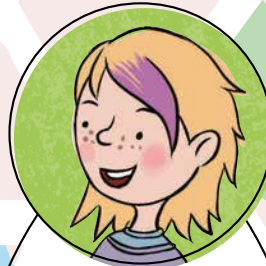


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Hi... we're Amelia and Marco and we've created 19 awesome trails for you to follow.

The pins on this map mark the starting points, and each trail is guaranteed to let you in to some of the city's secrets, and blow your mind with loads of cool facts. So whether you are a foodie, a sports fanatic or a movie expert, this book has got something for you!



BEACH LIFE

PARIS PLAGES

With over 160km (100 miles) to the nearest coast, nobody would visit Paris for its golden sands. However, for a month each summer, the banks of the Seine are transformed into a temporary holiday haven called Paris Plages. Roads are blocked off, sand is imported, and locals and tourists can lounge around in deckchairs, cool off in fountains, lick ice lollies at pop-up cafes, play games, and enter sandcastle competitions. They can even go surfing, but only on the Internet – the beach has free wifi!

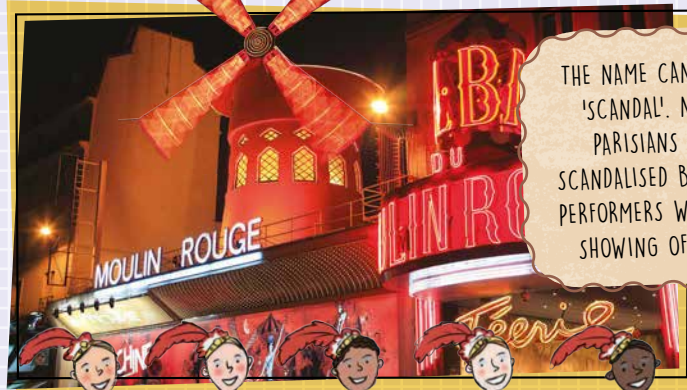


BANKS OF THE RIVER SEINE



MONTMARTRE

MONTMARTRE



THE NAME CAN-CAN ACTUALLY MEANS 'SCANDAL'. NINETEENTH-CENTURY PARISIANS WERE SHOCKED AND SCANDALISED BY THE DANCE AND SOME PERFORMERS WERE EVEN ARRESTED FOR SHOWING OFF FAR TOO MUCH LEG!

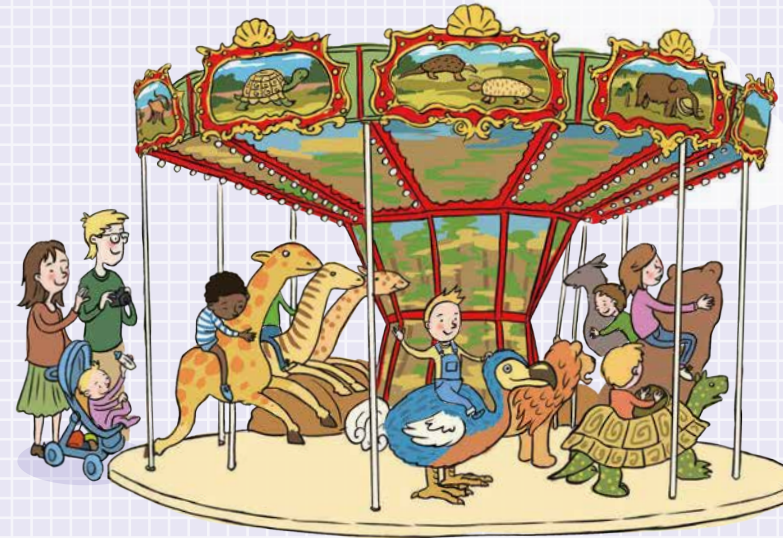
THE WINDMILLS OF OLD PARIS

MOULIN ROUGE

The Paris landscape was once dotted with over 300 windmills (*moulins*). In the past they were essential for grinding wheat and crushing grapes, but only a few remain. The Moulin de la Galette, in Montmartre, is nearly 500 years old and stopped working years ago. Surprisingly, Paris's most famous windmill never worked at all! The sails of the Moulin Rouge (Red Windmill) only turned to draw crowds to the cabaret club beneath it. There, they watched high-kicking girls in swirling skirts dance the can-can.



JARDIN DES PLANTES



DO RIDE A DODO

JARDIN DES PLANTES

Seeing as the dodo died out hundreds of years ago, no one would expect to ride one anywhere in the world... except maybe in Paris! In the corner of the Jardin des Plantes is a very strange carousel. Visitors can whirl round on a dodo, a turtle with horns, a thylacine (aka Tasmanian tiger), a sivatherium (an early ancestor of the giraffe), a panda or gorilla. You've guessed, of course, that there's a theme here – these creatures are all extinct or endangered.

THROUGH THE GRAPEVINE

CLOS MONTMARTRE

Back in the 17th century, the Parisian hills were covered with vineyards, but in the 18th century a deadly disease killed them all off. Today, Clos Montmartre is Paris's only working vineyard, but it hasn't been around for long. In the 1920s, plans to build on this land were halted when a group of local artists came up with a cunning plan. By planting a vineyard, they knew the building work could never go ahead. This is because wine is so important in France that it's against the law to build on a vineyard!

THE GRAPES ARE PRESSED, FERMENTED AND BOTTLED IN THE MONTMARTRE TOWN HALL.



1,556M² OF VINEYARD

1,726 GRAPEVINES

475 LITRES (835 PINTS) OF WINE

950 BOTTLES

ALL SOLD TO FUND COMMUNITY PROJECTS



IN, ON AND OVER THE WATER

Paris gets its name from the Celtic Parisii tribe, who were attracted to the area in the 3rd century by the huge, rolling Seine river. The watery highway was perfect for ferrying goods and people. Paris has grown up around the Seine, and the river, its boats, banks and 32 bridges have some surprising stories to tell.

A BRIDGE TOO FAR

PONT ALEXANDRE III

Depending on how you look at it, this bridge is either the most beautiful in Paris, or the most OTT. It's certainly the fanciest bridge in town – ornate lamps, nymphs, angels, lions, and winged horses and cherubs stand, sit on or even swing from it. Four pillars at the corners of the bridge thrust golden statues 17m (56ft) into the air – the pillars aren't just for show, though, they do in fact help to balance the bridge.



"Please stop hooting that horn!"

SODDEN STATUE

ZOUAVE DU PONT DE L'ALMA

Hidden beneath the traffic on the Pont de l'Alma, the Zouave statue stands on a platform jutting out over the water. This soldier has been here since the 1850s, when he was installed to celebrate a victory for the Zouave Regiment in the Crimean War. These days, however, he has another purpose: Parisians can tell that the Seine is flooding if its waters lick the statue's boots. Imagine their horror in 2001, when the water reached his knees. Or even worse, in 1910, when the river rose up to his shoulders!

PONT DE L'ALMA

PONT ALEXANDRE III



€15 IS THE CURRENT FINE FOR JUMPING INTO THE SEINE.



DON'T TAKE A DIP!

THE RIVER SEINE

The banks of the Seine might turn into a beach each summer (see page 8), but Parisians aren't jumping in the water – it's illegal! The murky Seine is too mucky to swim in today, but that hasn't always been the case. In the scorching summer of 1716, some bathers were chased away by police – because they were naked! And in a race in 1900, competitors had to swim 200m (656ft), climb a pole, and scramble over and under boats. It was the Olympics' first and last watery obstacle race.

THE RIVER SEINE

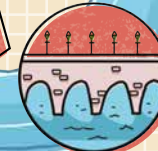
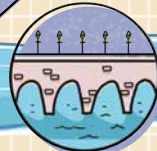
A BIT FISHY

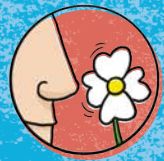
FISHING IN THE RIVER SEINE

In 2009, locals were excited when 1,000 Atlantic salmon swam through the city for the first time in over 100 years. In 2013, one Seine fisherman was not quite so excited when he hooked a South American Pacu fish. These creatures can grow up to 90cm (35in) long, and have a nasty habit of biting men where it really hurts... Yikes!



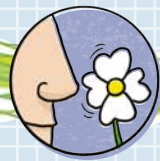
THE RIVER SEINE





PARIS BY THE NOSE

From flowers to freshly baked bread, stinky cheese to even stinkier toilets, many aromas waft around the streets of Paris. Whilst some smells will delight the nostrils, others are downright disgusting!



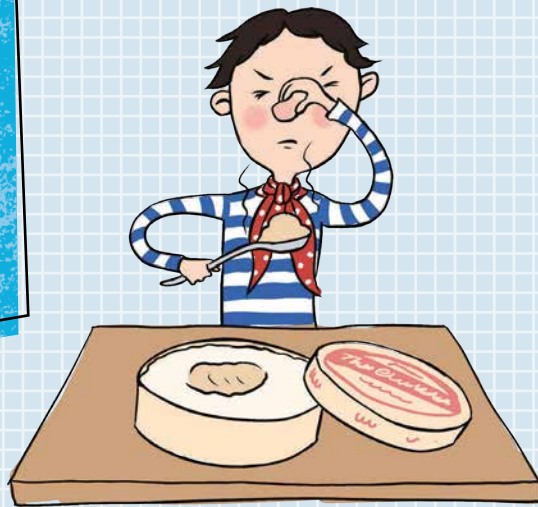
TOUR EIFFEL



AN EIFFEL OF SMOG

AIR POLLUTION

Traffic congestion is a problem in the city, with air pollution so bad that the Eiffel Tower sometimes disappears completely behind a dirty grey cloud! New rules mean Parisians can now only drive their car into the city every other day of the week. The rest of the time they're encouraged to travel by bike or an electric car.



MMM, SMELLY CHEESE PLEASE!

ÉPOISSES DE BOURGOGNE

Fromagerie Alléosse may not sell all of the 400 cheeses France produces, but they do have Époisses de Bourgogne – one of the stinkiest. Époisses is left to mature for several weeks (getting smellier by the day), before it's eaten... with a spoon. In fact, this cheese is so stinky, it's actually banned on public transport!

FROMAGERIE ALLÉOSSE



GARLIC IS GOOD FOR YOU

PUNGENT GARLIC

Delicious garlicky whiffs waft out from cafés and restaurants across the city of Paris. The Romans first brought garlic to France. They believed it was good for their soldiers' courage. In Paris, in 1858, French scientist Louis Pasteur proved that garlic would have protected the men from infection – because it's an antiseptic.



ALL OVER THE CITY



TERRIBLE TOILETS

VESPASIENNE TOILET CUBICLE

The arrival of the 'vespasienne' toilet cubicle, in 1841, must have been a huge relief – peeing in public had been illegal in Paris since the mid-17th century. The toilet took its name from Ancient Roman Emperor Vespasian, who once taxed the collection of urine from public toilets (people used it to wash their laundry)! The new cubicles were open-sided, made of steel, for men only – they had to stand up – and the smell was... ugh! Thankfully, boulevard Arago has the very last one.

18,500 TONS OF GARLIC GROWN IN FRANCE EACH YEAR

TO AVOID GARLIC BREATH, EAT AN APPLE OR DRINK GREEN TEA!



BOULEVARD ARAGO

PARISIANS LOVE THEIR POOCHES, BUT THEY DON'T LOVE CLEARING UP AFTER THEM. THE FINE FOR DOG MESS ON THE PAVEMENT IS €400, BUT IT'S STILL TOO EASY TO STEP IN THE STINKY STUFF.





CITY SHAPES

Paris is crammed with stunning historic architecture, but there are also plenty of exciting new buildings and structures popping up around the city too... come and take a peek!

THE MONUMENT WITH THE HOLE

GRANDE ARCHE DE LA DÉFENSE

In 1989, Grande Arche was built in La Défense (Paris's business district) to celebrate the 200th anniversary of the French Revolution. This huge 110-m (361-ft) high cube with a hole in the middle lies on a long straight road that stretches across Paris, past the Arc de Triomphe, all the way to the Louvre. The hole in the middle of the Arche is so huge, Notre Dame Cathedral could slot inside it!

GRANDE ARCHE DE LA DÉFENSE

IS IT A SHIP? IS IT A WHALE?

FONDATION LOUIS VUITTON

No, it's the Fondation Louis Vuitton – a modern art museum. Architect Frank Gehry designed the building, starting with three box shapes for the galleries and three towers for lifts and stairs. Inside, the galleries are simple, but the outside of the building is a work of art. Its 12 curved sails, made from 3,600 panels of glass, are all sorts of shapes.

FONDATION LOUIS VUITTON



STAR-STUDED CITY

PLACE CHARLES DE GAULLE

Place Charles de Gaulle was once known as place de l'Étoile (Star Square) because the 12 roads leading to it make a star shape – with the Arc de Triomphe slap bang in the middle. In the 1800s, city planner Baron Haussmann was employed by Emperor Napoléon III to clean up Paris's grubby medieval streets. Haussmann introduced drainage, lighting, wider streets, fresh water and sewers – but threw poor residents out of their homes!



PLACE CHARLES DE GAULLE

BEFORE HAUSSMANN ARRIVED, PARIS STREETS WERE DARK, DIRTY AND SMELLED OF POOL! HE TOOK 17 YEARS TO CLEAN UP AND REDESIGN THE CITY.

GOING UP

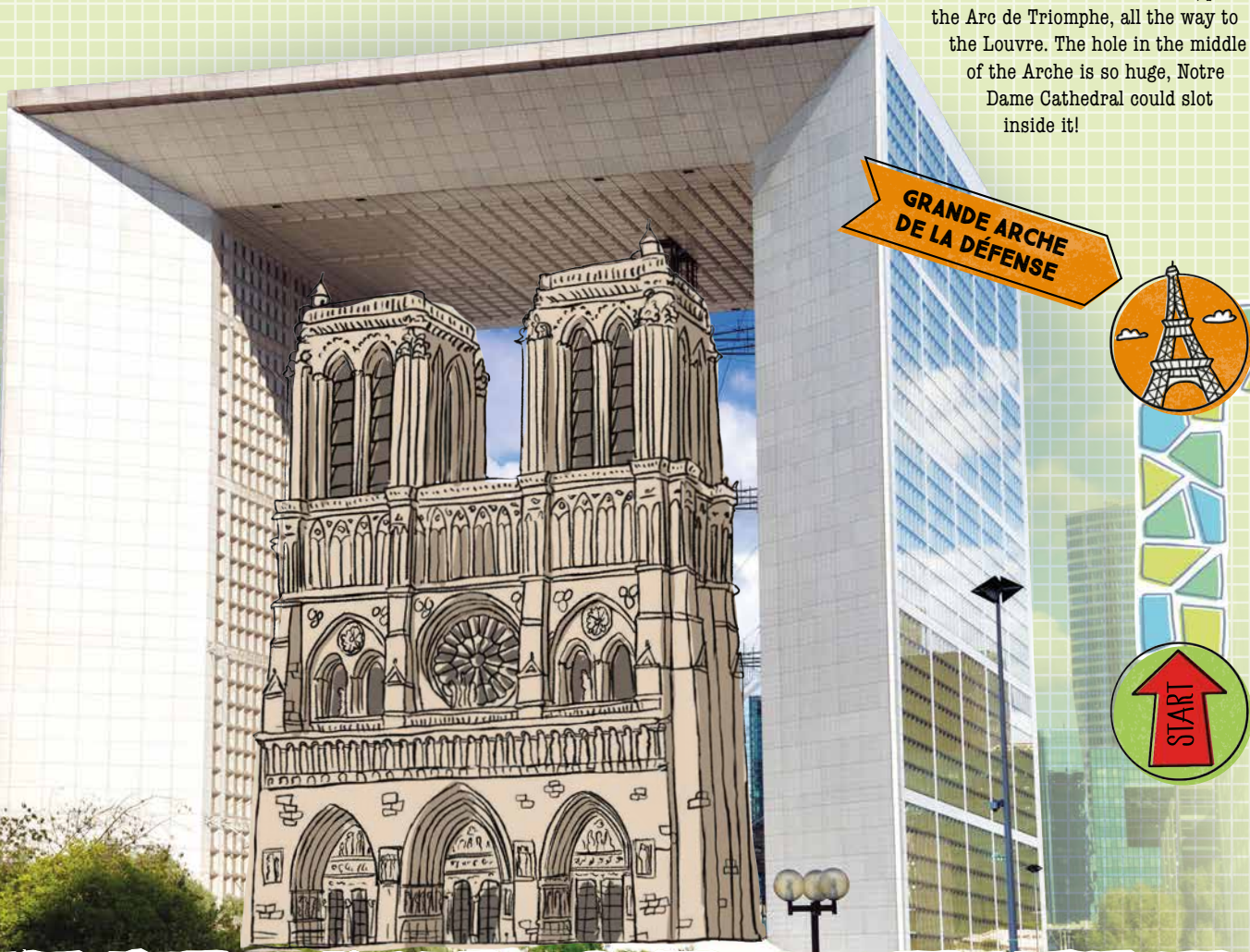
TOUR TRIANGLE

For years, no one was allowed to build higher than 37m (121ft) in central Paris. In 2015, however, plans were passed to allow a 40-storey glass tower, shaped like a giant triangle! The architects say the design is to stop too much shadow falling on nearby buildings. They call the tower 'a vertical city'.

ARCHITECT'S MODEL



TOUR TRIANGLE





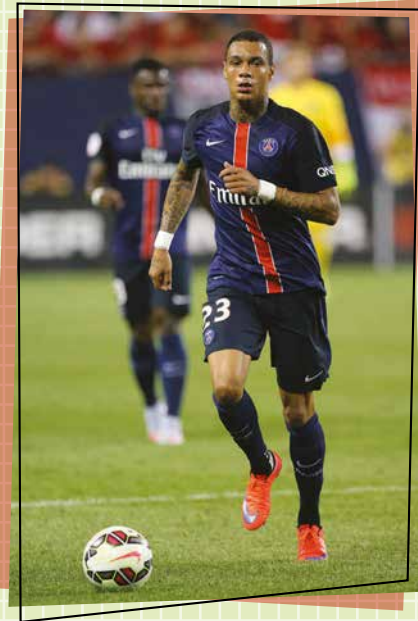
SPORTY PARIS

Featuring tennis, football, basketball, and even France's favourite game of boules, this speedy tour of Paris whooshes past venues for all sorts of sports.

THE RED AND BLUES

PARC DES PRINCES

Allez Paris Saint-Germain is the anthem sung at this stadium, when Paris's top-ranking football team plays a home game. The song will be loudest when Paris Saint-Germain (PSG) are playing Olympique Marseille – their biggest rivals – and the 45,500-seater stadium is jam-packed.



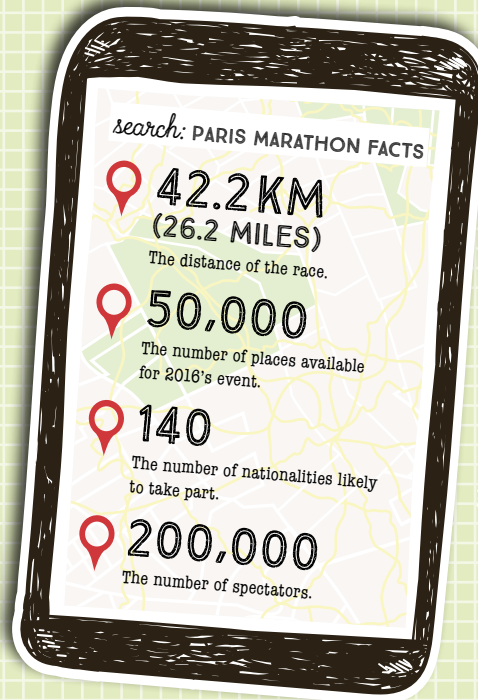
A MONUMENTAL MARATHON

MARATHON DE PARIS

For anyone fit enough, the Paris Marathon is one of the best possible ways to see Paris. The race starts at the Arc de Triomphe and passes the Louvre, Eiffel Tower and loads more famous monuments on the way to the finish line on avenue Foch.



THE VERY FIRST RACE TOOK PLACE IN 1896, WHEN 200 RUNNERS ENTERED. THEY ONLY GOT A MEDAL IF THEY FINISHED IN UNDER 4 HOURS!



ANYONE FOR TENNIS?

STADE ROLAND GARROS

Tennis originated in medieval France, where monks played it using a cloth ball and their hand. The game spread to the royal courts and became so addictive that it was banned by the church!

Each year in May, 400,000 people flock to Paris's Roland Garros Stadium for the French Open Tennis Tournament. In the unlikely event of a dull tennis match, there's entertainment to be found in the stadium's tennis museum.



RENÉ LACOSTE, NICKNAMED 'THE CROCODILE', WAS A TENNIS MEGA-STAR IN THE 1920S. HE DESIGNED THE FIRST-EVER TENNIS SHIRTS – WITH A DISTINCTIVE CROCODILE LOGO!

ALL FOR A YELLOW JUMPER!

TOUR DE FRANCE

The Tour de France cycle race began as a publicity stunt by a journalist trying to increase sales of his magazine. The route changes each year, and can even start in a different country! It normally takes three weeks, covers 5,633km (3,500 miles) and finishes in Paris on avenue des Champs-Élysées. Winners in different categories wear different-coloured jumpers, but yellow is the one to win; it goes to the rider with the shortest total time.

