 00 / UGC Direct app



La Terrasse

La Terrasse is a contemporary art center offering artists the opportunity to organize painting, sculpture and photography exhibitions in a multipurpose room spanning 145 sq.m.

Opening hours: Wednesday to Friday from noon to 6:00 p.m., Saturday 2:00 p.m. to 6:00 p.m. Works displayed in the front window are visible 24/7.
Address: 57, boulevard de Pesaro – 92000 Nanterre
Contact: [Website](#) / email: arts.plastiques@mairie-nanterre.fr / 01 41 37 62 67



Paris La Défense Arena

Europe’s largest indoor concert and sports hall! This 94,000-sq.m stadium hosts Racing 92 rugby matches and other sporting events, as well as any number of concerts: an extremely rich and varied event program for up to 45,000 people.

Address: 99, jardins de l’Arche – 92000 Nanterre
Contact: [Website](#)



Pif à Papa

Created in 2020 by a father and son team, the Pif à Papa winery in Courbevoie produces 12 wines each year. Employees also run oenology courses for individuals and works councils. Pif à Papa features a 300-sq.m space that can accommodate up to 100 people.

Opening hours: Upon request
Address: 22, rue du Clos-Lucé – 92400 Courbevoie
Contact: [Website](#) / email: sfeirfady@gmail.com / 06 03 70 03 12



Cité de l’Histoire

The Cité de l’Histoire opened its doors in January 2023. This innovative learning center features three spaces equipped with cutting-edge technologies offering an interactive and fun-filled way to discover the History of France and mankind in general.

Opening hours: Tuesday to Sunday, 10 a.m. to 7 p.m., except Saturday, 10 a.m. to 8 p.m.
Address: 1, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 47 57 57 27 / email address for group reservations: ce-groupes@amaclio.com



Explore Paris

To enhance your discovery of the business district, the Explore Paris website offers a number of guided tours.

Contact: [Website](#)

IMMERSIVE EXPERIENCES



Éternelle Notre-Dame

With this immersive virtual reality experience, visitors live the history and secrets of the Notre-Dame de Paris Cathedral, which was partially destroyed by fire in 2019. With an avatar as your guide, travel back in time 850 years to discover the history of this iconic monument.

Opening hours: Tuesday to Sunday, 10 a.m. to 7 p.m., except Saturday, 10 a.m. to 8 p.m.
Address: Cité de l’Histoire, 1, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / email address for group reservations: ce-groupes@amaclio.com / 01 47 57 57 27

SPORT



Game On

Game On is a new, modern arcade on the ground floor of Westfield CNIT. Video game enthusiasts can enjoy classic arcade games, pinball machines, racing and simulation games.

Opening hours: Monday to Friday
Address: Westfield CNIT, Level 0,
 2, place de La Défense – 92800 Puteaux



Illucity

Located in the Westfield Les Quatre Temps shopping center, Illucity is the perfect place to blend virtual reality and escapes games. How about traveling back in time to Ancient Egypt? Or participating in an interplanetary expedition? Anything is possible! Some spaces may be reserved for private events.

Opening hours: Monday to Sunday, opening hours vary by day
Address: Westfield Les 4 Temps, zone Mandarine, Level 0,
 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 80 88 22 64



La Tête dans les nuages

This 3,000-sq.m family entertainment center, located in the Westfield Mall Les 4 Temps, invites you to have fun, offering an arcade room, state-of-the-art consoles, 3D/4D animations, and a laser game section.

Opening hours: Monday to Sunday
Address: Westfield Les 4 Temps, zone Mandarine, Level 3,
 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#)



Team Break

In the heart of Jean Monnet tower on Place des Vosges lies an escape game center spanning over 1,200 sq.m. Team Break features 11 escape rooms based on TV series, game shows or movies, an outdoor escape room for sunny days, a quiz room and a music trivia game!

Opening hours: Everyday from 9:45 a.m. to 12:30 a.m.
Address: 11, place des Vosges – 92400 Courbevoie
Contact: [Website](#) / 01 80 88 23 96 / email: ladeffense@team-break.fr



Blocbuster

Blocbuster climbing gym offers several different types of walls perfect for beginners and experienced climbers alike. Introductory, one-on-one and group lessons are available.

Opening hours: Monday to Friday 11:00 a.m. to 11:00 p.m., weekends and holidays 11:00 a.m. to 8:00 p.m.
Address: 48, square des Corolles – 92400 Courbevoie
Contact: [Website](#) / email: info@blocbuster.fr / 01 41 30 14 04



Crossfit Factory

Crossfit Factory center in Puteaux covers an area of more than 400 sq.m. Feel free to join a group session or drop in for a solo work out during the opening hours.

Opening hours: Monday to Friday, 7:00 a.m. to 9:00 p.m., Saturday 8:00 a.m. to 1:00 p.m., and Sunday 10:00 a.m. to noon
Address: 22, rue Arago – 92800 Puteaux
Contact: [Website](#) / email: crossfitfactory92@gmail.com / 01 47 31 62 42



Crossfit Grande Arche

This Crossfit studio is located in the hallways of the RER Grande Arche station and covers over 400 sq.m. Several offers are available with sessions ranging from 45 to 90 minutes.

Opening hours: Monday, Wednesday, Friday from 6:30 a.m. to 9:30 p.m., Tuesday and Thursday from 7:00 a.m. to 9:00 p.m. and Saturday from 10:00 a.m. to 2:00 p.m.
Address: RER station La Défense-Grande Arche – 92800 Puteaux
Contact: [Website](#) / 06 23 28 65 55



Dynamo cycling

Dynamo cycling is the only indoor-cycling studio at La Défense. Located at the basement of CNIT, this studio offers bike sessions with music to work out your cardio, and abs.

Opening hours: Monday to Friday from 7:15 a.m. to 9:00 p.m., Saturday from 10:00 a.m. to 6:00 p.m.
Address: Westfield CNIT, Level -1, 2, place de la Défense – 92800 Puteaux
Contact: [Website](#) / email: ladeffense@dynamo-cycling.com

Things to do



Fitness Park

Fitness Park sports club is less than five minutes away from the Grande Arche station, at the foot of the tower Cœur Défense. It offers many activities on an area of 800 sq.m, and more than 90 machines and equipment.

Opening hours: Everyday from 6:00 a.m. to 11:00 p.m.
Address: 17, place des Corolles – 92400 Courbevoie
Contact: [Website](#)



Forest Hill La Défense

The Forest Hill sports complex in La Défense features badminton, squash and tennis courts. It also offers Zumba classes, muscle strengthening sessions, stretching and Pilates.

Opening hours: Weekdays 7:00 a.m. to 11:00 p.m., weekends 7:00 a.m. to 10:00 p.m. for racket sports. Weekdays 8:00 a.m. to 10:00 p.m., weekends 8:00 a.m. to 9:00 p.m. for cardio training.
Address: 19, avenue de la Liberté – 92000 Nanterre
Contact: [Website](#) / 01 47 24 67 67



Hapik

Hapik is a climbing gym spanning more than 500 sq.m with 90 colorful climbing routes for young and old, up to 8 meters in height. The gym also offers two high-wire adventure courses as well as two tree-top adventures courses. Group events available.

Opening hours: During school vacation periods, every day 9:45 a.m. To 7:00 p.m. Closed Monday, Tuesday and Thursday outside of school vacation periods. Wednesday 10:00 am to 5:00 p.m., Friday 3:00 to 7:00 p.m. and Sunday 10:00 am to 7:00 p.m.
Address: 189, allée de Corse – 92000 Nanterre
Contact: [Website](#) / email: nanterre@hapik.fr / 01 47 24 45 96



Infinity

Académie Infinity offers martial arts classes for adults and children, including Brazilian jiu-jitsu, kick boxing, boxing and MMA. Sessions are tailored to each individual's skill level and objectives.

Opening hours: Monday to Saturday
Address: 57, jardins Boieldieu – 92800 Puteaux
Contact: [Website](#)



Keepcool

Keepcool gym is located at the foot of Ariane tower. Open daily, the gym features different areas for fitness enthusiasts (cardio, strength training, stretching, targeted workouts, cycling, etc.).

Opening hours: Weekdays 6:00 a.m. to 10:00 p.m., weekends 10:00 a.m. to 7:00 p.m.
Address: Ariane tower, 5, place de la Pyramide – 92800 Puteaux
Contact: [Website](#)



Maison Sport Santé

The Maison Sport Santé (MSS) has moved into Hyfive tower, in the heart of the business district. Recognized and accredited by the French Ministry of Health, MSS shares Adapted Physical Activity expertise with individuals, businesses and professionals.

Opening hours: Monday to Friday
Address: Hyfive tower, 14, passage Boieldieu – 92800 Puteaux
Contact: [Website](#) / email: hyfive@wellnesscenter.fr



Neones

The Neones La Défense-Grande Arche gym spans 1,400 sq.m divided into several workout areas equipped with treadmills, elliptical bikes, rowing machines, semi-recumbent bikes and much more. The gym also offers group classes in boxing, yoga and Pilates, as well as workouts with a certified sports coach.

Opening hours: Weekdays 7:00 am to 10:00 p.m., Saturday 9:00 am to 7:00 p.m. and Sunday 9:00 am to 5:00 p.m.
Address: Galerie du passage de l'Arche, Level -1 – 92800 Puteaux
Contact: [Website](#) / 01 80 88 27 60



On Air

In the Westfield Les 4 Temps shopping center, On Air is a new gym with a view of the esplanade. It features several workout areas for cardio, crossfit, boxing, and weightlifting. A dedicated section for women and group classes are also available.

Opening hours: Everyday, 6 a.m. to 11 p.m.
Address: 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / email: ladeffense@onair-fitness.fr / 01 40 90 97 58

Things to do



UrbanSoccer

Located in Nanterre, UrbanSoccer offers eight indoor soccer fields for 5v5 games. Visit the website to book your session. Win or lose, you can enjoy post-game festivities in the clubhouse. On occasion, the center transforms into a sports bar broadcasting major European competitions.

Opening hours: Weekdays 10:00 a.m. to midnight, Saturday 9:00 a.m. to 9:00 p.m. and Sunday 9:00 a.m. to 9:30 p.m.

Address: 85, avenue François-Arago – 92000 Nanterre

Contact: [Website](#) / 01 84 02 04 60

SHOPPING



Westfield CNIT

Built in 1958, the CNIT was transformed into a shopping center in the late 1990s and opened a new level in 2024 at the exit of the new RER E station. It now houses 77 stores and restaurants, including FNAC, Decathlon, Nespresso, KFC, Normal, Aroma Zone and Rituals.

Opening hours: Daily from 10:00 a.m. to 8:30 p.m.

Address: 2, parvis de La Défense – 92800 Puteaux

Contact: [Website](#) / 01 47 73 54 44



Westfield Les 4 Temps

Built in the 1980s and having become in 2024, one of the largest shopping centers in Europe, Westfield Les 4 Temps is constantly evolving. It features more than 250 stores – including Europe's largest Zara location – a cinema and some 50 restaurants.

Opening hours: Daily from 10:00 a.m. to 8:30 p.m.

Address: 15, parvis de La Défense – 92800 Puteaux

Contact: [Website](#) / 01 47 73 54 44





Paris La Défense

A gourmet district

With more than 150 restaurants, Paris La Défense features a rich dining scene sure to satisfy any palate! Whether alone or with family, friends or colleagues, you can thrill your taste buds day and night, from breakfast to dinner, not to mention afterwork get-togethers.

The sheer diversity of the offering means there is always something for everyone. Foodies can organize a gourmet meal in an exceptional setting like Octopus restaurant overlooking Takis Pool, or the rooftop terrace at Skyline cocktail bar. There are traditional bistros large enough to accommodate groups, including Histoire De and the Italian restaurant IT Trattoria.

And for a quick bite at lunchtime, Paris La Défense is the place to be. In particular, the district boasts a full fleet of some 20 food trucks offering specialties from around the world, spread around four sites – Grande Arche, Cours Valmy, Place de La Défense and Takis Pool – every weekday afternoon. Finally, you can start the day with a steaming cup of joe from two coffee trucks at Place de La Défense and Cours Valmy.



More than
150 restaurants



20 food trucks

Learn
more



Bars and Restaurants

PERFECT FOR LARGE GROUPS



Billy Billy

Opposite the Paris La Défense Arena, Billy Billy restaurant, open all week, offers dishes and cocktails inspired by Italian and Mediterranean flavors. For groups or private events, take advantage of a large covered terrace heated in winter.

Speciality: Italian/Greek
Outdoor dining: Yes
Opening hours: All day Monday to Friday
Address: 170, jardins de l'Arche – 92000 Nanterre
Contact: [Website](#) / 01 47 58 47 11



Histoire De

Located in the Valmy neighborhood, Histoire De can accommodate up to 400 people for breakfast, lunch, dinner, or an evening with entertainment. The restaurant offers simple cuisine using seasonal products.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday, 8 a.m to midnight
Address: 32, place Ronde – 92800 Puteaux
Contact: [Website](#) / 01 49 00 02 26



IT Trattoria

Located in the Table Square culinary complex, It Trattoria can accommodate groups for a cocktails, lunch or dinner thanks to its large dining room and terrace. Chefs prepare southern Italian specialties every morning.

Speciality: Italian
Outdoor dining: Yes
Opening hours: Monday to Sunday for lunch and dinner
Address: 86, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: [Website](#) / 01 40 89 20 00



Noccio

A stone's throw from Paris La Défense Arena, this restaurant is inspired by the atmosphere of Milanese cafés. It offers antipasti and shared dishes amid a stylish modern setting. Noccio can accommodate up to 120 people

Speciality: Italian
Outdoor dining: No
Opening hours: Monday to Friday, 12:30 -2:30 p.m. and 7:00-10:30 p.m.
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: [Website](#) / 01 49 67 64 22

FOR A DRINK



Apogée

This wine bar, boasting a vast terrace on the esplanade of La Défense, offers a wide range of wines, champagnes, whiskeys and rums. Enjoy a drink along with gourmet meats and cheeses.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Saturday for lunch and dinner
Address: 21, esplanade du Général-de-Gaulle – 92800 Puteaux
Contact: [Website](#) / email: contact@apoge.fr / 01 49 03 03 03



Aubrac Corner

Hearty fare from Aveyron in southern France, right by the Grande Arche and Paris La Défense Arena, Aubrac Corner caters to burger lovers as well as local employees! In the evening, enjoy a game of pool and a wide choice of beers.

Speciality: Burgers
Outdoor dining: Yes
Opening hours: Monday to Sunday for lunch and dinner
Address: 36, boulevard de Pesaro – 92000 Nanterre
Infos : 01 43 33 48 59



Le Nouveau Monde

With its large outdoor dining area, Le Nouveau Monde brasserie welcomes customers all day long. As the sun sets, take advantage of happy hour to discover the cocktail and mocktail menu as well as a selection of homemade tapas.

Speciality: Spanish
Outdoor dining: Yes
Opening hours: All day Monday to Friday
Address: 27, place de l'Iris – 92400 Courbevoie
Contact: [Website](#) / 01 47 78 41 06



Nodd

Located in the Oxygen complex with a view of the Arc de Triomphe on one side and Takis Pool on the other, Nodd offers a perfect setting. Open only for group reservations, it regales partygoers with drinks and DJ sets up to the wee hours.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday evenings
Address: 2, esplanade de La Défense – 92800 Puteaux
Contact: [Website](#) / email: contact@oxygen-ladefense.fr

A gourmet district



Pour vivre heureux vivons cachés

This brasserie welcomes customers in a cozy yet elegant atmosphere. At lunchtime, the chef offers dishes inspired by various world culinary tradition and gourmet desserts. Wash down your meal with a cocktail library and a wide choice of estate wines.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner
Address: 30, place de l'Iris – 92400 Courbevoie
Contact: [Website](#) / 01 47 58 48 44



Tusk

Between the esplanade and the Place de La Défense, Tusk is a dining establishment that changes according to the time of day. In the evening, take advantage of afterwork celebrations to enjoy happy hour, the wine bar and tapas to share!

Speciality: French
Outdoor dining: Yes
Opening hours: All day Monday to Friday
Address: 16, place de La Défense – 92400 Courbevoie
Contact: [Website](#)



Gramaci

Inside the Renaissance Paris La Défense Hotel, the Gramaci restaurant offers seasonal cuisine inspired by Mediterranean flavors.

Speciality: Italian
Outdoor dining: Yes
Opening hours: Monday to Sunday for lunch and dinner
Address: 60, cours Valmy – 92800 Puteaux
Contact: [Website](#) / email: gaetano.pollicino@renaisanceladefense.com / 01 41 97 50 11



Groom

Groom is part of the Novotel Paris La Défense Esplanade hotel. This restaurant offers plant-based cuisine with flavors Mediterranean in a green setting.

Speciality: French
Outdoor dining: No
Opening hours: Monday to Sunday for lunch and dinner
Address: 2, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / 01 41 45 23 23

FOR A GOURMET EXPERIENCE



Eclipse

Eclipse is part of the Table Square complex, located on the esplanade of La Défense. This gastronomic bistro serves varied and gourmet lunch and dinner dishes against the backdrop of the Grande Arche and the Agam fountain.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner
Address: 86, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: [Website](#) / 01 40 89 21 56



Koedo

Located in the Table Square complex, Koedo offers traditional homemade Japanese specialties prepared using fresh ingredients.

Speciality: Asian
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner
Address: 86, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: [Website](#) / 01 46 43 08 74



Le Miroir

On the first floor of the Melià Hotel, Le Miroir specializes in Mediterranean cuisine created by Chef Patricio de Diego de la Vega. The restaurant offers breathtaking views of the Eiffel Tower, the La Défense Esplanade and the emblematic Takis Basin.

Speciality: Spanish
Outdoor dining: No
Opening hours: All day Monday to Friday
Address: 2-4, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: [Website](#) / 01 75 57 99 00



Octopus

At the lower end of the esplanade, next to Takis Pool, Octopus offers lunch and dinner service in a large outdoor dining area facing the Arc de Triomphe. Discover a generous menu of grilled specialties as well as an extensive choice of cocktails.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner
Address: 1, esplanade de La Défense – 92800 Puteaux
Contact: [Website](#) / email: contact@oxygen-ladefense.fr / 01 84 20 06 58

A gourmet district



Muses

In the heart of the Hilton Paris La Défense hotel, Muses offers a setting chic and glamorous for professional meetings, whether for breakfast, lunch, afterwork or even dinner.

Speciality: French
Outdoor dining: No
Opening hours: Monday to Friday, 8 a.m. to midnight, weekends and public holidays from 12 p.m. to midnight
Address: 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / email: muses.ladefense@hilton.com / 01 46 92 10 35



Ô Mazette

Inside the Nest Paris La Défense hotel, Ô Mazette welcomes you in the elegant, plush atmosphere of a dining room bathed in natural light thanks to a glass roof. Customers can enjoy authentic, highquality French cuisine.

Speciality: French
Outdoor dining: No
Opening hours: Monday to Friday for lunch and dinner
Address: 34, cours Michelet – 92800 Puteaux
Contact: [Website](#) / 01 47 76 72 40



Quinte & Sens

On the first floor of the Hotel Pullman Paris La Défense, Quinte & Sens delivers a unique culinary experience through its open kitchen and varied menu that focuses on the essentials: local and responsible produce. The restaurant also features l'Arti Bar and a terrace.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Sunday for lunch and dinner
Address: 11, avenue de l'Arche – 92400 Courbevoie
Contact: [Website](#) / email: h3013-fb3@accor.com / 01 47 17 59 99



Tribe Table

The Tribe hotel restaurant offers its own original twist on traditional cuisine and cocktail menu of classics and signature designed by mixologist Matthias Giroud.

Speciality: Australian
Outdoor dining: Yes
Opening hours: Monday to Sunday, noon to 2:30 p.m. and 7:00 p.m. to 10:30 p.m.
Address: 11, rue de l'Abreuvoir – 92400 Courbevoie
Contact: [Website](#) / email: hb879@accor.com / 01 81 22 23 60

ROOFTOP WINING & DINING



Le XII

Located on the 12th floor of the Mercure Paris La Défense hotel, XII is a rooftop cocktail bar. Take in the view of the Arc de Triomphe while sipping one of the many cocktails on the menu.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday
Address: 30, rue Baudin – 92400 Courbevoie
Contact: [Website](#) / email: h1546-fb@accor.com / 01 49 04 75 00



Mama Shelter - Mama's Penthouse

Perched on the top floor of Mama Shelter, Mama's Penthouse restaurant offers a breathtaking view of Paris and the Eiffel Tower. Savor French cuisine with an Asian flair accompanied by a generous selection of wines while enjoying live music and DJ sets. And don't miss the famous Sunday brunch.

Speciality: French/Asian
Outdoor dining: Yes
Opening hours: From Monday to Sunday, all day
Address: 10, rue Jean-Jaurès – 92800 Puteaux
Contact: [Website](#) / 01 40 81 02 02



Skyline

On the 19th floor of the Melià Hotel, the Skyline offers an incredible view of Paris in an elegant and cozy setting. Enjoy the musical atmosphere with DJ sets while indulging in Spanish tapas and a rich selection of cocktails.

Speciality: Spanish
Outdoor dining: Yes
Opening hours: Monday to Friday
Address: 2-4, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: [Website](#) / 01 75 57 99 00



Where to work in Paris La Défense ?

Need a place to hold meetings or group events? Paris La Défense offers 30 seminar venues, with rooms accommodating up to 1,200 people. In addition of co-working spaces – large, small and everything in-between – are also available.

With such a diverse supply of meeting spaces, La Défense has something for everyone! How about a view of the La Défense axis during your meeting? Coeur Défense tower or the seminar space in Landscape tower can provide the perfect setting. Want to organize your events in a historic La Défense landmark? Châteauform' CNIT features a nearly 1,000-sq.m indoor courtyard right under the vaulted ceiling of this fabled convention center. The CNIT Forest offers 20,000 sq.m of space with meeting rooms and two amphitheatres.

Need space for small groups, along with catering and leisure services? Visit the rooms at Icon Oxygen or Comet. If you are in town for a few days, many hotels offer meeting rooms and amphitheatres. Most can provide video equipment and will be happy to help you organize your event!

 **30**
seminar
venue

Learn
more



Seminar venues



Aparthotel Adagio access La Défense Puteaux
Depending on their configuration, the two seminar rooms at Adagio Access La Défense Puteaux can accommodate between 25 and 70 people complete with an interactive screen. A coworking space is also available.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: 70, rue Roque-de-Fillol – 92800 Puteaux
Contact: Website / email: h8987@adagio-city.com / 01 55 62 12 00



Châteauform' Learning Lab La Défense
Châteauform' Learning Lab La Défense offers nearly 3,200 sq.m of fully equipped rooms for meetings, training sessions and corporate seminars, just a stone's throw from the Grande Arche.

Purpose: Seminar venue
Capacity: 150 to 500 people
Address: 40, passage de l'Arche – 92800 Puteaux
Contact: Website / email: sespinasse@chateauform.com / 01 83 79 25 25



Blocbuster
Blocbuster offers private spaces for meetings or seminars in the rock-climbing center. The site also hosts teambuilding sessions.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 48, square des Corolles – 92400 Courbevoie
Contact: Website / email: event@blocbuster.fr / 01 41 30 14 04



CNIT Forest
In a completely renovated "Underground and Digital Forest," CNIT Forest can accommodate one or two simultaneous events in over 10,000 sq.m of modular spaces that including amphitheatres, meeting rooms, and multi-purpose areas, all 100% accessible to people with reduced mobility

Purpose: Seminar venue
Capacity: 500 people and more
Address: 2, place de La Défense – 92800 Puteaux
Contact: Website



Campus Cyber
Campus Cyber offers a variety of spaces: a 110-seat auditorium a discussion room with a flexible space accommodating from 80 to 240 people, a high-end reception area, as well as workspaces available for rent for the day, a half-day, or a few hours.

Purpose: Seminar venue
Capacity: 150 to 500 people
Address: 5, rue Bellini – 92800 Puteaux
Contact: Website / email: event@campuscyber.fr



Cœur Défense – Centre de conférences
This conference center is located in the heart of the largest office complex in Europe. It offers meeting rooms, reception rooms and an amphitheater.

Purpose: Seminar venue
Capacity: 150 to 500 people
Address: Cœur Défense, 100-110, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: Website / email: coeurdefense.conferences.fr@sodexo.com / 01 49 03 96 37



Châteauform' CNIT
In addition to numerous meeting rooms, Châteauform' offers a large 1,000-sq.m indoor courtyard that can accommodate more than 400 people right under the CNIT vaulted ceiling, enlivened with an offbeat 1950s decor.

Purpose: Seminar venue
Capacity: 150 to 500 people
Address: 2, place de La Défense – 92053 Paris La Défense
Contact: Website / email: monnouveau projet@chateauform.com / 01 79 35 35 35



Comet La Défense
In the heart of Cœur Défense, Comet spans two floors and more than 3,500 sq.m, offering 28 modular meeting rooms that can accommodate up to 230 people.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: Cœur Défense, 100-110, esplanade du Général-de-Gaulle – 92400 Courbevoie
Contact: Website / email: contact-fr@comet.team / 01 84 80 67 00

Where to work



CourbevoiEvent

Located in Courbevoie, the heart of the city, CourbevoiEvent provides 5,000 sq.m of modular space for professional events, ranging from 5 to 1,200 people.

Purpose: Seminar venue
Capacity: 500 people and more
Address: 7-15, boulevard Aristide-Briand – 92400 Courbevoie
Contact: [Website](#) / email: service.commercial@cec92.com / 01 71 02 73 62



Ibis Paris La Défense Esplanade

The Ibis hotel features two 40-sq.m meeting rooms dubbed Mer and Terre (Sea and Land), accommodating between 16 and 20 people depending on the layout.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: 4, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: maitena.abeleira@accor.com / 01 41 45 23 21



Fraser Suites Paris La Défense

Ideally located two minutes from La Défense Esplanade, the seminar room provides a calm, comfortable and fully technologically-equipped setting for a team meeting, training session or any other professional event, accommodating up to 16 people.

Purpose: Seminar venue
Capacity: 10 to 30 people
Address: 6, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: sales.paris@frasershospitality.com / 01 55 23 26 26



Icône Oxygen

Ideally located at the entrance to the Esplanade de La Défense metro station, Icône Oxygen is a truly singular destination for all your professional events. Stimulate your teams' creativity in modular spaces and experience venues, taking advantage of Village Oxygen's exclusive offerings.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 8 bis, esplanade du Général-de-Gaulle – 92400 Courbevoie
Infos: [Website](#) / email: franck@oxygen-ladefense.fr / 01 84 20 87 64



Hilton Paris La Défense

At the heart of the Westfield CNIT building, the fully renovated hotel offers 530 sq.m of meeting space, with nine bright modular rooms. The hotel also operates an events and room reservation service.

Purpose: Coworking and seminar spaces
Capacity: 150 to 500 people
Address: 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / email: parisladefense.events@hilton.com / 01 46 92 10 04



Imagin'Office La Défense

Located in HyFive tower and accessible from the Westfield Les 4 Temps shopping center, Imagin'Office features shared and private offices as well as 10 meeting rooms. It also has a relaxation area and a fully equipped kitchen that can accommodate 40 people

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 1, avenue du Président-Wilson – 92800 Puteaux
Contact: [Website](#) / email: contact@imaginoffice.com / 01 41 57 76 61



Hubsy

Located on Level -1 of Westfield CNIT, Hubsy CNIT is a coworking café featuring workspaces, a relaxation area, two private meeting rooms and one large event space. Phone booths are available for making calls in a quiet environment.

Purpose: Coworking and seminar spaces
Capacity: 10 to 200 people
Address: CNIT, 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / 09 82 54 92 23



Maison.A

Located in the Egée tower, Maison.A offers seminar spaces, a foyer, an auditorium, a large reception hall, modular meeting rooms and a restaurant that can seat over 30 people.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: 9-11, allée de l'Arche – 92400 Courbevoie
Contact: [Website](#) / email: contact@maison-a-event.fr

Where to work



Mama Shelter

Mama Shelter Paris La Défense is an adaptable designer space with private areas for organizing events, meetings, or individual or group work. Several spaces are available, including Mama's Living Room, Mama's Atelier, and the sports bar.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 10, rue Jean-Jaurès – 92800 Puteaux
Contact: Website / email: events.parisladefense@mamashelter.com / 01 84 80 67 00



Nest Paris La Défense

Renovated in 2020, Nest Paris La Défense by MGallery features four modular meeting rooms to accommodate up to 90 people. Each request is handled by a dedicated staff member.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 34, cours Michelet – 92060 Paris La Défense Cedex
Contact: Website / email: h0912-re@accor.com / 01 47 76 72 69



Meliá Paris La Défense

The Meliá hotel, located opposite Takis Pool, offers more than 1,200 sq.m of space for group work and seminars. Some 15 meeting rooms are available, including modular spaces that can accommodate up to 300 people.

Purpose: Seminar venue
Capacity: 150 to 500 people
Address: 3, boulevard de Neuilly – 92400 Courbevoie
Contact: Website / email: groups.parishotels@melia.com / 01 75 57 99 00



Nodd

Located near the Takis basin, Nodd belongs to the Oxygen Village. With two terraces, one facing Takis and the other Paris, in line with the Arc de Triomphe and with a view of the Eiffel Tower, Nodd is an adaptable space equipped with an audiovisual system, accommodating from 40 to 400 people.

Purpose: Seminar venue
Capacity: 40 to 400 people
Address: 1, esplanade de La Défense – 92400 Courbevoie
Contact: Website / email: franck@oxygen-ladefense.fr / 06 42 46 61 20



Mercure Paris La Défense

Located just a few minutes from the Courbevoie station, the 4-star hotel features six modular meeting rooms spanning almost 500 sq.m. There is also a 120-sq.m “food place” for private cocktails, dinners or lunches.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 18-30, rue Baudin – 92400 Courbevoie
Contact: Website / email: murielle.rotondo@accor.com / 01 49 04 75 00



Novotel Paris La Défense Esplanade

Novotel Paris La Défense offers nine modular rooms ranging from 20 to 90 sq.m. The largest room, spanning 172 sq.m, can accommodate more than 100 people.

Purpose: Seminar venue
Capacity: Up to 150 people
Address: 2, boulevard de Neuilly – 92400 Courbevoie
Contact: Website / email: maitena.abeira@accor.com / 01 41 45 23 21



Mercure Paris La Défense Grande Arche

Located near the Grande Arche, Mercure hotel features 11 modular meeting rooms with a total surface area of 130 sq.m to accommodate up to 60 people.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 17-20, esplanade Charles-de-Gaulle – 92000 Nanterre
Contact: Website / email: h1982@accor.com / 01 46 69 68 00



Novotel Paris La Défense Nanterre

A five-minute walk from the Paris La Défense Arena, Novotel Paris La Défense Nanterre offers several modular seminar rooms, accommodating up to 120 people.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: 14, rue des 3 Fontanot – 92000 Nanterre
Contact: Website / email: hb6t8@accor.com / 01 85 78 15 13
Opening Spring 2025



Where to work



Okko Hotels

The Okko Paris La Défense hotel is located in the heart of the Parisian business district. The hotel can accommodate all types of events: seminars, study days, meetings, conferences, team-building days, breakfasts, or team evenings... With three fully-equipped and adaptable seminar rooms, two of which can be combined to create a large 73-sq.m room, up to 60 people can be accommodated.

Purpose: Coworking and seminar spaces

Capacity: 30 to 150 people

Address: 2261, boulevard de La Défense – 92000 Nanterre

Contact: Website / email: nanterre9202@okkohotels.com / 01 49 67 64 13



Regus tour Ariane

Within the impressive Ariane tower, Regus offers a high-quality working environment in the heart of La Défense's business district. Its coworking spaces and meeting rooms are ideal places for productivity.

Purpose: Coworking and seminar spaces

Capacity: Up to 10 people

Address: 5, place de la Pyramide – 92800 Puteaux

Contact: Website / email: partnerships.global@iwgplc.com / 01 55 68 10 10



Paris La Défense Arena

The arena features 13,000 sq.m of entirely modular space. Ten meeting rooms are available, including a conference area for up to 500 people. The 10,000-sq.m stage, surrounded by bleachers, can also be reserved.

Purpose: Seminar venue

Capacity: 500 people and more

Address: 99, jardins de l'Arche – 92000 Nanterre

Contact: Website / email: corpoevent@parisladefense-arena.com



Renaissance Paris La Défense

The Renaissance hotel offers nearly 1,000 sq.m of modular meeting space. Clients can reserve one of the 15 rooms, as well as the conference space, which can accommodate nearly 200 people with an amphitheater layout.

Purpose: Coworking and seminar spaces

Capacity: 150 to 500 people

Address: 60, cours Valmy – 92800 Puteaux

Contact: Website / email: groups@renaissanceladefense.com / 01 41 97 50 50



Pullman Paris La Défense

Pullman's 10 meeting rooms can accommodate up to 190 people and can be adapted to suit your needs. Consultants are available on-site to prepare and manage your event.

Purpose: Seminar venue

Capacity: 30 to 150 people

Address: 11, avenue de l'Arche – 92400 Courbevoie

Contact: Website / email: h3013@accor.com / 01 47 17 50 00



Vive Les Groues

This collaborative and community-oriented third place will enhance your event with an inspiring and compassionate dimension on a 9,000-sq.m brownfield in Nanterre. Several outdoor spaces are available along with an array of original activities, wellbeing and relaxation, gardening, basketry, cosmetics creation workshops, introductory beekeeping classes and much more.

Purpose: Coworking and seminar spaces

Capacity: 150 to 500 people

Address: 290, rue de La Garenne – 92000 Nanterre

Contact: Website / email: bonjour@vivelesgroues.org



A good night's sleep in Paris La Défense

Diverse and qualitative, 85% of hospitality offerings in Paris La Défense are high-end and centrally located. And so, it is possible to book a service apartment, a 3-star room or even a 5-star suite in the business district for your next holiday with your family, your partner, your friends or for a business trip.

3,000 rooms are on offer throughout the business district. Recently, many hotels, for example the Nest Paris La Défense, were renovated and others like Okko Hotels in Nanterre, Mama Shelter in Puteaux and Tribe in Courbevoie, recently opened their doors.

Every hotel has a unique identity and offers various amenities. For example, the Melià, Hilton and Renaissance offer fitness centers, while the Adagio Access Léonard de Vinci has a heated swimming pool. Head over to the Mercure Paris La Défense or Fraser Suites Harmonies or Mama Shelter's rooftop to enjoy the breathtaking view of the historical Paris axis and Grand Paris!



7 residences
featuring serviced
apartments



14
hotels



3,000
rooms



3 to 5
stars

[Learn more](#)



Hotels

HOTEL RESIDENCES



Aparthotel Adagio access Léonard de Vinci

Adagio Access Léonard de Vinci is a short walk from Westfield Les 4 Temps shopping center, and the Paris La Défense Arena. This residence features 115 fully furnished apartments. An indoor heated swimming pool is also available for all guests.

Rating: 4 stars
Type of accommodation: Studios and apartments
Address: 88, rue des Étudiants – 92400 Courbevoie
Contact: [Website](#) / email: h8363@adagio-city.com / 01 41 88 20 00



Aparthotel Adagio La Défense Esplanade

This 4-star fully-equipped tourist residence offers 99 apartments, including two studios accessible for people with reduced mobility. It is located close to both the Paris La Défense Arena and Europe's largest shopping center, Westfield Les 4 Temps. A meal-ordering service is available via a kiosk.

Rating: 4 stars
Type of accommodation: Studios and apartments
Address: 35, cours Michelet – 92800 Puteaux
Contact: [Website](#) / email: h2816@adagio-city.com / 01 47 73 90 90



Aparthotel Adagio access La Défense Puteaux

This residence features 115 apartments, ranging from a studio to a two-room apartment, that can accommodate up to 4 people. They are fully furnished, and the residence also has a laundry room, private parking and a fitness center.

Rating: 3 stars
Type of accommodation: Studios and apartments
Address: 70, rue Roque-de-Fillol – 92800 Puteaux
Contact: [Website](#) / email: h8987@adagio-city.com / 01 55 62 12 00



Aparthotel Adagio La Défense Courbevoie

Few minutes away from the Esplanade de La Défense metro station, this 4-star residence features fully-furnished studios and one-bedroom apartments, that can accommodate 2 to 4 guests. The reception desk is open 24/7.

Rating: 4 stars
Type of accommodation: Studios and apartments
Address: 2-4, place des Pléiades – 92400 Courbevoie
Contact: [Website](#) / email: h9297@adagio-city.com / 01 46 40 85 20



Aparthotel Adagio La Défense Kléber

A short walk away from the Paris La Défense Arena, this 4-star vacation rental features 88 apartments, ranging from studios to two-bedroom apartments. Some of them have a patio or a balcony. It also has a private parking, 24/7 reception and drycleaning service.

Rating: 4 stars
Type of accommodation: Studios and apartments
Address: 73, avenue Gambetta – 92400 Courbevoie
Contact: [Website](#) / email: h6788@adagio-city.com / 01 56 37 20 00



Aparthotel Citadines Paris La Défense

At the foot of the Esplanade de La Défense metro station, to work or spend a weekend, the Aparthotel Citadines La Défense welcomes guests in one of its 234 studios and 2- or 3-room apartments. Half have large balconies on the Seine side, with unbeatable views over Paris, and well-equipped kitchens. The hotel also offers a buffet breakfast overlooking the garden.

Rating: 4 stars
Type of accommodation: Studios and apartments
Address: 1-8, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: ladedefense@citadines.com / 01 58 13 57 57



Fraser Suites Paris La Défense

This 5-star residence is located close to Pont de Neuilly and esplanade de La Défense metro. It features 134 apartments ranging from 30 sq.m to 70 sq.m, most of which have balconies. The apartments are spacious and fully-furnished. The residence also has a fitness center.

Rating: 5 stars
Type of accommodation: Studios and apartments
Address: 6, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: sales.paris@frasershospitality.com / 01 55 23 26 26

3-STAR HOTELS



Ibis Paris La Défense Esplanade

The Ibis Paris La Défense hotel is located at the base of the metro, halfway between the Grande Arche and Arc de Triomphe. It offers 286 rooms, including 140 twin rooms to accommodate one or two people, as well as seated and takeaway dining services.

Type of accommodation: Rooms
Address: 4, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: h0771@accor.com / 01 41 45 40 40



Mama Shelter Paris La Défense

Hotel Mama Shelter is located in Puteaux. It has 211 rooms across 14 floors, including 12 family suites. It offers a variety of catering options, including two restaurants, one of which is at the rooftop and a breakfast buffet.

Type of accommodation: Rooms
Address: 10, rue Jean-Jaures – 92800 Puteaux
Contact: [Website](#) / email: parisladefense@mamashelter.com / 01 40 81 02 02



Hilton Paris La Défense

Located in the heart of the Westfield CNIT building, travel back in time to the 1950s and 60s with these 153 warm and spacious rooms, as well as the meeting rooms and the Muses restaurant.

Type of accommodation: Rooms and suites
Address: Westfield CNIT, 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / email: parisladefenseservations@hilton.com / 01 46 92 10 10



Meliá Paris La Défense

Hotel Meliá is located next to the Takis pool, one of the most emblematic sites of the business district. The rooms are spread across 19 floors. They range from standard room to the deluxe suite with a view of the Eiffel Tower. Guests can head over to Skyline bar to enjoy a drink, savor tapas and take in the scenic view of Paris.

Type of accommodation: Rooms and suites
Address: 3, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: melialadefense@melia.com / 01 75 57 99 00



Mercure Paris La Défense

This hotel features newly renovated rooms with a sleek and earthy decor. There is a rooftop bar on the 12th floor so guests can have a drink while enjoying the scenic beauty of the Eiffel Tower and Grand Paris. Guests can reserve meeting rooms during their stay or take advantage of the fitness center for a quick workout.

Type of accommodation: Rooms
Address: 18-30, rue Baudin – 92400 Courbevoie
Contact: [Website](#) / email: h1546@accor.com / 08 25 80 27 27

4-STAR HOTELS



CitizenM Paris La Défense

This hotel features 175 rooms, some with a view of La Grande Arche, courtesy of panoramic windows. CitizenM offers variety of catering options, breakfast buffet, and a terrace close to the bar and kitchen. Two meeting rooms, a reception area and a collectionM boutique are also available.

Type of accommodation: Rooms
Address: 194, jardins de l'Arche – 92000 Nanterre
Contact: [Website](#) / email: supportpld@citizenm.com / 01 86 65 59 60



Mercure Paris La Défense Grande Arche

The Mercure Paris La Défense Grande Arche features many urban and industrial style rooms that can accommodate up to 3 guests. The hotel also features a bar, a fitness center, seminar rooms and multiple co-working spaces.

Type of accommodation: Rooms
Address: 17-20, esplanade Charles-de-Gaulle – 92000 Nanterre
Contact: [Website](#) / email: h1982@accor.com / 01 46 69 68 00

A good night's sleep



Novotel Paris La Défense Esplanade

Just two minutes from the metro station, the Novotel Paris La Défense hotel provides 280 rooms accommodating up to four people, 9 meeting rooms, a breakfast room and a bar and restaurant, Le Greem, offers a varied, fresh, trendy and plant-based menu made with local produce.

Type of accommodation: Chambres
Address: 2, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: h0747-fb@accor.com / 01 41 45 23 17



Tribe Paris La Défense Esplanade

The Tribe Paris La Défense is one of many 4-star hotels of the business district. Out of 184 rooms, some also have access to the balcony. They offer continental and vegetarian breakfast options.

Type of accommodation: Rooms et suites
Address: 11, rue de l'Abreuvoir – 92400 Courbevoie
Contact: [Website](#) / email: hb879@accor.com / 01 81 22 23 60



Novotel Paris La Défense Nanterre

Novotel Paris La Défense Nanterre will open its doors in spring 2025, featuring 170 rooms, a bright restaurant and bar, meetings rooms and a wellness area with fitness and massage rooms and an indoor swimming pool.

Type of accommodation: Rooms et suites
Address: 14, rue des 3 Fontanot – 92000 Nanterre
Contact: [Website](#) / email: hb6t8@accor.com / 01 85 78 15 13
Opening Spring 2025



Nest Hotel Paris La Défense by MGallery Collection

A true urban cocoon, the Nest offers 151 rooms and suites in the Memphis style of the 1980s. It features meeting rooms, a bistronomic restaurant, and a fitness room.

Type of accommodation: Rooms et suites
Address: 34, cours Michelet – 92060 Paris La Défense
Contact: [Website](#) / email: h0912--re2@accor.com / 01 47 76 44 43



Okko Hotels Paris La Défense

This new hotel offers 4-star rooms for a starry night experience. Straight from the imagination of Studio Catoir and Patrick Norguet, it is located Nanterre, next to the future RER E Nanterre-La-Folie station of Paris La Défense Arena and of the La Grande Arche.

Type of accommodation: Rooms
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: [Website](#) / 01 49 67 64 13



Pullman Paris La Défense

The Pullman Paris La Défense offers 382 spacious, contemporary rooms and suites for up to four people. It also features a fitness room, hammam and a dozen meeting rooms.

Type of accommodation: Rooms et suites
Address: 11, avenue de l'Arche – 92400 Courbevoie
Contact: [Website](#) / email: h3013@accor.com / 01 47 17 50 00



Renaissance Paris La Défense

Few meters away from the Westfield Les 4 Temps shopping center and the Paris La Défense Arena, Renaissance has blended modern and industrial style in its 330 rooms. It also features meeting spaces, a fitness center and a restaurant.

Type of accommodation: Rooms et suites
Address: 60, cours Valmy – 92800 Puteaux
Contact: [Website](#) / email: groups@renaisanceladefense.com / 01 41 97 50 50

5-STAR HOTELS

Information Center *Paris La Défense*

Located in the heart of the business district, near the Agam fountain, the Information Center is open to visitors of the business district from Monday to Friday between 9 a.m. to 6 p.m. This space is dedicated to answer all your queries about the business district, provide brochures, support for visitors and to also inform you about ongoing activities and events.

15, place de La Défense – 92400 Courbevoie
info@parisladefense.com
 Phone number: 01 47 74 84 24



Our information materials

Our website parisladefense.com will give you the latest updates about the business district, the events calendar, dedicated sections for different places to explore, history of the business district, directions to reach the business district as well as the ongoing and upcoming projects and events. **Subscribe** to our [newsletter](#).

Paris La Défense is also available on social media:

- [LinkedIn](#), to stay up-to-date about major projects.
- [X](#), for direct updates about Paris La Défense.
- [Facebook](#), for the district contacts.
- [Instagram](#), with stunning photos and videos of the site.
- [TikTok](#), for the district events!
- [Youtube](#), for the district events.



Hard copies of the guides are available at the Espace Info Paris La Défense information desk:

- **Pedestrian map**, find yourself surrounded by towers!
- **Work-of-art trail**, to spot all 60 pieces of the outdoor collections.
- **Magazine d'actualités**, to follow the latest trends in the district.
- **Brochure**, to find out all about Paris La Défense and future developments.

You can **download** the guides on our [notre website](#).



Your contacts

For more information:
email communication@parisladefense.com / 01 46 93 19 00



For professionals, please contact:
Anne de Livonnière,
Project manager
Corporate and International Relations
adelivonniere@parisladefense.com

Paris La Défense

Cœur Défense Tour B
110, esplanade du Général-de-Gaulle
92932 Paris La Défense

parisladefense.com

Paris La Défense • March 2025 • Concept by: IDIX • Cover photo: Augustin Detienne • Photo credits: Abaca Press Francesco Luciani / Abaca Press Giuliano Ottaviani / Abaca Press Antoine Huot / Westfield / Sabrina Budon / Blocbuster / Constance Decorde / Grégoire Crétonin / Augustin Detienne / Crossfit Grande Arche / Crossfit Factory / Dynamo Cycling / Orange Emissive 2021 / Fitness Park / Forest Hill / Hapik / Illucity / 11H45 / Teddy Lair / La Outdoor dining / Neones / Pif à Papa / Team Break / Urban Soccer / CD92-Julia Brechler / Benedite Topuz / CD92-Martin Argyroglo / Hadrien Picard / Adagio / Citadines / Citizen M / Fraser / Hilton / Novotel-Ibis / Mama Shelter / Melià / Mercure / Nest / Pullman / Renaissance / Okko Hotels / Tribe / Noccio / Francis Amian / Abaca Press Antoine Huot / Châteaufarm' / CNIT Forest / Comet / Imagin'Office / Carlos Ayesta / Pierre Chatel-Viparis / Yvan Rossignol / Patrice Maurein / Fra / Paris La Défense.

