

# Sales manual

March 2023 – Paris La Défense



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# Paris La Défense

## Much more than a business district!

**E**urope's premier business district and world's fourth most attractive business district: over its more than 60-year history, Paris La Défense has become a true economic and social hub, lively and vibrant, that welcomes countless visitors, business travelers and tourists alike.

Located some 10 minutes from downtown Paris and a few short hours from major European capitals, the area is linked by one of the world's most extensive transport networks, soon to expand even further with the arrival of the Eole and Grand Paris Express rail lines

This district, unique in France for its verticality, is also a showcase of architectural and artistic creation, home to emblematic towers designed by world-renowned architects such as Jean Nouvel, Tomas Sheehan, Christian de Portzamparc and Pei, as well as an open-air museum featuring some 50 works of contemporary art by artists such as César, Calder, Miró and Takis.

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

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

1st  
EUROPE'S PREMIER  
BUSINESS DISTRICT

## Key figures



The only vertical  
district in France  
with 61 high-rises

TOP 5  
towers by height

First (231 m - 756 ft)  
Hekla (220 m - 722 ft)  
Majunga (194 m - 636 ft)  
T1 (185 m - 607 ft)  
Granite (184 m - 604 ft)



566 ha  
(1,400 acres) incl. 31 ha  
(77 acres) of pedestrian space



131 ha  
(324 acres) o/w  
37.35 ha (92.29 acres)  
of public spaces

180,000 EMPLOYEES  
50,000 INHABITANTS  
70,000 STUDENTS

1

hub  
and 5 new lines  
of public transportation + 2  
new RER E stations and one  
Grand Paris Express  
station coming soon

Paris  
La Défense Arena  
Largest indoor concert  
hall in Europe

40,000  
seats

Europe's  
largest  
shopping  
center

Westfield  
Les 4 Temps

More than  
150  
restaurants



20  
food trucks

More than  
50  
works of art



3,000  
hotel rooms,  
+ 800 by 2026,  
85% mid-range  
and high-end

# Major events in Paris La Défense

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



## 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 right on the esplanade. An open-air event that attracted more than 34,000 people in 2022!

## Les Extatiques

Since 2018, the Les Extatiques contemporary art exhibition has become a central event for locals. From the esplanade de La Défense to Seine Musicale, off-beat and idiosyncratic open-air artistic itineraries take visitors on a remarkable creative journey.



## 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 activities: food market, shopping, DJ sets and much more. No less than 237,000 visitors flocked to La Défense for Garden Parvis in 2022.



## 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. The 2022 Christmas Market welcomed 762,000 visitors for shopping, tasty winter specialties and the chance to meet Santa Claus himself!



# 4 races for 4 causes

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. Over three events, nearly 500 runners and 80 companies have taken a stand against cancer by championing medical research, with funds donated to the CoBioRB program.



## 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. Organized in four-member teams, participants have to run or walk 10 km (6 miles).



→ **Upcoming events in Paris La Défense**

# Getting to Paris La Défense?



## Public transportation

Paris La Défense boasts one of the world's finest public transport networks, 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:

- Ligne 1
- RER A
- T2
- Ligne U
- Ligne L
- Bus: 258, 141, 159, 275, 276, 360, 174, 278, 541, 73, 144

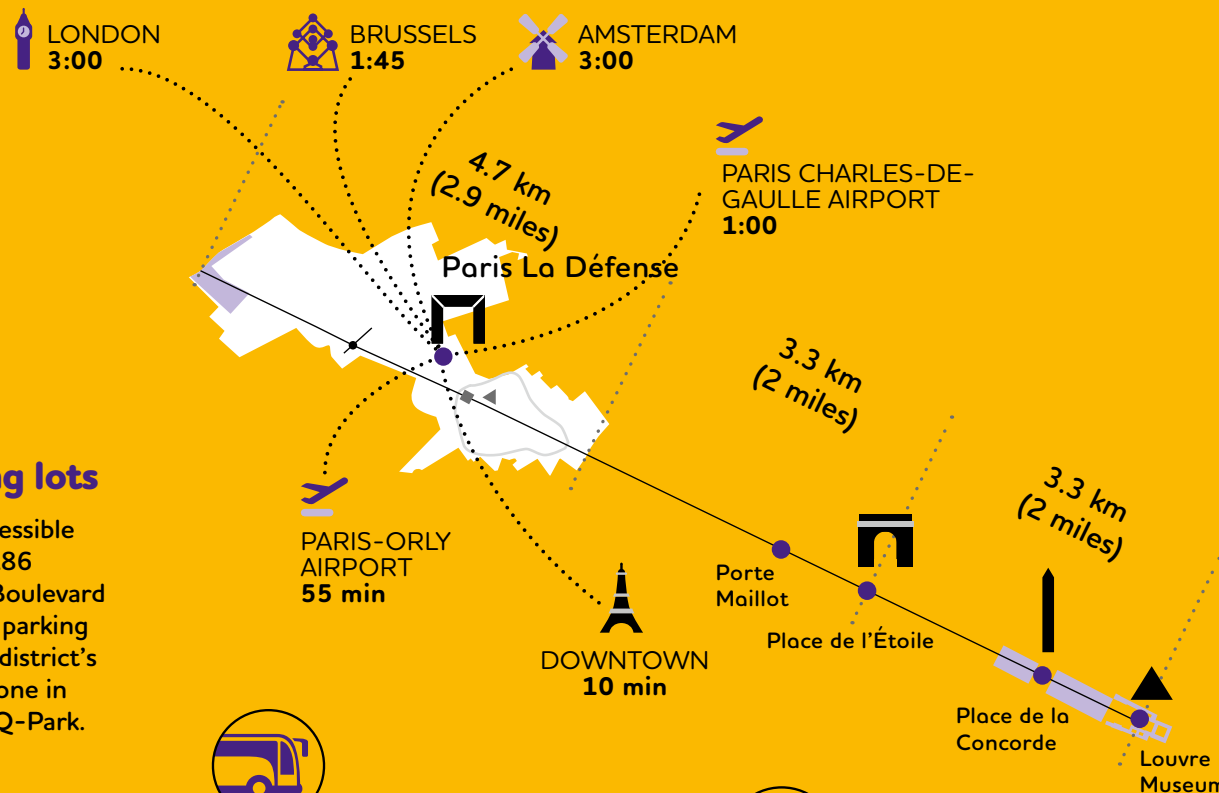


## La Défense parking lots

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 13 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](#) for more information about parking offerings in Paris La Défense.**



## Coming by coach

Groups can reach La Défense by coach, with parking available in the Jules Verne terminal. This station features a passenger building and platforms with direct access to the public transportation hub. Open every day from 6:00 a.m. to 9:00 p.m. For temporary parking, send your request at least one month before arrival to: [demandeaccesTJV@parisladefense.com](mailto:demandeaccesTJV@parisladefense.com).

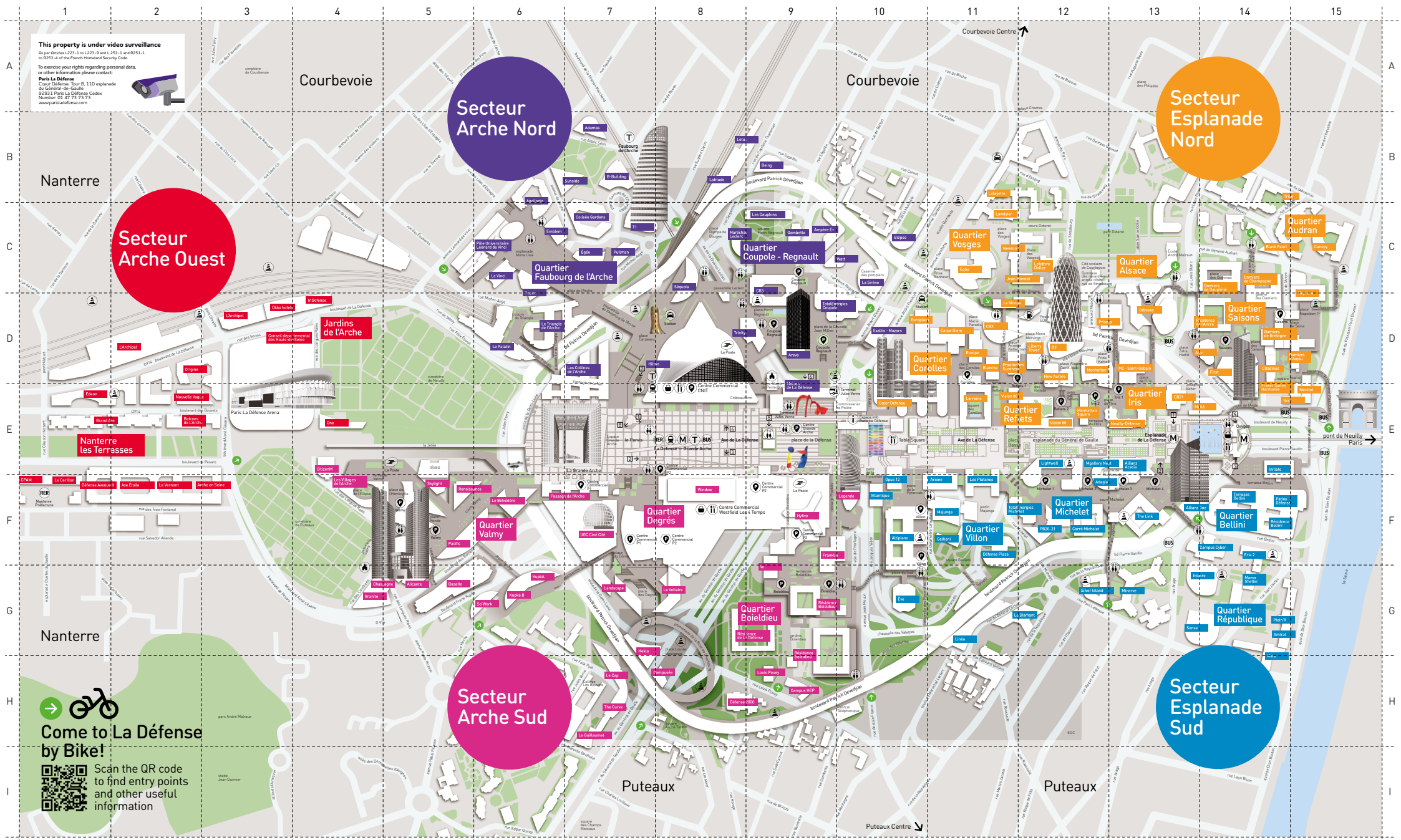


## Taxi stands

Two taxi stands are accessible from the pedestrian platform:

- nearby the Grande Arche, at Place Carpeaux
- on Avenue André Prothin, towards downtown Courbevoie.

# Pedestrian map



This property is under video surveillance  
 Révisé par l'Article L223-1 et L223-9 and L251-1 and R251-1  
 ou R251-4 of the French Homeland Security Code.  
 To exercise your rights regarding personal data,  
 or other information please contact:  
**Paris La Défense**  
 Cour de Défense, Tour B, 110 esplanade  
 du Général de Gaulle  
 92931 Paris La Défense Cedex  
 Number: 01 47 73 73 73  
 www.parisladefense.com



**Secteur Arche Ouest**

**Secteur Arche Nord**

**Secteur Esplanade Nord**

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

**Secteur Arche Sud**

**Secteur Esplanade Sud**



## Things to do

### *Itineraries for visitors to Paris La Défense*


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

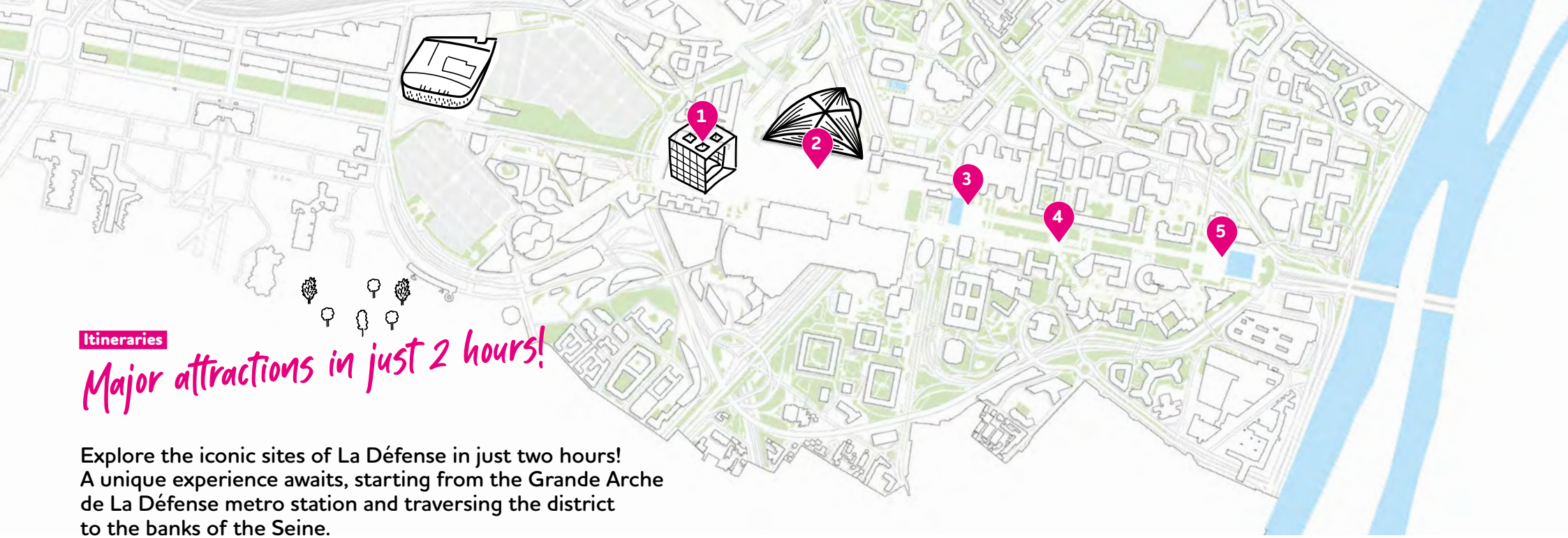
From the Parvis to the esplanade, Paris La Défense boasts the largest pedestrian area in Europe, to be discovered like a vast open-air museum. With its skyline, its iconic monuments, its towers designed by illustrious architects, its collection of artwork open onto the sky and its plentiful green spaces,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

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

 **61**  
high-rises

 More than **50** works of art

 **131** ha (324 acres)  
of green spaces, o/w 37.35  
(92.29 acres) of public spaces



**Itineraries**

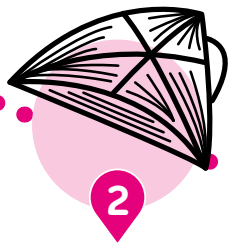
*Major attractions in just 2 hours!*

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



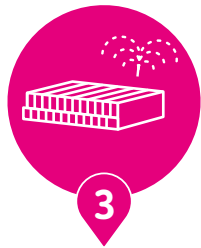
**Grande Arche**

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



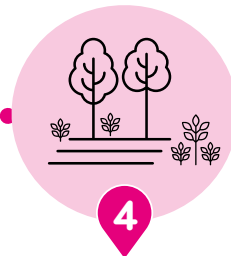
**CNIT**

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



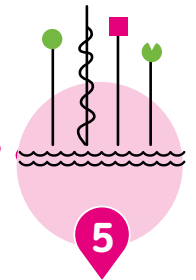
**Monumental Fountain**

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**

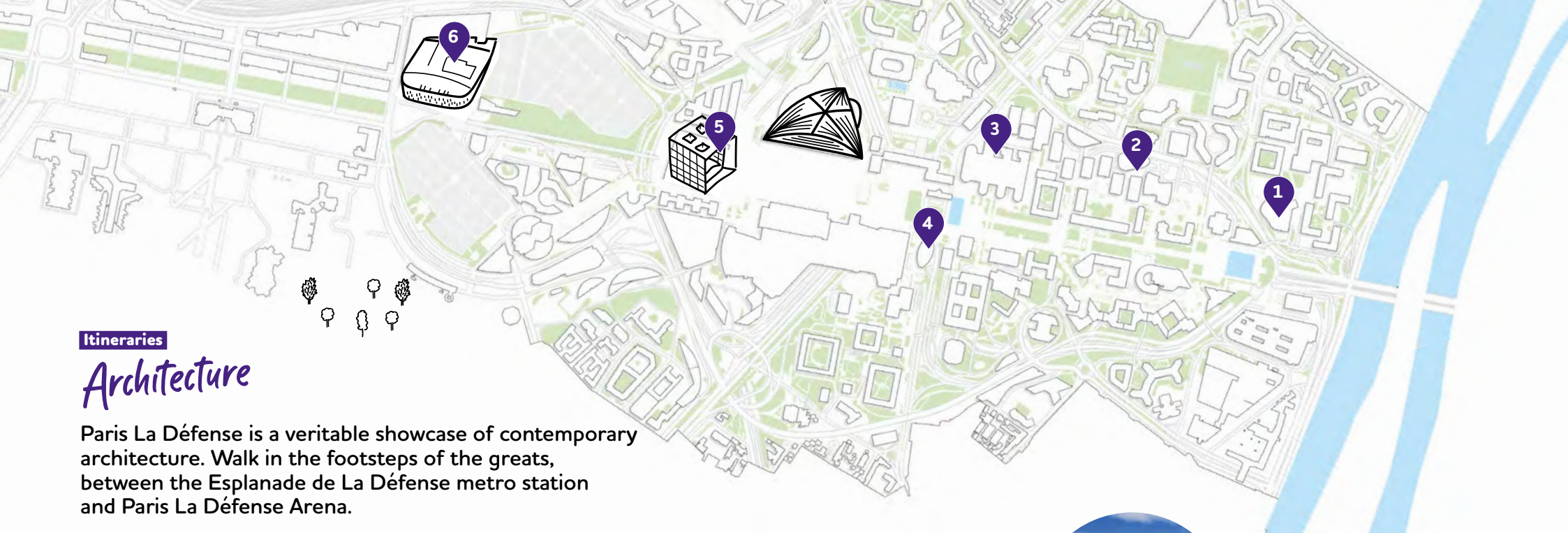
Enjoy a break on Place Basse and take in the stunning view of the Arc de Triomphe. An ideal place to picnic or spend some family time on weekends in the business district.



**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 m<sup>2</sup> (2 million sq. ft.) 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.



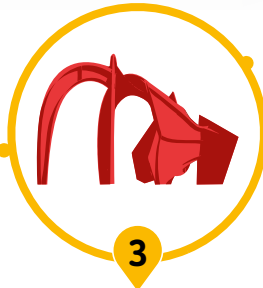
**César's thumb**

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.



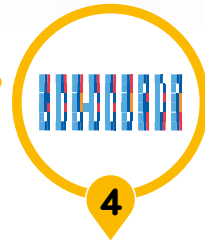
**Fantastics Characters**

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.



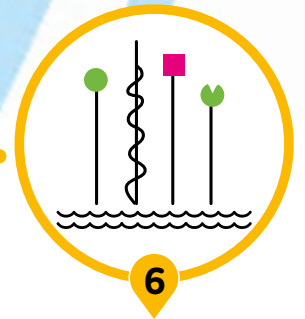
**Monumental Fountain**

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.



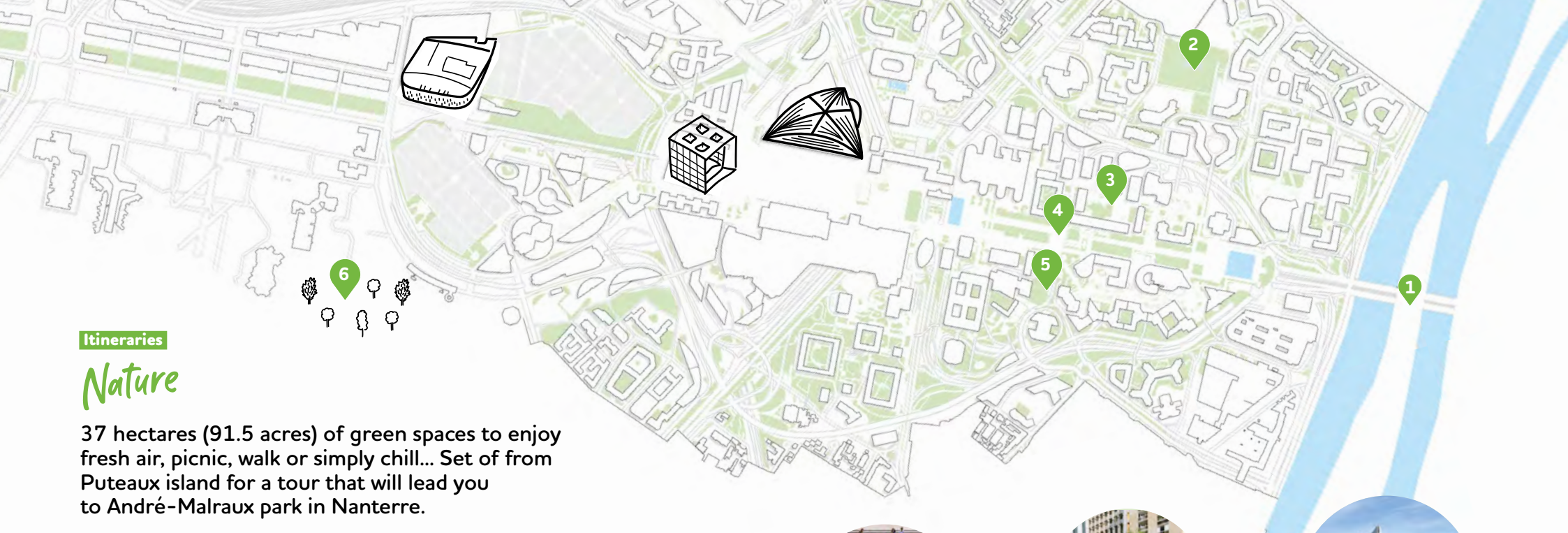
**Moretti**

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.



**Puteaux island**

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



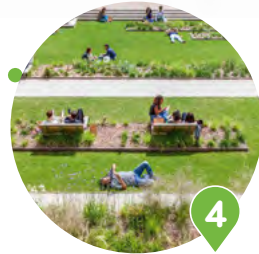
**Diderot park**

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



**Jardin des Reflets**

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



**Place Basse**

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



**Majunga eco-garden**

Located at the foot of Majunga tower, this open-ground eco-garden spans 2,300 m<sup>2</sup> (42,750 sq. ft.) and features a mineral basin, local plant species, a playground and a petanque court for tourists, employees and local residents.



**André Malraux park**

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



## Things to do *Activities in the district*

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

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

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



Europe's  
largest  
shopping  
center



24  
activities



13  
fitness  
centers



2  
cinemas  
26 screens

Learn more



# Activities

## CULTURE



### CGR Nanterre Cœur Université

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

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



### UGC Ciné Cité La Défense

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

**Opening hours:** 10:00 a.m. to 11:00 p.m. every day  
**Address:** 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 m<sup>2</sup> (1,560 sq. ft.).

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



### Paris La Défense Arena

Europe's largest indoor concert and sports hall! This 94,000-m<sup>2</sup> (1 million-sq. ft.) 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.

**Ticket prices:** Depending on events  
**Address:** 99 jardins de l'Arche, 92000 Nanterre  
**Contact:** [Website](#)

# AN UNPRECEDENTED IMMERSION INTO HISTORY WITH FRANCK FERRAND

# CITÉ DE L'HISTOIRE

PARIS LA DÉFENSE  
[www.cite-histoire.com](http://www.cite-histoire.com)





# TEAM BUILDING & CSE SERVICES IN VIRTUAL REALITY

ORGANIZE YOUR CORPORATE EVENT WITH ILLUCITY



Specialized in team building, ILLUCITY offers you turnkey or customized packages. It is "the place to be" for your corporate events! With ILLUCITY, entertainment enters another dimension. Thanks to VR technology, your senses will be overwhelmed, your emotions will be multiplied tenfold and you will no longer distinguish between dream and reality.

Ask for the catalog of our services at your nearest park and discover what we can do for you!

## TEAM BUILDING Thanks Illucity

Virtual reality is a fun and innovative activity to discover! Mutual aid, cooperation and fun, the participants will not forget this day!

Our games are multi-player and collaborative! This activity is therefore perfect to work on team cohesion.



## INTENSE SENSATIONS And immersion

Fly into space for a thrilling investigation, fight the Kraken, explore new dimensions... and live our insane Toyland Crazy Monkey adventure!



## ORGANIZE NOW YOUR EVENT WITH US

illucity.fr

## Things to do



### 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-m<sup>2</sup> (3,230-sq. ft.) space that can accommodate up to 100 people.

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



### Cité de l'Histoire

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

**Opening hours:** Tuesday and Wednesday 10:00 am to 8:30 p.m., Thursday and Friday noon to 10:00 p.m., Saturday 10:00 am to 10:00 p.m. and Sunday 10:00 am to 8:00 p.m.  
**Address:** Under La Grande Arche, 1 parvis de La Défense, 92400 Puteaux  
**Contact:** [Website](#) / 01 47 57 57 27/  
Email address for group reservations: [ce-groupes@amaclio.com](mailto:ce-groupes@amaclio.com)

## IMMERSIVE EXPERIENCES



### Éternelle Notre-Dame

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

**Opening hours:** Tuesday to Sunday, 10:00 a.m. to 8:00 p.m.  
**Address:** Cité de l'Histoire, under La Grande Arche, 1 parvis de La Défense, 92800 Puteaux  
**Contact:** [Website](#) / 01 47 57 57 27/  
Email address for group reservations: [ce-groupes@amaclio.com](mailto:ce-groupes@amaclio.com)



### 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

## Things to do



### Team Break

In the heart of Jean Monet tower on Place des Vosges lies an escape game center spanning over 1,200 m<sup>2</sup> (12,900 sq. ft.). Team Break offers seven escape games based on TV series, game shows and even movies, as well as an outdoor escape game in summer.

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



### Teams Connect

Teams Connect offers fun and interactive indoor and outdoor events throughout the district to boost team spirit and cohesion. Activities are based on a variety of themes, including art and sustainable development.

**Ticket prices:** Quote upon request  
**Address:** Parvis de La Défense  
**Contact:** [Website](#) / +33 6 79 55 04 56 / +33 6 72 61 12 29 / email: [hello@teams-connect.com](mailto:hello@teams-connect.com)

## SPORT



### Blocbuster

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

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



### Bodyhit Melia

Located inside Melia hotel, the Bodyhit club in La Défense offers electrostimulation workouts, a new technology to build muscle mass using electric shocks.

**Opening hours:** Monday to Friday 8:00 a.m. to 2:00 p.m. and 5:00 p.m. to 9:00 p.m.  
**Address:** 4 esplanade du Général de Gaulle, 92400 Courbevoie  
**Contact:** [Website](#) / email: [contact@bodyhit.fr](mailto:contact@bodyhit.fr) / 01 47 38 11 60

**Westfield** x **cnit**  
 LES 4 TEMPS — ★ ★ ★ ★ —

# THE SHOPPING AND LEISURE DESTINATION IN THE HEART OF LA DÉFENSE

OPENS 7/7  
 FROM 7:30 AM TO MIDNIGHT



190 STORES, 60 RESTAURANTS, CINEMA UGC, LEISURE CENTRE, FITNESS, HEALTH CENTRE, TAX FREE, HILTON HOTEL, MEETING AND CONFERENCE ROOM.

### TIME SLOT :

#### SHOPS

Mon-Sat 10:00 am – 8:30 pm  
 Sun 10:00 am – 8:00 pm

#### AUCHAN

Mon-Sat 8:30 am – 9:30 pm  
 Sun 8:30 am – 8:00 pm



RESTAURANTS & CINEMAS : 7/7 until 11:00 pm





## TEAM BREAK IMMERSIVE GAMES

Team Break is an entertainment company. It offers all-inclusive, unique immersive experiences across France. Team Break has a network of 16 branches and has won the hearts of over 1.5 million players with their quirky and innovative escape games, quiz games and action games. Team Break also offers custom-made immersive experiences at your convenience. Their goal?

**TO OFFER YOU  
AN EXPERIENCE  
THAT SUITS  
YOUR STYLE.**

At La Défense, our team will be available **every day from 09:45 a.m. to 12:30 a.m.**, in our 1,200 m<sup>2</sup> (12,900 sq.ft.) complex.

**What's in it for you: 7 Escape Games** Assignments including our very own Koh Lanta and Fort Boyard, 1 Quiz room with a variety of themes and 1 City Game. They can accommodate up to 70 players simultaneously.

Team Break La Défense also has a conference room for corporate events.

According to specific needs and time of the day, we can offer you special package deals that cater to your needs and guarantees a smooth sailing event.

### WORKS COUNCIL SPECIALS:

We also offer pre-bookings so that your employees can make the most of discount-rates on individual ticket prices.



### Crossfit Factory

Crossfit Factory center in Puteaux covers an area of more than 400 m<sup>2</sup> (4,300 sq.ft.). Feel free to join a group session or drop in for a solo work out during the opening hours.

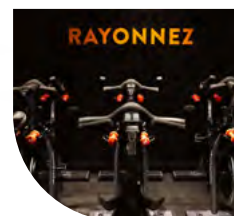
**Opening hours:** Monday to Friday, 7:00 a.m. to 9:00 p.m., Saturday 8:00 a.m. to 1:00 p.m., and Sunday 10:00 a.m. to noon.  
**Address:** 22 rue Arago, 92800 Puteaux  
**Contact:** [Website](#) / email: [crossfitfactory92@gmail.com](mailto:crossfitfactory92@gmail.com) / 01 47 31 62 42



### Crossfit Grande Arche

This Crossfit studio is located in the hallways of the RER Grande Arche station and covers over 400 m<sup>2</sup> (4,300 sq.ft.). It offers different kinds of workouts as well as 45-90 minute sessions for individuals and companies.

**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, 92400 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. You can do it solo, or invite your friends and colleagues for group sessions.

**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: [ladefense@dynamo-cycling.com](mailto:ladefense@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 m<sup>2</sup> (8,600 sq. ft.), 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](#)



## Things to do



### Forest Hill City Form

The Forest Hill City Form complex in Nanterre offers a variety of sporting activities, particularly racket sports (squash, racquetball, etc.). Members can also take advantage of aquagym, dance and yoga classes.

**Opening hours:** Weekdays 7:00 a.m. to 11:00 p.m., weekends 8:00 a.m. to 9:00 p.m. for racket sports Weekdays 7:00 a.m. to 10:00 p.m., Saturday 8:00 a.m. to 6:00 p.m. and Sunday 9:00 a.m. to 5:00 p.m. for cardio and strength training

**Address:** 85 avenue François Arago, 92000 Nanterre  
**Contact:** [Website](#) / 01 47 29 91 91



### Forest Hill La Défense

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

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

**Address:** 19 avenue de la Liberté, 92000 Nanterre  
**Contact:** [Website](#) / 01 47 24 67 67



### Hapik

Hapik is a climbing gym spanning more than 500 m<sup>2</sup> (5,380 sq. ft.) 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. Group events available.

**Opening hours:** During school vacation periods, every day 9:45 a.m. To 7:00 p.m. Closed Monday, Tuesday and Thursday outside of school vacation periods. Wednesday 10:00 am to 5:00 p.m., Friday 3:00 to 7:00 p.m. and Sunday 10:00 am to 7:00 p.m.

**Address:** 189 allée de Corse, 92000 Nanterre  
**Contact:** [Website](#) / email: [nanterre@hapik.fr](mailto:nanterre@hapik.fr) / 01 47 24 45 96



### Keepcool

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

**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](#)

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# Things to do



## Neones

The Neones La Défense-Grande Arche gym spans 1,400 m<sup>2</sup> (15,000 sq. ft.) 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



## UrbanSoccer

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

**Opening hours:** Weekdays 10:00 a.m. to midnight, Saturday 9:00 a.m. to 9:00 p.m. and Sunday 9:00 a.m. to 9:30 p.m.  
**Address:** 85 Avenue François Arago, 92000 Nanterre  
**Contact:** [Website](#) / 01 84 02 04 60

## SHOPPING



## CNIT

Built in 1958, the Centre des Nouvelles Industries et Technologies was transformed into a shopping center in the late 1990s. Today, it features many major retail brands. To mark the opening of the new RER E station, CNIT plans to introduce seminar spaces (see seminar page), as well as a new range of restaurants and shops by 2024.

**Opening hours:** Daily from 10:00 a.m. to 8:30 p.m.  
**Address:** 2 parvis de La Défense, 92092 Paris La Défense  
**Contact:** [Website](#) / 01 47 73 54 44



## Westfield Les 4 Temps

Built in the 1980s and now the largest shopping center in Europe, Westfield Les Quatre Temps is constantly evolving. It features more than 200 stores – including Europe's largest Zara location – a cinema and some 50 restaurants.

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



## Paris La Défense *A gourmet district*

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

The sheer diversity of the offering means there is always something for everyone. Foodies can organize a gourmet meal in an exceptional setting like Octopus restaurant overlooking Takis Pool, or the rooftop terrace at Skyline cocktail bar. There are traditional bistros large enough to accommodate groups, including Les 3 Brasseurs and the Italian restaurant IT.

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



More than **150** restaurants



**20** food trucks

Learn  
more



# Bars and Restaurants

## PERFECT FOR LARGE GROUPS



### Billy Billy

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

**Specialty:** Brasserie  
**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



### 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.

**Specialty:** 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



### Les 3 Brasseurs

In the heart of the business district, within the Table Square complex, the 3 Brasseurs Hub offers an ample dining room. Chefs prepare dishes of Flemish inspiration, elaborated to pair perfectly with the beers brewed on site.

**Specialty:** Brasserie  
**Outdoor dining:** Yes  
**Opening hours:** Monday to Friday for lunch and dinner  
**Address:** 86, esplanade du Général de Gaulle, 92400 Courbevoie  
**Contact:** [Website](#)



### 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.

**Specialty:** 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.

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



### Aubrac Corner

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

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



### Le Nouveau Monde

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

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



### Nodd

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

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

## A gourmet district



### Pour vivre heureux vivons cachés

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

**Specialty:** Brasserie

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday for lunch and dinner

**Address:** 30, Place de l'Iris, 92400 Courbevoie

**Contact:** [Website](#) / 01 47 58 48 44



### Tusk

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

**Specialty:** Brasserie

**Outdoor dining:** Yes

**Opening hours:** All day Monday to Friday

**Adresse:** 16 place de La Défense, 92400 Courbevoie

**Contact:** [Website](#)

## FOR A GOURMET EXPERIENCE



### Eclipse

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

**Specialty:** Gourmet Bistro

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday for lunch and dinner

**Address:** 86, esplanade du Général de Gaulle, 92400 Courbevoie

**Contact:** [Website](#) / 01 40 89 21 56



### Koedo

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

**Specialty:** Japanese

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday for lunch and dinner

**Address:** 86 esplanade du Général de Gaulle, 92400 Courbevoie

**Contact:** [Website](#) / 01 46 43 08 74



## A gourmet district



### 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:** Gourmet Bistro

**Outdoor dining:** No

**Opening hours:** Monday to Friday

**Address:** 2-4 esplanade du Général de Gaulle, 92400 Courbevoie

**Contact:** [Website](#) / 01 75 57 99 00



### Octopus

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

**Specialty:** Gourmet Bistro

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday for lunch and dinner

**Address:** 1, esplanade de La Défense, 92800 Puteaux

**Contact:** [Website](#) / email: [contact@oxygen-ladefense.fr](mailto:contact@oxygen-ladefense.fr) / 01 84 20 06 58



### Ô Mazette

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

**Specialty:** Gourmet Bistro

**Outdoor dining:** No

**Opening hours:** Monday to Friday for lunch and dinner

**Address:** 34, cours Michelet, 92060 Paris La Défense Cedex

**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.

**Outdoor dining:** Yes

**Opening hours:** Every day for lunch and dinner

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

**Contact:** [Website](#) / email: [h3013-fb3@accor.com](mailto:h3013-fb3@accor.com) / 01 47 17 59 99

## ROOFTOP WINING & DINING



### Le XII

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

**Specialty:** Cocktails

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday

**Address:** 30 rue Baudin, 92400 Courbevoie

**Contact:** [Website](#) / email: [h1546-fb@accor.com](mailto:h1546-fb@accor.com) / 01 49 04 75 00



### Mama'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!

**Specialty:** Traditional French and 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 19<sup>th</sup> floor of the Melià Hotel, the Skyline offers an incredible view of Paris in an elegant and cozy setting. Enjoy the musical atmosphere with DJ sets while indulging in Spanish tapas and a rich selection of cocktails.

**Specialty:** Cocktails

**Outdoor dining:** Yes

**Opening hours:** Monday to Friday

**Address:** 2-4 esplanade du Général de Gaulle, 92400 Courbevoie

**Contact:** [Website](#) / 01 75 57 99 00



## Where to work in Paris La Défense?

**N**eed a place to hold meetings or group events? Paris La Défense offers more than 20 seminar venues, with rooms accommodating up to 1,200 people. In addition, 59,000 m<sup>2</sup> (635,000 sq. ft.) of co-working spaces – large, small and everything in-between – are also available.

With such a diverse supply of meeting spaces, La Défense has something for everyone! How about a view of the La Défense axis during your meeting? Cœur Défense tower or the seminar space in Landscape tower can provide the perfect setting. Want to organize your events in a historic La Défense landmark? Châteaufort CNIT features a nearly 1,000-m<sup>2</sup> (10,750-sq. ft.) indoor courtyard right under the vaulted ceiling of this fabled convention center. As of fall of 2023, CNIT Forest will offer a new 20,000-m<sup>2</sup> (215,000-sq. ft.) space complete with meeting rooms and two amphitheatres.

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



22  
seminar venue

Learn  
more



# Seminar venues



### Aparthotel Adagio access La Défense Puteaux

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

**Rooms:** 71-m<sup>2</sup> (764-sq. ft.) garden-view room for 70 people, 65-m<sup>2</sup> (700-sq. ft.) river-view room for 60 people **Facilities:** Wi-Fi, video equipment and projector  
**Address:** 70 rue Roque de Fillol, 92800 Puteaux  
**Contact:** [Website](#) / email: [H8987@adagio-city.com](mailto:H8987@adagio-city.com) / 01 55 62 12 00



### Blocbuster

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

**Rooms:** 30-m<sup>2</sup> (323-sq. ft.) room subject to reservation, 70-m<sup>2</sup> (753-sq. ft.) leisure room 600-m<sup>2</sup> (6,500-sq. ft.) climbing room  
**Facilities:** Catering service, projector  
**Address:** 48 square des Corolles, 92400 Courbevoie  
**Contact:** [Website](#) / email: [event@blocbuster.fr](mailto:event@blocbuster.fr) / 01 41 30 14 04



### Châteauform' CNIT

In addition to numerous meeting rooms, Châteauform' offers a large 1,000-m<sup>2</sup> (10,750-sq. ft.) indoor courtyard that can accommodate more than 400 people right under the CNIT vaulted ceiling, enlivened with an offbeat 1950s decor.

**Rooms:** 14 rooms, including 10 modular spaces ranging from 35 to 140 m<sup>2</sup> (377 to 1,500 sq. ft.). Three informal rooms ranging from 35 to 140 m<sup>2</sup> (377 to 1,500 sq. ft.), one 33-m<sup>2</sup> (355-sq. ft.) fixed room, one 1,000-m<sup>2</sup> (10,750-sq. ft.) terrace  
**Facilities:** Catering service, business corner, Wi-Fi, videoconferencing equipment, facilitator kit, escape game, yoga classes, technical assistance  
**Address:** 2 place de La Défense, 92053 Paris La Défense  
**Contact:** [Website](#) / email: [monnouveauprojet@chateauform.com](mailto:monnouveauprojet@chateauform.com) / 01 79 35 35 35



### Châteauform' Learning Lab La Défense

Châteauform' Learning Lab La Défense offers nearly 3,200 m<sup>2</sup> (34,500 sq. ft.) of fully equipped rooms for meetings, training sessions and corporate seminars, just a stone's throw from the Grande Arche.

**Rooms:** 32 rooms ranging from 20 to 103 m<sup>2</sup> (215 to 1,108 sq. ft.) for a total of 3,200 m<sup>2</sup> (34,450 sq. ft.)  
**Facilities:** Wi-Fi, video equipment and projector, writing surface, facilitator kit, catering service, activities  
**Address:** 40 passage de l'Arche, 92800 Puteaux  
**Contact:** [Website](#) / email: [sespinasse@chateauform.com](mailto:sespinasse@chateauform.com) / 01 83 79 25 08



### CNIT Forest

CNIT Forest will open in the fall of 2023 in a completely renovated "underground digital forest" over four levels, featuring more than 20,000 m<sup>2</sup> (215,250 sq. ft.) of modular space including amphitheatres, meeting rooms, and multipurpose spaces.

**Rooms:** 2 amphitheatres with 740 and 1,175 seats, 5 multi-purpose spaces ranging from 529 to 2,857 m<sup>2</sup> (5,695 to 30,752 sq. ft.), 20 meeting rooms ranging from 24 to 521 m<sup>2</sup> (258 to 5,608 sq. ft.)  
**Facilities:** Green patio, catering service, reception areas, state-of-the-art equipment  
**Address:** 2 place de La Défense, 92800 Puteaux  
**Contact:** [Website](#)



### Cœur Défense - Centre de conférences

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

**Rooms:** One 300-seat amphitheater, 2 reception spaces, 7 modular meeting rooms accommodating 20 to 200 people  
**Facilities:** Technical assistance, Wi-Fi, cloakroom, catering service, customizable decor  
**Address:** Cœur Défense, 100-110 esplanade du Général de Gaulle, 92931 Paris La Défense Cédex  
**Contact:** [Website](#) / email: [coeurdefense.conferences.fr@sodexo.com](mailto:coeurdefense.conferences.fr@sodexo.com) / 01 49 03 96 37



### Comet La Défense

In the heart of Cœur Défense, Comet spans two floors and more than 3,500 m<sup>2</sup> (37,500 sq. ft.), offering 28 modular meeting rooms that can accommodate up to 230 people.

**Rooms:** 28 modular rooms for a total of 3,500 m<sup>2</sup> (37,750 sq. ft.), accommodating up to 230 participants  
**Facilities:** Cloakroom, video projector, videoconferencing equipment, catering service, Wi-Fi  
**Address:** Cœur Défense, 100-110 esplanade du Général de Gaulle, 92931 Paris La Défense Cedex  
**Contact:** [Website](#) / email: [contact-fr@comet.team](mailto:contact-fr@comet.team) / 01 84 80 67 00



### Comet Landscape

Comet offers 30 meeting rooms in Landscape tower with a unique Parisian decor. One large room can accommodate 100 to 180 people, alongside two spaces dedicated to cocktail receptions or corporate parties.

**Rooms:** 30 rooms  
**Facilities:** Cloakroom, video projector, Wi-Fi, catering service  
**Address:** 6 place des Degrés, 92800 Puteaux  
**Contact:** [Website](#) / email: [contact-fr@comet.team](mailto:contact-fr@comet.team) / 01 84 80 67 00





### CourbevoixEvent

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

**Rooms:** 3 rooms with elevated stages, 4 meeting rooms, reception spaces and studio, for a total of 5,000 m<sup>2</sup> (53,800 sq. ft.)  
**Facilities:** Technical assistance, logistical advisory services, catering service  
**Address:** 7-15 boulevard Aristide Briand, 92400 Courbevoix  
**Contact:** [Website](http://Website) / email: [service.commercial@cec92.com](mailto:service.commercial@cec92.com) / 01 71 02 73 62



### Hilton Paris La Défense

The Hilton hotel offers 470 m<sup>2</sup> (5,060 sq. ft.) of event space, including an ample 239-m<sup>2</sup> (2,573-sq. ft.) hall and eight meeting rooms, complete with support services to organize events and book rooms for participants.

**Rooms:** 8 meeting rooms accommodating up to 240 participants for a total of 470 m<sup>2</sup> (5,060 sq. ft.)  
**Facilities:** Wi-Fi, catering service, expert event planners  
**Address:** 2 place de La Défense, 92053 Puteaux  
**Contact:** [Website](http://Website) / email: [parisladefense\\_events@hilton.com](mailto:parisladefense_events@hilton.com) / 01 46 92 10 04



### Ibis Paris La Défense Esplanade

The Ibis hotel features two 40-m<sup>2</sup> (430-sq. ft.) meeting rooms dubbed Mer and Terre (Sea and Land), accommodating between 16 and 20 people depending on the layout.

**Rooms:** Two 40-m<sup>2</sup> (430-sq. ft.) meeting rooms, up to 20 participants  
**Facilities:** Wi-Fi, video equipment, catering service  
**Address:** 4 boulevard de Neuilly, 92400 Courbevoix  
**Contact:** [Website](http://Website) / email: [H0771-GM@accor.com](mailto:H0771-GM@accor.com) / 01 41 97 40 40



### Icône Oxygen

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

**Rooms:** 5 rooms for 6 to 60 participants  
**Facilities:** Café corner, reception space, concept store. Wi-Fi, catering  
**Address:** 8 bis esplanade du Général de Gaulle, 92400 Courbevoix  
**Contact:** [Website](http://Website) / email: [contact@icone-space.com](mailto:contact@icone-space.com) / 01 84 20 87 64

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- Workshops
- Conferences
- Product launches (cars etc.)



## FOR GOURMETS

- **Homemade** by our restaurants **Marco Marco & Octopus**
- **Innovative and creative** caterers
- Themed meals: **hot wine** on winter and **barbecue** during summer
- **Original and playful** culinary animations: our Best Seller "Le bar à millefeuilles"



## WITH ULTRA MODERN TECHNICAL EQUIPMENT

- Control room
- Video projecteur
- Dedicated **sound & light technician**
- Motorized screen **4x2.5m**
- 75 inch screen
- Microphones
- Stage
- **L-Acoustics** speakers
- Wifi

## WITH A DEDICATED TEAM

- Our success planners: **virtuosos of organization**
- Our stage manager: **our spaces have no secret for him**
- Our logistic teams: **the aces of the layout**
- Our chefs: **creators of emotions**





### 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.

**Rooms:** 10 meeting rooms for a total surface area of 1,250 m<sup>2</sup> (13,500 sq. ft.)

**Facilities:** Fully equipped kitchen, relaxation room, private booths

**Address:** 1 avenue du Président Wilson, 92800 Puteaux

**Contact:** [Website](http://Website) / email: [contact@imaginoffice.com](mailto:contact@imaginoffice.com) / 01 41 57 76 61



### Meliá Paris La Défense

The Meliá hotel, located opposite Takis Pool, offers more than 1,200m<sup>2</sup> (12,900 sq. ft.) of space for group work and seminars. Some 15 meeting rooms are available, including modular spaces that can accommodate up to 300 people.

**Rooms:** 15 rooms for a total surface area of 1,232 m<sup>2</sup> (13,261 sq. ft.)

**Facilities:** Audiovisual equipment, catering service

**Address:** 3 boulevard de Neuilly, 92400 Courbevoie

**Contact:** [Website](http://Website) / email: [groups.parishotels@melia.com](mailto:groups.parishotels@melia.com) / 01 75 57 99 00



### Mercure Paris La Défense

Located just minutes from the Courbevoie rail station, this 4-star hotel offers six modular meeting rooms with a total surface area of nearly 170 m<sup>2</sup> (1,830 sq. ft.). There is also a 180-m<sup>2</sup> (1,950- sq. ft.) dining area for private lunches, dinners or cocktail receptions.

**Rooms:** 6 modular rooms ranging from 40 to 170 m<sup>2</sup> (340 to 1,830 sq. ft.), 180-m<sup>2</sup> (1,950-sq. ft.) dining area

**Facilities:** Catering service, audiovisual equipment, videoconferencing equipment

**Address:** 18-30 Rue Baudin, 92400 Courbevoie

**Contact:** [Website](http://Website) / email: [h1546@gmail.com](mailto:h1546@gmail.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 m<sup>2</sup> (1,400 sq. ft.) to accommodate up to 60 people.

**Rooms:** 11 rooms ranging from 25 to 130 m<sup>2</sup> (269 to 1,400 sq. ft.)

**Facilities:** Catering service, audiovisual equipment, videoconferencing equipment, private parking lot

**Address:** 17-20 esplanade Charles de Gaulle, 92000 Nanterre

**Contact:** [Website](http://Website) / email: [h1982@accor.com](mailto:h1982@accor.com) / 01 46 69 68 00

## Where to work



### Nest Paris La Défense

Renovated in 2020, Nest Paris La Défense by MGallery features four modular meeting rooms to accommodate up to 70 people. Each request is handled by a dedicated staff member.

**Rooms:** 4 meeting rooms

**Facilities:** Wi-Fi, dedicated consultant, catering service, audiovisual equipment

**Address:** 34 cours Michelet, 92060 Paris La Défense Cedex

**Contact:** [Website](#) / email: [H0912@accor.com](mailto:H0912@accor.com) / 01 47 76 44 43



### Novotel Paris La Défense esplanade

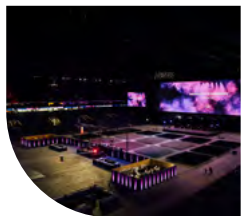
Novotel Paris La Défense offers nine modular rooms ranging from 20 to 90 m<sup>2</sup> (215 to 969 sq. ft.). The largest room, spanning 172 m<sup>2</sup> (1,850 sq. ft.), can accommodate nearly 100 people.

**Rooms:** 9 rooms ranging from 20 to 172 m<sup>2</sup> (215 to 1,850 sq. ft.)

**Facilities:** Concierge, Wi-Fi, catering service, concept store, video projector

**Address:** 2 boulevard de Neuilly, 92400 Courbevoie

**Contact:** [Website](#) / email: [H0747@accor.com](mailto:H0747@accor.com) / 01 41 45 23 23



### Paris La Défense Arena

The arena features 13,000 m<sup>2</sup> (140,000 sq. ft.) of entirely modular space. Ten meeting rooms are available, including a conference area for up to 500 people. The 10,000-m<sup>2</sup> (107,750-sq. ft.) stage, surrounded by bleachers, can also be reserved.

**Rooms:** 10,000-m<sup>2</sup> (107,500-sq. ft.) auditorium, 10 meeting rooms ranging from 90 to 930 m<sup>2</sup> (970 to 10,000 sq. ft.), 1 press conference room for a total surface area of 13,000 m<sup>2</sup> (140,000 sq. ft.)

**Facilities:** Audiovisual system and support, catering service, cloakroom, dressing rooms

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

**Contact:** [Website](#) / email: [corpoevent@parisladefense-arena.com](mailto:corpoevent@parisladefense-arena.com)



### Pullman Paris La Défense

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

**Rooms:** 12 rooms ranging from 25 to 60 m<sup>2</sup> (270 to 645 sq. ft.)

**Facilities:** Private parking lot, catering service, technical advisors, Wi-Fi

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

**Contact:** [Website](#) / email: [H3013@accor.com](mailto:H3013@accor.com) / 01 47 17 50 00



### Renaissance Paris La Défense

The Renaissance hotel offers nearly 1,000 m<sup>2</sup> (10,750 sq. ft.) 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.

**Rooms:** 15 meeting rooms, 1 conference space for a total of 1,000 m<sup>2</sup> (10,750 sq. ft.)

**Facilities:** Catering service, Wi-Fi, recording studio, high-tech equipment

**Address:** 60 cours Valmy, 92800 Puteaux

**Contact:** [Website](#) / email: [groups@renaisanceladefense.com](mailto:groups@renaisanceladefense.com) / 01 41 97 50 50



### Vive Les Groues

This collaborative and community-oriented third place will enhance your event with an inspiring and compassionate dimension on a 9,000-m<sup>2</sup> (97,000-sq. ft.) brownfield in Nanterre. Several outdoor spaces are available along with an array of original activities, well-being and relaxation, gardening, basketry, cosmetics creation workshops, introductory beekeeping classes and much more.

**Rooms:** Indoor and outdoor spaces on a 9,000-m<sup>2</sup> (97,000-sq. ft.) urban brownfield

**Facilities:** Wi-Fi, catering service

**Address:** 290 rue de La Garenne, 92000 Nanterre

**Contact:** [Website](#) / email: [bonjour@vivelesgroues.org](mailto:bonjour@vivelesgroues.org)



## A good night's sleep in Paris La Défense!

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

3,000 rooms are on offer throughout the business district and 800 more to come by 2026. Recently, many hotels, for example the Nest Paris La Défense, were renovated and others like Okko Hotels in Nanterre, Mama Shelter in Puteaux and Tribe in Courbevoie, recently opened their doors.

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



**7** residences  
featuring serviced apartments



**13**  
hotels

[Learn more](#)



**3 to 5** stars



**3,000** rooms with **800** more as of 2026



# Hotels

## HOTEL RESIDENCES



### Aparthotel Adagio access Léonard de Vinci

Adagio Access Léonard de Vinci is a short walk from Westfield les 4 Temps shopping center, and the Paris La Défense Arena. This residence features 119 fully furnished apartments. An indoor heated swimming pool is also available for all guests.

**Type of accommodation:** Studios and apartments  
**Address:** 88 rue des Etudiants, 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [H8363@adagio-city.com](mailto:H8363@adagio-city.com) / 01 41 88 20 00



### Aparthotel Adagio La Défense Esplanade

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

**Rating:** 3 stars  
**Type of accommodation:** Studios and apartments  
**Address:** 35, cours Michelet, 92060 Paris La Défense  
**Contact:** [Website](http://Website) / email: [H2816@adagio-city.com](mailto:H2816@adagio-city.com) / 01 47 73 90 90



### Aparthotel Adagio access La Défense Puteaux

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

**Rating:** 3 stars  
**Type of accommodation:** Studios and apartments  
**Address:** 70, rue Roque de Fillol, 92800 Puteaux  
**Contact:** [Website](http://Website) / email: [H8987@adagio-city.com](mailto:H8987@adagio-city.com) / 01 55 62 12 00



### Citadines La Défense

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 area and access to the business center.

**Rating:** 3 stars  
**Type of accommodation:** Studios and apartments  
**Address:** 1-8 boulevard de Neuilly, 92400 Courbevoie  
**Contact:** [Website](http://Website) / email: [ladeffense@citadines.com](mailto:ladeffense@citadines.com) / 01 58 13 57 57



# NEST PARIS LA DÉFENSE



In the heart of Europe's premier business district, in an unsuspecting, secretive location, you will find the Nest Hotel Paris La Défense by MGallery Collection.

Walk in through the revolving door and enter our cozy, colorful world created by the design agency Maison numéro 20. Unwind and forget all your worries. We offer 151 rooms decorated in Memphis style of the 1980s and a restaurant, Ô Mazette, basking in the golden light under the glass roof. The lobby is full of natural light, courtesy of the glass wall and its elegant motifs that harbors you from the hustle and bustle of the city outside. From the moment you step into our peaceful cocoon, a sense of comfort and belonging will embrace you. We also offer you our dedicated event space so you can organize any kind of bespoke event. Since its recent renovation, the Nest has accorded prime importance to the environment. For you, for us and the future generations, we strive to reduce our environmental impact. We are on our way to obtain the Green Key International label. Welcome to Nest, your gateway to serenity.

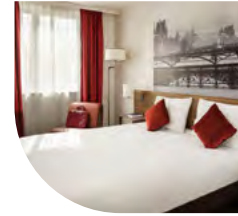


#### For more Information about Nest:

Type of accommodation: Rooms and Suites  
 Facilities: Restaurant, fitness room, wifi, luggage service, reception desk, cleaning service  
 Address: 34 cours Michelet 92060 Paris La Défense  
 Contact: [Website](http://Website) / 01 47 76 44 43 / [H0912@accor.com](mailto:H0912@accor.com)



## A good night's sleep



### 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](mailto:H9297@adagio-city.com) / 01 46 40 85 20



### Aparthotel Adagio La Défense Kléber

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

**Rating:** 4 stars

**Type of accommodation:** Studios and apartments

**Address:** 73, avenue Gambetta, 92400 Courbevoie

**Contact:** [Website](#) / email: [H6788@adagio-city.com](mailto:H6788@adagio-city.com) / 01 56 37 20 00



### Fraser Suites Harmonie 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 studios to two-bedroom apartments, ideal for business travelers, couples and families. The apartments are spacious and fully-furnished. The residence also has a fitness center.

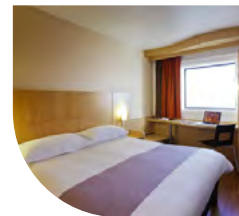
**Rating:** 5 stars

**Type of accommodation:** Studios, apartments, suites

**Address:** 6 boulevard de Neuilly, 92400 Courbevoie

**Contact:** 01 55 23 26 26 / email: [harmonie@frasershospitality.com](mailto:harmonie@frasershospitality.com)

## 3-STAR HOTELS



### Ibis Paris La Défense Esplanade

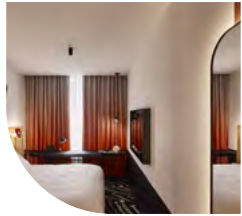
Ibis Paris La Défense Esplanade, is a short walk away from the esplanade, halfway between La Grande Arche and l'Arc de Triomphe. It is a 3-star hotel featuring 286 rooms that can accommodate two or three guests.

**Type of accommodation:** Rooms

**Address:** 4, boulevard de Neuilly 92400 Courbevoie

**Contact:** [Website](#) / email: [H0771@accor.com](mailto:H0771@accor.com) / 01 41 97 40 40

## A good night's sleep



### 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](mailto:parisladefense@mamashelter.com) / 01 40 81 02 02

## 4-STAR HOTELS



### CitizenM Paris La Défense

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

**Type of accommodation:** Rooms  
**Address:** 194 jardins de l'Arche, 92000 Nanterre  
**Contact:** [Website](#) / email: [citizenmcyrel@citizenm.com](mailto:citizenmcyrel@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: [parisladefense@hilton.com](mailto:parisladefense@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](mailto:melia.ladefense@melia.com) / 01 75 57 99 00



# WELCOME TO NOVOTEL AND IBIS PARIS LA DÉFENSE ESPLANADE

**T**he Seine at your doorstep. A panoramic view of major attractions from the Eiffel Tower to the Sacré Cœur. A personalized service courtesy of Michaël and his teams.

Regardless of the type of event you are organizing, our team is at your service to create tailor-made and all-inclusive packages for all your event planning needs. Our hotels are centrally located. Just 50 meters away from the metro line 1 that serves all of Paris. And just a few stops from downtown Paris.

Together, our two hotels feature 566 rooms (280 at Novotel and 286 at Ibis) and a 600 m<sup>2</sup> (more than 6,500 sq. ft.) conference room with ample natural light. Our hotels feature 11 conference rooms from the 1st floor up to 15th floor with abundant natural light. (except the Hermès, Broadway, Terre and Mer rooms). Each conference room is equipped with a screen, a projector, water bottles, notepads and pencils.

#### MORE INFORMATION AND CONTACT:

Rating: ★★★★★  
 Type of accommodation: Room  
 Facilities: Luggage service, Reception desk, wifi, restaurant  
 Address: 4, boulevard de Neuilly 92400 Courbevoie  
 Contact: [Website](#) / 01 41 97 40 40 / H0771@accor.com

#### MORE INFORMATION AND CONTACT:

Rating: ★★★★★  
 Type of accommodation: Room  
 Facilities: Fitness center, restaurant, wifi, luggage service, reception desk  
 Address: 2 boulevard de Neuilly 92400 Courbevoie  
 Contact: [Website](#) / 01 41 45 23 23 / H0747@accor.com



## A good night's sleep



### 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  
**Contacts:** [Website](#) / email: [h1546@accor.com](mailto:h1546@accor.com) / 08 25 80 27 27



### Mercure Paris La Défense Grande Arche

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

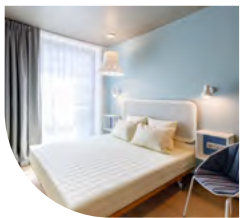
**Type of accommodation:** Rooms  
**Address:** 17-20 esplanade Charles de Gaulle, 92000 Nanterre  
**Contacts:** [Website](#) / email: [h1982@accor.com](mailto:h1982@accor.com) / 01 46 69 68 00



### 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  
**Contacts:** [Website](#) / email: [H0747@accor.com](mailto: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.

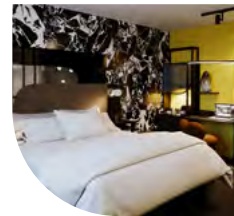
**Type of accommodation:** Rooms  
**Address:** 2261 boulevard de La Défense, 92000 Nanterre  
**Contacts:** [Website](#) / 01 49 67 64 13



### 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  
**Contacts:** [Website](#) / email: [groups@renaissanceladefense.com](mailto:groups@renaissanceladefense.com) / 01 41 97 50 50



### Tribe Paris La Défense Esplanade

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

**Type of accommodation:** Rooms and suites  
**Address:** 11 rue de l'Abrevoir, 92400 Courbevoie  
**Contacts:** [Website](#) / email: [hb879@accor.com](mailto:hb879@accor.com) / 01 81 22 23 60

## 5-STAR HOTELS



### Nest Hotel Paris La Défense by MGallery Collection

Newly renovated, the new face of the old Sofitel hotel of the business district, brings back the 80s. The Nest Paris La Défense hotel by MGallery Collection features 151 rooms, some with a view of the esplanade.

**Type of accommodation:** Rooms and suites  
**Address:** 34 cours Michelet 92060 Paris La Défense  
**Contacts:** [Website](#) / email: [H0912@accor.com](mailto:H0912@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  
**Contacts:** [Website](#) / email: [h3013@accor.com](mailto:h3013@accor.com) / 01 47 17 50 00



# 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**

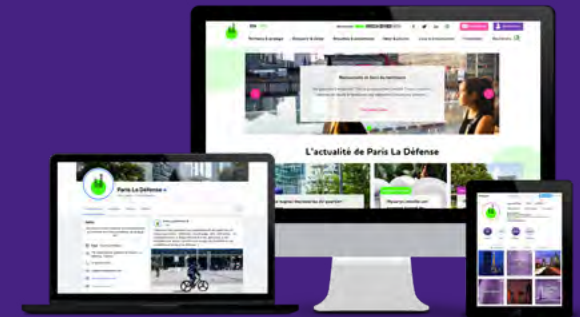


# Access our information

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

### Paris La Défense is also available on social media:

- **LinkedIn**, to stay up-to-date about major projects
- **Twitter**, for direct updates about Paris La Défense
- **Instagram**, with stunning photos and videos of the site
- **Facebook**, for the district contacts
- **Tik Tok**, for the district events !



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

- **Pedestrian map**, find yourself surrounded by towers
- **Work-of-art trail**, to spot all 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](http://parisladefense.com).

# Your contacts

For more information:  
[email.communication@parisladefense.com](mailto:email.communication@parisladefense.com) / 01 46 93 19 00



To plan your stay in the district:  
Anne de Livonnière,  
Project manager  
Corporate and International Relations  
[adelivonniere@parisladefense.com](mailto:adelivonniere@parisladefense.com)

## Paris La Défense

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

[parisladefense.com](http://parisladefense.com)

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