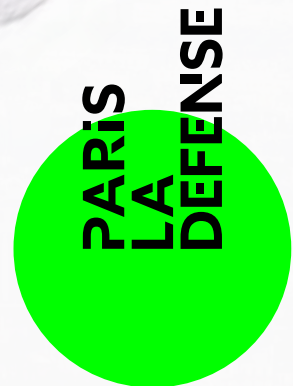


Business Guide

April 2024 - 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 180,000 employees and more than 500 companies. 75% of these are corporate HQs and 41% are foreign companies. Its economic fabric continues to diversify, with the emergence of new business sectors and the establishment of higher education institutions.

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

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

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



Business

1st
EUROPE'S PREMIER
BUSINESS DISTRICT

More than
500
COMPANIES

180,000 EMPLOYEES
50,000 LOCAL RESIDENTS
70,000 STUDENTS

The world's
4th
most
attractive
business
district

15 Fortune
Global 500
businesses
40% of foreign
companies

3.8
millions
sq. m
of offices in
La Défense

Real estate supply





France's only
high-rise district
with 61 skyscrapers

76^m
(250 feet) Average
building height

TOP 5 First
Hekla
Majunga
T1
Granite
tallest buildings

Lifestyle


 **37,35 ha**
of green public spaces

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

3 000 
hotel rooms
85% of the hotel offer
in mid-range or high-end

50 INSTITUTIONS 
of higher learning

1 hub
1 public transportation
hub and 5 lines
+ 2 new RER E stations
+ 2 Grand Paris Express
stations to come


+ **2,000**
bicycle racks
+ **600**
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

 **Paris
La Défense Arena**
Largest indoor concert
hall in Europe
40,000
seats

More than
50
works
of art

More than
150 
restaurants
20 
food trucks

The 10 assets of Paris La Défense

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

#1

Its international scope:

4th most attractive business district in the world, over 40% of companies are foreign.

#2

A diverse economic fabric:

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

#3

A thriving ecosystem

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

#4

Its exceptional public transportation:

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

#5

A residential neighborhood in its own right,

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

#6

A destination for events:

rich programming; a wide range of spaces for conventions, conferences, and seminars, and 3,000 hotel rooms ([see page 19](#)).

#7

An area in constant development:

Underway: the Place de La Défense in renovation, the Park project to green public space, the Rose de Cherbourg transformed into a high line... ([see page 38](#)).

#8

An environmentally conscious district:

strong commitments to reducing its carbon footprint, actions to curb waste, eco-responsible events, the Cube energy efficiency championship ([see page 38](#)), multiplying bike paths ([see page 40](#)).

#9

A neighborhood appreciated by its occupants:

88% of employees say that Paris La Défense is a great place to work (2023 Satisfaction Survey - Viavoice).

#10

A business partner for you:

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

The Paris La Défense Welcome Pack

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;
- the ability to network with other Paris La Défense players, institutions, companies, and organizations.

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

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



Anne Buquet

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

By email at abuquet@parisladefense.com
or by phone at 06 24 98 70 76

A diversified economic fabric

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

Fashion, Streetwear



Law



Finance, Insurance, Banking



Energy



Audit & Consulting



Industry & Manufacturing



Information & Communication



Healthcare



Other sectors



High quality higher education

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

Business or Management



Digital



Engineering & IT



Others



Universities



To 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.

To 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

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

Contacts: Anne Buquet, Project Manager, Business and Higher Education Relations, abuquet@parisladefense.com / 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



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. 2024 will see the creation of a regional endowment fund which will enable Paris La Défense to bring together local investors and companies to co-develop and co-finance local initiatives.

To 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, set to grow further with 2 of the RER E stations opening in 2024, and line 15 west of the Grand Paris Express opening in 2030. Lines serving Paris La Défense:

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

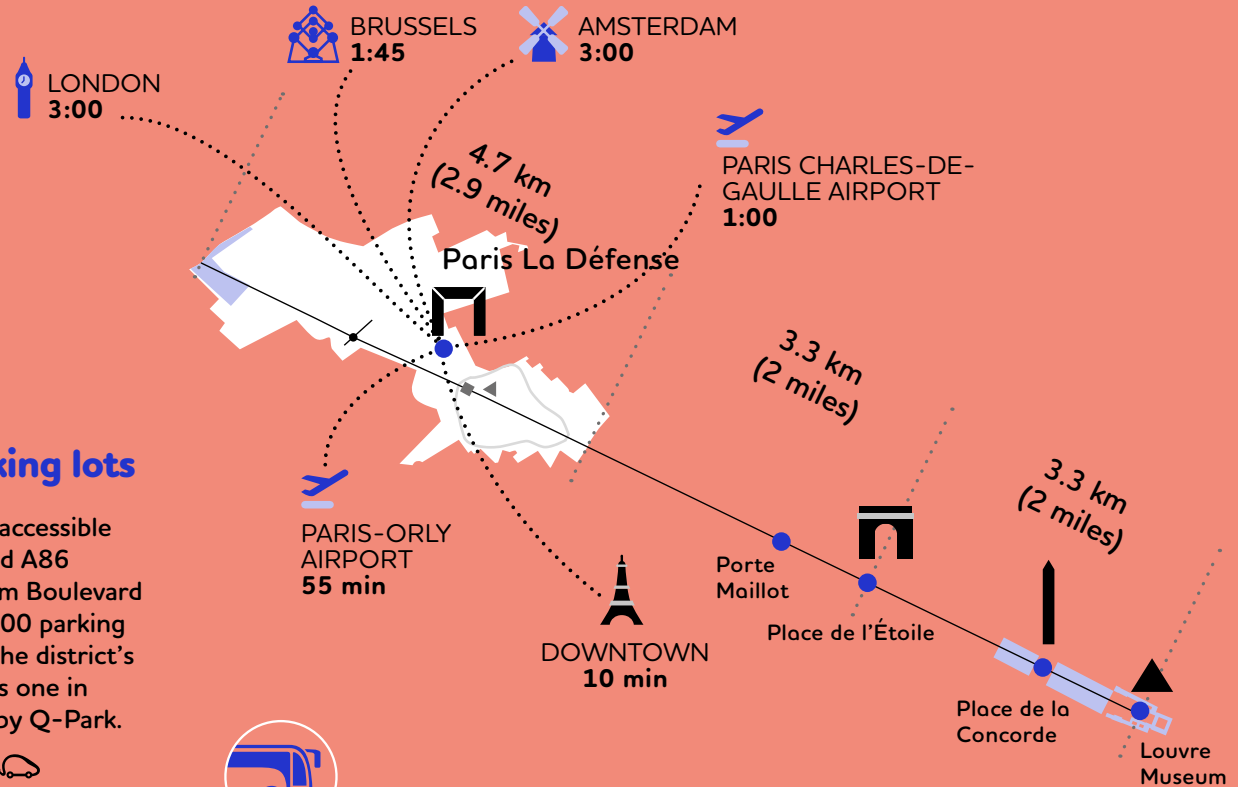


La Défense parking lots

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

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

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



Coming by coach

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

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



Taxi stands

Two taxi stands are accessible from the pedestrian platform:

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



Organizing your professional event in Paris La Défense

Are you looking for the ideal venue for your meeting, conference, or corporate event? Paris La Défense offers more than 20 venues for your next convention, with rooms that can accommodate up to 1,200 people! A truly diverse selection!

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

Need space for small groups, plus catering and leisure? 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!



26
seminar venue



To learn
more

Seminar venues



Anticafé

Located inside CNIT, Anticafé, is the largest café-coworking space in Europe. In addition to its workspaces and a food corner, it offers a large room for hosting events of all kinds, accommodating from 10 to 200 people!

Capacity: 10 to 200 people
Address: CNIT, 2, place de La Défense – 92800 Puteaux
Contact: [Website](#) / email: ladefense@anticafe.fr / 09 82 54 92 23



Châteauform' CNIT

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

Capacity: 150 to 500 people
Address: 2, place de La Défense – 92053 Paris La Défense
Contact: [Website](#) / email: monnouveau projet@chateauform.com / 01 79 35 35 35



Aparthotel Adagio access La Défense Puteaux

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

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



Châteauform' Learning Lab La Défense

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

Capacity: 150 to 500 people
Address: 40, passage de l'Arche – 92800 Puteaux
Contact: [Website](#) / email: sepinasse@chateauform.com / 01 83 79 25 25



Blocbuster

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

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.

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.

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.

Capacity: 150 to 500 people
Address: Cœur Défense, 100-110, esplanade du Général-de-Gaulle – 92931 Paris La Défense Cédex
Contact: [Website](#) / email: coeurdefense.conferences.fr@sodexo.com / 01 49 03 96 37

Seminar venues



Comet La Défense

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

Capacity: 30 to 150 people
Address: Cœur Défense, 100-110, esplanade du Général-de-Gaulle – 92931 Paris La Défense Cedex
Contact: [Website](#) / email: contact-fr@comet.team / 01 84 80 67 00



Icône Oxygen

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

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



CourbevoiEvent

Located in downtown Courbevoie, CourbevoiEvent offers several venues for groups and companies. Select rooms can accommodate up to 1,200 people.

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



Imagin'Office La Défense

Located in HyFive tower and accessible from the Westfield Les Quatre 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.

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



Hilton Paris La Défense

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

Capacity: 30 to 150 people
Address: 2, place de La Défense – 92053 Puteaux
Contact: [Website](#) / email: parisladefense_events@hilton.com / 01 46 92 10 04



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.

Capacity: 30 to 150 people
Address: 10, rue Jean-Jaurès – 92800 Puteaux
Contact: [Website](#) / email: events.parisladefense@mamashelter.com / 01 84 80 67 00



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.

Capacity: 30 to 150 people
Address: 4, boulevard de Neuilly – 92400 Courbevoie
Contact: [Website](#) / email: h0771-gm@accor.com / 01 41 97 40 40



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.

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.

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.

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



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.

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



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.

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



Seminar venues



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.

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

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



Okko Hotels

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

Capacity: 30 to 150 people
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: [Website](#) / email: nanterre9202@okkohotels.com / 01 49 67 64 13



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.

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



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.

Capacity: 500 people and more
Address: 99, jardins de l'Arche – 92000 Nanterre
Contact: [Website](#) / email: corpoevent@parisladefense-arena.com



Vive Les Groues

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

Capacity: 150 to 500 people
Address: 290, rue de La Garenne – 92000 Nanterre
Contact: [Website](#) / email: bonjour@vivelesgroues.org



Hotels, restaurants, coworking...

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, restaurants and coworking spaces.

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

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

As for the coworking facilities, their offerings are flexible and multivalent. You can reserve a workspace in a common room or a closed office, for any length of time. The district's coworking spaces also provide high-quality common areas to their visitors.

20 
food trucks

More than
150 
restaurants

 20
hotels

 3 000
hotel rooms

Bars and restaurants

To 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, jardin 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



La Brasserie Renaissance

The restaurant at the Renaissance hotel offers French cuisine local and seasonal, with touches of Polynesian flavors.

Speciality: French
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner, Saturday and Sunday for dinner
Address: 7, cours Valmy – 92800 Puteaux
Info: [Website](#) / email: brasserie.ladefense@renaissanceladefense.com / 01 41 97 50 11



Noccio

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

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

FOR A DRINK



Apogée

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

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



Aubrac Corner

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

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



Le Nouveau Monde

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

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

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
Info: [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
Info: [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
Info: [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](#) / 01 47 58 48 44



Tusk

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

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



Vingko

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

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

FOR A GOURMET EXPERIENCE



Eclipse

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

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



Greem

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

Specialty: French
Outdoor dining: No
Opening hours: Monday to Sunday, noon and evening
Address: 2, boulevard de Neuilly – 92400 Courbevoie
Info: [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

A gourmet district



Muses

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

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



Octopus

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

Speciality: French/Spanish
Outdoor dining: Yes
Opening hours: Monday to Friday for lunch and dinner
Address: 1, esplanade de La Défense – 92800 Puteaux
Contact: [Website](#) / email: contact@oxygen-ladefense.fr / 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
Terrasse: Yes
Ouverture: Every day for lunch and dinner
Adresse: 11, avenue de l'Arche – 92400 Courbevoie
Infos: [Website](#) / email: h3013-fb3@accor.com / 01 47 17 59 99



Tribe Table

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

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

ROOFTOP WINING & DINING



Le XII

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

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



Mama Shelter - Mama's Penthouse

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

Speciality: French/Asian
Outdoor dining: Yes
Opening hours: All day every 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

Coworking spaces

To learn more



Icône Oxygen

Icône Oxygen, located in the Oxygen complex on the La Défense Esplanade, offers versatile offices and workspaces as well as a wide range of services.

Address: 8 bis, esplanade du Général-de-Gaulle – 92400 Courbevoie
Info: [Website](#) / email: contact@icone-space.com / 01 84 29 87 64



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.

Address: 1-7, cours Valmy – 92800 Puteaux
Info: [Website](#) / email: ladeffense@spacesworks.com / 01 87 16 80 00



Deskeo

In the heart of the Valmy district, Deskeo rents workspace on a temporary or permanent basis.

Address: 11-13, cours Valmy – 92800 Puteaux
Info: [Website](#) / email: sales@deskeo.fr / 01 83 75 04 70



Welkin & Meraki

Welkin & Meraki has installed 450 workstations and 42 offices in the Trinity Tower. You can book a private office, a shared office or a coworking space.

Address: 1 bis, place de La Défense – 92400 Courbevoie
Info: [Website](#) / email: reception.ladeffense@welkinandmeraki.com / 01 88 24 74 00



Imagin'Office

In the Hyfive tower, Imagin'Office has designed a hybrid concept that offers coworking spaces and private offices of the highest quality.

Address: 1, avenue du Président-Wilson – 92800 Puteaux
Info: [Website](#) / email: sales@imaginoffice.com / 01 41 57 76 61



Wojo Cœur Défense

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

Address: 110, esplanade du Général-de-Gaulle – 92400 Courbevoie
Info: [Website](#) / email: elisa@wojo.com / 09 70 73 41 15



Morning

Located in the Legend Tower, Morning provides brand-new coworking spaces. The company rents out private offices and shared spaces on a monthly basis.

Address: 20, place de La Défense – 92800 Puteaux
Info: [Website](#) / 01 84 80 07 00



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.

Addresses:
 Work & Share La Défense: 100-101, terrasse Boieldieu – 92800 Puteaux
 Work & Share Nanterre: 5, boulevard des Bouvets – 92000 Nanterre
Info: 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

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.

Type of accommodation: Studios and apartments
Address: 88, rue des Étudiants – 92400 Courbevoie
Contact: Website / email: h8363@adagio-city.com / 01 41 88 20 00



Aparthotel Adagio La Défense Esplanade

This 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
Type of accommodation: Studios and apartments
Address: 35, cours Michelet – 92060 Paris La Défense
Contact: Website / email: h2816@adagio-city.com / 01 47 73 90 90



Aparthotel Adagio access La Défense Puteaux

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

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



Aparthotel Adagio La Défense Courbevoie

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

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



Aparthotel Adagio La Défense Kléber

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

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



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
Type of accommodation: 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
Type of accommodation: Studios and apartments
Address: 6, boulevard de Neuilly – 92400 Courbevoie
Contact: Website / email: sales.paris@frasershospitality.com / 01 55 23 26 26

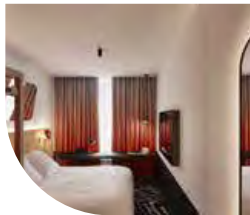
3-STAR HOTELS



Ibis Paris La Défense Esplanade

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.

Type of accommodation: 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.

Type of accommodation: 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.

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



Hilton Paris La Défense

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

Type of accommodation: 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.

Type of accommodation: 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.

Type of accommodation: 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.

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

A good night's sleep



Novotel Paris La Défense Esplanade

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.

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



Okko Hotels Paris La Défense

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

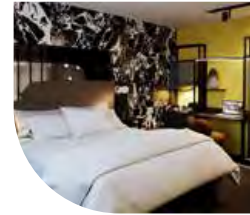
Type of accommodation: Rooms
Address: 2261, boulevard de La Défense – 92000 Nanterre
Contact: [Website](#) / 01 49 67 64 13



Renaissance Paris La Défense

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

Type of accommodation: Rooms and suites
Address: 60, cours Valmy – 92800 Puteaux
Contact: [Website](#) / email: groups@renaisanceladefense.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.

Type of accommodation: 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.

Type of accommodation: 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.

Type of accommodation: 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.

 **61**
high-rises

 More than **50** works of art

 **24**
activities

To learn more



Major events in Paris La Défense

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



Very Food Trip

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

Les Extatiques

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



League of Défense

For the 2024 back-to-school season, get set to participate in Paris La Défense's largest charity challenge. Intended for the businesses and schools in the neighborhood, this event has some wild activities in store!



Garden Parvis

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



La Défense Jazz Festival

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



Christmas Market

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

Charity runs

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

Vertigo race

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



Cancer-free Children City Race

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

Race against hunger

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



The Special Olympics race

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

→ [Upcoming events in Paris La Défense](#)

Activities

CULTURE



CGR Nanterre Cœur Université

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

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



UGC Ciné Cité La Défense

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

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



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 40,000 people.

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



Pif à Papa

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

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



Cité de l’Histoire

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

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



Guided Tours

Manatour offers guided tours of the district, led by national conference guides and focusing on three different themes: a general visit to discover La Défense, one about the district’s architecture and urban planning, and a third about the outdoor artwork collection.

Opening hours: by reservation on the website
Address: departure from La Grande Arche, 1.5 hours tour
Contact: [Website](#) / email address for group reservations: visiterparisladefense@manatour.fr

IMMERSIVE EXPERIENCES



Éternelle Notre-Dame

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

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



Illucity

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

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



La Tête dans les nuages

In 2024, this family entertainment area, located in the Westfield Mall Les 4 Temps, invites you to have fun, offering an arcade room, state-of-the-art consoles, 3D/4D animations, and a laser game section.

Opening hours: Opening in 2024
Address: Westfield Les 4 Temps, zone Mandarine, level 3, 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#)



Team Break

In the heart of Jean Monnet tower on Place des Vosges lies an escape game center spanning over 1,200 sq.m. Team Break offers seven escape games based on TV series, game shows and even movies, as well as an outdoor escape game in summer.

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

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: 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](#)



Neoneess

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

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



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



On Air

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

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



Hapik

Hapik is a climbing gym spanning more than 500 sq.m with 90 colorful climbing routes for young and old, up to 8 meters (26 feet) in height. The gym also offers two high-wire adventure courses as well as two tree-top adventures courses. Group events available.

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



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



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: Tour Ariane, 5, place de la Pyramide – 92800 Puteaux
Contact: [Website](#)

SHOPPING



CNIT

Built in 1958, the CNIT was transformed into a shopping center in the late 1990s. Today, it features many major retail brands. In 2024, with the opening of the RER E station, seminar spaces and a new range of restaurants will open up.

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



Westfield Les 4 Temps

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

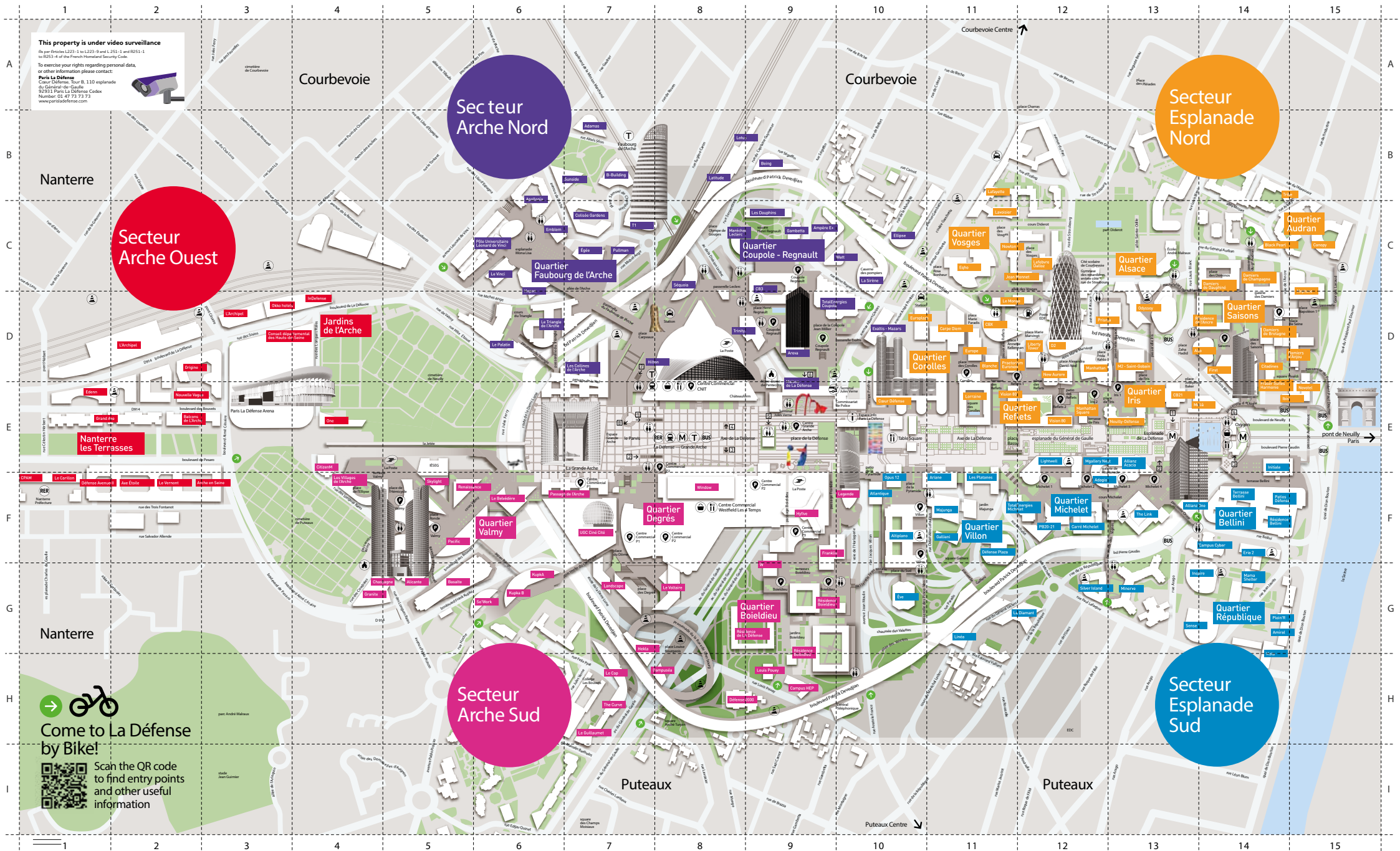
Opening hours: Daily from 10:00 a.m. to 8:30 p.m.
Address: 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 47 73 54 44



To learn
more



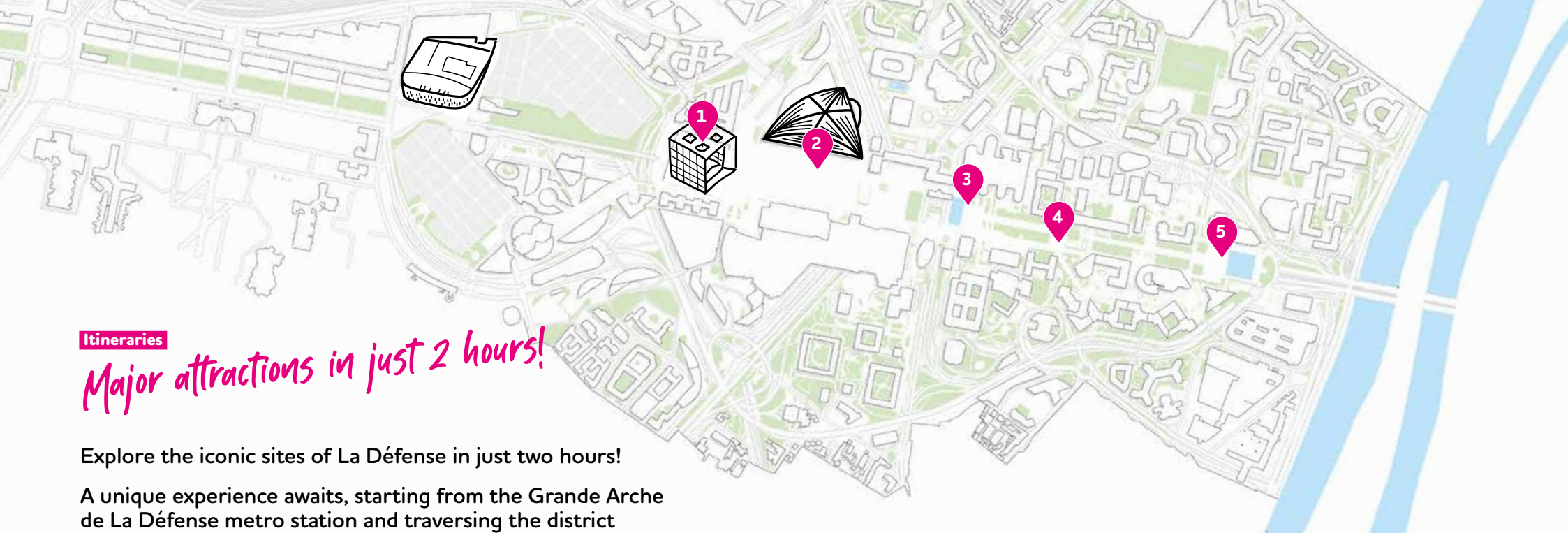
Pedestrian map



This property is under video surveillance
 in par Articles L223-1 to L223-9 and L 251-1 and R251-1
 to R251-4 of the French Homeland Security Code.
 To exercise your rights regarding personal data,
 or other information please contact:
Paris La Défense
 Colonne Défense, Tour B, 110 esplanade
 du Général-de-Gaulle
 92781 Paris La Défense Cedex
 Number 01 47 73 73 73
 www.parisdefense.com



 Come to La Défense
 by Bike!
 Scan the QR code
 to find entry points
 and other useful
 information



Itineraries

Major attractions in just 2 hours!

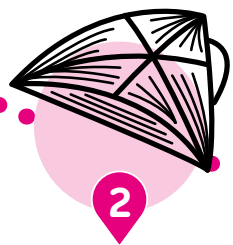
Explore the iconic sites of La Défense in just two hours!

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.



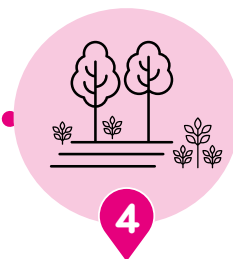
CNIT

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 in 2024.



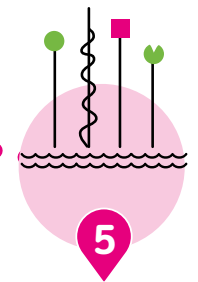
Monumental Fountain

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.



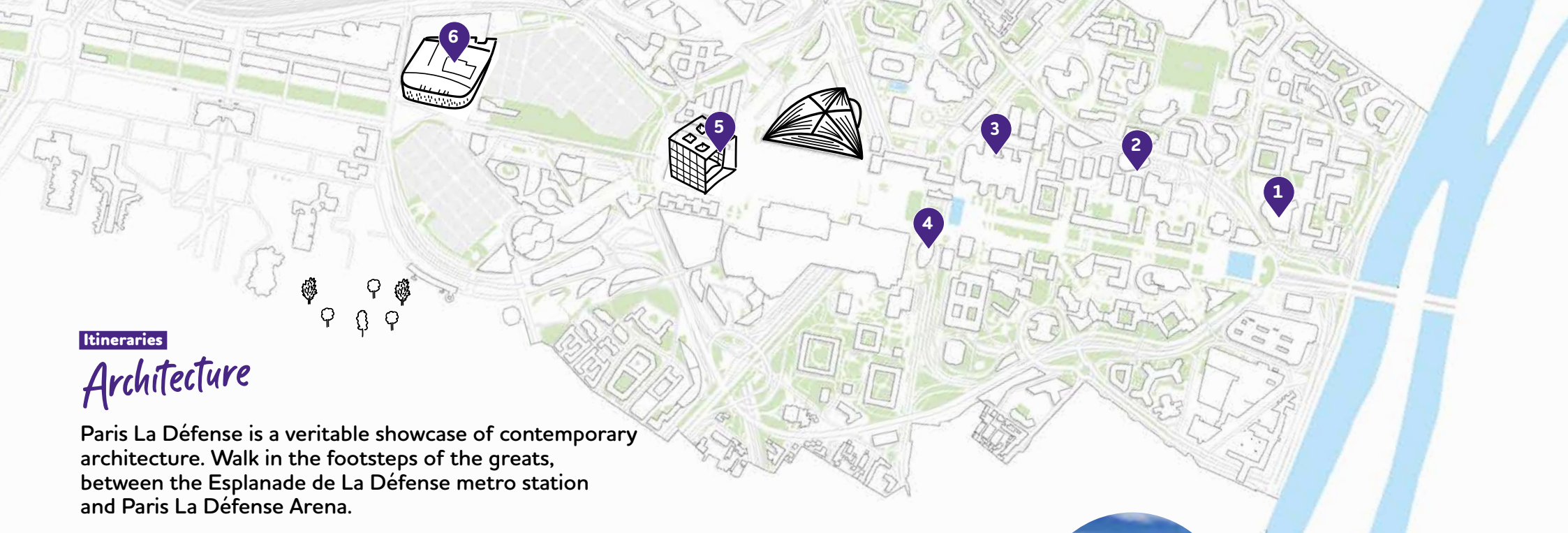
Place Basse

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 is the tallest skyscraper in France, rising 231 meters (758 feet)! To fulfill this ambition, an extra 50 meters (164 feet) were added during the recent refurbishment.



D2 tower

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



Cœur Défense

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



Légende tower (formerly EDF 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.



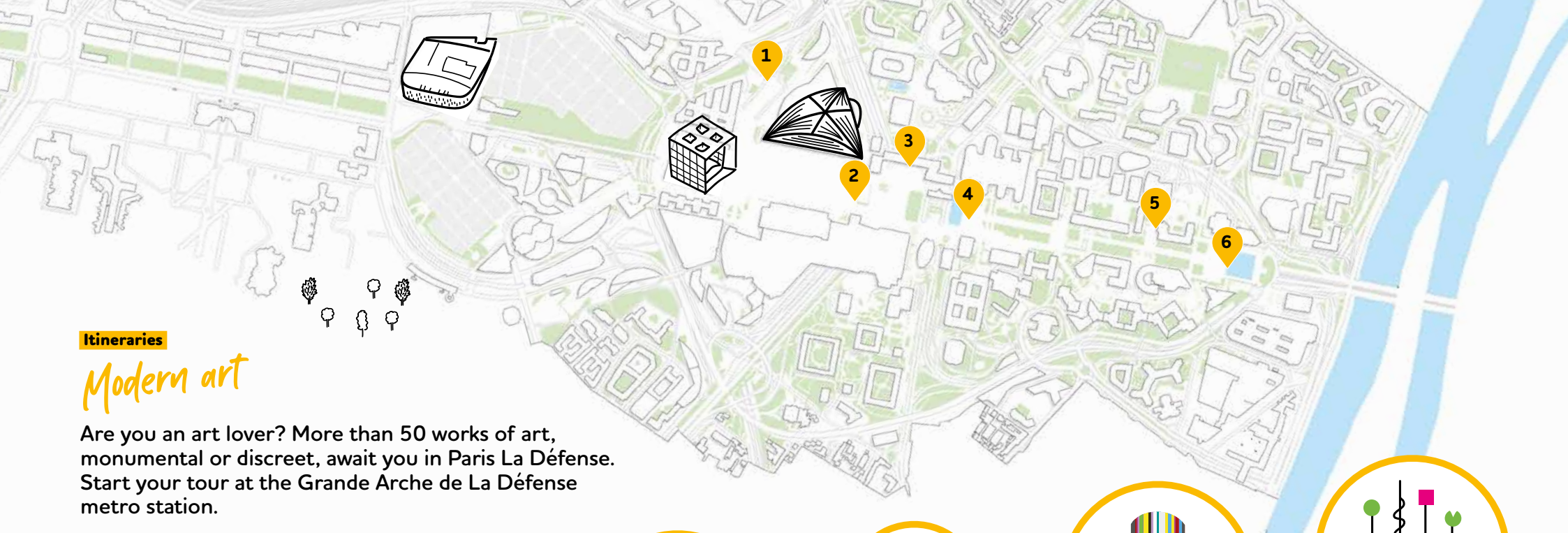
Grande Arche

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 40,000-seat Paris La Défense Arena is the largest indoor sports and concert hall in Europe, as well as the home stadium of the Racing 92 rugby club. It will host swimming events during the 2024 Olympic Games. A unique place to enjoy a performance, whether artistic or athletic, in absolute immersion.



Itineraries

Modern art

Are you an art lover? More than 50 works of art, monumental or discreet, await you in Paris La Défense. Start your tour at the Grande Arche de La Défense metro station.



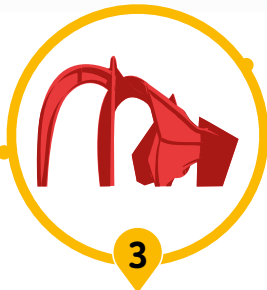
César's thumb

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.



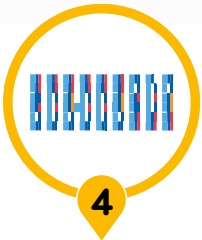
Fantastics Characters

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.



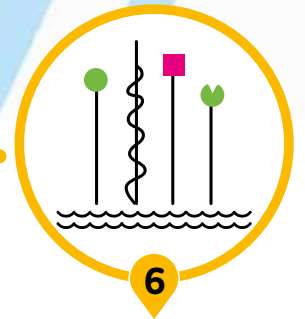
Monumental Fountain

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.



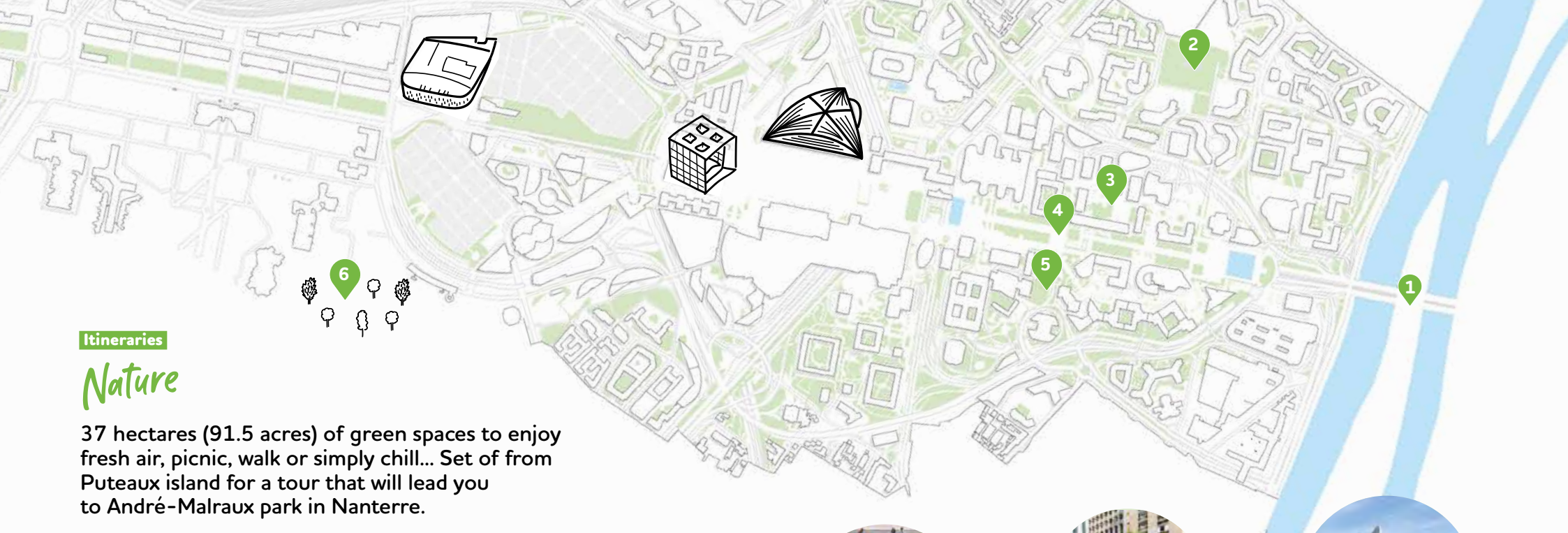
Moretti

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

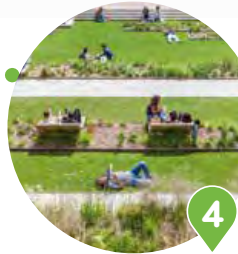
With a full hectare (2.5 acres) of greenery, a monumental waterfall and hills making for a 14-meter (46-foot) difference in elevation, Diderot Park is a perfect place to get away from it all, and why not enjoy a picnic on the upper section of the grounds? The park also features a playground and a multisport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

To 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 dedicate itself to 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:

- **Better construction and development:** building a post-carbon business district means developing, constructing, and renovating differently and more efficiently, in concert with all the players involved in regional planning.
- **Living better, together:** the district will also be a place where people learn to better live together, benefiting from improved use of space, greater social diversity, and higher quality of life.
- **Collective intelligence for a post-carbon future:** Paris La Défense is committed to setting an example as a dynamic force for collaboration in favor of this post-carbon movement.
- **The ecological transition is everyone's business:** the mobilization of all of Paris La Défense's partners on these environmental issues is necessary to guarantee the creation of the first post-carbon business district.

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](#)).

Transforming public space in Paris La Défense

To see all
the district's
projects



Completed Projects

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



Rose de Cherbourg

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



Place de La Défense

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



Corolles-Reflets-Iris

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

Upcoming Projects

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

Le Parc

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



Michelet Neighborhood

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

Bicycling in Paris La Défense

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

Improve neighborhood accessibility for all.

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

Reduce congestion on the concrete slab.

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

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

Provide well-adapted parking facilities.

Paris La Défense already offers more than 2,000 bike racks and 600 spaces for bikes throughout the district's parking lots. This amenity will be expanded in the future, along with the creation of secure bike storage facilities.

Deploy a range of services for cyclists.

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


+ 2,000
bicycle racks

+ 600
protected spaces
in parking lots

Bringing Vélib' to the district

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

To learn
more



Information center

Paris La Défense

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

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

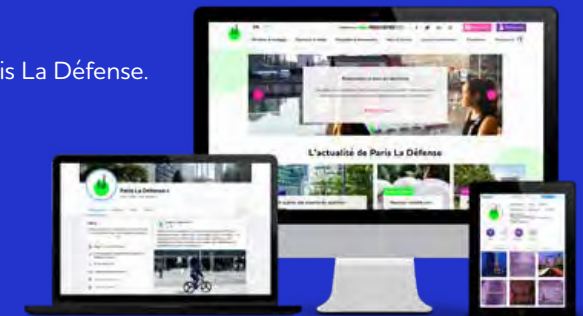


Our information materials

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

Paris La Défense is also available on social media:

- **TikTok**, for the district events!
- **Instagram**, with stunning photos and videos of the site.
- **X**, for direct updates about Paris La Défense.
- **LinkedIn**, to stay up-to-date about major projects.
- **Facebook**, for the district contacts.
- **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 50 pieces of the outdoor collections
- **Better Magazine quarterly newsletter**, 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:
email communication@parisladefense.com / 01 46 93 19 00

Paris La Défense

Cœur Défense Tour B
110, esplanade du Général-de-Gaulle
92400 Courbevoie

parisladefense.com

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