

Business Guide

March 2026 - 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!

Paris 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 openair 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 60 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

70
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
200
restaurants

20
food trucks

10 Key Advantages of Paris La Défense

Locating in Paris La Défense means joining an ecosystem filled with businesses of all sizes and sectors, with direct access to clients, suppliers and future talent. But these aren't the only factors that set the district apart:

#1

One of the world's largest transport hubs: RER, metro, tram, Transilien, and bus lines give 6 million people direct access to La Défense—an exceptional public transport network.

#2

An outstanding and accessible real estate offering: La Défense's 4 million m² (43 million sq. ft.) of office space provides a wide range of real estate products tailored to every type of business.

#3

A comprehensive business services ecosystem: Paris La Défense offers dedicated teams and services for companies relocating to or already present in the district ([see page 6](#)).

#4

An engaged district: Committed to halving greenhouse gas emissions by 2030, La Défense mobilizes stakeholders in a collective effort toward sustainable transformation.

#5

A district constantly reinventing itself: Since its creation, the business district has preserved its DNA as an urban and architectural laboratory through continuous evolution.

#6

The heart of the French economy: Home to 2,800 businesses—including 600 large companies, 600 mid-sized companies and 1,600 SMEs—the district welcomes 200,000 employees daily and serves as the international gateway to Greater Paris.

#7

A premier destination for events, culture and tourism: As the fourth most attractive business district in the world, La Défense has become a vibrant neighborhood, hosting numerous events year-round and boasting world-class hospitality, dining and leisure options.

#8

A leading retail and services hub: With two iconic shopping centers, Westfield Les 4 Temps and Westfield CNIT, and over 200 restaurants offering a variety of cuisines, La Défense ranks among Europe's top shopping destinations.

#9

A district valued by its people: What do employees have to say? According to the Viavoice 2024 survey, 87% of employees are proud to work at La Défense, and 91% are satisfied with the district overall.

#10

An open-air campus: With a growing student population, La Défense has expanded its housing options, now offering some 15 student residences.

[Learn more](#)



The Paris La Défense Welcome Pack

Designed 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;
- networking with other local stakeholders, institutions, businesses, higher education institutions, and organizations, particularly through the Paris La Défense clubs ([see page 09](#)).

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
or by phone at 06 24 98 70 76

[Learn more](#)



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.

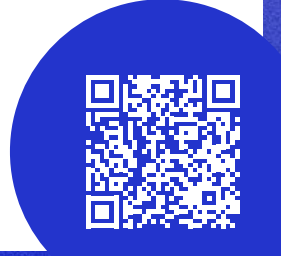
<p>Fashion, Streetwear</p> <p>ALAIN AFFLELOU DIOR</p> <p>PANDORA KERING</p> <p>LACOSTE SEPHORA</p>	<p>Law</p> <p>FIDAL Santarelli</p> <p>Lefebvre Dalloz</p> <p>Manpower FIDUCIAL</p> <p>Adecco</p>	<p>Finance, Insurance, Banking</p> <p>EURONEXT SOCIETE GENERALE</p> <p>BANQUE DE FRANCE UBAF</p> <p>EBA SwissLife</p> <p>CHAABI BANK Antjarwal Bank</p>
<p>Energy</p> <p>ENGIE EDF RTE</p> <p>ENEDIS VEOLIA</p> <p>TotolEnergies SUEZ SAIPEM</p> <p>TechnipFMC</p>	<p>Audit & Consulting</p> <p>Deloitte optimind.</p> <p>BearingPoint KPMG</p> <p>BUREAU VERITAS synchrono</p>	<p>Industry & Manufacturing</p> <p>SAINT-GOBAIN ARKEMA</p> <p>Ciments Calcia HeidelbergCement Group Nexans</p> <p>CROMOLOGY</p>
<p>Information & Communication</p> <p>aws CAMPUS CYBER</p> <p>sopra steria</p>	<p>Healthcare</p> <p>sanofi VIATRIS</p> <p>MERCK IPSEN</p> <p>Takeda Biogen</p>	<p>Other sectors</p> <p>avis budget group Fondation de France</p> <p>habitat & humanisme</p> <p>MAGNUM elis</p>

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.

<p>Business & management</p> <p>ESCE IFAG Dauphine PSL</p> <p>esup IGENSIA ICN 3A</p> <p>IESEG INSEEC</p>	<p>Engineering & IT</p> <p>CESI ESILV</p> <p>epsi</p>	
<p>Digital</p> <p>GAMING CAMPUS wis</p> <p>pem. ynov</p> <p>GUARDIA</p>	<p>Others</p> <p>IHEDREA</p> <p>la solive</p> <p>INSEEC</p> <p>MECAVENIR</p> <p>VATEL</p> <p>espe</p>	<p>University</p> <p>Université Paris Nanterre</p> <p>Dauphine PSL</p>
<p>Finance</p> <p>ESG IGEFI</p>		

[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 / François Malgorn, Project Manager for Planning and Strategy, fmalgorn@parisladefense.com



Directors of CSR and Sustainable Development Club

This club, dedicated to issues of corporate social responsibility and sustainable development, aims to build a strong local community. Its goal is to enable members to expand their professional networks, draw inspiration from one another's initiatives, and foster the development of joint projects across the region. Four times a year, informal get-togethers among peers are organized to discuss various social, societal, and environmental topics.

Contacts: Anne Buquet, Project Manager, Business and Higher Education Relations, abuquet@parisladefense.com / Karen Conrard, Director of CSR, 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 / Laëtitia Wehmeyer, Director of Employee Experience, lwehmeyer@parisladefense.com



Assistants & Office Managers Club

A dedicated club for professionals organizing internal seminars, incentives, and corporate events. Members gain exclusive access to event and reception venues in Europe's leading business district, meet venue teams, and save valuable time in event planning. Each meeting includes private venue tours, discussions with industry experts, and peer-to-peer experience sharing.

Contact: Anne de Livonnière, Project manager, Corporate and International Relations, adelivonniere@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



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](#).

Contact: Julia Solodova, Head of Development Projects, jsolodova@parisladefense.com



Paris La Défense Can B (PLD+B)

With the PLD+B program, Paris La Défense became the 1st 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 / Karen Conrard, CSR Director, kconrard@parisladefense.com



Getting involved in Paris La Défense

At 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 public institution aims to establish a regional endowment fund. This will enable Paris La Défense to bring together investors and businesses from the region to jointly 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 / 09 50 30 79 24
Contact: Corinne Gestin, Head of Private Partnerships, 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 / 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



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 / 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 / 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 / volunteer email: 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 / volunteer email: 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 / email: contact@spf92.org / volunteer email: benevolat@spf92.org



Getting to Paris La Défense ?



Public transportation

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

Lines serving Paris La Défense:

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



Le vélo

Paris La Défense already has more than 2,200 bike racks available along with 635 spaces for bikes in the area's parking lots. This amenity will be built in the future, alongside the installation of secure bike storage. In 2026, the La Défense business district will welcome 1,000 Vélib' bikes and a station in the Centre-Grande Arche parking lot.

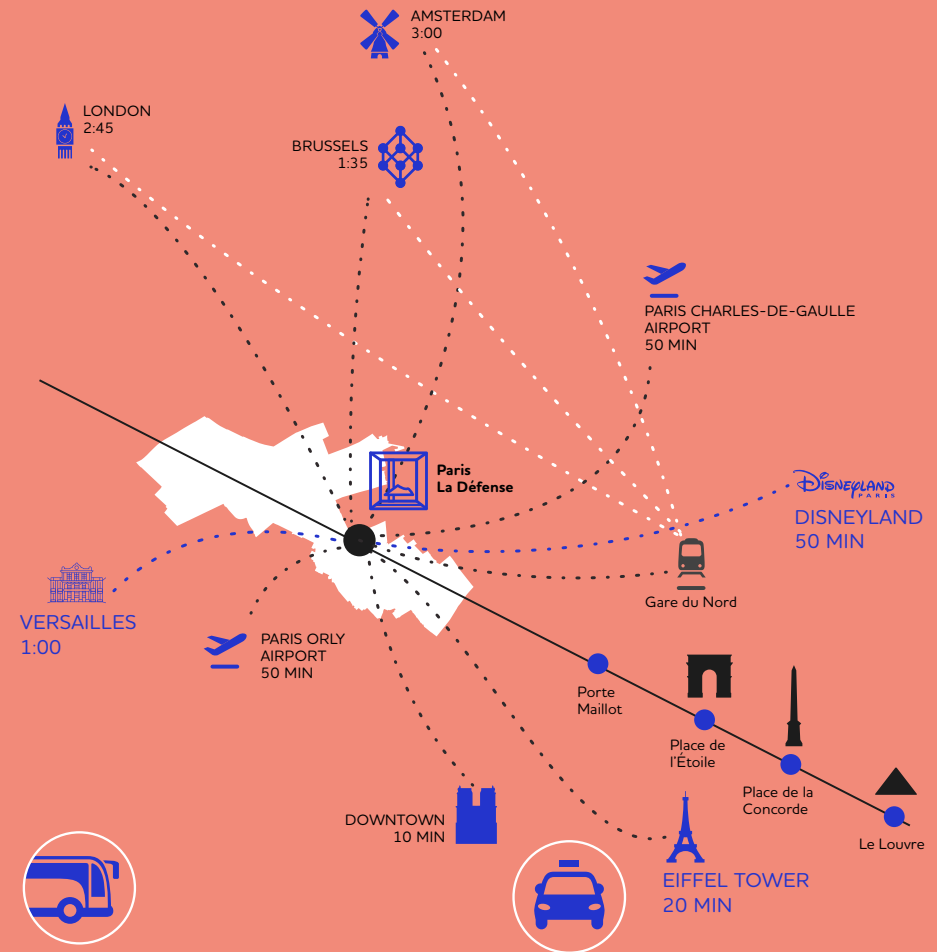


La Défense parking lots

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

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

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



Coming by coach

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

Open every day from 6:00 a.m. to 9:00 p.m. For temporary parking, send your request at least one month before arrival to: demandeaccessTJV@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.
- In 2026, a new taxi stand will open in the Centre Grande Arche parking lot.



Organizing your professional event in Paris La Défense

Are 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 36 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 Hyfive Tower. Looking to organize events in the heart of La Défense's historic district? Châteaufort' 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 amphitheatres. Our convention centers will be happy to help you organize your event!



36 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-Filloi – 92800 Puteaux
Contact: [Website](#) / email: h8987@adagio-city.com / 01 55 62 12 00



Châteauforn' Learning Lab La Défense

Châteauforn' 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@chateauforn.com / 01 83 79 25 25



Blocbuster

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

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



CNIT Forest

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

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



Campus Cyber

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

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



Cœur Défense – Centre de conférences

This conference center is located in the heart of the largest office complex in Europe. It offers meeting rooms, reception rooms and an amphitheater.

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



Châteauforn' CNIT

In addition to numerous meeting rooms, Châteauforn' 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 – 92800 Puteaux
Contact: [Website](#) / email: monnouveau projet@chateauforn.com / 01 79 35 35 35



Comet La Défense

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

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

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 / 01 71 02 73 62



Hilton Paris La Défense

Located in the heart of the Westfield CNIT building, the fully renovated hotel offers 530 m² (5,700 ft²) of meeting space with nine rooms featuring panoramic views over La Défense. A dedicated service assists with event organization and room reservations, ensuring successful meetings in a unique setting.

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / email: parisladefense_events@hilton.com / 01 46 92 10 04



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 / 01 83 75 04 70



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](#) / 01 81 93 63 34



Deskeo at the Aurore Tower

At the Aurore Tower, Deskeo offers a brand-new business center with flexible workspaces for seminars, conferences, or meetings. The Stripe restaurant on the ground floor can accommodate 80 people.

Purpose: Seminar venue
Capacity: 10 to 200 people
Address: 18-19, Place des Reflets – 92400 Courbevoie
Contact: [Website](#)



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 / 01 41 97 40 40



Fraser Suites Paris La Défense

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

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



Icône Oxygen

Ideally located at the entrance to the Esplanade de La Défense metro station, Icône Oxygen is a truly singular destination for all your professional events. 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 / 01 84 20 87 64

Coworking and seminar spaces



Imagin' La Défense

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

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



La Charbonerie

In Puteaux, just a stone's throw from the business district, La Charbonerie –housed in a renovated former coal warehouse– offers unique and authentic spaces for corporate seminars.

Purpose: Seminar venue
Capacity: 30 to 150 people
Address: 17, rue de l'Oasis – 92800 Puteaux
Contact: Website / mail: contact@dimezzo.fr / 06 35 56 71 06



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



Mama Shelter

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

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



Meliá Paris La Défense

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

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



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 / email: 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. The hotel also offers coworking spaces in partnership with Wojo.

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



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

Coworking and seminar spaces



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 / 01 47 76 44 43



Okko Hotels Paris La Défense

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

Purpose: Coworking and seminar spaces
Capacity: 30 to 150 people
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: Website / email: nanterre9202@okkohotels.com / 01 49 67 64 13



Nodd

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

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



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



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 / 01 41 45 23 23



Pullman Paris La Défense

Pullman's 10 meeting rooms can host up to 150 people and are adaptable to your needs. Specialized teams are available on-site to prepare and manage your events on the day they are held.

Purpose: Seminar venue
Capacity: 10 to 200 people
Address: 11, avenue de l'Arche – 92400 Courbevoie
Contact: Website / email: h3013@accor.com / 01 47 17 50 00



Novotel Paris La Défense Nanterre

Novotel Paris La Défense Nanterre offers 7 flexible meeting rooms, including a large plenary room that can accommodate up to 140 people.

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



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 / 01 55 68 10 10



Coworking and seminar spaces



Regus Initiale tower

Located near the Esplanade de La Défense station, the Regus space in the Initiale Tower offers a variety of coworking spaces and meeting rooms.

Purpose: Coworking
Address: 1, terrasse Bellini – 92800 Puteaux
Contact: [Website](#)



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 / 01 85 78 78 89
Work & Share Nanterre : [Website](#) / email: nanterre@workandshare.com / 01 85 78 23 31



Renaissance Paris La Défense

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

Purpose: Coworking and seminar spaces
Capacity: 150 to 500 people
Address: 60, cours Valmy – 92800 Puteaux
Contact: [Website](#) / email: groups@renaissanceladefense.com / 01 41 97 50 50



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 / 01 87 16 80 00



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 / 09 70 73 41 15





Hotels, restaurants *the options are endless!*

Hoping 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 200 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

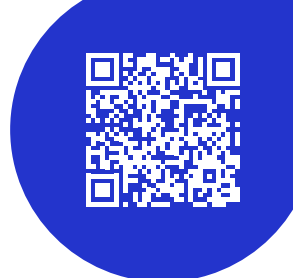
More than
200 
restaurants

 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 / 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



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



Gargalou

Direct from Bordeaux, this restaurant at Paris La Défense Arena offers modern bistro cuisine for lunch and a friendly evening atmosphere.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday all day, weekends depending on Paris La Défense Arena schedule
Address: 55, Jardin de l'Arche – 92000 Nanterre
Contact: [Website](#) / email: nanterre@gargalou.fr / 01 40 85 93 41



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



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@pourvivreheureux.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](#)

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 second 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



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.

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

A gourmet district



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 / 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 / 01 47 17 59 99



Tribe Table

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

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



Vatel

The restaurant school of the Vatel hospitality institute is located in Aurore Tower. For lunch or dinner, guests can enjoy a gourmet meal prepared and served by students.

Speciality: French
Outdoor dining: No
Opening hours: Monday to Friday, lunch and dinner
Address: Pavillon - Tour Aurore – 92400 Courbevoie
Contact: [Website](#) / 01 42 26 26 60

ROOFTOP WINING & DINING



Le XII

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

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



Mama Shelter - Mama's Penthouse

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

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



Skyline

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

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

Hotels

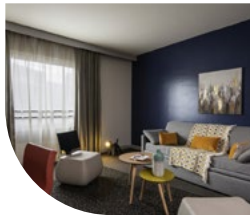
APARTHOTELS



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](#) / email: 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.

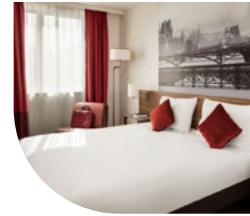
Rating: 3 stars
Accommodation types: Studios and apartments
Address: 35, cours Michelet – 92800 Puteaux
Contact: [Website](#) / email: h2816@adagio-city.com / 01 47 73 90 90



Aparthotel Adagio access La Défense Puteaux

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

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



Aparthotel Adagio La Défense Courbevoie

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

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



Aparthotel Adagio La Défense Kléber

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

Rating: 4 stars
Accommodation types: Studios and apartments
Address: 73, avenue Gambetta – 92400 Courbevoie
Contact: [Website](#) / email: 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](#) / email: 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](#) / email: sales.paris@frasershospitality.com / 01 55 23 26 26

A good night's sleep

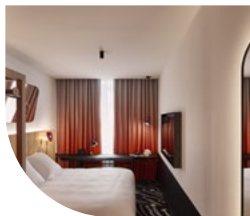
3-STAR HOTELS



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 / 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 / 01 40 81 02 02

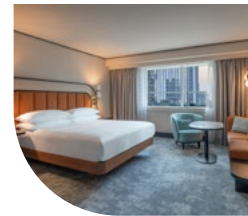
4-STAR HOTELS



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.

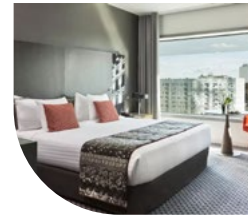
Accommodation types: Rooms
Address: 194, jardins de l'Arche – 92000 Nanterre
Contact: [Website](#) / email: supportpld@citizenm.com / 01 86 65 59 60



Hilton Paris La Défense

Located at the foot of the Grande Arche and just 10 minutes by public transport from the Arc de Triomphe, the fully renovated Hilton offers 153 elegant rooms and suites. The Muses restaurant is worth discovering any time of day.

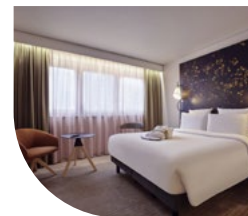
Accommodation types: Rooms and suites
Address: CNIT, 2, place de La Défense – 92053 Paris La Défense
Contact: [Website](#) / email: parisladefenseservations@hilton.com / 01 46 92 10 10



Meliá Paris La Défense

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

Accommodation types: Rooms and suites
Address: 3, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: 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 / 08 25 80 27 27

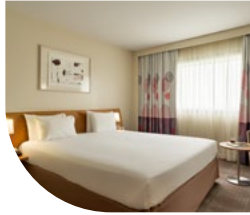


Mercure Paris La Défense Grande Arche

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 / 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.

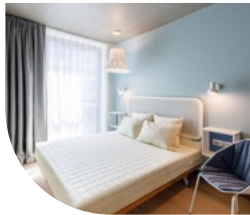
Accommodation types: Rooms
Address: 2, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: h0747@accor.com / 01 41 45 23 23



Novotel Paris La Défense Nanterre

The Novotel Paris La Défense opened its doors in spring 2025. It features 170 rooms, a brightly lit restaurant and bar, meeting rooms and a wellness center with fitness and massage rooms, as well as an indoor pool.

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



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.

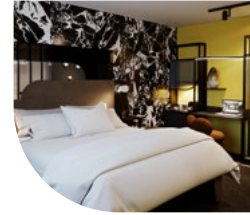
Accommodation types: Rooms
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: [Website](#) / 01 49 67 64 13



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 / 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 / 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 / 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 / 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.

 **60**
high-rises

MORE
THAN
60 works of art


30
activities

Major events in Paris La Défense

Paris La Défense hosts numerous commercial events as well as major musical, cultural and sports activities throughout the year.



Very Food Trip

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



Les Extatiques

A must-see event in the La Défense district, Les Extatiques celebrates contemporary art through an artistic season offering a variety of experiences.



Christmas Market

An institution: over 30 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.



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.

Charity runs

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

Vertigo race

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

Contact: Margot Clément, Development & Partnerships Manager, 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.

[Website](#)



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 Chevallier, 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.

[Website](#)

→ **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: 15, parvis de la Défense – 92800 Puteaux
Contact: [Website](#) / 08 26 88 07 00 / UGC Direct app



La Terrasse

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

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



Paris La Défense Arena

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

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



Théâtre des Amandiers

Founded in the 1960s, the Théâtre des Amandiers, located in Nanterre, has become a national theater center. Following its recent renovation, it once again offers a wide variety of plays throughout the year.

Opening hours: Vary by schedule
Address: 7 avenue Pablo Picasso - 92000 Nanterre
Contact: [Website](#)



La Contemporaine

La Contemporaine wears many hats: it is a library, a museum and an archive center. Founded in 1918, it is now France’s sole institution dedicated to collecting, preserving and sharing European history from the 20th to the 21st century.

Opening hours: Tuesday to Saturday
Address: 184 Cours Nicole Dreyfus - 92000 Nanterre
Contact: [Website](#) / email: actionculturelle@lacontemporaine.fr / 01 40 97 79 00



Pif à Papa

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

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



Cité de l’Histoire

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

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

Things to do



Explore Paris

To help you explore the business district, the Explore Paris website—a specialist in guided tours of Greater Paris—offers a wide range of themed tours.

Contact: [Website](#)



Zoo Art Show

The Zoo Art Show, Europe's largest indoor street art exhibition, has set up an extraordinary immersive exhibition in the business district! Inside the Maison de La Défense building, you can admire works by more than 500 international artists spread across four floors.

Opening hours: Tuesday through Sunday, by reservation

Address: 4 Place de La Défense - 92800 Puteaux

Contact: [Website](#) / [Ticket Office](#)



IMMERSIVE EXPERIENCES



Cité de l'Histoire

The Cité de l'Histoire offers two immersive virtual reality experiences that transport visitors through history. Discover the secrets of Notre Dame cathedral or explore the story of Paris as it transformed from a medieval village into the host of the World Fair. The choice is yours.

Opening hours: Every day from 10 a.m. to 6 p.m.

Address: Cité de l'Histoire, 1 Parvis de La Défense - 92800 Puteaux

Contact: [Website](#) / email for groups: ce-groupes@amaclio.com / 01 47 57 57 27



Game On

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

Opening hours: Monday to Friday

Address: Westfield CNIT, Level 0, 2, place de La Défense - 92800 Puteaux



La Tête dans les nuages

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

Opening hours: Monday to Sunday

Address: Westfield Les 4 Temps, zone Mandarine, Level 3, 15, parvis de La Défense - 92800 Puteaux

Contact: [Website](#)



Team Break

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

Opening hours: Everyday from 9:45 a.m. to 12:30 a.m.

Address: 11, place des Vosges - 92400 Courbevoie

Contact: [Website](#) / email: ladeffense@team-break.fr / 01 80 88 23 96

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 / 01 41 30 14 04



Crossfit Factory

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

Opening hours: Monday to Friday, 7:00 a.m. to 9:00 p.m., Saturday 8:00 a.m. to 1:00 p.m., and Sunday 10:00 a.m. to noon

Address: 22, rue Arago – 92800 Puteaux

Contact: Website / email: crossfitfactory92@gmail.com / 01 47 31 62 42



Crossfit Grande Arche

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

Opening hours: Monday, Wednesday, Friday from 6:30 a.m. to 9:30 p.m., Tuesday and Thursday from 7:00 a.m. to 9:00 p.m. and Saturday from 10:00 a.m. to 2:00 p.m.

Address: RER station La Défense-Grande Arche – 92800 Puteaux

Contact: Website / 06 23 28 65 55



Dynamo cycling

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

Opening hours: Monday to Friday from 7:15 a.m. to 9:00 p.m., Saturday from 10:00 a.m. to 6:00 p.m.

Address: Westfield CNIT, Level -1, 2, place de la Défense – 92800 Puteaux

Contact: Website / email: ladeffense@dynamo-cycling.com



Fitness Park

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

Opening hours: Everyday from 6:00 a.m. to 11:00 p.m.

Address: 17, place des Corolles – 92400 Courbevoie

Contact: Website



Forest Hill La Défense

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

Opening hours: Weekdays 7:00 a.m. to 11:00 p.m., weekends 7:00 a.m. to 10:00 p.m. for racket sports. Weekdays 8:00 a.m. to 10:00 p.m., weekends 8:00 a.m. to 9:00 p.m. for cardio training.

Address: 19, avenue de la Liberté – 92000 Nanterre

Contact: Website / 01 47 24 67 67



Hapik

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

Opening hours: During school vacation periods, every day 9:45 a.m. To 7:00 p.m. Closed Monday, Tuesday and Thursday outside of school vacation periods.

Wednesday 10:00 am to 5:00 p.m., Friday 3:00 to 7:00 p.m. and Sunday 10:00 am to 7:00 p.m.

Address: 189, allée de Corse – 92000 Nanterre

Contact: Website / email: nanterre@hapik.fr / 01 47 24 45 96



Infinity

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

Opening hours: Monday to Saturday

Address: 57, jardins Boieldieu – 92800 Puteaux

Contact: Website

Things to do



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



Neoness

The Neoness 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: ladedefense@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



Toca Social

In 2026, Toca Social will open its doors at Westfield CNIT. A brand-new experience, straight from the United Kingdom, that combines interactive soccer with immersive

Opening hours: Coming soon
Adresse: 2, place de La Défense – 92800 Puteaux
Contact: [Website](#)

SHOPPING



Westfield CNIT

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

Opening hours: Daily from 10:00 a.m. to 8:30 p.m.
Address: 2, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 47 73 54 44



Westfield Les 4 Temps

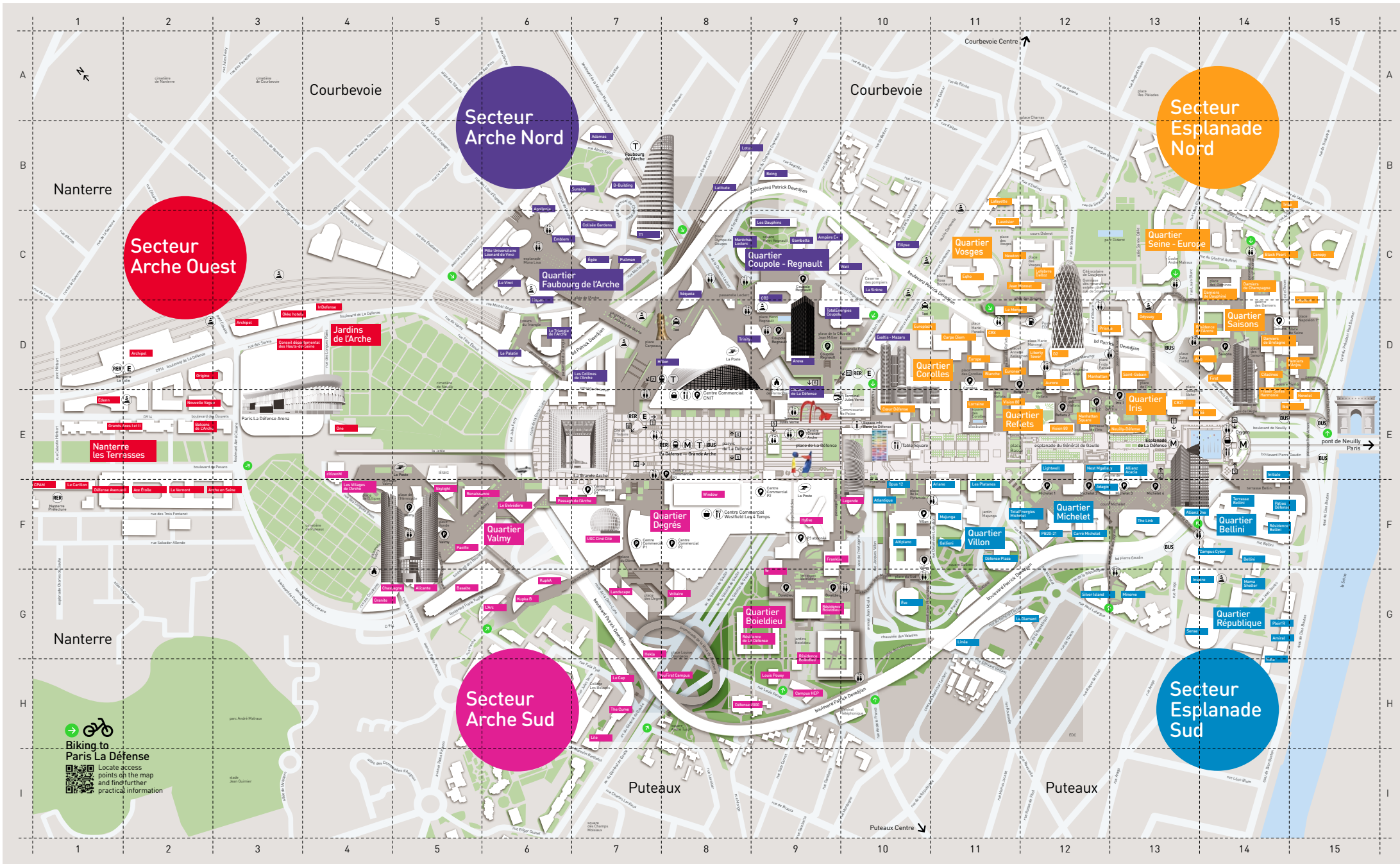
Built in the 1980s and having become in 2024, one of the largest shopping centers in Europe, Westfield Les 4 Temps is constantly evolving. It features more than 250 stores – including Europe's largest Zara location – a cinema and some 50 restaurants.

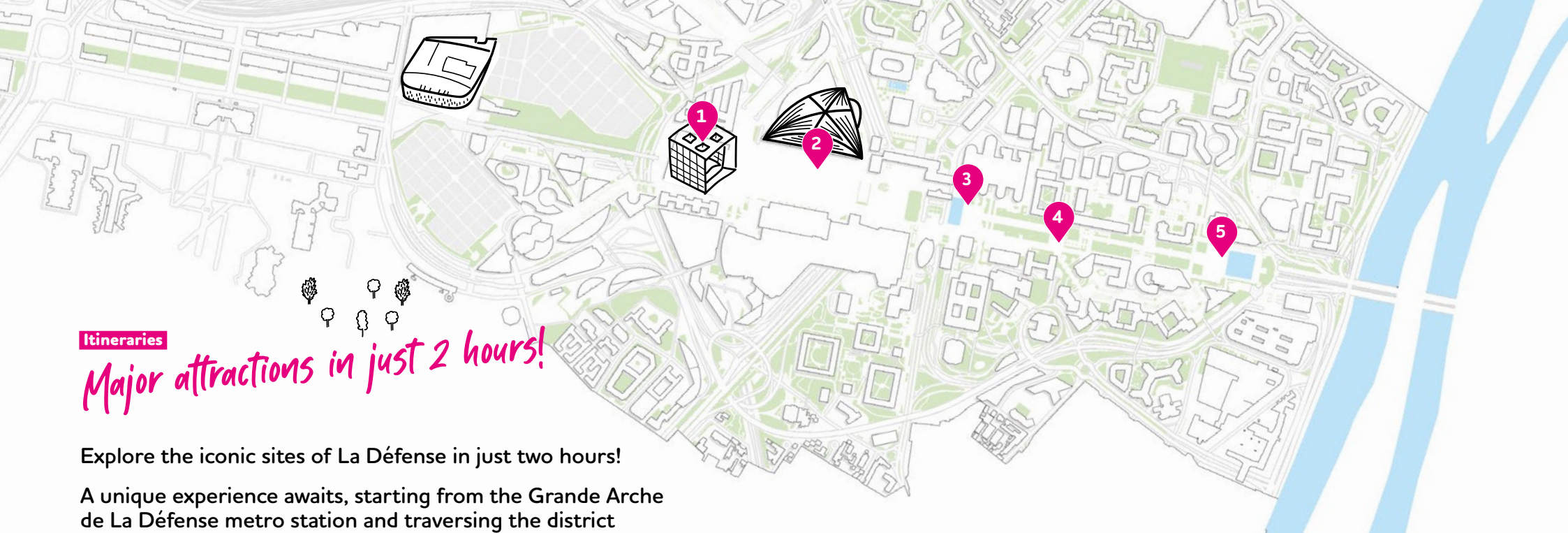
Opening hours: Daily from 10:00 a.m. to 8:30 p.m.
Address: 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 47 73 54 44

[Learn more](#)



Pedestrian map





Itineraries

Major attractions in just 2 hours!

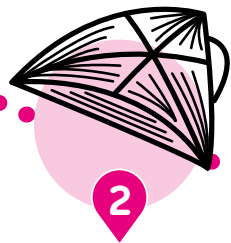
Explore the iconic sites of La Défense in just two hours!

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



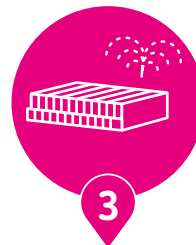
Grande Arche

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



CNIT

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



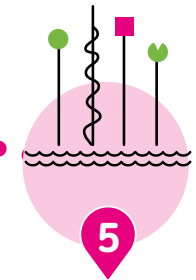
Monumental Fountain

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



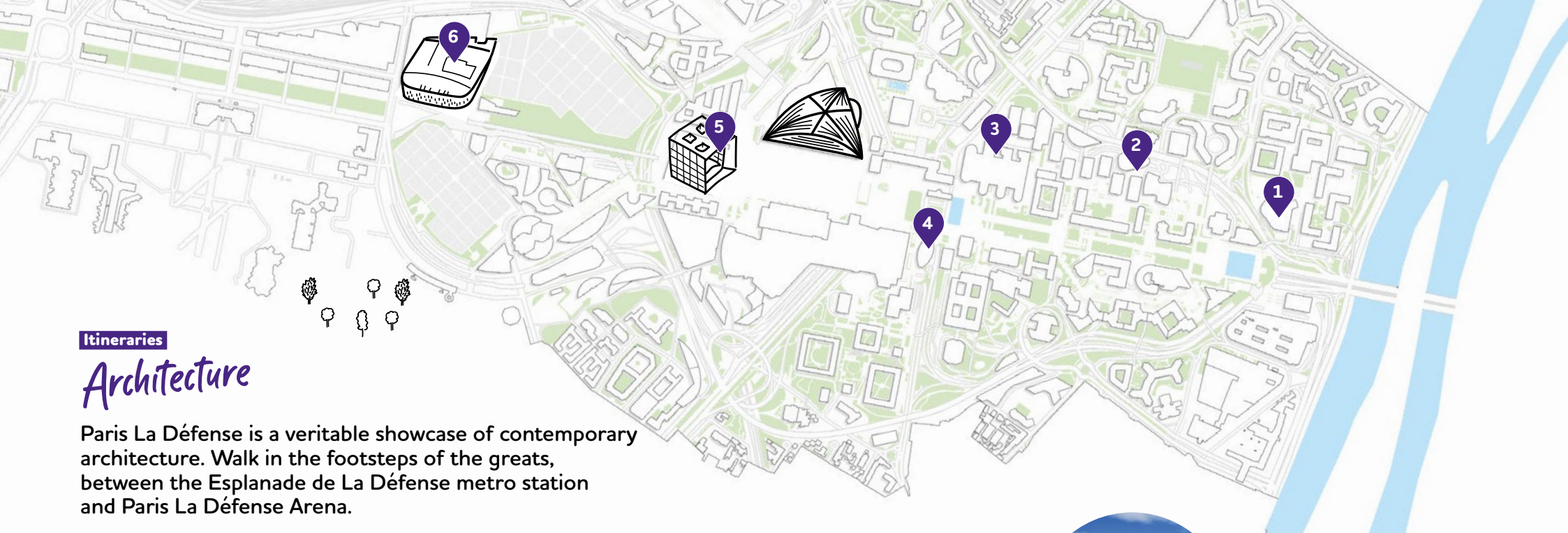
Place Basse

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



Takis Pool

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



Itineraries

Architecture

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



First tower

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



D2 tower

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



Cœur Défense

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



Légende tower

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



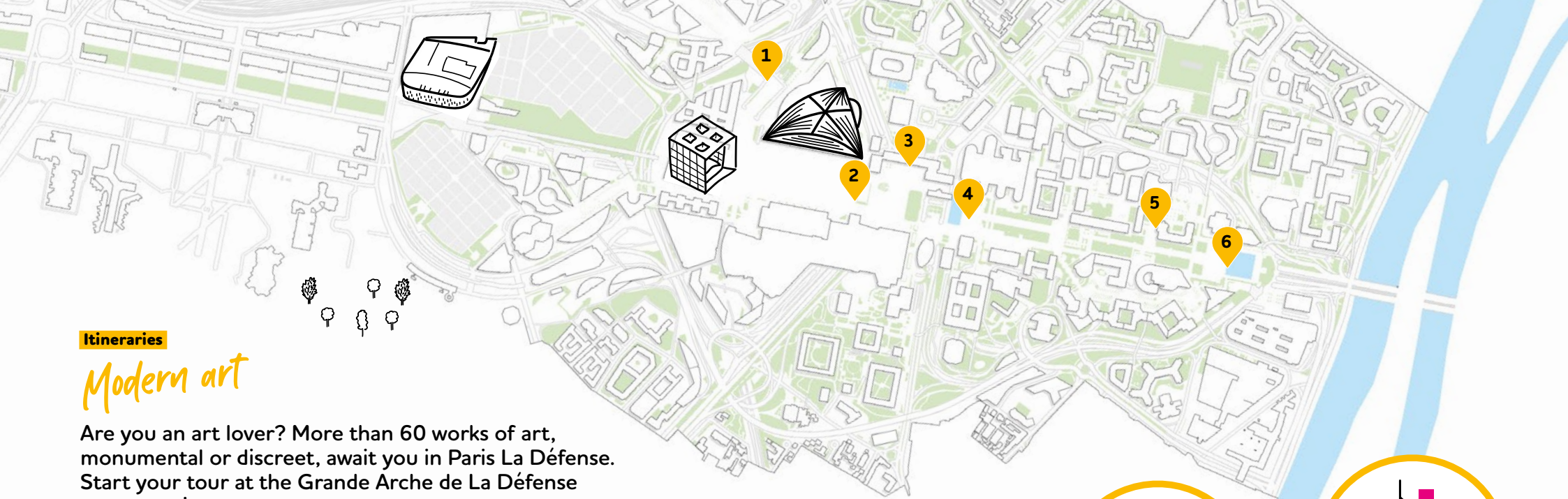
Grande Arche

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



Paris La Défense Arena

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



Itineraries

Modern art

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



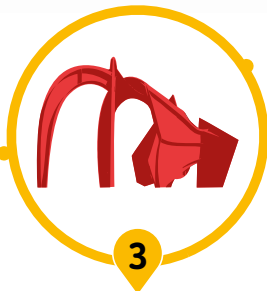
César's thumb

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



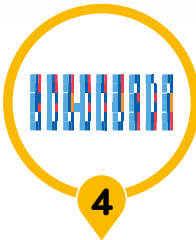
Fantastics Characters

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



Red Spider

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



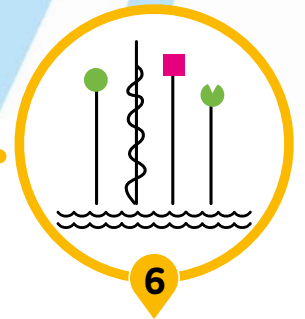
Monumental Fountain

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



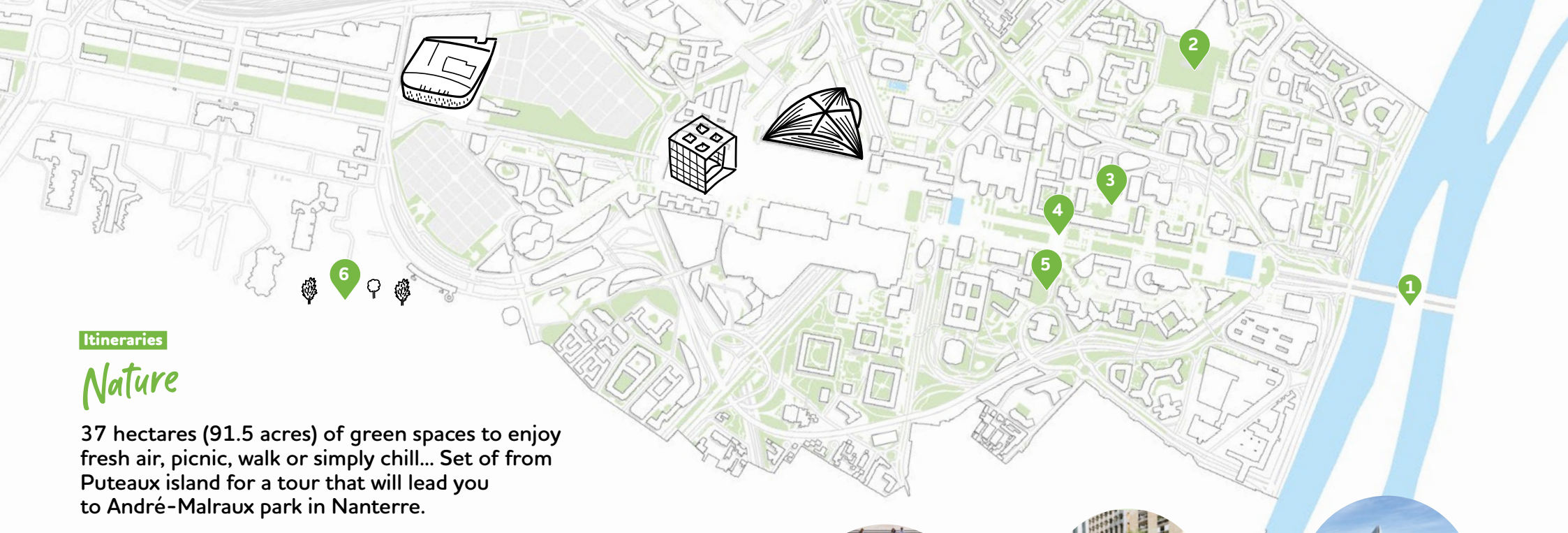
Moretti

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



Takis Pool

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



Itineraries

Nature

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



1

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.



2

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.



3

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."



4

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.



5

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.



6

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 21st 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](#)).

Public Space Projects at Paris La Défense

Public Space Projects

With the creation of an expansive urban park and renovations across the district's public spaces, the public establishment continues to transform and green La Défense, advancing its strategic mission.

The Park

This project will radically transform the Esplanade over the coming years. Stretching 600 meters (1,970 ft) between the Agam and Takis basins, this 5-hectare (12-acre) park, designed under the leadership of architect and landscaper Michel Desvigne, will improve user comfort, mitigate urban heat islands and reduce greenhouse gas emissions. Completion is slated for 2028.



Michelet Neighborhood

Completed this year, the renovation of the Michelet neighborhood improves access points, streets and public spaces, making the boulevard to downtown Puteaux more pedestrian friendly. This project also prioritizes sustainability, reusing 50% of existing surfaces.

[To see all
the district's
projects](#)



Transforming public transportation

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.

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 Groues 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.

[To see all
the transport's
projects](#)



To see all
the district's
projects



Real Estate Projects at Paris La Défense

The business district is constantly evolving, with numerous restructuring projects recently completed or soon to be delivered.

Completed Projects



Ariane Tower

Built in 1975 by architects Jean de Mailly and Robert Zammit, the 64,500 m² (694,000 sq. ft.) tower underwent heating and energy renovations; its new façade and redeveloped lobby have transformed it into a modern business center.



Edenn

A new project in Nanterre, near Paris La Défense Arena and the Groues neighborhood, the Edenn building will soon host the headquarters of Schneider Electric, providing 30,000 m² (approx. 323,000 sq. ft.) of office space, retail and services.



Hopen

The restructuring of the former Adria Tower added three floors, bringing the total to 65,000 m² (699,700 sq. ft.), including 58,000 m² (624,000 sq. ft.) of offices and 7,000 m² (75,300 sq. ft.) of services and retail, complemented by a commercial podium and a rooftop open to the public.



Inspire

A new project, the Inspire building features a seven-level timber structure offering 22,300 m² (240,000 sq. ft.) of office space, a 1,400 m² (15,100 sq. ft.) green rooftop, and 550 m² (5,900 sq. ft.) of openly accessible terraces.

Under construction



CB3

The future headquarters of Sanofi, CB3 is being restructured to become low carbon. It will feature 34,400 m² (370,000 sq. ft.) of office space and 2,800 m² (30,100 sq. ft.) of outdoor areas.



Nirvana

The former Being building is undergoing major restructuring and expansion, providing 20,500 m² (220,600 sq. ft.) of offices and retail space.



Synergies

The former Lotus building will offer nine floors with 11,000 m² (118,400 sq. ft.) of offices – future headquarters of Sogeprom and Fiducial – and 5,342 m² (57,500 sq. ft.) for 77 social housing units managed by Rives de Seine Habitat.



The Link

The new 54-story headquarters of TotalEnergies, with the Arche wing at 242 m (794 ft) and the Seine wing at 178 m (584 ft), will provide 130,000 m² (1,400,000 sq. ft.) of office space. It is scheduled for completion this year and will be part of the fully redesigned Michelet neighborhood.

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:

1. 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.

2. 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.

3. 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.

4. 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.

[Learn more](#)



Arrival of Vélib' services

In 2026, La Défense will welcome 1,000 Vélib' bikes and a station at the Centre Grande Arche parking lot. Employees, students and visitors alike have eagerly awaited this initiative, one that aligns perfectly with the district's goal of promoting soft mobility.



2,200
bicycle racks

635
protected spaces
in parking lots

Information center *Paris La Défense*

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

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

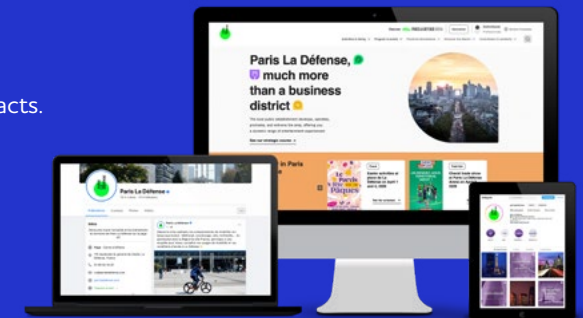


Our information materials

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

Paris La Défense is also available on social media:

- **LinkedIn**, to stay up-to-date about major projects.
- **X**, for direct updates about Paris La Défense.
- **Facebook**, for the district contacts.
- **Instagram**, with stunning photos and videos of the site.
- **TikTok**, for the district events!
- **Youtube**, 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.
- **News magazine**, 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:
reach us by phone at 01 46 93 19 00
or by our [contact form](#).

Paris La Défense

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