

# Business Guide

March 2025 - Paris La Défense



PARIS  
LA  
DÉFENSE

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Discover  
the area  
by video



# Paris La Défense

## *Much more than just a business district!*

**P**aris La Défense, Europe's leading business district and the fourth most attractive business district in the world, is not just the home of numerous companies. Over the past sixty years, it has become a vibrant and thriving residential neighborhood in its own right. Today, the district boasts 200,000 employees and more than 2,800 companies. 75% of these are corporate HQs and 41% are foreign companies. Its economic fabric continues to diversify, with the emergence of new business sectors and the establishment of higher education institutions.

Located just ten minutes from the heart of Paris and a few hours from Europe's major capitals, the area is served by one of the world's most extensive transportation networks, which will be further enhanced in the coming years with the arrival of the Eole and the Grand Paris Express rail lines.

Unique in France for its urban verticality, Paris La Défense is also a hotbed of architectural and artistic creation, with its emblematic towers and open-air museum. The district's appeal is underscored by a diverse and top-quality array of leisure activities, restaurants, accommodations, and spaces for social gatherings. The district's vital pulse also keeps the beat with major events, such as the Garden Parvis festival, charity races and the traditional Christmas market.

The district is constantly evolving to meet the needs of its users, always ahead of the curve. This is made possible by the efforts of Paris La Défense, a public organization which develops, operates and enlivens the area in line with its strategic vision ([see page 38](#)). To this end, the organization is inviting the region's major players and businesses to participate in this project through numerous initiatives.



## Business

**1st**  
EUROPE'S PREMIER  
BUSINESS DISTRICT

**2800**  
COMPANIES  
including 600 big  
businesses

**200,000** EMPLOYEES  
**50,000** LOCAL RESIDENTS  
**70,000** STUDENTS

The world's  
**4th**  
most  
attractive  
business  
district

**1/3** of the  
CAC 40  
**41%** of foreign  
companies

**3.8**  
millions  
sq. m  
of offices in  
La Défense

*Real estate supply*




**France's only  
high-rise district**  
with 61 skyscrapers

**76 m**  
(250 feet) Average  
building height

**TOP 5** THE LINK  
FIRST  
HEKLA  
MAJUNGA  
T1  
tallest buildings

## Lifestyle

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

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

**50**   
INSTITUTIONS  
of higher learning

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

  
**2,200**  
bicycle racks  
**635**  
protected spaces  
in parking lots

More than  
**16.4 km**  
of bicycle lanes

One of the largest shopping centers in Europe

**Westfield Les 4 Temps - CNIT**

**Paris  
La Défense Arena**  
  
**45,000**  
seats

Largest indoor concert  
hall in Europe

More than  
**60**  
works  
of art

More than  
**150**   
restaurants  
**20**   
food trucks

# The 10 assets of Paris La Défense

Moving to Paris La Défense means choosing to join an ecosystem of companies of all sizes, from a wide range of diverse yet complementary business sectors, with customers, suppliers and future talent all within easy reach. But these are not the only factors that make the district exceptional:

## #1

**Its international scope:**

4<sup>th</sup> most attractive business district in the world, over 41% of companies are foreign.

## #2

**A diverse economic fabric:**

start-ups, healthcare, banking, insurance, consulting, energy, tech, luxury, textile... Home to companies of all sizes ([see page 7](#)).

## #3

**A thriving ecosystem**

**boasting:** community events ([see page 28](#)), iconic spots to gather, a network of community organizations ([see page 10](#)), a growing student body...

## #4

**Its exceptional public transportation:**

RER regional rail lines, subways, trams, regional trains, bus lines ([see page 13](#)).

## #5

**A residential neighborhood in its own right,** with a wide

selection of restaurants, athletic and cultural events, permanent art collections, shopping centers, facilities for sports and leisure ([see page 27](#)).

## #6

**A destination for events:** rich programming; a wide range of spaces for conventions, conferences, and seminars, and 3,000 hotel rooms ([see page 20](#)).

## #7

**An area in constant development:**

Underway: the Place de La Défense in renovation, the Park project to green public space, the Rose de Cherbourg transformed into a high line... ([see page 39](#)).

## #8

**An environmentally**

**conscious district:** strong commitments to reducing its carbon footprint, eco-responsible events, PLD Can B program, the Cube energy efficiency championship ([see page 38](#)), multiplying bike paths ([see page 42](#)).

## #9

**A neighborhood appreciated by its occupants:**

89 % of employees say that Paris La Défense is a great place to work (2024 Satisfaction Survey - Viavoice).

## #10

**A business partner for you:**

Paris La Défense helps newcomers settle in and facilitates networking with numerous local players ([see page 6](#)).



# The Paris La Défense Welcome Pack

**D**esigned for companies new to the area, our Welcome Pack offers personalized support to help you settle into the business district via four key services:

- a single point of contact to support you throughout your project and answer any questions on signage, transportation issues, real estate projects and even local events;
- working hand in hand with your employees to facilitate their arrival. Paris La Défense offers a range of services including guided tours, in-house and on-site presentations, and brochures to help you discover the area's many attractions;
- the chance to make a splash with your launch thanks to our communication tools, which can promote your move to the area to your customers and partners;
- the ability to network with other Paris La Défense players, institutions, companies, and organizations.

Welcome Pack also gives you the opportunity to remain up to date with local news and events thanks to newsletters or the digital kit, which will be made available to you upon request.

**For everything there is to know about the Welcome Pack and Paris La Défense's business support services, please contact:**



**Anne Buquet**

Project Manager, Corporate Relations and Higher Education  
Regional and International Promotion Division

By email at [abuquet@parisladefense.com](mailto:abuquet@parisladefense.com)  
or by phone at 06 24 98 70 76

# A diversified economic fabric

Europe's leading business district is home to a great number of companies of all sizes and across every industry sector with national and international scope.

## Fashion, Streetwear



## Law



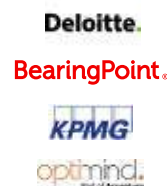
## Finance, Insurance, Banking



## Energy



## Audit & Consulting



## Industry & Manufacturing



## Information & Communication



## Healthcare



## Other sectors



# High quality higher education

Over the years, Paris La Défense has attracted more than 50 institutions of higher education with a wide range of specialties, all benefiting from a strategic location in the heart of the economic hub of Grand Paris.

## Business & management



## Engineering & IT



## Digital



## Others



## University



## Finance



[Learn more](#)





## Joining the clubs *of Paris La Défense*

In order to implement its strategic vision, Paris La Défense is multiplying its initiatives throughout the region while encouraging various stakeholders to reflect on and act in favor of the business district's future.

Joining Paris La Défense also means taking seriously the opportunity to become part of an ecosystem of dedicated companies, each one eager to contribute sustainably to the district's social, environmental, and economic development. Within this framework, the Paris La Défense public organization relies on its member companies' collective strength, which it federates to steward common projects

By forming industry-specific clubs and communities, Paris La Défense also fosters synergistic partnerships among the region's major players, which face shared social and economic challenges.

The aim is to strengthen ties between companies, to bring neighbors together, and to push initiatives from every sector, public or private, to cross-pollinate and inspire one another, all while benefiting from each other's presence in a rich and dynamic district.

[Learn more](#)







### Paris La Défense Campus

The number of students has more than doubled in the last five years, and the area now boasts over 70,000 students and 50 establishments of higher education. To provide the best possible welcome for students, Paris La Défense is committed to establishing the “Paris La Défense Campus.” This implies making student life an integral part of the city by collectively devising a comprehensive development policy that will cover student accommodation, dining, sports and any other services that can be identified and shared. The aim is also to develop connections between students and neighboring businesses.

**Contacts:** Anne Buquet, Project Manager, Business and Higher Education Relations, [abuquet@parisladefense.com](mailto:abuquet@parisladefense.com) / François Malgorn, Project Manager for Planning and Strategy, [fmalgorn@parisladefense.com](mailto:fmalgorn@parisladefense.com)



### Directors of CSR and Sustainable Development Club

Companies, along with their partners, are now aware of the tenets of corporate social responsibility (CSR) and are each taking on individual actions to comply with this framework. Paris La Défense offers companies the opportunity to join a genuine community for directors of sustainable development and CSR. Four times a year, friendly get-togethers are organized so that everyone can learn more about the range of social and environmental initiatives being carried out in the area, imagine future ones, and share a space of reflection with all those involved in implementing social, societal and environmental change.

**Contacts:** Anne Buquet, Project Manager, Business and Higher Education Relations, [abuquet@parisladefense.com](mailto:abuquet@parisladefense.com) / Karen Conrard, Director of CSR, [kconrard@parisladefense.com](mailto:kconrard@parisladefense.com)



### HR Experts Club

Today, Paris La Défense is home to 180,000 employees in companies ranging from SMEs to major corporations across all industries. The public organization holds regular meetings with experts on current HR issues to foment innovation, progress, and collective solution-building. These get-togethers provide an opportunity to enrich one's network, exchange ideas among neighbors, establish a foothold in the region, and launch new projects.

**Contacts:** Anne Buquet, Project Manager, Business and Higher Education Relations, [abuquet@parisladefense.com](mailto:abuquet@parisladefense.com) / Laëtitia Wehmeyer, Director of Employee Experience, [lwehmeyer@parisladefense.com](mailto:lwehmeyer@parisladefense.com)



### MICE & Leisure Club

Paris La Défense is home to numerous players in the business and leisure tourism industries, which get together every quarter to share news about their activities and the district. The public organization and its MICE & Leisure partners aim to promote Paris La Défense as an ideal destination for hosting all-inclusive events, be they for business or leisure, and as a genuine tourist destination.

**Contact:** Anne de Livonnière, Project Manager, Tourism and BtoB Events, [adelivonniere@parisladefense.com](mailto:adelivonniere@parisladefense.com)



### GBD Innovation Club

Created in 2018, the Global Business Districts Innovation Club brings together 15 of the world's most prestigious business districts. Club members meet regularly to discuss specific topics or engage in learning expeditions to share best practices for high-stakes issues, such as maintaining a business district's appeal. Find out all the latest news about the club and its members on their [website](https://www.parisladefense.com/en/innovation-club).

**Contact:** Julia Solodova, Head of Development Projects, [jsolodova@parisladefense.com](mailto:jsolodova@parisladefense.com)



### Paris La Défense Can B (PLD+B)

With the PLD+B program, Paris La Défense became the 1<sup>st</sup> French municipality to join the international “Cities Can B” movement. Through this initiative, Paris La Défense aims to help companies assess their environmental, social, and societal impact to define a path towards shared progress, while also to reflecting collectively on the area's transformation. Everyone is invited to participate in this program which facilitates exchange and collaboration. The PLD+B program does not include any certification; it takes place over six three-hour work sessions.

**Contacts:** Anne Buquet, Project Manager, Business and Higher Education Relations, [abuquet@parisladefense.com](mailto:abuquet@parisladefense.com) / Karen Conrard, CSR Director, [kconrard@parisladefense.com](mailto:kconrard@parisladefense.com)



## Getting involved in Paris La Défense

**A**t Paris La Défense, we are convinced that... Community organizing and civic engagement can make a difference! Numerous events are organized throughout the year ([see page 28](#)) to support causes such as environmental preservation or the fight against cancer.

There are many non-profit organizations at work in the district, offering companies and employees the chance to support people living in great precarity or isolation. There's no shortage of ways to get involved, and these initiatives allow people to come together around common issues, building a better world for everyone.

The public organization also invests in non-profits, either by funding them directly or promoting their initiatives. The coming months will see the creation of a regional endowment fund which will enable Paris La Défense to bring together local investors and companies to co-develop and co-finance local initiatives.

[Learn more](#)



# The community organizations



## Association du Site de La Défense

ASD, founded in 1991, works with at-risk youth aged 11 to 25. The team of educators conducts outreach with its “community van” to foster positive social bonds. You can support ASD by sponsoring skill-development workshops, participating in social actions, financing street workshops or educational retreats, or by providing professional and recreational spaces.

**Hours:** From Monday to Friday from 10 a.m. to 6 p.m.

**Address:** Notre-Dame de Pentecôte 1, parvis de La Défense – 92800 Puteaux

**Info:** [Website](#) / 01 46 98 00 49



## Crée ton avenir

Certified by the French Ministry of Education, for the past ten years the non-profit organization Crée ton Avenir!!! - France (CTA France) has been helping secondary school students take control of their futures. Last year, more than 10,000 young people across the region benefited from the organization’s services, and more than 600 employees were involved in its support programs. We propose turnkey solutions to meet companies’ HR needs.

**Address:** 5, rue Alphonse-Bertillon – 75015 Paris

**Info:** [Website](#) / email: [contact@cree-ton-avenir.fr](mailto:contact@cree-ton-avenir.fr) / 09 50 30 79 24

**Contact:** Corinne Gestin, Head of Private Partnerships, [cgestin@cree-ton-avenir.fr](mailto:cgestin@cree-ton-avenir.fr)



## Ensemble2générations

The organization offers intergenerational housing and cohabitation solutions for young people (18 to 30) and seniors over 60. Each gives the other a helping hand: the young person benefits from low-cost accommodation, while the senior citizen enjoys a reassuring presence in the evening and at night.

**Info:** Véronique Lascorz, Director Ensemble2générations Hauts-de-Seine /

email: [v.lascorz@ensemble2generations.fr](mailto:v.lascorz@ensemble2generations.fr) / 06 35 34 04 74



## Entourage

Entourage’s mission is to mobilize civil society to create support networks for marginalized populations, enabling them to build a resilient social and professional environment through three spheres of action (the Entourage network, LinkedOut and Entourage Sport). You can get involved by becoming a coach, a connector, or an ambassador.

**Info:** [Website](#) / [Mobile Entourage Application](#) /

email: [ambassadeurs@entourage.social](mailto:ambassadeurs@entourage.social)



## Habitat & Humanisme Île-de-France

Throughout the Île-de-France region, this organization allows people in precarious living situations to access housing and regain their confidence and independence. They currently provide housing to over 1,600 households and provide continued support to more than 1,000 of them. These projects are carried out by 120 employees and 650 volunteers, who work together to combat the exclusion and isolation of the most vulnerable members of our society. Donors, volunteers, and corporate partners can all support the organization’s mission.

**Info:** [Website](#) / email: [ile-de-france@habitat-humanisme.org](mailto:ile-de-france@habitat-humanisme.org) / 01 40 19 15 15



## La Maison de l'Amitié La Défense

The organization conducts outreach missions for people living in isolation or in great precarity, whether they be residents or transiting through La Défense, by offering them a daily welcome in a friendly space. Numerous volunteer opportunities are available. Companies can support and help the organization by planning collection drives or by sponsoring the organization financially.

**Volunteer Hours:** From Monday to Friday 8 a.m. to 4 p.m. and Saturday from 8 a.m. to 12 p.m.

**Info:** [Website](#) / volunteer email: [mmoustakaly@lamaisondelamitie.fr](mailto:mmoustakaly@lamaisondelamitie.fr) / 06 48 43 90 72



## The community organizations



### La Salle à manger

Thanks to the contributions of employees who come here for lunch, this community restaurant serves full menus at the cost of €1 to La Défense residents living in precarity. The restaurant also hires individuals on the path to re-insertion into the workforce and combats food waste. Companies can contribute financially to the organization; employees can help in the kitchen, at the front counter, or in the dining room.

**Volunteer Hours in the kitchen:** From Monday to Friday, from 9 a.m. to 11:30 a.m. or from 2:30 p.m. to 4:30 p.m.

**Volunteer hours for front counter and dining room:** From Monday to Friday, from 12 p.m. to 2 p.m.

**Address:** 2, patio de la Pyramide – 92800 Puteaux

**Info:** [Website](http://Website) / volunteer email: [bonjour@salleamanger.org](mailto:bonjour@salleamanger.org) / 06 98 19 29 57



### Le Chaînon manquant

The organization Le Chaînon Manquant has been combating food waste and insufficiency since 2014. Every day, volunteers collect surplus food from retailers and redistribute it directly to nearby community centers with their refrigerated van. The organization is looking for volunteers to help with food collection and distribution.

**Hours:** 4h-long missions leaving from La Défense

**Address:** 61, rue Henri-Regnault – 92400 Courbevoie

**Info:** [Website](http://Website) / volunteer email: [animation-paris@lechainon-manquant.fr](mailto:animation-paris@lechainon-manquant.fr) / 07 68 81 33 02



### Secours Populaire

The Secours Populaire Français mobilizes the age-old tradition of mutual aid to bring about a more just and caring world. In order to serve the most marginalized people, the organization carries out a wide range of activities and gives financial support to numerous projects that provide resources to underprivileged and distressed populations. The organization is looking for volunteers to participate in actions on the field such as food collection, sorting donations, and organizing garage sales, community meals, or even cultural outings or vacations for underserved families in the Hauts-de-Seine region.

**Hours:** From 9:30 a.m. to 12 p.m. and from 2 p.m. to 5 p.m.

**Info:** [Website](http://Website) / email: [contact@spf92.org](mailto:contact@spf92.org) / volunteer email: [benevolat@spf92.org](mailto:benevolat@spf92.org)



# Getting to Paris La Défense?



## Public transportation

Paris La Défense boasts one of the world's finest public transport networks, set to grow further with 2 of the RER E stations opening in 2024, and line 15 west of the Grand Paris Express opening in 2030.

Lines serving Paris La Défense:

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

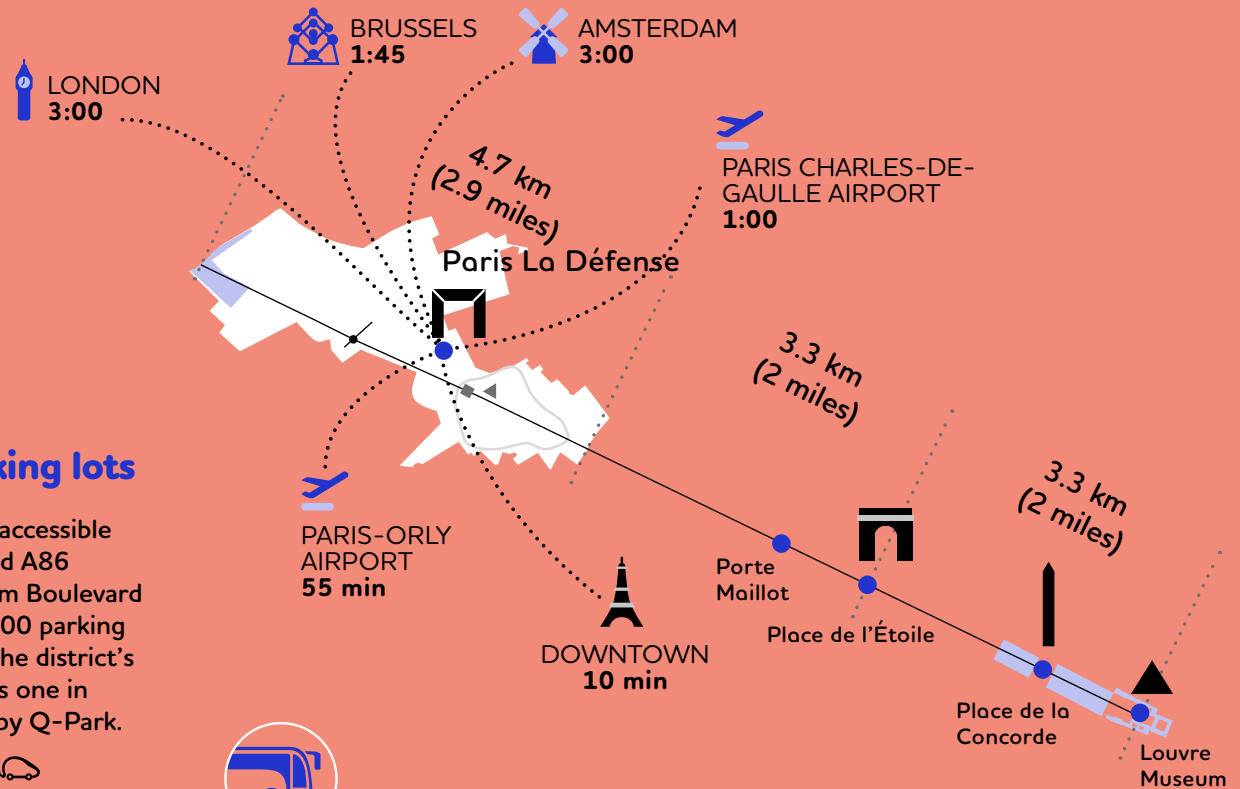


## La Défense parking lots

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/en/paris-la-defense) 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](mailto: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.





## Organizing your professional event in Paris La Défense

**A**re you looking for the ideal venue for your meeting, conference, or corporate event? Are you looking for a quiet place to work for a few hours or a few days? Paris La Défense offers more than 35 coworking and seminar spaces, with rooms that can accommodate up to 1,200 people! A truly diverse selection!

Want a view of L'Axe de la Défense for your meetings? Book a room in Tower A of the Coeur Défense building or in the convention space of the Landscape Tower. Looking to organize events in the heart of La Défense's historic district? Châteauform' CNIT provides a terrace of almost 1,000 sq.m while the CNIT Forest proffers its clients a space of 20,000 sq.m.

Need space for small groups, or to work alone, or with others... Visit Icône Oxygen or Comet. If you're planning to stay for several days, many of our hotels can provide meeting rooms or amphitheaters. Our convention centers will be happy to help you organize your event!



**35** coworking  
and seminar spaces

[Learn more](#)





## Coworking and seminar spaces



### Aparthotel Adagio access La Défense Puteaux

The two seminar rooms at the Adagio Access La Défense Puteaux residence can accommodate nearly 70 people each.

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



### 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](mailto:event@blocbuster.fr) / 01 41 30 14 04



### 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](mailto:event@campuscyber.fr)



### 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](mailto:monnouveau projet@chateauform.com) / 01 79 35 35 35



### 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](mailto:sespinasse@chateauform.com) / 01 83 79 25 25



### 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](#)



### 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](mailto:coeurdefense.conferences.fr@sodexo.com) / 01 49 03 96 37



### 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](mailto:contact-fr@comet.team) / 01 84 80 67 00

## Coworking and seminar spaces



### CourbevoiEvent

Located in downtown Courbevoie, CourbevoiEvent offers several venues for groups and companies. Select rooms can accommodate up 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](mailto:service.commercial@cec92.com) / 01 71 02 73 62



### Deskeo La Défense

Located at 13 Cours Valmy in Puteaux, Deskeo features coworking spaces, a 200-seat auditorium, a company restaurant and a fitness area.

**Purpose:** Coworking space  
**Capacity:** 30 to 150 people  
**Address:** 11-13, cours Valmy – 92800 Puteaux  
**Contact:** [Website](#) / email: [sales@deskeo.fr](mailto:sales@deskeo.fr) / 01 83 75 04 70



### Hilton Paris La Défense

The Hilton hotel offers 470 sq.m of event space, including an ample 239 sq.m hall and eight meeting rooms, complete with support services to organize events and book rooms for participants.

**Purpose:** Coworking and seminar spaces  
**Capacity:** 30 to 150 people  
**Address:** 2, place de La Défense – 92053 Puteaux  
**Contact:** [Website](#) / email: [parisladefense\\_events@hilton.com](mailto:parisladefense_events@hilton.com) / 01 46 92 10 04



### 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



### 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: [h0771-gm@accor.com](mailto:h0771-gm@accor.com) / 01 41 97 40 40



### 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. Modular spaces are available for hosting meetings, as well as for working sessions spanning from hours to days.

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



### 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](mailto:contact@imaginoffice.com) / 01 41 57 76 61



### 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](mailto:contact@maison-a-event.fr)







## Coworking and seminar spaces



### 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](https://www.mamashelter.com) / email: [events.parisladefense@mamashelter.com](mailto:events.parisladefense@mamashelter.com) / 01 84 80 67 00



### 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](https://www.meliaparis.com) / email: [groups.parishotels@melia.com](mailto:groups.parishotels@melia.com) / 01 75 57 99 00



### Mercure Paris La Défense

Located just minutes from the Courbevoie rail station, this 4-star hotel offers six modular meeting rooms with a total surface area of nearly 170 sq.m. There is also a 180 sq.m dining area for private lunches, dinners or cocktail receptions.

**Purpose:** Coworking and seminar spaces

**Capacity:** 30 to 150 people

**Address:** 18-30, rue Baudin – 92400 Courbevoie

**Contact:** [Website](https://www.mercurehotels.com) / email: [h1546@accor.com](mailto:h1546@accor.com) / 01 49 04 75 00



### 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](https://www.mercurehotels.com) / email: [h1982@accor.com](mailto:h1982@accor.com) / 01 46 69 68 00





## Coworking and seminar spaces



### Morning

Located inside the Légende tower, Morning offers brand-new coworking spaces. The company rents out both private offices and shared spaces on a monthly basis.

**Purpose:** Coworking space  
**Capacity:** 10 to 30 people  
**Address:** 20, place de La Défense – 92800 Puteaux  
**Contact:** [Website](#) / 01 84 80 07 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@accor.com](mailto:h0912@accor.com) / 01 47 76 44 43



### 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](mailto:franck@oxygen-ladefense.fr) / 06 42 46 61 20



### 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: [h0747@accor.com](mailto:h0747@accor.com) / 01 41 45 23 23



### 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](mailto:hb6t8@accor.com) / 01 85 78 15 13  
**Opening Spring 2025**



### 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](mailto:nanterre9202@okkohotels.com) / 01 49 67 64 13



### 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](mailto:corpoevent@parisladefense-arena.com)



### Pullman Paris La Défense

Pullman's meeting rooms can accommodate up to 130 participants depending on the nature of the event. On-site consultants are available to prepare and manage your event on the big day.

**Purpose:** Seminar venue  
**Capacity:** 30 to 150 people  
**Address:** 11, avenue de l'Arche – 92400 Courbevoie  
**Contact:** [Website](#) / email: [h3013@accor.com](mailto:h3013@accor.com) / 01 47 17 50 00

## Coworking and seminar spaces



### Regus at Ariane tower

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](mailto:partnerships.global@iwgplc.com) / 01 55 68 10 10



### Regus at CB21 tower

In the heart of the CB21 tower, this Regus site is conveniently located near all transportation options. Bright workspaces, including three meeting rooms and private offices, can be booked for a day or long-term period.

**Purpose:** Coworking and seminar spaces

**Capacity:** 10 to 30 people

**Address:** 10, place de l'Iris – 92800 Puteaux

**Contact:** [Website](#) / email: [partnerships.global@iwgplc.com](mailto:partnerships.global@iwgplc.com) / 01 85 65 81 00



### 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](mailto:groups@renaissanceladefense.com) / 01 41 97 50 50



### Spaces

Next to La Grande Arche, in the Le Belvédère building, Spaces offers you the chance to set up your own personalized workspace, near your colleagues, so that you can make the most of the common areas together.

**Purpose:** Coworking space

**Address:** 1-7, cours Valmy – 92800 Puteaux

**Contact:** [Website](#) / email: [ladefense@spacesworks.com](mailto:ladefense@spacesworks.com) / 01 87 16 80 00



### Vive Les Groves

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@vivelesgroves.org](mailto:bonjour@vivelesgroves.org)



### Wojo Cœur Défense

In one of the towers of Cœur Défense, Wojo offers over 300 workstations in shared or private offices. Wojo has also opened coworking spaces in various hotels throughout the business district.

**Purpose:** Coworking space

**Address:** 110, esplanade du Général-de-Gaulle – 92400 Courbevoie

**Contact:** [Website](#) / email: [elisa@wojo.com](mailto:elisa@wojo.com) / 09 70 73 41 15



### Work & Share

Work & Share has opened two coworking spaces, one in the Delta building in Nanterre, the other in the Franklin tower in La Défense. Shared spaces and private offices are made available to visitors.

**Purpose:** Coworking space

**Addresses :**

Work & Share La Défense : 100-101, terrasse Boieldieu – 92800 Puteaux

Work & Share Nanterre : 5, boulevard des Bouvets – 92000 Nanterre

**Contact:** Work & Share La Défense : [Website](#) /

email: [la-defense-franklin@workandshare.com](mailto:la-defense-franklin@workandshare.com) / 01 85 78 78 89

Work & Share Nanterre : [Website](#) / email: [nanterre@workandshare.com](mailto:nanterre@workandshare.com) / 01 85 78 23 31





## Hotels, restaurants *the options are endless!*

**H**oping to welcome your clients, invite your partners or host a lunch for your team? Paris La Défense offers a wide selection of hotels and restaurants.

85% of the area's hotels are mid-range or high-end, a diverse top-of-the-line array. You can stay in a condo-style apartment, a 3-star room or even a 5-star suite!

With more than 150 restaurants, Paris La Défense's culinary scene is rich and ready to satisfy all tastes! The district also boasts some 20 food trucks offering a variety of specialties for lunch, as well as two coffee trucks to complement your mornings.

20  
food trucks

More than  
150  
restaurants

21  
hotels

3,000  
hotel rooms



# Bars and restaurants

[Learn more](#)



## 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



### 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@renaissanceladefense.com](mailto:gaetano.pollicino@renaissanceladefense.com) / 01 41 97 50 11



### 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](mailto: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

**Contact:** 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

## A gourmet district



### Les Gentlemen

The restaurant Les Gentlemen, just a few minutes from the Paris La Défense Arena, is the perfect place to dine or have a drink after a match or a concert.

**Specialty:** French  
**Outdoor dining:** Yes  
**Opening hours:** From Monday to Sunday, all day  
**Address:** 187, jardins de l'Arche – 92000 Nanterre  
**Contact:** [Website](#)



### Mama Shelter – Sports bar

The Sports Bar of the Mama Shelter Hotel is perfect for having a beer in front of the game, while enjoying arancini, chicken dips, home fries or focaccia.

**Specialty:** French/Italian  
**Outdoor dining:** No  
**Opening hours:** From Monday to Wednesday, 5 p.m. to midnight, from Thursday to Saturday, 5 p.m. – 1:30 a.m.  
**Address:** 10, rue Jean-Jaurès – 92800 Puteaux  
**Contact:** [Website](#) / 01 40 81 02 02



### 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.

**Specialty:** 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](mailto:contact@oxygen-ladefense.fr)



### 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.

**Specialty:** French  
**Outdoor dining:** Yes  
**Opening hours:** Monday to Friday for lunch and dinner  
**Address:** 30, place de l'Iris – 92400 Courbevoie  
**Contact:** [Website](#) / email: [lou@pourvivrehoureux.cafe](mailto:lou@pourvivrehoureux.cafe) / 01 47 58 48 44



### Tusk

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!

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



### Vingko

Vingko is a restaurant at the Mercure Paris La Défense hotel. In a vegetal setting, he offers to taste plates of charcuterie, avocado toast or even bowls.

**Specialty:** French  
**Outdoor dining:** No  
**Opening hours:** Monday to Sunday, 7 a.m. to midnight  
**Address:** 18, rue Baudin – 92400 Courbevoie  
**Contact:** [Website](#) / email: [contact@vingko.com](mailto:contact@vingko.com) / 01 49 04 75 22

## 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.

**Specialty:** 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



### Greem

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

**Specialty:** 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



### 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 a view of esplanade de La Défense esplanade and Takis Pool.

**Specialty:** 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



## 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](mailto:muses.ladefense@hilton.com) / 01 46 92 10 35



### 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/Spanish

**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](mailto:contact@oxygen-ladefense.fr) / 01 84 20 06 58



### 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 44 43



### Quinte & Sens

Quinte & Sens offers a true culinary experience thanks to its open kitchen and varied menu of dishes created using local and organic ingredients. You can also take advantage of the outdoor dining area and the Arti Bar.

**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](mailto: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](mailto:hb879@accor.com) / 01 81 22 23 60

## ROOFTOP WINING & DINING



### Le XII

Located on the 12<sup>th</sup> 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](mailto: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 19<sup>th</sup> 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

# Hotels

## APARTHOTELS



### 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.

**Accommodation types:** Studios and apartments  
**Address:** 88, rue des Étudiants – 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [h8363@adagio-city.com](mailto:h8363@adagio-city.com) / 01 41 88 20 00



### Aparthotel Adagio La Défense Esplanade

This 3-star vacation rental residence features 99 apartments, including two studios for PR. It is close to both the Paris La Défense Arena and Europe's largest shopping center, the Westfield les 4 Temps. A kiosk food service is also available.

**Rating:** 3 stars  
**Accommodation types:** Studios and apartments  
**Address:** 35, cours Michelet – 92800 Puteaux  
**Contact:** [Website](http://Website) / email: [h2816@adagio-city.com](mailto: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  
**Accommodation types:** Studios and apartments  
**Address:** 70, rue Roque-de-Fillol – 92800 Puteaux  
**Contact:** [Website](http://Website) / email: [h8987@adagio-city.com](mailto: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  
**Accommodation types:** Studios and apartments  
**Address:** 2-4, place des Pléiades – 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [h9297@adagio-city.com](mailto: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 dry-cleaning service.

**Rating:** 4 stars  
**Accommodation types:** Studios and apartments  
**Address:** 73, avenue Gambetta – 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [h6788@adagio-city.com](mailto:h6788@adagio-city.com) / 01 56 37 20 00



### Appart Hôtel Citadines La Défense Paris

This is a pet-friendly, modern and fully furnished 3-star service apartment. It offers a range of services including a private parking, a breakfast room with an all-you-can-eat buffet, a lobby are and access to the business center.

**Rating:** 4 stars  
**Accommodation types:** Studios and apartments  
**Address:** 1-8, boulevard de Neuilly – 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [ladeffense@citadines.com](mailto:ladeffense@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  
**Accommodation types:** Studios and apartments  
**Address:** 6, boulevard de Neuilly – 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [sales.paris@frasershospitality.com](mailto:sales.paris@frasershospitality.com) / 01 55 23 26 26



## 3-STAR HOTELS



### Ibis Paris La Défense Esplanade

Ibis Paris La Défense Esplanade, is a short walk away from the esplanade, halfway between La Grande Arche and l'Arc de Triomphe. It is a 3-star hotel featuring 286 rooms that can accommodate two or three guests.

**Accommodation types:** Rooms  
**Address:** 4, boulevard de Neuilly – 92400 Courbevoie  
**Contact:** [Website](#) / email: [h0771@accor.com](mailto:h0771@accor.com) / 01 41 97 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.

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

## 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.

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



### Hilton Paris La Défense

The Hilton Paris La Défense is located in CNIT and features 4-star rated many rooms suites. Guests can enjoy a variety of catering options, a fitness center and meeting rooms.

**Accommodation types:** Rooms and suites  
**Address:** CNIT, 2, place de La Défense – 92053 Paris La Défense  
**Contact:** [Website](#) / email: [parisladefenseservations@hilton.com](mailto: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..

**Accommodation types:** Rooms and suites  
**Address:** 3, boulevard de Neuilly – 92400 Courbevoie  
**Contact:** [Website](#) / email: [melia.ladefense@melia.com](mailto:melia.ladefense@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.

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



### 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.

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

## A good night's sleep



### Novotel Paris La Défense Esplanade

The Novotel Paris La Défense Esplanade is a 4-star hotel featuring 280 rooms. It also offers other amenities like conference rooms, a restaurant, 4 breakfast options.

**Accommodation types:** Rooms  
**Address:** 2, boulevard de Neuilly – 92400 Courbevoie  
**Contact:** [Website](#) / email: [h0747@accor.com](mailto:h0747@accor.com) / 01 41 45 23 23



### 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.

**Accommodation types:** Rooms and suites  
**Address:** 14, rue des 3 Fontanot – 92000 Nanterre  
**Contact:** [Website](#) / email: [hb6t8@accor.com](mailto:hb6t8@accor.com) / 01 85 78 15 13  
**Opening Spring 2025**



### 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.

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



### 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.

**Accommodation types:** Rooms and suites  
**Address:** 60, cours Valmy – 92800 Puteaux  
**Contact:** [Website](#) / email: [groups@renaissanceladefense.com](mailto:groups@renaissanceladefense.com) / 01 41 97 50 50



### 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.

**Accommodation types:** Rooms and suites  
**Address:** 11, rue de l'Abreuvoir – 92400 Courbevoie  
**Contact:** [Website](#) / email: [hb879@accor.com](mailto:hb879@accor.com) / 01 81 22 23 60

## 5-STAR HOTELS



### 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.

**Accommodation types:** Rooms and suites  
**Address:** 34, cours Michelet – 92060 Paris La Défense  
**Contact:** [Website](#) / email: [h0912--re2@accor.com](mailto:h0912--re2@accor.com) / 01 47 76 44 43



### Pullman Paris La Défense

The Pullman Paris La Défense features spacious designer rooms and suites to accommodate up to 5 guests. It also offers a fitness center, a spa and more than 10 conference rooms.

**Accommodation types:** Rooms and suites  
**Address:** 11, avenue de l'Arche – 92400 Courbevoie  
**Contact:** [Website](#) / email: [h3013@accor.com](mailto:h3013@accor.com) / 01 47 17 50 00

[Learn more](#)







## Live the Paris La Défense experience

Over time, Europe's leading business district has become a residential area of unparalleled abundance and creativity, all thanks to the bold ambition on which this exceptional place is founded. From its central square to its esplanade, Paris La Défense boasts the largest pedestrian thoroughfare in Europe, which can be explored as though wandering through an immense, open-air museum. With its skyline, its emblematic monuments, its towers conceived by great architects, its collection of open-air artworks and its many green spaces, Paris La Défense offers its occupants an iconic setting for any and all experiences, be it taking a stroll or partaking in a truly exceptional event.

Paris La Défense is a genuine place to feel at home and relax, thanks to the wide range of activities available - be they athletic, cultural, or leisurely. Gyms, escape games or virtual reality rooms, shopping centers, guided tours of the vicinity... diverse activities abound. What's more, the region hosts numerous events, some of which have become unmissable annual happenings.

 **61**  
high-rises

MORE  
THAN  
**60**  works of art

**25**  activities

# 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.



## Les Extatiques

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



## 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.

## Very Food Trip

An event celebrating cuisine and an opportunity to discover the restaurants in the area. Paris La Défense's Food Trucks are gathered in a food court for the occasion.



## 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.



## League of Defense

For back-to-school 2025, get set to participate in Paris La Défense's largest charity challenge. Intended for the businesses and schools in the neighborhood, this event has some wild activities in store!



## 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 to support the development of sports-oriented education programs.

**Contact:** Margot Clément, Development & Partnerships Manager, [margot.clement@play-international.org](mailto:margot.clement@play-international.org) / +33 6 82 08 24 78.



## 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.

**Contact:** Marie Chevalier, [mchevallier@actioncontrelafaim.org](mailto:mchevallier@actioncontrelafaim.org)



## 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**



# 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:** 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](mailto: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](mailto: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](mailto:ce-groupes@amaclio.com)

## 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](mailto:ce-groupes@amaclio.com) / 01 47 57 57 27



## 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:** Du lundi au vendredi  
**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

In 2024, this family entertainment area, 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 offers seven escape games based on TV series, game shows and even movies, as well as an outdoor escape game in summer.

**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](mailto:ladeffense@team-break.fr)

## SPORT



## 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](mailto: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](mailto: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:** CNIT, Level -1, 2, place de la Défense – 92800 Puteaux  
**Contact:** [Website](#) / email: [ladeffense@dynamo-cycling.com](mailto: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 (26 feet) 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](mailto:nanterre@hapik.fr) / 01 47 24 45 96



### 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](mailto:hyfive@wellnesscenter.fr)



### Neoneess

The Neoneess 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](mailto:ladeffense@onair-fitness.fr) / 01 40 90 97 58



### 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. Today, it features many major retail brands. In 2024, with the opening of the RER E station, seminar spaces and a new range of restaurants will open up.

**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

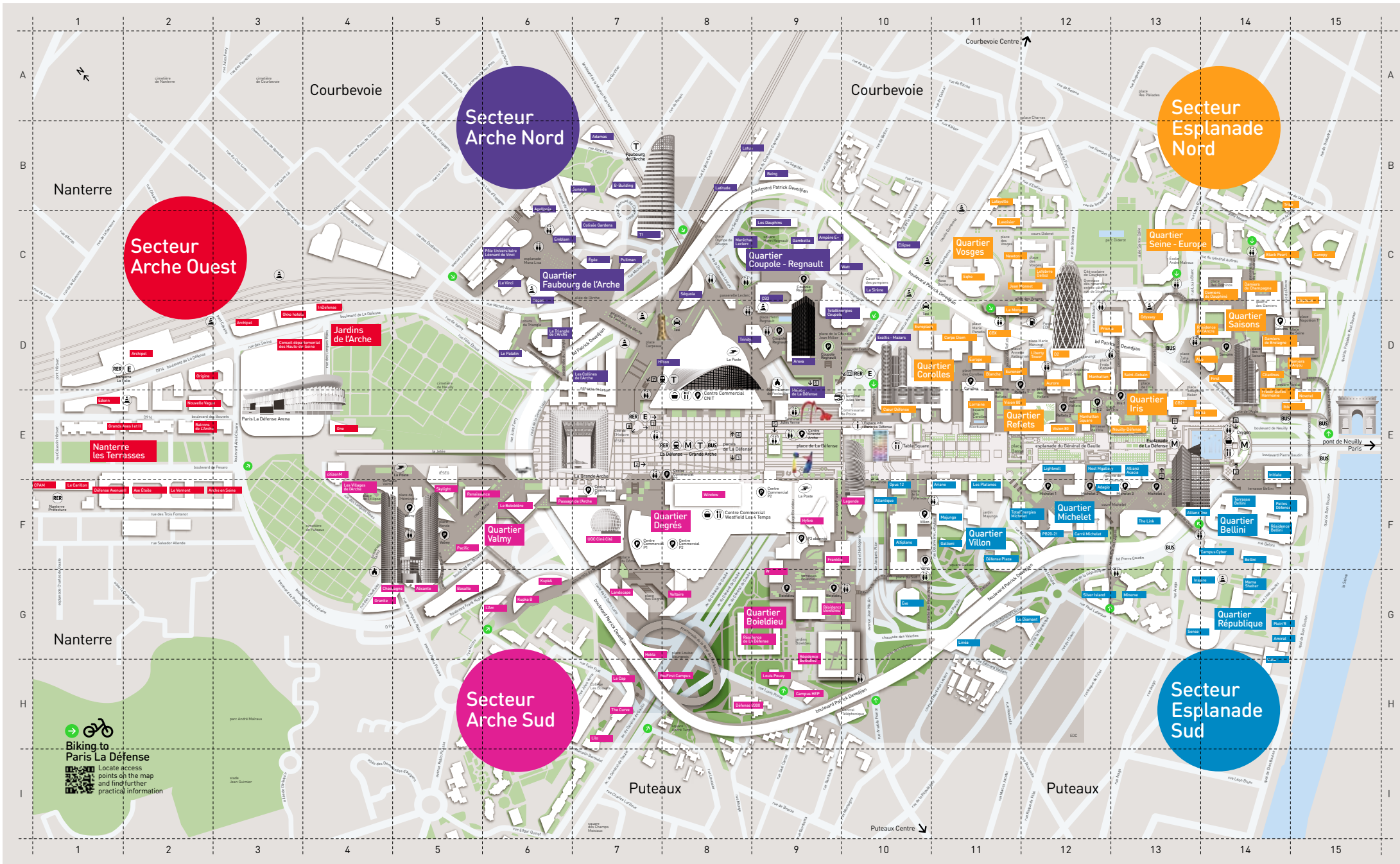


[Learn more](#)





# Pedestrian map



## Itineraries

# Major attractions in just 2 hours!

Explore the iconic sites of La Défense in just two hours!

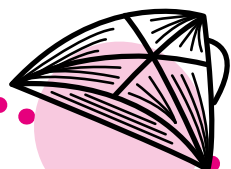
A unique experience awaits, starting from the Grande Arche de La Défense metro station and traversing the district to the banks of the Seine.



1

### 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.



2

### 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 in 2024.



3

### Monumental Fountain

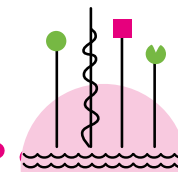
A little further on, treat your eyes to Yaacov Agam's Monumental Fountain. Designed as a spectacular work of art mirroring the extravagance of the La Défense business district, its photogenic water features inspire reverie.



4

### 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.



5

### 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 is the tallest skyscraper in France, 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 sports and concert hall in Europe, as well as the home stadium of the Racing 92 rugby club. It hosted the swimming events of the 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.



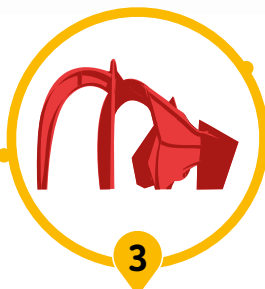
#### César's thumb

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.



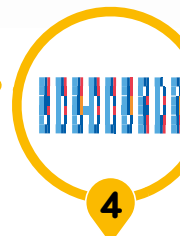
#### Fantastics Characters

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.



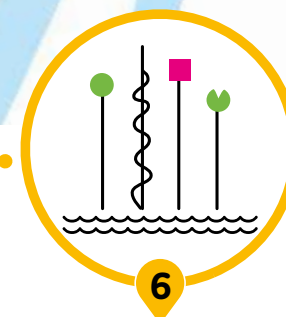
#### Monumental Fountain

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

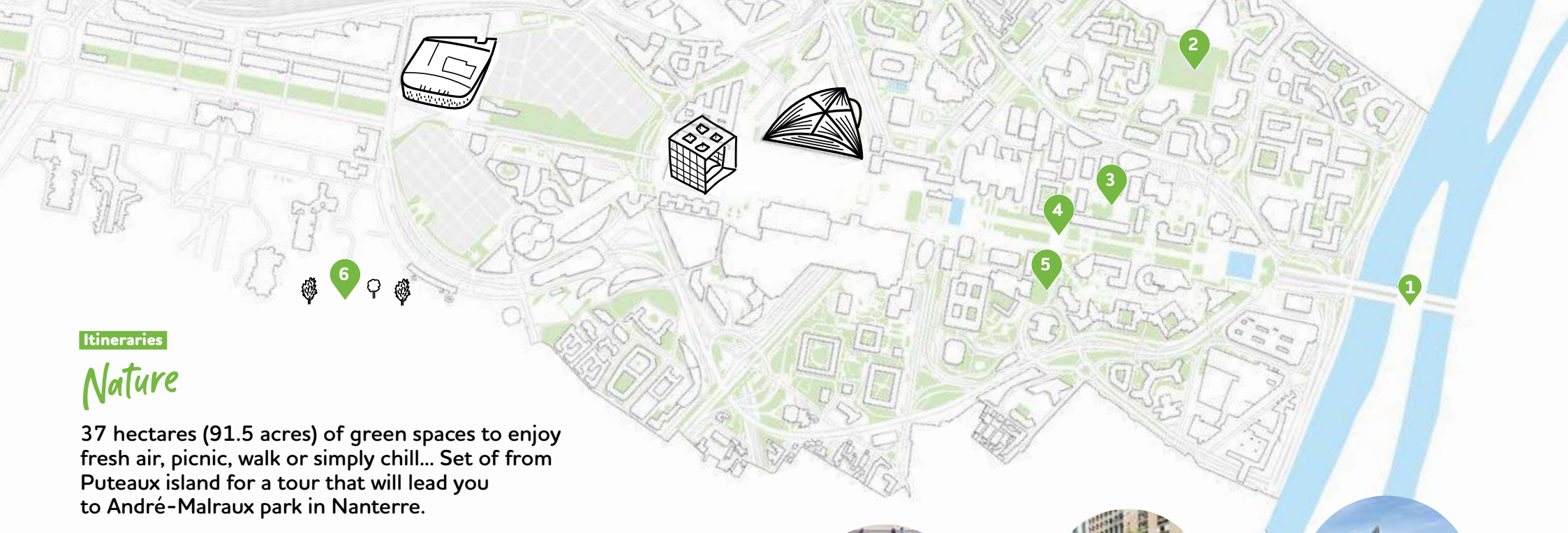
This giant straw by Raymond Moretti serves to coat a 32-meter (105-foot) high ventilation chimney with 672 fiberglass tubes in 19 different colors, positioned over the entire surface to best highlight the vertical volume of this work.



#### 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.



# Paris La Défense's *strategic vision*

[Learn more](#)



Paris La Défense is a local public organization that brings together the skills required to develop, operate, organize, and promote the region. The Paris La Défense teams are hard at work developing and modernizing the district, as well as diversifying its capacities and appeal. Their objective? To transform the district into a vibrant neighborhood!

In 2021, Paris La Défense decided to take on the mission of becoming the world's first post-carbon district and to halve its greenhouse gas emissions by 2030. In pursuit of this objective, Paris La Défense is concentrating its efforts around four main axes:

- **Improving planning, operation and construction** by designing public spaces focused on sustainability, with priority given to recycling materials, preserving and restoring the natural environment and the water cycle and applying efficiency indicators to all public space and real estate projects.
- **Living better together on a sustainable and inclusive territory** by organizing public spaces to encourage soft and active mobility and promoting professional inclusion and integration for all.
- **Adapting the area to climate imbalance** by identifying climate risks, hazard-prone sites, key partners, refuge areas, existing responses and vulnerable populations, and by developing a plan following a general agreement on adaptation.
- **Engaging Paris La Défense partners** to foster collective initiatives and build committed communities.

These principles are defined in a charter that all Paris La Défense partners, both public and private, are invited to sign (see opposite).

## Sustainable Development Initiatives

To implement the commitments set out in its strategic vision, Paris La Défense is multiplying its initiatives throughout the area and engaging different regional players to think and act in favor of the business district's future.

### Summit to Transform our Skyscrapers

How can La Défense's skyscrapers reflect the goal of becoming a post-carbon business district? This question was at the heart of the Summit for the transformation of the skyscrapers, organized by Paris La Défense in 2022 and 2023. These meetings provided an opportunity to imagine practical solutions and envision what an eco-responsible business district could look like in the 21<sup>st</sup> century. They culminated in the adoption of 10 proposals and a charter of commitment to the district's ecosystem ([see the 10 proposals](#)).

### Charter of Commitment

The Paris La Défense charter of commitment seeks to contribute to the region's decarbonization. The public organization, property owners, real estate developers and businesses in the district are invited to sign a charter containing 25 commitments, divided into eight sections. These commitments include increased walkability, bicycle accessibility, and decarbonized material life cycles ([to learn more about the charter](#)).

### Energy-saving contest

Launched by the French Institute for Building Performance (IFBEP), the Paris La Défense Cube competition has been up and running since 2021. Teams compete in an entertaining annual challenge. The idea is to mobilize local companies around reducing their carbon emissions. One million square meters (10,765,000 square feet) of the district are currently participating in the competition ([to learn more](#)).



# Transforming public space in Paris La Défense

## Completed Projects

In 2023, the public organization Paris La Défense, in its capacity as the area's developer, finished renovating three major public spaces in the business district. The work was carried out in accordance with the guiding principles of improving access, restoring structures rather than destroying them and planting as much vegetation as possible despite the severe constraints of building on concrete.



### Place de La Défense

After two years of construction, the transformation of the Place de La Défense is finally complete. The project has given this district's hub a new identity and has provided occupants with a modernized, green agora. The square is now surrounded by two gardens, one to the north and the other to the south, with a vast central corridor that facilitates traffic, making it an exceptional venue for events.

### Rose de Cherbourg

Freshly completed, the new Rose de Cherbourg neighborhood is enjoying a true renaissance. This redevelopment project transformed a road junction into a suspended green promenade and opened a large square with pedestrian walkways which connect the district to the Boieldieu terraces. These renovated public spaces border Jean Nouvel's Hekla tower and the YouFirst Campus student housing.



### Corolles- Reflète-Iris

In recent years, Paris La Défense has gradually set in motion the transformation of the Corolles-Reflète-Iris neighborhood. In 2023, the Reflète's plaza and patio reached completion. This was an opportunity to redesign all of the site's access points, particularly for people with reduced mobility, and to relink the concrete block's two levels, all while making the spaces greener and brighter by using light concrete slabs, natural stone, and wooden furnishings.

## Upcoming Projects

As of 2024, with the construction of a monumental urban park and the renovation of public spaces throughout the district, Paris La Défense will continue its work transforming and replanting the area, all while meeting the goals of its strategic vision.

### Le Parc

In just a few years' time, this project will radically transform the La Défense Esplanade. Along a 600-meter (1,970 foot) stretch between the Agam and Takis basins, visitors will be able to enjoy a new 5-hectare (12.4 acre) urban park! The project, designed in collaboration with landscape architect Michel Desvigne, symbolizes Paris La Défense's commitment to combating heat pockets and reducing the area's greenhouse gas emissions, while at the same time restoring nature within the city. Le Parc is scheduled for completion in 2026.



### Michelet Neighborhood

Under construction until 2026, the renovation of public spaces in the Michelet neighborhood has several objectives: improving access to the area, renovating the Cours Michelet and the surrounding buildings, and creating a public crossing on the boulevard linking it to the center of Puteaux. This project, like the rest, also has a strong environmental component: in addition to providing additional greenspace, 50% of the existing pavements are scheduled to be repurposed.



# Transforming real-estate in Paris La Défense

In constant transformation, the business district is home to many renovation projects that have recently been completed or will be in the coming months.

## Completed



### Lightwell

Located along the historic axis, on the La Défense esplanade and bordering the Le Parc project, the Lightwell building can accommodate over 2,500 employees in bright, open-plan workspaces and features several shops and service facilities in the heart of the complex. This refurbishment is a model for material reuse and energy efficiency.



### Altiplano

Formerly called “Île-de-France”, the Altiplano office building was completed in Fall 2024. The building is fitted with balconies and loggias, communal living spaces including a central patio, and several shops and service facilities. Its public spaces have also been redesigned, bringing new life to the district.



### Canvas

The former Le Guillaumet office building in Puteaux has become Canvas, a residential property that welcomed its first inhabitants in September 2024. The building offers high-quality accommodation and many services for students and young professionals.

## Under construction

### Hopen

The renovation of the Adria tower, now known as Hopen, added three floors to the building and created new opportunities for employees and residents to connect. With completion slated for 2025, this office building will feature a publicly accessible ground floor, a rooftop, food services and bicycle parking.



### Ariane

Ariane's facade and lobby are currently undergoing a makeover. The renovation will preserve the architectural spirit of this emblematic business district tower with its iconic windows while improving its energy and thermal efficiency.





# Transforming public transportation *in Paris La Défense*

Already well-connected with several public transportation lines, the La Défense business district expanded its transportation network in 2024 and will open new train stations in the area in the years to come.

## Completed RER E stations



### Nanterre-La-Folie station

The second RER line E station in the area, Nanterre-La-Folie opened in the heart of Nanterre's up-and-coming eleventh district: Les Groves. The station's grand entrance makes traffic flow more smoothly for its 15,000 daily users, bringing new life to the district.

### La Défense Grande Arche station

Built as part of the Eole project, the business district's new RER E station opened in May 2024. Called "Gare Cathédrale" (cathedral station) for its vaulting underground ceilings and its location beneath the Westfield-CNIT shopping center, the station's construction shows unprecedented technical prowess.



## Line 15 West stations under construction



### La Défense station

On Line 15 West, La Défense station will be in the new Rose de Cherbourg sector of the Boieldieu district, near the heart of the business district. Construction began in 2024 and will continue for several years before the line opens for service in 2031.

### Nanterre-La-Folie station

The Les Groves district's new station will connect Line 15 West between Saint-Denis and Pont de Sèvres, via Nanterre. Passengers will thus be able to access the business district or the RER E directly by walkway.



# Bicycling in Paris La Défense

Paris La Défense is developing its 2023-2027 bicycle plan to meet the demands of the many cyclists who pass through the business district or commute there on a daily basis. The plan centers around four main objectives:

## Improve neighborhood accessibility for all.

Paris La Défense wants to encourage cyclists to use La Défense's off-slab paths, such as the Patrick-Devedjian Boulevard and the covered lanes. To this end, Paris La Défense has launched a plan to renovate the covered lanes to create safe cycling paths. The long-term durability of the Pont de Neuilly cycling path is also under study, as are possible connections to the Vélo Île-de-France network. The organization is also working to develop bicycle routes and parking facilities, as well as intermodal transit in sync with the region's transportation hubs.

## Reduce congestion on the concrete slab.

Although priority is given to pedestrians, bicycles have been allowed onto the slab since 2015. New signage has been put in place to remind cyclists and pedestrians of the

rules of the road, ensuring that they coexist on the slab without incident. The signs also support the flow of traffic, particularly when it comes to marking transit routes.

## Provide well-adapted parking facilities.

Paris La Défense already offers more than 2,200 bike racks and 635 spaces for bikes throughout the district's parking lots. This amenity will be expanded in the future, along with the creation of secure bike storage facilities.

## Deploy a range of services for cyclists.

Paris La Défense aims to strengthen its commitment to commuters, with new Vélib' stations, by providing bicycle repair and maintenance services, and by creating bicycle access cards for buildings. Paris La Défense also supports initiatives that seek to celebrate cycling.

  
2,200  
bicycle racks  
  
635  
protected spaces  
in parking lots

## Bringing Vélib' to the district

Starting in 2025, La Défense business district will acquire some 30 Vélib' stations, totaling more than 1,200 terminals. This development is eagerly awaited by employees, students, and tourists alike, and aligns perfectly with Paris La Défense's commitment to encouraging sustainable modes of transport.

[Learn more](#)





# Information center *Paris La Défense*

**L**ocated 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](mailto:info@parisladefense.com)**  
**Phone number: 01 47 74 84 24**



## Our information materials

**O**ur website [parisladefense.com](http://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**, to discover the area through videos.



**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.
- **Project maps and brochures**, to know more about upcoming projects.

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





## Your contacts

For more information:  
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or by our [contact form](#).

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