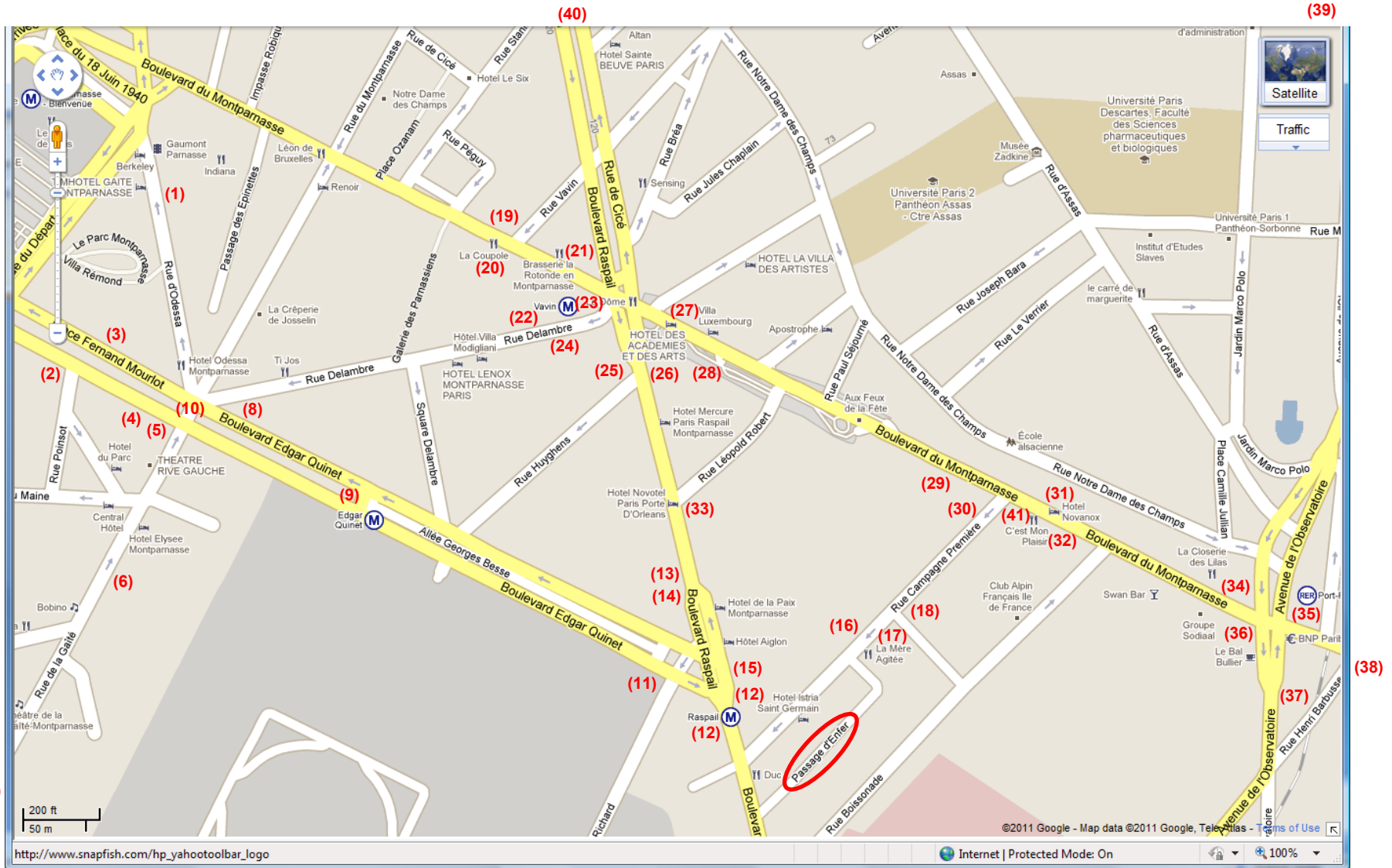


## Welcome to Montparnasse!

Famous in the 19<sup>th</sup> century for its “*Bals Populaires*”, the world centre for artists, writers and intellectuals of “*l'Avant-Guerre*”, and now a vibrant, cosmopolitan and convenient neighborhood in the heart of the Left Bank of Paris. We hope this guide will help you experience resident life in Montparnasse. The red numbers refer to captions on the next page.



Some of the amenities of daily (and nightly) living in Montparnasse. There are many more (especially bars and restaurants). Tourist sites, most restaurants and all hotels not included here. Numbers are in **red** on the map on the previous page. Please send corrections and suggestions to [chris.noble@yahoo.com](mailto:chris.noble@yahoo.com). (4/14/18)

### Body & soul:

- (14) Language school:  
[Univers des Langues](#), 228 Blvd. Raspail, tel: 01.45.38.99.00
- (40) (off map) French language & culture courses:  
[Alliance Française](#), 101 Blvd. Raspail, tel: 01.42.84.90.00
- (13) Health club (fitness and Pilates):  
[Vit'Halles](#), 226 Blvd. Raspail, tel: 01.43.21.14.40
- (39) (off map) Jardin du Luxembourg, Paris's most beautiful park.  
Running, walking, tennis, ping-pong, concerts, reading under a tree.
- (18) Yoga: [Studio Beyoga](#), 17 rue Campagne Première, tel: 01.40.47.67.63
- (32) Hairdresser: 154 Blvd. du Montparnasse, tel: 01.83.06.27.39
- (30) Oriental massage: 2 rue Campagne Première, tel: 01.43.21.03.59
- (6) Rue de la Gaité: 7 theaters, restaurants, a few houses of ill repute.

### Farmer's Market/Flea Market:

- (9) Farmer's market Wed & Sat 7-14:30; Flea market Sat & Sun afternoons

### Other Shopping:

- (33) Boulangerie T. Guilloton, 215 bd Raspail tel: 1 43 20 84 17. Closed weekends.
- (41) Boulangerie Montparnasse, 152 bd du Montparnasse, 1 43 27 41 33
- (2) Big food/wine/household supplies store: [Monoprix](#), Boul. Edgar Quinet, tel: 01.43.20.69.30. Good selection of wine & everything else
- (17) Neighborhood food/wine/supplies store: [Marché Franprix](#), 19 rue Campagne Première. Mon-Sat 8:30-21:00, Sun 9-13:30.
- (3) Gourmet frozen food: [Picard](#), 70 bd Edgar Quinet, tel: 01.43.35.18.89

### Laundry/Dry-Cleaning/Ironing/hemming:

- (16) Coin-Op: 12 rue Campagne Première, daily 7-22. Owner does ironing and hemming Mon-Fri 9:30-13 and 17:30-20 except Wed; Sat 10-13.
- (30) Teinturerie La Lorraine, 2 rue Campagne Première, tel: 01.43.20.38.55
- (5) "[5 à Sec](#)", 13 Boul. Edgar Quinet. Mon-Sat 8-19, tel: 01.43.20.68.73

### Pharmacies (among others – all have lit green crosses):

- (8) 43 rue Delambre, Mon-Sat 8:30-21, Sun 9-20. tel: 01.43.20.70.12
- (25) 206 Blvd. Raspail, tel: 01.43.20.64.73
- (31) 153 Blvd. du Montparnasse, tel: 01.43.26.51.07

### Hospital/medical emergencies:

- (38) (just off map) Hôpital Cochin Port Royal, 123 Boul. de Port Royal.  
"Urgences" (Emergencies) on side-street (Faubourg Saint-Jacques)

### The 5 famous boulevard cafés: people-watching -- Brasseries(\$)-- Restaurants(\$\$):

- (20) [La Coupole](#), (23) Le Dôme, (21) [La Rotonde](#),  
(19) Le Sélect, (34) [La Closerie des Lilas](#).

### Neighborhood bars (a small selection):

- (24) Rosebud Bar, 11b Rue Delambre (locals bar -- my favorite).  
(7) (off map) Indiana, American bar/pool hall. 77 avenue du Maine.

### Neighborhood restaurants (also see Apt website [Guest Book](#)):

- (36) [Le Bal Bullier](#): American breakfast + *Herald Tribune* on a stick.  
(10) Place Edgar Quinet for neighborhood cafés such as *Café de la Place*.  
(27) Continuous service grill: [Hippopotamus](#), 119 Boul. Montparnasse.  
Good for kids and off-hour meals.

### Transportation (buy a 5-7 day subway/bus pass in the subway):

- Subways: Raspail (12), Edgard Quinet (10), Vavin (22)  
Buses: (37) #38 down Blvd. St. Michel to Notre-Dame cathedral,  
(15 & 26) #68 down Blvd. Raspail to Saint-Germain & Le Louvre.
- (35) RER (Commuter rail) Port-Royal station, direct to/from CDG airport in 40 minutes. Direction: B2 or B4 from CDG to Port-Royal, B3 from Port-Royal to CDG (not B5 to Mityr-Claye).
- (4 & 11) Velib' rental bicycle stands. 100's of other stands all over Paris.
- (15) L'OpenTour stop (hop-on hop-off tourist buses), easy way to see Paris.  
Tel: 01.42.66.56.56
- (28) Underground parking: 116 Boul. Du Montparnasse, tel: 01.43.22.51.89

### Others:

- (29) Post Office: 140 Boul. du Montparnasse, Mon-Fri 8-20, Sat 9-13
- (25) Photo: Chryzalys: 1 hr photos
- (1) Internet cafés: Cyber Cube (9, rue d'Odessa); Milk (5, rue d'Odessa).  
BNP cash ports: Across from RER (35); next to (27).

*Culture and entertainment in Paris: Buy [l'Officiel des Spectacles](#) at any newspaper stand. It comes out on Wednesdays.*